



DEAF ZIMBABWE TRUST

LIFE SKILLS COACHING FOR DEAF LEARNERS REPORT

18 MARCH 2016



INTRODUCTION

Deaf Zimbabwe Trust together with Culture Shock Trust conducted a Life Skills Coaching session for Deaf youths. In attendance were students from Danhiko School and Deaf Zimbabwe Trust School. Participants were aged between 15 and 24 years. The workshop was facilitated by Nqobile Munzara who is the founder of Culture Shock Trust.

LIFE SKILLS COACHING BY NQOBILE MUNZARA

The presentation by Nqobile took a social approach to SRH and analysed the role that self-awareness plays in SRH. She began by conducting a self-assessment exercise with the participants. The exercise sought to develop self-awareness, self-esteem and self-confidence in Deaf youths by asking the following

- Who am I?
- What am I worth?
- What can I do?

Nqobile highlighted that this was an important exercise noting that when you know who you are, you can change your behaviour so that you can achieve your goals.

Relationships

The presenter also addressed relationships amongst teenagers. She noted that young people in relationships often feel pressured to do things that they do not necessarily want to do. Nqobile explained that thinking one is in love doesn't mean one should have sex. Indulging in premarital sex is risky and could result in Sexually Transmitted Infection and unwanted pregnancy. She noted that being clear about one's vision can potentially protect a young person from indulging in risky sexual activity whose consequences can derail one from their vision. Nqobile also highlighted some sexually transmitted infections and the dangers they pose to one's overall health and wellbeing. Below is a table highlighting some common STIs

| Bacterial: Cure available | Viral: No cure | Parasitic: Cure available |
|-----------------------------------|--|----------------------------------|
| Chancroid | <i>Cytomegalovirus (CMV)</i> | Pubic Lice |
| Chlamydia | Genital Warts / Human Papillomavirus (HPV) | Scabies |
| Gonorrhoea | Hepatitis A, B, and C | Trichomoniasis |
| Lymphogranuloma Venereum (LGV) | Herpes (HSV1 & HSV2) | |
| Mycoplasma Genitalium | <i>HIV/AIDS</i> | |
| NGU (Nongonococcal Urethritis) | Molluscum contagiosum | |
| Pelvic Inflammatory Disease (PID) | Mononucleosis | |
| Syphilis | | |
| Bacterial Vaginosis (BV) | | |

INTERNET DOs

- ✓ Let your friends know what you up to
- ✓ Share decent pictures of yourself
- ✓ Adjust your privacy settings to suit your needs

INTERNET DONTs

- ✓ Nude pictures
- ✓ Home & work address
- ✓ Political ideas
- ✓ Exact location
- ✓ Personal details

Online Safety

The internet has become the major means of communication and a source of entertainment for young people. For many teenagers, their lives revolve around Facebook and Whatsapp. Nqobile explained that while the internet is a good source of information it can be dangerous if one does not use it with care. She highlighted that in recent years there has been an increase in the number of nude pictures of young people posted online. Nqobile advised the Deaf learners to avoid posting indecent pictures online and providing personal information

Parties and Drugs

Nqobile explained that these days teenage parties create high risk environments where young people indulge in behaviour such as drinking alcohol, smoking and drug use. She noted that under the influence of intoxicating substances like 'bronco' and marijuana, teenagers are likely to lose control and are less likely to be in control of the decisions that one makes or the actions one takes. Nqobile advised the Deaf students to avoid attending parties without adult supervision. She noted that in the event that one is at a party, he or she should avoid leaving their drink unattended as it may be spiked. She also emphasised that it is important to stay safe and not give in to peer pressure. Just because others are doing it, it doesn't mean it is right.

Types of Drugs

Marijuana = weed / mbanje Opiates = opium, heroin, morphine, codeine, broncleer (bronco)
Stimulant = cocaine, "crack," amphetamines, & caffeine, methamphetamine **Hallucinogens = LSD & MDMA (ecstasy)** **Inhalants = glues, spray fumes, paint** **Steroids** **Alcohol = spirits, wines, beers** **Smoking = cigarettes**

Discussion

During the discussion session the Deaf students expressed the challenges they encounter in making decisions about life. Many indicated that they do not always have support from their families due to the language barrier as many of their families are not proficient in Sign Language. Others also bemoaned the limited career possibilities that they are exposed to which makes it difficult to be positive about the future. One Deaf learner expressed that talking to parents about growing up is very challenging and this makes it difficult to ask for advice about growing up. The Deaf learners present agreed that peer pressure is the major reason why many young people abuse drugs and indulge in premarital sex. They agreed that the choices they make as young people will affect their future and they must make good choices to avoid problems as adults.

Parents don't always know how to communicate with us. They don't understand us so it's difficult to talk about life with



A Deaf learner contributing to the discussion

CONCLUSION

Nqobile summed up the session by emphasising the need for young people to exercise self-control. She encouraged the Deaf learners present to always be clear about their vision and avoid things that derail them to achieve their goals.

MORAL

- ✓ *Being in a love relationship can be confusing*
- ✓ *Being in love can make us do things that we later regret*
- ✓ *We must always be careful of the messages / pictures*
- ✓ *Pre-marital sexual intercourse ALWAYS puts us at risk of STIs and pregnancy*
- ✓ *STIs have lifetime consequences*
- ✓ *Partying will never start and end with me*
- ✓ *Drugs, smoking and alcohol are very dangerous! STAY AWAY FROM THEM*