

Your 10th edition

RISE

YOUNG WOMEN'S CLUBS

Fighting
RAPE



Handling a
JOB INTERVIEW

A career with
COMPUTERS

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Welcome to your magazine!

Welcome to another issue of *Rise*.

In this issue we feature a Rise Club that is fighting its disadvantages through education. This is a subject close to my heart because I know that education is the key to unlocking our futures. It is the way to keep our brains sharp, now and in the future.

But it is not only education that we need. It is very important to have a place where we feel we belong so that when the going gets tough we can escape there. We need a place where we know we will be supported and listened to.

It makes me really proud that the Revolution Rise Club is using this movement to create a space like that for Club members. They can turn to their Club when face challenges in their lives. Find out more on on page 7.

Until next time, keep Rising.

Mapula

on behalf of the Rise team

P.S. Please tell us about your Club activities on riseywc@gmail.com. You will stand a chance to have your Club profiled in Rise magazine, or to win some airtime!



Mapula Tloubatla

Rise editor

Let Rise hear what you have to say.

Contact us on the *Rise* Young Women's Movement app or on the *Rise* Reporting tool.

If you have questions about how to do this contact Lovemore Manjoro at lovemore@soulcity.org.za or phone 011 771 7935.

Use our new
email address to get
in touch:
riseywc@gmail.com

On the cover:

We meet the Revolution Rise Club from Phuthaditjhaba in the Free State.



We all know what it's like to feel down. *Rise* asked young women around South Africa:

What do you do to feel better on a bad day?

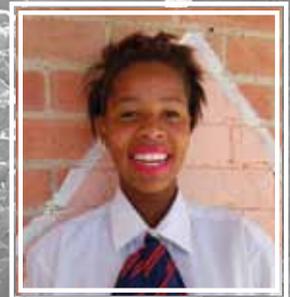


Mary Anne Davids (21) – Heidedal

Often at home things are so bad I want to kill myself. Then I go for a long, long walk and I feel better.

Karabo Ramarumo (15) – Maboena Intermediate School, Mangaung, Bloemfontein

I do something that I love. I like drama and I love to dance.



Innocentia Mahanke (14) – Maboena Intermediate School, Mangaung, Bloemfontein

I go to God and tell him what I want him to do for me.

Mamikele Kgasane (15) – Maboena Intermediate School, Mangaung, Bloemfontein

The best thing to do if you are depressed is to go to a clinic to see some social workers and to get some help.





Sister Nthabiseng Maloleke (24) – Youth Health Co-ordinator at the Phedisong Clinic, Garankua

When I have dark thoughts I get up early in the morning and go for a jog. I feel the breeze on my skin and smile to myself. People see me smiling and wave at me and I feel at peace again.

Oscarina Majokweni (27) – Counselling Psychologist at Ububele Trust, Alexandra

I call my parents and talk to them. Mom will say prayers for me. Sometimes I don't have the words, so she will find them for me. Sometimes I go to the movies.



Zanele Mokolutlo (35) – Mother-Baby Home Visitor at Ububele Trust, Alexandra

I fell pregnant when I was very young, and got severely depressed. I thought it was the end of my life and then my mom said: "This small person needs you and only you, he is relying on you." This made me want to live again.

★ **For discussion in your club:**

- What do you do when you're feeling down?
- Do any of the strategies mentioned on this page work for you too?
- How can Club members support each other when they are feeling low?

FOR HELP IF YOU ARE FEELING DOWN:

You can contact the South African Depression and Anxiety Group (SADAG).

Call the 24 hour helpline 0800 41 42 43 for free counselling.

Or SMS 31393 and a counsellor will call you back.

#feelingdown



Rise Free State Clubs lead the way on **World Aids Day and “16 Days of Activism for No Violence against Women and Children”**

December sees first World Aids Day, and then the “16 Days of Activism for No Violence against Women and Children”. This is an international awareness-raising campaign that takes place every year from the 25th of November to the 10th of December, and includes World Aids Day.

The Motheo District Rise Young Women’s Clubs and the Free State Working on Fire Teams joined hands to decide to mark these two important days through the “When I see something that’s not okay, I will say it’s #NotOkay” campaign. It was intended to encourage communities to take a stand against discrimination and abuse.



Five Rise Young Women's Clubs worked with the local SAPS office to get the message to their communities in Ntha, Lindley.



Fighting the education revolution

The Revolution Rise Club's home is Phuthaditjhaba, a beautiful Free State town surrounded by mountains. The girls chose the name "Revolution" for their Club because they are fighting their disadvantages through education.

On weekends members meet to support each other and to discuss any issues they have. But their main focus is to help each other get an education. They do this by meeting every afternoon to support each other with homework.

The Club is part of the Barona Bana Association which supports the education of children and young people in the area. The chairperson of the Association, Eric Mtholo, is also the Club's mentor. The young women say they feel very comfortable with having a male mentor.

"When we talk about girls' topics we ask him to leave us or we tell him that he can say something at the end," says Seipati Mkhwanazi. She is the outgoing chairperson of the Club. Sometimes Eric also helps them to understand why boys act the way they do.

