

**REPORT ON THE TRAINING OF SUBSTANCE ABUSE AMBASSADORS**

**KIMBERLY, GALESHEWE**

 **23 to 25 Jan 2017**

1. **INTRODUCTION**

In the second half of 2016 Batsainape Community Builders (BCB)received part of funding from the National Youth Development Agency (NYDA) to train young people in drama and to use these skills to be ambassadors against xenophobia and substance abuse in as drug and substance abuse ambassadors in Tlhatlhaganyane in the Moses Kotane Municipality, North West. The idea was to raise the rest of the funding from other sources to fully implement the project. However, raising additional funding for the project proved to be a daunting challenge as time moved and the deadlines for starting the project were missed. It was based on this that BCB made a presentation to the NYDA to be given permission to approach, engage and partner with an existing similar not for profit organizations sharing the same original objectives of the project. Thus, the partnership with Galeshewe Arts and Theatre Organization (GATO) was established.

1. **ABOUT THE PROJECT**

Like the BCB, GATO is a community based art organizations working with youth of the township of Galeshewe outside of Kimberly on skills development related to arts and drama and using these skills to render relevant community services. The GATO’s substance abuse project was initiated to reduce the incidence of substance abuse amongst Youth at risk in Geleshewe township. The project involved the development to capacity amongst the youth to initiate and implement substance abuse prevention programmes with a multiplier/cascading objective. The approach was to strengthen existing large scale initiatives/projects by contributing technical support and capacity to address the prevention of substance abuse amongst school children and the out -of-school youth in rural under- resourced communities.

In this regard, GATO recruited and engaged 50 youth that it intended to implement this project through them. These youth are qualified to work with children and youth. They have already worked with youth over the past year and have established relationships with schools and youth clubs/projects and be the ideal base/network to be capacitated and trained as Youth Ambassadors.

They complement their existing youth/school projects with the implementation of additional substance abuse prevention programmes in the school/youth projects.

1. **ABOUT THE TRAINING**

The youth already had the technical skills to work with children and youth and required additional skills to bolster their capacity and fast track the roll out the substance abuse prevention to the wider community. The technical support of these youth consisted of the development of an SAQA credit bearing Training Programme on the prevention of substance e abuse activities and its effects of substances on the youth. BCB supported the training programme by paying the facilitation fees of the facilitators that were procured locally by GATO.

The youth were trained as youth ambassadors in the Prevention of Substance Abuse.

The training had the following objectives:

* To equip the participants with knowledge on Substance Abuse for different target groups in the communities e.g. adults/parents, youth in and out of school, children.
* Provision of life skills to enable youth to make informed decisions on the use and abuse of substances.
* To enable the participants to plan and implement prevention activities in the community.
* The ability to make effective presentation on the prevention of substance abuse.
* To build the capacity to advocate for the prevention of substance abuse for the vulnerable population.
* The ability to refer members of the community to service providers for effective treatment.

The training was aligned to the following Unit Standard SAQA ID244581(level3; 2 credits) and was presented by Kgofu Trading facilitators over 3 days. The youth participants will be assessed formally (both formative, summative and the completion of practical portfolio)

1. **THE TRAINING PROGRAMME**

As already alluded above, the training was for three days and had the following programme:

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| **Time** | **Session** | **Topic** | **Description** |
| **DAY 1** |
| 08:00 – 08:30 | Welcome and course administration | Facilitator and youth are introduced to each other.Administrative tasks are completed: attendance registers signed Introduction to SAQA training, NICDAM. |
| 08:30 -10:30  | Session 1 | Substance Abuse | What is substance abuse?Which factors lead to substance abuse?What is the process that leads to substance abuse?Classification of the different substances/drugsThe effects of drugs – socially, psychologically, physically, economically |
| 10:30 – 11:00 | **TEA BREAK** |
| 11:00 – 11:40 | Session 2 | Self-esteem in relation to Substance Abuse |  |
| 11:40 – 12: 15 | Session 3 | Stress Management as an alternative for Substance Abuse | What is stress?How to deal with stress effectively – strategies to alleviate stress. |
| 12:15 – 13:00 | Session 4 | Facilitation Skills | How to facilitate successful workshops, topics, information sessions and other prevention activities |
| 13:00 - 14:00 | **LUNCH**  |
| 14: 00 – 15:00 | Session 5 | Dealing with peer pressure to avoid Substance Abuse and harmful/risk behaviour |  |
| 15:00 – 16:00 | Session6 | Assertiveness as positive role model |  |
| **DAY 2** |
| 08:00 – 08:30 | Recap and admin |
| 08:30 – 09:30 | Session 1 | Communication as an ambassador for the prevention of substance abuse | Addressing different target groups – which communication skills is required. |
| 9:30 – 10:30 | Session 2 | Decision making in relation to the use or abuse of substances |  |

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| 10:30 – 11:00 | **TEA BREAK** |
| 11:00 – 12:00 | Session 3 | Goal setting |  |
| 12:00 – 13:00 | Session 4 | Presentations | Youth will be divided into groups of 5. A set of 5 topics will be given to each group – each group member will present for 5 minutes on their given topic. For example:Early signs of substance abuseWhat to do if your family member or friend has a problem |
| 13:00 – 14:00 | **LUNCH** |
| 14:00 – 16:00 | Session 5 | Continuation of presentations and feedback | Same as above |
| **DAY 3** |
| 08:00 – 08:30 | Recap and admin |
| 08:30 – 10:30 |  | Summative assessment | Written questions |
| 10:30 – 11:00 |  |
|  | Session 2 | Planning of prevention activities | Tips on how to do a successful presentation – material on substance abuse provided to youth. An exhibition stand demonstrated and setup in class. Each participant will receive relevant pamphlets, flyers/material on the prevention of substance abuse.Examples of prevention activities including advocacy |
| 12:00 – 13:00 | Session 3 | Meeting procedures | How to plan, conduct a successful meeting.  |
| 13:00 – 14:00 | **TEA BREAK** |
| 14:00 – 15:30 | Session 4 | Sexuality and HIV |  |

1. **CONCLUSION**

This was first BCB project and it reinforced, given limited funding opportunities, its strategic objective of forging collaboration and partnership with similar minded organizations. This pooling together of resources ensures that projects are not unnecessarily delayed because of the inadequate funding and that ultimately the youth and the community at large benefit.