

*Life skills* have been defined by World Health Organization as ‘the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demand and changes of everyday life’. These skills are essentially those abilities that help to promote mental well-being and competency of young people as they face the realities of life. Commonly cited life skills include communication and listening skills; negotiation and refusal skills; decision-making and problem-solving skills; and coping and self-management skills, such as increased self-esteem and the ability to manage feelings and stress.

*Life skills* topics include body image, self image, self esteem, relationships, communication, empathy, assertiveness and coping with anger and stress.