

Violence in South African adolescents

Citation for published version (APA):

Sui, X. (2020). *Violence in South African adolescents: a road to recovery*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20201124xs>

Document status and date:

Published: 01/01/2020

DOI:

[10.26481/dis.20201124xs](https://doi.org/10.26481/dis.20201124xs)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Violence in South African adolescents: A road to recovery

1. A needs assessment to understand violence victimisation and perpetration, the negative impact on adolescent development, and the associated personal and environmental determinants, is the first step to inform evidence- and theory-based youth interventions. (*Intervention Mapping*)
2. Exposure to violence is associated with negative psychological functioning and health risk behaviours in South African adolescents. (*This dissertation*)
3. South African adolescents are resilient, evidenced by their unique ways in utilising a range of different personal and environmental developmental assets to cope with and overcome the challenges of violence. (*This dissertation*)
4. Adequate support, supervision, and monitoring from trusted adults in adolescents' lives are key to protect them from exposure to violence and promote positive psycho-social functioning. (*This dissertation*)
5. A transformation of the South African education system is needed to support both the academic and personal development of adolescents in a violence-prone environment.
6. Schools can be the prime site for youth programmes, in collaboration with parents and social workers, to reduce the risk of victimisation and perpetration among adolescents, and enhance their resilience to the negative impact of violence. (*Impact*)
7. Skills training for parents/caregivers and teachers (e.g., effective parenting, counselling skills) is crucial so they acquire the necessary competencies to protect and support adolescents.
8. Life Orientation in schools offers a great opportunity to strengthen social and emotional skills in adolescents and reduce the risk of them engaging in violent behaviours. (*This dissertation*)
9. To transform a society, one of the goals is to promote peaceful and inclusive societies for sustainable development, provide access to justice for all, and build effective, accountable and inclusive institutions at all levels. (*Sustainable Developmental Goal 16, United Nation*)
10. Even though violence may seem to be an unprecedented burden, South African adolescents are striving to thrive. They are on a road to recovery.