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This programme was developed in collaboration with over 700 children and families in South Africa.
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- **IMPLEMENTATION**: Implementation of the Sinovuyo Caring Families Programme for Parents and Teens shall only be conducted by certified facilitators. Implementers shall adhere to all protocols regarding implementation and training of the programme;

- **TRAINING**: Training of staff in the implementation of the Sinovuyo Caring Families Programme for Parents and Teens shall only be conducted by certified trainers and for personnel within the same organisation unless permission is granted by Parenting for Lifelong Health;

- **MONITORING**: Process and outcome data collected during the implementation of the Sinovuyo Caring Families Programme for Parents and Teens shall in principle be shared with the authors of the programme and Parenting for Lifelong Health.
This Guidebook belongs to:

(Write your name using colours and/or pictures to make it look beautiful)

Name of Parent: __________________________________________________________

Name of Teen: __________________________________________________________

Keep your name tag here for when the programme is complete!

Contact number: __________________________________________________________

This Guidebook will be your personal guide and support as you embark on your Sinovuyo Teen journey!

My Sinovuyo Facilitator’s name:____________________________________________

My Sinovuyo Facilitator’s contact number:___________________________________

My Sinovuyo Friend’s name:________________________________________________

My Sinovuyo Friend’s contact number:_______________________________________
Dear Parent and Teenager

Welcome! We are delighted and excited that we will be learning together over the coming weeks! It’s so wonderful that you have made this time for yourself and your family.

This Guidebook is for parents and teenagers who are part of the Sinovuyo Caring Families Programme for Parents and Teens (Sinovuyo Teens). It is also for other members of your household who may want to learn more about building a caring joyful family.

In Sinovuyo Teens, parents and teenagers actively learn skills to make their relationships better, together. We also learn to deal with stress and to solve problems together in a fun way.

We are all experts in our own families! We are here to learn from each other and to work out ideas that might help us collectively as a community.

In our learning journey, we use the idea of building a house to help us learn about building joy and wellness for ourselves and our families. Building strong foundations, steady walls, solid roofs, safe windows, doors, and beautiful gardens, are all important when building a house.

Like building a house that can withstand all kinds of stormy weather, Sinovuyo Teens helps to build loving and supportive homes for you and your family, focussing on a strong foundation and principles to ensure that development is step by step in the right direction.

In addition, Sinovuyo has been built on a foundation of what we have found to help families in South Africa and around the world. We can advise and support you while you build your own home... just the way you like it!

Let’s support each other to build strong houses with walls that stand steady and roofs that keep us warm and dry.

We wish you all the best for your Sinovuyo Caring Families adventure!
Team Sinovuyo

When we say parent we mean:
Caregiver of a teenager (whether a biological parent or not... we also mean grandmothers, aunts and uncles, older siblings, cousins and foster parents)

When we say teenager we mean:
A person aged between 10 and 18 years
Looking after a teenager can be challenging!

Parents, what’s it like for you being a parent of a teenager?

Circle the pictures that relate to your experience

Being a teenager is not easy either, especially with all the changes in your life.

What’s it like for you being a teenager?

Write your answers here
Sinovuyo Caring Families Programme helps families learn and practice how to get along better...

Sinovuyo can help you learn about:

- Keeping safe in the community
- Ways to budget and save money
- Using positive parenting practices
- Finding support
- Building positive relationships with each other
- How to have less stress
- How to deal with conflicts

You can use this Home Guidebook to:

- strengthen learning in the group sessions
- support your Home Activities
- help you remember new information and new skills between sessions
- share what you are learning with the rest of your family and friends
GOALS = WHAT WE WANT FOR THE FUTURE

GOALS HELP US TO FOCUS ON WHERE ARE WE GOING. When we have goals we don’t stay stuck... in the past... in our problems... in where we are coming from... in what we are trying to get away from...

When we know what our goals are, it helps us to make choices that can support us to achieve what we want in the future.

Remember when setting your goals:

- Choose small goals that you are able to achieve
- Be specific and clear about what you want
- Keep the goals positive
- Describe the change you want to see!
Dear Parent, what are your GOALS?

1. What are your goals for your teenager when he/she is an adult?

2. What do you want to get out of the programme for yourself?

3. How would you like things to be different for you and your teenager?

4. What would help you to make life at home easier?

When setting your goals... talk about your own goals... your own feelings... your own thoughts (choose what you want... not what you think your parent or your teen wants).
Hey Teen! What are your GOALS??

1. What are your goals for when you are an adult?

2. What do you want to get out of the programme for you and your family?

3. How would you like things to be different for you and your parent?

4. What would help you to make life at home easier?

Let’s make it happen!
Reach your goals! You can do it!
It’s possible! Wishes can come true!
Practice one physical exercise every day at home.

- Only do what is comfortable for you
- Have fun!

Did you do your physical exercise today? YES ☐ NO ☐

Some ways to move and feel goooooooooood:

- Head to toe
  - Move each body part from head to toe. We start with our heads, and then move down and across our bodies, moving our neck from side to side, and then each of our arms, hands, bellies, legs... and finally our feet.

- Reach for the sky
  - Reach for the ground
  - A simple stretch up
  - A simple stretch down

Remember to breath and relax as you move!
1. Stretching our bodies

1. Stretch arms straight up as if you want to touch the sky (4 deep breaths)
   Stretch up into your left and right sides (4 deep breaths)

2. Stretch to the front (4 deep breaths)
   Stretch to the back (4 deep breaths)

2. Head

1. Stretch right arm up and put your head on your right shoulder, then put your hand on your ear. (4 deep breaths)
   Stretch left arm up and put your head on your left shoulder, then put your hand on your ear. (4 deep breaths)

2. Link your hands and use the weight of your arms to hold the back of your head down (4 deep breaths)

3. Place chin on your chest and then move your head to the left so that your ear is near your shoulder. Then move head to the right. (4 times)

4. Move your head around in full circles slowly (4 times)

3. Shoulders

1. Scrunch face, squeeze hands and bring shoulders up to ear. Hold body tight with breath.

2. Release everything breathing out loudly. (4 times)

What else do you do to stay healthy?

____________________________
____________________________
____________________________

SESSION 1
Hold your waist and make small circles in both directions (10 circles each direction)

Bend your knees a little and hold them with both hands, and make small circles in both directions (10 circles each direction)

Place one foot on the ground in front of you. Rotate your ankle outward and inward. After 10 circles in each direction, switch feet.

Rotate your shoulders in circles to the front (4 times)

Rotate your shoulders in circles to the back (4 times)

Relax your arms and let them swing from your shoulders forward and backward with your knees bent slightly (10 times)

Slightly bend your knees and relax your arms. Turn from side to side leading with your hips and letting the rest of your body follow, including your arms, neck, and head. Allow your arms to swing from side to side. (10 times)

Hold your waist and make small circles in both directions (10 circles each direction)

Bend your knees a little and hold them with both hands, and make small circles in both directions (10 circles each direction)

Place one foot on the ground in front of you. Rotate your ankle outward and inward. After 10 circles in each direction, switch feet.

Rotate your wrists in circles as if you are painting. Make sure you go in both directions.

Shake your whole body in all directions.

Raise your arms above your head breathing in. Slowly allow your hands to float down by your side as you breathe out.

Stand with your eyes closed and notice how your body feels now.

Do these exercises every morning when you wake up!
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

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**Review my goals**

- Read through and reflect on your goals for Sinovuyo
- Share your goals with your teen/parent and one other person in your household

Find some time to do this once during the week.

Think about what it was like to accomplish this home activity.

What happened?

How did it feel?

---

With an active body and your goals set for the future ahead... the possibilities are endless! Enjoy your first week of the learning adventure!
Sinovuyo Teens Session 2: QUALITY TIME TOGETHER

Spending quality time together is the beginning of building relationships, the walls of our home.

Do you want:
To improve your bond with each other?
To feel valued and loved by the other?
Teens to be more willing to help around the house?
Parents to feel that their work in the house is seen and appreciated?
Teens to feel their ideas are valued?
Parents to understand how they can support their teens?
Teens to be encouraged to think for themselves?

