

RISE

YOUNG WOMEN'S CLUBS

Your fifth edition



**Unite against
Abuse**

**DJ Reason
Let's talk!**

**What to do after
Unprotected
sex**

**Flying high
SA'S first
black
female
pilot**



C O N T E N T S

- 1** **Welcome to your magazine**
A letter from the editor
- 2** **Word on the street**
If you had one wish, what would you wish for?
- 4** **Interview with a talkshow host**
We interview Khanyisile Mazibuko
- 6** **Sexual Health**
An interview with DJ Reason about his song, *Let's Talk*
- 8** **Sexual Health**
What to do after unprotected sex
- 10** **Club profile**
The Brilliant Stars *Rise* club in the North West Province

- 15** **Club activities**
The first provincial congress held by the #RiseYoungWomensMovement
- 17** **Building your club**
Sort out the fight
- 20** **Careers**
Asnath Mahape is the first black woman pilot in South Africa
- 23** **Girl Power**
Menstruation: Why are we so embarrassed?
- 24** **Money**
The dangers of credit
- 26** **Role Model**
Boity Thulo says we need to talk about abuse
- 28** **Rise on Facebook**
Read about the competition winners
- 30** **Back page**
The Brilliant Stars *Rise* YWC club



06



17

Welcome to your magazine!

It gives me such great joy to see how the *Rise* Young Women's Clubs are changing lives out there. In every issue I see young women rising up to make a difference in their lives and communities. Young women who are realising their potential and taking charge of their dreams. Young women realising that we cannot fight these battles of alcohol, HIV and teenage pregnancy if we don't stick together and support each other as women.

I wish that when I was a teenager I had been given the opportunity to gather with my friends to talk about menstruation, sugar daddies and ways to unlock our dreams. I strongly believe it would have changed my life.

I would not have had such a rough experience with my menstruation. Growing up being labelled poor would not have caused so much pain and trauma. Many of my friends would not have dropped out of school because they fell pregnant.

I am thankful to be the *Rise* magazine editor because it makes me part of this movement. Keep your stories coming, work hard as Clubs and always keep in mind that you are doing a fabulous job.

Enjoy this issue ... until next time, keep rising.

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!

Flying high:
Go to page 20 to read about South Africa's first black female pilot.



If you had one wish

... what would you wish for?

Rise asked learners at Olefile Secondary School in Mankaipaya village, North West Province.

This is what they said:



Tshepise Mathedi – 18 years old

...to be successful! This means finishing my studies and getting a good job as an office administrator.



Refilwe Nkeie – 16 years old

...to complete my studies and become a climatologist.



Keneilwe Molefe – 16 years old

... to become a nurse, to help people and my family.



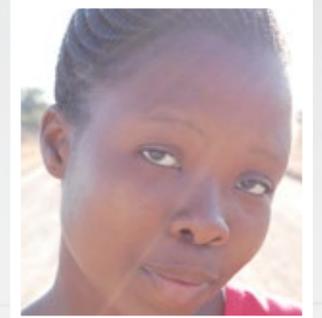
Tshepo Khupari – 16 years old

I want my family to support my schooling. I want to be a nurse.



Julia Ntailane – 14 years old

My wish is to live in Gauteng because there are lots of jobs. I would also like to live with my mom who works in a kitchen in Sandton in Gauteng. She comes home once a month and I would love to see her more.



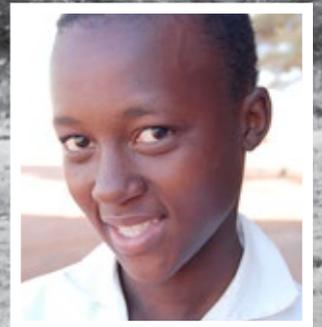
Lindiwe Langa – 17 years old

I want to have a great life ... be a nurse or a teacher, then I can have my own money and own things like a house and a car.



Esmey Mokgophe – 14 years old

I am a happy person. I am just not rich yet. I want lots of money so I can build a big house for my family in De Brak.



Remofilwe Dithale – 15 years old

I want to be a doctor to help those who are sick here in the village.

What about you? What would you wish for if you had one wish? Let us know on the *Rise* app.

#onewish

Meet the hosts: We are Soldiers in a War

Khanyisile Mazibuko co-hosts the Rise TV Talkshow. She says it's an honour to represent other young women.

Q: How did you become a Rise Talkshow host?

A: I heard about the auditions from lots of different sources. I then auditioned along with over two hundred other girls.

Q: Please tell us about your work and studies up to now.

A: I attended primary school at Selly Park Primary School, in my hometown of Rustenburg. At the age of 14 I moved to Johannesburg to study Dramatic Arts at the National School of the Arts. I acted in plays; wrote and directed my own plays. I also belonged to the iSchools Africa press club and ran our school's student newspaper.

Since graduating from high school, I have been an actor / facilitator for an HIV/AIDS NGO; I have appeared in several films and adverts, and of course, as a co-host on *Rise TV Talkshow*.

