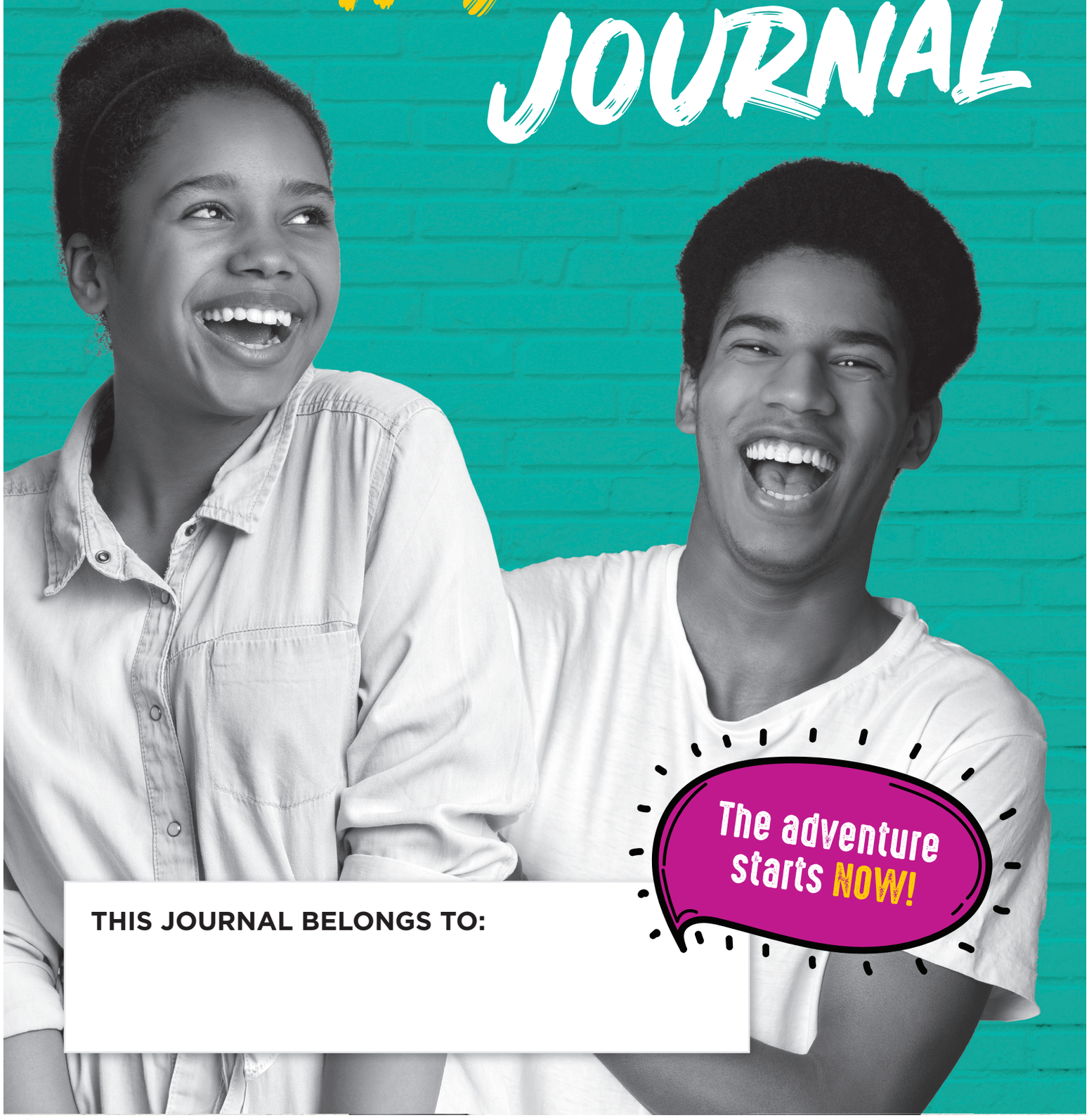
FutureLife-Now!

COVID-19 RESPONSE

MY LIFE, MY FUTURE JOURNAL



The adventure starts NOW!

THIS JOURNAL BELONGS TO:

MY DREAM FOR MY FUTURE

Take some time out to think of what you really want for your future.
Sit in a place where you can be quiet and won't be disturbed.

What is your dream for your future?
Don't be afraid to dream big!

Now write your dream in the the circle below, so that you see it every time you open your book.

#DreamBIG

#ActNOW

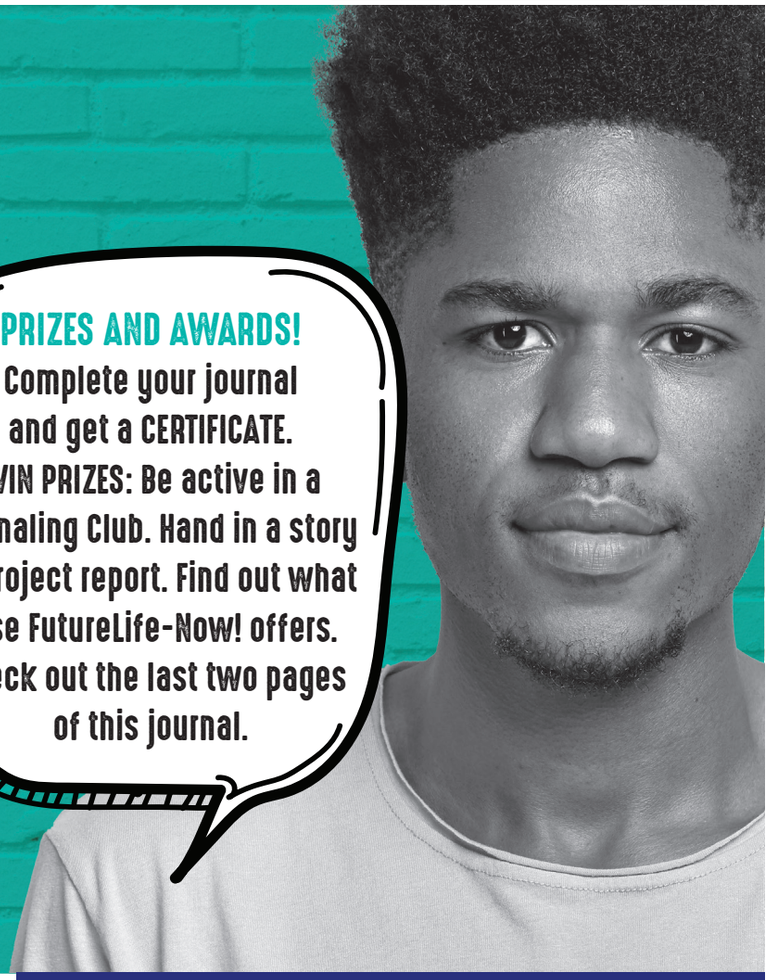
THIS JOURNAL BELONGS TO YOU

BE A COVID-19 LEADER

To achieve your future dreams, you must first stay safe during the COVID-19 pandemic. Develop your leadership skills now.

