

Life-Skills & Education for Adolescent Development (LEAD)

➤ **ფიგურა** D`qv4i tmev ms`v (BDGmGm) bxj dvgvix tRj vq KgPZ GKwU t`^Ovfmex Dbqtb c0Zovb | `wi`^a wefgvPtb gybe m`u` Dbqtk c0vb tKSkj wntmte wefePbv Kti `xN`w b aTi bxj dvgvixi `wi`^a RbtMv0xi gta` Kvr Kti hvf`Q | MZ 2008 mvtj i c0g w`K ntZ BDGmm KvbWv-evsj v`k Gi mnthwMZvq BDGmGm, bxj dvgvix m`i DctRj vi j`y`xPvc BDwbqtb wKtkvi-wKtkvix Dbqtb wky`v I Rxeb `y`Zv KgPxi (vj W) iia` Kti | G ch`q 12wU wKtkvix I 3wU wKtkvi tK`^a 18 gym e`vcx Pij | G e0iB j`y`xPvc BDwbqtb AvKvj MÄ evRvti wKtkvix`i Dbqtb `vqxfvte mnthwMZv Kivi Rb` BDGmm-KvbWv evsj v`tki mnvqZvq c0fwZ wKtkvix mfv bvtg GKwU wKtkvix mfv tK`^a wbgPb Kiv nq Ges msMVK wbtqvMi gva`tg wbcwgZfvte cwi Pwvj Z nt`Q | 2q mvBtkj Gi 15wU tK`^a mvdjt` mvt` mgvb Kivi ci 2009 mvtj i Rj vB ntZ j`y`xPvc I cj vkevox BDwbqtb 3q mvtKj Gi gvU 30wU wky`v tKt`^a (wKtkvix 24 wU, wKtkvi 6 wU) ev`I evqb iia` nq | MZ 31 wv`m`f10 G mvdjt`i mvt` tKt`^a,tj vtZ wky`vi Kvr mgvb ntqtQ | ZviB wfvE`Z cKti i mgvb c0Zte`b c0`Z Kiv ntjv |

➤ **კგმპქი j`y`t-**

t`tki tgsij K Awakvi t`tk ewAZ wKtkvi-wKtkvix`i mvgwRK mtpZbZv `Zwi, mvy`iZv c0vb I Kwi Mwi `y`Zv ep`xi gva`tg Zvt`i tK AvZwbfpkxj Kti ghP vm`ubogvbl ifc Mto tZvj vB KgPxi gj j`y` |

➤ **კგმპქი Dti`k` t-**

- (1) gvbm`SZ I Kvhr`i mvy`iZv c0vb |
  - (2) wKtkvi wKtkvix`i Rxeb Nwb0 wky`v I c0ky`Yi e`e`v Kiv |
  - (3) mgv`R weivRgvb mgm`v m`utK`wKtkvi-wKtkvix I AwffveKmn Gj vKvi me`I`ii RbMYtk mtpZb Kiv |
  - (4) `^`^, cy0 Ges mvgwRK wevfbw`el tq (evj `weevn, eUweevn, thSZK, Zvj vK) mtpZbZv ep`x Kiv |
  - (5) mgvR I cwi evti wKtkvi-wKtkvix RbtMv0xi fvgKv I `wqZ,m`utK`mtpZb Kiv |
  - (6) Avq ep`xgj K c0ky`Yi gva`tg AvZwbfpkxj ntZ mnvqZv Kiv |
- Dti`k` ,tjv mdj Kivi Rb` KgPxtK 6wU avtc wef`3 Kiv ntqtQ | wbtgeavtci avivevwnKZv ,tjv Avtj vPbv Kiv nj -

❖ **1g avct- wKtkvi-wKtkvix`i c0`wgK wbePb |**

GB avtc msuk00 KgGj vKvq mnvqK wbtqvM w`tq PRA Uj m e`envi Kti mvgwRK gvbwPti`i gva`tg 11-17 e0ti i wbi`yi I Sti cov wKtkvix A\_ev wKtkvi wbePb Kiv nq | tmLv`tb c0`wgKfvte tK`^a Puj y Kivi Rb` 30 Rb wky`v`Pc0`wgKfvte wbePb Kiv ntqtQ |

