



WHAT IS LIONS-QUEST

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It is a school-based programme geared toward equipping youth from Grade R to Grade 12. Currently we have the module Lions Quest –Skills for Adolescents available. This module is geared at educating adolescents' 12-16 age group with essential Life Skills.

The AIM is to measurably improve the quality of life of pupils for the rest of their lives.

Goals of the programme

To help the Youth develop:
Essential Life Skills

A sense of belonging to:

Families
Schools
Peers
Community

Lions-Quest, Skills for Adolescence Programme for Grades 6-9.

Lions-Quest Skills for Adolescence is a successful programme developed to help young people to deal with the challenges they face in today's changing world. It offers positive growth experiences and helps young people develop essential Life Skills in order to live productive, happy, drug-free lives.

Lions-Quest teaches children the following essential Life Skills.

- Building Self-discipline, Responsibility and Self-confidence.
- Communicating Effectively and Co-operating with others
- Managing Attitudes and Emotions including anger.
- Strengthening Positive Relationships with Family and Peers.
- Problem Solving and

Responsible Decision-making.

- Resisting Negative Peer Pressure, Drugs and Alcohol abuse.
- Thinking critically to filter facts from fiction.
- Setting Goals and Following them through.
- Providing Service to others.
- HIV/Aids Prevention / Sexuality.

Main Benefits of Lions-Quest Skills for Adolescence Programme.

The children had more positive feelings about their performance.

They valued their mastery of academic skills more highly.

Students showed evidence of more skilled decision-making, resistance to negative peer pressure and more sensitivity to their own relationship needs and those of others.

They had better school attendance, fewer disciplinary problems and less action taken against them.

They showed an increased sense of responsibility.

Parents indicated strong support for the programme's goals, and reported positive changes in their children's behavior.

If a Principal has the programme in his/her school. The main benefits would be that he/she would have better behaved learners performing well at school.

What does the Lions-Quest Facilitator Training Programme consist of.

Training at an intensive three-day workshop by a qualified Master

trainer.

An extensive classroom curriculum designed for Lions Quest programme. Teachers Resource Guide. A curriculum manual with fully worked out lessons requiring the minimum amount of time and effort in preparing lessons.

Costs.

Quest:
Teacher Training R2000.00.
Learner books – R58.00 each.
Includes:
Venue, lunch and refreshments.

How will the Skills be taught?

For Grades 6-9 ideally the Skills for Adolescence programme should be included in the broad school curriculum as a 45-minute period, once a week.

The lessons are structured in terms of the concept of Outcome-Based Education as the teaching methodology. Participative or Co-operative learning.

What does your Local Lions Club do for You.

Your local Lions club will keep in contact with the trained facilitators. Information Sharing Sessions are held to encourage facilitators to share their experiences, successes and problems with other facilitators. Ongoing training will be held for facilitators who require additional training.

For more information call:
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District 410A
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Fax: - 021 946 4433
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“Lions Quest - Skills for Adolescence is school based educational programme that teaches youths to accept responsibility, communicate effectively, set goals, say no to child abuse, resist peer pressure, resist pressure to use alcohol and drugs and the dangers associated with HIV/ Aids.”

LIONS-QUEST – Skills for Adolescence Programme

The South African edition of the Lions-Quest Skills for Adolescence is based on the Northern American edition of the same programme that was developed by Quest International. It has been completely adapted by professionals in education (HSRC) to suit South Africa’s conditions/needs.

BACKGROUND

Adolescence is a unique developmental stage during which children experience extremely rapid physical, social and emotional growth. The changes of early adolescence are difficult and challenging especially in today’s stressful world. What with unstable home life, negative peer pressures at school and in the community, adolescence can be dangerous, sometimes even disastrous.

Early adolescence is an important time to teach young people personal and social skills to help them face the challenges of growing up with strength, knowledge and confidence.

LIONS-QUEST – Skills for Adolescence Programme

The Lions-Quest Skills for Adolescence Programme is a successful programme developed to help young people to deal with the challenges they face in today’s changing world. It offers positive growth experiences and helps young people develop essential life skills in order to live productive, happy, drug-free lives.

Lions-Quest SFA teaches children the following essential Life Skills:

- ✓ Building Self-discipline, Responsibility and Self-confidence
- ✓ Communicating Effectively and Co-operating with others
- ✓ Managing Attitudes and Emotions including anger
- ✓ Strengthening Positive Relationships with Family and Peers
- ✓ Problem Solving and Responsible Decision-making
- ✓ Resisting Negative Peer Pressure, Drugs and Alcohol abuse
- ✓ Thinking Critically to filter facts from fiction
- ✓ Setting Goals and Following them through
- ✓ Providing Service to others

One essential module has been added to the South African edition of Lions-Quest SFA Programme

- ✓ HIV/AIDS prevention (presented in the context of sexuality education with norms and values in place, e.g. respect, responsibility, accountability)

MAIN BENEFITS OF LIONS-QUEST Skills for Adolescence Programme

The benefits that Lions-Quest SFA have is not only what the programme can do for the students, but what difference it can make to the school and also what the value will be to the community. When comparing students who have been exposed to the programme in South Africa, to those who have not, the following was evident:

- ✓ The children had more positive feelings about their performance
- ✓ They valued their mastery of academic skills more highly
- ✓ Students showed evidence of more skilled decision-making, resistance to negative peer pressure and more sensitivity to their own relationship needs and those of others
- ✓ They had better school attendance, fewer disciplinary problems and less actions taken against them
- ✓ They showed an increased sense of responsibility
- ✓ Parents indicated strong support for the programme's goals, and reported positive changes in their children's behaviour

If a Principal has the programme in his/her school, the main benefits would be that he/she would have better behaved learners, performing well at school.

