

# BOYS ON THE MOVE

**A Life Skills Programme for Unaccompanied  
Male Adolescents and Young Men**





**This handbook belongs to:**

---

Second edition, 2019



Hi!

It is good to meet you on your way.


You have been travelling for a long time and many things have happened, some good experiences and some bad and many things will happen on the road ahead. Boys on the Move have many skills already, but everyone can use even more skills. Skills can help you overcome the shocks, worries and troubles of the past. Talking about them will help you do well and be happy in life.

In this Life Skills programme you will have the opportunity to stop and learn new things to help you:

1. Know and understand yourself
  - 1.1 Health
  - 1.2 Emotions
  - 1.3 Harmony
2. Know and understand others
  - 2.1 Communication
  - 2.2 Relationships
  - 2.3 Sexuality
  - 2.4 Sex
3. Know and understand society
  - 3.1 Culture
  - 3.2 Planning
  - 3.3 Money
4. Know and understand the Big Picture
  - 4.1 Connections
  - 4.2 Together

Following this Life Skills course will help you to know and understand yourself, know and understand others and society, hopefully it will also help you to see the bigger picture of life in balance together with others.

You can get a stamp for each session and when you have all twelve stamps, you can get a completed certificate.



We hope that you will enjoy the activities in the sessions and that these will be helpful for you along your way. You will also find some lifesaving information and useful activities you can share with younger brothers and friends. Be good to others, listen to them and show them where to get help if they have problems to solve, share what you have learnt with those who did not have the chance to do the course, and remember that though we are ALL DIFFERENT, we are ALL EQUAL.

You are of great value so take care of yourself

Signed  
**Your Friend**

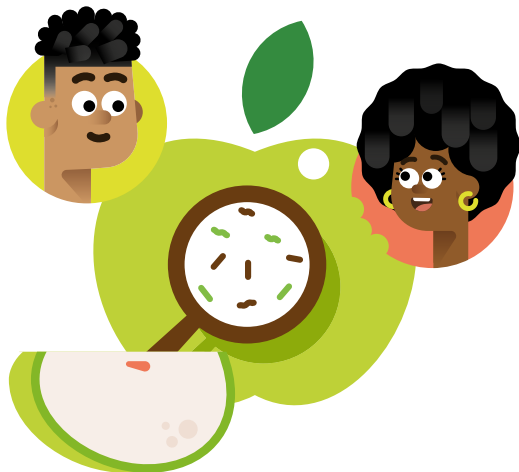
# 1. Know and Understand Yourself

## 1.1 Health and hygiene

**Useful:** Sprinkle “party glitter”, bucket of water, nailbrush, bar of soap.

This session will help you:

- Understand why good hygiene is important and how it helps keep you healthy
- Be able to take care of your personal hygiene before and after puberty
- Plan your healthy behaviour  
Make plans to stay strong and healthy



### TRY THIS

Some children rinse their hands too quickly with just water. But hands should be scrubbed with soap for at least 15 to 20 seconds. Sprinkle some sticky “party glitter” on your hands then wash it off with soap and water.

How long will it take?

You should scrub and wash hands for up to 30 seconds to greatly reduce the spread of invisible germs.

### TRY THIS TOO

Even doctors and nurses need to learn and practice washing their hands properly, for the sake of the patients’ safety and their own health. Watch this handwashing dance video created by medical students:

<https://www.youtube.com/watch?v=zOhwNxxGyZI>

Create and present your own dance, alone or with a group, to show others how and why keeping clean is a good and healthy idea.



## See! FACTS

After puberty, body odour comes from sweat in armpits, genitals and other parts of the body. Germs feed on sweat, which is what makes a bad smell. Washing the body regularly, using antiperspirant or deodorant, especially after physical activity can reduce this. Washing and changing underwear and other clothes worn next to the skin regularly is important as clothes collect dead skin cells, absorb sweat and body fluids and get smelly. In addition to urine and stool, after puberty the male body also produces semen and as a result, boys also have to must clean up hygienically after ejaculating.

Washing hands before eating and after using the toilet fights off germs and avoids sickness.

Smelly feet and shoes can transmit germs from one person to another. You can avoid many problems for yourself and others by washing feet in the shower, then completely drying them before putting on socks and shoes. Alternate your shoes and wear cotton socks instead of synthetic fibres. Keeping feet healthy is a good idea for those who are walking a long way.

Teeth and mouth need regular dental checks. The teeth of young children fall out naturally, but teeth lost by adolescents and young adults will not grow back. Brushing teeth after every meal and at least twice a day will help avoid bad breath, gum problems and tooth decay.

Smoking and chewing tobacco as well as eating and drinking sugary products will badly affect teeth and gums. Saliva, important for digestion, should stay in the mouth, so no spitting. Also, clean hygienically nose and ears.

Shaving is a daily business for many men, while others produce less facial hair and this difference is very normal. Some prefer to grow and take care of a beard.

Feeling sick can result from many things, though nowadays immunisation in childhood prevents many serious illnesses. Exercise and sport, eating a balanced diet, including fruit and vegetables will

help in keeping well. Drinking plenty of fluids is essential, water being the best and drinks containing sugar and alcohol being the least healthy. Other dangerous and addictive substances, including drugs like cannabis and tobacco are to be avoided.

Accidents do not just happen, most are caused and can be prevented. Deaths, injuries and serious disability caused to male adolescents result from road accidents and risky behaviours.



## **Judge!** REFLECT

When should you start using antiperspirant or deodorant? Which modern brand would you choose?

Is there a traditional antiperspirant product or homemade toothbrush and gum stimulant you know about?

Were you immunized before you started school?

How do you know?



## **Act!** SKILLS PRACTICE

Make a personal routine chart with time slot and duration needed for shower, face wash and shave, brush teeth, put on deodorant, brush hair. If you live in a shelter or reception centre, make a group chart to plan the use of shared bathrooms. Always make a health and hygiene map of the local area where you currently live, every time you move somewhere.



What message will you share with your friends and family?



# 1. Know and understand yourself

## 1.2 Emotions, feelings and thoughts

**Useful:** Large sheets of paper and markers for writing a chart.

This session will help you:

- Understand the word emotion, which is different from feeling a sensation and having a thought
- Describe some emotions and how they affect your body and behaviour
- Express different emotions in useful ways



### TRY THIS

Stand up, choose a partner who is not the same age as you, stand 60 cm apart. Make a face or bodily shape that represents for you one emotion.

Ask your partner to guess this emotion. Change roles. Repeat a couple of times.



