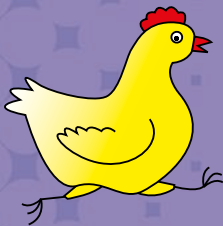




ZONE

2026



#Buddyz Dance Challenge



Thank you to all the schools that shared your experiences with us! Especially the Buddyz from Dan Radebe Primary School, Thembelihle Primary School and Shadrack Mbambo Primary School.



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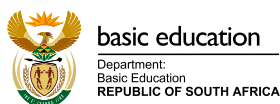
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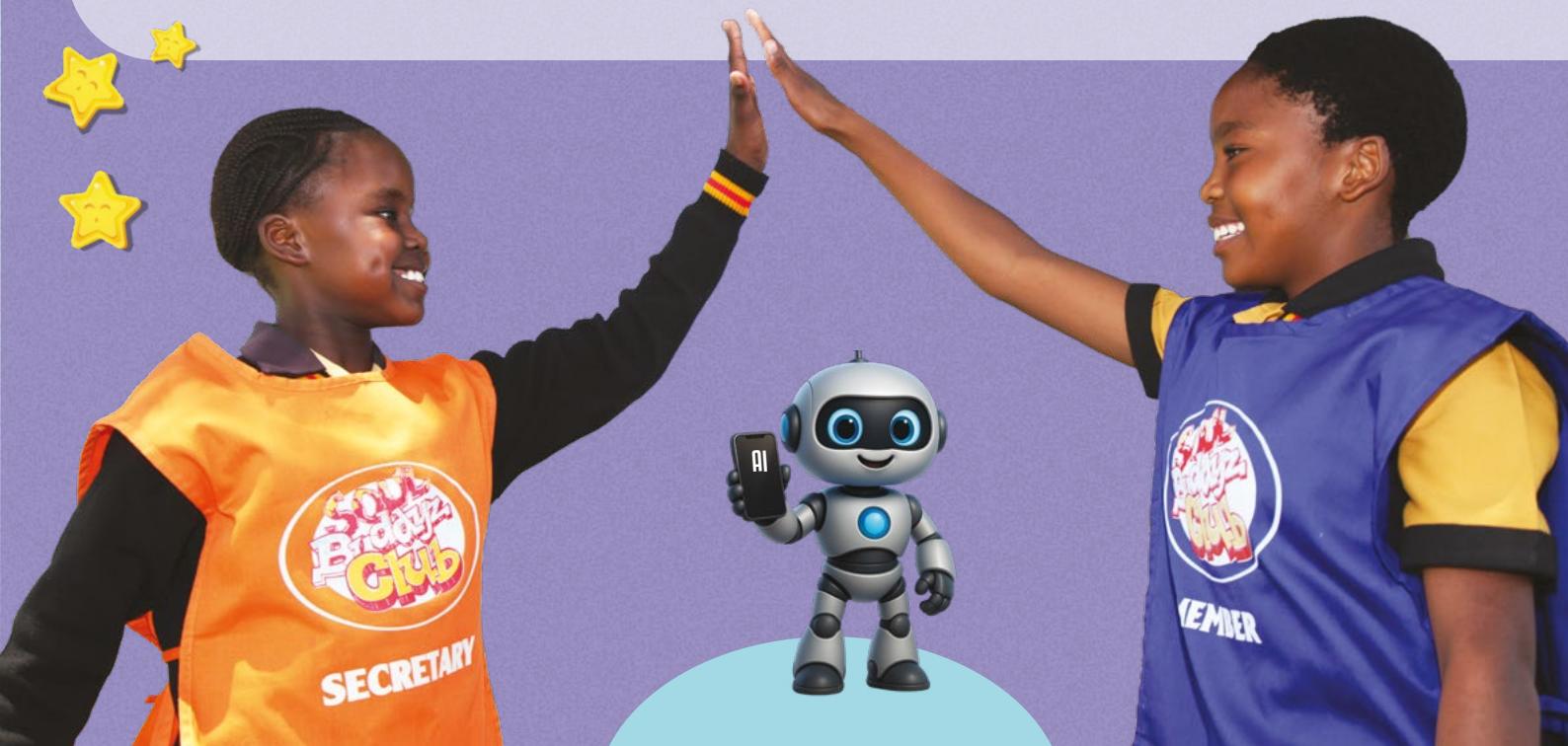
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Here is your very own Soul Buddyz Zone 2026!

It's jam-packed with puzzles, stories, and things to do. Enjoy reading and learning. And don't forget try out the game in the middle to play with friends and family. We'd love to hear how it went.

Love
The Soul Buddyz Club Team



Thank you for the feedback, teachers and buddyzy from Lupedze, Tsundzukani, Tshivade, Tivoneleni, Mhinga, Nkanyani, Mahlambandlopfu and Bungu Primary Schools.

Stanger Heights Wins a Soul Buddyz Legacy Award!

Big cheers for Stanger Heights Primary School in KwaZulu-Natal! Their Soul Buddyz Club has received a Soul Buddyz Legacy Award, announced at the Soul City 30th Anniversary Gala Dinner in October 2025.

This special award celebrates schools that have kept the Soul Buddyz spirit alive for many years. Stanger Heights started its club way back in 2006, making it one of the longest-running Soul Buddyz Clubs in South Africa!

For almost 20 years, learners at the school have met in their club to talk about important issues, learn life skills and support one another to make healthy and positive choices. Many learners have also grown into confident leaders through the club.

The Soul City KwaZulu-Natal team proudly presented the award to the club in recognition of its dedication and impact.

Stanger Heights shows that when young people work together, they can care for themselves, help others and make their communities stronger.



Stars Club Buddyz against bullying



#NOBULLYING

At Lupedze Primary School, one of the learners was bullying others. This traumatised a lot of learners. They were afraid of that learner and no longer felt free at school because their belongings were often taken away from them.

Many learners feared coming to school. As educators, we were not aware of such behavior. We found out that the reason behind the absence at school is being caused by the bully.

We tried to talk to the parents of learners, trying to inform parents about the behavior of their learners in school, but this did not really change things.

We then implemented the Soul Buddyz Clubs programme. That's where our learners became free to talk and express their feelings. They formed their own club called "STARS CLUB".

They formulated their own Slogan "#NOBULLYING" and became active in fighting bullying. They have addressed the issue in assembly. Then they made a peaceful march and submitted a memorandum to the principal to show that they are fighting against bullying in their school and they want it to end. They want to feel free in our school – it has to be a safe and enjoyable environment.

They chose this name because they realised that they were unstoppable.



Stars Club Buddyz from Lupedze Primary School, Limpopo

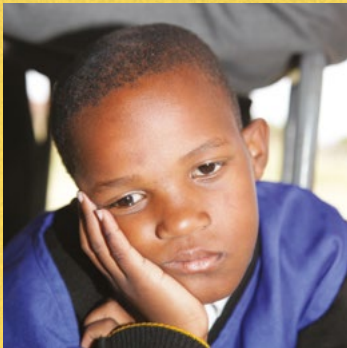
Super self care

Look after YOU!



Drink water! Your body needs at least 6 glasses every day to feel strong.

Move your body!
Play, dance, run!
Moving makes you
happy and healthy.



Talk about your feelings!
It's okay to feel sad,
angry or worried. Tell
someone you trust.

Eat good
foods! Fruits,
vegetables
and healthy
meals give
you energy.

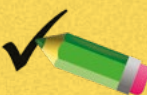


Sleep well: Get 9-11 hours
of sleep so your brain
can rest and grow.

Keep clean! Wash
your hands often,
brush your teeth,
and wash your body
to stay healthy.



Which ones did you do today?





I am awesome!



Did you know that saying good things to ourselves can help us believe them?

These words are called *affirmations*. They help us think about ourselves with kindness and love.



Write them out
- or write your
own and put
them on your
wall!

Draw a picture of yourself here.

I am special just the way I am.

I can learn new things.

I keep going even when
I struggle.

I always try my best.

I deserve all the love and
happiness I can get.

It is okay not to be great at
everything.

I make good choices.

Sweet but unhealthy

Chocolates, sweets, fizzy drinks. Yum! We love these sweet treats, but they contain loads of sugar which isn't healthy. You can eat them sometimes for a treat but try to cut down the amount you eat!

Too much sugar can:

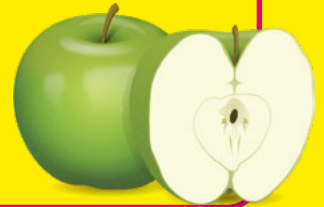
- cause holes in our teeth
- make us put on too much weight
- cause heart disease and other health problems like diabetes.

Does sugar give you energy?

Sometimes we eat sugary foods when we're feeling tired, because they make us feel more awake. But a few hours after eating the sugary food we 'crash'. We lose all our energy and feel even more tired than we did before. So it's not a good idea to eat sweet food to wake you up. It's better to eat something that will give you energy slowly, like brown bread with peanut butter, or fresh fruit and veggies.

If you really feel like something sweet, have a piece of fresh fruit. The fruit also contains sugar, but it's a healthier kind of sugar.

Also try having a glass of water. Sometimes our bodies need water more than food.



Hidden sugar

You should have fewer than 6 teaspoons of sugar a day.

The problem is that many foods have sugar in them, and we don't know how much. For example, a fizzy drink has about 9 teaspoons of sugar in it. Imagine putting 9 teaspoons of sugar in a cup of tea!

How much sugar is in these foods and drinks?



How many teaspoons?

1. If you have 3 fizzy drinks ____
2. If you have 1 chocolate bar and 1 donut ____
3. If you have 1 fizzy drink, 1 donut and 1 lollipop ____
4. If you have 1 teaspoon of sugar in your tea and 2 small donuts ____
5. If you have 1 chocolate bar and 1 fizzy drink ____

Lollipops don't have as much sugar in them, but they are very bad for your teeth because the sugar stays in your mouth for a long time, while you're eating the lollipop.

