Welcome to the first edition of Values Mate for 2009, brought to you by the national Department of Education.

In the last edition of Values Mate, published in September last year, we celebrated two inspiring individuals who both turned 90 years old – Nelson Rolihlahla Mandela and Albertina Nontsikelelo Sisulu. Madiba and Masisiulu are looked up to the world over for their selfless service, courage and lifelong commitment to achieving democracy in South Africa.

The sacrifices they made in creating a legacy of freedom, equality and human dignity for the people of this country inspire us all to practise tolerance and forgiveness, and to live in harmony with one another – in spite of the many difficulties we face.

In this edition of Values Mate we challenge you to focus not so much on your rights as a human being, but on the duties and responsibilities that go hand-in-hand with them.

In the words of Mandela: “To be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others.”

To help you rise to this challenge, we give you the low-down on the new Bill of Responsibilities for the Youth of South Africa, the essential guide on how to live your life in a way that would make Madiba proud!

Greetings all our valued Values Mates

We wish you everything of the best as a valued citizen of South Africa.

In order to take up your responsibilities knowledge, values and skills you need...

We hope it will empower you with the useful ideas on how to successfully live out the 3R’s – the values of respect, responsibility and resourcefulness.

We trust this edition of Values Mate will provide you with practical advice and useful ideas on how to successfully live out the 3R’s – the values of respect, responsibility and resourcefulness.

We hope it will empower you with the knowledge, values and skills you need in order to take up your responsibilities as a valued citizen of South Africa.

We wish you everything of the best for a successful year in which your thoughts and actions echo your values and beliefs.

Ali and the Values Mate team

P.S. We’d love to hear from you so please write to us at the address given at the bottom of this page.

INSIDE THIS ISSUE:

EQUAL BUT DIFFERENT: Stand up for your rights

SCHOOL TOOLS: Make a fresh start

RESPECT: Believe in yourself and everyone else will too

GO GREEN: Nurture nature
BACK TO SCHOOL

IT’S THE 1ST DAY OF SCHOOL
AND A NEW BOY INTRODUCES HIMSELF TO THE GANG
AT BREAK TIME.

Boujour! My name is Alain and I’m from Mali.

Let’s have some fun with him later – it looks like he could do with a bit of roughing up.

The new Bill of Responsibilities for the Youth of South Africa

Your vital tools for success at school

The new Bill of Responsibilities for the Youth of South Africa makes it clear that while you have the right to an education, you also have the responsibility to attend school regularly, to study hard and do your best, and to respect the right of others to be educated.

Read on to find out more about how you can use the 3R-technique to put some good new habits in place this year...

One of your RESPONSIBILITIES going back to school is to make sure you KEEP UP with your school work...

- Make sure, from the beginning, that you are in class – on time – learning.
- Pay attention in class and ask your teachers questions if there’s anything you don’t understand.
- Get a diary so you can organise your time properly and make lists so you can plan well. Remember to leave some “me time” in between all your other activities – it’s important to lead a balanced lifestyle that nourishes your body, mind and soul. Get enough sleep, eat healthily and exercise regularly for optimum brain power!

- Learn to prioritise: this means you need to deal with the most important matters first. Sometimes it’s just impossible to get through everything that needs to be done in one day, so make sure you know what can safely be left until the next day – or the weekend – and what just can’t wait (like studying for that Maths Lit test on Friday!)
- Be sure you are well prepared to learn each and every day of 2009. Do your homework every day and break your studying down into manageable bits – don’t leave it all until the day before a big test or exam.

The new Bill of Responsibilities for the Youth of SA tells us that with our right to freedom and security comes the responsibility not to bully, hurt or intimidate others – and to try and resolve conflicts peacefully.

Taking care not to insult others is the first step towards being respectful and taking responsibility for our own attitudes. We all need to be resourceful and creative in our efforts to accept others without pre-judging them.

Respect everybody’s right to education. If you are disruptive and noisy in class, you distract everyone around you and deprive them of their right to learn. So play fair: cooperate, listen and give everyone a chance to do their best.

Respect the time of others (this includes your teachers and your classmates). Time wasted is time lost forever – rather use it to its max to work towards your goals.

Respect the property of others. This includes SCHOOL PROPERTY – keep it clean and treat it well, don’t litter or write on the desks. Cover your school books and take good care of them. If you borrow anything, even something as small as a pen, from a friend, make sure you look after it well and return it in good condition.

As a class, work out what it means to respect each other.

Remember: Respect means treating others the way you would like to be treated yourself, and behaving in a way you would like to see others behave.