### See! FACTS

Human beings are not made of rock or wood, we feel hot or cold according to the weather, sweat when we run and even feel happy to be wet, if we haven't seen water for a long time! Human beings have all different experiences along their unique path through everyday life, some have very challenging times, others have easier moments, though everyone is equal!

Our experiences and knowledge can shape the way we feel and think. We cannot easily control what emotions we feel inside and often cannot control some effects (like sweating, heartbeat). Some emotions can be difficult to manage, but they need not control our behaviour and thoughts. Even if we are feeling so sad, this need not make us hurt our own bodies or hurt other people.

While asking for help when needed is sometimes difficult for boys and men, you can get a list from any centre staff member. It will show you places where it is good to talk about emotions with trusted friends or adults.



## **Judge!** REFLECT

Think of different kinds of emotions. Some emotions are joy; love; anger; happiness; excitement; fear; sadness; anticipation.

What do you think is the right age to start having these emotions?

Ask your friends (this is a trick question!)



## **Act!** SKILLS PRACTICE

Some emotions are difficult to manage so we have to find good ways for dealing with them. Make a chart with the names of emotions you have experienced, are any emotions on the chart difficult to manage? Write on the chart what can help dealing with these emotions.



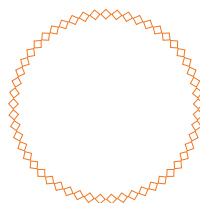
# Thoughts

What is interesting and what is not?

What else would you like to know about?

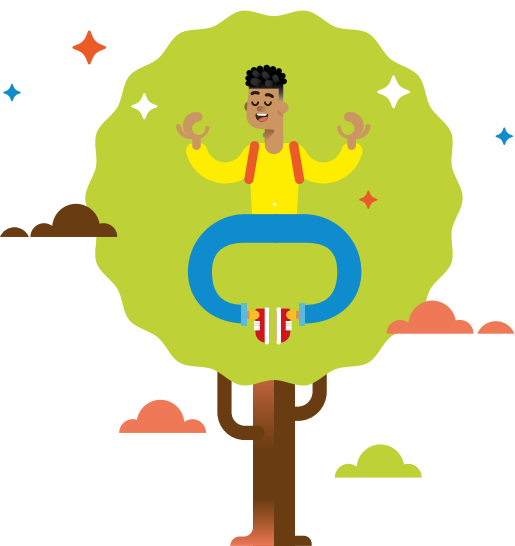
What message will you share with your friends and family?

Handwriting practice lines consisting of multiple sets of three horizontal dashed orange lines.



# 1. Know and understand yourself

## 1.3 Harmony and stress management



This session will help you:

- Understand harmony and the difference between good and bad stress
- See if you are getting stressed and use healthy ways to cope
- Exercise to find harmony

### TRY THIS

With some friends stand in a circle, backs to the person behind. Ask everyone to put their arms out and to the person in front of them and massage their shoulders with hands. At the same time, breathe slowly in through the nose and out deeply from the belly through the mouth.



### See! FACTS

Harmony is when the mind and body behave in a balanced way with focus, strength, stamina, and awareness. Difficult events, physical effort or psychological challenges can cause stress to our body systems and damage our harmony. Hormones are chemicals in the body that make the heart rate speed up. Breathing and blood pressure increases, more blood flows to muscles, putting our body on alert. The eye opens wider to see well. The body's energy increases and sweat is

produced to cool down. These physical changes prepare you to react to pressure. We feel “on the edge” rather than balanced.

This stress response can help you perform well under pressure and is critical during emergency situations, such as when a driver brakes hard to avoid an accident. A little of this stress can help keep you on your toes, ready to rise to a challenge. But it can also cause problems when it overreacts, constantly repeats or fails to turn off, or resets itself properly. After feeling stress, it is important to return the mind and body to harmony.

Stress can happen in response to long-term events, like having lots of work or moving to a new place. The brain senses the continued pressure and pumps out extra hormones over an extended time. Long-term stressful situations produce a lasting, low-level stress that is hard to live with. This can leave you feeling tired or overwhelmed, weaken the body’s immune system, and cause other problems. We need to find harmony and return to mental and physical balance.



Think about people you met on your journey.

Did they experience bullying, violence, sexual abuse, explosions and injury, or family conflicts, a broken heart or the death of a loved one? Do you know someone who has been treated unfairly or badly for the benefit of others? Maybe you know someone who has been taken advantage of by someone else. And what about those who have suffered sexual violence, is it likely that they would talk to others about it? Have you met someone who has trouble learning new things, someone who cannot easily talk or someone who has a physical disability?

Think about yourself on the move, do you have enough time to rest and relax?

Are there times when the air and water or other living conditions

were unpleasant?

Perhaps you know people who are trying to feel better by using drugs including cannabis, cigarettes and alcohol, having sex including buying and selling sex, or harming themselves by cutting their skin, thinking about running far away or even ending their life?

What do you think of people who spend a lot of time on internet and in gaming, who join or organise gangs, hurt and fight with friends, are violent to girls and disrespectful to people trying to help you?



**Act!**

SKILLS PRACTICE

Do you know how to feel better by finding balance in life?

Everyone finds harmony differently. You can become less tense and angry by finding a calm place surrounded by nature. Or make an image of a happy place and look whenever needed, breathing very deeply and slowly when you do. Sometimes hearing a favourite song or tune can be a help in finding harmony.

Massaging can help relieve stress and there is a similar thing to do even when alone! Find a peaceful place, or lie down somewhere comfortable. First tense up your neck muscles or your entire right arm. Make the muscles squeeze themselves together for five seconds. Then breathe out while releasing the tension. Focus on the difference between tension and relaxation, while breathing in. Repeat for other muscles until you feel completely relaxed.

Here is a self-test to see if you can stay in harmony. Perhaps you have had an argument with a friend and then later find it is hard to concentrate. What can be done to improve the situation or feel better? Harder test: imagine someone you trusted takes your mobile phone or wallet, refuses to give it back and then leaves to another part of the country. What could you do to either improve your situation or help yourself feel better?



## What is interesting and what is not?

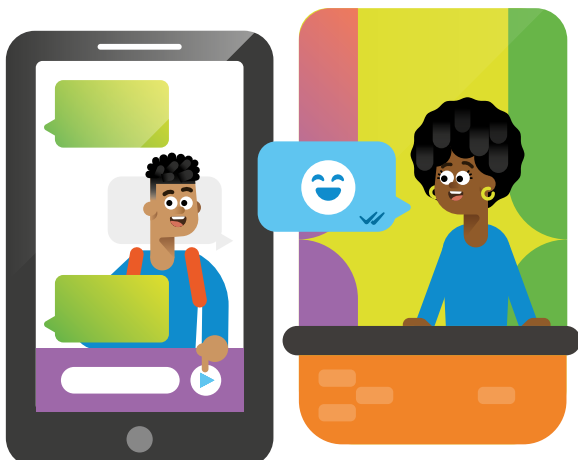
What else would you like to know about?