How????

Have Quality Time TOGETHER...

What is important to you? .................... Share this with each other!
What do you enjoy doing? ................. Spend that time together!
What is stressing you? ....................... Talk to each other about this!

When we know what is really going on in each other’s lives, then we know how to support each other...
When we spend Quality Time with each other, we have to listen to each other (even if we do not agree with each other).

**QUALITY TIME =**

- **FOCUS** on each other
- **LISTEN** to each other
- **PRAISE** each other

Spend at least 15 minutes of Quality Time together every week.

**Remember:**

- Activities during Quality Time can be free. They don’t have to cost any money

  - Teens: Decide which activities you’d like to do...

  - Parents: Make the decision together but try to follow your teen’s lead!

  - If you are both very busy, you can even spend time doing chores together... and make it fun!

You can also do these activities together:

- Singing a song
- Eating dinner
- Telling a story
- Doing chores
- Walking somewhere
Quality Time

How was your day, Mama?

Thank you for asking me, Sabelo. I had a stressful day at work. Things are not going so well.

My day was great! I was made the captain of the B Soccer team.

Congratulations, that is wonderful!

How was your day, Sabelo?

Mama, it's good to spend this time together... without your cellphone!

It's good to get to know you and your interests, my boy.
In the illustrated story, Mother Ndlovu and Sabelo are building trust by listening to each other and spending quality time together...

Questions to think about:
How do you think Sabelo feels? How does his mom feel?  
Why do you think Sinovuyo happened here?  
How else could Sabelo and his mom spend this time together?!

Answer the following questions:

What is Quality Time to you?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How do you like to spend Quality Time together with your teen/parent?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What different activities can you do together during the week?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How do you plan to spend your Quality Time this week?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

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You are now on your way to building a Rondavel of Support in your family through spending Quality Time together... It’s exciting that you will get to have many special moments together!
How do we build strong relationships with each other????

1. Give positive attention...

- Acknowledging each other when you have done something well
- Supporting each other (by going to a soccer match or helping with chores)
- Encouraging each other (to finish some homework that might be difficult or completing knitting that blanket)
- Smiling at them 😊
- Thanking them 🙏
- Hugging them! ❤️

“Well done, the way you spoke to your grandmother was very respectful”

“How can I help you?”

“I know you can finish it... come on, you can do it...”
2. Notice the good...

Notices the good good!

**Parents:**
With some teenagers, especially teenagers who are difficult, it can be difficult to notice any good behaviour. To begin with, we might start to praise teens for small things, such as folding their clothes nicely or playing a game with their little sibling.

**Teenagers:**
Sometimes when we're really in a bad mood with our parent, we only notice the times they are angry with us or are criticising us. But our parents do things all the time to help us, like making dinner, or working so that we can afford to go to school. It can be really helpful to notice some of these things and praise them for it.

3. Offer Praise...

**Praise** is when somebody says something good about something we have done.

**Praise** is a way of showing what behaviour we really like.

Giving and receiving praise makes us feel GREAT.

Giving praise also increases the behaviour that we are praising.

*Remember:*
- Be specific when you praise... we must tell the other person exactly what they have done that has pleased us.
- Be enthusiastic about your praise... really mean it!
- Give praise soon after you notice the good behaviour...
- **Warning:** praise + criticism don't work together.
  Think about how you feel when someone praises you and then says BUT...

There are many opportunities to praise your parent/teen! Think of all the things you like and appreciate about them!!
Circle what you appreciate about your parent/teen and then think of specific things you’d like to give them praise for...

- Grades
  - Thank you for listening to me
- School work
  - Did your chores like cleaning space
- Interested in my school days
- Doing your homework
- Kindness to siblings
- Speaking with respect to elders
- Providing food or clothes for me
- Interested in my past and my family
- Going to school on time/at all
- Cooking well
- Help around house

Parents: your teen has goals for their life (see session 1)... Which behaviours can you praise your teen that would help them on the road to reach their goals??
I am very proud of my two daughters. Thuli, you are working so hard, I know reading is not easy. And thank you very much Thando for helping your sister with her homework so I can cook. You are a big help to me.

You read that really well. Now read it again for me, Thuli, to practice even more.
Wow, look how Mama Ndlovu uses praise to show her appreciation of Thuli and Thando’s good behaviour in the illustrated story…

What makes Mama Ndlovu’s praise work?

She praises them soon after their good behaviour. TIMING of the praise is important. Also she tells them exactly what it is they are doing that is good. SPECIFIC praise is important.

Answer the following questions about why you think praise helps us to create SINOVUYO!

How do you think Thuli feels when her sister praises her?

What is the specific praise that Mama Ndlovu gives her daughters?

How does Thuli feel when mom praises her?

Do you think Mama Ndlovu’s praise will affect Thuli’s reading in the future?

How does Thando feel when Mama Ndlovuy praises her?

How do you think this will affect her behaviour in the future?
Your Sinovuyo Friend is a person chosen from your group just for you.

Share your experiences, successes, solutions, and be there for each other!

And if you miss a session they can help you catch-up too!

If possible, choose someone who lives close to you.

Meet up with your friend every week.

You can even create supportive Ground Rules like no late phone calls/text messages or getting drunk together.

Talk to each other about:

“How is your home practice going this week?”

“What did you learn this week?”

Offer support to each other on the Sinovuyo journey.
You have now completed session 3! That’s incredible!! You have received your Sinovuyo Friend and have learnt the importance of praising behaviour you want more of... The walls of our Rondavel of Support are almost built... PRAISE BE TO YOU!

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In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...
• Be aware of your own feelings
  • Understand how best to deal with other people’s feelings
    • Talking about our feelings makes us happier and helps us to build stronger relationships with each other

“Naming feelings” = being aware of how I am feeling...saying how I feel... talking about my feelings

- Helps us control our own responses to negative feelings
- Increases the joy we get from our positive feelings
- Helps us understand each other better
- Shows us ways to support each other
- Allows us to have both positive and negative feelings (no matter how we feel...it is okay!)
- Helps us stay healthy, reducing the risk of heart disease and high blood pressure

Naming feelings allows us to let feelings “out” in a skilful way... so we don’t hold it inside and then react with harsh words and behaviours.
Look at the faces below. Circle the feelings that are positive. *Think of a time when you felt each emotion. How did your body feel (e.g., open, relaxed, light, smiling)? What thoughts did you have at that moment?*

Underline the feelings that are negative. *Think of a time when you felt each emotion. How did your body feel (e.g., tense, headache, knot in the stomach, etc.)? What thoughts did you have at that moment?*

**I feel...**

- happy
- overwhelmed
- proud
- sad
- inspired
- scared
- uncovered
- guilt
- inspired
- scared
- touched
- Jane
- Katie

**Identify Mother’s Feelings in these pictures:**

- angry
- sad
- happy
- guilty
Hello my dear, how was your day at school?

Who cares?

Thuli, you don't seem very happy, do you want to talk about it?

I'm sorry, Dad I just find it so frustrating that I studied so hard for my math test and still failed!

That is frustrating, my girl. I know how hard you studied. Maybe we can ask your teacher for extra help with math? I can come in to talk to her tomorrow if that would help?

Thank you, I think that might be a good idea.

You know, you might feel frustrated about not being good at math right now, but I've never met someone who can write stories the way you can, Thuli!
Look at the illustrated story and notice how Thuli and her father handle their feelings.

How does Thuli handle her bad mood at first? And then how does this change?

What happens when Thuli apologises to her father and explains to him what is wrong?

How do you think the way Thuli and her father deal with feelings affects the end of the story in a positive way?

Think of a time in your own life when talking about your feelings with your parent or teen could have helped the situation and prevented difficult behaviour or acting out aggressively. What would you have said and what do you think would have happened?
Feeling stressed? Want to calm down?

TAKE A PAUSE

How to Take a Pause?
Find a comfortable sitting position with your feet flat on the floor, your hands resting in your lap. Close your eyes if that feels comfortable for you.

FEELINGS...
Ask yourself, “What do I feel right now?”

