



A LifeLine Vaal Triangle intervention

Young Warriors

Began in 2010



YOUNG WARRIOR PROGRAMME – THE RELEVANCE

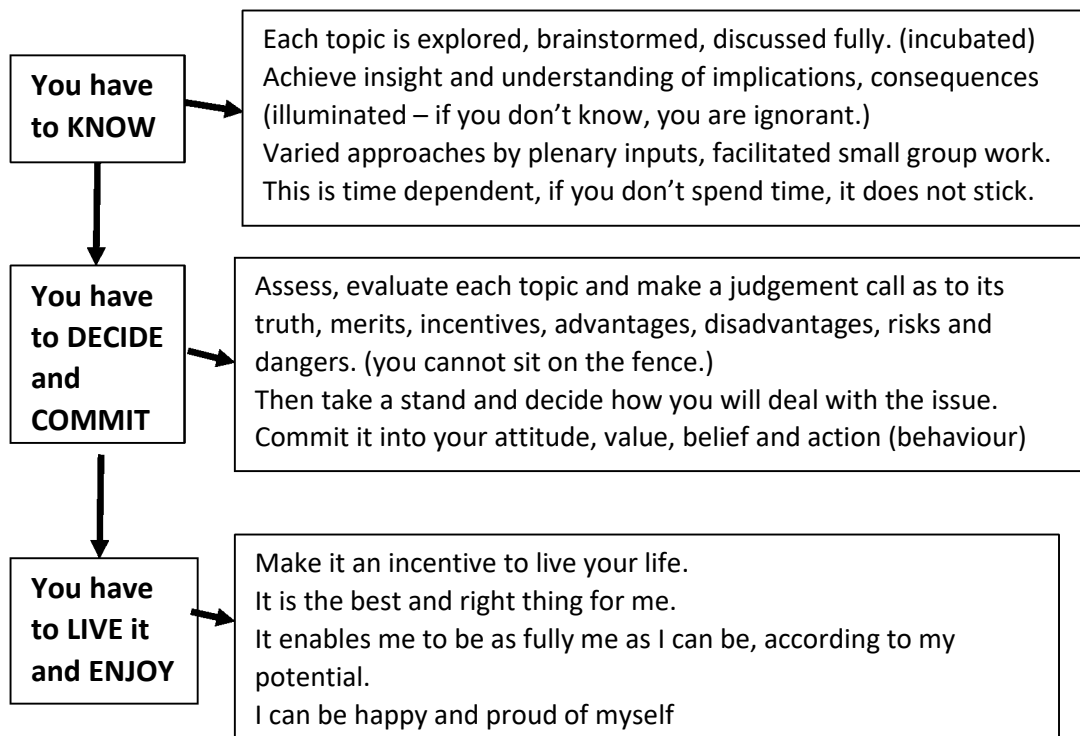
The degree and extent of the ills of the individuals, families and communities of South Africa is well known and documented. Publicised statistics of the violence and the abuse of all genders and ages are seen in crimes of murder, violence, sexual violence of rape, gender based violence and abuse. Within the backdrop of lacking infrastructure and services is real poverty and unemployment. The lifestyles and practices seen in broken homes, destructive relationships, the propensity for violence and abuse and negative sexual behaviours are evident. Sadly, our citizenship and society is gravely ill. Alas the fight is not being won. Success will only be achieved with a real change of approach and means.

