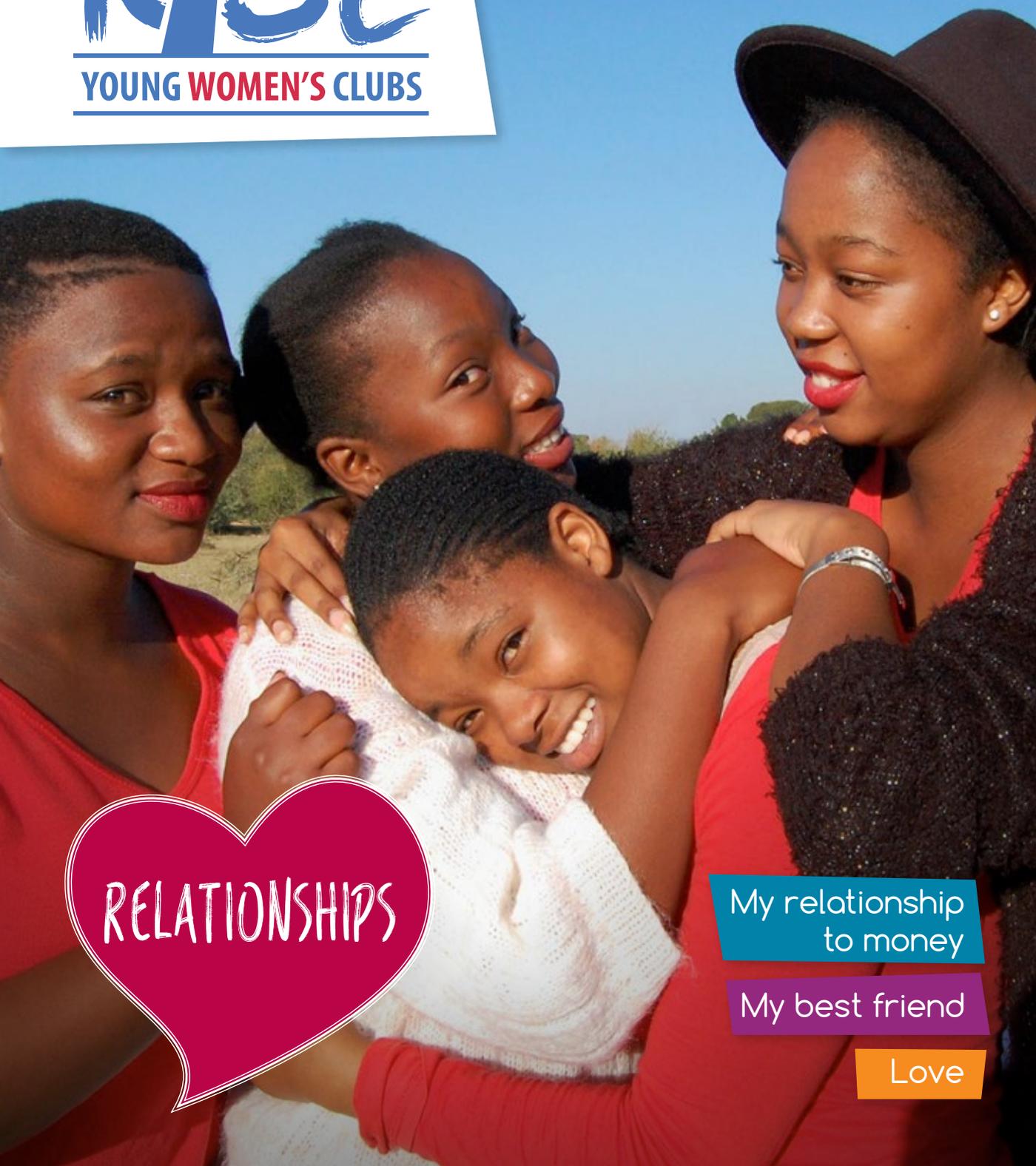


Your 13th edition



RELATIONSHIPS

My relationship to money

My best friend

Love

The club that takes
the best picture will win a
DIGITAL CAMERA!
and the photo will be
published in Rise!



COMPETITION! COMPETITION!

Send a picture of your club with a caption to:

Email: rise@soulcity.org.za • WhatsApp: 081 017 8769

Deadline: 31 October 2016

Here is how to enter the Rise photo competition.

- Take a picture that shows your Rise club. Add a caption and send it to us at: rise@soulcity.org.za or WhatsApp Dee at 081 017 8769.
- You can also ask your fieldworker, or a Soul City provincial office for help in emailing your photo to us.
- The DEADLINE for getting the photo to us is 31 OCTOBER 2016.
- Don't forget to give us your name, the name of your Rise Club, your province and where your club is based.
- The best five pictures will be published in the next edition of Rise Magazine.

Tips for taking great pictures:

- Use a plain background.
- Don't have too many people in one picture.
- Let the picture tell a story.
- Move in as close as you can – avoid using the zoom.
- Find an interesting angle.
- Look for patterns and symmetry.
- Avoid using a flash. Try to use natural light.
- Move the people around so that the light falls on their faces.
- Make sure that the light is not too harsh.
- Try and set the resolution of your photo to as high as possible. This will mean that the file you are sending is bigger. Let us know if you are experiencing difficulties with this.

