

# RISE

YOUNG WOMEN'S CLUBS



Your 26<sup>th</sup> Edition



LIFE MATTERS

22 MEET THE NEW CEO

4 HOW TO MAKE A MASK 28





## WOMXN TAKING THE LEAD

The year 2020, a year that transformed us all to being great custodians of our lives, by making sure that we adhere to ALL lockdown regulations in the quest of curving the surge of COVID 19. In this cool 26th issue we celebrate womxn who come from nothing, just like you and I, but have risen to be leaders and the most influential womxn in SA, such as, Phinah Kodisang, Soul City's newest Commander in Chief. While we advocate for a friendly and safer SA, we do have to acknowledge that our fight against GBV continues. During level 5 and 4 of lockdown, we saw high numbers of GBV cases reported. We give you guidelines of how technology through #Safetipin can assist you when you are in danger.

How are we holding local government accountable as young womxn? Learn more on how to engage them, the steps to follow and when to make your move. Yes, because your voice matters! We also have a look at the comprehensive sexuality education by the department of Education and Sexual reproductive health rights in general. As we continue to normalise social distancing, sanitising, washing hands and wearing our cool masks, let us not forget to live and Rise above all adversities. Check Impilo always and remember that your mental health is wealth.

*Palesa*

### Definitions

- CSE** - Comprehensive Sexuality Education
- DBE** - Department of Basic Education
- IDP** - Integrated Development Plan
- AR** - Annual Report
- SDBIP** - Service Delivery and Budget Implementation Plan

## CONTENTS

- 2** Word On the Street
- 4** Who is Phinah Kodisang
- 7** Simamkele Dlakavu, the Activist
- 10** Fighting GBV
- 12** @Safetipin - Your Safety
- 14** Sexuality in Education
- 16** Introducing Soul City's Local Advocacy Project
- 20** Sexual Reproductive Health Rights During Covid-19 - Your Rights
- 22** #NakedTruth - Living With HIV
- 25** Black Girl Magic
- 26** Take the Healthy Eating Quiz
- 28** How To Make Your Own Mask
- 30** Boost Your Immune System
- 32** Covid-19 Crossword -
- 34** Life Matters
- 36** Stay Safe if You Drink



**Sisterhood**

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

[@RiseTalkShow](#) [f RiseYoungWomensClubs](#)

Commissioning Editor: Refilwe Madumo  
Designer: Londeka Dlamini

Publisher: Soul City Institute  
© Soul City Institute 2020

# Youth Zone

Ingosi Yentsha

Thakaneng

Tshivenda

Sikhatsi Selusha

Nkarhi wa Lavantshwa

12

9

6

Ixesha Lolutsha

Sikhathi SabaTjha

Nako ya Basha

Sepedi

Jeugsessie

*A time at the clinic just for young people*



# PROUD TO SERVE THE YOUTH OF SOUTH AFRICA



# GENDER BASED VIOLENCE

## DURING THE COVID PANDEMIC

The KZN Ndwedwe Rise Club shared their opinions on how the National Lockdown during the COVID-19 pandemic affected gender-based violence.



**ASANDA MZOBE, 17**

GBV was on the rise during the National Lockdown, especially on Level 5. The brutality of the killings of women is despicable, however I have seen that since we were on Level 2 it became better.



**NOKWANDA MBATI, 18**

Womxn suffered verbal and financial abuse from their partners. Men were experiencing various feelings of helplessness, anger, stress that they directed towards their partners.



**MANDISA SMAMANE, 17**

GBV has never improved, many women were locked down with their abusive partners. The sad thing is that, it was happening in private spaces where no community member could witness or help.



**MANDY NGONWANA, 16**

Men were stressed and frustrated. Hunger affected a lot of people during this time. I think the financial implications from level 5 really made things hard and women suffered a lot of the violence.



**NONTOBEKO KHUMALO 16**

GBV was high because there was nothing for people to do other than routine, wake up, eat, clean watch TV. Fights broke out over small things in most households which led to violent incidents.



**NOMTHANDAZO HLOPHE, 17**

I think GBV was not that bad because alcohol was banned. I think the impact of alcohol's unavailability played a huge role in the decreased GBV incidents.



**NONDUMISO MTHEMBU, 16**

In my community a lot of men came back home for the National Lockdown. The fact that there was a ban on alcohol and tobacco products, majority of women in the community experienced a lot of emotional abuse and violence from their partners. But the men did not understand that this could have in fact helped them in the future to stop the violence altogether.



**YOLANDA NGOBESE, 18**

GBV has always been high even before the COVID-19 Pandemic, in KZN there were so many dead bodies of women discovered who were victims of femicide. I don't think the alcohol ban had anything to do with the GBV increases because we have always had high GBV.



**NONHLANHLA NGCOBO, 18**

GBV was the most reported in local news in our community. It's sad because a lot of women became punching bags for their partners.



**LELO GUMEDE, 16**

Lockdown regulations created a black market for illegal sales alcohol. It caused all problems associated with women abuse and GBV.



**PROMISE PHEWA, 18**

During the National Lockdown, unemployed women were affected the most by GBV. In my community there seemed to be a way for womxn to tackle the issue by creating a safety network via Whatsapp.



**NOKPHIWA PHEWA, 17**

Gender Bases Violence was high during Lockdowb. Women were stuck with rapists, everyone was home. They suffered Gender based Violence.



**BELU NGIZWA, 18**

I believe that men got the opportunity to stay home with women abused them. The opportunity presented itself.



**ZAMA HADEBE 17**

Men took advantage and raped young children in the home, a criminal act they knew could not be reported because of the circumstances. A lot of women including children were placed in a dangerous situation during lockdown.



**STHANDIWE NGCOBO, 17**

During the Lockdown unemployed women were most affected by Gender Based Violence. In my community it seemed that the only way women could tackle this issue was creating a safety network via Whatsapp.



INTRODUCING SOUL CITY'S NEW CEO

# Phinah Kodisang

Phinah Kodisang was born and raised in Ga-Rankuwa, between zones three and seven. She is the eldest of 3 children, all girls. Her family lived in a two-roomed "mkhukhu" on a stand they bought to build a house. "People referred to us as the girls from the white mkhukhu until it changed and became yellow, then we became the girls from the yellow mkhukhu". The building of their house took long. They moved to the stand in 1989 but their house was only finished in the early 2000's. "Sometimes people define you by your current situation. But you are still on a journey to your destination."

Phinah appreciates her humble beginnings because she believes that they shaped the woman and leader she is today. The "mkhukhu" was a symbol of pride when she graduated with a BA in Community Development and a big tent was erected at the back of their yard. "Can something good come out of a mkhukhu" she asks, "of course yes.. look at me!"

Phinah believes she grew up in a feminist household. Not because her mother was a feminist (which she was) but because her father created an environment that affirmed them and made it possible for them as girls to thrive. He was never intimidated by his wife's career. Phinah's mom was a nurse and the main breadwinner of the family while her dad was an entrepreneur. He used to do odd welding jobs and his income was not constant. Like many families there were challenges but her home was mostly a happy home, where her father played a critical role in raising girls that were strong, independent and took care of the running of the household while Mama went to work. "He cooked, cleaned, made lunches for school, made sure our uniform was ready. All we had to do was focus on our books. To this day, I still don't know how to iron because he never let us iron our own clothes" she says with a laugh.

### Teen Mom

Phinah became a mom at nineteen. She was in her second year at university when she realised she was pregnant. Knowing she had disappointed her parents, she hid it from them. She thought about the sacrifices they had made for her to study. She went home for the June holidays with a shining report, full of distinctions. When she saw the joy in their faces, she decided not to spoil it. She decided she would tell everyone about

her pregnancy tomorrow. But that night, she started experiencing labour pains. She had to be taken to hospital, where her mom received her. She had a healthy baby girl. When she came back home from the hospital, her father cried and asked her why she felt she couldn't trust them? Both her and the child were embraced and accepted.

When she had to go back to school, her father took care of her child until she was three years old and ready to go to pre-school. "That's the gift he gave me. He shaped my beliefs about men and their relationship to women. He took such good care of my child and I will always be grateful to him."

After her degree, Phinah obtained her Honours at the University of Pretoria and went to do her Master's at the University of Wales in the United Kingdom. She had begun to pursue her PhD but her father fell ill. Because of their close relationship, it affected her badly and she decided to prioritise him and her family until he passed away in January of 2014.

### Her Work, Her Life

Phinah believes her career chose her. Whether it was by destiny or opportunity, she found jobs that she felt she wasn't qualified for but was prepared for. Her first ever job, fresh out of university, was as a manager for the Centre for Youth Development in Kagiso. After that, she worked for World Vision as a Monitoring and Evaluation officer

for South Africa. With her leadership, South Africa was considered above standard with the research reports the organisation was producing.

She then went from there to Ndlovu Care Group in Groblesdal, that job boosted her confidence because they saw her worth and paid her 350% more than her last job. Because she missed being home with her children, she came back to Johannesburg to work for Wits RHI as a programme manager for the Community Care Centre, and then later became programme manager for the adolescent programme where her passion for working with young womxn was ignited.