Some afternoons Club members help vulnerable children with their homework and organise spelling games. Twice a month they hold reading camps where they read to little ones and have reading competitions with older children. They also mentor two community soccer teams.



We help each other not to give up on school even if we fall pregnant.



Mamello Mahlasela

We want to change our community. We are fighting for our freedom from poverty. Education is very important. We also want to support the future generation to have more knowledge and skills



Sefuli Ntsoaki

I joined this Club because it encourages us to rise. Some of my friends think that drinking is fun, but this Club helps me to be with others who want to be educated.



Madipolele Mosia

At my age I need to talk about the physical changes happening to me. Some of our friends are pregnant. So this is a chance to stop children from being pregnant.



Karabo Motaung

We help each other not to give up on school even if we fall pregnant. If you are pregnant you must not mind if people tease you – tell them to mind their own business. We often have crushes on boys and then we can get advice from the other girls. Boys are trouble. Girls are so proud when they have a boyfriend. If a boy says to us “I love you”, we feel better.



Phakiso Motaung

Sometimes our parents are not very supportive. They wonder what we are doing at the Rise Club. I asked my family if I could watch the Rise talkshow but they want to watch their soapiess. But this Club improves my self-esteem. It helps me to get strong and not give up.



Tebello Khotle

My mother watches the Rise talkshow with me and we discuss the problems together. I love that.



Lebohang Magabe

Sometimes we struggle to communicate with our parents. When I've done something wrong I go outside and look for a boy or someone who will make me happy. Coming to this Club I don't have to do that.



Seipati Mkhwanazi

I like to be amongst the Rise girls. They are interesting. Sometimes at home I am not feeling well but when I walk away from the Club I am walking tall.



Nteboheng Maleka

I am am shy. Girls often don't support each other but in this Club we do.

The girl who likes to break things



Information Technology - or 'IT' for short - involves using and developing computers. 24-year-old IT specialist, Tintswalo Makhubele, tests computer programs and other IT products. *Rise* went to find out more about Tintswalo and her work.



What do you enjoy most about your job?

I like breaking things. My job allows me to take something apart so I can test it and find out whether or not it works the way it should. My work allows me to be like a child again.

It doesn't sound like you were an easy child!

I was born and raised in Nwaxinyamani, a rural village in Limpopo Province. I lived a simple life and often saw myself as a tomboy because I was surrounded mostly by my boy cousins. I was reserved but I loved people.

When did you fall in love with IT?

At the age of 14, I fiddled with my cousin's laptop. I went online and came across some software I didn't know. For some reason I thought it was a good idea to download it. So I did. I played around with it, not knowing that it was not genuine software and it had viruses. It crashed my cousin's laptop.

That must have landed you in trouble?

He wasn't too happy, but luckily he didn't think it was a disaster. He saw it as a learning curve for me.

*My work
allows me to be
like a child
again.*

So you break things all day?

No! My job is very skilled.

You have to love computers and think in original ways. There is no specific way to test software so you have to find different ways of testing to see how the programs will react.

You also have to be strong emotionally. Most developers are very hard people to get by and if you are very emotional you will cry all the time. You have to be able to prove yourself and stand up for your work.

Should more girls be encouraged to do IT?

Definitely. The industry is dominated by men. When I started working it was strange, because we are only two females in the company. Parents need to expose their children at an early age to many different things. That is how they can discover what they are good at. They will not all like the same thing.

Plans for the future?

I am studying for my second degree in Supply Chain Management. So I plan to finish my studies. I want to work as chief tester or chief quality assurer. I also plan to open my own consulting IT Company at some point. And I don't plan to stop studying.



A beautiful dream



Lerato and her daughter

In the second in our series on young women and business, we talk to Lerato Moatse.

Lerato started her own small beauty business, but it didn't work out. She still dreams of running her own beauty salon, preferably in a shopping mall or at a housing complex.



Lerato putting make-up on Tsholo



Tsholo's wedding with make-up by Lerato

Lerato is the youngest of ten children. She grew up in Lethlabile near Brits in the North West province. Her mother was a domestic worker and her father worked as a security guard. Her father died when she was nine and from the age of 16 she lived alone at home while her mom was working in Johannesburg.

"We were brought up to be independent and very strong. With seven sisters you have to be. It has also made me not like being controlled by other people."

Lerato failed her matric and after school she did odd jobs to make money. Later she completed a secretarial course. In 2008 Lerato was offered a job at a beauty spa. Here she got to learn all the different aspects of the beauty business: make-up, massages, facials, pedicures and manicures.

Starting up

One day a client asked Lerato to come to a baby shower to do foot massages for the guests. She organised one of her friends to help her and together they started a small business going to people's homes and offering massages and beauty treatments. Soon she extended her business to doing make-up and hair for weddings.

Battling

However Lerato has struggled to make this business support her. She is still working in her business on weekends and in the evenings. But she has gone back to working at a beauty salon during the day to get a basic income.