Check your answers on the last page of this Zone.

Be a litter quitter!

Litter! It's ugly and dirty. It attracts rats and insects, and animals like fish, birds and mammals can be hurt or even killed by it. If it gets into rivers, it can flow to the sea, where it can kill the animals that live in the sea.

What can we do about litter?

Don't litter

If you have rubbish that you need to throw away, make sure that it goes into a bin! If there isn't a bin close by, keep it until you find one. Don't throw your rubbish out of car windows or onto the ground.

Hold an anti-littering campaign

Your club could make posters to make people aware of why littering is bad. Put the posters up around your school or community (make sure you get permission first).

Check the dustbins

Are there enough rubbish bins in an area? If there aren't, talk to your teachers or principals about getting some bins and make sure that they will be emptied regularly.

Have a clean-up day

As a club, decide which area you will clean up. Advertise your event, so other people can join you. You could also put up anti-littering posters around the area so that people don't mess up your nice clean spot, after your hard work!

Start a recycling programme

A lot of rubbish can be recycled. This means that the material used to make it will be used again. Metal, glass, plastics and paper can be recycled. Sometimes you can even get money for material that can be recycled! Ask a teacher to help you find out more.

What will your club do about litter?



Hot lunch

It was Zukile's first day at school in the big city. His mother had packed him a lunch. His big brother had patted him on the back and wished him luck. He was excited.

On the way to school there were two bigger boys in the same uniform as him. "Look at this baby," one said to the other tall one.

"Where you from?" the tall one said. Zukile told him the name of the village. The boys both laughed. "Pumpkin boy, from the rurals!"

Zukile tried to smile.

"What are you laughing at?" said the short one.

"Are you laughing at us?" the tall one pushed him and Zukile fell to the ground. The short one picked up his bag and opened it. "Mmm lunch," he said, and opened Zukile's lunch tin. "Lucky boy, we'll let you off this time." He removed the chicken sandwiches (Zukile's treat for day 1) and then put the lunch tin back into Zukile's bag.

"Make sure you bring us some more tomorrow," said the tall one.

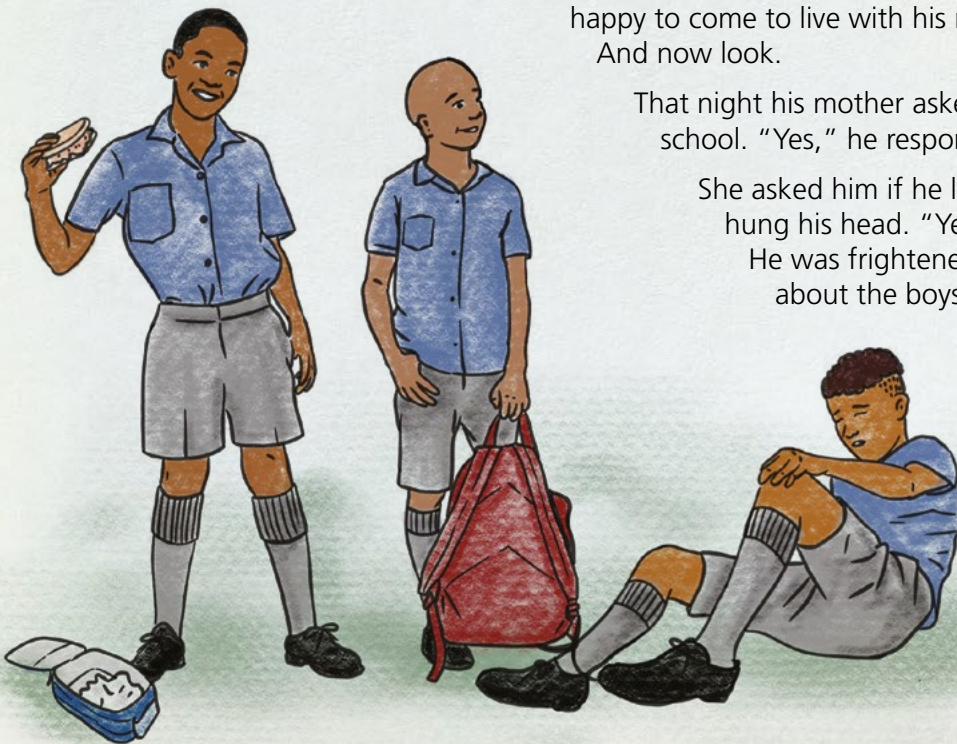
"Otherwise..." said the short one.

"And don't tell anyone," said the tall one. "Or we'll..." He drew his fingers across his throat.

Zukile wanted to cry. He felt ashamed and small. He had been so happy to come to live with his mother in the city. And now look.

That night his mother asked him if he enjoyed school. "Yes," he responded.

She asked him if he liked his lunch. He hung his head. "Yes," he said slowly. He was frightened of telling her about the boys.



His big brother heard them. "Did someone steal your lunch?" he asked.

"How did you know?" Zukile asked.

Steve frowned. "It happened to me too at one school."

Zukile was amazed. This had happened to his big strong brother?

"You need to tell the teachers," said his mother.

"No mama," he panicked.

Steve smiled. "I know what we'll do."

He came to help make the sandwiches. He added chilli powder, pepper, lots of salt.

"Yeugh!" said Zukile.

"Exactly," said his brother.

The next day the boys stole Zukile's sandwiches again. As Zukile walked on he heard them shout.

"Ayi, my mouth is burning."

"I need water, what is this!"

"It's my favourite curry sandwich," Zukile called back.

The next day the boys didn't steal his lunch. But he saw them bully another child.

"Something has to happen," he told himself.

At break time, Zukile sat next to the other boy.

"They take your food too?" he asked.

The boy nodded.

After school, Zukile walked past the staffroom. He stopped. His stomach felt tight.

He didn't tell the whole story. He just said, "Some boys are taking lunches."

The teacher listened carefully. She didn't shout or point. She thanked Zukile for telling her.

The next morning, the two big boys did not eat anybody's lunch. They were quieter than normal.

They didn't look at Zukile.

He still felt nervous. But he also felt taller.

He was no longer alone.



Sometimes bullies tell you not to tell anyone.

Why do you think they do that?



Who is one person you could talk to if this happened to you?

What is AI?

AI is short for **Artificial Intelligence**. It's a smart computer program that answers questions, writes stories, makes pictures, and does jobs that need a human brain. You might have heard of ChatGPT. It is one of the many AIs.

But AI isn't alive – it doesn't think or feel like we do!

People who write instructions for computers (called programmers) show the AI tons of examples of information and AI learns patterns from them, like guessing what comes next. For example, it sees that very often “fish and...” is followed by “chips” so it learns to predict that. The AI doesn't know food tastes yummy – it just guesses the words that fit best together.

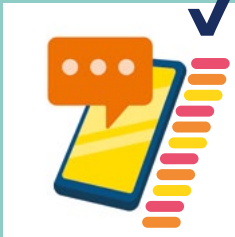
AI can be very useful but it also makes mistakes – sometimes big ones!



Useful things

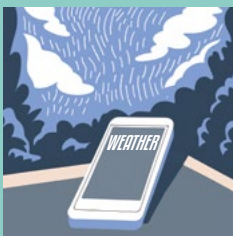


AI helps doctors spot diseases like TB.



Google Translate uses AI to **translate South Africa's 11 official spoken languages** into English instantly on your phone.

Learners can ask AI questions to **research something**.

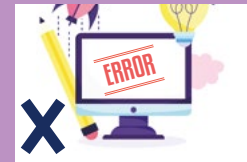


AI can be used to **predict weather**. It is being used in KZN for helping to predict floods and save lives.

Problematic things



AI often makes **mistakes!** You need to always double-check the information it gives you.



AI can take over jobs that people do now. This can lead to **unemployment**. Already AI can work with robots to do many factory jobs like building cars. Amazon uses AI in some of its warehouses to pack and sort orders.



Training AI to give information, create text and make artwork uses **HUGE amounts of electricity**. ChatGPT uses enough electricity every day to charge 8 million cell phones! **This causes pollution!**



**AI knows everything,
so I don't need any
textbooks!**



Did you know?
AI was used to create
the drawings of the
child on this page.



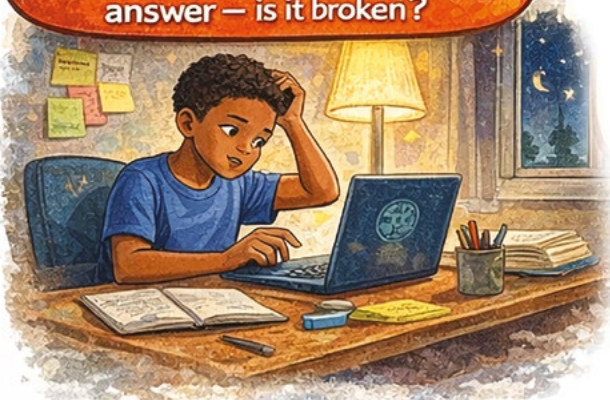
AI can be totally wrong.
Always double-check the
information it gives you.

AI may sound human but it's just a tool
like a calculator. It doesn't understand
emotions. Don't share personal stuff or
treat it like a real person.

**I can tell AI anything—
it's my best friend.**



**I asked ChatGPT a question
yesterday. Today I asked the same
question and got a different
answer – is it broken?**



Reality: Ask the same question differently
and you'll get different answers. That's
normal – experiment with it.

