

# RISE

YOUNG WOMEN'S CLUBS

Your sixth edition

I AM  
still  
ALIVE

Earning  
**a living**  
with a trade

Your  
money  
**saving**  
tips

# C O N T E N T S

**1** **Welcome to your magazine**  
A letter from the editor

**2** **Word on the street**  
What are your money saving tips?

**4** **Interview with a talkshow host**  
We interview Lebo Shikwambane

**8** **Club profile**  
The dynamic Sinosizo Rise Club from KwaMashu, KwaZulu-Natal

**12** **Club activities**  
Mandela Day celebrations in Umdoni, and a money course was held in Rustenburg

**14** **Building your club**  
What is your club personality?

**16** **Careers**  
Meet four young women from St Anthony's Skills Training Centre

**20** **Facebook**  
Sister Motokgo Makutoane answers your questions about contraceptives

**22** **Sexual health**  
Contraceptives: the implant and the injection

**26** **Sexual health**  
Living with HIV

**28** **Girl Power**  
When are you ready to have children?

**30** **Back page**  
Sinosizo *Rise* YWC club



# 14



# 04

# Welcome to your magazine!

It takes courage for women to stand tall and face the world. It takes a big heart to accept who you are and what you are made of.

I was greatly touched by a young woman who found out about her HIV status at the tender age of seven. Her struggles, and the torments of her life, sank deep into my heart as I thought of all the other young men and women out there facing the same challenges.

But the part which brought back my joy was how she stood up and remembered that she had dreams and aspirations. How she kicked away the trauma and self-pity and rose to be a source of motivation to herself, and to other women today.

You might be out there born with HIV; you might be facing challenges in your life that make you wonder why it has to be you suffering. Take a read of the special story of Patricia on page 26 and use it as motivation to take the first step in taking charge of your life.

Enjoy this issue and know that you are special in your own different way.

Until next time,

*Mapula*

*on behalf of the Rise team*

***P.S. Please tell us about your Club activities on [riseywc@gmail.com](mailto:riseywc@gmail.com).***

***You will stand a chance to have your Club profiled in Rise magazine, or to win some airtime!***



**Mapula Tloubatla**

**Rise editor**

## Let Rise hear what you have to say.

Contact us on the Rise Young Women's Movement app or on the Rise Reporting tool.

If you have questions about how to do this contact Lovemore Manjoro at [lovemore@soulcity.org.za](mailto:lovemore@soulcity.org.za) or phone 011 771 7935.

Use our new  
email address to get  
in touch:  
[riseywc@gmail.com](mailto:riseywc@gmail.com)

**Working in a man's world:**  
Go to page 16 to meet these  
extraordinary women



# What is your tip for saving money?

We could all use some extra cash. *Rise* asked students in Pretoria, Gauteng: What is your top tip for saving money?

## This is what they said:



**Johannah Thoka, 19, Mamelodi East**

My best tip is to use money for things that are necessary. Buy only what you need and avoid temptations. The rest of the money – keep it safe until you need it.



**Naomi Kekana, 20, Pretoria Central**

I keep money in my bank account, not my purse. I spend less swiping my card than when I buy with cash. Another tip is to keep a money box. When you buy bread with R10 keep the R1 in the money box. Every coin you get just throw it in the money box.



**Dineo Mahlangu, 22, Mamelodi**

Open a savings account, and put any extra money you have into it. I make sure I eat at home instead of buying takeaways when I get to school. I save that money in my account for when I will need it.



**Dimakatso Ntambo, 30, KwaMhlanga**

My best tip is to go to the nearest Nedbank where you can open a savings account. They don't give you a card. In order to withdraw money you need to give the bank two months' notice. Put in as much money as you can for when you will really need it.



**Gladys Tau, 28, Mamelodi**

As students we get money to buy food at school every day. You can save by spending only half of the money. Keep the other half safe for things you might need.

**Mpho Rahube, 18, Brits**

Always have a budget and a list of things you need to spend your money on. If it's not on the list, don't buy it. Always stick to your budget.



**Tshepiso Mametja, 20, Shoshanguve**

The best tip to save is to always use it for important things. If you said this month I'm only buying groceries, do that and keep the rest of the money in your savings account. Don't buy things one by one as that is the quick way to waste money.

**Refiloe Komane, 21, Brits**

After I opened my small business selling sweets and chips the best way for me to save money was by opening a Standard Bank account with lower charges, and higher interest.



**Zwibhuya Nmutuei, 19, Mamelodi East**

I save money as a student by not using two taxis every day. Instead I choose to buy one train ticket and to walk the rest of the distance. I've put the money I've saved into a special hiding place for when I'll need it.

What about you? What are your tips for saving money? Let us know on the *Rise* app or on the *Rise* Facebook page.

#saving money

# Meet the hosts:

## “Start a conversation that matters”

*Lebo Shikwambane is a presenter on Rise talkshow, as well as a performing artist and law student. Lebo, also known as Nyiko, tells Rise how she got started, and what matters to her now.*



**Q:** How did you become a Rise talkshow host?

**A:** It was a Friday morning and I had a 10 am Bill of Rights lecture. I figured I could miss it since I had failed the course the previous year and I was familiar with the content. I was hungry for something to happen in my life. I wasn't quite sure what it was, but I knew I had to go to that audition I saw advertised on Twitter two nights ago.