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Meet Dimakatso
Khalo-Mudau (Dee),
Soul City's Print and
Publishing Coordinator.

Do you have a question?
WhatsApp Dee on
081 017 8769

Welcome to your magazine!

Dear friends

In this issue we discover what it means to have a relationship with yourself and those around you.

We caught up with the Promote Sisterhood Rise Club to find out about the sisterhood struggles that keep them together. On page 16 we asked Rise members about their best friends. Do you have a best friend? Treasure them because they're bound to stick around no matter what.

How healthy is your relationship to money? Find out by taking our quiz on page 10.

We often find ourselves in unhealthy relationships that can cause a lot of pain. Life Matters on page 12 gives advice on how to handle depression and self-destructive thoughts. Remember there is always help available.

Our relationship with our parents is important. Our Rise members tackle this issue and try to find

better ways of handling the challenges on page 24.

Remember, build relationships that are meaningful and grounded in love and respect.

Till next time,
Dee



Exciting news! Soul City has a new brand. It is now a social justice organisation

for young women and girls and the communities they live in. This means there are more opportunities for girls and young women in this country.

We want to hear from you. Send any club news, queries, feedback or poems to: rise@soulcity.org.za



Rising Star

Rise spoke to Mantwa Kubheka from the Magnificent Rise Club in Bloemanda, who recently spent three weeks in Germany.



How did you end up in Germany?

I decided to study German at school because I was curious about the culture and the history. I was top of my class and we had to write an essay and I won a trip to Germany.

What did you enjoy most about Germany?

The environment. Germans are very friendly! My highlight was one day when I woke up at 4 am and the sun was up already!

What did you learn from your trip?

The importance of respecting people. Germans are kind. I wish people in SA could also be respectful. I also learnt that if you work hard, you'll go far.

What are your future plans?

I plan to study social sciences and become a social worker.

Bis zum nächsten Mal!
(Till we meet again)



Lebo Ramafoko, Soul City's CEO.

Sexual violence and voices

The Soul City Institute held a panel discussion on sexual violence.

Unathi Mapiha and Thakane Mashala represented the Rise clubs. Simankane Dlakavu and Tshepiso Maleshwa spoke for Wits students who are trying to stop the culture of rape at our universities.

These and other brave women stood up to share their experience of rape. Many reported how rape is not taken seriously by the society and the police. Women who are raped are often shamed.



Soul City at the Aids Quilt Project

As part of the countdown to the 2016 International Aids Conference, Soul City attended the Aids Quilt Project handover at Kgosi Mampuru II Correctional Centre, in Pretoria.

The Aids Quilt Project was created by the South African National Aids Council (SANAC). It was inspired by the Memorial Quilts, 300 panels of cloth commemorating the lives of people who have died of Aids. Rise club members were also involved in the making of quilts.

The Project gives a human face to the epidemic, giving valuable insight into the people behind the statistic and the communities on the frontlines of the response.



Promote sisterhood

the Rise Club members who support each other



The Promote Sisterhood Rise Club has been going strong since the beginning of 2014. Based in the village of Pankop in Mpumalanga, the girls face a lot of challenges. The main problem is that there is nothing much to do for young people, so there is a lot of alcohol and drug abuse.



“Before I joined Rise I had bad influences from friends. I thought I have to have a boyfriend and now I can see that you can waste your time with them. I decided to meet with the Sisterhood and to share and set my goals.”

– Atlehang Moraka (19)

The club was started by Welhelmina Letlape. Even today she is still the glue that keeps the group together.

“We help each other to stay on the positive side of life. We make each other feel special. When we are together we laugh and joke.”

– Welhelmina Letlape (20)

After their meetings on Saturday afternoons, the Promote Sisterhood likes to march through the village with their banner. This way the community can see that they are active.

One of the young women’s slogans is the seven Bs:

 **Books Before Boys Because Boys Bring Babies!**

“I was in matric and I thought these girls are making a noise. So I went to tell them to keep quiet. Then I joined them! We help each other a lot. We know each other well.”

– Godiagetse Nkanyane (18)



“I lost my mom when I was seven years old. When I was young I got angry, especially when adults shouted at me, because it reminded me of my mother. I used to think that people are nothing but trouble but the group is so good to me, they give me advice. I’m still a teenager and we come across many problems. I want them to protect me from pregnancy. They are doing my mom’s job.”

– Dimakatso Manamela (18)

“I’m a very shy person. I didn’t easily make friends because I thought it was a waste of time. Now at Rise I share things about myself.”

– Lesego Letlape (24)

“I am an orphan and at home there are many problems. I have been sick with TB and the club really helps me. They look after me.”

– Irene Mathlaba (20)






Sisterhood

Being different and accepting each other is part of life. Your club is a great place to learn these life skills. Here are some ideas to make your club stronger.

★ Club activities

- When you plan a project together make sure that everyone is heard. Take turns to talk. Listen to each other without interrupting.
- Plan the project so that every member of the club has something to do.
- Keep the project's success at the top of your minds.
- Never give up on your dreams! Remember: You must let the Rise team know about how your project is going in your monthly report using the Rise App.

