

RISE

YOUNG WOMEN'S CLUBS



YOUR 31st EDITION



Black Girls Rock

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Am I ready for sex

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Silently Trailblazing

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Northern Cape Rise

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A time at the clinic just for young people



PROUD TO SERVE THE YOUTH OF SOUTH AFRICA

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Sisterhood

What can you and your club do to add value to your community?

@RiseTalkShow RiseYoungWomensClubs

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WORD FROM THE EDITOR



INTERNATIONAL WOMEN'S DAY

March 08 was International Womxn's Day, a day on which we celebrate the achievements of women globally. And by "womxn," we mean all who identify with that term. Womxn bring creativity and critical services to all levels of society, from the home to the office, laboratory, and boardroom. Yet their achievements and contributions often go overlooked, unacknowledged, or even minimized. Today is a reminder to appreciate those who are typically forgotten or pushed to the side.

gender-based violence in their lifetimes. Womxn are still paid less than men for the same work.

This year for International Womxn's Day, we are all encouraged to "choose to challenge" gender bias and inequality and celebrate womxn's achievements.

The United Nations has a list of 12 small ways you can push for gender equality, we've included a few of those for you to try in our on International Womxn's Day. We hope you take up the challenge and be the change you wish to see in the world.

While we unite on International Womxn's Day to celebrate, we also acknowledge that true gender equality does not yet exist anywhere in the world. One in three women will experience

Happy reading!

Palesa

Definitions

Feminism – Feminism is the belief in social, economic, and political equality of the sexes.

Patriarchy – Patriarchy is a social system in which men hold primary power and predominate in roles of political leadership, moral authority, social privilege and control of property.

Nett income – Nett income is the income that an employee actually takes home after tax, provident fund and other such deductions are subtracted from it.

Gender equity - Gender equity refers to the fairness of treatment for men and women according to their respective needs.





DOES SOCIETY TREAT MEN & WOMXN THE SAME?



AMAHLE XAMA- EASTERN CAPE

I don't think that society treats men and womxn the same because most of the time womxn are treated as weak human beings who can't do things for themselves, like they need a man to survive. In some homes only a man gets to decide what happens in that which shows that men still have power over womxn. In some cases when a womxn is abused by a man society gets angry and does something about it but when a man is being abused by a womxn it's a different case, society calls him "weak" and does nothing about it which shows inequality.

I believe men and womxn have the same capabilities and I'd feel offended if I do the same job as a man and he gets paid more than I do.



MACEBELE XIVONISO - LIMPOPO

Society doesn't treat men and womxn the same because in decision making womxn's opinions are considered less important. In the old society people believed that men are more capable than womxn. But in the current generation womxn have proven that no amount of work a man can do a womxn cannot do. Womxn have taken a stand and proven that men and womxn have the same capabilities.

If I were to do the same job as a womxn and she gets paid less than me I would feel devastated, especially now that most people are fighting against gender inequalities.



KEALEBOGA SEGAECHO - NC

Society doesn't treat men and womxn the same because there are still jobs that womxn can do but are reserved for men. And there are men and womxn who do the same job but the men get paid more than the womxn. Men and womxn as creatures are equal, the difference lies in their physical features. If a man were to get paid more for doing the same job as me I would get angry because we would be doing the same thing. That would be unfair, we should get paid the same salary.



NTSHOVELU NGOBENI - LIMPOPO

Men and womxn are not treated the same because society still thinks that there are certain jobs that can be done by only men and not womxn and a certain sport can be played by men and not womxn. Men and womxn have the same capabilities, and I would be upset if I do the same job as a man but get paid less than him.



GONTLAFETSE MASHUTE - NC

Society doesn't treat men and womxn the same because there are still people who believe that the man is the head and should be superior to the womxn. Men and womxn are the same and if I were to do the same work as a man and he gets paid more, I would feel like my hard labour is not noticed and valued.



WISANI MALULEKE - LIMPOPO

Some people in society still treat men and womxn differently. Some people still think that only men should provide for the household, this is why the number of unemployed females is so much higher than that of males. And at some workplaces you may find that specific work is given to some people because of their gender, mainly men are given hard work and not womxn. Capability is not about gender, it's about the mind. I would be very disappointed if I get paid less than a man for doing the same job because regardless of your gender a job is a job and there should be equality between the genders.



MERIT NSHAVO CHAUKE - LIMPOPO

Society does not treat men and womxn the same because there are some people who still think that men are better at doing most things than womxn. So, they underestimate womxn's capabilities, which mostly results in men getting paid more and given higher positions at work than womxn. And most womxn out there are being ill-treated, abused, sexually harassed and killed more than men.



ISAGO KGOSIENTSHO - NC

Society does not treat men and womxn equally because womxn don't get justice when they report situations where they have been physically abused by men. Men even threaten womxn in the work and cause them to get fired if they do not do what they (the men) want them to do and society does not do anything about this behaviour.

Men and womxn have the same capabilities. If I were to do the same job as a man but get paid less than that man, I would feel belittled and not taken seriously and that would decrease my self-confidence and result in me developing a low self-esteem.



“Patriarchy can be dismantled by engaging with each other in meaningful conversations and not talking across each other.”

DISMANTLING Patriarchy

We had a chance to chat with Kgomotso Matsunyane the producer of *It's A Feminist Thing* and one of its anchors. Kgomotso grew up in Soweto and also spent time in boarding schools in the former homeland of Bophuthatswana. Over and above being a producer, she's a writer, director, editor, businessperson, and television presenter.

Kgomotso is passionate about womxn's issues. She describes herself as a feminist and says feminism for her is the social movement and ideology that fights for womxn to have equal rights and access to social, political, religious, economic, and sexual rights.

"I'm a womxn who feels that womxn are getting shafted by unfair and outdated patriarchal values that are so pervasive in our society and around the world. It's not right and we have to speak out against injustices when we see and experience them," she says.

FEMINISM AS A DIRTY WORD

According to research, worldwide many womxn still shy away from calling themselves feminists because many still associate feminists with negative stereotypes — including "man-hating, lesbianism or lack of femininity" and they fear they would be associated with these connotations.

"Feminists have a reputation for being "angry" and "aggressive" and these are womxn who unashamedly demands the same treatment as men and womxn who refuse to back off when these demands are not met. I don't mind being called "angry" or "aggressive" because it just means I'm strong, I know my worth and I refuse to be bullied by men," she adds.

IT'S A FEMINIST THING

"I have produced talk shows for the Soul City Institute before and being invited to be a part of *It's A Feminist Thing* both as a producer and an anchor was an honour. *It's A Feminist Thing* created a platform and an opportunity for us to raise a wide range of issues while having a strong editorial line about being unapologetically feminist. We're not asking for permission on the show, we take it.

"One of the great fallacies one still hears today is that feminism is a Western notion, and one of the things we prove on the show is that African womxn have always challenged patriarchy and have always been meaningful contributors and leaders to social and world events", says Kgomotso.

There's never been a show quite like *It's A Feminist Thing* on TV which was created to allow audiences to engage with the issues in a meaningful way that will lead us to find solutions that will make a difference in the lives of ordinary South Africans.

CULTURE + PATRIARCHY

Patriarchy remains intact because it is reinforced by tradition and culture. According to Kgomotso culture would have you believe that men have are superior to womxn and that they are automatically, therefore, intellectually, economically socially better than womxn. "This is nonsense and untrue. The difference between men and womxn is merely biological and that has nothing to do with intellectual capacity and capabilities. There's no genetically coded switch that makes boys better at doing things than girls.

In the corporate world, womxn break the so-called glass ceiling every day. Mind you, the glass ceiling is a concept created by patriarchy where womxn are, in most cases, subtly discouraged to reach certain levels of seniority and leadership in companies by not giving them the resources needed to advance in their careers. I wish for a day where we don't have to break ceilings but have an equal seat at the table. Fighting is exhausting. When I'm at work, I want to be a professional and demand to be treated as such".

DISMANTLING PATRIARCHY

"Patriarchy can be dismantled by engaging with each other in meaningful conversations and not talking across each other. Furthermore, by having men take responsibility for changing their fellow men's perceptions of what is socially and politically acceptable when it comes to gender issues.

It's important to note that men are also impacted negatively by patriarchy because patriarchy puts men in a box where male emotion is suppressed by holding men up to antiquated standards perpetuated by toxic masculinity. Therefore, men need feminism in order to break down the flawed structure of patriarchy and to live a life that isn't hindered by toxic masculinity or aged out traditional roles. South African men need to watch *It's A Feminist Thing* because the show is about them as well. Patriarchy hurts men almost as much as it hurts womxn", says Kgomotso.

Womxn's role in maintaining patriarchy

"We can't expect things to change until we understand why there are still womxn who hold onto notions of patriarchy and are stuck in serving patriarchy until we see things from their perspective. We need to have conversations that will empower them so their attitudes can change too and enable them to free themselves from the shackles of patriarchy."

"Realising the potential that you can do and be anything you want has always been a magical idea to me,



NOKUTHULA MAYABA

DOCTOR

Nokuthula Mayaba is a 28-year-old Zimbabwe-born, South Africa-raised. She is a medical doctor by profession and has recently completed her community service years. This is a year dedicated to government service where medical doctors are generally placed in more remote or rural areas throughout the country.

She is currently based in a rural town called Bizana, and at a small hospital in a village called Greenville.

Thuli considers herself a very energetic and enthusiastic person who is always keen to learn new things and loves to meet new people. "And when I'm not out-and-about, I enjoy spending quiet moments at home learning new crafts and trying to read about an interesting new topic", she added.

Thuli is into travelling and exploring my surroundings (locally, nationally and internationally). She says she is learning to appreciate other cultures and trying to go further into other regions and countries. "I have always had a passion for our beautiful continent and want to see for myself all that it has to offer", she says.

She is an avid sportsperson and will try her hand at anything. Her favourite sport at the moment is Ultimate

Frisbee which she started in university and has been playing for about 9 years. Thuli also enjoys reading and is a big fan of all kinds of music. She spends most of her free time at home either listening to music, reading, or writing.

According to Thuli what makes any Black Girl Rock is her ability to be authentically herself. She believes that remaining true to oneself regardless of what others expect of you not only makes you rock but makes you a superstar.

"Realising the potential that you can do and be anything you want has always been a magical idea to me, especially in a world where so many other people have a stereotypical view of what it means to be a Black girl. Black girls are capable of anything, and I have come to learn this from my own experience. I rock not because of what I've been able to accomplish, but because I am living the kind of life that I desire and can be proud of", says this Black girl that rocks.

Thuli believes that Black girls don't need to be "overachievers" to be considered amazing, but that we rock just by simply being ourselves.

Playing HER PART

NTSAKO MHLANGA

Ntsako Mhlanga is a 22-year-old social entrepreneur, Play Your Part Ambassador and Mail&Guardian Top 200 Young South Africans recipient for 2020. She was born in Kwa-Zulu Natal and raised in Johannesburg with her three siblings. Ntsako says, "Being the eldest at home, I have always exemplified acts of leadership".

