

Your 9th edition

# RISE

YOUNG WOMEN'S CLUBS

**Body  
love:**

big, slim, whatever!



*Girls on curves ...*

Take our quiz on  
**Body image**

A different view on  
sugar daddies

Spotlight on  
**girl gangs**

# C O N T E N T S

## Welcome to your magazine!

Welcome back to Rise,

In this issue we speak to a brave woman who is driven by the desire for adventure, and is not afraid of dangerous jobs. Find out more about her journey on page 20.

This feature is a wonderful reminder that more and more women are doing extraordinary things. They are stepping up the ladders to hold top positions in companies. They are getting into jobs that were once regarded as suitable only for the men. We are all capable of becoming anything that we aspire to be in life.

Whatever goals you want to achieve for this year, tackle them as hard as you can. We are all conquerors and we all deserve to Rise higher than we were yesterday.

Until next time, keep dreaming and keep rising.

*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.

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# 06 GANGS



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

**I love dangerous jobs!**  
Read about Victoria Mollo, a firefighter and truck driver



# Which of your actions have changed your life?

We asked Rise Club members in the Bloemfontein area.

## This is what they said:



**Angelina Williams, 24 – Heidedal**

I watched the Rise TV show about self-image. I hated my appearance. I have a big nose. And then the one woman said – no one is going to tell you that you are beautiful you are going to have to tell this to yourself. It was very important for me to hear that.

**Innocentia Mahanke, 14 – Maboena Intermediate School, Mangaung**

I joined a gang even though I didn't know much about it. Later I became a little afraid of myself. So then I turned to the One who created me so that I can be His daughter. This has made me feel proud of myself again.



**Patricia Hadebe, 16 – Maboena Intermediate School, Mangaung**

I used to bully other girls and shout at them. Then I realised that I don't have to do that to be respected.



**Millesan Geelbooi, 16**

I was very rude. I never listened to people, I didn't like people. When I came to the Rise Club I found only girls so I could really talk out my heart. It has changed me a lot.



**Aneesa van Wyk, 18**

I used to smoke dagga. I joined Rise Club and was part of a drug awareness campaign. That's when I decided to stop smoking.



**Mary Anne Davids, 21 – Heidedal**

My parents died and at home everybody is drinking. Life is hard. I joined a Christian club called Aurora and turned to God. This has helped me a lot.

## ★ Club Project

For discussion in our clubs:

- Which actions have changed your life?
- How can we support each other to make changes, however small, that count?

What about you? What actions changed your life?  
Let us know on the Rise app or on the Rise Facebook page.

#actionsthatchangedmylife

# Reach our Community

## Meet the the ROC Girls Rise Club



*Once a week the ROC Girls Rise Club meet at the Reach Our Community (ROC) Foundation headquarters in Heidedal, Bloemfontein. ROC is a not-for-profit organisation that serves the Bloemfontein community. It runs an after school programme for orphans and vulnerable children. Quite a few of the girls in the club attended this programme when they were younger.*

The Heidedal ROC Girls Rise Club has always consisted of older girls, while the clubs from Bergman and Grasland Rise Clubs are much younger. Earlier this year the two clubs decided to merge. The advantage is that the older girls can support the younger girls.

The mentor of the ROC Girls is Maria Williams, a social worker who gives them support and makes sure they hand in their reports.

The ROC Girls Club is very active. Members face widespread drug and alcohol abuse in their community. They have participated in many community awareness campaigns around these issues. By becoming involved in these campaigns, they increase their own awareness. The Club recently

participated in a health walk, and during Women's Month it organised a "Tea Talk" show where they watched movies and discussed issues. On Friday afternoons they volunteer at the ROC Centre.

**Rozanne Williams says, "There is a lot of action in our club. It is lovely to know you have had an impact. I want to be a role model."**



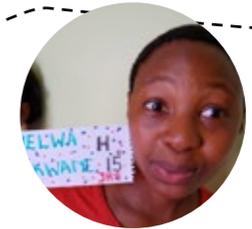
**Aneesa van Wyk (18)**

I always used to hang out with men. But since I joined the club I get on better with girls. It has made me softer. Nowadays when I'm with my girls I'm so happy. I am proud of the trust we have built amongst us.



**Maria Williams (mentor)**

Our biggest challenge is that girls have bad self-image. Most of the children come from broken families. Parents don't often give their children love, so the girls are looking for that from men.