Starving. Bored. Praying. Empty. The line was very long when I got there. There were at least 150 girls to audition ahead of me. I had another lecture in 30 minutes and a fitting for a dress I had made for a lady so that I could earn a little extra money.

Feeling pessimistic, I returned to school to attend my lectures and to sell the dress to the lady. I made it back just in time for my audition.

I barely said a thing when the time came. The girl I was partnered with deliberately tried to silence me. The only thing I could do was to poke holes in her reasoning. I did this successfully and made it to the next round.

When I saw Khanyi at the call-backs I was glad that I already had a friend from high school. We naturally complemented and acknowledged one another in the final audition process, and we pretended as though the positions were already ours. Soon they were!

---

**Q:** Tell us about your education.

**A:** I'm in my senior year at Wits University, studying Law. It hasn't been easy for me because I've got a creative background.

As a 13-year-old child I begged my parents to take me to the National School of the Arts (NSA). My father complained about the fees and sent me to a semi-private school for girls instead.

I excelled academically and culturally with little effort and a lot of boredom in a school of 265 girls. It was at this point that my parents decided to take me to the NSA in my 10th grade, I majored in drama and finished top of my class three years later.

It was only when I got to varsity that I experienced a culture shock and choked on a big slice of humble pie!

---

**Q:** What gives you confidence?

**A:** A deep conviction about my own abilities; faith in my intuition; a conversation with my parents; words of encouragement from my little sister and an unexpected compliment from someone who inspires me.

---

**Q:** You combine two very different careers: law and the theatre? How does that work?

**A:** I have come to understand the world and how it operates through my legal studies. But they don't give me the space to express myself. Theatre does that. It's a space in which I can express my frustration, in both academic and emotional ways.

---

**Q:** What's it like being a law student?

**A:** After all these years, I think I have only just come to understand what being a law student means. It is not enough to read the cases and the textbooks. University is a wonderful experience once you have learnt to think independently.

Given the state of our nation, it is a very exciting time to be a law student. This is particularly so if you're up to questioning the legislature, policy decisions, court judgments and the legal curriculum itself. I have found joy in criticising the profession and the entire judicial system.

It's unfortunate that it took me this long to understand this. I had to be brave enough to speak out about my experience as a black female in Higher Learning before I could appreciate academic studies.

Watch  
the Rise TV  
Talkshow on  
SABC1, Tuesdays  
at 6pm



Q: Why did you pick Wits University? Any tips for *Rise* members choosing where to study?

A: Wits University picked me first.

The transition from high school to tertiary education is murky ground. Knowing what you want to study, and why, is more important. Different universities are valued for different professions. Once you know what you want to study, apply to the universities or institutions most respected for that profession.

Q: What do you wish you had known at 18?

A: I don't always have to fit in somewhere. It's okay to have a different opinion. It's okay to question everything.

I wish I knew that beautiful African literature existed somewhere. I've been hungry for it my whole life.

Q: What is your message to *Rise* watchers and readers?

A: Be brave enough to start a conversation that matters.

### **Rise asked Lebo:**

#### **Books or movies?**

Books. We need writers. There are many untold stories in our country.

#### **Hugs or kisses?**

Both and everything in-between.

#### **Sweet or savoury?**

Savoury! Definitely savoury.

#### **High heels or flats?**

Mary-jane court shoes I can wear all day.

#### **Reality or fantasy?**

Fantasy! This world looks nothing like my preferred reality.



# The Rise App

## Step one

Download the Rise app from the app store – search for Rise Young Women’s Clubs.



## Step two

Register your club on the app using your Rise card. You will need to register your cell number, name and card number. If you do not have a Rise card, please contact Lovemore at [lovemore@soulcity.org.za](mailto:lovemore@soulcity.org.za) or phone 011 771 7935 or use 071 770 9553 to WhatsApp a message or question.

## Step three

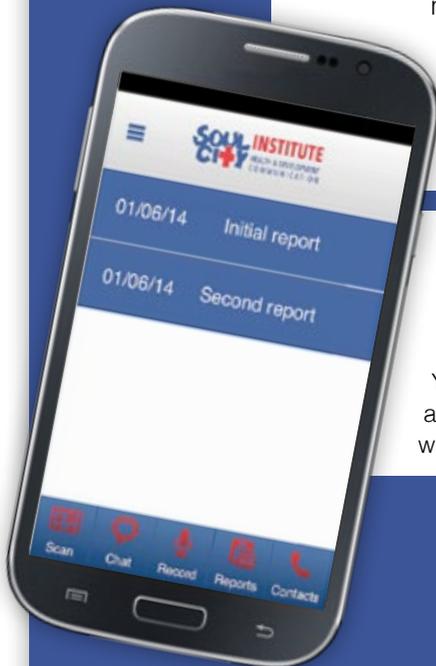
Use the app to register attendance at your club meetings and stand a chance to win airtime.

*Rise app is now available on all Nokia phones.*

**Email us on [riseywc@gmail.com](mailto:riseywc@gmail.com)**

Email us if you have any problems using the app.

