**LEP PLANNING FOR ADOLESCENTS & YOUTHS (30-35 years)**

To make life planning andy, you need to balance your goals and interests, as well as your values and priorities. This process will help you determine what you want to achieve in life and how you plan to get there.

**IMPRESS YOURSELF**

Self-esteem is essential to self-confidence and emotional well-being. Building self-esteem involves identifying your strengths and weaknesses and using them to your advantage. This process will help you develop a positive self-image and a strong sense of self-worth.

**BE ASSERTIVE**

Being assertive means standing up for your rights and making your needs known. This involves expressing your thoughts and feelings clearly and confidently, while respecting the rights of others. This process will help you develop the skills necessary to communicate effectively and handle difficult situations.

**Negotiation Skills**

Negotiation skills help you respond to persuasion so you are not forced to do something you don't want to. This involves being able to listen actively, express your thoughts and feelings clearly, and reach a mutually acceptable agreement.

**NEEDS**

- **Personal**: Health, safety, shelter, food, clothing.
- **Relational**: Love, friendship, family, community.
- **Social**: Education, employment, leisure, recreation.
- **Spiritual**: Faith, values, beliefs, purpose.

**Long-term Goals**

These are your ultimate aspirations that you want to achieve over a time period of years. Examples include: becoming a doctor, traveling the world, starting your own business, or raising a family.

**SMART**

- **Specific**: Clearly define your goal.
- **Measurable**: Set specific, quantifiable milestones.
- **Achievable**: Set realistic, measurable objectives.
- **Relevant**: Align your goal with your values and priorities.
- **Time-bound**: Set a deadline for achieving your goal.

**YOUR REPRODUCTIVE HEALTH**

Sexual health and reproductive activities should play a major part in your decision-making. Sex is a unique experience that is different for everyone. It should be enjoyed in a healthy and satisfying manner.

**Sexual Abstinence**

Sexual activity should be enjoyed in a healthy and satisfying manner. It should be enjoyed in a healthy and satisfying manner. It should be enjoyed in a healthy and satisfying manner. It should be enjoyed in a healthy and satisfying manner.

**Life Planning**

Life planning helps you make informed and empowered reproductive health choices. It should be enjoyed in a healthy and satisfying manner. It should be enjoyed in a healthy and satisfying manner. It should be enjoyed in a healthy and satisfying manner. It should be enjoyed in a healthy and satisfying manner.

**SET YOUR GOALS RIGHT**

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**DBY AGGROVE**

This is the process of identifying and addressing your self-esteem challenges. It involves recognizing your strengths and weaknesses and using them to your advantage. This process will help you develop a positive self-image and a strong sense of self-worth.

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**LPF REFORMED LGA**

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**LPF SUPPORT & REFERRAL**

At the Sideline, different units work together to provide you with comprehensive health services that meet your needs in a confidential and youth-friendly manner. Some of these units include:

- Information on reproductive health and family planning
- Services for management of sexual and reproductive health issues
- Education on sexual health
- Counseling on substance use and abuse

When any of these services are not available within the facility, you will be directed to the nearest and most convenient facility where you will get the required service.

**YOUR REPRODUCTIVE HEALTH**

Search through the list of activities that should only be engaged in when you are consciously ready and fully convinced. You need to respect your body and that of your partner. Never force sex on parents, siblings or friends or health workers if you feel pressured to have sex when you don't want it. Refuse sex based on transactions, pity or threat. You can say no and must make conscious personal decisions before engaging in sex.

**SEXUAL ABORTION**

Sexual abortions are becoming more sexual intercourse at all. It is common for girls and boys to have sex for a variety of reasons. Some people may see sex as a fun experience, a way to express their feelings for others, or a way to connect with their partners. However, sex can have serious consequences, including unwanted pregnancy and potential health risks. If you are considering abortion, it's important to seek advice from a trusted health provider who can help you make an informed decision.

**NEGLIGENCE**

Negotiation skills help you negotiate persuasion so you are not forced to do something you don't want to. Persuasion is when you communicate your feelings and needs without being rude or violating the rights of others. You should:

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