Q: But you couldn't afford to take up an offer at the New York Film Academy.

A: I had just finished my matric when it became clear that I couldn't afford to fulfil my dream of studying in the States. By that time it was too late for me to apply anywhere else in SA. I had to dig deep and find a source of power in me to not let it get me down, and to continue to fight for my dreams.

I decided I would work and volunteer at any place that would allow me to do so. Now I've been accepted into three more institutions based in America. But I am also considering studying at home, to build the path I'm on.

Q: What do you think are some of the hardest aspects of being a young woman today?

A: We are under pressure from so many people and institutions about how we should behave, and what we should be like. It takes away the freedom to truly explore ourselves and the world around us.

Q: You've spoken about your challenges around loving your body.

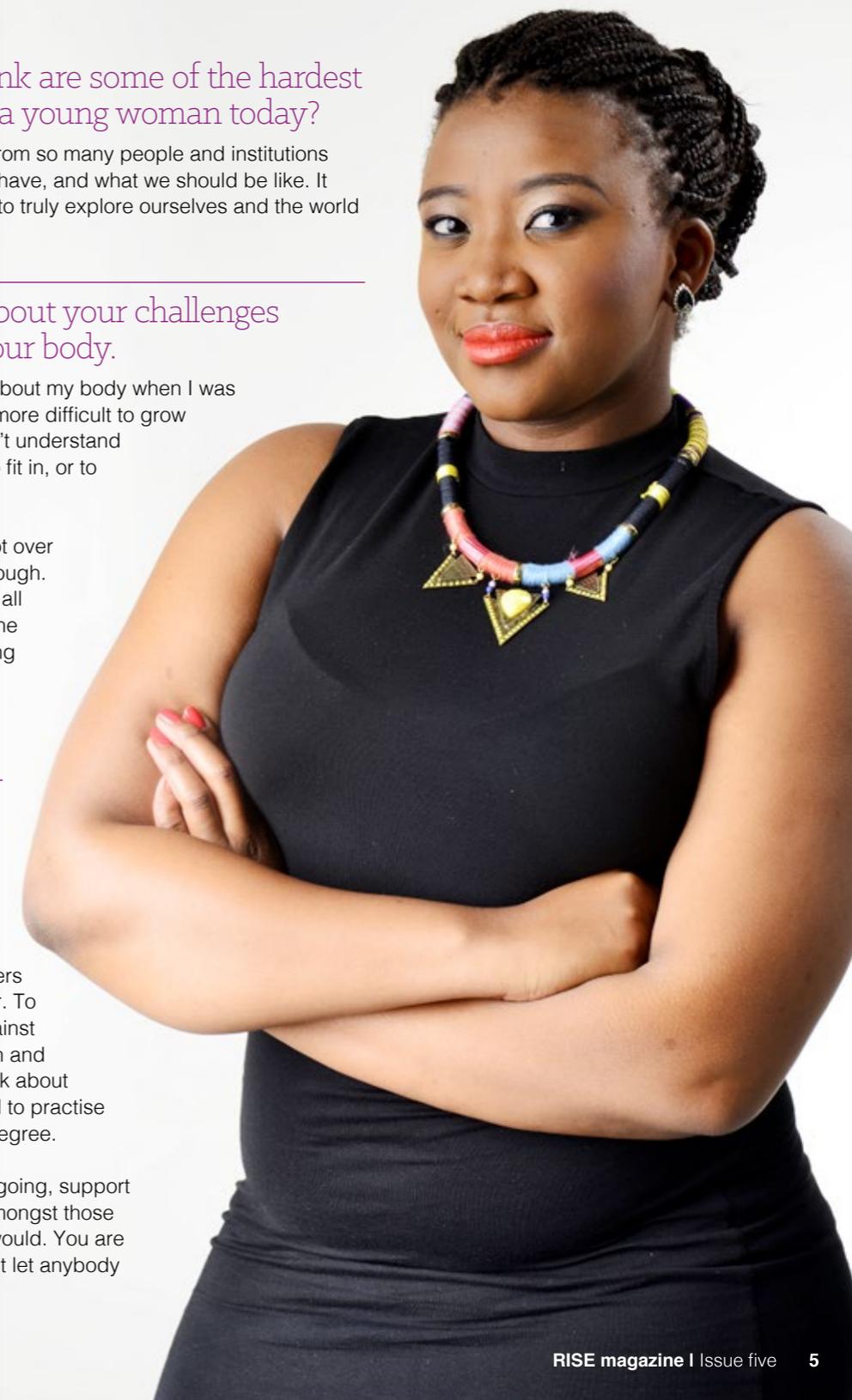
A: People had a lot to say about my body when I was younger, which made it more difficult to grow comfortably into it. I didn't understand why I had to be skinny to fit in, or to feel appreciated.

