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## Qualitative interviews

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<p>Communality</p>	<p>I think as an African coming from Kenya we are a collectivist community and so one thing I know is that we raise children as a village.</p> <p>The value of community and community helping us to raise our children. So it takes a village to raise a child, we brought that concept to Australia as well.  <a href="#">&lt;Files\\Transcripts\\(Job 87363) 230901 0013&gt;</a> -</p> <p><i>Ubuntu</i> framework for me in my mother tongue means people. For me I grew up see that we used to live in a very big compound with neighbours and if was doing something silly and I see my neighbours or my friends' mum or dad sees me, they will come and tell me that what you are doing is wrong. So, that is the <i>Ubuntu</i> framework that I see, it is very different. It is not like here where you don't know your neighbours, because there is that family connection that you feel even with strangers. <a href="#">&lt;Files\\Transcripts\\230919 0021&gt;</a> -</p> <p>I think it depends because if you have extended family, you have cousins, you almost create that African village here, to some extent it is the village that raises you</p> <p>so they are like an authority to us. And if you step out of line, the discipline can come from anyone in the group of aunts and uncles. So the same sort of respect even if you are within society and if someone from your country sees you, the expectation is that you have to act correct otherwise even that person is not your parent, they have the ability to give you discipline. It doesn't have to be physical discipline, it could be as simple as specifying to your parents about what is happening.  <a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a> -</p> <p>and you know they say it takes a village to raise a child, so it is like not only your parents but your neighbours, your community, your aunties can raise you.  <a href="#">&lt;Files\\Transcripts\\230926 0026&gt;</a></p>
<p>Collective role in training children</p>	<p>Let's say, if I meet you today as an African person and you are homeless, you don't have a place to stay I will bring you to my home and stay, we have each other's back, you know. So that's why you don't see lots of African people who are homeless, not that this, they don't, some people got kicked out of their houses through this crisis at the moment. But lots of people were able to give their fellow Africans in this county a place to stay even if they were just staying on mattresses.  <a href="#">&lt;Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a> -</p> <p>Yeah, community is just living together. Community means your burden is the burden of the next-door neighbour and whatever you have doesn't really belong to you, it belongs to whole community. It's like you could have breakfast in your house and lunch in someone else's house. That is a sense of community.  <a href="#">&lt;Files\\Transcripts\\(Job 87368) 230918 0020&gt;</a> -</p>

	<p>Service to society, our availability to serve society is influenced by our beliefs system, our values. For example, again, when we were younger, we learn that if somebody asks for one thing from you, you give them two, maybe they need two, and they have difficulty in asking for the two, so if they ask for one you give them two.</p> <p>Well, but as I said, I think African values, community service; look, when we were growing up in the village, and now maybe it is still practiced, helping one another, been there, helping out one another. When we were growing up in the village, when you have a farm and you not weed alone, you get other community members, you inform them on a particular day, and then I think the [0:13:24.7] call in the work or something like that. And then you come together, you go and weed the person's farm, then that person at another time, you go around and weed and you help, and so forth. So the value of helping others are central in what I do.</p> <p>I think the whole concept of [0:35:50.3] epitomises all of what we have been talking about now, that I am who I am because of you, that I succeed because of you, or that I'm even [0:36:03.2] because of you. The idea of being there, and being a support to each other, I think is a central theme of the concept of [0:36:12.0], as I understand it. <a href="#">&lt;Files\\Transcripts\\(Job 87369) 230922 0023&gt;</a> -</p> <p>Another thing that I would do is to offer someone help even before they ask for help because there's a ... not everyone feels free to ask for help, even when they need it, but if you offer or if I offer someone help, like carrying something or does someone need something that I have, I may choose to give it to them and it's up to them to either take it or not. <a href="#">&lt;Files\\Transcripts\\(Job 87370) 230921 0022&gt;</a></p> <p>So if I have a problem as a man in Africa, I can go to my brother who is next door and cry on his shoulder and I can overcome that problem but it is not like that here. When you have problems here, you have to sort them out, you alone. <a href="#">&lt;Files\\Transcripts\\230910 0015&gt;</a></p> <p>helping others when they are in need. Because growing up, I see how the help from others, being raised by Uncles, Aunties, Neighbours which is the <i>Ubuntu</i> framework. How we need to help each other to survive, yeah. <a href="#">&lt;Files\\Transcripts\\230919 0021&gt;</a> -</p> <p>I think the idea of helping at the community is one of the big ones, not necessarily doing things for money but volunteering time and volunteering to help out in the African community, I feel like that is an African value where we help people in the community. <a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a></p>
Communal help	<p>In the system generally here, anybody that is not your father and your mother, you cannot call daddy or mummy. But in African culture, everybody is mummy, everybody's daddy. Majority of your parents' friends are mummy or daddy. I've had a situation whereby a child ask, how many daddies do I have or how many mummies do I have? <a href="#">&lt;Files\\Transcripts\\(Job 87362) 230823 0007&gt;</a></p>

	<p>My children if they meet a family friend at the shops or wherever they will talk to them respectfully and value them as an aunty or an uncle. They still call our friends here aunty or uncle which is very different. Australian culture they call all the people by their first name, which that is totally different from our culture.  <a href="#">&lt;Files\\Transcripts\\(Job 87363) 230901 0013&gt;</a></p> <p>In Africa, we have uncles, aunties, and brother and sister. Your elder brother, you say brother. An older man, you say baba or uncle if you don't know their names.  <a href="#">&lt;Files\\Transcripts\\(Job 87364) 230907 0014 (1)&gt;</a> -</p> <p>Yeah. Well, the other value is that of course our tribe and our clan, we have so much value to it so much that when we see ourselves, we regard ourselves as brothers. Regardless of whether you are from the same biological mother or father, so we have respect for, we have the clan.  <a href="#">&lt;Files\\Transcripts\\(Job 87365) 230910 0017&gt;</a> -</p> <p>we believe in extended families, here there's nothing like that and we believe in say if you see me walking out there, most of the kids, Mumma or Auntie, there's no one calls me just by my name, it's mumma or auntie all that, oh have you seen auntie what is she, this and that, whereas in this culture in Australia there's nothing like that, there's only mum and dad, it ends there.  <a href="#">&lt;Files\\Transcripts\\(Job 87367) 230915 0019&gt;</a></p> <p>And these days at least you hardly address people by their first names for example; we believe that as a sign of respect you address them by their title or by the nature of the relationship between you and them, so you might say, "You're my uncle," if you translate it literally, language, you might say, "My senior father," or, "Junior father," "My brother," "My this, my that."  <a href="#">&lt;Files\\Transcripts\\(Job 87369) 230922 0023&gt;</a></p>
Communal relationships	<p>In the past when people harvested their food, like when they had ... yes, when they harvested, they would all come together, like as a family or neighbours, come together, each one would bring the food or they will meet at the same place, cook food together and then, share that food. And adults or elders will share about history or the philosophy behind of that gathering or that event.  <a href="#">&lt;Files\\Transcripts\\(Job 87370) 230921 0022&gt;</a> -</p> <p>When it comes to that, I learned growing up, culturally, that... give, just give, so growing up, yeah, that's how it is back home, like it's always been like if someone has less than you, just give and that's just the way we hold a good relationship.  <a href="#">&lt;Files\\Transcripts\\(Job 87371) 230922 0024&gt;</a></p> <p>I feel like that willingness to help other people and be hospitable as well, we have the culture of inviting people into your home for a meal. Sometimes, you hear people saying you cannot leave their house without eating because it is an African</p>