Make a listening circle

Let the person on your right tell you three reasons why she joined the Rise club. Listen carefully and remember. Next it's your turn to tell them your reasons. Everyone now gets a chance to tell the group what their neighbour said.

Once everyone has shared, talk about what you have in common and what is different.



Activities

The Promote Sisterhood Rise Club sees its role as helping its members and other young women to learn about being women. They have created a group of young girls under the age of 16 whom they coach in dancing. This year for the Youth Day celebrations the group performed *Sarafina*.

The club has also donated clothes to the SOS home in Pankop.

Tragedy

The club feels that they need support from a local mentor. They are far away and have experienced a lot of difficulties.

Last year, the secretary of the club committed suicide. The group was badly shocked. The girl had always seemed happy to them.

“We were all torn apart. We come here every Saturday and we share our problems and she didn't tell us anything. Afterwards we talked about it and we decided that we must be more open. We must learn to trust each other more.”

– Portia Machubene (17)

The club was deeply affected. A student social worker came to speak to them about it. The girls feel that suicide can cause a lot of pain and confusion. They try to keep the memory of their friend alive and to support each other.



My relationship to money

money

Have you ever noticed how different people's relationship to money is? Some put their lives in danger just to get money. Some think that money is the only thing that will make them happy. Some people are stingy while others like to give away money.

Rands and sense

If your basic needs were met and you had extra money, what would you do? Would you buy expensive clothes to make yourself happy? Would you spend it on entertainment to impress friends? Or would you save it towards a goal?

It is important to know what our relationship to money is. An unhealthy relationship can make us careless, stressed and vulnerable to exploitation.

Take this quiz to see what your relationship with money is.

Tick the box that best applies to you.

As soon as I have money I spend it.



always sometimes never
A B C

When I think about money I feel stressed and panicked.



always sometimes never
A B C

When I want something I will borrow money or buy on credit - even if I have to struggle to pay it back.



always sometimes never
A B C

I believe that people can be happy even when they don't have lots of money.



not true sometimes true
A B C

I choose friends or partners based on what they can give me or buy for me.



always sometimes never
A B C

I have to keep up with the latest fashion even if I have to use all my money.



always sometimes I don't
A B C

I believe getting a lot of money will solve all my problems.



true maybe I don't
A B C

I am careful with money. I think about the things that are important to me and save for them.



not true sometimes true
A B C

Mostly A's

You like money and tend to spend it as soon as you have it. You like to have a good time. Be careful: your relationship to money can make you vulnerable.

Mostly B's

Sometimes money can make you feel anxious. Budgeting towards your goals can help you to become more confident.

Mostly C's

When it comes to money you are calm and confident. You do not let it rule your life and your relationships. You understand about budgeting.

Money maketh the man.

Money is the root of all evil.

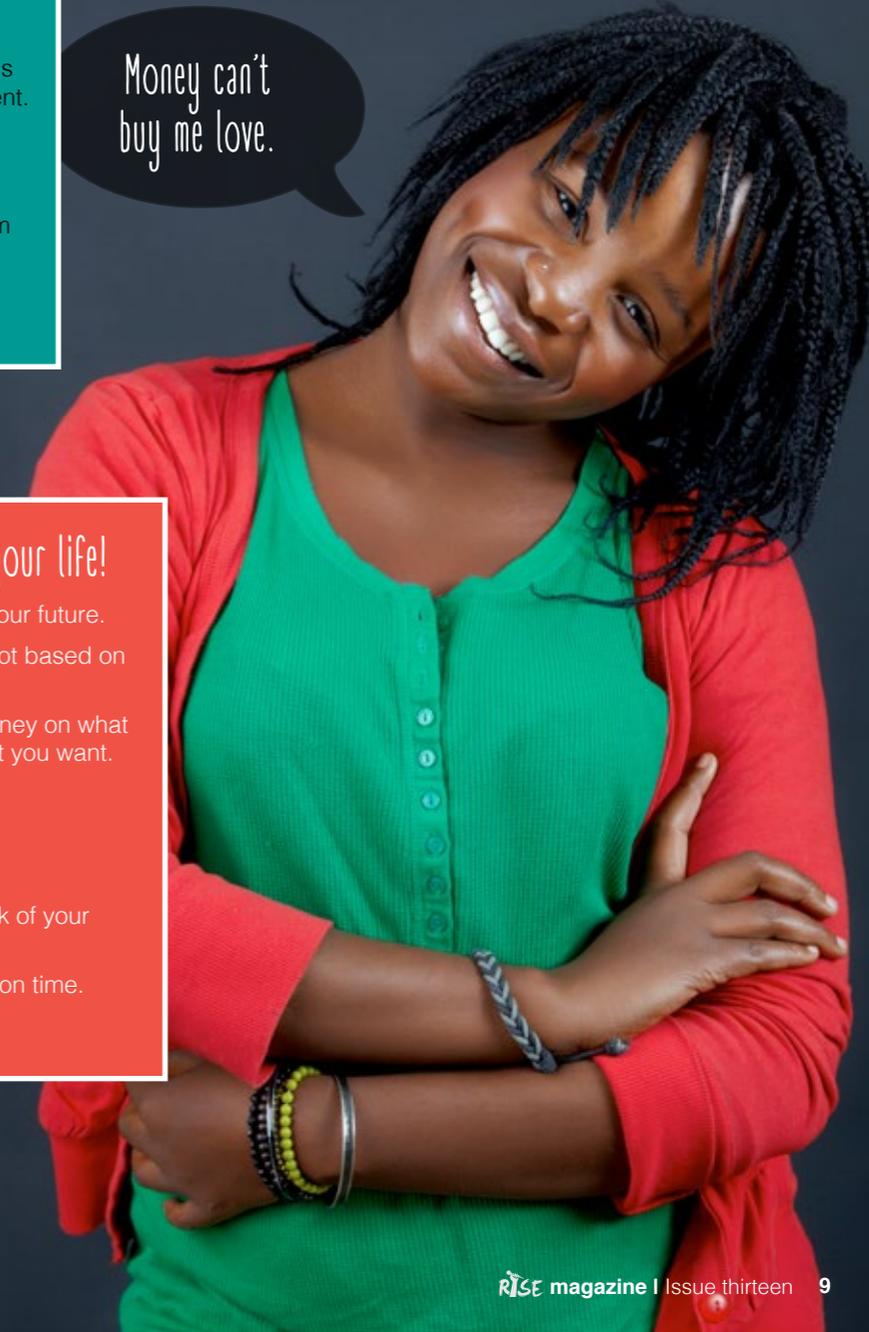
Money can't buy me love.

