



LIFE SKILLS PROGRAMME

MISSION STATEMENT

- ❖ Abstinence Based Life Skills Programme
- ❖ Christian Based Education
- ❖ Equipping the Youth with relevant knowledge to make responsible choices
- ❖ Establishing a solid value and belief system
- ❖ Providing a balanced view of life
- ❖ Protecting our youth against physical, emotional and psychological risks posed by society

GOALS & OBJECTIVES

Create acceptable standards of living by means of:

- ❖ Teaching the youth to:
 - Say NO
 - Handle peer pressure
 - Know the truth about relationships
- ❖ Minimizing teen pregnancies
- ❖ Portraying the value of stable relationships
- ❖ Highlighting the responsibilities of both sexes
- ❖ Communicating in a teen friendly manner

SERVICES PROVIDED

- ❖ 24 Hour Crisis Line
- ❖ Lectures: - Single lectures presented to
schools, youth groups, clubs,
parents evenings, camps,
ladies' fellowships, churches, etc.
- Continuous programmes
over 6 - 11 week periods
- ❖ Training of School & College Educators & volunteers
- ❖ Basic Life Skills Training presented to women
- ❖ Confidential Christian Counselling
- ❖ Guidance, knowledge & options in crisis
- ❖ Free pregnancy tests

PROGRAMME CONTENT

- ❖ Character & Self Esteem
- ❖ Value Systems
- ❖ Choices, Responsibilities & Consequences
- ❖ Friendships, Relationships & Dating
- ❖ Sexuality
- ❖ Development (Physical, Emotional, Spiritual, Intellectual, Sexual & Psychological)
- ❖ Refusal Skills
- ❖ Communication
- ❖ Alternative Choices & Life Styles
- ❖ Human Reproduction, Development & Pregnancy
- ❖ Sanctity of Life
- ❖ Substance Abuse
- ❖ Rape (including date rape & gang rape), Incest & Abuse
- ❖ Secondary Virginity (second chances)
- ❖ Abortion (techniques, consequences, etc.)
- ❖ Single Parenting

- ❖ Adoption Procedures
- ❖ Sexually Transmitted Infections & Diseases
- ❖ HIV / AIDS
- ❖ Pornography, Fantasies & Masturbation
 - *As well as many other interesting topics.

FORMAT & RESOURCES

- ❖ Small or Large Groups
- ❖ Lectures or Interactive sessions
- ❖ Single lectures or Full Programme
- ❖ Videos
- ❖ Games
- ❖ Information Sheets & Posters
- ❖ Photo Material
- ❖ Statistics/Literature from 'FOCUS ON THE FAMILY'

EXPECTED OUTCOMES / IMPACT ON COMMUNITY

- ❖ Sensible Teenagers
- ❖ Well Informed Choices made by Youths
- ❖ Responsible Relationships
- ❖ Open Communication
- ❖ Support System provided to all Educational Institutions

COMPLIMENTARY PROGRAMMES

- ❖ Departmental Programmes

NO OTHER INSTITUTION PROVIDES SIMILAR SERVICES FREE OF
CHARGE!