	<p>home. That culture of kindness and hospitality of feeding somebody is like the way we show love to them. Being hospitable, being welcoming, being kind to people <a href="#">&lt;Files\\Transcripts\\230926_0026&gt;</a> -</p> <p>I think mental health issues are quite low back home because you share the burden. If you are hungry, you go to your neighbour's house and they will help you with out. That is sort of how it was, especially in Sudan, nobody ever sleeps hungry and if you are hungry, you go to your neighbour's house. <a href="#">&lt;Files\\Transcripts\\230929_0028&gt;</a> -</p> <p>Community is very important in my culture. You can't do things alone and it is also good to have people around you to help you. In Zambia, everyone in our little town where I was brought up is a family member. When you go to someone's house, they welcome you with open arms and if they don't have sugar, they can come to you for sugar and you can also go to them. It is all a big family where everyone relies on each other. <a href="#">&lt;Files\\Transcripts\\231010_0031&gt;</a></p>
Communal sharing	<p>For African culture you can be smacked or be hit by your parent as a form of discipline, it doesn't matter up to what age, but Australian culture oh then they believe in talking, communicating, not hitting the child, so that is the difference between we discipline our children. <a href="#">&lt;Files\\Transcripts\\(Job_87363)_230901_0013&gt;</a></p> <p>So the kids, one of the things they talk about is discipline, abuse. There is nothing like abuse in Africa. If I smack my child, that is not abuse. That is called discipline. But here, when you smack your child for doing bad, it is called abuse, which has led to dysfunctionality of the family dynamics in the African culture. <a href="#">&lt;Files\\Transcripts\\(Job_87364)_230907_0014_(1)&gt;</a></p> <p>Essentially, the parents have authority to whip a child if they don't behave. Say you send a child, and then the child doesn't want to go, or you give them instructions and consistently they are not following, you have an authority to discipline them. <a href="#">&lt;Files\\Transcripts\\(Job_87369)_230922_0023&gt;</a></p> <p>The way we parent at home is different. When you are at home, even at your age, your parents will still have a go at you if you do something wrong but it cannot happen here. Here, you cannot discipline your child so the kids grow up knowing that nobody can discipline them. As Africans, it is in our culture, in our DNA to discipline our children. <a href="#">&lt;Files\\Transcripts\\230910_0015&gt;</a> -</p>
Discipline	
Family	<p>the value of family I think is more dominant in African cultures and in Kenyan cultures. The family here is just a nuclear family where it's the father and children and the mother. Whereas in Africa we, family is your father, mother, children, grandfather, cousins, aunties, uncles, so we have taught our children that extended</p>

	<p>families is something that we value.  <a href="#">&lt;Files\\Transcripts\\(Job 87363) 230901 0013&gt;</a></p> <p>When I grew up, I found out that I was growing up with people that are not his biological kids but he was looking after them. That value of giving back, learn to love others and learn to share with others, that was one of the greatest value I actually adopted from my own family. <a href="#">&lt;Files\\Transcripts\\(Job 87364) 230907 0014 (1)&gt;</a></p> <p>For example, I live my life not just for myself and my immediate family, but I'm living my life for the larger family, of which I am a member. So when I talk about a collective, this is what I mean. I am there for my brother, my sister, my parents, and all those who are related to me by blood, in one way or the other.  <a href="#">&lt;Files\\Transcripts\\(Job 87369) 230922 0023&gt;</a></p> <p>It is being there for one another. By that I mean, if you are living together, you have to say good morning, every morning, like hello, everytime you see a person. If you wake up, you say good morning or if you are away, if you are not at home, I'll call you to check on you, "Hey, how are you going? Is everything going well? What time are you coming back home?", that kind of thing. Like, following up or checking on each other. <a href="#">&lt;Files\\Transcripts\\(Job 87370) 230921 0022&gt;</a> -</p> <p>And also, African culture is like you always have to have this family member as part of your life for the rest of your life, no matter whether they are good or bad, they need to be with you. And I think, that is not right, if that person is toxic or not good to you, you should be able to set boundaries which I think a lot of African people don't have, healthy boundaries.  <a href="#">&lt;Files\\Transcripts\\230929 0028&gt;</a> -</p>
<p>Extended family relationships</p>	<p>Our family is everything. Like family we have to protect each other, we've got each others back.</p> <p>and everything and decision making as well. It always has to be made as families so we don't do things as individuals. Let's say, for example, if one person in the family is the breadwinner is working, they must provide for all, everyone in the family. For example, now I have two cousins who are in boarding school in Uganda, that I put them to Uganda to put in boarding school, so they have the education, and if they have that education they will make sure they are helping, they will help others. So just the strong family unit</p> <p>And also we have, looking after each of the family unit, like I have seen kids where 16 year olds are looking after their siblings who are 8 years old where their mums has to go and do other things. Or 18 year olds who are looking after the younger siblings when their mums have to go to work, so that family unit is still there, you know. Yeah, still there and the togetherness, you know, as a family, you know, yeah, still there. <a href="#">&lt;Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a></p>

