

CLOSING INTEGRATION & CELEBRATION COURSE NOTES RESILIENT FAMILIES, SAFER WORKPLACES & COMMUNITIES – ONE-DAY PRACTICAL SKILLS WORKSHOP

Hi there,

Welcome to the closing of our day together. These notes are your friendly companion as we bring everything we've learned into one hopeful picture. Whether you read them now or keep them as a reminder afterwards, they're written in a simple, conversational way — just like we're celebrating side by side.

Today we have travelled together from seeing clearly, to stepping up safely with the 5 D's, responding with heart when someone discloses, standing strong with practical resilience tools, and building our village through protective norms. You now carry real skills that can protect children, strengthen families, and create safer workplaces in South Africa.

This closing is our time to reflect on what we have built together, complete a short final survey, celebrate your commitments, and close with gratitude. You have earned this through your full participation and openness today.

WHAT TO EXPECT IN THE CLOSING (APPROXIMATELY 25–30 MINUTES)

We keep the tone warm, hopeful and celebratory. Participation in sharing is completely voluntary. This is a time to honour the journey and the commitments made, not to perform. Everything is designed to leave you feeling proud, equipped, hopeful and connected to something bigger than yourself.

Here's how the closing flows:

- A short welcome and recap of the day's journey.
- A quiet whole-day reflection (private thinking time, with optional voluntary shares).
- The short 5-question post-training survey (private answers on paper or in your notes).
- Celebration of the personal commitments you created in Session 5.
- Practical information about your Certificate of Attendance and full resource pack (both emailed after the workshop — no printing required from you).
- An optional closing circle where anyone who wishes can share one word or short phrase.
- Final thanks and warm words to send you on your way.

WHOLE-DAY REFLECTION

Before we move to the survey, take a quiet moment. Think back over the day.

What is one thing you learned or felt shift inside you today? What skill or idea are you most likely to use in the coming week?

You can write it in your notes or simply hold it in your mind. There is no need to share unless you want to. (Allow 2–3 minutes of quiet reflection. Then a few voluntary shares if energy is good.)

Beautiful. These small shifts are how real change begins, one person, one team, one family at a time.

POST-TRAINING SURVEY (5 QUESTIONS)

Now we will complete the short 5-question post-training survey. This helps us see what you have gained today and how confident you feel to use the skills. Your answers are private, you do not need to put your name on anything.

I will display each question on the screen. Please take your time to answer honestly. There are no right or wrong answers, this is simply to measure our shared learning and show the growth from the start of the day.

Post-Survey Questions:

1. Name one early sign of GBV, bullying, coercive control or family stress spillover that you can now recognise more clearly.
2. What are the five D's in the Upstander Framework?
3. Give one example of a supportive response when someone discloses something difficult.
4. On a scale of 1 to 5, how confident do you now feel to use at least one of the skills from today in your work, family or community life? (1 = not confident, 5 = very confident) Circle your answer:

1 2 3 4 5
5. What is one specific action, norm or commitment you are taking away from today to strengthen safety for children and families?

Thank you. Your honest answers help us make this training even stronger for the next groups. You have shown real growth today.

CELEBRATION OF COMMITMENTS & OUR VILLAGE

Now let's celebrate what we have built together. In Session 5 you each created a personal commitment, a small, realistic step to strengthen protective norms in your family, team or community.

I would love to hear from anyone who feels comfortable sharing their commitment out loud. It can be just one sentence. Hearing each other's commitments reminds us that we are not alone — we are building this village together.

(Invite 4–6 voluntary shares. Affirm every contribution with warmth.)

These commitments matter. When many of us choose to act, even in small ways, we create the safety nets that protect children and give teens stronger foundations. This is ubuntu in action. This is how we build resilient families and safer workplaces across South Africa.

CERTIFICATE, RESOURCES & FINAL THANKS

Before we close, a few important practical notes:

- Your Certificate of Attendance will be emailed to you within the next few days, along with the full resource pack containing all the tools, scripts, phrase banks, action-plan templates and national support numbers we discussed today (including the GBV Command Centre 0800 428 428 and Childline 116).

- Everything has been created professionally and will be sent directly to the email address you provided. No printing is required from you.

You have earned this certificate through your full participation and openness today. It recognises the practical skills you now carry to protect children and strengthen the families and workplaces around you.

CLOSING FINAL WORDS

To close our day together, I invite anyone who wishes to join a short closing circle. We will go around once. You may share one word or a short phrase that describes how you feel right now, or one thing you are taking with you. Participation is completely voluntary, you are also welcome to simply listen and receive.

Thank you. From the bottom of my heart, thank you for the care, courage and presence you brought to this day. You are now part of a growing community of Upstanders who choose to see clearly, step up safely, respond with heart, stand strong, and build protective villages for South Africa's children.

Every skill you practise and every norm you strengthen helps protect the most vulnerable little ones and supports the families who need it most. This work continues through you.

Go well. Travel safely. And may the commitments you made today grow into real protection and hope for the children in your care.

Thank you. The day is now complete.

WHAT YOU TAKE WITH YOU

You leave today with sharper eyes, five safe options for stepping up, the heart to listen and believe, simple tools to stay steady, and a personal commitment to strengthen protective norms. Most importantly, you leave knowing you are not alone, you are part of the village.

Your Certificate of Attendance and full resource pack will arrive in your inbox soon. Keep them handy. Use the skills. Start your small commitment this week. And remember: small, consistent choices build the safety nets that protect South Africa's children.

Thank you for showing up fully today. You have made a real difference.