

Your 14th edition



Looking into the  
**FUTURE**

Setting goals

Becoming  
curious

Choosing subjects



If your writing is selected,  
we will publish your piece with  
a picture of you.

You will also receive  
a book prize!

# WRITING COMPETITION!

Send your story or poem to:

Email: [rise@soulcity.org.za](mailto:rise@soulcity.org.za) • WhatsApp: 081 017 8769

Deadline: 31 November 2016

*Have you ever wanted to have something you have written published? Here is your opportunity to send your writing to Rise Magazine!*

*Write a story or a poem on the theme of **'Staying safe'** and send it to us. Your piece must not be more than 300 words long and must be your own original work.*

#### **Tips for writing:**

- Don't try to imitate other writers: write from your own heart, express who you are, tell your stories.
- Most writers rewrite their work many times. Take time to edit your piece.
- Read the piece aloud to yourself a few times and make corrections. Ask yourself:
  - Does it flow nicely?
  - Are there any unnecessary words that I could cut out?
  - Could I say anything better?
- Ask a friend to read it and to make suggestions to change things. Check with them if your intention is clear.

We are happy to announce that the photography competition was won by the Promote Sisterhood Rise Club in Pankop. You can see the winning picture, and the runners up in Edition 15 of Rise Magazine. Congratulations all!

# CONTENTS

02	Club news
04	Club profile
08	Dreaming your life big
09	My Values
10	My Goals
12	How to choose your subjects
13	Going to university
14	Going to a TVET college
15	How to pay for your tertiary education
16	Word on the street
18	Finding happiness in the soil
22	When alcohol becomes a problem
26	Ask the experts



Do you have a question?  
WhatsApp Dee on  
081 017 8769 or send  
us an email  
[rise@soulcity.org.za](mailto:rise@soulcity.org.za)

## Welcome to your magazine!

Many of you are probably thinking about the future, and what it has in store for you.

In this issue we look into the future and explore our goals and values. A club activity on page 9 will help you identify your values.

Dreams encourage us to work harder and to work towards our goals. On page 8, a young woman talks about living her dream to pursue a PhD in psychology!

Page 12 offers guidance on choosing a field of study based on your passion. Our article on going to university and TVET will help you plan your future – starting now!

Have you or your friends had experiences with alcohol that you

regretted later? Read about the dangers of alcohol on page 22. Alcohol abuse is no laughing matter. In fact, many families suffer because of alcohol.

Sometimes we make choices we are not proud of. Our article on pregnancy is a must-read. It shows you the importance of having your goals in place.

Remember that you are capable, and never stop dreaming.

Till next issue,  
Love, Dee



Going to university,  
page 13

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# A dialogue for mothers and daughters

The KGWS Rise Young Women's Club in Qwaqwa held a dialogue between mothers and daughters. The first speaker was from the Department of Health. She shared information about sexual intercourse and sexually transmitted infections (STIs). Rise fieldworker, Hilda, spoke about what Rise Young Women's Clubs are all about.

Mothers and daughters were then divided into groups to discuss the challenges that face girls. Our mothers had to state things they love and expect from us as female children. We were also given the opportunity to test for HIV, diabetes and TB.

## Club news



# Media training for Rise members

Rise club members from all provinces went for media training in the Free State. The focus was on TV presenting, interview skills and article writing. Frayintermedia facilitated the training. The girls were excited and gave it their all. This will help them to confidently start dialogues about issues affecting them and to look at careers in the media.



*Does your club  
have any news?  
Let us know!  
WhatsApp Dee on  
081 017 8769*

## Soul City Relaunch

Rise club members from around Gauteng were privileged to join Soul City Institute at our relaunch. Soul City has moved from being a health organisation to an organisation that focuses on social justice for women. This is an exciting time for us and we hope we can serve you better.



# looking to the future



*The BBNP Young Women's Club is based in Masinenge, just outside Margate in KwaZulu-Natal. Most of the girls moved here with their families from rural Eastern Cape.*



## Challenges

There are no facilities in this informal settlement and the community faces many challenges. The girls need to use transport to get to school. Many families cannot afford this.

One of the challenges of the BBNP Young Women's Club is that the membership changes often as the girls move away to go to school or to go back to the Eastern Cape.

The club was started in 2014 by Bulelwa Nondula. She is organised and makes sure that the paperwork is up to date.

## Staying safe

Most of the girls feel that the club keeps them safe from alcohol and pregnancy. Being part of the club helps them to think about their future.

The club is also a place where the girls can laugh together and play games. Some girls say that their parents are very strict, so the club is a place where they can relax and be girls together.





**Bulelwa Nondula (27)**

My family makes a living by making *ilala* brooms. When I finished studying I came back to this area to look for a job. Parents always tell us how they were doing things when they were our age and we don't listen. But I can hear much better when people of my own age tell me how to stay safe.



**Bonisile Msomi (15)**

My mother came here to get a job. But now we have nothing. We live on a grant for my sister. My sister and I can't afford to go to school because we don't have transport. My friend says next year she will help me to go to school. I want to be a nurse because I want to help other people and to look after my mother. You just have to persevere.



