

Life Skills for Youth



Duration: 12 hours (1 day)

- Self-Esteem
- Coping Skills
- Communication
- Assertiveness
- Decision-Making

You can make a difference: Be a youth Life Skills expert!

- Develop essential Life Skills to cope with your problems and to resist the influences on you to use drugs
- Life Skills do not only relate to drug prevention but can be applied to all areas of life including personal and professional development, health and relationships
- Take better care of yourself by developing and amplifying your personal power

National Narcotics Control Bureau

NNCB Head Office
P.A. Complex
Hilaalee Magu, Male'
Tel: 31 2018
Fax: 31 2057

G. Greenge' (Drop-in Centre)
Alikilegefaanu Magu, Male'
Tel: 33 1060
24-hour helpline: 800-310066



More to join Life Skills for Youth!

NNCB

Name

Age

Contact No.
