

Your fourth edition

RISE

YOUNG WOMEN'S CLUBS



Contraceptives

The pill

Girl power

What is inequality?

Rise

TV talk show

Alcohol

How it can impact your life

My graduation

A story from the editor of Rise

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Welcome to your magazine!

Since the last issue came out I have had the great joy of graduating with my second qualification in journalism. It means a lot to me to share with you my story of how I got where I am today (see page 10).

The power of education is a subject very close to my heart because I have seen it unlocking the doors to my dreams.

I want this issue to encourage each and every young woman out there who feels lost and does not know how to start pursuing her dreams to stand up and fight for what she wants. I know we are all capable of this.

It wasn't easy for me to make the decision to go to university because I came from a poor background. Somehow it labelled me as undeserving to even dare to dream.

My burning desire to achieve what I wanted kept me going when times were really hard, and when I had to get over the obstacles. I promise you this can be true for you too.

It will take hard work and bravery, but as long as you have the determination to reach your goals the sky is the limit.

Keep educating yourself, and keep rising!

Love,

Mapula

on behalf of the Rise team



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.

Let me know about your education struggles on MXit or Facebook and win!

Take a girl child to work:
Go to page 14 to see the coverage of this event.



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Should men and women get **equal** chances?

Men are stronger than women

Yes? No!

In many cases women have to do hard labour in their daily lives – working the fields, and carrying wood and water. Many women are much stronger than men.

Men can't cook

Yes? No!

The most famous chefs in the world are mostly men.

Women are no good at Maths and Science

Yes? No!

15-year-old girls around the world perform better than boys in science.

Men are no good at caring for babies and children

Yes? No!

The only thing that men can't do is breastfeed. Many men all over the world care for children.

So how come we all seem so different?

Our parents or carers tell us to behave in different ways from when we are very little: Boys are supposed to be strong and not cry. They should play outside and be rough. Girls should be clean and pretty and are allowed to cry. They must help in the house.

Throughout our lives we are put into boxes that we don't always fit into. And sometimes these roles are unfair. Soul City Institute asked young girls in a rural area what they do in their spare time. They said, "We collect water and wood." In other words they didn't have spare time! But the boys said they play soccer.

★ **Club Project**

Answer these questions:

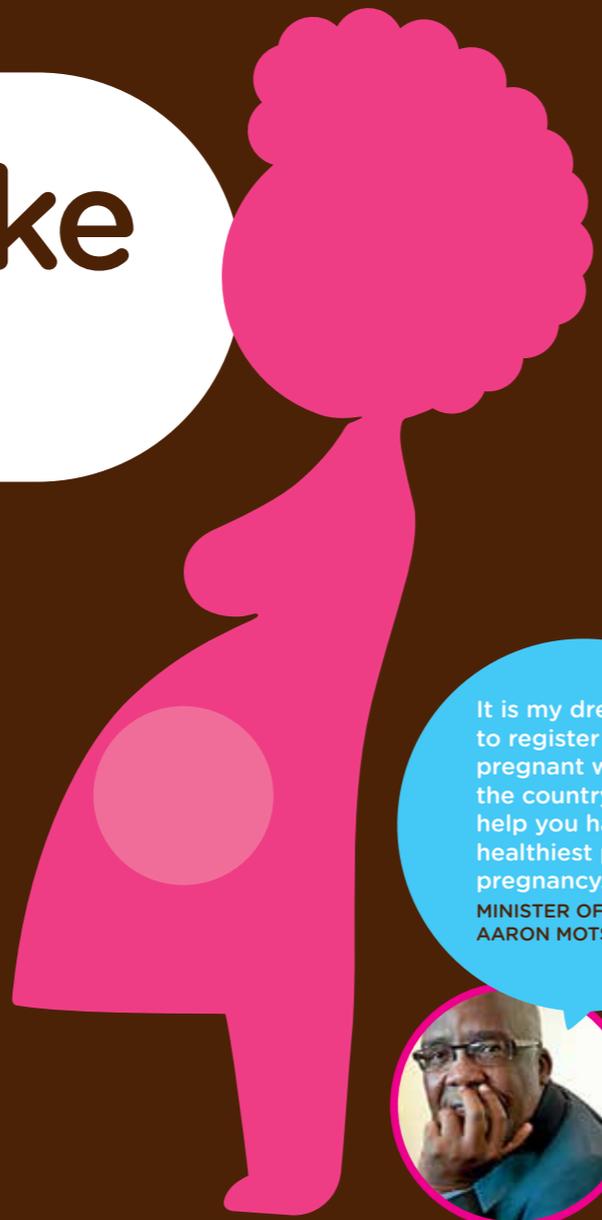
Is it fair that men earn more money for the same job as women do? Is it fair that an adult woman must always obey men in the family – even if the men are younger than she is? Is it fair that men don't take responsibility for the children they make?