What message will you share with your friends and family?

A circular arrangement of red diamond shapes, each with a black outline, forming a ring. The diamonds are oriented with their vertices pointing towards the center of the circle.

## 2. Know and understand others

### 2.1 Communication



This session will help you:

- Communicate better and understand others
- Create a pleasant environment where everyone understands each other
- Know how to withhold consent, ask for and when to give consent and how to withdraw consent

#### Try THIS

Are you listening carefully?

When you hear instructions, someone saying do this, then do that, and you try following as fast as you can while watching what they are doing, is it easier to copy what you see, or what you are told?

Try it with a friend: say, "Put your hand to your nose" while you put your hand to your nose. Then say and do "Clap your hands"; "Stand up"; "Touch your shoulder"; "Sit down"; "Stamp your foot"; "Cross your arms".

Then finally, when you say "Put your hand to your mouth" – put your hand to your ear. Observe what your friend does!

By the way Why do storytellers start by saying "Are you listening carefully?" ...



#### See! FACTS

We humans are always communicating. With body, with eyes, with facial expression – and of course with what we are saying. On social media, such as Facebook or Instagram often smileys and emojis help express words without language. Communication is important as it helps express





feelings and thoughts, sharing information, and explaining behaviour.

An important use of communication is to make promises and get agreement. Asking permission to do things, giving and withdrawing such permission is sometimes referred to as consent. Consent can be related to medical consultations or legal duties. As we become sexually mature, it especially concerns responsibilities to do with intimate behaviour and sexual acts with others. To be able to give or withdraw consent, you need to be properly informed and fully aware of what is going on. This usually means also being of a certain legal age; the age considered to be able to give consent to have sex varies from country to country. However, it is always wrong to force or trick someone to have sex, whatever their age or status.

When life gets hard, it can help to talk about these things with a friend or an adult instead of holding it inside oneself. Listening to what other people are trying to say to us is an important skill. It helps to really understand others. Active listening means understanding others, even when we disagree with what is being said, and being able to show compassion and caring for them. It is important to expect others to listen to us and we should also listen to others. Listening carefully, understanding what others are feeling, and caring about them is a way of showing respect.

If we are having a conflict with another boy then there are good ways to find a solution. If we ignore or don't try to find a solution then there is a big chance that the problem will get worse. Some conflicts between people can get out of hand. There are many reasons for this, for example if people get so angry they cannot control themselves, or become desperate and do not know what else to do. Good communication can help to resolve conflicts peacefully.

Even when it comes to sexual activities, you have to communicate when you do it and how you do it. For any sexual activity to happen, everyone needs to communicate, to consent, willingly and freely.

A simple way to think about consent is that only yes means yes. Sexual activity does not just mean sex, it includes kissing, hugging and touching someone's body in a sexual way.

How do you know if someone wants to make out or have sex? You have to ask!



## Judge!

### REFLECT

What kind of conflicts do you meet?

About rules in the accommodation where you live?

With family back home or with relatives or persons living with you now?

How can effective communication help to resolve conflicts?

Have you ever tried to tell someone what you like or feel about him or her?



## Act!

### SKILLS PRACTICE

You can have fun and learn listening skills through “democratic” debate, like the early Greeks.

Normally, this means arguing for one’s own opinion and hearing the opinions of the other party. There is an interesting way to practice active communication skills by understanding the point of the other party then trying to present their opinion in a “reverse debate”.

Below are a couple of debate topics, can you think of some others?

- Everyone here is equal and should be treated equally no matter which country they are from.
- Everyone in the territory of Europe is equal and should be treated equally no matter which country they are from.
- Once you have said yes to another person (for example, to allow him or her to borrow your phone) you cannot change your mind and say no, neither at the time nor in future.
- Once you have said yes to another person (for example, to allow

him or her to have sex with you) you cannot change your mind and say no, neither at the time nor in the future.

- You can tell that someone wants to have sex just by the look on their face and in their eyes.

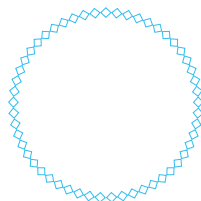


## Thoughts

## What is interesting and what is not?

What else would you like to know about?

What message will you share with your friends and family?

This image shows a blank sheet of white paper with horizontal blue dashed lines. In the bottom right corner, there is a decorative element consisting of a series of small blue diamonds arranged in a curved, zigzag pattern. The rest of the page is empty except for the lines.

## 2. Know and understand others

### 2.2 Relationships



**Useful:** Large sheets of paper and coloured markers.

This session will help you:

- Recognise different kinds of relationships
- Foster a good relationship
- Protect yourself from unhealthy and abusive relationships and behaviour

#### TRY THIS

Pair up with someone you feel comfortable with and stand close. Ask them to move to the distance that would be OK for someone they know of the same sex, then to move to the distance that would be OK for someone they know of the opposite sex. Finally, what would be the distance for someone you don't know of the opposite sex?


Say NO! STEP BACK if your partner gets too close.



#### See! FACTS

Relating to others is one of the most important tasks of humans, as we usually live with others in a social environment. Different kinds of relationships: family, friends, love, acquaintance, business, each fosters personal development, enjoyment, security, and understanding.

Boys on the move, who are in difficult circumstances, far from home and vulnerable really feel the need for other people. When you are facing difficulties, you can become very tense. Showing compassion



and understanding to others and accepting support from others can help overcome feelings of being isolated and alone.

Barriers to good relationships may include distance, fear of rejection, lack of time, lack of honesty, language differences, and cultural differences. In most families, there are boys and girls, men and women, older and younger, some living close, others living far. Women can have babies but are there some things that only male family members can do?

The Internet is used a lot to meet people online, make new friends or stay in touch with family, play e-sports and gaming. This sometimes leads to virtual friendships and relationships, however meeting someone online is different to meeting someone in real life. It is important to be choosy about who you “friend” or add to your social network, making sure to check whether a profile is genuine or not and that each one knows exactly what they are offering and expecting from the online relationship.

Explore safe ways of safely meeting people you met online: Meeting people online is fairly common, and often works out just fine for everyone involved. Still, there are risks when you get together in person with someone you’ve met online for the first time. Whether you’re on social media or on a dating app, safeguard yourself and your private information from would-be criminals. If you want to safely meet a person you met online, keep your first few meetings public and brief, and always have an escape route.