- Given the above, it is clear that the majority of our youth and younger people are **psycho-social deprived**, and carry wounds from neglect and abuse in their homes and communities, and in need of counselling support. Many cases are statutory referrals for legal recourse and support care. This deprived mentality is then carried into adulthood. **It is clear there is insufficient resources and capacity to provide psycho-social support for the wounded youth**; not from the social workers of the Department of Social Development, professional counsellors and even lay counsellors from NGO's. Educators cannot fulfil this support.
- The governance of government, local authorities, civil organisations and NGO's are actively involved in attempting to remedy and correct the situation. Many activities and interventions are driven with enthusiasm with some success, Whilst the **reactive** activities and interventions to help, support and rehabilitate the victims of violence and abuse is important and necessary; **not enough is done proactively to prevent the ills from occurring, which implies perpetrator prevention.**
- The banner and headline drives against the scourge of gender based violence and abuse and even the fight against HIV is all focussed on **awareness**. These are short sessions, dialogues or staged marches and activities to create awareness. The perception is that with awareness, the ills will be prevented. Awareness is but the first step, it needs more than awareness to change attitudes and behaviours. More exacting and specific approaches and techniques are needed to really change attitudinal values and behaviours. **Only with positive attitudinal values and behaviours will perpetrator incidence be addressed, and create better positive citizenship in our families and communities.**
- A common misperception is that our community, especially the youth require **life skills** in our challenging world. Yes, we need life skills tackle life with all its risks and challenges. But, the best and only is to develop **personal skills**. The better the personal skills to be functional and effective as an individual, the better the person is able to manage life. **The proactive way is exacting approaches and techniques to build personal skills for better functioning individuals.** The noble initiative of the Department of Education to introduce a Life Orientation subject and curriculum is life skill focussed and serves only to highlight a lack of personal skill programmes. Sadly, our general lack of parenting skills, the most necessary role player, does not help.

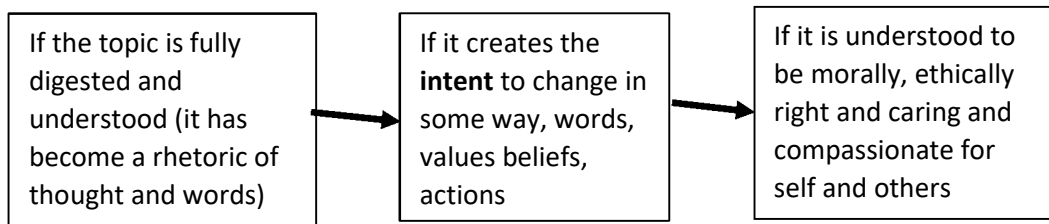
THE YOUNG WARRIOR PROGRAMME – THE WAY

1. THE PROGRAMME’S CLINICAL BASIS, APPROACH, METHODOLOGIES AND TECHNIQUES

- **The participant selection:** equal gender numbers of boys and girls in grade 9 and aged between 14 and 16 from different schools, and identified by the school educators according to specific criteria. These teens are just past puberty growth and are more accessible than the senior grades, and are most receptive to change.
- **Programme duration:** the main programme is a full board and lodging of 6 days and 5 nights with varied activities morning, afternoon and evenings. This full time schedule is essential for the learning process. Time is essential for in-depth and extensive coverage of topics; it is not just a superficial awareness. This is followed by follow up one-day supervision meetings to affirm and entrench the learning and growth process.
- **Build a Young Warrior identity, family and culture:** the aim is to break any preconceived alliances and practices with school regimes and routines. With the many varied activities to identify with, accept and to adopt the Young Warrior logo and symbols, a signature song and its “Drinking Gourd” philosophy, their shirts, workbooks, bags, and pencil bags. Routines and protocols of the content inputs, group work, tea times, the meals in the dining room, the free time, the socialising times with games and in the sleeping cottages are established.
- **All the content topics and concepts are addressed in the mode of attitudinal value and behaviour change model.**



Attitudes and behaviours will only change:



The onus and responsibility to change remains with the individual who retains ownership and control.

2. THE PROGRAMME CONTENT

1. **Introduction:** the welcome, introductions, handing out the materials, ice-breaker and participants introduce themselves.
2. **Respect** as concept the first and most important foundation of the whole programme. At least 4hours spent to brainstorm the definition of respect, what to respect of a person and how to behave respectfully. The model of respect is introduced, and then the respect code of conduct is defined. This becomes the measure of all the activities and behaviour of the programme days.
3. **How we grow:** a time line of influences that impact growth and development. Puberty growth and the characteristics of being a teenager is understood, and all the factors that make teen development so critical and difficult.
4. **The uniqueness of personality and belief systems:** to understand how we differ and how it impacts our behaviours. Also to explore how we have bias and prejudice, that leads to discrimination and stigmas of homophobia, xenophobia and victimisation.
5. **Relationships:** it is the distress common denominator of all other issues. It is explored with a model showing the needs, the necessary codes of conduct and ego-strengths that can be built to better manage relationships. The OBEFO model of smart communication skills is utilised.
6. **Self Esteem:** this module is critical as it is central to making the programme succeed. With esteem the individual has the best platform to being effective and function in every aspect of life; to manage own wellness, manage risks, better decisions, and perform better in all ways. It explores how the mind words, the pitfall of negative thoughts, positive mind sets, and importantly how to manage self-image, "my mojo-meter". The wellness model of complete wellness is explored. Also, importantly how to manage the "victim wounds" of abuse and other causes. (with the trust and safety in the group established, the de-briefing and counselling assistance can now be done)
7. **Assertiveness as a counter to aggression abuse and victimisation:** being assertive is having an appropriate attitudinal value and behaviour to counter all the forms of abuse, verbal, emotional, physical and sexual.
8. **Sexuality:** this topic is dealt with appropriate sensitivity to detail and explicitness. It covers sexual identity; orientation; sexual wellness (including the