**Nqobile Ndimande (17)**

I have been living with my father since I was young. I like boys too much. I used to be troublesome because I did not have a mother. I had sex without going for testing. The club has helped me to behave like a young woman. I get information.



**Patisua Giyo (20)**

My parents are in Flagstaff. They are farming. I joined the club because I want to change my life. I grew up here with my brother. In Grade 11 I had a baby. Now I would like to finish school. When I fell pregnant I felt that it was the end of my life.



**Nosiphelo Khwini (16)**

This club can help us for the future. We share ideas and learn how to make our life good. Sex outside marriage is not good.



**Aphindile Diya (15)**

I come from Bizana. I have only been here for 3 years. I am here because my mom is working here. I find the children that live here are worse behaved than they were in Bizana. They fall pregnant! I miss my friends but the club helps me.



**Sindiswa Ngobosa (16)**

I joined the club because I wanted to learn things. The boys make you pregnant and then they run away.



## Rising Star



***Nozuko Tshezi's mother moved to Masinenge in 2002. Her sister Asanda joined her after they finished their matric. This year Nozuko won the debate at the Youth Forum. The topic was teenage pregnancy.***

"I fell pregnant when I was in matric. When Bulelwa told me about the club I thought this is going to help me to control myself. Most of my friends have more children. Others drink and use drugs. The club teaches me to behave and to make sure we have a good future. If you know what you want, then you just have to keep going."

# Dreaming your Big Life

**Andile Mthombeni is the first person in her family to attend university. Her father died when she was very young and her mother worked as a domestic worker. As a result, mother and daughter moved to various backrooms around Johannesburg.**

Luckily Andile had cousins who cared for her. They made sure that Andile got into a good school. She did very well. But she had no idea what career path she could follow.

*"When you grow up in a township you are very isolated. You see your neighbours are unemployed and you cannot really imagine what careers there are. All you know about is being a nurse, a doctor or a social worker. Or maybe you see yourself working in a shop at a mall. The biggest injustice is if you cannot dream big."*

## Going to university

When she was in high school, a friend invited Andile to go to church with her in the suburbs. Here she met young people who were making plans for the future. Her eyes were opened.

*"These people were talking about going to university, something I never imagined. They encouraged me to get a prospectus and just to visit Wits University. I loved it."*

## Not knowing what to do

She got into Wits without knowing what to study. She had seen psychologists on a TV talk show and decided it might be nice to study psychology.

When Andile finished her Bachelor of Arts degree she still didn't really know what to do.

*"Most of us don't know where we are going. That is how we get stuck – we finish our studies then go home and look for a job. We don't have someone who can guide us or expose us to broader opportunities and internships."*

One of Andile's professors saw her potential and offered her a research post. Currently she is doing a Masters degree in psychology.

## Dream

Her next big dream is to earn enough money to buy her mother her own home and to study for a PhD.

*"I don't think my mother ever had any dream except to survive."*

**To get help with your dream contact the National Youth Development Agency (NYDA).**

Call Centre 0800 52 52 52  
[www.nyda.gov.za](http://www.nyda.gov.za)



How can we help each other to dream bigger?

The first step is to become curious and ask questions.

Find people in your community who have interesting jobs. Invite them to a club meeting and let them tell you about their work. You could also ask if your club could visit them at their place of work so that they can show you around.

Ask them lots of questions like: Why did you decide to do this job? What kind of person is suitable for this job? What do you enjoy about it? What is difficult? What are your dreams?



# My Values

Before setting goals for our life, it is useful to look at our values. Here is an activity you can do together.

## Step 1

On your own, read the values below. Choose 5 things that are MOST important to you now. Label them from 1 to 5.

Let your feelings guide your choices.

1 = most important 5 = least important

*I want to complete my education first. Then I'll be more qualified to get a job. I will be able to help look after myself and my family. I work hard at school. It would be nice to be in the popular group but I do have my 2 best friends. We support each other.*

What I value most		
Taking care of my family	Completing my education	Making a lot of money
Getting along with my parents/ caregivers	Having a romantic relationship	Living according to my spiritual beliefs
Having sex	Having a friend I can always count on	Having a job I really like
Having food on the table	Being physically fit	Doing something that makes a difference in my community
Being financially independent	Becoming famous	Avoiding HIV and other sexually transmitted diseases (STDs)
Having a baby	Getting into a sports team	Fitting in with the popular group
Being successful	Being fashionable	Having fun

### Club rules

- We listen without interrupting.
- We don't judge each other.
- We respect each other's choices.

## Step 2

In pairs discuss what you chose:

- Why did you choose those 5 things?
- Which other choices did you also value?
- How has this activity helped you work out your values?

## Step 3

Everyone:

- Take a turn to talk about your choices.
- Discuss how you could support each other in sticking to your values.



# My Goals

Turning dreams into reality

*Lindiwe is in high school. She loves running, and Caster Semenya is her role model. She dreams about winning the 400 metre race at the Olympics.*

Lindiwe's coach tells her that there is a big difference between a dream and a goal. You might **dream** of becoming a professional athlete, but you need to focus on what it takes to get there to make it a realistic **goal**.

