

health and well-being national challenge 2024

ROVERS



"Happiness can always be found, even in the darkest of times, if only one remembers to turn on the light."

Dumbledore (Harry Potter Franchise / JK Rowling)



introduction:

Scouting is part of a global society where today many people suffer from mental illness during their lifetime. In Scouting, it is our priority to create a safe environment that promotes the development, well-being and safety of our children, young people, and adult volunteers. Therefore, we strive to create an ideal space to be able to listen and be listened to.

The health and well-being of our members is vital. Scouting is to achieve its mission of developing well-rounded, skilled, confident, and active contributing citizens. Being in good physical and mental health enables personal growth and general well-being.

In Scouting, it is the responsibility of all to take care and look after each other. SCOUTS South Africa has adopted the **Health and Well-Being Challenge** as our **National Challenge for 2024!**



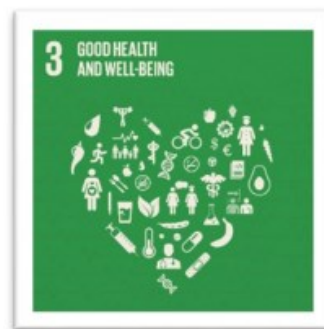
why health and well being?

Looking after our health and mental well-being is an essential part of enjoying a long and rewarding life. As a Youth Movement we need to equip children and young people with the necessary knowledge and skills to understand and take care of their physical AND mental health and support people around them.

The past years have been hard on everyone, and our current society doesn't always encourage hope. Looking after our physical and mental well-being will help us manage our emotions, manage stress, and enjoy a more active and fulfilling life.

Health and well-being are fundamental aspects of a Scouting member's development, and they play a crucial role in the overall Scouting experience, contributing to the overall development of Cubs and preparing them for a healthy and successful life ahead.

SCOUTS South Africa's National Challenge 2024 addresses the Scouts for SDGs Campaign (Sustainable Development Goals), and will focus on SDG 3, Good Health and Well-Being.



By taking up the National Challenge, young people throughout South Africa will be enabled to develop their knowledge, skills, and attitudes essential for achieving the Sustainable Development Goals (SDG's) and become an active part of the global Scout Movement's drive to empower young people for global environmental action.

Let join hands with 50 million Scouts making the world's largest youth contribution to the Sustainable Development Goals!

the challenge:

Each section will have requirements marked with (Crew) or (Individual) or both. This is done to allow a Rover to complete the challenge as part of a Crew or by themselves. This enables the Rovers that may be away from the Crew, studying or working etc., to still complete the challenge.

Task 1: Connect

Connection is an important part of human nature. We need human contact to stay sane. Spending time with a social-support group like your family and friends helps better your mental health and well-being.

Requirements:

1. Have a 'moments that matter' session with a chosen mentor.
2. Plan and run a fun Crew event to connect with the Rovers in your Crew. Each Rover does not need to plan an event; however, they need to attend the event.
3. Host a discussion meeting where you have a dialogue with your Crew regarding the main stresses in your lives as Rovers. Topics could include stress, mental health, challenges that young people face, social issues, economic issues, etc.

OR:

Plan and run your Leadership Bar expedition with a focus on connecting with the Crew.

OR:

In the case of smaller Crews where not all Rovers may be in the province or available. Attend another Crew's event to connect with them. (Rover Programme: Leadership Bar task).

Task 2: Be active

Physical activity is proven to help raise mental health and well-being. It encourages social interaction and helps build relationships with the friends and family who partake in the activity with you.

Requirements:

1. Decide on a fitness goal (e.g. 6000 steps a day, exercise twice a week, drink 2l of water every day, etc.).
2. Present this goal to your Crew with a plan to maintain it for at least six months.
3. At the end of six months, present your findings to your Crew with a review of meeting your goals and a plan to remain active.

OR:

Achieve the Sportsman's award within the period of the National Challenge.

