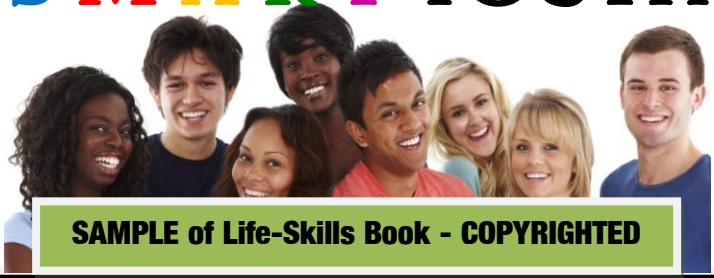
Living S-M-A-R-T PURPOSEFUL lives

S-M-A-R-T YOUTH



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Our PURPOSE is greater than our challenges

EMBRACING the GIFT of LIFE

This life-skills book is NOT a religious program, and will NOT be presented from a religious perspective. It is thus relevant and applies to ALL YOUNG PEOPLE – no matter their religious orientation, race, language, or gender.

'Please bear with me when I refer to some of my (personal) experiences. Humbly accept me – just as my team and I accept you . . . as equals'.

It's SAMPLE of Life-Skills Book - COPYRIGHTED **part of thi of you, an matter your background, race, or religious beliefs.**

We CHOOSE LIFE – and hope you will too!

YOUR life MATTERS! YOU are VALUABLE, PRECIOUS and SIGNIFICANT!

ABOUT the Author

Many of you precious young people (including your parents) might wonder if the author of this book, and our team @ Transformation SA (TSA) and S-M-A-R-T Youth are experienced and equipped to guide you – relating to the many issues, challenges and struggles that affect & impact your life. 'Please allow me the time to introduce myself'.

Background and Working Career

Pierre Eksteen excelled academically, and as a provincial sportsman during his school career. After completing his matric, he pursued a career in Banking, later started his own business, and was also employed in the Insurance, Property, Medical, IT, and Education sectors.

Youth and Community Experience

In 1999, Pierre found his true passion, when he started working with YOUTH at his local church. Since then, Pierre has served in many schools, colleges, universities, as well as the broader community. He has reached out to and served thousa[illegible]s also co[illegible]e (includ[illegible]e equipped thousands of young people, through several life-skills programs, in partnership with various stakeholders.

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Pierre started serving in the broader community in 2002, working alongside many stakeholders – including Schools, the SAPS, Dept. of Correctional Services, Dept. of Justice, Lifeline, Child Protection Services, Child Welfare Services, Churches, Businesses, and many non-profit Organizations.

Education, Degree and Training

Pierre matriculated with exemption from Grey College in Bloemfontein in 1984. In 2005, he completed his (Bth)

international degree at the age of 39. During his working career he completed several courses in the banking sector, as well as financial management, estate planning, public appearance, and many more.
Pierre has also completed Trauma Debriefing, as well as Counselling and Life-Coaching training.

Birthing of Transformation SA (TSA) Incorporating S-M-A-R-T Youth

In 2008 Pierre and a colleague joined hands to form Transformation SA - Mogale. They approached all major stakeholders in their community, and shared their vision to transform the lives of people in their community. They worked with the Mayor's office, and alongside several stakeholders – planning and presenting several community events, among others [Heartlines-comes-to-town] and a [Kids Mini-Olympic Games]. In 2008 Pierre also started an inter-school prayer-and-support group in Krugersdorp. He was instrumental in the Drug-Child Program in Mogale City,

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program was approved in partnership with a local FET College, and was rolled-out in 2010. One thousand (1000) previously-disadvantaged individuals were equipped with life-skills, improving their chances of future employment. Since then Pierre has been involved in facilitating, monitoring and managing several life-skills programs, in partnership with several stakeholders, equipping thousands of young people.

Pierre has been teaching and guiding school drop-outs since 2011, assisting them to complete their education (Grade 12).

Pierre is trained as a Motivational Speaker, Life-Coach, Mentor, Counsellor, Trauma-Debriefer, Educator, and he is the Founder of several ministries and community initiatives, including TSA (outflow of the NPO Transformation SA – Mogale), S-M-A-R-T Youth, and PURE Hearts.

Transformation SA, extending to Africa (incorporating Transformation International) & S-M-A-R-T Youth.
Pierre is blessed to work with a wonderful team, who are called to SERVE our precious YOUNG PEOPLE.
Deline, Merinda, Maria, Yulanda, Emmah, Ruth-Aimee, Nellie, Chad & Pierre (and many others, who will join our team) love you, and look forward to presenting this program to you. Thank you for allowing us to love and serve you.

Serving our YOUTH in love, with humility, through integrity, and by compassion!

FOREWORD

PRECIOUS boy/girl and young man/woman – including your parents (who will hopefully read this book as well).

WHY this book/program? Is it really necessary?
WHY the title S-M-A-R-T Youth, making wise choices?
We know and understand that many of you are confused, depressed, and even bound by the things that confront you every day. We have been called to ASSIST you in breaking the chains of oppression – which keeps you bound in many areas of your lives', guiding you to living S-M-A-R-T lives; empowering you to embrace wholeness, joy, freedom, peace,

and individuality; enabling you to live a balanced and purposeful life. **You MATTER – Your life MATTERS!**

'Since working with youth in 1999, I have seen much hurt, pain, disappointment, brokenness, anger, resentment, unforgiveness, depression, hopelessness, and confusion in the lives of young people (as well as their families). I have seen many youth imprisoned, some of them killed, and many others lives' destroyed, because they believed the LIE that nobody cares'. Our team CARES, many other people in the community CARE, family and friends CARE, and your Creator CARES! Because my team and I CARE, we have answered the call to DO SOMETHING about the many struggles, challenges and hardships that confront you every day. We understand that you are faced with many issues that you don't always know how to approach, confront & resolve.

We are here to HELP and SERVE you!
We are here t
We are here
We WON'T Ju

SMART

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YOUTH

HOW will we aim to assist and serve you?
EMPOWERMENT and DEVELOPMENT Program
Transformation SA, extending to Africa, **incorporating** *Transformation International* **and** **S-M-A-R-T** *Youth,* **aim to empower Schools, Colleges, and other Youth institutions - serving, equipping, empowering, and guiding young people.**

Phase 1
Life-Skills Program [© Copyright 2015 Pierre Eksteen]
This life-skills program will NOT be presented from a religious perspective, and is thus OPEN to ALL LEARNERS from the age of twelve (12) – irrespective of their background, culture, race, gender, past, or religious orientation.

We will ADDRESS all the CORE ISSUES that CONFRONT our precious YOUNG people every day, including . . .
Peer Pressure > Acceptance & Rejection > Love > Racism > Anger > Boredom > Loneliness > Friendship > Dating & Rape > All forms of Abuse > Smoking > Alcohol & Substance Abuse > Sex, STD's, STI's & HIV/AIDS > Pregnancy & Abortion > Music & its effects > Sport > Self-Harm > Depression > Suicide > Drop-Outs > Moral Values > Youth Pursuing their Purpose, keeping their dream(s) alive.

Phase 2
MENTORSHIP Program
15-20% of Learners influence the other 80-85% of Learners.

***SELECTED** leaders of the school/college/youth institution, in partnership with the respective school(s), will be targeted. Our AIM through this Program is to train and equip selected Leaders, who will POSITIVELY IMPACT all other Learners across their peer groups, leading to a complete change in the environment and value system of the school/college – which will also P*

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Phase 3
MOTIVA
SEMINARS >>> CONFERENCES
We aim to motivate and encourage YOUNG people. We also aim to organise and present Workshops and Seminars (2-4 hours), as well as Conferences (1 day) – to EQUIP YOUNG PEOPLE with the necessary SKILLS, KNOWLEDGE, and ABILITY to CONFRONT and RESOLVE all issues that they struggle with. Groups will include . . .
**BOYS Only *GIRLS Only *BOYS & GIRLS*
**PARENT & CHILD *FAMILIES.*

Phase 4
CAMPS

We aim to present Camps – to train and equip YOUNG people with the necessary SKILLS, KNOWLEDGE and ABI

Chal

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IMPACT and TRANSFORM lives in the broader community. Groups will include . . .

****BOYS Only *GIRLS Only *BOYS & GIRLS***

****PARENT & CHILD *FAMILIES.***

Phase 5
FINISHING WORKSHOPS

We will present Finishing Workshops to all Grade 7 and Grade 12 Learners, as well as Final-Year Students towards the end of their final years – EQUIPPING and PREPARING them for the next important phase of their developing lives.

We do NOT believe in quick fixes, but rather in building lasting relationships. ***We aim to source funding – to appoint Life-Coaches for placement in Schools, Colleges and other Youth Institutions around the country.***

Website Addresses

www.transformationsa.co.za

Committed to serving people in love, with humility, through integrity, and by compassion.

Transforming ONE life at a time.

Be S-M-A-R-T! Make WISE choices!

www.smartyouth.co.za

Message to PARENTS

My team and I thank you for taking the time to read this book.
We believe the content in this book will give you very important insight and even understanding, regarding the many challenges and difficulties your children experience during their primary, secondary & tertiary education. We're NOT here to judge or dictate how you raise your child(ren), but to SUPPORT and ASSIST you!

We [lovingly] and [without judgment] advise you to set-aside some time [every day] to listen to your children. If they are not given a safe and non-confrontational environment to express their emotions and share what is on their minds and in their hearts, they will seek someone else, who is willing to listen to them. Someone else might take advantage of your children, and even hurt or abuse them. A good opportunity to allow your children the freedom to share their hearts and emotions, are during evening meals. Sit them down at a table, switch off the television, ignore all phones, and allow them at least 5-10 minutes [undivided] time to share what is in their hearts. Something might have happened during the day, which may have affected your child(ren) negatively, and even caused serious harm or damage to them. If they don't get the opportunity to share their hearts, it may affect your relationship, and cause possible long-term trauma in their lives – which may be difficult to resolve in their adult years.