THOUGHTS...
Notice what thoughts you have. Notice if they are jumping from one thing to another or if they are still.

Become aware of:

BREATH...
Notice that you are breathing. You may want to place one hand on your stomach and feel it rise and fall with each breath. Follow your breath all the way in, notice how it pauses, and how it exhales out.

If you notice that you have started to think about something, this is completely natural. Just keep going back to the sensation of your breath.

BODY...
Notice how your body feels. Notice any discomfort or tension.

Allow your focus to expand to the whole body. Notice if there is any tension, or pain. Allow your breath to travel to that part of the body. Try telling yourself: “It’s okay. Whatever it is, I am okay.” When you are ready, open your eyes.

Take a moment to think about your experience. Do you feel any different from before Taking a Pause?! Can you feel the benefits of Taking a Pause?

You can Take a Pause at any time in the day when you are feeling stressed. It can even be just 5 seconds of feeling your breath go in and out!
We are so happy and proud that you have made it this far in the programme! Share your feelings, Take a Pause when you feel stressed, and do something fun for yourself and with your teen/parent. You deserve it!

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<tr>
<td>Identify how you feel and share it with your Parent or Teen.</td>
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<tr>
<td>Hint: This is easiest to do when you look happy or are spending quality time together.</td>
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<tr>
<td>Today I feel...</td>
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<tr>
<td>How are you feeling?</td>
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| Take a Pause            | At least once a day during the week.                  | Think about what it was like to accomplish this home activity. What happened? How did it feel? |
| 1. Become aware of your thoughts, feelings and physical body. |                                                       |               |
| 2. Focus on your breath moving in and out of your body.       |                                                       |               |
| 3. Notice if you feel any different!                          |                                                       |               |

<table>
<thead>
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<th>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</th>
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Everyone experiences negative feelings and all relationships sometimes have conflict... this is a part of life.

React in a violent way

This is usually when bad things can happen.

Choose another way:

Take a pause – Become aware of your thoughts, feelings, body. Breathe. Breathe. BREATHE and stay calm

Name your feelings - Talk about how you feel and why

Connect to your Sinovuyo Friend - Find support to help find ways to behave differently.

Change negative to positive thoughts
When negative feelings and thoughts arrive, here is another way to stay CALM and deal with anger and frustration: Let’s stop ourselves from thinking over and over about a problem...

Catch negative thoughts before they become too big! Then... turn them into positive thoughts that are more helpful!

Practice finding positive thoughts to help make negative situations feel less stressful:

What are the problems you are dealing with at the moment?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Write down all the negative thoughts and feelings you have about this

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Change these negative thoughts into more positive ones

________________________________________________________________________
________________________________________________________________________
Granny is Sick ...

Hi Granny, what did they say at the clinic?

They found out that I'm diabetic. Asiwe, I'm so afraid.

Oh no! That sounds bad! Diabetic! Should I worry?

Don't you worry too, Asiwe - it will only make everything feel worse.

Ok, well, I understand why you look worried, Granny... But you know what? My teacher is also diabetic and she's healthy! I think you are going to be fine like my teacher Granny.

Yes, I think you are right Asiwe. The nurses at the clinic also told me and other women that we will be fine. We need to look after ourselves, eat healthy and make sure we take medication every day.

I think it's going to be alright. I feel so relieved and happy now. It's always nice to talk to you my girl, every time we talk I feel better and stronger. Come, let's do something fun together. Do you want to listen to some music?

Yes let's listen to your favourite gospel song, Granny!
There are always healthier ways to respond to stressful situations... and they usually lead to a better ending!

Read the illustrated story with Granny Nontlantla and Asiwe and answer the following questions:

How does Granny Nontlantla deal with the news about her illness?

How does it affect Asiwe?

What does Asiwe do to help her grandmother and herself deal with the stress?

Think about how you usually deal with negative emotions and thoughts...

Think about a time that you were stressed or angry and acted out in a violent way...

What could you do that could help you cope with the stress and anger?
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

<table>
<thead>
<tr>
<th>What must I do?</th>
<th>When and where will I do it?</th>
<th>How did it go?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Practice one of the skills to manage your anger and stress.</strong>&lt;br&gt; (Being aware of our emotions, breathing, talking, changing negative into positive thoughts).</td>
<td>At least once in the week.</td>
<td>Think about what it was like to accomplish this home activity. What happened? How did it feel?</td>
</tr>
</tbody>
</table>

| **REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!** | | |
|--------------------------------------------------------|-----------------------------------------------|
| • Spend 15 minutes of Quality Time together            | At least once a day during the week or when things become stressful | Think about what it was like to accomplish this home activity. What happened? How did it feel? |
| • Do Physical Exercise Everyday                        |                                               | |
| • Make a plan to meet your Sinovuyo Friend             |                                               | |

Life is often filled with stressful situations... but thankfully, now you have some skills to help you cope with these times! Awareness of Anger, Breathing, Talking, and BEING POSITIVE - Keep up the good progress in practicing these tools!
Sinovuyo Teens Session 6: PROBLEM SOLVING

Developing and practicing problem-solving skills helps us to face challenges and find new solutions to difficult situations.

PROBLEMS?

Hot

Dangerous

Can easily get out of hand!!!!!

... No problem
Let’s learn how to PROBLEM-SOLVE
Imagine you are cooking and accidentally your pot sets on fire in your home...

What is the problem? Identify the problem (Where is the fire? What kind of fire is it? Is it from the paraffin stove? From a wood fire?)

What are the different solutions to the problem? Brainstorm solutions (What are my options to put out this fire? Get out of house as soon as possible/ put the lid on the pot/ put water in it/ cover it with sand)

What are the consequences of each solution? Figure out the advantages and disadvantages of each option (hmmm... if I choose this option then this... if I choose that option then that... now which option would work best?)

Which solution will I choose? Choose one solution (I am going with that one...)

Try it out! (Here goes...)

Did my solution work? Think about whether or not it worked (Did I manage to put out the fire? What could I have done differently?)
Solving problems

But I TOLD YOU I wanted to watch Generations! Why do we always have to watch what YOU want to watch?

I HATE Generations! Can you two be quiet? And can you please turn the TV down? I'm trying to prepare for my math test and I can't hear myself think.

Go and study somewhere else then! We're trying to watch TV!

We’re trying to watch TV! But I need to be able to put my books out on the table here....

Mom.....!

OK, this is making you all unhappy! None of you is enjoying watching the TV and Thuli can’t study because everybody is making so much noise. What are we going to do about this?

I know...why don’t we each get a turn? Thando, you can watch the end of your silly Generations, and then we can leave Thuli to study for the night. But I DEFINITELY get to watch whatever I want for the rest of the week!

Not the ENTIRE week, Sabelo!

OK, fine, but at least for tomorrow - there’s a soccer game tomorrow that I want to see.

Wow, problem solved! Thank you, my children for working this out so skillfully!
Read the illustrated story and see how Mother and her children learn how to solve problems peacefully...

Answer the following questions:
1. What was the problem?

2. How does the Mother and the Teens find a peaceful solution to this argument?

3. What are the ways parents and teens can continue to calm an argument down in the future?

Think of a problem in your own life at the moment...
Maybe there’s an issue at home that needs fixing? Something that is a source of conflict between you and your parent/teen? Or a problem at school with a friend?

Practice these Problem-Solving steps with your family to help solve your problem!
REMEMBER TO TAKE EVERYBODY’S OPINION SERIOUSLY

MY ACTION PLAN

1. Identify the problem:

2. Brainstorm solutions:

3. Figure out what the results of each solution would be:

4. Choose one solution:

5. Try it out
6. Did it work?
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

**HOME ACTIVITIES**

**Session 6, week 6**

<table>
<thead>
<tr>
<th>What must I do?</th>
<th>When and where will I do it?</th>
<th>How did it go?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice 6 steps of Problem-Solving with a problem from your home</td>
<td>At least once in the week.</td>
<td>Think about what it was like to accomplish this home activity. What happened? How did it feel?</td>
</tr>
<tr>
<td>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</td>
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<tr>
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<tr>
<td>• Do Physical Exercise Everyday</td>
<td></td>
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<tr>
<td>• Make a plan to meet your Sinovuyo Friend</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Take a Pause whenever you feel stressed</td>
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</tbody>
</table>

All the walls of your Caring Family home have now been built. How pleasing it is when you can find new solutions to putting out life’s fires together!
Money

Sometimes we struggle to get from one grant or pay day to the next without running out of money at the end of the month... Sometimes in life there are times when it feels impossible to save money... sometimes we feel like we can’t avoid borrowing more and more money from other people....

