

*We are all in this together...*



# #resilientyouth



# My Doodles



# These are extraordinary times

*how are you doing?!*

Coronavirus, Covid-19, Corona, Covid... it has different names. This is dominating our news, our conversations, our thoughts... This disease has put our families, communities, our country and our world into a whirlwind of epic proportions!

It feels like even the people who should know what's going on, don't really know what is going on! Life has changed so much. There is a lot of uncertainty about most things these days.

But, there is light in the darkness!

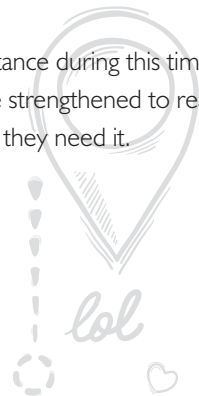
We are all in this together. This is a global disease, there are other young people around the world who are affected in many of the same ways as you are right now. You are not alone.

You have already come so far. Think about how you have adapted with the changes and losses already in the past few months. Congratulate yourself for coping with some tough changes.

As much as there is uncertainty, there are many people in different sectors of South Africa and the world, who are working hard to bring positive change and assistance to cope with this disease.

We hope that this booklet can offer you some hope and assistance during this time. We hope it can help you feel connected and inspired. May you be strengthened to reach out for help when you need it, and offer help to others when they need it.

In Hope, dlanathi.



# Hey Shekhinah!

*how are you doing?!*



**Hey Shekhinah! How are you doing?** I'm doing good. Every day I work at being positive even when things feel hard.

**What has been hard for you during this lockdown time?** Thinking, will we ever go back to what was once our reality or will life forever be different? There seem to be more questions than answers right now.

**How have you coped?** I've been really fortunate to be able to have access to the internet and listen to motivational sermons or teachings which have been so helpful in keeping my heart still. I have set goals for myself and been driven to continue working even if what I have to do now is out of my comfort zone! Since lock down there have been no live concerts and all my work has gone digital. I realised that I had a choice to make. Either I give up or I understand that I need to adapt to a new way of working. I adapted!! Laughing has helped a lot. Keeping in contact with other positive people and following positive accounts on social media help me feel that living life today is possible.

**What is the one thing you can't wait to do after lockdown?** I can't wait to visit my family and friends, something I think I took for granted before lock down.

**What would you like to say to the young people of Mzansi at this time?**

Don't give up on yourself. This difficult time will come to an end. It is not going to last forever, even if it feels like it will. During this time take care of yourself and those that you love that are around you. Being wise with your choices is still important. You have come this far and you are stronger then you can imagine. Be brave. Believe in yourself and the rest will fall into place.

Shekhinah Donnell is a POP/R&B vocalist and song writer born in Durban South Africa. After singing and performing in musicals she landed her first gig in South Africa's 7th season of Idols where she made the top 32 but was eliminated. The following year, while doing her matric she returned to compete and landed up in the top 6 finalists. In 2017 she completed a Live Performance degree. Shekhinah has performed all over Africa and collaborated with many international artists like John Legend and Ed Sheeran. Over the last few years she has been nominate and won a number of music awards, and in 2019 she claimed the title of the most streamed female artist in South Africa.

# Emotions and Loss

This Covid-19 pandemic is completely new to the whole world. There are many emotions we may be feeling in this time due to all the uncertainty, there are more questions than answers. We may be frustrated, lonely, anxious, bored, depressed and many other emotions and these can change from day to day!!

**Take time out to think about your emotions, it may help to write some feelings out in a journal or spend some time discussing and sharing your answers with a friend.**

- What are some of the feelings you have felt since lockdown started in March? (It is OK if this is a mix of happy/sad emotions)
- Who has supported you emotionally?
- What has been easy or positive for you during this time?
- What has been stressing you out? Is it something you can control, or not?
- What has given you strength and joy?

Everything you are feeling right now is completely normal. This is a time where none of us know what the future holds and that is hard.