LOOK ON PAGES 16 - 20 TO FIND OUT HOW!

PRIZES AND AWARDS!
Complete your journal and get a CERTIFICATE.
WIN PRIZES: Be active in a Journaling Club. Hand in a story or project report. Find out what else FutureLife-Now! offers. Check out the last two pages of this journal.



WHAT IS A JOURNAL? It is a book in which people write regularly about the things that they do, or about their feelings or thoughts. Journaling can reduce stress and make you feel more positive about life. Write down your worries, goals and dreams and it will help you to find solutions and achieve goals.

Use this journal to have fun, be creative and solve problems. Plan steps to change things that you don't like, and discover new and wonderful things about yourself.

THERE ARE NO RULES FOR WHAT YOU MUST DO, AND NO RIGHT OR WRONG ANSWERS.

You decide what you want to write, draw or paste into your journal. Imagine what *you* want *your* life to be like and unlock your talents to make it happen.



TAKE THE FIRST STEPS!

A journey of a thousand miles starts with a first step. This journal can help you to take the first steps on your journey towards the future you want.

HOW TO USE THE JOURNAL

- Write in it - your thoughts, stories, poems and songs
- Draw in it, stick in pictures or things from your home or the area around you
- Use this journal as a guide to start a new project. Get your friends to join in (see page 38)
- Use it to tell others who you are and what you have done that is special
- Use it to express your private thoughts and feelings
- Let your journal be a record of your progress towards reaching your dream

IN THIS JOURNAL YOU ARE THE AUTHOR. YOU ARE THE SUPER HERO WITH THE POWER TO MAKE CHANGE.
START CREATING THE LIFE THAT YOU WANT.

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YOUR JOURNAL: HOW IT WORKS AND HOW YOU CAN USE IT

#BeInspired

Below are the different sections of your journal. Check here to see where each section is and how to use it. If you find sections that are difficult or boring, leave them out.

SECTION	PAGE	HOW TO USE IT
MY DREAM FOR MY FUTURE	Inside front cover	Write your dream for your future in the circle.
THIS JOURNAL BELONGS TO YOU	1	Find out what the journal is about and why it is yours alone.
YOUR JOURNAL: HOW IT WORKS AND HOW YOU CAN USE IT	2 - 3	Discover the different sections of the journal and how to use each one.
THIS IS ME	4	Introduce yourself to your journal – say who you are and add in a picture.
HOW I GOT HERE – MY LIFE JOURNEY	5 - 7	Create a timeline of your life from birth to now and show the good and bad things that shaped you, and the things you would like to change.
MY SPECIAL PEOPLE	8 - 9	Name and celebrate the special people in your life: People you love; your role models; people who are there when you need them.
THIS IS MY HOME - THE PLACE WHERE I LIVE	10 - 13	Draw a map of your hometown, village or city. Show the positives and negatives and work out how to begin to make changes.
MY DREAM FOR MY FUTURE – IN TEN YEARS' TIME	14	Start making your future dream real. Where do you want to be in ten years' time?
FIVE STEPS I CAN TAKE NOW TO HELP MAKE MY DREAM COME TRUE	15	Plan the first steps you can take now to start your journey and make your dream come true.
BE A COVID-19 LEADER	16 - 20	Get the knowledge you need, then work out how you can be a COVID-19 leader to protect yourself and others during the pandemic.
MY PRIVATE SPACE – KEEP OUT!	21 – 28	Use this private space to write anything which you don't want to share with others.
MY AMAZING HERO STORY	29 - 31	Write a wonderful story in which you are the hero.
IF I WERE THE LEADER OF MY COUNTRY	32 - 33	Imagine that you are the leader of your country. What will you do to make your country a better place?
FUTURELIFE-NOW!	34 – 37	The FutureLife-Now! programme is there for you. In this section you can explore how to live positively and be a friend of the Earth.
MY SPECIAL PROJECT	38 - 42	Do you want to do a special project that will help you and others in this time? Use this section to plan and make that project happen.
RADIO PROGRAMMES FOR YOUTH BY YOUTH	43 – 49	Listen to the Youth Talk radio programmes from October. Use these pages to share your thoughts and ideas about topics that interest you.
REFLECTIONS	50 - 51	Use this space to think about your journaling journey.
CONTACT DETAILS AND INFORMATION	52	Important contact details and information about resources for you, as well as incentives and awards.
ABOUT THE FUTURELIFE-NOW! COVID-19 EMERGENCY RESPONSE	Inside back page	This journal is part of the FutureLife-Now! COVID-19 response. Read about it.

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SHARING YOUR JOURNAL WITH OTHERS



Are you happy to share your journal, or sections of it, with others? For example, the youth facilitator or FutureLife-Now! teacher at your school? Would you be happy for them to possibly share it more widely?

Why would you share your journal?

To showcase what you have done

To help others better understand you and other young people

To get a certificate when you hand in the journal

WOW **To stand a chance of getting incentives, awards and prizes**

To share your great ideas, thoughts or stories

To have the chance of seeing one of your contributions published (see Page 52 for more details)

If you choose to share your journal:

- Your journal will be returned to you
- You will be asked for permission before any part of your journal is published

How to use your 'My private space'

If you want to write about private topics which you don't want to share with anyone, write them in the 'My private space' section of your journal. Don't share that with anyone, unless you really want to. **If you want to give your journal to your FutureLife-Now! youth facilitator or someone else, you can cut out the 'My private space' section and keep it with you.**

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THIS IS ME

You are a special person – there is no-one else just like you. Use these pages to tell your journal about yourself.

MY NAME:

WHERE I LIVE:

MY AGE:

MY SCHOOL OR COMMUNITY:

THIS IS WHAT I LOOK LIKE:

Draw or paste a picture here that shows what you look like.

THIS IS THE SORT OF PERSON I AM:

I am quiet and I don't like to argue.

I am brave.