You can also email us about your club activities and stand a chance to have your club profiled in *Rise* magazine, or to win some airtime.



# Empowering the community



Sinosizo Club repainting a community centre on **Mandela Day**



The Sinosizo Club supports a family of 14 that live in a two-bedroomed shack

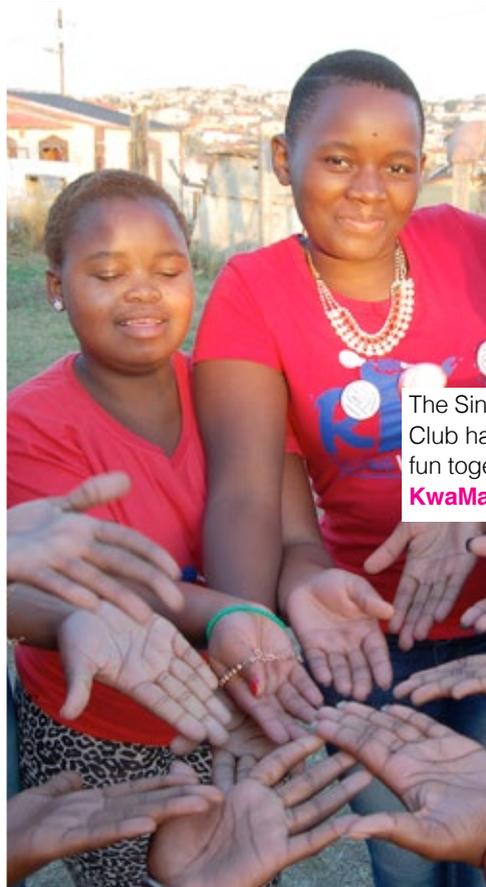
*Meet the dynamic Sinosizo Rise Club from KwaMashu, KwaZulu-Natal. If club members see suffering they try to find solutions.*

The Sinosizo Rise Club was formed in February this year and has ten members. Half of the girls are still at school. The rest of the young women are working, looking for work, or doing learnerships.

“Sinosizo” means helping people and giving care. The club slogan is, “Making the impossible possible by empowering the community.” That is exactly what this energetic club is doing.

### Background

The township of KwaMashu lies 19 km north of Durban. Unfortunately, the place is known for political conflict and violence. In the 1980s and 1990s many people died in the fighting between Inkatha and the ANC. Schooling was badly affected. Even today there is lots of crime and unemployment in KwaMashu.



The Sinosizo Club having fun together in KwaMashu



## Helping others

But this energetic club is not daunted by these circumstances. Club members visit the local social worker to report cases of child neglect. They have gone to the Department of Housing to get help for a family of 14 that lives in a two-roomed shack. They are also trying to make the lives of people living with disabilities easier.

## Chairperson

The chairperson of the group is Nobuhle Ntlangulela. She has two young children and works as a machine operator. Members say she is quiet and kind, and that they are inspired by her hard work and determination. Sometimes, when one of them does not have any food at home she will organise a food parcel to see them through.

## Activities

The Sinosizo *Rise* Club met with the mayor of KwaMashu and with ward councillors to ask to be included in activities. This meant that the club took part in World Aids Day; repainted a community centre on Mandela Day; organised a party for grannies on Freedom Day, and started a small vegetable garden.

## Supporting each other

But the most important aspect of the Sinosizo *Rise* Club is helping each other rise above the difficulties of life.

Club members feel that one of the biggest problems they face is peer pressure. Says Gugu Sigwebela:

“Our peers want us to go to parties and take drugs. They do not want to see anyone achieve. If you reach matric, they try to put you down.”

## What makes it difficult to resist peer pressure is a lack of self-esteem.

Club member Bongeka Sigwebela says, “You can be strong but some things can kick your confidence down. You cannot depend on a man, you must become self-reliant.”

The Sinosizo *Rise* Club believes that the key to becoming self-reliant is education. Club members help each other to find bursaries and work opportunities. They are also starting a study group to support each other.

## Teenage pregnancy

Many of the young women had babies while in their teens. They see the club as a place where they can support and encourage each other. Says Slindile Zwane (22), “Having a baby is not the end of the road, some girls drop out and start partying. But you must go back to school and do something for yourself.”

Club members try to inform themselves about contraceptives and sometimes even go to the clinic together. “It is easy to get contraceptives here, but you do feel at the clinic that they shout at you if you ask for it.”



## The boys

To address the problems of pregnancy and peer pressure it is important to involve the young men of the community as well.

The Sinosizo *Rise* Club has inspired a group of young men to also start a club. Their leader is Mdali Mngoma: “When I first saw what the girls were doing I thought this is a great initiative. So I thought it would be a good idea to have a club that can help us shape our minds and help us focus on important things, rather than just have fun.”

The two clubs sometimes meet to discuss issues and to help understand each other better.



**Nana Sibiya (25)**

"I joined the club because I saw these young girls who are working hard to impress those who have lost hope."



**Zandile Buthelezi (19)**

"You may think the boys are gentle and loving, but after you are pregnant they move on. Some start abusing us."



**Gugu Sigwebela (18)**

"I like to involve myself in activities that inspire the community and the youth. This makes me smile and keeps me away from doing silly things."