Let your goals and values rule your life!

- Stay positive and make plans for your future.
- Have good relationships that are not based on money.
- Learn about budgeting. Spend money on what you need and save money for what you want.

Don't let money rule your life!

- Plan for your money and keep track of your spending.
- Manage your debts and pay them on time.
- Live a life you can afford.





Life matters

Being a teenager and growing into a young woman isn't 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.

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.

Whatever you do, you must seek help.

Every day 460 people attempt suicide in South Africa. Don't become a statistic, reach out and get help.

Depression and mental illness

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 have a mental illness then go to your local clinic and speak to a doctor.

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.

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 pls call, they call you back
- Suicide Crisis Line 0800 567 567

What do I do when I am feeling depressed?



Oscarina Majokweni

Counselling Psychologist, Ububele Trust, Alexandra

I call my mom or my parents and talk to them. When you go back to your parents you feel safe, that there is someone thinking about you. Mom will say prayers for me. Sometimes I don't have the words so she will find them for me. Sometimes I go to the movies.



Karabo Ramarumo

Pupil, Bloemfontein (15)

When girls are depressed they should talk to someone. Make it loud so that people can hear. Do something that you love - I love to dance, and I like drama.



Zanele Mokolutlo

Mother Baby Homevisitor, Ububele Trust, Alexandra

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



Sister Nthabiseng Maloleke

Youth Health Co-ordinator, Garankua

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



Mary Anne Davids

Unemployed, Heidedal (21)

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



Innocentia Mahanke

Pupil, Bloemfontein (14)

I think you should go to God and tell Him what you want Him to do for you.



Mamikele Kgasane

Pupil, Bloemfontein (15)

You need to go to a clinic and see some social workers and get help.

What's Love got to do with it?

Have you ever fallen in love? Did you notice that something very strange happens to you?

You can't think of anything else except 'the One' who has captured your heart. When you see the other person your heart beats faster. You check your phone every two minutes to see if there is a message from him. When your beloved touches you, you feel light-headed, dizzy.

You will do ANYTHING for the one you love.

The reason for this is our hormones. Nature wants us to fall in love so that we can make babies. So when we fall in love our brains make a lot of chemicals. Unfortunately some of these hormones can make us stop thinking clearly and make us do things that we may regret later.

Love is meaningful and kind.
Love is respect.
Love is a beating heart and a smiling soul.
Love is when you replace the pronoun "I" with "we".

What does love mean to you?



Cool down!

Before you decide to have sex it is useful to let your hormones calm down a bit. Even if you have already started having sex it is not too late to slow down and think about what you are doing.

Here are some questions to help you cool down:

- ♥ Can we be honest with each other?
- ♥ Am I scared that if I ask for what I need my partner will not love me?
- ♥ Is my partner willing to listen to what I need? Is he putting pressure on me?
- ♥ Is my partner willing to take it slowly?
- ♥ Can we talk about difficult topics such as protection against HIV and pregnancy?
- ♥ If we are going to enter a sexual relationship have we checked our HIV status?
- ♥ What protection are we going to use?

There is nothing more delicious than love. Once you've got your checklist sorted you can start building your relationship.

Best friends

We asked some Rise Club members about their best friends. How did they meet? What makes someone your best friend?



Ellah Maile (19)

Me and my best friend are school mates, class mates and soul mates. Last year when the school opened she was sitting alone so I went to sit with her. We like to spend time together. We share ideas. If there is something happening that I can't share with my parents, I talk to her. A friend is caring, sharing and loving. I feel comfortable with her.



Welhelminah Letlape (20)

My best friend left my village after matric. She has a baby and spends time with her friends who are mothers. But I am very close to my mother. She is my friend.



Christinah Malapame (17)

I met my best friend at pre-school. Our mothers are also friends. We grew up like twins. We have the same figure. We like to laugh. We don't hate other people. You need someone besides you who can make you strong, someone who will keep a secret and share your problems.