Remember
Your homework should
be done by you, not
by AI. AI can be helpful
for research, but you
should write in your own
words with your own
thoughts and feelings.
They are important!



Glitter Crutches!

Have you heard of Musa Motha from Sebokeng? He has loved dancing ever since he was a young boy. Dancing wasn't just something he liked — it was his passion! But when Musa was 11 years old, he was diagnosed with bone cancer in his left leg, and doctors had to amputate it. That would have made many people give up on their dreams. But not Musa!

Instead of quitting, he decided to keep going. He had to learn how to move again. He had to practise balancing. He had to learn to trust his body in a whole new way. Musa started dancing again and became an award-winning dancer.

Today, Musa performs in South Africa and around the world, sharing a powerful message: you are stronger than your challenges.

He also loves helping other children. He supports CHOC (Childhood Cancer Foundation South Africa), which helps children and families affected by cancer. He also supports the #stepitup dance challenge, which raises money to help children get treatment for clubfoot.

Musa wants young people to remember something super important: challenges do NOT decide who you are. Your attitude does!

So whether you dream of being a dancer, a scientist, a soccer star, or anything else — keep going. Keep believing in yourself. And most importantly... keep dancing to your own rhythm!

*Challenges do NOT decide who you are. Your attitude does!
Dream BIG and Believe in yourself!*



Dance Challenge!

There have been some famous dances that have spread across the world like the Macarena and Jerusalema!

Jerusalema by Master KG and Nomcebo Zikode was performed all over the world during Covid. It united people and brought joy when many people were feeling sad and alone. The music video has over half a billion views on YouTube.

It started a dance challenge when a group of friends in Angola worked out their own moves to the song and videoed it. Across the world, children, airport workers, nurses and even nuns were dancing to Jerusalema!

There are new dance challenges all the time that start on Tik Tok and are choreographed to trending songs with different moves.

What dance challenges are trending now?



Create your own Dance Challenge

- Get some friends together.
- Choose a favourite song.
- Choreograph the steps to your song.
- Teach your moves to other buddies!

Start a dance challenge in your school!



Origami

Find
Japan in
your school
atlas.

Ayanda and Odwa live in South Africa, but they are learning an art that is thousands of years old and from a country far, far away.

Ayanda and Odwa are learning origami. *Origami* is a Japanese word that means 'folding (*ori*) paper (*gami/kami*)'. Origami is the art of folding a single piece of paper to make something beautiful, such as a butterfly, a bird, a fish or a flower, without using tools or glue. Just like playing a musical instrument, the skill comes with a lot of practice and patience.



Photo by Kyoko Kimura

Origami taught me to use my hands and make many things out of paper that other people would throw away.

Origami welcomes everyone to try - no need to spend money. It helps me to have a good memory and improves my English as I follow the instructions.

One of the great things about origami is that you can do it alone or with other people. When you know how to fold something, you can become a teacher of folding that thing. You can teach old people or young children, or even someone who does not speak the same language as you. Learning origami is a wonderful way to make many friends!

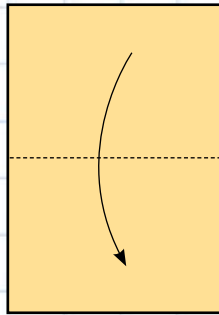


Odwa and Ayanda learned origami from Kyoko Kimura, who grew up in Japan. Kyoko visits schools to teach children how to fold many things. The children then teach other children and grown-ups in their area. Find out more about Origami Africa on facebook or www.origamifor africa.org.za

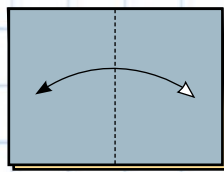
Make an origami boat

The important thing to remember when you do origami is to choose a very simple thing first and try folding it as neatly as possible. If you use your fingernail to crease the lines, it will look more pleasing. Practise making one thing many times, to help you remember how to do it.

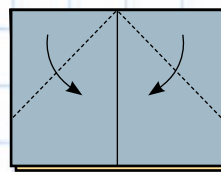
The arrows are important, follow them carefully.



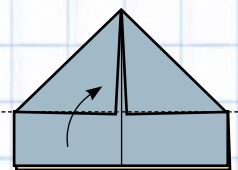
1. Start with an A4 page like this. Fold it in half.



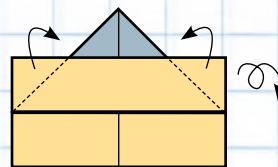
2. Fold in half again and unfold.



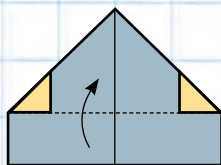
3. Fold top corners to the centre.



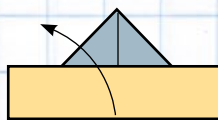
4. Fold the strip at the bottom upwards.



5. Fold the corners backwards. Turn over.



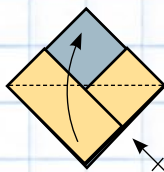
6. Fold the bottom strip upwards.



7. Open all the way.



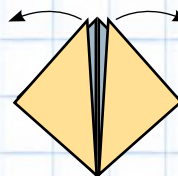
8. This is what the opening up looks like. Then flatten to make a square.



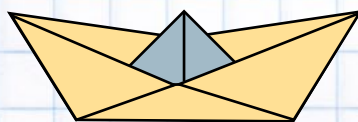
9. Fold triangle upwards. Turn over and repeat.



10. Open like in steps 7 and 8. Then flatten.



11. Take the upper corners and stretch out.



12. Your finished boat. It can float.

This is a useful website: <http://en.origami-club.com/>

What am I feeling?

Do you always know what you are feeling?

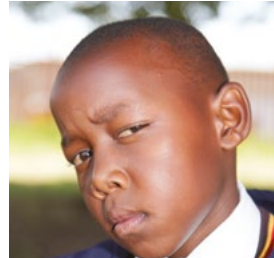
If we know what we are feeling, we will be able to communicate better with other people, because we'll be able to talk about our feelings more.



I am feeling lonely.



I am feeling jealous.



I am feeling confused.



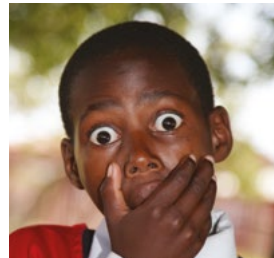
I am feeling anxious.



I am feeling excited.



I am feeling sad.



I am feeling surprised.



I am feeling angry.

Play a game with your Buddyz!

Act out an emotion, without saying anything. See if they can guess what emotion you are showing. The person who gets it right gets a turn to act.

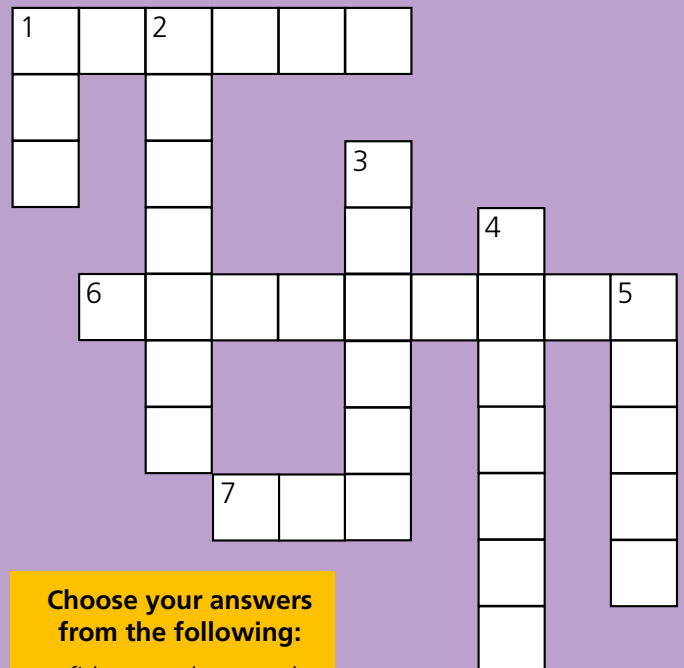
Emotions crossword

Down

- Koketso felt ___ when her grandfather died.
- Andile felt _____ and worried, but he wasn't sure what was making him so nervous.
- Mlungisi felt _____ for being mean to his younger sister.
- Samuel felt _____ when his cousin got a cell phone.
- Keitumetse felt _____ because she went to bed after midnight.

Across

- Lekeshia felt _____ to walk home on her own, so she always walked with a group.
- Thabang felt _____ about making his speech, because he had practised it well at home.
- Grace felt ___ when she met new people.



Choose your answers from the following:

confident sad scared
anxious guilty jealous
tired shy

Check your answers on the last page of this Zone.

FAIL



“What did you get, did you pass the exam?”

All the children were asking each other as they got their papers back.

“I got 80%,” said Nompilo, Zintle’s best friend. “What did you get, Zintle?”

Zintle saw the big red mark at the top of hers. Fail.

She pretended she didn’t hear Nompilo, and rushed home without talking to anyone.

“Did you pass?” her mother asked.

And Zintle had to tell her: No.

She saw her mother’s sad face. She was a failure. Her life was a disaster. She wanted to run away.

She went to her room and lay on her bed, thinking about how all her classmates were happy and fine.

Later her big sister Pumeza came to visit. “Zintle, Ma says you have failed.”

Zintle felt a wave of shame. Everyone knew now, everyone was feeling sorry for her.

“Do you know that I failed two grades at school?” asked Pumeza.

“No!” said Zintle. “You are lying! You have done so well!”

“I’m not lying,” her sister said. “I struggled and struggled with reading. It took me a long time to get it right. I never did well at school.”

She sat down next to Zintle. “But you know how I love cooking. And so I worked my way up at the restaurant to now be a chef. And now look at me – my own place, my own car...”

