



# HIGH Life



**basic education**

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA

# High on Life<sup>cap</sup> Resource Kit



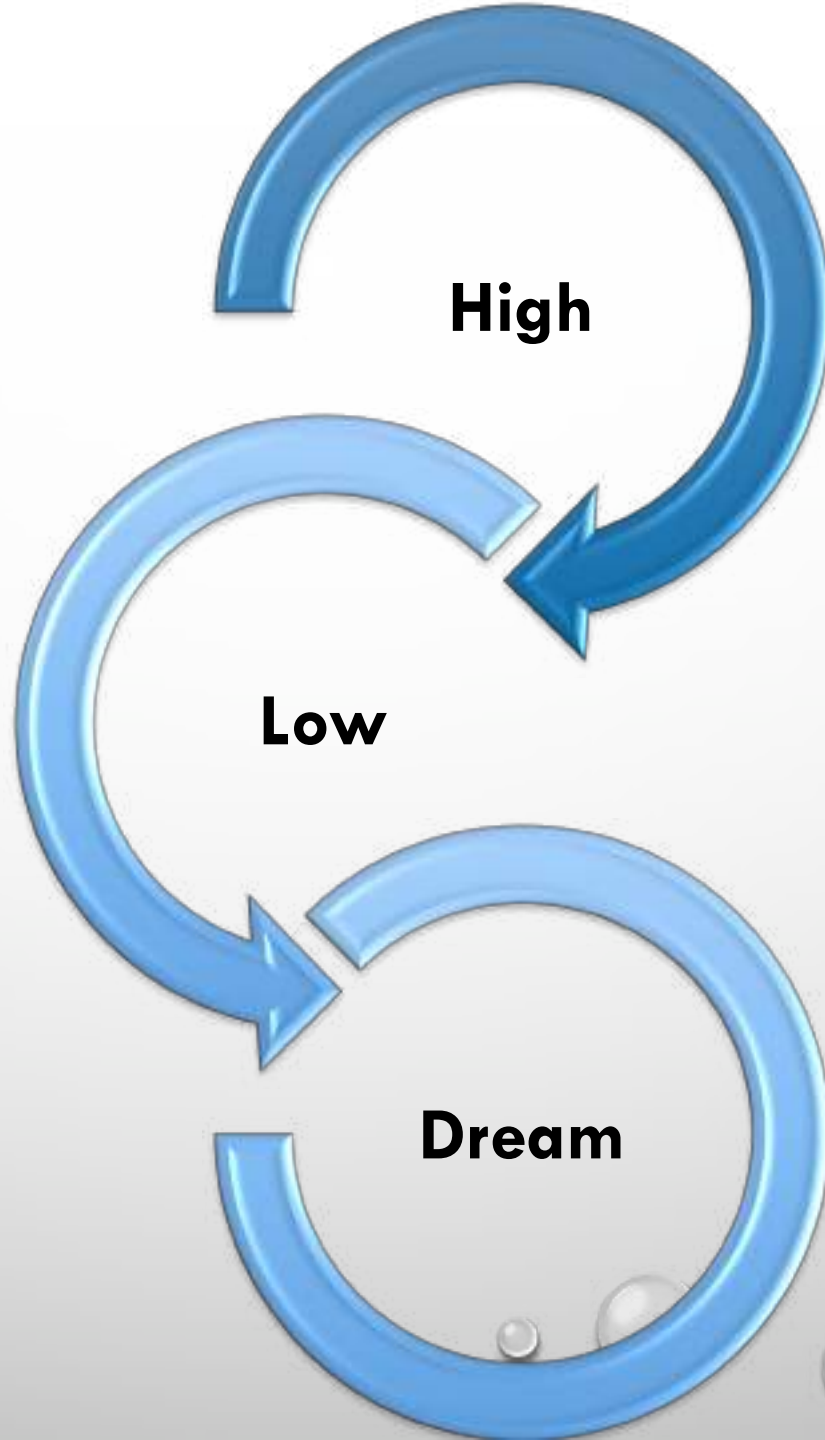


**WELCOME TO THE HIGH ON LIFE  
TRAIN THE TRAINER WORKSHOP**

# INTRODUCTIONS

**Name and Surname**

**One Positive Characteristic**



**High**

**Low**

**Dream**

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HIGH DREAM/LOW DREAM  
MINGLE...

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# CONDITIONS FOR SAFE AND PRODUCTIVE CONVERSATIONS

# Principles for Productive Conversations

## Attention

The quality of our actions depends on the quality of our thinking.

The quality of our thinking depends first on the quality of attention I am given as I am speaking.

