

Addressing mental health can reduce school violence

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MENTAL Health is a serious challenge globally. Many people don't even know they suffer from it and those who do feel like they have nowhere to turn to.

Mental issues can manifest themselves in different ways. The most notable is depression, but bullying and violent outbursts are also signs of a mental health challenge.

The South African Depression and Anxiety Group (SADAG) says its helpline has received more than 466 400 calls since January 2021, with one in every five calls being suicide-related. The organisation gets about 1 800 to 2 200 calls a day.

World Mental Health Day is marked every year on October 10 to raise awareness about mental health and well-being around the world and to organise efforts to assist those experiencing mental health issues.

Since 2013, the World Health Organisation (WHO) has mobilised a worldwide campaign for World Mental Health Day. The theme for 2022 was "Make Mental Health for All a Global Priority".

According to 2021 WHO data, it is estimated that 1% of the world's 10- to 19-year-olds are affected by mental disorders, while other studies report a particular pervasiveness of mental disorders among the youth of low- to mid-income countries of sub-Saharan Africa. Half of all adult mental health problems begin as early as age 14, and 75% by 24, making early prevention vital and protection essential.

The rapid rise in violence in South Africa has resulted in schools progressively becoming a venue for violence themselves. The violence is not only between pupils, but is at times directed towards teachers. Schools have become extremely volatile and unpredictable spaces. Reports on television, social media and print media have highlighted the escalation of school violence incidents, such as learners assaulting, bullying and stabbing others



MENTAL health care sketch diagram. | Supplied

learners and educators.

It is therefore crucial to take October as Mental Health Awareness Month seriously to improve and understand the conditions in which pupils and educators find themselves.

Dr Nivindu Parag, Head of School Healthcare Management Studies at Regent Business School, says with South Africa being the lowest-ranked country based on mental well-being, Mental Health Awareness Month in October provides an ideal opportunity to intensify public education about this invisible illness.

"Safe environments must be provided for children and young people to share their feelings, be educated about mental health and self-care, and access to help must be prioritised, to strengthen the foundation for better mental health later in life," Parag added.

More than 50 cases have recently

been reported where a pupil fatally stabbed a fellow pupil. The latest case is that of a Cardinal Newman High School pupil in Vereeniging, where a learner was stabbed to death on his way to a test tank.

In 2017, the UN Educational, Scientific and Cultural Organisation (UNESCO) found that at least 247 million children are affected by school violence.

In July last year, the Gauteng Department of Education commissioned the Matthew Goniwe School of Leadership and Governance (MGNLG) to implement school safety programmes in its 15 districts. The initiative was split into two phases, A and B. Phase A was focused on sampling 1 500 schools to assess how prevalent violence and crime are. The Phase B Advocacy programme, known as *Ikoko Yethu* (our school) has been started and will be centred on

developing guidelines that emphasise the creation of mechanisms to more effectively and promptly record, report and manage safety and security issues in schools.

MGNLG said the findings were overwhelming and support interventions were recommended to the department, which has since committed funds to conduct capacity building, security awareness campaigns, and organisation of school safety summits at the district level, among other interventions. MGNLG further indicated that the plan to deal with school violence centres on advocacy and capacity building, which will help with the revitalisation of school safety committees, community members, CBOs and NGOs engagements.

"These precedent deliverables would create avenues for the sustainable management of school safety and security, as well as develop strategies and systems geared towards the improvement of schools, from stakeholders and communities' responsiveness and responses in managing unsafe practices and curbing school violence," the organisation said.

The after-school sector has introduced programmes that are aimed at serving children of all ages. These programmes encompass a range of focus in different areas, such as academic support, youth development art, sports and recreation. The activities children and youth engage in outside school hours are critical to their overall development, highlighting the need for quality after-school programmes in all communities.

These programmes are aimed at boosting South African youths' mental health. Zor Mame, operations director of The Learning Trust, a non-profit organisation that supports and has developed a network of NGO/community-based after-school programmes (APs) in South Africa, is in collaboration with Western Cape Provincial Youth and After School Programme Office as well as the Western Cape Branch of Community Chest to drive the third Lights On After School cam-

page (LOAS) in South Africa.