❖ **2q avct- wKtkvi-wKtkvix`i Rxeb `y`Zv Dbqtb c0ky`Y |**

GB avtc c0`tg msuk00 tKt`^i mnvqKt`i 4 w`tb i AvevwnK c0ky`Y t`lqv ntqtQ | c0ky`Y tctq mnvqKMY Zvt`i wbePZ 30 Rb wky`v`K wbtq 12 w`tb 12 wU wevtqi Dci Avtj vPbv Kti t0b | | weiq ,tjv nj t

- (1) vj W cwi vPwZ I tj Lvcovi ` ,iaZi |
- (2) Rxeb `y`Zv |
- (3) `^`^ m`SZ cvqLvbv I cwi `vi cwi`QbZv |

- (4) ^Kt̄kvi Kvj | m̄v̄ebv |
  - (5) eÜz̄wbeP̄b |
  - (6) c̄Ńj vfb /c̄Ńvi bv |
  - (7) ḡ` Av` i |
  - (8) DZ̄<sup>3</sup> Kiv |
  - (9) w̄etq | evj` w̄etq |
  - (10) Rb̄i nm̄` | gv |
  - (11) bvix c̄j̄æl` elḡ` | bvix w̄bh̄P̄Zb |
  - (12) Avq̄gj̄ K Kv̄t̄Ri m̄t̄hv̄M | m̄v̄ebv |
- GQov̄l D<sup>3</sup> w̄el q̄, t̄j v t̄K>`<sup>a</sup> Pj vKvj xb mḡtq t̄K>`<sup>a</sup> c̄ŃZ gv̄tm GKw̄ Kt̄i w̄el q̄ Av̄t̄j vP̄bv Kiv n̄t̄q̄t̄Q |

❖ 3q avct- w̄el q̄ w̄f̄w̄<sup>3</sup> K Av̄t̄j vP̄bv

GB av̄tc w̄k̄ȳv\_Ń̄ i th 12 w̄ w̄el t̄qi Dci Av̄t̄j vP̄bv n̄t̄q̄t̄Q tm̄B w̄el q̄, t̄j v Zv̄t̄` i Aw̄ff̄veKt̄` i m̄v̄t̄\_ | ch̄Ń̄q̄m̄t̄g Av̄t̄j vP̄bv Kiv n̄t̄q̄t̄Q | t̄K>`<sup>a</sup> īæi gv̄tm c̄Ńg w̄el t̄q̄ w̄j W c̄w̄i vP̄Z | t̄j L̄ivc̄oi` īæZ̄ Ges w̄k̄ȳv` t̄j w̄k̄ȳv\_Ń̄ i AM̄w̄Z/ Ae<sup>-</sup>v̄b w̄el t̄q̄ Av̄t̄j vP̄bvi ci c̄ŃZ w̄Zb ḡvm AŠ̄í i c̄ŃZ t̄Kt̄`<sup>a</sup> 2w̄ Kt̄i w̄el q̄ Av̄t̄j vP̄bv Kiv n̄t̄q̄t̄Q |

Q̄w̄et Aw̄ff̄veK m̄fv

❖ 4\_ avct- m̄v̄ȳi Zv̄ Kḡm̄Px | Kw̄i Mw̄i` ÿ̄ Zv̄ ēw̄x̄gj̄ K c̄k̄ȳY |

GB av̄c̄w̄ n̄t̄<sup>Q</sup> Kḡm̄Pxi gj̄ :avc | GB av̄tc c̄Ń\_w̄ḡK f̄v̄te w̄beP̄Z 30 Rb w̄k̄ȳv\_Ń̄ ga` n̄t̄Z 25 Rb w̄k̄ȳv\_Ń̄K w̄beP̄b Kiv n̄t̄q̄t̄Q | gj̄ av̄tc m̄v̄ȳi Zv̄ AR̄Ń̄bi Rb` c̄ŃZ`K w̄k̄ȳv\_Ń̄ ch̄Ń̄q̄m̄t̄g m̄P̄bv ce<sup>7</sup> ḡvm | w̄eK̄vk ce<sup>8</sup> ḡvm Ges t̄m̄š̄i f̄ c̄te<sup>4</sup> ḡvm āti t̄j L̄ivcov Kt̄i t̄Q | GB av̄tc 3 w̄ eB t̄kl Kt̄i w̄k̄ȳv\_Ń̄ v t̄ḡš̄w̄j K m̄v̄ȳi Zv̄ DĒi Kv̄h̄Ń̄g (PLP) ce<sup>P</sup>t̄j t̄Q 3 ḡvm | GB c̄te<sup>c̄ŃZ`K</sup> w̄k̄ȳv\_Ń̄ 8 w̄ m̄ȳ` i | īæZ̄c̄Y<sup>e</sup>B Gi c̄vk̄vc̄wk B̄st̄i w̄R | w̄nt̄m̄tei` B̄w̄ eB P̄P̄Kt̄i | c̄ŃZ c̄te<sup>w̄k̄ȳv\_Ń̄</sup> v ga` eZ̄<sup>P</sup> gj̄` v̄qb | mḡvc̄bx gj̄` v̄q̄t̄b AskM̄Ń̄Y Kt̄i |

