



**RESPECT**  
Respect means showing **consideration for other people**.  
In South Africa our Constitution emphasises how important it is to respect each other's differences – whether we are young or old, male or female, or come from different places. We take pride in respecting our diversity as a nation with our many languages, religions and cultures.

**RESPONSIBILITY**  
Responsibility is about developing a **sense of duty**. We all need to take care and do the right thing at home, at school, in our community and for the environment.  
Responsibility is also about **being accountable for our own actions**. This means not blaming others for things that go wrong, but rather seeing how we can make a difference ourselves.

**RESOURCEFULNESS**  
Resourcefulness is the capacity to get things done, using what you've got. When we are resourceful we are motivated to use the resources we have available – such as our personalities, skills and abilities, creativity, willingness to work hard and smart thinking – to achieve our goals. We can all stretch what we have to go a little bit further!

## The 3 R's

# Respect, Responsibility and Resourcefulness

Heita friends! Values Mate is back to kick start 2009 with loads of values vuma!



**Greetings all our valued Values Mates**

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 MaSisulu 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!

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.

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Go on... be courageous! Live the 3R's - Respect, Responsibility and Resourcefulness!

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



Bonjour! My name is Alain and I'm from Mali.



Psssst!! Alain? Fancy name for a kwerekwere ne?!

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

LATER, CHANGING CLASS ...



And what about zat funny accent?

Call yourself an African?

Heita ma chommie! Feda ujang? Time to go wild! So many girls, so little time!

Pardon?

What's the matter? Don't you speak our language?



In Mali we speak French and a bit of English. I also speak Bamara with my parents.



My dad says you foreigners are just here to sell drugs and steal our jobs.



My dad's a mining engineer and my mom's a teacher ...

Oh, so you scheme you're a larney hey!



Hey guys, come on, give him a chance.

What for?



Just cos he's different doesn't make him any less equal. You guys are xenophobic losers.



That is sooo not lekka!

But she's got a point - we just met the dude and we've already judged him. Maybe it's time somebody gave us a taste of our own medicine.

Larnies, xenophobes! The names we call other people say more about ourselves than they do about the people we're labelling. Name-calling shows up our own **prejudices**. (To be prejudiced means to *pre-judge* something or someone - in other words, to form an opinion about them that is not based on reason or experience).

Last year, the ugly spectre of xenophobia in South Africa made world headlines. (**Xenophobia** means a hatred of or *prejudice against foreigners*.) In settlements across the country there were attacks on people from various parts of Africa who had

come to South Africa to flee political and economic difficulty in their own countries. Attitudes towards foreigners have been a problem for a long time because of the **stereotypes** many South Africans hold about other African people. (A stereotype is a *fixed idea* we attach to a group of people - usually out of ignorance or fear.)

*Have you ever been labelled by someone else? For example, have you been called fat, stupid or a loser? How did this make you feel?*

**Bullying has always been a serious issue in many South African high schools. Why do you think some people go out of their way to pick on**

**others or bully them? What makes them behave in such a way?**

According to psychologists, most bullies are actually very insecure people who try to make themselves feel better and bigger by threatening and scaring others. Once they are challenged and exposed, the bullying usually stops. The best way to handle a bully is therefore to confront them. This does NOT mean you should stand up to them on your own. Rather tell someone you can trust and who can help you deal with the situation. Together decide how to end the bullying. Whether you yourself are being bullied or whether you know of

someone who is, the important thing is to **"out" the bully**. Your silence just protects them and that's what they rely on.

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 prejudging them.

# 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 life** 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. From the outset, **RESPECT** is vital ...

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.** **RESOURCEFULNESS** 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 swot 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**



# VOICE YOUR VALUES

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!"