Irene Matlhaba (20)

My friend and I have the same birthday. We share problems and I trust her. I don't have a mother, so my friends are my mother.



Kgomotso Chukudu (16)

I have two best friends and we love each other. We do favours for each other and help each other. We are not jealous of each other. A good friend can keep secrets. I can talk about family matters.



Dimakatso Manamela (18)

My best friend is my cousin. She understands me better than my sister. When I'm angry she helps me to calm down. She will soothe me and talk sweetly. She gives me water to drink and she holds me. She is so kind and caring and loving.



Mapule Shai (17)

I used to have a friend and when she moved my heart was so sore. Now I have two best friends. We guide each other.



Reneilwe Baloyi (19)

My best friend is my little sister. We do homework together. Everything that happens at home we talk about. When my aunt and I fight too much I can stay at her place. I sleep there and then we go to school together.



Reabetswe Matseke (15)

I have three best friends. We are always happy. We trust each other and help each other. There is love. We are like sisters just from different mothers.



Nthabiseng Moaga (16)

I had a best friend but she changed. She started going to taverns. I trusted her with all my heart but she disappointed me. Now my boyfriend is my everything - my brother, my father, my best friend and my boyfriend. I tell him about my challenges at home. He understands me.

My best friend

The first time I saw Siyabonga I knew he was different from the other boys. Maybe it was his hairstyle or because he didn't spend much time with the other boys. We were in Grade 10 and he was new in our school.

A good husband

We didn't speak for most of the first term and I thought he was shy. Then one day I decided to test him. I wrote him a note: Why are you so quiet? Do you want to be my friend?

To my surprise he responded: You're disturbing me. Let's meet at break.

And that was how our friendship started.

Siyabonga likes coming to my house. We listen to music and do our school work together. My mom also likes him. She thinks he would make a good husband for me.

I just laugh at her. Because I know that Siyabonga is gay.

Isitabane*

He feels he can't tell anyone because he doesn't want to embarrass his family. He is also part of the youth choir at his church and coming out would mean he has to leave the church. He told me that he had to leave his previous school because the boys were bullying him and calling him isitabane.

One day I asked him when he realised that he was gay. He was quiet for a long time. I was worried I had hurt his feelings.

Then he smiled: "I can't remember. I just know I liked playing with girls. But I didn't have feelings for them the same way I had feelings for boys."

I do feel sorry for Siyabonga. It must be really hard to hide who you really are. Sometimes when we are around other boys I can see that he gets very tense. I keep telling him that he has nothing to worry about. He is much smarter than all the boys in our class.

When I say things like this Siyabonga sighs.

"It isn't that simple," he says. "I can never feel safe. People can turn against me any time. Just because I am different."

*Direct translation from isiXhosa: Isitabane – a man who has chosen to act like a woman

Homophobia

The South African law protects the rights of lesbian, gay, bisexual, transsexual and intersex (LGBTI) citizens. But many people hate and judge gay people. This is called homophobia.

Some people refuse to take gay people seriously and turn away when they are in the room. Others make a point of teasing or bullying them. Some gay people are beaten or raped.

Triangle Project

Tel: Helpline 021 712 6699 (1pm - 9pm)

Cell: 021 448 3812

Email: info@triangle.org.za

Website: www.triangle.org.za

SA Gay & Lesbian Alliance Against Defamation

Facebook: SAGLAAD

The Lesbian & Gay Equality Project

Tel: 011 487 3810/1

Email: info@equality.org.za

Website: www.equality.org.za



For discussion:

- How do you think having to keep quiet makes Siyabonga feel?
- Do you think your community is tolerant of gay people? Do you think Siyabonga would feel safe in your community?
- How can you support gay people in your community against homophobia?
- If you have any gay activists in your community, ask them if they would speak to your club about protecting the rights of LGBTI people.

Take the relationship test

Is your relationship good for you? Find out with this test. Rate yourself and your partner, or your relationship with a family member or a friend. Give a score out of 10.

Respect

I treat my friend with respect when we are alone.	
I treat my friend with respect when we are with other people.	
My friend treats me with respect when we are alone.	
My friend treats me with respect when we are with other people.	

Equality

I treat my friend as an equal when we are alone.	
I treat my friend as an equal when we are with other people.	
My friend treats me as an equal when we are alone.	
My friend treats me as an equal when we are with other people.	

Honesty

I am honest with my friend.	
I offer constructive feedback to my friend in a caring way.	
I am 100% sure that my friend is honest with me.	
My friend offers me constructive feedback in a caring way.	

Compassion

I care about my friend.	
I help my friend find solutions to his/her challenges.	
My friend shows care for me.	
My friend helps me find solutions to my challenges.	

Encouragement

I encourage my friend to achieve his/her goals.	
I celebrate my friend's successes.	
My friend encourages me to achieve my goals.	
My friend is not jealous of my successes.	

Chat to a friend you trust, a relative who is on your side, or a counsellor.

It helps to talk to someone when you need to work through problems in a relationship.



How do you score on each question? And how do you score your partner?