Ntsako is the founder of Learnergy, an organisation that provides resources for academic improvement and mental health issues for learners. As part of Play Your Part, a nationwide movement created to inspire, empower and celebrate active citizenship in South Africa, she travels to schools across the country talking to the youth about issues such as personal branding, dealing with peer pressure, and career decisions.

Her hobbies include writing, kickboxing, cooking and reading.

Ntsako says, "I am is very passionate about the youth, education, digital media, and mental health. I am driven by a need to eradicate the inequalities in the world. Having grown up with adequate resources in my life, I feel it should not be a privilege". She is inspired by the youth who are constantly pursuing their dreams and achieving academic success under undesirable circumstances. She wants to ensure that learners never suffer from a lack of resources and have a fair fight for their success.

She is inspired by the strong Black mothers, sisters, and aunts who are up at three in the morning to sell tomatoes in town, the homeless person who smiles broadly as if he has no worries in the world, the learner who goes to school on Saturdays to keep improving their marks. She has the utmost respect for people who look past their circumstances and strive for success. She yearns to see more young Black women occupying and owning spaces in all industries and taking on leadership roles.

Ntsako says she is a Black girl that rocks because she wakes up every day intending to help somebody and inspiring nations of young people to always pursue their dreams. Her goal is to be kind and generous and hopefully, the world will reciprocate.



NTSAKO MHLANGA

How to prepare for a job interview

So, you've found the perfect job, applied and scored an interview. Congrats! You're well on your way to #adulting. Here is some advice to help calm your nerves and get you prepared for your interview. Calm the butterflies in your stomach with these five interview tips for starters.

Then use these 5 practice job interview questions to go into your interview feeling confident. Here is some advice to help calm your nerves and get you prepared for your interview.

1. Don't be late!

First impressions matter. Even if it isn't your fault, your potential employer will not be happy with tardiness. Rather arrive too early than late. Aim to arrive at the interview venue at the latest 30 minutes before the interview time. Arriving late gives the impression that you aren't reliable and that you don't value others' time.

Factor in things like traffic and load shedding in your time. Leave a little earlier than usual if you're worried about the time.

2. Dress up

We get it. Some teens don't want to come off as too stuffy or overdressed in a job interview. Sure, jeans and a t-shirt are comfy, but they don't give the best impression.

Regardless of what you'll be wearing at the actual job, dress up. It's okay to be a little casual, but leave the flip flops at home. On the flipside, don't be too formal. Instead, wear business casual attire. A tailored top and knee-length skirt are also a good choice.

Remember to do the "shake test" before you leave home. Jump up and down and wiggle in front of the mirror to make sure you're appropriately dressed. When in doubt, cover-up.

3. Prepare, prepare, prepare

HR managers can tell when you've prepared for the interview. You're able to answer questions and even come off as more confident. Show that you're hireable by preparing ahead of time.

Know an overview of the company's history and what they do, and remember the name of your interviewer, this shows that you have an interest in the company and the job.

Come with at least three follow up questions to ask your interviewer so it isn't a one-sided conversation. Bring a notebook and pen to remember your questions and take notes while you talk to the interviewer.

But when we say prepare, we don't mean you have to write a script. Nobody wants to talk to a robot.

Be yourself! Job interviews are your chance to show employers what it would be like working with you. Show your real self so they can hire the real you.

4. Watch your body language

Everybody gets nervous in job interviews. The key is to not show that you're anxious. Sit still during the job interview. Sit up straight, maintain eye contact and keep your shoulders up.

Interview tips to help you ace your interview

Even if you feel like a nervous wreck, you want to look calm and professional. Practice your "interview posture" in the mirror to make sure you look confident, relaxed and professional ahead of time.

5. Mind your manners

Manners seem like common sense, but interviewers still report a lot of weird behavior from teen interviewees.

Use these quick job interview tips to avoid interview missteps like:

- Switch your phone off and keep it in your pocket or bag for the entire interview.
- A firm handshake makes you look confident and hireable. Practice shaking hands with your parents or friends—it might sound silly, but a firm handshake can get you the job!
- Address your interviewer as "Mr." or "Ms." unless they tell you otherwise.
- Wait for natural pauses or for your interviewer to ask a question before speaking.

Teens have a tendency to be too casual in interviews, and that can work against you. Even if you're interviewing at a more laid-back company, good manners never go out of style.

Now, go ace that interview. Good luck!



Saving & Budgeting FOR BEGINNERS

People who consciously budget are twice as likely not to have financial worries.

Unless you are getting your income by simply getting people to subscribe to your channel, you probably work very hard for your money. Chances are that you may find it difficult to manage your income if you are new to earning a salary or wages. This is why it is very important that you create a monthly or even weekly budget so that you can keep track of exactly how much you need to live and how much you can save.

So how do you create a budget you may be wondering?

1 Decide why you want a budget. Define your goals before you begin the budgeting process. These goals could be along the lines of saving more money and finding a way in which to do so, curbing your overspending on "wants" and not "needs, stop living from pay day to pay day, taking credit which will cost you more in the long run or even trying to pay off debt. Budgeting is also a great tool that you can use to reach your long-term financial goals like having a deposit for a car or house or even that dream holiday you always wanted to go on.

2 Keep your spending habits in check. You must plan where and on what you will spend your money on. This will help in creating a realistic budget and not just one for the sake of having one. Track your spending for about a month by writing down your purchases or having a spreadsheet, checking your bank statements or even using an app on your smartphone.

3 Plan your year. Don't forget to include things like birthdays and other special occasions that may require you to spend a bit more than usual.

4 If you have a financial goal in mind, a budget will help you reach this, if you stick to it. It is important that you are specific as well as realistic in setting your goals. You should also set deadline for reaching your financial goals.

5 After setting your financial goals you must decide

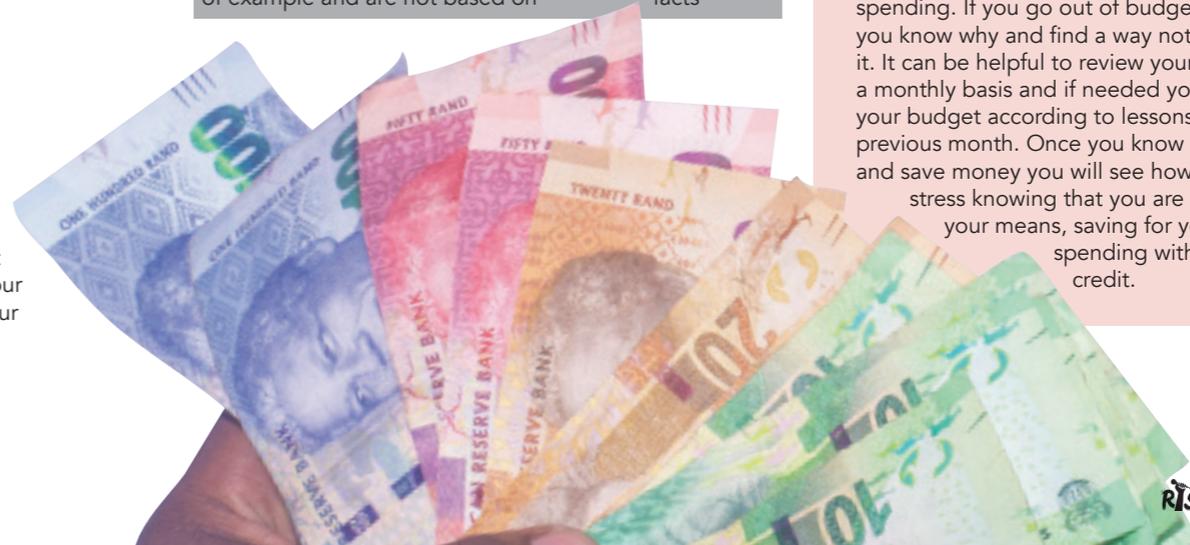
how much you need to save for each of your goals – if you have more than one. It can be difficult and daunting to know exactly how much you need to save for big goals like further studies or a deposit on a house or car, but if you do some research you will get more or less of an idea.

The more specific you can be about how much to allocate to each goal, the more likely you will be at achieving it. But the good news is that if you don't want to go through this exercise you can use this shortcut: Save at least 20% of your income, 15% to retirement savings (yes you have to start saving for this from the day you start working) and the remaining 65% to other expenses and goals.

No everyone's budget will be the same but below is an example of a straightforward budget that assumes you earn an income of R4000 a month. start working) and the remaining 65% to other expenses and goals.

EXPENSE	
Emergency fund	R80
Travel fund	R100
House deposit fund	R450
Christmas fund	R30
Rent/Accommodation	R1000
Utilities	R300
Insurance premiums	R200
Cell phone	R50
Groceries	R400
Clothing	R50
Entertainment	R150
Wiggle room	R40
TOTAL	R2 850

Please note that these amounts are only for the purpose of example and are not based on facts



“ Unless you are getting your income by simply getting people to subscribe to your channel, you probably work very hard for your money. ”

Avoid these common budgeting mistakes

Budgeting is an imperfect process, so it is only normal if you don't get it spot on the first time. You could find yourself struggling with unrealistic expectations if you create a budget that is impossible to stick to because this will cause you a lot of frustration.

Remember not to use your gross income (the amount you earn before tax and other deductions are taken into account) to budget, always use the nett amount that you get in your bank account. Also, remember that there may be instances where you will need to cut down on certain expenses like your DSTV subscription or eating out too often in the month. Don't be discouraged, the more you practice, the better you will get at budgeting.

You must hold yourself accountable for your spending. If you go out of budget, make sure you know why and find a way not to repeat it. It can be helpful to review your budget on a monthly basis and if needed you can adjust your budget according to lessons learnt in the previous month. Once you know how to budget and save money you will see how much less you stress knowing that you are living within your means, saving for your goals and spending with cash and not credit.



SILENTLY TRAILBLAZING

We had an opportunity to sit down and chat with Andiswa Gebashe, one of several sign language interpreters who have graced South Africa's screens beside President Ramaphosa as he delivers news of national importance during the coronavirus lockdown.

Andiswa describes herself as follows...

I am love because that is the basis of many things I do, I quick to forgive and quick to move on. I don't get involved in things that I don't love nor do I work with people that I like and love. I am your girl from next door who just is loving and I love love. I'm attracted to love and I attract love.

I grew up in Umlazi, Durban but Inkaba yam is in uMzimkulu, my father's home in the rural areas. Every school holiday we'd leave the township and go to the rural areas. As much as I went to school in Durban, I never really got the township culture because every school holiday I was away.

I never got the township culture because every school holiday I'd go to the rural areas. I had the best of both worlds.

I was married for 5 years to a known personality and it was an abusive relationship. It didn't make sense to my parents that I would stay in an abusive marriage because of my personality and character. I am an outspoken person with a strong personality, I have always been a staunch advocate for women's rights and I was raised by a loving father. It didn't make sense that I stayed but the reason I stayed was that I was paralyzed by the whole experience. I doubted myself and questioned myself and I didn't know what to do. My ex would tell me I'm ugly and no one would want me. He'd tell me that I'm nothing special just the daughter of a Deaf man. After five years he left me, I didn't leave him. I later found out that he planned his life in 5-year intervals and I was part of his 5-year plan and I was good for his brand. In hindsight, I am glad he left because I don't know if I would have left. But also if he hadn't left, my life wouldn't have taken the turn that it did and I wouldn't have achieved half of the things that I have and I wouldn't be doing what I'm doing now. I've managed to heal and sign language is what healed and saved me.

