# Grade 9

Life Orientation



# A reminder:

No matter what you have done in LO before, from now on LO will be taken seriously and treated as an academic subject at this school.



### Easiest distinction but also easiest bomb out:

- Unlike your other subjects where the final exam counts most, each term of LO counts the same. This means that constant hard work and dedication has to be given to each term.
- 2. People feel that LO simply general knowledge- it is not and besides if it were just general knowledge, then your general knowledge isn't that great at all.
- 3. Learners do not see the academic importance of LO and you may have heard via via that it will not exist as a subject. Well, it is here to stay for now and it does count towards your APS (for some institutions)- even if it is only slightly. Furthermore some courses require that learners have achieved at least 60% for LO.
- 4. The work may seem simple for some of you and it may be a repeat of what you have been taught at home. The reality, however, is that not everyone has a stable home life and (believe it or not) some learners will be hearing this stuff for the first time in their lives.

### Homework

Design a CD cover on your front page telling us exactly who you are & what you want to achieve.





Goals



### Goals:

Write the date.

Goal-setting skills: personal lifestyle choices.

### You have 30 minutes to complete the following:

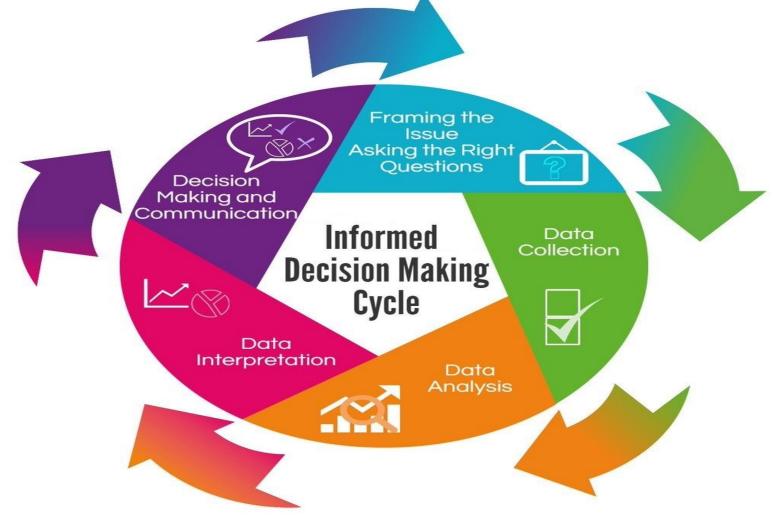
Google (or look in your textbook) what "SMART goals" are and write down some key points from your search. Then create a free account at the following link/QR Code:

https://lifetick.com/



Now have fun and create some good SMART goals and start sharing them with others to keep yourself accountable.

Page Reference: 1-2; 8-10; 14-15 Exam Practice: Activity 2.1 pg 11



UK /əˈsɜː.tɪv/ US /əˈsɜ·ːtɪv/

Someone who is assertive behaves confidently and is not frightened to say what they want or believe:





Makes you feel better about yourself



Propels your career



Minimizes any unpleasantness



Vaults you into leadership position



Helps have better relations with others



Able to adapt to changing social and professional environments



Reduces stress



Freedom from guilt conscience as you know that you are right

Copyright @ 2008 - 2012 managementstudyguide.com. Allww.managementstudyguide.com righte received



# Recap Question 2.1

Give 3 influences of lifestyle choices.



# Recap Question

Discuss the answer as a class:

"I'M NOT WORTHY"

"I CAN'T PRAY"

"I DON'T DESERVE GOOD"

"GOD IS GOING TO GET ME!"

"GOD IS DISAPPOINTED"



# MILWAUKEE

**GMA HEAT INDEX** 

SHOCK ADS REVEALED: "PREGNANT BOYS"

**NEW TARGETS FOR TEEN PREGNANCY** 

obc NEWS

# Sexual behaviour and health





### PROTECTIVE AND RISKY FACTORS INFLUENCING SEXUAL HEALTH AND RESPONSIBLE SEXUAL BEHAVIOR





### CHIEVING SEXUAL HEALTH **BEGINS EARLY IN LIFE**



### **CONTINUES THROUGHOUT** THE LIFE SPAN





### **FAMILY**

٠,		ΠV	_	ISI
4		N 4		 

Supportive Parenting Style

Parental Monitorina

Good Communication

Family Connectedness

### KΨ

Overcontrolling Parenting Style

Substance use in the house

**Neglectance** or no Support by Family

### SCHOOL/UNIVERSITY

### **PROTECTIVE**

School Connectedness

Involvement in School Activities

Academic Achievements and Aspiration

### RISKY

Inadequate Sexual Health Education **Programmes** 

No Knowledge or Capacity of **Teaching Staff** on Providing Support and Guidance on Sexual Health Issues