**Yuyelwa Senokwane (15)**

We enjoy having older girls in the club. They are our sisters. They help and guide us. Sometimes we are a bit shy though.



**Mary Anne Davids (21)**

My parents have passed away so I live with my grandmother. At home everyone is always drinking so I have to look after myself. I joined the club because I wanted changes in my life. It helped me pull my life together.



**Angeline Williams (24)**

I had a baby when I was 18 and had to drop out of Grade 11. Then I had another child. I didn't feel anyone loved me but boys tell us they love us. They make us feel special – they take us out for an ice cream, or even just hold our hands – and we don't always know that they are using us. I joined the club so that I can find the support to raise both my children and still change my life.



**Rozanne Williams (22)**

We come from different backgrounds and our problems and circumstances are very different. Some of the children in our club have to play a parent's role at home. It has made me more grateful for what I have.



**Celeste van Schalkwyk (21)**

I used to be so rude, but now I have more respect for myself and others.



Fearing the

# GANGS

*In September 2015, learners in Mangaung and in Heidedal, Bloemfontein, were terrorised by gangs who invaded their schools. The gangsters were hunting for members of rival gangs, and threatened to kill any they found.*



The next day parents got together and chased after the gangs. The streets were full of people running in different directions.

In the chaos two people were killed and a community worker from the ROC Foundation was injured. Police arrested twelve young gang members.

## Fearful

The members of the Rise Clubs at Maboena Intermediate School say that they are still traumatised.

"They are attacking the most vulnerable people like children. They don't want us to be educated."

Nomvula Vumbi from ROC Girls Rise Club says: "I don't want to join a gang. The boys are looking for girlfriends and the gangster girls are trying to scare other girls. Our club protects us from bad things."

## Standing together

The girls try to stay safe by walking home together and staying at home in the afternoons. They also feel that joining campaigns such as an anti-drug march, can help them by making them feel stronger.

*Some of the Rise club members did join gangs in their area for a short while. Here are their stories:*

**KARABO:** "I joined a Hip-Hop gang to entertain myself. It was not a dangerous gang but from the outside we looked dangerous. Some gangs kill, but some are just cultural groups. My mother asked me to leave."



**INNOCENTIA:** "I joined the gang because I was dating a gangster. My teachers were hurt that I joined the group so I left it."

**BOITOMELO:** "I used to see the gangsters dance and do interesting things in the park. So I joined them. People treated us as if we were real gangsters but we were not doing bad things. I stopped because my mother asked me to."

## WHY DO PEOPLE JOIN GANGS?

- Being part of a gang makes members feel more powerful.
- Some youngsters are bullied into joining.
- If young people don't feel a loved at home, being part of a gang can offer them a type of family.
- Many young men who join gangs often don't have a father or a man they can look up to.

## WHAT CAN RISE CLUBS AND COMMUNITIES DO ABOUT GANGSTERISM?

- Avoid taverns or places where gangsters hang out.
- Choose your friends wisely.
- If you see behaviour that might indicate that kids are in a gang, report it to adults in your community.
- Gangs want people to be afraid of them. Find ways to break any unnecessary fear. Find out what is true and what is untrue about gangsters. For example, do they really want to kill little children and cut off their heads or are they just talking about it?
- Stay fit or do self-defence classes. If you feel strong in your body you will not feel so vulnerable.



# Start your own business



*Dream of running your own business? Then this new Rise feature is for you. In each issue of the magazine we will profile a young woman who has started her own company, and get advice for her from a business consultant. See the circle on page 12 if you want us to visit you.*

Nkadimeng at the car wash



Nkadimeng with some of the learners she helps



Through the cyber café, Nkadimeng has registered more than 700 learners for the National Benchmark Test.

*Meet 27-year-old Nkadimeng Makuwa. Together with her husband, Joy Mampuru, she started a wonderful business that helps the rural town of Jane Furse in Limpopo.*

Nkadimeng was born and bred in Pretoria. After school she studied Internet Engineering. She passed the first year but in the middle of her second year her oldest brother died. She had to stop studying to find work to support her younger brothers and sisters. While working she did a short course in human resources (HR) through UNISA.

### Starting up

In 2014 Nkadimeng and her life companion, Joy Mampuru, moved to Jane Furse, where Joy's family has a taxi business. For the first few months Nkadimeng stayed at home looking after their daughter, Fentse. Then she and her husband decided to revive an internet café in a building that belongs to Joy's family. She set up her own computer and organised some internet lines. At first, business wasn't too good.



