

# SMART LIFE

## Sexuality Mentoring AIDS Relationship Training, Life Skills and Family Education

*Smart Choices = Smart Life*



### VISION

Global Relationship & Sexuality  
Transformation & Reformation





# TABLE OF CONTENTS

## **WHAT IS THE SMART CHOICES PROGRAM?**

- THE SMART CHOICES PROGRAM
- 2 MAIN SMART THEMES

## **WHO IS THE SMART CHOICES PROGRAM FOR?**

- EDUCATORS
- SCHOOLS

## **WHY THE SMART CHOICES PROGRAM?**

- THE PROBLEM
- THE SOLUTION
- THE SMART CHOICES PROGRAM

## **HOW DOES THE SMART CHOICES PROGRAM ALIGN WITH THE SCHOOL CURRICULUM?**

- CAPS
- PURPOSE
- SLPS
- TIME ALLOCATION
- PARENT/CAREGIVER INVOLVEMENT
- ASSESSMENT

## **WHAT ARE THE SMART CHOICES COURSES AND PROGRAMS THAT ARE AVAILABLE?**

- COURSES FOR EDUCATORS
- PROGRAMS FOR LEARNERS

## **WHAT ARE THE STEPS I MUST TAKE TO UTILIZE THE SMART CHOICES PROGRAM?**

- PARENTS/CAREGIVERS
- EDUCATORS AT A SCHOOL / HOME SCHOOL

## **WHAT ARE OTHER IMPORTANT MATTERS THAT I NEED TO TAKE NOTE OF TO UTILIZE THE SMART CHOICES PROGRAM?**

## **CONTACT DETAILS**

## **APPENDIX**

- REQUEST FOR INFORMATION FROM SCHOOLS



# WHAT IS THE SMART CHOICES PROGRAM?



## THE SMART CHOICES PROGRAM IS:

A value- based, character- building learning program  
Part of the Smart Life series

Teaching children and young people of all ages to make  
smart choices for a smart life

## TWO MAIN SMART THEMES:

- A. SMART CHOICES FOR A SMART LIFE
- B. SMART CHOICES FOR SMART SAFETY





# WHO IS THE SMART CHOICES PROGRAM FOR?



## 1. EDUCATORS

Educators, parents, caregivers, teachers, counselors etc  
[Education, social, health, medical,  
protection & psychological services, FBO's]

## 2. SCHOOLS

A curriculum for learners of all ages

**FET PHASE**

**SENIOR PHASE**

**INTERMEDIATE PHASE**

**FOUNDATION PHASE**

**EDUCATORS: AGES 0-18+**

## A MULTI-LEVEL [COMMUNITY] APPROACH

All members of a community speaking the same message to  
Children & young people

*It takes a whole village to raise a child! [An African Proverb]*



# WHY THE SMART CHOICES PROGRAM?

## THE PROBLEM

Sexually- related risk behavior among youth has become a great reason for concern. Many children have no choice about being exposed to adult sexual behavior at an early age, because of their circumstances. Living in a sex-saturated world, and the constant exposure to distorted relationships and sexuality through various forms of media, negative role modelling regarding gender intensifies this situation.

## THE SOLUTION

Educators, parents, children, need to be equipped, positive role models and leaders need to be raised up, values such as caring, dignity, respect, responsibility etc. need to be instilled so that the next generations can attain smart relationships & sexual health, wellness, wholeness and inherit a positive smart moral legacy.

## THE SMART CHOICES PROGRAM

- Smart choices is a value-based, character building package.
- Core principles and messages are repeated throughout the programs to ensure internalization and reinforcement.
- The program is specialized in terms of its main focus on SPECIFIC relationships and sexuality education

## KNOWLEDGE, VALUES & SKILLS

- Sexuality education is based on outcomes-based education utilizing a delicate, balanced approach between information, values and skills. Through skillful didactic methods children are guided through appropriate information to internalize values that give meaning to their lives and to practice skills to reinforce values
- This information is always age and phase appropriate as to not harm the child.
- Whose values? The values that parents teach their children should be taught in schools. The school is an extension of the home.
- Children will be motivated to learn and practice life skills to enable them to adhere to their values, such as critical thinking, responsibility, problem solving, decision making, conflict resolution, assertiveness, communication etc.
- Values become their compass. Skills become their survival kit that strengthens and helps them to stick to their values.