When we have enough... we tend to feel happy

Money can often feel like a problem that needs to be solved...

When we don’t have enough... we might feel stressed, anxious, and sad.

MONEY PROBLEMS = STRESS IN FAMILIES

✔️ SOLUTION: Budget + Save money = Reduce stress =
A BUDGET is how we decide what we will spend our money on. It helps us to find out how much money we can spend on our needs and wants. We create a plan for our money so that it’s easier to make choices and to avoid running out of money.

1. Add up how much money you have every month

2. Think about what is important to you as a family

   - SHELTER
   - MEDICAL CARE
   - FOOD

3. Make a plan so the money you have covers your family’s needs

   - FOOD
   - MEDICAL CARE
   - SHELTER

4. Remember to save some money for emergencies or for something you really want for yourself or your family in the future
SAVING MONEY is when we put away some money every week/month so that we can keep some money saved in case of an emergency ...

or to build towards a long-term goal.

Money Shocks are when things that were not planned happen and require us to spend money. They can happen to all of us and they usually come very unexpectedly.

Let’s keep in mind that with the money we have, we all have to make choices between different things. And sometimes these choices can be very difficult.

Two things to think about when making these choices together:

1. Which things are most important to you as a family?

2. Which things do not mean too much to you?

Remember: solving problems is best done TOGETHER as a family.
Once upon a time in a village not so far from here, there lived an old Gogo called Mama Nontlantla. Nontlantla lived with her grandchildren, Asive and Bongani. Asive was 18 and had great marks in school. Bongani had just turned 16 and had many friends who admired him a lot.

Nontlantla looked after her grandchildren since their parents died when the children were still very young. They struggled, but Gogo received a small grant for each of the children. Combined with her pension grant, she could almost make ends meet. Just the last days of each month, eish, those were tough!

One day, she watched her grandchildren come in from school and thought: “Asive is so clever! She will pass her matric next year and surely go to study at Fort Hare! She will need all those books for university! And transport money to get there every day! And Bongani, he is just like his grandfather, honest and serious and responsible. Soon he will go to initiation school! But he will need a new suit, and we’ll need a cow for the ceremony! And food! Hayibo!”

Nontlantla then thought to herself: “Times are so tough, but I want the best possible future for my grandchildren. They deserve all of the happiness and success in the world. I don’t know how, I don’t know where the money will come from. I could borrow the money, but yo! ... these loan sharks are so dangerous. I must save but how?”

It took Nontlantla a long time. First she sat down and made a budget ... a plan for how she could save her money. Then she began to save just a little bit of money at a time – R60 per month from the pension grant, R200 from the money that her brother sends home each month. She worked with Bongani and Asive to choose little things that she could spend just a little bit less on each week. The kids were great at helping her to think about the things they didn’t need. And over the next few years as her children grew, she finally was able to fulfill her dreams. Without borrowing any money from friends or loan sharks, she managed to pay for Bongani’s initiation and Asive’s MATRIC graduation. She could not have been more proud.
Remember Mama Nontlantla and how she finally managed to budget and save money for her grandchildren’s future?

Now it’s your turn!

What are yours and your family’s saving goals?

________________________________________________________________________

________________________________________________________________________

How much money does your family have available each week/month and where does this money come from? Write the different amount and where it comes from in the coins below:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Draw circles around the pictures of what you think are needs, and squares around what you think are wants.
Need: something you have to have to survive

Want: something you would like to have

Draw pictures of where your family’s money goes every week/month.

**Parent:** What do you spend money on each month?

**Teen:** What do you spend money on each month?

Then together, draw circles round the pictures of your needs and squares around your wants.

Together, as a family, ask yourselves:

- Which of these things are most important to us as a family?
- Which of these things would we like to have but we could get by without?

Think about how much money your family has available every week/month and how this can cover all of your family’s “needs” for the whole month... Try to include savings in your budget/plan for emergencies and for some of your wants!
**HOME ACTIVITIES**

**Session 7, week 7**

In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

<table>
<thead>
<tr>
<th>What must I do?</th>
<th>When and where will I do it?</th>
<th>How did it go?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a budget together with the whole family</td>
<td>At least once in the week.</td>
<td>Think about what it was like to accomplish this home activity. What happened? How did it feel?</td>
</tr>
<tr>
<td>Ask yourselves: How much money is available every month? How can this money cover all of the family’s needs for the month? Include savings in your plan.</td>
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</tbody>
</table>

**REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!**

- Spend 15 minutes of Quality Time together
- Do Physical Exercise Everyday
- Make a plan to meet your Sinovuyo Friend
- Take a Pause whenever you feel stressed

At least once a day during the week or when things become stressful

Think about what it was like to accomplish this home activity. What happened? How did it feel?

| | | |
| | | |

Making a budget and saving for the future can also relieve stress in the family now! We can see a bright future through our newly built windows in our Caring family home!
Dear PARENTS,

When there is a problem in the family…. And we are getting stressed or angry at someone or something… we could hit… or we could yell…

we could try to choose another way:

BREATHING:
“take a pause”! Become aware of anger and stress. Take a deep breath or count to 10 BEFORE you react.

LISTENING:
There are two sides to every story -- encourage your teen to tell you how they feel and then listen to what they have to say.

SAY WHAT YOU WANT, TO GET WHAT YOU WANT:
Give clear, positive instructions to your teen. Tell your teen which behaviours are okay and which are not. Put the focus on the behaviour instead of your teen as a person.

PRAISING:
Give specific praise whenever your teen behaves in a positive way. This will help to encourage more of their good behaviour and gives you a chance to be positive!
Look at the scenarios below and follow these steps:

- Identify what are the difficult problems
- REMEMBER: be specific about the behaviour that is causing the problem ...
- focus on your teen's behaviour not on him/her as a person
- Think about how you could find an effective way of managing this challenge instead of reacting negatively to it?

1. STAYING OUT LATE:

Your teen comes home two hours after they were supposed to. It is late and dark and you have been worried about whether or not they are safe. As soon as they walk in the door, you:

a) How would you normally respond to this?
b) What feelings come up for you?
c) What happens when you respond like this?

OR...

d) How could you respond differently?

2. CHORES:

You have asked your teenager twice to do the dishes, but instead she or he stays in front of the TV. After asking a third time, and still they won’t move from the TV:

a) How would you normally respond to this?
b) What feelings come up for you?
c) What happens when you respond like this?

OR...

d) How could you respond differently?

3. Write or draw a picture of your own difficult situation at home

<table>
<thead>
<tr>
<th>How would you solve the problem without conflict?</th>
</tr>
</thead>
<tbody>
<tr>
<td>How would you solve the problem without conflict?</td>
</tr>
</tbody>
</table>
Dear TEENS:

Teens, even though parents are sometimes not very cool, they have been around for longer than you have, and can have important things to teach you. When there is a problem in the family, we could hit... or we could yell...

**BREATHING:**
"take a pause"! Become aware of anger and stress. Take a deep breath or count to 10 BEFORE you react.

**USE YOUR PROBLEM-SOLVING SKILLS:**
Focus on finding solutions to difficult situations (including your own!). *Give your parent a chance!* Sometimes you can work out the problem together.

**OR**
we could try to choose another way to approach the difficult situation like:

**TALKING:**
- Sometimes when you have a problem that scares or worries you or feels too big for you to handle, it can be helpful to talk it through with your parents in case they have good ideas about how to help.

- Sometimes you may have a problem with your parents. They might have partners or friends that you don’t like, or they may want you to help out so much at home that you don’t have enough time to do your homework or go out with your friends. These kinds of problems are also good to talk about with your parents, instead of just letting them make you more frustrated.