Be [conscious] to NOT discipline your child(ren) in front of strangers, or at public places. This may cause serious psychological trauma, which may lead to long-term emotional problems. When you arrive at home, take him/her into (preferably) the bathroom and discipline him/her, after explaining to him/her WHAT he/she has done wrong. Also assure him/her of your CONTINUED love and support. You want your children to trust you enough to open their hearts to you. We can assist and support you with this process.
We CHOOSE to accept and love your children – AND you!

You are welcome to invite me to present parent/child workshops and/or seminars in your community. transformationsa@gmail.com
Accepting and loving our children, amidst of differences, issues and challenges.

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THE WOMAN WHO FOLLOWS THE CROWD WILL USUALLY GO NO FURTHER THAN THE CROWD. THE WOMAN WHO WALKS ALONE IS LIKELY TO FIND HERSELF IN PLACES NO ONE HAS EVER BEEN BEFORE.

~ *Albert Einstein*

Be an Original! Be yourself!

DON'T follow the crowd – follow WHAT is RIGHT!
DON'T lose your soul to fit-in with the crowd!

The REALITY that confronts YOUTH

Everyone in your life expects something from you, right? Your parents, teachers, coaches, friends, family, the church – even your brother(s) and sister(s). YOU hear so many [different] voices speaking to you . . .

WHO can you trust?
WHO can you believe?
WHO really cares about you?

Everyone PRESSURES you to please them. Sometimes everything just gets too much, right? What do you do? How do you handle this?

The people that are supposed to love you have disappointed you, taken advantage of you, and even taken you for granted. They h[illegible] it difficul[illegible]ow how to [illegible]ble or burden you. Everyone wants you to listen to them, yet it seems that nobody is really prepared to listen to what you think, or cares about what you feel, believe or experience. You might struggle with depression, anger, unforgiveness, regret, and self-pity. **There is HOPE! You're NOT alone!**

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ALARMING STATISTICS

= Nearly 9 out of 10 smokers first tried cigarettes before the age of 18. More than half of our youth smoke.
= Up to 100 000 young people become regular smokers each day - most in developing countries (like South Africa).
= (72.3%) of smokers aged between 15 and 19 years say that they would not smoke if they had their lives over.
= Alcohol use remains widespread among today's teenagers. Nearly three quarters of students (72%) have consumed alcohol (more than just a few sips) by the end of high school, and more than a third (37%) have done so by eighth grade.
= 60% of grade 8 to 11 learners who abuse alcohol have to repeat their grade.
= Drug abuse is on the rise particularly among youngsters in South Africa – it destroys so many lives & families every day
= Between 40-50 % of teenagers have experimented with drugs before the age of 16. These figures escalate by the day!
= in developing countries, STD's and their complications are amongst the top five disease categories.
= South Africa has a huge teen pregnancy problem - one in three girls has had a baby by the age of 20

We aim to address MORAL DECAY . . . and it's devastating (ongoing) consequences in our precious YOUNG people's lives.

IDENTITY, WORTH & PURPOSE

You've heard all the following before . . .

You're useless; You're stupid; You're a mistake; You're lazy; You're not good enough, smart enough, beautiful enough, thin enough, fast enough, or rich enough; You're an idiot; You're a brat; You're a failure . . . and the list goes on.

PEOPLE have labelled you all your life. Their LIES will suffocate & even strangle you – (IF) you continue to believe it! YOU have a CHOICE!
Be WISE! Use your CHOICES S-M-A-R-T-ly!
WHO will you believe? WHAT will you believe?

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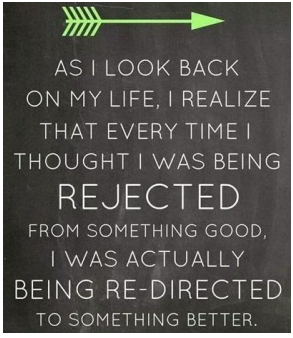
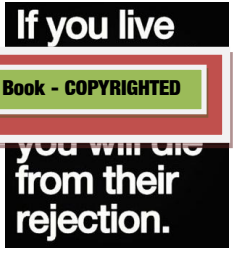
made a mistake!' The TRUTH is that you were PLANNED – long before you were conceived.
You were created because YOU are PRECIOUS, VALUABLE, SIGNIFICANT and IRREPLACEABLE!

DON'T *allow people's opinions of you to dictate the course of your life! Don't allow their LIES to guide you, making mistakes that can destroy your life, giving them the pleasure of saying – "I told you so"! Show them who you are and what you are made of! You're NOT a quitter, failure, or a mistake!*

REJECTION and ABSENT PARENTS

Rejection *is pretty much part of all our lives. Every person on earth has, or will experience rejection in some form during their lifetime. For some it starts in the womb of a mother, who didn't plan to have a baby. For some it starts in the heart of a father, who doesn't want a baby, but fun! Rejection may develop during the early development or teen years of a child. Rejection may also occur during a specific relationship, or in peer groups – where young people are rejected for being different – because of their background, values, religious & cultural beliefs, gender, and social status. We are* **ALL prone to disappointments and feelings of rejection** *– especially after a failed relationship.*





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You *ARE* accepted

One person or even a group's rejection – does NOT mean you and I are unworthy of acceptance and love, or that we are unlovable. We cannot allow people's rejection to determine how we feel, and allow our emotions to determine our perception of who we are. People are different and think differently. People have different needs. That's okay and will never change but we should not allow people's opinions of us, to det… e to society … or perceptions of who they think we are, behind us – and move forward on the basis of something that is far more lasting – our future success, happiness and peace.

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FACT and TRUTH ***is – you and I were planned long before we were conceived in our mother's womb. We were planned by the Almighty Creator of heaven and earth – and unlike our biological parents – He DOESN'T make mistakes. The fact that you are reading this, makes you WORTHY of acceptance and love – it makes you LOVABLE to the RIGHT people, who will SEE, VALUE and ACCEPT the REAL you – including your worth, and your uniqueness.***

ANGER

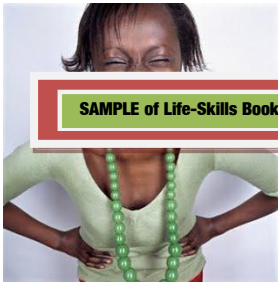
Everyone gets angry from time to time. But **if anger turns to aggression, or gets out of hand, it can be damaging to your health, relationships and general wellness.** *Young people should learn how to deal with, and let go of anger in a constructive way.*

Expressing anger in hurtful ways

When people are not aware of how they are feeling, they can sometimes let anger cause an unhealthy outburst. Anger then can harm you or other important people and things in your life.

If you frequently lose your temper, you may find it can:

- *be hard to keep friends, partners, family or employment*
- *end up making both yourself and other people miserable*
- *hurt yourself or others (often loved ones)*
- *lead to loneliness and unhappiness*
- *lead to violence - this is illegal, you may be charged with assault, or other crimes.*



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ALL FORMS of ABUSE

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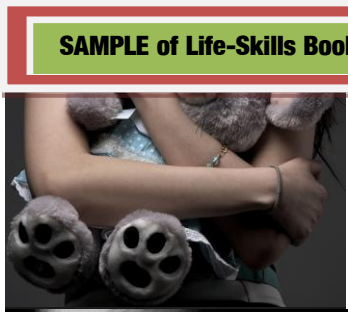

CHILD ABUSE *is a very serious issue and punishable by law. Many of you have been abused by your parents, family members, or even friends.*

Abuse can take on many different forms, including physical abuse (violent behaviour); verbal abuse (swearing and calling you names); sexual abuse (violating your body), mental abuse (breaking down your character and personality), as well as bullying (making fun of you). ☹

BULLYING and its Consequences

Bullying *in schools is a worldwide problem. It can have negative consequences for the general school atmosphere, and for the right of students to learn in a safe environment, without fear. Bullying can also have negative lifelong consequences – both for students who bully, and for their victims. Nearly 3 out of 4 students/learners will be bullied before the age of 18. Bullying comes in many different forms – from verbal (words), to physical (hitting), physiological (mental and behaviour), and emotional (messing with your emotions/feelings).*

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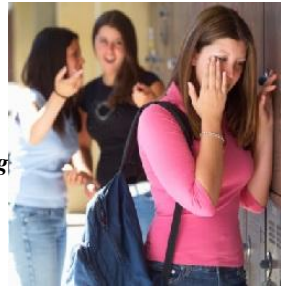
Bullying includes direct actions, such as teasing, mocking, insulting, threatening, hitting, and stealing. These are initiated by one or more students against a [victim].
In addition to direct attacks, bullying may also be more [indirect], by causing a student to be [socially isolated] - through excluding them intentionally.