**Senamile Ngcobo (20)**

"I wanted to join the club. It helps me to keep going with difficult things in life. We can talk to each other about things we cannot talk about with our parents."



**Phumelele Luthuli, club secretary (20)**

"My mother is a single parent. She is a domestic worker. She was our mother and our father. I am here because of her. Now I want to help others. Many women in my community sit at home and do nothing. I want to help them to stand up for themselves."



**Bongeka Sigwebela (17)**

"I joined this club because it is motivating. I like talking to people, telling them the good things about themselves, even if they have done bad. I want to understand and listen to people, because often people don't understand me."



# Mandela Day activities

To mark Mandela Day, the *Rise* Young Women's Club in Umdoni, KwaZulu-Natal fundraised for and held an event for underprivileged children. As part of their fundraising, they asked Soul City for an official letter because they discovered that most potential sponsors and funders required this.





**Let's talk about moolah**

- 85% of young people believe that money makes one happy
- 80% of young people say they would rather have money than sex
- Most of us still dream about the happiness that money could bring
- The question is are we living to get rich, or die trying?

# Rustenburg money course

The Brilliant Stars and P.J. Young *Rise* Young Women's Clubs in the North West trained 19 young women to run a course in their communities called 'Values and Money'.

The course provides opportunities for group discussion and personal reflection on our values, attitudes and behavior to do with money. It also gives practical suggestions on how to deal with money problems.

This is part of a campaign run by Heartlines and is sponsored by Nedbank.



# What's your club personality?

*Some of us find it easier to talk up in our clubs than others. But if we're shy it doesn't mean we don't have strong views. Some of us are confident. Some of us talk a bit too much, or are easily distracted. Which are you? And what would you like to change?*

## For you to do

1. In the first row, put a tick to describe yourself in your club meetings.
2. In the second row, ask another member of your club how they see you. You will do the same for them. Sometimes, how others see us is different to how we see ourselves.
3. Talk with each other about what you found out. Tell each other what you'd like to change. Share tips on how to do it.

Shy and quiet			Confident and speak out			Easily distracted		
								
Very	A little	Not	Very	A little	Not	Very	A little	Not

Disruptive			Focused			Over-talkative		
								
Very	A little	Not	Very	A little	Not	Very	A little	Not

## You can train yourself to focus

When your mind starts to wander with other thoughts, notice it, and then bring your thoughts back to the club activity.

### Shy and quiet

*If you feel shy and a bit scared to participate in meetings, try this:*

- Take a few deep breaths in and out. This helps you feel focused, calm and more confident.
- Write down what you want to say and read it out.
- Speak in the language you are most comfortable in.
- Tell yourself that confidence is something you can grow. Each time you participate, you learn more and become more confident.

### Easily distracted

*If you are easily distracted:*

- Put your phone deep in your bag. Take a break from it until after the meeting.
- Suggest the club does an energiser – play a game, sing a song, dance.
- Focus on the meeting, and join in.

### Confident and speak out

*If you are a confident club member:*

- Think about how you became confident, and share your tips.
- Ask the less confident members how you can help them feel more at ease. (Don't scare them away by forcing them to speak.)

### Over-talkative

*If you are someone who talks A LOT in meetings, ask yourself:*

- Am I on topic?
- Will what I want to say add new value?
- Am I preventing someone else from having a chance to speak?



# Working

in a man's world



*It can be hard for young women to get into traditionally male trades, like plumbing or being an electrician. Rise visited St Anthony's Skills Training Centre in Reiger Park, Gauteng, to hear from young women entering these vocations.*



## Keketso

Keketso Makgopya has just completed her first three-month training course as a diesel mechanic. Her next step will be to find an apprenticeship and then to do more courses so that she can get her N2 qualifications.

**Sometimes I felt so ignorant because the boys seemed to know so much more.**

Keketso found that as the only girl in her group she sometimes felt lonely and down. "Sometimes I felt so ignorant because the boys seemed to already know so much more about engines than I did."

But this young woman knows how to stay focused. "I stopped the boys from chasing me, I told them I am here to learn."

Originally from rural Limpopo, Keketso now lives in Rampophosa settlement. On weekends she helps the untrained mechanics there to fix cars. This has helped boost her confidence. The men can see that she has knowledge and share their practical experience with her.

Her aim is to one day work for Mercedes Benz. Her immediate challenge is to get an internship.

## Simphiwe



Simphiwe Sambo was abandoned as a child and later lived on the streets. She was put into a children's home where she was educated. She did well in high school and the social workers found her a sponsor so she could attend St

Anthony's skills centre. Last year she completed her furniture polishing certificate and now she works at St Anthony's.

**I can see what my hands have made, and it makes me proud.**

Having a skill has not only given her a new home but also a sense of pride. She enjoys competing with the boys in her class and impressing them with her skills. But most of all she loves the work she does – mixing the colours correctly and applying the final coat of varnish on the furniture.

"I can see what my hands have made, and it makes me proud."

