

Today's Children, Tomorrow's Parents South Africa



Type of intervention



Classroom setting

Target group/s, level/s of prevention and sub-group/s:



Primary prevention

Young People (12-17 Years) | Male & Female | Classroom Setting | English



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Target population

Male and female young people, aged 13-14 years, and their parents and caregivers.

Delivery organisation

National Department of Basic Education (DBE), Childline South Africa, Parent Centre, Resources Aimed at the Prevention of Child Abuse and Neglect (RASPCAN): South Africa

Mode and context of delivery

Psychosexual life skills programme integrated into school curriculum for high school students in grade 8 (aged 13-14 years).

Level/Nature of staff expertise required

Teachers and staff from non-governmental organisations.

Intensity/extent of engagement with target group(s)

12 week programme of one session per week, each lasting 40-50 minutes.

Description of intervention

South Africa has a relatively high rate of teenage pregnancy. The high rates of teen pregnancy in South Africa may be further complicated by the risk of HIV infection. A number of organisations in South Africa (The Department of Basic Education (DBE), Childline South Africa, Parent Centre, Resources Aimed at the Prevention of Child Abuse and Neglect (RAPSCAN), collaboratively, have implemented a programme designed to address risk factors for teenage pregnancy and strengthen future parenting practices.

Each organisation wrote sessions for the programme according to their own expertise. The individual session plans were brought together by RAPSCAN's Research and Resource Development Departments and a basic manual was written as well as a Learner Workbook, after extensive communication with the contributory organisations.

Further evaluation has indicated that the programme contributes positively towards preventing sexual violence in relationships.

This psycho-sexual life skills programme is delivered in high schools by trained teachers over a 12 week period. The final product comprises a facilitator's manual and a learner workbook/journal.

The content:

- Draws on the framework of the Circle of Courage, a model of positive youth development based on the four universal growth needs of all children (belonging, mastery, independence, and generosity).
- Addresses contextual social issues such as gender-based violence (GBV), teen relationships and healthy sexual decision making. Strong links are drawn to HIV prevention.
- Explores the issue of the impact of pregnancy on the health, career options and social well-being of adolescents.
- The parenting component addresses:
 - issues such as foetal health
 - phases of child development
 - the needs of children in different phases
 - parent/child attachment
 - emphasis on the psycho-social and economic impact of early parenthood on the lives of young people
 - emphasis is placed on the role of boys and fathers
- Baby simulation, so that students can practice caring for an infant 24 hours a day, seven days a week.
- Respect, aspirations, tolerance, self-esteem, confidence, non-violence, honesty and positive decision making are the key principles present throughout the curriculum: (The overall approach of the Today's Children, Tomorrow's Parents programme is participatory, experiential and reflective. Learning continues outside of school (for example, students complete a 'thoughts and feelings' journal and

observe parenting practices in their communities). The approach stresses the importance of involving everyone in the learner's world in the process.

A separate process for parents and caregivers is managed by the Parent Centre. This includes sessions on:

- Positive Parenting
- How to speak to your child about sex, sexual decision making and relationships
- Support

The long term outcomes are expected to include a decrease in teen pregnancy, in those who complete the programme and contribute to their positive parenting practices in adulthood. Medium term outcomes expected are enhanced quality of sexual decision making and intimate relationships amongst school based adolescents. Short term outcomes include the development of self-esteem, sexual decision making and relationship management skills within adolescent intimate relationships.

Evaluation

Evaluated with a control group by the Centre for Justice and Crime Prevention, South Africa (Centre for Justice and Crime Prevention (2011) Today's Children: Tomorrow's Parents Sexual Decision Making Programme). The evaluation consisted of collecting baseline, process and end line measures, to monitor the effect of the programme and document important lessons learnt from practice. The evaluation has shown the programme to also contribute positively towards preventing sexual violence in relationships.

Please use the contact details below for further evaluation information.

References

Centre for Justice and Crime Prevention (2011) Today's Children: Tomorrow's Parents Sexual Decision Making Programme.

<https://www.childlinesa.org.za/>

Contact details

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