She patted Zintle’s hand. “Don’t give up. Life has more than one way forward.” She kissed Zintle’s forehead and left the room.

Zintle was amazed. She felt her heart lighten. Yes, she had failed this test. But that didn’t mean she was a failure.

“Zintle, come have some tea,” shouted her mother.

Zintle got up to join her family.

Failing an exam can feel heavy. It doesn't decide your whole future. Everyone's strengths are different, and they don't always show up in tests. If you feel like Zintle, find an adult you can talk to to help you get through this difficult time. There is light at the end of the tunnel!

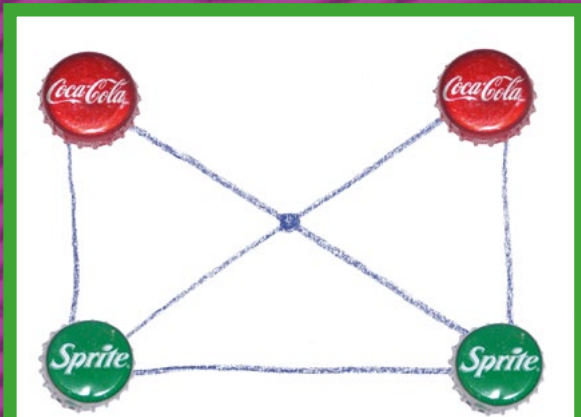
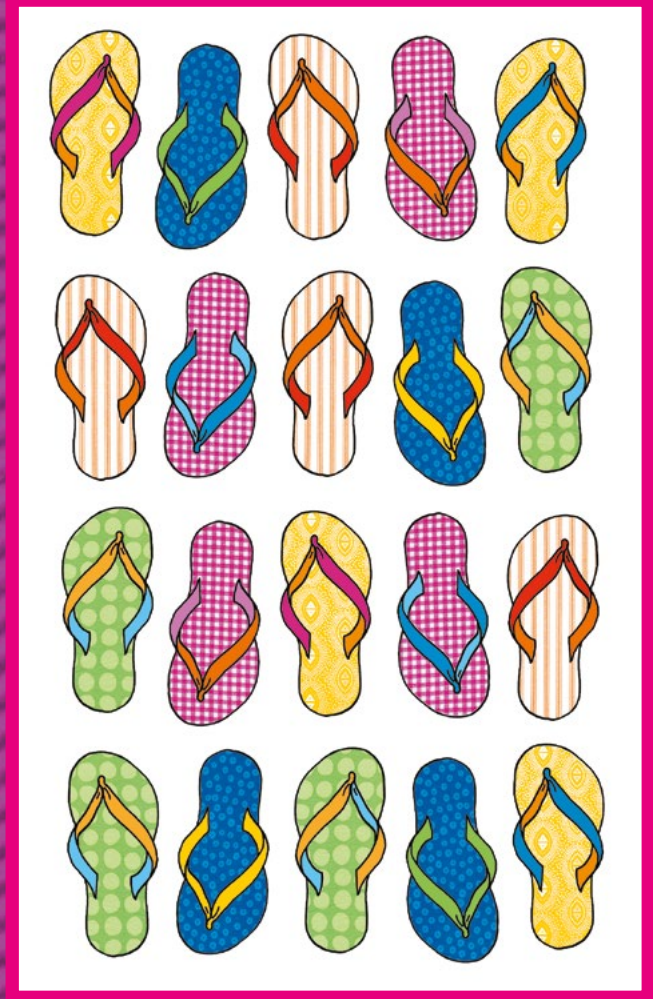


Puzzles and games

Help each bird find its nest – look at the patterns

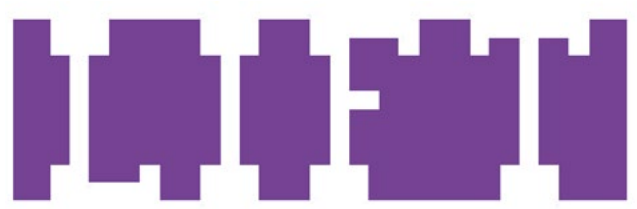


Find the pairs – look at the patterns



1. Draw the pattern you see here. Place two counters of one colour at the top and two at the bottom.
2. The first player must move into the centre. The other must move into the first player's old place.
3. Keep moving along the lines until one player cannot move either of their two counters and they are the loser.

What word is hidden here?



(Find the answer on the last page of this Zone.)



In South Africa chicken legs and feet are a favourite food we can buy in the street. In Uganda they also love chicken. Learn the chicken stew game.



CHICKEN STEW FROM UGANDA

You need at least 5 people to play this game.

All sit in a circle with your legs stretched in front of you. Your legs are the chicken bones and they are being cooked in a stew for dinner!

One player is the cook and he or she takes a long stick and gently stirs the stew by tapping each player on the leg.

As the cook stirs the chicken stew you chant this rhyme.

**Ka'kopi ka'kopi
Chicken for dinner
Stir us around
We're starting to simmer!**

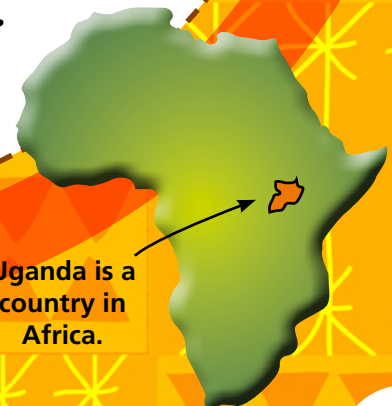
Simmer means to boil.

When the rhyme ends, the leg that the stick lands on is a burnt chicken leg, and so that child must tuck that leg under him or her. When both chicken legs are burnt, he or she is out. The winner is the last child to remain in the game.

Something to do

Ask an older person to teach you a game that they played a long time ago. If the game has a song in your home language, learn the song too. Teach your game to the other Buddyz. This is a way to make sure we keep our own language games alive.

Uganda is a country in Africa.



Find me!



Look who's talking

Who's talking? Asiphe (A), Busi (B) or Candice (C) ?

(Find the answers on the last page of this Zone.)

1.

I only have to cross one road to get to school!

2.

Get off the taxi and walk towards the school. Turn first right, pass the tavern on your right, cross a street and then take the next right. Then you'll get to my house.

3.

To get to my house from school, turn left from school and then take first right. Pass the spaza shop, cross the road - and I'm second on your right

?

Can you find the mouse? Pass the school on your right. Cross the road. Carry on and then turn first left. Find the mouse on the next right corner!



KEEPING SAFE

Every year many people get hurt on the roads in South Africa.

Here are some road safety tips.

- ✓ Always look both ways when you cross a street.
- ✗ Don't run after a ball or anything else that goes into the street without checking first.
- ✗ Don't wait in the road for the taxi if you are able to wait on the pavement.
- ✓ If there's no place to walk on the side of the road it's best to walk on the side facing the cars so you can see what's coming.
- ✗ Don't run to cross the street when there are cars coming. Better late than getting hit by a car.



Peace Lovers Club



When I joined the **Peace Lovers Club** I was just moving with the flow but I have realized that being part of Buddyz is an achievement to me because I have gained different skills since I joined. **I have become a better person.** In our school we conduct presentations during assembly time. I was shy but I have improved my presentation skills. We did a project about child abuse and invited different stakeholders and raised our concerns with them. As a result that parent stopped with the abuse.

The club teaches us ubuntu. We visited a Buddy who was in hospital, and we supported her until she returned. I have learnt that **we are all equal**, no-one is better than the others. We are treated equally by our facilitator, she respects our ideas and we respect her too. We were taught about good behaviour.

I've also learned to be **trustworthy** because there are cases that need someone *othembekileyo cingahambi ubhekisa ngeemeko zabanye abantwana* who disclose to you as a buddy.

I have also learnt **leadership** skills. In order to be a good leader you need to respect and listen to others' opinions, and you need to have positive thoughts towards other people.

Masibhana Onikayo

Soul Buddyz Club – Peace Lovers

Bungu Senior Primary School



Plastic into ART!



Mbongeni Buthelezi is an artist who uses plastic to make his artworks.

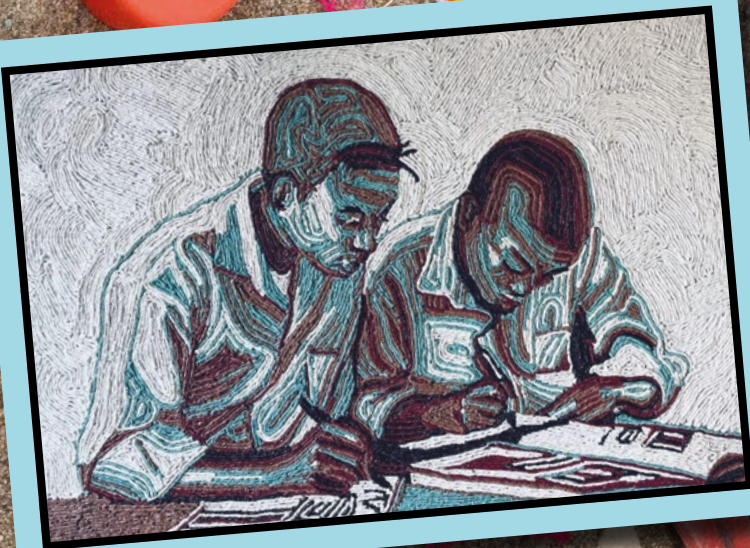
When he was a boy, he lived in rural KwaZulu-Natal and made cattle figures out of clay.

Later, when he studied art, he did not have money to buy paints. Next to his college was a dumping site. He noticed the bright colours of the plastic waste and decided to use plastic as his material.

Today, he is famous for his plastic art. He still uses litter that he collects from the streets and from dumps to make his art.