evil of toxic masculinity); sexual abuse and violence; debut sex amongst teens, teen pregnancy; abortion; pornography; HIV and STI's; and the norms of "smart sexual sense" of behaviours and lifestyles.

9. **Managing stress:** to understand the process of stress, its impact and the importance of de-stressors. Relaxation techniques are also practiced.
10. **Goal setting:** how to set goals and have a future vision
11. **Addictions:** an understanding of addictions and substance abuse.
12. **Smart Study:** a module of how to study as a process and to be effective.

All the above content is aimed at developing "Personal Skills"

The ability to manage self:

- I can be positive in mind, feelings and beliefs (mind-sets)
- I am able to manage my self-esteem; I am comfortable, confident, satisfied and at peace with myself, even though not perfect. I like myself. (my Mojo-meter) I am more resilient to overcome the downs and set-backs which will surely come my way.
- I am responsible for my own wellness and happiness in my lifestyle and behaviours.
- I treasure my attitudes and behaviours of respect (self and others) integrity and self-worth.
- I have knowledge and skills to manage and build relationships; and if they can't be good, to build working ones.
- I am able to build personal strengths, to counter weaknesses and become more effective and functional; and to optimise my attributes and talents.
- I am able to be considered and responsible in my decision making and counter risks.
- I am able to enjoy an active doing/action orientation to study and work with purpose and reason.
- I am able to be an appropriate citizen in my community.

The better the personal skills the better are the life skills.

This is the essence of true "mental health" and "positive psychology".

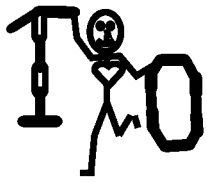
3. ACHIEVED OBJECTIVE OUTCOMES

1. The first and inaugural Young Warrior programme took place in 2010 with a grade 9 boy and girl from 20 schools. Since then every year a new group has been taken through the programme. Today the Young Warrior family numbers 442.
2. Whilst the networking amongst the Young Warriors is not complete, not a single Young Warrior is known not to have become a coping and effective person. Amongst them are doctors, chartered accountants, engineers, graduates in many fields, nurses, military staff, managers, educators, social workers, artisans

and proud mothers and fathers. Some failed their matric and are successful contract workers or in meaningful employ.

3. Evaluation and monitoring takes place to measure the growth and development
4. For the programme facilitator, it has always been remarkable how these young teenagers so enthusiastically and whole-heartedly respond to the programme. Yes, the programme atmosphere, culture and methodology is designed for this outcome, but their positive response is still remarkable and rewarding.

ALL THE YOUNG WARRIORS SINCE 2010

<p>The 2010's (22) </p>		
Pheelo Khanye	Samuel Ngyato	Dineo Makata
Nomthandazo Nhlapo	Kabelo Mothopeng	Mpolokeng Kgongwane
Maria Tsolo	Mathabo Mokhemisa	Xolelwe Maqa
Jake Masitenyane	Vinchenzo Madisa	Mpho Thejoane
Malapedi Tladi	Busiswe Ranchu	Andrew Lebitsi
Boitumelo Radebe	Bonga Magaga	Fatima Nyambose
David Radienyane	Ntando Mbotima	Baatile Matsoso
Sibonganjalo Botha		

