

Life Skills to Combat Gender Based Violence (GBV)



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LIFE

Life is precious, we have to enjoy it, celebrate it, nurture it and at the same time we have to remember our goal to success in our lives. The people who enjoy their life with out a goal they may face failure in their lives after few days or years.

- The major speps / in Human Beings Life – Life Cycle
- **Birth**
- **Growth**
- **Education**
- **Empolyment**
- **Marriage**
- **Birth to Children**
- **Earning Assessts**
- **Social Service**
- **Creadibility or Goodwill**
- **Death**



The person who goes in the cycle of the events has good success in their lives. But some of the people who are under discrimination, peer pressure, nagitive ideology they may face problems and look for the support. All these steps are interlinked.

Life Skills

The term life skills refers to the skills usually associated with managing and living a better quality of life. These life skills will be helpful to the human beings to come out from the problems and also increases the opportunities for the success

Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of everyday life. World Health Organisation (WHO) & UNICEF identified 10 skills are life skills

Life Skills

Social Skills

Communication

Interpersonal relationship

Empathy

Self Awareness

Thinking Skills

Problem solving

Decision making

Creativity

Critical thinking

Emotional Skills

Coping with Stress

Coping with Emotion

Why Life Skills Needed?????

- Find new ways of thinking and problem solving
- Build confidence for group collaboration and cooperation
- Analyze options, make decisions and understand
- Develop a greater sense of self-awareness and appreciation for others



Self Awareness and Decision Making Skills

- **Self-awareness** - is the capacity and the ability to recognize the one's characteristics, strengths, weakness, opportunities, desires and dislikes. When a person knows about him/her helps to develop
- When a person has self awareness, he/she controls his anxiety, Stress, Peer Pressure and Emotions
- **Decision Making** - helps us to deal constructively with decisions about our lives. It can teach people how to actively take decisions about their healthy lives. The decision makers are three types
- **Type 1 – Drivers** – Take decisions immediately but not think about the negative or positive consequences or result
- **Type 2- Achievers** – Take decisions after few minutes or few days. They think about the positive and negative result of that decision
- **Type 3 – Testers** - Not take decisions immediately – they always think about the negative results – In the mean while time will over
- Many studies reported that most of the time type 2 – achievers - reach their goals by their decision
- Type 1 people are also achievers but some times they face problems due to fast decisions decision making. The people who make suicides comes under fast decision makers.

Problem Solving Skills

- Every day human beings faces different types of problems in their lives. Problem Solving Skills helps us to deal constructively with the problem facing in our lives. It helps us to find out the solutions to a particular problem.
- Most of the time when people are in the problems they forgot their resources, people who helps them. But the people who knows the problem solving skills uses the resources, assets, human net work etc., to solve their problems.
- The Problem solving skills reduces stress and anxiety among the people
- **Activity black dot on white paper**

Creative Thinking

A novel way of seeing or doing things that is characteristic of four components – fluency, flexibility and elaboration.

- Creative thinking means thinking about new things or thinking in new ways. It is “thinking outside the box.” Creative thinking can be strengthened with practice. Creative people can devise new ways to carry out tasks, solve problems, and meet challenges
- **Activity-** that you may give any one object available in the training hall ask the participants how they can use the object. They may find more uses for that object

Critical Thinking

Critical Thinking is an ability to analyse information & experiences in an objective manner. These skills helps us to recognise and assess the factors that influence and behaviour, such as values, peer pressure and the media

- Critical thinking helps the human beings to estimate other people characteristics. It helps people to protect from the peer pressure. It also reduces the problems in the lives of human beings.

Communication Skills

Communication means imparting or exchanging of information by speaking, writing, or using some other medium. There are three types of communication skills are there.

- 1. Verbal Communication Skills**
- 2. Non-Verbal Communication Skills**
- 3. Written Communication Skills**

Communication Skills

1. Verbal Communication Skills: Voice Modulation (slow, fast, pause etc..), Pitch (High, low) words (Punch dialogues), Clear information, add humorous, reduce eating of last words etc.

2. Non-Verbal Communication Skills

- Facial expressions (related to your words, show related emotions, keep smile, head movement)
- Postures (sitting style, standing style, hands movement, posture that express you are ready to listen, control your legs and hands, fingers bending, shaking hands in proper way)
- Sign Language (use appropriate signs which not disturb the opposite person)
- Proxemics (use appropriate distance while you are talking. In Indian standards 4 feet is the nominal distance at the time of talking)

Communication Skills

3. Written Communication Skills - Written communication is another important aspect in the human beings life. Now a days the Government and other organisations are use only written communications. In these offices they gives more priority to the papers. People have knowledge on the following written communication skills - Letter writing, Emails, SMS, case studies, reports circulars

Interpersonal Skills

Interpersonal Skills - are the life skills which we use everyday to communicate and interact with other people in the society or work place.