Are you on social media or on a dating app? If so, safeguard yourself and your private information, as sharing specifically certain intimate pictures, from would-be criminals. If you want to safely meet safely in real life a person you met online, keep your first few meetings public and brief. Try to meet during the day. It is best if someone else you trust knows about the planned meeting. Think already, which friend you would trust to tell where you are going and agree to check in with them when you go to meet a new person . Watch out: relationships can be unhealthy when they rely on manipulation, threats, demands and orders, sexual coercion, controlling, or violence. It is so important at all steps in a relationship for each one to feel safe and secure and

to ensure that the other one(s) feel safe and secure. Actions in a relationship will affect not just how you feel about each other now but will affect your feelings in the future about men, women, the human body including your own, and about sex, love, or trust.



## Judge!

### REFLECT

How can we identify unhealthy relationships?

What can we do, if we encounter unhealthy relationships?

Find examples for discussion.

Do you know of boys who thought that they were in a good relationship and trusted another person, but finally discovered that it was a dangerous relationship?

What happened to show that it was not a good relationship?



## Act!

### SKILLS PRACTICE

Take time to draw the outline of a person on a large sheet of paper, then take a marker and identify:

Where is it OK to be touched if you are in a friendship?

Where is it OK to be touched if you are in a romantic or sexual relationship?

Where do you not want to be touched?

Draw your answers on the outline of a human body.

What important aspects of your life could be decided by another person?

Which school to go to, which would be the best job?

What would you like to be decided for yourself?

Would you sleep in a stranger's house?

Would you give your identity paper to another boy?

What kind of vehicle would you get in to, if someone said they would take you across a border?

When two people get close, one or both can feel they want to be more intimate. What happens when one person does not want to be more intimate? When the other partner says "NO!" and you have to stop being intimate, how does each partner feel?



## Thoughts

What is interesting and what is not?

What else would you like to know about?

What message will you share with your friends and family?

-----

-----

-----

-----

-----

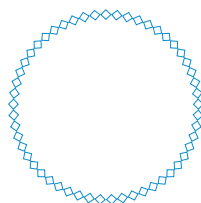
-----

-----

-----

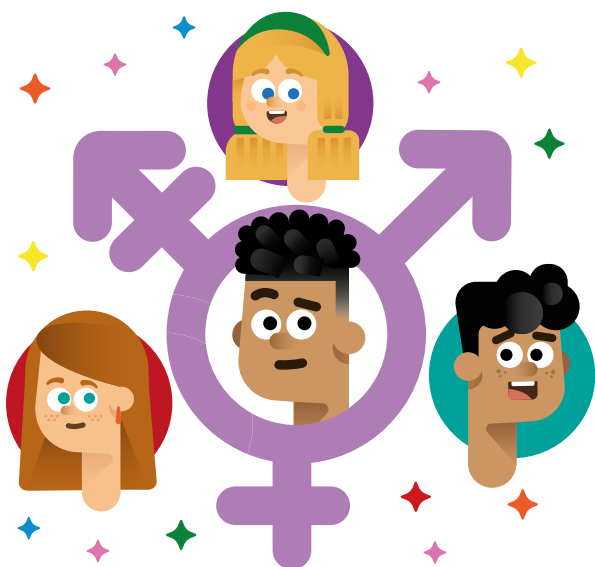
-----

-----



## 2. Know and understand others

### 2.3 Sexuality



**Useful:** Four large sheets of paper and markers, condoms and lubricant

This session will help you:

- Be happy with your sexuality
- Understand sexuality is part of human behaviour and experience
- Know what is a healthy sexual relationship and avoid abusive sexual relationships

#### TRY THIS

Stand face-to-face with a friend, air-draw their outline shape with two hands five centimetres distant from the body.


Change roles and repeat.



#### See! FACTS

Your sexuality is as unique to you as your personality. No two people's sexuality is the same, although many people share similar types of sexual desires, appetites and drive. Sexuality is much like personality in that while it is an enduring part of you, it can evolve over time. Being human means not only being male, female or having another gender identity, but also having happy attitudes and feelings about sex and gender, including showing respect for others. Physical and emotional





needs and the way we obtain pleasure and fulfilment may change as we become more mature, while attitudes to reproduction, family life and wanting or not to have children can vary from person to person. Being sexually healthy also means being able to discuss your feelings and values; initiate sex or say no to sex; and to enjoy sex without fear. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual factors.

Sexual health includes things like personal hygiene, healthy relationships, sexuality and consent. A person's sexual health includes their physical, mental, emotional and social well-being. Taking care of your sexual health is an important part of your overall health and wellness.

It is important to take care of yourself and take time for a relationship to grow and deepen before you have sex. Among the qualities of a healthy relationship, mutual respect is key. Sexually transmitted infections, unplanned or unwanted pregnancy can be harmful and dangerous for health and wellbeing. It is important for you to use protection against infections such as HIV/AIDS, and pregnancy, if having sex.

It is important to recognize when a relationship is unhealthy. No one has

the right to persuade another person to do something that person does not want to do. Everyone has the right to say "NO!" to a relationship or any intimate act at any time, especially those adolescents who have increased risks because they have sex in exchange for money, for shelter or for gifts.

Whatever society and culture, tradition or religion and individual feelings tell us, everyone's sexuality is different. Some people are attracted to only one sex; some are attracted to others regardless of sex or gender. It can be difficult accepting people who are different because of their race, skin colour, sex, sexuality, behaviour or their religion. When this difficulty is based on our own beliefs it can lead to discrimination. No matter the reason behind discrimination, many societies provide protection to ensure that discrimination is not tolerated and prevent

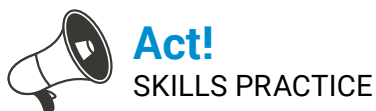
and punish sexual harassment and violence towards other people including those who may be different.



Living in different places and cultures, it can be hard to know if “I agree” or “I disagree” with public statements, open questions and social values. Some ideas are nearer, others are further from the labels “good” and “bad” values that were familiar back home. But everyone is asked to be respectful towards the values of others, so that we can all feel secure when discussing our position or sharing our views.

What do you think of the following statements?

- You can only be friends with someone your own age
- When you are in a relationship, you have to have sex
- It is OK to refuse to have sex
- You can only have sex with someone of your own sex
- You can only marry someone your own age
- You can only have sex with someone your own age
- It is OK to exchange money to have sex
- Most people do not want to be alone



What is your position on sexuality? You can play a game called “Compass Points” with a group of friends to find out. In each of the four corners of a room, place a sign for “totally agree”, “agree a bit”, “somewhat disagree” and “totally disagree”. The person leading the game reads out one by one the statements below. After each statement, each member of the group moves to the corner corresponding to their position on sexuality raised by the statement. You may discuss points of view after each move.