# Getting ahead in a trade

*Anna Pule is the Life Skills lecturer at St Anthony's Education Centre. She gave Rise tips for any young women wanting to follow a trade.*



Contact  
St Anthony's  
Education Centre  
on  
011 022 4632/3

## How do I know which trade is suitable for me?

To learn a trade you have to enjoy working with your hands and solving practical problems. If this is you, then find out as much as possible about all the different trades possible.

Find your nearest skills centre and find out what courses they offer. See what interests you and ask lots of questions. If there is no skills centre in your area go to your nearest town, look around and ask people questions about the jobs they do. How did they get there? What is it, they actually do every day? Did they need any formal qualifications? What are the opportunities for this profession?

## How do I choose the right training centre?

**Check how long the centre has been going before you pay for any training.**

Before you pay any money for training, find out how long the centre has been going. Try to meet someone who has been trained there to ask them how it was. Make sure the place is accredited by the Skills Education Training Authorities (SETA). Check the internet to make sure the place actually exists.

A good skills centre will offer you lots of opportunities for practical experience. Find out if they also have a job centre and if they give life skills training. Life skills can teach you how to behave during a job interview and how to learn.

## After training will I get a job?

Jobs are not always easy to get. But it is a good time for women because many skills centres and companies want to promote equal opportunities.

Remember that it can be a long route to learning a trade. A short course will not turn you into an electrical engineer.

After you get a certificate you will usually need to get some practical experience – either a learnership or an apprenticeship.

## Once I have a job what do I need to do to succeed?

Women often have to work harder than men in the male dominated trades. They have to be excellent at what they do. Men watch them carefully for mistakes.

## Find something you love doing and then do it well

But the most important thing is to find something that you love doing and then to do it well.

# A plumber in the making



*Meet Simone Williams, an apprentice plumber who wants to become a fully qualified plumber.*

## Hard life

Life has not been easy for this 23-year-old. She is from Reiger Park, near Johannesburg, where drugs, gangsterism and teenage pregnancy are common. When she was only 12 years old her parents divorced and she had to take responsibility for her disabled mother and her younger brother. From an early age, Simone has been determined to earn a living.

## Learning

Simone inherited her practical ability from her father. He used to take her and her little brother with him when he did jobs like welding and plumbing around the township.

Simone struggles to learn from books, a learning disability which she says was caused by the physical and emotional abuse she suffered as a child. She did not manage to finish her matric. But in 2012, this strong young woman was awarded a bursary to do a six-month plumbing course at St Anthony's Education Centre. Afterwards they also arranged a three-month internship for her.

## Scholarship

Simone's motivation and drive are inspiring. In 2014, she was chosen to attend a programme called "Fundisanani" in Germany. The aim was for young South African trainees to learn new skills.

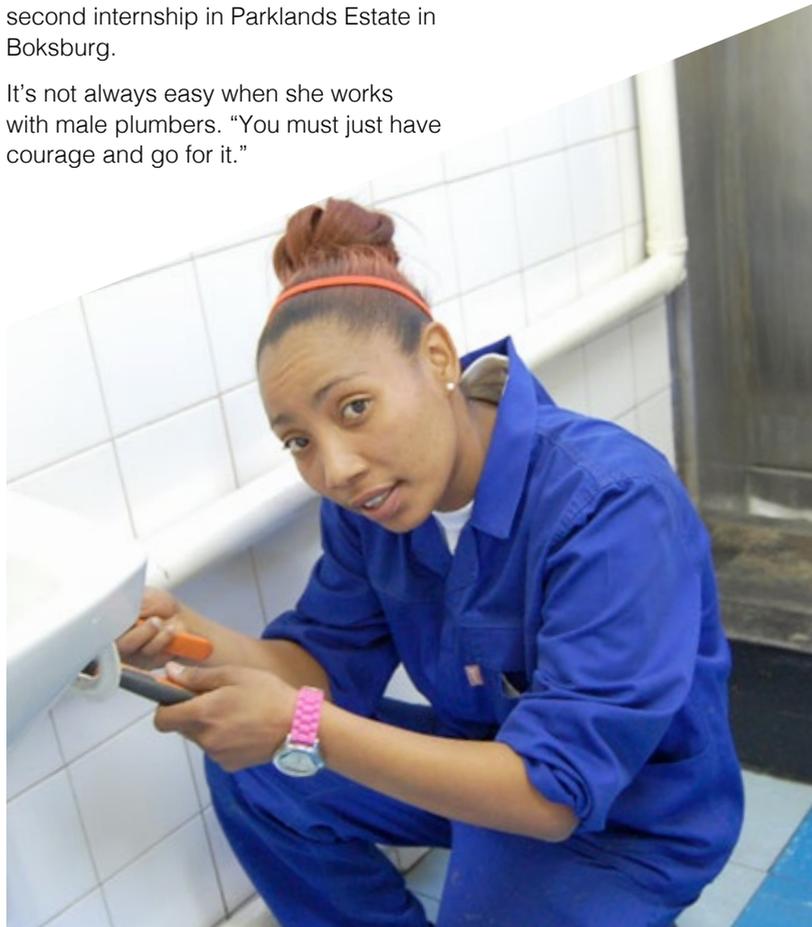
When she came back from Germany,

Simone was offered a three-year plumbing scholarship by WaterSmith Training Centre in Krugersdorp, Gauteng. She has to get her driver's licence in order to take up this offer.