Then ask:

Why do we let this unfairness continue?



Sisonke Mom

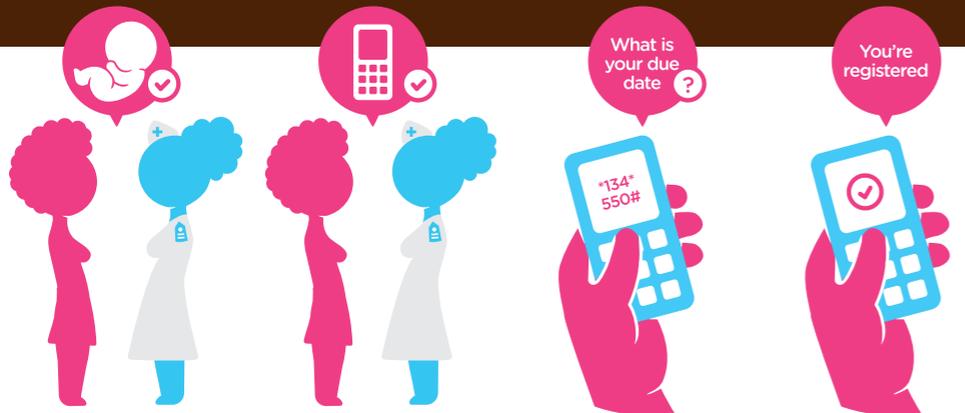


Pregnant? **momconnect** is here to help!

*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 MOTSOALEDI



- 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!



Confidence is beautiful

Rise spoke to some young women in central Pretoria. We asked them to tell us when they feel most confident. #sisters

This is what they said:



Lerato Mthethwa, 20, Moloto

When I'm with my family, because I know they will never judge me or say anything negative about me.

Sinah Phahlane, 23, Mpumalanga

I feel confident the moment I wake up. I tell myself that this is my day and nobody should tell me how I should behave. I am my own woman. I'm naturally gorgeous and that gives me confidence day in and day out.



Samantha Tobo, 19, Soshanguve

When you accept who you are as a woman and realise the power you have to shape and change the world – that's when you feel most confident as yourself.

Precious Khumalo, 19, Pretoria North

I feel confident as myself by always loving who I am and appreciating that I am a different individual. I appreciate how I look every day.



Nokuthula Mthimunye, 23, Mamelodi

When I'm with my friends, chilling and just talking about everything and nothing. I get so much peace, I'm comfortable and I get to express myself without holding back.

Lesego Maluleka, 21, East Rand

I feel most confident when I'm around my friends, just relaxing and eating, because we love food and that's what we do most when we're together. Secondly, I feel most confident when I'm at church, worshipping the one above. And lastly, when I'm with my parents showing me the right way.



Sive Mjobo, 24, Eastern Cape

When my relationships at home are going well it gives me confidence. I feel that I can conquer the world because I've got the support of the people that matter most.

Tshepiso Tloubatla, 21, Pretoria

I feel most confident when I'm dancing! I don't care if it's by myself or if I'm with people. I lose myself to a point that I'm not aware of my surroundings. Dancing is me, it is where I let my emotions out and it's where I feel at home.



Ditshego Mashego, 22, Pretoria

I am most confident when I'm prepared, because they say success is where preparation meets timing. In whatever I do, wherever I go, I like to be prepared because that is when I unleash my confidence and the best of my abilities.

When do you feel most confident? Tell us on the Mxit app!
#confidence

Meet the hosts:

Kgomotso Matsunyane

Kgomotso Matsunyane is both the executive producer and one of the hosts of the Rise TV Talkshow.



Q: What are your dreams for the *Rise TV Talk Show*?

A: I hope this TV show will help young women and their parents or carers to talk about any aspect of their lifestyles. I want it to open up those difficult, awkward conversations.

Q: What's the nicest, most fun part about appearing in the show?

A: It's definitely working with my co-hosts. As much as we work hard, we also laugh hard on set.

Q: Do you do your own makeup for the show?

A: Absolutely NOT! Makeup for TV is very heavy and we need professionals to make us look the way we do.

Q: You do TV, radio and print. What's your favourite?

A: TV is my first love. Then comes radio, which is the most intimate and immediate form of media. Then comes print, which means working alone.

Q: What's your advice for any young person wanting to get into television or the media?

A: You don't have to study media to get into TV. Study anything you want, and then get practical experience with a TV production company.

If you love money, then TV is not what you should be concentrating on. Sustainable jobs are hard to come by and the competition is fierce. There are a lot of different careers in TV, don't just focus on the jobs in front of the camera.

Q: What are the main factors that have made you who you are today?

A: My mother emphasised my education above everything else. She did not allow me to ever doubt myself and expected the best of me every single day.

Q: What was your route into the media?

A: I studied International Relations at Carleton College in the USA and then did internships in media when I graduated.