(PLP) c̄te<sup>P</sup> eB, t̄j v nj t (1) t̄m̄v̄bv̄j x w̄` b, t̄j v (2) f̄v̄t̄j v` v̄Kvi Dci (3) Av̄Bb | Av̄ḡiv (4) Kv̄R Ki e Av̄q ev̄ove (5) M̄v̄Q M̄v̄Qvj x (6) n̄v̄t̄Zi Kv̄t̄Q w̄P̄w̄K̄rmv (7) t̄Qv̄Ūt̄` i ḡȳ<sup>3</sup> h̄t̄x̄i B̄w̄Z̄nm̄ (8) w̄et̄` k̄ th̄t̄Z n̄t̄j (9) Ḡt̄mv̄ w̄nt̄me w̄k̄w̄L (10) Ḡt̄mv̄ B̄st̄i Rx w̄k̄w̄L | GB av̄c̄w̄ P̄t̄j t̄Q c̄t̄iv 18 ḡvm | 18 ḡvm t̄k̄t̄l w̄k̄ȳv\_Ń̄ i P̄w̄m̄` v Ab̄j̄v̄qx Kw̄i Mw̄i` ÿ̄ Zv̄ ēw̄x̄gj̄ K c̄k̄ȳYi Rb` e<sup>v</sup>P̄ Kiv n̄t̄q̄t̄Q w̄k̄ȳv\_Ń̄ i Av̄Z̄w̄b̄f̄P̄k̄xj n̄t̄Z m̄nv̄q̄Zv Ki t̄Z |

Q̄w̄et m̄v̄ȳi Zv̄t̄Kt̄`<sup>a</sup> Aa`q̄Yi Z w̄k̄ȳv\_Ń̄ Ges` ÿ̄ Zv̄ēw̄x̄gj̄ K c̄k̄ȳY

❖ 5g avct- MY mḡv̄t̄ek |

GB avtc 18 gvm tkv`a PjvKvjxb mgtd iiaei w`tk cZ 15wJ tkv`a 1wJ MY mgvtek ntqtQ A\_`  
 cjvkeovtZ 1 wJ thLvfb c`avb AvwZw\_ wQtj b bxj dvgvix m`i DctRjv wbe`fx KgRZPRbve tLvi tm` Avj g |  
 GQovov wQtj b BDGmm KvbWv-ersj At`k Gi Av`Avj K mgšqKvix Rbve Avāj ivKxe, BDGmGm Gi wbe`fx  
 cwipjK, SMC Gi wefvMxq, cjvkeovx BDwbq`bi tPqig`vb Rbve ggZvR Avj x I Ab`vb` KgRZ`mn  
 wk`y`K, KvRx, NUK, Ww`3vi, GjvKvi MY`gvb` e`w`3eM`mn me`I`ti i gvbl |  
 AvtjvPbvi velq wQtj t evj `wetq, wetq ti wRw`3, thSZK, ZvjvK, RbmsL`v tiva, `v`v` velq Kms`vi bvix-cjæ  
 Dftqi gta` m`n`u`K`Zix I Dftqi tj Lvcov tkLvi mgvb `iaZj; AvqgjK KvR I m`æebv, miKvix I  
 temiKvix wefbaetmevi Drm BZ`w` | j`y`xPvtcI Abjfc GKwJ MYmgvtek nq | tmLvfb c`avb Av\_wZ wQtj b  
 tRjv g`njv velqK KgRZPRbve bjæb`nvi teMg | BDwbq`bi tPqig`vb k`vgPi b ivqmn Ab`vb` AtbtK |

