

Life Skills and Sexuality Education

Programmes and Learning materials as alternatives to 'Comprehensive Sexuality Education'



PROGRAMME	CONTENT OVERVIEW	MATERIAL FORMAT / RESOURCES INCLUDED	AGE GROUP	COST	TRAINING OPPORTUNITIES AND REQUIREMENTS
Tomorrow's Leaders in Training (TLT)	<p>Website: https://tltprogram.co.za/</p> <p>"TLT equips young people with the practical skills to navigate daily pressures, empowering them to understand their identity and potential. We focus on life empowerment and leadership skills delivered in an engaging way, tackling tough topics that develop young people into leaders."</p> <p>See LO curriculum overview and facilitators guides.</p>	See LO curriculum overview and facilitators guides.	Grades 8 to 11	Pricing model depends on school, location and whether TLT is licensing the content for a school to run with their own LO teachers, or if TLT will run LO for the school with TLT's facilitator.	<p>Can train facilitators (including teachers, parents etc.) to roll out the curriculum, and then run regular sessions through the year.</p> <p>Can now do all of this ONLINE as well!</p>
Life at the Crossroads	<p>Website: https://xroads.org.za/life-at-the-crossroads-curriculum/curriculum-contents/</p> <p>Unit 1: Relationships Unit 2: The Character Connection Unit 3: Sex in perspective Unit 4: Life skills Unit 5: Navigating your future</p>	<p>https://xroads.org.za/life-at-the-crossroads-curriculum/curriculum-objectives/</p> <p>A total of 28 lessons, divided into 5 units, of 40 - 50 minutes each. Curriculum can be taught in 3 ways: Core (8 lessons), CorePlus (16 lessons), Comprehensive (28 lessons). These can be approached in various ways. Included:</p> <ul style="list-style-type: none"> Detailed guidelines for presenting the material Student activity and application pages Assessment pages (non-traditional assessment) 'Family Connections' pages 	Target audience is 12 - 15 years, but it can be adapted for primary school right up to adult.	<ul style="list-style-type: none"> Fees for Educator training and Parent Workshops only cover costs, therefore dependent on venue, etc. (R500 - R1,000 pp) Cost of Educator training material is included in training fee Material for Parent Workshop is provided free of charge to those who would like to make use of it 	<p>Teachers' Training:</p> <p>https://xroads.org.za/teachers-training/</p> <ul style="list-style-type: none"> 30 hours, 3 to 4-day training conference Registered with SACE, therefore CPD points can be obtained <p>Parent and Caretaker workshops:</p> <p>https://xroads.org.za/life-at-the-crossroads-curriculum/crossroads-workshops/</p> <ul style="list-style-type: none"> 8 lessons Complicated to present since it requires experience and skill Those wanting to present this workshop should have taught the 28-lesson curriculum an ample number of times

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<p>Smartlife (Dr Darleen Edwards-Meyer)</p>	<p>Website: https://drdarleen.co.za/sexuality-mentoring-aids-relationship-training-life-skills-and-family-education/</p> <p>SMART Life = Sexuality Mentoring, AIDS, Relationship Training, Life Skills & Family Education</p> <p>The SMART Life Programme is an intensive, comprehensive, multi-component education and training, learning programme for all sectors of society involved in the education and caring of children and young people of all ages. This values-based, character-building programme has been successfully presented in schools, churches, etc.</p> <p>Smart Life offers two courses:</p> <ul style="list-style-type: none"> • Smart Choices courses for educators • Smart Choices curriculum for schools <p>The Smart Choices course has two main themes:</p> <ul style="list-style-type: none"> • Smart Choices for a Smart Life • Smart Choices for Smart Safety <p>Smart Choices is CAPS aligned/compliant for all phases (foundation, intermediate and senior) except for FET phase (Grades 10, 11, and 12)</p> <p>For more information on the course content, see the Smart Choices Info Document on the SMART Life website (under the SMART Life tab)</p>	<p>Currently:</p> <ul style="list-style-type: none"> • Workbooks for learners and educators/parents • The course is also available online. <p>For more information, see the Smart Choices Info Document on the SMART Life website (under the SMART Life tab)</p> <p>The Smart Choices curriculum is a complete programme and contains formal lessons from Grade R to Grade 12, with accompanying training of educators/parents etc.</p>	<p>0-18+</p>	<p>Costs are estimated and subject to change.</p> <ul style="list-style-type: none"> • Educator training: R3 500 (discounts can be negotiated if more than one educator trained per school). • Educator annual licencing fee: R850 • Educator guides and learner books: TBC • Parent training: R500 per module (two modules) • For more information, see the Smart Choices Info Document on the SMART Life website (under the SMART Life tab) 	<p>Training opportunities are available for educators and parents (incl. caregivers, counsellors, etc.)</p>