My love for South African Sign Language

I work professionally as a sign language interpreter and my father is Deaf and this makes the South African sign language my home language. Being raised by a Deaf parent shaped my sister because he raised us by instinct. Being a Deaf person my father raised us according to what felt right to him without any external noise telling him how girl children should be and shouldn't be. My father truly poured his love into me and my sister and he is a loving husband to my mother. There were no gender roles growing up, he allowed us to be. We didn't grow up with some type of preconceived idea of how girl-children should be. My father's method of raising us was to follow his heart and do what felt right to him. This is how I'm raising my daughter and this is what shaped how I choose

I went to a Deaf school, I did grade 10 and grade 11 because I felt I had the right to go to any school I wanted to. At the time when you were at Deaf school, you couldn't obtain a matric certificate because sign language was not recognised as a subject.

the type of work and projects I take on. I'm driven by love and I do t know anything outside of love.

I studied Sign Language Interpreting at Wits University and I'm currently doing South African Sign Language Linguistics. Eventually, I want to create terminology and work all over the world. I love sign languages in general. My mother says as long as people speak there'll be a need for interpreters and translators, and the importance of being an expert in languages, specifically your home language. I signed before I spoke and both my daughter and niece sign because they have to sign with their grandfather.

The state of Deaf schools in South Africa

I went to a Deaf school, I did grade 10 and grade 11 because I felt I had the right to go to any school I wanted to. At the time when you were at Deaf school, you couldn't obtain a matric certificate because sign language was not recognised as a subject. In 2009 a Deaf boy from Pinetown Boys decided to take the Department of Basic Education to court to force the Department to recognise South African Sign Language as an official matric subject. In 2015 the South African Sign Language was introduced as a school a subject for Deaf pupils. However, a large percentage of teachers teaching in Deaf schools today are still not fluent in South African Sign Language. And this is where the theory that deaf people are slow comes from, the teachers cannot do their jobs because they do not understand the pupils' language. This needs to be addressed, sign language should be made mandatory for people who study to be teachers, as part of their degrees, because you never know where you'll end up teaching.

Interpreting for President Cyril Ramaphosa

How I got chosen to be President Cyril Ramaphosa's I have over 10 years of experience working as an interpreter. Asanda Khatshwa was my mentor and she is the best sign language interpreter in Africa. I've done SONAs but interpreting for the pandemic was more

Being a **Deaf** **person** my father raised us according to what felt right to him without any external noise telling him how girl children should be and shouldn't be.

daunting because you had the whole country watching and not just some. This opportunity came at the right time and I was ready. It felt like I was preparing all my career for this particular opportunity.

The guy who did sign language interpretation at Nelson Mandela's memorial service tarnished our profession a bit. But the reason this mishap happened is that when it comes to hiring sign language interpreters or teachers for Deaf schools, for that matter, no validation takes place. If you claim to be fluent in South African Sign Language they will hire you no questions asked but when it comes to hiring interpreters for spoken languages, credentials are checked and validated.

What does the future hold?

My biggest dream is to make media accessible at any point. I want my dad to be able to switch on the tv and be able to watch a comedy show and have access through a sign language interpreter. I am currently doing radio interpreting, which is something new. Where Ukhozi FM would invite and interview a celebrity and just for 20 minutes we go live on social media so that a Deaf person can experience radio. Radio is going visual now, you can access radio on YouTube, Facebook, and Instagram and this makes it possible for me to inspire Deaf people.

I want to help expand the career choices that are accessible to Deaf children. In Deaf school, all they

teach you is you are going to be a cleaner, a waitress, a hairdresser, all these blue collar jobs, and the best thing you can do is be an assistant teacher and dare you to dream differently you are told you can't. At Deaf school, my peers didn't know that they can be whatever they want. I was fortunate because my mother brought me up to believe I can be whatever I want.

I'm also working with Scandal on etv, they have a Deaf actor and interpreter in the background and I consult on the script so that it's Deaf culture friendly.

There's an amazing young man who works at Constitutional Hill and he is the only Deaf lawyer in South Africa, his name is Qobo Ningiza. Before he studied law he wanted to be a waiter because that's what he was told that's all he can be.

He went through varsity with interpreters one year and on some years without. This led to him failing and repeating courses and finally, he decided that he doesn't need interpreters and will sort himself out. He inspires me and it's important that Deaf children know about him so they can be inspired to dream bigger and know that they can be anything they want to be.

I want to create a space that my father would have loved to live in when he was younger where everything is accessible at his fingertips.

UNDERSTANDING LUPUS

The Lupus Drive is an NGO founded by Pontso Khaka Moilola on 25 November 2017. The organisation aims to create awareness for the rare autoimmune disease called lupus (SLE).



PONTSO KHAKA MOILOLA

Pontso decided to embark on this campaign because of the lack of information around the condition in South Africa and globally. The majority of lupus patients get to know about the condition after diagnosis. Educating lupus patients also known as warriors, nurses and doctors about the condition has been the main goal behind the NPO.

Lupus is a disease that occurs when your body's immune system attacks your own tissues and organs (autoimmune disease). Inflammation caused by lupus can affect many different body systems — including your joints, skin, kidneys, blood cells, brain, heart and lungs.

Lupus can be difficult to diagnose because its signs and symptoms often mimic those of other ailments. The most distinctive sign of lupus — a facial rash that resembles the wings of a butterfly unfolding across both cheeks — occurs in many but not all cases of lupus.

Some people are born with a tendency toward developing lupus, which may be triggered by infections, certain drugs



or even sunlight. While there's no cure for lupus, treatments can help control symptoms.

"My advice to all lupus warriors or anyone that suffers from an invisible condition is to take it one day at a time and surround yourself with like minded individuals or find a community of people who suffer from the same condition. Being part of a community plays a huge role in how one manages the condition mentally and emotionally. It's not easy living with an invisible condition, however it should not stop you from dreaming and achieving your goals.

If you know someone who suffers from invisible conditions, please take time to learn more about these conditions, we tend to sideline and neglect our loved ones that are going through something they cannot explain because of lack of education and information.

The Lupus Drive is on all social media platforms:

- Twitter - @TheLupusDrive
- Facebook - The Lupus Drive
- Instagram - @TheLupusDrive

There's also a WhatsApp community where they guide each other on a daily basis, please contact them on 0608295154.



Did you know about lupus? Do you know someone who might have lupus but isn't aware of it?

INTERNATIONAL WOMXN'S DAY 2021

WOMXN IN LEADERSHIP

ACHIEVING AN EQUAL FUTURE

IN A COVID-19 WORLD."

Every day is a great day to celebrate the amazing womxn, but International Womxn's Day gives us an extra reason to do just that. International Womxn's Day (IWD) is celebrated across the globe on 8 March annually and is considered one of the most important days of the year because it celebrates the achievements of womxn, raises awareness about equality, lobbies for accelerated gender equity, and many fundraising initiatives focussed on female charities take place. Womxn bring creativity and critical services to all levels of society, from the home to the office, laboratory, and boardroom. Yet their achievements and contributions often go overlooked, unacknowledged, or even minimised.

This year the global theme for International Womxn's Day is "Choose to Challenge". The IWD website describes the rationale of this theme as, "A challenged world is an alert world and from challenge comes change. So, let's all #ChooseToChallenge". The United Nations announced the theme for International Womxn's Day 2021 "Womxn in leadership: Achieving an equal future in a COVID-19 world."

This theme celebrates the remarkable efforts of womxn and girls across the globe in influencing a more equal future and recovery from the COVID-19 pandemic. During these challenging times of the pandemic, womxn have stood at the front lines of the pandemic, as health

care workers, caregivers, working with communities, and exemplified the most effective national leaders in combating the pandemic. This they have achieved, despite the disparity of burdens, increased domestic violence, unemployment, and poverty.

When womxn lead, we see positive results. Some of the most efficient and exemplary responses to the COVID-19 pandemic were led by womxn. And womxn, especially young womxn, are at the forefront of diverse and inclusive movements online and on the streets for social justice, climate change, and equality in all parts of the world. Yet, womxn under 30 are less than 1 percent of parliamentarians worldwide.

A mandate from President Cyril Ramaphosa was issued and asks that as a society, we strive not only to eradicate gender-based violence within our daily lives and in our country, but we also aim to achieve gender equality within all of our ranks.

Since its first gathering over a century ago in 1911, International Womxn's Day has been a steadfast show of commitment by countries that place the interests of womxn as a priority. The day belongs to all groups collectively and all organisations, governments, NGOs, academic institutions, womxn's networks are custodians of IWD and its initiatives.

In light of this day, we must reflect on the unique qualities

that womxn bring, their leadership skills, resilience, care and concern, and tenacity to stand up against all odds. Let us collectively do what we can to truly make a positive difference and create more enabling environments for the daughters, sisters, mothers, and all womxn of South Africa.

Gloria Steinem, world-renowned feminist, journalist, and activist once explained, "The story of womxn's struggle for equality belongs to no single feminist, nor to any one organisation, but to the collective efforts of all who care about human rights." IWD should signify the time where each of us takes ownership and do what we can both as individuals and as communities to make a positive difference in the lives of womxn.

Although the World Economic Forum has stated that none of us will see gender parity in our lifetime, and sadly neither will many of our children, the need to take action and refrain from complacency is imperative.

To reach this goal, generations of womxn to come need to demand an equal future. A future that is emancipated from violence, stereotypes, stigma but filled with equal opportunities and rights for all – not only on paper – and peace. For this to become a reality, every seat at every decision-making forum, across the entire globe, must have a place setting for womxn.

To realise the inclusivity of womxn to the full extent, all areas of life must accommodate and welcome womxn in leadership positions.

While we unite on International Womxn's Day to celebrate, we also acknowledge that true gender equality does not yet exist anywhere in the world. One in three womxn will experience gender-based violence in their lifetimes. Womxn are still paid less than men for the same work, and they do 2.6 times more unpaid care and domestic work. In many countries, womxn do not have equal access to land, credit or economic and educational opportunities, so when disaster strikes, it's usually womxn who often suffer the most.

Some of the small ways you can push for gender equality as suggested by the United Nations. . .

- **Amplify feminist books, movies and more**

The next time you're browsing the bookstore or settling in for a movie night, consider something written or directed by womxn (and for womxn).

Movies, books, newspapers, podcasts, and other popular mediums have lasting effects on cultural perceptions of gender, offering womxn a powerful platform to share their stories and perspectives. Yet, the film and publishing industries remain heavily male-dominated, and popular narratives commonly portray womxn as one-dimensional characters or sex objects—or else exclude them altogether.

An analysis of popular films across 11 countries found, for example, that only 23 per cent featured a

female protagonist—a number that closely mirrored the percentage of female filmmakers (21 per cent).