I smile a lot

I love to sing

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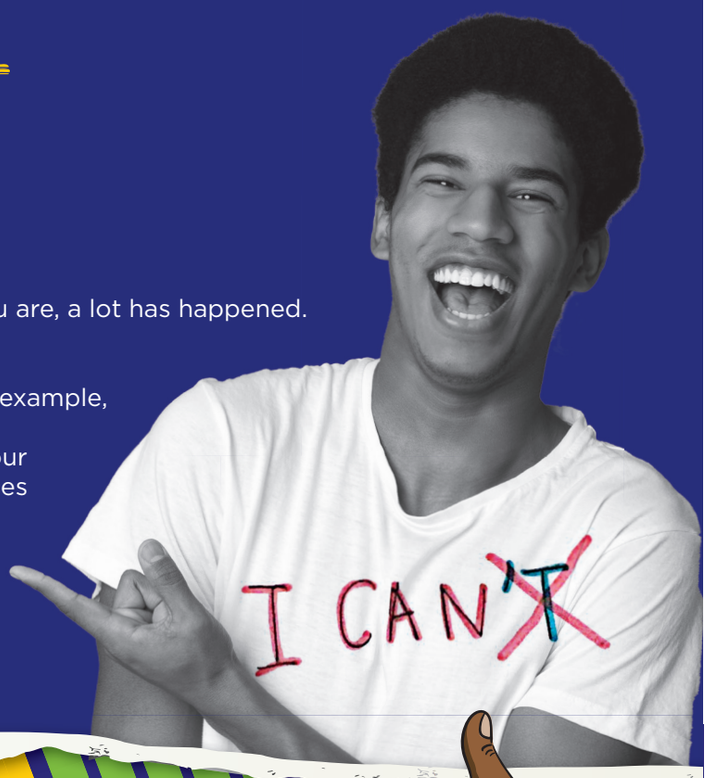
HOW I GOT HERE – MY LIFE JOURNEY



Think of your life from birth to now. No matter how old you are, a lot has happened.

What has made you the beautiful person you are today?

- What have been the important events in your life? (For example, your birth, going to school, becoming an adolescent)
- What are the things that you are proud of? What are your achievements? Remember, they don't have to be big ones
- What has set you back? What has made you sad? What do you regret?

Write down some of your achievements and regrets.

MY ACHIEVEMENTS: THE THINGS THAT MAKE ME HAPPY AND PROUD

MY REGRETS: THE THINGS THAT MAKE ME SAD

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CREATE YOUR TIMELINE

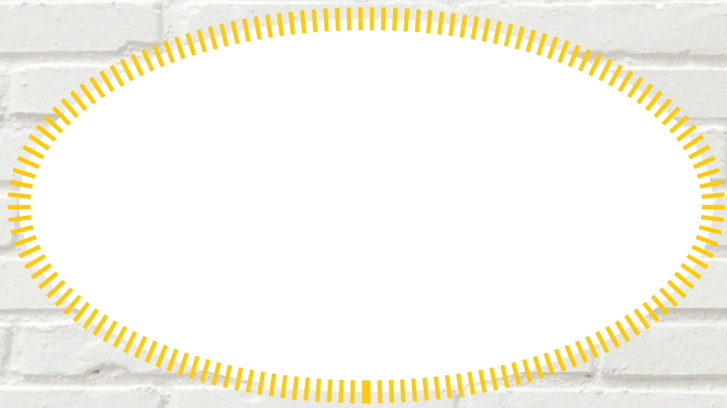
On the next two pages, create a timeline of your life, from birth to now.

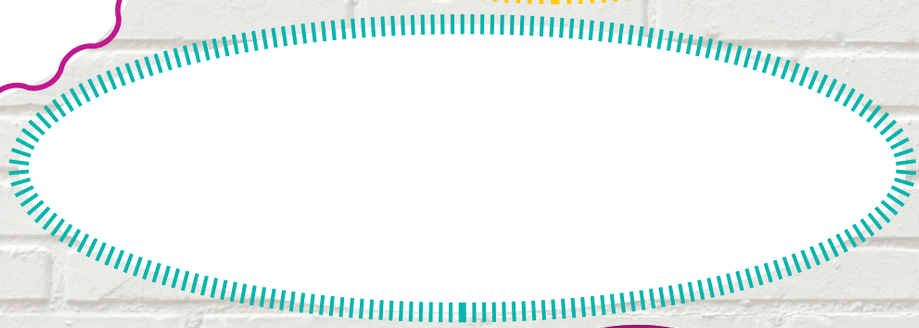


THE GOOD THINGS

In the frames *above* the timeline, write some positive achievements or events in your life. How old were you when they happened? Use an arrow to connect the frames to the correct place in the timeline.

MY LIFE JOURNEY FROM BIRTH UNTIL NOW...

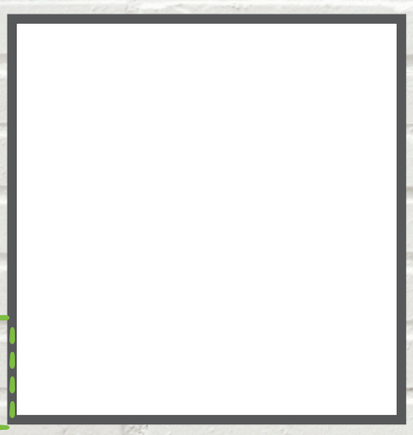


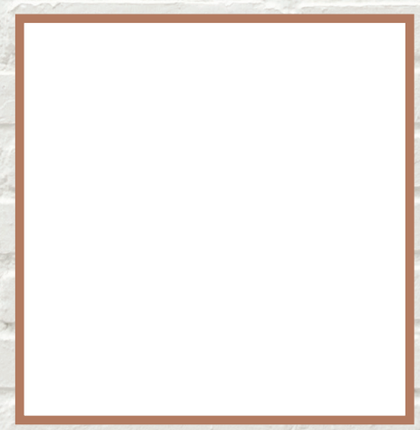


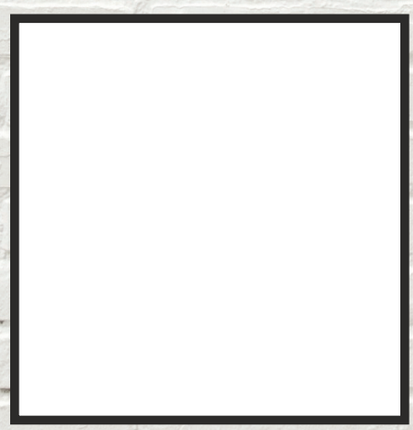












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THE BAD AND SAD THINGS

In the shapes *below* the timeline write the negative and sad things in your life. How old were you when they happened? Use an arrow to connect the shapes to the correct place in the timeline.

NOW MAKE THE TIMELINE YOUR OWN!

Decorate the page in any way you want. Write, draw, colour in, or paste pictures. It's your life!

11-15 YEARS

16-20 YEARS

This is me

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MY SPECIAL PEOPLE

We all have special people in our lives. People we love. Our role models. And people who are there for us, who help us when we need them.