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<p>No Apologies (Focus on the Family / FotF)</p>	<p>Website: https://www.safamily.co.za/no-apologies/</p> <p>A character-based sexuality education program that promotes abstinence from premarital sex as well as other high-risk behaviors such as illicit drug use, drinking, smoking, gambling, gangsterism etc.</p> <p>It focuses on Health Education, Relationship Education and Character Education.</p> <p>UNIT 1: Who am I? UNIT 2: The Media and You UNIT 3: Boundaries and Choices UNIT 4: Healthy Relationships</p> <p>The No Apologies program can also be delivered as workshops, in the form of mentoring, and at team building camps or similar settings. Where unbearable risk behaviours and abuse are identified, referrals to relevant support and counselling are made.</p> <p>The program content is continuously reviewed and updated in consultation and discussion with relevant stakeholders (e.g. educators and learners).</p>	<ul style="list-style-type: none"> • Four Units with a total of 19 modules • Includes Facilitator Guide; Participant/ Learner Guide; Editable PowerPoint Slides; Pledge Card; Pre & Post Evaluation Forms and a Refresher Form essential for monitoring and evaluation of programme effectiveness. • Various types of assessments and games, including informal reports, homework activities, group work activities, quizzes, brainteasers, and role plays. 	<p>Facilitators are encouraged to determine the maturity levels of participants and filter the information, providing only what is practical and productive at a stage. For instance, it can be provided to 10 - 11 Year old's as 'No Apologies Foundation'; 12 - 14 Years (Preventative) and 15+ Years (Corrective). Nevertheless, there are instances where we have trained 8 - 9-year-old participants.</p> <p>This informative and corrective programme is recommended for Grades 6 to 12, as well as young adults.</p>	<p>Facilitator Training @ R1,000 pp</p> <p>Learner Guide @ R29 per copy</p> <p>Facilitator Guide @ R199 per copy</p> <p>If a FotF facilitator conducts the programme, additional costs (transport, accommodation, etc.) may apply.</p>	<p>2-day training in person or via Zoom</p> <p>Training and support in terms of delivery is provided to facilitators and refresher programs are done to review and update on previous training to ensure program effectiveness.</p> <p>Parents and Caregivers can receive training too.</p>

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<p>Choices</p>	<p>Website: https://www.urban-voice.org.za/choices/</p> <p>Three main topics:</p> <p>Abstinence:</p> <ul style="list-style-type: none"> • Relationships, dating and healthy sexuality • Why do we say “no” to sex before marriage? • How to say “no” to sex before marriage • Love, lust and the truth <p>HIV and STI awareness:</p> <ul style="list-style-type: none"> • Explore what HIV is and how it attacks the immune system • Discuss the myths and truths about living with HIV/AIDS • Understand the impact of STI's and teenage promiscuity <p>Abortion awareness:</p> <ul style="list-style-type: none"> • Foetal development and Abortion Law in SA • Crisis Pregnancy Situation and Post Abortion Trauma 	<p>Lesson plan:</p> <ul style="list-style-type: none"> • 6 sessions of about 45 minutes each. Interactive lessons with the use of ice-breakers, visual aids, etc. • Usually no handouts for the children, however one school did request it, so there are handouts available. 	<p>Gr. 6 - 7</p>	<p>Cost of printing and binding of manuals</p>	<p>Usually 4 to 5-day training PLUS practical training by attending actual presentations at schools (at least 5 lessons, depending on when the candidate is ready to present the sessions on their own)</p> <p>- Cost of training = R1,000 pp</p>