	<p>making sure that the family was always together, like have that unity, spending separate time with my sisters, my siblings  <a href="#">&lt;Files\\Transcripts\\(Job 87371) 230922 0024&gt;</a> -</p> <p>The strong value of family, it is always important to have family, helping your siblings, being a good role model.  <a href="#">&lt;Files\\Transcripts\\230929 0028&gt;</a> -</p> <p>Family is a really big thing, and we have filial piety to our parents, so we grow up to respect and serve our parents and to give back to the family as well for all the amazing things that they have done for you in your growing up as a child and how they have raised you and everything. To grow into your adult life, you live your life as to pay back that favour to your family because it is an attribute that has led to who you are as a person at this point. Yes, so it is mostly centered around family.  <a href="#">&lt;Files\\Transcripts\\Transcription LD 230714&gt;</a> -</p>
Family relationships	
Protestant work ethic	<p>There are adages. Let me give you one adage in Yoruba language that, [language]. It's like, hard work does not kill. You understand? Meaning that it is not even doing the hard work that will kill you. These are values that have been put in us, that work hard. [language]. It means the person that does not work will steal, and [language]. Stealing is the worst thing you can ever do. You are kind of ostracised and it'll go down the generation that that family, there's a thief in that family. And they will think everybody in that family is a thief.  <a href="#">&lt;Files\\Transcripts\\(Job 87362) 230823 0007&gt;</a> -</p> <p>Hard work is something like, for example, as an African child, you were told in this life nothing comes easy even those people who are like in the villages they have to go in the cattle camp or go in the farm to pick those greens to come and be cooked, so you must sweat to eat. Even the children at home, everyone has to be doing something. So however I come in this country I work, cleaning, aged care, whatever, you name it. I've done every single work to sweat, clean money. My mama always raised us to earn clean money. Yeah.  <a href="#">&lt;Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a> -</p> <p>I think it's the very hard-working, and the way they were brought up. I think it's the pain, like the past, I think it's like just every, for me personally, my personal experience, every African I've met, there's always a story behind their strength.  <a href="#">&lt;Files\\Transcripts\\(Job 87371) 230922 0024&gt;</a></p> <p>The idea that we are in a Western country, that we have to work hard to be better than the generation before, I think is a value we hold on to. This idea that education is very much key to success, not just looking for money in the quickest way possible but studying, education is very key.  <a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a></p>

	<p>Hard work is important because it is very satisfying and it is like an emotional and mental boost when you receive that the works of my hands have created this. My mum is a farmer and her family are all farmers, so it is just that idea of what I put in the ground and what I toiled for comes back to feed me. It is what has been imparted to me in terms of hard work. When you work hard, you are planting a seed and that seed will grow and feed you because of the time you have put in and the sweat and blood you put in will all come back to reward you.</p> <p><a href="#">&lt;Files\\Transcripts\\231010_0031&gt;</a></p>
<p>Diligence in work/Productivity</p>	<p>Yeah, and hoping that our children settle well and do the best that they can. Pursuing excellence is another value that I think most people have, yes. Wanting to have a good education to form a good foundation, yeah, for the life that we live here in Australia. <a href="#">&lt;Files\\Transcripts\\(Job_87363)_230901_0013&gt;</a></p> <p>Because when you are bringing up your kid, you want the best, so sometimes we pile all this pressure, you understand? On these kids to learn, you understand? To be their best. <a href="#">&lt;Files\\Transcripts\\(Job_87365)_230910_0017&gt;</a> -</p> <p>To their children, look, one of them I know is (laughs) as a parent now, we want, and I think every African parent here would want their children to work very hard, and succeed, and take advantage of the education system here, aspire to be that, to be that, to be that, rather than settle for anything here. These are important values, to dream, to have your dream, to have a plan, to have a vision for yourself, and to make sure that you work very hard, excel, don't [0:18:39.3] just getting the Bs and Cs and Ds, that you work hard and put yourself on top there, and so forth. It is an important area. In other words, I'm talking about the value for education is an important, and that parents, is an important value, it's an important thing that parents really emphasise for their children here, because they feel that their sacrifices need to be reflected in the success of their children, and they really push their children to put value on their education, and to work very hard and succeed.</p> <p><a href="#">&lt;Files\\Transcripts\\(Job_87369)_230922_0023&gt;</a> -</p> <p>It is the mindset that to get further in life, it is very important to get a degree, education is very important in an African household.</p> <p><a href="#">&lt;Files\\Transcripts\\230926_0026&gt;</a> -</p> <p>Having the idea that you need to study, you need to go to Uni, graduate, get married, that sort of blueprint is what you grow up learning.</p> <p><a href="#">&lt;Files\\Transcripts\\230929_0028&gt;</a> -</p>



	<p>A young person that studies and does well academically, finishes high school around 17 or 18 years and gets into Uni, that is very well regarded  <a href="#">&lt;Files\\Transcripts\\231005_0029&gt;</a> -</p>
<p>Educational achievement</p>	<p>So like for instance, a female, you want the female to know how to cook, to know how to do domestic work whilst in a natural Western settings, these are not their priority. You just tag along with all those, you understand? Those things, whether you can do it or not, it's not a problem, but for us at least, we want you as a female to know how to cook, to know how to do domestic activities and all.  <a href="#">&lt;Files\\Transcripts\\(Job_87365)_230910_0017&gt;</a> -</p> <p>Yes, yes ... it is, I'd say in the past, let's say about 30 plus years ago, boys or men were meant to go out and do rough things, like bringing firewood at home or going in the farms, taking care of pets or animals, like cows or other domestic animals. However, women were meant to stay at home, get some vegetables and fruits and cook for men. Those were ... that is what were happening in the past. However, in some cultures, that still happens and yes  ...<a href="#">&lt;Files\\Transcripts\\(Job_87370)_230921_0022&gt;</a> -</p> <p>Okay, when it comes to that, so like cooking, so the way my mum raised me, it was always we have to cook, clean. It was very like the guys don't really need to do much; the girls have to clean and all that  <a href="#">&lt;Files\\Transcripts\\(Job_87371)_230922_0024&gt;</a> -</p> <p>From what I have seen with other Rwandese people in my family and even in Rwanda itself, there is a certain respect level that you have to have for women, an understanding that they are supposed to be protected. That is your role as a man.  <a href="#">&lt;Files\\Transcripts\\230926_0025&gt;</a> -</p> <p>I think back home, young people care about their family, trying to do the best for their family as in working hard to... the men work hard to provide for their mothers and sisters, the women work hard to make sure there is food in the house.</p> <p>The duty of a man is to be the provider and I think that comes from a religious perspective because a man has to be the provider. And I think it also comes from a cultural perspective where men back home, that is all they did to go work hard, provide and from the women's perspective, raising a family and raising the kids well, doing all the chores in the house and making the house a home, I think that is the difference. <a href="#">&lt;Files\\Transcripts\\230929_0028&gt;</a></p> <p>Young men are taught in a certain way and young women are taught in certain way. The moment you become acknowledged as a young man, you get advice from your</p>