From working with Wits RHI, Phinah joined Soul City Institute. Phinah's journey with Soul City Institute started in April of 2015 when she joined as a senior manager Monitoring and Evaluation. She quickly went up the ladder and was promoted to Executive Programmes in November of 2015. Phinah says she is a system's thinking person. She is the kind of leader who gives everyone

One of the biggest injustice for young womxn is how much appearance matters. Young womxn are expected to fit in to be acceptable but they are more than how they look. You are more than your body, dark skin, or where you grew up. Many girls haven't gotten that message yet.

“Young womxn, that you have off ramped and made mistakes, doesn't mean it's over. Don't lose hope. Know where you want to go in life..”

space and opportunity to play their part and to contribute to making their organisation a success. One of the highlights of her career is the role she played in taking Soul City from a C rating(non performance) to an A rating on one of their big grants, their Global Fund.

She speaks highly of how she was supported by the former CEO of Soul City who encouraged her to apply for the CEO position when it became available and appreciates that the Soul City Institute board saw her potential and appointed her as CEO. “When opportunities are available to you, show up each time. I go to bed every night feeling like I gave it my all.”

### Personal struggles

Phinah feels she made sacrifices to get to where she is. She didn't get to raise her children because she was building her career. She traveled a lot and didn't see her children grow. She is a single mom and only started staying with them in 2012. There was a time she didn't believe in herself because of her weight.

“Growing up being reminded how fat I am and how fat is not beautiful, used to hurt, I felt I had to work hard because I didn't want people to concentrate on my fatness but rather on my performance and achievements.” This is somewhat still a struggle that she sees her daughter battling with and she wants to make sure both her and her daughter overcome body shaming for themselves.

### To Young Womxn

Phinah says, “One of the biggest injustices for young womxn is how much appearance matters. Young womxn are expected to fit in to be acceptable but they are more than their looks. You are more than your body, dark skin, or where you grew up. Many girls haven't gotten that message yet. We can't use the same standard to measure everyone when we are not the same. How many young people, like me, had a child when they were young but were denied the opportunity to continue studying? They are punished forever. What about young womxn who want to belong, but are rejected by their parents because of their sexuality? We kill their futures. If they don't want to go to university, but have other life plans, let them follow their dreams. If a young womxn is pregnant and doesn't want a child, allow them the agency to choose what they want to do - whether they choose to keep the child or terminate - and don't impose on them what they should do. The world would be so much better if we were embracing each other's choices. Even if my choice is different from yours.

“Young womxn, that you have off ramped and made “mistakes”, doesn't mean it's over. Don't lose hope. Know where you want to go in life. Ask for help. You need people who will cheer you on. If people are not supporting you, mute that voice and listen to the voice that encourages you. You determine the future you want for yourself.”

# THE ACTIVIST

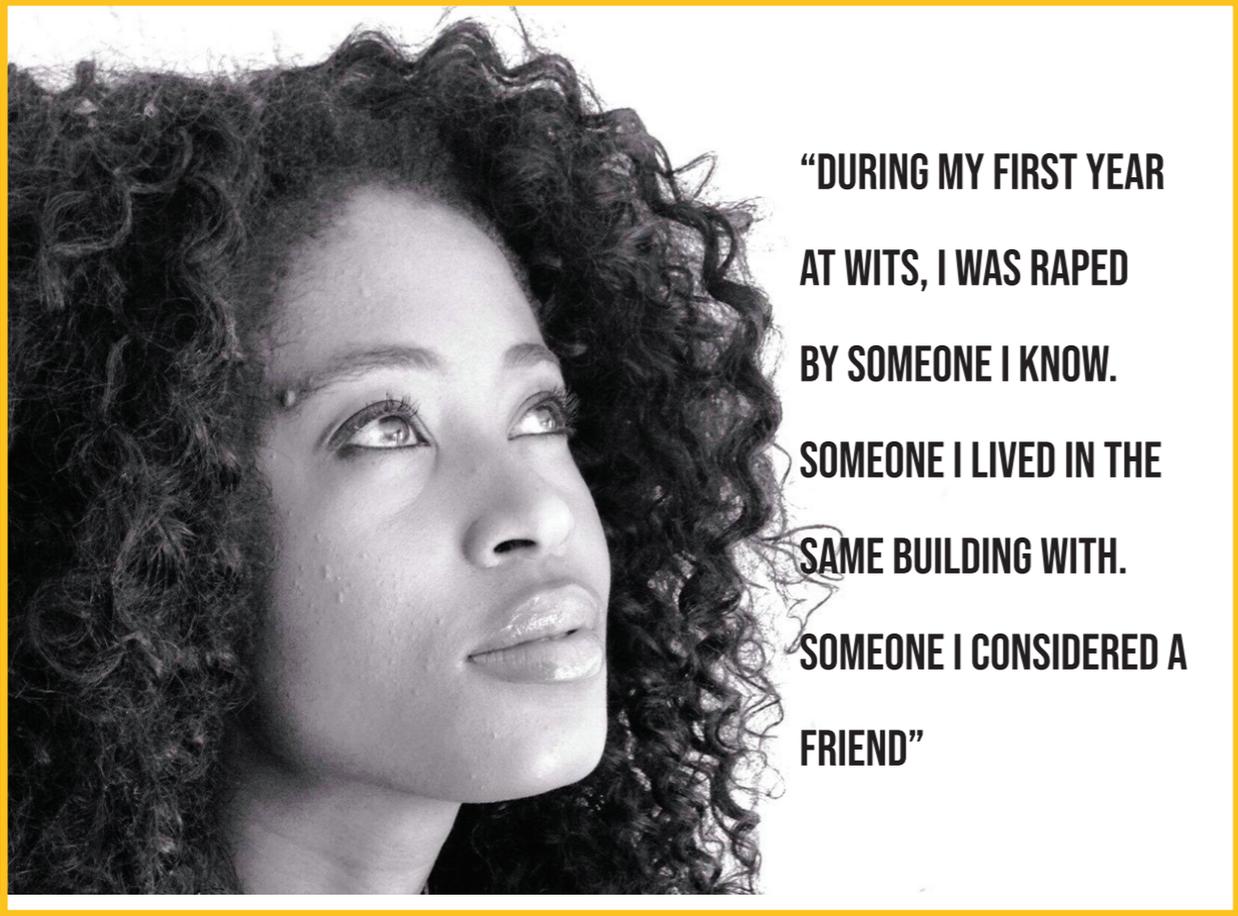
Simamkele Dlakavu is a young woman who has already made big waves as an activist.

Simamkele spent her childhood and school years in Ezibeleni, a township outside Queenstown in the Eastern Cape. She comes from a very loving home. One of her early memories was a woman who came to their door. She had been beaten up and left naked by her partner. Simamkele's mother took her in and gave her shelter. "My mom is the kindest person ever. She made

our home a safe place for many people."

#### HIGH SCHOOL

In high school, Simamkele was very active in her community. She joined a Rotary Interact Club. The aim was to encourage young people to do service and



**"DURING MY FIRST YEAR  
AT WITS, I WAS RAPED  
BY SOMEONE I KNOW.  
SOMEONE I LIVED IN THE  
SAME BUILDING WITH.  
SOMEONE I CONSIDERED A  
FRIEND"**

become leaders. They held cake sales to buy school uniforms for those who struggled and visited old age homes. She was also part of the Junior City Council and in Grade 11, became the Junior Mayor of the Lukhanji Municipality. In Grade 11 a man from the University of Cape Town visited their school.

He told the pupils that it was possible for them to get into a good university. "He told us that even if we only have one textbook we need to know that book very well. You have to stop watching Generations and tell yourself: I'm in charge of my future and every moment counts." Simamkele was inspired. She put all her energy into her schoolwork. From being an average student, she worked hard enough to rank fifth in her Matric year.

"We have to act as if our actions can push us together in the direction of freedom. Young people are always at the forefront of radical struggle and they always make the most important contributions. One generation is standing on the shoulders of a previous one." - Angela Davis

#### UNIVERSITY

At the end of Matric, Simamkele was accepted into Wits. Here she did a BA in International Relations and Political Studies and a Masters degree in Political Studies. She is currently a lecturer in Gender Studies at the University of Cape Town. She continued to do activism work. She started an NGO to help young people from remote areas get access to university.

She has also worked for the DREAMS Programme (Determined, Resilient, Empowered, AIDS-free, Mentored, and Safe women). She became part of black feminist groups who are fighting gender-based violence and has created a community with many other activists.

#### SECRET

But no one knew that Simamkele was carrying a secret. In her first year at university, she was raped by a man she knew well. She did not want to tell anyone because she knew her mother would force her to come back home to Queenstown.

"During my first year at Wits, I was raped by someone I know. Someone I lived in the same building with. Someone I considered a friend. In second year, I had a conversation at res with three of my friend and they admitted it had happened to them too. So if they say 1 in 3 women have been raped or sexually assaulted, it's real. Rape is real, rape culture is everywhere. The silence isn't about whether rape happens or not, the silence is about protecting rapists. We need to name and shame the rapists. Men who rape continue like nothing happened but we bear the scars and trauma. That has to stop."

#### PROTESTS

In 2015 a group of young womxn published a list of people who had raped them at Rhodes University. This gave Simamkele the courage to reveal in public what she had survived and kept a secret for so long.