It's an insecurity that I got over quickly in high school though. I understood that we are all different. I realised that the focus should be on having a healthy body, not on fitting into certain beauty ideals.

Q: What is your message to *Rise Club* members?

A: Firstly, thank you for being part of this movement. We are soldiers in a very challenging war. To start winning the war against the oppression of women and patriarchy we need to talk about issues that affect us, and to practise self-love to the highest degree.

Keep the conversations going, support each other, and shine amongst those who thought you never would. You are enough and worthy, don't let anybody tell you otherwise.



Let's Talk, DJ Reason's hit track with Yvonne Chaka Chaka, focusses on teenage pregnancies. He talked to Rise about his song.

Let's Talk says parents and children should talk openly about sex and contraception, and discuss the options available. It says real men will take responsibility for their actions!

Question: Why did you decide to sing about family planning?

Reason: I think it's a natural stand. My intention was to write this song as if I was talking to my little sister or daughter, because this issue affects me as a parent and a brother.

Q: What is your message to young women on teenage pregnancy and contraception?

R: Listen to the song. We're not just singing. We really share some wisdom.

Q: Why is it so important for fathers to help bring up their children?

R: I think it's as important for fathers, as it is for the whole community, to care for children. The point of *Let's Talk* is to encourage communities to help raise children as if they belong to everyone, not just their parents. That way the message of responsibility spreads.

Q: A large part of your success is about being an entrepreneur. What advice do you have for young women who dream of making it on their own?

R: Invest in yourself. This is what I tell everyone who has a dream. Put your own money behind yourself before expecting someone else to do so.

Q: Could you tell us a bit about your new album?

R: *Audio HD* is out now. It features many guest artists like HHP, Donald, LCNVL, Bonang, Thandiswa Mazwai and more. We also have a new video and documentary coming out for *Endurance*, the current single from this album.

Q: You once said: "My goal is to make music people not only love to dance to, but also touches them on another level." Why do you set yourself goals?

R: Goals are a good way of planning for success. They give us the chance to think about the results we want, and what we need to do to make these come true.

Q: As a fast-rising star, how difficult is it to remain humble and true to your roots?

Thankfully I'm naturally humble. But it doesn't mean I don't have big dreams. Becoming a world star is one of them.

Q: Do you agree fame brings responsibility?

R: Yes, I do, because fame means people look up to you. Setting a good example is very important to me.

Let's Rap about Sex



Let's Talk! Is a song written and performed by Yvonne Chaka Chaka, featuring Reason, on behalf of the National department of Health. The "Let's Talk" song and music video was supported by the Reducing Maternal and Child Mortality through Strengthening Primary Health Care in South Africa (RMCH) Programme. www.rmchsa.org | www.health.gov.za

What to do after Unprotected sex

#unprotectedsex

Maybe the condom slipped off, or you were forced, or you got carried away ... unprotected sex happens. The sooner you take action, the better your chances of avoiding pregnancy or HIV.

“Morning after pill”

One step to think about is the ‘morning-after pill’, also called the emergency contraceptive pill (ECP). You can still take ECP within three days of unprotected sex to prevent pregnancy.

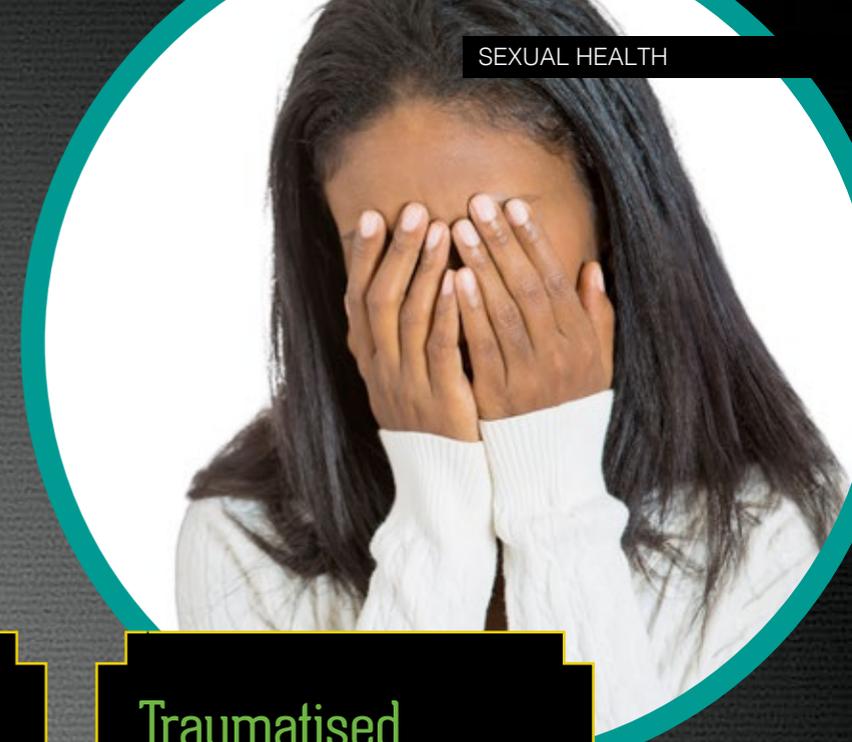
But you can't buy it over the counter at your pharmacy. Get it from your clinic or a doctor. The sooner you take it the better your chance of preventing pregnancy.