Use these pages to think about your special people. Tell your journal about them: Who they are, what they are like, what role they play in your life, and why you believe they are special.

#CooltoCare

The people I love:

My role models:

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Never Give up!

People who help me when I need them:

Reread what you have written about the special people in your life.

How does it make you feel to think of them?

Do you want to let anyone know that they are special? Or thank them for what they have done for you?

If you want to do something for a special person or persons, write it in the space below. It's an easy way to make people feel good!

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THIS IS MY HOME – THE PLACE WHERE I LIVE



MY HOME

Draw a map of the place where you live. Show places that are important to you. It may include houses, your school, the clinic, churches, shops, taverns, taxi ranks, community halls, fields, trees, dams, forests, rivers, etc.

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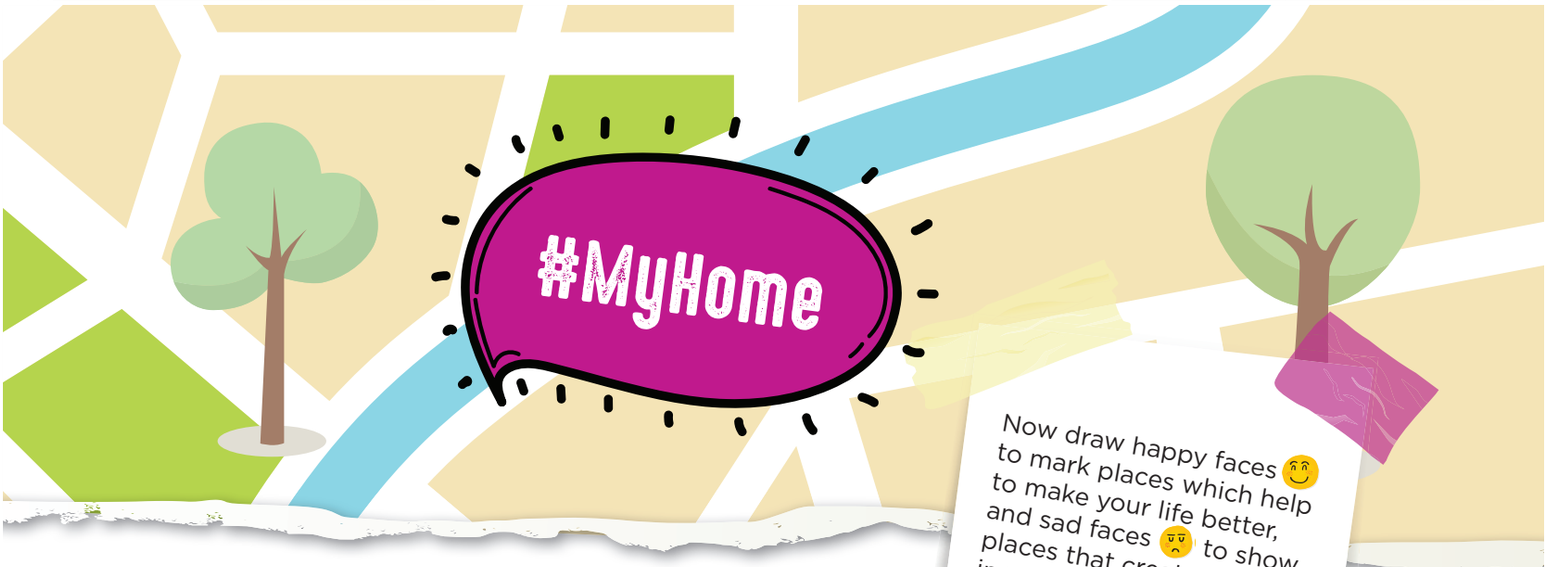

Now draw happy faces to mark places which help to make your life better, and sad faces to show places that create problems in your life or the lives of other young people.

Use coloured pencils or pens if you have, or paste in pictures, words or shapes.

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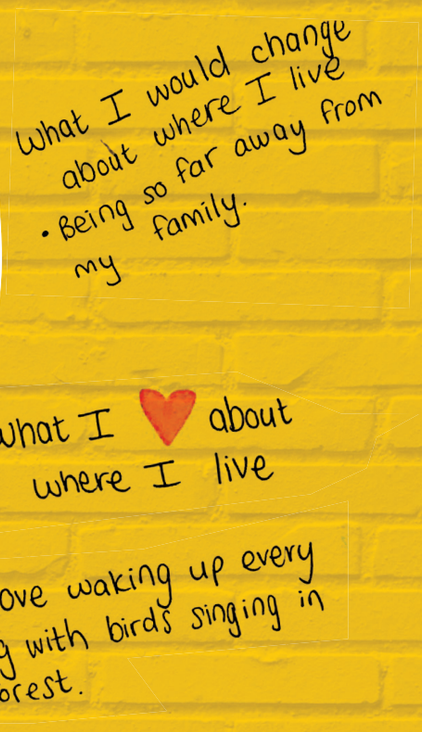
WHAT I LOVE AND WHAT I DON'T LIKE ABOUT THE PLACE WHERE I LIVE

When you drew the map of the place where you live, did you think of places and things which you like, and also of places and things which you dislike and want to see changed?

Do you want to write about it?
Then use the spaces below.



What I love about where I live:

What I don't like about it:

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MAKE THE CHANGES THAT YOU WANT TO SEE

Be the change you want to see

Did your map show that you love the place where you live just as it is? Then you are very lucky and can ignore the rest of this page. If not, remember that you can be a change agent!

You probably don't have the power to make big changes on your own. But you can make people around you aware of things that should change and make them understand why. Then you are no longer on your own.

Answer the questions below. Motivate your special people to support you to make the changes you want to see.

What can I do to change some of the things that I don't like?

Who are the people who can help me?

Think of your special people. Who can help you, and how?

What I can do right now?

Identify at least one action you can take now, to start becoming a positive change agent. Remember: The first step is the most important one.

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MY DREAM FOR MY FUTURE: IN TEN YEARS' TIME

Follow your dream – It knows the way

Go back to the first page of this journal and read 'My dream for my future'.

Now begin to make your dream a reality. Where do you want to be in ten years' time? Write about it in the space below. Draw pictures if you want.

In ten years' time...

I will have my own business



I will be studying to become a doctor or a nurse

I will be a well-known musician

I will have built a new home for my family

Be confident
BE HAPPY!!

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FIVE STEPS I CAN TAKE NOW TO HELP MAKE MY DREAM COME TRUE



Research has shown that people who write down their dreams or goals are far more likely to achieve them. The goals become more achievable when we take the first small steps towards them.