RESPECTFULNESS means relying on yourself to do your very best using what you already have. A smile, a healthy body and an active mind are the keys to success. Be sure to read a lot, write a lot and revise a lot! Start a study group early on in the year to swap and stay on top!

You can read more about the Bill of Responsibilities for the Youth of SA on page 3.

STUDY BUDDIES: Studying with a friend can help you stay motivated.
We live our values when our actions and thoughts echo what we stand for and believe in. As young people today, we face so many challenges, from motivating ourselves to get our schoolwork done on time, to confronting the negative feelings we may sometimes feel towards others who are different from ourselves, to caring for our environment (you can read more about this on page 4).

We chatted to some Grade 10 learners from different schools around Jozi about what values they lived by – BE INSPIRED by what they have to say ...

Self-respect gives strength

“The most important values for me are self-respect, love and discipline. You know girls at school get easily jealous – like if you come with a new hairstyle, then they try to put you down. I’ve learnt that if you respect yourself then nothing can put you down – gossip won’t affect you. And be disciplined – keep doing the things that you know are right.”

Sizonqoba Zondo, 15 years, Grade 10, R. W. Fick Secondary

Live your values with courage

“Teasing is a problem at school. There’s always someone who tries to downsize you. What matters though is how you feel about yourself. I ignore spiteful comments – and if it gets physical, I stand up for myself”

Valencia Phaledi, 15 years, Grade 10, Florida Park High School

Time is a resource – use it wisely

“I always try to plan my day. I try to do my school projects as soon as I get them, without delay. I also try to give myself as much time as possible – a person needs to spend time alone.”

Thabiso Mohale, 15 years, Grade 10, Princess High School

Respect is a two-way street – young and old

“I was brought up by my grandparents and they told me that respect comes from both sides. I must respect them cos they have a lot of experience, but in turn they must respect me. Young people can be stubborn sometimes, but we can all get along much better if communication is open and honest.”

Declan Damoense, 15 years, Grade 10, Florida Park High School

Respect is earned – young and old

“We are taught that we must respect our elders, but I don’t think you have to respect an old person who gets drunk or who abuses people. Old people, just like young people, should act respectfully. You cannot look up to a drunk.”

Candice Ramsamy, 15 years, Grade 10, Florida Park High School

A call to the youth of South Africa

Our Constitution reminds us that our rights cannot be separated from our responsibilities. The new BILL OF RESPONSIBILITIES FOR THE YOUTH OF SOUTH AFRICA spells out our main duties linked to our human rights. Let’s take a closer look at what the Bill is all about ...

Here is a summary of our 12 key responsibilities as young South Africans. They have been adapted from the Bill of Responsibilities for the Youth of South Africa, developed by the Department of Education in association with the National Religious Leaders Forum.

1. My responsibility in ensuring the right to equality
   The right to be treated equally and fairly places on me the responsibility to:
   • treat everyone equally and fairly, and
   • not to discriminate against anyone for any reason.

2. My responsibility in ensuring the right to human dignity
   The right to human dignity places on me the responsibility to:
   • treat everyone with respect and kindness.

3. My responsibility in ensuring the right to life
   The right to life places on me the responsibility to:
   • not endanger anyone else’s life (by carrying a dangerous weapon, for example), and
   • lead a healthy lifestyle (by exercising and eating correctly; by not smoking, abusing alcohol or taking drugs; and by not indulging in irresponsible behaviour that may lead to HIV and AIDS or other kinds of communicable diseases).

4. My responsibility in ensuring the right to family or parental care
   The right to family or parental care places on me the responsibility to:
   • respect and help my parents
   • be kind and loyal to my family, and
   • be committed to family life.

5. My responsibility in ensuring the right to education
   The right to education places on me the responsibility to:
   • attend school and work hard
   • respect the rights of others to be educated

6. My responsibility in ensuring the right to work
   The right to work places on me the responsibility to:
   • always work hard and do my best
   • recognise that success only comes with effort, and
   • understand that child labour is a violation of this right

7. My responsibility in ensuring the right to freedom and security
   The right to freedom and security places on me the responsibility to:
   • not bully, hurt or intimidate others, and
   • try to solve conflicts peacefully

8. My responsibility in ensuring the right to own property
   The right to own property places on me the responsibility to:
   • respect the property of others
   • protect both public and private property
   • not take what belongs to others, and
   • generate generously to charity and good causes