- Sexuality is different from sex.
- Girls have it easier than boys in relationships.
- Young people should experiment with sexual acts to understand their sexual feelings.
- It's hard for young people who are attracted to the same sex to come out and tell others.
- A boy can be trusted to not tell his friends if a girl had sex with him. I feel sorrier for babies with HIV than for gay men with HIV.
- If a girl enjoys sex a lot, she is a slut.
- I would support a friend who told me they are gay or lesbian.
- Boys always put pressure on girls to have sex.
- Girls never put pressure on boys to have sex.
- I'd feel flattered if someone of the same sex asked me out or told me I am handsome.
- The hardest thing about being an adolescent is not being trusted by your parents.
- a girl wearing a short, tight skirt is asking for sex



## Thoughts

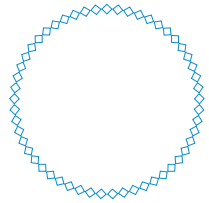
What is interesting and what is not?

What else would you like to know about?

What message will you share with your friends and family?



Handwriting practice lines consisting of 15 sets of three horizontal dashed blue lines. The first 12 sets span the full width of the page. The last two sets are shorter, ending before a circular dashed blue line.



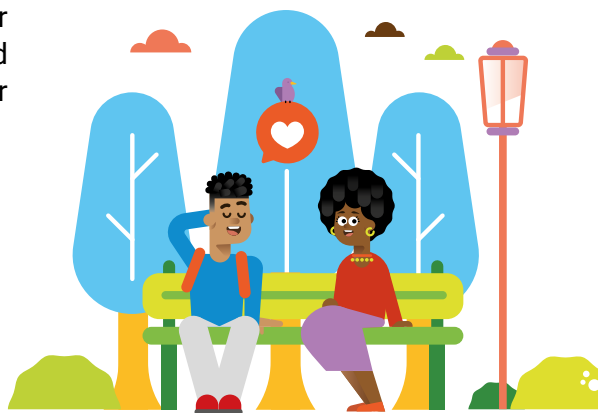
## 2. Know and understand others

### 2.4 Sex

**Useful:** Large sheets of paper and markers, condoms and lubricant, a model of a penis (or a banana)

This session will help you:

- Understand sex as part of human behaviour



#### TRY THIS

Everyone should know how a male condom works (including girls!), when to put it on an erect penis, why to use it with the right kind of lubricant and when contraceptives are necessary. Don't be shy to ask a trusted person, such as a health professional, to show you by using a drawing, a banana or even better with a model of a penis.



#### See! FACTS

What is sex, actually? Certain biological characteristics are used to try to identify our sex at birth. While most of us are visibly either male or female, certain individuals have some biological characteristics of both males and females (being born say with a penis outside and a uterus inside).

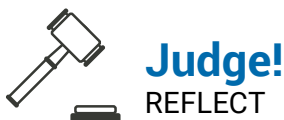
The sex word is very often used to mean sexual activity like intercourse and other activities for pleasure, for making a baby or expressing love and a close bond. The meaning given to sex will

differ based on values, beliefs, preferences, desires, comfort level and may be influenced by partners' opinion. For instance, someone's idea of what sex is might include looking at online pornography, phone sex or sexting. Another person might say that sending and receiving sexy pictures of each other does not count as sex as there is no physical touching. Some people might think oral sex is real sex while deep kissing while fondling the genitals is not.

While there are many understandings of what actions count as having sex, however you define sex it is important to know what you are getting in to and what are the possible consequences of what you are doing. It is important to take care of yourself and take time for a relationship to grow and deepen before you even discuss having sex. Among the qualities of any healthy relationship, mutual respect is key.

Sexually transmitted infections (or STIs) are infections that can be caught or passed on when you have unprotected sex, or close sexual contact, with another person who already has an STI. Sexually transmitted infections (STI), including HIV/AIDS, unplanned or unwanted pregnancy can be harmful and dangerous for health and wellbeing. It is important to use protection against such consequences, if you are having sex with someone else. Having sex alone, masturbation, does not lead to any such consequences.

A sexual act carried out without obtaining active consent from all involved has serious legal consequences. Non-consensual sex can affect badly the physical and mental health of those involved.



Here is an activity that can help you and your friends understand more about sex. Take the following Quiz:

What is the most important thing to check for on a condom packet before opening it?

What type of contraceptive methods help protect you against STIs?

When should emergency hormonal contraception be used?

What and where is Chlamydia? (careful) is it:

- A. The capital city of Chlamydistan
- B. A very tasty species of Greek octopus
- C. An STI caused by bacteria that can get inside a man's penis (urethra), a women's cervix (inside from vagina) up your butt (rectum) and down your throat.

What lubricant can you use safely with latex condoms?

Where can you go if you think you might have a STI?

Would your parents agree with the following statements, and how would you answer?

- It is important to use protection when you have sex
- Young people should have access to contraceptives
- It is the girl's responsibility if she gets pregnant
- Only gay men get HIV/AIDS so it must be a curse or divine punishment



**Act!**

SKILLS PRACTICE

Be careful. This skills practice about dealing with sexual violence is very intense, maybe triggering sad and painful memories for those who have experienced it. Make sure you know how and where to find help. Find a trusted adult who can suggest useful ways to solve problems. A leaflet with contacts to find help is available from any of the staff of reception centres and hostels. If you don't want to take part in this activity, that's ok. Just let someone know and if you can, talk about how this makes you feel.

Play "Jargon Overload" with your group:

- One after the other, read out a word in turn from the list and explain what you think the word means.
- Other group members discuss the meaning of the word and their understanding of it.
- You will have to then agree on a common understanding of what is meant by each word.
- Straight, Heterosexual, STI, Partner
- Gay, Celibate, Lesbian, Transvestite
- Bisexual, Snogging, Homophobia, Tomboy
- Homosexual, Masturbation, Gender, Orgasm
- Sex, Rape, Feminine, Anal, sex
- Oral sex, Contraception, Masculine, Safer sex
- Man, Woman, Boy, Girl,
- Kissing, Cuddle, Love, Puberty,
- Friend, Transgender, Sexual, Sexist
- Vaginal sex, Abortion, Consent, Confidentiality
- Read the newspaper article

<http://www.hurriyetdailynews.com/pakistani-man-allegedly-raped-blackmailed-by-18-roommates-in-istanbul-129699>

About a 21-year-old living in a house with other migrant men. Two of his roommates (who were also relatives) photographed him taking a shower and blackmailed him with the photographs, demanding sexual intercourse with him. After he refused to have sex with them, they showed the photographs to the other men, threatening to share the pictures on social media. The man filed a complaint with the Prosecutor's Office, saying he was raped at least 50 times by his roommates who "threatened me with killing and beating. They raped me one by one". The Prosecutor is demanding 12 years



in jail for nine suspects on charges of “sexual assault” one year for seven other suspects for “actual bodily harm” and five years in jail for all suspects on charges of “coercion.”