*Remember:* think about your parents’ side of the story! Try see it from their point of view!
TEENS: You be the Parent!

Pretend to “be the parent” in each scenario and write down how you would feel about this and how they would deal with the situation... imagine what you would want your parents to say if you were the teenager in trouble...
Try to think of positive solutions to the problems in each scenario!

1. Lying: Teen says s/he is visiting his/her grandmother overnight but really goes to a party with their friends.

Parent:

2. Boyfriend: Teenage girl wants to date someone who is much older than her. He has a lot of money and brings her home really late.

Parent:

3. Walking in unsafe areas: Teenage boy keeps walking home through an unsafe area because he wants to walk his girlfriend home. Parents repeatedly warn him against doing this.

Parent:

4. Short skirt: Teen wears school blouse with too many buttons undone despite parents telling her not to. Teacher makes a comment and eventually issues a “warning” that needs to be given to the parent. Teen doesn’t want to give their parent the warning note.

Parent:

Try to see problems from two points of view!
When you work together with your parents, you can achieve the things that you want to!
Hey you! Give us the ball – we want to play now.

It's our ball. Go away. Let me explain: It is our ball and we are already playing. But maybe you could join our game?

Who do you think you are? You think you can just talk to me like that? Huh? Give us the ball before we do something to you.

Sabelo takes a pause. He takes a few deep breathes and notices his anger.

I have a solution. Why don't we make two teams and we can play your team against my team. The team that wins will be called "Kings" for a week. Then everybody can play – what do you think?

Mhh! That's not a bad idea. Come, let's play. We know we will win and then you will have to call us "Kings" for a week. Yes, we like that.
What is the problem?

What solution does Sabelo come up with?

Sabelo could have reacted violently. What do you think helped him to stay calm in this difficult situation?

This time it worked. What else could he have done to solve the problem? What could he have done to avoid the potentially violent situation in the first place? What would you have done?
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

### HOME ACTIVITIES

#### Session 8, week 8

In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

<table>
<thead>
<tr>
<th>What must I do?</th>
<th>When and where will I do it?</th>
<th>How did it go?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice Taking a Pause</td>
<td>At least once a day during the week</td>
<td>Think about what it was like to accomplish this home activity. What happened? How did it feel?</td>
</tr>
<tr>
<td>1. Become aware of your thoughts, feelings and physical body.</td>
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</tr>
<tr>
<td>2. Focus on your breath moving in and out of your body.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Notice if you feel any different!</td>
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</tr>
<tr>
<td>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</td>
<td>At least once a day during the week or when things become stressful</td>
<td>Think about what it was like to accomplish this home activity. What happened? How did it feel?</td>
</tr>
<tr>
<td>• Spend 15 minutes of Quality Time together</td>
<td></td>
<td></td>
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<tr>
<td>• Do Physical Exercise Everyday</td>
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<tr>
<td>• Make a plan to meet your Sinovuyo Friend</td>
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</table>

Your problem-solving skills have just been taken to a new level! Viewing the situation from the other person’s point of view is such a helpful way of avoiding conflict. So is connecting with your feelings and noticing those of the other person. Take a Pause and give yourself some praise for all that you have learnt so far...
Rules and Routines at home help keep families secure and reduce stress.

Rules = What is okay and what is not okay

Rules of the road
Rules of a country
Rules in the home

Rules at home usually are made for a good reason like:

- keeping us safe
- making sure that things run smoothly
- helping us to understand each other
- letting us know what we expect from one another

When everyone follows the rules, the home becomes a happy place to be!
Rules about Rules:

- Rules should be simple and clear
- Rules are for everyone in the home
- Rules must be realistic and reasonable.
- You need to be able to follow them and enforce them.
- Rules should be Positive. Describe the behaviour you want to see!

Parents and Teens, you can make the rules and the consequences for breaking them, together.

Teens you like responsibility because it helps you to feel useful and needed. Think about the responsibilities you have.

Parents, praise Teens when they are being responsible! Think about the responsibilities you can already praise your teen for.
Routines at home usually have a good reason like:

- Helping create a sense of security in the household
- Everybody is ready for school at the right time
- House is hygienic and clean
- Making sure that you have healthy habits (eating, sleeping, homework)

Routines are helpful in getting things done on a regular basis...and can help everyone STICK TO THE RULES!
Remember your goals for your family at the beginning of the programme...

GO BACK TO SESSION 1 TO REFRESH YOUR MEMORY

Now, think about all the daily/weekly/monthly routines in your home...
Think about the rules that already exist at home...

Write down some of these rules and the reason these rules exist

<table>
<thead>
<tr>
<th>RULES</th>
<th>REASONS</th>
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</table>
Think about why you think families should make rules.

What other rules and routines will help to support you and your family in your goal for a caring happy family? Sit down with your family and make the rules for your house.

Rules for Our Sinovuyo Caring Family

Remember: Make sure that the rules are specific, positive, and realistic.

For example, what is wrong with this rule:
“Nobody can be outside of the house in the evening”.

Does this rule tell you what you are supposed to do or what you are not supposed to do?

What about someone who has to work late? Or if there is a church event on a Saturday night?
Does everyone know when the “evening” starts?

How can you make this rule more specific, positive, and realistic?

Choose rules that will help you work together!
Asiwe, it is 7 o'clock. Time to take your pills.

I know that it is hard to have to take your pills every day. I have to take medicine too for my diabetes. Let's take it together, so we can remind each other.

Good idea, Gogo. It will help us not to forget.

Taking our medication will make us strong and healthy. You are such a responsible young lady now, tomorrow it will be your turn to remind me.
Read the illustrated story.

What is the Natural Consequence for breaking the rule of taking your medication?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Can you think of a time when you broke a rule and there was a natural consequence for this?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Why do you think is it important to have rules about medication? How does having a routine – doing the same thing every day – help Asiwe and Gogo?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What are some of the rules and routines you think work well in your house? Why do you think they work well?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

<table>
<thead>
<tr>
<th>What must I do?</th>
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<th>How did it go?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make Household Rules</td>
<td>Once during the week</td>
<td>Think about what it was like to accomplish this home activity. What happened? How did it feel?</td>
</tr>
</tbody>
</table>

**REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!**

- Spend 15 minutes of Quality Time together
- Do Physical Exercise Everyday
- Make a plan to meet your Sinovuyo Friend
- Take a Pause whenever you feel stressed

At least once a day during the week or when things become stressful

Think about what it was like to accomplish this home activity. What happened? How did it feel?

Teens, you now get to be even more responsible and live in a secure environment and Parents you get to help bring the stress down in the family and praise your Teen more and more. Supportive family rules and routines can help you build a strong roof to shelter your family!
Dear PARENT,

Sometimes it can feel like your teenager’s behaviour is making you crazy, stressed, or angry… …which can make you want to react with harsh punishment…

But usually that makes you and your teen feel worse, not better!

**VIOLENT REACTIONS**

- teach your teen that hitting and violence is how he or she must deal with people and situations (siblings/friends/others)
- teach your teen to find ways to not get caught the next time – which doesn’t solve the problem!

Remember, teens can often act disrespectfully or like they only care about themselves. Growing up is a difficult time for teens when they are learning about who they are and how they want to be in the world. Luckily, there are **other ways** to discipline your teen without using violence…and they **work better**!

Harsh punishment (hitting, screaming) is not the same as **Discipline**

Discipline = teaching for the future
Focus on teaching teenagers respectful behaviour through consequences instead of punishing them.

Consequences teach our teenagers that their bad behaviours have results that they might not like...

Consequences need to be **REALISTIC** (you are able to enforce it), **IMMEDIATE** (followed through as soon as possible), and **REASONABLE** (related as much as possible to the behaviour)

There are 2 types of consequences: Natural consequences (if you do not go to school, you will not pass your exams) AND Logical (if you do not do your homework before dinner, you cannot watch TV tonight)

- Before discussing the consequences with your teen, remember to take a deep breath and try to respond with a calm voice (even if you feel angry inside!)