Q: What would you like to be able to tell your 16-year-old self?

A: Don't be ashamed of having no money. Your body is perfect as it is, and it can get even better if you get off the couch and exercise! You will be loved by more men than you can even imagine right now. Anybody can learn how to run.

Q: And to your slightly older, 22-year-old self?

A: Trust your instincts. They are never wrong.

Q: Have you faced hard times in your career?

A: I've been under-employed with not enough jobs coming through to earn a living. It was the best learning period of my life! I would say to myself: think beyond the box and pick up the phone to let people know that you are available.

Q: Do you feel judged for not having children?

A: At some point in my life I really wanted children. But my career always came first, and I don't regret it.

Q: What is your proudest moment?

A: Graduating from university in the USA and having my mother present with me on that day. Priceless!



Running the money

If you like working with numbers, then being club treasurer might be for you!

Find out if any of your members have done accountancy or bookkeeping.

Your job is to:

- Be honest and accurate.
- Keep up-to-date written financial records.
- Help your club set goals for fundraising.
- Give a financial report-back to your club at least once a month.
- Make sure that you get receipts for all the club money that is spent.
- Give receipts for all money that comes in. Receipts can be printed or hand written.

Receipt

Date: 06.08.2015
 For: Rise poetry show,
 Rise Young Women's Club
 Items: cool drink and apples
 Amount: R50.00
 Signed:
 Lindiwe
 High 5 Spaza Shop

Decisions for clubs to make:

- Where will we keep our money so that it is safe?
- Do we need a bank account?
- If you say 'yes' to a bank account, who will go with the treasurer to find out about opening an account in our Club's name? We must find out about the bank charges and interest rates.
- What do we want to fundraise for?

Income means money that comes into your club (also called credit).

Expenses means money that your club has spent (also called debit).

Date	Description	Income	Expenses
01.08.2015	-	-	-
06.08.2015	Ticket sales from our <i>Rise</i> poetry show	R200.00	-
06.08.2015	Cool drink and apples for audience	-	-R50.00
09.08.2015	Donation from Siphokazi Dlamini	R6.00	
13.08.2015	Fines for coming late (3 members x R2)	R6.00	-
20.08.2015	Members paid R20.00 each for t-shirts	R400.00	-
25.08.2015	Cost of printing <i>Rise</i> message on t-shirts	-	-R200.00
Total:		R612,00	-R250,00
30.08.2015	Balance at end of August 2015	R362,00	

Balance means how much money your club has left. Work it out by subtracting the total expenses from the total income.
 $R612 - R250 = R362$

Raising money and awareness

In the example above, the club put on a poetry show. They wanted to:

- raise awareness about violence against women
- raise money for t-shirts that would create awareness.

From their fundraising efforts, they could pay for the message "Kick a ball not a woman" to be printed on their t-shirts. Each member only had to pay R20.00 to get a t-shirt. And lots of people got to see their message.

★ Project

- Even if you are not your club's treasurer, you can practise by doing your family's bookkeeping.



Your questions

Send your anonymous questions to our team on the *Rise* app, if you need some advice. #yourquestions



Dr Kirsten Bischof is a medical doctor and a mother of two. She is specialising as a general surgeon.

Lebo Ramofoko is the head of Soul City. She also hosts the *Rise* TV show. Write to her with your problems and she will try to help.



Dear Doctor

The parts of my body I love are my eyes and my legs. But my face has dark marks, and pimples keep popping up, no matter how I try to overcome them. I just see myself as ugly because of this facial problem. Please help me, ladies of Rise.

- Lindi, 15

Dear Sis Lebo,

I have a problem with my sister. Our relationship does not resemble that of a sisterly love. She goes around bad-mouthing me and posts annoying and painful things about me on her social media status. This hurts me. How can I deal with this matter appropriately?

- Hurt little sister

Dear Sis Lebo,

If you have ever dated an older guy I would like it if you could share your experiences. I met a guy and he is great, but there is like a 12 year age gap between us. I am so confused. I am over the age of 20 years old.

- Worried about age

Dear Khanyi,

Your sister sounds like she is angry and hurting but does not know how to deal with it. I do not know how long this has been going on for or what you have done previously to deal with it. If you know that she is angry at something you did then you can write to her to apologise. You must also let her know how you feel about her actions. You must be clear about what will happen if she does not stop – and mean it. You have a right to keep your sister out of your life. You do not have to have her in your life if she continues to hurt you.

Please remember that she may blame you for things you did not do. Her actions may be because she is jealous of you and disappointed in herself and uses you as a scapegoat. If you know you have not done anything wrong to her or if she responds by being even more mean to you, then you will know that you cannot do anything to change the situation.

Sis Lebo

Dear Lindi,

Its great that you love your eyes and legs! Facial spots are very common and unfortunately not that easy to treat. If you can get to see a dermatologist they might be able to help (the clinic should be able to refer you). A diet high in vegetables might help a bit too. Otherwise try and focus on the good parts, I bet your friends love your eyes, legs and most of all you!

