

BEST PRACTICES

The House Group
Hillbrow, South Africa
Saving the girl child from the street
<http://thehousegroup.org>



** Working Document

STAFF TRAINING

Youth Care Worker - Significance of Interaction

The Daily Program demonstrates the significance, influence and benefit of the interaction of the youth care workers with the girls.

English

At **all** times the youth care workers speak English to the girls - it is the most important skill taught.

Wake-up

- 'Family' is experienced as the child is woken up individually to start the day, knowing that she's special and cared for
- Personal and oral hygiene is taught when washing and brushing teeth
- Respect for self and others are taught when cleaning bathroom after use and tidying her room
- Consideration for others are learned and experienced

Morning Meditation

- Spiritual guidance
- Fellowship when singing
- Belonging to a spiritual family, with sisters in the same family
- Expressing emotions, venting anger, sorrow, gratitude and happiness
- Freedom of choice taught, you are the master of your destiny

Program 1 - Chores

- Preparing breakfast - cooking, life and social skills when serving
- Cleaning - self-respect, dignity, learning that you create your own healthy and clean environment
- Learning responsibility, that some work must be done, pride in achievement
- Foundation for possible future employment skills

Morning Meal

- Experiencing the joy and satisfaction of being able to prepare and serve a meal
- Fellowship, and social skills sitting at table with friends / family
- Table manners are taught
- Learning to accept compliment gracefully if the food is well prepared and to accept criticism when the meal is not so great

Program 2 - (for all the programs)

- Skills training - life, social, job, self-employment, etc.
- Personal growth - conflict resolution, dealing with emotions, empowerment
- General knowledge - physiology, biology, how do things work, geography, science
- Literacy and numeracy
- English - reading, writing, speaking, comprehension
- Learning to verbalize, to express knowledge, and emotions
- Learning to communicate, to concentrate, to participate.

- Hand skills - hand-eye coordination, completion of task, self-worth of being able to do something - sewing, knitting, painting, hand-crafts, etc.
- Sport - co-ordination, sharing, competition, win-or-lose attitude, conflict resolution, and more

Mid-day Meal

- see morning meal

Program (Sat - Recreation)

- see program 2
- Sometimes outings are arranged - zoo, park, etc.
- Opportunity to put to practice social and life skills
- or to brag with their newly found general knowledge
- Going to town - experiencing from a different perspective the streets they've turned their backs on
- Pocket money - learning financial skills, how to budget, to count money
- and how to prioritize needs (sure you need sweets, but maybe a party is more important)
- Learning to differentiate between 'want' and 'need' and 'can afford or have'
- Choosing - the freedom of choice - what are they going to buy, or, are they going to come back, etc.

Ablutions and Recreation

- See wake-up for ablutions
- Learning that there's a time to work and a time to play
- Learning to value 'free-time' as personal time
- Making decisions about what to do with your time, such as doing laundry, reading or playing ball

Evening Meal

- see morning meal

Recreation and/or Study

- Learning responsibility - homework that must be completed, tests that must be prepared for
- Playing board games, card games, etc.
- Learn to keep yourself occupied by playing games, reading a book, doing homework, talking with your friends, writing a letter, etc.
- Television is watched only on Friday and Saturday evenings (selective - our children do not watch programs such as Days, Generations, Yezo-Yezo, etc. as these programs are not value based, but rather destructive and contrary to our teaching of humility, simplicity and compassion)

Evening Meditation

- see morning meditation

Retire

- Organizing your day so that your tasks are done before you retire - planning and executing
- again ablutions - you have a responsibility towards your body

Rule of Silence

- Respect others when they want quiet or want to sleep
- Learn routine
- Know that your body needs the rest, as you are getting up early the next day, with a full program