### RELATIONSHIP

### **PROTECTIVE**

Communication. Honesty, Trust, Respect

Contraception Body and Mind Connection

### RISKY

No Contraception

Frequent Dating and Different Sexual Parners



### COMMUNITY

### **PROTECTIVE**

Cohesiveness. Trust and Social Capital

Neighborhoods Offer Youth Opportunities

### RISKY

Neighborhoods with High Rates of Violence. Hunger or Substance Use

### INDIVIDUAL

### **PROTECTIVE**

Plans for Positive **Future** 

Positive Self-esteem and

Knowledge on Safe Sex

Sex at an older age

### RISKY

Alcohol/Drug Use

Self-awareness. Gang Involvement Self-Image

> Violent **Behavior**

Risky Sexual Behavior



### PEER

### PROTECTIVE OR RISKY

Reflection of peer social norms



### **BIOLOGICAL - PROTECTIVE OR RISKY**

### INFO PSYCHOLOGICAL PROCESSING INFLUENCED

Physiological Responses

Learning

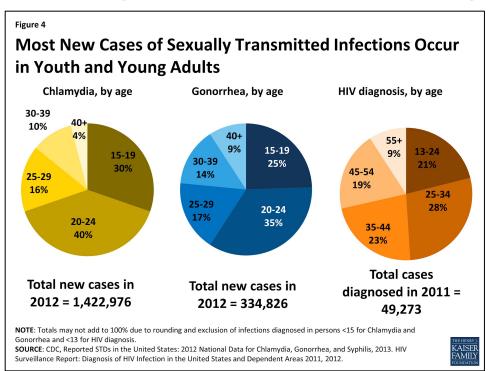
**Brain Mechanics** 

**HORMONES** 

### Sexual behaviour and sexual health:

Write the date.

Look at the graph below and discuss the following questions as a class. Write down points.



- **1.** Discuss 3 possible reasons for the increase of all three disease.
- 2. Why is there such a high infection rate amongst 13-24 year olds as opposed to people over the age of 40?
- 3. These stats are from the USA. Would they differ if it was from South Africa? How so?

https://www.kff.org/womens-health-policy/fact-sheet/sexual-health-of-adolescents-and-young-adults-in-the-united-states/

Page Reference: 21-25

**Exam Practice: Activity 1.2 pg 25** 



# Recap Question 2.2

Give 3 risks of sex.

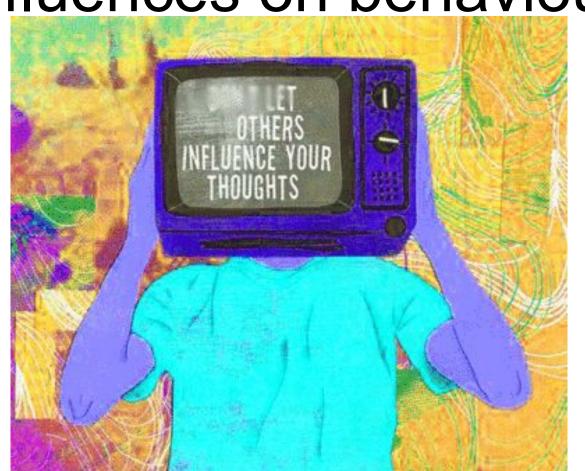


# Recap Question

Discuss the answer as a class:



# Influences on behaviour



### Influences on behaviour:

Write the date.

Complete this Google form as honestly as possible:

https://docs.google.com/forms/d/e/1FAIpQLSe8WBaSXuvXLocX-Qzm6SxCDHhD\_8CNu7aCduTS3X8Pc2XHJg/viewform?usp=sf\_link



Once everyone has completed the form, your teacher will display the responses. Critically discuss the results as a class and make notes of key points in the discussion.

<u>Page Reference: 28-29; 32-34; 38-39</u>

Exam Practice: Activity 4.1 pg 39



# Recap Question 3

Provide 1
strategy to
protect yourself
sexually.



# Recap Question

Discuss the answer as a class:



# Time management



### **Time management:**

Write the date.

Time management skills: accountability in carrying out responsibility

Sign up with Toggl for free. This app will assist you in monitoring how much time you spend on tasks and thus you can plan on making more out of each day. Once you have signed up try and plug your own details in for the last 3 days:

https://www.toggl.com/signup

### Reflection:

- 1. Are you spending your time in the most productive way?
- 2. What can you do to better your time management?

<u>Page Reference: 43-44; 48-49; 52-53</u> <u>Exam Practice: Activity 1.1 pg 45</u>

# WHY 20 LE READ?

- gain knowledge
- · have fun
- · discover the world
- build language and writing skills
- · make better decisions
- communicate
  - · become

ABC'S with

thinkers

flexible



to share experiences

to share feelings



to tell about important events







### HOW TO STUDY MORE EFFECTIVELY!



### BEFORE

 Read your assigned readings BEFORE you get to class!

 Explain concepts and ideas in your own Write down all words. questions you havel

 HIGHLIGHT IMPORTANT

information, definitions, and ideas! (don't forget to COLOR CODE!)

## # 3 CLASS

Make a new STUDY GUIDE



Condense

your notes in your own words!!

TRANSFORM important info into easier forms for review.

TUDY GUIDE

VISIT GETSCHOOLED.COM OR TEXT 33-55-77 IF YOU GET STUCK!



 Take G⊚⊚D Notes! (short hand abbreviations can help you write ? Faster!)

> If you don't get it? **ASK QUESTIONS!!!**

> > spend 30 mins

 If you made yourself a STUDY GUIDE add comments from class discussion!