- When discussing consequences with your teen, remember to focus on the behaviour you want to change, not on your teenager!
Write a list of behaviours that your teen does that annoy you or that you would like to change:

<table>
<thead>
<tr>
<th>How do these behaviours make you feel?</th>
<th>What is the opposite positive behaviour you would prefer your teen to do?</th>
<th>What would be a realistic, immediate, and reasonable consequence that you could use for this behaviour?</th>
</tr>
</thead>
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Use an "I feel" sentence to talk about behaviour that you find difficult in your teen.

“I feel [feeling]... when you [name action]... and I would like you to [name wish].”
Dear TEENS,

Sometimes it feels like parents just don’t understand you! Other times it feels like they just don’t listen…

This can be very frustrating and can make you feel like you should just give up trying to talk to them.…

When you think your parents are not being fair… or not giving you a chance to speak… or when you want to talk about something difficult:

Stay calm, express your feelings, and explain yourself

Use an “I feel” sentence to explain your side of the story and express exactly what you are feeling in a calm and simple way:

“I feel [feeling]… when you [name action]… and I would like you to [name wish].”

Example:

“I feel sad when you yell at me.
I would like you to talk to me in a normal voice.”
AND TEENS REMEMBER:

Negative behaviour comes with consequences

“I’m sorry” = Accepting responsibility for your actions. These are two very important words you can say to your parents

Give your parents a chance — work together to solve problems together
Ay. My poor feet. I need to sit down for a moment and "have a cup of tea before I start preparing food for everybody.

Sabelo! What are you doing? That bread is for supper!

Sorry Mom, I didn't know.

How could you not know, Sabelo? Every night we eat the same thing! This makes me worry that we might not all have enough to eat.

I'm really sorry Mom, and I can explain.

Sabelo! What are you doing? That bread is for supper!

Sorry Mom, I didn't know.

How could you not know, Sabelo? Every night we eat the same thing! This makes me worry that we might not all have enough to eat.

I'm really sorry Mom, and I can explain.

Maybe that's a good idea. Let me just make myself a cup of tea and we can sit down and talk. I've had a long day and am not feeling very well.

Let me help you.

Thank you. Now tell me, why are you so hungry? Did you not eat your lunch?

Well actually, that's the problem. There's a bully at school who is picking on me and he takes my lunch every day. He says if I don't hand it over he will hurt me.

I'm sorry to hear that and glad that you told me. That still doesn't mean that it's okay to eat everybody else's supper, Sabelo, so after we speak I'm going to ask you to run to the shop to buy some more bread. But first let's work out a solution to the bully problem together. Do you think it would help if I speak to your teacher about the bully tomorrow?
Look at the illustrated story about the bread and the bully and start thinking about some of the alternatives to using violent behaviour.

What happened in the story?

____________________________________________________________________________________

____________________________________________________________________________________

How does Sabelo feel in this scenario?

____________________________________________________________________________________

____________________________________________________________________________________

How does Mother feel in this scenario?

____________________________________________________________________________________

____________________________________________________________________________________

How do they resolve the problem?

____________________________________________________________________________________

____________________________________________________________________________________

“What do you think would have happened if the Mother had responded in a violent way towards Sabelo? Would it have helped this situation or made it worse?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

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<th>What must I do?</th>
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<tbody>
<tr>
<td>Parents and Teens, practice 'I feel...’ sentences together.</td>
<td>Once during the week or whenever you experience a challenging situation</td>
<td>Think about what it was like to accomplish this home activity. What happened? How did it feel?</td>
</tr>
<tr>
<td>Teens: look out for opportunities to accept responsibility when you make a mistake and say “I’m sorry” to your parents.</td>
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</tbody>
</table>

**REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!**

- Spend 15 minutes of Quality Time together
- Do Physical Exercise Everyday
- Make a plan to meet your Sinovuyo Friend
- Take a Pause whenever you feel stressed

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<tr>
<th>How did it go?</th>
<th>At least once a day during the week or when things become stressful</th>
<th>Think about what it was like to accomplish this home activity. What happened? How did it feel?</th>
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**I feel excited!** Creating discipline, through staying calm and teaching through consequences, are just some of the ways you are learning about alternatives to violent punishment in our homes... and the Joy is just growing week by week!
THERE ARE MANY WAYS TO SAVE MONEY

EACH FAMILY CAN DECIDE WHICH WAYS WORK BEST FOR THEM

SOME WAYS CAN BE OF GREAT BENEFIT TO YOU AND YOUR FAMILY...

AND SOME WAYS COULD CAUSE MORE PROBLEMS

WAYS TO SAVE MONEY

Saving at home

Possible good things about saving this way:

• It's free!
• Easy to keep track of how much money we spend/save

Possible problems about saving this way:

• Risky if house is robbed
• Could lose money in a fire or flood
• Hard to resist spending the money

Where can you put the money:

• Hiding your money in a book or in your socks?
• Hiding money in more than one place in the house?
• Buying a lock box with a padlock (e.g. at PEP for R100–R300), and nailing it to the floor.

We can save a little bit at a time to make bigger things possible.
Can this saving choice benefit my family?

Benefits:

- We don’t think of this as saving money, but it’s actually very similar!
- If we have enough money to buy an animal (e.g. goat), it can help us hold on to that money.
- Livestock is cheap to buy when young and worth a lot more when older.
- Livestock that we buy can grow and give birth to more animals.
- And if we need the money sooner, we can always sell the livestock.

Challenges

- Animals need food which sometimes cost extra money
- Someone needs to look after the livestock
- Accidents happen - they could get run over, or get sick and die....

Possible good things about saving this way:

Possible problems about saving this way:

Where can you put the money:

- Animals can be kept in a kraal or safe enclosure
**Saving at the bank**

Possible good things about saving this way:
- You can choose from many different banks: FNB, Standard, Nedbank, ABSA, Capitec.
- Once the bank account is open, you do not have to go in person to move your money – you can also use your phone. This is called Mobile Banking.

Possible problems about saving this way:
- Banks sometimes have minimum monthly fees
- You could get robbed on the way to/from the bank
- Banks are sometimes far away from where you live

Where can you put the money:
- Some banks will let you open a group account, or "joint" account.
- Joint account =
  1. Everybody who is sharing the account with you needs to agree before you can make a payment or withdraw some money.
  2. Allows you to split the bank fees with the other people in your group account

**Can this saving choice benefit my family?**

**Benefits:**

**Challenges**

**Saving in a group**

Possible good things about saving this way:
- Members of a society or group regularly contribute an agreed amount to a central fund
- There are many different types of stokvels
- Some examples are:
  - Investment stokvels
  - Party stokvels
  - Family stokvels
  - Borrowing stokvels
  - Grocery stokvels
  - Burial society stokvels

Depending on the type of stokvel you belong to, you could receive the following on a rotational basis:
- a lump sum/ single large payment of money
- get paid out for a specific event such as for a death, or at Christmas
- or paid out with grocery coupons
Can this saving choice benefit my family?

Benefits:

Challenges

The saving choice/s that make the most sense for my family:
Goals help us to remember why we want to save money even when it’s difficult.

Remember how Mama Nontlantla had the goal to save for her grandchildren’s future?

Do you remember your own family saving goals from Session 7?

What do you and your family really want to have or achieve in the future?

Write this goal on the last rung of the ladder on the following page!

Remember to make the goal specific, positive, and realistic!

These goals sometimes feel far away and hard to reach. This is why we need a step by step plan that shows us the steps we can take each day, each week, and each month that will help us get closer to our goal.

Just like a ladder, we need to climb one step after the other until we reach the top of the ladder – our goal!

Remember: every family is different and what might be good for one family might not be good for another family... there is no right or wrong answer!
**Family Saving Goals**

What can you as a family spend less money on this week? This month?

Which saving choice will you choose that is best for your family? What action steps do you need to take to make this a reality this month?

(some ideas: You could decide to put aside R10 into a lock box every week. You could decide to put another R50 into your lock box on every grant day. You could decide to spend only R15 on airtime each week. You could open a bank account the next time you are in town and put R200 into your account every time you go in town.)