Little Fentse, Nkadimeng and her husband, Joy

### Becoming a Social Entrepreneur

Nkadimeng noticed that many Grade 12s came to the cyber café to find out about courses and universities. She had heard about the National Benchmark Tests (NBT) programme. This is a test to see if young people are ready for first year university. She went around to the schools to tell learners about it. Soon she had registered over 700 learners for this test. The next step was to help those who did well to apply at universities.

At the same time she found herself training many learners to use a computer and the internet.

### Car wash

To support the work with the learners, Nkadimeng and her husband started a car wash next to the internet café. They employ three volunteers who all have internet and computer skills. This is so that when they do not wash cars they can also help students to access the internet.

The profits of the car wash go back into the internet café business and into paying each volunteer a little. The car wash is also an opportunity for learners to earn a little on Saturdays.

The internet café centre sells air time and offers photocopying, faxing, and laminating services.

### Helping other businesses

Nkadimeng also connected with local crèches and started helping them with registering their business online. In the past these owners had to drive over four hours to Pretoria to do this.

Salome Kubjane, crèche owner in Jane Furse: "MaFentse (Nkadimeng) has helped us a lot with filling in non-profit organisation (NPO) forms. In the past we used to drive to Pretoria and then had to turn back because some of our papers weren't right."

Mmabatho Rakolote, Grade 12 learner and customer: "MaFentse has helped me so much. It is because of her that I have been accepted at the University of Johannesburg next year to study Aeronautical Science. She is very patient."

### Achievements

This year Nkadimeng has registered the cyber café as a NPO and the car wash as a business.

Through the cyber café she has registered more than 700 learners for the National Benchmark Test. Twenty of these students have found places in universities all over the country with her help.

### Goals

Nkadimeng and her husband feel the need to network with other local entrepreneurs and are looking to join a weekly meeting of SETAs. SETA, or Sector Education and Training Authority, is a job skills training organisation set up by the Government.

They would like to raise funds to create a bigger cyber centre with many more computers. They would also like to start a computer school.

They would like to make the car wash more attractive by opening a fast food outlet on the premises. Joy is also exploring contracts with local government departments for washing cars.

*So how can Nkadimeng make her business more profitable? Rise asked a business consultant, Gift Nkuna, for his ideas.*

## What are Nkadimeng and Joy doing right?

### Gift says:

- They have set up an excellent social-entrepreneurship model that addresses a number of challenges like youth development, job creation and poverty alleviation.
- They have set clear goals and have found creative ways to reach them.
- They approach their business with passion and selflessness. This will help them to keep their business going even through difficult times.

## What could Nkadimeng and Joy do better?

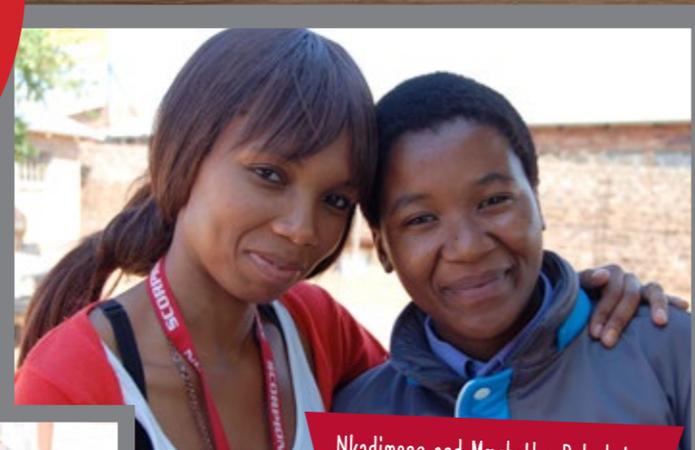
### Gift's answer:

**Financial Growth Management:** they are splitting the income of the car wash amongst themselves and others. But any money made needs to go back into the business, after the workers have been paid.

**Branding:** they need to bring together the two parts of their business – car wash and cyber café – as one brand. They can do this by finding a clever name that shows the link. The name should also reflect the value and personality of their business. Their brand could also become better known in their community by organising youth events that are linked to internet literacy.

**Association:** They need to connect with other organisations and individuals all over the country who do similar work. This will help them get ideas and make connections with possible sponsors and advertisers.