Qwet MYmgvtek

❖ 6ô avct- `auwZt` i cwii ewii K Rxeb Dbq`b c`k`y`Y |

GB avcwJ gjZ Kiv nq tkv`a PjvKvjxb mgtd weevnZ wk`y`v\_`f` i `v`gx-`v`x` i`tk wbtq 4 w`tbi AvevmmK  
 c`k`y`Y | wk`y`v\_`f` i evj `wetq mn wefbaet`lq m`tPZb Kivi cil 20Rb wk`y`v\_`f` wetq nq dtj 1e`vP (10  
 tRvov)`auwZtK Zv` i cwii ewii K Rxeb Dbq`b c`k`y`Y t`I qv ntqtQ |

GB QqWJ avc QvovI Kg`mPx ev`I evq`tbi Rb` c`ZwJ tkv`a GKwJ Kti LCMC KwgWJ MVb Kiv ntqtQ Ges  
 KwgWJi `wqZj; velq Zv` i 01 w`tbi `Awitq`Ukb Kiv ntqtQ | Zviv c`Z wZb gvm AšI i GKwJ Kti wgwJs  
 Kti`tQb | GQovovI mnvqKMY c`Z gvtm 4 wJ Kti wv`v` v` velq`i Dci KwgDwbwJ wgwJs ev DVvb `evK Kti`tQb |  
 Ges wk`y`v\_`f` i tR`Uvi velqK c`k`y`Y w`tq`tQb |

➤ Kg`mPxwJ ev`I evq`tbi Rb` c`ZwJ tkv`a thme DcKiY e`euZ ntqtQ

(1) PU 18 MR	(14) tmši f eB 25 wJ
(2) mvBbteW`9 wJ	(15) evoxi LvZv 100wJ
(3) eovKteW`9 wJ	(16) Kv`ki LvZv 100 wJ
(4) Ww`3vi 2 wJ	(17) Bst`i Rx LvZv 50 wJ
(5) PK 18 eK`a	(18) gj`vqb LvZv 75 wJ
(6) nviRiv LvZv 1 wJ	(19) e`Db tccvi 20 wJ
(7) cvV cwI K`i bv LvZv 2 wJ	(20) mvBb t`cb 80 wJ
(8) wefbaetPvU 6 wJ	(21) Kj g 350 wJ
(9) wJt`bi evK`a 1 wJ	(22) KvVt`cw`y`j 100 wJ
(10) QvZv 1 wJ	(23) nvi`tkb 8 wJ (wKt`kvi tkv`a`1 Rb`)
(11) e`vM 25 wJ	(24) Dbq`b aviYv 1 wJ
(12) mPbv eB 25wJ	(25) mnvqK wbt`v`kKv 1 wJ
(13) weKvk eB 25 wJ	

mej w`Kt-

Kg`mPxwJ ev`I evq`tbi dtj wk`y`v\_`f`v `v`v` velq metP`tq tenk m`tPZb ntqtQ | Zviv GLb evj `wetqi Kdj,  
 Mf`Zx I c`wZ gvtqi hZ`v`v` m`æZ cvqLvbv e`envi, wetq ti wRw`3`I Zvjv`Ki w`bqg Kvbb, Rb`i nm`, DZ`3  
 Kiv, g` Av`i, bvix-cjæ`ti `elg` I m`u`K`eqt mw`Kvjxb cwii eZ`f`b Kibxq c`f`wZ velq `tjv fv`tj vfvte eštZ