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JellyBeanz	<p>Website: http://www.jellybeanz.org.za/</p> <p>Does not have a specific curriculum. Presentation does not follow a specific format.</p> <p>Uses 'Our Bodies' book –</p> <p>“Jelly Beanz has launched an activity book to assist parents and teachers to initiate discussions with young children. ‘Our Bodies’ promotes education and understanding regarding issues of sexuality and body safety so that caregivers and children are empowered to make positive and informed decisions.”</p> <p>Sexuality and Abuse Awareness Programme for Children (Grade R - 1) –</p> <p>The programme does not follow a set outline and does not have predetermined set content. The presenter/facilitator must be mindful of and responsive to the needs of the particular children in the “audience”. This means appropriate topics are chosen and discussed in a “organic” way. Topics are selected from and presented in line with Jelly Beanz’ “principles” for engaging children in meaningful conversations about sex and sexuality.</p> <p>“Jelly Beanz has embarked upon a project that provides children in Grades R and 1 with a 12-session programme that involves basic information on healthy sexuality and on what child abuse is all about. Armed with this basic knowledge, their vulnerability to inappropriate behaviours or relationships could be vastly decreased.”</p>	<p><i>Our Bodies</i> book. Available in English, Afrikaans, Xhosa and Zulu.</p> <p>These PDFs can be obtained from CFJ on request or at http://www.jellybeanz.org.za/downloads/#ourbodies.</p>	<p><i>Our Bodies</i> Book written for Grades 1 - 3 but has been found useful and helpful by teenagers as well.</p>	<p>Free PDF available: http://www.jellybeanz.org.za/downloads/#our-bodies</p> <p>Hard copy @ R75 (excl. postage)</p>	N/A

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<p>Evergreen Parenting</p>	<p>Website: https://evergreenparenting.co.za/</p> <p>There is information that can guide educators on how to teach about sexuality, but not material for learners.</p> <p>Audio resource: <i>Jou Kind en Seksualiteit</i> (only available in Afrikaans) covers laws relating to sexual offenses affecting children, the impact of a sexual relationship on a teenager, God's plan with sex, and helping parents to be proactive.</p> <p>Course: <i>Creative Discipline Ideas for Parents</i> will "equip parents with positive, lighthearted and constructive ways to correct behaviour in young children" and provide parents with better tools for building character in their children.</p> <p>Course: In <i>Say Yes to Healthy Authority</i>, parents will learn that "discipline problems" are often actually "authority problems". Parents are shown how to say goodbye to manipulation and other unhelpful techniques, and yes to healthy authority.</p> <p>Course: <i>The Trees in Our Garden</i> helps parents discover and understand their child's temperament (whether their child is still a baby or already a teenager), providing child rearing insights and techniques for each temperament type.</p>	<p><i>Jou Kind en Seksualiteit</i> Audio Resource (https://evergreenparenting.co.za/courses/jou-kind-en-seksualiteit/)</p> <p><i>Jou Kind en Seksualiteit</i> recorded Zoom-talk (https://evergreenparenting.co.za/product/zoom-praatjie-jou-kind-en-seksualiteit/)</p> <p><i>Creative Discipline Ideas for Parents Course (online)</i> (https://evergreenparenting.co.za/courses/creative-discipline-ideas-for-parents/).</p> <p><i>Say Yes to Healthy Authority Course (online)</i> (https://evergreenparenting.co.za/product/say-yes-to-healthy-authority-online/).</p> <p><i>The Trees in Our Garden Course (online)</i> (https://evergreenparenting.co.za/product/the-trees-in-our-garden/).</p>	<p>Information available to parents and teachers in <i>Jou Kind en Seksualiteit</i> is applicable to all ages.</p> <p>Information available for parents and teachers in the <i>Creative Discipline Ideas for Parents</i> and <i>Say Yes to Healthy Authority</i> Courses, is applicable to young children (5-8 years).</p> <p>Information available for parents and teachers in <i>The Trees in Our Garden</i> Courses, is applicable to all ages.</p>	<p><i>Jou Kind en Seksualiteit</i> Audio Resource @ R60</p> <p><i>Jou Kind en Seksualiteit</i> recorded Zoom-talk @R50</p> <p><i>Creative Discipline Ideas for Parents</i> Course @ R150</p> <p><i>Say Yes to Healthy Authority</i> Course @ R150</p> <p><i>The Trees in Our Garden</i> Course @ R150</p>	<p>N/A</p>