Need to know

- You could get side effects from the emergency contraceptive pill (ECP). Like irregular periods, sore breasts, cramps, and headaches. You could feel dizzy and very tired. But the side effects shouldn't last long.
- You can't use ECP as a regular contraceptive. The tablet is very strong. That's why you need a prescription if you can't get it at a clinic. It must only be used for an emergency.
- The ECP can't protect you from HIV and other sexually transmitted infections (STIs). Talk to your clinic healthcare provider or doctor about this. On the bright side, it's an opportunity for you and your partner to have tests for STIs.

Worried about HIV?

Ask the clinic or doctor about antiretrovirals (ARVs). You must start taking them within 72 hours of unprotected sex. ARVs won't protect you if you are already HIV+.



The emergency IUD

There is also the emergency copper Intrauterine device (IUD). You must have it inserted at a clinic or doctor within 5 days of having unprotected sex. As a bonus, you can keep it in as your regular contraceptive method. It can last up to five years. Remember to double up with a condom to protect yourself against pregnancy and STIs.

Traumatised or upset?

Maybe the unprotected sex didn't happen in a loving relationship? Perhaps you were raped or otherwise forced? Or he insisted on 'flesh to flesh'? Talk to a counsellor.

Stop Gender Violence hotline:

0800 150 150

LifeLine:

0861 322 322

Don't let the condom split

Make putting on a condom part of getting sexy together. But, sister, keep a clear head until that condom is correctly on. Remember:

1. Squeeze the tip of the condom before rolling it on his penis so there's no air bubble.
2. Roll it onto his erect penis with the rim on the outside.
3. If you're going for lubrication, check it says 'water-based'. If you use oil-based lubes the condom could break. And only lube after the condom is on.
4. He must withdraw his penis while it is still erect, twist it closed, tie it and throw it in a bin.

The club that brings light



The Brilliant Stars Rise Club was started last year in De Brak village in North West Province. It now has 18 members. They range from teenagers at school to women working as home-based carers in the community. Meet the Brilliant Stars ...

Where we live

In our village, people live on pensions, or on money from uncles and aunts who are working. We are struggling. The bus takes three to three-and-a-half hours to get to the next larger town.

The young men use a donkey cart to collect wood and water to make money. Young women sell sweets, chips and vetkoek. There is a primary school with about 140 children. The next village has a high school, Olefile Secondary, and a clinic.

What we want to achieve

We want to shine bright, we want to be recognised so that people can see that young rural women are proud to live in that village. We want to improve our village. We would like it to look like Rustenburg one day. We want to start our own projects so that we can develop the community. We would like to open an office where we can type CVs and offer an internet connection for Wi-Fi and emailing.

How we operate

When we do an activity with our club everyone pays a little contribution – we use this for admin, and to buy email and airtime. We are also learning about being connected to the rest of the world.

We do support groups once a month where we meet and talk about our problems and look for solutions.

How we stay focussed

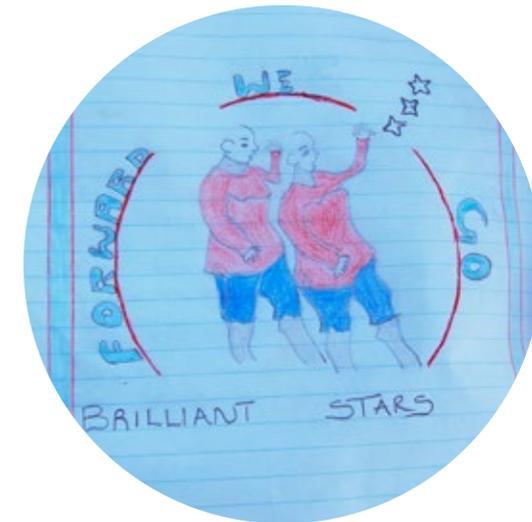
We are dedicated women. We always hand things in on time.

The chairperson is a very good leader. She is full of energy. She can control us. She is always on time. We respect her a lot. And we respect each other. We don't fight – we have procedures for sorting things out.

Gladys Molotsane

Gladys Molotsane is the mentor of the group. She is a home based carer, who recruited the girls and helped them with clearing the netball grounds.

"The people are not working, so this is right for them. It takes them from the street. They are kept away from the tavern and from alcohol, they are not doing anything naughty. They are all my children."





Goitseone

Sometimes we are bored and depressed and now we can chat. It is inspiring to have direction, to meet on Saturdays when you are feeling down. The club picks you up.

I want to get young people off the street to clean the village and make it a better place.