Mbongeni also uses his art to raise awareness of pollution. "Animals are dying, fish in the ocean are dying — because of this material, plastic, and because of us as human beings," says Buthelezi.

Mbongeni has travelled all over the world to show his art and run workshops.



Cyber-safety Game

You need: a dice and a token for each player.



<p>40</p> <p>CYBER SMART CHAMPION!</p> <p>You made smart choices and stayed safe online.</p>	<p>39</p> <p>One last step!</p> <ul style="list-style-type: none"> Stay 	<p>38</p> <p>You are almost at the end.</p> <ul style="list-style-type: none"> Stay 	<p>37</p> <p>RISKY MOVE</p> <p>You reply to a stranger just to be polite.</p> <p>← Move to 32</p>	<p>36</p> <p>You are relaxing online.</p> <ul style="list-style-type: none"> Stay
<p>31</p> <p>SMART MOVE</p> <p>You trust your feelings when something doesn't feel right.</p> <p>→ Move to 34</p>	<p>32</p> <p>You are scrolling online.</p> <ul style="list-style-type: none"> Stay 	<p>33</p> <p>RISKY MOVE</p> <p>You share personal details in a public chat.</p> <p>→ Move to 26</p>	<p>34</p> <p>You are online before bedtime.</p> <ul style="list-style-type: none"> Stay 	<p>35</p> <p>SMART MOVE</p> <p>You help a friend make a safer online choice.</p> <p>→ Move to 38</p>
<p>30</p> <p>You play a game with friends.</p> <ul style="list-style-type: none"> Stay 	<p>29</p> <p>RISKY MOVE</p> <p>You plan to meet someone online without telling anyone.</p> <p>→ Move to 22</p>	<p>28</p> <p>You are online at home.</p> <ul style="list-style-type: none"> Stay 	<p>27</p> <p>SMART MOVE</p> <p>You think before sharing photos or messages.</p> <p>← Move to 30</p>	<p>26</p> <p>You are watching clips online.</p> <ul style="list-style-type: none"> Stay
<p>21</p> <p>You are online in the evening.</p> <ul style="list-style-type: none"> Stay 	<p>22</p> <p>You log out after using someone else's phone.</p> <ul style="list-style-type: none"> Stay 	<p>23</p> <p>RISKY MOVE</p> <p>You post a photo without thinking who might see it.</p>	<p>24</p> <p>You chat in a group.</p> <ul style="list-style-type: none"> Stay 	<p>25</p> <p>RISKY MOVE</p> <p>You forward an embarrassing photo of another child.</p>

<p>20</p> <p>You are playing on a shared phone.</p> <ul style="list-style-type: none"> • Stay 	<p>19</p> <p>SMART MOVE You block and report someone being mean online.</p> <p>← Move to 22</p>	<p>18</p> <p>You pause and think before clicking on a link.</p> <ul style="list-style-type: none"> • Stay 	<p>17</p> <p>RISKY MOVE Someone asks you to keep secrets from adults.</p> <p>← Move to 12</p>	<p>16</p> <p>You send voice notes to friends.</p> <ul style="list-style-type: none"> • Stay
<p>11</p> <p>SMART MOVE A stranger messages you. You don't reply.</p> <p>Move to 14 →</p>	<p>12</p> <p>You are online with friends.</p> <ul style="list-style-type: none"> • Stay 	<p>13</p> <p>RISKY MOVE You share your password with a friend.</p> <p>Move to 6 →</p>	<p>14</p> <p>You watch funny videos.</p> <ul style="list-style-type: none"> • Stay 	<p>15</p> <p>SMART MOVE Something online feels wrong. You tell an adult you trust.</p> <p>Move to 18 →</p>
<p>10</p> <p>You scroll through messages.</p> <ul style="list-style-type: none"> • Stay 	<p>9</p> <p>RISKY MOVE You use your real name and school in your username.</p> <p>Move to 4 →</p>	<p>8</p> <p>You play an online game.</p> <ul style="list-style-type: none"> • Stay 	<p>7</p> <p>SMART MOVE You keep your password secret.</p> <p>← Move to 10</p>	<p>6</p> <p>You are chatting with friends.</p> <ul style="list-style-type: none"> • Stay
<p>1</p> <p>START Each person starts their turn by throwing the dice to move along the board.</p>	<p>2</p> <p>You are online after school.</p> <ul style="list-style-type: none"> • Stay 	<p>3</p> <p>SMART MOVE You ask an adult before downloading a new app.</p> <p>Move to 6 →</p>	<p>4</p> <p>You watch videos online.</p> <ul style="list-style-type: none"> • Stay 	<p>5</p> <p>RISKY MOVE You click a link that says "FREE DATA - CLICK NOW!"</p> <p>← Move to 2</p>

Being a Buddy



Being part of Soul Buddyz has changed me a lot because I have learned to care for others and work as a team. I have learned teamwork, leadership, respect and good communication skills. I also learnt to listen to ideas.

Our project was to clean our school yard and pick up papers around the yard. We worked together to pick up litter and make our school very clean and beautiful. After we finished everyone was happy and proud. It taught me that when we work together as a team, we can make a big change to our environment and keep our environment clean and beautiful.

Being in Soul Buddyz helped me to be a good role-model. I encourage others to keep the school clean, be kind, and help one another and other people.

Achumile Mzikinya

Yenzokuhle Buddyz Club



GET OUTSIDE AND PLAY!

Challenge your Buddyz to one (or all!) of these fun games!



Put the skittles in a triangle.

Bowling

Use cold drink tins or bottles filled with sand as skittles. Set them up in a triangle, like in the picture. Use a tennis ball to throw at them, or a bigger ball to roll at them. See how many you can knock down in one throw. Write down your score.

You can play as individuals or in groups, with each member of the group taking a turn. The group that can knock down the most skittles is the winner.

Robot

Play this with a big group. One person is the robot. The robot stands about 40 big steps away from the rest of the players. The robot turns around so that he or she can't see the other players. The players take steps towards the robot while the robot's back is turned. When the robot turns around, the other players must freeze in the position they were in. If the robot sees anyone moving or falling over, that person has to go back to the starting line. The first person to get to the robot and touch him or her is the winner. That person is the robot in the next game.

Three sticks

Use 3 sticks or pieces of string. Put them on the ground about a metre apart. Each player hops between the 3 sticks, letting only one foot touch the ground at a time. When everyone has had a turn, move the sticks a little further apart. Everyone hops through the 3 sticks again. If the player touches the ground with the other foot, he or she is out. Keep moving the sticks further apart each time, so that it gets harder to hop over them. The last person who is able to hop over the sticks is the winner.

Make the game even harder by putting the sticks on bricks or stones, so that they are little bit higher!



Bead yourself

Did you know you can make jewellery out of old chip packets?

Here's how:

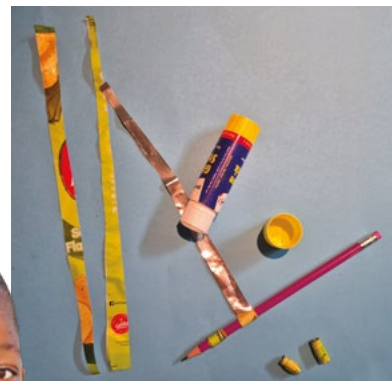
WHAT YOU NEED:

- chip packets
- scissors
- glue
- pencil (or smooth stick)
- String or wool



WHAT TO DO:

1. Cut open the chip packets so they are flat rectangles. Wipe them clean with a damp cloth if necessary.
2. Cut the packets into strips of about 1 cm wide.
3. Lay a strip down. Glue the top underneath bit of the strip so when you roll it up it sticks to the rest.
4. Roll the strip up halfway around a pencil. Put glue on the rest of the strip so when you roll it, it sticks together.
5. Carefully remove your bead from the pencil.
6. Make a bracelet or a necklace with your beads using a piece of wool or string.



HINT: Try to use different chip packets to get different colours!



Bright Stars shine with Soul Buddyz

The **Bright Stars Soul Buddyz Club** at Mhinga Primary School in Vhembe East is helping learners grow into confident, caring, and active young leaders. Since joining the Soul Buddyz Club, members have learned important life skills, like how to take care of themselves, build healthy relationships, and speak up about issues in their community. They work together to spot problems at school and in their neighbourhood – and come up with solutions!



One inspiring story is about Mak Baloyi Dentist (11):

When she first joined, she was very shy and struggled to make friends.

Through Soul Buddyz activities, she discovered her love for dance and music, gained confidence, and began performing at school events.

She also learned about HIV awareness, self-care, and standing up for herself and others.

Today, Dentist is more confident, has made new friends, and her schoolwork has improved too. Her family has noticed the positive change!

At school, Soul Buddyz has helped create a friendlier, kinder, and more inclusive environment, where learners support one another and feel safe to be themselves.

Bright Stars are proof that when young people are supported, they can shine and lead the way!

AFRICA ADVENTURES

DID YOU KNOW?

Nigeria's national women's team, the Super Falcons, was the first African team to compete in the Women's World Cup in 1991.



Bafana Bafana were the first African host of the FIFA world cup in 2010.



FOOTBALL TEAMS

Match the country to the national women and men's football teams?

Zimbabwe

Malawi

South Africa

Egypt

Nigeria

Morocco

Bafana Bafana/Banyana Banyana

Super Eagles/Super Falcons

The Warriors/The Mighty Warriors

Atlas Lions/Atlas Lionesses

The Pharaohs/The Cleopatras

The Flames/The Scorchers

FUN FACTS



The pyramids of Egypt are over 4,000 years old.



Table Mountain is home to over 8,200 plant species and is part of the Cape Floral Kingdom, the smallest but richest floral kingdom on Earth.

