

Life skills training in Ethiopia

UN cares Ethiopia conducted its life skills training for the 6th time for hundred and twenty adolescent children on August 8-12, 2016. The training had thirty volunteers from last year for facilitating and assisting the trainers'. UNCARES Ethiopia's life skill training intervention for adolescent age group is a comprehensive behaviour change approach. The training focuses on the development of the skills needed for life such as self-esteem building, relationship skills, communication, decision-making, critical thinking and problem solving, managing emotions, assertiveness, resisting peer pressure, and setting boundaries to facilitate successful and smooth transition to adulthood. In addition, the training also addresses reproductive health issues such as prevention of HIV infection and other STIs.



The closing ceremony of the life skills training brought different characters out such as open mindedness, good leadership, no Bullying, stop stigma and discrimination, respect etc by focusing on the recent Olympic season that was going on in the world. The participants from different countries brought their flags and belief into light to the UN community.





UN cares Ethiopia participated on the UNCARES 2016 award in the category **Reaching children and adolescents**. **UN cares** Ethiopia believes the award is good opportunity to showcase some of our innovative engagement with adolescents.

- **Parenting session**

August 12, 2016, on the last day of the life skills training we had a session with 37 staff members/parents. Based on the feedback we got from the adolescent children we tried to gear the discussion towards addressing key issues and concerns raised by the adolescent children. Key issues that emanate from the discussion were among others communication gap between parents and children and inadequate time spent with patents. Parents also shared their experience which they thought are best suit to address this concern such as Participatory family time where the kids and family eat together and supporting and checking the kids academic performance including limiting the use of electronic media such as movies, games and mobile applications.