Imagine that the young man is your friend. After the rapes he talks with you. He tells you that during his violent experience he experienced arousal, often noticed his penis was erect and sometimes having an ejaculation. He is worried because of this.

Discuss what can you do, or even act out the scene of your friend asking for your help. Practice listening and understanding his concerns. Find out where men in the local area where you currently live can go to find help about sexual assault.

If you don't have time to read the newspaper article, maybe watch this short video:

<https://www.youtube.com/watch?v=V12yJ4eosTE>

In which a man talks about what happened to him when he was young. In the video, he asks how to stop this terrible thing happening in the future. How would you advise him to talk to his own two children about preventing sexual abuse?



## Thoughts

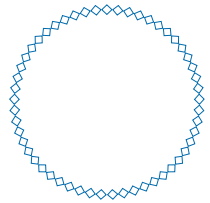
What is interesting and what is not?

What else would you like to know about?

What message will you share with your friends and family?



Handwriting practice lines consisting of 18 horizontal dashed blue lines. The first 14 lines are full-width. The last 4 lines are partially cut off on the right side, where a circular dashed blue line is positioned.



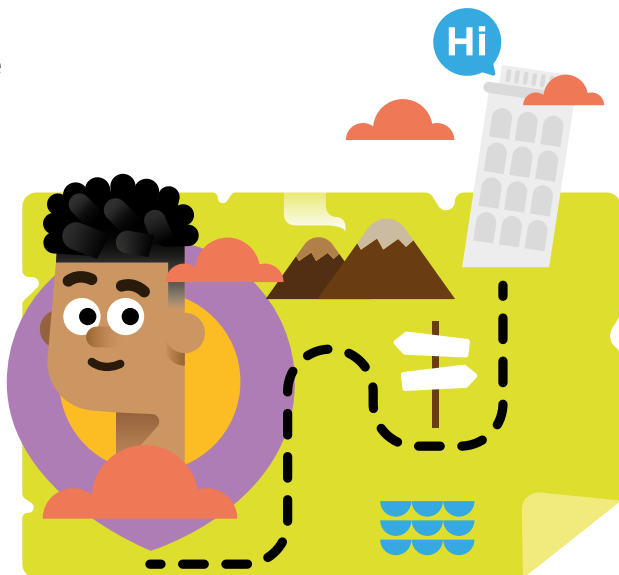
## 3. Know and understand society

### 3.1 Culture

**Useful:** Map of the world, large sheets of paper, marker pens.

This session will help you:

- Feel proud and happy to tell others about your culture
- Feel curious to learn about other cultures
- Understand the importance of coexistence and sharing between cultures



#### TRY THIS

When you meet someone who is not from the same place as you, ask to play this silent game: without speaking, each tries to tell the other where he or she is from.

You can act out or mime traditions and local styles.

The other partner has to guess. Change roles.



## See! FACTS

In the past, people were less likely to move from their home. Thinking their hometown and village as the best, their way of living and of making decisions as the right way, they might not care what others might think. However, today people are doing business with people from different cultures, and like you and your friends they move from one country to another, they migrate, they listen, watch movies and sports from around the world.

Even on the move, ethnicity, religion, tradition, parents, family, wealth, and upbringing make us the way we are.

These may be good things, but do they make us better than others?

No. Not better, nor worse, but just different. Showing pride in our origins is a good base. We can then listen respectfully to others about their experiences. This helps us recognise that our cultural background builds our values and that other people's values are built on their cultural background. What is a normal or suitable behaviour for one person or in one place, could be considered differently in another context.

It is important to be able to live in harmony with people of different cultures and background. This includes to respect and not to be judgemental towards other cultures. Try to understand one another and do not impose your own culture, religion, beliefs, and political models upon others.

The origin of words can help you understand where you are. The word "democracy" for example comes from the ancient Greek system of government in which the citizens exercise power as opposed to "aristocracy" which is the "rule of the elite". Whenever visiting or living in a country it is important to make an effort to understand how the system works, including laws and regulations, as this will help us manage life together easier.



## Judge!

### REFLECT

Find a world map and with your finger trace your journey from your home to here. Look at the route and remember the cultural surprises you had when learning about life in other countries.

Did you see people wearing clothes you thought were unusual?

Did you see something for the first time (like the sea or snow or a particular machine)?

Did you eat or drink something you never tasted before?



## Act!

### SKILLS PRACTICE

A Role Play is a game where you pretend to be someone else and by doing things they would do, you understand better their culture, background, values or ideas. If you feel confident to lead this game, then next time you are with a big group of friends, or if you are in school or a shelter, gather people into three groups. Call them Mars, Jupiter, Mercury (did you know that the planets got their names from Roman gods?) To play the game, ask each group to decide how the imaginary inhabitants of their planet would say hello, show their anger or express happiness. Bring the three groups together for each group to show the others how they say hello, how they show happiness and what they do when angry. Once everyone has seen this, everybody tries to remember and show how the different planets say hello, how the show they are angry or happy.

Can you adapt the game to help your new and old friends to learn and share similar details from other cultures?



## What is interesting and what is not?

What else would you like to know about?

What message will you share with your friends and family?

# 3. Know and understand society

## 3.2 Planning

**Useful:** Large sheets of paper, coloured marker pens.

This session will help you:

- Get the Benefit from planning
- Make priorities
- Manage daily life and set goals



### Try THIS

Do you have a watch on your wrist or a clock in the room you sleep or eat in?

Draw two large circles on a paper and add the 12 hours of a clock. Shade each part of the day and night with colours to represent those activities (sleeping, eating, working, study) that occur during the time.

This is the start of planning!

Or do you track your time with a mobile phone?



## See!

### FACTS

It is good to have dreams for life and to have daily routines and make short term planning. Planning is crucial for everyone, young and old, male or female, rich or poor. Everyone needs to have a plan, even if it may be difficult to see the path for yourself. A planned life gives you direction, to know where you are going and how you are going to get there.

Can you plan what you would like to eat and drink this week? Can you balance the money you get with what you will spend? A planned and balanced diet sustains good health. A planned and balanced budget is the beginning of personal wealth.

Planning puts your dreams within reach. A plan breaks hard things down into simpler action steps necessary to achieve your dreams. Decide on the action steps of a plan, apply the effort needed to carry out the steps, and you are on your way to making your dreams happen.