**IT'S OK TO FEEL:**



EVERYBODY FEELS THAT WAY SOMETIMES.  
WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEAK. IT MAKES US

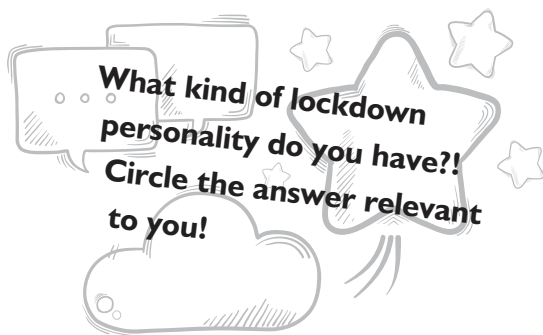
**HUMAN.**

IT HELPS TO TALK ABOUT IT.

Loss contributes to our emotions. Change brings loss in different ways. These losses can be small or really big. There may be many things you feel you are missing right now; contact with friends, no sport, no school, loss of a routine. Your family may also be experiencing losses of different kinds.

What have been the biggest losses for you? Who can help you cope with this pain? (Resources are also available at the end of this booklet). What have you done that has helped you to cope already?

# FUN QUIZ



## 1. It's day 68 of lockdown - are you:

- A. Planning a virtual party with friends to help ease self-isolation for everyone
- B. Relishing the fact you don't have to get out of your PJs
- C. Learning something new e.g baking or cooking

## 2. While speaking to your friends via whatsapp video do you:

- A. Ensure you put on your make-up? You have to remain upbeat!
- B. Switch video off, as you haven't been dressed for days
- C. Show them what you have been up to?

## 3. A friend messages you in a panic, worried about all the uncertainty. Do you:

- A. Reassure them that everything will be okay and calm them down
- B. Not look at your phone. This is your time to relax and embrace the quiet
- C. Think of ideas to keep their mind off things, and suggest a virtual book club

## 4. You've been watching the news all day for the 7 weeks. Are you:

- A. Struggling – when you normally feel anxious you like to keep busy
- B. Finding it easy to put things into perspective.
- C. Planning on how to get onto the news with your next world record.





### Mostly As – The Crisis Queen

You're a true extrovert. You're outgoing and socially confident and you get your energy from involvement in events and different activities with friends. You're the person who people rely on in times of crises. While at the start of the lockdown you may have had a positive and upbeat outlook, as time goes on you may feel like your energy is starting to become depleted as others turn to you for advice. Be sure to look after yourself as much as you do others.

### Mostly Bs – The True Introvert

You're relishing the quiet that this pandemic is bringing as you get your energy from the ideas and reactions which are inside your head and in your inner world.

This time is allowing you to reflect and take stock and you feel comfortable being alone.

### Mostly Cs – The Hobby Fanatic

You love nothing more than a good routine and to be kept busy. Developing a hobby is a good way to keep our anxiety at bay during this crisis.

It also provides us with a sense of self-control at a time when we feel like we have no real control over our lives.

*Remember:*

*Be kind to yourself -  
you only have one life!*

# GOALS!

GOALS are an idea of the future that one imagines, plans and commits to achieve. Don't let the coronavirus pandemic put your goals to sleep! This may be a good time to re-evaluate your goals. **However, remember to hold realistic expectations of yourself during this time. You don't have all the answers, no one does.**

Before you read further about the process of goal setting, stop and take a breath and think about where you are;

- Sometimes you simply need to focus on coping with today. When we are in crisis, it is extremely difficult to think about the future. There is nothing wrong with focusing on today. Today may not be your day for long-term goal setting.
- When you are ready, be curious about the possibilities for you in the future. Maybe the possibilities could make you smile and even energise you? (Even if they don't seem realistic just yet!). Curiosity leads to exploration and creative thinking, it doesn't have to be a set plan yet!
- After that, when you are ready, set some goals for yourself. You could use the SMART goal technique we talk about on the next page. Choose a day when you have the energy for it.

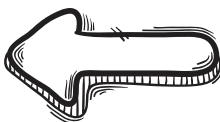
Here is a story of a young person with goals... We invite you to read and reflect upon Thabo's story.