<p>The 2011's (33) </p>		
Prince Nhlapo	Bongiwe Khanye	Hopolang Xhakaza
Thabiso Mabona	Daisy Matshaba	Sam Gumede
Sweet-P Tsotetsi	Katleho Teme	Sendy Mashiya
Luthando Mdunyelwa	Matseko Motloun	Kenny Motsheneng
Confidence Ngcongwane	Neo Hlamane	Siyabonga Sibeko
Mfundo Sibeka	Fifi Moremi	Bongani Mofokeng
Tshepiso Motemekoana	Thobeka Skade	Pleasure Morake
Octovia Mohapi	Mike Tsolo	Lele Solani
Banele Ngemntu	Freddy Mngomezulu	Rorisang Matlakala
Thami Majiki	Neliswa Zide	Gratitude Tsheke
Sebolelo Phosisi	Nokuthula Mzizi	Nomsa Msiza

The 2012's ⁽³⁹⁾



Gift Tshabalala	Mpumi Dibate	Edwin Nyambose
Shwani Maleke	Richard Maseko	Ashla Halahala
Lerato Thipenyane	Nkosinati Twala	Yolanda Sikhosana
Busiswe Ngqungou	Kennedy Zondo	Buhle Vilakazi
Neo Mamaila	Yvonne Sefodi	Vuyani Tshoko
Thembisa Mfethi	Vusumuzi Tsoari	Princess Quinebe
Jose de Agrella	Refilwe Soahatse	Sibusiso Chauke
Michelle Tshalatsi	Lethabo Shogoe	Thabi Moswetsi
Lemao Jacob	Lebohang Mokoena	Neo Mareletsi
Mojabeng Lehoko	Goodwill Lepota	Queen Khanye
Nelson Radebe	Lebohang Mokoena	Palesa Maseko
Gerald Hlahane	Pholela Pupumo	Musa Maduna
Tshepiso Moloji	Thabo Hlahane	Makgotso Moloji

The 2013's ⁽³⁴⁾



Elias Hlatshwayo	Karabo Phillemon	Mbali Zondo
Bafana Mnagdi	Palesa Hlongwane	Bandile Mbutuma
Ntsebelo Maphalla	Tumelo Ngongwane	Sibongile Radebe
Pule Tsotetsi	Slondolose Makhwabane	Magoda Mabala
Nondlela Zwane	Mxolisi Nkwanjane	Nonhlanhla Nyathela
Khanyo Radebe	Bongiwe Mofokeng	Shudu Mpande
Zandile Tshabalala	Sabelo Nhlapo	Boy-Boy November
Amanda Mqumbisa	Katleho Mashilo	Matieho Sekwati
Lesego Thato	Tsholofelo Selebano	Paul Zamlisa
Batandwa Ngxomo	Lindelani Mhlahlo	Pamela Mehluku
Luyanda Ntuli	Thando Buthelezi	Lebese Koena
Phindi Mazibuko		

The 2014's (38)



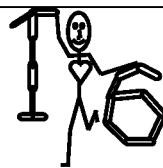
Junior Mogotsi	Lindiwe Ngobeni	Candy Mofokeng
Nhlandhla Sekabate	Lesego Mochalibane	Nontuthuzelo Tyeku
Kgotso Bodibe	Rose Mosala	Thato Kabile
Thobile Ndaba	Siyabonga Msibi	Khanyisile Mthembu
Karabo Maduna	Refilwe Konyana	Tshepiso Tsotetsi
Bathabile Masiteng	Itumeleng Moeti	Thandi Teba
Kalondi Leonard	Nozipho Mvokazana	Andile Bulwana
Kabelo Nthute	Tyrell Agulhas	Khambule Mamosa
Jeff Mbewe	Beauty Motholo	Tshepo Radebe
Julia Mashoabathe	Thato Ndlephu	Lebo Mokoena
Mbango Moeketsi	Debra Chabedi	Lebohang Zwane
Faith Mqwati	Teboho Koloba	Ketshepileng Mochwaiwa
Tshepo Selepe	Thato Kotole	

The 2015's (35)