While **boys** *typically engage in direct bullying methods,* **girls** *who bully are more subtle - using indirect strategies, such as spreading rumours and enforcing social isolation.*

PEER PRESSURE - The NEED to 'FIT-in'

***Ah, I've heard it all before you might say! If so, then my question to you is ... are you still struggling to* SAY NO?** *'I can share sad stories of many young people (over the past 16+ years), who have been send to jail, received criminal records, were expelled from school, had abortions, and even lost their lives – all because they COULDN'T SAY NO to their friends or peer groups'. Be* S-M-A-R-T! *Be* Wise!**

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TRUE FRIENDSHIP

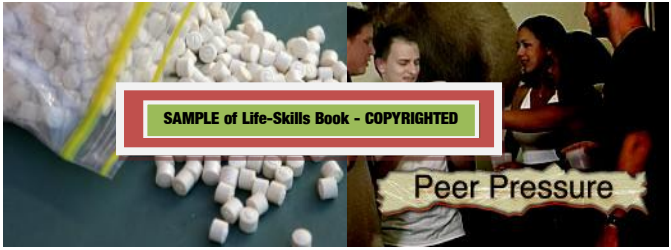
A **TRUE FRIEND** *is someone, who will* **NEVER** *ask you to do something that you shouldn't do – in fact he/she will WARN and DISCOURAGE you to partake in anything that might harm you.* **The best way to "fit-in", is to STAND-OUT from the crowd!**

A **TRUE FRIEND** *will be* **HONEST** *with you at all times, and* **NOT** *tell you what you want to hear, but what you NEED to hear! They will support you in good and bad times, and* **NEVER** *"stab you in the back" – no matter what!*

A **TRUE FRIEND** *will* **PROTECT** *you, and NOT EXPOSE you to anything that might harm you! They will ADD lasting value to your life, and NOT sponge on you, or take advantage of you in any way. They will NOT be friends with you because they expect something from you – but are friends with you to* **SERVE** *you, and because the* **CARE** *about you!*

One of the **BIGGEST LIES** *that young people believe, is that you have to have many friends. This is nonsense! 1 or 2* **TRUE FRIENDS**, *who really CARE about you, are worth much more than many friends who DON'T care about you!*

Let's look at one example of how **negative PEER PRESSURE** *through "SO CALLED" friends, influenced a teenage girl to make one silly mistake – a mistake that sadly ended her life!* **DON'T let this happen to YOU!**



A 16-YEAR-OLD Mdantsane girl's birthday celebrations ended in tragedy when she died from drug-related complications. The girl's aunt, Thobeka Tyityi, said when her niece Zusakhe Tyityi turned 16, six friends took her out to a popular city bar to celebrate. She described Zusakhe as a Christian who loved going to church and did not touch alcohol. "Her friends' took her to eLounge. She was having some energy drink. Her friends bought drugs – a tablet – they said it was ecstasy. She put half of it in her drink. After not getting a reaction, Zusakhe put the other half in the drink and took it. Tyityi said her niece's friends had told her it was the first time Zusakhe had tried drugs. Zusakhe then went to the bathroom, saying she was not feeling well, and began convulsing, vomiting and foaming at the mouth. Her friends' described her as having a stroke – her eyes were rolling, she had lots of strength, and they couldn't carry her, and she was bleeding from her ears." An employee from eLounge rushed her to Frere Hospital. Frere CEO confirmed that Zusakhe had been declared dead on arrival at the hospital.

DON'T *allow to happen to you, what happened to Zusakhe!*

DIVORCE / Broken Family

Many of you reading this have been affected by divorce and absent parents (mostly fathers) – even if you think you haven't. Divorce/absent parent(s) may cause anger issues in your life, if it's not dealt with. 'It happened to me'. An absent parent and divorce can affect you for the rest of your life, if you don't speak about it, and effectively deal with it. Any person (including your parents, brothers and sisters) who is affected by [illegible]-up of a rela[illegible]ons (feelings) in a safe environment, with someone who is equipped to assist them – it is referred to as "trauma debriefing." If the [trauma] caused by the [loss] is not dealt with, it forms "triggers" in the subconscious mind of the person who has suffered loss – this will affect him/her every time that he/she is affected by similar trauma in the future.

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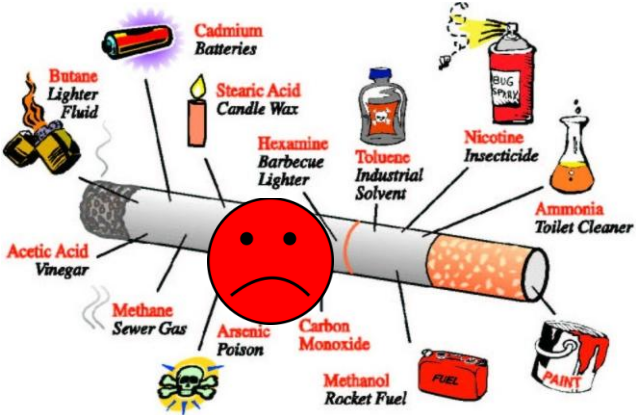
The MOST IMPORTANT thing for you to UNDERSTAND – YOU ARE NOT THE REASON your parents got divorced or split-up. Adults make choices out of fear, anger, desperation, hopelessness, and depression – sadly their inability or lack of knowledge to deal with their own trauma affects your life. Your parent(s) are NOT perfect.

CIGARETTES / HOOKAH (Hubbly)

Precious young people – do **NOT believe the LIE** *that smoking is harmless fun –* **it's a lethal KILLER!**

Nicotine is a drug, *because it affects how your mind and body works. Did you know that many young people, who get hooked on alcohol and drugs, start with only one cigarette? Yes, one "seemingly harmless" cigarette very often escalates into a life of regular drinking and experimenting with drugs – very often leading to premature death, jail time, serious health problems, as well as relationship problems. It will NEGATIVELY AFFECT your life in more than one way. SMOKING causes 1 out of 5 DEATHS in developing countries. The effects of smoking are very SERIOUS. It can harm nearly every organ of your body.*

See below some of the **harmful ingredients** *in cigarettes.*



WILL you continue to believe the LIE that smoking is "harmless fun", while inhaling all the above toxins?

ALCOHOL and PARTYING

The SAD reality that the majority of young people don't know – Alcohol is a DRUG!
Yes, a DRUG! It has claimed many people's lives!
ALCOHOL is a MIND-ALTERING, DEPRESSANT DRUG that adversely AFFECTS the BRAIN DEVELOPMENT of YOUNG PEOPLE – *involving MEMORY, LANGUAGE SKILLS, PROBLEM SOLVING and CONCENTRATION (University of California).*

It is classed as a depressant, meaning that it slows down vital functions – resulting in slurred speech, double vision, unsteady movement, disturbed perceptions, and an inability to react quickly. As for how it affects the mind, it is best understood as a drug that reduces a person's ability to think rationally (make informed and rational decisions), and distorts his or her judgment (to make a proper decision).

DRINKING has SEVERE CONSEQUENCES and LONG-TERM EFFECTS!

BRAIN
Headaches, Blackouts, Delusions, Paranoia, Forgetfulness, Impaired Judgement, Decline in IQ, Dementia, Epileptic Fits, Wernickes Disease; Haemorrhage, Korsakoff's Psychosis and Death

NERVOUS SYSTEM
Peripheral Neuritis – Degeneration of Nervous System

THROAT
Pressure on ortal circulation - Risk of Haemorrhage, Increased incidence of Cancer (40x if smoker)

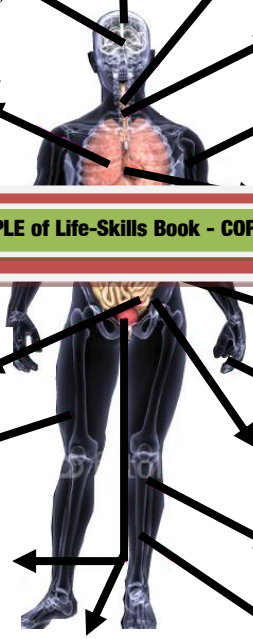
GULLET
Corrosive effect – risk of Cancer

LUNGS
A small amount of alcohol escapes unused via breath 2-4%

MUSCLES
Degeneration, Weakness and Pain

LIVER
Fatty cells, Tissue scarring, Hepatitis, Irreversib… liver breaks down 9… consumed, Ja…

HEART
Weak and "fatty" heart, …rt muscles, …essure. …increased …itamins



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KIDNEY
About 2-4% of alcohol escapes unused via urine

STOMACH
Gastritis, Peptic Ulcer (Direct corrosive effect)

PANCREAS
Bad Digestion, Malnutrition and Early Diabetes

FINGERS
Pins and Needles

SWEAT GLANDS
About 2-6% of alcohol escapes unused via sweat glands

INTESTINES
Inflammation (corrosion from alcohol intake)

MALE SEX ORGANS
Depressed Testicular production, Impotence, Breast growth (due to female hormones NOT broken down by liver)

NERVOUS SYSTEM
Malfunctions, Shakiness, and Tremors

BONES
Degeneration
Risk of Fractures

FEMALE SEX ORGANS
Failure to Ovulate (increased risk of Pregnancy), Spontaneous Abortion

Alcohol AFFECTS your entire body, your brain development, your relationships, and your holistic well-being! ☹☹☹

Nearly 50% of violent crimes occur under the influence of alcohol!

It is a well-known fact that Men and Women (including Youth) can become VIOLENT and DANGEROUS when under the influence of alcohol . . . often resulting in serious accidents and injuries – leading to arrest, or loss of life.

It's SIMPLY NOT WORTH IT! Be S-M-A-R-T! Be WISE!

NO CONTROL!!!

Think before you act!

ALCOHOL very often leads to PROMISCUOUS SEXUAL BEHAVIOUR, because a person's defence mechanism is down and they struggle to say NO – neither do they think about possible consequences. This in turn often results in the contraction of serious STD's, as well as HIV/Aids, teenage PREGNANCY, & ultimately ABORTION.