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Related programmes: <ul style="list-style-type: none"> • Child Protection & Safety • Sexual media content – Preventing, Responding to and Recovering from exposure 					
Patch	<p>Website: https://www.patchhelderberg.co.za/</p> <p>The PATCH Prevention and Awareness programmes are used to raise awareness and educate children, youth and parents in the communities in Helderberg with the highest prevalence of child sexual abuse. With children, PATCH focuses on awareness, prevention, and treatment (where necessary) and typically visit schools, churches, and other organisations.</p> <p>PATCH does not do sex education.</p> <p>Children Prevention and Awareness programmes aim to teach children and youth about the dangers of child sexual abuse, information about my body, the right to say no etc. Children are taught about good and bad touch, good and bad secrets and what to do if sexual abuse occurs. Children are told about the process following disclosure, who they can tell and where to go for help.</p> <p>Depending on the age of the children the programme will be adapted to include age appropriate information with regards to specific problems children of that age might encounter. Material is selected according to the needs of a particular audience. E.g. if PATCH was invited to speak on a specific topic. Content is adapted to suit the audience (taking into account attendee age, community context, etc.).</p> <p>Parents are empowered with parenting skills and knowledge about the effects of sexual abuse on a child and different ways of dealing with the resulting trauma. Parents are encouraged to report abuse and support their children through the lengthy process following an incident of sexual abuse.</p>	<p>PATCH provides programmes for adults (parents) and children.</p> <p>The programmes do not necessarily follow a set outline when working with children.</p> <ul style="list-style-type: none"> - 8 Week Parenting Programme. - Children's Prevention and Awareness Programme. 	<p>PATCH's prevention team works with all ages, preferably those who have started school, Grade R - 12.</p>	<p>PATCH has been operating on a donation basis - whatever the school or organisation is able to contribute towards PATCH. PATCH does not have a set fee in place but would require payment to cover the costs of the facilitators.</p> <p>The Prevention Services Programme is school based and does not include any costs in the Helderberg area. However, PATCH does accept donations because it is a non-governmental organisation.</p> <p>The Parenting Programme is a funded programme, i.e. a donor must be sourced to enable PATCH to present it. The necessary funding arrangement is normally negotiated in a discussion between the parties involved.</p>	<p>PATCH works very closely with teachers, caregivers, parents, and neighbouring NGO's. PATCH would be able to provide them with information on how to handle possible sexual abuse cases however, since PATCH's programme is not accredited, they will be unable to train anyone to continue the programme. This is because PATCH's prevention team is run by their social workers, who have ongoing specialized training in child sexual abuse and who manage a team of facilitators to assist with the roll-out and facilitation of these programmes.</p>