Jafta Thokoane	Wendy Mathabela	Neo Monisi
Fiona Fantisi	Archibold Mulungu	Sibongile Mokoena
Lesego Ntaotane	Seitati Mthobi	Kananelo Maphalala
Lesego Mokoena	Ofentse Malpela	Raicy Lala
Apple Manobo	Georgina Smith	Inga Mlobeli
Evelyn Motsepe	Katleho Modisane	Ndieheng Moalusi
Katleho Sebushe	Naledi Utloha	Siyabonga Kheswa
Semesihle Dywili	Tamlyn Klaaste	Kabelo Soetsang
Levy Dlamini	Tshepiso Ramohloane	Vusumzi Goniwe
Palesa Motsapi	Sibosiso Zuma	Neo Motsoetia
Sifiso Cele	Ayodele Morobi	Jane Madima
Justin Nyama	Ceigh Sesapsa	

The 2016's ⁽³⁹⁾



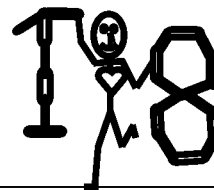
Isaac Lepelesane	Neo Putlane	Willem Theletsane
Katleho Mateba	Puseletso Tshabangu	Nelly Mokoena
Christian Moagi	Karabo Matubatuba	Khupa Thupudi
Malehlohonolo Moletsane	Kamohelo Matiwane	Palesa Monkhe
Zewuwel Johannes	Lebohang Nthoroane	Lesenyego Mokhaneli
Lerato Pitso	Calvin Chiloane	Vusuyise Jili <i>In Memoriam</i>
Lerato Diketane	Bonolo Monyane	Mpho Motaung
Mathabo Seoke	Mitchel Nzombe	Kgotso Mokhethi
Kamogelo Lekalakala	Michael Jonas	Mariah Letawane
Palesa Modise	Mpho Motlounq	Vusi Mokone
Itumeleng Matiakeng	Tshepo Motau	Khumo More
Mncoseni Siyanda	Onica Mathe	Tshepo Mosia
Thulisile Ngoma	Elias Motaung	Mercedes Mohoje

The 2017's ⁽³³⁾



Stebe Moleko	Tumi Jeke	Itumeleng Moloi
Rethabile Moloi	Mphikelele Masangana	Selloane Koena
Boitumelo Molisane	Gugulethu Twala	Jake Mokete
Fifi Herembi	Walter Ranthimo	Rati Kiwa
Thabiso Mphuti	Masenate Ramonyaluoe	Thabang Mazibuko
Sibongile Monaheng	Katleho Mohalane	Naledi Sesedinyane
Thato Tsukudu	Boipelo Tshabalala	Kgotso Motsaneng
Thandiwe Mbongo	Nkosinathi Songwane	Lebohang Mahlatsi
Godknows Mukaro	Matsepo Mabote	Thato Banda
Lerato Tsepane	Keke Madibo	Pastor Peter
Rose Mokoena	Bongani Hlongwane	Asanda Nkomana

The 2018's (34)



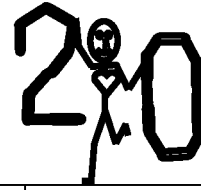
Neo Motitsoe	Mpho Matla	Makgotso Melloa
Tshediso Motlakeng	Katleho Makoro	Tebello Lehloo
Mojalefa Mohohlo	Mpumi Mokoena	Victor Moiloa
Atlehang Potloane	Kagiso Taunyane	Paballo Mphate
Kopano Motaung	Kabelo Lehobo	Lebohang Mokhema
Lebohang Noruka	Nofumahodi Mokoatsi	Blessing Mbuthuma
Naledi Khororo	Karabo Mogole	Itumeleng Rathebe
Tshepano Moisi	Angelina Phaloane	Tshepo Moshoadiba
Kekeletso Nketu	Patrick Moatlhudi	Lebohang Swartboo
Kutlwano Maine	Mpho Bookholane	Nonhlandhla Melaphi
Kamohelo Thapeli	Debuseng Mphulanyane	Melusi Marajane
Farida Karelse		

The 2019's (36)



Prince Mkutha	Tilsetso Motloun	Paballo Motsoeneng
Thapelo Futyane	Precious Mokoena	Barica Mohale
Kagiso Mathabathe	Sibosiso Mnguni	Lehlohonolo Mthiyane
Simangaliso Hlulukana	Duduzile Mqina	Kebonemorena Mofolo
Mamello Mnculwane	Anele Lamfiti	Khanyisile Tshabalala
Faith Maduwana	Tshireletso Mapisa	Nomathemba Khompela
Karabo Nchakha	Tshiamo Kokole	Linda Leshaba
Alina Nkosi	Lesego Motsoaleli	Olga Nhlapo
Justice Mohlouoa	Thato Kolokoto	Thsepang Mkhwanazi
Palesa Motihabane	Neo Masilela	Okuhle Papuma
Ruben Caleb	Thuto Motihalhedi	Naledi Mothamane
Dieketseng Radebe	Neo Makhale	Dijeng Sebitloane