Again – taking alcohol is SIMPLY NOT WORTH it, if you consider all the RISKS involved! ☹☹☹

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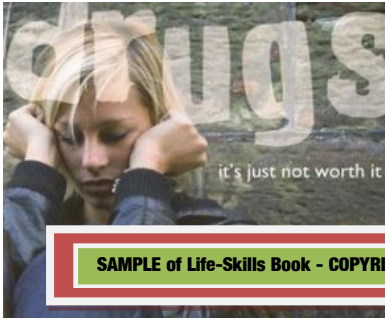
ALCOHOL is very closely related to RAPE
It is the number one DATE-RAPE DRUG!

In one study, 26% of men who acknowledged committing sexual assault on a date reported being intoxicated at the time of the assault. An additional 29% reported being "mildly buzzed," Thus, a total of 55% were under the influence of alcohol. In the same study, 21% of the college women who experienced sexual aggression on a date were intoxicated at the time of the assault. An additional 32% reported being "mildly buzzed." Thus, a total of 53% were under the influence of alcohol. **DON'T RISK your life!**

DRUGS (Substance Abuse)/Addiction



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What are Drugs?

Drugs are anything that we put into our bodies to alter their normal state. Drugs generally fall into three different classifications: Uppers, Downers and All-Arounders.

Categories of Drugs

Uppers are stimulants that affect most of the basic processes that happen in your body that keep you alive, like your temperature, heart rate and breathing. They also stimulate the pleasure/reward center in the brain, which often means they have a high potential for addiction and abuse. Uppers are a wide class of drugs and each stimulant that is in this cate
amp

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Like uppers, downers also affect most of the basic processes that happen in your body to keep it alive by slowing or inhibiting processes causing users to experience sedation, disinhibition of emotions and impulses, muscle relaxation, and drowsiness. Unlike uppers, however, downers take effect through many different processes in the body.

Drugs SHORT-CIRCUIT or "HIJACK" your most IMPORTANT organ - your BRAIN

Your brain *regulates who you are. It's what allows you to think, breathe, move, speak, and feel. It is your own personal "mission control." Information from your environment – both outside (like what your eyes see and skin feels) and inside (like your heart rate and body temperature) – makes its way to the brain, which receives, processes, and integrates it so that you can survive and function under all sorts of changing circumstances and learn from experience. According to recent findings the brain isn't fully mature at 18, when we are allowed to vote, or at 21, when we are allowed to drink, but closer to 25. Drinking & drugs restrict your brain's normal development – is this what you want?*

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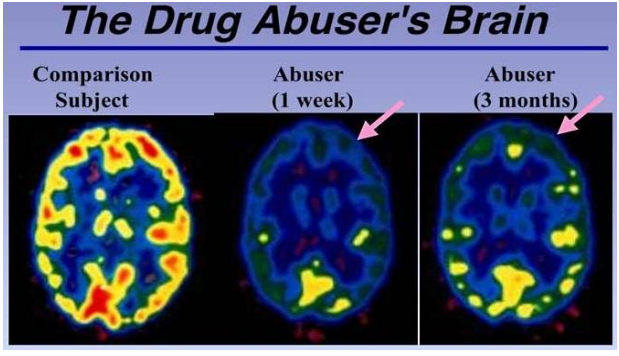
works. Over time, drug use can lead to addiction, a devastating brain disease in which people can't stop using drugs, even when they really want to, and even after it causes terrible consequences to their health and their relationships.



Many **celebrities** *have* **LOST their lives** *through drug abuse. This once again proves that drug abuse knows no status – anyone can get "hooked" – anyone can be addicted and lose their lives. Let's have a look at some examples, where drug abuse led to the tragic premature death of celebs.*

Pop singer Amy Winehouse died of an alcohol overdose in 2011 at just 27.
Her short life and career was marred by her constant struggle with . . .

drugs and al

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Glee star Cory Monteith died from an overdose of heroin and alcohol in July 2013, at just 31 years of age.

Mission Impossible 3 star Philip Seymour Hoffman was found dead on an overdose in his New York apartment. He was 46 years old.

Different Drugs

Not every drug on the market will be discussed, because the aim of this book is to give you basic information about the dangers of drugs and how they affect your body, your life, your relationships, and your future – enabling you to make S-M-A-R-T and informed choices.

What drugs are abused by young people?

Virtually every drug that is abused by adults is also abused by adolescents. In addition to alcohol, common categories of drugs of abuse include the following:

- ***Tobacco products** (for example, cigarettes, cigars, c*
- ***C** s*

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is smoked in a "joint," "blunt," "bong," "backwood," or pipe

- *Cold medications (for example, chlorpheniramine and pseudoephedrine [Sudafed], and diphenhydramine [Benadryl]*
- *Inhalants (for example, gasoline, ammonia), the use of which is often referred to as "huffing"*
- *Depressants (for example, barbiturates, and benzodiazepines), sometimes called "reds, yellows, yellow jackets, downers or roofies"*
- *Stimulants (for example, amphetamines, cocaine, methamphetamine), sometimes called "bennies, black beauties, speed, uppers, blow, crack, rock, toot, crank, crystal, or skippy"*
- *Narcotics (for example, morphine, heroin, codeine, oxycodone [Oxycontin], hydrocodone/acetaminophen*

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- *sometimes called "acid, yellow sunshines, buttons, or shrooms"*
- *Dissociative anesthetics (for example, phencyclidine / PCP, ketamine), sometimes called "lovely, boat, Love Boat, angel dust, K, vitamin K, or cat" and whose use is often referred to as "getting wet"*
- *Club drugs (for example, Ecstasy), also called "X"*
- *Others (for example, anabolic steroids), sometimes called "juice or roids"*

INFORMED and S-M-A-R-T YOUTH
DON'T USE DRUGS! It's easy to say yes!
It takes COURAGE and GUTS to SAY NO!

"I AM CRYSTAL METH"

This was written by a young girl who was in jail for drug charges, and was addicted to crystal meth. ☹☹☹

She wrote this while in jail. As you will soon read, she fully grasped the horrors of the drug, as she tells in this simple, yet profound poem. She was released from jail, but true to her story, the drug owned her.

My Name: "Is TIK "

I destroy homes, I tear families apart,
I take your children, and that's just the start.
I'm more costly than diamonds, more precious than gold,
The sorrow I bring is a sight to behold.
If you need me, remember! I'm easily found,
I live all around you - in schools and in town.
I live with the rich; I live with the poor,
I live down the street, and maybe next door.
I'm made in a lab, but not like you think,
I can be made under the kitchen sink.
In your child's closet, and even in the woods,
If this scares you to death, well it certainly should.
I have many names, but there's one you know best,
I'm sure you've heard of me, my name is crystal meth.
My power is awesome; try me you'll see,
But if you do, you may never break free.

Just try me once and I might let you go,
But try me twice, and I'll own your soul.
When I possess you, you'll steal and you'll lie,
You do what you have to - just to get high.

Learn from other's mistakes! DON'T repeat them!

The crimes you'll commit for my narcotic charms,
will be worth the pleasure you'll feel in your arms, (your lungs, and your nose).
You'll lie to your mother; you'll steal from your dad,
When you see their tears, you should feel sad.
But you'll forget your morals and how you were raised,
I'll be your conscience, I'll teach you my ways.

I take kids from parents, and parents from kids,
I turn people from God, and separate friends.
I'll take everything from you, your looks and your pride,
I'll be with you always -- right by your side.
You'll give up everything - your family, your home,
Your friends, your money, then you'll be alone.
I'll take and take, till you have nothing more to give,
When I'm finished with you, you'll be lucky to live.

If you try me be warned - this is no game,
If given the chance, I'll drive you insane.
I'll ravish your body; I'll control your mind,
I'll own you completely; your soul will be mine.
The nightmares I'll give you while lying in bed,
The voices you'll hear, from inside your head.
The sweats, the shakes, the visions you'll see,
I want you to know, these are all gifts from me.
But then it's too late, and you'll know in your heart, that you are mine, and we shall not part.
You'll regret that you tried me, they always do,
But you came to me, not I to you.

You knew this would happen, many times you were told,
But you challenged my power, and chose to be bold.

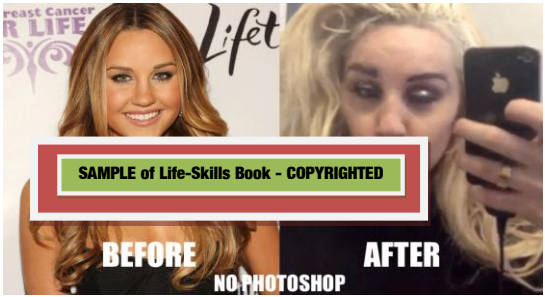
You could have said NO, and just walked away!

If you could live that day over, now what would you say?
I'll be your master; you will be my slave,
I'll even go with you, when you go to your grave.

Now that you have met me, what will you do?
Will you try me or not? It's all up to you.
I can bring you more misery than words can tell,
Come take my hand, let me lead you to hell!

Will you give drugs POWER over you to DESTROY your LIFE? ☹☹☹

See a celeb below, who made the **wrong** *choice!*



BOREDOM

Nothing to do? Bored? Boredom can get to you during many different stages of your life. It can be annoying when there is nothing to do. It can be downright depressing. Sometimes you might blame other people or other things because "there is nothing to do". Your community and culture play a big part in boredom, by shaping how you view the world and what you can and can't do. Many young people get involved in destructive life-threatening activities (like alcohol and drug abuse) and/ gambling, st On the othe too! There are ways to use it to your advantage.