In 2016 Simamkele was part of a silent protest during a speech given by President Jacob Zuma at the ICC. Simamkele and three other women, Naledi Chirwa, Amanda Mavuso and Nyiko Shikwambane, stood in front of the president, holding up posters that reminded people of his rape trial, 10 years before. The posters read: # - 10 yrs later - Khanga - Remember Khwezi. "There are many different types of protests. Sometimes it is powerful to be silent – it shows how women are being silenced by powerful men. Sometimes you need to be loud. You need to shout, swear or bang on empty pots. Protest is a type of language."

#### SELF CARE

Being an activist is hard work. Often activists are so concerned with the cause that they forget to look after themselves. Simamkele feels that if you want to change the world, it is important to look after yourself as well. "Self care is a courageous and revolutionary act. Society does not care for us – so loving yourself is a form of resistance."

When she is exhausted, Simamkele takes care of herself by being alone. She switches off her phone, reads, listens to Beyoncé and drinks cream soda. She also calls her mom. "I love my mom so much. Last year I was going through a hard time and my mom reminded me of

**"THERE ARE MANY DIFFERENT TYPES OF PROTESTS. SOMETIMES IT IS POWERFUL TO BE SILENT – IT SHOWS HOW WOMEN ARE BEING SILENCED BY POWERFUL MEN. SOMETIMES YOU NEED TO BE LOUD. YOU NEED TO SHOUT, SWEAR OR BANG ON EMPTY POTS. PROTEST IS A TYPE OF LANGUAGE."**



Discuss in your club:

**While activism helps women to heal and become strong, it can also be frightening and dangerous. Simamkele believes that sisterhood gives you courage. "Standing in protest together is a form of sisterhood. After being raped I got back my strength, the shame was lifted off of me, because of sisterhood. Because young women mobilised and gave a message that affirmed me."**

all the things that I have achieved and all the things I am still going to do. And then she prayed for me."

#### SIMAMKELE'S ADVICE TO RISE CLUBS

"Nurture your Rise clubs. Make sure that they grow. Sisterhood can help you through difficult times. Treasure the women around you, share your values and goals and work towards something together."



# GBV

*Ncise, a quiet place next to the Mthatha dam in the Eastern Cape. Zikhona was sleeping in the backroom with her girlfriend. Her cousin, Andile, knocked on the door. It was very late and when Zikhona opened the door, she could see that Andile was drunk and high on drugs.*



## Rape First

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

## Fighting Back

The next day Zikhona went to her home where she lives with her two brothers. Her parents passed away ten years ago and her oldest brother, Uthando, is the sole breadwinner. She immediately sent WhatsApp messages to everyone telling them that Andile had raped her. Three days later she went to the police station. They took her to a clinic where she was given ARVs to prevent her from being infected with HIV and pills to stop a pregnancy.

## Trial

Not long afterwards, Andile was arrested, the case went to trial, and he was given a life sentence. Even though the outcome made Zikhona feel better, the trial was very traumatic for her. "I was crying all the time. I couldn't speak at all." But she feels that talking about her rape is very important. "Rape changes you. I am not the Zikhona that I was before. Something in my heart and my body was broken. Rape changes the way you feel and the way you look at life. I am getting better because I am talking about this. I want to be empty of this. If I don't talk it will hurt me more. I am now a Soul City fieldworker. I have jobs to do, I am organising things. This helps me not just to think about the rape."

## REMEMBER

- Rape has a life-long effect on the person who has been raped.
- Rape is not about men needing sex. It is about power. It is a way of spreading fear and controlling women.
- Dressing a certain way or being drunk does not give anyone permission to rape you. As one gender activist said: "If a man is drunk we help him get home."
- No one had the right to rape, it doesn't matter what kind of relationship you have with them. Even if you are married, rape is a crime.
- You need help if you have been raped. Do not keep it to yourself. Find people you trust and get help rebuilding your life again.



Rape is not about sex. It is about having power over another person. I tell myself that I will not give my rapists that power



## Corrective Rape

Corrective rape is when lesbians or homosexuals are raped to punish and supposedly "cure" them. Zikhona is a lesbian. She is very open about this and feels that her community and her family have accepted her. She believes that her cousin raped her because he was angry about this. "Andile tried to change me. He wanted me to feel that I am a useless girl so anyone can do anything to me. He tried to open the way for other men to rape me. But I am fighting that feeling. In my mind I will never stop being a lesbian. I am a human being. I am beautiful. I am alive."

## It is Not Over

"The fact that I was raped doesn't mean it is the end of my life. I can still work and learn." Zikhona says, "If you have been raped don't give up. Walk up straight. Get help. Try to keep busy: learn anything you can; borrow a pen and write something; make a song; get support from others. Rape is not about sex. It is about having power over another person. I tell myself that I will not give my rapists that power. I try to take back my power every day. Especially through the work that I do."

# TECHNOLOGY FOR WOMXN'S SAFETY

Violence against womxn in public places is a serious problem everywhere around the world. Apart from the violence and fear womxn face, it also impacts our choices and our ability to go where we want. Now more than ever, we need safer public spaces for womxn.

Soul City Institute partnered with MySafetipin, a map-based mobile application, which works towards making communities and cities safer, by providing information about your safety based on the physical facilities and social systems around the area you are in.

The information collected on the app helps womxn make informed and safer decisions while moving around cities and their communities. It is also an advocacy tool to engage with urban stakeholders, particularly city municipalities, to act on the safety issues of urban public places.

**DOWNLOAD MYSAFETIPIN AND YOU WILL BE ABLE TO:**

**Conduct safety audits**

You can rate the level of safety in any area by categories like street lighting, security, public transport, openness and so on. You can also use the app to rate the overall safety of the place you are in.

**You can use MySafetipin to choose the safest route**

Sometimes the shortest route when traveling is not necessarily the safest one. MySafetipin uses your safety audits to build their Safest Route feature, helping you and other womxn travel more freely between your home, the taxi rank and your workplace.

**Friends and family can also track you**

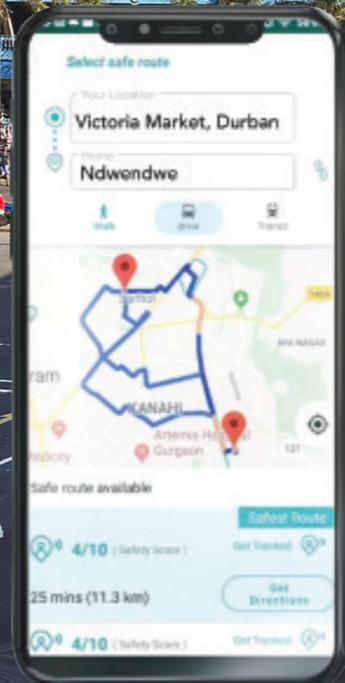
They will receive notifications if you've stopped for a long time or changed your route. You can decide when to be tracked and by whom.

Find the safest places nearby

Waiting for someone but the place feels unsafe? Use the Nearby safety feature to find nearby safe places and wait without fear.



YOU CAN DOWNLOAD MYSAFETIPIN ON GOOGLE PLAY AND APP STORE.



# HOW TO PREVENT THE SPREAD OF CORONA VIRUS



WEAR MASK



DISINFECT CONTACT ELEMENTS



WASH YOUR HANDS AT LEAST 20 SECONDS



USE SOAP



AVOID CROWDS



AVOID HANDSHAKE

## THE POWER TO BEAT COVID19 IS IN YOUR HANDS



WHATSAPP SUPPORT 0600 123 456  
EMERGENCY NUMBER 0800 029 999



# SEXUALITY EDUCATION IN LIFE SKILLS

(sourced from the Department of Basic Education [www.education.gov.za](http://www.education.gov.za))

Comprehensive Sexuality Education was introduced in 2000 within the subjects of Life Orientation and Life Skills to ensure that learners do not get confusing and misleading messages on sex, sexuality, gender and relationships. CSE has thus been part of the South African Curriculum for almost 20 years. It provides scientifically accurate information, builds positive values and attitudes which enables young people to safely navigate the transition to

adulthood. The core aim of CSE and the new structured lesson plans is to help learners build an understanding of concepts, content, values and attitudes around sexuality, sexual behaviour as well as leading safe and healthy lives. The Department of Basic Education has worked hard to develop a comprehensive curriculum that seeks to address real world challenges and issues faced by learners in their day-to-day lives



## Department of Basic Education's review of the literature found that:

- CSE is NOT Sex Education
- CSE does not teach learners how to have sex
- CSE does not sexualise children
- CSE does not only focus on the physical relationships between humans, nor does it teach

### WHAT DOES THE CURRENT LANDSCAPE LOOK LIKE?

A number of youths, especially within the age group between 14 to 24, are losing their lives due to HIV/ AIDS and TB. Young womxn are dropping out of school before completing their studies because of teenage pregnancy and a lot of them are victims of sexual gender-based.

### Why Teach CSE in Schools?

The school subjects, Life Orientation (LO) and Life Skills (LS) for Primary School learners, is the best vehicle to present sexuality education.

Evidence has shown that CSE is scientifically-accurate, age-appropriate and culturally relevant. It also has the ability to;

Delay sexual debut among adolescents  
Increases safe sexual practice by way of condom and overall contraceptive usage among sexually active adolescents  
Increases knowledge about sexual behaviour and its consequences  
Reduces risky behaviour amongst adolescents that are already sexually active or considering sexual debut  
Reduces HIV and STI infections amongst learners and teachers and in so doing, keeps female students in schools.