Are you running a small business? Or do you have an idea for starting one? Write to us at [risewc@gmail.com](mailto:risewc@gmail.com). If you are chosen, we will come and visit you, and ask a business development expert to help you to develop a business plan.



Nkadimeng and Mmabatho Rakolote, whom she helped get into UJ



Nkadimeng with her daughter Fentse and one of the crèche owners she has helped

"They have set clear goals and have found creative ways to reach them."

Gift Nkuna is a motivational speaker who helps entrepreneurs to understand their strengths and weaknesses.



## ★ Club Project

For Discussion in Your Club: Do you have any ideas for starting a business?



Rise is grateful to Bongani Mgenge at Jet, Rosebank, who supplied us with clothes for the photoshoot.

Nthokozi

Mbali

Jabulile

Buhle



# Body Love



We all want to feel comfortable and confident in the clothes we wear. Rise asked a professional stylist, Lufuno Sathekge, to show us how. Four Rise Club members agreed to be our models. Their verdict? The clothes were okay but the heels were not! (The Rise magazine team agrees – we can't walk in heels either!)



Lufuno Sathekge is a wardrobe stylist for vuzu tv/Turn Up on channel o

Meet Jabulile Mtshali and Buhle Mkhohliswa from the Happy Eagles Rise Club, and Mbali Mtshali and Nthokozi Mnguni from the White Doves Club, both in Drieziek in Orange Farm, Gauteng.

The four club members were given a chance to pick out their own outfits before the stylist arrived. It seemed torn jeans were the choice of the day, as much time was spent in that corner of the shop. Each girl believed her chosen outfit was perfect and that it showed off her best asset – which all agree are their hips and thighs (see their chosen outfits, compared to the stylist's choice, on the next page).

When Lufuno arrived, she took each girl through the shop to choose clothes, shoes and accessories. "The girls complained that I was choosing clothes that they would not normally wear," says Lufuno. Jabulile, for example, arrived wearing black jeans. Her chosen outfit consisted of black jeans and a black top. Lufuno put her in a green jumpsuit with high heeled sandals. "I wear tekkies and pumps all the time! I do not wear heels!" says Jabulile afterwards. We took a stroll to a nearby park to take more photographs.

LUFUNO SAYS:

Mbali, who is a budding dancer, has "a uniform" (jeans and T-shirts) and I wanted to get her out of that zone and give her something a little more dressy but youthful and fun, especially because she has great legs! I layered black, white and gold to give her that confident boost and ensure that her personal style shines through.



LUFUNO SAYS:

Jabulile is a tomboy, but also going through a transition, so I didn't want to throw her in the deep end by making her super feminine. I gave her the alternative to a dress, and that is a jumpsuit. The khaki colour complements her skin tone and the cut is flattering yet it doesn't show off her curves too much.



LUFUNO SAYS:

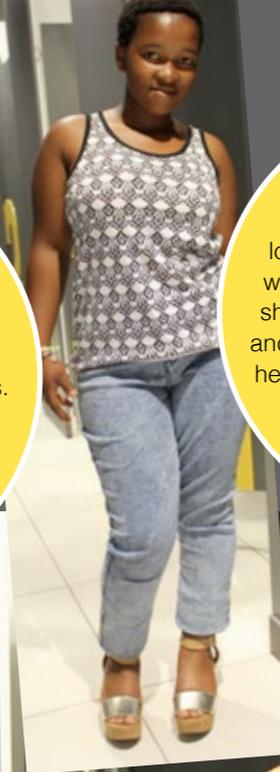
Nthokoza is quite conservative in her choice of clothes, and very aware of her fuller body, so she tries to hide it with dark colours and loose clothes. I gave her a bit of colour and fitted clothes to show her that it's not a matter of size, but a matter of proportion, and colour picks you up.



LUFUNO SAYS:

Buhle is the shortest and the most experimental. She loves heels to elevate herself, so we naturally went for heels. Nude shoes complement bright colours, and because she's short I could put her in an oversized shirt to wear as a dress.

PS there are advantages to being short!



"I loved my outfit although I would not have chosen the heels. But they were comfortable."



"I preferred the outfit I put together myself. The outfit Lufuno chose for me was nice, but those heels!"