You can amplify the voices of the womxn and feminists rewriting this narrative by watching, listening, reading and investing in the media they produce.

- **Exercise your political rights**

Womxn remain woefully underrepresented in the highest political positions. As of 2020, womxn only hold around 25 percent of seats in national parliaments and account for less than 7 percent of the world's leaders. What's the easiest, most direct way you can make a difference? Vote!

- **Commit to a cause**

There are so many causes you can get behind.

To begin, pick a gender equality topic you care about and find a group or campaign devoted to it.

Collective action can operate at every scale. Nothing is too small! The first step is showing up. You could attend a meeting or a protest about a community issue, or share an article or news story. And, if you can't find a group working on your issue, start one!

- **Challenge beauty standards**

Though beauty standards vary from place to place, they almost always promote a narrow, unrealistic vision of femininity. Womxn are often expected to devote far more time, energy and money to their appearances than their male counterparts. This kind of double standard proliferates the sense that womxn's bodies aren't really their own—that they're objects intended for public consumption. Unrealistic physical ideals can also manifest in serious mental and physical harm.

The advertising industry drives sales by playing up these ideals and exploiting the insecurities they foster. Keep this in mind when you drive past a billboard or flip through a magazine. You can challenge the advertising status quo by supporting companies that showcase diversity in their ads.

Rethink your beliefs on what it means to be beautiful. Start in the mirror: notice the way that you think and talk about your own appearance, and the next time you catch yourself being critical, try to give yourself a compliment. Treat all bodies as equally valuable and deserving of celebration—regardless of size, ability, or colour—and call out body shaming when you see it.

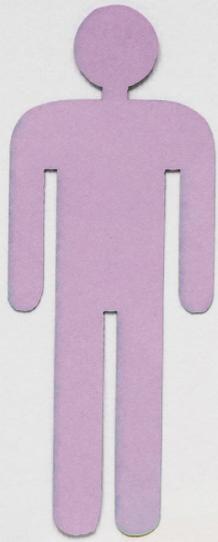
- **Respect the choices of others**

Every person has the right to make decisions about their body, well-being, family and future.

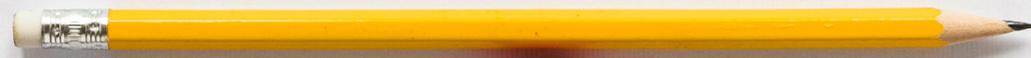
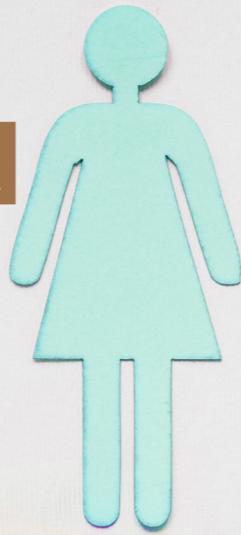
When someone's choices make you uncomfortable, ask yourself why. Examine the biases that may be driving your reaction and consider the circumstances that make their life different from yours. Listen to their reasoning.

It's often hard to understand a choice that you've never had to make. Take it upon yourself to learn and think critically about the situations of others.

#ChooseToChallenge.



HOW WELL IS SOUTH AFRICA FARING IN REACHING GENDER EQUITY?



In May 2019, history was made when half of South Africa's Cabinet Ministers were womxn. But where have we gone since then?

A survey conducted by the World Economic Forum in 2018 indicated that South Africa was 19th out of 149 countries on the Global Gender Gap Index when it comes to assessing Womxn's Economic Participation, Educational Attainment, Health and Survival and political empowerment.

Since the arrival of COVID-19 in our country around a year ago, no gender has been spared economic, mental, physical and emotional disaster. Seemingly however, with Gender-Based Violence (GBV) being a scourge on our beautiful land, womxn and children are now, more than ever battling inequality.

Gender equality is enshrined in our Constitution but what severely hampers our progress is disproportionately high HIV prevalence among womxn, higher female unemployment further exacerbated by the COVID-19 pandemic, lack of womxn representation in top management positions and as mentioned, GBV.

Research over the years show that the majority of both men and womxn think equality is already a reality when it comes to education, earning a living, and owning land. But fewer than half think equal opportunities and treatment for womxn have improved in recent years. Sadly, only half of the men interviewed feel that gender equality should be taken into consideration when it comes to employment opportunities.

In addition to being enshrined in the Constitution, gender equality is protected and promoted by South Africa's Promotion of Equality and Prevention of Unfair Discrimination Act of 2000, Employment Equity Act of 1998, Criminal Law (Sexual Offences and Related Matters) Act of 2007, and Domestic Violence Act of 1998, among others. Even so, the South African Human Rights Commission (2017) notes that a number of challenges still hinder the attainment of gender equality in the country, including high levels of GBV, persistent harmful traditional practices, and continued discrepancies in gender representation in top management in both the public and private spheres.

Beyond the state's tracking of compliance with laws, public perceptions can be an important measure of the impact of progressive gender legislation in closing the gender gap. A majority of South Africans perceive the state of gender equality in the country as good, and men and womxn differ little in their assessments.

More than four in five men and womxn (82% and 83%, respectively) "agree" or "strongly agree" that boys and girls have an equal chance of getting an education. And about three-quarters of respondents say men and womxn have an equal chance to earn an income (77%), to get a paying job (77%), and to own or inherit land (76%).

While these numbers might be considered encouraging, they still leave about a quarter of the population who see persistent inequalities between men and womxn. According to the government

“South Africa has made progress towards the realisation of a non-sexist society, but there is still a way to go before the aspirations of those who took part in the Womxn's Day march of 1956 are fully realised.”

But the question is when?

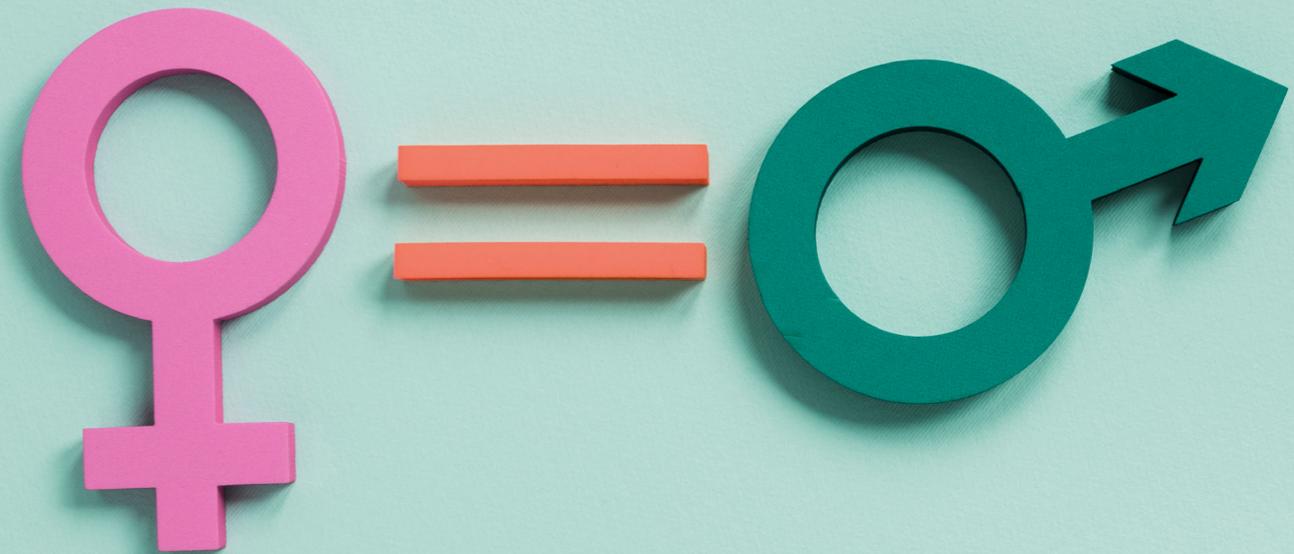
In 2020, Stats SA reported that that approximately 51, 1% -approximately 30, 5 million- of the population is female. Why then are we still faced with gross gender inequality?

- Higher education institutions practice systemic gender inequality by influencing enrolments in favour of men
- Poor career progression for womxn across sectors in South Africa
- The aftermath of a long history of gender discrimination where womxn are still relegated to traditional subordinate roles
- Womxn remain victim to the gender salary gap which continues to rise over the years with womxn reportedly earning 28% less than men in the same positions (The Global World Report for 2018/19)
- Higher unemployment seen between females as opposed to men

As a class, womxn are suppressed by inequality not only in the labour market but also with regards to earning potential and inadequate means of production.

Now is the time for organisations, corporates as well as government to pay more attention to cultural and societal norms and how these impact the working environment. Structural forms of inequality, socio-political regimes, cultures as well as diverse geographic territories have been aspects that are under-represented in the gender frameworks leaving organisations with a shallow understanding of gendered dynamics or completely ignoring them.

Only by understanding the diversity that is present in our country can we possibly hope to overcome the grave inequalities that have plagued our nation for decades. Womxn are bearing the brunt of decisions and old laws made by men, this is not fair and neither is it sustainable. The South African government needs to do more introspection and not simply put words to paper. These words must turn into actions that can be sustained for generations to come. Failing which, the mothers, sisters and daughters of our land will never really bask in the brightness of the "rainbow nation."



WITH THIS RING I THEE WED

The LGBTQI+ community has come a long way in South Africa, with the country making much progress towards celebrating and recognising its members.

As the first African country to legally recognise same-sex unions, South Africa is a beacon of hope on a continent that still punishes same-sex couples harshly, with many LGBTQI+ people fleeing their countries of birth to take up residence in a "free" South Africa. However, despite the legal headway, South Africa still has a huge problem with homophobia and transphobia.

In 2006, South Africa became the first country in Africa to recognise same-sex marriages when the Civil Union Act was passed by Parliament. The Act was introduced after the Constitutional Court ruled it unconstitutional for the state to provide benefits of marriage to opposite-sex couples, yet deny same-sex couples the same. However, Section 6 of the Act provided that a marriage officer may, in writing, inform the Minister of Home Affairs that he or she objects to solemnising a civil union between persons of the same sex on the ground of conscience, religion, and belief.

As a result of Section 6, many same-sex couples faced discrimination at Home Affairs offices and some couples were also forced to travel to other provinces because local marriage officers refused to solemnise their unions.

The provision resulted in same-sex couples being treated as second class citizens and being turned away from Home Affairs offices that could not offer officials to provide the service.

In October 2020 President Cyril Ramaphosa signed into law the Civil Union Amendment Bill, in a move that will now see marriage officers in the employ of the state no longer having to decide whether to officiate same-sex marriages or not. Under this law marriage officers will now be barred from objecting to solemnise same-sex marriages. This revokes Section 6 of the Civil Union Act of 2006.

The Act also requires the minister of Home Affairs to ensure that there is a marriage officer available to solemnise a civil union at every Department of Home Affairs office.

This brings a much-needed change that the LGBTQ+ community has been advocating for since 2006, when SA became the first country in Africa and the fifth in the world to legalise civil unions between people of the same sex.