"The upsurge of South African young people dealing with mental health conditions is alarming. The majority of South African children are impacted by systemic poverty, high rates of violence and crime, as well as abuse and trauma in their communities. In addition to this, youth are still dealing with Covid-related grief, loss of family income, educational setbacks, and doubts regarding their future," Mame explained.

Another ANP in The Learning Trust network is The School of Hard Knocks (SCHOK), which combines touch rugby with an international socio-emotional learning curriculum to reach more than 150 at-risk adolescent girls, as well as their teachers and caregivers.

SCHOK CEO Jon Hunter-Panotage said: "The Lights On After School campaign is important to create awareness of how ANPs can engage with youth who are affected by trauma at a critical point in their young lives."

As young people's brains are still developing, they have a greater chance of recovering, growing through their experiences, and developing resilience than at any later stage. Good mental health, coupled with positive coping mechanisms, leads to a better future. It affects their education, sets the tone for their relationships, and paves the way for a healthy lifestyle.

The purpose of these programmes is to nurture the well-being of learners and provide them with tools that will help them understand their feelings and thoughts in a way that they might not have previously been taught.

Manella Ngobo is the programme director for the Learner Advancement Group (LAG), which aims to promote the development of strong self-awareness, self-confidence and self-concept. Ngobo said: "We provide learners with practical tools to manage their thoughts and feelings. We encourage them to understand what worries them, to get to the root cause of any anger they may have, and we teach them how to set goals for themselves and their lives."

Heavy Issues English Edition

Christian G. Meyer



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BWB Texts: Big Issues Tracey Barnett, Jane Kelsey, John Pratt, Robert Wade, 2014-12-12 Dive into some of the big issues facing New Zealand with this bundle of hard hitting BWB Texts These four works are combined into one easy to read e book available direct and DRM free from our website or from international e book retailers Tracey Barnett's The Quiet War on Asylum addresses a big question Why would New Zealand a country that has never had a boatload of asylum arrivals in modern history suddenly legislate for mass detention Jane Kelsey looks hard at the Trans Pacific Partnership Agreement and the impact it may have on New Zealand if enacted The penetrating discussion of the dramatic transformation in penal thought in New Zealand and the lasting damage it has caused is revealed in John Pratt's A Punitive Society Robert Wade's tour of New Zealand in 2013 caused headlines and Inequality and the West places the local inequality debate against a global backdrop BWB Texts are short books on big subjects by great New Zealand writers Commissioned as short digital first works BWB Texts unlock diverse stories insights and analysis from the best of our past present and future New Zealand writing

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Cities, Big Issues Christopher Walmsley, Terry Kading, 2018-07-20 Small Canadian cities confront serious social issues as a result of the neoliberal economic restructuring practiced by both federal and provincial governments since the 1980s Drastic spending reductions and ongoing restraint in social assistance income supports and the provision of affordable housing combined with the offloading of social responsibilities onto municipalities has contributed to the generalization of social issues once chiefly associated with Canada's largest urban centres As the investigations in this volume illustrate while some communities responded to these issues with inclusionary and progressive actions others were more exclusionary and reactive revealing forms of discrimination exclusion and othering in the implementation of practices and policies Importantly however their investigations reveal a broad range of responses to the social issues they face No matter the process and results of the proposed solutions what the contributors uncovered were distinctive attributes of the small city as it struggles to confront