"First you need to focus on winning the 400 metre race at school. That's your **short-term goal**. District and provincial trials are your **medium-term goals**. And getting to run in green and gold is your **long-term goal** – your dream."

Image source: Flickr, La sud africaine: Caster Semenya, médaille d'argent aux 800m, 11 August 2012

The coach gives Lindiwe a piece of paper with questions to answer.

## **My dream is to one day win the 400 metres sprint at the Olympics.**

Q: My dream:

**To win the 400m at the Olympics.**

Q: What's my short-term goal?

**Win the 400 metre race at school athletics.**

Q: How do I achieve my short-term goal?

**Train hard mentally and physically.**

Q: How do I get mentally/physically fit to achieve my goal?

- **Believe in myself**
- **Tell other people about my goal so they can encourage me**
- **make a realistic daily training programme.**

Q: What do I have on my side?

- **My coach, my aunt and my best friends support me**
- **I can practise at school whenever I want.**

Q: What challenges might I face?

- **I need new running shoes**
- **I might not beat the other fast runners in my age group.**

Q: How will I get the balance in my life right?

**I'll plan realistically.**

Q: How will I pay for new running shoes?

- **I will talk with my coach and my aunt**
- **I will do some small jobs to help me save, like sweep my neighbour's yard.**

Q: How will I handle disappointments?

- **I don't want to think about losing right now!**
- **I might have to set new goals**
- **Giving up is not an option.**



## **Club activity**

Take about 5 minutes to answer the questions for your own dream.

Get together with another club member. Take turns to tell each other about your goals and dreams.

My dream is ...

What's my short-term goal?

How do I achieve my short-term goal?

How do I get mentally fit to achieve my goal?

What do I have on my side?

What challenges might I face?

How will I get the balance in my life right?

Will I need money? If yes, how will I earn it?

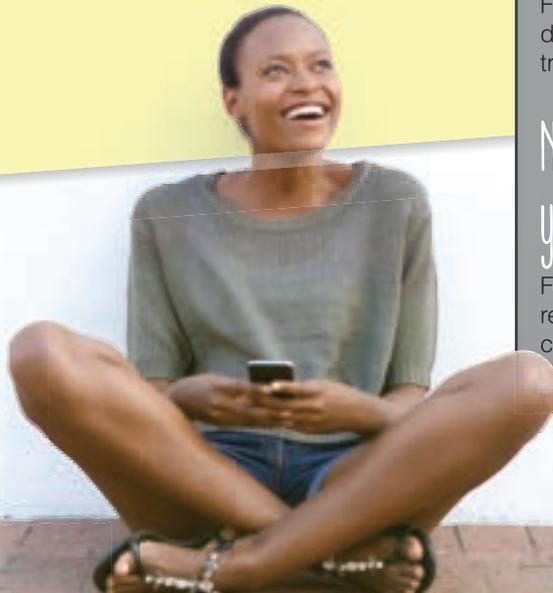
How will I handle disappointments?

Brainstorm and decide on your club's long-term goals.

For example: Our club will make a difference to how girls and women are treated in our families and community.

Now brainstorm and decide on your club's short-term goal.

For example: We will all come to meetings regularly to plan and put into action a campaign so everyone understands that rape is not the same as sex.





# How to choose your subjects

## for Grade 10

*Choosing subjects for Grade 10 can be stressful. It is a time when you start thinking about your future. Use the opportunity to think about your dreams and goals.*



### What you need to know

To qualify for a National Senior Certificate (Grade 12) you need to pass 7 subjects. There are 4 compulsory subjects: 2 languages, Mathematics or Maths Literacy, and Life Orientation.

If you want to go to university you will need to achieve 50% or more, in at least 4 of your subjects. For a college you need 40% or more in at least 4 subjects.



### Some good advice

- Choose subjects that can open doors for your future career.
- Choose subjects that challenge you, and choose at least one that you like or that you know you're good at.
- If possible, choose Maths, but don't run the risk of not passing matric because of one subject.
- Don't choose a subject because of the teacher who teaches it. Teachers come and go.
- Don't choose subjects according to your parents' or friends' choices – look at your own success and/or interest in subjects.
- If you can take an extra subject, do it!



### Do research

- Use the internet to help you. Take time to visit the websites of tertiary institutions to find out what type of courses they offer and what subjects are important for the course that interest you.
- Speak to your friends or siblings who are older than you. Ask them about the subjects they chose and how they got support at school.
- Ask Grade 11s who might be able to help you when you struggle with subjects.
- Speak to the teachers who teach the subjects and ask them about the work that is covered in Grade 10.



# Going to university

## How do I choose my degree?

**The biggest challenge about choosing what to study is thinking about your career path. This means thinking about who you are and what your strengths are.**

I love ...	A career you might enjoy
Nurturing people	Nursing   Teaching   Social work Occupational therapy
Working with people	Human resources   Law   Psychology Medicine   Welfare work
Communicating	Journalism   Marketing   Advertising TV or radio presenting
Working with my hands	Plumbing   Construction   Dentistry
Science and inquiring	Research   Biology   Archaeology
Being outdoors	Environmentalism   Geology Agriculture   Botany
Working with numbers	Accounting   Business   Economy   Statistics Bookkeeping   Payroll administration



## How do I apply for university?

It is best to start thinking about university in Grade 11.