## Go for it!

While she is working towards her licence, Simone does informal plumbing jobs around Reiger Park, often together with her father or with her best friend Tertia, a trainee electrician, with whom she did a second internship in Parklands Estate in Boksburg.

It's not always easy when she works with male plumbers. "You must just have courage and go for it."



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



Rise Talk Show



*After the TV Rise Talkshow on contraception, viewers put their responses and questions on the Rise Talkshow Facebook page*

Choose the contraception that's right for you. See page 22 for information on the implant and injection.



Sister Motokgo Makutoane specialises in providing sexual and reproductive health services at a private clinic in Randburg, Gauteng.

### Question

I gave birth to my baby boy by C-section. After that I didn't see my period, and I inserted IMPLANON. I still don't have periods. Please tell me if it's a problem not to have my periods.

### Sister M's response:

It is not harmful to take contraceptives that stop your periods. IMPLANON, the brand name for the implant, like injectable methods, makes the lining of the womb thin. So there is nothing to come out and your period may stop. Relax and enjoy using the method!

### Question

Can you use the injection if you don't yet have a baby?

### Sister M's response:

Yes, you can. When you want to fall pregnant you can stop using it.

## Question

I use the pill, but I forgot to take it one night. That night I had unprotected sex. Is it possible that I could be pregnant?

### Sister M's response:

Yes it is possible. Pills are short acting. That is why you must take one every day. When you have forgotten to take a pill, take it as soon as you remember, and take the next one at the usual time. If you find that this happens often, you should consider changing to another contraceptive method.

## Question

Can you tell me more about Depo please? I started watching the show in the middle of this discussion. I really want to know about the advantages and disadvantages of Depo.

### Sister M's response:

Depo is a contraceptive injection that is given at a clinic every three months. It is a highly effective method, and it's suitable for most women. The advantages are that it's private, convenient, and you only need to visit the clinic every three months. The most common side effect is changes to the menstrual cycle. Sometimes your periods are longer and there may be heavy bleeding. After 2 to 4 injections, your periods may stop, which is not harmful. If you want to fall pregnant, stop taking Depo and wait 4 to 9 months for your cycle to become regular again. This also gives you enough time to plan a pregnancy. Remember that Depo does not protect you from HIV and STIs.

## Question

I've been using an injection from June last year. It seems I'm having an irregular cycle. When I do have my period it goes on for three weeks. Is there a problem?

### Sister M's response:

Irregular periods are common in women who use injectable contraceptives, and this is not harmful. But we need to be sure that you do not lose a lot of blood during those three weeks. Is your period heavy, or is it just spotting? If it is very heavy, please go to the clinic.

## Question

If you have intercourse without using a condom, but your partner always spreads his sperm outside of you, can you still fall pregnant?

### Sister M's response:

Yes, you can fall pregnant. This is the most unreliable method of preventing pregnancy. Please use a proper method if you don't want to fall pregnant. By the time your partner pulls out, some sperm might already be inside you, even if you are not aware of it. You can't be sure.

## Question

I missed the answer on the show about whether these methods are 100% safe. Most people who use the injection don't use condoms. I used the injection for two months and I kept bleeding. But now my period has stopped. Obviously I didn't use a condom with my partner. Can I become pregnant?

### Sister M's response:

It's important to continue using condoms even when you are on the injection. Condoms will prevent you from getting HIV and STIs, while the injection prevents pregnancy. If you always have your injection on the correct date, it is very unlikely that you would fall pregnant. Injectables are a highly effective method of contraception, but it is only safe not to use condoms if you know your partner's status and they have had a recent HIV test and you are sure they haven't had any other partners.

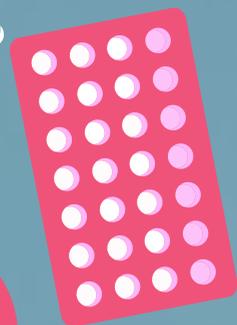
## Question

I have been using a two-monthly injection since last year. But I missed my date to go and get my injection. I was afraid to go to the clinic the next day because I thought the nurses would shout at me. The last time I saw my period was this year, around February. I haven't had a period since. Is this normal or should I consult?

### Sister M's response:

This breaks my heart. You should have gone to the clinic. They have no right to be angry with you. However, it is normal not to have a period. If you don't want to fall pregnant, please go to a clinic. They can do a pregnancy test to check if you are pregnant and, if not, they can start you on a contraceptive method. You don't have to wait for a period to start using contraception.

