

## Why *facingUP* makes a *fUSS*

- \* 2 out of 3 of children, in South Africa, don't live with their parents.
- \* 9 million children grow up without fathers (48%).
- \* Almost 50% of marriages in SA end in divorce.

These grim stats are the very reason we at *facingUP* Support Services (*fUSS*) make a fuss about helping young people and their communities to face up to these challenges of loss and life-changing events. \*Stats: institute of race relations SA 2010/11

### Our mission

To enable young people who have experienced life-changing events understand their feelings, develop resilience and make a positive contribution in their community.

### Our Strategy

*fUSS* invests in the lives of young people through various *educational, motivational and strategic programs* that are presented locally and internationally in partnership with schools, churches and locally based NPO's. Through these programs and interventions, we have managed to positively influence more than 25000 young people and 1200 adults since our inception in 2011.

### Life-changing support for life-changing events

Our flagship program, the *Lost&Found* course has been developed specifically to help young people make sense of loss-experiences, develop resilience and play a positive part in their community, despite their life-changing experience.



“It is so encouraging to know that there are other people who have overcome similar difficulties in their lives.

It gives me hope...” - Girl (16)



**facingUP**  
Support Services  
encourage - support - celebrate

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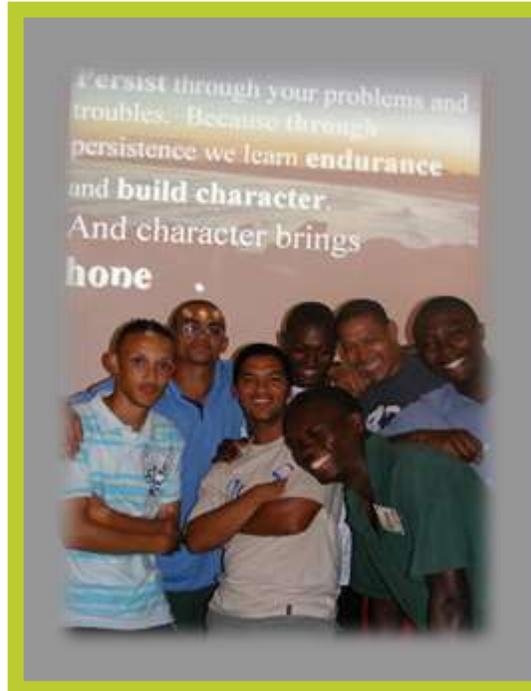
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**fUSS**  
facingUP Support Services



**facingUP** Support Services  
encourage - support - celebrate

We support young people who are *facingUP* to the challenges of dealing with life-changing events. Through our *support* we *encourage* and motivate young people who have experienced life-changing events (such as divorce, displacement, death or health related losses)

- to understand their feelings,
- to *grow* through the situation by incorporating the loss into their lives and developing resilience,
- to *celebrate* their victories with them,
- to motivate them to live life to the full
- and make positive contributions to their communities.

### For more information:

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## Some of the services we offer

- ✓ Delivering of **Lost&Found** courses to young people who have suffered life-changing losses;
- ✓ Providing Educators with **Emotional Awareness Training** to help them understand how to support learners who suffer loss;
- ✓ Presenting **Grade-specific programs** in schools, addressing issues like 'Healthy life choices', 'Vision', 'Subject choices'.
- ✓ Delivering talks at **parents'** evenings.
- ✓ **Training** of Youth Workers and volunteers.
- ✓ **Sweat4(Good)<sup>2</sup>** initiative to 'doGOOD'.

At *facingUP* we believe in partnership. If our work resonates with you, or you can see our programs as a part of the puzzle you are building in your organization, please contact us and lets *partnerUP*.



## You can join fUSS...

**How? In 3 easy steps: make - share - do**

- ✓ **Make** fUSS your 'charity of choice' at your school, company or organization and at events;
- ✓ **Tell** others who might be able to benefit from our programs;
- ✓ **doGOOD** and **Sweat4(Good)<sup>2</sup>** for fUSS.



### Emotional Awareness Training for adults

*Pain, hurt, disbelief, anguish, anger...*

No one is exempt when it comes to suffering loss, whether through death, divorce or the displacement. For most the emotions of their own loss-experiences remain fresh in their own minds long after the event. Unfortunately, due to the fact that we are often "forced" to "get on with life", not many people actually get the chance to talk about their experiences, or reflect on the impact of the loss on their life.

*facingUP*'s 'Emotional Awareness' Training *helps*

*Educators and adults who work with young people to:*

- make sense of their own loss-experience
- understand their own situations better
- ultimately have more empathy.

As a result, we have found adults experience a positive change of attitude toward learners and young people, because of a better understanding of how loss affect them.

#### The training sessions allows time for adults to:

- reflect on their emotions and reactions related to the losses in their lives;
- talk about the impact of these loss-experiences;
- assess the effect of the loss-experience on their vision of the future and relationships (personal/professional)
- evaluate the financial impact of the loss on their lives,
- gauge their attitude at/toward work and their general attitude towards learners.

**Through this training, we equip Educators with emotional vocabulary, which enables them to teach young people to:**

- express *what* they are feeling
- *understand* their own emotions better
- understand the normal *grief-process* and different stages and *feelings* related to grief.

Through all of this, we hope to create a safe space in classrooms where loss and related feelings are normalized, and young people can experience support from their peers.

**Be brave. Be strong. Don't give up.** (Psalm 31:24)



## Sweat4Good for *facingUP*

Sweating is **good** for you. That's the reason it is encouraged by health professionals! So, while you are sweating for the good of 'yourself', why not consider sweating for others at the same time?

### Why should I S4G?

Sweating *for* a cause such as *facingUP* can add additional motivation to help you put purpose to your pedal (or paddle) and significance to your stride, step or swim-stroke.

As part of our effort to *raise awareness* and *fund*s for the work of fUSS, our S4G initiative invites athletes (runners, walkers, swimmers, cyclists, paddlers) to lace-goggle-saddle&paddleUP during any event, and use it to **Sweat4(Good)<sup>2</sup>**

### How do I do I S4G?

- 1) Identify the event you plan to take part in.
- 2) Let us know what you're planning to do and we'll assist you with sponsorship forms and information about fUSS.
- 3) Tell the world (or friends) about the special motivation behind your 'event'.
- 4) Now encourage them to support you financially (i.e. per km you complete)
- 5) On race day, slip into our S4G gear and make sure you smile for the TV cameras.

**Anyone can S4G for fUSS at any event – no event is too small.**

**Sweating is good, so **Sweat4(Good)<sup>2</sup>****

**For more information:**

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