## SEQUENTIAL BUILDING BLOCKS

- Effective Relationship & Sexuality Education consists of sequential building blocks for every age and phase of a child's development from birth to adulthood.
- These stages of development have to be mastered successfully and will have an impact on adjustment in adulthood.



## **PARENTS AS PRIMARY SEXUALITY EDUCATORS**

- Parents are the primary sexuality educators of their children.
- They should be equipped to handle Relationship and Sexuality education from birth throughout all the phases of a child's development.
- This is their responsibility, right and prerogative.

## **THE SCHOOL STRENGTHENS. SUPPORTS AND REINFORCES PARENTAL VALUES & PRINCIPLES**

- Educators are equipped to address and handle sexually- related questions and situations during the preschool, foundation phase and throughout all the other phases.
- The principles and values instilled by the parents are therefore further strengthened, supported and reinforced at school in an age/phase appropriate manner and in a safe and conducive environment by the educators at school.
- From Grade 5, educators present Relationship and Sexuality education formally as part of the life orientation curriculum.

## **CULTURE RELEVANT**

- Sexuality Education should always be relevant to the culture within which it is taught. That which is developed in other countries cannot be imposed and generalized to a particular culture.

## **EDUCATIONALLY ACCOUNTABLE**

- Sexuality education should always be done in an educationally accountable manner; otherwise it will harm the child relationally, emotionally and mentally.
- Under no circumstances should explicit case studies/ examples/activities be utilized or techniques be taught that can confuse, cause distortion and harm the child.
- Sensitive issues are not avoided, but are addressed in a phase appropriate manner, it's not the content that is the issue, but also HOW it is presented that can harm the child.

## **CONCLUSION**

When sexuality education becomes sex information, It leads to promiscuity and an escalation in sexually- related problems.

Sexuality Education is NOT like any subject i.e. Biology, Geography, Mathematics or even Life Orientation.

Effective, character -building, value- based Relationship & Sexuality education for all sectors of society is needed that will impact children, families, schools, communities, and bring about Restoration, Healing and Relationship & Sexual Health, Wellness & Wholeness of our nation.



# HOW DOES THE SMART CHOICES PROGRAM ALIGN WITH THE SCHOOL CURRICULUM?

## CAPS [NATIONAL CURRICULUM AND ASSESSMENT POLICY STATEMENT]

- The lesson plans have been aligned with the outcomes and topics of Caps [Life skills for foundation & intermediate phases] and Caps [Life orientation for the senior phase].
- A curriculum is available for the FET phase [SMART LIFE - Grade 10] [SMART SAFETY - Grade 11] [SMART PARENTHOOD - Grade 12], but is not Caps aligned.

## PURPOSE

The overall purpose of the Smart choices program is to supplement and complement the Life skills & Life Orientation learning program in schools by teaching specific relationship and sexuality education principles

## SLPS [SCRIPTED LESSON PLANS]

- The lessons for each grade have been developed for the educator. These scripted lesson plans [SLPs] contain activities that will assist educators to teach in line with Life skills & Life Orientation Annual Teaching plans [ATPs].
- A broad overview [smart lesson overview] and guidelines to present the activities are indicated for each lesson. Each lesson forms a building block for the next lesson and therefore it is imperative that lessons be taught sequentially.

## TIME ALLOCATION

The time for a lesson is 60 mins, but may also be taught over 2 periods of 30 min each, should the period of 60 mins not be available, provided the lesson is completed

## ASSESSMENT

- Informal assessment: The activities and discussions can be informally assessed during the discussions and activities [peer, self, educator] and through completion of the worksheets.
- Formal assessment: A worksheet for formal assessment is indicated after each segment.
- Educators can allocate marks according to the broader assessment of life skills and life orientation.

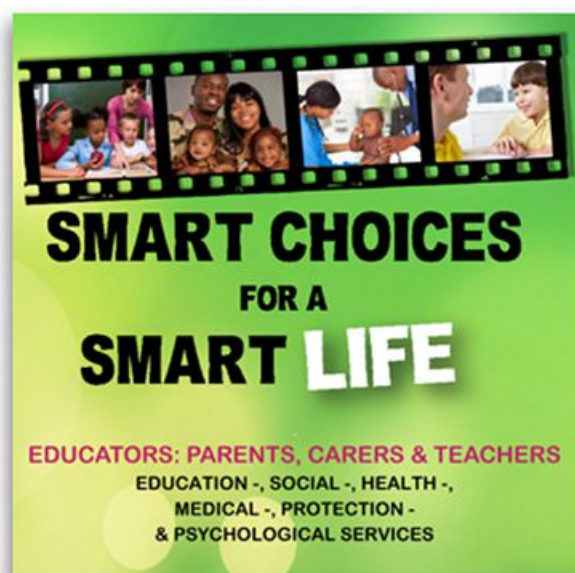
## PARENT/ CAREGIVER INVOLVEMENT

- Learners are encouraged to have discussions about the topics from their workbooks with their parents
- This will allow learners to further internalize what they have learnt and enhance communication between them