- It is important to pass well in Grade 11. A university can provisionally accept you if you apply with your Grade 11 results. The final acceptance depends on your Grade 12 results.
- Universities have different requirements for each degree. Research the internet to find out if your results will let you qualify for a certain degree.
- All universities have websites with all their information.
- This website gives information about the deadlines for applying to the different universities: [educonnect.co.za/2017-university-application-dates/](http://educonnect.co.za/2017-university-application-dates/)
- Most universities have online applications.
- When you apply for university you need a copy of your results as well as information about the person responsible for paying your fees.

### Scarce skills

Our country needs people with scarce skills and knowledge, because there are not enough people in South Africa with these skills. These people can go into accounting, education, agriculture, information technology (IT) and artisan work.

Find out about scarce skills and where you can study for them.



Invite community members who have received their tertiary education in the last 10 years to speak to you about their experiences.

# Going to a TVET college

**A technical and vocational education and training (TVET) college is a good place to learn practical skills.**



## Useful contacts

- To find a list of accredited colleges, visit [www.fetcolleges.co.za](http://www.fetcolleges.co.za)
- To find out if the qualification you want to study for is registered or recognised, you can call the South African Qualifications Authority (SAQA) helpdesk on **0860 111 673** or visit [www.saqqa.org.za](http://www.saqqa.org.za)
- To check that the college you have chosen is registered, you can call the DHET on **0800 87 2222** or visit their website: [www.dhet.gov.za](http://www.dhet.gov.za)



**“I like being in a TVET college because I learn both theory and practical at the same time. I don’t have to look for practical training after finishing my diploma. It is also more affordable than a university and we have access to bursaries that don’t depend a lot on your qualifications.”**

Melanie Mphahlele (21) student in fashion production at Central Johannesburg TVET College

**“We have to learn a yearly syllabus in 6 months. It is a lot of pressure and you have to work twice as hard. You have to be independent and self-disciplined. You can’t wait for your lecturer to push you.”**



Vanessa Lecogo (22) student in fashion production at Central Johannesburg TVET College



Formerly known as FET colleges, these institutions offer short courses, certificate courses and three-year diplomas. For example, you can study motor mechanics, hair and beauty, engineering, graphic design, management and tourism. You can also do a technical matric at a TVET college.

The highest qualification in a TVET college is an NQF6. This is the same as a diploma.

## What qualification do I need?

You can get into a TVET college if you have Grade 9. For some qualifications you need a Grade 12. Find out from the college what their requirements are for the course you are interested in.

## Choosing a college

Research the college you want to attend. Check if it has learning resources like computers, machinery, a library and other necessary facilities. Ask current or former students about their experience at their college.

Make sure the college you choose is registered with an official and recognised body under the South African government.

If you plan to study further afterwards, find out if there is a university that will accept your qualification.

# How to **pay** for your tertiary education

**Tertiary education is expensive. Besides the tuition fees you might also need to pay for:**

- Upfront registration fees
- Accommodation
- Food
- Transport
- Books and course materials
- A laptop or tablet

## Where to get help

- To get free career guidance and information call the Department of Higher Education and Training's helpline on 0800 87 2222 or visit [www.dhet.gov.za](http://www.dhet.gov.za) and [www.facebook.com/careerhelp](https://www.facebook.com/careerhelp)
- Call the National Student Financial Aid Scheme (NSFAS) on 0860 067 327 or email them on [info@nsfas.org.za](mailto:info@nsfas.org.za). Their website is [www.nsfas.org.za](http://www.nsfas.org.za)
- Here is website with information about bursaries: [www.bursaries-southafrica.co.za/list-of-all-bursaries-in-south-africa/](http://www.bursaries-southafrica.co.za/list-of-all-bursaries-in-south-africa/)

**There are a number of ways you can finance your studies. Find out from the college or university how they can assist you. Remember to apply early.**

## Scholarships or donor bursaries

A scholarship is a financial award usually given to students who have done well. Recipients are not always expected to repay or work back the money they receive.

Some universities reward students for getting A's by reducing their fees. You need to do research about this at the university you are applying for.

## Bursaries

There are also bursaries available to pay for university fees. A bursary can come from a company that might hire you after you have completed your degree. For example, mining companies support students who are interested in engineering. Some banks support students who are interested in the commerce or financial sectors.

You might have to go through a means test to see how much money your family earns. You will also have to prove that you cannot afford to pay your studies.

## Loans

A loan is something you have to pay back after you have finished studying. Banks offer study loans. The National Student Financial Aid Scheme (NSFAS) provides loans for studies at universities and TVET colleges. Check on their website if you qualify and make sure you apply on time.

*Take time to fill in forms carefully, honestly and in full. Submit them before the deadline.*



# Fun without Phuza

We asked some Rise club members from the Margate area how they are going to enjoy themselves this holiday without drinking.



