



The Family Life Centre

**FAMSA**

Families South Africa

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THE FAMILY LIFE CENTRE

# EDUCATION FOR LIVING

**Bookings & Information:**

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# THE EDUCATION FOR LIVING PROGRAMME

The goal of the Education for Living Programme is to provide young people with the knowledge to make good choices in their own lives and the skills to create healthy relationships with themselves, their families, their friends and the opposite sex.

Through interactive workshops including the use of training tools such as charts, role plays, group discussions and sometimes video footage, we aim to empower young people in the decisions they will have to make both in the present and in the future.

## WHO SHOULD ATTEND?

There are a variety of courses available to young people, from Grades 1 to 12. These courses are taken into schools by a team of highly trained, skilled facilitators. Up to Grade 8, boys and girls are separated into different groups. We prefer to run small groups to promote easy, informal discussion.

### GRADE 1 - 4

We have developed a 'child safety workshop' that is applicable to Grades 1 to 4. This workshop uses puppets, a story, songs and movies and covers such subjects as feelings, 'stranger danger', private parts and who can touch them (no-one!), how to create circles of safety, passwords and bullying.

### GRADE 5

The focus is on preparation for puberty. We discuss how to handle physical change, friendships, peer pressure and bullying. We stress the importance of self-esteem, having sound values, making good choices and developing life skills.

### GRADE 6 & 7

We discuss the physical and emotional changes occurring through puberty and the differences between boys and girls. We explore the stages of adolescence, reproduction, menstruation, conception, pregnancy, healthy sexuality and STDs including AIDS. Throughout the course we emphasise the importance of self-esteem, developing life skills and making healthy choices.

### GRADE 8 - 10

High school students are encouraged to participate via a workshop environment and are involved in planning the course content. This may include: stress, depression, peer pressure, temptation, addiction to alcohol or drugs, eating disorders, healthy sexuality, building confidence, handling fears, conflict management. The importance of managing emotions (emotional intelligence) and developing healthy relationships is emphasised. The students are assisted in formulating their own value system and beliefs.

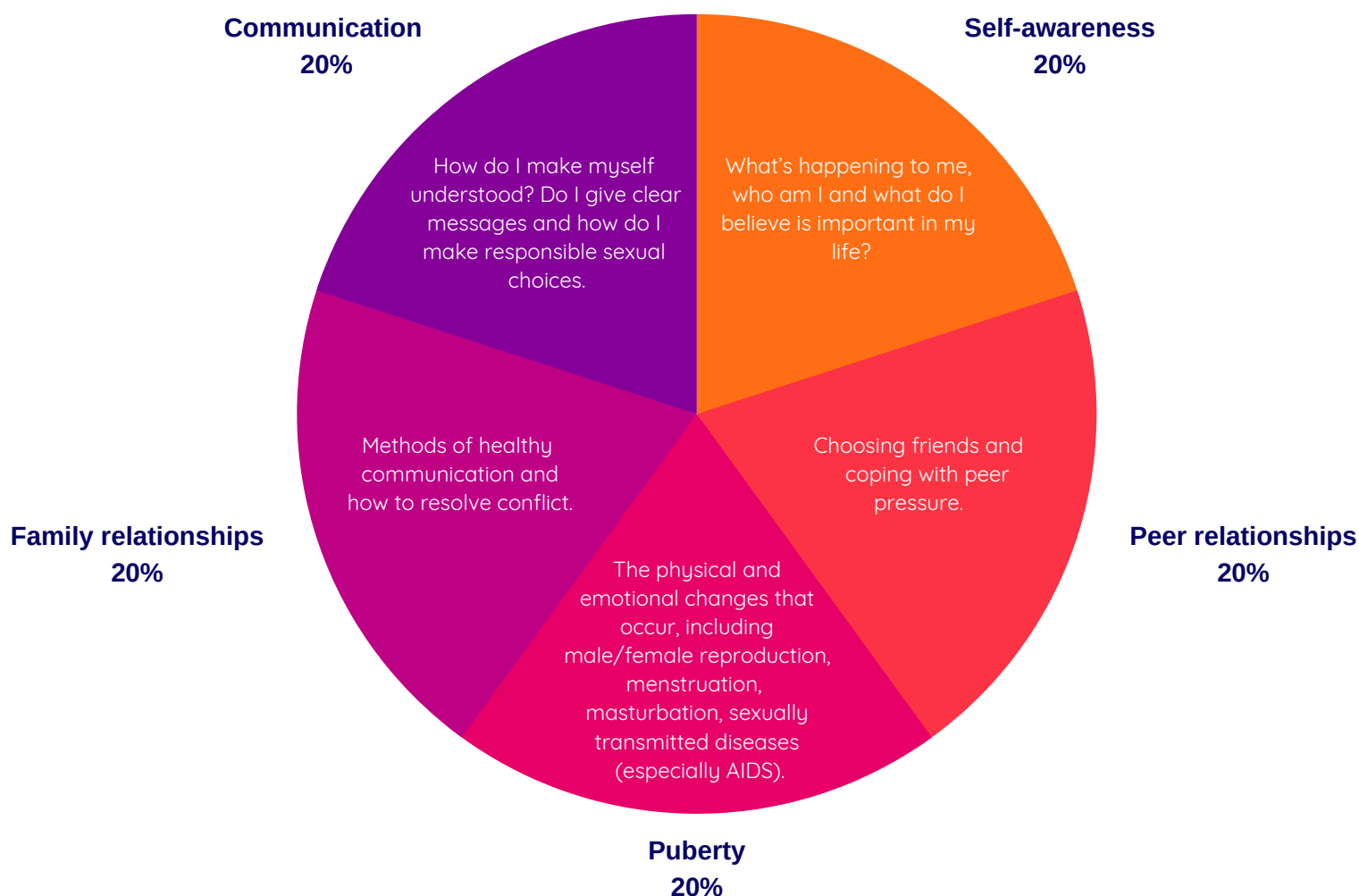
## HOW ARE PARENTS INVOLVED?