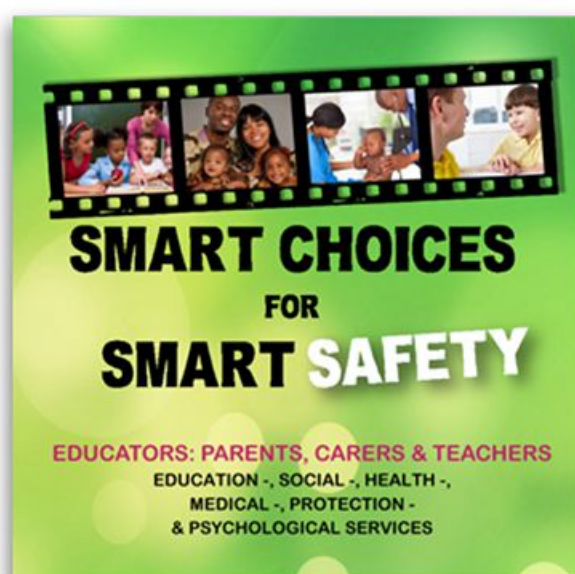
# WHAT ARE THE SMART CHOICES COURSES/PROGRAMS THAT ARE AVAILABLE?

## 1. COURSES FOR EDUCATORS



### **SMART CHOICES for a SMART LIFE**

The main purpose of these three sessions is to Equip educators to guide and Teach children and young people, Relationship and Sexuality Education principles throughout the phases of development to enable them to Make smart, responsible Relationship & sexual choices For a smart life!



### **SMART CHOICES for SMART SAFETY**

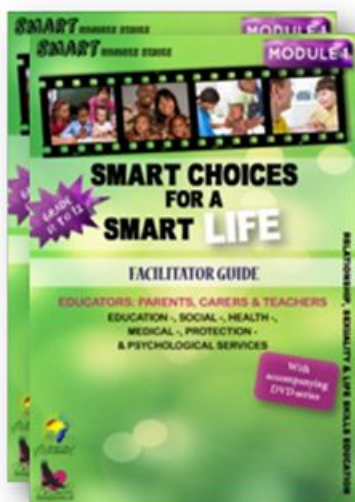
The main purpose of these three sessions is to Equip educators to guide and Teach children and young people to make smart choices to keep safe by Taking care of their bodies, protecting themselves, Finding help when they feel unsafe and Viewing social media critically & wisely.



## 2. PROGRAMS/LESSONS FOR LEARNERS

**SCHOOL CURRICULUM:**  
EDUCATORS GUIDE & LEARNERS WORKBOOKS  
AVAILABLE FOR EVERY GRADE

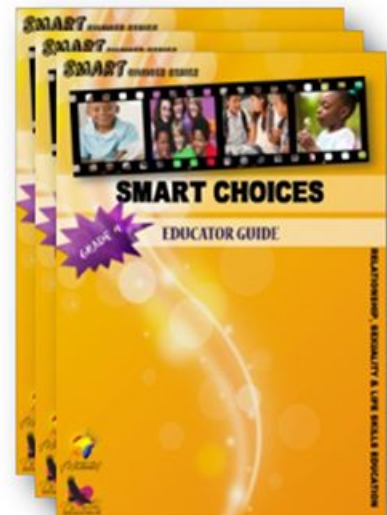
**EDUCATOR'S PROGRAM**  
GRADE R to GRADE 12



