
10 July 2014

Dear Friends,

This week we are sharing a publication from the Population Council titled Health Life Skills for Adolescent Girls Empowerment. We hope you enjoy this week's edition of the Newsflash!

Sincerely,

The Firelight Team

(Resource) Health Life Skills for Adolescent Girls Empowerment
(Accepting Applications) Sustainable Living Young Entrepreneurs Awards
(Accepting Applications) Open Society Initiative for Southern Africa (OSISA)

(Resource) Health Life Skills for Adolescent Girls Empowerment

Why Girls

Adolescence is an important developmental stage in the human life. The opportunities and choices available to young people between the years of 10 and 19 years of age often shape their adult lives. This is especially the case for girls, who often find themselves facing significant restrictions to their mobility, opportunity, voice and power, because of their gender.

But if given the chance to go to school, be safe, and healthy, their lives and the lives of their families are changed. When they develop self-confidence, decision-making skills, as well as opportunities to develop livelihoods, they change the course of future generations.

There are over 600 million girls in the world today. Most of them live in the developing world. Undoubtedly the course of their lives will influence the future.

Why Life Skills

The World Health Organization defines life skills as “the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands of everyday life.” Life skills promote mental wellbeing and competence. They are important for helping young people to navigate life and learn how to deal with life realities and life challenges.

During this formative stage of development, young people are exploring and defining their identity, sense of belonging, self-confidence and their future. Providing them with skills to

make informed choices sets them up to navigate this stage more successfully.

There are three main components of life skills:

1. **Critical Thinking and Decision-Making:** This focuses on helping youth to evaluate information, weigh the consequences of choices, and develop alternative and solutions that consider them and others.
2. **Interpersonal and Communication Skills:** Includes both verbal and non-verbal communications, such as active listening, expressing feelings, and providing constructive feedback. Youth can learn how to negotiate with others, assert themselves and manage conflict.
3. **Coping and Self Management Skills** focuses on skills to increase emotions, how to deal with strong emotions such as anger and grief, as well as how to cope with trauma and loss. . It also facilitates development of self-awareness and self-esteem. Also supports development of stress management coping mechanisms. And supports youth to develop time management skills.

UNICEF suggests that life skills development only when the process of engaging youth focuses on skills, content, and methods.

Skills: Life skills should help people develop specific skills. These could be decision-making, or values analysis

Specific Content: if teaching decision-making, for example, make sure you engage the young people on decisions in specific areas, such as choices around sex, drug use, money.

Methods: Life skills must be skills-based. Participants should actively engage with other people to practice and apply the skills. Life skills cannot be learned from sitting alone and reading a book or just listening to somebody talk.

Through the Adolescent Girls Empowerment Program, the Population Council aims to build the assets of adolescent girls in order to mitigate their vulnerabilities. In this Health and Life Skills Curriculum, the Council provides a structure for Adolescent Girl Programs to increase girls' knowledge about reproductive health and sexuality; reinforce and promote attitudes and behaviors that will lead to a better quality of life; and support girls to develop skills that will help them overcome the challenges of growing up and becoming responsible adults

To view the publication visit: <http://bit.ly/TS00TD>

(Accepting Applications) Sustainable Living Young Entrepreneurs Awards

Unilever has launched the Sustainable Living Young Entrepreneurs Awards in partnership with the Cambridge Institute for Sustainability Leadership and Ashoka to support inspiring initiatives from around the world, developed by young people, that offer a better solution to "business as usual." Seven young entrepreneurs will receive a total of €200,000 in funding and support to help take their sustainable living initiatives to the next level.

The competition is open to individuals 30 years old or younger, from any part of the world.

Innovations must have grown beyond the conceptual stage—with the product, process or enterprise already gaining traction among local communities or other markets. Entries must change behaviour to enable sustainable living.

Entries cannot be accepted from current Unilever employees, nor can entries promote Unilever or its products.

Applications must be submitted in English. (The online programme, accelerator event and the pitch will all be delivered in English—proficiency in written and oral English is required.)

Solutions must relate to one or more of the categories listed below:

Improving Health & Well-Being

- water, sanitation and hygiene
- nutrition

Reducing Environmental Impact

- water scarcity
- greenhouse gases
- waste
- sustainable agriculture

Enhancing Livelihoods

- smallholder farmers
- opportunities for women
- micro enterprise

Application Deadline: 1 August 2014.

For more information, visit: <http://bit.ly/1ossMFs>

(Accepting Applications) Open Society Initiative for Southern Africa (OSISA)

OSISA provides funding in economic justice, education, gender and women's rights, HIV/AIDS, Human Rights and Democracy Building, Indigenous Rights, Language Rights, Law

and LGBTI . There are no deadlines for grant awards less than \$50,000. Applications should be submitted at least two months prior to the start date of the planned activities.

For information on how to apply, visit: <http://bit.ly/1o5hLqu>

As part of the Firelight Foundation's Capacity Building Program, Firelight provides "Newsflashes" to share relevant resources and information with our active grantee-partners via weekly emails and via post on a monthly basis. We hope that by facilitating access to information for grassroots, community-focused organizations, programming for children and families, as well as organizational development, is enhanced. Past editions of the Firelight Newsflash can be found on our website:

<http://www.firelightfoundation.org/resources/newsflash>

We welcome your comments, feedback and ideas for upcoming Newsflashes at newsletter@firelightfoundation.org

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