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| **6.2** | **Helping them find better options**  Life skills & coping | |
| **Young person:** | |  |
| **Practitioner:** | |  |
| **Date:** | |  |

**Life skills and coping mechanisms are important to all of our wellbeing**, especially when we have adversity to overcome.

Many young people who offend **have had to overcome substantial adversity**. Now they are in trouble that is **something extra that they need to overcome**.

Some young people have **poor life skills** and **lack healthy coping mechanisms**, and this contributes to their offending. Others have **well developed life skills and coping mechanisms**, but **have had to deal with more than they can manage**.

**We know that developing both good life skills and effective coping mechanisms are important in helping people achieve desistance.**

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|  | **Life skills can involve things as simple as looking after yourself and staying safe, eating a healthy diet, exercising and meeting basic survival needs.** |  |  | **Coping mechanisms help people achieve, and maintain, peace of mind- a feeling of emotional equilibrium, free from turmoil and stress.** |
| **Discuss the young person’s life skills:**   * Do they feel confident they are **able to meet their own basic needs**? * Do they find time to **look after themselves**? * What would they like to **change or improve**? * **How can they start** developing more life skills…? **Can you help?** | |  | **Discuss the young person’s coping mechanisms:**   * What do they do when they **are feeling stressed, sad or unhappy**? * Do they **cope with difficulties well**? * What would they like to **change or improve**? * **How can they start** developing more coping mechanisms…? **Can you help?** | |