HOW THE SKILLS WILL BE TAUGHT

An extensive curriculum designed specifically for use by Grade 6 - 9 teachers has been developed. Ideally the Skills for Adolescence programme should be included in the broad school curriculum as a 45–60 minute period, once a week. If schools follow a 6 – 7 days cycle, then once a cycle. Homework and extramural activities are planned in such a way that their completion will not take up more than half an hour a week of the student's time.

The lessons are structured in terms of the concept of Outcomes-Based Education as the teaching methodology (OBE). This concept allows pupils to work together in groups on the basis of the following key elements:

- ✓ Positive interdependence
- ✓ Individual accountability
- ✓ Development of social skills, including the collaborative skills needed to work in a group
- ✓ Group processing

IDEAL LIONS-QUEST SFA FACILITATOR'S PROFILE

Teachers should ideally have the following interpersonal qualities and attitudes to be successful Lions-Quest Facilitators:

- ✓ Motivated, responsible, confident and optimistic with a positive attitude
- ✓ Independent, self-starter who can work alone and be part of the Lions-Quest team
- ✓ Supports the positive prevention of "at risk" behaviour
- ✓ Creative, flexible, energetic and persevering
- ✓ Natural sense of humour
- ✓ Willing to develop professionally & personally; keen to learn; open to and uses constructive feedback
- ✓ Conveys warmth and acceptance

LIONS-QUEST FACILITATOR (teacher) TRAINING PROGRAMME

The Lions-Quest Trainer presents an intensive three-day Lions-Quest Facilitators Training workshop. A minimum of 16 hours training. An extensive classroom curriculum designed specifically for use by learners in Grades 6-9, has been designed and the teachers will receive a Teacher's Resource Guide covering the programme's aims, philosophy, implementation and teaching strategies.

The Facilitators will receive a curriculum manual with fully worked out lessons, requiring the minimum amount of time and effort in preparing for lessons. Where required hard copies for the making of transparencies and charts are provided.

Also included in the Teacher's Pack is a Parent Meeting Guide in which detailed instructions for a series of parent meetings are given which closely correlates to the contents of the curriculum and parent book.

A list of important telephone numbers is included: Drug Awareness Support, Lions Clubs and most importantly Lions Quest - Life Skills.

LIONS SUPPORT OF TRAINED FACILITATORS

Support and motivation are required to keep the Facilitators motivated:

- Lions clubs are encouraged to keep in contact with their trained Facilitators. Co-ordinators are being identified, and to be trained, so they can give the Facilitators the support they require.
- Information Sharing Sessions are held to encourage Facilitators to share their experiences, successes and problems with other Facilitators
- Ongoing Training will be held for Facilitators who require additional training in certain
- Regular communication is sent to Facilitators and schools to keep them informed in respect of Lions-Quest.

THE COSTS

- ✓ The cost to train a teacher / facilitator is *R2000.00 per person. This includes a curriculum manual, teacher's resource guide, and parent meeting guide, a student learner book, lunch and refreshments for the duration of training.
- ✓ Student learner books are currently *R58 each.
- ✓ *These costs are subject to change.
- ✓ Lions Clubs International will endeavour to assist wherever possible with funding or as the need requires.
- ✓ If you have any questions regarding any of the above information, please do not hesitate to contact me for an explanation.

**** Current Costs are subject to change***

LIONS-QUEST SFA PROGRAMME

UNIT ONE: Entering the Teen Years: The Challenge Ahead

- ✓ Getting acquainted and developing positive expectations of the course
- ✓ How to have a comfortable classroom
- ✓ Building a classroom community
- ✓ The challenges and changes of the early adolescent years
- ✓ Issues and concerns of the teenage years
- ✓ Coping skills needed to become a capable person

UNIT TWO: Building Self-confidence and Communication Skills

- ✓ Self-confidence and the conditions necessary for building self-confidence
- ✓ The effects of poor listening on self-confidence
- ✓ Learn and practice techniques for good listening
- ✓ Expressing appreciation to other people
- ✓ What it means to be responsible

UNIT THREE: HIV/AIDS prevention

- ✓ The truth about HIV and AIDS
- ✓ HIV/AIDS prevention (presented in the context of sexuality education with norms and values in place, e.g. respect, responsibility, accountability)

UNIT FOUR: Service Learning

- ✓ Choosing a project
- ✓ Organising the project
- ✓ Evaluating the project

UNIT FIVE: Managing Emotions in Positive Ways

- ✓ Feelings that are common among young adolescents
- ✓ How our actions and words affect the feelings of others
- ✓ Constructive ways to express emotions
- ✓ Ways of expressing feelings of anger and frustration

UNIT SIX: Improving Peer Pressure

- ✓ The qualities of a friend
- ✓ Ways to build new friendships
- ✓ Positive & negative reasons for friendship, ways to change/leave negative relationships
- ✓ Three steps for saying “NO” to negative peer pressure
- ✓ Saying “NO” to negative peer pressure
- ✓ Constructive ways of handling conflict in friendships

UNIT SEVEN: Living Healthy and Drug-free

- ✓ Ways drug use can interfere with reaching our goals in life
- ✓ The effects of alcohol on the body and behaviour
- ✓ How alcoholism & problem drinking affects individuals, their families & societies
- ✓ Important reasons not to use tobacco
- ✓ Using dagga (marijuana) can harm the lives of young people

UNIT EIGHT: Developing your Potential

- ✓ To share aspects of the course that contribute to building self-confidence