**Zama Mazubane (24)**

I don't suffer from stress, that is why I don't drink. I can go to the club with my friends and I just sit there and watch them drink.



**Smangele Shazi (25)**

At a formal occasion I can enjoy myself without drinking. Going out to the beach is nice, and watching a lot of soopies and eating snacks. Sometimes it is better just to have a good cry when you are stressed and then it's over.



**Thabsile Jama (14)**

We play *shumpu*, which is a traditional ball game. I also like to play ladies' soccer with my friends.



**Sinyali Suki (20)**

We play loud music and dance. We even practise twerking.



**Thandeka Khowa (17)**

It's easy to enjoy yourself here in the village without drinking. My friends and I play some music. We go to town and swim in the sea. My parents won't let us drink.



**Nomzuzo Nxumalo (18)**

We joke and dance and twerk. I love dancing. And I love hugging my cousins.



**Nadipha Mqadi (18)**

We support each other in the Rise club not to drink. We have fun together. We do traditional dancing and play netball.



**Ncane Sinyali (16)**

I love watching *Generations* and soapies with my mother and my sister. I like the characters and the settings.



**Nqobile Danca (14)**

If I drink I talk too much. I like watching TV and cooking and watching netball. If my friends visit they will help me with cooking. I also love going to church. It protects me.



**Nosihe Xolo (14)**

I like to play ladies' soccer with my friends. We sit and talk about school and help each other with homework.



**Philisiwe Sikobi (26)**

I don't like drinking because I enjoy myself much better when I am in charge. I live alone so I love visiting friends.



**Nombuso Jama (15)**

People drink to forget their stresses and I don't have stress because I don't have a boyfriend. I like to stay at home and watch TV and play with my friends.



# Finding happiness in the soil

**Meet Fika Khumalo, an electrical engineer who has given up her comfortable life in the suburbs to farm vegetables. *To her farming is a beautiful passion.***

Fika was born in Newcastle, KwaZulu-Natal, but grew up with her aunt in rural Eastern Cape. After matric she moved to Durban to study.

She started working at the Durban Electrical Company. Then one day she met a man on a bus. His name was Simphiwe. It was love at first sight. They got married and Fika fell pregnant and resigned from her job. She loved being a housewife. She was making clothes and beadwork and the couple opened a shop in the suburbs.

### **When the soil calls you**

After a while Fika returned to her former work. But something else was calling her. It was the soil. She heard about free training for farmers. The organisation was called Siyavuna and she was deeply inspired.

*“The trainer had such passion for farming. It was the most alive day of my life and I just wanted to get home and get started with farming.”*

### **Farming as a business opportunity**

She persuaded Simphiwe to also attend the training. The couple started to see farming as a business opportunity.

*Often when we think about farming, we imagine a life of hard labour and poverty.*





## FIKA'S ADVICE

*Look out for free agricultural training in your area.*

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*Go to people in your community who are growing vegetables and ask them for seeds. Learn from them.*

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*Don't throw away those pumpkin seeds. Plant them.*

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*There is a lot of interesting information on the internet on small scale gardening and permaculture.*

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*If you want to consider farming as a career, many universities and colleges offer agricultural sciences.*

## Moving to a village

Then one day they attended a friend's wedding in Danganya Village, inland from Amanzimtoti. They loved the place and bought a piece of land there. They took their three young children out of fancy schools, sold their house and cars and moved to Danganya.

Linking up with other women farmers in the village, they started digging and planting their garden.

## Producing enough

After two years, the couple produce enough vegetables for their own needs. They sell the rest to a co-op through Siyavuna. Fika also makes medicinal teas and sells them to people in the pension queues.

*But their main calling has become to inspire and train the community to plant.*

## Being a billboard for farming

"We noticed that around here there are mainly old people living off grants or young people looking for employment. They don't realise that they can make something for themselves because they have land. Lots of people are starting to do gardening in our community."

They make sure that their gardens always look beautiful.

*Fika goes to schools to talk about farming. "I try to be a role model to young people."*

"I always dress nicely so that they can see that I don't look poor and terrible. They can also see that educated people can farm. When people say that my skin looks nice I tell them it's the herbs from the garden."





### Her children love farming

The children have adapted well to life in the village. When they come home from school they love helping their parents in the garden.

Each child has their own little patch of land and they sell the vegetables that they grow there. Recently their daughter made enough money to buy herself a tablet.

*“We hope that the next generation can see the opportunities in farming.”*

### It's not easy

It has only been 2 years and farming isn't easy. But Fika feels that all the difficulty is worthwhile.

“When I used to go to work I used to be so tired. Now I have so much energy. I get up early in the morning and read books about farming. Or I go onto the internet. Time just flies. I don't have enough time to do all the things that I want to do.”

# When Alcohol becomes a Problem

## 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 happen, 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 (for a male) and two drinks at one time (for a female) are known as 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.

## 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 say and do, or what someone does to you
- make people start arguments and physical fights
- put you at risk of violence and assault, especially if you are a woman
- put you at risk of being involved in road or other accidents.