Use your journal to develop a plan that will get you to your goals. Answer the following questions.

What can I do now to help me achieve my future dream?

What obstacles stand in my way?

Who can help me to overcome these obstacles, and how?

What's the first step you want to take now? Write it down.

Try to come up with four more steps, then write all five down below.

FIVE STEPS I CAN TAKE NOW TO START MY JOURNEY
1.
2.
3.
4.
5.

Now believe in your dream!

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FutureLife-Now!

COVID-19 RESPONSE

#CooltoCare

BE A COVID-19 LEADER

Go back to the start of your journal. Do you believe that you can achieve the dream you wrote in the circle?

Make your future dreams come true - start now by keeping yourself and others safe from COVID-19.

To be a COVID-19 leader, first make sure that you have the knowledge you need. The next three pages will give you the information you need to protect yourself and your family, friends and community against COVID-19.

Go through these pages, then do the quiz that follows, to see how much you know.

Learn our Five Golden Rules by heart! Follow them all, and stay safe.

> If your mind can conceive it and your heart can believe it, your body can achieve it.

FIVE GOLDEN RULES

1. Wash your hands with soap and water
2. Keep your distance
3. Cover your face and don't touch it
4. Clean the surfaces and objects which you and your family touch often
5. Feel sick? Stay at home

This is how we'll beat the virus

CHALLENGES IN THIS TIME OF COVID-19

The COVID-19 pandemic has brought extra challenges for every one of us and for our families, friends, schools and communities.

Many people feel sad or worried. It may be more difficult to access health care or medication. There are rumours and false news, and it may be difficult to stay active.

Page 19 focuses on challenges that have been made worse by the pandemic, and how to cope.

Stay positive, safe and well in this time, and look after yourself first. Here are some tips:

ASK FOR HELP

It is normal to feel sad, worried, confused or even scared and angry. Remember that you are not alone. Ask for support when you need it.

STAY HEALTHY

If you are on medication, keep taking it. Continue to access medical care. If you are pregnant, go for check-ups, and if you know someone else who is pregnant, encourage them to get care.

STAY SAFE

Don't get into situations that make you unsafe. Avoid risky behaviour. Arm yourself with knowledge by studying the next three pages. Then use the knowledge to protect yourself and others.

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1

FutureLife-Now!

COVID-19 RESPONSE

IF WE KNOW THE CORONAVIRUS, WE CAN BEAT IT.

5 THINGS WE SHOULD KNOW ABOUT COVID-19

1 WHAT IT IS

COVID-19 is a respiratory or breathing disease. It is caused by a Coronavirus, which can attack your lungs when you are infected.

2 HOW IT IS SPREAD

The virus spreads very easily. When people who are infected talk, cough, sing or sneeze, they spread the virus in droplets which travel in the air or land on surfaces around the infected person.

You can be infected if you are close enough to the infected person and breathe in droplets which contain the virus, or if you touch surfaces on which droplets have landed, and then touch your eyes, nose or mouth.



3 THE SYMPTOMS

Common symptoms include fever, cough, fatigue (tiredness) and loss of taste and/or smell.

Most people who get infected (about 80% to 90%) do not get very sick at all, or have mild symptoms that are similar to flu. They get well quickly.

If you think you may be infected and have a fever and difficulty breathing, call the national helpline.

4 CHILDREN AND YOUNG PEOPLE

Young children and young people under 20 seldom get sick. If children do, then their symptoms can be different from those of adults: Diarrhoea, vomiting and a loss of taste or smell.

STAY SAFE
STAY PROTECTED
SECURE OUR
FUTURE

5 PEOPLE AT RISK

Older people over 60, and people who have other chronic (long-term) diseases like diabetes, HIV, TB, high blood pressure or heart disease are in greater danger of getting very sick from the disease, and possibly dying. They need to be protected.

Be a COVID-19 leader. **You can choose to protect yourself, your family and community from the virus, to stay safe and healthy. In other posters in this series, we tell you how.**

SADC
Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra
Swiss Agency for Development and Cooperation SDC
MIET AFRICA
CSTL
CARE AND SUPPORT FOR TEACHING AND LEARNING

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2

FutureLife-Now!

COVID-19 RESPONSE

CHOOSE TO STAY SAFE: Protect Yourself and Others Against COVID-19

5 GOLDEN RULES TO REMEMBER

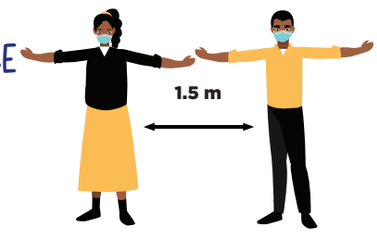
1 WASH YOUR HANDS WITH SOAP AND WATER

Wash them often, and wash them well.



2 KEEP YOUR DISTANCE

Stretch out your arms and turn all around. That's your safe bubble. Keep others out.



3 COVER YOUR FACE AND DON'T TOUCH IT



Wear a mask when you go out.

Cover your mouth when you cough or sneeze.

Don't touch your eyes, nose or mouth with unwashed hands.

4 CLEAN THE SURFACES AND HOUSEHOLD OBJECTS WHICH YOU AND YOUR FAMILY TOUCH OFTEN



Buttons or switches | Cups, plates, cutlery etc. | Cellphones | Door handles or knobs | Books and stationery | Food containers | Kitchen counters | Tables, desks and chairs | Bags, purses and wallets

5 FEEL SICK? STAY AT HOME



SADC — SOUTHERN AFRICAN DEVELOPMENT COMMUNITY — TOWARDS A COMMON FUTURE

Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra
Swiss Agency for Development and Cooperation SDC

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CSTL
CARE AND SUPPORT FOR TEACHING AND LEARNING

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3

FutureLife-Now!

COVID-19 RESPONSE

BE A LEADER: Keep Yourself and Others Safe and Well

5 THINGS TO DO

1 TELL THE TRUTH



Get and share news and information that is correct and true (about COVID-19 or other topics that affect your community)

- Share correct health information and don't spread 'misinformation' (fake news). Check the facts.
- Fight stigma: Explain that anyone can get sick, anywhere and anytime.

2 BE A HEALTH HERO



Protect yourself, family and community against other illnesses

- If you are on medication, keep taking it.
- If you get sick, go to a clinic.
- If you are pregnant, go for check-ups.
- Get children immunised.
- Don't stop regular clinic visits to attend to health issues.



3 SPREAD POSITIVE ENERGY

Stay positive and active. Be kind and reach out to others

- Stay positive, and talk to others if you feel down or sad.
- Don't listen too much to negative news or people.
- Do something you enjoy every day, and get others to join in.
- Be kind to others. Listen to family members or friends who seem down. Help where you can.

