

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>	<p>See LO curriculum overview and facilitators guides.</p> <p>CFJ will provide access to the programmatic material / resources upon receipt of signed Terms of Use.</p>	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 <p>CFJ will provide access to the programmatic material / resources upon receipt of signed Terms of Use.</p>	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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Smartlife (Dr Darleen Edwards-Meyer)	<p>Website: http://www.drdarleen.co.za/about-us</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.</p> <p>Smart Life has two programmes:</p> <ol style="list-style-type: none"> 1. Smart Choices Series (values-based) 2. X-treme Heart Series (Christian-based) <p>Both programmes are CAPS compliant, and have been piloted and presented in schools, churches, etc.</p>	<p>Currently:</p> <ul style="list-style-type: none"> • DVDs • Workbooks for learners and educators/parents <p>Coming soon:</p> <ul style="list-style-type: none"> • Online access <p>See also both series overviews.</p> <p>CFJ will provide access to the programmatic material / resources upon receipt of signed Terms of Use.</p> <p>The programmes for parents and educators cover all ages, from birth to 18+.</p> <p>Smart Life is in the process of completing formal lessons for educators for the age group 6 - 10.</p>	0-18+	This information is not yet available, since the costs are in the process of being finalised.	This information is not yet available since the training requirements are in the process of being finalised.
No Apologies (Focus on the Family / FotF)	<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>	<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. <p>CFJ will provide access to the Facilitator Guide and Learner Manual upon receipt of signed Terms of Use.</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>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>	2-day training in person or via Zoom