Lerato is constantly on the look-out for someone who will put money into her small business so that she can buy equipment and have enough money to rent premises. She does not want to go to the bank to try for a loan, but she is trying to save money. Her family and friends keep asking her to do treatments for free and she finds it difficult to charge them.

Advice from a successful business woman

Tsholo Morake runs a thriving driving school in Brits and is one of Lerato's clients. We asked her to give Lerato some advice for her business. Tsholo believes that Lerato has a gift for doing make-up and that she could go far if she really applies herself.

"Besides being very talented, what I like about Lerato is that she is punctual and reliable. When I asked her to do the make-up and hair for my wedding she gave me a price immediately and I could see the work she had done before on WhatsApp. She is always available and looks after her clients well. I trusted her. That is very important."

Tsholo feels that what is keeping Lerato back from getting her business going is a lack of confidence.

"She needs to take herself more seriously and realise that she is beyond just handing out free treatments. She needs to be much more determined about what she wants to achieve. She has to have the courage to go for her dream".

"A good start would be to get a driver's licence and to save for a car so that she is less dependent on her husband for transport to people's house." (Maybe Lerato could ask her client Tsholo to swap some treatments for driving lessons?)

How could Lerato improve her confidence and advance her business?

- She could break down her dream into smaller goals. She could set goals for three months, one year, five years.
- If possible, she could discuss her goals with a business person she admires who is willing to give advice.





Loving your child clever

Human brains develop fastest before the age of three. Those years are therefore an important time to help our babies' brains to develop. The good news is that **love** can help us to do so.



The role of love in learning

Feeling loved and valued helps a baby to be interested in the world and to learn. This is because it feels encouraged to explore and to communicate. Responding to our babies with love teaches the child that it is worthy and safe.

“Love means delighting in your child. That sparkle in the eye when you look at your baby teaches it ‘I am worth something just for being who I am.’ This will help the child more than anything else in future – more than expensive toys or clothes. It is the beginning of self-worth and is the greatest gift you can give your baby.”

Kathryn Frost, Educational Psychologist.

Keep talking

A mother can help her baby to learn by talking to it. Research has shown that talking to babies and young children helps them with language later in life. And talking encourages the baby to trust its mother, and so to feel safe enough to find out about things.

“Sometimes when I ask a mom: Do you talk to your baby? She will laugh at me and say: How can I talk to a baby, it can't understand anything? And then I explain that talking helps you build that relationship with the baby. It can understand the love you show in your voice.”

Zanele Mokutlo, Mother-Baby Home Visitor at Ububele

Watch and respond

A newborn baby will cry, smile, look at you or look away. This is the only way the baby can communicate with you. If adults ignore the baby too often then it will learn lose interest in the world, and in the people around it. It is therefore important to watch a baby, and to respond to what it is trying to tell you. Of course we won't always get it right. But the important thing is to try so that the baby also keeps trying.

“I often tell mothers:
Look at your child. All it
wants is your eyes.”

Zanele Mokutlo, Mother-Baby Home Visitor at Ububele

Looking after Mom

It can be hard to show our babies love when we ourselves feel alone. Birth can be a stressful time for the mother. She may also face problems with the father of the baby, or with her own family. She might struggle to accept her new role as mother, and feel trapped with her new baby.

Just as the baby needs love to thrive, so the mother too needs all the love and support she can get.

If you are struggling with depression or find that being a mom is too difficult, you can look for professional help. Go to your clinic or Google organisations who can help with parenting issues.

In Johannesburg there is the excellent Ububele Educational and Psychotherapy Trust:

www.ububele.org

011 786 5085





Rise Club chairperson, Zikhona Mbute, talks about her rape. She believes this will help others and will also help her to heal.

Standing together to

**FIGHT
RAPE**

Zikhona Mbute is the Club chairperson of the Rise Stars of Tomorrow Club from Ncise. This is a quiet place right next to the Mthatha dam in the Eastern Cape.

On 14 March 2015 Zikhona's cousin, Andile, knocked on the door of the place she was sleeping with her girlfriend. It was very late and when Zikhona opened the door she could see that Andile was drunk and high on drugs.



Zikhona: Something in my heart and my body was broken.

“ I am getting better because I am talking about this. ”

Rape

First Andile accused her of hiding his girlfriend. Then he started hitting her. He lifted her onto his shoulder and took her to nearby school grounds. There he raped her. When he was done she was bleeding and hurting.

Zikhona fainted, so he lifted her onto his shoulder again and took her to his room. There he raped her repeatedly again, putting his jersey over her face to stop her from screaming. He also cut her body with a knife. Four hours later he carried her half-way back to where she was staying. Zikhona managed to drag herself back to the room on her knees. Andile told her that if she told anyone what he had done to her he would kill her.

Fighting back

The next day Zikhona went to her home where she lives with her two brothers. Her parents passed away ten years ago and her oldest brother, Uthando, (in the photo' below) is the sole breadwinner. She immediately sent WhatsApp messages to everyone telling them that Andile had raped her.

Three days later she went to the police station. They took her to a clinic where she was given ARVs to prevent her from being infected with HIV and pills to stop a pregnancy.