# REVIEW The weekend after class,

a day reviewing your STUDY GUIDE

Quiz yourself! Make it (FUND)

### #5 PREP 4

- Schedule your test dates on a CALENDAR:
- Decide what, when, s how you will study each day and ADD IT to your calendar







# Recap Question 4.1

What does 'accountable' mean?



# Recap Question

Discuss the answer as a class:



# Citizen responsibility



## Citizens' rights and responsibilities: Write the date.

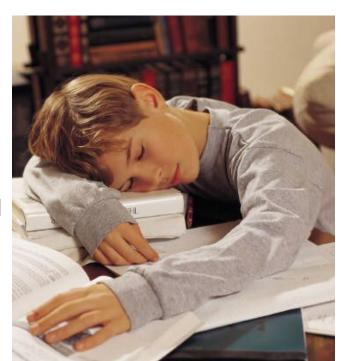
Get into groups of 3-5. Have one person taking notes whilst the group discusses the following scenarios and answers the questions that follow them (30 minutes):

Thomas loved football so he joined the school football team. He went to training every Wednesday after school, but then he started to get bored and decided he would rather play outside with his friend Mark. Thomas missed three practices after school and made up excuses to his teacher. One day Thomas' teacher Mr Brown told the team they would be playing a match against another school, Thomas told Mr Brown he was free that day and would like to play. It was match day and Thomas found it very hard to keep up with his team mates and kept missing the ball. His team lost the game.

- 1) Who is to blame for the loss?
- 2) Was Thomas irresponsible?
- 3) How could Thomas have taken more responsibility for his actions?

Sarah had just got home from a long day at school. She had some Maths homework to do and some spelling to learn for the next day. Sarah's sister Maisy asked Sarah if she wanted to play outside but she said no and finished her Maths homework. After tea time Sarah's favourite TV program was on. She watched it every day so she had to watch it! When the program finished Sarah was tired and went to bed. The next day she remembered that she hadn't learned her spelling and tried to learn them quickly in the car on the way to school, but still didn't do very well in the spelling test. www.tes.com/teaching-resource/responsibility-scenario-cards-6311607

- 1) Who is to blame for Sarah not doing well on her test?
- 2) Was Sarah irresponsible?
- 3) How could Sarah have taken more responsibility for her actions?





Mrs Jones decided that children in class three would be given jobs to complete around the classroom. She made a list of jobs and gave children a job to do for the rest of the week. Billy and James were asked to be break time monitors, this meant they needed to give out fruit at break time and take any spare fruit to the staff room. By Wednesday Billy decided he found the job boring and went straight out to play instead. On Thursday it was a cold and miserable day and Billy decided he would rather stay inside for a little while longer, however when he went to do his job he found out that Jacob had been given his job instead and was the new break time

https://www.tes.com/teaching-resource/responsibility-scenario-cards-6311607

monitor for the rest of the week.

- 1) Was this fair to Billy and James?
- 2) Were these boys irresponsible?
- ) How could they have been more responsible?

	Fill in the table in your groups:	What date is celebrated on?	What is the meaning of the day?	What should you do to celebrate the day?	
Exam Practice: Activity 2.1 pg 69 (DO NOT do ques. 3)	New Year's Day				
	Human Rights Day				
	Good Friday				
	Family Day				
	Freedom Day				
e: Activi	Workers' Day				
n Practic	Youth Day				
Page Reference: 59-62: 66-68 Exa	National Women's Day				
	Heritage Day				
	Day of Reconciliation				
	Christmas Day				
Page Refe	Day of Goodwill (formerly Boxing Day)				



## Recap Question 4.2

What is and why do we celebrate the 16th June?



# Recap Question

Discuss the answer as a class:



# South African constitution



## **Preamble**

We, the people of South Africa, Recognise the injustices of our past; Honour those who suffered for justice and freedom in our land; Respect those who have worked to build and develop our country; and Believe that South Africa belongs to all who live in it, united in our diversity.

We therefore, through our freely elected representatives, adopt this Constitution as the supreme law of the Republic so as to:

- Heal the divisions of the past and establish a society based on democratic values, social justice and fundamental human rights;
- Lay the foundations for a democratic and open society in which government is based on the will of the people and every citizen is equally protected by law;
- Improve the quality of life of all citizens and free the potential of each person; and
- •Build a united and democratic South Africa able to take its rightful place as a sovereign state in the family of nations.

  May God protect our people.





## **South African constitution:**

Write the date.

## Constitutional values as stated in the South African Constitution:

On the previous slide you will see that the Preamble to the South African Constitution. Go back and read it again personalise it for yourself; ie where it says "we" change to "I".

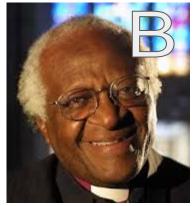
Now answer these questions in your book:

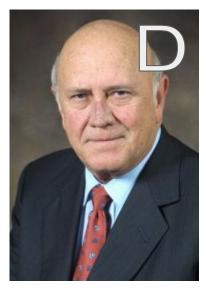
- 1) Were you aware of what the Preamble said before this lesson?
- 2) Have you been challenged to take up the mantle of being a true South African citizen?
- 3) Which part of the Preamble really spoke to you most when reading it?
- 4) How do you plan on adjusting your own life to meet the requirements of the Preamble?
- 5) When will you start?