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Choices	<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 STD'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>CFJ will provide access to the programmatic material/resources upon receipt of signed Terms of Use.</p>	Gr. 6 - 7	Cost of printing and binding of manuals	<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>CFJ will provide access to the principles for engaging children in meaningful conversations on sex and sexuality, on which the programme content for Sexuality and Abuse Awareness Programme for Children (Grade R - 1) is based, upon receipt of signed Terms of Use.</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>Book: <i>Kweek Dissipliene met Deernis</i> (only available in Afrikaans) is a very comprehensive book for parents and teachers about compassionate discipline, which only includes limited information that is specifically about sexuality. Topics include: teaching resilience with regards to sexuality; sexualising behaviour towards others; abnormal sexual behaviour.</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>Books: <i>Why do birds build nests?</i> and <i>Why do plants grow?</i> offer Christian parents a gentle tool for introducing Biblical principles about sexuality. The book features accurate scientific explanations, a glossary of important terms and suggested learning activities for families. This product was not developed by Evergreen Parenting but is stocked by them.</p>	<p><i>Kweek Dissipliene met Deernis</i> Book (https://evergreenparenting.co.za/product/kweek-dissipline-met-deernis/)</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>Why do birds build nests?</i> Book (https://evergreenparenting.co.za/product/why-do-birds-build-nests/)</p> <p><i>Why do plants grow?</i> Book (https://evergreenparenting.co.za/product/why-do-plants-grow/)</p>	<p>Information available to parents and teachers in <i>Kweek Dissipliene met Deernis</i> and <i>Jou Kind en Seksualiteit</i> is applicable to all ages.</p> <p><i>Why do birds build nests?</i> and <i>Why do plants grow?</i> Books (age 5-8years).</p>	<p><i>Kweek Dissipliene met Deernis</i> Book @ R250</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>Why do birds build nests?</i> Book @ R120</p> <p><i>Why do plants grow?</i> Book @ R120</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>CFJ will provide access to the outline of the programme sessions (adults) and themes (children) upon receipt of signed Terms of Use.</p>	<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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Protective Behaviours	<p>Website: https://www.pb.org.za/</p> <p>PB is neither Sex Education nor Sexuality Education. It is a Life Skills Programme, which does cover a number of the topics included in (or related to) the Department of Basic Education's Comprehensive Sexuality Education learning material e.g.</p> <ul style="list-style-type: none"> • Emotional well-being (self-understanding and empathy with others); • Human rights with particular focus on the right to feel safe; • Problem solving and communication skills; • Establishing support networks in the community and how to use them when feeling unsafe; • Public and private behaviours (teenagers may include sex, masturbation, kissing, hugging boy/girlfriend, on their lists of private behaviours, in the teen session) <p>NOTE: PBSA does not do sex and sexuality education. It teaches behaviours that protect children from sexual abuse. PBSA does not encourage children to be sexually active and does not raise the topic of sex and sexuality unless a child does.</p> <p>If a child mentions sex, masturbation, etc. the facilitator will acknowledge it as something that is private and that happens in adult relationships.</p> <p>Depending on the age of the child, the facilitator will cover what the law says about the ages when sex become legal.</p> <ul style="list-style-type: none"> • Body awareness and body ownership including the use of correct terminology for all parts of the body, not only the public parts – we do not explore 'what they do with their bodies', we focus mainly on the 'ownership' of their bodies; • The right to defend a person's personal space; • The difference between Safe and Unsafe touching and how to respond to unsafe touching. <p>Protective Behaviours provides training opportunities for teachers and adults/professionals. See training opportunities and requirements.</p> <p>CAVEAT / DISCLAIMER: Although Cause for Justice does not formally endorse Protective Behaviours, much of its content, for example in relation to safe and unsafe touching, would be valuable information for individual child protection organisations, social workers, psychologists, educators, parents etc. to use or incorporate in their child protection programmes.</p>	<p>PB is delivered to primary schools using a Session Plan Manual (16 Focus Areas, 88 pages), with more than 40 worksheets for children, delivered to groups over a period of one school term, 35 to 45 minutes per week.</p> <p>While the age range is quite large, the nature of the worksheets is such that the teacher selects a worksheet (each session has multiple worksheets to pick from) that is age and developmentally appropriate for the particular group.</p> <p>CFJ will provide access to the Session Plan Manuals upon receipt of the signed Terms of Use.</p>	<p>PB offers training programmes for various age groups:</p> <ul style="list-style-type: none"> - Pre-school - Primary school - Teenage (11 - 16-year olds) <p>PB also offers training programmes for adults.</p> <p>https://www.pb.org.za/index.php/training/</p>	<p>The session plan is R200 and the activity sheets (included in the manual) can be photocopied.</p> <p>If PBSA presents the lessons to learners (as opposed to the educators presenting it), the fee is around R200 per child for the entire term (8 - 10 weeks).</p> <p>Cost per school for educator training including up to 25 participants = R18,000.</p> <p>Practitioner Training: R1,300 pp (the cost includes the R200 Manual).</p>	<p>If PBSA does the programme with the children, over 8 to 10 weeks, they offer a free information session for parents and for staff. A requirement of this mode of delivery is that the class teacher is part of the group. The fee is around R200 per child for the entire term.</p> <p>PBSA training to teachers to deliver the programme to their classes involves a 12-hour workshop (they can accommodate after hours training).</p> <p>The practitioner training consists of 12 hours over two days.</p> <p>The practitioners must become members of PBSA at a cost of R50 per annum.</p> <p>Practitioners are required to report about their work with children (including ages/demographics etc) to help PBSA build a database for future reference and possible funding opportunities.</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: <ul style="list-style-type: none"> • Regular Awareness training to parents and educators/caregivers • Equip parents, teachers/caregivers to educate and empower children to reject and respond appropriately to pornography exposure • Monitor and evaluate effectiveness of policies, rules and protective measures <p>#ParentTalk focuses on:</p> <ol style="list-style-type: none"> 1. The harmful impact of pornography exposure on children 2. Empowering parents to empower children: talking to children about this danger 3. Protecting children: practical solutions to protect children from online exposure 4. Response and recovery: Parent's and children's response to exposure and where to find help. 	<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/ • PDF with information, instructions and resources to prevent and protect children from exposure to pornography. This PDF can be obtained from CFJ on request or at https://cause-forjustice.org/wp-content/uploads/2018/10/Prevention-Protection-from-Exposure.pdf • PDF about the impact of pornography on children, as well we useful resources. This PDF can be obtained from CFJ on request or at https://case-sa.org/wp-content/uploads/2020/02/CASE-SA-Porn-Impact-A4.pdf • CASE-SA is also licenced to screen the Brain-Heart-World documentary in South Africa. • Other relevant and helpful resources: (https://case-sa.org/resources/) <p>#ParentTalk:</p> <ul style="list-style-type: none"> • Main: PowerPoint presentation • Various resources in the form of flyers, bookmarks, Infographics, Brochures, Sign-up forms, List of books, Parent surveys and Evaluation forms • 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>Programmatic material is aimed at adults (parents, teachers, social workers, psychologists, caregivers, community leaders etc.) and may be suitable for older children.</p>	<p>There is currently no cost for the available resources.</p> <p>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, costs will be determined on a case-by-case basis.</p>	<p>Individuals are encouraged to become #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	Website: https://www.originaldesign.co.za/ Values and scientific research surrounding sexuality and pornography	Book and talks	<ul style="list-style-type: none"> • Book and talks aimed at parents, educators, and communities. • They also facilitate youth groups for recovery from pornography addiction. 	Parents in Pursuit of Purity Book @ R199 (available here: https://www.originaldesign.co.za/shop_donate/) Talks @ R 1,000 (excluding travel costs)	N/A
iMe Movement	Website: https://www.imemovement.co.za/ Behavioural addiction in adolescents - especially in relation to digital exposure. Key focus areas include Digital-, Gaming- and Pornography-addiction, eating disorders, self-harm, cyber bullying etc.	<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.	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. Stand-alone parent talks cost approximately R 3,500. 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.	Training is only provided for the running of addiction recovery groups (cost is R5,000 per person). https://www.imemovement.co.za/facilitation-training/

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