

# RISE

YOUNG WOMEN'S CLUBS



Your 23rd Edition



BLACK GIRL MAGIC



GENDER & SEXUALITY



RAISING VOICES CONGRESS



BULLYING

# BELIEVE WOMXN

**W**e often get beaten down by the amount of oppression we experience as womxn. Sometimes we feel so powerless that it seems that the only thing we can hold onto, is that we are victims together.

But there are better ways for us to stand up for each other. The most important thing we can do, to take our power back, is to believe each other.

The first time a womxn shares a negative experience, believe her. When a child says someone makes them feel uncomfortable, believe them. When a friend says someone touched her inappropriately, believe her. When a sister says she was raped, believe her.

Being believed will make it easier for them and us to speak out about

the negative experiences. It mustn't matter who we are accusing – it mustn't matter that the accused might be powerful or well connected. History has shown that real accusations are many more than false accusations.

When we believe each other the first time, we have power in numbers but we also have power in spirit. Our voices can rise up and give strength to the womxn who need it the most.

When we support womxn, by believing them the first time, we build a pathway to justice and human rights. Womxn are human and because they are human, they are enough.

Believing womxn is how we stop being victims and become survivors.

*Refilwe Madumo*



**Not Yet Uhuru** is a digital activist platform which seeks to create engagement with, and between womxn, to challenge patriarchy head on and to instil feminist consciousness across Africa. Using multimedia platforms to generate content, we will encourage big conversations to shift social norms towards real gender equality, and contribute to the building of SA's feminist movement.

We plan to do this by disrupting mainstream media, reviving the voices that have been silenced in the politics of our generation, and by using podcasts, video, creative writing and photography.



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What can you and your club do to add value to your community?

## Sisterhood

 @RiseTalkShow  RiseYoungWomensClubs

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## WORD FROM THE EDITOR



## WOMXN are key stakeholders

Growing up in Mamelodi, my dreams were simple: get a job, a car and money... But destiny led me to a different place.

The kind of spaces I find myself working in create good opportunities to experience life through other womxn's perspectives. I witness their living conditions and it is clear that the barriers to better lives for them are created by the system. As womxn, we have the power to speak out against injustice. We still need to do a lot of work to provide womxn with information, tools and support so that they can break these barriers down.

The #CherylZondi case, is a true reflection of how a womxn's truth can be used against her. Patriarchy has made rape

and other forms of violence against womxn seem normal. The most devastating part is when womxn help to oppress the more vulnerable sisters in their communities. We salute #CherylZondi for her bravery!

I dream of a day when black womxn know their importance, when their existence is appreciated. I live for the day when black womxn are no longer victims of oppression, when they can triumph and celebrate their magic unapologetically.

I dedicate all my work to helping young womxn be the best version of themselves. I am on a journey to nurture my activism. Here is to other #AspiringActivists!

*Dee xoro*

### Definitions

\*A new spelling of the word **WOMXN** appears in many places in this magazine. 'Womxn' includes anyone who identifies as female and emphasises the idea that womxn are their own separate people, able to act on their own and without a man to help them. The new spelling is also intersectional\*.

\***INTERSECTIONAL** meaning that womxn can experience discrimination in many different forms such as race, class, gender, sexuality and disability.

Understanding intersectionality is important because we need to recognise these forms of discrimination, and fight them by working to include people who are affected by them.

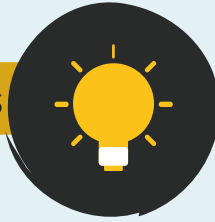
\***PATRIARCHY** is the belief that boys and men have more rights than womxn. The patriarchal system believes that boys and men should have more privileges because they are stronger, better and more intelligent than girls and women. Society has taught us to believe this, even though it is not true.