4 STAY STRONG AND WELL

Promote healthy living and eating

- Exercise often and urge others to do the same. Go for walks with family members.
- Eat healthy food. Encourage others to do the same.
- Grow vegetables.
- Drink enough clean water.
- If you don't have enough clean water, speak to community leaders and help to solve the problem.



RESPECT
RESPONSIBILITY
RIGHTS

5 BE A GUARDIAN ANGEL FOR THE ELDERLY



Look after older family members, who are more at risk.

- People over 60 are most at risk of getting very sick from COVID-19, especially if they have chronic (long-term) diseases.
- Help older family or community members to protect themselves.
- Listen and talk to them, to help keep their spirits up.
- Check that they take medication, stay active and positive, and eat healthy foods.
- If they need to go to a clinic, help them to get there.

SADC Southern African Development Community – Towards a Common Future

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Confederaziun svizra
Swiss Agency for Development and Cooperation SDC

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CARE AND SUPPORT FOR TEACHING AND LEARNING

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FutureLife-Now!

COVID-19 RESPONSE

ARE YOU READY TO BE A COVID-19 LEADER?



ANSWER OUR COVID-19 QUIZ TO SEE HOW MUCH YOU KNOW

If you need help with the question, go back to pages 17, 18 and 19. All the information is there.

Circle the correct answer.

1 HOW DOES THE CORONAVIRUS SPREAD?

a. It only spreads when you stand close to someone who is infected and breathe in droplets with the virus.

b. It only spreads when you touch surfaces that have the virus on them, and then touch your face.

c. The coronavirus can spread in both these ways.

2 IS THE FOLLOWING STATEMENT TRUE OR FALSE?

You could be infected with the coronavirus and have very few, or even no symptoms. But you can still infect others.

a. TRUE

b. FALSE

3 WHO IS MOST AT RISK OF GETTING VERY SICK?

a. Children and young people.

b. Older people.

c. People who have other long-term illnesses like diabetes, high-blood pressure, TB, HIV or heart disease.

d. Older people and people with other long-term illnesses.

4 WHAT IS THE BEST WAY TO KEEP YOURSELF AND OTHERS SAFE WHEN YOU GO OUT OF YOUR HOME?

a. Wear a mask that covers your nose and mouth.

b. Keep 2 arms' length (1,5 metres) away from others.

c. Wear a mask and stay 1,5 metres away from others.

5 OUR FIRST GOLDEN RULE IS 'WASH YOUR HANDS WITH SOAP AND WATER'. WHAT DOES THIS MEAN?

a. You only need to wash the palms of your hands with soap and water.

b. You must wash all surfaces of your hands with soap and water.

How much do you know?
Check the COVID-19 QUIZ answers on Page 52

MY COVID-19 PLEDGE

(Your pledge is a promise you make to yourself or someone else)

Are you ready to be a COVID-19 leader?
Start now!

Make a promise to yourself. Write up to five things that you will do to keep yourself safe and protect others from the virus.



MY PLEDGE AS A COVID-19 LEADER

I promise to...

1.

2.

3.

4.

5.

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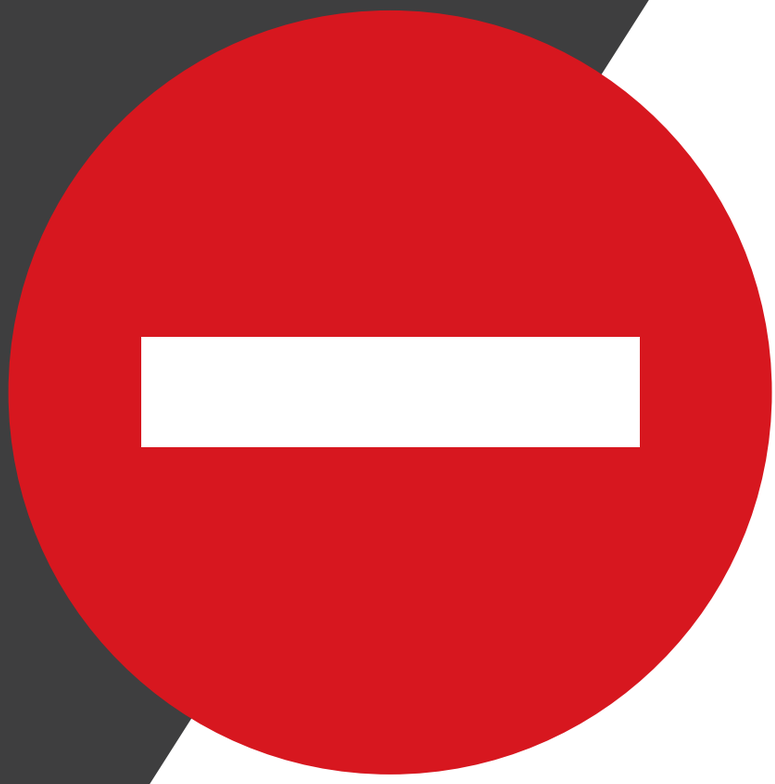
MY PRIVATE SPACE – KEEP OUT!

If you want to show the rest of the journal to others but want to keep this section private, just cut it out!

We all have things that we worry about, or that we are embarrassed about, or that we regret. Things that scare us and that make us sad. Things that we don't want to show to others.

SO USE THIS SPACE TO WRITE ABOUT YOUR MOST PRIVATE THOUGHTS, WORRIES OR DREAMS.

If you want to use these pages to draw or paste pictures, or for graffiti, or even if you want to leave them blank, go ahead! This is your book! Do what you want with it.



The next eight pages are your own private space. Use this space to write anything which you don't want to share with others.

No-one else needs to see what you write here.

MY PRIVATE SPACE – KEEP OUT! MY PRIVATE SPACE – KEEP OUT!

PRIVATE SPACE – KEEP OUT! MY PRIVATE SPACE – KEEP OUT!

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MY PRIVATE SPACE – KEEP OUT! MY PRIVATE SPACE – KEEP OUT!

PRIVATE SPACE – KEEP OUT! MY PRIVATE SPACE – KEEP OUT!

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MY PRIVATE SPACE – KEEP OUT! MY PRIVATE SPACE – KEEP OUT!

PRIVATE SPACE – KEEP OUT! MY PRIVATE SPACE – KEEP OUT!

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MY AMAZING HERO STORY

Have you ever wanted to be a writer, or an illustrator? Perhaps you want to create a cartoon or comic strip? Here is your chance.

Even if you've never thought of creating a story, why not give it a try?