## Role models for upholding the constitution:

Work with the person next to you and test your knowledge on people who made our constitution a real thing and who really are South African heroes. Write it down on a piece of paper. The first pair to complete this task correctly are the winners:







For each figure you need to answer:

- 1) Who are they?
- 2) What are they famous for?
- 3) How do/did they uphold the constitution?

## Apply the constitution in daily life:

Write a paragraph using the following questions as a guide). The questions are based on the next two slides (summary of the bill of rights and an image of a prostitute:

- 1) What are your initial thoughts about this woman?
- 2) Which of the prostitute's rights have been violated?
- 3) What can you personally do to protect prostitute's (like the one in the picture) rights?
- 4) Write down three goals of how you plan to help those (for the next 3 months) whose rights are being violated.

#### EQUALITY

Everyone is equal before the law and may not be unfairly discriminated

### against. HUMAN DIGNITY

Everyone has inherent human dignity which must be respected.

#### LIFE

Everyone has the right to life

#### FREEDOM AND SECURITY OF THE PERSON

You have a right to be free from all forms of violence and not be detained without trial.

#### SLAVERY. SERVITUDE AND FORCED LABOUR

You may not be subjected to slavery or forced labour.

### PRIVACY

Your right to privacy includes your body, home and possessions.

#### FREEDOM OF RELIGION, BELIEF AND OPINION

You have the right to think, believe in and belong to a religion of your choice.

#### FREEDOM OF EXPRESSION

You have the right to speak or express yourself on whatever you choose but hate speech is not allowed.

#### ASSEMBLY. DEMONSTRATION. PICKET AND PETITION

You have the right to peacefully assemble. demonstrate and protest.

#### FREEDOM OF ASSOCIATION

You have the right to associate with anyone.

### POLITICAL RIGHTS

You may form a political party, run for office and vote for any party in free and fair elections.

#### CITIZENSHIP No citizen may be deprived of citizenship.

FREEDOM OF MOVEMENT AND RESIDENCE You have the right to

enter and leave the Republic at will.

#### FREEDOM OF TRADE. OCCUPATION AND PROFESSION

You have the right to choose any legal trade or occupation freely.

### LABOUR RELATIONS

Every worker and employer has the right to organise and negotiate to further their aims.

### ENVIRONMENT

You have the right to live in a safe, healthy environment.

#### PROPERTY

No-one may be deprived of property, except in terms of law of general application. HOUSING

You have the right to have access to adequate housing.

#### HEALTH CARE, FOOD, WATER AND SOCIAL SECURITY

You have the right to have access to health care, adequate food. water and social security.

#### CHILDREN

Every child has the right to a name, nationality and protection from abuse and exploitation.

#### EDUCATION

You have the right to receive basic education in the official language of your choice where that education is reasonably practicable.

#### LANGUAGE AND CULTURE

You have the right to use the language of your choice and practise your own culture.

#### CULTURAL RELIGIOUS AND LINGUISTIC COMMUNITIES

You have the right to form, join and maintain cultural, linguistic and/or religious groupings of your own choice.

#### ACCESS TO INFORMATION

You may access any information held by the state for the protection of your rights.

#### JUST ADMINISTRATIVE ACTION

You have the right to administrative action that is lawful, reasonable and procedurally fair.

### ACCESS TO COURTS

You have the right to resolve your legal disputes in a court or another impartial tribunal.

#### ARRESTED. DETAINED AND ACCUSED PERSONS

When arrested for allegedly committing an offence, you have the right to remain silent, to be brought before a court within 48 hours and the right to legal representation.

#### LIMITATION OF RIGHTS

Everyone's rights may be limited. The limitation should apply to everyone to the extent that it is reasonable and justifiable in an open and democratic society based on human dianity, equality and freedom.

### RESPONSIBILITIES

All citizens are equally subject to the duties and responsibilities of citizenship.





# Recap Question 5

What is the constitution?



# Recap Question

Discuss the answer as a class:



JACOBSON



JOSEPH SKINMEAT

PRINCIPAL



# Career options after Grade 9



## **Career options after Grade 9:**

Write the date.