Reduces gender-based violence

Ensures learners are aware of health and services offered by the Department of Health and the Department of Social Development through the Integrated School Health Programme.

### What is DBE doing to strengthen the CSE curriculum?

In 2015 the DBE developed Scripted Lesson Plans (SLPs) which are currently being tested in five provinces in order to strengthen the teaching of CSE in schools.

SLPs are learner and teacher support materials that are designed to aid teachers and learners to address these important topics in a systematic manner.

During teaching and learning time, educators are guided by scripted lessons plans that empower them to discuss topics that could otherwise be found to be uncomfortable. The SLP describes each activity, the materials needed for the activity as well as how to complete the activity, the duration of the activity, the information to be presented, and the points that should be emphasised.

SLPs are based on the work done by researchers, an international panel of consultants and an advisory committee led by the DBE in South Africa.

Five provinces with the highest HIV infections in the country are currently participating in the testing of SLPs, namely, Free State; Gauteng; Kwa Zulu-Natal; Mpumalanga and Western Cape.

After the testing phase, the work will be phased in to all nine provinces and ultimately will be used in all education districts in South Africa.

### What Else is DBE doing to Strengthen the Teaching of CSE?

DBE has developed:

- Creating Educational Posters for learners about AIDS.
- Training materials for education officials.
- Orientation materials for SGBs and parents.
- **Young Women and Girls (YW&G) Programme:** A comprehensive package of services including health sessions, homework assistance, home visits, career guidance and peer education sessions.
- **Breaking the silence:** A reality television show on Sexuality Education with a total of 13 episodes produced and reviewed for broadcast.
- **Determined Resilient Empowered AIDS-free Mentored Safe (DREAMS):** A programme providing SLPs and linkages to Health and Social services in selected Primary and Secondary Schools in GP and KZN.
- **LET'S TALK Prevention of Early and Unintended Pregnancies (EUP) Campaign:** A multi-media social behaviour change campaign aimed at increasing efforts to address early and unintended pregnancies among teenagers, with the hope of reducing it by 75% in 2020.

# Introducing Soul City's LOCAL GOVERNMENT ADVOCACY PROJECT

*Young women across the country are faced with many challenges. One thing that impacts our lives in a negative way and is hard to fight, is Gender Based Violence. Soul City is committed to addressing discrimination and violence against womxn and girls.*

Local government is an important level of government as its responsibilities and duties impacts on the daily lives of communities. Lack of service delivery affects the poor and womxn the most. Soul City is committed to using the Constitution of our country to change that.

We are working with Social Mobilisers in the different districts to advocate for young womxn and girl's participation in the planning and budget process of their local municipality.

- It is through the advocacy that young women will influence their municipalities to have plans and budgets that address GBV.
- How do I participate in the Integrated Development Planning process?
- This diagram shows what opportunities are available to you, as a citizen, to influence your

municipality.  
(see page\*\*)

The Social Mobilisers have used community mapping to outline and show the challenges that impact women's safety negatively in their communities. Here are the issues Social Mobilisers have seen in their communities and are focusing their advocacy on. They are all advocating for safer public spaces for womxn and girls:

**MPUMALANGA (BUSHBUCKRIDGE LOCAL MUNICIPALITY):** In the Marite village, the taps are dry so the womxn have to travel far to fetch water. They use the water for their daily needs at home. This makes them targets for sexual abuse and assault during the early hours of the morning or late in the evening.

**KWAZULU NATAL (ENDWEDWE MUNICIPALITY):** There is a forest not far from a school and girls have



Discuss in your club:

What can you advocate for in your community?

Can your Rise club and Social Mobilisers work together in the advocacy activities, including social media engagement?

Activity: To begin, gather the following information about your community and municipality:

- Names and contacts of your ward councillor
- Schedule of Ward Committee meetings
- Youth and Women's desk officers in the municipality

been raped in the area. In addition, there is also a tavern next to the school, which increases the girl's chances of experiencing violence from people who are visiting the tavern.

Gauteng (Ekurhuleni East): In Daveyton, Sgalo Park and Yende Park are unsafe. Young womxn are at risk of violence and other bad behaviours from people who hang-out at the park. There is a need for lights and patrolling during the night.

**EASTERN CAPE (INGQUZA HILL MUNICIPALITY):** The Social Mobilisers want to challenge gender norms and attitudes that favour men. They are advocating for the municipality to allocate parts of their budget to activists who work in different wards, to change people's attitudes about how they see men and womxn's responsibilities in society.

**WESTERN CAPE (CAPE TOWN METRO):** In Khayelitsha EMDC, young womxn are targets of violence. One of the spaces that is dangerous is the deserted train station in Kuyasa, which divides the school; clinic and library. There have been many incidents of violence towards womxn there. This impacts on the ability of young womxn to walk safely to and from school and even clinic.

**FREE STATE (MANGAUNG):** The areas around Phases are unsafe with no streetlights. In Dewetsdorp, girls must still hike to come to Bloemfontein for services like the Pelonomi hospital.

**NORTHERN CAPE (Joe Morolong municipality):** The advocacy issue is poor access to services by victims of Gender Based Violence. The nearest Thuthuzela Care Centre is 200km away. The mobilisers want the municipality to bring services to Joe Morolong.

**NORTH WEST (MATLOSANA LOCAL MUNICIPALITY):** There is a high rate of gangsterism in the community. This makes certain spaces no-go areas, especially for womxn and girls. The gangs operate close to the schools and there is a big sexual harassment problem, including rape incidents.

**LIMPOPO (COLLINS CHABANE LOCAL MUNICIPALITY):** The Social Mobilisers are concerned about cultural practices that normalise GBV. They want to advocate for the ward councillors and traditional leaders to initiate community programmes that challenge these practices.

# HOW TO CREATE AN ADVOCACY CAMPAIGN

## 1. BRAINSTORM THE ISSUE

Find a quiet place and sit in a circle. Give each person a chance to speak and listen to each other with care. Share stories about violence in your community. These can be personal stories, stories about others close to you or stories you have heard.

## 2. DRAW A MAP OF YOUR COMMUNITY

Circle the places that are most dangerous. What kinds of things happen here? What or who makes this place unsafe?

## 3. CHOOSE ONE PROBLEM TO FOCUS ON

As a group, decide which problem you all feel you can do something about. It must be something you feel strongly about changing. For example, you might want to turn a park in your area into a safe space for girls and womxn. Maybe the park has been taken over by young people who drink and take drugs.

## 4. DESCRIBE THE CHANGE YOU WANT TO CREATE

Imagine you have already created the change and what that would look like. Write this down. "We want a park where everyone feels welcome and safe."

## 5. INVESTIGATE THE PROBLEM SOME MORE

Think a bit more about the problem and what is causing it. Do some research, if you need to. Go to the park with your team and observe. What makes it feel unsafe for you? Ask other people in your community about the issue. Have discussions with others who use the park to get their experiences.

## 6. DEVELOP YOUR PLAN

After you've collected as much information as possible brainstorm ideas for action.

- Organise an event in the park, to reclaim the space.
- Regularly visit the park in a big group.
- Clean the space, remove litter and broken glass.
- Speak to the Community Policing Forum about regular patrols to keep the area safe.

## 7. PLAN YOUR ACTION

Make a list of all the things you need for your campaign. Who can help you get them? Get as many people involved as possible. Invite the local media or arrange for one participant to take photographs. Make a list of all the steps that need to happen and decide who is going to do what.

## 8. AFTER THE EVENT

Talk to people involved in your action and record their experiences. Sit down with your team and talk about what worked and what didn't. Decide if you need to do a follow up action.



START HERE



Did you know that in 2021 we are going to vote for municipalities? Some of you who are voting for the first time will have a chance to vote. When you vote at municipality level you are voting for the Mayor and local councillors.



It is therefore important to know what your municipality does. By law, municipalities deliver basic services, these are services that impact on the daily lives of communities. Some of the services that municipalities must deliver include:

For the municipality to provide these services to the community it has to write up plans of what it is going to do. These plans are called

**Integrated Development Plans (IDP)**



1. The IDP is a plan that local municipality develops with the community to make the municipality work.

2. The law says that the people in the community have a right to contribute to the IDP. The municipality has to call the community to meetings and make sure all groups are represented such as: youth, women etc.

3. At these meetings you can tell them what you want them to do for your safety as a young woman e.g. put up street lights.

4. These meetings only happen at certain times of the year, it is important to know when these meetings are happening and you can ask your counsellor when those times are and make a point to go to those meetings with your concerns and what you want done.

The advocacy campaigns by the social mobilisers identify the services they want the municipality to include in the IDP.

# YOUR SEXUAL REPRODUCTIVE HEALTH RIGHTS DURING COVID-19

Health care facilities have been heavily burdened by the Corona Virus pandemic.

**M**ost Womxn's health care needs have been deemed non-essential, which has put a lot of strain on young womxn who need help and support.