We offer a parent evening prior to running the course in order to highlight course material and answer any questions or concerns that parents may have.

We also offer workshops and talks for parents which cover parenting skills and relevant issues, e.g. adolescent discipline guidelines, improving communication with your teenager, how to recognise potential problem areas, how to handle particular problems such as bullying (we allow parents a forum to get together and devise a charter), how to become a more emotionally intelligent parent.

## EXAMPLE OF COURSE CONTENT FOR GRADE 6 AND 7

In addition to the standard Sex Education/Life Skills programmes we have developed modules to cover the cyber world- bullying, sexting, online stranger danger, the impact of cell phones on health-either as part of an existing workshop or as a stand alone.



# THE ROLE OF THE EDUCATOR

Family Life Centre educators are there to deliver a structured but interactive course, which is fun and thought provoking, to answer any questions that are asked, to empathise with the participants and to normalise the anxieties that young people have during their different phases.

Our educators are aware that different communities may have different beliefs about relationships and sexuality. They respect individual family values and encourage the students to feel free to participate in a safe, non-judgmental environment. They are warm, committed people who believe that the work they do is both an honour and a privilege.

## SUMMARY

Through the Education for Living workshops, Family Life Centre educators are helping young people to reach their individual potential by giving them the knowledge to make good choices in their own lives and the skills to create healthy relationships with themselves, their families, their friends and the opposite sex. We also offer parents the opportunity to learn how to cope with changes and pressures of parenting an adolescent and discover better parenting skills.

## SUPPORT SERVICES

The Education for Living Department at Family Life Centre is happy to adjust existing, or create any new material for schools with specific requirements. These workshops may be presented at the school or at an agreed-upon venue and at a time to suit participants.

### Examples:

- Workshops or once-off talks for pupils of all ages from Grade 5 to Post-Matric to address any specific need or behaviour requiring attention. Bullying is a common area of concern. Other possible topics may include peer pressure, child sexual abuse, physical abuse, physical or psychological addictions.
- Parent workshops or talks to cover parenting skills and issues, e.g. adolescent discipline guidelines, improving communication with your teenager, how to recognise and handle potential problem areas, how to become a more emotionally intelligent parent.
- Peer counselling (training students on how to counsel their peers)
- Step-Family issues.
- Divorce management for both pupils and parents.
- Pressure and stress management skills for teachers and pupils.
- Trauma and grief management.