



# Using Creativity to reduce reoffending:

Making comic books at Young in Prison South Africa Post Release programme

# Young in Prison Post Release Programme:

## Intention

- Create self awareness and social awareness
- Build confidence
- Learn Life skills
- Learn skills that will assist them in finding work in creative industries.
- Prepare for the work environment.
- Become a support system for one another.
- Explore ways of using creativity to generate an income.
- Encouraging a healthy lifestyle.

# Programme

- 3 Levels
- Operates on a daily basis
- Group work as well as one on one attention.
- Participants work on projects:
  - Comic book
  - Music video
  - Community Service
  - Writing

# Programme

- Levels motivate participants to work to get onto next level.
- Group work: Critical thinking, creative projects, preparing for work.
- One on one: Personal development plan, counselling.

# Creating a Comic Book

- Drawing: Perspective, proportion, emotions, body language, negative space, shading.
- Relate to other aspects of their lives.
- Mindfulness
- Focus
- Self awareness
- Self esteem

# Creating Comic Book

- Story Telling:

Reframing significant moments of their lives.

Understanding their context.

- Boost self esteem when they have completed a task which they never thought possible.
- Books sold and they are able to generate an income.

# Circle of Courage

- Primary theory being used in child care as well as probation in South Africa.
- We all have the need to express the following: Belonging, Mastery, Independence, Generosity
- Anti-social behaviour a consequence of the circle being broken.
- In order to address anti social behaviour, look at mending the circle and behaviour will change.

# Belonging

- Sharing personal story connects participants with others.
- Share similar life experience.
- Feel like “I am not alone”.

# Mastery

- Learning new skills
- Doing things that they thought that they were not capable of before.

# Independence

- Reflecting on past decisions
- Taking responsibility for own story

# Generosity

- Sharing stories with others
- Better understanding of one another

# Participant's Response

- Some find it easy, others struggle.
- Everyone who starts the project has finished it.
- Feeling of accomplishment when finished.
- Greater understanding of self.
- Boost to self esteem.

# Benefits of Creative Activity

- Activate Imagination
- Think of other options in life
- Better decision making
- Self expression
- Greater self awareness

# How to Stimulate Creativity

- Start with relaxation/visualisation
- Limitations
- Music
- Clear guidelines
- Teach skills then practice them

# Examples of drawing activities

- Contour drawing
- Drawing negative spaces
- Using grids
- Drawing upside down
- Self portraits
- Figure drawing