Dr Kirsten

Look out for future articles about your body and how to keep healthy.

Dear Worried about age,

You do not explain what you are really worried about so I am going to ask you some questions. These touch on the issues that often come up between partners of different ages.

- Do you ever feel like your boyfriend is controlling you and expects you to do what he says?
- Does your partner encourage you to follow your dreams, spend time with your friends and just enjoy your life as a young person?
- Do you always feel you can practice safe sex?

I hope the answers you give will help you to make up your mind.

Good luck,

Sis Lebo

Mapula got help from the National Student Financial Aid Scheme:
email: info@nsfas.org.za
www.nsfas.org.za

My education, my pride, my joy!

Rise editor, Mapula Thlobathla, celebrating her graduation with her beloved grandmother. She shares her inspiring journey.

I completed my matric in 2008. Almost everyone in my class was certain that the following year would be university time. Watching them looking forward to fulfilling their dreams took me to bed crying every night.

Childhood

My parents separated when I was still a toddler and my grandmother looked after me. My mother was unemployed due to her chronic illness. My father had married another wife who did not even want me in her sight.

My father gave me only one option for my future: to join the army so that I could start making money to support my poor family.

Dreams

I remember telling my grandmother about my father's decision for me to go to the army. She was not happy at all. She knew that I dreamed of going to university to study journalism. She knew about my passion for writing and my extreme interest in news.

I already had the information that the Tshwane University of Technology offered the course I wanted to do. My dream was to go to Boston College, but I had to look for other options because Boston was quite expensive.

Fears

My grandmother sat me down and told me about the family we have in Soshanguve, near Pretoria. She said she'd ask them for accommodation for me while I was looking for a place at the university and somewhere to stay.

I vividly remember, like it was yesterday, getting into a taxi heading to Pretoria. I was full of fearful thoughts about how I was going to pay for my fees, where I was going to stay and what I would eat.

Getting in

My grandmother assured me that she would support me once the university had accepted me. Her promise to see me through even if it took the rest of her pension money gave me peace of mind.

How was I going to pay for my fees, where would I stay, what would I eat?

It took two weeks of standing in long queues under the scorching sun in Pretoria, going through selection interviews and writing tests to get one foot in the door. I was accepted to the university to fulfill my dream of studying journalism.

Getting funds

Some of the friends I met told me that there is something called National Student Financial Aid Scheme (contact details opposite). The process of applying to the Scheme was tough.

It took several trips back home to find relevant documents, like my guardians' ID documents, my siblings' certificates and affidavits, to prove I was coming from a poor family, before I could get assistance from the Scheme.

I knew I had to stay strong to get my fees covered

Then I had to endure a good two months of standing in long queues – which I sometimes joined just after midnight – to get my papers processed. I knew I had to stay strong to get my fees covered.

Bright future

I endured hardships over the three years of my study, living on my grandmother's pension and the little I received from financial aid. But I graduated in record time!

I saw my future shining brightly. Ooh, the joy and smile my grandmother had when I graduated in 2012 for my National Diploma. It made me believe that anything is possible when you work hard and believe in your dreams.

Pushing on

Last year I decided to register for my Bachelor's degree because I knew it would open doors for me. I was now able to pay my own fees because my education meant I could work as a qualified journalist. Today, at the age of 24, I hold two qualifications in my name and I am the editor and photojournalist for *Rise* magazine.

Black child, your dreams are possible!

Tears and pride

This year, at my second graduation, my grandmother shed a tear because she had not believed her promise to see me through could get us this far.

Black child, your dreams are possible. Your background does not define you. Go out there and find what belongs to you!

Drumming

gives me
strength and confidence

'I enjoy drumming because it keeps me away from doing bad things, and it is also entertaining. It makes me who I am and gives me strength and confidence.'

– Nonhlanhla Moloto, a *Rise* Young Women's Club member; also a member of Jabulile Arts and Culture Society Group

★ Club activity

Relax and have fun with your club.

1. Bring along something you can drum on. It could be a pot, a bucket, a box.
2. Someone beats a short rhythm. (Keep it simple when you start off.)
3. The rest of the club copies the rhythm.
4. Someone else starts a new rhythm – and everyone follows that one too.
5. Keep it going – add some words about being strong young women too!
6. Now you have drumming poetry!



A RISE POEM

Here's a poem that Dineo Motsamai, from the same group as Nonhlanhla, performed, while two girls drummed

Rise Young Women

I rise as a young woman
I empower young future leaders
And am a future leader
You are the future generation
Mothers and leaders.