Even if life seems quite haphazard or difficult, you can be in control of the most important parts of your life. If you leave your life up to chance or let others control it for you, you are sure to be disappointed. Taking control of your own life is the only way to get what you truly want.



## Judge!

### REFLECT

Think back to the attitudes of family members and friends: what do they consider to be the source of influence on daily life? Would they call it destiny, fate, luck or planning? Would they call it Destiny, Fate, Luck, or Planning?

Which type of calendar is most used for planning the year back in your home country? Is it based on the seasons, the months of the year of the sun, the months of the year of the moon, religious holidays?





## Act!

### SKILLS PRACTICE

On a large sheet of paper, draw around your foot. You can use this to make a “first footstep” towards changing your life! Make a list of your hopes and dreams and write your biggest dream in the big toe, then each smaller dream in the next toe and so on.

What are the strong points in your character?

Write them in the foot palm (the part of the foot which keeps us stable).

What about the weak points in your character?

Write them on the heel (you know if anyone tried to stand only on the heel, it is unstable).

This foot drawing shows you what you know you want in life, what you already have to achieve your goal and what you need to improve.

It is good to both have big and small dreams, and it is important to know about one's own strengths and limitations.



## Thoughts

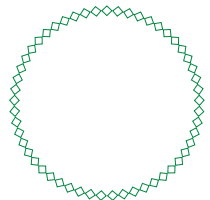
What is interesting and what is not?

What else would you like to know about?

What message will you share with your friends and family?



Handwriting practice lines consisting of 20 horizontal dashed green lines.



## 3. Know and understand society

### 3.3 Money

This session will help you:

- Be careful about money and how to get it and spend it
- Understand how a budget works
- Know your rights about working



#### Try THIS


Learn the symbols of different currencies (Afghanis, Euros, US Dollars, British Pounds, Japanese Yen, Indian Rupee, Francs CFA, Pesos, etc) and the different countries where these currencies are used.

Which currencies have the highest value?



#### See! FACTS

Money allows us to sell, buy and save for things that we need for our everyday life. Different countries have different currencies, with different values. For example, 1 Euro will buy one chocolate bar in Greece, but in Iraq you may be able to buy two chocolate bars for the same amount. Money can be given as a gift by kind persons close to us to help us. Money can also be loaned for a time by other persons,



money agencies lenders or banks, to be returned with interest, an amount which increases over time. It is good carefully to consider if we want to borrow money to buy something, or to save up money to buy what you want. For this it may be good to make a plan that can help us know how much we can save up each month, and to know by when we will have saved enough money to buy what we would want.

It is always possible to save up. But when you become 18 it will be possible to open a bank account, to earn, to borrow money. When you get a bank account you will even get a bank card, which will mean that you can take out money from bank machines in different locations.

The world operates in the way that money and work go together. Some people work in their own business and the profit is what they earn, some work for others to get a salary or compensation for their work. You have the right to refuse to do work that is harmful for you and your health, and that you should never be forced to do work against your will.

Sometimes we may think there are easy ways to get money, for example selling objects we own. Stealing is one way to get in to trouble. Basically, there is no easy way to get rich quick. Some young people think of using their bodies to get money. But remember selling or buying sex is against the law in many countries and can be dangerous everywhere.

One very cruel way that some people try to get money for themselves is by making other people (usually women, children and adolescent girls and boys) have sex for money, and then taking all or some of the money. This is called sex trafficking when you are forced to have sex for money. No one should be forced against their will to do anything like this. In fact, money is not worth selling your self-esteem for.



## Judge!

### REFLECT

On a sheet of paper (easier if there are squares) make a simple table of income and expenditure. List on one side what kind of actions and events brought money to you since you started your journey.

Do the same concerning the other side, listing what takes money to meet expenses in life on your journey.



## Act!

### SKILLS PRACTICE

Money back home is not the same as here where you are now. Make two simple tables of income and expenditure on two sheets of paper (easier if there are squares). On the table for here and now, write down the sum accessible weekly to you as an unaccompanied young person. For the table representing back home, find out the average annual income in your country of origin (you can find this online or ask someone who helps you). Have you ever found out the monthly salary of a professional job you would like to do? Or the expenses in a place you might live in.

Play Monopoly (adult or junior version), if ever you get the chance!



## Thoughts

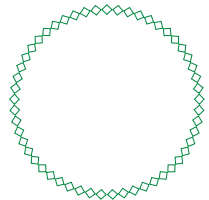
What is interesting and what is not?

What else would you like to know about?

What message will you share with your friends and family?



Handwriting practice lines consisting of 20 horizontal dashed green lines.



# 4. Know and understand the Big Picture

## 4.1 Connections

**Useful:** Access to Internet, a ball of string and a good imagination!

This session will help you:

- Think about what is common to all human beings and see the interconnections between us all and our societies
- Not only to face any difficulties calmly but even to be a calm person



### Try THIS

When you are walking around, in the street for instance, imagine a string going from you to the next person you meet. Then from you to someone else. See a giant ball of string thrown back and forth between the different people you meet today, making a web. Let the giant “spider web” you have spun remind you that we are all connected.



### See! FACTS

Human beings everywhere recognize some things in life that can be changed, and other things in life that cannot be changed!

Ask yourself what beliefs help you on a daily basis. Ask the same of your friends and of the adults in the place you live. Compare and contrast the answers.

Could having no beliefs be helpful?

Human beings have all different experiences along their unique path through everyday life, some have very challenging times others easier moments, though everyone is equal!

Next time you are online, have a look at the video clip made by about Ibrahim the young, disabled, refugee athlete:

<https://www.youtube.com/watch?v=xrfGGyde50I>

His story is inspiring and encouraging. Despite having one of his legs blown off in an explosion, he continued training. He made the journey from Greece to Rio de Janeiro to join the independent refugee swimming team for the Paralympic Games 2016.

He says,

“Do not just sit around!

Do something with your life!

Give everything you have.”



Find the words: acceptance, serenity, calmness in an online dictionary.

Consider the life of Ibrahim the young, disabled, refugee athlete.

What parts of his life are like yours?

What parts are different?

What can he change?

What can he not change?

Have you ever met or heard about someone in that position?





## Act!

### SKILLS PRACTICE

Think about your life story so far. How would you tell it (for example, if you were interviewed by a journalist)?

Tell yourself the story of your life as if you were a hero!

Climbing mountains and travelling far. Then, change the tone of your life story as if you were a victim. The cold and wet. The bad food. Then tell the story of your life as if you were an observer looking at it from a distance.

Make a poster in several languages with the following idea:

Grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.