Modiegi

It has helped me to get off the street, just talking to my friends until it's late and maybe going to the tavern. I can talk to the Club. You can't talk to your parents because you are shy. And they might shout at you.



Rose

I was not interested in the beginning. I found these ladies, I thought this was no good. But after three times I really got interested. I started wondering what can I do to help others and I saw that I can be a good member of my community.

I have changed. I am proud of who I am now. I have a purpose in life. I have something to look forward to.



How does the Club support you?

Modiegi

I had a baby in 2011 who died at the age of 1 year eight months. She had sores, she was sick. I was holding her when she died. I was feeling sorry for myself. Sometimes I feel angry at myself. Now I am afraid to have another child: What if that baby dies?

But this Club ... they taught me to love myself. Before I could not talk about it, I was just sitting in the corner and crying: "Why me, I am a bad parent." They have helped me to get courage. They all cry with me because they love me. The boy did not support my baby. I needed to get comfort.

It is hard to be a young woman. We have all the responsibilities. We have to raise a child, we have to make sure everyone at home eats, we have to look after our younger brothers and sisters. This group can help you a lot, they can comfort you.



Bonolo Diale

I never used to sleep at home. I used to be away, sleep at my aunt or my friend. I was so bored, all I did at home was wake up, eat, sleep. At least now I come here every Saturday and we exchange ideas about being women and HIV.



Sedie Moremie

I attended a meeting and thought "this is boring". But now I see it's important for me. Every week on the Rise TV talkshow women are talking, and they give me encouragement and advice. That's why I joined this Club.

We need courage to stand up for ourselves and not be dependent on our boyfriends and our mothers. This club gives us courage.



Jostinah Modisane

I joined this club because I saw it was very important that we get information. Living in a village means we don't get information easily. I am a community health care worker. Me and four others. It has taken us out of the streets. It makes us happy to help our community.

What are your dreams for what you and the Club can do?

Jostinah

I want to be a motivational speaker. Sometimes we go door to door in the morning and speak about chronic medication. We went from house to house to talk about STIs and HIV in April.

We introduce ourselves and ask for permission to speak to them. Most people welcome us. They want to know a lot about HIV and TB – they want to know if they touch someone if HIV can get to them. And they want to know what to do if someone is coughing. We usually visit between about 16 to 20 households at a time. They are lazy to go to the clinic so we refer them to the clinic. Our community is happy with us.



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



CLUB ACTIVITIES



Provincial Congress

#ourclub

The #RiseYoungWomensMovement held its very first provincial congress - there'll be six in total.

The chairpersons of Rise Clubs from all over Mpumalanga gathered at a venue in Badplaas. They spent the weekend doing activities and participating in skills development sessions designed to empower them as young women.

The theme for these congresses is "Building Clubs - Nothing For Us Without Us". The pictures here show Day 1 of the congress.



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!



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.



Eish! There Thuli goes again. Bossing us around. If she doesn't stop, I'm going to leave the club.

Me too. She never listens. She thinks because she's the chairperson, she's all it.

Sort out the fight

Conflict is part of life. The trick is to manage it.

Hey, wait up, sistahs! You'd actually leave your club rather than solve the problem? Doesn't being part of Rise Young Women's Clubs mean you RISE to challenges? Conflict is a part of life. You can learn how to resolve it. It's a skill. Here are some tips:

Cool off

Being out of control will get in the way of solving the problem.

Try to work out what is really bothering you

Are you angry or hurt? Are you feeling this way because of something that happened in the past?

Deal with it

Do you need to talk privately, or in the group? Keep your voice calm and your body relaxed.

Share how you feel by going for sentences that start with "I"

Don't blame or accuse the other person. Check out the following examples:

Instead of: "You're so bossy"

Try: "I (or we) feel upset when you don't listen to what I/we say."

Instead of: "You never do your job"

Try: "I feel disappointed when we don't have Club meetings."

Listen

Try not to interrupt, get cross, judge or be defensive. Listen for the feelings and ideas behind the words.



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	

Try this game to develop your conflict skills

A club activity

You need: A score board, pens

Step 1

In pairs, make up a story of conflict. Identify the root of the conflict.



Step 2

Act out your conflict resolution situation by using "I" statements and taking turns to talk and really listen.

Here's an example to read out to the club before you start. Count how many times the word 'I' is used and how many times the word 'you' is used:

"I feel ignored when I try to offer an idea in our club," says Welekazi.

"So what you're saying is that I don't value your ideas," says Thuli, the chairperson.

"Yes," says Welekazi, "And I also get upset and angry when I am bossed around," says Welekazi.

"So the way I behave as a chairperson makes you feel upset and angry," replies Thuli. "Is there anything else?"

"Yes," says Welekazi, "I feel unimportant."

"I don't want to make you or anyone else feel that way," says Thuli, shaking her head. "I need to change something. Do you have any suggestions?"