# Recruitment

*It is important to think about how you can attract new members. Here are some ideas to help you think of new ways to grow your clubs:*

- 1** You need to be clear about 'who' can be recruited. Are you recruiting young women between the ages of 15 and 24? Are they in or out of school?
- 2** Know how many members you want to recruit. Every RISE club should have a maximum of 20 members.
- 3** As a recruiter, you must think about what to say to get women to join. Being a member of a RISE club will help young women and girls because they will be:
  - Linked to career guidance opportunities
  - Linked to job opportunities
  - Linked to business development opportunities
  - Members will be part of a sisterhood with likeminded young women
  - Be supported to stay healthy, to become good leaders and to get a good education
- 4** Identify different areas in your community and different organisations who you can work with and where you will find potential members.
- 5** Work with local community-based organisations (CBOs), churches, and sports clubs. Ask schools to recruit potential club members.
- 6** A membership system must be in place. Membership for RISE clubs is FREE.
- 7** Decide on the best methods and times for recruitment.
- 8** Work out an action plan and budget for recruitment.
- 9** Make a special effort to recruit members with disabilities. Make sure that club meetings are in places that are accessible to people with physical disabilities.

## RECRUITMENT METHODS



### Set Up a Team

Recruitment is a lot of work. No person can do it alone. A team of people should develop a recruitment plan and implement it. Club members should also be encouraged to recruit new members. Fieldworkers should be well trained to persuade people to join.

### Gather Necessary Resources for Recruitment

Before recruitment starts, make sure that all resources like recruitment forms, pamphlets, telephone numbers of potential RISE members, registration forms, membership cards, etc. are available.

### Recruitment Time

Recruitment can happen at any time. It should be an ongoing part of your club to ensure that membership numbers do not get too small. The best time for recruitment is:

- Public school events
- Community meetings

### Recruiting through Other Organisations

If you want to recruit through other organisations:

- make a list of organisations, and the names of contact people and their telephone numbers
- write to them or meet with them and ask if you can talk about RISE at one of their meetings or set up recruitment tables at their events.

### Targeting Key People for Recruitment

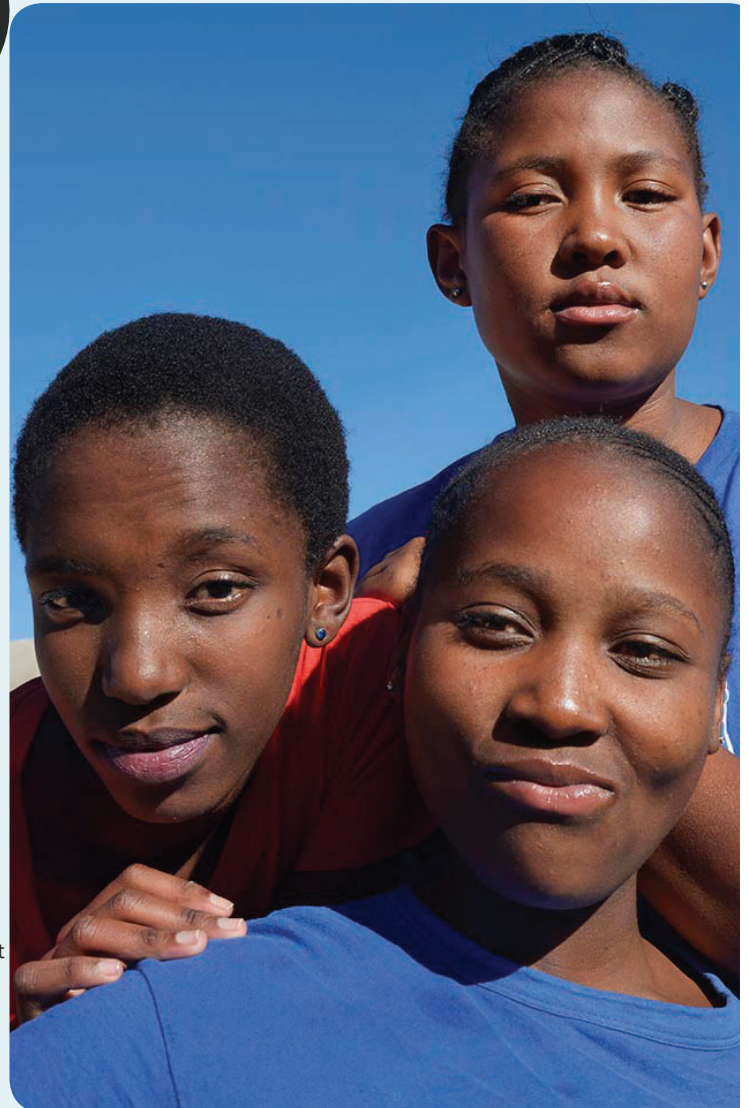
You could also target someone who has influence over others and will be able to popularise RISE. Make a list of key individuals in your community that you would like to have as members. Visit them.