9. My responsibility in ensuring the right to freedom of religion, belief and opinion
   The right to freedom of religion, belief and opinion places on me the responsibility to:
   • respect the belief systems and practices of others, even if they do not match my own beliefs

10. My responsibility in ensuring the right to live in a safe environment
    The right to live in a safe environment places on me the responsibility to:
    • conserve the natural environment
    • protect animal and plant life
    • save scarce resources like water and electricity
    • prevent pollution
    • not litter, and
    • ensure that our homes, schools, streets and other public places are kept neat and tidy

11. My responsibility in ensuring the right to citizenship
    The right to citizenship places on me the responsibility to:
    • obey the laws of my country
    • make sure others do so as well, and
    • do whatever I can to make South Africa a great country

12. My responsibility in ensuring the right to freedom of expression
    The right to freedom of expression places on me the responsibility to:
    • not tell or spread lies
    • not insult or hurt other people’s feelings, and
    • make sure this right is not abused: we do NOT have the right to express views that promote hatred or are based on prejudices

If we all take on these responsibilities, we will be helping to build the kind of society that will make us all proud to be South Africans.

If we all take on these responsibilities, we will be helping to build the kind of society that will make us all proud to be South Africans.
Respect for our environment is a really cool value to live by. As the world’s population keeps growing and growing, we’re using up more and more of our natural resources and putting loads of strain on the Earth. One of the most urgent challenges of our age has become to find more eco-friendly ways to live, work and play. “Conserve and preserve” is a good new motto to adopt.

We’ve only got one world so we’ve got to make it last!

Be responsible – live litter-free

“If there’s one thing I hate it’s litter. In primary school we were taught to pick it up. And today I cannot walk past a piece of paper! I bend down, pick it up and stick it in my pocket until I find a bin. We can all do this, cos we’re all responsible for our environment.”

Chandre Jacobs, 15 years, Grade 10, Westridge High School

Trees are a resource – plant and protect

“Trees play a very important role in our lives – they give us oxygen. Every time we cut down a tree, we’re contributing to global warming. Rather than cutting down trees or vandalising them, we should be planting them. One yard, one tree is what I say!”

Jean-Pierre Johnston, 15 years, Grade 10, Florida Park High

Two Green Champions speak up

Play for the GREEN team

Conserve and preserve

The new BILL OF RESPONSIBILITIES FOR THE YOUTH OF SOUTH AFRICA makes it clear that we have certain responsibilities towards the environment. Here is what it says ...

The right to live in a safe environment places on me the responsibility to:
- promote sustainable development, and the conservation and preservation of the natural environment
- protect animal and plant-life; prevent pollution; not litter; and ensure that our homes, schools, streets and other public places are kept neat and tidy
- in the context of climate change, ensure we do not waste scarce resources like water and electricity

The tree of life

Trees are a symbol of a healthy environment. They can also teach us important lessons about ourselves and how we interact with others

As humans, our roots provide us with stability and guidance through the many stages of our lives. The roots nourish us include our family, friends, culture, religion and education.

As humans, our trunk is our external appearance as well as our character and values, our strengths and sense of dignity.

As humans, we branch out as we extend our network of friends. By connecting with other people, we feel energised and alive.

The branches reach out towards the light and into the air that gives us life.

The trunk transports water to the branches and the leaves, which keeps the tree alive and growing. The trunk also gives the tree its name and identity and locates it in the web of life.

The roots are the foundation that steady the tree and keep it firmly grounded. They also feed the tree by absorbing water and minerals from the ground.

The trunk

The branches

The roots

As WISE UP ON WATER

Without water, there is no life. South Africa is one of the 30 driest countries on Earth! All South Africans need to be water conservers whether there are water restrictions or not. Something as simple as fixing a dripping tap, taking a shower instead of a bath, or not leaving the tap running while you’re brushing your teeth can save many litres of water! See the Water Kids link on the Water Research Council’s website (www.wrc.org.za) for other water-saving tips.

As LEARN NOT TO LITTER

Despite efforts to reduce the number of plastic packets polluting the streets and countryside by getting shoppers to pay for these bags when buying groceries, the litter problem persists. We all have a responsibility to PICK IT UP when we see refuse lying around. This goes for litter lying around our school as well as in the street and countryside.

As TWIG ON ABOUT TREES

Tree planting remains one of the most effective ways of fighting global warming. Trees absorb carbon dioxide and this helps regulate climate change. In 2008 our Government launched the Plant a Million Trees Campaign and by the end of the year over 600 000 indigenous trees had been planted. Make it your personal responsibility to plant at least one new tree this year.