increasingly complex social issues If local governments accept a social agenda as part of its responsibilities the contributors to Small Cities Big Issues believe that small cities can succeed in reconceiving community based on the ideals of acceptance accommodation and inclusion Psychosocial Job Dimensions and Distress/Well-Being: Issues and Challenges in Occupational Health Psychology Renato Pisanti,Anthony J. Montgomery,James Campbell Quick,2018-02-01 Over the last three decades a large body of research has showed that psychosocial job dimensions such as time pressure decision authority and social support could have significant implications for psychological distress and well being Theoretical models such as the job demand control social support model JDCS model the effort reward imbalance model ERI model the job demands resources model JDR model and the vitamin model suggest that distress and positive dimensions at work well being and motivation can be considered as two sides of the same coin If the job is designed to provide the right mix of psychosocial job dimensions e g optimal time pressure decision authority and social support work can boost job engagement and well being as well as productive behaviors at work When the job is not designed in an optimal way e g too much time pressure and too little decision authority work can trigger stress reactions and burnout Although some insight has been gained on how job dimensions could predict distress and well being and also into the dimensions that might moderate and mediate these associations research still faces several challenges Firstly most of this research has been cross sectional in nature thus making it difficult to conclude on the long term effects of psychosocial job dimensions Another challenge concerns how the contextual dimensions can be incorporated into micro levels models on employee stress and well being Nowadays work is carried out in the context of a wider environment that includes organizational variables So far the role of the organizational variables in the theoretical frameworks for explaining the relationships between psychosocial job dimensions employee distress and well being has often been underplayed The main aim of this research topic is to bring together international research from different theoretical and methodological perspectives in order to advance knowledge and practice in the field of work stress **A Sanskrit Reader: Notes. 1st ed., 1st issue** Charles Rockwell Lanman,1889 *Helping Patients with Alcohol Problems* ,2003 Manga: The Complete Guide Jason Thompson,2012-07-03 Reviews of more than 900 manga series Ratings from 0 to 4 stars Guidelines for age appropriateness Number of series volumes Background info on series and artists THE ONE STOP RESOURCE FOR CHOOSING BETWEEN THE BEST AND THE REST Whether you re new to the world of manga style graphic novels or a longtime reader on the lookout for the next hot series here s a comprehensive guide to the wide wonderful world of Japanese comics Incisive full length reviews of stories and artwork Titles rated from zero to four stars skip the clunkers but don t miss the hidden gems Guidelines for age appropriateness from strictly mature to kid friendly Profiles of the biggest names in manga including CLAMP Osamu Tezuka Rumiko Takahashi and many others The facts on the many kinds of manga know your sh jo from your sh nen An overview of the manga industry and its history A detailed bibliography and a glossary of manga terms LOOK NO FURTHER YOU VE FOUND YOUR IDEAL MANGA COMPANION

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achieve Systems Literacy 24 practitioners from twelve countries took part in this five day cooperative effort Three teams approached Systems Literature from different viewpoints Team 1 Application of Boulding s Skeleton of Science to Inform Transdisciplinarity Team 2 Unity in Diversity Making the Implicit Explicit and Team 3 Exploring the Relationship of Systems Research to Systems Literacy The outcome of this Conversation while at a high conceptual level also supports and encourages further practical applications through individual member activities The outcome of the conversation is summarized in three overview papers and six team reports A short description of the IFSR s activities completes the proceedings

UNIVERSITY PRESS in INDONESIA Anggun Gunawan,2020-11-01 University Presses worldwide are struggling with three key issues profitability and sustainability globalization digitalization and dominance of English and Open Access Indonesia categorized as the third world in global discourse is still developing its scholarly communication institution including its University Press Many publications stated that the Indonesian university press is in a weak position because of the managerial problem the lack of support from authority and human resources matters This research aims to seek the position of Indonesian University Press in the three main issues and pay much attention to elaborating the UGM Press It combined the online survey and interviews as the primary data that engage several figures and communities with close interaction with University Press The online survey reached three groups of people Lecturers Librarians and General Audiences The interview was conducted with the UP directors publishing academics UP s author and the chairman of the Indonesian University Press Association To analyze those data I use the theory of symbolic capital initiated by Bourdieu and interpreted by Thomson in the field of scholarly communication and the theory of reputation introduced by Gloria Origgi In terms of profitability the condition of Indonesian University Presses is very diverse I found that the university presses with its host institution having the status of PTNBH could be survived with generating revenue from its business models University Presses in Indonesia including UGM Press have been embracing the POD scheme that allowed them to apply restricted production and then transform into large distribution and channels with e book platforms social media and online marketplace UGM Press decided to concentrate on penetrating the local market because its publications are dominantly in Indonesian Open Access had not become the priority of Indonesia University Presses because they were still thinking about the new business model or alternatives for supporting their cost for operating the business Some changes in government regulations should be taken to create a supportive environment for University Presses to grow **AK CATALOGUE 2021** ,

Report to Congress of the U.S.-China Economic and Security Review Commission U.S.-China Economic and Security Review Commission,2015

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