Where will you get this money from?

How much money do you want to save each week? Each month?
If uMama Nontlantla only has R100 left of her SASSA money this month and there are still two weeks left before grant day. She still needs to buy food for her three kids!
She decides to borrow money from a man in town.
She borrows R1000.

On grant day she realizes that this means that she has a huge debt to pay back to him... she will have to pay back more than R2000 after only two months. That is already twice as much money than she originally borrowed! The longer Mama Nontlantla waits to pay back what she borrowed, the more money she will have to give to the loan shark. If she can't pay him for a full year she will owe him many, many thousands of Rands.

Instead of borrowing from the loan shark, uMama Nontlantla started to put aside R150 every month from her pension grant. She put the R150 directly in the lockbox that she had nailed into the floor and hid in her closet. She made sure that she never opened the lockbox to take out money to buy something that she didn’t absolutely need. This became her saving plan. By the end of the year, she had saved R1800!
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

<table>
<thead>
<tr>
<th>What must I do?</th>
<th>When and where will I do it?</th>
<th>How did it go?</th>
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<tbody>
<tr>
<td><strong>Create a Family Savings Plan (parents and teens should do this together)</strong></td>
<td>Once during the week</td>
<td>Think about what it was like to accomplish this home activity. What happened? How did it feel?</td>
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<tr>
<td>Have a conversation with your whole family about different saving choices. Present your saving plan sheet to your other family members. Think and discuss together which saving plan will work best for your family. Then try and implement your saving plan as a family. Try to remind each other of the saving steps and praise each other for following the saving plan!</td>
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</table>

| **REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!** | At least once a day during the week or when things become stressful | Think about what it was like to accomplish this home activity. What happened? How did it feel? |
| - Spend 15 minutes of Quality Time together | | |
| - Do Physical Exercise Everyday | | |
| - Make a plan to meet your Sinovuyo Friend | | |
| - Take a Pause whenever you feel stressed | | |

It is the small steps in life that get us to where we want to go... Each step up the savings ladder will get you closer to achieving your goals!
Staying Safe:
Teens and Parents... have CONVERSATIONS & make SAFETY PLANS TOGETHER

Parents, remember to involve your teens... take them seriously... trust them...

When teens feel respected, trusted and are comfortable talking to their parents:

They will trust and respect you as well...

and will be more likely to communicate with you if they are in trouble...

And will be more likely to ask you for advice...

They will think about the consequences of their actions...

And behave more responsibly!

Teens might have practical ideas about staying safe!

Teens might know of risks that their parents have never heard of!

Parents might think something is very dangerous... and teens might know that it is not as bad as parents think!
To ensure SAFETY OUTSIDE OF THE HOME, you are BOTH important!

Know your community together:
- Know where the safe and the dangerous areas are...

Discuss solutions together:
- Ask for and listen to each other’s opinions
- When making decisions, think through the possible consequences together:

Parents: Are there negative consequences to forbidding your teen from going into risky areas?

Teens: Are there consequences for not telling your parents about risky decisions you make?

You can have fun and keep safe at the same time! Make a list of activities that you can do in the community that are fun and safe. Where can you do these activities? Who do you do these activities with?

<table>
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<tr>
<th>FUN ACTIVITY</th>
<th>PLACE IN COMMUNITY</th>
<th>PEOPLE</th>
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Make a plan together (create a rule or routine to avoid danger and stay safe!)

- **Make a rule** that teens can go out, spend time outside of the home with friends in the community, but they need to tell parents who they are with and make sure that they are home by a certain time.

- **Agree together** that teens will try to talk to their parents about things that worry them, like violence in the community or home.

- **Make a commitment** that parents will try to stay calm and listen to their teens when they share about things that worry them.

- **Agree** to share how each other feels when talking about sensitive issues.

- **Discuss** about where to go to get information when we need it:
  - Information about health
  - Guidance for parents and teenagers about sexual health
  - Counselling when problems (at the shebeen, with dating, etc.) feel too big to handle on our own.
Hey beautiful, would you like to come with me and have some drinks and chips? Come on, get in, you'll be back in time, I promise. I am not sure if that's a good idea.

I was thinking about what could happen to you in the community, Thando. Can we talk about it together?

Yes, sure mama, let's talk.

I must remember to listen to what Thando says.

My mama really cares about me.

Thank you, Mama... I have been worried about some of these dangerous situations too. I thought you would get angry. But you are listening and we are finding solutions together.
Look at the illustrated story and answer the following questions:

How do you think Thando felt when her mother asked her to talk?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What do you think Mother and Thando spoke about in block 3?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Which rule could they choose together to avoid danger and stay safe?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Think about one safety concern in your family and make a plan to stay safe together (Teens and Parents can think about their safety concerns for each other- yes teens can be concerned about their parent’s safety too!)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Safety rules are your best tools

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<th>Family Safety Concern</th>
<th>Rules to Stay Safe</th>
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SESSION 12
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

### Home Activities

#### Session 12, week 12

**What must I do?**

- Make a plan to keep safe from a specific risk in the community
  - Think about one safety concern and make a plan to stay safe together.

**When and where will I do it?**

- At least once a day during the week

**How did it go?**

Think about what it was like to accomplish this home activity.

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<th>What happened?</th>
<th>How did it feel?</th>
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#### Remember to Keep Doing Your Ongoing Home Activities!

- Spend 15 minutes of Quality Time together
- Do Physical Exercise Everyday
- Make a plan to meet your Sinovuyo Friend
- Take a Pause whenever you feel stressed

**When and where will I do it?**

- At least once a day during the week or when things become stressful

**How did it go?**

Think about what it was like to accomplish this home activity.

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Keep having those conversations and making those safety plans together... Ways to be safe in the community and at home is something that you can share with each other. What a great team you make!
You know how to have open conversations and make plans together to keep teens safe outside of the home...
But some families may be unsafe inside their own homes too...

DEALING WITH A CRISIS

1. Be there for each other

2. Listening to something difficult...

Before we react badly to the news, Remember: Keep Calm...

- Listen actively in a way that shows that you understand
- Let the person finish what s/he is saying
- Acknowledge the person’s feelings (you can share how you feel later!)
- Accept what you hear without blaming the person
- Try be as calm as possible

Take a deeeeeeep slow breath to help you
3. **Problem-solve together**

Remember the six problem-solving steps from Session 6:

1. Identify the problem
2. Brainstorm solutions
3. Figure out what the plusses and minuses are
4. Choose one solution
5. Try it out
6. Decide whether it worked

Ask: how can I use listening skills, accepting-skills and problem-solving skills to deal with this crisis?

4. **Make a plan together**

*Make plans about what to do in a crisis, so that the problem doesn’t get bigger*

Short-term plans = deal with the crisis that is in front of us right away! Use the emergency information page that will guide us on what we can do immediately in a crisis.

*Know what are the services that are available to assist you and your family.***

Long-term plan = avoid a repeat crisis in the future with creating rules and routines to keep your teen safe. Do this together as a family!

*Be Prepared! Work together to create a plan for managing when something really bad happens.

Acknowledging that it happened by understanding the problem and noticing how one feels is a good first step... Problem solving and taking action are good next steps!
POLICE:
CALL 10111

How does 10 111 work? This is the national call centre for police stations. This number will connect you to a police officer who will redirect you to the police for your community and send police to a crime scene.

AMBULANCE
CALL 10177

10177 is the free number for the ambulance from a landline. This number will connect you to your closest ambulance centre. Cell phone charges apply.

FREE EMERGENCY NUMBER

112 is the emergency number that you can call from your cell phone. You won’t need air-time to make a call to 112. IT IS FREE

It will transfer your line to a call centre and they will route you to the emergency service closest to you. When this number is dialed, it is followed by an automated menu.

WOMEN ABUSE HELPLINE
CALL 0800 150 150

0800 150 150 is the number for crisis counselling for women who have been raped or abused. They will also provide advice and support for people wanting to support abused women and rape survivors, including legal help.
These numbers are for the support, guidance and help for people addicted to drugs and alcohol as well as their families. This service is run in partnership with the South African Depression & Anxiety Group.