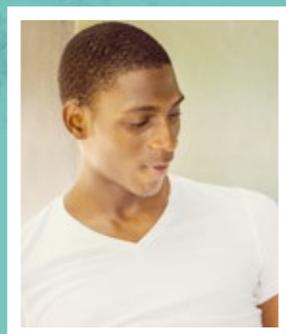
"I loved my outfit but I did not feel comfortable walking to the park – it was too far to walk!"



"I loved my outfit but I felt so uncomfortable in the park when people were staring at us."

# Pap and spinach:

## a true story



By Desmond Wandi Ntshalintshali

*She and I were in the same matric class. I needed help with Technical Drawing and she needed help with Mathematics. The conversations became more than just about drawings and numbers. I thought she was the most beautiful girl I have ever seen and she thought I was sweet.*

### Fell in love

I fell in love with her. She told me that she had been her father's favourite, and how she lost him. And she told me about her disastrous relationship with her mother.

I had the desire to save her, to be her hero somehow.

Then she said, "We should just become boyfriend and girlfriend. I mean, technically, we already are. What do you think?"

"That's exactly what I was thinking, but I was too afraid to say," I replied. "But ..." she added ...

### Older man

I didn't like the sound of that and I was right. She told me that she already had a boyfriend. He was much older, working and driving.

She said, "You're a high school student just like me. You don't work. You can't buy me anything."

### Crashing

I felt like I was an egg that had crashed onto the floor. But hey, I would still be her only boyfriend at school and I knew her secrets. So, I said yes.

It became lovey-dovey. I would give her my lunch money and eat her pap and spinach instead. It wasn't long before I got a wake-up call.

We were standing at a corner waiting for a taxi to take me home. Suddenly, across the road a car stopped. She just said, "Bye!" and rushed towards it. I saw that Uncle's face. He was old indeed. She climbed in and off they drove. My schoolmates who were around to witness this laughed and jeered, "Eeeish! Yohhh!"

The next day I was furious but she put her arm around my waist, apologised and gave me a kiss on my cheek. I forgave her and we were back to normal again.

### Matric dance

"We should go to the matric dance together," came one of her other oh-so-amazing suggestions. I begged my mother to buy me a suit and shoes. One week before the dance, the girl dropped the bomb.

"He wants to come with me to the matric dance. He bought me the dress. What do you expect me to do? I'm sorry!" I thought about my mother who had bought these clothes on credit after I had begged her. So I went on my own.

When I saw her walking in with him, she looked down. On the other hand, Uncle had no stress parading his girlfriend and sitting amongst children. He could easily have passed for our Mathematics teacher.

Many questions ran through my head. Was she playing me from the beginning? Maybe she really was trapped because her mother wouldn't take care of her? But there were many girls with no parents to take care of them at school. Anyway, it was none of my business anymore. I could not save her. I was not eating her pap and spinach again.

*The story you just read is true. The author and his high school girlfriend are now married to other people. No one knows what happened to Uncle.*

### What story would you tell?

You can write it under your own name, or remain anonymous. If we publish it, we will pay you R500.

Send your stories to [riseywc@gmail.com](mailto:riseywc@gmail.com).

### In your Club:

- Invite a Club member to read the story aloud.
- What did the story make you think and feel? You can talk about your responses in a group or in pairs.

### Some questions to get you started:

- What do you think the girl gained by being with the older man? What do you think she lost?
- Have you, or anyone you know, ever done something similar to the girl? Why?
- How do you think the girl would write this story?

# I love adventure



*Victoria Mollo has had two jobs more often done by men: first she was a firefighter, now she drives trucks. Rise talked to her about how she does it.*

Victoria was born in a small village in what was then known as QwaQwa (now part of the Free State Province). When she was 10 years old her mother moved her family to Harrismith where she got a job as a cleaner.

### Goals

Victoria dreamed of becoming a police officer. When she failed her matric she went to the local FET college to repeat some of her subjects. When she passed her mother gave her some money so she could get her driver's licence – this was a requirement for joining the police. She was finally accepted into the police force but she had some back luck: she lost her phone and the police could not trace her to tell her she had been accepted.

### Firefighting

Victoria got a job at Ackermans. While working there she heard that people were looking for firefighters. She thought it sounded interesting and went to join the queue of 100 people outside the fire station in Harrismith. She was made to do a fitness test and was one of only 17 people who passed!

**“I love dangerous jobs and adventure. I like men’s jobs because I want to grow and feel strong.”**

She worked as a firefighter for three years. “Sometimes you spend two days out in the mountains fighting fires. I love it because it proves I can survive and that I am strong.”



