

PROGRAMME BRIEF

PALS: Adolescent Life Skills and Parenting in Humanitarian Settings

OBJECTIVE

PALS programme

Plan International's Parenting and Adolescent Life Skills (PALS) programme promotes the psychosocial wellbeing, health and safety of adolescents aged 10 to 19 in crisis settings.

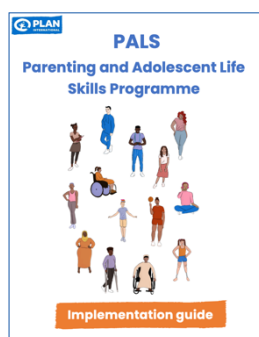
The PALS programme uses four strategies:

- Providing life-saving **information** to adolescents and their families
- Strengthening **life skills** of adolescents and positive **parenting practices** of their parents and caregivers
- Promoting positive and supportive **parent-child relationships**
- Linking adolescents and their families to locally available **services and support**

PALS is a three-month programme with weekly Life Skills sessions for adolescents and Parenting sessions for their parents/caregivers.

PALS Life Skills and Parenting groups run separately but in parallel to one another. This helps to reinforce mutual

learning, increase families' access to services and promote supportive parent-child relationships at household level.



APPROACH

Creative methodology

PALS Life Skills sessions engage adolescents in participatory ways to learn, share and practice skills that support adolescent well-being, health and protection.

Through creative play and arts such as games, music and drama, adolescents can express themselves, build confidence, learn and connect with peers. The play-based methodology has been developed in partnership with Clowns without Borders. PALS Parenting sessions are discussion and activity-based and aim to support parents to access essential information, skills and services that support their own well-being and that of their adolescents.

DEVELOPMENT PROCESS

Adolescent consultations

PALS builds on evidence about what works in life skills and parenting in humanitarian settings. The session themes were identified in consultation with adolescents and caregivers in humanitarian and refugee settings in Bangladesh, Central African Republic (CAR), Cameroon, Niger, Nigeria and Tanzania.



The PALS curriculum was developed in collaboration with Plan International frontline humanitarian teams and global experts.

The creative and play-based methodology that is at the heart of the programme, was developed in partnership with Clowns without Borders. All games and creative exercises have been field-tested with adolescents prior to being included in the PALS programme.

IMPLEMENTATION

Global roll-out

Since 2021, PALS has been implemented in over 15 humanitarian and refugee settings worldwide, including in Burkina Faso, Cameroon, CAR), Ethiopia, Kenya, Myanmar, Mali, Moldova, Niger, Nigeria, Romania, South Sudan, Sudan, Tanzania, Uganda and Ukraine.

In 2024, PALS will be scaled up to 20 humanitarian and refugee settings worldwide.

EVIDENCE

Programme impact

In 2022, M&E data collected among 300 adolescents and 250 parents and caregivers in Nigeria and South Sudan was analysed.

The programme found positive effects on:

- Personal goal achievement (personal indicator of programme success) among adolescents (71%) and parents/caregivers (77%)
- Coping with stress among adolescents (increase from 3% to 81%)
- Knowledge on how to stay safe and healthy among adolescents (increase from 39% to 89%)
- Knowledge on how to support adolescents in difficult times among parents (increase from 54% to 89%)
- Access to social support and services among adolescents and parents/caregivers (increase from 57% to 96%)

In 2024, external evaluations will continue to collect evidence on the effectiveness of PALS in diverse humanitarian settings.

Since we participated in



PALS my mother has become more understanding and she doesn't shout at me anymore."

– ADOLESCENT GIRL IN PALS LIFE SKILLS SESSION, ROMANIA 2023

CAPACITY DEVELOPMENT

Training materials

The PALS programme package includes a range of training materials for PALS facilitators and other programme staff.

Four **self-paced PALS learning modules** offer PALS facilitators all essential knowledge they must have about the PALS curriculum. These modules are both available online and as offline workbooks.

After completing the online learning modules, PALS facilitators participate in a 5-day in-person **PALS Training of Facilitators** which focuses on practicing facilitation skills to effectively deliver PALS sessions with adolescents and parents/ caregivers.



For PALS implementation teams, including project managers, technical staff and M&E staff, a 3-day **PALS Implementation Workshop** covers all essential steps to plan and implement the PALS programme.

In addition, a 2-day **PALS Contextualisation Workshop** guides teams to contextualise the PALS programme to ensure the curriculum fits within the local culture and context.

RESOURCES

PALS programme package

The PALS programme package includes:

- **Life Skills Curriculum** of 13 sessions for adolescents
- **Parenting Curriculum** of 10 sessions for parents and caregivers of adolescents
- **Laughter and Play manual** developed in partnership with Clowns Without Borders
- **Implementation Guide** and supporting tools and resources
- **M&E** framework and tools
- **Workshop guides** for contextualisation and implementation
- **Training of Facilitators** with online and face-to-face learning modules.

Materials are available in Arabic, English, French, Spanish, Polish, Romanian, Russian and Ukrainian.

Website:

<https://www.mhpss.net/toolkit/children-and-families-mhpss-resource-collection/resource/parenting-and-adolescent-life-skills-programme>