Substance Abuse Helpline

Call 0800 12 13 14 or SMS 32312

The local numbers in my community are:

____________________________________________________________________

____________________________________________________________________

Counselling

Call 08001111 or 08005555 (Childline)

or 0437435123 (Lifeline)

This means, you will also need airtime to call numbers such as 08001111 or 08005555 (Childline) and 0437435123 (Lifeline), where you can reach counsellors.

The local numbers in my community are:

____________________________________________________________________

____________________________________________________________________

0800 numbers ONLY work on your phone if you have airtime.

HIV Prevention

If you think you may have been exposed to HIV very recently, see a doctor as soon as possible.

What is PEP? “Post-exposure prophylaxis”, or PEP, is an antiretroviral drug that you can get from a hospital after a rape.

This will help prevent the likelihood of you getting HIV. If you take it every day, it stops an HIV-infection for almost everyone.

PEP must be started as soon as possible to work – and always within 3 days of a rape. If you think you may have been exposed to HIV very recently, see a doctor as soon as possible to find out if PEP is right for you.
Thando’s crisis

Shame my dear what happened? Why are you crying my gal?

It’s my Uncle, he… he… he touched me.

It’s ok my dear, take your time, tell me what happened? And when it happened? Come and sit down next to me. It’s not your fault and I’m not going to blame you.

But its true, he… he… Made me do it! He made me have sex with him! Please believe me. I didn’t want to, I swear. He held me down and told me I would be in trouble if I told anybody, and then….

It’s okay Thando, take your time. I’m listening. You are not in trouble. This is not your fault.

Please believe me. I didn’t want it, I swear. Yesterday when you went to see grandma he just came and that’s when it happened.

It’s ok, I believe you my child. This is a big thing and we will find a way to get the help we need. I wonder where we can go to ask for help. Maybe the church?

Or my school?

No, I know, lets go to the clinic. They will know what we can do to help you. Does that sound okay to you?

Yes… Ok… But will you come with me?
Look at the illustrated story and answer the following questions:

How did Thando and her parents use their listening skills in the illustration? What about their accepting-skills? Their problem-solving skills?

Would these skills also work in different kinds of crisis?

Can you think about any of the other skills or tools we have talked about that might be helpful to Thando and her parents as they respond to this crisis?

Did Thando’s parents acknowledge her feelings? Why is this important?

Could Thando’s crisis happen to a boy? Could Thando also turn to her father for help?

Can you think of short-term plans that could help Thando and her parents deal with this crisis? What about long-term plans that could help them avoid this crisis in the future? Are there consequences to these plans?
In our next group session, we can refer back to this guide to share all about our week of Sinovuyo home activities...

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<tbody>
<tr>
<td>Go over the emergency information with your family.</td>
<td>At least once a day during the week</td>
<td>Think about what it was like to accomplish this home activity. What happened? How did it feel?</td>
</tr>
<tr>
<td>Think about who the family could turn to in a crisis in your community. Add to your community map where some of these resources can be found in your community.</td>
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**REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!**

- Spend 15 minutes of Quality Time together
- Do Physical Exercise Everyday
- Make a plan to meet your Sinovuyo Friend
- Take a Pause whenever you feel stressed

At least once a day during the week or when things become stressful

Think about what it was like to accomplish this home activity. What happened? How did it feel?

Knowing what to do in a crisis and how to keep safe in the future – you are well-equipped with important tools for a healthy and happy life – SINOVUYO is what you have!
The journey continues as we widen our circle and continue to support and be supported!

It has been quite a journey over the past 14 sessions with Sinovuyo Teens... You have finally made it to the last session...

**CONGRATULATIONS!**

**CELEBRATIONS!**

**Parents:**
Being part of the Sinovuyo programme shows that you really love your child... You care about them... You have learnt to see them in a positive light and have an encouraging relationship together...

**WELL DONE!**

**Teens:**
Being part in the Sinovuyo programme has given you a lot of new experiences and knowledge... You have learnt a lot, and now know that you have something beautiful inside of you to shine on your family, and the world outside. Your future is bright and the world is brighter with you in it now!

**GREAT STUFF!**

**THERE IS SO MUCH TO REJOICE!**
I wish...

Session 1: We established common ground rules and goals together.

Session 2: We learned about building a positive relationship through spending time with each other.

Session 3: We discussed praise and practiced ways of praising.

Session 4: We learned to identify, name and discuss emotions.

Session 5: We learned ways to manage anger and other difficult emotions.

Session 6: We learned the six steps of problem-solving.

Session 7: We learned ways to reduce money stress through budgeting.

Session 8: We worked on identifying problem behaviours and focusing instead on the behaviours we want to see more of in each other.

Session 9: We made family rules and routines.

Session 10: We discovered ways to discipline that don’t involve hitting or yelling.

Session 11: We talked about ways to save money.

Session 12: We made plans on how to keep safe in the community.

Session 13: We talked about short-term and long-term ways to deal with crises and emergencies.

Session 14: We celebrated and discussed ways to continue to support each other and continue to practice what we have learnt.

WHEW! What a journey!!!
Think about the things that you found were helpful during the programme and how your life and relationship between you and your parent/teen has changed. Answer these questions to help your process:

What were your goals at the beginning of the Sinovuyo programme?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

What have you achieved during the programme?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

What was the most important thing that you learned?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

How have you changed? How has your relationship with your parent/teen changed?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

What kind of extra support do you need to keep growing as a person and parent/teen?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
SUPPORT ON THE JOURNEY:

Every week for the past 14 weeks, you have created a sense of community together where you have received much support and caring from each other in the group.

Now we are at the end of the programme...

and sometimes endings can feel difficult to many parents and teens.

REMEMBER:

The support from Sinovuyo can continue!

The programme helped to show you that you and your Sinovuyo peers in your group have much knowledge and skills to continue to support each other and your family on the Sinovuyo journey...

There are many ways to continue to receive support from each other:

- Get-together with your Sinovuyo Friend, especially those who live near you.
- Start your own Sinovuyo Support Group with other families in the programme. Set up meetings with each other every week or month...

If you’d like to continue to meet with each other, then write down contact numbers for other participants here:

<table>
<thead>
<tr>
<th>Name</th>
<th>Number</th>
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Remember, too, that there are other people you can contact in the community who can help you (Lifeline and the clinic, for example).
It is important that you and your families continue to do the Sinovuyo home activities.

Use the checklist below to help remind you to do it each week. One day, they will become so natural that we will not even think about them when we do it.

In order to keep the circle of support alive in our homes and our lives, we must practice every day!

Reward yourself whenever you do a home activity!!!

**ONGOING HOME ACTIVITIES**

<table>
<thead>
<tr>
<th>What must I do?</th>
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<tbody>
<tr>
<td>Quality time</td>
<td>Spend Quality Time with your teen.</td>
</tr>
<tr>
<td>Use “I feel” statements</td>
<td>Say how you feel out loud.</td>
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<tr>
<td>Praise</td>
<td>Praise your teen for positive behaviours. Praise your parent and</td>
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<td>yourself and other members of your family, too!</td>
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<tr>
<td>Clear Positive Instructions</td>
<td>Give clear and positive instructions to your teen.</td>
</tr>
<tr>
<td>Household Rules</td>
<td>Reinforce household rules with lots of praise for good behaviour.</td>
</tr>
<tr>
<td>Consequences</td>
<td>Use Consequences for specific behaviours you want to see less.</td>
</tr>
<tr>
<td>Problem-Solving</td>
<td>Solve problems together. Try using the 6 steps.</td>
</tr>
<tr>
<td>Budgeting money</td>
<td>Make saving goals and plans with your family.</td>
</tr>
</tbody>
</table>

The Rondavel is fully built. The foundation is strong. The walls are sturdy. The window is clear. The door is open. The fence is mended. The garden is growing. And there are so many other Sinovuyo Rondavels nearby… Time to dance and sing and praise and celebrate your parent, your teen, YOURSELF and your Sinovuyo Caring Family!