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<p>CASE-SA (Centre Against Sexual Exploitation, South Africa)</p>	<p>Website: https://case-sa.org/ (Promotional video: https://case-sa.org/why-case-sa/)</p> <p>CASE-SA aims to:</p> <ul style="list-style-type: none"> • EDUCATE: society on the harms of pornography and other forms of sexual exploitation • EMPOWER: people to protect themselves and others from exposure to pornography and other forms of sexual exploitation, how to respond to exposure and recover from the effects of exposure • ERADICATE: the distribution of pornography and prevent other forms of sexual exploitation to the fullest extent of the law. <p>Porn-Proofing of Schools and Homes: (https://case-sa.org/pornproof/)</p> <ul style="list-style-type: none"> • Educating and assisting parents and schools to safeguard the school and home environment against pornography by implementing certain steps: <ol style="list-style-type: none"> 1. Secure the source 2. Secure the Wi-Fi 3. Secure End User devices 4. Develop and implement robust and effective school policy or house rules 5. Establishing and maintaining healthy Culture / Values / Ethos 6. Maintaining a Safe Environment <p>#ParentTalk on the Unspoken Epidemic of Pornography and Children: (https://unspokenepidemic.co.za/)</p> <ul style="list-style-type: none"> • #ParentTalk educates and empowers parents, educators and other caregivers to protect children from the public health crisis of internet pornography. It emphasizes the urgent need for all caregivers to get educated about the devastating and harmful impact of pornography exposure on children's lives. Exposure is a reality but fortunately, there is hope: #ParentTalk provides parents with guidance on: <ol style="list-style-type: none"> 1. How to talk to children about pornography 2. How to protect children from exposure 3. Parents' and children's response to and recovery from the effects of pornography. 	<p>Porn-Proofing:</p> <ul style="list-style-type: none"> • Promotional video (https://case-sa.org/pornproofing-schools-and-homes/) • Webpage: https://case-sa.org/pornproof/ • Helpful resources: (https://case-sa.org/resources/) <p>#ParentTalk: Is available in two offerings:</p> <p>Online course: Purchase membership access to #ParentTalk website and work through training material in own time. Online training course includes 4 core modules consisting of 90 minutes of video interviews with local practitioners in the field of online child safety, covering topics such as:</p> <ul style="list-style-type: none"> • The prevalence and harms of pornography exposure • The impact of pornography on the developing brain • Empowering caregivers to protect children and prepare them for potential exposure • Safeguarding children with the use of resources and IT tools <p>In-person events: Live PowerPoint presentation on 4 core modules (see above), followed by Q&A session.</p> <p>Additional resources/materials: Both the online course and in-person events provide access to various resources (infographics, brochures, flyers, booklist, printouts, surveys, and evaluation and sign-up forms).</p> <p>CFJ will provide access to the PowerPoint presentation and related resources of the #ParentTalk resource pack upon receipt of the signed Terms of Use.</p>	<p>Programmatic material is aimed at adults (parents, teachers, social workers, psychologists, caregivers, community leaders etc.) and may be suitable for older children.</p>	<p>#ParentTalk is available in two offerings:</p> <p>Online course: Membership access to the online ParentTalk course can be purchased for R150 (once-off).</p> <p>In-person events: If a school, care facility, church or other community or public centre would like CASE-SA facilitators to present #ParentTalk to parents, educators, professionals or community leaders in the form of an in-person event, costs will be determined on a case-by-case basis.</p>	<p>Individuals are encouraged to become Porn-proofing and #ParentTalk ambassadors in their school / community.</p> <p>They will be provided with training and the necessary resources to promote and present #ParentTalk and to promote and ensure Porn-Proofing of Schools and Homes.</p> <p>The cost of the training is not yet available.</p>

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Original Design	<p>Website: https://www.originaldesign.co.za/</p> <p>Values and scientific research surrounding sexuality and pornography</p>	Book and talks	<ul style="list-style-type: none"> • Book and talks aimed at parents, educators, and communities. • Talks aimed at parents, caregivers, educators and communities to understand the public health crisis of pornography and child protection in a digital age. 	<p>Parents in Pursuit of Purity Book @ R199 (available here: https://originaldesign.designthing.co.za)</p> <p>Talks @ R 1,000 (excluding travel costs)</p>	N/A
iMe Movement	<p>Website: https://www.imemovement.co.za/</p> <p>Behavioural addiction in adolescents - especially in relation to digital exposure.</p> <p>Key focus areas include Digital-, Gaming- and Pornography-addiction, eating disorders, self-harm, cyber bullying etc.</p>	<ul style="list-style-type: none"> • 1-hr interactive presentation • (tailored to the various age groups) • Free resources available on website • Material (books) only for the recovery groups 	Talks are aimed at tweens, teens, and parents.	<p>Depending on the school, between R 2,500 and R 7,000 to present to the various age groups. The talk for the parents is then free.</p> <p>Stand-alone parent talks cost approximately R 3,500.</p> <p>School awareness campaigns, which include talks to learners, educators, and parents, as well as training for school counsellors, is priced on a case-by-case basis.</p>	<p>Training is only provided for the running of addiction recovery groups (cost is R5,000 per person).</p> <p>https://www.imemovement.co.za/facilitation-training/</p>

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