The Great Mosque of Algiers is the largest mosque in Africa and third largest in the world. 120,000 people can fit into it – that's 3,000 classes of 40 children!



Lake Malawi contains more species of fish than any other lake on Earth, with over a thousand colourful species found nowhere else.



The Congo Rainforest is the world's largest forest-based carbon sink – it stores more carbon emissions than any other forest on earth and helps protect the Earth against climate change.



Kilimanjaro is the tallest mountain in Africa. It is also the tallest freestanding mountain (one that isn't part of a range) in the world.



National animals

What are the national animals of these countries? Look on the map!

- Lion ● Springbok ● African Fish Eagle ●
- Ring-tailed Lemur ● Giraffe ● Okapi ● Zebra

- Ethiopia** _____
- South Africa** _____
- Botswana** _____
- Democratic Republic of the Congo** _____
- Zambia** _____
- Madagascar** _____
- Tanzania** _____

(Find the answers on the last page of this Zone.)

FIND THE FLAG

Look at all these flags from across Africa 

What countries' flag:

1. Has a shield on it?
2. Has a hat on it?
3. Has a star and a moon on it?
4. Has the sun on it?
5. Has a fish eagle on it?
6. How many colours are there in the South African flag?
.....
7. What flag is red, yellow and blue?

(Find the answers on the last page of the Zone.)

Democratic Republic of Congo



Zimbabwe



Mozambique



Libya



South Africa



Zambia



Kenya



Tanzania



Lesotho



Botswana



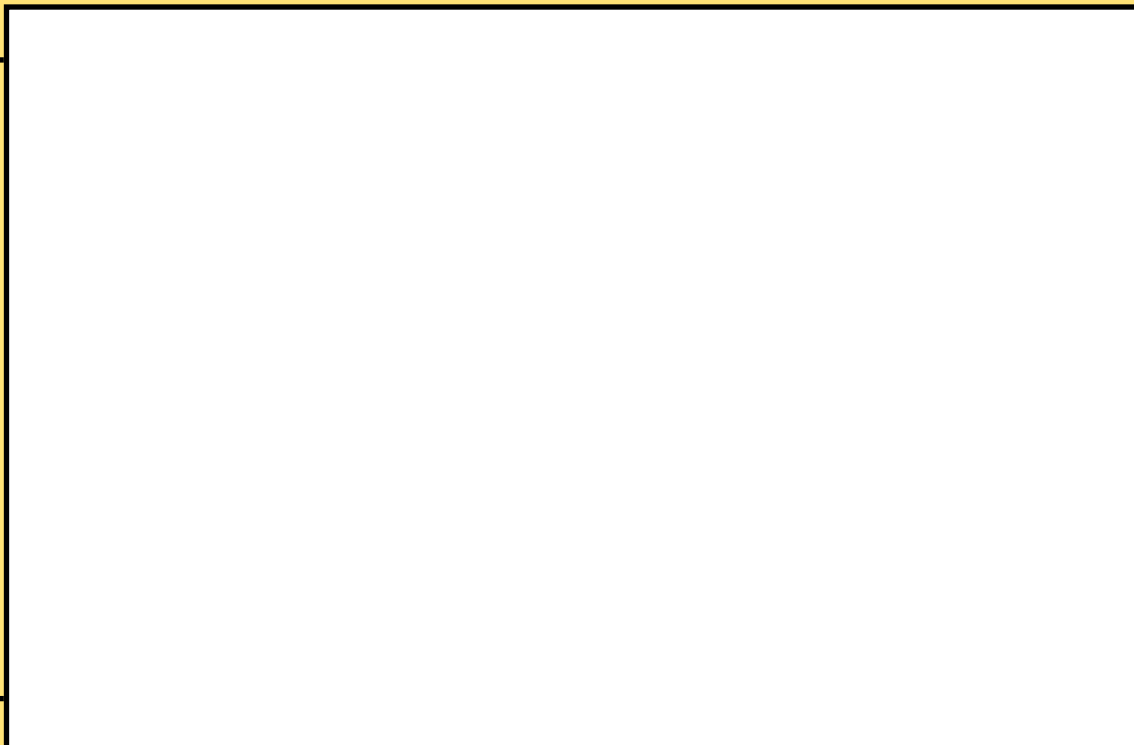
Namibia



Malawi



Design a flag for your Buddyz' Club! 



I didn't know I was HIV positive

Relebogile Leeuw was 18 when she started having bad stomach pain. Her grandmother took her to the local hospital. After some tests, the doctor told Relebogile something that shocked her. **She was born HIV positive.**

Relebogile felt scared and confused. When she got home, she spoke to her grandmother.

"My mother left me with my grandparents when I was still very young," Relebogile says.

Her grandmother told her the truth. She and Relebogile's mother had always known about her HIV status. Relebogile's father died in 2005 after he stopped taking antiretroviral (ARV) medicine. **They did not tell Relebogile earlier because they wanted her to have a normal childhood.**

"She wanted me to grow up without worry and was waiting for the right time," Relebogile says.

Relebogile felt hurt and angry. She stopped caring about herself. At the hospital, she was given ART medicine, which helps people with HIV stay healthy, but she did not take it.

"I kept throwing it down the drain. **It was hard to accept that I was HIV positive,**" she says.

Things began to change when Relebogile spoke to her aunt, who is a nurse. Her aunt listened and helped her understand that HIV is not the end of life.

After that, Relebogile decided to take her treatment every day. **She chose to take care of her body and her future.**

"My aunt helped me see that being HIV positive isn't the end of the world," Relebogile says.

Today, Relebogile knows that HIV is only one part of who she is. With treatment and support, she knows she can still live a full and hopeful life.



Uthini?



What did you say?

When we travel we hear people speaking different languages. In South Africa, we have many different languages. How many? Can you list them? On this page you will find idioms from three languages.

Here are some other idioms from different South African languages. We have put them in their original language and then translated them into English.

Idioms?



An idiom is a saying that is made up of a group of words that do not mean exactly what they say. Have you ever heard someone say, 'It is raining cats and dogs'?

Do they mean that cats and dogs are actually falling from the sky? No! But they do mean that the rain is falling hard.

'O nkena hanong'



USis Mimi uthi, 'Suk' uthetha ndithetha. Unditsibela emlonyeni.'

Sis Mimi says, 'Don't talk while I am speaking. You are jumping into my mouth.'



Ndikhatywe yinkawu'



UMandla ulambile. Uthi, 'Ndiph'ukuya! Ndikhatywe yinkawu.'

Mandla comes home from school. He says, 'I am so hungry! It feels as if I am being kicked by a monkey.'



'Ek skrik nie vir koue pampoene nie'



'Lisa se vriend skrik vir 'n muisie. Lisa sê, 'Waarom skrik jy? Ek skrik nie vir koue pampoene nie.'

Lisa's friend is frightened of a small mouse. Lisa says, 'Why are you scared? I am not afraid of cold pumpkin.'



Something to do

Collect idioms in your own language. Ask grown-ups at home for help with this. Bring the idioms to your next club meeting and draw funny pictures of what they are saying, as we have done here.



These sayings and drawings come from a book published by the Early Learning Resource Unit (ELRU).

Wonga Lucas

★ Entrepreneur ★

Wonga Lucas is an entrepreneur and founder of Wonga Tours. He also has a business powered by goats!



Scan the QR code to find out more about Wonga Lucas

Wonga Tours

Wonga Tours started when Wonga Lucas invited a German friend to live with him for four months in Imizamo Yethu township in Cape Town. Soon he had other visitors and started guided tours through the township which included home-cooked meals with local families and stories about daily life in the township.

Community Garden

Wonga cares about his community and the environment.

He also started a community garden project employing local people to grow vegetables like spinach for residents and health workers supporting TB and HIV patients. He has 'Petting Wednesdays' where children can come and learn about his animals.

Rent a Goat

Wonga has started a lawn mowing business with the goats!

He and his team secure people's properties so that the goats can't escape. He gives people a goat house and the goats stay for a week. They mow the lawn and leave lovely manure droppings that help the lawn to grow!



SHAPE poems

Write a poem for each season

What is an acrostic poem?

An acrostic poem is a poem where:

1. The poem should be written vertically.
2. Each letter starts a new line.
3. Each line is a thought or feeling about the topic.

v
e
r
t
i
c
a
l
l
y.



Example: Summer

Sunshine and swimming
 Umbrellas keep us cool
 Music in the street
 Mosquitos at night
 Eating ice-cream
 Relaxing with my friends



Example in isiZulu: (Summer / Ihlobo)

Ilanga lishisa kakhulu
 Hawu, wangitinyela umiyane
 Lalihle izwe izimbali ziqhakazile
 Okwezithelo akukhulunywa zithele kakhulu
 Bhanana ngapha bhanana ngale ukhona yonke indawo
 Okwemvula angeke ngikubale ishaya kakhulu

You try

Now write your own acrostic poems for:

Your poem can be in English or your mother-tongue!



Write one line for each letter:

A
U
T
U
M
N

W
I
N
T
E
R

S
P
R
I
N
G

Write a DIAMOND poem



Star poems are called 'Diamante' poems, because they are shaped like diamonds.

Diamond poems are five lines all describing one thing.

Lines 1 and 5 are nouns
(names of things, people, places)

Lines 2 and 4 are adjectives
(descriptive words)

Lines 3 are verbs ending in -ing
(doing words)

This one is about ice-cream:

Noun Ice-cream
Adjective, Adjective Cold, sweet
Verb, Verb, Verb Scooping, licking, dripping
Adjective, Adjective Chocolate, Vanilla
Noun Treat

You try

Now write your own diamond poem.
You can write in your mother-tongue!