## A wake up call

*“Amongst my peers, alcohol is part of everyday life. We drink to celebrate special occasions, to socialise, to relax. Sometimes we drink too much. One day a guy raped my friend when she was drunk. It was a terrible thing for her to deal with. This is when I realised how dangerous alcohol can be. Since then I have cut down a lot. I have learnt that it is not so hard to say ‘no’. You just say: ‘No thanks’. Or you make a joke, or change the subject, and get your own soft drink. I guard my drink to make sure no one puts a drug into it. I don’t care what people think of me. I want my freedom to have fun and stay safe.”*



## Crossing the line

Khetiwe used to drink a glass or 2 of wine at a party. Then she couldn't get through a party without drinking more. She could feel her tongue get thick and hear herself slurring her words. She'd fall over things. People – except her best friends – laughed. Khetiwe thought she was the life of the party. Sometimes, her friends would carry her home. But the next day, she couldn't remember how she'd got home and into bed.

One day Khetiwe's friend gave her a pamphlet about the signs of alcoholism. Khetiwe joked around and avoided the pamphlet.

"Read it," said her friend.

# Sisterhood

## Club activity

- Why do you think people drink? Are the reasons different or the same for young women and young men?
- What can you do as young women to stay safe and healthy around alcohol?
- Make some posters to help young women stay safe and healthy around alcohol. Send us a picture of your posters.

### Signs that you may have a **DRINKING PROBLEM**

If your drinking is causing problems in your life, you have a drinking problem. Here are some more signs.

You almost always drink more than you promised yourself you would.

You need to drink to relax or feel better.

You drink and it causes problems in your relationships.

You lie about how much, or when, you drink.

You're clumsy, for example you fall often.

## Get help/find out more

### Al-Anon

[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

**South African Depression and Anxiety Group (SADAG):** 011 262 6396

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

SADAG also has a Facebook page.

**Suicide Crisis Line:** 0800 567 567 / SMS 31393





HELP!

**My parents**

DRINK

**too much**



How can you support each other if people at home drink too much?

## **Living with an adult or a parent who drinks too much can be worrying, upsetting or embarrassing.**

It might be that they just withdraw and don't talk to you, or it might be that they say or do silly things. They may forget to do the things parents do – like cook food or clean the house. Sometimes they may also be abusive and get angry and violent. They may even not remember what they've done when they've been drinking.

**“My cousin drinks a lot and uses drugs. When they use drugs they do bad things. When they drink they laugh a lot. They think it decreases their stress. I don't feel safe when he drinks. They knock on the neighbour's door and wake him up. Sometimes they hit people.”**

– Nelisiswe

Whatever happens, most children of alcoholics love their parents and worry about something bad happening to them. Often young people try all kinds of things to prevent adults from drinking. The problem is that they can't stop older people from drinking. But there are some things you can do to help you cope:

### **Acknowledge the problem**

Lots of young people whose parents drink too much try to protect them or hide the problem. Admitting that your parent has a problem is the first step in taking control.

**“My father drinks but he doesn't cause any problem. He stays with his friends and talks funny. He comes home and sleeps. Sometimes when he drinks he plays with his children.”**

– Nandipha

### **Be aware of your emotions**

Notice how your parent's problem drinking affects you. Talk to a friend about your feelings or write them down. Feeling anger or resentment about the situation is natural.

### **Find support**

Start by talking to a friend, a teacher, or any other adult. If you can't tell someone you know, call an organisation such as Al-Anon (see details on page 23). It's good to share your feelings with a friend, but it's also really important to talk to an adult you trust.

**“My father is working. On weekends he drinks a lot. He comes home and brings meat to braai but he does not buy us clothes.”**

– Nolunthando

### **Find a safe environment**

Do you find yourself staying away from home? Are you thinking about running away? If you feel that the situation at home is becoming dangerous, arrange to stay with a friend or relative. Or speak to your teacher or a social worker.

**“When my sister drinks there is trouble. She wants to fight with others and sometimes she cries and tells us the same stories over and over again. Sometimes we think to lock her up. She is a silent person but when she is drunk she talks it all out. She has 5 children.”**

– Sinyali

### **Learn healthy coping strategies**

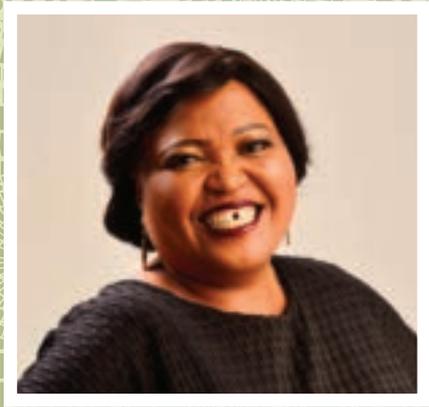
When you grow up around people who use alcohol to deal with their problems, they become your example. Finding new role models can help you learn healthy coping mechanisms and ways of making good decisions.

### **Remember that alcoholism is a disease**

You can show your love and support, but you won't be able to stop someone from drinking. Talking about the problem, finding support, and choosing healthy ways to cope are choices you can make to feel more in control of the situation. Above all, don't give up!



