

Violence in South African adolescents

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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.