The biggest challenges facing young womxn right now include:

- closure and cuts to sexual and reproductive health services
- movement restrictions, including travel bans,

lockdowns, and curfews

- global supply chain disruptions
- lack of clear public health information and guidance

The World Health Organisation (WHO) has advised countries to prioritise services related to reproductive health and make efforts to reduce mother and child illnesses and deaths.

Our constitution says that all people in South Africa, regardless of age; sex; ethnicity; religion; gender identity; gender expression; sexual orientation; HIV status; disability; citizenship; location; or any other factors, have a right to have access to the sexual and reproductive health care that they need. Young womxn especially, have the right to have access to information, education, protection, quality treatment and rehabilitation services.

Here are some facts about your sexual and reproductive health and rights services

## YOUR CLINIC IS STILL SUPPOSED TO PROVIDE:

- Sexual health information which is correct for young womxn in your age group. Sexual development information over the life cycle, including information on sexual orientation, gender identity and gender expression, sexual function, pleasure, respectful sexual reproductive decision making.
- Provide male and female condoms to everyone, including people at risk such as sex workers, people living with HIV and adolescents.
- Prevent and manage sexually transmitted infections, including HIV. Initiate HIV counselling and testing. Initiate antiretroviral treatment. Provide adherence and self management support. Follow up with clients on antiretroviral treatment.
- Prevention and management of sexual and gender based violence. Screening for sexual and gender based violence, especially in children and for intimate partner violence. Post-sexual assault services. Post-trauma counselling and referral to dedicated counsellor where necessary. Promote cultural values that decrease the incidence of sexual and gender based violence.
- Contraception services, including emergency contraception. Prophylaxis (PrEP and PEP) for possible sexually transmitted infections.
- Early detection of pregnancy.
- Safe termination of pregnancy or referral to an accredited centre.
- Antenatal care. Clinical services for the mother. Mother and newborn health care. Prevent mother-to-child transmission of HIV. Psycho-social support for HIV positive pregnant and postpartum women. Psychological support for
- women on the prevention of mother-to-child transmission programme. Identify and treat other conditions the mother might have like maternal mental disorders, sexually transmitted infections (including HIV), tuberculosis, urinary tract infections and anaemia. Nutritional support for HIV positive mothers and babies.
- Detection of a pregnancy at risk, recognition of complications, and referral.
- Booking for delivery. Safe delivery care such as delivery of uncomplicated pregnancies, postpartum and postnatal care, counselling for postpartum depression and anxiety.
- Immediate care of the newborn. Examination of newborn within 6 days. Ensuring informed choice in feeding practices and providing education and follow-up support, including supporting breast feeding where it is possible, which is with most mothers.
- Reporting of maternal deaths
- Address infertility. Fertility Support and fertility planning.
- Cancers of the reproductive system. Cervical cancer screening. Prevent and manage cervical and breast cancer. Organising support groups. Follow-up and tracing of women with abnormal pap smears. Information on self examination. Counselling and referral to other services for further management. Finding of lost clients when they do not adhere to their treatment.

**CONTRACEPTION SERVICES, INCLUDING EMERGENCY CONTRACEPTION. PROPHYLAXIS (PREP AND PEP) FOR POSSIBLE SEXUALLY TRANSMITTED INFECTIONS.**

**Remember to always wear a mask when you visit a health facility. Also remember to wash and sanitise your hands. Adapting services to make them safer is crucial during the pandemic. The lives and health of womxn and girls must be prioritised, during COVID-19 and always.**

# #NakedTruth

by Lebogang Motsumi

I grew up in the back rooms of Linden, a wealthy suburb in Johannesburg. My mom was a domestic worker. We had a comfortable life. We were not rich but we were not poor. My mom worked hard to make sure there was food on the table and sent us to multiracial schools. I was not very popular at school because I was a big girl. Being big really played a role in my self-esteem.

I would walk around with my head down. My friends were skinnier than I was so I wasn't seen as cool. Somehow, they always got the attention. They got all the invitations to parties while I didn't. The one thing that made me feel better about myself was that I did really well in school.



## CAREFUL WHAT YOU WISH FOR

My parents got divorced when I was 14. I moved to Mpumalanga to my grandparents' place. My dream of being popular came true because I was from the 'City of Gold', and could speak English with a twang. For once, I was seen as hot and beautiful, something I had never experienced before. I started dating.

I basically could have any boy I wanted. I was in Grade 9 dating guys in Grade 12, something my peers only dreamt of. So that led to me dating one boy after the other, going to parties and bashes. But I was not the type that slept around; it was just innocent fun. I did not understand what I was doing.

I just wanted approval from my friends. I had no idea how negatively this would later impact my life. My young experience of sex was because I did not have the knowledge to make different choices. I would not want the same for you.

## HOW MY LIFE CHANGED

In 2007, after moving back to Johannesburg, I met the man who changed my life forever. I had gone to watch Chomee perform. A Kwaito star made eye contact with me. I thought, "If he asks for my number, I'll be the girlfriend of a celebrity." He did ask and that was the

**"If he asks for my number, I'll be the girlfriend of a celebrity." He did ask and that was the beginning of our 'relationship'**

beginning of our 'relationship'. I was dating a celebrity, a Kwaito star. It felt so good! I loved going to

his performances and music video shoots. I thought my dream would come true. I was going to become a famous dancer.

At 17 years old, I thought I knew it all, but I was in this relationship for all the wrong reasons. Instead of a dream come true, my worst nightmare began. I had sex without using a condom with this guy, countless times. It was the biggest mistake of my life. I did not become a famous dancer. Instead, I was infected with HIV.....

## RISKING IT ALL

This was a sexual relationship. I was trying to buy his affection and attention by sleeping with him. I would be

lying if I said I loved him or he loved me. The first time we had sex, there were condoms in the room but we didn't use them. So that led to more unprotected sexual encounters.

Pregnancy was the only thing I worried about when having unprotected sex. HIV infection was the least of my worries. Falling pregnant was visible evidence that I was having sex. I always put a face onto the HIV virus. I thought it was for poor people, sex workers and truck drivers. I was in denial. I thought I was superior to the virus.

The thing that makes me the saddest is that he knew he was HIV positive. He later appeared on TV disclosing that he was HIV positive and that he went around intentionally spreading it because he didn't want to die alone. I continued to live my life as normal. Instead of getting tested, I continued having unprotected sex. I was drinking and partying like there was no tomorrow.

## FACING THE TRUTH

In 2009, I met a man. We dated and people would warn him that I might have HIV. He used condoms. On the 15th of August, the condom burst. He insisted that we get tested. I knew that the possibility of me being positive was high. But I still believed that I might be negative because I did not look sick at all. The tests came back. I was HIV positive. I told my mom.

To my surprise, she was very supportive. But I still couldn't accept it. I wanted to go to the tallest building and jump. I tried to commit suicide by taking pills. What was the use of living? Not only was I dealing with the fact that I was now HIV positive, but I was also pregnant while I was preparing for metric exams.

## PREGNANCY

My pregnancy was high risk because my CD4 count was 113. I had to start treatment immediately. I went for adherence counselling and was told that I would need to take ARVs for the rest of my life. I went home with the medication. I was frightened. I had heard how treatment can change your body or make you even sicker. But with the support of my mom, I gathered enough strength to take my treatment.

But I still had not accepted my status. I also didn't fully understand what it meant to be living with HIV and taking medication. Seven months into the pregnancy, I got shingles. The pain was unbearable.

My family believed I was bewitched. My mom got some traditional medication to put on the sores but it made

no difference. I only got help when I diagnosed at the hospital.

## MEEKAH

I gave birth to my daughter on 21 May 2010. After I delivered her, I was rushed to theatre because my placenta was stuck. I bled a lot and my uterus was removed to save my life. But I was grateful to have my precious Meekah. She is my everyday inspiration to reach for all my goals.



**SHE IS MY EVERYDAY INSPIRATION TO REACH FOR ALL MY GOALS.**

## STOPPING HIV MEDICATION

In 2011, things were getting better. I had a job and was looking good. I was in a taxi and saw a poster saying, 'Get your HIV healing'. I wanted that healing so badly. I just wanted this HIV to go away. Being a Christian, I BELIEVED that it was possible. I went to all the church services. They prayed for me and told me I was healed and that I should stop treatment. They said HIV was a punishment from God for living a sinful life. I stopped the medication. Somehow I had forgotten that I was 'married' to these pills.

I guess I 'divorced' them. I was okay for a couple of

months. Then I got really sick. In August 2012, I was diagnosed with pneumonia and TB of the kidneys and liver. I got angry. I started 'boozing' and clubbing. I stopped going to church.

My mom kept pleading with me to take my medication. But I didn't want to. I got so sick that I could not walk or bath myself. It was the hardest time. I felt I deserved it because I had stopped taking my medication. But the pain was so bad that I was willing to do anything. Someone suggested I drink my own urine and I almost did.

SUPPORT GROUP

I was so thin that I looked like a skeleton. Nothing seemed to work. The nurse that lived next door begged my mom to take me to Selby Hospital. My mom was scared because she thought that everyone who went there didn't come back home. But at Selby, I started to recover. I joined a support group of young people living with HIV. I began to learn about HIV. I heard other young people's stories. That gave me the courage to choose to fight this virus and live a positive life.