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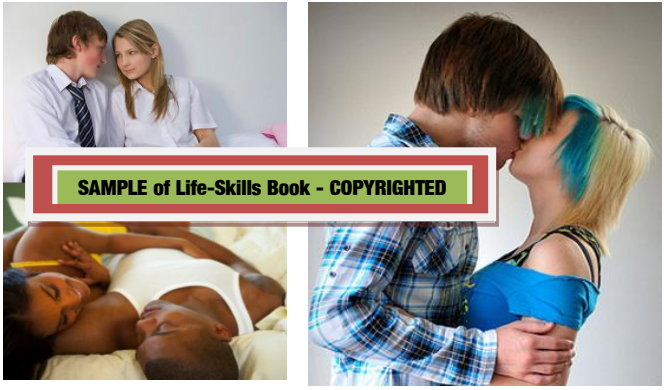
The BATTLE AGAINST BOREDOM

Where you live, what you do, or the things you are responsible for each day, might be things that contribute to your constant state of boredom.

You might be bored with your schoolwork, your sport, a hobby, a friend(s), be tired of looking after the house, or just had enough of things in general.

While these are important things to consider, it can also be useful to think about how you might . . .
contribute to your own boredom.

SEX, STD's, and HIV/Aids



Sex is "in" – sex is "cool" – sex is "fun" – sex is "sexy"! ***This is what you hear from your peer groups . . . but is this the WHOLE TRUTH? Are they correct? The TRUTH is – sex is in/fun/exciting/fulfilling INSIDE the PROTECTION, of the covenant of MARRIAGE. Sex was NEVER intended or created, to be "cheap" and practiced outside of marriage. Sex is an expression of LOVE between two mature and consenting adults, who are MARRIED, and have made the lifelong commitment - to remain FAITHFUL to ONE sexual partner as long as they live! This is REAL & lasting LOVE!***

Young people MISTAKE love for sex – SEX is NOT LOVE! TRUE, PURE LOVE is NOT CHEAP – it should NOT be CONFUSED with lustful, experimental, cheap, boastful (when boys/men brag about having sex with girls/women), forceful, risky & meaningless sex. It is simply NOT worth it!

Be S-M-A-R-T! Be INFORMED! Make WISE CHOICES!
All WISE girls and boys VALUE their virginity!

Do you want someone to connect with your HEART – or your BODY?

Someone who connects with your heart - will be in it for the right reasons and with pure motives – whereas someone who connects with your body, will DISRESPECT it, VIOLATE it, and ABUSE it – and when they are finished conquering and using your body, they will WALK AWAY, BRAG about it, and seek the next body to conquer!

Young WOMEN *– tell any guy who asks you out, that you will* **NOT give him any access to your body!** *Let him know your* **boundaries** *from the start! Do you want to give your future husband/wife the BEST of your body, or the left-overs after everyone else have violated it? What you sow, you will REAP – if you have sex before marriage, you can EXPECT to marry someone who has done the same!*
DON'T *expect to marry a virgin if you are not one yourself!*

Young MEN *– if a woman (teen or adult) wants to seduce you with sweet talk or seductive body language,* **RUN from the temptation** *and refuse to give in – in the end you will be [illegible]*

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CONSEQUENCES of SEXUAL behaviour

STDS

WHAT YOU DON'T KNOW CAN HURT YOU OR WORSE

STD's can be spread through french-kissing, sex, as well as oral sex. See in the next section why condoms are NOT safe in the prevention, contraction, or spread of STD's. Health problems caused by STD's tend to be more severe and frequent for women, than for men.

Last year I got married to the man I'd been waiting for and it was amazing to find out that <u>he had waited for me too</u>! I know that waiting for sex can be hard, but <u>I promise you, if you choose to wait you will never regret that decision</u>. When you get married, you will be able to experience the best sex ever. After all, "<u>The best things in life are worth waiting for</u>."

***GIVE YOURSELF one of the GREATEST GIFTS of life – ABSTAIN from sex until you get married, and ALLOW your children to be born from a pure bloodline. REAL LOVE WAITS – it does NOT offer itself to just anyone – it's* NOT CHEAP, NOR is it DEFILED!**

RIGHT!

****(Believers) can read Ezekiel 23 for reference.***

Number of Sexual Partners	SEXUAL EXPOSURE CHART (if every person has only the same number of partners as you)	Number of People Exposed to
1		1
2		3
3		7
4		15
5		31
6		63
7		127
8		255
9		511
10		1023

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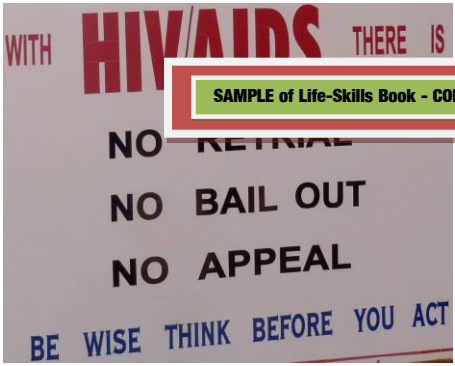
© Copyright 2004 Why kNOw Abstinence Education Program

If you have had sex with only 5 people before marriage, you have <u>effectively</u> had sex with everyone whom they have had sex with – <u>totalling</u> 31 people. ☹☹☹
This is a NO-BRAINER! DON'T risk it! It's NOT worth it!

The REAL TRUTH is that NOT ONE condom manufacturer will guarantee you that their condoms are 100% safe. *'In HIV/Aids Teacher training, I personally observed how 3 to 4 out of every 10 condoms burst - when blown-up slightly and rubbed gently (with the fingers) for about 20-25 seconds (after Vaseline was applied).' Doctors for Life, who have done extensive research on sexually transmitted diseases, and documented their findings in a video, also confirm that condoms are NOT SAFE!* **DON'T put your life at RISK!**



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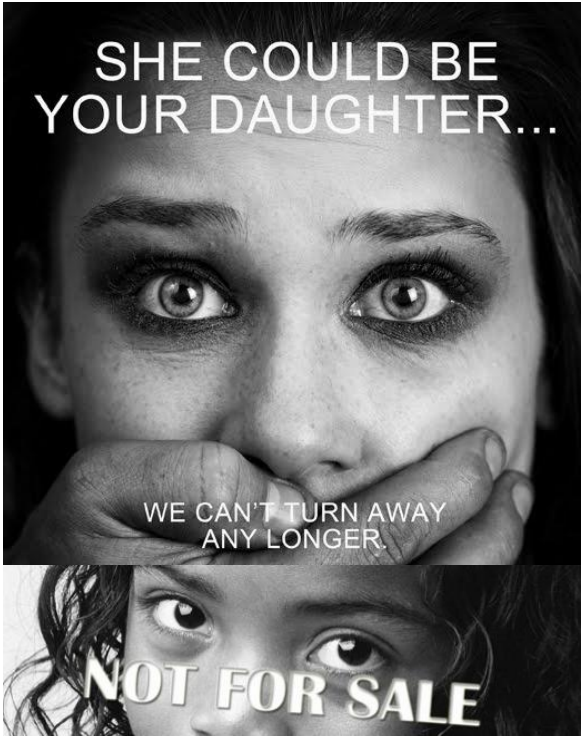
Child Prostitution / Pornography
SEX (HUMAN) TRAFFICKING



Child prostitution *is becoming rampant in South Africa, say child rights activists, with some being pushed into selling their bodies - for as little as R50, by their own parents.*

How truly disgusting is this!!! ☹☹☹

It happens daily in this country. ☹☹☹

A 14-year-old *Phoenix girl was rescued recently from a child prostitution racket operating along Durban's beachfront. The girl, who had run away from a place of safety in June, was found wandering on South Beach by metro police officers, who picked her up with an older prostitute for loitering. The officers said the girl had been drugged and forced into prostitution by a woman who sold her to men for up to R3 000 an hour.*

The police source said that there were dozens of under-age girls being sold to a select clientele who were looking for child prostitutes. "There are men who will pay a premium for young girls. These pimps often work with an established list of clients a SAMPLE of Life-Skills Book - COPYRIGHTED *source said*

According to child rights organisations such as Molo Songololo, child prostitution in South Africa is on a steady increase with children – some as young as 11, being pimped out. Earlier this year, police raided the Inn Town Holiday Lodge in Rochester Street in the Point area, where they rescued 22 girls who were being used as prostitutes. Eight were under the age of 16, while the youngest was believed to be 12. Two were pregnant.

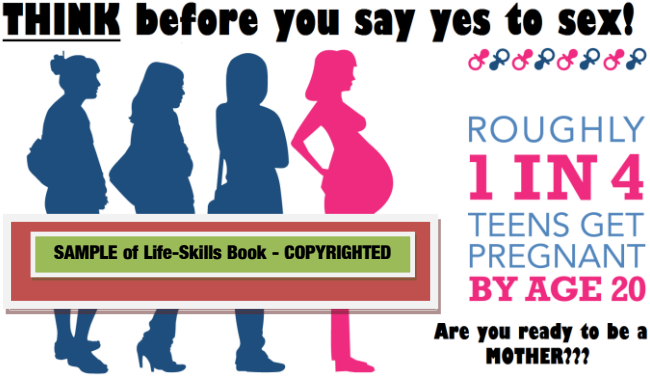
PREGNANCY and ABORTION

In our section about sex, we determined how RISKY sex before marriage is, and what SEVERE CONSEQUENCES it has!* TEENAGE PREGNANCY *is a GROWING CONCERN and THREAT in South Africa, and all around the world.

WHAT you should consider

Babies are great – they're cute and cuddly and they love you. But they're also needy and selfish – they want all your time and attention and they want it NOW! Be honest – there are a million things you'd rather be doing than changing a diaper, right? So if you decide to have sex, have you considered the consequences of getting pregnant? Weirdly enough, almost 50% of teens have never thought about how a pregnancy would affect their lives, even though having a baby could be one of the most life-changing things to happen to them.