## Options available after completing Grade 9:

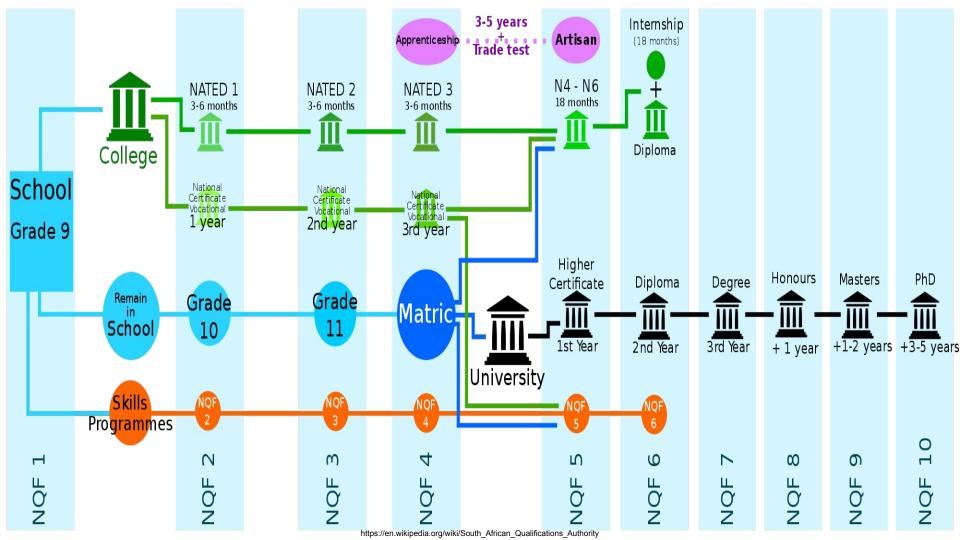
Grade 9 is your last guaranteed year of schooling. Once you complete Grade 9 you have received a basic education and any further studying or progression then becomes a privilege.

If you pass this year you will have finally achieved an NQF level one.

Grade 9 is an extremely important schooling year for a number of reasons:

- 1) If you so choose you may leave school to look for work. (We strongly do not recommend this as you will be leagues behind others in the world of work and the path is unnecessarily difficult).
- 2) Your subject choices become a reality. You need to choose wisely as you want to be able to pass well, but also get plugged into the studies or careers you prefer.

Take a look at the Grade 9 path on the next slide:



Based on the Grade 9 path above, have a class discussion around the following points. Write down key points from that discussion:

- 1) Is it easier to continue through to Matric or to take another route after Grade 9?
- 2) Which path will ultimately lead to better qualifications?
- 3) Which path will make you more money in the long run?
- 4) Which path make you more employable?
- 5) Do you have to go to university to be successful?
- 6) Do you have to take Maths Core to get anywhere worthwhile?

## Self-Reflection:

- 1) Which path are you going to follow?
- 2) Are you going to take Maths?
- 3) Why or why not?

https://www.gostudy.net/sa/career-guidance/careers-without-mathematics

Carefully study the list of careers (available the link/QR Code) that do NOT require Maths. If your career appears on the list and you are struggling with Maths, do not put yourself through more hardship than necessary.



# THE QUICK GUIDE TO RIGHTS IN THE WORKPLACE...

By: Chane da Costa

## Remuneration

Remuneration should be paid in South African Rands not later than 7 days after payment period.

### **Overtime**

Overtime is only worked when both parties agreement.
Not more than 10 hours a week of overtime should be work.



### Meal Intervals

60min lunch for every 5hours work written permission for 30min lunch



Leave

Annual Leave: 21 days a year Sick Leave: 2 weeks in 1 year Maternity Leave: 4 consecutive months Family Responsibility: 3 days a year

### Working Hours

9 hours: less than 5days 8 hours: 5days or more



## Conciliation and Mediation

Employees have the right to seek advice or lay a compliant with a trade union or the CCMA.



### **Contract Termination**

- 1 week notice period if worked for 6 months or less 2 week notice period if worked for more 6 months & less than year 1 month notice period if worked a year or more
- https://za.pinterest.com/pin/473159504573597848/?lp=true

## Your 4 most important responsibilities (what is expected on you) as an employee:

## 1. Service and the duty to perform

The employee's principal obligation is to make his services available to you, the employer, from an agreed date and for the duration of the contract. Your employee has the duty to do the job he is appointed for and has the duty to obey you. These two duties are inextricably connected.

## 2. Competence and implied warranty of suitability

Employees must generally exercise 'due diligence and skill' in the fulfillment of their duties to you or others.

### 3. Good faith

The employee undertakes to serve you honestly and faithfully. If he breaches this duty of good faith, you can dismiss him. This means the employee must put your interests before his own during and after working hours.

### 4. Subordination

The hallmark of any employment relationship is that your employee must obey your instructions and authority.

Page Reference: 89-92; 96-99; 102-108

Exam Practice: Activity 3.1 pg 109

## Take every opportunity you can to grow in your place of work:

- 1. Meet with your boss. Tell her you want to double the number of performance evaluations you receive each year. The additional reviews will have nothing to do with pay increases. Use the time instead to talk about your desire for leadership opportunities in the company. Also discuss how you are performing in your current role and how you qualify for leadership opportunities. Establish a game plan for moving into leadership roles with the help of your boss, and review progress each time you meet.
- 2. Work as hard as your boss does, or harder. That's assuming that your boss is a hard worker who arrives early and stays late. You should do the same. Arrive early when your hard-working boss does and stay until about the time she leaves. This will send a clear message that you are driven and ready for leadership opportunities.
- 3. Find a mentor in a leadership position other than your boss. Befriend an accomplished manager or leader from another department. Schedule regular lunches or coffee breaks to talk about your leadership development and how you can find more opportunities to lead in your current role.
- **4. Volunteer to lead committees and projects at work.** Put in a minimum of 12 hours per day on your job. Part of that time can be self-improvement gained through leadership opportunities such as putting in extra work on committees and projects.
- 5. Sign up for all community outreach programs through your job. Volunteer to participate when the company is looking for volunteers to clean up a park or spend a day at a children's hospital. Take advantage of the opportunity to become a better leader by eventually moving into a role helping plan the activities. Taking such an active role will help you network with a variety of managers and leaders in the company.

  https://smallbusiness.chron.com/advantage-opportunities-workplace-better-leader-20025.html



## Recap Question 6.1

Name and explain 1 Act regarding work.

