



PUPILS ADVISORY FORUMS ON VIOLENCE (PAFOV) ANNUAL LEKGOTLA

The Director of the Metropole South Education District (MSED), Mr Glen van Harte, remains a staunch supporter of our project and we are very fortunate to be able to work with such an inspiring leader.

At the annual Lekgotla he expressed the need for PAFOV and peer mediation to spread to all schools in the MSED. He suggested that high schools help primary schools to set up peer mediation services. His vision is that PAFOV with peer mediation will spread to other districts in the Western Cape and ultimately to schools nationally.

He encouraged more schools to establish peace clubs and challenged the current peer mediators to continue working hard at their academic studies saying that accomplished peer mediators at school had to be accomplished at academic work as well.



Above: Glen van Harte, Director of the Metropole South Education District (MSED)



Peer Mediators at the Lekgotla. Above left: Beacon Hill High. Above centre: Glendale Secondary. Above right: Wynberg High.

Right: Got the t-shirts! Wearing the PAFOV t-shirts at the Peer Mediation Camp sponsored by the Institut für Auslandsbeziehungen



INSIDE STORIES

Peer Mediators	2
Intensive Community-Based Family Preservation Parenting	2
From the Editor	3
The Diversity Project	3
Peace Buddies Speak	4

AVP TRAINS PEER FACILITATORS

In 2015 we grew facilitators—peers and teachers!

Maitland High started off with a vibrant Training for Facilitators (T4F) in March, in Betty's Bay and we added 23 senior students to the QPC pool of facilitators - 16 young women and 7 young men. One of the facilitators for the group was UWC student, Namhla Tukushe, previously Maitland High's experienced lead peer facilitator.

Then off to Noordhoek in June were 8 teachers and teaching assistants from Beacon Hill Secondary School, Bridgeville and Mandalay Primary Schools, St. Andrews Technical High School, Oude Molen Academy of Science & Technology and Maitland High School. A group of 17 passionate and dedicated participants, including 9 counsellors from CASE (a community organisation based at Mount View High), braved extremely cold weather to become AVP facilitators. Experienced facilitators Oude Molen teacher, Elvida Smith, Maitland High School teacher, Charles Naidoo, and St. Andrews High School teacher, Gerald Rippenaar, and ex-teacher and Principal Jeff Paulse were the team leaders in this empowering workshop.

Newly-trained Maitland High peer facilitators applied their skills under the watchful eyes of Charles Naidoo in September when they facilitated in a Basic workshop for their Grade 10's. Only Grade 11 peer facilitators could be used, as the Grade 12's were busy with an academic programme.

Oude Molen's Grade 9's completed their T4F at Noordhoek Outdoor Centre in October. Seven young men and eleven young women made an exciting 18 new peer facilitators for the school. They will fill the gap left by those well-developed and experienced Grade 12 peer facilitators, who will be leaving school this year.

The T4F programme typically revisits the importance and centrality of a concept called 'Transforming Power' in AVP. Participants are given feedback which is constructive, guiding, kind and suggestive, rather than prescriptive. They are also taught how to receive feedback. Facilitation skills are learnt through role plays, drama and presentations.

Stanford Jarvis

**PAFOV MEMBERS TRAINED AS
PEER MEDIATORS**



Above: Mr Abrahams (Mr A) and his team from Lotus High School



Above: Peer Mediators from Tafelsig High School at the Lekgotla

**INTENSIVE COMMUNITY-BASED FAMILY
PRESERVATION PARENTING EDUCATION
SUPPORT PROGRAMME**

The intensive community-based family preservation parenting education support programme is designed to facilitate parent-child interactions and to equip parents with the necessary skills to carry out their parenting roles by gaining insight into the needs of their teenage parents, thus increasing appropriate communication skills that enable them to engage with their children.

Sharing stories with other parents makes them realise that they are not alone.

We work with 80 young mothers, young fathers and 80 of their parents in six areas.

Nokuthula Mbete



Above: Grade 9 Peace Buddies from Oude Molen Academy of Science & Technology training as AVP peer facilitators.



Above: Young fathers at a parenting workshop



Above: Grade 11 peer facilitators from Maitland High School facilitating their Grade 10 peers



Right: The parenting forum in Beacon Valley, Mitchell's Plain

From the editor

In sunshine and in rain PAFOV students, AVP participants and peer facilitators, teachers and parents, young and old, participated in workshops and events on Saturday mornings, after school and for entire weekends throughout 2015 to bring about change in their schools, communities and families. They came to learn how to reduce the levels of violence in their schools and neighbourhoods, how to improve their inter-personal relationships and to find out how to transform violent behaviour.

They are the people who will bring about real change in our country. Every citizen in South Africa has a right to good education, clean toilets and a safe environment in which to live and learn. Sadly this is not our reality.

I commend our participants, our facilitators and our volunteers for their hard work and support.