"I would like you to make sure the club gets a chance to listen to my ideas – and everybody's ideas. And then we can vote on which idea we like the best," says Welekazi.

"Okay, sharp," says Thuli. "I will concentrate on giving you and everyone else an equal chance to speak and then we will vote instead of me deciding on my own."

"Great!" says Welekazi. The two young women shake hands, and then hug.

Step 3

How to score. When you act out your conflict story:

You win 3 points every time you:

- begin sentences using the word "I"
- identify or express a feeling (emotion)
- listen properly
- respond directly to what your partner said.

You lose 3 points every time you:

- interrupt the other person before they have finished speaking
- use blame words, like, "You are always so bossy!"

You get a **bonus 5 points** if the rest of the club votes to agree you acted out the situation well, and convinced them you have been able to resolve your conflict.

Other club members take turns to keep a score board. **The pair with the highest score is the winner.** If there is a tie, you can act out more conflict resolution situations. Or you can all be winners.

Quick question: How many points did Welekazi and Thuli score in the example?

Did you know?

LifeLine offers training in many skills, including conflict management, communication and listening. You can also become a volunteer. Did you say you want to find out more?

Website: www.lifeline.co.za

Email: lifelineoffice@gmail.com

Need to talk? LifeLine offers counselling.
Call any time day or night on 0861 322 322.



Flying High

Asnath Mahape is the first black woman pilot in South Africa. At the age of 35 she is flying huge passenger planes to places like London. But it has been a struggle to succeed.

Asnath started life in a rural village near Polokwane. Her mother was the first woman principal of a teacher training college. When Asnath was only 13 years old her beloved mother passed away.

A few weeks after this sad event she went to visit her aunt in Johannesburg. One day they went to fetch something from the neighbour. He happened to be a pilot. So the young girl started asking: "What is a pilot?" Her aunt explained it to her and that was the first time that Asnath realised that those little dots flying in the sky actually have a human being in charge of them.

She was fascinated and started collecting pamphlets and articles about flying and aeroplanes.

Determined

By the time Asnath completed school all she wanted to do was to be a pilot. However, to please her father she did one year at university. But she hated it and used the time to find out about pilot training schools. Finally, her eldest sister paid for her to go to a flight school. She was a good student and got her commercial pilot's licence very quickly.

No jobs

Once Asnath had her licence, her troubles began. The airline business is dominated by white men and no one wanted to give this bright young woman a job.

She applied for jobs for a whole year. Then one day an old man gave her a lift. He asked what she wanted to be and she told him that she was trained as a pilot but could not find a job. He must have recognised her passion and confidence because he contacted Joe Modise, the then Minister of Defence.

The airline business is dominated by white men and no one wanted to give this bright young woman a job

A while later Asnath got a phone call from Mosiua Lekota offering her a place in the South African Airforce.

Starting over

But still things were made difficult for her. The officials did not believe that her pilot's licence was valid and made her start her training from scratch. She passed the exam with flying colours.

Later Asnath was approached by South African Airways (SAA). Here too, many obstacles were put in her path and Asnath had to prove herself over and over again. (In 2013, about 700 of the 800 pilots at South African Airways were white males. Things still have not changed much.)

This made her very confused and frustrated.

"When I started on this career I did not know how cruel the world can be. I did not know how manipulative people can be."

Dream comes true

It took another eight years at SAA before Asnath finally achieved her dream of flying big commercial aeroplanes.

How did she manage to persevere for so long? Asnath believes that it is because her mother taught her three daughters to be strong and ambitious.

I love feeling the power of the aeroplane

But in the end Asnath's success is due to her passion. "I just love everything about flying. I can feel it in my body. I love feeling the power of the aeroplane, I love the speed, I love looking at the beautiful sky."

Teaching others

Her dream for the future is to help other young women to have a career in aviation or flying. "If I can play a role in helping women to become something, I will be happy." To achieve this dream she has started the African College of Aviation (see the next page). Asnath wants to train at least 30 young women to become pilots over the next 15 years.





The African College of Aviation

The training is very expensive, but the school has managed to organise 20 bursaries for trainee pilots.

To contact the African College of Aviation go to their website: www.aca.za.com, or phone them on 011 824 0536.



How to become a pilot

You need to have a matric with Maths and Science and fairly good results in English.

Step 1: Getting into an aviation or flight school

Look for a school with a good reputation. The school will take you to an aviation doctor who will check your lungs, eyes and heart. Once you have passed the medical, they will give you a Student Pilot Licence (SPL). You will need to pay at least 10% of your fees upfront. The fees will be around R90 000.

You can go to the Transport Education and Training Authority (TETA) website to apply for funding: www.teta.org.za.

Step 2: Private Pilot Licence (PPL)

Start training and get your PPL. The training usually takes between 4 to 6 months, full time. You will have to pass eight subjects and do 45 hours of flying.

Step 3: Commercial Pilot Licence (CPL)

To get your CPL you will need to pass seven more exams, and do another 155 hours of flying. With your CPL, you can get a job flying small chartered flights, crop spraying or you can become an instructor.

