



The generation making history is still here.

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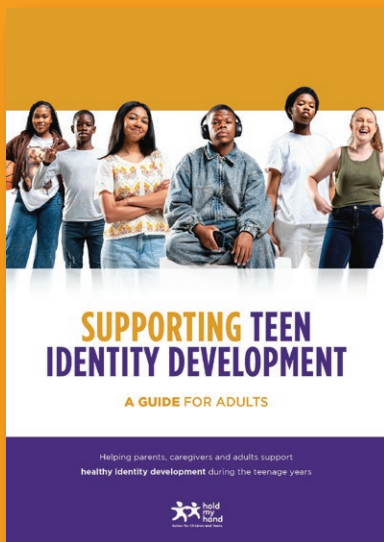
This month we commemorate 50 years since the June 1976 Uprising led by young people, many still at school. We recognise their leadership and see it repeated in hundreds of teenage activists across South Africa today. The generation making history is still here: teenagers aren't the future - they're here, right now, asking hard questions, navigating real pressures and shaping who they're becoming every single day.

Supporting Teen Identity Development: A Guide for Adults is a free, practical resource that has just been released, and we're hosting a webinar, The Power to Be(come), bringing together researchers, young people and policymakers to talk honestly about what it takes for South African teens to grow into who they're meant to be.

Teenagers are asking: Who am I becoming? Our job is to make sure they have the support, the space and the people around them to find out.



Raising a teenager is one of the most important – and often confusing jobs in the world



Adolescence is a period characterised by rapid change in body, mind and sense of self. For South African teenagers, these changes don't happen in easy circumstances – they come alongside poverty, crime, violence, pressures at school, and uncertainty about the future. They need the patience and presence of the adults around them, even when they don't always ask for it.

Supporting Teen Identity Development: A Guide for Adults is a free resource from Hold My Hand for parents, caregivers, teachers, and community members. It walks adults through everything from adolescent brain development to navigating peer pressure, mental health, and social media, providing practical and simple tools adults can use to support their teens as they grow. When teenagers feel safe, seen, heard, and supported by their loved ones, they are more likely to stay in school, make safer choices, and build towards a positive future. This guide helps adults do exactly that.

[Download Here](#)

Hold My Hand Webinar

24 June 2026
3pm - 4pm

Live on
zoom



The Power to Be(come) Why adolescent identity matters in South Africa

Host



Dr Katlego Selikane

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Hold My Hand



Dr Alude Mahali Bhengu

Research Director
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Dr Rose September

Former NSAAC Project Lead &
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Dr Shahieda Jansen

Clinical Psychologist
Awehmagents

What happens when a young person stops believing they have a future? South Africa's adolescents are coming of age in difficult circumstances, but emerging research shows that their ability to navigate these challenges depends less on avoiding hardship than on the strength of their identity: a sense of purpose, belonging, self-worth and agency.

This webinar explores what identity development really means, what gets in the way, and what we can all do about it. Grounded in the National Strategy to Accelerate Action for Children (NSAAC) and with new insights from the HSRC, it's a conversation about moving from deficit to possibility.

Speakers include:

Dr Rose September | Dr Alude Mahali | Dr Shahieda Jansen

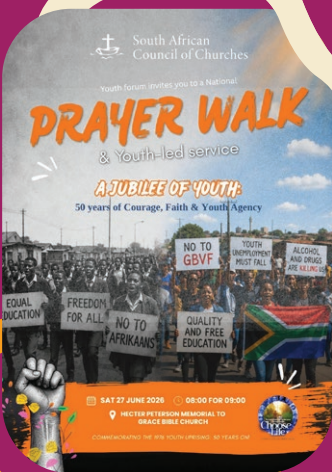
Thando Nkosi and facilitated by **Dr Katlego Selikane**.

[Register Here](#)



Presidential Leadership In Support of children

Let's mobilise the whole nation to accelerate action for children.



In 1976, young people took to the streets of Soweto and changed the course of history. They marched for freedom and for the right to learn in their own language and the world was never the same.

This Youth Month, Keready and Hold My Hand are walking in solidarity with that legacy. Organised by the South African Council of Churches, we join the National Youth Prayer Walk & Youth-Led Service on 27 June 2026 from the Hector Pieterse Museum to Grace Bible Church, Pimville.