Trial

Not long afterwards, Andile was caught, the case went to trial, and he was given a life sentence.

Even though the outcome made her feel better, the trial was very traumatic for Zikhona. “I was crying all the time. I couldn't speak at all.”

But she feels that talking about her rape is very important.

Rape changes you

“I am not the Zikhona that I was before. Something in my heart and my body was broken. Rape changes the way you feel and the way you look at life. I end up getting better because I am talking about this. I want to be empty of this. If I don't talk it will hurt me more.”

Sis Thoko:
You are still a member
of Rise and we still
love you.



“

I am
beautiful. I am
alive.

”

Zikhona at her home

Support

Sipunzi Zingisa. Gabizizwe, member of Rise 'Stars of Tomorrow' Club and friend of Zikhona says "I was very traumatised by what happened to Zikhona, we all were. It was important to support her as a friend."

After the rape Zikhona received weekly counselling. But what helped her the most was that everybody in her community was supporting her.

Belonging to a Rise Club has been very important in her healing. She has told the story of her rape to the members.

Sis Thoko

But the most important help Zikhona has received is from Thoko Budaza, the Soul City Provincial Manager in the Eastern Cape. Thoko herself is a survivor of multiple rapes.

"Sis Thoko keeps saying: You are still a member of Rise and we still love you. Don't feel that you are broken, you are still the same. She helped me to feel like somebody who can still do something. I am now a Soul City fieldworker. I have jobs to do, I am organising things. This helps me not just to think about the rape."



Corrective rape

Corrective rape is when lesbians or homosexuals are raped to punish and supposedly “cure” them.

Zikhona is a lesbian. She is very open about this and feels that her community and her family have accepted her.

She believes that her cousin raped her because he was angry about this. “Andile tried to change me. He wanted me to feel that I am a useless girl so you can do anything to me. He tried to open the way for other men to rape me. But I am fighting that feeling.”

But she feels that he has not succeeded. “In my mind I will never stop being a lesbian. I am a human being. I am beautiful. I am alive.”

Zikhona’s advice to women who have been raped

“The fact that I was raped doesn’t mean it is the end of my life. I can still work and learn.”

“If you have been raped don’t give up. Walk up straight. Get help. Try to keep busy: learn anything you can; borrow a pen and write something; make a song; get support from others.”



Zikhona and her brother, Uthando

SIS THOKO SPEAKS OUT!



“

Rape is not about sex. It is about having power over another person. I tell myself that I will not give my rapists that power. I try to take back my power every day. Especially through the work that I do.

”

Thoko Budaza is the Soul City Provincial Manager for the Eastern Cape and a gender activist. When Thoko was eight years old she was raped by her cousin. She grew up in the house of her uncle, a gangster, where she was repeatedly molested. When she was an adult, a man broke into her home and raped her at knife point.

She has suffered mental illness as a result of so much trauma. “What really helps me is to help other women. I tell every rape survivor: something inside you changes forever.”

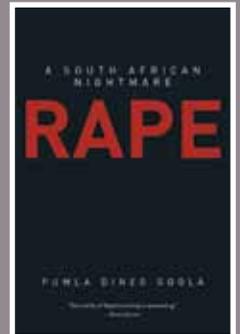
“Rape in South Africa is an illness affecting everyone. We managed to turn around HIV and AIDS, and now we need to do the same for rape and violence against women.”

To do this we have to remember the following:

- Rape is not about men needing sex. It is a way of spreading fear and controlling women.
- Rape has a life-long effect on the person who has been raped.
- Dressing a certain way or being drunk does not give anyone permission to rape us. As one gender activist said: “If a man is drunk we help him get home. If a woman is drunk she is raped.”
- No man has the right to rape a woman, even if he has paid lobola.

A review of *Rape, A South African Nightmare* by Pumla Dineo Gqola

*Published by
Jacana Press.
R220*



South Africa has one of the highest rates of rape and violence against women in the world. This book tries to find some of the reasons for this.

The book first looks at how rape was part of how white people had power over black people in the past. Then it shows how today rape is used to have power over women. Professor Gqola describes this as a “fear factory”.

The book looks at some famous rape trials and explores and how people and the media have responded to these.

Where to go for help if you are raped or sexually abused

The Gender-Based Violence Command Centre (GBVCC)

This is a 24-hour call centre set up by the Government to offer support and counselling to victims of gender-based violence.

For assistance and to speak to a social worker call **0800 428 428**. This is a free number.

Or try **012 740 9620**.

Callers can also request a social worker from the Command Centre to contact them by dialling ***120*7867#** from any cell phone. This is also a free number.

Thuthuzela Care Centres

Thuthuzela Care Centres (TCCs) have been set up across South Africa to help rape and sexual abuse survivors.