The BIG “O”

Fun Facts

Ostriches are the biggest birds on Earth, but they cannot fly at all.

Instead of wings for flying, they use their powerful legs to run, balance, and turn quickly, almost like built-in steering wheels.

An ostrich's eye is about the size of a ping-pong ball and is actually bigger than its brain.

Those giant eyes help it spot danger from far away on the open veld.



One ostrich egg is as heavy as a brick!

It's so big that it can feed around 8–10 people when it's scrambled.

Ostriches don't have teeth, so they swallow small stones and sand.

These bits stay in a special part of the stomach and help grind up food, like a natural blender.

3 Meters

2 Meters

1 Meter

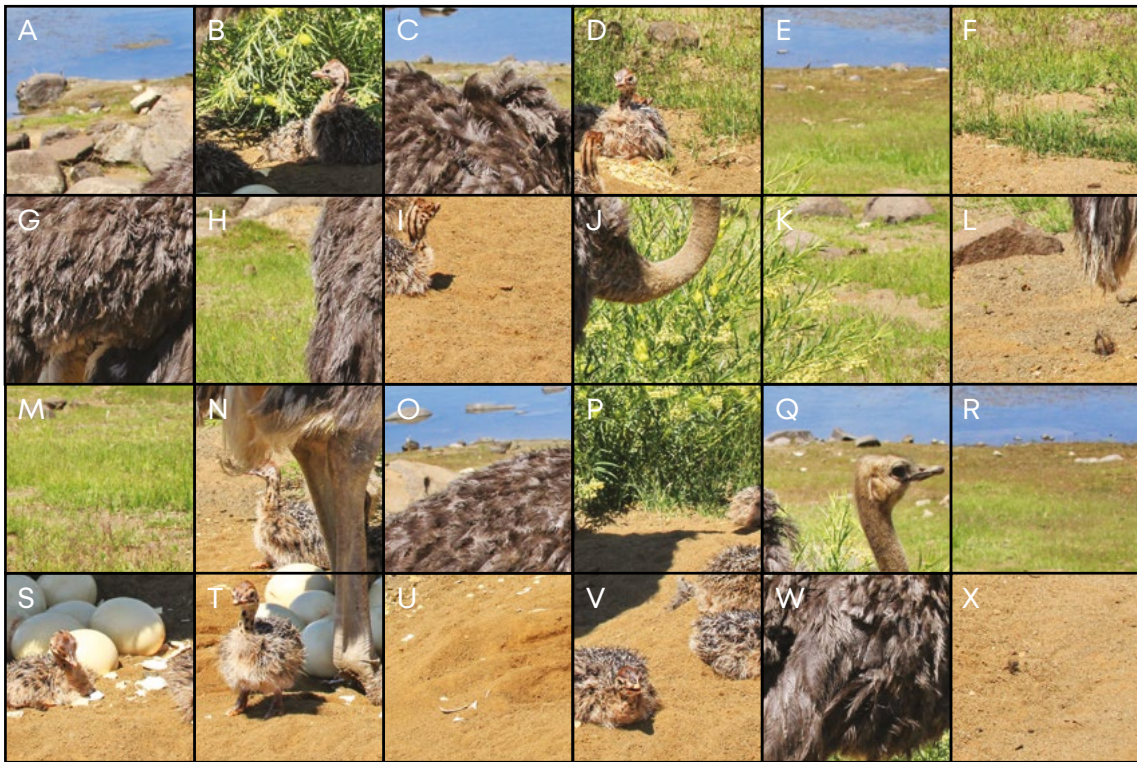


Ostrich feathers have been used for fashion for centuries. In the 1890s they were a huge export from South Africa. At the height of their demand in 1913, a kilogram of ostrich feathers and of gold were worth the same – around a million rand in today's money!



O Power!

Put the pieces of the puzzle where they belong to make a complete and perfect picture of the big O.



1. A 2. ____ 3. ____ 4. ____ 5. ____ 6. ____
7. ____ 8. ____ 9. ____ 10. ____ 11. ____ 12. ____
13. ____ 14. ____ 15. ____ 16. ____ 17. ____ 18. ____
19. ____ 20. ____ 21. ____ 22. ____ 23. ____ 24. ____

Check your answers on the last page of this Zone.

If you find this difficult, ask your facilitator to photocopy this page, so you can cut it out and make the puzzle.

We can find stories outside of books.

Do you have someone in your family who tells stories?

Grandparents are often good at this.

STORIES

without books

YOU CAN BE A STORYTELLER TOO

This information comes from the Nal'ibali website: www.nalibali.org. You can visit the website or the mobisite on your cellphone (www.nalibali.mobi) for more ideas about storytelling, reading clubs and for stories to tell in a range of South African languages.



Good storytellers use...



This photo shows Bongani Godide who is a professional storyteller. He is telling a story to Nal'ibali Reading Club members.

Their face

Expressive words: SSSSSUddenly!

Their bodies

Their voice

Questions: 'What do you think happened next?'

Eye contact – don't be shy, look your audience in the eye!

Storytellers can sweep us up into a magic world.

They can hold our attention with their voices and their movements. Here are some tips to help you be that kind of storyteller!

- Start with a story that you know well.
- Choose a simple story to tell. It shouldn't have too many characters and the plot should not be too complicated.
- You can tell your story in any language.

Practise! If you are telling a story to a group of children, practise in advance. The best place to practise is in front of a mirror. You'll be able to check your facial expressions, gestures and whether you have used too many 'ums' or 'ahs'!

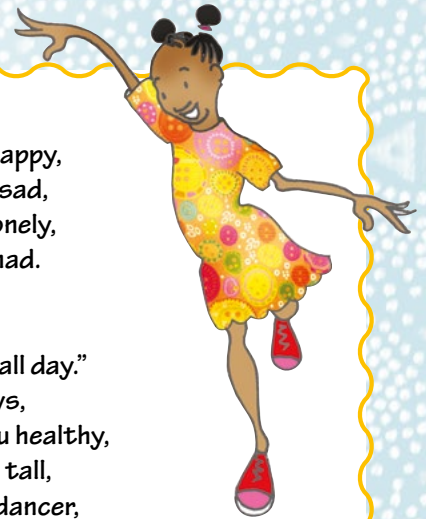
Two stories to tell

Once upon a time, there lived a happy family. They never fought with each other. They helped their parents at home and in the fields. But they were not allowed to go near a fire. They had to do all their work during the night. Because they were made of wax! But one of the boys longed to go out in the sunlight. One day the longing was too strong. His brothers warned him ... But it was too late! He melted in the hot sun. The wax children were so sad to see their brother melting away. But they made a plan. They shaped the lump of melted wax into a bird. They took their bird brother up to a high mountain. And as the sun rose, he flew away singing into the morning light.



Adapted from a Zimbabwean folktale by Tessa Welch and Lorato Trok. Illustrated by Wiehan de Jager.

I dance when I am happy,
I dance when I am sad,
I dance when I am lonely,
I dance when I am mad.
My teacher says,
"Sit still!
Don't dance about all day."
But my mother says,
"Dancing makes you healthy,
Dancing makes you tall,
One day you'll be a dancer,
And surprise them all!"
And I say,
"One day I'll dance and people will pay
Just to see me leap and twirl" ...
'Her dancing is SO good', they'll say."



Mary Nabire and Tessa Welch.
Illustrated by Catherine Groenewald.
This is a translation of a story from the Okukyina language from Uganda.



The stories on this page come from **The African Storybook Project**. You can find many, many stories to read and tell at www.africanstorybook.org

Tell stories in your club

Have a storytelling competition in your club. Everyone has to bring a story to tell. Sit in a circle and tell your stories. Vote on a winner and organise a treat, like a chocolate, as a prize.

Global warming

Our planet Earth is heating up. This is called **Global Warming**. This leads to more extreme weather like floods and droughts.



Hotter days



Dry Land



Heavy rain all at once



Global warming affects all of us

In **floods** our homes can be damaged or washed away as well as our means of making a living.

Droughts can make it impossible to live in an area and people have to move their homes. Their crops and livestock die if they are farming.

What causes global warming?

Look at this picture and read about some of the causes.

FLOODS CAUSE DEVASTATION

In April 2022 there were terrible floods around Durban and the uMngeni River. 300mm of rain fell in just 24 hours. Normally, Durban gets about 15mm per rainy day in April, so this was a monster downpour. The sky just burst, turning trickles into raging rivers.

This caused the worst floods ever there – over 450 people died, and 40,000 lost their homes. In townships like Shallcross and uMngeni Heights, the river burst its banks, sweeping away hundreds of homes.

Families grabbed what they could and ran to higher spots, but roads like uMngeni Road became rivers, blocking rescues for days. Sewage water spread germs fast – illnesses like cholera, fevers, and rashes hit children who played in it or drank it.



Photo: Big Red Digital Media / Shutterstock



Air pollution: too much smoke and toxic gases from fires, factories, power stations and vehicles.

Cars and factories make gases that trap heat around Earth.

Cutting and burning down trees makes global warming worse. Trees create oxygen. They also absorb the chemicals from bad gases that cause the world to heat up. Trees help clean the air and cool the Earth. When we cut them down, Earth gets hotter.

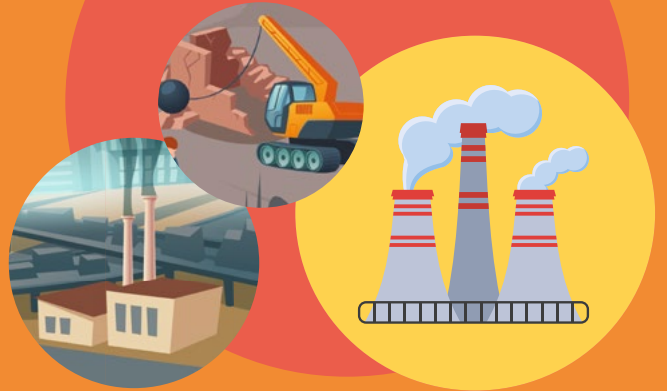
What can we do to slow down Global warming?

