

Interactive Teaching and Life Skill Approach

- A life skill approach is a way of teaching and interacting with young people that has the potential to lead to better health and drug abuse prevention learning outcomes.
- Life skills are best taught through interactive methods and are most effective when applied and practised in potential drug use situations that are relevant and meaningful to the social situations of the students.
- Life skill approach is most effective when—
 - The teachers or the facilitators have the capacity to boost student's sense of self worth.
 - Classroom atmosphere is non-threatening and non-judgemental.
 - Learning environment reflects care, understanding and involvement.
- Education for drug abuse prevention is more successful when it is student focussed and uses interactive methods with experiential learning and small group work as its basis.
- The life skill approach to education for the prevention of drug abuse will provide drug information in the context of developing attitudes, values and skills in students. This will include skills for increasing self-esteem, setting realistic goals, coping with anxiety, resisting pressures, communicating effectively, making decisions, managing conflict and dealing assertively with social situations where drugs are offered.

Small Group Work

- Life skills are best taught in small groups, which provide opportunities for free and thorough exchange of ideas and also increased individual participation.
- Small group processes, being interactive are more appropriate to facilitating the examination of attitudes to drugs and drug use and create an environment conducive to attitude change. It can be achieved by encouraging trust and reducing personal obstacles to change e.g. egocentrism (looking at things from your own-point of view only) and defensiveness.
- Studies suggest that programmes that are teacher facilitated and student-oriented rather than drug-oriented, or information based are more likely to achieve drug and health related learning outcomes.
- Effective group work does not just happen as a matter of chance but is a well orchestrated organizational strategy that requires planning

in advance. The facilitator should confirm carefully the group goals, organize how the group is formed, establish the role of the group member and plan and steps that the groups will follow to achieve their goals.