



Life skills

Life skills development must be part of education programmes for young people. Life skills are mentioned under many sector areas within these IASC guidelines. Known also as '21st century skills', 'soft skills', 'employability skills' and 'transferable skills', life skills are defined by both the Inter-agency Network for Education in Emergencies (INEE) and the World Health Organization (WHO) as:

“...abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. In particular, life skills are a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with and manage their lives in a healthy and productive manner. Life skills may be directed toward personal actions or actions toward others, as well as toward actions to change the surrounding environment to make it conducive to health.”²⁰⁶

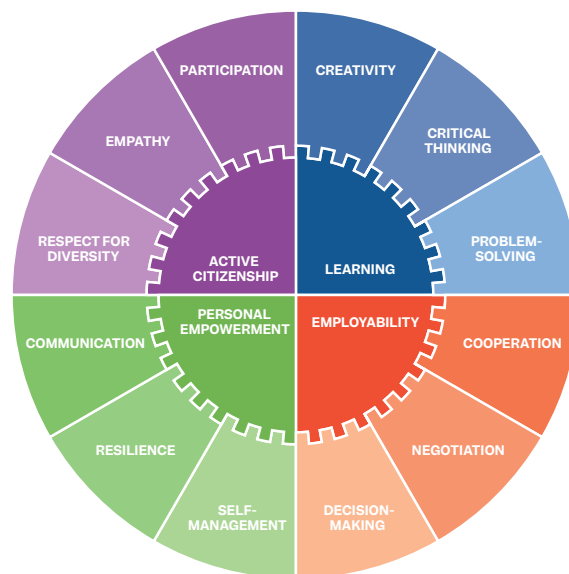
Life skills are especially important in specific risk situations (displacement, living on the street, post-conflict, etc.) and where young people need to promote and protect their own rights.

Life skills that have been identified under multiple frameworks are considered 'core' skills. UNICEF's Life Skills and Citizenship Education (LSCE) framework developed for the Middle

East and North Africa (MENA) Region contains 12 core skills framed around four clusters: Learning, Employability, Personal Development and Active Citizenship (see **FIGURE 8** ▶). Programmes do not have to cover all 12 core skills but should address the four clusters. These skills help young people manage emotions effectively and build healthy relationships. They complement and enable academic, technical and vocational skills development.

FIGURE 8.
The 12 core life skills

Source: Life Skills and Citizenship Education (LSCE) Initiative, UNICEF MENA Regional Office (2017).²⁰⁷



Resources

Life Skills and Citizenship Education Initiative, Middle East and North Africa, **Reimagining Life Skills and Citizenship Education in the Middle East and North Africa: A Four-Dimensional and Systems Approach to 21st Century Skills: Conceptual and Programmatic Framework**, UNICEF MENA Regional Office, 2017, www.education2030-arab-states.org/PDF/d816129f-5d08-40d1-9984-d587631e1b14_report1.pdf

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