LGBT MILESTONES IN SOUTH AFRICA

OCTOBER-NOVEMBER 1998

The 1998 Employment Equity Act 55 becomes law, prohibiting employment discrimination based on sexual orientation and HIV status, among other categories.

MARCH 2004

Alteration of Sex Description and Sex Status Act takes effect, allowing trans and intersex people to legally change their gender.

DECEMBER 2005

The Constitutional Court rules that South Africa's Marriage Act is unconstitutional because it does not allow same-sex couples to marry. The Court gives the Parliament one year to alter the law.

DECEMBER 2010

A South African Gay Pride Flag, designed by Eugene Brockman, is flown for the first time at the Mother City Queer Project costume party in Cape Town. Though not an official national symbol, the flag has been registered at South Africa's Bureau of Heraldry as the heraldic flag of the LGBTI Association of South Africa.

MARCH 2011

National Task Team established to address hate crimes against LGBT people.

APRIL 2011

LGBT activist Noxolo Nogwaza is raped and murdered in an anti-LGBT hate crime, as determined by Human Rights Watch and Amnesty International.

May 2014

Lynne Brown becomes first openly gay cabinet member in South Africa—and the first in any African government.

2014

South African National Blood Service ends discrimination against gay men.

Instead, SANBS implements a policy favoring donations from individuals in long-term, monogamous relationships, regardless of sexual orientation.

SEPTEMBER 2002

Same-Sex adoption rights established. The Constitutional Court rules that same-sex partners must be allowed to jointly adopt children and adopt each other's children.

MARCH 2003

Same-sex parental rights established. The Constitutional Court rules that lesbian parents of a child must be legally considered the child's parents.

DECEMBER 2006

First legal same-sex marriage is performed.

2007-08

Age of consent is equalised at 16.

WE ARE HERE.....

2016 September

The South African government declares Steven Anderson, an anti-LGBT pastor from the US who had been working in South Africa, an "undesirable person" and bars him and his associates from entering the country.

November 2016

The "Hate Crimes against Lesbian, Gay, Bisexual and Transgender (LGBT) People in South Africa, 2016," is released, revealing disturbing levels of violence against the LGBT community. Among the findings: 41 percent of 2,130 survey participants reported knowing someone who had been murdered because of their sexual orientation or gender identity. 44 percent of respondents said they had experienced anti-LGBT discrimination within the past two years.





More than 91,000 girls in South Africa between the ages of 12 and 17 were married

CHILD MARRIAGE IN SOUTH AFRICA

When we hear the term “Gender-Based Violence”(GBV) as we sadly do more often than not, the first thing that comes to mind is rape. However, GBV is not exclusively related to cases of rape or attempted rape but includes sexual exploitation, forced early marriages, domestic violence, trafficking, marital rape, female genital mutilation and sexual abuse.

It is our daily reality that GBV is widespread and an enormous problem in South Africa. It affects almost every aspect of our daily lives. Unfortunately, GBV is systemic, and deeply rooted in organisations, traditions and cultures.

GENDER-BASED VIOLENCE IS AS A RESULT OF NORMATIVE ROLE EXPECTATIONS AND THE UNEQUAL POWER RATIO BETWEEN THE GENDERS.

GBV can be defined as “the general term used to capture violence that occurs as a result of the normative role expectations associated with each gender; along with the unequal power relationships between genders, within the context of a specific society.”

In different societies, the expectations linked to each gender varies. As old as time itself, patriarchal power structures have dominated and the fact that men are, by virtue of their gender, leaders, is considered the norm. This form of patriarchy is both a political and social system that regards men as superior to women and results in women not being able to protect their own bodies, meet their basic daily needs or be full members that are allowed to participate in society.

As mentioned, there are different types of GBV. In this issue we will discuss forced early marriages.

CHILD MARRIAGES

This is any formal marriage or informal union where one or both of the parties are under 18 years of age. Each year, 12 million girls are married before the age of 18. Shockingly that is 23 girls every minute and nearly 1 every 3 seconds.

Child marriage is not a problem exclusively found in South Africa or Africa but has become a global problem. It is practiced across many countries, religions, races and cultures. The practice is most common in countries like Latin America, South Asia, Europe and the Middle East.

A 2016 Community Survey released by Statistics South Africa showed that more than 91,000 girls in South Africa between the ages of 12 and 17 were married – in either customary or civil marriages – or divorced, separated, widowed or living with a partner. Taking into account that customary marriages are not often officially registered these rates are possibly much higher.

WHY THEN, IN THE YEAR 2021 IS CHILD MARRIAGE STILL HAPPENING?

It is rooted in gender inequality and the belief that girls and women are not equal to males.

Child marriages occur due to many social factors namely poverty, cultural practices, lack of or no access to education and insecurity. Needless to say however that

the factors are different across regions and countries and sometimes even within the same country.

Girls are often seen as burdens to their families and “marrying them off” at a young age is seen as a way to lighten the economic strain on one family and pass it on to another. There is also the aspect of patriarchal control over females sexuality that fuels child marriages. This runs as deep as controlling how a girl must behave, dress and who she is allowed to see or marry. This is why families often shelter their daughters in order to preserve their virginity and secure a good marriage in order to not bring shame upon the family.

A child marriage is usually considered once the girl has started to menstruate, in communities that practice child marriage, the next logical step is marriage.

The darker side of child marriages are seen where traditional practices are linked to harmful traditional practices. This is seen in southern Ethiopia where female genital mutilation is considered a right of passage to womanhood.

Poverty is a main driver for child marriage as the girls from the poorest families in developing countries are married as children. The community believes that this is actually a saving grace from living in impoverishment.

It is common practice that using any money to send a boy child to school and further studies is of more value than keeping a daughter in the family home till she is an adult and old enough to marry of her own accord. Even in the 21st century, giving your daughter away as a child bride can pay off debts, manage disputes or even settle social, economic and political alliances.

Poor families welcome dowries as it is considered a form of income. Some traditions have the girl's family paying a dowry to the boy's family and the it is even considered a “discount” if the girl is young and uneducated.

Insecurity on the part of parents also plays a role in child marriages. Mothers and fathers may feel that they are doing something in the best interest of their daughter to make sure that she is taken care of and safe but they neglect to consider that they are sending their child away to face possible physical, sexual and emotional abuse.

Though it is mind boggling that such practices still exist, we have to be aware of what is happening to young girls who do not have the emotional intelligence at such a young age to distinguish between what is considered right and wrong within a marriage.

This is often where husbands and in-laws take advantage of the girl and this leads to a plethora of life impacting damage inflicted on the girl.



AM I READY FOR SEX?

Some of us are raised with the belief that sex is sacred and only to be shared between a husband and wife but in a world where sex is in our faces all but 24/7, it is very difficult to know exactly when you will be ready to do the deed.

In South Africa, 18 is regarded as the legal age when you become an adult. Statistics however tell another story. A 2013 study conducted by the Human Sciences Research Council (HSRC) reported that 40% of scholars – under the age of 18 - in South Africa reported ever having sex and 12% of them have had sex before they turned 14. Of the 40% of these learners that have ever had sex, 47% have had two or more sexual partners. More than half (58%) had sex in the three months before the survey. One in five (18%) had sex after consuming alcohol. One in ten (13%) had a sexual activity after taking drugs. About a third (33%) of the youth practised consistent condom use, and 18% fell pregnant or made someone pregnant.

So, the reality is undeniable, but how will you know that you are ready to become sexually intimate with your partner? With TV, the internet, our friends, and school conversations on the topic, it is quite difficult to make such a big decision without the proper information and guidance. It all boils down to how you feel though, are you ready?

Firstly you should consider whether the person you intend losing your virginity to is really deserving of this? Do they treat you right? Are they pressuring you to have sex with them or is it something you are both in agreement with? You must feel comfortable with your partner and trust them to keep you safe from disease and unwanted pregnancy. The decision lies with you and only you and this is very powerful.

Sometimes we imagine that our first time will be like in the movies. Candlelight, silk sheet, soft, romantic music in the background and pleasure, pleasure, pleasure. Unfortunately, the movies fail to show you how physically painful your first time can actually be. Remember the tearing of your hymen can bring discomfort and bleeding. But don't be alarmed, this is all natural and that is why you must make sure that your partner is compassionate and gentle. It is a big moment and should be enjoyed and remembered.

If you are at the stage of consummating your relationship it is needless to say that you and your partner have experienced other sexual pleasures that did not involve penetration. Based on these experiences you should know what makes you feel good and what doesn't. It is important to communicate what you like your partner to do to make it all the more enjoyable for you and your bae.

No one should pressure you into having sex when you are not ready. Do it only because you want to. Not because Nono that sits next to you in Geography keeps bragging about her late nights or because bae keeps pressuring you. No girl, you do it for your pleasure and your pleasure alone, everyone else needs to sit down.

Most importantly and on a more serious note though, be sure that you are protected. This means, discuss birth control with your family doctor or clinic sister and start this at least a month before you get under the covers. Make sure that your partner is willing to wear a condom

to limit the passing on of sexually transmitted diseases. If your partner refuses to use protection, refuse him the cookie, it's as simple as that. Someone that does not value your wellbeing and health does not deserve a trip down your vajayjay lane.

Giving up your virginity is a big step and it should be a memorable occasion for you. It is very likely that you may have a few sexual partners in your lifetime, but the first time should not be based purely on heated passion, but rather on what you want, how you want it, where you want it and why you want it.

Remember it is your body and it is always your choice!

Make sure that your partner is willing to wear a condom to limit the passing on of sexually transmitted diseases.



PUBERTY QUIZ

1. Where is sperm made?

- a) Penis
- b) Testes
- c) Scrotum
- d) Prostate gland

2. What causes puberty to begin? Your...

- a) Age
- b) Hormones
- c) Maturity

3. Pubic hair is

- a) Usually coarser than other hair on the body
- b) Always the same colour as the hair on your head
- c) Always short and curly
- d) All of the above

4. After puberty, all boys' bodies will look the same and all girls' bodies will look the same.

- a) True
- b) False

5. During puberty your body becomes able to reproduce, or have children?

- a) True
- b) False

6. You should always do what your friends want to do?

- a) True
- b) False

7. Masturbation is

- a) Massaging your genitals for pleasure
- b) Normal and healthy
- c) Something both girls and guys can do
- d) All of the above

8. Girls and boys will develop some breast tissue during puberty.

- a) True
- b) False

9. Asking someone whether they want to kiss, touch or have sex is called getting

- a) Lucky
- b) Consent
- c) A boyfriend/girlfriend

10. Which hormone is responsible for most of the changes that happen to a girl's body during puberty?

- a) Oestrogen
- b) Testosterone
- c) Insulin

Answers: 1.b. 2.b. 3.a. 4.b. 5.a. 6. b. 7.d. 8.a. 9.b. 10.a

THE MORNING AFTER THE NIGHT BEFORE

Maybe the condom broke or perhaps you just got caught up in the moment. Either way, it's the morning after the night before, and you've realised you may be at risk of an unplanned pregnancy. You need an immediate solution, the morning-after pill can help prevent unplanned pregnancy when taken within 72 hours of unprotected sex.