OR:

Plan and run a Crew hike of no less than 25km (can be a day or overnight hike) that focuses on having fun as a Crew. Each Rover does not need to plan an event; however, they need to attend the event.

OR:

Complete your Ramblers Award within the period of the National Challenge.

Task 3: Give and take notice

We are not alone in experiencing and dealing with mental health, everyone must deal with it at some point in their life. What better way to help than to be a Rover and be of service.

Requirements:

1. Conduct a mental health survey for members in the Scout Movement (remember to keep this anonymous).
2. Based on your findings, make recommendations to your Advisory Council / District Scouters Council with a proposal for improving upon the results of your findings.
3. Run the project.

OR:

Plan and run a community service project of 25 hours or more with a focus on an issue in your community. Each Rover does not need to plan an event; however, they need to attend the event.

OR:

In the case of smaller Crews where not all the Rovers may be in the province or available. Attend another Crew's community service project.

Task 4: Keep learning

We are always learning as we move through life. Continued learning can improve one's self-esteem and well-being in general, and encourage social interactions while actively learning.

Requirements:

1. Attend a training course to improve an area of your life as identified earlier. This can be vocational training, research, learn or practice a hobby, or any registered Scouting training.
2. Attend a 'Listening Ear' OR 'Dialogue for Peace' training.
3. Define the following terms:
 - a) Emotional well-being
 - b) Mental illness
 - c) Mental disorders
 - d) Stress
 - e) Anxiety
 - f) Mindfulness
 - g) CBT (cognitive behaviour therapy)

OR:

Be trained as a peer-counsellor from a refutable source. This can be done in a workshop setting from a registered professional.

Task 5: Reflect

Reflection is an important aspect of mental health. Introspection is one of the first steps in realizing and dealing with mental illness. It is important that we as young adults take the time to reflect upon ourselves, our lives, and the future we want to have, and assess whether we are happy with the path we are on, or if this path is not the right one for us. We must navigate a long and difficult journey while trying to balance the challenges of life, taking a deep look at our own mental state is where we start.

Requirements:

1. Do something you enjoy, like reading a book, draw, play a sport, cook, run, clean, write, etc., and reflect on elements of your life. Think about your stresses and how you could manage them, think about your relationships and where you want them to be, think about your mental health and how you can preserve it. This needs to be journalled in a written/verbal medium for eight weeks.
2. Complete the following:
 1. Identify the four most important areas of your life (e.g. family, career, relationship, friends, hobbies, religion, etc.)
 2. Describe your current standing on each of these areas.
 3. With the help of your Rover Scouter/Counsellor, set goals for where you would like each of these areas to be at the end of a six-month period, i.e. set personal goals for yourself.

OR:

Complete a Rover Vigil. (:Link to Rover Programme: Personal Bar)

acknowledgements:

- WOSM Safe from Harm Mental Toolkit
- Scouts for SDGs

reminder:



Registration:

Please **register your Crew** for participation in the Health and Well-Being National Challenge 2024 by clicking on the [Registration link HERE](#). (Ctrl + Click to follow link). It's simple, quick and will only take two minutes!

Please **register your Crew** for participation in the National Challenge 2024 by the latest 28th February 2024.

Deadline:

National Challenge deadline: 30 November 2024. All entries are to be submitted to your Regional Team Coordinator by 11 December 2024.

On completion of the National Challenge 2024, the Rovers who took part will be awarded a special National Challenge badge and the Crew will be awarded a special Health and Well-being Challenge certificate.

Note:

You can help SCOUTS South Africa enhance our public visibility by embracing the PR value of the National Challenge 2024. Please take advantage of the PR opportunities and post your Crew's Good Health and Well-being activities and photographs on social media with the hashtags #GoodHealth #NationalChallenge2024 #Rovers #Scoutssouthafrica #SkillsforLife #Communities #Upliftment #ChildEmpowerment #Scouts4SDGs.