Let your imagination run wild! Write or draw a wonderful story in which you are the amazing hero. Be anything or anyone you want to be. You don't have to stick to facts. In a story, nothing is impossible, and there are no rules.

In the title, write your name and a descriptive word or job title. As you see, we have included some examples to give you ideas. But create your own!

Have fun and enjoy your story. And if you want, share it with others!

DOUGLAS, THE SOCCER LEGEND
He scored the World Cup winning goal

GEORGE, THE FIGHTER FOR OUR PLANET
He gave our community clean water

LERATO, THE FAMOUS SCIENTIST
She found a vaccine to fight the new virus!

CHARITY, THE FEARLESS EXPLORER
She travelled to a new planet!

KUDZAI, THE BRAVE SISTER
She saved her little brother's life

ASHWELL, OUR HERO
He stood up against the bullies

KITANA AND COLLINS, OUR FAMOUS MUSICIANS
They made our village famous!

TURN THE PAGE TO CREATE YOUR OWN STORY...

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MY AMAZING HERO STORY

THE STORY OF

THE AMAZING

HE/SHE

WRITE OR DRAW YOUR STORY HERE:

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Example:

THE STORY OF Lerato,

THE AMAZING Scientist

HE/SHE found the vaccine for the new virus!

Give the story to your youth facilitator or teacher. You never know, it may be shared with others or even published!

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IF I WERE THE LEADER

Think big!

Imagine that you were your country's leader. What would you do to make it the best country it could be?



Here are some ideas of what good leaders may want for their countries. But decide what you would do.

- Ensure peace
- Stop corruption
- Give young people opportunities to be leaders
- Provide great health services to everyone
- Make sure that all children get a great education
- Create jobs and business opportunities for young people
- Supply clean water to everyone

If I were the leader of my country, I would...

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OF MY COUNTRY



If you want to, share this with your youth facilitator, teacher, or youth programme leader. They may share it with others.

Maybe your message will be seen by leaders and give them inspiration!

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FutureLife-Now!

FutureLife-Now! is a programme for you, your friends and other youths in FutureLife-Now! schools.
It is there to help you to:



Be confident



Do the right thing



Be safe



Get and give support



Be smart



Live your dream



Be a leader

Join the youth network and let FutureLife-Now! work for you.

FIND OUT HOW ON PAGE 52

How has this time been for you? Write about it!

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POWER TO LIVE LIFE POSITIVELY

It's not always fun to be young. It can be tough. So many changes and lots of challenges. For many, the COVID-19 pandemic has made it worse.

How has it been for you?

Which of these have affected you? Put ✓ in the circle if it has, and a ✗ if it hasn't.

- Peer pressure
- Hard to make and keep friends
- Worries about family, friends, money
- Forced to do what you don't want
- Worried about your studies and your future
- In situations where you don't feel safe
- Feeling down at times
- Unwanted pregnancy or early marriage

Have there been good things? Use the circles below to write those down.

Need some help to get through this time?

Contact your school's youth facilitator or FutureLife-Now! teacher

Do you need support to cope? Who can help you and how?

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FutureLife-Now!

OUR PLANET OUR HOME OUR FUTURE

The Earth is a small planet that floats around in space. It is fragile... it can be damaged.

But it is precious to us as human beings. It is our only home. Our future depends on it.

And yet we have done a lot of damage to our planet. More than any other species. We still do hamful things:



WHY IS THIS SO BAD?

- More people and growing cities shrink the space left for nature and animals
- The blanket of pollution around the Earth causes temperatures to rise
- Plastic in the oceans kills fish and sea life
- We kill rare animals and destroy species
- Forests are the Earth's green lungs that help us breathe
- We use up minerals and resources that can't be replaced

The Earth is suffering. And it's punishing us in return.

'Climate change' is about long-term changes in temperature, rainfall and other weather conditions around the world, largely because the Earth's surface is getting warmer.

People talk of 'climate change'. This means the Earth is getting warmer. There are more droughts, floods, fires and storms, and rivers are drying up.

Is any of this happening around you? Is it affecting the lives of your family and people in your community? Name things that you've seen.

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PROTECT OUR PLANET AND YOUR FUTURE – BE A FRIEND OF THE EARTH

We can only have a bright future if our planet also has one.

Do you want to be a friend of the Earth and protect the environment around you? Or help your family, school and community to cope with changes in your weather? Then do something now.

Think of what's possible where you are. Here are some ideas:

Collect waste, recycle plastic

Help your community get clean water

Plant vegetables

Clean up a river

Speak out against killing of wild animals

Plant trees

Start a project to make sure your school has clean, safe toilets for girls and boys



What can you do? Write about it.

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MY SPECIAL PROJECT

Over the last weeks, you have been an independent explorer, making your way through all the different sections of this journal. You should now know yourself better and have a clearer idea of what your goals and dreams are, and how to start achieving them.

You have also developed your planning and leadership skills. Now is the time to exercise your new skills.

Think of a project which could help your community. It could be to fight COVID-19 or to overcome other challenges. Choose an inspirational project and see if you can get others to work on it with you.

Here are a few ideas for projects:

- Build a tippy-tap wash station
- Start a vegetable garden
- Find ways to protect those who are most vulnerable to COVID-19, the elderly and the ill
- Start a recycling project
- Start a youth club with a specific purpose
- Write your own COVID-19 song and get friends or musicians to perform it with you
- Create a mural, a play, a dance or music performance, or a storytelling session. Plan it in such a way that you maintain social distancing

Once you have planned and started your project, record your progress.

The FutureLife-Now! team will showcase projects that make a difference, that are original, successful and sustainable. Try to involve friends, family or community members in your project to strengthen it.

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PLAN YOUR SPECIAL PROJECT

GO THROUGH THE FOLLOWING STEPS:

- Decide on a project
- Discuss your idea with friends or people you trust, to get their input
- Make any necessary changes to your idea, based on their input



What do you plan to do?

Give your project a name

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PLAN HOW TO DO IT

- Where will you do it?
- What are the resources that you will you need?
- Where could you get the things you need?
- Who do you want to involve? How will you motive them to become part of the project?
- What are the key steps that are needed to make it happen, and by when?

	ACTION	WHAT WE WILL NEED	WHO WILL DO IT	BY WHEN
1.				
2.				
3.				
4.				
5.				

What is the first step which you must take right now? Write it down.

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REPORT ON YOUR PROGRESS

Take pictures or videos showing your progress. If you can't, ask someone else.

TRY TO REPORT ON YOUR PROGRESS AT THE END OF EVERY WEEK. ANSWER SOME OF THE FOLLOWING QUESTIONS:

- What progress was made?
- Is it what I planned?
- What went well?
- What were the challenges?
- What changes are needed?

