

Session database

Age Group	Setting	Session theme	Session topic	Session title
10-13	CC	Sex	Sexual abuse	Avoiding dangerous people and places
10-13	CC	Relationships	Forming relationships	Sex and relationships: emotions and situations
10-13	CC	Sex	Delaying sex	Choosing to wait
10-13	CC	Grief/loss	Dealing with grief and loss	Dealing with grief and loss
10-13	CC	Emotions	Identifying and expressing feelings	Free to feel
10-13	CC	Values	The importance of values	What's Important—the Value of Values
10-13	CC	Change	Understanding physical and emotional changes	Living with change: welcome to puberty
10-13	CC	Future planning	Making social change happen	Looking back, looking ahead
10-13	CC	Decision-making	Decision-making skills	Making good decisions in difficult situations
10-13	CC	Support	Supporting friends	Having a friend, being a friend
10-13	CC	Future planning	Making social change happen	Proudly South African
10-13	CC	Decision-making	Staying safe	Get What's Best for You—Negotiate
10-13	CC	Support	Looking after ourselves	Taking Care of Ourselves
10-13	CC	Self-care	Taking care of oneself	Self-talk
10-13	CC	Support	Identifying sources of support	The people around us
10-13	CC	Relationships	Attraction	Attraction—Show You Care in Safe Ways
10-13	CC	HIV/AIDS	HIV/AIDS	Understanding HIV and STIs
14-17	CC	Crime & violence	Crime & violence	Crime and violence: what does that have to do with me?
14-17	CC	Substance use	Alcohol and drug abuse	Deal with it: coping without drugs and alcohol
14-17	CC	Grief/loss	Dealing with grief and loss	Getting by with a little help from my friends
14-17	CC	Support	Supporting friends	How to support my friends
14-17	CC	HIV	HIV and STIs	Getting serious: understanding HIV and STIs
14-17	CC	Relationships	Romantic relationships	What's love got to do with it
14-17	CC	Future planning	Making social change happen	Making the new South Africa
14-17	CC	Emotions	Identifying and expressing feelings	Oh Biko!
14-17	CC	Gender	Gender and gender violence	Standing up or standing by: Gender and gender violence