# Choose one that's **right** for you



*Sexually active?  
Don't want a baby  
right now?*

*Choose a contraceptive  
that's right for your sexual  
happiness, health and  
lifestyle.*

*In this issue of Rise, we take a look at implants and the injection. They are all hormonal contraceptives, just like the pill, which we discussed in the last edition.*

Type	Tell me more
<p><b>Implant</b></p> <p><b>Lasts:</b> Up to 3 years</p> <p><b>Get it: Free</b> at a government clinic</p> <p><b>How effective:</b> Very</p> <p><b>Remember:</b> To write down when you got it so you know when you need the next one</p> <p><b>Will it prevent STIs?</b> No</p> <p><b>What will?</b> Condoms – double up with the implant</p> <p><b>How long after</b> taking out the implant will I be able to get pregnant? A few weeks</p>	<ul style="list-style-type: none"> <li>• It's a soft tube the size of a match stick. The healthcare provider inserts it on the inside of your upper arm.</li> <li>• She will give you an anaesthetic injection so that it doesn't hurt. You will probably wear a plaster over it for a few days.</li> <li>• It is quick and easy to insert. A healthcare provider can remove it easily too.</li> <li>• There is a very small chance you could get pain or infection on your upper arm where the implant is inserted. See your healthcare provider if this happens.</li> </ul> 
<p><b>Injection</b></p> <p><b>Lasts:</b> 2 or 3 months</p> <p><b>Get it: Free</b> at a government clinic</p> <p><b>How effective:</b> Very</p> <p><b>Remember:</b> To keep all your appointments for your injection – write it in your diary</p> <p><b>Will it prevent STIs?</b> No</p> <p><b>What will?</b> Condoms – double up with the injection</p> <p><b>How long after</b> stopping the injection might it take me to get pregnant when I want to? It can take up to 12 months</p>	<ul style="list-style-type: none"> <li>• You get the injection either every 2 or 3 months. This depends which injection you have.</li> <li>• Ask which injection you're on, and find out more about it.</li> <li>• It's safe for women of all ages.</li> <li>• You don't have to remember to take your contraceptive every day or week.</li> <li>• Ask your healthcare provider if you need to take calcium to keep your bones strong.</li> </ul> 

# So, how to choose?

Your healthcare provider should explain how the different contraceptives work, examine you properly, and talk through all options to suit your needs. If she isn't helpful, or you feel she judges you, ask to see someone else. You can go to the clinic together as a club to support each other. Or, do what the young woman below did:

*“The nurse talked in a loud voice. She clicked her tongue many times and made it clear that she thought I should not be having sex if I was not married. I complained about her to the manager.”*

## JANE'S EXPERIENCE

One young woman, Jane Themba, told *Rise* about her experience of using the implant.

I went to the clinic to find out about the implant because all the other methods of contraceptives weren't working well for me.

I tried the injection which made me gain a lot of weight and my blood clots were unbearable to look at (I was bleeding heavily). When I was on the pill, I was always a day or two late because they are so easy to forget. I saw this as a quick way to get pregnant!

**The nurse explained to me about the long-term advantage of using an implant and I thought three years was good enough for me.**

The first two to three months my menstruation went by without any hassle. I had four-day periods with a good blood flow.

But since then it has been a disaster. I started to experience a bad smell from my vagina. And a lot of disgusting discharge. When my periods are due I get really sick, to the point where I have to be in bed for a few days. Sometimes I eat a lot, and sometimes I lose my appetite.

**But what I like about it is that I can go for up to three months without seeing my periods.**

It has been a year and three months since I had the implant. And although it has some complications every now and again, I don't want to take it out. I would rather stick to it than any other method of prevention.

## Sister Flora responds

Sister Flora responds to Jane's experience:

“Jane's experience sounds like a mix of issues, only some of which are possibly related to the implant,” says Sister Flora Mogasoa. She is Head of Clinical Training at Marie Stopes, and a professional nurse. “Changes in the menstrual cycle and an increase in appetite can occur when using a hormonal contraceptive. But it's just as common to have reduced bleeding, fewer premenstrual symptoms and, in many cases, no period at all.”

**A foul smelling discharge is a sign of a vaginal infection, not related to the implant**

“The issue of the discharge is concerning. A foul smelling discharge is a sign of a vaginal infection, not related to the implant. We would advise that Jane consults a healthcare provider if she experiences something similar again.”



# Possible side effects

Here are the possible side effects, many of which go away after a few weeks. But if you're not happy, go back to the clinic. There are other options to choose from.

Injection	Implant	
✓	✓	Irregular periods
✓	✓	Increase in your appetite/weight gain
✓	✓	Head-aches
✓	✓	Dizzy
✓	—	Tender breasts
—	✓	Feel nervous
—	✓	Feel nauseous
✓	—	Feel sad
—	—	Lower sex drive
—	—	Helps prevent acne
✓	✓	Reduces period pains

Our bodies respond differently to drugs like hormonal contraceptives. If our friends experience certain side effects, it does not mean we will too.



# I'M STILL ALIVE

*My name is Prudence Motha\* and I'm 21 years old. I'm from a township in Gauteng. You can't tell from my cheerful smile what I've been through. That's because I choose to fight for my life and not give up because I was born HIV positive.*

I was seven years old when my family told me. My mother had just passed away and my father a few years earlier. But nothing made sense to me until I was in Grade 5. That's when I understood that I got the virus from my mother. I started being angry and hated both my parents.

**In Grade 5 I understood I got the virus from my mother. I hated both my parents**

## Finding support

I tried to block out anything that had to do with HIV. But it was everywhere. I thought everyone mentioned it in my presence because they could see through me and knew that I had it.

Finally, I told one of my friends. Fortunately, she was very supportive together with my older sister. Both gave me the strength to live and helped me to stop thinking that I was going to die.