	<p>father and being taught in a way an African man should carry himself.  <a href="#">&lt;Files\\Transcripts\\Transcription LD 230714&gt;</a></p>
<p>Traditional gender roles</p>	
<p>Religious values</p>	<p>Yeah, and then just having good morals which are based on the principals of the Christian church. I think that's very important, just based on those ten commandments of not stealing, not killing, all the things.  <a href="#">&lt;Files\\Transcripts\\(Job 87363) 230901 0013&gt;</a> -</p> <p>Yes and assume that most people in Zimbabwe they are Christians and they sort of believe in the almighty and as you know that in Zimbabwe things are not well. Yes, I left 2000 but things are going down so what is holding people up or what is making them strong is their religion. <a href="#">&lt;Files\\Transcripts\\(Job 87367) 230915 0019&gt;</a> -</p> <p>Well there was like a typical routine that it was always like help around the house, make sure you pray to God, like the Christianity was a big thing, so going to church a lot <a href="#">&lt;Files\\Transcripts\\(Job 87371) 230922 0024&gt;</a></p> <p>Firstly, having the moral standpoint that comes from God, that is brought through my religion, which is Christianity. <a href="#">&lt;Files\\Transcripts\\231010 0031&gt;</a> -</p>
<p>Christian beliefs</p>	<p>It's like our life cannot be separated from beliefs, either be a Muslim or a Christian, these are the major things that I do know before all this new age things come up. God is ultimate, God is supreme, God is sovereign. And we recognise the presence of God and the expectation of God in everything that we do.  <a href="#">&lt;Files\\Transcripts\\(Job 87362) 230823 0007&gt;</a></p> <p>In Islam, of course it's religious and that will apply to even Christianity where whatever the Koran says is bad, is bad.  <a href="#">&lt;Files\\Transcripts\\(Job 87368) 230918 0020&gt;</a> -</p> <p>A belief system, traditionally we believe in, apart from the Supreme Being, so let me be very clear here that we haven't been introduced to the Supreme Being by the Western, the Christians, Christianity as such. I think, so it's plural in nature, our belief system is plural in nature where we believe in the existence of God, who is the creator of everything, but also belief in the existence of lesser gods; they could be objects, it could be a tree. So we believe in the lesser gods as well.  <a href="#">&lt;Files\\Transcripts\\(Job 87369) 230922 0023&gt;</a></p> <p>So, in terms of religion, if they are, let's say for example, Catholic when we are born, we will be going in the same church, they be taking mass to their church. However,</p>

	<p>when we grow up, most of us we may choose to stay in that belief, others may choose to go in different ways <a href="#">&lt;Files\\Transcripts\\(Job 87370) 230921 0022&gt;</a> -</p> <p>I believe that no matter what side of the religion someone chooses, it is not bad. Whether a person chooses to be a Christian, a Muslim, or whatever religion is not bad but in Africa, what is most important is you must believe in something and these beliefs are fundamental to your development, your growth, and those are principles that you live with everywhere you go. <a href="#">&lt;Files\\Transcripts\\230910 0015&gt;</a> -</p> <p>And the main value is to believe in God and always know that I have a father in heaven that created me that I do believe that provides answers to my prayers. One of the main things was that to put God first, that is how I grew up, people telling me and I still use those values in putting God in everything that I do</p> <p>To be honest, sometimes as a young person, we lose our connection with God but that does not apply to everyone because obviously when you are a young person, you are being told to go to church because of your parents and sometimes when you leave and go to a different country where there is no pressure on you to go to church every Sunday, some of them do not go. But at the end, they always go back to it because they know deep down that there is a belief system that was passed on to them in their early age. <a href="#">&lt;Files\\Transcripts\\230919 0021&gt;</a> -</p> <p>I think the values of religion of being a Coptic orthodox really shaped my life to be who I am today. The values of putting god first, trusting God, and loving your neighbour, being forgiving, so a lot of the values I try to implement into my daily life. So it does help me a lot to really work on myself, self-reflection, how I see life. So it does have a lot of influence <a href="#">&lt;Files\\Transcripts\\230929 0028&gt;</a></p> <p>here is a big emphasis on religion playing a part in daily life and how you live your life with integrity, and your morals are led firstly by religion. I really identify a lot with having God as your moral compass and putting God at the top of every bit of aspect of life, God comes first and I believe that any decision that I make has to be influenced and also helped by God. <a href="#">&lt;Files\\Transcripts\\231010 0031&gt;</a> -</p>
Religious beliefs	
Sense of respect	<p>Something that stands out so well with the Yoruba culture is respect for elders. It's highly kind of upheld such that if somebody is older than you by a day, you will still accord them that respect by not calling them by their name and they can send you on errands.</p> <p>And when they say respect elders, it doesn't have to be within your family. It can be an elder in the marketplace, it can be the elder on the street, it can be elder in the community. Anybody that... You may not even know the age but just by visual</p>

assessment of this person is older than me, you accord the person all the respect and honour. It's one thing to respect in dishonour, but with Yoruba culture you respect with honour.

[<Files\\Transcripts\\\(Job 87362\) 230823 0007>](#)

We have elder brothers, and so there is that hierarchy. ... and there is that respect between the hierarchy, you understand? Even if it's a female, you have to respect her because she's older than you.

Well, that actually resonates to more of the same African values. African, at least respect elders, respect each other, and as long as you're an elder, you have so much respect for that person, and you just think that somebody that is an elder, that person has a lot of knowledge and wisdom, so you respect their opinion.

[<Files\\Transcripts\\\(Job 87365\) 230910 0017>](#) -

Yes, as a child you are just seen you are not heard. But I'm against that. Growing up I had so much I wanted to say but I was not able to. Even at school, like you can't talk over your, like you can't say something, you can't disagree with your teacher or an elder which is not right. But now that we are in a society where our kids can speak up for themselves, "You know what, I don't agree with this because of this and this." Or "I don't want", like my son said to me, "Mummy I don't like long pants", but it's his formal uniform at school. "I want to wear shorts." Until he told me, why he's just not comfortable with pants but if it was my time you are going to wear it, you know. So these things are the one I like, like about this culture. So there is good and bad in every culture. [<Files\\Transcripts\\\(Job 87366\) 230911 0018 \(1\)>](#)

In terms of the adults it's all about respecting your elders and really doing as you are told and as a teacher I sort of also grew up in that platform that you teaching their children and the young people you need to respect your culture.

[<Files\\Transcripts\\\(Job 87367\) 230915 0019>](#)

Respect for authority, you've got to have respect for people who are older than you, who have more knowledge than you, who have more experience than you because they just know more than you and so you respect them.

[<Files\\Transcripts\\\(Job 87368\) 230918 0020>](#) -

We talked about respect for the elderly; now, when we were growing up, we were not told, but when an elderly person is carrying something, you help them carry the load, you collect it, you indicate and show that you want to carry the load. They may say, "That's okay," they may give it to you, so respect for the elderly, or [0:04:26.5] with the elderly, that is to be left to be defined. But respect for the elderly is a central value in an African system.