Thabo is 16, he wants to be a professional athlete. He likes to eat junk food because he says it tastes good. He is talented, but only trains when he feels like it. He spends most of his time on social media chatting to his friends 'till late at night. Before the lockdown he would practice regularly with his coach at school. His coach gave him an eating plan to follow that would assist him in building his body and keeping healthy, but mostly he has been eating junk food. He has been too tired to get up exercise between 6 and 9am in lockdown level 4. He has little energy.

1. **What do you think Thabo should do, that would help support him in reaching towards his goals?**
2. **How will you or others know that things have changed for him?**



Well-formed goals are...



S

**small and specific steps** - remember that even one small action step towards your goal gets you closer!

M

**measurable** look back and be able to see what you have already accomplished

A

**achievable and action based**, this is something that is actually possible for you to accomplish, each step of action brings you a little closer to your goal

R

**realistic**

T

**time bound**, the goal can be reached in a certain time. Short term goals are goals that you can achieve in the near future. The near future can be today, tomorrow or in a months' time. Long-term goals are goals that you can reach over a longer time period such as 6 – 12 months, or even 2 – 5 years.

# How about you?

## What is a goal of yours?

When you are ready, write a specific goal down. Think about action steps towards that goal. Make each action step SMART.

When Thabo started setting SMART goals, he did not try to do this alone, he got help from his coach. We all need someone to help us achieve our goals. Who is the person who can assist you with your goals?



This person should be someone you can talk with openly and honestly, sharing any fears, setbacks, hopes and dreams. This should be a trustworthy person to you, and someone who believes in you. They should help you to think and inspire you, not control you according to their own agenda.

Talk to different people of various ages about their goals, specifically people you admire. Ask them questions about how they got to their goals, what worked for them and what didn't.

It's important to note that what works for someone else may not work for you, but you can certainly learn from where other people have gained wisdom in experience.

**Remember, not everything always goes according to plan and things happen that you cannot control! It is OK if goals have to change. This does not mean you have failed!**



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# Alcohol Use and Misuse

In South Africa only those 18 years of age and older are allowed to drink alcohol. But many under 18s start using alcohol earlier than that... this may be to:

Relieve boredom, Fit in with friends who are drinking, Boost courage also called "liquid courage" and maybe do things you wouldn't usually do, Feel happy and numb pain...for a very short while, Enjoy feeling 'tipsy'.

Alcohol is sometimes used as an unhealthy way of coping with life. There are many more healthy ways of coping. Reach out when you need help.



**Stop and think! If you are drinking alcohol underage or you are drinking excessively, what do you think your reasons are for drinking?**

Be honest with yourself, are you in control or is alcohol in control of you?

## Addiction:

a person is addicted to alcohol when they feel that they cannot function without having a drink, and when they're not drinking they have shaky hands and headaches. They also plan their lives around getting access to alcohol and even choose alcohol over friends and family.

There are real risks of alcohol consumption that affect your future!

- alcohol is addictive and addiction is difficult to overcome
- alcohol is destructive; excessive use, especially at an early age, destroys brain cells. This affects your school and employment prospects in the long term.
- Teens who drink are more likely to self-harm and be suicidal

You don't have to let alcohol control your life! Find someone you trust to talk to if you are worried about your drinking.

## Help is available:

Tollfree 24 helpline for Substance Abuse 0800 12 13 14 or SMS 323 12.  
Alcoholics Anonymous 0861 435 7222.





**Are you thinking about sex ?**

**Are you planning to have sex ?**

**Are you still having sex during lockdown ?**

Coronavirus is getting a lot of attention, but HIV and other sexually transmitted diseases are still important to think about. Keep making wise choices that protect you and others sexually.

Keep on using condoms to prevent unplanned pregnancy and HIV infection transmission.

Keep on taking your ARVs or any other medication you may be on.

Respect yourself and respect others, consent[1] is needed for every sexual encounter you have.

Report abuse! Response and help for rape and abuse victims continues through this time.

If you, or someone you know, is being abused, report it.