We walk for healing, justice, and opportunity. We walk for every young person who is still asking: Who am I becoming? Who will I be? Let us remember that the generation that makes history is already here.

International Day of Play

On International Day of Play, Hold My Hand headed to a crèche in Katlehong with our partners at Singakwenza and the children delivered. Laughter, movement, curiosity: everything that play is meant to look and feel like.

It was a good reminder that play isn't a break from learning, it is learning. For young children, every game, song and shared moment with a caring adult builds the brain connections that shape language, thinking and emotional development for life.



News From Our Community



Children's perspectives on fatherhood

Heartlines has released new research exploring how children aged 10–16 perceive fathers and fatherhood. Building on its 2019 Fathers Matter research, which focused on adults, this latest study puts children's voices at the centre of the conversation.

The research highlights that the pre-teen and early teen years are a critical stage for shaping attitudes about relationships, identity and parenting.

The findings reveal that children across different backgrounds see a "good" father as someone who provides for their family's basic needs and protects them from harm. But children also value much more than financial support. They describe good fathers as loving, emotionally supportive and actively involved in their lives.

[Read More](#)



How a village created children's books in a day

In a remarkable literacy initiative in the Eastern Cape, local residents, writers, illustrators and storytellers came together to create a series of children's books in just one day.

The project put local voices, languages and experiences at the centre of children's literature. Instead of relying on stories created elsewhere, community members drew on their own culture, history and everyday experiences to develop books that children could recognise and relate to.

The initiative highlights the power of storytelling to strengthen literacy, identity and a sense of belonging. When children see themselves, their families and their communities reflected in books, reading becomes more meaningful and engaging.

[Learn More](#)



ECD Innovation Roundtable showcase insights

What does it take to move a great early childhood development (ECD) idea from a pilot project to national impact? That was the focus of Innovation Edge's recent ECD Innovation Roundtable Showcase, which brought together innovators, funders, practitioners and partners working to improve outcomes for young children.

The event highlighted a range of innovative solutions tackling some of South Africa's biggest ECD challenges – from supporting parents and caregivers at home to improving access to quality early learning and strengthening child development services. Participants shared lessons on what it takes to design solutions that are not only effective but can also reach large numbers of children

[Read More](#)



Be part of building something that matters

Thanda's 2025 Impact Report

The Maternal Mental Health Alliance of South Africa (MMHASA) is establishing its founding committee and inviting individuals with skills, expertise, and passion to help shape this movement from the beginning.

Whether your background is in communications, fundraising, health systems, governance, partnerships, digital systems, media, or administration, your contribution could help build a stronger future for mothers and families.

There are two ways to get involved:

Join the founding committee as an active contributor, helping shape the alliance.

Join as an alliance member to stay connected, attend events, and lend your voice to the movement.

[Register Here](#)

Our Community

Meet some of our new community members!

We're growing, and it's beautiful to see more hearts and hands joining the journey.



The National Council of and for Persons with Disabilities (NCPD) is an NPO that plays an integral role in shaping South Africa into a country where persons with disabilities have access to equitable opportunities and rights. For eight and a half decades, NCPD has been running awareness programmes, influencing government policies, promoting physical and social access, and facilitating economic participation for and with persons with disabilities.



Cued Speech SA endeavour to inform, equip and support parents of deaf children, deaf adults and teachers of the deaf to support language and literacy development in a spoken language such as English. A Cued Language can be used to support home language development at home and in a mainstream school setting or alongside SA Sign Language in a manual bilingual setting. They hold a Foundation-level course that is SACE accredited.



Masikhule is a social impact organisation that offers a variety of vital services to Early Childhood Development (ECD) Centres within marginalised communities. These services include Training, Mentorship, Early Intervention, Nutrition, ECD Resources and registration support. By responding to the needs of ECD within marginalised communities, Masikhule supports and develops ECD educators and children to achieve their full potential, and also the sustainable wellbeing of the community.

Join Our Community



Stay connected



Get the latest updates, inspiring stories, and ways to make a difference by following us on social media.

Together, we're creating a brighter future for South Africa's children and teens. Thank you for holding hands with us on this incredible journey.

Want to share your latest news? Drop an email at news@holdmyhand.org.za

Together, we will Change our future.

Thank you for being a vital part of our mission to put children at the center of our future. Your involvement makes all the difference!