A score between 0 and 4	There's a problem. A big problem. Go back to basics. Find out how to put the qualities of respect, equality, honesty, compassion and encouragement back into action in your relationships. Work on it. Hard. And fast.
A score between 5 and 6	Your relationships are pretty average. Are you happy to settle for this? More understanding and effort is required if you want good quality relationships.
A score between 7 and 8	Your relationships are doing very well! Keep it up! And try for a 10, you can do it!
A score between 9 and 10	Wow! Fantastic! Share your tips for quality relationships with others!

Questions to think about if a relationship isn't as good as it should be:

- ♥ On a scale of 0 to 10, how happy am I?
- ♥ What am I doing right?
- ♥ What isn't working?
- ♥ What needs to change for me to be happier?
- ♥ What can I change within myself to make sure I am in a better relationship?
- ♥ What change do I need in the other person?
- ♥ Is the other person open to change?
- ♥ Is it time to move on?

Acknowledgement: Murray & Roberts, Asifundisane – bursar newsletter Issue 3, 2015.



**The courage
to be
who you are**

Making a living out of photography

Nonhlanhla Martin is the youngest of five children. Growing up in Vosloorus, her parents shared their love for art with their children.

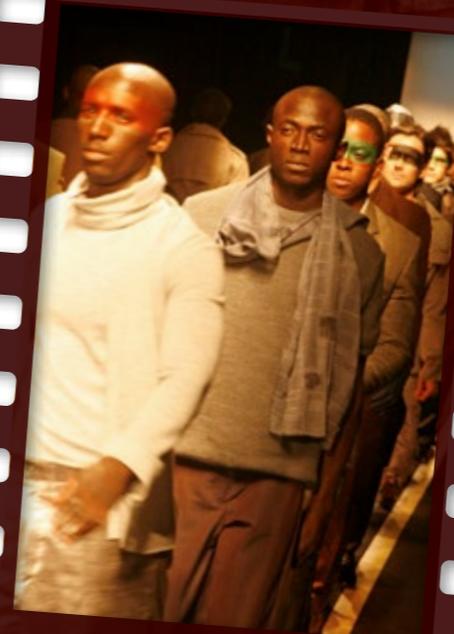
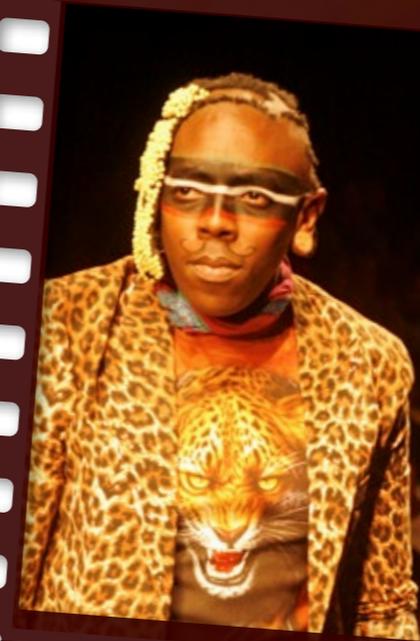
Daddy loved painting and Mom loved singing.

When she was small, Nonhlanhla's mother bought her a book so she could draw things from her imagination. She so loved pictures that she spent her matric year

watching movies and failed. Her mother, who did not have a matric herself, insisted that she focus and repeat her matric.

After matric, Nonhlanhla wanted to be a photographer. At first her mother was not happy. She thought that photography had something to do with pornography. Luckily Nonhlanhla's brother persuaded the family that it was not an immoral profession.

In 2007 she started studying photography at the Market Photo Workshop in Johannesburg.



Struggles

To make money so that she could buy her own camera Nonhlanhla worked at a hairdressing salon. But once she had her camera she realised that all those people who had said they would hire her suddenly vanished.

It was not so easy to find work.

She joined a community newspaper but they too did not call her often enough.

She did make some money photographing her friends' weddings.

Tragedy

While she was still studying, Nonhlanhla's mother went blind and had to stop working. And then in 2012 she passed away. A few months later her older sister died too.

"On the day of their funerals I took photos. The camera helped me to be strong and to look at the events."

Being an artist

For Nonhlanhla photography is art. Even though she is not making enough money at the moment, she feels that it is very rewarding.

"Doing art can help you find out who you are. Artists see things that other people don't see. It is a way to express yourself. You need to have a free spirit. You need to be able to stand up for who you are.

At the same time you have to learn and listen all the time."

To learn more about other forms of art, Nonhlanhla is currently attending a workshop on design and silkscreen making.

Dream for the future

Nonhlanhla is very grateful that she took family portraits before her mother and her sister passed away. Her dream is to encourage others to let her take family portraits.



She also loves fashion and would like to get into fashion photography.

"Fashion builds your character. I love the courage to wear all the different colours, and to be creative.

To be bold to be who you are."

But Nonhlanhla feels that the voice of fear has often brought her down in the past.

"Fear can make you lazy and too scared to pursue your dreams."

Nonhlanhla's advice for young women who want to do art:

"Art is about telling a story. You can do art any way and anywhere. You can sing, take pictures, draw, make drama and write poems. Look after your talent. Protect your work. Fight for it. Share your vision and you will find people who will support you. Find mentors. Find people who are with you. Don't keep quiet.