Be S-M-A-R-T! Make WISE choices!!!



It's hardest on the kids

More than half of all mothers on welfare had their first child as a teenager. In fact, two-thirds of families begun by a young, unmarried mother are poor. Children who live apart from their fathers are 5 times more likely to be poor than children with both parents at home. The daughters of young teen mothers are 3 times more likely to become teen mothers themselves. The sons of teen mothers are twice as likely to end up in prison.

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Now you kn
is a bad idea! Be S-M-A-R-T! Be WISE!

SAY NO to SEX before marriage!

ABORTION does NOT make you UN-PREGNANT!

It makes you the mother of a DEAD BABY! ☹

MUSIC,
and how it AFFECTS Young People

What type of affect does music have on young people?

Information shared has been carefully researched and documented by various people and organizations. All quotes were either taken from the artist's own writings, rock magazines, biographies, or reference books. This is not about the pers

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to discre

It is merely bringing to light the darkness behind the **hidden agenda** *of the music itself.*

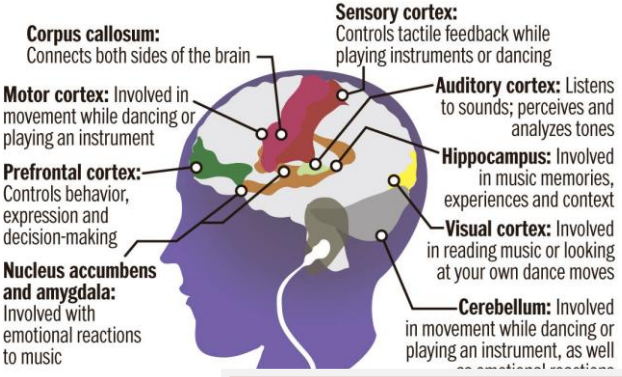
Studies reveal that the average teenager will listen to and watch 11,000 hours of rock music or view rock videos – more than twice the time they will spend in classrooms.

What messages are portrayed through the music young people listen to?

A lot of young people talk against things like hatred, abortion, rebellious children, murderers, rape, homosexuality and promiscuous lifestyles, but don't realize that some of the music they may be listening to is related to the promotion of such topics. **Music AFFECTS all of us!!!**

Music and the brain

Playing and listening to music works several areas of the brain



SOURCE: Music for Young Children

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Music and our

What is really alarming is that most parents either don't know, or don't care about the kind of messages that are filling their children's minds, or even their own minds, if they are listening to it too.

Death Metal

THE NAMES OF SOME "HEAVY METAL" GROUPS ALSO KNOWN AS "DEATH METAL," GLORIFY DEATH AND PROMOTE DESTRUCTION. "BLESSED DEATH," "CARNIVORE," "CORONER," "DESTRUCTION," "MACE," "MALICE," "OVERKILL," "ROTTEN CORPSE," "SACRIFICE," "MORGUE ORGY," ETC. INDIVIDUALS LOOKING UP TO BANDS WITH SUCH NAMES ARE LIKELY TO BE INFLUENCE IS SOME WAY BY THE BAND'S ATTITUDES, WHICH MAY LEAD TO A VIOLENT OUTLOOK OR BEHAVIOUR.

Promotes violence and death!

BE WARNED - BE INFORMED!

Yes beloved YOUNG people – your eyes are not fooling you!

VIOLENCE and DEATH are promoted by many artists through their songs – sadly the majority of youth and their parents don't know this. Be S-M-A-R-T! Be ALERT!

Do your RESEARCH – *go to the websites of the artists, who you like. Read who they are and what they are about! Read the lyrics of their songs [BEFORE] you listen to it, and before you support them. Be* **S-M-A-R-T!**

IGNORANCE has COST many young peoples' lives!
DON'T follow their example of becoming a statistic!

SPORT and YOUTH DEVELOPMENT

SPORT and YOUTH EDUCATION

In recent years, research has shown that physical education and sport play an important role in school life, and may help to improve behaviour, health, retention, develop social skills and in turn, have a positive influence on academic performance. Physical activity is vital to the holistic development of young people, fostering their physical, emotional and social health. The benefits of sport reach beyond the impact on physical well-being, and the value of educational benefits of sport should not be under-estimated.

SCHOOL/COLLEGE/UNIVERSITY as an IDEAL SETTING to PROMOTE PHYSICAL EDUCATION

In recent years, physical education has suffered cutbacks in quantity and quality in many schools. Research shows sport based programmes will improve the learning performance of children and young people, encouraging school attendance and a desire to succeed academically.

It is thus valuable to promote sport within schools as:

- ***It offers physical activity to reach out to the large majority of youth.***

- *It offers equal opportunity for access to participation, e.g. travel to and from school (when playing games), holidays (when young people are often bored and mischievous), physical education lessons, and extracurricular activities.*
- *It develops a variety of "motor" skills, through offering a variety of sports.*
- *It encourages a positive active lifestyle, with potential lasting effect in the fight against high-risk lifestyles, in raising awareness on what and how to lead a healthy lifestyle.*
- *It encourages positive active behaviour through the promotion of social skills.*

Healthy Development of Children and Young People through Sport

Physical education and sport have an educational impact. Changes can be seen in (i) motor skills development and performance and (ii) educational potential. This shows the positive re… cal activities a… Sport and … rly development of children and youth and the skills learned during play, physical education and sport contribute to the …

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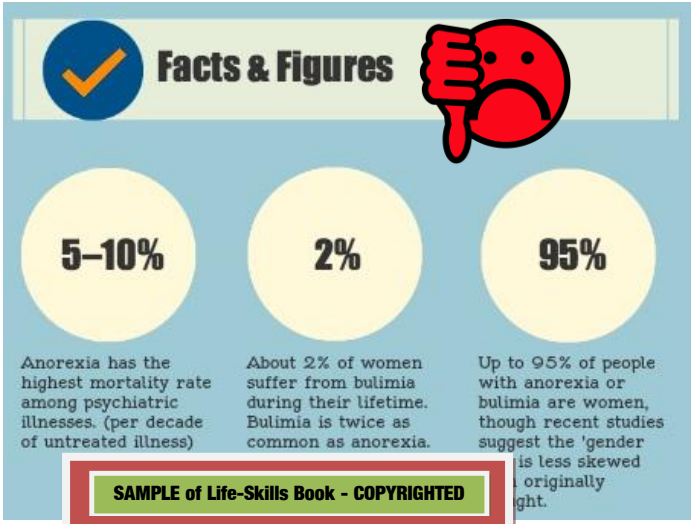
EATING DISORDERS

What is an Eating Disorder?

Eating disorders are characterised by an abnormal attitude towards food, which causes someone to change their eating habits and behaviour.

A person with an eating disorder may focus excessively on their weight and shape, leading them to make unhealthy choices about food, with damaging results to their health.



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Types of eating disorders

Eating disorders include a range of conditions that can affect someone physically, psychologically and socially. The most common eating disorders are . . .

The RISKS involved with DATING

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Statistics *confirm that the same patterns repeat themselves over and over again.* **Teens (12-18) are NOT emotionally and mentally prepared for the responsibilities and commitment associated with dating.** *Statistics confirm that 1 out of every 3 teens, who date,* **will be ABUSED/VIOLATED while dating.** *Parents should talk with their teens about the* **dangers of dating,** *and educate them about the risks of certain behaviours. The more teens have, the more prepa*

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RELATIONSHIPS

It's important to maintain **HEALTHY RELATIONSHIPS** *with all the people who are part of your life – including your Creator; parents; teachers; religious leaders; brothers and sisters; family; friends; neighbours, and colleagues where applicable.* **Healthy BOUNDARIES** *are important in ALL RELATIONSHIPS – it* **PROTECTS** *both YOU, and all the people who are part of your life. It is ADVISABLE to also* **MAINTAIN your PERSONAL SPACE.**

Acceptance, Love, Care, Compassion, Respect, Honesty, and Trust - are the most important pillars that all relationships SHOULD be built on.

Healthy Relationship Flow Chart

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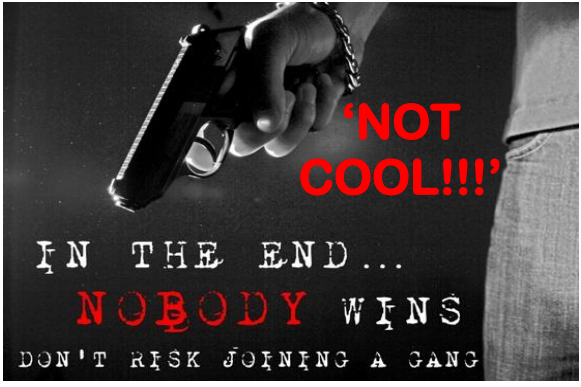
"DO UNTO OTHERS AS YOU WOULD HAVE OTHERS DO UNTO YOU."