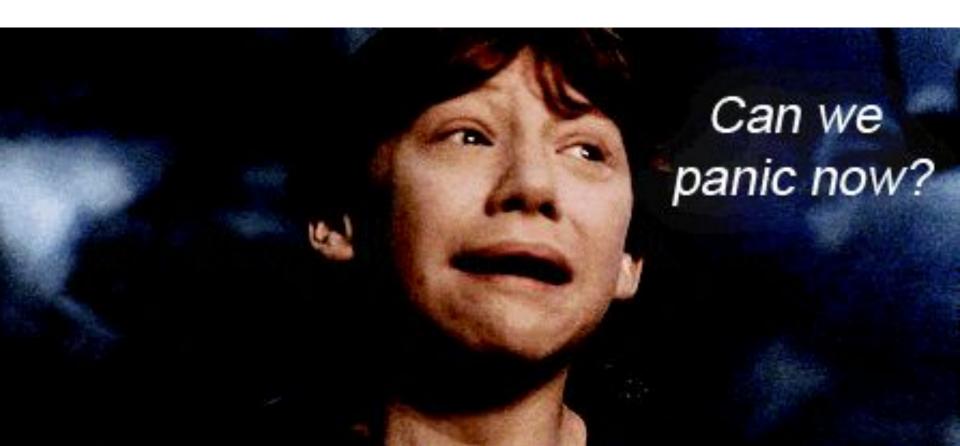


# Recap Question

Discuss the answer as a class:



# Career choices



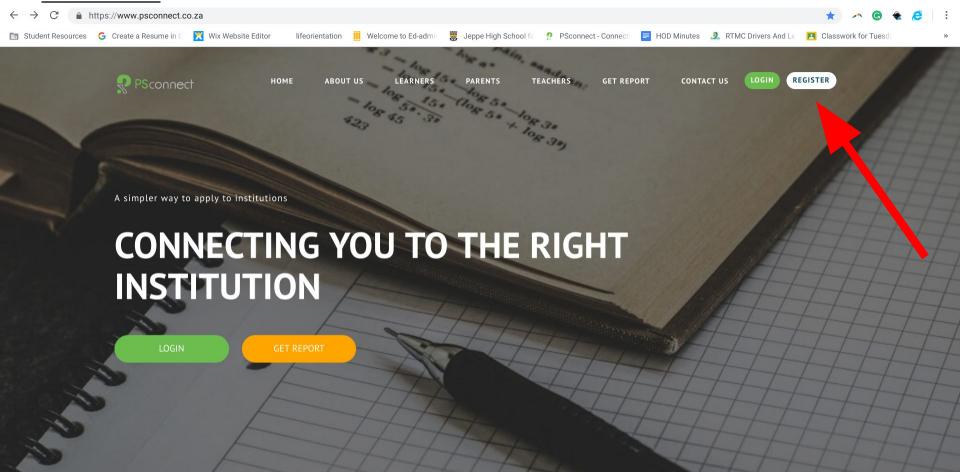
## **Career fields and study choices:**

Write the date.

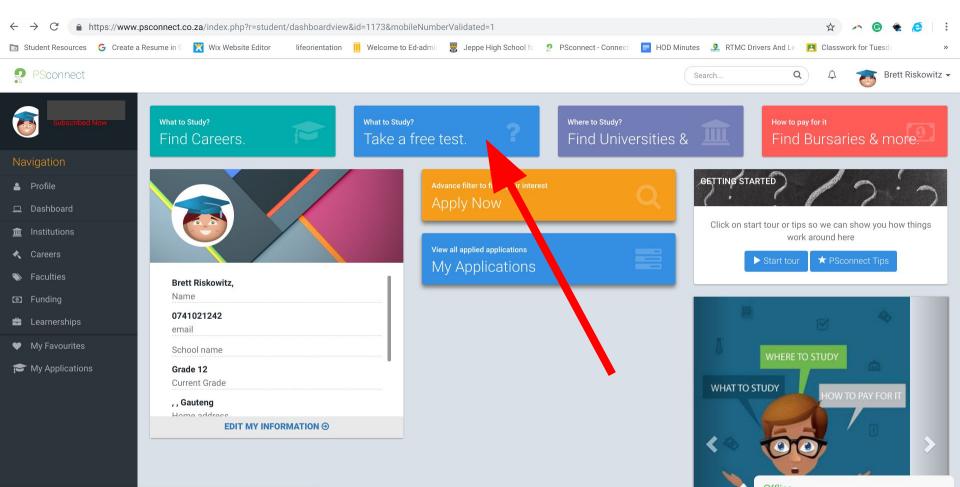
Use your phones and log on to <u>www.psconnect.co.za</u> or use the following QR Code:



If you have never registered with PSconnect then do so now (It is for FREE!) you have 10 minutes:



## Now log in and complete the free careers test. You have 15 minutes to complete this:



## Career choices:

Now research three careers that link up most with your strengths.

