

THE KHULISA “MIRROR” SELF-DEVELOPMENT PROGRAMME

“Here in my hand I hold the mirror. My facilitator told me that I should be true to myself like the mirror is true to me. I must love myself. Love is not about sex but just loving because of loving. I should and want to care for others.” Participant

Programme Description

This programme focuses on developing emotional intelligence amongst the participants. The “Mirror” programme is a modularized 12-week behaviour change programme addressing risky behaviour amongst children and adolescents. The programme focuses on self development through reflection and narrative therapy techniques that is aimed at normalizing the participant’s environment and lives. Reflection therapy is used by confronting the children indirectly through their own image in the mirror. This is combined with “storytelling” as another reflection technique. Through these and other techniques the participants are empowered to share their own stories through a dialogue circle and evidently meet their true selves.

Programme Delivery

This programme can be facilitated in two ways: 1) As an open programme, where every module can be facilitated as a separate workshop and participants can inter at any time and get recognition for the sessions they attended for e.g. within an awaiting trial centre where the participants will need to go to court and not be able to attend all the sessions. 2) As a closed programme with a “storybook” session, “elastic soccer” and “creative dance” activities as home work activities for e.g. in a street children shelter.

This programme is facilitated over 12 sessions of 3 hours each. It may be facilitated once or twice a week but time should be allocated for portfolio- and recreational activities to unlearn violent/aggressive or addictive behaviour.

If and when possible staff will also be empowered to form part of this intensive process.



Target Audience

This programme was developed for children at risk or in conflict with the law between the ages of 12 and 18 years for e.g. awaiting trial youth, street children, children in places of safety, children in industrial schools or reformatories or any other children who have behavioural problems relating to criminal behaviour or drug addiction. The programme may be facilitated to a younger audience if a skilled facilitator is available

Programme Content

Programme Process:

- Every session starts with a creative mirror check-in activity (children have to reflect on the feelings of the person in the mirror) with an appropriate poem that will link to the theme of the day.
- The facilitator will set the scene through narrating a “mirror” story that will have a direct connection to the theme of the day. (facilitators are empowered to become “storytellers”)
- The facilitator will cover the main content of the session through creative activities and games that will allow all the participants to participate.
- The theme for the day is enforced by motivational words of South African Sport Stars.
- Every session is closed with a mirror check-out activity to allow the entire group to reflect on the impact of the session.
- All the participants have to complete a portfolio of evidence to assist them to unlearn learned behaviour. They also have to take part in the evening story – reading, elastic soccer and dancing.



OUTLINE OF THE PROGRAMME

THEME	WHAT IS THIS? (Introduction)
THEME	MY RIGHTS, RULES AND MY COMMUNITY (Resource Register form part of the Portfolio of Evidence)
THEME	MY VALUES
ACTIVITY DAY	THIS IS MY SECRET (Sport day with Sport Role Model Visiting.)
THEME	GERMS (Health, Hygiene and HIV/AIDS)
THEME	GET HIGH ON LIFE (Drug education)
THEME	TRUST
THEME	WHO AM I? (Self-Awareness)
THEME	HOW DO I FEEL WHAT I FEEL? (Emotional Intelligence)
THEME	HOW DO I CONTROL WHAT I FEEL?
THEME	HOW DO I LEARN TO LOVE? (Relationships, peer pressure and gangs)
ACTIVITY DAY	TELLING MY OWN STORY – Circle dialogue/Listening Circle
THEME	LET'S SUMMARISE: "The Magic Box"
THEME	OUR TREE WILL GROW (Dance performance and feedback from the different groups during certificate ceremony) /FAMILY DAY

Monitoring and Evaluation

Assessment tools are used during the programme deliver:

- Pre and post test evaluation forms.
- Monitoring of participant's behaviour by staff members if and when possible.
- Assessment done by participants after every session.
- Assessment done by facilitator after every session.
- Feedback report compiled by facilitator after termination of the programme.

Case Study

"At the age of 12," says Siphon Magwatso, "I ran away from home because my mother used to hit me very badly and there was no other family to take care of me. I lived on the streets, using drugs and prostituting myself to survive. When I was 15 I was arrested for shoplifting and placed in a correctional facility where I awaited trial and found Khulisa running the "Mirror" programme. Until then I didn't know anything about my rights or what love was and I carried many secrets inside me that were painful. The Khulisa facilitator taught me to see good things about myself and how to look after myself and keep safe."