- It helps us to relate in positive ways with the more people we integrate with them. This means being able to make and deep friendly relationships, which can be of great importance to our mental and social well being.
- The person who has more interpersonal skills has more friends and visitors. Acceptance, Appreciation, Good listening, Positive Attitude and Flexible personality are some of the interpersonal skills

Empathy

Empathy - is an ability to imagine or understand the life of another person.

It means caring of other people and having a desire to help them; experiencing emotions that match another person's emotions; estimating what another person is thinking or feeling; and having no differences between the self and the other.

Empathy is also an ability to feel and share another person's emotions. Here the people identify the positive ways to solve the problems of other people.

Coping with Stress and Emotions

Coping with Stress

- Stress is a state of mental or emotional strain or tension or pressure resulting from adverse or demanding circumstances. It influences the attitudes and health conditions of the human beings. Every person should invest some time and conscious effort, to solve personal and interpersonal problems.
- Positive Thinking, breathing exercises, yoga ,meditation, may reduce the stress among the people. When people doing the right thinks in the right way with more transference the stress may not dominate the human beings. False promises increases the stress and emotions. Every person has devote some time to think about him/her self about their attitude and characteristics.

Coping with Emotions

What is emotion?

- The word emotion includes a wide range of observable behaviors, expressed feelings, and changes in the body state.
- Happiness begins with emotional management skills.
- Everything else follows from the well of emotion. The goal of life is happiness. Happiness begins when you learn the fundamentals of feelings.

All emotion flow from two basic emotions: Love and fear. One group of emotions makes us feel restless and uneasy; the other brings about balance and harmony. We label them as positive and negative.

We grow up with the understanding that while it is correct to feel happy, joyful, and grateful, it is in bad form to feel guilty , irritated, stressed or sad.

Coping with Emotions

Emotions are strong feelings in response to situations, issues and needs. These may cause mood swings in human beings in their various developmental stages. Such emotions include: love fear, anger, shyness, self- doubt, hate, joy, frustration, sadness, guilt, jealousy. Time management, plan B, identification of roots of the problem and find out the appropriate solution will reduce the emotions

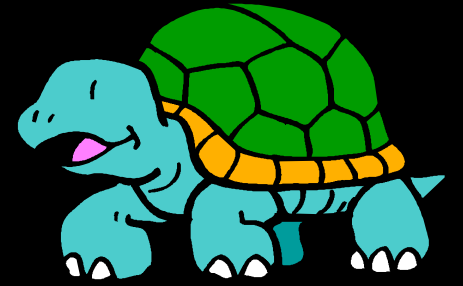
ANGER MANAGEMENT

1. Calm down
2. Name the problem
3. Find solutions
4. Pick the best solution
5. Congratulate yourself
6. Evaluate the solution
7. Make changes if necessary



When you are **ANGRY** and **UPSET** remember...

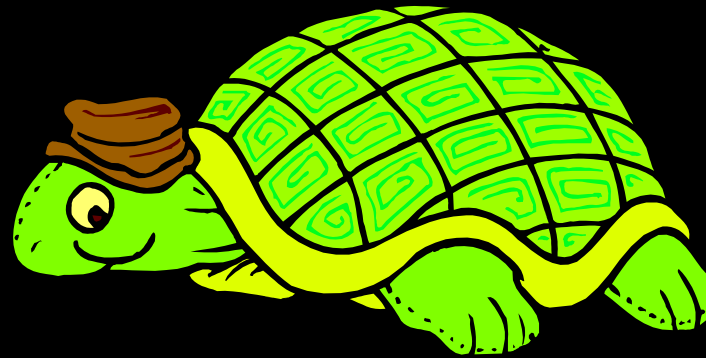
1-2-3 TURTLE



1 – Go inside your shell -
Take a “Time Out”



2 – Take 3 Deep Breaths –
Calm yourself down



3 – Walk Away



Take Away Message on Life Skills (LS)

- LS is:
 - An essential part of every human beings life because they able to meet the challenges of everyday life. These life skills helps us to solve the problems, recognises the peer pressure, there by increases the protection
 - Increases the confidence among the individuals,
 - Helps to analyse the strengths, weakness, opportunities and threats of the individual. It also helps him/her to estimate or understand the other people and their characteristics.
 - Helps to increases the interpersonal skills which helps to increase the team work.
 - People who have life skills they manage the stress and cope up with their emotions.

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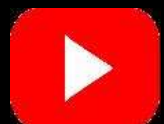
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