Step 4: Joining an Airline

To fly large passenger aeroplanes you need at least 1000 hours of fly-time. This will include the 200 hours done when training. Some airlines will help you get these hours and others will only take you once you have the 1000 hours already.



Here is some advice Asnath has for young women starting a career:

- Find something you are passionate about.
- Stay focused, don't get distracted by gossip or hardship.
- Take yourself and your career seriously. Take pride in what you do and how you look.
- Use your frustrations to become stronger and better at what you do.
- Become emotionally intelligent. Don't let people affect you too much. It can be harsh to work in a male environment. Don't take it personally. Just keep getting better at what you are doing.



Menstruation: Why are we so embarrassed?

So what is this shameful thing we as girls and women get every month? "Aunty is visiting", "the Curse", "periods" or in medical terms: menstruation?

If someone notices that we are bleeding we are deeply embarrassed. But should we be so ashamed and secretive?

Menstruation is a natural and important part of a girl's body functioning. It is the lining of our womb, or uterus, being shed from our bodies

because this month we do not need that lining for a baby.

The whole cycle is controlled by hormones and these increase and drop at different times. Sometimes the drop in hormones can make us a bit depressed or hungry or cross ... often called **pre-menstrual syndrome ...**

So, actually it's normal to have a period and the blood is far from "dirty". It is the life-giving lining of your uterus.

Around half of South Africans are female and – after puberty – we all have periods every month. That means around **240 million periods a year** in South Africa alone! But every time it happens it is like we are alone in this.

Discuss in your club if you feel alone or embarrassed when you have your period. **Are there things we can do to break this shame?**



The Dangers of Credit

Ayanda Mkhabela (28), from the North West Province, was thrilled when she got her first job as an Optometrist's Assistant. But things started to go wrong after her baby was born.

After Ayanda got the job she rented a property with her partner, and bought a car on credit. She also bought cellphone contracts for her mother and brother. In addition, Ayanda began paying back her student loans. She was getting deeper into debt every month, but she was managing to keep going.

Baby born

Her troubles started when she had a baby. Immediately after the baby was born the father left her, and offered no support at all. She was left alone to pay back thousands of rands of debt, with monthly installments of over R7000.

Blacklisting

Ayanda tried to sell the car, but the dealer said it had lost value and was now only worth R130 000. The balance she owed on it, including interest, was over R300 000. Ayanda asked the people to whom she owed money, if they would accept smaller instalments, but they refused. She faced losing everything, and being blacklisted.

Help

Ayanda turned to Elias Shamatla, director and founder of Marefi Consulting, for help. He helped her to cut down on any non-essential payments, so she had R450 over at the end of each month to slowly pay off her debt. She was able to keep her car, and to keep a clean credit record.

Students vulnerable

Elias says credit providers target students, giving them clothing accounts and credit cards. But, he says, most credit agreements depend on monthly payments, and student allowances are not guaranteed. This is when students fall into debt, and can end up owing thousands and thousands of rands, and getting a bad credit record.

Reach out

If you end up with too much debt it's important to get help. The National Debt Mediation Association (NDMA) is a not-for-profit organisation that runs a free credit helpline (contact details below). Magauta Mphahlele of the NDMA, says people fear they will be judged, so they wait too long before getting help with their debt. She says the call centre is non-judgemental and helps people find solutions.

Impressing others

First prize is to avoid the debt. Elias says the best way to do this is: "Live within your means". Do not live to impress others but yourself, because a bad credit record can ruin your career, even your life."

Marefi Consulting

Tel: 011 074 6830

Fax: 086 666 0267

Email: info@mareficonsulting.co.za

NDMA

Phone: 011 326 3459

Helpline: 086 111 6362

Fax: 011 781 0589

Email: info@ndma.org.za

Website: www.ndma.org.za

Elias says every young person needs to ask themselves three questions before buying something on credit, and potentially getting into serious debt:

- 1. Is it necessary?**
- 2. Do I want it or need it?**
- 3. Can I live without it?**

Peer pressure is one of the main reasons people fall into debt. "If your friends have bought fancy handbags or cellphones," Elias says, "You feel pressured into buying one as well."

Live within
your means.
Do not live to
impress others.

★ Project

Can you share money-saving tips in your Club?

Unite against abuse

Boity Thulo is an actor and the new face of the e-tv music show, Club 808. She is passionate about the rights of women. She talked to Rise about how women are abused, and about her own life.

Boity believes every woman experiences abuse at some time in her life. "You might be a victim of emotional or physical abuse by your boyfriend or husband, but even if your father left and your mom is raising you by herself ... that is a kind of abuse, because you lack a father figure. Anything that makes a woman feel uncomfortable and at risk, that is abuse," she says.

