

MATRIC RAGE

The end of Year 12 is traditionally a time of celebration for students, and many take the opportunity to head off with friends to various 'Matric Rage' locations for a well-deserved break. It's the end of one journey and the beginning of another – it's also a time of great change and mixed emotions. Soon, your teen may be moving away from home, so Matric Rage can be a special time with friends they may not get to see much of in the future. It might also be the first time your teen has been away on holidays by themselves. As parents and guardians, whilst you may be excited for your teen, the end-of-year celebrations can often leave you feeling a little uneasy. It's normal to feel overwhelmed and concerned about the safety and wellbeing of your teen but that's where we come in. We're here to help you prepare your teen for a safe and memorable year end celebration.



HOW CAN YOU SUPPORT YOUR KIDS



We are often contacted by worried parents for advice on how to help their teens stay safe at Matric Rage. Our answer is to bite the bullet and start talking about their celebrations as soon as possible so that they involve you in their plans from the start. Start the conversation early, ask questions, share important information and don't shy away from the 'awkward' topics. It's important in these conversations that you reinforce your teen's rights and responsibilities as well as the risks involved in being away from home. Good choices make great futures.



Start The Conversation



Teens have been planning for Matric Rage all year long. The excitement is building on their side while the nerves are mounting on yours, so we want to support you in having great conversation with your teen before they start their celebrations.

- 01** Encourage open communication with your teen – stay calm, don't lecture, listen and avoid conflict. Bring up the awkward topics even if you stumble through them and have to embrace a few uncomfortable silences, that's okay!
- 02** Have the tough conversations with your teen – communicate your expectations and concerns, provide clear reasons for your decisions but don't forget to invite and explore their opinions too.
- 03** Negotiate and set boundaries together – negotiating gives you and your teen the chance to work through different scenarios together of how to keep them safe. It also sends the message to your teen that you trust them and their ability to make good choices.
- 04** Ask them why you shouldn't be worried – this will often put the onus back on them to actually think about and communicate what strategies they will put in place to keep themselves safe.
- 05** Let them know that no matter what time of day or night, if they need to call you they can! It is also important to let your child know that no matter what kind of trouble they get into you are willing to listen and to help. If a child thinks their behaviour will cause you to get angry at them, they probably won't call you - even if they really need help.



Tips from the Frogs



FOOD

You can help your teen by buying them frozen meals for them to take with them. This ensures they have healthy and filling meals to eat and so they don't 'forget' to buy food.



BUDGET

Go through a suggested budget with your teens that includes more than alcohol and Coco Pops. Even go so far as to provide their Rage allowance daily so they can't spend it all in one night.



HOUSE RULES

Accommodations generally have pretty strict rules, make sure your teen knows them as well as the group of friends they are staying with. We also encourage teens to minimise risk by putting away fragile and breakable items.



CHECK IN

We suggest a mutually agreed upon, regular, check in schedule, so you as parents feel at ease knowing your child is okay and your teen doesn't feel like they are getting checked on every 5 minutes.



TAKE A BREAK

Lastly, encourage your teens to genuinely relax and enjoy their time! Remind them to take a break; maybe from friends to avoid a blow out after a couple days of confined living quarters, maybe from a party or two so they can last the whole week or just a few chill outs here and there so that they are well rested for more fun.

Tell your teens, and their friends, the save the 24 hour hotline number for Matric Rage 060 - 733 3764 (RED FROG)



What Is Red Frogs Education



Educate



RFE consists of presentations that educate young people about; safe partying behaviours, the impact of a decision made in a moment, the transitions of high school and lastly their inherent worth and value.

Equip



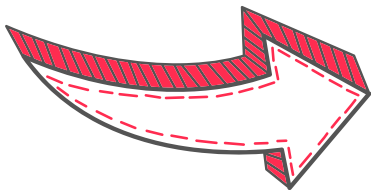
RFE equips young people with the information, advice and tools necessary to assist them in navigating many of the challenges they may face in this unique season of life.

Empower



RFE empowers young people to be a voice of change within their culture, to make positive life choices, to dream big and to reach their potential.

WHAT WE WILL PROVIDE



- Relevant and relatable content
- Engaging media and presentations
- Trained, fun and youthful presenters
- Experience and research based topics
- Genuine care for and connection with students
- Accesible information regardless of religion or back ground

PARTNER WITH US

As we aim to present these talks in as many schools as possible across the country and safeguard the next generation.



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education@redfrogs.co.za

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