[<Files\\Transcripts\\\(Job 87369\) 230922 0023>](#)

	<p>and things like you can be in a bus and see an elderly person or if you see them carrying a lot of stuff, you can help them. That is what they tell you when you are growing up. <a href="#">&lt;Files\\Transcripts\\230919_0021&gt;</a> -</p> <p>I talked about respecting elders and in my culture, elders are where wisdom comes from and Zambia is a very oral culture where the wisdom, culture, history are all transferred from one generation to the other. Elders are very important because they have a lot of wisdom, they have knowledge about different things, and they just need to be respected because of their place in society which is a place of a teacher and a leader. <a href="#">&lt;Files\\Transcripts\\231010_0031&gt;</a> -</p>
Honouring the elderly	<p>Some of the things that I grew up with in terms of culture, like for instance, if your elder is talking to you, you put your hands behind your back and you bow your head down, you don't look them, no direct eye contact and you listen attentively because there will be some questions that will follow up to know whether you are listening attentively, so we have that much respect even among our siblings. <a href="#">&lt;Files\\Transcripts\\(Job_87365)_230910_0017&gt;</a> -</p> <p>So then when you are talking to an elder you can't look them in the eye. But then in Australian culture, it's rude isn't it not to look someone in the eye. So that's something I told my kids to balance. So if you are at school or you are at a sporting club speaking to your coach or teacher look them in the eye, that is the Australian culture. But in our culture, if you are talking to your grandmother or something you cannot look them direct in the eye, it's very, you are like "Yes ma", but then not looking. <a href="#">&lt;Files\\Transcripts\\(Job_87366)_230911_0018(1)&gt;</a> -</p> <p>Yes, so respect is one of the value that most of cultures have. So, the difference I would say, it is, like in western culture or in the culture we live in at the moment, if we are speaking or if we are talking and I'm not looking into your eyes, it will be a sign of this person is maybe not interested in this discussion or this person is being disrespectful. However, in our culture, in our African culture, it is opposite. <a href="#">&lt;Files\\Transcripts\\(Job_87370)_230921_0022&gt;</a></p> <p>For me, for the respect for elders, it is even the way you say hi to them. You have to use both hands... I said respect is one of them, respecting elders, we were told not to look at our elders straight in the eye, we need to look down. <a href="#">&lt;Files\\Transcripts\\230919_0021&gt;</a></p>
Non-verbal respect	<p>Because growing up, you don't ever talk back to your parents. But here, talking back to your parent is seen as speaking up for yourself. Children are taught in school to stand up for themselves, to speak up for themselves. If I spoke back to my mother, I will get a slap across the face. But here, it's not so. <a href="#">&lt;Files\\Transcripts\\(Job_87362)_230823_0007&gt;</a> -</p> <p>Because, they are at home with their families. The families want to teach them respect, want to teach them how to become useful in society. And this young</p>

	<p>people will actually take some of the free way, some of these other kids talk to their parents. These are the challenges they get at home. When they're at home, you can't imagine that somebody, an African kid telling their father to shut up. Choose. I can't do that. You can't do that. I've never done that to tell my father to shut up. <a href="#">&lt;Files\\Transcripts\\(Job 87365) 230910 0017&gt;</a> -</p> <p>They see their parents getting up in the morning, working, they are still doing the same thing. And just their respect, they respect their parents. I hardly see an African child who was born here who will say, oh I've seen kids from other countries who will say, "Fuck you mum", you know, but an African child would never, never say that because those boundaries has been put and those rules has been put there, there is no way you would say something like that. Not that they are going to kill you but it has been made clear from the beginning, yeah. <a href="#">&lt;Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a></p> <p>I guess maybe specific roles in the family, like your kids are supposed to look after the parents, respect their parents and not necessarily question them because they are the authority. <a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a> -</p> <p>I think African values as a whole goes back to that respect thing. It is almost like respect up to a level of almost fearing your parents, you wouldn't even dare talk back to them because your parents are the head of the house <a href="#">&lt;Files\\Transcripts\\230926 0026&gt;</a> -</p> <p>I think discipline is one of the biggest one, respecting and obeying your parents is a big thing, listening to them, listening to their advice religiously. <a href="#">&lt;Files\\Transcripts\\230929 0028&gt;</a> -</p>
Respect for parental authority	<p>Let's say respect works both way. Respecting you, yourself as a person, as an individual, that's how people will respect you <a href="#">&lt;Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a> -</p> <p>to raise their child and UBUNTU is not just the name that you should use. It's really someone who carries those values, someone who respect themselves so that others can respect them,</p> <p>There are young people in prison, there are young people who are really dropping off school for no reason just to join their own crowds. So it's a wrong journey to go but as long as they respected themselves they will know that yes, I value myself because I always say if you don't value yourself no one can do that for you, respect</p>

	<p>yourself and then those who are seeing they can respect you.  <a href="#">&lt;Files\\Transcripts\\(Job 87367) 230915 0019&gt;</a></p> <p>The other thing is personal dignity, it is good for people to know who they are and respect themselves for that, and you should not stoop down to fit in or to please someone. If you live according to the ways of your ancestors, how you are supposed to culturally carry yourself, you should not compromise that for the sake of fitting in. so, you have to value your identity and keeping that personal dignity  <a href="#">&lt;Files\\Transcripts\\Transcription LD 230714&gt;</a></p>
<p>Self-respect</p>	<p>For African culture you can be smacked or be hit by your parent as a form of discipline, it doesn't matter up to what age, but Australian culture oh then they believe in talking, communicating, not hitting the child, so that is the difference between we discipline our children.  <a href="#">&lt;Files\\Transcripts\\(Job 87363) 230901 0013&gt;</a> -</p> <p>So the kids, one of the things they talk about is discipline, abuse. There is nothing like abuse in Africa. If I smack my child, that is not abuse. That is called discipline. But here, when you smack your child for doing bad, it is called abuse, which has led to dysfunctionality of the family dynamics in the African culture.  <a href="#">&lt;Files\\Transcripts\\(Job 87364) 230907 0014 (1)&gt;</a></p> <p>Essentially, the parents have authority to whip a child if they don't behave. Say you send a child, and then the child doesn't want to go, or you give them instructions and consistently they are not following, you have an authority to discipline them.  <a href="#">&lt;Files\\Transcripts\\(Job 87369) 230922 0023&gt;</a></p> <p>The way we parent at home is different. When you are at home, even at your age, your parents will still have a go at you if you do something wrong but it cannot happen here. Here, you cannot discipline your child so the kids grow up knowing that nobody can discipline them. As Africans, it is in our culture, in our DNA to discipline our children. <a href="#">&lt;Files\\Transcripts\\230910 0015&gt;</a></p>
<p>Corporal punishment as means of instilling discipline</p>	
<p><b>Causes of AOD use</b></p>	<p>You know, some of those kids are born here, they want to set a good example and the 18 year olds want to go to night clubs with their friends which don't align to African values. So what happened to our young boys, they will move out and they will disconnect with their parents because they want their freedom.  <a href="#">Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a> -</p> <p>I'm in the drug and alcohol field so I go there at night seeing our young people wasted, drinking and doing that, so they are losing it because they don't know who they are. They are trying to belong.  <a href="#">&lt;Files\\Transcripts\\(Job 87367) 230915 0019&gt;</a> -</p>