Gauteng Province	Telephone:
Mamelodi TCC at Mamelodi Hospital	012 801 2717
Sinakekelwe TCC at Natalspruit Hospital	011 909 1002/3/6/9
Nthabiseng TCC at Chris Hani Baragwanath Hospital, Diepkloof, Soweto	011 933 1229/3346
Kopanong TCC at Kopanong Hospital, Duncarville Vereeniging	016 428 5959
Masakhane TCC at Tembisa Hospital Corner, Olifantsfontein	011 923 2106
Ladium TCC at Ladium Community Health Centre	
Eastern Cape Province	Telephone:
Libode TCC Ms Nomonde at St Barnabas Hospital, Umtata	047 568 6274
Mdantsane TCC at Cecilia Makiwane Hospital, East London	043 761 2023
Bizana TCC at St Patricks Hospital (not fully operational)	
Lusikisiki TCC at St Elizabeth Hospital (not fully operational)	
Butterworth TCC (not fully operational)	
Mthatha TCC at Nelson Mandela Hospital (not fully operational)	
Port Elizabeth TCC at Dora Nginza Hospital	
Western Cape Province	Telephone:
Mannenberg TCC at GF Jooste Hospital	021 691 6194
Belville TCC at Karl Bremmer Hospital	
George TCC at George Hospital	
Worcester TCC (being established)	

North West Province	Telephone:
Mafikeng TCC at Mafikeng Provincial Hospital	018 383 7000
Rustenburg TCC at Job Shimankane Hospital	
Taung TCC	
Klerksdorp TCC (being established)	
Potchefstroom TCC (being established)	
KwaZulu-Natal Province	Telephone:
Umlazi TCC at Prince Mshiyeni Hospital	031 907 8496
Phoenix TCC at Mahatma Gandhi Hospital	031 502 2338
Edendale TCC (not fully operational)	
Stanger TCC (not fully operational)	
Port Shepstone TCC (not fully operational)	
Free State Province	Telephone:
Tshepong TCC at National District Hospital, Bloemfontein	051 448 5028
Welkom TCC at Bongani Hospital	
Sasolburg TCC at Mesimaholo (being established)	
Bethlehem TCC (being established)	
Mpumalanga Province	Telephone:
KaNyemazane TCC at Themba Hospital, KaNyemazane	013 796 9412
Ermelo TCC (not fully operational)	
Tonga TCC (not fully operational)	
Evander TCC (being established)	
Witbank TCC (being established)	

Special People *who Help*

A mentor builds trust, listens and helps you work out things in your life. Sive Jakuja plays that role for Rise young women – and for lots of children – in Bhongweni in the Eastern Cape.

Sive Jakuja used to be a model and an extra on the soapie, *Generations*. Sive's passion is making sure that young girls and women are safe. She was sexually molested at the age of 11. When she was 14, her neighbour raped her.

When she moved from Johannesburg to the outskirts of Bhongweni informal settlement near East London airport, she was worried.

"I realised that this area is dangerous, especially for young girls," she said.

Sive was also shocked that there is almost no electricity; very few taps; no police station; overcrowded schools and only a tiny clinic.

She offered to help the local Rise Young Women's Club – the Bhongweni Youngsters. During exam time the chairperson and the secretary even stayed with her so they could study better.

For the younger girls of Bhongweni, Sive started a holiday club in her garage. Three afternoons in the week she opens her house to them. Rise Club members help the children learn dancing and handcrafts. And they get a meal.

Sive also teaches the children about saving for their future. She and the Rise Club members made money boxes which they gave to the children. Soon some boys also wanted to join, and Sive felt that she couldn't chase them away. The group participated in a march raising awareness about sexual harassment.



Sive and her daughter

Can a mentor help you? Could you be a mentor to others?

Not all mentors can offer resources the way Sive can. But a mentor can offer time. She can always guide others to work out what is best for themselves. Would you like to find a mentor, or to mentor someone younger or less experienced than you? This quiz will help you to work out how to be a mentor, and what to expect from your own mentor.

1. You have a mentor. (Yay!) She's there to:
a) help you do your homework.
b) talk with you about setting goals for yourself and overcoming obstacles.
c) be a go-between between you and your parents.

2. A mentor is someone who:
a) asks you about what you want to do in your life.
b) tells you what to do with your life.
c) lectures you if you don't meet your goals.

3. When you meet, a mentor:
a) talks more than you.
b) listens to you more than she talks, and asks questions she thinks will help you.

4. When you meet your mentor, she will:
a) tell you what you will talk about.
b) keep silent until you speak first.
c) ask you how things are going, and if there's anything in particular you want to talk about.

5. A mentor must:
a) tell you what is right and wrong because they know everything.
b) encourage you to explain your ideas and think things through.
c) stay silent and not guide at all.

6. If you meet with your mentor a couple of times and you don't get on with her, you:
a) thank her for her time and explain that it isn't working out how you expected and you'd like to stop meeting.
b) stick with that mentor forever.
c) just stop returning her messages and not pitch at agreed meetings.

7. A mentoring relationship:
a) can last as long as both want it to.
b) must stop after 3 months.
c) must stop after 1 year.

Correct answers: 1 (b); 2 (a); 3 (b); 4 (c); 5 (b); 6 (a); 7 (a)



“I Felt I was Doing Something Wrong”

I would like to let others know that there is help for them.

One young lesbian felt guilty about her life. But accepting who she is has brought her peace.

