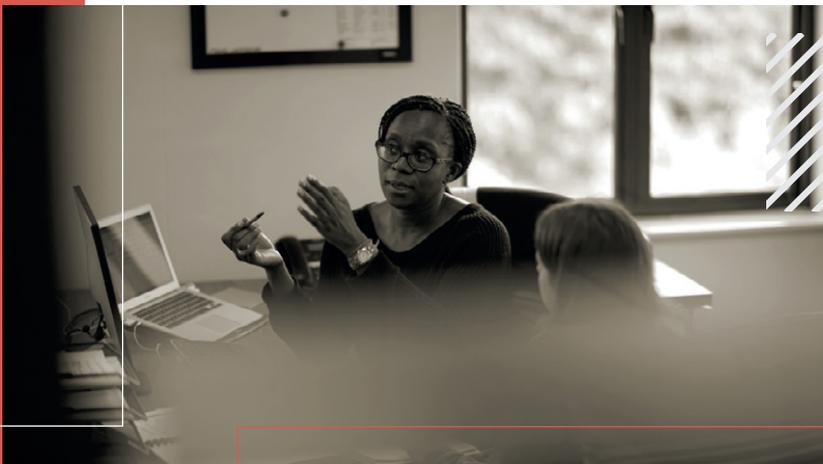


1

WHY **SUPPORT** A YOUNG PERSON

DID YOU KNOW children and young people who have networks of relationships with other people are healthier, happier and live longer; they also have a greater capacity to deal with challenges, both big and small. So, can you imagine if each and every young person in South Africa had a network of support? With more than half of our children dropping out of school before they reach Matric; and the official youth unemployment rate sitting at nearly 40% (See <http://www.ci.org.za/depts/ci/pubs/pdf/general/gauge2015/ChildGauge2015-Poster-lowres.pdf> for a snapshot of what it's like being a young person today), it is more important than ever before to get behind our youth!



2

WHAT TO THINK ABOUT WHEN WORKING WITH YOUTH

You don't need to be qualified to motivate a young person. Simply sharing a little time and insight with them can go a long way to help them make their next move:

- Good mentors listen more than they talk. Take some time to listen to young people – who they are and where they come from. Young people are “experts” in their own lives – they sometimes just need guidance, encouragement and support in their decision-making and/or someone to point them in the right direction.
- Put yourself in a young person's shoes: the reality is that many young people ultimately do have very few options open to them. Can you imagine searching for a job with no money for transport or the Internet? Can you imagine looking for work without a Matric? Keep these barriers in mind to help them find realistic, practical solutions.
- Use your existing resources and network! Connect young people to the local library for books and Internet access; find out which local businesses are hiring or offering internships; help edit their CV; sponsor mobile data so they can search for opportunities on their phones; and/or use our series of tip sheets to support them in their efforts to find educational or employment opportunities.

TOP TIPS FROM YOUTH WORKERS

“Always be open and encouraging. Allow space for people to tell their own stories and to discuss their feelings and opinions without fear of censure or concern that their view holds no weight.” – *Mignon Hardie, FunDza Literacy Trust*

“Mentoring for STRESS would be top of the list. We need to teach young people to ask for help early on. Second, we need to help grow their general knowledge: many young people, for example, have no idea that for employment, they will need stricter work ethics and time-keeping skills to keep their jobs. Thirdly, provide encouragement and build confidence – for example, only very occasionally has someone in a young person's family gone to university before and understands what they are going through if they go on to study.” – *Diana Levinsohn, volunteer in Cosmo City, Johannesburg*

RECOMMENDED RESOURCES:

“What will bring about the next real change in SA?” Watch this video to find out what this one thing is – and how you can contribute: <http://dgmt.co.za/change-south-africa/>

“Want to help someone? Shut up and listen!” Watch this talk about the importance of finding out what people's passions are and supporting their goals: <https://www.youtube.com/watch?v=chXsLHqfdM>

“My wish: Once Upon a School”: a look at how members of a community can show young people how smart they are https://www.ted.com/talks/dave_eggerts_makes_his_ted_prize_wish_once_upon_a_school?language=en