	<p>Also, the challenge here is that most of them are drinking alcohol. Most of them are smoking cigarette, marijuana and other things. Most of them because it is a liberal thing here. It is something that is going on whereas back home, if you are a young person smoking cigarette in the community, everybody looks at you weirdly but here it is normal. So they are doing lots of things that they wouldn't have done home. <a href="#">&lt;Files\\Transcripts\\230910_0015&gt;</a> -</p> <p>I know in Australia, from statistics I have read before, we do have a very high consumption of alcohol per person, so I feel like that is the environment that is there. That is why probably among younger people, binge drinking is sort of normal here. Even some Australian parents will allow them to do it. So if you are in a culture where even though you are an African, and in your culture, you are not allowed to do that you won't fit in, you then tend to binge drink, you tend to do those things because my fellow friends and the people I am trying to fit in with do it as well. I don't think it is necessarily African culture that influences it or it could be a combination of both actually <a href="#">&lt;Files\\Transcripts\\230926_0025&gt;</a></p>
<p>Bi-cultural identity conflict</p>	<p>I must confess, many of the fathers at home, they drink unreasonably. They drink their self to a stupor, and what do you think? You see, there is a saying that a child is more likely to do what they see you do than what you tell them to do. So, some of these children are taking after their parents when it comes to drinking, which is very unfortunate. <a href="#">&lt;Files\\Transcripts\\(Job_87362)_230823_0007&gt;</a> -</p> <p>Mum and dad are not on the same page, I've never seen, when I was growing up back home my dad bringing in alcohol, putting it in the fridge where there's food, how can you mix alcohol and food in the same fridge? So those are things that we are normalising as parents but they are not normal. <a href="#">&lt;Files\\Transcripts\\(Job_87367)_230915_0019&gt;</a></p> <p>But in homes where the parents consume them, they do it as well. <a href="#">&lt;Files\\Transcripts\\230910_0015&gt;</a> -</p> <p>So when children come here and their parents don't enforce strict boundaries to stop them from experiencing that kind of lifestyle, then the parents might also be drinking and you learn a lot from your parents so if you see your parents drinking, you are more likely to drink because you may think that it is normal and as you can see your parents abusing alcohol, you are more likely to abuse alcohol because you will think that is the normal thing. <a href="#">&lt;Files\\Transcripts\\231010_0031&gt;</a> -</p> <p>if I see a person who I call my role model is doing things, I am more likely to do what that person is doing. So, if I like listening to rock music and I am seeing that person who I call my role model, smoking or drinking heavy alcohols, I am more likely to do that as well <a href="#">&lt;Files\\Transcripts\\(Job_87370)_230921_0022&gt;</a></p>



<p>Parental indulgence and modeling</p>	<p>You know, like for me, those values have shaped me to be the person that I am today. But then again, some, I was a sneaky child. I did a lot of things behind my parents because they were too strict, because there were some things that I knew did not align with my family values, such as going to have my first drink, you know, such as having sex before marriage, stuff like that.</p> <p><a href="#">&lt;Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a></p> <p>I think like, there is say, if you have very strict parents and you have very strict parents and your kids, you tell them off, you know, you're strict to your kids, then I feel like your kids will be more streetwise, like they will be more, they'll have more fear in them, but then there is also like a way where it's just like they will be more tempted to do bad things, so there's two, like I've met all kinds of, but behaviour-wise, for sure, I think that's, there's like a 50/50 to that side.</p> <p><a href="#">&lt;Files\\Transcripts\\(Job 87371) 230922 0024&gt;</a> -</p> <p>So there are some African cultures that are very conservative, so the idea of alcohol is terrible, it is a sin. Some African cultures and the idea of trying to push some away as much as possible creates the adverse effect where they overindulge and they will drink it discretely thinking that they prefer to be rebellious I guess. And even with drugs as well, it may be similar. <a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a></p>
<p>Rebellion due to strict parenting</p>	<p>I've seen Sudanese women talk about this issue in particular where they said, "The state does not allow them to have a role in the way they bring up their children," and then the children, they end up in prison. I remember one, listened to ABC in particular, a Sudanese woman say that they felt that they were still in war because they run away from war to Australia, and their children were in prison. And the woman made up when [0:27:11.3] that they were disempowered as parents. They had little to say in the way, in controlling their children's behaviour. And the state itself is not there to discipline their children to get them to behave, so they have their children in prisons. And they believe that the disempowerment in terms of parental authority contributed to some of the issues that they had.</p> <p><a href="#">&lt;Files\\Transcripts\\(Job 87369) 230922 0023&gt;</a></p> <p>As Africans, it is in our culture, in our DNA to discipline our children. So anytime they want to make the attempt to do this, there is always a problem. And the problem is that they will go to school and tell their teacher that dad beat me. It is regarded as maltreatment, so the teacher will call the department of child protection and the father might be arrested, might face the law, they might take the child, they might start monitoring them. If the father is working, those things can impact on their employment. It can also affect their records here. So what is happening now is that parents become paralysed because the school, the government, the system has constrained them and told the kids that if you parents beat you again, leave home and we have accommodation for you, and they take them and carry them to foster homes. And when they are in foster homes, that is where most of the kids get spoilt.</p>

	<p>So to parent here is a different ball game than in Africa.  <a href="#">&lt;Files\\Transcripts\\230910_0015&gt;</a> -</p> <p>So I think culture does have a lot of effect on kids, and on parents because for example, back home, if your child is naughty, you give them a whack but when you come to Australia, it is not allowed and you can even go to jail for disciplining your child.</p> <p>In terms of discipline, back home, there is a certain way of disciplining your child and it has worked for many years. You come here, you are told you can't beat your kid because that is domestic violence towards your kids, which is fine but the parents are not taught other ways of disciplining their kids like what people in the Western culture do like time out, restricting them from phones and stuff like that. So parents end up in a certain fix, you can't beat them and you don't know other ways or alternatives to discipline them so they are sort of left  <a href="#">&lt;Files\\Transcripts\\230929_0028&gt;</a></p> <p>I think the big thing in Australia is, it is not allowed to discipline kids the way they do it in Africa because in Africa, you can just beat kids, it is not violent because you are not really hurting them but there are a lot of things that are not accepted to do here and that can even lead to losing the custody of your child for doing that. So I feel like because of that aspect, the parents that are from Africa, that is the only way they know how to discipline their kids and when they come here, they lose that authority over their kids of how they decide to discipline them. This causes the children to take advantage of the system because they know that if their parents are really harsh on them, they can always call the social services and they are going to be protected in a way. I think that is a big part that influences those kids into bad behaviours.  <a href="#">&lt;Files\\Transcripts\\231005_0029&gt;</a></p>
<p>Parental disempowerment</p>	<p>The African youth in Australia I think is a thing of belonging peer group. For them to drink is a peer group thing kind of.</p> <p>You just have to belong and things like that. So, you know that kind of a thing, it breaks the disciplinary relationship with the child, and the child now hangs around peer group who speak English, who go to school, not like the mother who knows nothing in English or something. And they feel the peer group has more to offer them than the parents who have their good at heart.  <a href="#">&lt;Files\\Transcripts\\(Job_87362)_230823_0007&gt;</a></p> <p>Yeah, I think when people resort to alcohol and drug use, it's because of peer pressure for one or the other they are trying to, and peer pressure is trying to fit in with the people who are their friends.  <a href="#">&lt;Files\\Transcripts\\(Job_87363)_230901_0013&gt;</a></p>

