

# THE EMPOWERMENT MODEL

The GAME empowerment model aims to empower children and youth by enhancing their basic life skills through sports.

*“Life skills mean the abilities for adaptive and positive behaviour that enable individual to deal effectively with demands and challenges of everyday life”* (WHO). Thus life skills refer to the skills needed to effectively deal with the changes, challenges and opportunities of everyday life.

Life skills are competencies built over time, and they work on different levels. The skills are personal abilities to deal constructively with oneself, to deal with others and to actively engage in society. By enhancing the life skills of children and youth we enable them to take leadership and to take a broader societal responsibility in addressing issues relevant to their community. WHO has identified some of the potential outcomes of strengthening life skills amongst children and youths. These includes:

Promotion of democracy, gender equality, good citizenship and peace, and prevention of health and social problems.

The GAME empowerment model builds on the core life skills laid down by WHO, and works to address the important societal issues mentioned above. Which issues are tackled and how much emphasis is put on each one of them can change over time and from one community to another.

To make the life skills easier to work with in a peer-to-peer context we have broken some of them down to more specific components.

We work with life skills on two levels: *The individual level* and *the group level*. It is life skills on these two levels that will enable children and youth to be active citizens, who are co-creators of peace-full, equal and democratic communities – on *the community level*.