Rise young women

Why abortion is their solution?
Why addiction is their medication?
Because education can be a way out.
Prevention can be an option

Rise young women

Be a young woman who strides with
So much pride without a ride

Rise young women, rise

Rele banana ba ma Afrika
Ra shwa ra ikopela ka naha eso.
Ha tsatsi le tjaba
Le tsosa matjhaba
Ha ra setjhaba
Re le batjha
Tsohang le iketsetse

Re beng batjha b na
Leng le bokamoso bo
Tjhatsi re beng baeta pele ba damoso.
Hare tsoheng re iketsetse

Re bomme ba kamoso
Re basadi ba kamoso
Hare tshwarent thipa ka bohaleng.

Rise young women, rise

Be tall against them all
Above them all and rise
Rise young women rise.



Club launch: Orange Farm

#ourclub

New *Rise* Club members in Orange Farm, Gauteng, were excited to see Lerato Mvelase at their Club launch. Lerato plays Nokhanyo in the Soul City TV drama on SABC 1.

Lerato encouraged *Rise* Club members to see the launch as a chance to let go of the past, and to start a new future. Lots of singing, dancing and drumming made for a fun-filled day. But Club members also heard about the importance of using their Club to empower young women, and to support each other.

Members of Jabulile Arts and Culture Society Group performing for *Rise*

RYWC members celebrating at the launch.

Take a Girl Child to Work ... in East London

Twenty Rise Club members from in and around East London went to work as part of the 'Take a Girl Child to Work' campaign. The Grade 11 and 12 learners were sponsored by different local organisations and businesses to spend some time in a workplace to see what goes on there.

The learners' day started with a 'business breakfast', where they had the chance to make connections, and to hear from professionals what is required for their desired careers. Then the Club members went off to different workplaces to experience first-hand what is involved in a busy office or factory.

One learner, **Athenkosi Ngcolomba** from Amazizi Senior Secondary, Peddie, spent the day at the Amathola water treatment works. She said she had wanted to study engineering but after seeing how water is processed, she now wants to follow a career in analytical chemistry.



Girls from Sopati high school



Lisanga and the guest speaker, Thuli from PricewaterhouseCoopers

"I did not know that water was that dirty before visiting the chemical works. I loved it, and for once in my life I felt really important,"

– Athenkosi.



Athenkosi from Amazizi High School



LESSONS FROM THE BOTTLE

Stay safe if you drink. One young woman – who wanted to remain anonymous – shares her story.

It was my first year at university. My girlfriends and I spent most of our weekend nights at each other's homes.

TWERKING TOGETHER

One night we bought some ciders and sang along to our favourite songs on repeat. We battled out in a circle comparing our twerking skills. One of my friends, who was in a new relationship, suggested we join her and her boyfriend at a tavern not far from where we live.

agreed to go with them because I felt like shaking my booty some more

I did not really feel like watching the love birds dancing and kissing the whole evening but agreed to go with them because I felt like shaking my booty some more...

THE TAVERN

When we arrived, the tavern was packed. My two single friends and I started chatting to a group of guys. The music was pumping, encouraging us to dance and drink more as conversation was impossible. I was sipping my cider when I was approached by a very handsome guy. He leaned in close and shouted in my ear to introduce himself. He was also a student.

He offered to buy me another drink. I was a bit taken aback that he could flash his money, while I had to think twice before spending even a few rands. I accepted his offer. I don't know why, because I actually don't drink a lot. Two ciders knock me out.

NOBODY IS *THAT* GOOD

We also took shots somewhere in between a Beyonce and a Nicki Minaj song. He pulled me close to him and we started dancing.

While dancing, he started kissing me. It felt good but I was dizzy from the alcohol. I thought to myself: "It must be the cider and not this guy's kissing. Nobody is that good a kisser." My body was reacting both to the alcohol and to this guy ...

GETTING SERIOUS

I looked over to my friends, who were now each sitting in the lap of a guy, still drinking ... They were laughing and giving me thumbs up!

I did not hesitate when he said we should go outside

I did not hesitate when my dance partner held me close and whispered in my ear that we should go outside. He took me by the hand and led me outside. It was quite a relief to be away from the packed tavern. We started kissing again and ended up having sex in the toilet!

THE FEAR

To this day, I have not told my friends that I had sex in a toilet! I was quiet when we took a taxi back home. The following morning I woke up with a headache from hell. But the pain was nothing compared to the fear. I could be pregnant or infected with HIV ... the panic set in.

What to do if you have had unprotected sex? See the next issue of *Rise*

FACT FILE: ALCOHOL

Help is at hand

If you find it hard to stop drinking once you have started, you may be dependent on alcohol.

Contact South African National Council on Alcoholism & Drug Dependence (Sanca) on these toll free numbers:

086 14 SANCA | 086 14 72622

Contact LifeLine on 0861 322 322

So, what does it mean to drink safely?

Be Phuza Wize

If you're still at school then alcohol isn't a healthy thing for you. So you need the facts, right?

