

Uyazi 100 Schools Legacy Tour – Staff Development Options Duration: 2 Hours each

1. Challenges facing Educators in 2022

- Discussion on the Sexual Offences Amendment Act as well as the Children Act including the definition of Sexual Assault, Abuse and the new ages of consent
- The Educators obligation to report cases of Abuse and Sexual Assault as well as the procedures to follow
- Profiling of a Paedophile or Sexual Predator within the school environment
- Professional guidelines for Staff using Social Media
- Understanding how the Cyber Predator
- Dealing with a belligerent learner and keeping face
- Personal safety strategy for Educators when dealing with a violent child
- Dealing with a violent child in the classroom or on the playground
- Dealing with angry parents – a strategy

2. HIDDEN RAGE - A Staff Development workshop on The Prevention and Management of School Violence and includes teaching Anger Management Skills to Learners in both Primary and High Schools

Hidden in every classroom, amongst familiar faces and personalities, sits a child engulfed in rage.

These children could be pushed over the edge of sanity by a variety of circumstances, perhaps the breakdown of family relationships, poverty, stress or unfair treatment at school, bullying or often just a pile up of several different problems.

Stress generates rage and rage generates violence. Pushed beyond breaking point, the learner sometimes lashes out randomly at who ever happens to be at hand, perhaps an educator or a group of learners – this could result in death.

Crime statistics show that in the last year in South African Schools:

- 345 assault with the intent to cause grievous bodily harm (assault GBH) and 546 common assault cases
- 9 Murders and 19 attempted murders

The Workshop

Section 1 – Disruptive, Impulse Control and Conduct Disorders

(Dealing with Oppositional Defiance Disorder, Intermittent Explosive Disorder and Conduct Disorder)

- Identifying the symptoms
- Medical and psychological referral
- Treatment
- Help in the classroom
- Understanding the factors that most influence impulsive and aggressive behaviour
- Identifying the symptoms of Hidden Rage: Physical, Psychological and Cognitive

Section 2 – The “Whole School” solution

- Developing a strategic intervention model when dealing with an angry child
- Learning to re-direct behaviour that can threaten the safety of others
- Teaching children and teens the long term skills of impulse control
- Prevention and intervention techniques that are effective in different settings
- Disciplining the violent child, suspension and the disciplinary hearing
- Developing a peer confrontation strategy
- Teaching anger management techniques, Pre-school, Primary and High School
- Educators rights when they become a victim of school violence

3. Trauma, Learner Anxiety, Basic Counselling and Emotional First Aid for Teachers

Having just lived through and survived one of the most traumatic experiences of my life, living in KZN with my two sons, I now appreciate the real value of the series of workshops that I helped produce and record for our school clients. Gunfire, plumes of acrid smoke, anxiety, queuing for food for hours, supporting our neighbourhood watch and hoping that this was not the end of our beloved country. This, compounded by the thousands of COVID related deaths over the past few weeks will have a devastating effect on the Mental Wellness of our school community.

Every Educator should have the basic skills to provide Emotional First Aid when needed in an emergency and then refer to a professional. These workshops provide those skills.

INTRODUCTION

Recent studies have found that 24% of South African youngsters surveyed between Grade 5 to Grade 11 had experienced feelings of depression, hopelessness and sadness, while a further 21% had attempted suicide at least once. These studies also state that among school-attendees aged 10 to 15, showed that adolescents experienced a high prevalence of depression (41%), anxiety (16%) and PTSD (21%).

Educators are expected to deal with many of these issues with very little formal counselling or trauma training. A caring Educator can transform the school experience, especially for learners who face enormous home difficulties. The basic ability to counsel, listen, guide and refer when necessary, can transform a learners life forever.

This series of workshops with John Buswell will empower Educators to understand how anxiety, depression and trauma effects learners, identify the presenting symptoms and be able to provide basic counselling to both learners and colleagues. An educator with counselling and communication skills enhances the schools professionalism, affirms a learner’s dignity and helps develop trusting relationships in times of crises.

Understanding and dealing with Anxiety in the classroom

- **Defining Anxiety Disorder/Separation Disorder/Selective Mutism/Social Anxiety Disorder/Panic Disorder/Generalised Anxiety Disorder**
- Symptoms
- Assisting the learner in the classroom
- Working with the child’s family
- The side effects of prescribed medication

An introduction to trauma

- Definition of trauma
- Types of trauma
- Phases of trauma
- Identifying symptoms presented in the classroom from Gr R - Gr 12
- Long term effects of a traumatic experience on childhood development

An introduction to basic counselling

- Defining counselling
- The goals and aims of counselling
- The do's and don'ts
- Counselling ethics and values
- Sympathy, identification and empathy

Basic counselling

- Counselling frameworks
- Stages of counselling
- Body language
- Process of the counselling model
- Using questions effectively
- Problems in questioning
- Dealing with the child's parent or care giver

4. From Burnt Out to Lit Up!

Following one of the most difficult years ever experienced, let me workshop your academic and support team to ensure that they are motivated to face any of the challenges that they may encounter during 2021 with confidence, commitment and dedication.

Within a few months of the start of the academic year, staff often feel burnt out, empty and powerless. As performance decreases, emotional exhaustion and a fear of failure increase. Those affected feel completely overwhelmed and buried under a wealth of expectations from other people. They can no longer meet their own demands either. Let's equip your most valuable assets to deal with and prevent this happening to them.

WORKSHOP CONTENT:

- Identifying the symptoms of Burnout before it takes control of my life
- Understanding how our different personality types make us vulnerable
- Burning toxic bridges that ruin our lives
- Converting stressors to motivators on a daily basis
- Mental health – coping and surviving in one of the toughest work environments in the world
- Setting positive goals and utilising time management skills that alleviate work pressure
- Positive discipline – creating expectations – the whole school approach
- Dealing with those difficult colleagues – a strategy
- Converting that difficult angry parent into your biggest ally