Remember to add them to your "favourites" along the way so that you have them saved for future use.

Carefully look at what subjects and marks are needed.

Also take note of the best places to study your chosen career/s

Page Reference: 113-115; 120; 124 Exam Practice: Activity 3.1 pg 125 (DO NOT do quest. 4)



## Recap Question 6.2

Name the 3 subjects you want to choose for Grade 10.



# Recap Question

Discuss the answer as a class:



# Volunteerism



## **Volunteerism:**

Write the date.

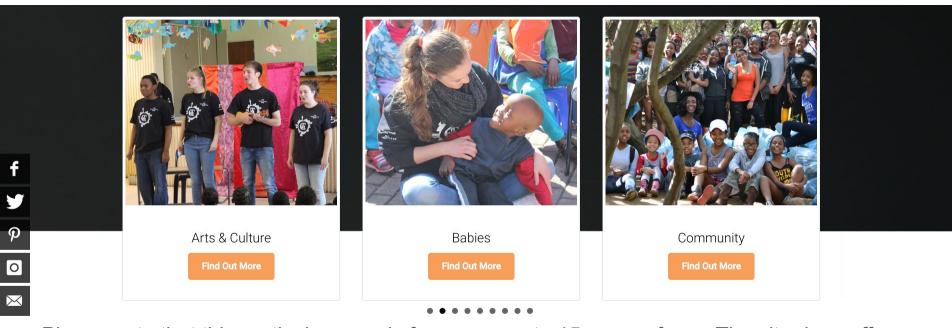
Log on to <a href="https://communityhourssa.co.za/index.php/index.php?id=39">https://communityhourssa.co.za/index.php/index.php?id=39</a> or use the following QR Code:



<u>Page Reference: 129-130; 134-135; 138-139</u>

**Exam Practice: Activity 2.1 pg 135** 

Once you log in scroll down to the bottom of the screen. Then click the "Find Out More" button for the community service area you are most interested in:



Please note that this particular page is for peeps up to 15 years of age. The site does offer community service options for other ages. Also remember that besides from doing the right thing, community service also benefits you as it gives you hours for varsity and work.

Explore the site for the lesson and we challenge you to actually sign up for a project.



Define the term 'volunteer'.







## Violence



#### Violence:

Write the date.

#### Health and safety issues related to violence:

- 1) Get into groups of 3-5.
- Create a Google Doc and give it a relevant title.
- 3) For the next 30 minutes you will collaborate together to make a campaign that seeks to create practical and peaceful solutions to a violent South Africa.
- 4) For the last 15 minutes one member from your group will present your campaign to the class.
- 5) Have fun!:)



Name 3 things that cause violence amongst people.





# Careers and lifelong learning



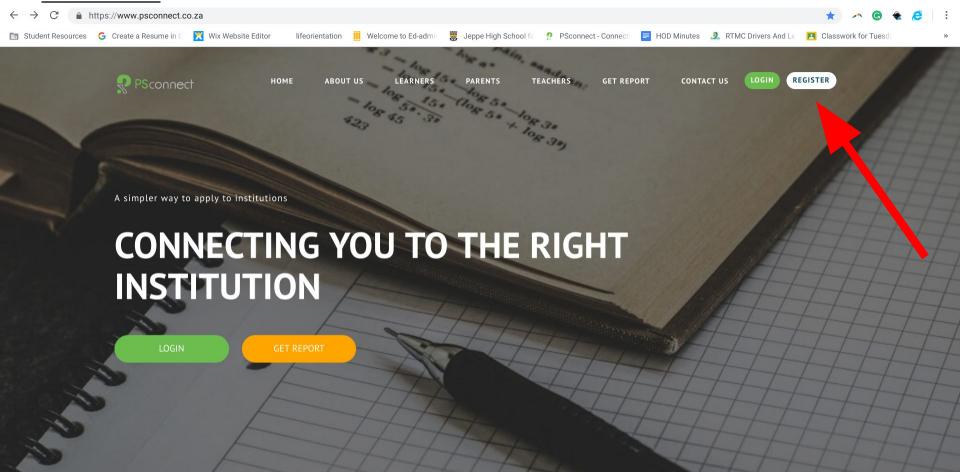
#### **Career fields and study choices:**

Write the date.