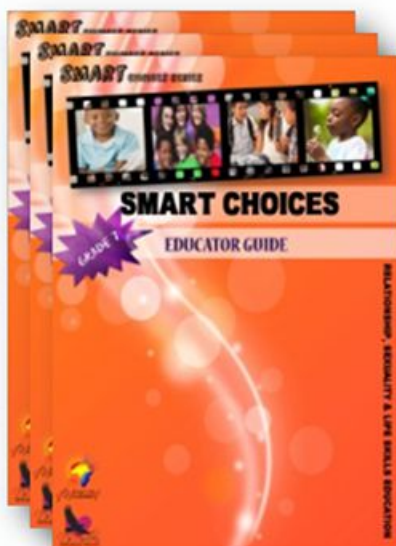
**FOUNDATION PHASE**  
PROGRAM  
GRADE R to GRADE 3



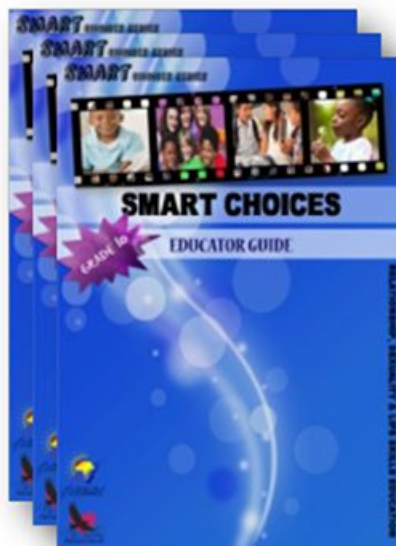
**INTERMEDIATE PHASE**  
PROGRAM  
GRADE 4 to GRADE 6



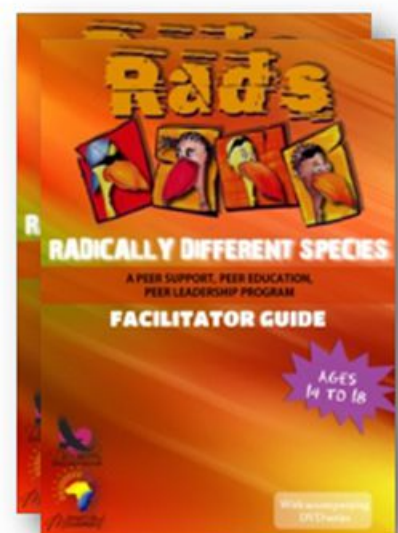
**SENIOR PHASE PROGRAM**  
GRADE 7 to GRADE 9



**FET PHASE**  
PROGRAM  
GRADE 10 to GRADE 12



**PEER SUPPORT**  
PROGRAM  
GRADE 8 TO GRADE 12





# WHAT ARE THE STEPS I MUST TAKE TO UTILIZE THE SMART CHOICES PROGRAM?

## PARENTS/CAREGIVERS

A parent/ caregiver that is interested in attending the smart choices course can do so online.

1. Send an email to [smartchoices@drdarleen.co.za](mailto:smartchoices@drdarleen.co.za)
2. On receipt of your request, an invoice will be emailed to you.
3. On receipt of payment (AFTER 11 JANUARY 2021) you will receive a password to go online
4. The pdf workbook must be downloaded and printed
  - It is suggested that the two modules on video are viewed three times.
  - The first time without the workbook.
  - The second time fill in the answers in the workbook.
  - The third time the answers in the workbook should be checked.
5. An online session will be hosted to verify and answers any questions.
6. Evaluation and certification if such a need exists in the case of parents/caregivers.
7. Take note: the finalization of the online courses could necessitate an adjustment to these steps]

## EDUCATORS AT A SCHOOL/HOME SCHOOL

The procedure for interested schools, church, and organizations is as follows:

- Send an email to [smartchoices@drdarleen.co.za](mailto:smartchoices@drdarleen.co.za) to indicate your interest
  - The programs: Educators guides & learner workbooks can be ordered by the school.
  - Follow these steps:
1. Contact the SLM office by sending an email to [smartchoices@drdarleen.co.za](mailto:smartchoices@drdarleen.co.za) With the completed form "Request for information from school" attached.
  2. On receipt of your request, an invoice will be emailed to you
  3. On receipt of payment.  
the educator will receive a number to go online.
  4. The pdf workbook must be downloaded and printed
    - It is suggested that the two modules on videos are viewed three times:
    - The first time without the workbook.
    - The second time fill in the workbook;
    - The third time the answers in the workbook should be checked
  5. Two online Zoom sessions will be hosted to verify and answer any questions – a test to be completed.
  6. Evaluation and certification. Take note.
  7. Once all these requirements have been met, a licensing certificate for a specific period will be issued.
  8. The school can then place an order for the material.
  9. The license is valid for one year, after which application needs to be made for a new year that will be granted after registration fees have been paid, an evaluation and a refresher course is attended.