You cannot depend on others to say whether something is good or not, you have to believe in yourself first. Encourage yourself. Let the people who help you build on the strong foundation you have created yourself."

You can email Nonhlanhla at nonhlanhla.martin@gmail.com



**Rise asked
Angela Makholwa
to comment on
Nonhlanhla's story**

Angela is a writer and a businesswoman who runs a marketing and events management company called Britespark Communications.

She is a successful writer.

"The 30th Candle", revolves around four university friends who are about to turn 30. The "Black Widow Society" tells the story of a secret society of women who plot to eliminate their cheating husbands.

What is Nonhlanhla doing right?

Nonhlanhla is clearly passionate about photography. It is not only a calling but a profession. She takes it seriously and has invested time and money in learning and improving her craft.

I like that she is studying design and silkscreen making.

This means that she can offer more.

For example, she can use design and photography to work in digital media or in magazines, newsletters and pamphlets. I also like that she does not give up when doors closed on her. Instead, she looks for other ways to earn an income with her photography.

What could she do better?

She needs to market herself more using social media. It costs almost nothing and is a quick way to reach more people. If she wants more clients she has to find many ways to show people what she has done.

She needs to have a portfolio of her photographs that she can show.



Me & my parents

As we get older our relationship with our parents changes. We spoke with some Rise girls about the challenges they have with their parents and guardians.

Communication

Many of the members felt that their parents are too strict and cannot speak with them about issues such as sex, having periods or boyfriends.

When parents don't talk about these things we have to get information from other places, including from friends. Sometimes they don't give you the right information.

“Young kids should be taught about sex. By the time you get to secondary school it's too late. My mother is a nurse, she talks to other kids about these things but not to me.”

– Pearl (17)

Often our parents are scared about teenage pregnancy and drug abuse and want to protect us.

“The first thing that comes into their mind when they hear you have a boyfriend is that you're going to have sex and get pregnant and that

he's going to ruin your future. I think they're just trying to look after us.”

– Kgomotso (16)

Telling lies

The problem is that if we cannot talk to our parents we feel that we have to lie.

“We're not allowed to have boyfriends. But we do it anyway and then we have to hide it.”

– Kgomotso (16)

Some tips for good communication:

- Be as clear as you can about what you think, feel and want.
- Use a tone that's friendly and respectful. It makes it easier for parents to listen and take what you say seriously.
- If you're honest, a parent will be likely to believe what you say.
- Try to understand their point of view.

“Sometimes I feel like my mother doesn't trust me. I don't feel good about hiding things but you have to lie about many things.”

– Dineo (17)

Having to lie about having a boyfriend can make it harder to get contraceptives and protect yourself from unsafe sex.

What we want from our parents

We all want a better relationship with our parents. We want them to be more involved in our lives. But it can be difficult to start conversations if you don't feel your parent will be open.

“I would like them to sit down and talk to me and try to get my view. They never ask how we feel about things.”

– Mpho (15)

“If your parent is willing, you can build a relationship, but if not, you can't. Because some parents are strict.”

– Kgomotso

It is also good to remember the beautiful ways our parents and guardians are there for us.

“I love how my mom supports me in all the good things I do. Like when I wanted to join the Rise girls' club she said, ‘Ja, go ahead’.”

– Pearl (17)

Improving communication

Some parents are easy to talk to. Some are good listeners. Some are harder to approach. If you can't talk to your parent or guardian find other adults you can trust. Find someone who will listen, understand, and encourage you and care.



- Invite parents and guardians to a Rise club meeting to talk about communication.
- Talk about the importance of being listened to.
- Give them an opportunity to say what they want from you.
- Encourage parents to watch the Rise TV show. Show them the Rise magazine.





Red spots on my pillow



It is late at night and Melanie wakes up. She is coughing again. She's had this cough for three weeks now.

She pushes herself up and switches on the light. There are tiny red spots on her pillow. She looks again. Blood? From coughing?

And then she remembers what her friend Xoliswa said to her.

"Those night sweats and fever and losing so much weight. It sounds like TB to me."

"Rubbish," Melanie had replied. "It's just the change of season."

Melanie grabs her phone and googles www.soulcity.org.za/media/materials/tb.

- She finds a list of signs of TB:**
- cough for more than two weeks
 - cough up blood
 - do not feel like eating
 - pains in your chest
 - unexplained weight loss
 - feel very tired all the time
 - sweat a lot at night (even when the weather is cool)
 - a fever that comes and goes for longer than two weeks
 - get short of breath easily.

You may not feel or experience these symptoms all at once.

Melanie messages Xoliswa: "hw do I knw 4 sure if i hv tb?"

Her phone vibrates straightaway. "clinic asap. easy test. u just spit in bowl."

"K." Melanie replies.

"If u got tb i will hlp u get thru treatment," Xoliswa answers. "my bro hd it. he fyn now."

Melanie takes a deep breath. There is pain in her chest. She gets up to make tea.

In a funny way, she is feeling relieved. One: she's going to the clinic tomorrow. Two: she has Xoliswa on her side.

Play your part to stop TB:



Cover your mouth with your elbow when you cough or sneeze.



Keep windows open so the germs can blow away.



Wash your hands often.

