

Life Skills Programme

Smoking

Young people will learn the effect smoking has on their bodies. They will gain the knowledge needed to stop smoking and the various methods that can be used.

Sexual Health

Young people will gain information on the various sexually transmitted infections and contraception that is available as well as learning the correct way to use them. They will discuss the effects of peer pressure, relationships and places where they can go for information and advice.

Healthy Eating and Exercise

These sessions will look at healthy snacks and healthier alternatives to current meals. Young people will have the opportunity to sample these foods and cook a meal for themselves and their peers. The sessions also include an exercise class such as dance, aerobics or yoga.

Finance

Young people will be given the tools to become confident in managing money. They will learn how to open a bank account as well as manage a budget, savings, borrowing and understanding bills.

Travel and Employment

Young people will learn about different methods of public transport, costs and routes as well as creating a C.V, filling out application forms and interview techniques, including personal appearance.

Stress

This session will look at common stressful situations experienced by young people. The group will identify these issues and ways that can help relieve the pressure.

Alcohol and Drugs

Young people will learn the effects alcohol and drugs have on the body. They will understand unit measurements and limits as well as gaining knowledge of the different drugs and their slang names. Young people will learn about keeping themselves and their friends safe.

Body Image

Young people will understand and challenge media influences regarding body image. They will look at how this can affect young people's self image and potential dangers regarding this. They will also have the opportunity to discuss and showcase how they feel about celebrities as role models.

For more information or to book this course please contact the Your Health Project on 0151-291-8010 or e-mail

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