I JOINED A SUPPORT GROUP OF YOUNG PEOPLE LIVING WITH HIV. I BEGAN TO LEARN ABOUT HIV

LIVING A POSITIVE LIFE

I joined a youth support group at Helen Joseph Hospital and that made me realise I was not the only young person living with this virus. In 2012, with the help and support of the group, I decided to go public and disclose my status. The first time I said, "I am HIV positive" outside of the support group was at the SAPS Camp for orphans. The more I spoke about it, the better I felt. The more people I told, the more healing I found.

DISCLOSING MY STATUS

The reason I decided to disclose was because I wanted to help change a lot of young people's lives. The only motivational HIV speakers I knew were older. I felt I couldn't relate to their stories so I couldn't listen to their advice. I thought maybe a lot of other young people felt the same. I decided to target young people infected with and affected by HIV, and those who are still uneducated when it comes to the virus. Young people living with HIV need to know how important their medication is. They need to learn to take it properly. We all need to use condoms and live healthy lives

MY DREAM

I am working on opening a foundation with five other young people infected and affected with the virus. This foundation will strictly be working with the youth, 'WE ARE THE YOUTH FOR THE YOUTH'. Our main focus is HIV/AIDS, but we also look at all issues that are affecting the youth, for example, substance abuse, teen pregnancy and rape. Fighting the stigma and discrimination towards infected youth is very important. We would also like to train learners to be peer educators at their schools.

#ABOUTME

I still remain Lebogang Brenda Motsumi. I still remain a mother, daughter, sister, friend, God fearing woman, HIV speaker, HIV coach, HIV activist, aspiring business woman, radio and TV presenter and producer. I have turned my mess into a message. I have taken accountability for the role I played in making uninformed choices. Living positively for me is a daily reminder that I am worth it. I am love. I am blessed, and I can do any and everything I put my mind to. I am young, beautiful, intelligent, energetic. And I am greater than HIV.

# BLACK GIRL *Magic*

"My advice to women all the time is: If you want a certain future, go out and create it. Conquer your fears as that is what enslaves most women." - **Divine Ndlukula**

I have learnt that if you face the challenges with positive energy, you are most likely to get better results."

- **Adenike 'Nike' Ogunlesi**

If I can change the life of one person it makes a whole difference because behind that person there is a whole family. It's a family, it's a society, it's a country." - **Victoria Kisiyombe**

"Have a vision and passion. Be courageous, focused and disciplined. Lastly, persist... it's definitely not easy."

- **Monica Musonda**

"... failure is an opportunity to learn and to do better next time. It's part of the path to greatness, which was never meant to be smooth." - **Khanyi Dhlomo**

We need to create an environment that would drive creativity. Do not be afraid to test new things. We must be creative, ensuring we are a step ahead of competition."

- **Kofo Akinkugbe**

We are very proactive. We are strong women. We can be great managers. We can be great policy makers. We can be a great force for Africa." - **Joy Ndungutse**

"...the best thing about female entrepreneurs is that they have an inborn responsibility toward society and aspire to help others and enjoy doing it." - **Lorna Rutt**

"True success is about a passion to create a better world, live a life that you can look back on and be truly proud of." - **Dr. Ola Orekunrin**

In my experience, women tend to create a collective around them and then it is 'let's go into battle together'. For me, it is this type of collaborative, collective thinking that is useful." - **Emma Kaye**

# TAKE THE HEALTHY EATING QUIZ

In order to be healthy to try to avoid illnesses such as COVID-19 and flu, you need to know how you should eat to help boost your immune system. Take this quiz to see if you are on the right track!



1. As long as you eat a proper dinner of meat; starch and veg, you'll be fine. Other meals don't matter so much.  
**TRUE or FALSE**

**FALSE:** Breakfast is actually the most important meal of the day. A good breakfast helps kick-start your immune system so you can be healthy.



2. Dairy contains sugar.  
**TRUE or FALSE**

**TRUE:** Yes, milk contains sugar. That's why babies love their mother's milk. But milk also contains minerals and calcium, which are good for bones and teeth.

3. Eating fat is to be avoided at all cost  
**TRUE or FALSE**



**FALSE:** Our bodies need fat, and it also helps us to feel full. Just don't have too much of it. Fruit like avocado have healthy fats that boost your immune system.



4. Every night, I eat spinach on the side. It's the only vegetable I need  
**TRUE or FALSE**

**FALSE:** Spinach is loaded with nutrients and is one of the healthiest vegetables to eat. But it is not the only food that is good for you. We should include servings of different coloured vegetables, as well as other green vegetables. We should eat five servings of vegetables a day.



5. If I switch to Coke Zero, I'll be healthier. Artificial sweeteners are healthier than regular sugar.  
**TRUE or FALSE**

**FALSE:** It is true that sugar is unhealthy, but artificial sweeteners are not necessarily healthier. Water is always the cheapest and healthiest choice.

7. Rooibos tea is good for my health.  
**TRUE or FALSE**

**TRUE:** Rooibos tea is a sugar-free, caffeine-free drink that can help us to stay hydrated.

8. When it comes to keeping the heart healthy, butter is better than hard-brick margarine.  
**TRUE or FALSE**

**TRUE:** Butter contains saturated fat, which need to be limited. But most hard-brick margarines contain saturated fat as well as trans fat, which is the most harmful kind of fat for the heart. We should try avoid hard-brick margarines. Rather use butter or soft, spreadable margarine in a container.



10. I don't like the taste of water so I drink orange squash instead. It must be healthy because it is made with pieces of orange, right?  
**TRUE or FALSE**

**FALSE:** While it is true that orange squashes, like Oros, don't have as much sugar as cool-drinks, they are still high in sugar and have almost no fruit in them. They may also have lots of other unhealthy things, like preservatives and colourants. Water is best.



6. I don't put too much salt on my food, and that's good, right?  
**TRUE or FALSE**

**TRUE:** Too much salt can drive up a person's blood pressure. There is already salt in bread, cheese and processed food so it's best to go easy on adding the table salt.

9. I love my shisa nyama. Meat makes you strong, so I pile my plate high!  
**TRUE or FALSE**

**FALSE:** Meat is rich in iron and other nutrients that are good for the blood. But we should only eat a serving as big as a pack of cards.



## HOW TO MAKE *your own mask*

### NON SEW MASK

#### Materials

- Washable, breathable fabric (cut approximately 50cm x 50cm)
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Fold washable, breathable fabric in half  
Fold top down, fold bottom up  
Place rubber bands or hair ties 15cm apart  
Fold side to the middle and tuck in

### SEW MASK

#### MATERIALS

- Two 25cm x 15cm rectangles of cotton fabric
- Two 15cm pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors

Cut out two 25cm-by-15cm rectangles of cotton fabric. Use the best cloth you can find, like a t-shirt or cotton sheets or, such as quilting fabric or cotton sheets. Put the two rectangles on top of each other. You will sew the mask as if it one piece of fabric.

Fold over the long sides and make a short hem. Then fold the double layer of fabric 1cm along the short sides. Stitch it down.

Run a 15cm length of elastic through the 1cm hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and

tie the mask behind your head.

Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

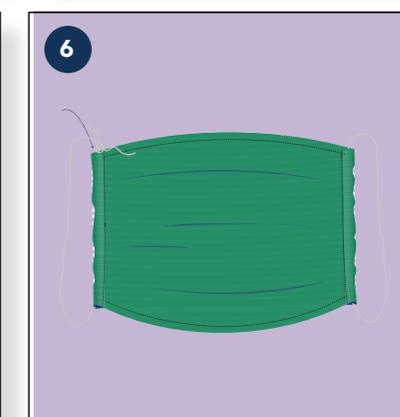
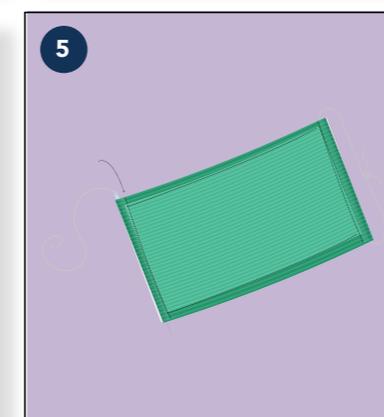
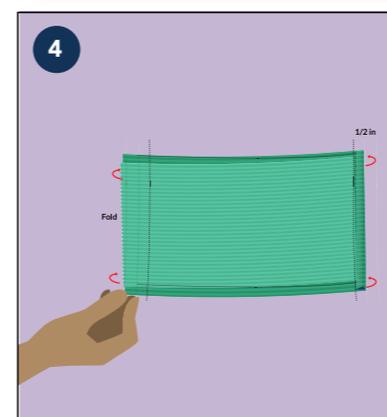
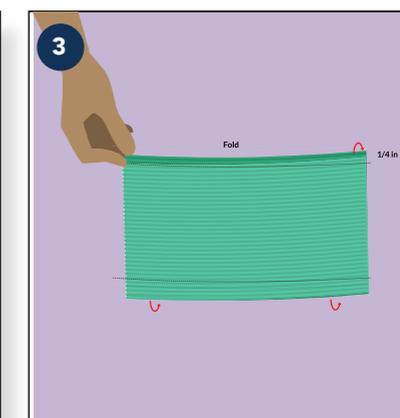
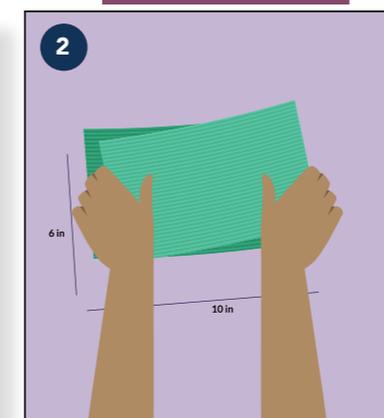
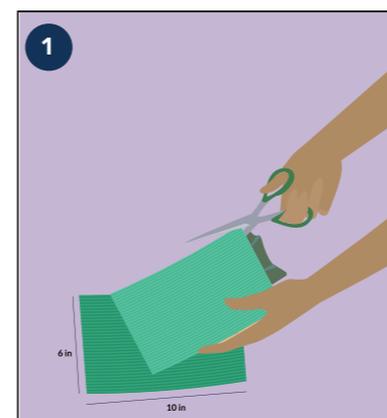
#### MAKE SURE YOUR MASK:

- fits snugly but comfortably against the side of the face
- completely covers the nose and mouth
- is secured with ties or ear loops
- includes multiple layers of fabric
- allows for breathing without restriction
- can be washed without damage or change to shape

#### HOW TO WEAR YOUR MASK

- Avoid touching your eyes, nose, or mouth at all times
- Store used masks in a plastic bag until you can wash them
- Wash masks regularly - you can wash it with all your other clothes.

### STEP BY STEP



# BOOSTING YOUR Immune System

In the time of COVID-19, it is important to do all that you can to stay healthy. Here are some ideas on how you can boost your immune system.

## GARLIC

Garlic contains allicin, which is something that fights off germs and pests. Adding garlic to your diet may reduce the harshness of cold symptoms. It may even help you avoid getting a cold in the first place.

## SALT WATER

Gargling with salt water helps if you have a sore throat or blocked nose. It may also reduce your cold symptoms. Gargling with salt water reduces and loosens mucus, which contains bacteria and allergens. To try this remedy at home, dissolve 1 teaspoon of salt in a full glass of water. Swish it around your mouth and throat. Then spit it out.

## VAPOUR RUB

You might not like the smell, but some old-fashioned Vicks Vapo-Rub appears to reduce cold symptoms in children older than 2 years. Just one or two applications before bed can help open air passages to fight congestion, reduce coughing, and improve sleep.

## VITAMIN C

Vitamin C plays an important role in your body and has many health benefits. Along with limes, oranges, grapefruits, leafy greens, and other fruits and vegetables, lemons are a good source of vitamin C. Adding fresh lemon juice to hot tea with honey may reduce phlegm when you're sick.

## WARM BATHS

Sometimes you can reduce a fever by taking a warm bath. Warm baths can reduce cold and flu symptoms. Adding Epsom salt and baking soda to the water can reduce body aches and may also have a soothing effect.

## HONEY

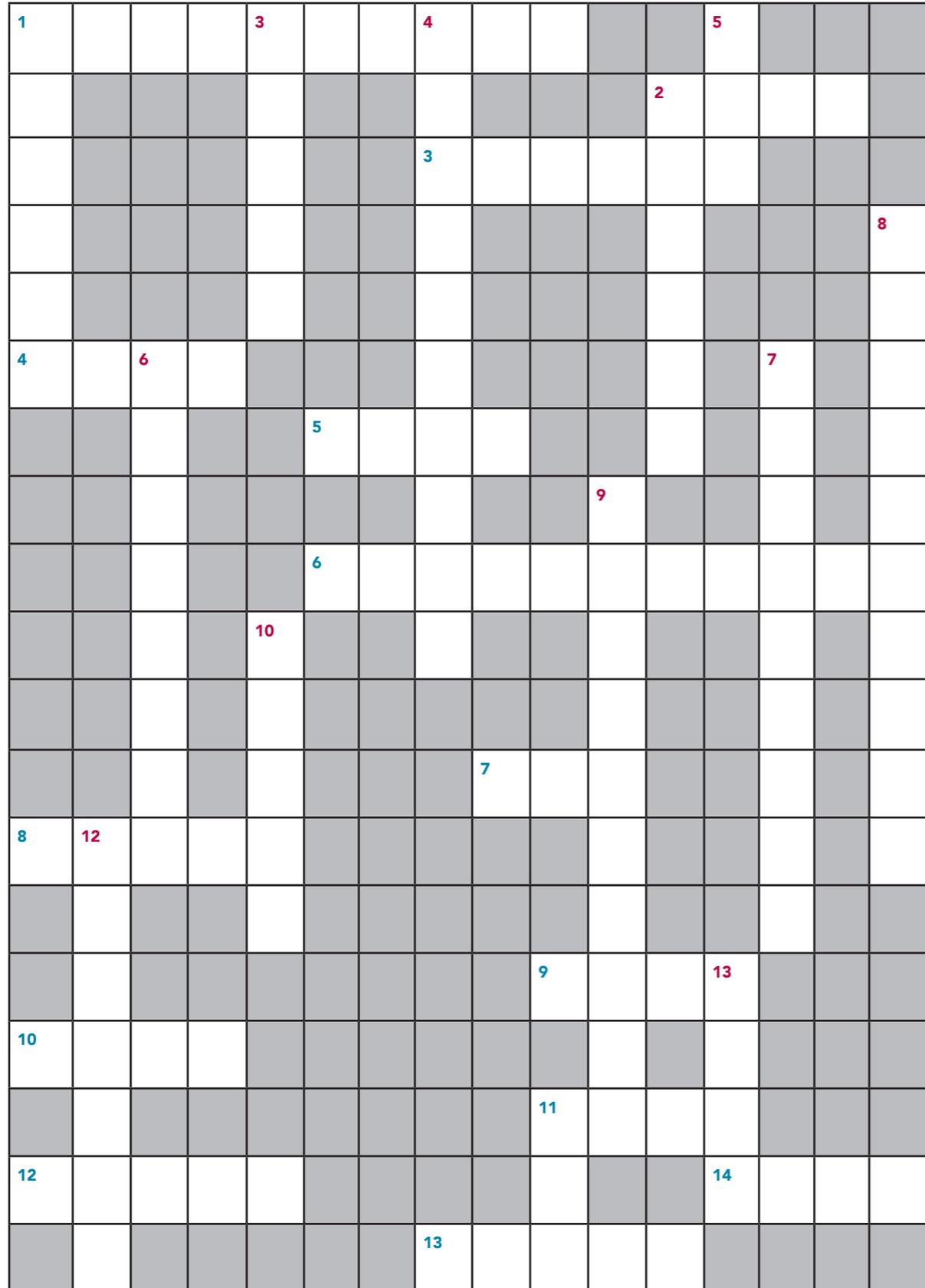
Honey can fight off bacteria. Drinking honey in tea with lemon can ease sore throat pain. It can also help make your cough less painful. However, you should not give honey to a child younger than 1 year old, because it comes in a form that their metabolism (how your body converts food to energy) cannot process.

## PROBIOTICS

Probiotics are "friendly" bacteria and yeast that are found in your body, some foods and supplements. They can help keep your gut and immune system healthy. Probiotics may reduce your chance of getting sick. You can get probiotics in yogurt which does not have added sugar. Yogurt also contains calcium and protein.

## GINGER

A few slices of raw ginger root in boiling water may help soothe a cough or sore throat. There are also studies that say ginger can also help with feelings of nausea.



# CROSSWORD PUZZLE

## ACROSS

1. These germ protection sprays and gels need to have at least 70% alcohol content to kill Covid-19.
2. The only way to really know for sure if you have Covid-19 is to have one of these.
3. It is safe to give each other a quick touch with this part of our body to greet.
4. You can show this to your friends and family without having to physically hug.
5. When you wear your mask, it must cover your mouth and another part of your face.
6. Doing this regularly every day, especially before preparing food, before eating, after using the toilet, changing nappies, feeding someone (including yourself) helps prevent many illnesses, including diarrhoea
7. One of several symptoms for having Covid-19 is when you feel like you have the \_ \_ \_.

8. Always wear a cloth one when you go out in public. It should have three layers of fabric. Remember to wash your hands before you put it on and after you take it off.
9. It is very important that we keep wearing our masks, use sanitiser, regularly wash our hands, and practice physical distancing because without this, we could have a second \_ \_ \_ \_ of Covid-19 infections.
10. There is \_ \_ \_ \_ that a vaccine for Covid-19 will be discovered within the next year.
11. Coronavirus Disease 19 is the long way of saying Covid-19. What is the 19 linked to?
12. Wash your mask very often in warm \_ \_ \_ \_ \_ water.
13. Once your mask is on, do not do this to your face.
14. When you do get together with others, it is best to socialise OUT \_ \_ \_ \_.

## DOWN

1. This type of physical distancing helps prevent Covid-19 passing from one person to another.
2. This is how many seconds you should wash your hands with soap.
3. Lockdown has been especially difficult for this age group because they usually like to socialise a lot with their friends.
4. \_ \_ \_ \_ \_ \_ \_ \_ \_ in a safe way helps to keep you feeling better about life.
5. Covid-19 can live on surfaces for some hours which is why we must sanitise surfaces regularly. Yes or no?
6. Scientists are working on finding these to be able to immunise us against Covid-19.
7. PPE stands for personal protective \_ \_ \_ \_ \_ \_ \_ \_.