# WHAT ARE OTHER IMPORTANT MATTERS THAT I HAVE TO TAKE NOTE OF TO UTILIZE THE SMART CHOICES PROGRAM?

## 1. THE RESPONSIBILITY AND ROLE OF THE SCHOOL/ORGANIZATION:

SMART LIFE IS A CURRICULUM & TRAINING PROVIDER ORGANIZATION. THEREFORE, IT IS THE RESPONSIBILITY OF THE SCHOOL/ORGANIZATION TO:

- OBTAIN AUTHORIZATION FOR IMPLEMENTATION OF THE SMART CHOICES PROGRAM INTO THEIR SCHOOLS FROM THE DEPARTMENT OF EDUCATION/SGB'S PRINCIPALS ETC.
- COVER THE COSTS FOR THE TRAINING OF EDUCATORS, EDUCATORS GUIDES AND LEARNER WORKBOOKS AND /OR OBTAIN FUNDING FOR THE IMPLEMENTATION OF THE PROGRAM
- DECIDE HOW TO IMPLEMENT THE PROGRAM TO FIT INTO THEIR SCHOOL CURRICULUM AND SYSTEM
- ENCOURAGE PARENTS/CAREGIVERS TO ATTEND THE SMART CHOICES COURSE ON LINE TO ENSURE THAT THE SAME MESSAGE AND VALUES ARE IMPARTED BY PARENTS AND EDUCATORS.

## 2. OFFICE REOPENING

- THE SMART LIFE OFFICE WILL REOPEN FOR ENQUIRIES ON THE 11TH JANUARY 2021

## 3. COSTING

**EDUCATOR TRAINING: R3, 500.00**

[INCLUDES ONLINE TRAINING; EDUCATOR WORKBOOK; EDUCATOR GUIDE, ASSESSMENT, CERTIFICATION, ZOOM FOLLOW UP MEETINGS X 2]

**MORE THAN ONE EDUCATOR AT A SCHOOL**

[DISCOUNT CAN BE NEGOTIATED]

**EDUCATOR ANNUAL LICENSING FEE: R850.00**

[INCLUDES REFRESHER/ENRICHMENT COURSE]

**EDUCATORS GUIDES & LEARNERS WORKBOOKS**

[WAITING FOR PRINTERS IN ORDER TO RELEASE COSTS]

**PARENT TRAINING: R500. 00 MODULE 1; R500.00 MODULE 2**

[INCLUDES ONLINE TRAINING & PARTICIPANT WORKBOOK]

***PLEASE TAKE NOTE: THESE ESTIMATED COSTS ARE SUBJECT TO CHANGE***

## 4. ONLINE SCHOOL

- DEVELOPMENT OF THE SMART CHOICES TRAINING AS AN ONLINE COURSE, TO ENSURE GREATER AVAILABILITY, IS IN PROCESS AND WILL BE COMPLETED BY THE WEEK OF 11TH JANUARIE 2021



## CONTACT DETAILS



Sexuality Mentoring AIDS Relationship Training Life Skills and Family Education  
Postnet Suite 179, Private Bag X1, Melkbosstrand, 7437  
WESTERN CAPE  
www.drdarleen.co.za



smartchoices@drdarleen.co.za



### REQUEST FOR INFORMATION FROM SCHOOLS/ORGANIZATIONS/INTERESTED PERSON/S

[Please complete and email to smartchoices@drdarleen.co.za]

Name & surname of principal/ organization/ parent or any interested person [ please indicate which category]  .....  .....		Contact no:  ..... Email address:  .....	
Name & surname of contact person for logistical & implementation of smart choices  .....		Contact no:  ..... Email address:  .....	
School name:		Contact no:	
School address:		Email address:	
Implementation period:			
No of educators, parents/caregivers to be trained:			
NUMBER OF LEARNERS IN THE GRADES THAT WILL PARTICIPATE IN THE SMART CHOICES PROGRAM			
GRADE	NO'S	GRADE	NO'S
R		7	
1		8	
2		9	
3		10	
4		11	
5		12	
6			
<p>I, ..... hereby confirm that I will comply with the specification for implementation of the Smart Choices Program.</p> <p>Signature: ..... Date:.....</p>			