### Personal Contacts

The best recruitment method is through personal interaction. We all know people who share our interests. RISE members should be encouraged to bring their friends to meetings.

### Meetings and Advertising

Advertise in local papers and community radio. Invite young women to a public meeting or provide a contact person for them to approach. You can also send letters to individuals, or use pamphlets to encourage people to join the clubs.



### WHAT TO DO WHEN MEMBERS LEAVE THE CLUB

Club members come and go. Members may move house, move on because of the member age limit, or lose interest in the RISE Young Women's Clubs programme.

If a member drops out, have a friendly, non-judgmental talk with them. You can ask why they left. Be clear that you would like to use their comments to improve the club experience and retain members. This also gives you the chance to invite new members and bring new energy to the club.

# IF THE PRESIDENT COULD KNOW ABOUT MY LIFE HE WOULD UNDERSTAND THAT...

GA-RANKUWA  
GAUTENG



"Access to education is not as easy as they make it sound. There are many factors that lead to us not going to school, like our parents not having money. I have seven siblings. Who gets to go and who stays home? These are some of the choices we have to make."

**HELEN MABATLE (20)**



"You can't make decisions for young women if you don't know their struggles. Teenage pregnancy is rife because of how we educate girls about sex. The education system creates fear within us about sex. It doesn't stop us from having sex, but instead teaches us to keep it a secret."

**ROSE MAKWAKWA (21)**



"The government needs to re-strategise their HIV prevention programs. They are not dealing with the social conditions that lead to infection, like being too poor to have a say in your sexual choices."

**REBECCA TSHABALALA (21)**



**GIRLS RUN THE WORLD**



"Youth unemployment causes more damage than the government knows because it affects how we make choices and spend our time. We end up chasing after boys so we can feel good about ourselves, and this leads to many complicated results."

**SURPRISE MOSISINYANE (24)**



**ANGEL RISE CLUB**

**GA-RANKUWA GAUTENG**



"The stress of feeling like you don't have a future will lead you to making bad decisions."

**SEBELINA NKG AU (21)**



"We need education systems that support our lives. You can't be trying to get an education but have to miss school because you don't have pads."

**TINYIKO MSISINYANE (18)**



"Sometimes we lose the will to learn because teachers call us names like 'stupid'. We need protection from abusive teachers."

**LEBOGANG THOBAKGALE (21)**



## BOITSHEPO YOUNG GIRLS

Photography by Thuli Mbatha

The Boitshepo Young Girls RISE Club is one year old. The young womxn started the club to help each other with self-esteem issues they were facing.

They run a fast food restaurant in Mashimong, Hammanskraal. They cook pap, meat stews, *mogodu*, *malana* and *maotwana* for workers and taxi drivers in their community. They saw an opportunity when they noticed that people who want food during lunch time need to leave the township to find a cooked meal. Some people went as far as Temba, a short taxi ride away.