TB can be cured

Fact file

Tuberculosis (TB) is a bacteria – a type of germ.

TB spreads through the air when people cough, spit or sneeze and breathe in the germ.

TB can be cured.

If you have HIV and TB, the TB treatment will still work to cure your TB.

Q&A on TB

Q: What does the TB germ do?
A: The TB germ attacks your lungs. It makes holes and causes other damage to your lungs. The TB germ can also spread through your blood to other parts of your body, like your brain or liver.

Q: What happens when you have a TB test?
A: The clinic or doctor may ask you to cough your spit into a small bottle two mornings in a row. They send your spit to a laboratory. They look through a microscope to see if there are TB germs in your spit.

Q: What if I've got TB?
A: You will begin treatment. The medicine is free from a government clinic. The people you live with need to be checked to see if they have TB too.

Q: Will I infect other people?
A: After taking the TB medicine for two weeks, you cannot pass the TB germ on anymore. Often, when someone in the family has TB, other family members have to take medicine as well.

Q: I want to take my medicine, but 6 months is a long time. How will I manage?
A: Ask someone to support you to take your medicine. Your supporter makes sure you take your medicine every day. They encourage you when you feel like giving up.

Q: What if I stop taking my TB treatment before the health worker says I can?
A: You will get sick again. The TB germ can become resistant to the medicines (drugs). This means you have multi drug resistant (MDR) TB. The usual TB medicines will not work. This is VERY SERIOUS because the TB treatment becomes MUCH more difficult and takes much longer. You can die from MDR TB.

Q: Are there any side effects to the medicine?
A: There can be. For example, you might feel nauseous, get a skin rash and have pink urine. But you must not stop your treatment. Talk to a health worker at the clinic for help and advice.

Ask the experts



The experts answer your health and relationship questions. Send us your questions on the Rise TV Talkshow Facebook page.

Dear Sis Lebo

Why is it when someone steals a car we go to the police station and they take a statement, but when you report a rape they make you feel that it was your fault. Sometimes they even humiliate you in front of others.

What are our rights when we want to report rape? - Angry

Your rights when reporting rape

You have the right to be treated with respect and dignity. You can ask to speak to a woman police officer. You also have the right to:

- Report your rape in the language of your choice.
- Give your statement of what happened in a private room. Ask the police officer to read it back to you. When you are satisfied that it is correct, you sign it. The statement will be used in court.
- Get a case number, the name of your investigating officer and a copy of your statement.
- If a police officer refuses to take a statement, speak to the station commander.
- If you want to lay a misconduct claim against police officers, complain to the Independent Police Investigative Directorate.

Email: Complaints@ipid.gov.za

Phone: 012 399 0000

To find out more about rape and your rights (issasa website)

Shukumisa:
www.shukumisa.org.za/resources/

Women's Legal Centre:
www.wlce.co.za/images/domesticviolenceguide.pdf

Dear Angry,

You are right to feel angry. Rape is a crime. You have the right to report it and press charges. Police are never allowed to turn you away. To report rape it is best to go to the police station with a friend or family member.

Thuthuzela Care Centres have been set up in clinics and hospitals around the country. Their job is to offer victims of gender-based violence all the services they need in a caring environment.

You can also phone the GBV 24-hour contact centre at 0800 428 428.

In solidarity

Sis Lebo



By Accident

Dear Dr Sue

The other night my boyfriend and I got carried away and we had sex. The problem is we did not use any contraception. Afterwards I was freaked out for days thinking that now I am pregnant. Then I did get my period.

I just want to know what to do if it ever happens again (though I'm not planning on it). - Lucky

Dear Lucky

So glad you and your boyfriend were lucky this time! There is a morning-after pill you can take for emergencies like yours. It is also called the emergency contraceptive pill (ECP).

You have to take it within 3 days of unprotected sex. You have to get it from a clinic or go to a doctor to get a prescription. The sooner you take it, the better.

ECP is only for emergencies. It gives you a very big dose of hormones to prevent pregnancy. After taking ECP, there's a chance of side effects for a short time. You might get irregular periods, sore breasts, cramps and headaches. You could also feel dizzy and very tired.

For peace of mind it is best to double up. This means using a condom and another form of contraception at the same time.

Be happy and safe

Dr Sue



Condom trust

Dear Rise,

When I ask my boyfriend to wear condoms he says I don't trust him. When I tell him that is not true, he says he can't trust me because I want condoms.

Dear Help

I wish to applaud you for insisting that you use condoms. You are a very responsible young woman to make sure that you have safe sex. Condoms protect you and your partner from various illnesses, including HIV.

I don't know what your boyfriend means when he says you don't trust him if you ask to use condoms. In fact, using condoms will ensure that you trust him because he will be showing you that he cares about your health and his health too.

I would not trust any man with my health and my body if they refuse to use condoms. I will trust a partner who puts both our health first and will not risk HIV, STIs and unwanted pregnancy. Unfortunately, I do not think your boyfriend is that guy.

Speak to him and make him understand that you cannot put your health at risk for a relationship. Trust is earned. A caring partner will not put your health at risk. If he insists, then maybe this is not the relationship for you.

Rise

Promote Sisterhood

Meet the club that's been going strong since 2014.

#Promotesisterhood



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