Important things you need to know about the morning after pill (MAP).

Time is (sort of) on your side

The great thing about the morning-after pill is that you can take it up to 72 hours after unprotected sex and it will still prevent pregnancy. You can get it at your local pharmacy or at a clinic, and they'll give you clear instructions for taking it. The morning after pill is a progestin-only pill that works by preventing ovulation – and if you don't ovulate, you can't fall pregnant.

It's called 'emergency contraception' for a reason

The morning after pill shouldn't be used as your regular form of contraception for a few reasons. Firstly, it's not as effective at preventing pregnancy as proper birth control and it is successful in around 85% to 89% of cases, whereas birth control is between 97% and 99% effective. Secondly, it's more expensive than normal contraception, and you'd have to keep visiting your pharmacy or clinic regularly to get it.

SIDE EFFECTS OF THE MORNING-AFTER PILL, WHICH TYPICALLY LAST ONLY A FEW DAYS, MIGHT INCLUDE:

- Nausea or vomiting
- Dizziness
- Fatigue
- Headache
- Breast tenderness
- Bleeding between periods or heavier menstrual bleeding
- Lower abdominal pain or cramps

There's a better option than the morning after pill

Did you know that IUD (intrauterine device or 'loop') is actually also effective as a form of emergency contraception, and that once it's inserted, it can last up to 10 years? That means it'll prevent unplanned pregnancy after a slip up, and will continue to do so as long as you keep it in. If it is inserted within five to seven days of unprotected sex, the copper IUD works extremely effectively as a form of emergency contraception. The IUD is 99% effective in preventing pregnancy, whereas oral emergency contraceptives are 90% effective. Plus, you'll be able to keep it in and continue to avoid pregnancy until you're ready to replace it or take it out.

The device makes the uterus inhospitable to sperm, and it also stops the endometrium (lining of the uterus) from growing thick enough for a fertilised egg to implant in it.

Therefore, if you haven't yet ovulated, the IUD will destroy the sperm that could fertilise the egg. And if you've already ovulated, the device will prevent the zygote (fertilised egg) from implanting in the uterus.



No emergency contraception can prevent STIs

Although the MAP and IUD can help prevent unplanned pregnancy, they do not reduce your risk of contracting STIs or HIV after unprotected sex. If you've had unprotected sex, whether intentionally or not, it's critical that you visit a clinic as soon as possible. They'll be able to advise you on the best course of action moving forward.

Your period may be affected (and there's a small chance you may still be pregnant)

Because of the high levels of hormones in the MAP, you may find that your next period is earlier, later or heavier than usual, or that your menstrual symptoms are more severe. If your period is very delayed, it's worth taking a pregnancy test. As we've mentioned, the morning after pill is usually but not always effective.

You must visit your doctor or clinic right away

It's important that you get a check-up if you've had unprotected sex. You may have been exposed to STIs, and you may be needing a more effective form of birth control. Your doctor or clinic will be able to advise you on the most appropriate methods available to you. You should also always keep a stash of condoms with you because you never know when you may need them! Prevention is always better than cure.



How elections **work**

VOTER LITERACY

"There was excitement throughout the hospital. The right to vote had been one of the important things we had fought for. Apartheid was based on denying us the right to vote therefore finally being able to vote was important to us."

Ma'Makheswa, (70) was born in the rural village of eRhode in the Eastern Cape. She trained as a nurse and worked at Silimela Hospital near Port St Johns. It was here that she cast her very first vote. Ma'Makheswa cast her first vote at the age of 45! Because she was a nurse, she couldn't take time off, so the government at the time organised special voting systems for the hospital staff.

For people like Ma'Makheswa, the right to vote is deeply attached to her sense of dignity and personhood. As she notes, the apartheid government used the right to vote as a way to deny Black South Africans their rights as citizens.

The right to vote is one of the pillars of South Africa's democracy. Section 1 of the Constitution states that South Africa's democracy is based on "universal adult suffrage, a national common voter's roll, regular elections and a multi-party system of government."

Universal adult suffrage means that South Africans are allowed to choose who will govern. Everyone over the age of 18 is entitled to register and vote in any election.

Section 19 of the Constitution makes voting a right.

- No one can be denied the right to vote.
- The right to vote is a right that a person gains at the age of 18 and lasts until the person dies.
- The right to vote in South Africa is so important that even prisoners are allowed to vote. In most countries, such as the United States of America, once you have been arrested for a crime and convicted, your right to vote is taken away.
- Because of South Africa's apartheid history, South Africans decided that the right to vote should not be taken away under any circumstances.

Conversations around the right to vote often focus on the right to cast your vote on voting day. However, the right to vote protects a variety of political activities and is protected through the law

The right to vote also includes the right to:

- Form a political party (section 19(a)).
- Take part in political activities, including recruiting members for their political party (section 19(b)).
- Vote in elections.
- Vote in secret (section 19(3)(a))
- Stand for public office (section 19(3)(b)).

The Independent Electoral Commission (IEC) is responsible for ensuring that elections are free and fair.

Of course, voting is not only important to people like Ma'Makheswa. Young people's votes are important to ensure that democracy in South Africa continues and survives for the following generations of voters.

This year will see a lot of new younger voters, such as Tebogo from Hamanskraal and Tandile from East London. They will become part of the group of South Africans who will decide which political party will be in power for the next five years.

Tandile says, "It's been very difficult to register because there are other things on my mind like preparing for my matric this year and university studies next year. But Siwo, my cousin, is pushing me to register."

Tebogo says, "I am voting because I want to see our lives improve. We need jobs and I am going to vote for the party that can fight youth unemployment. My community desperately needs drug rehabs for our nyaope problem. I hope whichever party wins the election will tackle that."



Sisterhood

Discuss in your club:

Have you decided who to vote for? What sort of qualities do you look for in a political party?

The right to vote is a right that a person gains at the age of 18 and lasts until the person dies.



EXERCISING YOUR WAY TO BETTER HEALTH

Daily physical activity is essential to maintaining a healthy weight and reducing the risk of chronic disease such as diabetes.

Over and above that exercise can be a great way to lift your mood and improve your ability to deal with stress. When you exercise, your body often feels more relaxed and calm, but there are mental benefits, too. When you engage in exercise, your body and brain produce hormones and neurotransmitters that have a positive impact on your mood, memory, energy levels, and sense of well-being. Some of these hormones are known as endorphins, the body's feel-good chemicals.



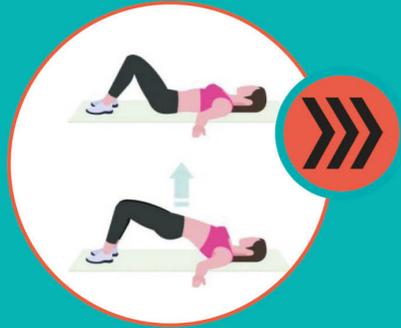
Here are a few basic moves to do at home to start you on your journey to a healthy body and mind. No special equipment required.



- 1 HIGH KNEES**
High knees give you the benefit of sprinting without the space requirements. They're simple to do, just sprint on the spot, driving your knees and your hands upwards alternatively.



- 2 CRUNCHES**
The crunch is a great base ab exercise for building your rock hard abs!
1. Lie flat on your back.
 2. Place your hands at the side of your head or flat beside you. Don't pull on your head or neck.
 3. Tense your abs to bring your torso off the floor, whilst at the same time using your abs to raise your legs into the air to complete the crunch.
 4. Hold for 2-3 seconds before returning to a flat initial position.
 5. One crunch is one rep.



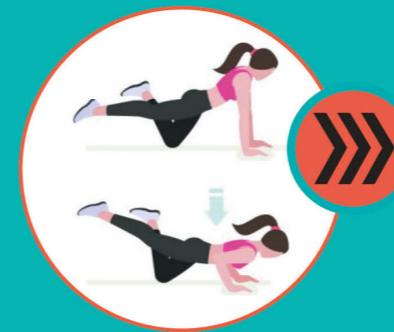
- 3 GLUTE BRIDGE**
An essential move to grow big glutes and work your core!
1. Lie flat on your back with your arms at your side.
 2. Bend your knees and place your heels on the floor.
 3. Squeeze your glutes to lift your hips off the ground until your knees, hips and shoulders are all aligned. Hold for 2-3 seconds at the top.
 4. Slowly release back down until your hips are on the floor. This is one rep.



- 4 OBLIQUE RAISES**
This is a great dynamic movement to hit your whole body whilst working to tone your arms.
1. Hold a dumbbell in each hand in front of you. Place your feet shoulder width apart and squat down. This is your starting position.
 2. Tense your glutes to explode up, using some of that momentum to raise the two dumbbells over your head in front of you.
 3. As you do this, twist to the side by tensing your obliques (side abs).



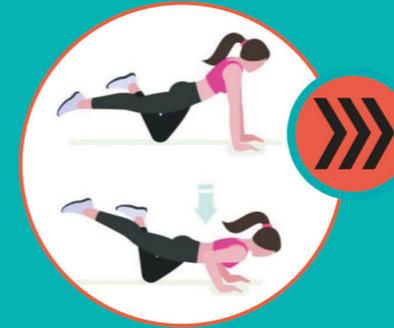
- 5 PLANK JACKS**
1. From a high plank position, tense your core and jump your legs apart as shown.
 2. Repeat the reverse of this motion bringing your feet back together again, tensing your core. This is one rep.



- 6 ONE KNEE PUSH UPS**
If you're struggling to do a full 8-12 reps, do the push-ups on both or one knee as shown above.



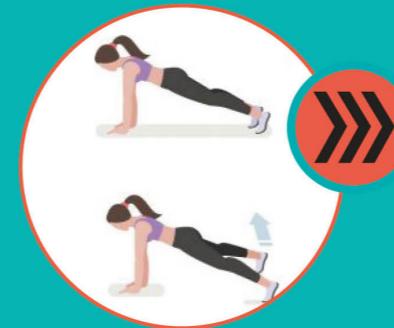
- 7 BENT OVER ONE ARM RAISES**
These lat raises are a great way to work the center of your back more.
1. On your hands and knees, hold a dumbbell in one hand.
 2. Put your weight on your hand without the dumbbell.
 3. Tense your lat on the side holding the dumbbell, raising your arm until it is straight out by your side.
 4. Slowly lower it back down. This is one rep.
 5. Repeat on the other side.



- 8 REVERSE LUNGES**
A great variation on the forward lunge that will help hit additional small muscle groups. This is performed in a very similar way to a standard lunge.
1. Stand with your feet hip width apart. Place your hands on your hips.
 2. Step backwards with one leg, lowering down on the other until your knee touches (or almost touches) the floor. Your front foot should be directly below your knee.
 3. Push back off of your back foot and raise up to your initial position.
 5. This is one rep. Repeat with the other leg.