### Training for trucks

A few years later, in 2007, she joined a government organisation called “Working on Fire”, which trains people to put out veld fires. Victoria was selected to be trained as a truck driver.

“Women truck drivers are often better than men because we don’t take so many chances in the traffic. My firefighting team always preferred it if I was driving.”

### Promotion

Victoria is currently studying fleet management (this is the management of a company’s vehicles) and has been promoted to Transport Manager at Working on Fire.

Sometimes men do criticise women but Victoria feels that this has made her want to do better than men in her job. “Don’t let anyone tell you that you are stupid, you just have to believe in yourself.”

### My mother

Victoria’s mother is her inspiration: “My mom is a single parent. She worked so hard for us. When I grew up I saw that my mother was struggling to get us food and clothes and I just wished to change this.”

Victoria encourages young women to volunteer for low-level jobs. “Sometimes you just have to start somewhere even if you are bored. Give yourself three years, then move on. Just put aside a bit of money towards getting a licence, or studying something. You never know what doors could open.”

## ★ Club Project

- Discuss in your Club where you can get experience from volunteer work such as firefighting.
- Discuss what other jobs would be of interest to you, that would normally be done by men.

# Quiz: Do you have a healthy body image?

*The way we feel about our bodies – our body image – can have a big impact on our lives. If we feel good about ourselves we step out with confidence, believing we can succeed. If we feel bad about how we look we value ourselves less.*

Unfortunately, society makes it hard for us to love our bodies. There is more and more pressure on us all to look like the models we see in the media. One study found that “more black than white girls had high body image dissatisfaction”. Another study found that 42% of girls who had a normal body weight believed they were fat.

## Take this quiz to work out how you feel about your body:

Tick the box that best applies to you.

1 = never | 2 = hardly ever | 3 = sometimes | 4 = quite a lot | 5 = often

I don't like looking at my body, in clothes, in a full-length mirror.	I don't like looking at my naked body.	The things I say to myself about my body are usually negative.	I don't think I should feel good about myself if I'm overweight.
			
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
My friends and I point out other girls we think look unattractive	I believe my body is something I must control.	I ignore my body's needs (like hunger or tiredness).	I can think of many girls whose body I would swap with if I could.
			
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

### Mostly 1s:

You have a really positive body image – good for you! You can serve as a role model for other young women who struggle to accept themselves.

### Mostly 2s:

Your body image is good. You realise that your value as a person is not based just on your appearance, but sometimes you do feel the pressure to look a certain way.

### For discussion in your Club:

How can we support each other to genuinely appreciate and enjoy our bodies?

### Mostly 3s:

Your body image is up and down. Your body concept is easily influenced by what others say, and you feel down after looking at pictures of models or celebrities. Try to find ways to value yourself as a unique individual every day

### Mostly 5s:

Your body image is very poor. You feel ashamed of your body and obsess over how you can change it. If you are feeling down, skipping meals or harming your body in any way, you need to talk with a trusted elder or a counsellor. Slowly, you can start to accept and love yourself completely.

### Mostly 4s:

Your body image is quite low. You feel anxious about your appearance and spend a lot of time thinking about it. Try to see yourself the way you would see a loved friend or sister, and be gentle with yourself. Allow yourself to see what is beautiful about you. Focusing on healthy behaviour, like exercise and self-care, rather than on dieting, can help you to better accept your body.

### Tips for a healthy body image

1. Thank your body daily for all that it allows you to do.
2. To see yourself as more than a body, write a list of all the things you like about yourself. Do you have a strong mind, a good heart?
3. Be less critical of others. This helps you be less critical of yourself.

# Looking for work?

*If you have a matric, then there is an organisation, Harambee, that can help you to find a job.*

Harambee aims to connect people looking for work with companies that have job vacancies. These are starting or "entry-level" positions. But if you do well once you're in a company – who knows? Maybe one day you'll be a manager!

### You can apply if you:

- are between 18 and 28 years old
- have got matric, a diploma or a degree
- haven't worked in a permanent job for 12 months
- have lots of potential and are hungry for a job.

### How it works:

- It's a free service for young work-seekers.
- Harambee will test you to find out which jobs would suit you.
- If you are accepted, Harambee will prepare you for interviews and help get you ready for work.
- It will then match you with jobs Harambee has on its database.