Lovedelia says their customers are people who have no time to cook and sometimes end up eating bread for lunch. "Now they can come to us and get a delicious, cooked meal."

### BUILDING A DREAM

The club's restaurant is underneath a roofed structure with three walls. The members set up tables and chairs for lunchtime service. Each person has a responsibility.

There are two cooks – one for pap and one for the meat. There are also servers, dishwashers, cleaners, a front of house person and someone to collect the money when people pay.

To start the restaurant, each RISE member brought supplies from home that they could donate to the business. They brought pots, utensils, plates, tables and chairs. They also started a stokvel with other womxn in their community so that when they get a lumpsum of cash once a year, they can refurbish their supplies and replace all the broken ones.

They keep track of all the money they make and have a bank account, which is run by three of the members. Each of the three members has to sign for any money to be used by the club.

### MAKING A DIFFERENCE

In a community that faces many challenges, like high unemployment, poverty, increased rates of HIV infection, unplanned pregnancy and drug abuse, the Boitshepo Young Girls are proud to be making a difference in the lives people in need in Mashimong.

They donate leftover food to children who go to school in their community who might otherwise go hungry. Thato says a lot of the families are poor and have no food security. Their restaurant is able to ensure at least one meal a day for children in need.





Matsheko says, “We use the profit from the restaurant to buy clothes and donate them to old age homes and families that need them.” They also use their profit for other things that they need for the business, like transport and supplies.

### WORKING TOGETHER

Lillian says, “This business teaches us to work together. We want to be an example for girls in our community who don’t know what to do with their lives. We want to show them that womxn can hold each other’s hands through life.”

Dineo adds, “We’ve gained our independence. It has also taught us ‘people skills’. You meet a lot of different people and have to treat everyone with kindness, even if they may be harsh.”

In future, the Boithepo Young Girls want to grow their business until they have branches all over Hammanskraal.



**Sisterhood**

Discuss in your club:

What can your RISE club do to uplift each other and the community?



# FIGHTING GENDER-BASED VIOLENCE

Photography by Mpho Bilwane

In Tamasikwa, Taung, RISE Clubs focus on fighting gender-based violence. They sing protest songs while putting up posters. The Women Guiding, Tshwaranang and Battalion RISE Clubs walked many kilometres to the meeting. Public transport is very scarce. There is also no cellphone reception, so people have to walk far to get messages to each other.

The meeting to discuss gender-based violence was attended by church leaders, the Taung Community Monitoring Programme, representatives from the school district as well as community members.

The RISE members told the meeting of how gender inequality is the biggest block to progress in their community. In this community, women are still seen as inferior to men. Women cannot hold positions of leadership and are still treated very poorly by men. There are very high rates of gender-based violence

that go unreported because there is little access to social services. There are no police stations. Clinics are under-staffed and the staff is overwhelmed. The nurses often chase the RISE members away. The only reliable dispensary is at the Taung Hospital, 50 km away.

The RISE young women say it continues to be acceptable for women to be beaten up by their husbands for not obeying the husband's rules. The RISE women talk about how rape cases are often dealt with in families. Victims are never consulted at these family meetings.

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**“There are no police stations. Clinics are under-staffed and the staff is overwhelmed.”**



**“We’ve tried, but men won’t change. We keep hearing that abuse is caused by women’s behaviour rather than men’s violence.”**

**“Communication is the key to ending gender-based violence. We cannot stop the violence if we don’t talk about it.”**



“They don’t understand how much it hurts,” said one woman. “Nobody goes to a victim to say, ‘I think this is the situation you are facing.’ I see my abuser all the time and I have no protection from him. They want me to forget, they say it happened long ago. They say they dealt with it at home but they never told me how it was resolved. I know I was a child, but nobody consulted me. I am still not OK.”

Another woman said, “They say I want to divide the family. But how can I live my life with ease if I see the person who raped me every time I step outside my door?”