We need to talk about abuse

"The biggest favour women can do for ourselves," Boity says, "is to talk about abuse. I don't mean talk about it as though it is normal. No, we need to talk about the deep roots of these abuses, and stand together as women to confront them. It was only by standing together and making society hear their voices that the gay community eventually got heard," she says.

Boity supports a charity called 'Thusa is a girl child', an initiative to help disadvantaged girls who don't have enough money to buy sanitary pads. "We go to schools in remote areas and give them a year's supply of pads ... Some of these girls go so far as to have sex and expose themselves to sexually transmitted diseases to get money to buy pads," she says.

The biggest favour women can do for ourselves, is to talk about abuse. I don't mean talk about it as though it is normal.

I've learnt to deal with ups and downs on my own

Boity has also suffered disappointing relationships that left her wondering what love is really about. Today, she lives alone, in her townhouse north of Johannesburg. "I tried living with someone, but it was a huge mistake. I started seeing another side to this man that he didn't show before. It has made me very careful about my relationships with men," says Boity.

Boity says she's seeing someone at the moment, but they are still "testing the waters".

"I'm a bit of a loner. I've always been like that. I like my own company, and I've learnt to deal with the ups and downs on my own. I think it has made me strong. I do most things on my own," she says.

I love listening to music

What does Boity do to relax? "I love listening to music. I like the oldies like Anita Baker, Sade, and my favourite, the Lion King soundtrack. And my idea of a good weekend is watching a lot of hired movies at home on my couch," she laughs.

Boity has also downloaded a meditation app called 'Headspace'. "It teaches you how to be still and quiet, and how to breathe. I do it when I'm feeling stressed," she says.



Boity
Thulo

Watch the show, Tuesdays at 6 pm on SABC 1, and join the Facebook conversation.



Rise on Facebook

Want to be a winner? Look out for our competition every week after the Rise TV Talkshow (on SABC 1 at 6pm every Tuesday). The competition is on the Rise TV Talkshow Facebook page.

Read these winning entries - and remember to send in yours!

I love who I am

– Sithandile Sithandile Mpofu

I love my dark complexion and small body. I don't care what the media say. I know for sure that I am fearfully and wonderfully made. I don't have a photocopy. The media strives to create images about what a model person should look like. But that doesn't influence me because I know whatever they do, they are selling a product. I

would never change my body for somebody else's sake. I believe the greatest step to achieving self-confidence is to accept who you are and love yourself. I love who I am.

You're right on! Thanks for spreading the message. – from the editor

Me and my dad

– Tony Thomas Ubisi

Alcohol was a major disaster in my life because when I was young my father used to drink alcohol. We had to be scared being around him because he was bossy and negative. He used to call us names and tell us how useless we were. He didn't buy us anything with his salary.

We were living in a small shack and when it rained we had to get buckets and remove the water from the house. It was like he was dead although he was still alive. My family and I suffered and we prayed and prayed.

Luckily, one day my dad came home when it rained and we were all wet. He was embarrassed. That day changed him and he saw the light. He saw that alcohol doesn't make him a man, but a loser.

Even today he is a proud Christian and we are happy as a family.

Your story reminds us that it is never too late to change, and that there is always hope. – from the editor

Al-Anon Family Groups offer understanding, help and support to the families of problem drinkers.
www.alanon.org.za
0861 25 26 66 | 021 595 4508

Help for families of alcoholics:

SANCA:
086 14 72622
or 011 892 3829

My terrible ordeal

– Nhlanhla Appreciate Matela

When I started drinking alcohol we were at a party and we started drinking around 1p.m. I was still young I was only 15 years old. The problem began at midnight.

My friend felt I'd had enough and needed to sleep, because she heard some random boys saying that they will take turns on me since I was drunk and they hated a lesbian.

We went to sleep but my friend woke up when she thought I was sleeping and went outside. I woke up too. I saw my friend standing with my girlfriend and that got me angry.

I went to them and gave my friend the beating of her life. I even accused her of dating my girlfriend. I forgot that my friend dated boys, not girls.

I tried going to the other section because I wanted to see a girl I had a crush on. On my way there I was raped by the guys that my friend wanted to protect me from.

That's when I told myself that I won't drink alcohol ever again in my life. Now, I know that alcohol is bad, but for me it's painful, because I had to learn the hard way.

No one ever deserves to be raped, no matter how drunk they are. You are strong and brave to realise that alcohol makes it easier for people to hurt us, and to give it up. – from the editor

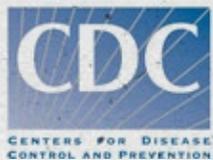
For lesbian, gay, bisexual, transgender and intersex (LGBTI) persons' support, call the Triangle Project helpline 021 712 6699. It's a free call. They will refer you to a support organisation near you. You can also email info@triangle.org.za

For help in dealing with drug abuse:
Department of Social Development Substance Abuse Line:
0800 12 13 14
or sms 32312

Brilliant Stars

Meet the members from De Brak village in the North West Province.

#brilliantstars



This publication was partially supported by the United States Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.