8. This is the name we give to types of infections that can be passed from one person to another.
9. The safest way to have sex during the Covid-19 pandemic.
10. True or false? Drinking hot drinks will protect you from getting Covid-19.
11. Wearing a mask protects me from Covid-19 and it protects \_ \_ \_ \_.
12. Vitamin C is one of the vitamins which helps to boost your immune system. Which of these is not rich in Vitamin C: oranges, strawberries, lemons, alcohol, kale, broccoli, cauliflower, chili peppers?
13. The elastic on the sides of your cloth mask must fit around your \_ \_ \_ \_ so that it is comfortable. It must not be too tight because then you will touch your mask and face a lot. It must not be too loose because then it won't protect from Covid-19.

ANSWERS: **ACROSS** • (1) SANITISERS, (2) TEST, (3) ELBOWS, (4) LOVE, (5) NOSE, (6) HANDWASHING, (7) FLU, (8) MASK, (9) WAVE, (10) HOPE, (11) YEAR, (12) SOAPY, (13) TOUCH, (14) OUTSIDE.

**DOWN** • (1) SOCIAL, (2) TWENTY, (3) TEENS, (4) EXERCISING, (5) YES, (6) VACCINES, (7) EQUIPMENT, (8) CONTAGEOUS, (9) MASTURBATE, (10) FALSE, (11) YOU, (12) ALCOHOL, (13) EARS.

# LIFE MATTERS

Being a teenager and growing into a young womxn is not always easy. It can be a very confusing time. Many changes take place in your body: one moment you wish you were still a little girl and the next you are putting on make-up and tight jeans. Then there is peer pressure. Pressure to have a smartphone. Pressure to have a boyfriend or a Brazilian weave. Your friends laugh at you if you haven't had sex or if you don't want to go to the tavern with them. All this confusion and pressure is normal. It is part of growing up.

## WHEN GROWING PAINS GET OUT OF CONTROL

But sometimes you feel like you can't cope. Your boyfriend breaks up with you. Your teacher is being unfair. You are being bullied. The guy you've been flirting with for weeks asks your friend out on a date. Your family is struggling financially.

There is lots of fighting going on. A family friend touches you where he shouldn't. Sometimes it feels as if your world is coming to an end. When this happens, you feel as if you are going into a dark and scary place, like a tunnel. It can feel like there is no escape. You feel lonely and the outside world seems far away. The further you go down the tunnel, the darker it gets. You start having negative thoughts about yourself.

The voices in your head say: "I am ugly. I am useless. The world is better off without me. I am not good enough. Nobody likes me." Sometimes when we are deep inside the tunnel we think that the only way out is to take our own life.

9.5 % of teen deaths in South Africa are due to suicide. A third of all hospital admissions for suicide attempts are for teenagers.

## THERE IS A WAY OUT OF THE TUNNEL

This is when it is very important to remember that you are not alone in this world. Talking can help ease your pain. Find a person you can talk to. A person who understands and who knows how to listen. A teacher. A friend. A member of your family who will not judge you. A counsellor. A social worker. A nurse. Keep looking until you find someone you can relate to.

## DEPRESSION AND MENTAL HEALTH

Some people have mental illnesses such as schizophrenia and bipolar disorder. These often begin in adolescence and contribute to suicide. Depression is also a mental illness. When you are clinically depressed you feel you are no longer yourself. Your body doesn't seem to be yours anymore. You feel so lost. You go inside yourself and it seems as if nobody will ever be able to reach you. You don't want to get out of bed. You don't care what you look like. You don't care what happens to you. The things you used to enjoy doing no longer give you any pleasure. If you think that you are struggling with your mental health, then go to your local clinic and speak to a doctor.

9.5% OF TEEN DEATHS IN SOUTH AFRICA ARE DUE TO SUICIDE. A THIRD OF ALL HOSPITAL ADMISSIONS FOR SUICIDE ATTEMPTS ARE FOR TEENAGERS



Sisterhood

Discuss in your club:

How do you support each other when you are feeling depressed?

At the beginning of each meeting you can sit in a circle and ask each other:

- How are you today?
- How are you feeling physically?
- How are you feeling emotionally?

Listen to the answer. Listen with your heart. Don't give commentary. Don't judge, just be there for the person speaking. Sometimes we just want to be heard. If you see that a member of your club is feeling trapped, encourage them to speak to an adult whom they trust.

**WHATEVER YOU DO, YOU MUST SEEK HELP. DON'T BECOME A STATISTIC, REACH OUT AND GET HELP.**

There are toll-free helplines you can phone:

- Lifeline 0861 322 322
- SADAG 24 Hour Helpline 0800 12 13 14
- SADAG Suicide Prevention Line 0800 56 75 67
- SADAG SMS line 31393 - send a #pleasecallme, they call you back
- Suicide Crisis Line 0800 567 567

# STAY SAFE IF YOU DRINK

## My story

It was my first year at university. My girlfriends and I spent most of our weekend nights at each other's homes. One of my friends, who was in a new relationship, suggested we join her and her boyfriend at a tavern not far from where we live. I agreed to go with them because I felt like shaking my booty. The tavern was packed. My two single friends and I started chatting to a group of guys. The music was pumping, encouraging us to dance and drink as conversation was impossible. I was sipping my cider when I was approached by a very handsome guy. He leaned in close and shouted in my ear to introduce himself. He was also a student. He offered to buy me another drink. I was a bit taken aback that he could flash his money, while I had to think twice before spending even a few rands. I accepted his offer. I don't know why, because I actually don't drink a lot. Two ciders knock me out.

## NOBODY IS THAT GOOD

We also took shots. He pulled me close to him and we started dancing. While dancing, he started kissing me. It felt good but I was dizzy from the alcohol. I thought to myself: "It must be the cider and not this guy's kissing. Nobody is that good a kisser." My body was reacting both to the alcohol and to this guy ... I looked over to my friends, who were now each sitting in the lap of a guy, still drinking. They were laughing and giving me thumbs up! I did not hesitate

when he said we should go outside. It was quite a relief to be away from the packed tavern. He held me close and whispered in my ear. We started kissing again and ended up having sex in the toilet.

## THE FEAR

To this day, I have not told my friends that I had sex with that guy in a toilet. I don't even remember his name. I was quiet when we took a taxi back home. The following morning I woke up with a headache from hell. But the pain was nothing compared to the fear. I could be pregnant or infected with HIV ... the panic set in. I had to do so much damage control to get my life back on track. That night still haunts me..

## RISE TIPS

- If you decide to drink, drink a glass of water after every alcoholic beverage. It will slow down the rate of getting drunk.
- Take small sips of your alcohol and make your drink last at least an hour.
- Only take enough money for one or two drinks when you go out.
- Know how you are going to get home, before you leave to go out.
- Don't accept drinks from other people, especially people you don't know – boys and men may feel you owe them a favour if you do, which is not true, but it may put you in danger.

## SO, WHAT DOES IT MEAN TO DRINK SAFELY?

### BE PHUZA WIZE

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

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

### FACTS ABOUT ALCOHOL

- The legal drinking age in South Africa is 18 years.
- Drinking alcohol can harm the development of a growing brain. In a young person, permanent changes to the brain can occur, even after 4-5 drinks in one binge-drinking episode a month. These changes affect memory, decision making and judgement.
- People who drink more than four drinks at one time are considered to be binge drinkers. This is a problem because binge-drinking is more harmful than other kinds of drinking. It puts you at greater risk of violence and trauma - either as a perpetrator or a victim.
- Alcohol can affect your body very seriously. It goes straight into the blood stream, to the organs, like the brain, liver and heart.
- If you start drinking alcohol when you are young, you are likely to drink more alcohol throughout your life. It may also be harder for you to say 'no' to illegal drugs if you have had a lot to drink.
  - It takes one hour for your liver to clear one drink from your blood stream. There is nothing you can do to speed this up.



Discuss in your club:

### WHAT ARE YOUR TIPS?

Share tips with your Rise Sisters on how to avoid the pressure to drink alcohol, or how to make sure you don't binge drink.

### ALCOHOL IS A DRUG

Alcohol is a drug. It can make you feel relaxed and happy, but it can also make you feel worse. Most dangerously, it can lead to risky behaviour.

For example, it can:

- Reduce your control over what you do or say
- Make you start arguments and physical fights
- Put you at risk of violence and assault
- Put you at risk of being involved in road or other accidents

### HOW MANY UNITS OF ALCOHOL IN YOUR DRINK?

Drink	Volume	% of Alc	Units
 WINE	175ml	14%	2.5
 BEER	500ml	4%	2
 COCKTAILS	25ml	40%	1
 ALCHOPOP	400ml	5%	1
 SPIRIT	125ml	40%	5



Get help/find out more

[www.alanon.org.za](http://www.alanon.org.za)

Helpline: 0861 25 26 66

Email: [www.alanon.org.za/contact.php#anchor](mailto:www.alanon.org.za/contact.php#anchor)

Department of Social Development Substance Abuse Line: 0800 12 13 14 / SMS 32312

# 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						