cvi tQ | i aywkyv\_xB bq mnvqK GgbwK Avgiv hviv mcvf fBRvi Zvt` i I Gme wetq BwZevPK cwi eZB ntqtQ |  
wkyv\_wn KgmPxi mvt\_ RwoZ cZwU cwi evti Dvj wLZ wetq mPZbZv tetotQ hvi cfve ctiv KvgDwbwUz  
ctotQ | KgmPwU ev` I evqb bv ntj ctiv KvgDwbwU Gme wetq AmPZb\_vKZ | ZvQovl wkyv\_wn GLb wbtR  
cotZ I wj LtZ cvti | tQvU fvB tevbt` i covtZi cvti | Ges cieZPcRtb#i Rb` wkyvi wfZ %Zix Kivi Rb`  
cZ` ntqtQ | AtbK (KZ Rb Zv Dvj wL KiZ nte |) wKtkvi-wKtkvix Avh Kti AvZwbfPkyj ntqtQ Ges  
cwi evti mnthvMxZv Ki tQ | `auwZ ckytyi dtj Zvt` i cwi ewi K Rxeb hvcb m`uK`gaj ntqtQ | 222 Rb  
wkyv\_xB tKt`^aj Lvcovi tktl Ae`vnZ wkyvi Rb` cZwZwbK `dj weifbwtkYxtZ fwZ`ntqtQ |

ep w K/mxgve xZvt-

- ◇ KgmPx ev` I evqtb weifbwtelq mPZb ntj I gj eB\_tjv cZwZwbK wkyv avivi eBtqi mvt\_ mvgAm`cb`  
bq dtj cZwZwbK wkyv avivq wdti wkyv\_wn i tKvb tKvb wetq `epZv t`\_tK hv`Q | thgb Ask I Bsti Rx  
wetq we`vj tq Zvt` i mgm`v nt`Q |
- ◇ tKt`^Ntii Rb` 1000 UvKv eivx ht\_ó bq KviY gwmK tKvb fiov t` lqv nq bv dtj Ni gwj tKiv tKvb  
tKvb mgq mnthvMzV KiZ Pvg bv |
- ◇ `auwZ ckytyi Rb` Zvt` i `bw`b th fvZv aiv AvtQ (bvix=75, cjæl=75) Zv Kg nt`Q | Gi dtj  
cU\_tgi w`\_tK `auwZ` i ckytyi wbtq thtZ KóKi ntqtQ |
- ◇ MYmgvte`ki Rb` th evtRU wQj Zv ht\_ó bq |
- ◇ wkyv\_xP` i Kwii Mwi `yZvev`gj K ckytyi Rb` th tUW wba`Y Kiv nq tm\_tjvtZ `xN`gqv`x tKvb  
ckytYi e`e`v tbB Ges ckytyi cieZx`Zvt` i Dbqtb cwi Kíbv ev` I evqtb Aw\_R ev DcKiY w`\_tq  
mnthvMzvi tKvb evtRU ev e`e`v tbB | ◇ cjvkevox BDwbqtb tKvb wKtkvi mfv tKt`^tbB | tmLvtb wKtkvix` i  
GKw`Z Kivi mgm`v ntqtQ, Zvt` i Rb` wkyv Ae`vnZ ivLv mgm`v nte |

mjcwii kt-

KgmPx ev` I evqtb i Rb` cU\_tg mnvqKv wbtqvMi cteB tKt`^i wkyv\_x`wbePb cUqvRb | wkyvtKt`^a wbi`  
msL`K wkyv\_xP(25) cwi etZ`DbY` msL`K 20-25 Rb wkyv\_x`ntj tKt`^Pvj vtbv DwPZ etj ( thLvth hZ Rb  
cvl qv hvq ) gtb Kwii | Zvntj wbi`  
Kivi Rb` euktoi evBti fWZ`KivZ ntqtQ | dtj tKt`^i wkyv\_xP` i gvtbi tKvb tKvb tytI ZviZg`  
NtUtQ | wkyv\_xP` i Rb` wkyv mdtii gZ tKvb e`e`v ivLv thtZ cvti | MYmPZbZv ep`xi Rb` mvs`wZK  
Abpnb, Mvb, bvUK cZwZ Kivi Rb` evtRU\_vKtj fvj nq | AtbK mxgve xZv mZj | wKtkvi-wKtkvix Dbqtb  
KgmPwU Pvj yivL\_tj `wbfP` k Movi tytI `iaZcy`fvgKv ivLte etj B Avgvt` i wekym | KgmPwU Ggbfvte  
ev` I evqb cwi Kíbv Kiv` i Kvi thb- cKí mgwBi ci I KvgDwbwU cwi Kíbv Kti KgmPx Pj gvb ivL\_tZ cvti |

cZte`K-  
gwb ftb ivq  
mcyv fBRvi wj W I  
KwbKv ivq  
mcyv fBRvi , wj W  
BDGmGm, bxj dvgvi x |