\* Not her real name

## Breakdown

But when I was in Grade 12, I had a breakdown and stayed in hospital for three months. My CD4 count dropped. That's when I started taking the ARVs I will take for the rest of my life.

Some of the nurses and older patients at the hospital looked at me funny. They even asked me why I was sleeping around with boys at such a young age, assuming that's how I got HIV.

## At school

Back at school, one teacher asked why the ambulance had to be called for me so often. I didn't trust her to keep it to herself so I told her that I had sugar diabetes. The next day, other children were calling me, 'Sugar!' If I got an answer correct and other learners didn't, teachers would say to them, "*Nihlulwa na ulo shukela!*" (You're even more foolish than this diabetic!)

## Tough at home

Home wasn't any better than school. I would often get home to find the door locked. Sometimes it would be raining and I would have to sleep on the stoep or at the neighbour's house. If I managed to get in, I would eat and then be told to wash my plate separately outside.

Finally, my aunt kicked me out of my grandmother's house. There was nothing my grandmother could do to protect me as she was too frail and scared of my aunt.

## Suicide

I couldn't take it anymore. I tried to kill myself by overdosing on a mixture of ARVs and other pills. I woke up in hospital after three days. Then I remembered my dreams. I wanted to be an actor, social worker and a motivational speaker. How could I motivate others to achieve their dreams if I myself gave up?

## Changes

I got involved with the Treatment Action Campaign (TAC). A local church helped me to find a place to stay. I started using a different clinic and I have a great relationship with the nurses there. They treat me with respect and love.

I am now open about my status and I make a living as a peer educator – that means educating people of my own age – teaching young people about HIV.

### The nurses treat me with respect and love

This also has its own challenges. Some youths don't believe that I am HIV positive and they expect me to be very thin. The last boy I dated would stop every two seconds to check if the condom was still on, or not torn during sex.

## My dreams

At first I didn't want to have children because I thought, "What's the point? I'm going to die anyway." Now that I'm grown up I'm not sure about children, but I would love to get married one day.

### I motivate others so that they can motivate me in return

But my focus is not on dating right now. I plan to go back to school next year and improve my life. Disclosing to other people helps me to be strong. I motivate others so that they can motivate me in return.

Being born HIV positive will not stop me from achieving my dreams. If my mother was still alive I would say to her, "I'm still alive. I thank you for bringing me to this world. I am helping people."



# Girl Power

## How will I know when I'm ready?

*For many of us, having a baby is a very important part of our lives. Socially we might feel like outcasts if we don't have a baby. We learn that we are valued for the children we have. But what about our own lives?*

We are under pressure to bring a new life into this world. But that new life doesn't stay a little baby, with unconditional love for us, for very long. Instead, the baby will turn into a child who needs lots of care and attention; who needs money; who needs both male and female role models; who needs discipline.

**Bringing up a child is really difficult. So we are entitled to ask ourselves these questions:**

Who should decide about having a baby?

How will I know when I am ready to have a baby? Do I know how I can use contraceptives until I am ready?

How will I afford to house, feed, clothe and educate the child?

Who should I discuss this with?

How can I get pregnant without exposing myself to HIV and other STIs?

*Don't we, as women, have a right to ask these questions?*



## ★ Club project

Can we support each other to answer these questions in our clubs? Each one of us will have different thoughts and answers. Can we discuss them together?

# Sisonke Mom

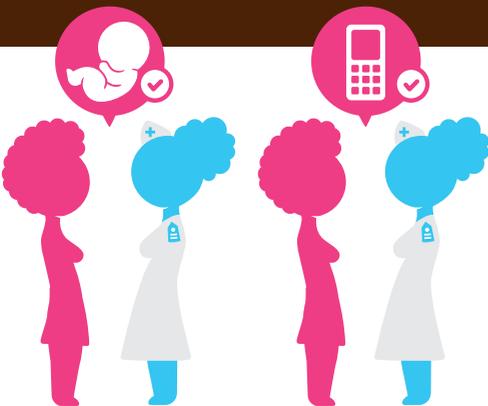
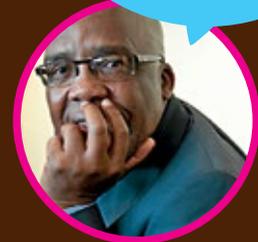
Pregnant?  
**momconnect**  
is here to help!

**\*134\*550#**

You'll get weekly messages to help with your pregnancy, and answers to all your questions. Join our community - it's completely free and we're here to support you.

It is my dream to register all pregnant women in the country - and help you have the healthiest possible pregnancy.

MINISTER OF HEALTH  
AARON MOTSOLEDI



**1** Ask a nurse to confirm you are pregnant.



**2** We will help you register on a cellphone.



**3** Answer a few simple questions about your pregnancy.



**4** And you're registered - welcome to the family!

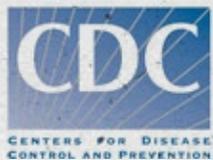
  
**momconnect**

 **health**  
Department:  
Health  
REPUBLIC OF SOUTH AFRICA

# Sinosizo

Meet the dynamic Sinosizo Rise Club from  
KwaMashu, KwaZulu-Natal.

#sinosizo



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