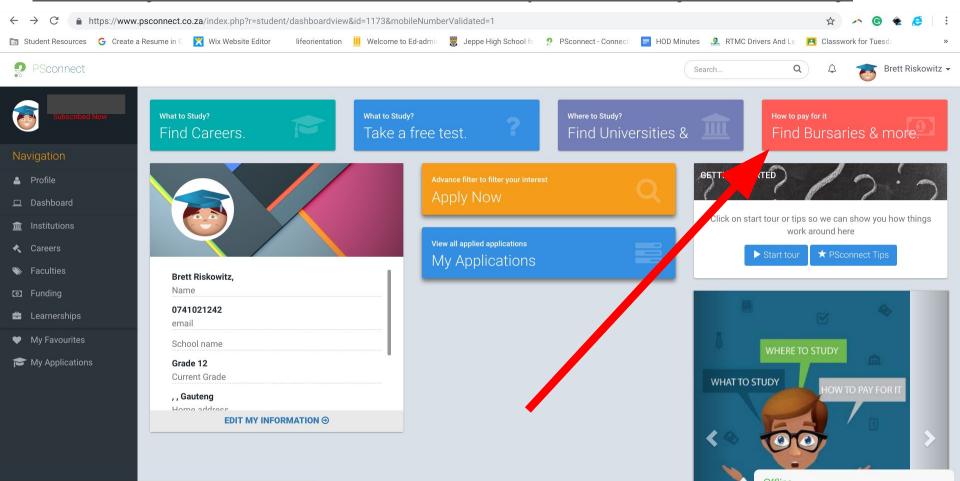
Use your phones and log on to <u>www.psconnect.co.za</u> or use the following QR Code:



If you have never registered with PSconnect then do so now (It is for FREE!) you have 10 minutes:



Once you have clicked on the Find Bursaries button, research the various funding options available to you. Write down at least three suitable options for what you want to study.



#### Study, careers and lifelong learning:

Write the date.

Aside from the funding options on PSconnect, how else could you raise funds for studying?

Plan for own lifelong learning: goal-setting for lifelong learning

LOG ONTO ROBS THINGY MAGIG

<u>Page Reference: 163-167; 170-171</u> <u>Exam Practice: Activity 1.1 pg 167</u>



Name 3 options when it comes to funding your studies.





# Religious peace



#### Religious peace:

Write the date.

#### Contributions of various religions in promoting peace:

Start by having a class discussion on how religions and faith have promoted peace or violence through history. (Make extensive notes). Use these questions as a guide:

- 1. Is it the religions fault or flawed people, that violence occurred?
- 2. Which religion do you think is the most peaceful?
- 3. What makes you say that?
- 4. Have you researched the religion or are you assuming they are peaceful from what you have heard on TV?

Now for the remainder of the lesson do some online research to find out which faiths do in fact promote peace at their core.

#### Page Reference: 177-179



List 3 ways religions can promote peace.





# Sport ethics



#### **Sport ethics:**

Write the date.

#### Sport ethics in all physical activities

Watched the following two clips and discuss the following questions as a class:

- 1) In which video would you rather star in?
- 2) Is your reputation or is winning more important?
- 3) Have you ever cheated in a sport? How did you feel?

<u>Page Reference: 185-187</u> <u>Exam Practice: Activity 1.1 pg 189</u>







Define the term 'ethics'.





# Depression, grief and trauma



# Kübler-Ross Grief Cycle

Denial **Avoidance** Confusion Elation Shock Anger Fear Frustration Irritation Anxiety Bargaining

Acceptance **Exploring options** New plan in place Moving on

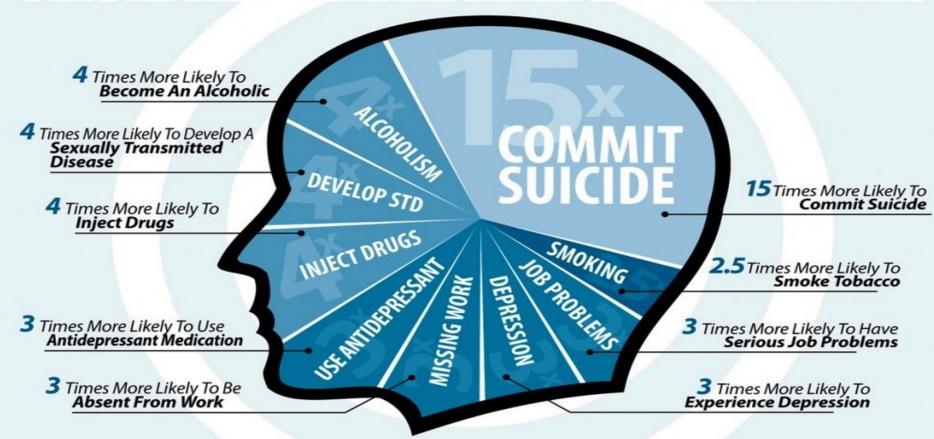
Depression

Overwhelmed Helplessness Hostility Flight

Struggling to find meaning Reaching out to others Telling one's story

https://www.psycom.net/depression.central.grief.html

### **PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:**



#### **Depression, grief and trauma:**

Write the date.

Challenging situations: depression, grief, loss, trauma and crisis.

#### Self-Reflection:

- 1) Have you ever felt or experienced anything mentioned on the previous slides?
- 2) Are you feeling broken and down now?
- 3) Do you know that it is okay to cry and it is okay to come chat to someone, including your teachers?

Here are some links in case you need help desperately:

http://www.sadag.org/index.php?option=com\_content&view=article&id=11&Itemid=114
http://www.lifelinejhb.org.za/Suicide.ashx

http://lifelinesa.co.za/

http://www.suicide.org/hotlines/international/south-africa-suicide-hotlines.html