## Thoughts

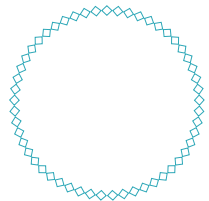
What is interesting and what is not?

What else would you like to know about?

What message will you share with your friends and family?



Handwriting practice lines consisting of 20 horizontal dashed lines.



# 4. Know and understand the Big Picture

## 4.2 Together

**Useful:** a copy of the Yin-Yang symbol, a picture of a rainbow.

This session will help you:

- Show care, cooperation and concern to others whatever their background
- Live together respectfully with people whatever their gender and race



### Try THIS

Look at the yin-yang symbol. Have you seen it before? Ask yourself what it shows. The black is called yin and the white yang. What do the two sides represent? Notice the dot of the opposite shade in each side, as well as the flowing shape as the two sides get closer together.

You can demonstrate this with hands and arms. Pull your upper arms tightly against your chest, while holding the fingers of each hand curled into each other so they are cupped tightly together. Pull hands against each other, first letting one arm be stronger to pull the other hand and arm, then letting the other be stronger to pull the other way. Doing this repeatedly, moving arms back and forth together while they pull against each other, to shows how opposites are becoming each other.



## See! FACTS

Boys on the Move need a sense of harmony (as explained in session 1.3) to help you feel in sync with yourself. This helps personally, and especially when living together with others. Living together in harmony with others is easier said than done, especially in a world filled with conflict, catastrophe and strongly held opinions. It may be a struggle to feel in sync even with people close to you such as male friends and family members, not to mention with older neighbours, future partners, the authorities in the local community and society at large.

Yin-yang philosophy is a way to visualize growth, change, and the interplay of life's opposites, including masculinity and femininity, right and wrong, dark and light. Seeing yin and yang as opposites is easy, but these opposites are not absolutes. They work together. We cannot divide people into yin and yang because we all have both yin and yang in us. Everybody has feminine and masculine aspects to their personality in their deep inner selves. The yin-yang opposites are always in motion and are always becoming each other, yin is becoming yang, yang is becoming yin in each one of us. Life is becoming death, death is becoming life. Dark is becoming light, light is becoming dark. Care and concern become strength and respect. Everything is in motion toward its opposite, even material wealth and spiritual emptiness.



Look again at the dots in the yin-yang symbol. The dark circle inside the yang is the seed of yin and the light circle inside the yin is the seed of yang. The seed of each is always in the other, so each is always growing into the other.



## Judge! REFLECT

What other interplaying opposites have you seen? In your life back home, while on the move or now here where you are staying at the

moment? The seasons of the year might be one example. Warmth and cold another. Friendly individuals in aggressive crowds. Kind men and selfish women, or harsh men and strong women living together. Sometimes we see in life certain opposites. This may be hard to understand compared with what we have been brought up to think, but if you are living in a new place, it is important to find out what society expects of each person in order to hold things in balance. What about right and wrong, virtue and sin, love and hate? Are they always pulling against other, always becoming each other? Is it difficult to tell the difference between right and wrong? While it is wrong to steal, is it wrong to steal bread to save a starving child? Does doing that change stealing from wrong into right? What if giving a nice present to one friend means you hurt another friend's feelings? Does that change giving a present from right into wrong?

Now, think about the energy needed to hold all things together in a balance. There is something very dramatic in the apparent "opposites" of the yin and yang. If this circular symbol spins around a point at its centre (think of it like a windmill) the two "opposites" become one united shade. This movement is a creative energy, bringing a new reality.

It is important to recognize how to respect people who seem different from us, even the "opposite" to how we consider ourselves to be. Nowadays, society makes progress and brings benefits to everyone when men and women are treated equally, have access to the same opportunities for personal development and enjoy social participation including the financial gain from their own work. Is this the kind of society you would like to live in? Where men and women respect each other in balance and peace and relate to each other as equals. As young men who have left one culture to enjoy another, you can challenge the ideas about what is expected of men and of women and learn how this can change.



## Act!

### SKILLS PRACTICE

The Incomplete Jigsaw Puzzle is a cooperation game with

an element of competition. Each team of three to six members must quickly put together a jigsaw puzzle by working together.

### Try ALSO

#### The Rainbow Experiment

Now, remember what happened when the apparent “opposites” of the yin and yang symbol spin around like a windmill: the two “opposites” become one united shade. This movement is a creative energy, bringing two shades together as a new reality. There is something even more dramatic about all the colours of a rainbow. You can try for yourself. On a circle of card, draw a point in the centre, then like seven equal slices of a pie draw the colours of the rainbow together: red, orange, yellow, green, blue, indigo and violet (for information: violet is a colour lighter than purple, while indigo is slightly darker than purple. If you find it hard to make a pie of seven slices, the experiment can also work with purple instead of indigo and violet). All the colours of the rainbow are different, but they are all equal and when all the colours are spinning together, they make strong white light. Try it! You'll like it!

The rainbow is a powerful natural phenomenon when seen in the sky. Make a list of the religions, cultures, peace movements and political struggles for equality that have adopted the rainbow as their symbol:



## Thoughts

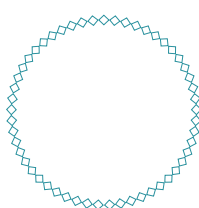
What is interesting and what is not?

What else would you like to know about?

What message will you share with your friends and family?



Handwriting practice lines consisting of 20 horizontal dashed lines.





**CERTIFICATE  
OF ACHIEVEMENT**



\_\_\_\_\_ certifies that on \_\_\_\_ / \_\_\_\_ / \_\_\_\_

\_\_\_\_\_ completed a 12 session Life Skills course

**Know and understand yourself**

Health  
Emotions  
Harmony

**Conoscere e capire la società**

Cultura  
Pianificazione  
Denaro

**Know and understand others**

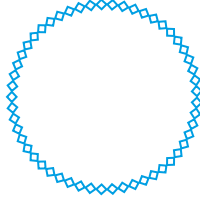
Communication  
Relationships  
Sexuality  
Sex

**Conoscere e comprendere la vita**

Connessioni  
Insieme



**unicef**  
for every child



\_\_\_\_\_  
SIGNATURE











UNFPA

Regional Office for Eastern  
Europe and Central Asia  
Istanbul, Turkey

[eeeca.unfpa.org](http://eeeca.unfpa.org)  
[eecaro.office@unfpa.org](mailto:eecaro.office@unfpa.org)



UNICEF

Regional Office for Europe and  
Central Asia  
Geneva, Switzerland

[unicef.org/eca/](http://unicef.org/eca/)  
[ecaro@unicef.org](mailto:ecaro@unicef.org)