

# The Proactive Education Group

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ropkids

Rape Wise  
are you rape wise?

rop teens

## Independent schools life skills portfolio certificate workshop for Grade 10/11/12 Learners



This life skills workshop is designed to equip teens with the essential skills needed to cope with the additional challenges that they face outside of the school environment and beyond the normal curriculum requirements.

### Module 1

#### Teen sexuality and the consequences

Most parents and educators recognise the importance of children and young people having accurate, age appropriate sexuality education as they grow. Communicating openly and honestly about sexuality issues can have lifelong benefits for a young person.

Even though South African parents are probably more sexually liberated than ever before, the trend is to shove the responsibility of sexual education onto the schools shoulders.

Topics to be covered:

- ✦ Back to basics – sexuality anatomy
- ✦ Teen pregnancy and the consequences
- ✦ Contraceptive options
- ✦ Sexuality and peer pressure
- ✦ Termination of pregnancy – the consequences
- ✦ Sexuality and the legal implications
- ✦ Pornography and the dangers
- ✦ Drug rape
- ✦ Profiling of a rapist and keeping yourself safe
- ✦ Cyber bullying

### Module 2

## **The prevention and management of drug and alcohol abuse for teens**

### **Introduction**

Substance abuse has no distinction in social status, race, religion or gender. The fact is the abuse of drugs and alcohol amongst our youth is out of control!

Here are some of the alarming facts about the learners in your classroom:

- ✦ South African school children spend up to 7 billion Rand on drugs and alcohol each year
- ✦ The drug problem has increased by 500% over the past 6 years
- ✦ At any stage, there are over 600 children between the ages of 6 and 9 years old in rehabilitation
- ✦ It is estimated that there are over 235 000 teenage addicts in South Africa
- ✦ 20% of teenage girls have an alcohol problem
- ✦ The average addict starts using drugs at the age of 8 and by the age of 11 are full on addicts

**The primary goal of prevention is to delay the first use of alcohol and other drugs. This programme is age specific, developmentally appropriate and culturally sensitive and a proudly South African product!**

#### **Topics to be covered:**

- ✦ Definition of drugs
- ✦ Methods of use
- ✦ Identification of the most common used drugs in South Africa including alcohol and over the counter medication
- ✦ Symptoms and the long term effects of substance abuse
- ✦ Understanding addiction – causes of abuse
- ✦ Addiction as a developmental disease
- ✦ Working with a recovering addict
- ✦ Addiction self test
- ✦ Alcohol prevention programme
- ✦ What do I do if a friend has a problem?
- ✦ Family intervention
- ✦ The legal implications of underage drinking and substance abuse
- ✦ Drug testing in the school environment
- ✦ The dangers of supplements and anabolic steroids

### **Module 3**

#### **Coping with the psychological challenges facing teens**

Education is not just about the subjects that you learn at school, it's also about how you are equipped in life and how you grow.

## Content

- ✦ Understanding the basics of trauma
- ✦ A basic counselling model
- ✦ Self mutilation
- ✦ Teen depression
- ✦ Dealing with teen anger – Anger management model

## The workshop

**Duration:** 4 hours (Including break)

**Cost:** R 170.00 per learner

**Minimum number of students 30**

### Includes:

- ✦ Facilitation
- ✦ Notes
- ✦ CD ROM with vital information and will assist your learners with LO projects
- ✦ Information booklet
- ✦ All travelling and accommodation expenses
- ✦ A certificate for the learners Life Orientation portfolio

### Some Schools who take part in the Life Skills programme:



**ROEDEAN SCHOOL (SA)**  
INSPIRING A LIFE OF SIGNIFICANCE



Lowveld High school





## **Booking form**

Name of school: \_\_\_\_\_

Contact person: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Physical  
address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

No of learners: \_\_\_\_\_ @ R 170.00 each Total: \_\_\_\_\_

Grade/s \_\_\_\_\_

Please note that a list of the student's names will be required to be sent to our office for certificate purposes.

### **Terms and conditions:**

- Please contact our offices to book your date
- Once booking has been confirmed a **R 3 000.00** deposit will be required to secure your place
- Schools are welcome to invite other learners in their area
- Afternoon workshops may also be arranged

### **Payment:**

All deposits are to be paid in **advance** to secure your booking/please use your schools name as reference and full payment will be required one week before your workshop

**Fax/e-mail** this booking form and payment advice to:  
**086 6967807 /031 5726081 /admin@rapewise.co.za**

***For more details please contact 031 5726690/083 3308535***

Payment can be made via EFT to:
Name: Rape Wise      Bank: ABSA
Branch code: 632005 - Account number: 9116055338