# Ask the experts



*The experts answer your health and relationship questions. Send us your questions on the Club facebook page, email [rise@soulcity.org.za](mailto:rise@soulcity.org.za) or WhatsApp 081 017 8769*

Dear Sis' Lebo,

I am a young girl and I have issues with my body. I can't get dressed in front of my boyfriend. I always wait for the lights to go off and I am never without my makeup or weave. I am scared I will lose him even though he says he loves me as I am. I am thinking of leaving him before he does to avoid being hurt. Is this normal?

Lights Out

*Dear Lights Out,*

I can tell you that you are beautiful and that your boyfriend loves you just the way that you are. But it seems he already tells you this – and you do not believe him. Please recognise that until and unless you accept yourself and love your natural self, you will never truly experience love. It seems as if you only believe that a relationship is about appearances, which is not true.

Go for counselling to understand why you do not feel so good about your body. Learn how you can love yourself more.

Good luck!

*Sis Lebo*

Learn  
to love  
yourself

Dear Sis' Lebo,

I am in a relationship with a serial cheater. He lies. We have a child together and he provides for us. We are having sex but lately I've insisted on using protection. I always think of leaving and start afresh. The problem is that I am worried about the relationship between him and my child. Please guide me.

Young Mom

*Dear Young Mom,*

A father is a father, whatever his relationship is with the child's mother. You should not have sex with the man just so he can continue to have a relationship with his own child. This is not fair on you or on your child. The child's father must provide for his child. That is a parent's responsibility. If he stops seeing his child when you separate, then he was never there for the child. He was there for the free sex you provide, even though he treats you badly by lying and cheating. You deserve to be in a good and loving relationship.

Good luck!

*Sis Lebo*

## cold sores

Dear Dr Sue,

I am 18 years old and I am sexually active. I sometimes get cold sores on my mouth. I read somewhere that they are a sign of an STI. Is this true? Will it affect my sexual life?

Unlucky Lips

Dear Unlucky Lips,

I'm sorry you get cold sores. They can be a real nuisance as well as being sore and irritating. It is best to avoid kissing and oral sex when you have a cold sore – from the time you can feel one coming to the time it has healed and gone.

Cold sores are very common. They are caused by the herpes simplex virus. This virus isn't a sexually transmitted infection (STI). However, since you are sexually active, please go to the clinic to have yourself checked and make sure that you always practise dual protection. This means using a condom as well as any other form of contraception.

Read the information about cold sores on this page to find out how you can treat them. And also how you can look after yourself and prevent others getting the virus from you.

Look after yourself!

Dr Sue



## Eish! Cold sores

### The virus

- Once the virus is in your body, it stays there. You might or might not get more outbreaks.
- It is passed on very easily by direct contact with a cold sore, like kissing and touching.

### The blisters

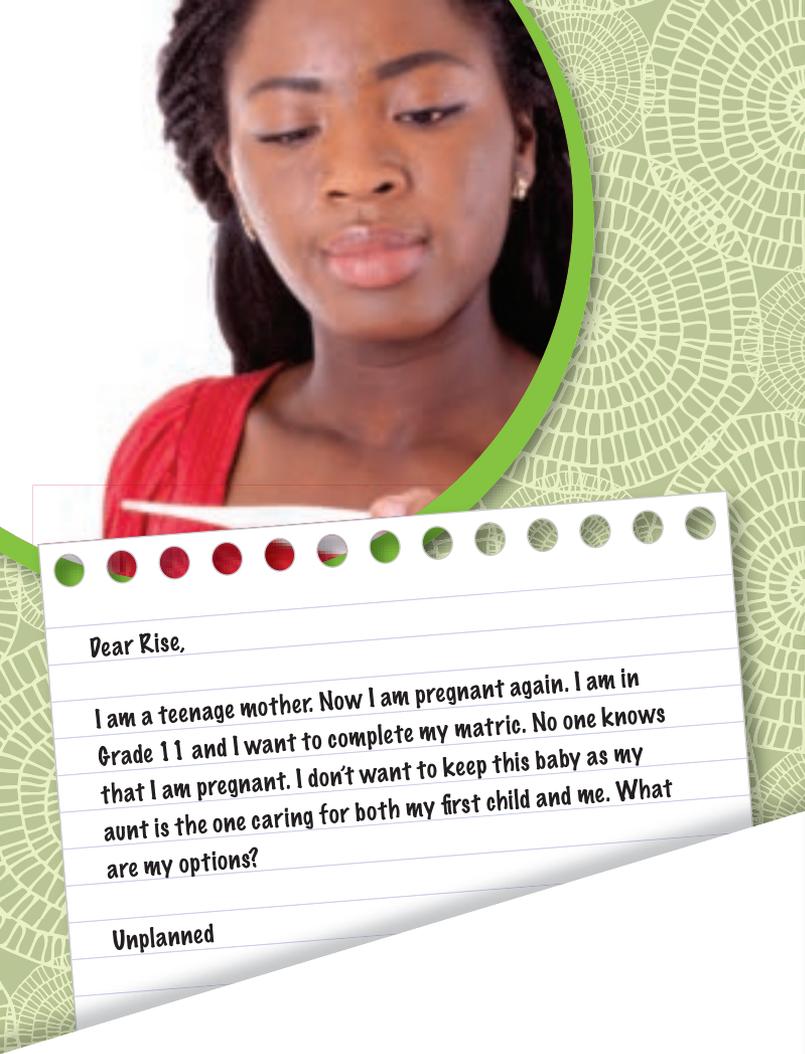
- They usually clear up without treatment within 7 to 10 days.
- They often start with a tingling, itching or burning feeling around your mouth. Then small blisters with fluid in them start to appear.
- If the blisters spread to other parts of your face or body, or they don't go away after 10 days, go to the clinic or your doctor.