GANGSTERISM, CRIME & VIOLENCE

Gangsterism *as a Cause of Violence in South African Schools: The Case of Six Provinces, University of South Africa (2014). This paper reports on a study that was conducted in six provinces of South Africa namely Gauteng, North West, Limpopo, Western Cape, KwaZulu-Natal and Mpumalanga. The findings suggest that Gangsterism is of serious concern in South African schools, and is one of the external factors that exacerbate (worsen) violence in schools.*



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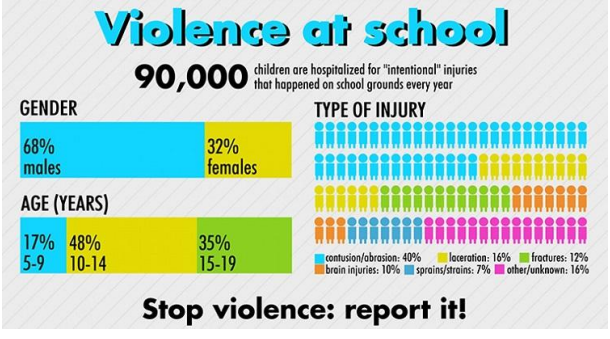
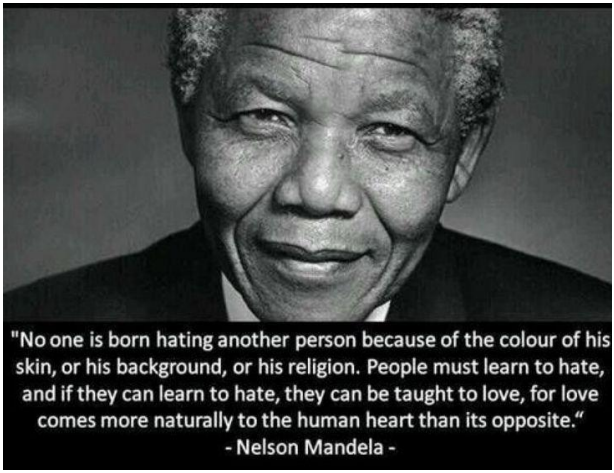
Your "so-called" buddies will RUN when you're caught!



***School-based violence* through gangsterism specifically, often results in school drop-outs, a reluctance to attend school, an increased risk of teenage pregnancy, the transmission of HIV/Aids amongst youth, community disintegration, and academic underperformance. It is also true that exposure to such violence could result in serious long-standing physical, emotional and psychological implications for both teachers and learners, including: distress; reduced self-esteem; risk of depression and suicide; reduced school attendance; impaired concentration; fear; and a diminished ability to learn.**

Furthermore, crime and violence are severe threats to the fragile democracy, peace, and economic stability in South Africa. It corrupts the social fabric of communities, and the nation as a whole, and endangers the health of both children and adults. It disrupts the provision of basic services, and destroys respect for human rights. Violence deepens gender and social inequalities & reduces the overall quality of life.

RACISM and DISCRIMINATION



DEFINING Racism

The belief that all members of each race possess characteristics, abilities, or qualities specific to that race, especially so as to distinguish it as inferior or superior to another race or races.

- ***prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one's own race is superior***

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Rac ntly trau its diverse cultures and many languages, racism remains a daily struggle, which negatively affects many people's lives. Arts and Culture Minister Nathi Mthethwa says that government is working hard with the private sector to UPROOT racism at institutions of learning, such as universities and schools.

XENOPHOBIA

"We are not safe here. We are here because we fled the war. Many of us were raped in our countries. We came here because there was war. We can't go home, and we came here and have been humiliated all over again as women".
Female migrant, Western Cape, South Africa

Xenophobia and sexual violence are often thought to be separate and distinct. However, in South Africa, there is a significant overlap between the criminal dimension of sexual violence and xenophobia. The challenges faced by migrant women have been described as a 'double jeopardy'. As both foreign and female, migrant women are at a key intersection of two groups that are particularly vulnerable to violence, exploitation, and abuse. It is at the intersection of xenophobia and sexual violence that foreign women are left vulnerable with little or no intervention from significant role players.

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Causes of xenophobia

Service delivery failures. ***Some researchers have theorised that xenophobia can be understood in the context of limited resources such employment.***

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Pre-democracy is

Others argue that the isolation experienced by South Africans during apartheid and the post democratic transition which has led to the opening up of the South African boarders, as a possible explanation for xenophobia.

Poor intercultural communication. ***Some academics argue that xenophobia, all over the world, is a symptom of poor intercultural communication.***

XENOPHOBIA is NOT acceptable to a democratic, safe and peaceful society.

Security of a Person

Section 12 of the South African Constitution provides some detail of the right to security of the person, specifically that it includes the right **'to be free from all forms of violence from either public or private sources'.** *The essence of this right is protection against invasions of freedom and security whether by the state or by private individuals, because* **violence against an individual is a grave invasion of personal security.**

SELF-HARM or CUTTING

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Self-harm or Cutting

Injuring yourself on purpose by making scratches or cuts on your body with a sharp object — enough to break the skin and make it bleed — is called cutting. **Cutting is a type of self-injury, or SI.** *People who cut often start cutting in their young teens. Some continue to cut into adulthood.*

People may cut themselves on their wrists, arms, legs, or bellies. Some peopl

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end of a cigarette o

When cuts or burns heal, they often leave scars or marks. People who injure themselves usually hide the cuts and marks and sometimes no one else knows.

LIFE is worth celebrating – NOT destroying it!

The urge to cut might be triggered by* strong feelings the person can't express *— such as* anger, hurt, shame, frustration, or alienation. *People who cut sometimes say they feel they don't fit in or that no one understands them. A person might cut because of losing someone special, or to escape a sense of emptiness. Cutting might seem like the only way to find relief or express personal pain over relationships or rejection.

Just a cut
Just a scratch
"What's that mark?"
"It was the cat."
Just an excuse
Just another lie
"What's with all the bracelets?"
"Just fashion, why?"
Just a tear
Just a scream
"Why were you crying?"
"Just a bad dream."
But it's not just a cut
Or a tear, or a lie
It's always 'just one more'
Until you die

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People who cut or self-injure <u>sometimes</u> have other mental health problems that contribute to their emotional tension. Cutting is sometimes (but not always) associated with the following conditions: depression, possible bipolar disease, eating disorders, obsessive thinking, or compulsive behaviors.

DEPRESSION and SUICIDE

Life can be hard, relentless, unfair, challenging, and just plain difficult at times – but we **ALWAYS have HOPE** *for a better tomorrow. 'I can TESTIFY to this! When I was in my early 20's, I was depressed. I had no true friends – I was alone, angry, vulnerable and misunderstood – I felt unloved, my life overdose am blessed to NOT be where I was back then. Now, more than 25 years later, I ENJOY LIFE, and what it has to offer! I am still single, but not ALONE any longer! I am NOT hopeless, depressed, or bored either!' Your life has MEANING! Your life has PURPOSE! You are a SOMEBODY! Your LIFE is WORTH living for! My heavenly Father has transformed thousands of people's lives around the world, through my testimony of a broken life. He can and will do the SAME for you – if you allow Him to!*

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Warning Signs

Suicide *among teens often occurs following a stressful life event, such as problems at school, a breakup with a boyfriend or girlfriend, problems with friends, the death of a loved one, a divorce, or a major family conflict.*

Teens who think about suicide, might ...

- *talk about suicide or death in general*
- *give hints that they might not be around anymore*
- *talk about feeling hopeless or feeling guilty*
- *pull away from friends or family*
- *write songs, poems, or letters about death, separation, and loss*
- *start giving away treasured possessions to siblings or friends*
- *los*
  act
- *have trouble concentrating or thinking clearly*
- *experience changes in eating or sleeping habits*
- *engage in risk-taking behaviours*
- *lose interest in school or sports*

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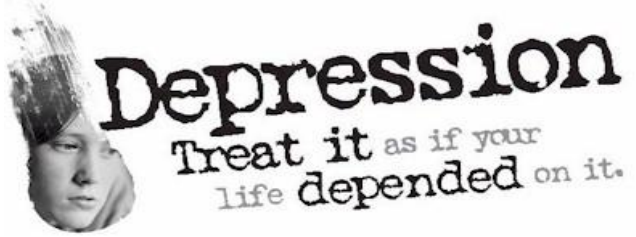
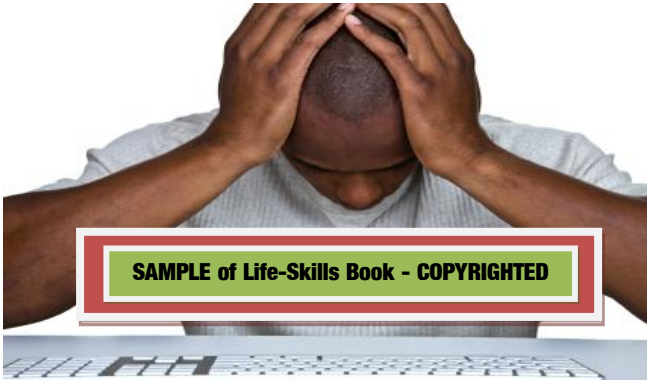


S-M-A-R-T YOUTH SPEAK ABOUT THEIR PROBLEMS!

DROP-OUTS

DROP-OUTS *are another major concern among our precious and valuable YOUNG people.*



Dropping-out of school, college, or university has lasting consequences for all young people, who make this decision. **This is NOT a wise decision!**

MORAL VALUES

RESTORING MORAL VALUES + CHARACTER DEVELOPMENT in YOUTH INSTITUTIONS

South African youth today are called the "Freedom Generation". They demand rights and want to enforce it, but they often neglect their responsibilities in the process. Parents, Communities, and Educators often struggle to accomm
youth) h
lived-ou
every word we speak, including our actions (what we do).

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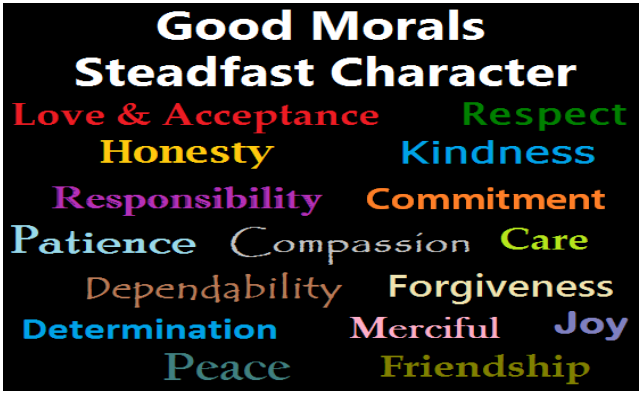
A "freedom" without love, acceptance, dignity, compassion, care, and sound moral values – will NOT accomplish its goal of achieving a better life for all South Africans. Be S-M-A-R-T! Be WISE!