I hope that you will continue to increase the number of people prepared to act against violence everywhere, in South Africa and the troubled world.

QPC is proud of you! We look forward to more action in 2016.

Avril Knott-Craig

*Right: Teachers study **The 80/20 Discipline Rule** during discipline training in July*



Left: Teachers touching their toes while learning about discipline!

NEW IN 2016

DIVERSITY PROJECT: We'll be training trainers with the help of the gender manual and also distributing the comics

PAFOV: We will train new PAFOV members and new peer mediators
We will also train teachers as peer mediator trainers

THE 80/20 DISCIPLINE RULE: We will have residential training for teachers and include stress management and self-esteem



Above: In September PAFOV students and students from Floreat, Lantana and Perivale Primary Schools participated in an Imbizo to draw up a draft policy on anti-bullying for the Director of the MSED



Above: PAFOV workshop on Anger Management with Caroline McInnes of Maidstone Mediation Scheme in Kent, U.K.

DIVERSITY PROJECT 2015

2015 has been a very unusual year for me: instead of workshops and meetings, I have been working at home to produce a comic and a manual for gender training of young men. I will tell you about making the comic, because that has been a most exciting process.

You start off by writing a little novel, and to do that, you have to dig deep inside yourself and also be prepared to face the blank page every day without flinching. Sometimes you think you've lost your thread and it's no good, but the secret is to simply carry on every day, and you find your thread again – and again – and again.

When you reach the end of the story, you read it aloud to yourself and where it doesn't feel true, you make a note to change it. That's the first draft. After that you more or less rewrite it, because now you can see the whole shape of it, and you can see where it's good and where it's not good. That's the second draft. Then you're ready to show it to one or two trusted friends, and ask for their feedback. You can then see it from another person's point of view and where you agree with them, you fix things. That's the final draft.

Then the next stage is to storyboard it: that means breaking down the story again into separate scenes on separate cards called frames, and drawing stick figures doing the actions with speech bubbles coming out of their mouths. There's a frightening amount of frames to draw and it takes a long time. Then you're finally ready to find the right artist and hand over the whole pile of storyboard cards to them. Then once they've gone through the story and checked out the storyboards, you can start working with them on how your characters should look. That is a wonderful thing, when you see the people you have imagined taking form on the page. It is a kind of magic, and it just gets better as the work progresses.

So, Peace Buddies, right now, the comic is ready and will be printed in November. It's called "The Promise of a Man" and I hope we will have copies of it for you to read before the end of the year!

Athalie Crawford

PEACE

The word itself carries emotion
It needs no explanation
Sometimes it goes through evaporation
for it carries obligation
Sometimes you go through humiliation
But it's only for that dispensation
That is feared by the population
But censored by a congregation
The people who surround you and pull you down are only the weights
that will try to stop you.
You know Why?
Because they are jealous. Jealous of somebody who is "better" or tries
harder than they did. They gave up but you continued.
Don't let yourself get pulled down by other weights.
In the end you will be the one who will climb ashore and the others will
have drowned.
This is called life and more specially named Natural Selection. Only the
strongest survive. For centuries people have judged and criticised oth-
ers because they were scared and jealous of those moving forward in
life.
While they got stuck
So it is better to lay a firm foundation
For the following generation
To recognise your obligation
In order to admire your consideration
Wake up with determination
Go to bed with satisfaction
Have you ever been mocked or criticised by others?
You probably have but that is alright. That's what this world is all about -
judging, moving on and trying to be the best. But the truth is you can
only be the best if you are yourself and believe in yourself. You must
have trust in your capabilities and believe that you can do it no matter
what people say. Every person has their own opinion about everything
but the one thing that really counts is what you think. Only by believing
in yourself will you be able to destroy barriers and push forward with the
army of life and effort.
Do not give up. Stay strong and believe that everything is possible and
you can succeed. Success pays the debts of all your efforts.
**Edited version of a motivational speech by Precious Nyamutamba
from Maitland High School**



ANTI-BULLYING

Walking down the halls of an
unknown land
Trying to figure out who I am.
I may not be the same as everyone else, yeah -
But is that a reason to judge?
Every day I face a new battle, don't you see,
Not knowing who will push or tease me.
People judge me for the clothes I wear
The way I style my hair.
They even judge me for the way I look,
Not reading my open book.
Teachers tell me you'll never make the grade.
They look and see what they want to see.
When will I be seen for me?
My parents tell me do not be afraid
Your dreams are powerful and can be attained.
So don't forget who you are.
You are unique and can reach for the stars.
Eleanor Alfreds Tafelsig High School

Both the bully and the victim
need help

SPEAK OUT AGAINST BULLYING

To make peace with an enemy one must work with that enemy and that enemy becomes one's partner.

Nelson Mandela

from Long Walk to Freedom, 1994