## Deep Democracy

All voices matter

All perspectives matter

We are all voices of the same system

“Disturbers” have god to offer us

## Appreciative Inquiry

Starting with what is right in order to have the energy to fix what is not working



# OUTCOMES & SCHEDULE REVIEW

**The outcomes for the High on Life Training is that:**

Participants explain the four pillars Enabling environment, primary prevention, early detection, treatment care and support

Participants understand the resource kit

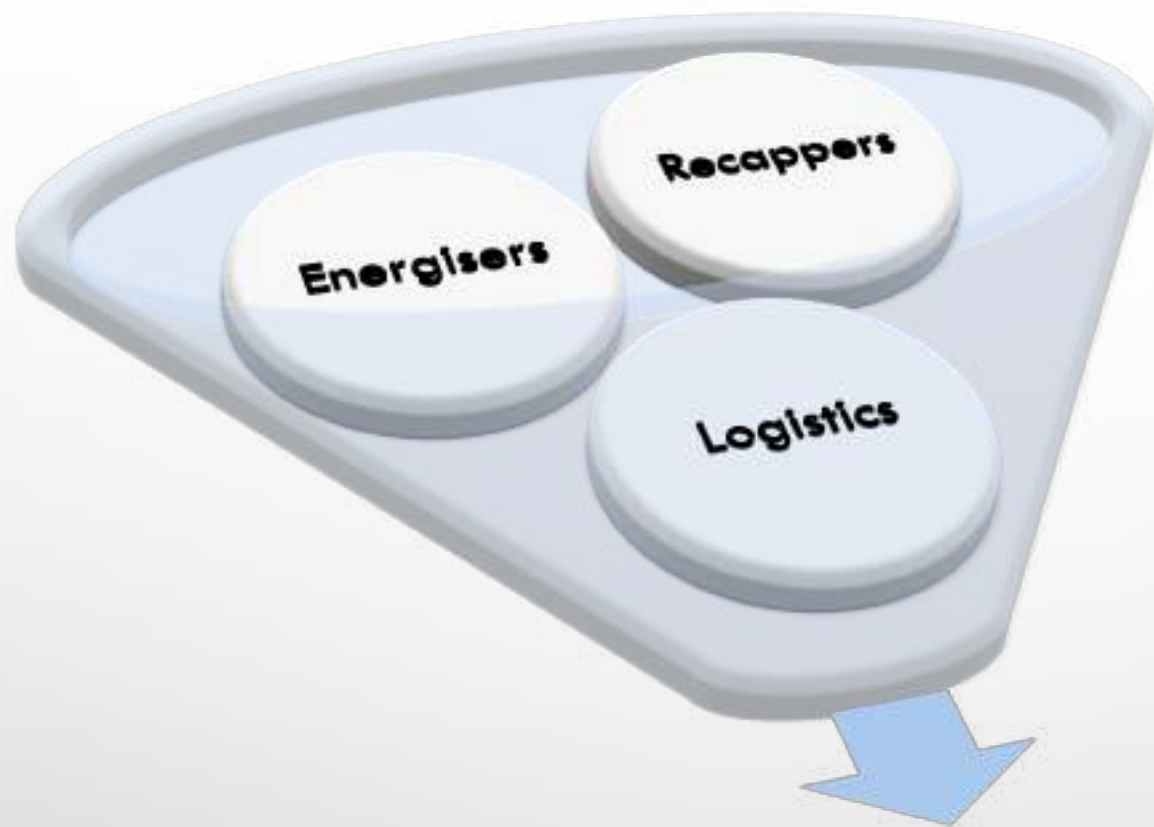
Participants are able to navigate the resource kit

Participants are able to implement the High on Life programme

Participants are equipped with Presentation and Facilitation skills

Participants understand Specific roles for implementers





**Roles Division**

- 
- **“WE CANNOT THINK OF BEING ACCEPTABLE TO OTHERS UNTIL WE HAVE FIRST PROVEN TO BE ACCEPTABLE TO OURSELVES”**

- MALCOLM X
- 

# AYDF BACKGROUND



# AFRICAN YOUTH DEVELOPMENT FUND

In a nutshell

- [WHO ARE WE? - VIDEO](#)
  - WE **DEVELOP** AND **IMPLEMENT** LARGE SCALE **EVIDENCE BASED BEHAVIOUR CHANGE PROGRAMMES** AND CAPACITATE OTHER ORGANISATION TO DO THE SAME.
- **WHY ARE WE IN BUSINESS?**
  - TO HELP **YOUTH IN AFRICA ACHIEVE THEIR POTENTIAL**, THROUGH THE **PREVENTION OF NEGATIVE RISKY BEHAVIOURS** LIKE SUBSTANCE ABUSE, HIV AND AIDS, DROPPING OUT OF SCHOOL, TEEN PREGNANCY ETC...

# CHANGE YOUR LIFE

**Are you game, Are you game?**

**Change your thinking**

**You change your beliefs**

**You change your attitudes**

**You change your actions**

**You change your habits**

**You change your life**