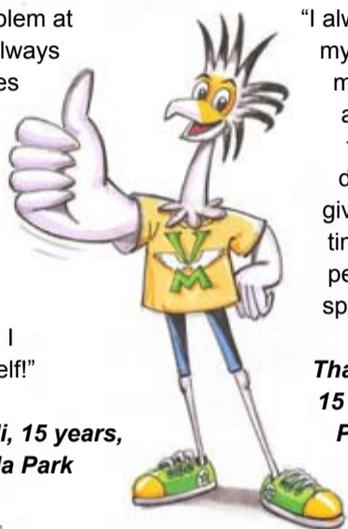
**Valencia Phaledi,** 15 years,  
Grade 10, Florida Park High School



### 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, R. W. Fick Secondary



### 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

As young South Africans, what are we responsible for?

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
  - give 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.*

# Play for the GREEN team



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

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!

## Two Green Champions speak up

Be responsible – live litter-free

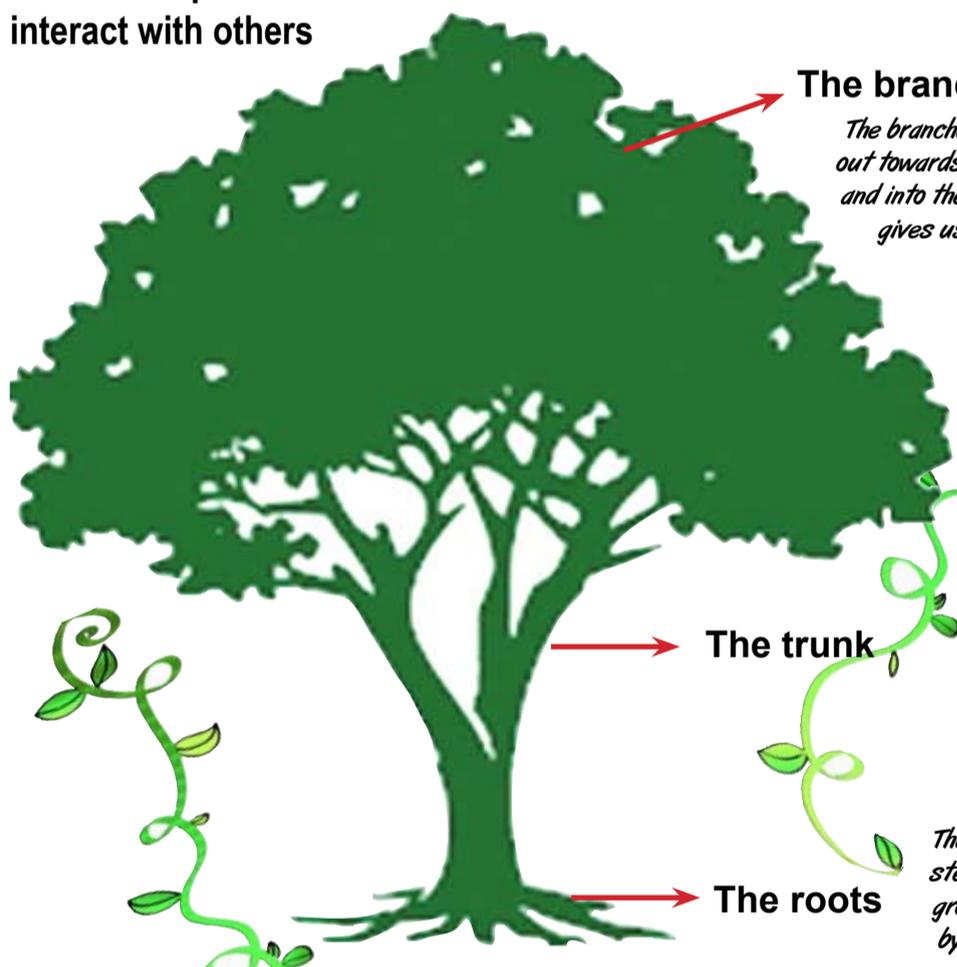
“If there’s one thing I hate it’s litter. In primary school we were taught to pick it up. And today I cannot walk past a piece of paper! I bend down, pick it up and stick it in my pocket until I find a bin. We can all do this, cos we’re all responsible for our environment.”

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



# 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



### The branches

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

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

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

### The trunk

*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

*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.*

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

## Make best friends with the environment

### 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](http://www.wrc.org.za)) for other water-saving tips.



### 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.



### 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.



## 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