Noxolo Nxumalo had her first relationship with another young woman when she was 14. She found the relationship difficult, because it didn't feel “normal”. After a time, she gave into peer pressure and began date boys.

Pregnant

At 16, she fell pregnant. Her traditional Zulu family disowned her. She gave birth to a beautiful and healthy little girl, Minenhle, which means “beautiful day”.

“It really was a beautiful day when she was born,” says Noxolo. But she had no income or family relations. “I had to find a job to support myself and my baby. But the worst part was living without the love of my family.”

‘Lesbian’ is a woman who has sexual relations with other women.

‘Heterosexual’ means being attracted to the opposite sex.

Love

A few months later, Minenhle's father asked Noxolo if she was truly happy with him, and she realised that she wasn't. "I think I had to experience that [heterosexual] lifestyle before I knew what I wanted," says Noxolo.

Shortly afterwards, she met a girl and fell in love with her. She kept her new relationship a secret, and she made peace with her family when she was 18 years old.

"About a year after my family had started speaking to me again, one of my cousins 'outed' me to my mother," says Noxolo. "My mother did not understand it and I remember her crying and shouting in anger and frustration."

Dark path

"As much as I felt free as my family knew about my sexuality, I was fighting it. There was still something that made me believe that I was doing something wrong.

"I went down a very dark path which led to thoughts of suicide. I started using drugs. My life was falling apart and I had to go to rehab to get clean and pick up the pieces."

The worst part was living without the love of my family.

Getting help

Noxolo visited the Gay and Lesbian Network (GLN) to get support for the problems of a single lesbian mother. Here began her healing process.

A few years ago she started volunteering at GLN, and started to read up more on her sexual and reproductive rights. She soon proved herself, and was eventually hired to work at the organisation.

"I've grown a lot and I love what I do. It makes me happy to help others and inform them of their rights," says Noxolo.

There are still people who judge.

The struggle continues

Noxolo says, "When people come to GLN for help, they are trusting us with their lives. Even though our Constitution says that we are free, the struggle continues. This is because there are still people who judge you and think that what you or doing is a sin and not normal.

"I would like to let others know that there is help for them. Your own happiness is important, but if your family hurts, then you hurt."

*** If you would like help or if you or someone you know needs help with coming to terms with their sexuality, contact the Gay and Lesbian Network on 033 342 6165 or the helpline on 086 033 3331, or SMS HELP to 079 891 3036 to get a call back.**

(Adapted from a feature by Mandy Killian on www.health-e.org.za)



Ask Sis' Lebo

Dear Sis' Lebo,

My friend is in an abusive relationship. I am not sure how to help her. I don't want to look like I am interfering. What should I do?

Concerned Friend

She should not feel you are judging her.

Dear Concerned Friend,

It is very hard to watch someone you care about being hurt and not be able to do anything about it. How you act depends on how close you are to your friend. If you think it will be okay, let her know you are worried about her. Say that you want her to know you are there for her, in case she needs to talk to you. If she feels uncomfortable talking with you, do not push her. Just let her know you are on her side.

Often when people are abused, their self-esteem is low. They think that the abuse is their fault and they must hide it. So do not be surprised if your friend pretends all is well, or she defends her partner. Just let her know that whenever she needs to talk, you are available. She should not feel you are judging her at all.

You sound like a good friend.

Abuse must stop!

Sis' Lebo

Are you being abused?

There are different kinds of abuse:

1. When someone says things to hurt you. The abuser may also make fun of you or call you names. They may frighten you or stalk you. That is verbal, psychological and emotional abuse.
2. When someone hurts you physically or touches you in a way you don't like. This can include hitting or punching you, forcing you to have sex (this is rape and a crime), pushing, grabbing or shaking you.

If someone loves you...

Someone who loves you would not harm you. If they respect you, they will treat you with dignity and respect. You can find out more about abuse by going to the website below.

Adapted from www.gov.za/sites/www.gov.za/files/speech_docs/16days-brochure.pdf

Someone who loves you will not harm you.

Ask Dr Sue

Dear Rise Doctor,

Can you get pregnant when a condom gets stuck inside you and comes out empty?

XY

Think about doubling up!

Dear XY,

Yes, you can get pregnant that way. The guy's sperm could have leaked into your vagina.

After your guy has ejaculated, he should hold the condom at the base of his penis while it is still erect. He should withdraw from your vagina and pubic area while still holding the condom at the base of his penis. He should then tie it securely and throw it away. You can help him do all this – it can be nice and intimate doing it together ❤️.

If this happens again, and you are really worried about getting pregnant, go to your clinic or doctor and ask for emergency contraception.

It's great that you and your partner are using condoms. Think about doubling up now. Use dual contraception to prevent pregnancy and HIV and other sexually transmitted infections. This always means condoms and another type of contraception, like the Pill.

Keep condomising!

Dr Sue (Rise doctor)



Ask Dr Sue



Dear Rise Doctor,

I am 22 years old. Every time before or after my periods I get black or brown stains. It smells different from my periods. Is it normal, or is there something wrong?