	<p>Yeah. Also look, for here, the most important thing is there's peer pressure. A lot of people learn some of these things from school, so peer pressure is a lot. It's a lot of things that actually influence them. <a href="#">&lt;Files\\Transcripts\\(Job 87365) 230910 0017&gt;</a></p> <p>peer pressure of friends that we're staying together with. So, if I choose to stay with friends who use alcohol, I am also more likely to use alcohol or any other drugs. <a href="#">&lt;Files\\Transcripts\\(Job 87370) 230921 0022&gt;</a></p> <p>Even if you have friends that do certain things, not giving in to peer pressure to also do it in order to fit in but staying true to yourself and values, and what your parents have raised you in to do and believe. <a href="#">&lt;Files\\Transcripts\\230926 0026&gt;</a> -</p> <p>The Australian culture is also a very big drinking culture as well. They love their weekend drinks and all that. So as an African child, you are also influenced by those friends who have the Western mentality. They will say "man it's Friday, come on, come for a party". When I was in year 10, people were already inviting me for parties and I will go there and there will be people who are underage drinking. So drinking starts very young here. <a href="#">&lt;Files\\Transcripts\\231010 0031&gt;</a></p>
Peer influence	
<b>Protective factors against AOD use</b>	<p>When we come to alcohol, there is very strict rule about drinking. We are not allowed to drink alcohol at certain age. In Africa, we see an 18-year-old as a boy, not a man.</p> <p>And coming to the Australian system, I think the age at which children are allowed to drink is too early. It's too early. 18 is too early. That is a time when they should be doing the grind. They should be working hard for their future. They should be laying great foundation in their studies. I mean, at 16 plus I was in university. So that 18, if everybody was like me, you'd still be in uni doing one thing or the other. <a href="#">&lt;Files\\Transcripts\\(Job 87362) 230823 0007&gt;</a> -</p> <p>They say when I was a young girl like age of 15 or 16, that control worked for me, you know, because I wasn't an easy child. But my mum has guided me in a way until I was at an age where I know myself properly, so which prevented lots of things. Where I had friends who were on drugs, smoking, doing all this, but my mum had given me curfews. If you are not home by 6.00pm you are in trouble, you know, which worked for me.</p> <p>So another thing I was scare of is, what was bad is just, like drinking is not acceptable in my culture. I actually went and had my first drink when I was 21 and my mum didn't even know about it. <a href="#">&lt;Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a></p> <p>So there can be a clash where they were born here, and they grew up here, and they feel that they are autonomous, like 18 here, they say the culture is that at 18 you</p>

	<p>move out and stay; that is not part of our culture. We don't tell children [0:17:05.0]. The only moment that we probably move out of your move of your parents' home is when you are married, you are fully employed and all of that.</p> <p><a href="#">&lt;Files\\Transcripts\\(Job 87369) 230922 0023&gt;</a></p> <p>Let's say between the age group from 18 to 30 years, your parent is still your parent even though when you are 18, you don't have power over your parent and your parent is still the authority figure. I feel like when we come here, we feel as if we can keep those values as young people who are respectful to our parents and people who are still connected to our community</p> <p>I think the idea of drinking is considered to be something that you only do once you over an adult age which is not specified in our culture.</p> <p><a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a> -</p>
<p>Cultural developmental norms</p>	<p>Because coming like when you have a big family and stuff like that, and especially (0:35:39.1) you don't want to be the old, you don't want to let your parents down. You wouldn't even go that way because of your family. I feel like we just have a very, very big respect for our family. <a href="#">&lt;Files\\Transcripts\\(Job 87371) 230922 0024&gt;</a></p> <p>I think, because I know that I am African and we are minority, I feel like I am careful with how I do things in public and the perception of if someone sees me doing something wrong it falls back to my parents or other family members, I think it influences how I approach life, that I have to be very careful with how I do things because it is not just the judgement on me, it is a judgement on my family as well.</p> <p><a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a> -</p> <p>I guess you can tell that you just have to be an individual who is softly spoken or sometimes more reserved, and sometimes you will think over what you want to say to somebody or the way you act in society because it is almost like it is not only your parents but there are aunties and uncles and other people in the community that can see you. So the way you act in your home, the way you act towards your parents, you want to act accordingly in public as well because it is almost like you are a child of your mum and dad so you want to reflect the way you present yourself. You want it to be in a positive way so that if somebody sees you, that reflects the way that you were raised. <a href="#">&lt;Files\\Transcripts\\230926 0026&gt;</a> -</p>
<p>Respect for parental and family reputation</p>	<p>I think they can deter because someone is thinking, how hard their parents have worked for them to be in this country, then that respect will help you not enter into that kind of behaviour. The values that you were taught as a child will sustain you and assist you not to enter into that kind of behaviour of taking drugs and alcohol or abusing drugs and alcohol. People can, I suppose socially drink, but not go overboard to become alcoholics and all, but definitely the respect that you have for your parents and those around you will deter you or stop you from, yeah, taking drugs and alcohol. So having good moral foundations and good values may deter you from abusing drugs and alcohol.</p> <p><a href="#">&lt;Files\\Transcripts\\(Job 87363) 230901 0013&gt;</a></p>

