

ESSENTIALLY ME PROGRAMME

The Essentially Me Programme, offered by the Community, Arts & Culture Development Department, is a prevention and awareness initiative aimed at reducing substance abuse and promoting positive self-development among young individuals in Cape Town. The programme is offered over a period of five days and provides structured learning sessions covering themes like self-respect, healthy living, decision-making, assertiveness, and emotional resilience. Through interactive activities, discussions, and reflections, it empowers participants to develop confidence, critical thinking, and life skills to resist peer pressure, make informed choices, and contribute positively to their communities.

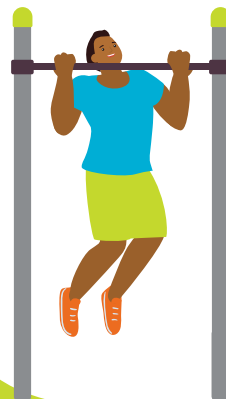
BENEFITS OF THE ESSENTIALLY ME PROGRAMME

- **Encourages the prevention of substance abuse:** Raises awareness about the dangers of drugs and alcohol, equipping participants with knowledge to make healthier choices.
- **Promotes healthy self-esteem and confidence:** Encourages positive self-perception, assertiveness, and emotional resilience.
- **Promotes critical life skills:** Enhances decision-making, problem-solving, and time management to navigate challenges effectively.
- **Aims to reduce risky behaviour:** Helps participants recognise and resist peer pressure, bullying, and negative influences.
- **Promotes healthy living:** Educates on personal hygiene, mental well-being, and overall health awareness.
- **Encourages social responsibility:** Fosters respect for others, teamwork, and a sense of community engagement.
- **Encourage positive behaviour:-** Reinforces positive habits through structured, interactive sessions and practical exercises.

For any queries, email CTADAC@capetown.gov.za
or Ferial.Soeker@capetown.gov.za.



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



ESSENTIALLY ME-PROGRAM

Die Essentially Me-program, aangebied deur die departement gemeenskaps-, kuns- en kultuurontwikkeling, is 'n inisiatief vir voorkoming en bewustheid wat op die vermindering van middelmisbruik en bevordering van positiewe selfontwikkeling onder jong individue in Kaapstad gemik is. Die program wat oor vyf dae aangebied word, bied gestruktureerde leersessies wat temas soos selfrespek, gesonde leefwyse, besluitneming, selfgelding en emosionele veerkragtigheid dek. Deur interaktiewe aktiwiteite, besprekings en nadenke bemagtig dit deelnemers om selfvertroue, kritiese denke en lewensvaardighede te ontwikkel om groepsdruk te weerstaan, ingeligte besluite te neem en 'n positiewe bydrae tot hul gemeenskappe te maak.

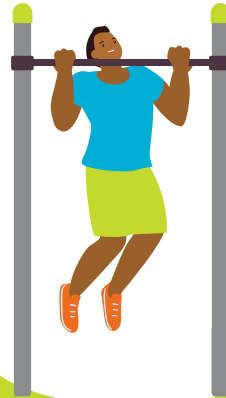
VOORDELE VAN DIE ESSENTIALLY ME-PROGRAM

- **Moedig die voorkoming van middelmisbruik aan:** Kweek bewustheid oor die gevare van dwelms en alkohol, en rus deelnemers toe met kennis om gesonder keuses te maak.
- **Bevorder selfdunk en selfvertroue:** Moedig positiewe selfdunk, selfversekerdheid en emosionele veerkragtigheid aan.
- **Bevorder kritiese lewensvaardighede:** Verbeter besluitneming, probleemoplossing en tydbestuur om uitdagings doeltreffend te navigeer.
- **Gemik op vermindering van risikogedrag:** Help deelnemers om groepsdruk, boeliery en negatiewe invloede te herken en weerstaan.
- **Bevorder gesonde leefwyse:** Voed op oor persoonlike higiëne, geestelike welstand en algemene gesondheidsbewustheid.
- **Moedig maatskaplike verantwoordelikheid aan:** Kweek respek vir ander, spanwerk en 'n gevoel van gemeenskapsbetrokkenheid.
- **Moedig positiewe gedrag aan:** Versterk positiewe gewoontes deur gestruktureerde, interaktiewe sessies en praktiese oefeninge.

Vir enige navrae, stuur 'n e-pos aan
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INKQUBO IESSENTIALLY ME

INkqubo iEssentially Me enikezelwa luluntu, iSebe loPhuhliso loLuntu, ubuGcisa neNkcubeko, linyathelo lokuthintela nokwenza abantu bazi ngenjongo yokunciphisa ukusetyenziswa gwenxa kweziyobisi nokukhuthaza ukuziphuhlisa okuhle kolutsha eKapa. Le nkqubo inikezelwa kwisithuba seentsuku ezintlanu kwaye ibonelela ngeeseshoni zokufunda ezicwangcisiweyo ezibandakanya imixholo efana nokuzihlonipha, ukuphila ubomi obunempilo, ukuthatha izigqibo, ukuzithemba, kunye nokomelela ngokweemvakalelo. Ngemisebenzi esebenzisanayo, iingxoxo, kunye nokucamngca, ixhobisa abathathi-nxaxheba ukuba bakhulise ukuzithemba, ukucinga ngokunzulu, kunye nezakhono zobomi ukumelana noxinzelelo loontanga, ukwenza ukhetho olunolwazi, kunye negalelo elilungileyo kwiindawo abahlala kuzo.

IINZUZO ZENKQUBO IESSENTIALLY ME

- **Ikhuthaza ukuthintela ukusetyenziswa gwenxa kweziyobisi:** Iphakamisa ulwazi ngobungozi beziyobisi notywala, ixhobisa abathathinxaxheba ngolwazi lokwenza ukhetho olusempilweni.
- **Ikhuthaza ukuzithemba okusempilweni nokuzixabisa:** Ikhuthaza ukuzibona kakuhle, ukuzithemba, kunye nokomelela ngokweemvakalelo.
- **Ikhuthaza izakhono zobomi ezibalulekileyo:** Iphucula ukwenziwa kwezigqibo, ukusombulula iingxaki, kunye nokukwazi ukulawula ixesha ukuze kujongwe imicelimngeni ngokufanelekileyo.
- **Ijolise ekunciphiseni indlela yokuziphatha enobungozi:** Inceda abathathinxaxheba ukuba bamelane noxinzelelo loontanga, ukuxhatshazwa, kunye neempembelelo ezimbi.
- **Ikhuthaza indlela yokuphila esempilweni:** Ifundisa ngococeko lomntu, impilo yengqondo, kunye nolwazi lwezempilo ngokubanzi.
- **Ikhuthaza uxanduva kwezintlalo:** Ikhuthaza ukuhlonipha abanye, ukusebenzisana, kunye nemvakalelo yokuzibandakanya ekuhlaleni.
- **Ikhuthaza ukuziphatha kakuhle:** Iqinisa imikhwa elungileyo ngokusebenzisa iiseshoni ezilungelelanisiweyo, ezisebenzisanayo kunye nemothambo ebonakalayo.

Ngayo nayiphi na imibuzo, bhalela kule imeyile
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Senza inkqubela yenzeke. Sisonke.