Worried

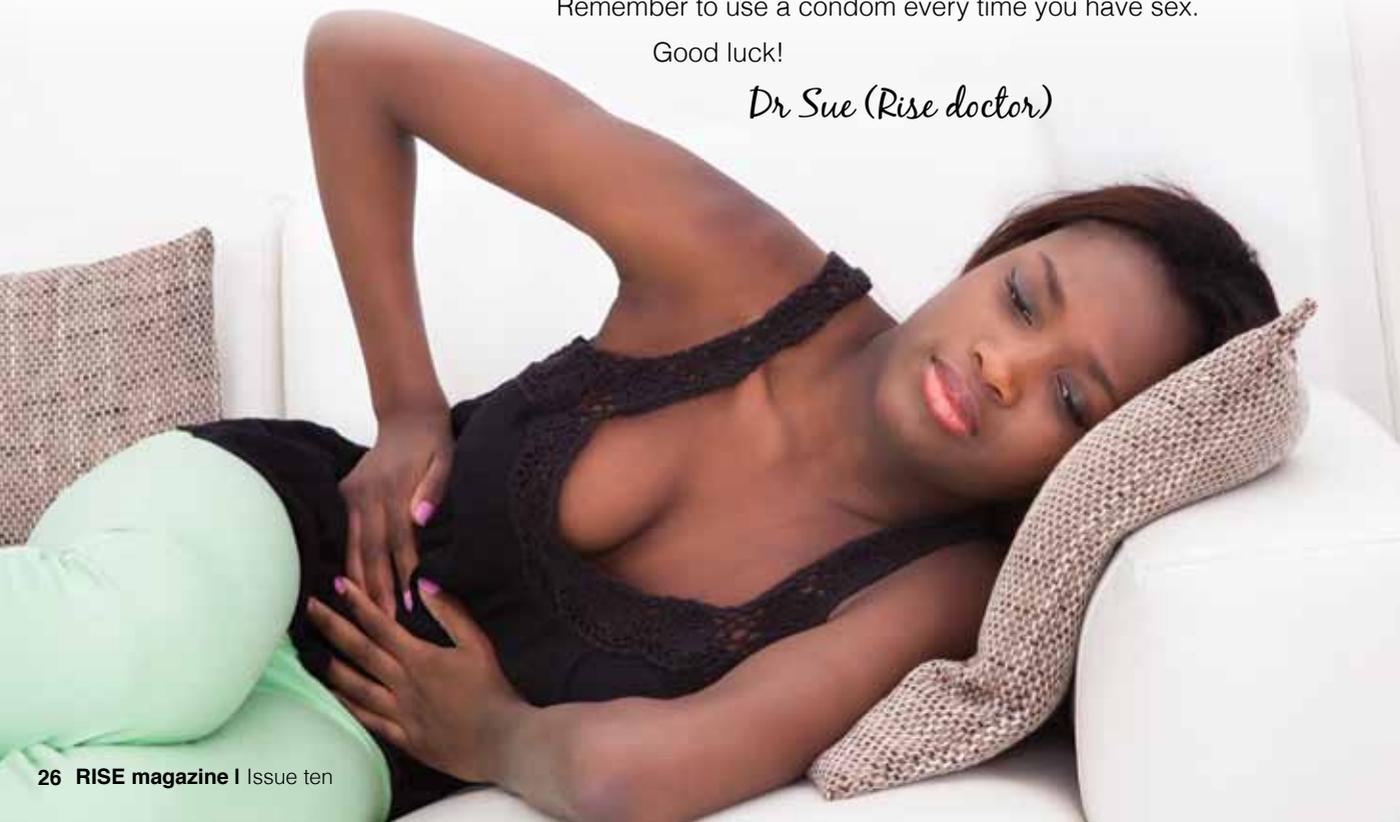
Dear Worried,

Brown stains may well be normal just before and after your main 'red' menstrual flow. If you don't have any pain, and the stains are only around your periods, I wouldn't worry. You mention the stains smell different to your monthly period blood. Is the smell unpleasant or fishy? If yes, it is possible that you have a sexually transmitted infection (STI). In this case, I recommend you go for a check-up at your clinic or doctor. You can read up more about vaginal discharges in Rise Issue #8. If you don't have that issue, email us again and we will send it to you via email.

Remember to use a condom every time you have sex.

Good luck!

Dr Sue (Rise doctor)



The Rise App



Step one

Download the Rise App from the App Store and search for Rise Young Women's Clubs.



Step two

Register your Club on the App using your Rise card. You will need to register your cell number, name and card number. If you do not have a Rise card, please contact Lovemore at lovemore@soulcity.org.za or phone 011 771 7935 or use 071 770 9553 to WhatsApp a message or question.

Step three

Use the App to register attendance at your Club meetings and stand a chance to win airtime.

The Rise App is now available on all Nokia



Email us on

riseywc@gmail.com

Email us if you have any problems using the App.

You can also email us about your Club activities and stand a chance to have your club profiled in *Rise* magazine, or to win some airtime.





How to shine at a **job interview**

First job interview coming up? Congratulations!