**These numbers are available during lockdown:**



LifeLine counselling 0861 322 322 or WhatsApp call counselling 065 989 9238

GBV Command Centre 0800 428 428, \*120\*7867# for call-back

Women Abuse Helpline 0800 150 150

Human trafficking helpline 0800 222777



[1] Please turn over for info about consent



## Lets Talk About Consent !

Consent means giving permission for something to happen. Consent is needed between both partners for every single sexual encounter you have, even if you are dating one another, and have had sex before. For full consent to be given, sex must be voluntary and desired (ie: you are BOTH willing at the same time).

**If someone is unwilling to have sex, forcing them to do so is rape.**

Consent is a part of healthy relationships. Partners in a healthy relationship tell each other what they need and listen to one another.

Take time to think about your own relationships;

One a scale of 1 to 10, how healthy is your romantic relationship right now?

1 ----- 10

1= "My partner makes me feel like a nobody."

10= "I feel really good about myself when I have spent time with my partner. I feel special and worthwhile."

**What is your definition of a healthy relationship?**

Make your own scale, ask your friends what they think.  
Compare your definitions with one another.

**If you're not happy with the state of your relationship,  
what would you like to do about it?**

If you are in an unhealthy relationship that you are struggling to get out of, reach out for help to one of the numbers given over the page, or ask a friend for help.

# Covid-19

## symptoms, testing, treatment

### Symptoms:

Fever, tiredness, dry cough, difficulty breathing.

### Spread:

The disease spreads quite easily through droplets from the nose or mouth of an infected person. This is why standing at least one meter away from others is important, as well as wearing masks when out of your home environment.

### Prevention:

- Follow the government's guidelines for staying at home.
- Wash your hands regularly with soap and water, for at least 20 seconds. (this needs its own picture)
- Wear a mask. Avoid touching your face, this is because the virus can live on certain surfaces and when you touch those surfaces and then touch your face, you can get the virus.
- Practice social distancing by staying home as much as possible and keeping 1m distance between you and other people when not at home.

### Testing:

Not everyone will be tested, but only those with symptoms of the illness. You may have a community health care worker come to your home to ask questions about the virus. Please help them to do their job and answer the questions. Their work is helping to prevent the spread of the disease in South Africa.



If you have some of the symptoms of coronavirus, call the 24 hour helpline or send a WhatsApp for further assistance.

**Coronavirus 24 hour helpline: 08 000 29 999.**

**Coronavirus WhatsApp: 0600 12 34 56.**

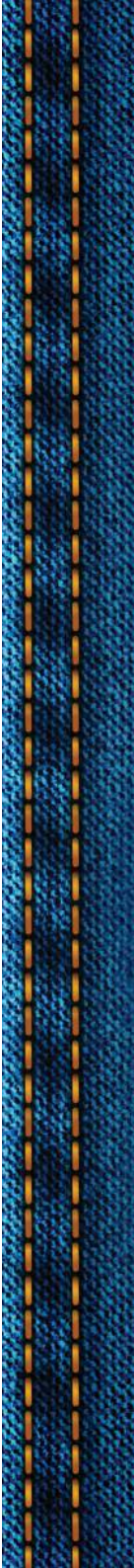
Data-free coronavirus information site **[www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)**

**\*134\*532\*911#** data free access to information on coronavirus in English,

Swahili, isiZulu, French, Portuguese



# My Doodles



## MENTAL HEALTH

TOP TIP # 14

**Your mask  
protects  
yourself and  
others.**

**Wear a mask  
whenever you  
leave home.**

**dlanathi**



### **If you need help...**

- South African Depression and Anxiety Group (SADAG)  
general helpline 0800 456 789 SMS 31393, suicide helpline  
0800 567 567
- LifeLine counselling 0861 322 322 or WhatsApp call counselling  
065 989 9238
- GBV Command Centre 0800 428 428, \*120\*7867# for call-back
- Women Abuse Helpline 0800 150 150
- LifeLine AIDS Helpline 0800 012 322
- www.mobieg.co.za live chat for teens Sunday from 18h00 Monday-  
Thursday from 19h00
- Gift of the Givers 0800 786 786. Monday to Friday 9am – 4pm



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