



Introduction to CAPABLE

Basis:

The basis for the module 'I am CAPABLE' is for each child to discover that they are capable of making wise decisions. They have a mind to think with, emotions to feel with and a will to choose. In life, children are faced with many different circumstances. Sometimes they are faced with a challenge that comes and goes in a moment in time and sometimes they face challenges that can be a part of their lives for many years. How a child faces the challenges of life will determine the effect that it has on others and themselves. A child's stories of challenge and triumph can give hope and strength to others in situations like them. A child's capabilities and strengths can be used for service to others in their communities.

The CAPABLE concept explores:

Session 1: I Have the Power of Choice

A child has a free will – that is the power to make choices in their lives. They can make wise and helpful choices. Making wise and helpful choices in life, especially in difficult situations, is important. Even when someone else makes a wrong choice, they need to choose to do what is right.

Sometimes a right choice may not be obvious and sometimes a right choice is obvious but can be difficult to make. A wise and helpful choice needs to be based on truth and what will help others and themselves grow in the way that they should. For example, if someone they know is being bullied, are they only a spectator? Do they participate with and/or go along with the person doing the bullying so that they don't lose their friendship? Or, do they have the courage not to participate and to tell an adult who can help the person being bullied? This does not mean a child's choices will be easy. Some of their choices will be very hard.

Session 2: I Choose Life

In every situation, every day, a child makes choices. For those choices there are consequences that add to their life, moving them forward. For some choices there are also consequences that stop them moving at all or cause them to move backwards. A child's choices also positively or negatively impact the communities that they are a part of.

The decisions a child makes gives them direction in their life. Those decisions do not just affect their life, they also impact the people around them. There are choices that are self-centered and those that are selfless.

Children can choose their actions even though they are not free to choose the consequences of their choices. For example, when someone is being bullied, a selfless decision is to have the courage not to participate and speak up for that person, but a consequence of doing this may be that their peers may choose to reject them for their choice. They are, however, capable of making a right choice and by making the decision not to participate and to speak up for that person, they have done the right thing and are moving forward.

All the decisions children make from getting out of bed in the morning, to decisions about who they form close friendships with, all have positive or negative consequences. Those choices impact what their tomorrow will look like. The things a child decides to overcome and the things they decide to accept all have a direct impact on their lives. It is important for a child to realise that it is often the small, everyday decisions that get them to their desired destination.

Session 3: I am Free to Choose

It is important that a child can identify trusted adults that they can confide in. Trusted adults can help them navigate their circumstances or if needed, help them to get out of a circumstance. Speaking in confidence to someone does not mean that they will keep what they tell them a secret. Rather, it is about having the wisdom and discernment to help them if they can or knowing when they need to involve appropriate others to assist them.

It is important that a child does not feel they have to hide and bury things that they have done. If they have done the wrong thing it is important that they have people who they can talk to who will help them make a decision about how they can move forward.

If others have done the wrong thing to them or to another person, they need not carry their guilt or shame about what has happened. They need to stand firm while facing significant difficulties and find someone who can help them in their circumstance. This may involve reporting the person to someone in authority who can help prevent their situation from continuing, like a parent, a teacher or a police officer.

Key message to reinforce through the CAPABLE sessions

**I am CAPABLE! I have the power of choice! I choose life!
I am free to choose!**