- 9 AB BIKES**
The ab bike is a great movement to hit all of your ab muscles with one exercise. This is what really builds your rock hard abs!
1. Lay flat on your back, with your feet extended in front of you.
 2. Bend your elbows, placing your hands at the side of your head (you can rest them behind your head, never pull on your neck)!
 3. Bend your knees at a 90 degree angle with your hips.
 4. Cycle between bringing your opposite elbow and knee to each other, whilst extending your other leg outwards as shown. Your legs should circle around like they would if you were riding a bike.
 5. Make sure to twist your torso, tensing your abs as you make a cycling movement. Each time you've completed a cycle of each side, that is one rep.



- 10 PLANK ROTATIONS**
1. Start in a high plank / push up position.
 2. Tense your core, shifting your weight over one of your arms. Lift the other arm, rotating it around until it is pointing up in the air.
 3. Hold for 2-3 seconds. Slowly reverse this motion, keeping your core tense until it is under you securely again. This is one rep.

SIMPLE TIPS TO MAKE YOUR

Diet Healthier

A healthy diet has been scientifically proven to provide numerous health benefits, such as reducing your risk of several chronic diseases and keeping your body healthy. However, making major changes to your diet can sometimes seem very overwhelming. Instead of making big changes, it may be better to start with a few smaller ones.



1.SLOW DOWN

The pace at which you eat influences how much you eat, as well as how likely you are to gain weight.

Your appetite, how much you eat and how full you get, is controlled by hormones. These hormones signal your brain whether you're hungry or full. However, it takes about 20 minutes for your brain to receive these messages, so eating more slowly would give your brain the time it needs to perceive that you are full.

Eating slowly is also linked to more thorough chewing, which has also been linked to better weight maintenance. Therefore, simply by eating slower and chewing more often, you can reduce your risk of eating too much and gaining excess weight.

2.CHOOSE WHOLE-GRAIN BREAD — NOT REFINED

You can easily make your diet a bit healthier by choosing whole-grain bread in place of traditional refined-grain

bread. As opposed to refined grains, whole grains have been linked to a variety of health benefits, including a reduced risk of type 2 diabetes, heart disease, and cancer.

They are also a good source of fiber, B vitamins and several minerals, such as zinc, iron, magnesium and manganese.

3.ADD GREEK YOGHURT TO YOUR DIET

Greek yogurt or Greek-style yoghurt is thicker and creamier than regular yoghurt. It has been strained to remove its excess whey, which is the watery part of milk. The result is a yoghurt that is higher in fat and protein than regular yoghurt. It contains up to three times the amount of protein found in the same amount of regular yoghurt.

Eating a good source of protein helps you feel fuller for longer, helping you manage your appetite and eat fewer calories overall.

Simply replace some snacks or regular yoghurt varieties with Greek yoghurt for a hefty dose of protein and

nutrients. Just make sure to pick the non-flavoured varieties, as flavoured ones may be packed with added sugar and other unhealthy ingredients.

4.EAT EGGS, PREFERABLY FOR BREAKFAST

Eggs are incredibly healthy, especially if you eat them in the morning. They are rich in high-quality protein and many essential nutrients that people often don't get enough of.

Eating eggs in the morning increases feelings of fullness. This has been shown to cause people to consume fewer calories over the next 36 hours, which can be quite helpful for weight.

Therefore, simply replacing your current breakfast with eggs may result in major benefits for your health.

5.DRINK ENOUGH WATER

Drinking enough water is important for your health. Many studies have shown that drinking water may benefit weight loss, weight maintenance and even slightly increase the number of calories you burn daily.

That said, the most important thing is to drink water instead of other beverages. This may drastically reduce your sugar and calorie intake. People who drink mostly water have been shown to consume 200 fewer calories per day, on average, than those who drink other beverages.

6.TRY AT LEAST ONE NEW HEALTHY RECIPE PER WEEK

Deciding what to have for dinner can be a constant cause of frustration, which is why many people tend to use the same recipes again and again. Whether these are healthy or unhealthy recipes, it's always healthy to try something new.

Aim to try making a new healthy recipe at least once per week. This can change up your food and nutrient intakes and hopefully add new and healthy recipes to your routine. Alternatively, try to make a healthier version of a favourite recipe.

7.BECOME MORE ACTIVE

Good nutrition and exercise often go hand in hand. Exercise has been shown to improve your mood, as well as decrease feelings of depression, anxiety and stress. Aside from strengthening your muscles and bones, exercise may help you lose weight, increase your energy levels, reduce your risk of chronic diseases and improve your sleep. Aim to do about 30 minutes of moderate to high-intensity exercise each day, or simply take the stairs and go on short walks whenever possible.

8.REPLACE YOUR SUGARY BEVERAGES WITH SUGAR-FREE OR SPARKLING WATER

Sugary beverages might be the unhealthiest thing you can drink. They are loaded with liquid sugar, which has been linked to numerous diseases, including heart disease, obesity and type 2 diabetes.

Try replacing your sugary beverage with either a sugar-free alternative or simply choose still or sparkling water. Doing so will shave off the extra calories and reduce your excess sugar and calorie intake.

9.EAT FROM SMALLER PLATES

It has been proven that the size of your dinnerware can affect how much you eat. Eating from a large plate can make your portion look smaller while eating from a small plate can make it look bigger.

By eating from smaller plates, you can trick your brain into thinking that you're eating more, making yourself less likely to overeat.

10.DON'T DEPRIVE YOURSELF

Telling yourself that you will never have your favorite foods again is not only unrealistic, but it may also set you up for failure.

Depriving yourself will only make you want the forbidden food more and may cause you to binge when you finally cave in. Making room for appropriate indulgences here and there will teach you self-control and keep you from feeling resentful of your new, healthy lifestyle. Being able to enjoy a small portion of a homemade dessert or indulging in a favorite holiday dish is part of having a healthy relationship with food.

11.SNACK SMART

Snacking on unhealthy foods can cause weight gain. An easy way to help shed kilograms or maintain a healthy weight is to make an effort to have healthy snacks available at home and in your school bag. For example, stashing pre-portioned servings of mixed nuts in your school bag or having cut-up veggies like carrot sticks ready in the fridge can help you stay on track when a craving strikes.

THE BOTTOM LINE

Completely overhauling your diet all at once can be a recipe for disaster. Instead, try to incorporate some of the small changes in this article to make your diet healthier. Some of these tips will help you keep your portion sizes reasonable, while others will help you add nutrients or adapt to something new. Together, they'll have a big impact on making your overall diet healthier and more sustainable, without a huge change in your habits.



HOW TO TRAIN YOUR BRAIN TO FOCUS

1. Try some basic concentration exercises.

When you're trying to fix concentration issues that have been holding you back for months or even years, it's best to get back to basics first. There are several simple concentration exercises you can start with to help you get your focus back.

A few minutes of meditation each morning can be beneficial for your overall mental health, but if you would rather try something a little more active, a "moving" meditation practice might be a better fit. For example, leaving your phone at home and taking a walk with the intention of being mindful, focusing on your breath, and observing the details of the natural world around you can provide low-impact physical exercise and help improve your concentration.

2. Start by reading small sections of a book each day.

Picking up a long novel and trying to finish it in a week might prove difficult for some people. Instead, choose a shorter book and commit to reading small sections each day. Start with ten or fifteen pages, and then try increasing it as time goes on. If possible set a certain time each day as reading time, to get the most out of your book.

3. Bring a book with you to read during

any downtime.

For many of us, reaching for our smartphone when we have even a minute or two of downtime throughout the day is a deeply ingrained habit. How do we break the cycle? Get into the habit of bringing a book with you, and the next time you're waiting for an appointment or find yourself with a few minutes to kill, leave your phone in your bag and take out your book instead. This will help you get rid of that pesky instinct to check your phone every time you have a spare minute, and you'll be surprised at how much reading you can get done during those lulls in the day.

4. Take notes!

Give yourself a little homework to take your reading from passive to active and motivate yourself to concentrate. This is especially helpful for students with long assigned readings, even if you are reading for pleasure, you can still benefit from note-taking while you read. Grab a highlighter or pen and underline quotes that you like. Mark up important passages with your observations and use sticky notes to indicate sections with useful information you might want to come back to. In addition to improving your concentration, this will prompt you to use your analytical thinking skills. You won't just be skimming each page—you'll have to stop and think about what you're reading.

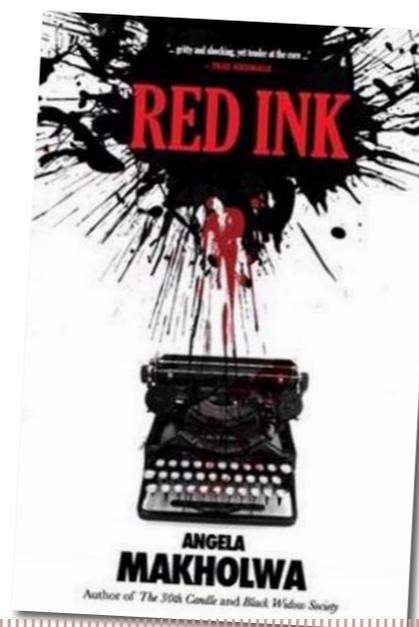
Rise loves



Red Ink - Angela Makholwa

When public relations consultant and ex-journalist Lucy Khambule – young, beautiful and ambitious – receives an unexpected call from Napoleon Dingiswayo – a convicted serial killer, nicknamed The Butcher by the media – her life takes a dramatic turn. Dingiswayo wants Lucy to tell his story. Intrigued by Dingiswayo's approach, Lucy decides to take this opportunity to fulfil her life-long dream of writing a book, but it comes at a cost she could never have imagined.

After their initial contact, Dingiswayo becomes an all-too-obliging subject and Lucy soon discovers that her choice of topic is not for the faint-hearted. Soon after meeting him in Pretoria's notorious C-Max Prison, Lucy's world is turned upside down by a series of violent and disturbing events. Dingiswayo is behind bars, but Lucy begins to suspect that the brutal attacks may have something to do with him. Who is this frightening man, and what motivates him? As Lucy learns that there is more to Dingiswayo's story than the police discovered, she is forced to decide what price she is willing to pay to pursue her dream. Red Ink is a gripping thriller. Set in present-day Johannesburg, it has a distinctly local flavour and brings the city to life through all its contrasts and contradictions.

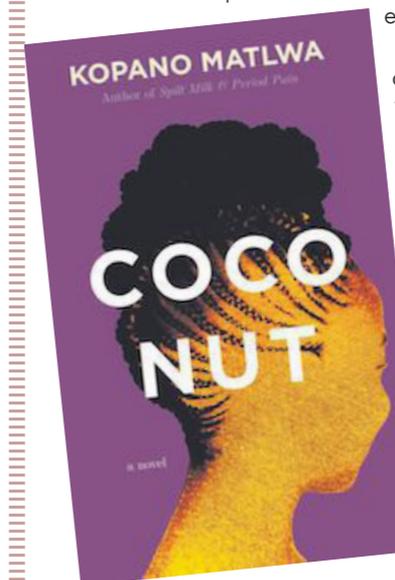


Coconut - Kopano Matlwa

An important rumination on youth in modern-day South Africa, this haunting debut novel tells the story of two extraordinary young women who have grown up black in white suburbs and must now struggle to find their identities.