Healthy drinking guidelines say that men should drink less than 21 units of alcohol per week, and not more than 4 units a day. For women, it is less than 14 units per week and not more than 2 units a day. We're talking about fully grown adult men and women here. If you're under 25, the limit is much lower for you. Evidence suggests that young people should ideally not drink any alcohol until they are at least 24 years old, as drinking can cause changes to the brain. You may be surprised to find out how many units there are in just one glass of wine:

	Drink	Volume	% of alcohol	Units
	Can of lager or cider	500ml	4%	2
	Glass of wine	175ml	14%	2.5
	Spirit and Mixer	25ml	40%	1
	Alcopop (flavoured alcohol drinks)	400ml	5%	2
	Cocktail (5 different alcoholic components)	125ml	40%	5

ALCOHOL IS A DRUG

Alcohol – even a small amount – affects your mind and body. You:

- say or do things you would not normally do because alcohol lowers your shyness (we're sure you know someone who drank too much and felt embarrassed afterwards?)
- think slower and are less alert to dangers (like people taking advantage of you)
- react to things more slowly (like being able to get help; or being able to judge when to cross a road)
- reduce your ability to co-ordinate your movements (we've all seen a drunk person who can't talk properly or walk straight, neh?!)

Rise tips

- Drink a glass of water after every alcoholic drink if you decide to drink. It will slow down the rate of getting drunk, if you decide to drink.
- Take small sips of your alcohol and make your drink last at least an hour.
- Only take enough money for one or two drinks when you go out.
- Don't accept drinks from other people – boys and men can feel you owe them a favour if you do.

- Know how you are going to get home, before you leave to go out.

What are your tips?

Share your tips on how to avoid the pressure to drink alcohol, or how to make sure you don't binge drink, on Twitter, facebook or Mxit.

#Alcohol

It's your choice!

If you are over 12 years old you have the right to use contraception if you want to.

You also have the right to be treated in a friendly and helpful way, and to get answers to your questions about the different contraceptives that are available. If one contraceptive doesn't work for your body, discuss it with the family planning nurse. She will help you find the right one for your life and health style. You have a right to choose.



THE contraceptive PILL

How does the pill work?

Contraceptive pills have hormones that stop you from being fertile.

How to use the pill?

The pill comes in a packet of 28 pills. You must swallow one each day at the same time, even if you are not going to have sex. To help you remember, take your pill at the same time as you usually do something else.

If you forget even one pill you can get pregnant. You must take the missed pill as soon as you remember and keep taking your pills as usual after that. But if you are having sex at the same time, then you **MUST** use a condom until the packet of pills is finished to avoid falling pregnant.

What stops the pill from working?

The pill can fail if:

- you forget to take it
- you take antibiotics or herbal remedies – always check with the clinic or a doctor about this
- you have vomiting and/or diarrhoea; your body might get rid of the pill before it has entered your blood stream.

Advantages of the pill

- It is free of charge at most clinics.
- It can make menstrual cramps less painful. Your periods become regular and you have a lighter blood flow.
- It can reduce acne problems.

Disadvantages of the pill

Just because your friend experiences a side effect, it does not mean you will. Each woman is different. Some side effects might go away quickly. You have to keep trying until you find the contraceptive that is right for you, your health and your lifestyle.

- Hormonal contraceptive methods can increase your appetite. You can handle this through diet and exercise.
- You might get nausea, headaches, dizziness and tender breasts.
- Some women lose their libido – their desire to have sex.
- Women who have a higher risk of blood clots should not take the pill as it can cause a stroke.

What young women said about the pill:

“The pill is great for controlling premenstrual syndrome (PMS). It definitely controls the irrational irritation I had when I was not on the pill.”

“When I started the pill, I had only one side effect – I vomited once. After that I was fine and it worked extremely well. My motivation for going on the pill was because of my irregular periods, horrible cramps and bad skin. These disappeared when I started taking the pill.”

“The pill you get free from clinics works very well for me. It doesn't create any hormonal or cycle fluctuations and has been absolutely effective for two years.”

“I started taking the pill when I began dating a boyfriend of two years. It was very effective for about six months. Then I stopped enjoying sex as much as I had before. I thought there was something wrong with me because nobody had ever mentioned to me that loss of libido (sex drive) could be a side effect of the pill. It put a bit of strain on my relationship, but we managed to get through it together. I am much happier now I am off the pill and using other forms of contraception.”

Find out about the contraceptive injection, implant and the patch in the next issues of *Rise* #contraceptives

Condoms are the **ONLY** contraceptives that **prevent** you getting sexually transmitted infections (**STIs**).

Even if you are on the pill, you should still use condoms to avoid STIs.



STUDY PART-TIME

– and earn while you learn!

*Not everyone can afford to study full-time. But it's possible to **study part-time and get a qualification**. In South Africa, there are many distance-learning institutions that offer correspondence courses. This means that you do not have to attend classes but can study at home.*

This is a great option for anyone who doesn't have the money to travel to and from classes, or who has work or family commitments. You can "earn while you learn".