In collaboration with the Taung Community Monitoring Program, the RISE members aim to #MakeTaungSafe. They are pushing for all the girls in the community to be involved in the RISE programme. Olebogeng, a student, wants men to understand that strength isn’t just physical. She said that men should stop projecting their weaknesses onto their wives and daughters.

A young man said that there are possibly men who side

with these young women but don’t know how to help. He said those men need to be taught how to be allies. A pastor agreed, “How do women expect to be helped if they are discussing their issues in the corner and not involving the people they say are hurting them?”

Neo, a RISE member, told the men they are victim blaming. “Why must we be the ones to teach you? We’ve tried but men won’t change. We keep hearing that abuse is caused by women’s behaviour rather than men’s violence.”

Charity, the RISE field worker, said she even went as far as getting the boys in touch with Sonke Gender Justice to start a forum of their own, but no man or boy would step up. “Men just won’t organise.” But everyone agreed that forums for men are necessary so that they have the space to discuss these issues.

“Communication is the key to ending gender-based violence. We cannot stop the violence if we don’t talk about it,” said Boitshepo, another RISE member.

# ECONOMIC STRENGTHENING PROGRAMME

The Global Fund's Young Women and Girls Programme is being rolled out by Soul City Institute for Social Justice through the RISE programme.

The programme provides developmental support and opportunities to young women between the ages of 19 and 24. The aim of the programme is to support these young women in becoming economically active and independent citizens. Being economically independent has been shown to lower the risk of contracting HIV.

The young women say this programme has really benefitted them.

**LUNGILE** (24), from Precious Ladies, says the programme has given her back her self-respect and the courage to follow her dreams. "I was in jail for 18 months for dealing drugs. When I was released, I joined RISE. It was the best decision I ever made."

**LEBOGANG** (21), from Florentino Ninas, says the

programme has made her see herself as a brand rather than just a person with dreams and visions. "Seeing yourself as a brand helps you present yourself as a brand. It means you stand for something."

**BRILLIANT** (22), from Precious Ladies 2, says she has become more flexible. "Things are changing in the workplace. I am learning to move with the times and adapt to the current job market."

**PHELADI** (23), from Sinqobile, feels the programme will take her far. "I had a bad relationship with my family. But now I can look at myself and see my mistakes."

The young women say they want to create their own legacy. They want to be role models. They aim to be the heroes and mentors that can guide others.

The Young Woman and Girls' Programme consists of standard packages which include personal and professional development.



Economic Strengthening workshop, North West Province.

Basic literacy, numeracy and communication skills

Employment opportunities

Enterprise development

Bursary opportunities



“Girls need to know they can make money legally rather than in ways that lower their dignity”

## SWEET MELODIES & SISTERS IN DIGNITY RISE CLUBS

**T**he Sweet Melodies and Sisters in Dignity RISE Clubs meet every Friday. Both clubs began in April 2018. The clubs are currently raising funds for their goals. Rosina, the chairperson, went to the Chamber's Cafe Car Wash to ask if they could train the RISE members to wash cars.

The young womxn now use the car wash facilities for their fundraising events and give Chamber's Cafe a percentage of their sales. They have events once a month on Saturdays. They use their profit to buy sanitary pads and cosmetics for themselves because they all depend on their parents since they are unemployed.

They also use the extra money to raise awareness about the RISE programme at schools and distribute sanitary pads to the students.

The young womxn use the RISE programme to get information about employment and education opportunities for young womxn out into their community. They say the RISE programme taught them about the

importance of being independent and the empowerment of women. Thato says, "Girls need to know they can make money legally rather than in ways that lower their dignity."

Unplanned pregnancy, high drop out rates and unemployment are some of the challenges that the community is facing. Rosina says women are hopeless because of unemployment. "They drink and party too much, which puts them at risk of getting assaulted at taverns if they won't have sex with the men who offer them drinks." Bereginah says, "Either you go home with him or he beats you up right there."