Before the interview

- Do your research. Do you know what the company does?
- Are you clear what job you have applied for?
- Have you thought of a success story that tells of one or two of your strengths for this particular job?
- Have you thought about, or discussed with others, what questions to expect?
- Have you prepared your responses to these expected questions?
- Have you written down the questions you want to ask?
- Have you organised clothes to wear, even if you have to borrow? (Remember, it's a job interview, not a date).

Being ready

(On time means at least 15 minutes early)

Have you:

- Got the correct address and know how to get there?
- Planned your departure time to take bad traffic into account?
- Set your clothes out the night before?
- Planned an early night?

Be friendly - but not over-friendly

- First impressions count. Greet in a friendly and polite way – including the receptionist.
- Your potential employers are not your friends.
- Make sure your phone is turned off – not even on vibrate.

PS Use the bathroom before the interview. You don't want to be pressed the whole interview.

When you're there

Body language

- Shake hands with a firm (but not bone-crushing) grip.
- Sit up straight with your shoulders back. Let your hands rest in your lap – unless you want to make a specific point.

Questions

- Listen carefully to the questions and answer them directly.
- Don't be afraid to check that you have understood the question correctly.
- Ask your questions when invited to – you can take out your notes if you want to.

Thank them

- When it's over, say thank you.
- Send an email (not SMS) a day later to thank the company for the interview opportunity. Use full words and not texting language.

*Good luck!
Say to yourself, 'I can do it!'*

Sisonke Mom

momconnect

Pregnant?

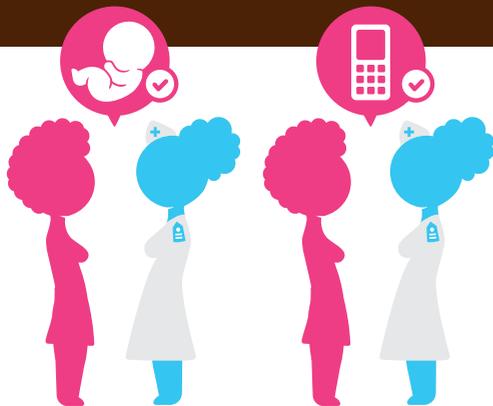
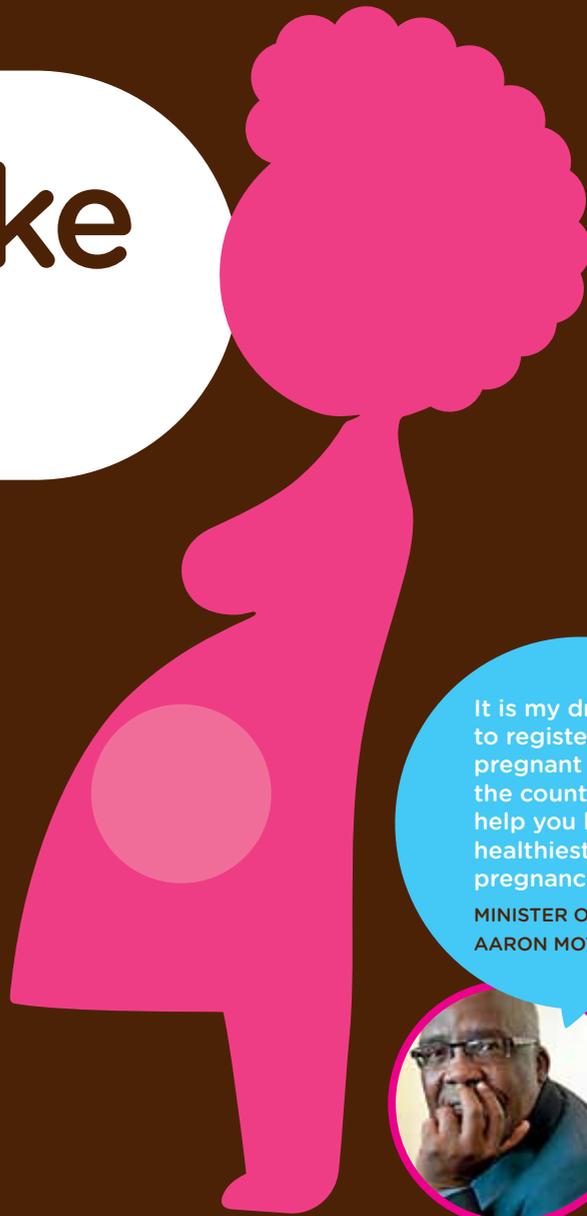
is here to help!

***134*550#**

You'll get weekly messages to help with your pregnancy, and answers to all your questions. Join our community - it's completely free and we're here to support you.

It is my dream to register all pregnant women in the country - and help you have the healthiest possible pregnancy.

MINISTER OF HEALTH
AARON MOTSOLEDI



1 Ask a nurse to confirm you are pregnant.



2 We will help you register on a cellphone.



3 Answer a few simple questions about your pregnancy.



4 And you're registered - welcome to the family!


momconnect



Revolution Rise Club

Meet the Rise Club from Phuthaditjhaba in the Free State.
They fight their disadvantages through education.