Every little thing counts!

Governments of countries should be doing everything they can to stop Global Warming.



Industries should stop using fuels that cause toxic smoke and gases like coal.



We should be looking at GREEN energy that doesn't cause global warming like Wind Energy and Solar Power (energy from the sun)



We can do our bit!



Plant and look after trees or plants

Trees clean the air and help cool the Earth. Even a small plant in a tin or bottle helps.



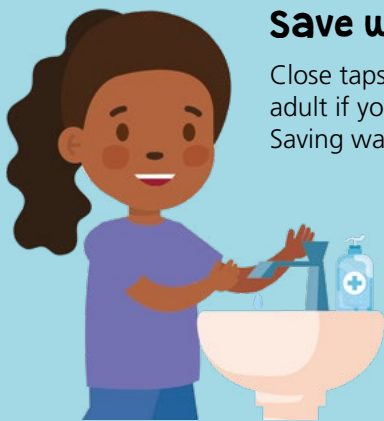
Save electricity at home

Turn off lights, TVs, radios, and fans when you're not using them. Less electricity used means less pollution.



Save water

Close taps properly and tell an adult if you see a leaking tap. Saving water also saves energy.



Don't burn rubbish

Burning plastic and rubbish makes dirty smoke that harms the air and the climate.



Reuse what you can

Use bottles, tins, boxes, and bags again instead of throwing them away.



Keep your area clean

Pick up litter and put rubbish in bins. A clean environment is healthier for people and nature.



Teach others

Tell friends and family what you know. When many people help, it makes a big difference.

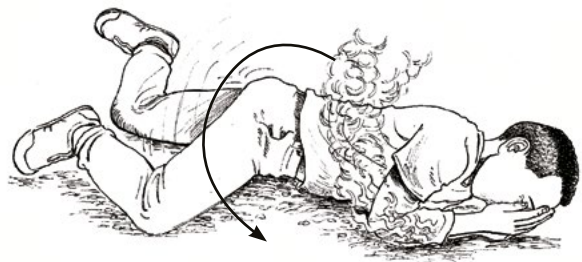
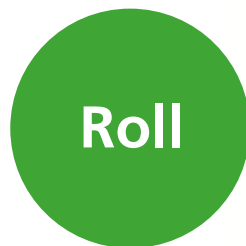


Umlilo! Mollo! Fire!

We need fire to cook, boil water and to keep warm but fire can be dangerous. We need to know what to do in case of fire danger.

The drawing here teaches us the steps to follow if your clothes are on fire: Stop, Drop and Roll.

Practise the three steps so you can use them if your clothes catch fire at school, home or anywhere else. Colour in the drawing.



Hot fire tips

- Keep burning candles away from curtains and other things that can catch fire.
- Always switch off the heater or stove and blow out candles before everyone goes to sleep or if there is no one in the room.
- Only use a heater to keep you warm, not to dry socks, shoes or clothes.
- If possible, have a plan for more than one exit you would use to escape a fire.
- If you don't have water, use sand or a wet blanket to stop a small fire. Never use water to put out an electrical fire.

If your clothes are on fire – Stop where you are – Drop to the ground, cover your face with your hands – Roll over and over until the fire is out.

Spot the fire dangers

There's danger waiting to happen in this home!

Many things put the lives of the people that live here in fire danger. Spot the dangers in the drawing.



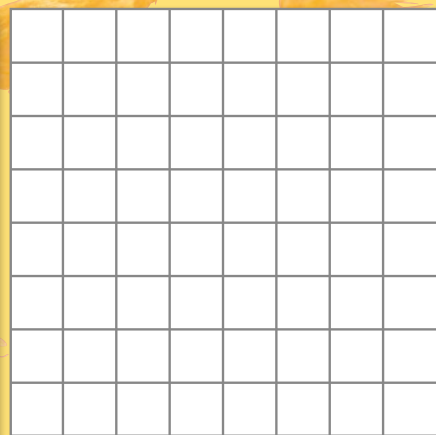
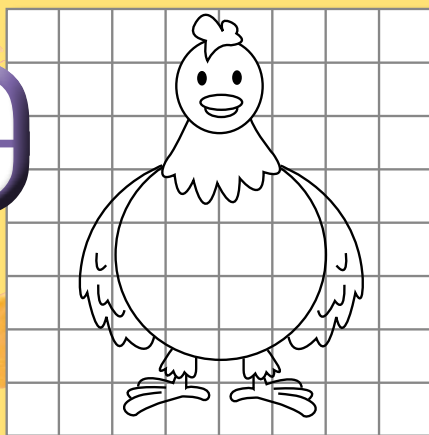
Being a firefighter is a dangerous job

Firefighters are heroes for the work they do, because they save lives. They sometimes get injured or even lose their own lives.

We salute
them and their
colleagues for
their courage.

Copy the chicken

Puzzle Page



Invent a conversation for these two chickens.



COMPETITION

Vote on the best chicken conversations in your club.

Some yokes for you...

Why did the chicken cross the road?
To get to the other side.

Why did the cow cross the road?
To get to the udder side.

Why did the horse cross the road?
The chicken needed the day off.

What happened when the elephant crossed the road?
It stepped on the chicken!

Answers to How many teaspoons? (page 6):

1. 27 2. 16 3. 14
4. 9 5. 21



Answers to Emotions crossword (page 16):

- Down** 1. sad 2. anxious
3. guilty 4. jealous 5. tired
Across 1. scared
6. confident 7. shy



Answer to What word is hidden here? (page 18): LIFT



Answers to Look who's talking (page 21):

- 1: Busi, 2. Asiphe 3. Candice



Answers to national animals (page 31):

- Ethiopia (Lion),
Zambia (African Fish Eagle),
Botswana (Zebra),
South Africa (Springbok),
Democratic Republic of the Congo (Okapi),
Tanzania (Giraffe),
Magagascar (Ring-tailed Lemur)

Answers to football teams (page 30):

- Zimbabwe – The Warriors / The Mighty Warriors;
Malawi – The Flames / The Scorchers;
South African – Bafana Bafana / Banyana Banyana;
Nigeria – Super Eagles / Super Falcons;
Egypt, The Pharaohs / The Cleopatras;
Morocco – Atlsat Lions / Atlas Lionesses



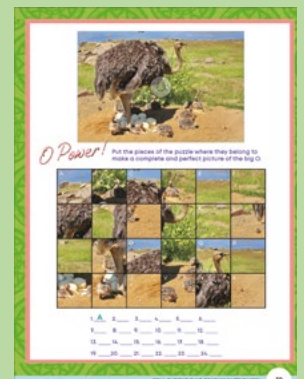
Answers to What countries' flag (page 32):

1. Kenya
2. Lesotho
3. Libya
4. Namibia
5. Zambia
6. Five
7. The Democratic Republic of the Congo



Answers to the Big "O" puzzle (page 39):

1. A 2. O 3. C 4. Q 5. E 6. R
7. H 8. G 9. W 10. J 11. K 12. M
13. L 14. N 15. B 16. P 17. D 18. F
19. U 20. T 21. S 22. V 23. I 24. X



Places that want to help

South African Social Security Agency (SASSA)

SASSA manages social grants, including childcare grants.

Hours from Monday to Friday:
7h30 to 16h00
Toll free: 0800 601 011

Childline

Organisation that works to protect children from violence and ensure they enjoy their rights. You can give them a call and they will help you.

Phone: 116
Website: www.childline.co.za

**Any emergency
Phone: 112**

Family and Marriage Society of South Africa (FAMSA)

Helps families who have difficult relationship problems to solve.

Phone: 011 788 4784
This is for the Johannesburg office. They will help you get in contact with the office closest to you.

Gender Based Violence helpline

The 24-hour hotline offers counselling for those who have been physically, emotionally, sexually, or financially abused.

Phone: 0800 150 150

Lifeline

A counselling service

Phone: 0861 322 322 /
0800-012-322
Website: www.lifelinesa.co.za

South African Depression and Anxiety Group (SADAG)

Counselling and information about depression and anxiety.

Phone: 0800 567 567
Website: www.sadag.org

AIDS helpline

Counselling, information and referrals on all wellbeing issues linked in any way to HIV. Includes advice on safe sex.

Phone: 0800 012 322

Gender Based Violence Command Centre

The command centre is open 24 hours. It is in Pretoria, Gauteng. It addresses a variety of emergencies such as assault, physical violence, rape, abandonment of children and various other forms of abuse.

Toll free phone: 0800 428 428
Please Call Me: *120*7867#
Skype: @Helpmegbv
Sms 'help' to: 31531

Alcoholics Anonymous (AA)

Helps people stop drinking. Also helps the families of alcohol abusers.

Phone: 0861 435 722
Website:
<https://www.aasouthafrica.org.za/>

Substance abuse hotline

For people who are struggling with stopping using drugs, and their families.

Phone: 0800 121 314

B-Wise Health

A website for young people to provide more information about your health, body changes, sex, relationships, contraceptives, HIV, and other STIs.

Website: <https://www.bwisehealth.com/>
Social Media: @B WiseHealth

South African National Council on Alcoholism and Drug Dependence (SANCA)

Helps people who are dependent on drugs or alcohol.

Phone: 011 836 2460
WhatsApp: 063 418 2956
Website:
<https://www.sancacentral.org.za/contact-us/>

HEALA

Organisation that fights for everyone to have access to nutritious affordable food.

Website: www.heala.org