No matric

The courses on offer include high school certificates. So, if you failed matric or didn't finish school, you can still get your matric through a college.

And even if you do have a matric, you can boost your chances of getting a job if you enroll in a career-focused course ranging from business to creative studies.

Admission requirements

Each college or university has its own admission requirements. Most colleges have fairly low entrance criteria, making further education possible for most school leavers.

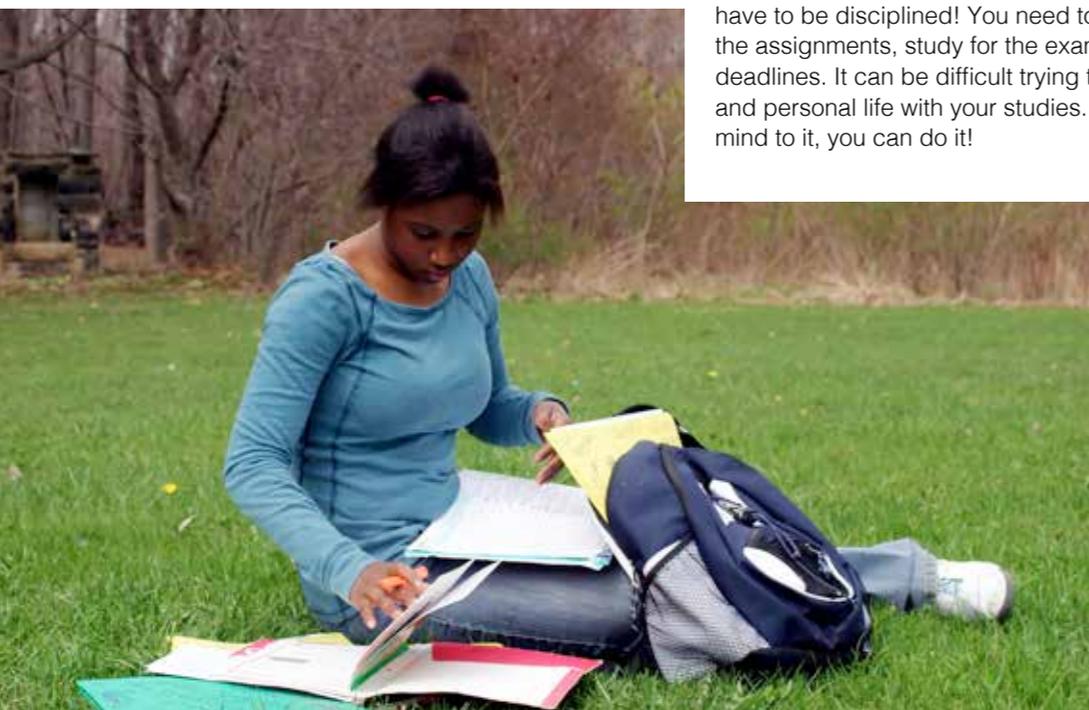
Unisa (University of South Africa, in Pretoria) is the best known distance learning university. You don't need a good matric to study there if you are older than 23. You are then regarded as a "mature student" and can register for a degree even if you didn't get a matric university entrance pass.

Distance learning colleges have tutors who will give you the guidance you need to pass your course. This can be done through the post, via email or online. At some institutions, you can access lectures, course material and study groups at any time via the internet.

Choose well

But make sure you choose a registered college with a good track record. Some of the best known distance learning colleges are Damelin, Intec, Lyceum and College SA.

But there's a catch with studying from home: you have to be disciplined! You need to make sure you do the assignments, study for the exams and meet the deadlines. It can be difficult trying to balance work and personal life with your studies. But if you put your mind to it, you can do it!



THE BEST NEWS?

If you are already working, your employer may be able to pay for your correspondence studies. Some companies pay a **skills development levy** to the Sector Education and training Authorities (SETAs) and the Skills Development Fund. These funds are then made available to train their own staff.

IMPORTANT WARNING:

*We are putting these contact details here to get you started, but we are **NOT** endorsing these institutions. We have not investigated them at all.*

You will have to read the information the institution sends you; see what other information you can find online; consult your teachers and ask previous students to find out if these institutions are good or not.

Some distance institutions:

Damelin College

www.damelin.co.za
Tel: 0860 532 887
Email: academics@damelin.co.za

Lyceum

www.lyceum.co.za
Tel: 0860 100 705
info.lyceum@icg.edu.za

College SA

www.collegesa.co.za
Tel: 0800 21 23 22
support@collegesa.co.za



FROM A DISTANCE

You can go for your dream career!

Shila Mphahlele

(39) from Atteridgeville

Shila is going places! She recently qualified with a master's degree in inclusive education through Unisa. Now she has registered for her doctorate in educational psychology, also at Unisa.