	<p>I've seen another girl was shouting at her mother then I end up, because I can be a bit tough so I end up telling her off. I said, whom are you talking to like this, oh because she's related you know what you don't even know where you come from. That lady sacrificed everything just because of you, because it's not an easy journey leaving your everything back home to come here with your children as you want the best out of them, not for them to shout at you. So oh okay now she's no problem which is good. <a href="#">&lt;Files\\Transcripts\\(Job 87367) 230915 0019&gt;</a></p> <p>I feel like we think a lot about how it would affect our parents or the ones that have raised us. How would our parents feel, like how would your parent feel if they found out you were doing drugs and they struggled to bring you here in this country? That's what I hear a lot from a lot of Africans as well, like especially the mums as well.</p> <p>I have conversations with some of them and they're like, "I can't believe my kids are doing this, I brought them, like I raised them from you know, through, struggle to bring them here", but I think the majority of us really understand that our parents didn't bring us here for fun or drugs and stuff like that. We respect their struggle and hustle to bring us here and I think that has culturally played a big part in that, yeah. <a href="#">&lt;Files\\Transcripts\\(Job 87371) 230922 0024&gt;</a></p>
<p>Regard for parental efforts in immigration</p>	<p>So the idea of being together, being under parental control and parental support, and all of that can help shape children to stay from drugs, alcohol abuse, and those ones, even in the absence of specific legislation addressing the subject. <a href="#">&lt;Files\\Transcripts\\(Job 87369) 230922 0023&gt;</a></p> <p>Yes, yes. So, parents may choose to teach about their children, negative sides of using alcohol, such as not having full life potential or being addicted which can lead to having misunderstandings or having conflicts with others. So, if a young person choose to follow that ... yes, it will be good not only for him, but also for their family and their entire community. <a href="#">&lt;Files\\Transcripts\\(Job 87370) 230921 0022&gt;</a> -</p> <p>My parents had their own thoughts about partying and relationships, and they would relay that information to me and that would have an effect on the things I did. Even when I was young, I thought it was so normal to go and sleep off because I saw my Australian friends doing it but my parents will not let me go and I didn't understand that. But I think they were just trying to shield me from a lot of things. <a href="#">&lt;Files\\Transcripts\\231010 0031&gt;</a></p> <p>Sort of, like as in I would say I mean the way I was obviously raised, I got put with so much fear that I wouldn't touch alcohol and drugs, so I feel like Africans have a lot of fear when it comes to that, like we fear the alcohol and drugs because most of our parents don't really, they weren't taking alcohol and drugs. <a href="#">&lt;Files\\Transcripts\\(Job 87371) 230922 0024&gt;</a></p>

<p>Parental guidance and discipline</p>	<p>For me what prevented me is my responsibilities and all my younger siblings were looking up to me, I was a role model to them. And even for me now I say lead in the community, those are the things that I need to, I always have to work on myself as the first as supporting other young people.  <a href="#">&lt;Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a></p> <p>we have this thing where you have to be A, you have to succeed, you have to be the best, you have to be better than everybody else because the idea that you have been given an opportunity. <a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a></p> <p>Now, if there is a young person that has lost that sense of culture, they will not know this value and if you do not your purpose as a person, to be honest, you will find yourself doing things that will just keep you going day by day, and that is how you see most young people trying to go into things like alcohol and drugs and stuff. Because they do not have that sense of responsibility or maybe they feel empty, they do not know what their purpose is. <a href="#">&lt;Files\\Transcripts\\Transcription LD 230714&gt;</a> -</p>
<p>Societal expectations and responsibilities</p>	<p>from my own side of Africa, people drink. But when you're somebody who drinks you see him as if there's something less than desirable in him, particularly when they drink excessively. They are not seen as well-meaning people with integrity.  <a href="#">&lt;Files\\Transcripts\\(Job 87362) 230823 0007&gt;</a> -</p> <p>I mean if they are drunk and they are using drugs and all this there is no respect for your parents or no respect for your friends as well, because of the fights.  <a href="#">&lt;Files\\Transcripts\\(Job 87363) 230901 0013&gt;</a></p> <p>They will not allow the young person to drink that alcohol because they know that it is not good for them. They also teach them to know that they are drinking moderately and when one of your uncles is drunk, they point to him and tell you to see how the person is drunk for you to know that those are the consequences.  <a href="#">&lt;Files\\Transcripts\\230919 0021&gt;</a> -</p> <p>you are considered less of a man if you are not able to handle your alcohol. So for me, maybe I will not drink excessively but drink carefully because people in our community will look at you with less respect if you are drunk. If it has to do with drugs, if you do it, then good luck to you in the community.  <a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a> -</p>
<p>Sociocultural stigma</p>	<p>because in the book of Proverbs chapter 20 verse one, it says, "Beer is a brawler, wine is a mocker. He who partakes of it is a fool." And do I want to look like a fool? And do I want my kids to look like fools? I will instill in them that this is not good. So from a religious perspective, they will have the fear of God, which will lead them not to take drugs and alcohol. They will see that as a taboo.  <a href="#">&lt;Files\\Transcripts\\(Job 87364) 230907 0014 (1)&gt;</a> -</p>

	<p>So, from where I come from, it is prohibited using drugs and alcohol, especially in, as a Christian or as a religion, as a Christian member, I am not allowed to use alcohol and drugs. Some people may choose to use them, but at the end of the day, they will face the effects of that or they will negatively be impacted to that. It's not judging them, but it is based on what I've seen.  <a href="#">&lt;Files\\Transcripts\\(Job 87370) 230921 0022&gt;</a> -</p> <p>I will say the values of belief in God. We have been taught that there can be consequences when you drink in excess because you are not able to control your actions and you take impulsive decisions. <a href="#">&lt;Files\\Transcripts\\230919 0021&gt;</a></p> <p>The obvious one is that it is considered to be haram, you are not supposed to drink or you are not supposed to do things that alter your mind essentially, that is the baseline. <a href="#">&lt;Files\\Transcripts\\230926 0025&gt;</a> -</p> <p>Well, in Sudan where I come from, majority of the time, when it was colonised by the Arabs, it became an Islamic nation, so alcohol is Haram and that was seen as wrong. That is why they started punishing people for drinking alcohol.  <a href="#">&lt;Files\\Transcripts\\230929 0028&gt;</a></p>
<p>Religious injunctions</p>	<p>Yeah, religion could prevent you because you are setting you set as an example and when he's there, you are at bible study, on Sunday you are at church, maybe on the weekend they are having a community church event thing. So you know, the environment always where it does not encourage these things, so it can prevent you from, and also it's like a no... <a href="#">Files\\Transcripts\\(Job 87366) 230911 0018 (1)&gt;</a></p> <p>So for those who really go to believe in church they know every Sunday or every Saturday I go to church and I go with my family so they will grow up knowing that at least there's someone above me rather them being,  <a href="#">&lt;Files\\Transcripts\\(Job 87367) 230915 0019&gt;</a> -</p> <p>I think. Religion is also because, you know, we go to church every Sunday. When you have such a deep connection with God, I can't even try because it's just a no go. I think religion has really been another impact.  <a href="#">&lt;Files\\Transcripts\\(Job 87371) 230922 0024&gt;</a> -</p> <p>I am a Christian, so the religion has played a very big role in our upbringing in Africa. And even, things like alcohol, those are things that people like us who grew up in a home where we went to church frequently with our parents know that alcohol is not good although we did not get the thorough education that alcohol has side effects on your health. All we knew is that as a Christian, you shouldn't drink or smoke. So those are values that we came up with and they were also very important for us.  <a href="#">&lt;Files\\Transcripts\\230910 0015&gt;</a> -</p>

	<p>Personally, I am a Christian and there are a lot of African households be very centred around religious beliefs, and going to church will be very important. Linking that to alcohol and drugs is almost like a forbidden thing, you shouldn't be in, it is like those things will change your character and we shouldn't do it.</p> <p><a href="#">&lt;Files\\Transcripts\\230926_0026&gt;</a> -</p>
Church attendance	