Respect

re·spect – noun

: a feeling of admiring someone or something that is good, valuable, important, etc.

: a feeling or understanding that someone or something is important, serious, etc., and should be treated in an appropriate way

: a particular way of thinking about or looking at something

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Honesty

hon·es·ty – no

: the quality of being fair and truthful : the quality of being honest – NOT lying

Responsibility

re·spon·si·bil·i·ty – noun

: the state of being the person who caused something to happen

: a duty or task that you are required or expected to do

: something that you should do because it is morally right, legally required, etc.

Accountability
ac·count·abil·i·ty – noun
: the quality or state of being accountable; especially : an obligation or willingness to accept responsibility or to account for one's actions

Patience
pa·tience – noun
: the capacity, habit, or fact of being patient

Kindness
kind·ness – noun
: the quality or state of being kind
: a kind act (doing good to someone)

Commitment
com·mit·ment – noun
: a promise to do or give something
: a promise to be loyal to someone or something
: the attitude
support somethi

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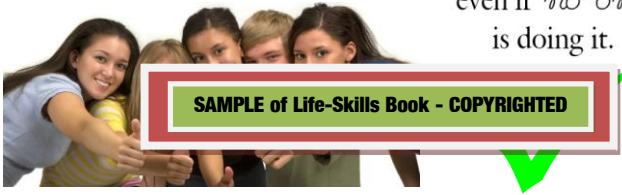
Dependability
de·pend·able – adjective
: able to be trusted to do or provide what is needed : able to be depended on

Forgiveness
for·give·ness – noun
: the act of forgiving someone or something
: the attitude of someone who is willing to forgive other people

S-M-A-R-T Youth CARE about their peers!
SHARING is CARING!

Compassion
com·pas·sion – noun
: a feeling of wanting to help someone who is depressed, sick, hungry, in trouble, etc.

Determination
de·ter·mi·na·tion – noun
: a quality that makes you continue trying to do or achieve something that is difficult
: the act of finding out or calculating something
: the act of officially deciding something (and sticking to it)



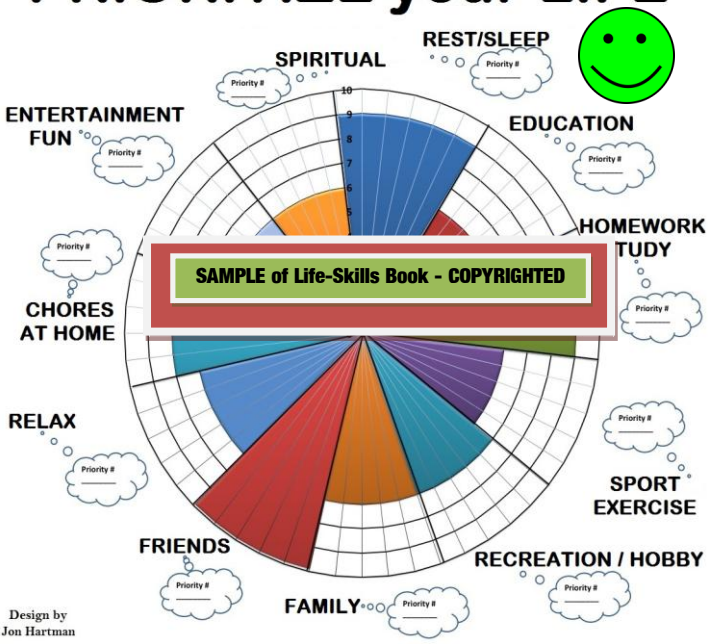
CHOOSE LIFE today – CHOOSE to LIVE your life by sound MORAL values. Be the change that you desire to see in your peer groups and environment – TRANSFORMING lives.

DON'T COMPROMISE to fit-in with the crowds!
They don't accept you for who you are anyway!
Be the EXAMPLE that you want others to follow!

LIVING a BALANCED LIFE

One of the keys to living a BALANCED LIFE is to CATEGORIZE our PRIORITIES – from MOST IMPORTANT, to LESS IMPORTANT.

PRIORITIZE your LIFE



Our spiritual lives play a vital role in our holistic well-being, and we should NOT neglect its importance. As a young person, your EDUCATION should be amongst your top priorities. Be S-M-A-R-T! Be WISE!

HELPLINE NUMBERS

Precious and Valuable YOUNG People

[If] you are at a bad place in your life right now, we lovingly urge you to SPEAK about it – don't keep it cropped-up inside. NOTHING will get better if you don't let it out! If you keep inside, whatever has hurt and broken you – it will eat away at you like a cancer, and eventually destroy your life! DON'T allow other people's mistakes to determine the outcome of your life! Allow us, or someone you trust, to HELP you forgive those who have hurt, disappointed, and wronged you. Life is too short to live with regrets.

If someone is abusing you, SPEAK about it! There are people who are equipped to HELP you – people who will NOT judge you, or treat you like it was your fault.

If a friend or anyone else constantly hurts you – with the things they say and do, or expect from you, WALK AWAY! There are others who feel just like you – they will see, value, and appreciate the REAL you – they will ACCEPT the REAL you – they have been waiting for a friend just like you. You are WORTHY of LOVE!

YOU matter – your LIFE matters!
Allow us to LOVE you
Allow us to CARE ab

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See a list of CONTACT numbers below. These are qualified people, who can assist you – with whatever you are struggling with. You are also welcome to e-mail us at smartyouth.tsa@gmail.com

PROBLEM	ORGANIZATION	CONTACT
Crime	SAPS	10111 / 011 357 0013
Fraud Line	SAPS	08600 10111
Medical	ER 24 or Netcare	084 124 or 082 911
Children Rights	Childline	0800 055 555 / 011 339 5741 http://www.childlinesa.org.za/index.php/teens-mainmenu-3
Child Abuse	Child Welfare	0800 055 555 / 0861 424 453 011 452 4110
Depression	Sadag	0800 567 567
Suicide	Sadag LifeLine	0800 567 567 0861 322 322 SMS 31393
Alcohol Abuse	Sanca or AA	0861 472 622 / 0861 435 722
Alcohol Support	Al Anon	0861 252 666
Drug Abuse	Sadag	0800 121314 / 0800 435 748 SMS 32312
Rape	Stop Gender Violence	0800 150 150 / 021 447 1467 http://www.mobieg.co.za/help/
Woman Abuse	Powa	083 765 1235
Prostitution	Doctors for Life	079 046 4200
Trafficking	Doctors for Life	079 046 4200
STD's	Doctors for Life	032 481 5550 or 1/2/3
HIV/Aids	LoveLife	0800 121 900 / 0800 012 322 talk@lovelife.org.za
Family Issues	Famsa	0800 117 785 / 011 975 7106
Pregnancy	Famsa	0800 246 432 / 0800 117 785
Abortion	Famsa	0800 117 785
Trauma	Sadag	0800 205 026
Counselling	Childline	0800 055 555 (Also Mxit)
Career Advice	Khetha	0860 356 635 SMS 072 204 5056
Mental Health	Sadag	0800 212 223
ADHD	Sadag	0800 554 433
Bipolar	Sadag	0800 708 090
Sleep Problems	Sadag	0800 753 379
Poison Control	Unknown	0800 333 444

We love you & value your life as a GIFT to this world. Be S-M-A-R-T – make WISE choices!

At Transformation SA, extending to Africa (TSA), incorporating S-M-A-R-T Youth, we believe in honesty and transparency. We are R-E-A-L people, who also have REAL issues. We can associate with many of the things you go through, and confront you every day!

We were disappointed, hurt, broken and hopeless at times during our lives. We felt rejected, misunderstood, vulnerable, unloved, and alone – just like many of you!

May our lives ENCOURAGE and MOTIVATE you to CHOOSE LIFE! May you CHOOSE to make WISE and INFORMED choices – guiding you to a life of FREEDOM and PURPOSE! We LOVE you!

Testimony of Pierre

Have you been rejected? I allowed it to rule my life for more than 30 years. Has your life been affected by an absent father? Mine was. What about anger? I struggled with it for more than 35 years. Ever been depressed and without hope? It almost cost my life! What about friends who constantly make fun of you and reject you because you are different? I allowed peer pressure to make my life miserable. Have you struggled with addiction? Addic

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misu ck? I allow d to consu

pursuing me. Not ONE of them could fill the emptiness in my heart. Not ONE of them could make me happy – they just added to my misery! I allowed relationships and sex, as well as money and material possessions to defile my mind and pervert my heart! I was without identity and purpose – that was until I pursued the ONLY ONE, Who had the power to set me free. When I found my First Love (my Creator and Heavenly Father), everything else started to fall into place! Today I am free, whole, secure, happy, and content! I CHOSE LIFE!

Schools/Colleges/Universities/Youth Groups and Parents are welcome to invite us to present Workshops, Seminars, Conferences and Camps on a variety of topics / issues.
We can present girls-only, boys-only, boys-and-girls, parent-child and family [sessions], as per your requirement and/or need.

BOOKINGS and EVENTS

Our PARTNERS and WE will align to your INDIVIDUAL NEEDS

To organize any workshop/seminar camp/session/event

CONTACT me at

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Transforming ONE life, ONE day at a time

transformationsa@gmail.com