She is currently working for the Department of Education as a senior education specialist.

Here is Shila's story:

"I did my first degree through Tshwane University of Technology (TUT), in educational management. It was very strenuous, because I was working at Kalafong hospital school and knocking off at 3pm. Then I had to be at lectures at TUT at 4pm. And I'm also a mom, so my time was very tight.

"So I decided to do my honours and master's part-time through Unisa. It meant that I could learn at my own pace, in my own time. I can do my assignments at home and I can communicate with my lecturers on the phone, via email or in chat rooms. There are also online group discussions.

"This kind of communication makes distance learning accessible. There is no sense of loneliness – you feel like you are face to face with your lecturer.

"You need to be disciplined to submit your assignments on time, but I don't have a problem with that. You submit them online.

"I would definitely recommend distance learning! It's given me a good quality education."

Contact UNISA on
012 441 5888,
email them on
study-info@unisa.ac.za
or visit
www.unisa.ac.za

Your club, your App!



Rise Reporting Tool app

This app is for Rise Club members only. Your membership number activates the app which you will use for registering your meetings and updating Soul City on what you will be working on.

As a Rise Club member you can submit projects and tasks through the app and communicate directly with the team at Soul City Institute.

An app manual is included in your toolkit. If you have any questions contact Lovemore at Soul City via email: lovemore@soulcity.org.za or phone 011 771 7935.

DOWNLOAD



Rise Young Women's Movement (MXit app)

This MXit app is for all young women in the country. Anyone with an Android phone can download it. It features a chatroom for questions on love, relationships, pregnancy, etc. and weekly polls for you to share your opinion on various topics.

Use this app to see Rise interviews, news and events and communicate with other young women and experts in various fields.



Answer the questions below, take a picture of this page and send it to us using the Rise Reporting Tool app. Refer to the App user guide if you are not sure about how to do this or contact Lovemore at Soul City via email: lovemore@soulcity.org.za or phone 011 771 7935. A lucky club will be selected from all the entries and get a surprise!

Name of your club:	How many members:
Age group:	Province:
How often do you use MXit?	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot
How do you prefer to communicate:	<input type="checkbox"/> Email <input type="checkbox"/> MXit <input type="checkbox"/> Facebook <input type="checkbox"/> Rise app <input type="checkbox"/> SMS
Tell us what you enjoy most about your Rise club	



My name is Yolisa¹. I was born in Umzimkulu, KwaZulu-Natal. I am 42 years old. I stay in Soweto and work as a domestic worker in Johannesburg. I am a single mother of four.

Stomach pains

In December 2012, I was at home in Umzimkulu. I had a terrible stomach ache and diarrhoea. I went to see a traditional healer and he said I was having a 'calling'. I followed what he told me to do, like taking traditional medicines followed by *ugabha* – when you make yourself vomit. I became very, very sick. I didn't have any energy and I couldn't work. I felt scared most of the time because I was thinking about my kids.

Diagnosis

I work for a doctor, who noticed I was very ill. She sent me to Hillbrow Hospital in Johannesburg. I was shocked when I found out I was HIV positive and my CD4 count was 22, which is very low. It meant I was near death.

I was shocked when I found out I was HIV positive

I began my treatment and quickly started to feel stronger and – because I had a lot of support – I felt okay about everything. My support came from my employers, my kids, and my mother. She was very caring towards me. For my kids, I waited until I got better so that they would not be scared that they would lose me. When I told my kids that I was sick with HIV but that I was recovering because I'm taking medication, they were fine.

¹ Not her real name

The Stars

In October 2014, I was selected to be in a club at the hospital. There are 28 of us in the club, men and women, all living with AIDS. We were chosen because we were doing very well in taking our medication. We call ourselves 'The Stars'. I was very proud to be chosen to be in this club.

For the first time since being diagnosed with HIV, I felt like I wasn't in a hospital. We meet every two months. The nurses have our files and our medication. We don't have to queue every month anymore.

If someone has a problem, they can share it and we talk about it

We sit there and we talk for an hour with each other. If someone has a problem, they can share it and we talk about it. For example, sometimes people have a problem with losing weight, or they are having difficulties telling their families they are living with HIV. I have made friends in my club and we remind each other of the next meeting date by texting on our cell phones.

The thing that keeps me going is my kids. I don't want them to be orphans.



My message to the Rise Young Women's Clubs is that they need not be afraid of finding out their HIV status. It's better to know so that you can get the life-saving treatment and live for those you love.

To the Rise clubs, Yolisa says:

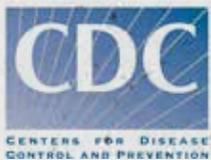
- support each other – don't judge other people
- don't lose hope
- if you are living with HIV, don't let whatever other people say get you down.



Young Achievers

Meet the new Young Women's Club members
from Orange Farm, Gauteng.

#brilliantstars



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