

STRAND: Sikhona* Women's Group

OBJECTIVE: To provide young women with an opportunity to meet and address current social issues affecting female adolescents. Group initiatives, individual challenges and on going discussions will be used to help foster confidence, build courage and strengthen communication skills.

Overview:

Lyn Mikel Brown, a researcher of adolescent females, notes that, "For girls, adolescence is a time of particular vulnerability: when a girl is encouraged to give over or to disregard or devalue what she feels and thinks". This program is designed to do the contrary; to help girls have confidence in their thoughts and feelings and to act accordingly by strengthening their personal view of themselves, and to question how they react within the current view society holds for women.

Experience with groups on the Challenge Course has shown vast differences between male and female participants. Males generally exhibit higher levels of participation, a greater willingness to speak up, share their ideas and confront others. These observations parallel studies on classroom involvement. When gender specific groups have been run, females seem to be more assertive in their involvement in both the activities and the discussions.

An adult women's group will also be available. This will be an opportunity for women to experience Challenge Course activities and to have in depth discussions within a gender-specific group.

*The word "SIKHQNA" is from northern Natal, it means "I am here".