The rich and pampered Ofilwe has taken her privileged lifestyle for granted and must confront her swiftly dwindling sense of culture when her soulless world falls apart. Meanwhile, the hip and sassy Fiks is an ambitious go-getter desperate to leave her vicious past behind for the glossy sophistication of city life but finds Johannesburg to be more complicated and unforgiving than she expected.

These two stories artfully come together to illustrate the weight of history upon a new generation in South Africa.



Sweet Medicine - Panashe Chigumadzi

Sweet Medicine takes place in Harare at the height of Zimbabwe's economic woes in 2008. Tsitsi, a young woman, raised by her strict, devout Catholic mother, believes that hard work, prayer and an education will ensure a prosperous and happy future. Out of university, Tsitsi finds herself in a position much lower than she had set her sights on, working as a clerk in the office of the local politician, Zvobgo. She finds herself increasingly compromising her Christian values to negotiate ways to get ahead. Sweet Medicine is a thorough and evocative attempt at grappling with a variety of important issues in the postcolonial context.

Ask the experts

The experts answer your health and wellbeing questions. Get in touch with us.



ARE VACCINES SAFE?

Everyone keeps telling me that vaccination is not safe. I want to vaccinate but I'm scared I'll die. Please help!

Regards,
Scared

HELLO THERE SCARED,

You have every right to be scared. Your feelings are totally valid. The coronavirus experience has been scary for all of us. Even the experts themselves have been greatly challenged by this situation.

To be honest, I was also scared to take the vaccination. Especially because the circumstances around these vaccines have been dodgy at best.

I have friends from all over the world who have been vaccinated. Some of them told me that after they took the vaccination, they felt mildly fluish and then felt better after a few hours. My other friends told me that they did not feel anything at all, besides the injection itself.

While my friends' experiences have been mildly different, they can all agree that they are happy to have taken the vaccination. It has allowed them to continue to live out their normal lives; and return to being more productive than before.

Ultimately, you cannot be forced to take the vaccination, as this would go against section 12 of the Constitution which protects people's choices in so far as their bodies are concerned.

However, I believe that, if we truly wish to fight this horrible illness, we all need to agree to do our best. At the moment, our best is to social distance, wear our masks, sanitise; as well as to take the vaccination once it becomes available to everyone.

The vaccination is not a "silver bullet" for the virus. However, it will protect many lives; and will ensure that our ability to be economically productive is restored. Remember that, if we are sick; and if we spend money on the pandemic, our country cannot generate money. This means that businesses lose money; and people lose jobs. One of the greatest losses of the pandemic has not only been the loss of human lives, but the loss of the quality of life through economic shutdown.

ITCHY VAGINA

I have a problem. My vagina is itching badly and now there is thick white stuff. I haven't got a boyfriend at the moment so I don't know what is happening. I'm too shy to go to the clinic.

Worried

DEAR WORRIED,

It sounds like you have thrush. You shouldn't be at all shy to go to the clinic – it is their job to help you and make sure that you get the proper treatment. Thrush isn't sexually transmitted and the clinic staff will understand that.

NOT READY FOR SEX

My partner wants to have sex but I don't think I'm ready. How do I tell my partner? I don't want to lose my partner but I don't want to do something I'm not ready for?

Regards
Not Ready

HELLO THERE NOT READY,

Thank you for sharing such a vulnerable and important issue with me. This is a very big decision, And, no matter how much you love your boyfriend, it should not be taken lightly.

The first thing that you, and every other young person in South Africa, need to understand is that sexual acts are illegal if there is no consent between the people concerned.

According to the Sexual Offences Act, a sexual act includes, but is not limited to, the following:

- a. Penetration of or with the genitals, an object or any other part of the body into other body parts such as the mouth, genitals and anus.
- b. Making direct or indirect contact with breasts (female), genitals, mouth, genitals, anus and other parts of the body. This includes kissing.
- c. Masturbation and other forms of sexual stimulation.
- d. Exposure or display of genital organs, anus or female breasts (Flashing) and other sexually suggestive acts.

In South Africa, there are two minimum requirements that have to exist in order for consent to exist:

1. The first requirement is that the people engaged in the sexual act/s have the capacity to agree to the sexual act/s. Things that can adversely affect the capacity are as follows:

- Not being of legal age;
- Mental illness; and
- Mental disability.

2. The second requirement for consent is that the people engaged in the sexual act/s both agree to doing it on their own voluntary and freely determined terms.

And, therefore do feel not forced or manipulated. A person cannot agree to sexual acts if they are:

- Drunk or intoxicated;
- Asleep or unconscious;
- On medication of drugs which limit the soundness of their mind and judgment;
- Being misled about the identity of the person they are having sex with;
- Being misled about the extent to which they will engage in sexual acts;
- Forced, intimidated or groomed.

Let us start off by talking about age of consent in South Africa:

It is illegal for a child under the age of 12 to engage in sexual acts, under any circumstances. The reason for this is that such a child does not have the capacity to fully understand and appreciate the sexual acts they are performing. Therefore, they cannot be able to consent.

A child that is 16 years or older can have sex with someone who is under the age of 16. Unless, there is an age difference of two or less years between these children. So, a 15 year old is allowed to have sex with a 17 year old.

Anyone who is 16 years and older is allowed to engage in sexual acts, provided that the people are not suffering from a mental illness or mental disability which limits or prohibits their capacity to fully understand and appreciate the sexual act.

No one is allowed to force you to have sex. If you feel uncomfortable, remember that Section 12 of the Constitution empowers you to determine what happens to your body; and allows you say no to your boyfriend. Further, under section 10, your boyfriend has a Constitutional responsibility to respect your choice, your body and your dignity.

If you and/or your partner do not have capacity and/or voluntary agreement to engage in sexual acts, please do not do it as it is illegal to do so.

Remember this formula for consent:

Capacity + Voluntary agreement (CaVa) = Consent

THUTHUZELA CARE CENTRES AROUND SOUTH AFRICA

Province	City/town/region	TCC	Hospital/clinic	Tel.	Province	City/town/region	TCC	Hospital/clinic	Tel.	
Eastern Cape Province	Bizana Region	Bizana TCC	St Patricks Hospital	039 251 0236 ext. 3066	Limpopo Province	Groblersdal	Groblersdal TCC	Groblersdal Hospital	013 262 3024	
	Butterworth	Butterworth TCC	Butterworth Hospital	047 491 2506		Polokwane	Mangkweng TCC	Mangkweng Hospital	015 286 1000	
	Port Elizabeth	Dora Nginza TCC	Dora Nginza Hospital	041 406 4112		Mokopane	Mokopane TCC	Mokopane Hospital	015 483 4141	
	Nyandeni Region	Libode TCC	St Barnabas Hospital	047 568 6274		Musina	Musina TCC	Musina Hospital	015 534 0446	
	King William's Town	Grey Hospital TCC	Grey Hospital	043 643 3300		Giyani	Nkhensani TCC	Nkhensani Hospital	015 812 0227	
	Lusikisiki	Lusikisiki TCC	St Elizabeth Hospital	039 253 5000		Seshego	Seshego TCC	Seshego Hospital	015 223 0483	
	East London	Mdantsane TCC	Cecilia Makiwane Hospital	043 761 2023		Thohoyandou	Tshilidzini TCC	Tshilidzini Hospital	015 964 3257	
	Mthatha	Mthatha TCC	Mthatha General Hospital	047 502 4000		Mpumalanga Province	Ermelo	Ermelo TCC	Ermelo Hospital	017 811 2031
	Matatiele	Taylor Bequest TCC	Taylor Bequest Hospital	039 737 3186			Kabokweni	Temba TCC	Themba Hospital	013 796 9623
Free State Province	Welkom	Bongani TCC	Health Complex	057 355 4106	Nkomazi		Tonga TCC	Tonga Hospital	013 780 9231	
	Sasolburg	Metsimaholo TCC	Metsimaholo District Hospital	016 973 3997	Witbank		Witbank TCC	Witbank Hospital	013 653 2208	
	Bethlehem	Phekolong TCC	Phekolong Hospital	058 304 3023	North West Province	Rustenburg	Job Shimankane TCC	Job Shimankane Tabane Hospital	014 590 5474	
	Bloemfontein	Tshepong TCC	National District Hospital	051 448 6032		Klerksdorp	Klerksdorp TCC	Klerksdorp Hospital	018 465 2828	
Gauteng Province	Diepkloof, Soweto	Baragwanath/Nthabiseng TCC	Chris Hani Baragwanath Hospital	011933 9234		Mafikeng	Mafikeng TCC	Mafikeng Provincial Hospital	018 383 7000	
	Duncanville, Vereeniging	Kopanong TCC	Kopanong Hospital	016 428 5959		Potchefstroom	Potchefstroom TCC	Potchefstroom Hospital	018 293 4659	
	Laudium	Laudium TCC	Laudium Hospital & Community Health Centre	012 374 3710		Taung	Taung TCC	Taung District Hospital	053 994 1206	
	Lenasia South, Johannesburg	Lenasia TCC	Lenasia Hospital	011 211 0632	Northern Cape Province	De Aar	De Aar TCC	Central Karoo Hospital	053 631 7093	
	Mamelodi	Mamelodi TCC	Mamelodi Day Hospital	012 841 8413		Kimberley	Galeshewe TCC	Galeshewe Day Hospital	053 830 8900	
	Tembisa	Masakhane TCC	Tembisa Hospital	011 923 2116		Kuruman	Kuruman TCC	Kuruman Hospital	053 712 8133	
	Natalspruit	Sinakekelwe TCC	Natalspruit Hospital	011 909 5832		Springbok	Springbok TCC	Van Niekerk Hospital	027 712 1551	
KwaZulu-Natal Province	Pietermaritzburg	Edendale TCC	Edendale Hospital	033 395 4325	Western Cape Province	George	George TCC	George Provincial Hospital	044 873 4858	
	Newcastle	Madeadeni TCC	Madadeni Hospital	034 328 8291		Bellville	Karl Bremer TCC	Karl Bremer Hospital	021 948 0861	
	Empangeni	Empangeni TCC	Ngwelezana Hospital	035 794 1471		Khayelitsha	Khayelitsha TCC	Khayelitsha Hospital	021 360 4570	
	Phoenix	Phoenix TCC	Mahatma Gandhi Memorial Hospital	031 502 233	Mannenburg	Mannenberg TCC	GF Jooste Hospital	021 699 0474		
	Port Shepstone	Port Shepstone TCC	Port Shepstone Regional Hospital	039 688 6021	Atlantis	Wesfleur TCC	Wesfleur Hospital	021 571 8043		
	Westcliffe	RK Khan TCC	RK Khan Hospital	031 401 0394	Worcester	Worcester TCC	Worcester Hospital	023 348 1294		
	Stanger	Stanger TCC	Stanger Provincial Hospital	032 437 6290/6118						
	Umlazi	Umlazi TCC	Prince Mshiyeni Memorial Hospital	031 907 8496						



health

Department: Health
REPUBLIC OF SOUTH AFRICA



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