"When I got the job I was so happy," said Siphosihle Nombewu, a Harambee graduate. She got a call centre job at a big company. "What makes me proud about my job is that my customers leave the phone happy." And she has a stable income to provide for her son and family.

### Harambee's jobs:

Harambee has helped people to find work taking food orders and preparing food; as a shop assistant; as a client service consultant and many other positions.

### Harambee's companies:

Harambee's clients include Hollard, Merchants, Discovery Health, Vodacom, Nando's, and Transnet. They also include smaller companies.



**Hurry to Harambee**  
 Want to find out more?  
 Visit: [www.harambee.co.za](http://www.harambee.co.za)  
 Apply online at  
[Harambee.mobi](http://Harambee.mobi)

# The Rise App

### Step one

Download the Rise App from the App Store and 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.

*The 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.





## Join the Facebook conversation

The experts answer your questions. Send us your questions on the Rise App or on the Rise TV Talkshow Facebook page.

### Sex against my beliefs

**Dear Sis' Lebo**

I am Christian and not allowed to date or have sex. But I have already broken the "law" and dated. My boyfriend wants us to have sex. What should I do because the way I see it, he has power more than me? – **Confused**

**Sis' Lebo Responds**

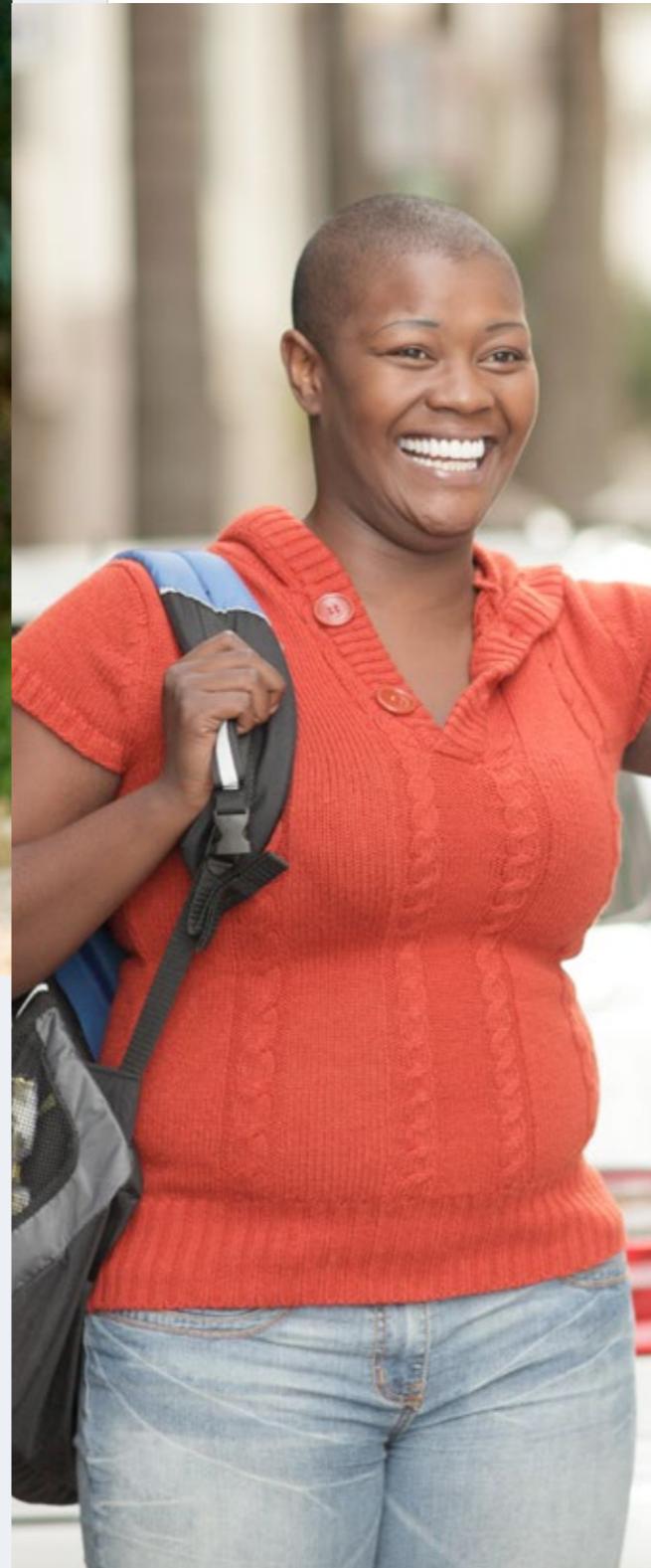
**Dear Confused**

Deciding to have sex is an important decision. You must only do it when you are ready. Not when you are pressured to do it. To help you make your decision, ask yourself:

- Is this what I want?
- How will I feel if, after having sex, my boyfriend and I break up?
- Will I regret having sex with him?
- How important is my religion to me?
- Will it matter if I go against my beliefs to have sex?