The 2020's (30)



Tsholo Bocheli	Albertina Matlaletsa	Kamohelo Sejake
Tiisetso Jane	Bongani Mofolo	Malesedi Motloung
Musawenkosi Nkuna	Manana Mollo	Mthokozisi Sikoza
Karabo Mqikela	Ncebo Mbonjwa	Delrine King
Itumeleng Moeletsi	Karabo Matsose	Musawenkosi Lebeko
Lesedi Khanye	Siyabonga Mbele	Palesa Kokoali
Bongani Mokhaloane	Malehohonolo Molotsane	Molemo Molefe
Praycia Jonas	Thando Gaba	Kgetho Letlalo
Mpumelelo Moqoathe	Duduzile Nyepetsi	Neo Mohono
Ronica Makhubo	Njabulo Matroos	Tabitha Pheto

The 2021's (25)



Bontle Makaya	Khanya Moloi	Retshediitswe Manyathela
Zandile Nxumalo	Mandla Radebe	Dimpho Nhlapo
Kabelo Setime	Mamello Kobo	Bongani Maseko
Kgomotso Tsele	Sibusiso Songo	Karabo Mokoena
Aphile Mchimunye	Simhle Ngudie	Mosa Tshabalala
Mbali Mkhungeka	Tshireletso Nare	Moleboheng Moreki
Tshepo Lekopa	Khanya Mohlokoane	Sefoto Matsaodi
Kabelo Thamae	Semakaleng Thobane	Wandile Patuleni
Chidimma Msimanga		

The 2022's (26)



Lesego Mangope	Tshepiso Maseme	Tshediso Raboroko
Lesedi Dibate	Boitumelo Mosia	Happy Motaung
Nkululeko Msimanga	Zandi Tshabalala	Kagiso Leeuw
Sernovianne Austin	Quenisha de Souza	Katleho Mosia
Karabo Mapaya	Nthabaleng Matialetsa	Tumelo Masobela
Boitumelo Mlaudzi	Sizane Kwezi	Motshedisi Malindi
Kganya Mphoreng	Boipelo Mofulatsi	Geremi Chave
Reitumetsi Bathini	Katleho Bila	Xoliswa Nyaku
Tankiso Mollo	Nelly Tshabalala	

The 2023's (27)



Siza Mokoena	Lebohang Skhosana	Lesego Ramosala
Naledi Mosia	Thato Qekisi	Tshegoafatso Tsoabi
Thando Shude	Boitumelo Xaba	Siyabonga Mbela
Mpho Radebe	Mpumelelo Mbali	Luyanda Dlamini
Lerato Mokoena	Neo Mapaya	Keletso Tau
Precious Ntobo	Mosa Pitso	Surprise Ramatlotla
Lerato Mathebula	Andile Ngwenya	Dimpho Sefako
Malusi Ndlangisa	Nomsindisi Marobobo	Teboho Mokete
Asiphe Mbotshelwa	Moeketsi Makoko	Dikeledi Moeletsi

The 2024's ⁽²⁷⁾



Tshepang Ntsiapane	Katleho Molebatsi	Thabang Ramabine
Sihle Dlamini	Banele Radebe	Katleho Kumalo
Bafana Kubeka	Keabetswe Gqiba	Neo Noa
Mosa Motlounng	Neo Mfazwe	Katleho Mantso
Zipho Magutyana	Silindile Madonsela	Kgauwelo Sebela
Lindokuhle Mkhoma	Rearabetswe Mogoere	Ngobile Victor Tyatya
Rethabile Mofokeng	Philasande Sibisi	Happiness Dlamini
Siyabonga Mhlanga	Nonkululeko Mqoteni	Thabo Seabe
Reitumetse Lebusa	Rorisang Molotsi	Oratile Matsoso