### Treatment

- Cold sores should go away within 10 days of them first appearing.
- You can buy antiviral creams over the counter at a pharmacy. They can help with your discomfort and also help the cold sores to heal faster. Start putting on the cream as soon as you feel a cold sore coming.

### Prevention and care

- It's difficult to say how you can prevent outbreaks. Each person is different. Some people get cold sores when they have their periods, feel very anxious or spend a lot of time in the sun.
- Keep fit, eat healthier foods and make sure relaxation is part of your day every day. Here are some more tips:
  - Wash your hands often – especially if you have touched a cold sore.
  - Don't touch a cold sore and then rub your eyes. You can damage your eyes forever if the virus gets into them.
  - Don't share things like creams, lip gloss, or cups and crockery when someone has cold sores.
  - Don't kiss or have oral sex when you or your partner have cold sores, from the time you feel one coming to after it is fully healed.
  - Be especially careful to protect babies and the elderly from contact with cold sores.



Dear Rise,

I am a teenage mother. Now I am pregnant again. I am in Grade 11 and I want to complete my matric. No one knows that I am pregnant. I don't want to keep this baby as my aunt is the one caring for both my first child and me. What are my options?

Unplanned

Dear Unplanned,

Thank you for writing to *Rise*. Many young women find themselves in a similar situation. You do have options. Look at the information on the right to see some of them.

The law says girls who are pregnant can stay at school until the later stage of pregnancy. It's illegal for a principal to expel a pregnant learner.

You may have been exposed to sexually transmitted infections and HIV. Visit a clinic for a checkup and tests. It will help you to know your HIV and general health status.

It is best to use dual protection when you have sex. For example, condoms and a contraceptive like the Pill or Injection.

Wishing you all the best,

*The Rise team*

To find out more about an HIV test, call the AIDS Helpline: 0800 012 322.

## Your options, your choice

The law says you can end an unplanned pregnancy. We call this termination of pregnancy (TOP).

TOP must be performed by qualified and trained doctors and nurses in a proper clean and sterile environment.

NEVER go to a place or person that is not registered by the Department of Health. Unsafe abortions performed by unqualified people in unsterile places or with drugs that are specifically prescribed for you for the purpose put you at high risk of:

- infection
- possible loss of fertility (you won't be able to have a baby again)
- death.

## Who helps?

Go to a Department of Health registered clinic or hospital free of charge, or another registered health centre, like a Marie Stopes clinic, who perform TOPs for a fee.

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

Call: 0800 11 77 85

## Your choice

You can continue with the pregnancy and, when you have the baby, place the baby in foster care. This means that another family brings up your child until you are ready to.

You can continue with the pregnancy and, when you have the baby, place the baby for adoption.

## Who helps?

Contact your nearest Child Welfare office or the Department of Social Development. A social worker helps to organise foster homes and adoption.

# How I fell pregnant

*Sometimes the reasons we have unprotected sex is not because we don't have the right information or because we don't have access to contraceptives and condoms.*

It sometimes has to do with how we feel about ourselves and our lives. Sometimes when we feel lonely or unconfident, we use sex to feel better. Not talking about our feelings can lead to us doing things that are not safe. Having clear goals can also make us more careful.

## Here is Thumi's story.

"I don't know if anyone will believe me, but I didn't want to get pregnant. I knew about contraceptives and condoms. My boyfriend didn't force anything. It was my choice too. We never spoke about it. We just started having sex like that, without condoms. Of course I knew I could get pregnant. I knew about HIV too.

## Why did I do it? I don't know.

I was 18 and in matric. My father left the year before, so it was just me, my mother and my younger brother at home. My mother was always busy, working and worried. I had friends but no one I could really talk to. I was the quiet one. I felt I always had to be nice to people. I was a nobody. Then I met this wonderful guy and he made me feel special. I wanted to be close to him. And when he was inside me I was very close to him – like I had never been close to anyone. It was so much better without a condom. I never wanted to disappoint my mother. Maybe if I had someone to talk to it would have been different."



Having clear goals can make us more careful

Discuss Thumi's story. How does it make you feel? Have you ever had unsafe sex? What was the reason you did?

Do you agree that talking about sex and your feelings – to your friends, boyfriends or girlfriends – can be a first step in protecting yourself?

What stops you? What is the best way to talk about this?

# The BBNP

## Young Women's Club

*based in Masinenge, just outside  
Margate in KwaZulu-Natal*

#BBNP

