



Women4Women 2020

Women4Women's 2020 vision is to educate and empower young girls from previously disadvantaged, poverty stricken township and rural communities via our yearly life-skills program. The Women4Women life skills program runs over 6 months and teaches two age groups.

The Women4Women course is a project that any volunteer can get involved with. How do you know if this is for you? Please download our training manual and curriculum. All candidates will need to apply to become a facilitator. You will need to secure;

- A safe and secure venue in a disadvantaged community
- Materials as stipulated in the training manual
- BEE candidates for your class
- Girls between the ages of 12 – 16 for the teens and 6 -11
- Access to basic printing, email and administration to send reports and to print materials for the class

Who? PreTeens and Teens (12-16)

What? 6 Month course

Where? Sponsored city halls, churches and school buildings in all major cities in South Africa locations to be announced

In this course we aim to help girls understand that being a girl does not mean being inferior to a man and to be in control of your own destiny. Your circumstances does not determine your future. What is happening to your body is normal and how to embrace it. We teach self-confidence to go into the world powered with knowledge on STD and pregnancy prevention, the importance of staying in school, how to communicate your needs clearly, how to say "no". Life skills are also essential to teach girls to take responsibility for their own lives and empowering them to do so.

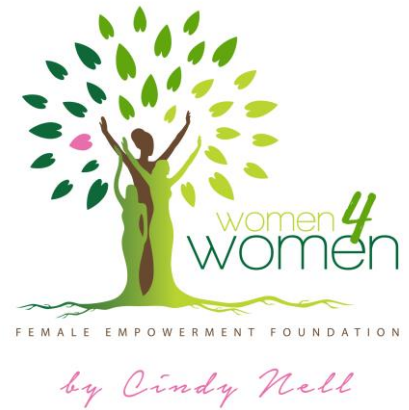
Who? Early learning and Development (6-11)

What? 6 Month Course Sponsored city halls, churches and school buildings in all major cities in South Africa locations to be announced. Basic life skills in this essential age group has the power to change the way our youth develop the development stage of their lives.



hello@women4women.co.za | www.women4women.co.za

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For the foundation phase girls we will focus on the same curriculum and teaching the subjects will be more age appropriate (6-11):

Personal Safety

- Where to play
- Alone Vs Together
- School Safety home safety (including peer pressure)
- How and when to go to the police and other emergency services

My Body

- Hygiene
- Personal and friendship boundaries
- Who can see who can touch
- Getting dressed

Caring

- Caring about myself
- Caring about my friends/how to be a friend/conflict resolution
- Caring about our planet and animals
- Caring about people's feelings and bullying
- Disability awareness

My Manners

- Waiting my turn
- Apologising



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- Please and thank you
- When names hurt
- Interrupting

Communication

- Asking permission/asking for help
- Emotions
- Speaking up
- Speaking to adults

Growing up

- Making decisions
- Dealing with losing
- Telling the truth
- Boys and girls same or different?

Learning

- Where can I get information
- Where can I go to learn if my home is not safe
- What are my human rights?



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