Only you can answer these questions honestly. Make sure, if you decide to have sex because you want to, that you discuss using condoms with your partner. But if you decide that you are not ready, you must not let your boyfriend force you.

If you are forced to have sex when you don't want to, that is against the law. It is rape.



### Forget this immature guy

**Dear Sis' Lebo**

My boyfriend cheated on me and then we broke up. He even called to tell me that his new girlfriend is better than me and that I must not phone him again. Now he calls me and asks me to come back to him because he heard rumours that I have a new boyfriend. He did hurt me but I want to give him a chance. What should I do? – **Undecided**

**Sis' Lebo responds:**

**Dear Undecided**

Your ex-boyfriend does not sound like a very mature or reasonable person. He left you and then compared you to another girl. Now that you have moved on, he wants you back. I do not think he loves you. I think his ego is hurt because you met someone else and he wants to spoil your relationship. You already gave him a chance and he blew it. Enjoy your new relationship and forget about this immature guy.

### After Matric?

**Dear Sis' Lebo**

Is it normal to be in matric without knowing what I want to become in future? I feel like I am wasting my time writing exams. – **Matriculant**

**Sis' Lebo responds:**

**Dear Matriculant,**

Some of us take longer than others to decide on a future career. You will have many more career options once you have got a matric. So please continue to study hard.

Does your school offer career counselling? If not, ask them where you can go for a psychometric test. This test shows what types of careers your personality is suited to, and also your strengths. The test will help you work out what you feel most passionate about. Talk to people about your interests and strengths – this helps you to set goals. Visit websites; do searches on careers and see what comes up that interests you. Check out the careers info box on the next page.

It's important that you aim to be independent in life. We know you can do it! Take your future into your hands!

# Our mistakes help us grow

## I regret leaving school

### Dear Sis' Lebo

I am 20 years old. I dropped out in high school when I was in Grade 11. Now I regret leaving school. I wish I could go back to school but it's too late. I realise I want a better career for myself. Please advise me as I don't know where to start.

– **Regretful**

### Career info zone

#### Harambee

Harambee is a free service for young work seekers. Please see page 24 for more information about this organisation.

*You can apply through Harambee.mobi. To find out more, visit [www.harambee.co.za](http://www.harambee.co.za)*

#### TVET Colleges

- There are a range of state and private Technical Vocational Education and Training (TVET) Colleges.
- You need at least a Grade 9 to study at one of these colleges
- The TVET Colleges offer bridging courses, either to get a Grade 12 (matric) or to study for a career course, like a technical field or tourism.

*For information about TVET colleges, visit: [http://www.fetcolleges.co.za/Site\\_Courses.aspx](http://www.fetcolleges.co.za/Site_Courses.aspx)*

#### Find out more

*Visit [www.careersportal.co.za](http://www.careersportal.co.za) to get some ideas about careers that might interest you.*

The website has information about studying further, as well as learnerships and internships at businesses.

## Sis' Lebo Responds

### Dear Regretful,

Don't feel alone. You are one of many, many young people who, for one reason or another, left school too soon. It's great you've decided you want a better career. We've got some ideas for you to think about:

- Do you have a teacher at your old school who could become a mentor for you? Or another person who will listen to your dreams for your future and help you think through how to begin your fresh start?
- Do you know anyone in a similar situation? You could form a group and do research together about studying further. You could meet regularly to share information and to encourage each other.
- What different resources do you have? Your resources (assets) aren't just money. Perhaps you have a special skill and passion for something. Maybe you know someone you see as successful who can help you.
- Follow up on the information in the careers info box on the left.

Good luck!



# 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



**momconnect**

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

# Reach our community

Meet the Rise Club that serves the community.  
ROC Rise Club from Heidedal in Bloemfontein.

#ROC