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

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NOW LOOK BACK AND SHARE YOUR EXPERIENCE!

What went well with your project?

What didn't go so well?

What have you learnt from this experience?

How might you do it differently next time?

What did it teach you about yourself as a leader?



If you completed your project, congratulate yourself!

Whether it was a success or not, you made it happen.

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YOUTH TALK RADIO PROGRAMMES

Listen to the FutureLife-Now! Youth Talk radio programmes in your country from October 2020.
The programmes are presented by youth, for youth like you, on topics that are likely to interest youth.

Here are possible topics. Tick ones that interest you:

- ☐ Relationships and sexuality
- ☐ Avoiding risky behaviour
- ☐ Feeling insecure, worried or depressed
- ☐ Bullying
- ☐ Peer pressure
- ☐ How to be a leader
- ☐ Gender equality and stereotypes
- ☐ Unwanted pregnancy
- ☐ HIV and being on ART
- ☐ Staying fit and healthy
- ☐ Worrying about your future
- ☐ Protecting your environment

Become part of these programmes: Send SMSes and phone in. Use the space on the following pages to give your own views and ideas about topics that interest you.

Do you want to share your thoughts and ideas with the FutureLife-Now! team?
There is information on page 52 about how to access the programmes and become part of the network.

RADIO PROGRAMME 1

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

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YOUTH TALK

RADIO PROGRAMME 2

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

RADIO PROGRAMME 3

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

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RADIO PROGRAMMES

RADIO PROGRAMME 4

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

RADIO PROGRAMME 5

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

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YOUTH TALK

RADIO PROGRAMME 6

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

RADIO PROGRAMME 7

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

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RADIO PROGRAMMES

RADIO PROGRAMME 8

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

RADIO PROGRAMME 9

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

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YOUTH TALK

RADIO PROGRAMME 10

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

RADIO PROGRAMME 11

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

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RADIO PROGRAMMES

RADIO PROGRAMME 12

Does the topic of this programme interest you? Why or why not?

If there was a roleplay as part of the programme:

What did you think of how the characters dealt with the situation?

Do you have suggestions for how the characters could have dealt with it in a more positive way, to get a better outcome?

How did this topic make you feel? Explain why.

Any advice for other youths, or for adults who support them?

Join a journaling club

Find out if your school has a journaling club, facilitated by a youth facilitator or educator. Join it to get access to extra resources and to expand your journaling experience.

For more information about the FutureLife-Now! programme, contact your FutureLife-Now! school or youth facilitator.

Make your voice heard!

#BeInspired

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REFLECTIONS ON MY LIFE, MY FUTURE

Page though your journal and think about the adventure you have been on.

Did you enjoy the journaling?

Did you learn anything new about yourself?

Is this something you'd like to continue doing?

Reread 'My dream for my future' and ask yourself:

Does my dream still make sense? Do I want to change it in any way?

Do I feel that I've made progress towards achieving my dream?

What have I learnt through this journaling process?

Do I now understand myself a bit better? Explain.

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What was the most fun in this journal?

If I want to continue journaling, how will I do it?

The space below gives you the chance for free writing.
Write down anything that your journaling adventure has made you think about.



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CONTACT DETAILS AND INFORMATION



Be part of the FutureLife-Now! youth network

WIN PRIZES AND GET A CERTIFICATE

Find out how!

Submit your completed journal and get a Certificate of Achievement.

Submit sections of your journal and have a chance to get prizes and airtime rewards.

- **Your AMAZING HERO story**
- **Your vision for what you would do as the leader of your country**
- **A project which you planned and made happen**

Be part of the FutureLife-Now! SMS messaging network

The FutureLife-Now! SMS messaging network enables you to get weekly message updates and information about what's happening with radio and other platforms. Through URLs, you can also access additional resources like posters, videos, quizzes, songs etc.

To get the messages, opt in:

- Lesotho: 5713 4223
- Malawi: 088 420 4673
- Zambia: 097 771 2364
- Zimbabwe: 078 647 7018

Join the FutureLife-Now! Youth Page private group on Facebook to participate in discussions, receive latest news and make your voice heard!

Participate and make your voice heard. Remember the FutureLife-Now! youth motto: **Include our voices - anything without us is not for us!**

Listen to our 'COVID-19 – Together we can beat it' radio programmes from August 2020

ZAMBIA: RADIO 2; Tuesdays from 17h30 to 18h00. STARTING DATE: 18 August 2020

MALAWI: ZODIAK RADIO; Wednesdays from 18h30-19h00. STARTING DATE: 19 August 2020

LESOTHO: THE ULTIMATE RADIO; Wednesdays 7h00 to 7h30 while schools are closed; 6h30 to 7h00 once schools go back. STARTING DATE: 19 August 2020

ZIMBABWE: STAR FM; Thursdays from 19h00 to 19h30. STARTING DATE: 1 October 2020

COVID-19 QUIZ ANSWERS: 1c, 2a, 3d, 4c, 5b.

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FutureLife-Now!

COVID-19 RESPONSE

This My Life, My Future journal is part of the FutureLife-Now! COVID-19 Emergency Support Project, a humanitarian relief project intended to strengthen SADC's response to the COVID-19 pandemic.

FutureLife-Now! is a SADC programme, implemented by Member States with technical assistance from MIET AFRICA and funding from the Swiss Agency for Development and Cooperation (SDC).

FutureLife-Now! aims to ensure that the most vulnerable youth benefit directly from development gains made in terms of the global Sustainable Development Goals. The programme's specific goal is to reduce new HIV infections and increase antiretroviral therapy adherence amongst young people in the region.

The regional school-based programme invests in the future of youth by developing their capacity, self-confidence and hope for the present and the future, giving them power to be positive leaders within their communities and societies.

In line with the programme goals, the COVID-19 response focuses on giving youth knowledge, skills, confidence and support from parents, caregivers, teachers and others, so that they can become leaders in protecting themselves, their friends, families and communities from the pandemic.

Through the My Life, My Future journals, we aim to make these goals more practical, and to ensure that young people become active participants in the programme.

To contact one of our In-Country Coordinators, email **bashni@miet.co.za**

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Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Agency for Development and Cooperation SDC

MIET AFRICA

CSTL
CARE AND SUPPORT FOR TEACHING AND LEARNING

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#DreamBIG

Be the change you want to see

FutureLife-Now!

COVID-19 RESPONSE

SADC

SOUTHERN AFRICAN DEVELOPMENT COMMUNITY

TOWARDS A COMMON FUTURE

Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Agency for Development and Cooperation SDC

MIET AFRICA

CSTL

CARE AND SUPPORT FOR TEACHING AND LEARNING