At their RISE meetings, the young womxn discuss how to make their lives better. Ntebogeng says, "We talk to each other and give each other solutions to our problems, which help relieve our stress." Dikeledi adds, "We've learnt to respect and not judge one another. We have to have empathy because you don't know what someone else is going through."



## Raising Voices Congress

The Raising Voices of Young Women and Girls Project had a congress with their forty coalition members and the broader RISE Clubs, to put together the findings from their safe spaces community mapping exercises. These exercises took place in different communities across the country.

The aim of the congress was to learn

about our rights and how to advocate for them through democratic spaces in the country – such as through national, provincial government and parliaments and through local government including our communities’ Integrated Development Plans. These spaces also include the Chapter 9 institutions discussed on pages 17 - 19.

The congress chose to campaign for “Safe Spaces for Young Women and Girls”. Discuss in your clubs how you can contribute to this campaign.



# SINDISWA'S STORY



By Mosibudi Ratlebjane

**S**indiswa Ndlovu\* (16), was walking home after school. She had just written an English exam. As usual, Sindiswa was walking with her two friends before separating from them to walk the rest of her way home alone.

Walking down what was usually a busy street opposite an overgrown field, Sindiswa noticed a man walking towards her on the other side of the street. Sindiswa took note of him from a distance, and continued eating the snack she had just bought from a vendor at the corner.

He walked past her. "I didn't feel threatened, even though he looked at me without saying anything," Sindiswa remembers.





Moments later, Sindiswa felt the man's hand grab her arm. He pressed a knife against her stomach and told her not to scream. Then he dragged her into the nearby veld. Using all her strength, she dug her feet into the ground trying to stop him from forcing her deeper into the veld. Terrified at what was happening, Sindiswa screamed. The man slapped her hard across the face and said, "Shut up, you slut!"

### ALONE WITH MY PAIN

Sindiswa was now deep into the overgrown veld. No one could see her or hear her cries for help. The man tripped her before pinning her to the ground. With one hand wrapped tightly around her neck, he used his other hand to take his pants off. He raped her. When he was done, he disappeared deeper into the veld. She was left alone and in tears.

Sindiswa got up and slowly started walking home. She had bruises on her neck and arms. No one was home when she arrived.

She cried in disbelief over what had just happened. Sindiswa did not tell her mother or anyone else because she was not sure how her family would react. She also felt guilty. She spent days hiding her bruises on her neck and arms. She also tried to focus on her studies.

### REALITY OF OUR COUNTRY

Sindiswa's horrible ordeal is just one of the many stories of rape in South Africa. She is yet another young womxn whose life was changed in one afternoon.

Before this ordeal, Sindiswa was not sexually active. After the incident she found herself feeling guilty, wondering if maybe she attracted the man with her

uniform's short skirt, or if she should have fought harder to stop him. She wondered if what he did was her fault.

Living in a community that expects young girls and womxn to behave in a certain way to prevent being sexual assaulted, violated or harassed is part of the reason she felt so much guilt. She found herself questioning if she was truly a victim. She thought that if she hadn't made eye contact with him when they crossed paths on the street, he wouldn't have felt invited to assault her. Many survivors all over the world have similar feelings of guilt, shame and self-blame after being sexually assaulted.

### INVOLUNTARY BODILY RESPONSE

An example of an involuntary bodily response is cutting an onion while cooking. You may not feel sad while you cook but your body may automatically respond to the chopped onion by tearing up. Rape survivors have described how they involuntarily froze, or in some cases, became aroused (became wet) and sometimes even orgasmed while being raped.

Experts say involuntary body responses of the kinds talked about above are the body's way of responding to fear and shock. The body may react in many possible ways to try to lessen the trauma and physical pain of the forced penetration. Such responses may lead to increased feelings of guilt, agony and self-loathing or depression.

Victims can end up blaming themselves for the rape if their bodies react in a positive way to the assault. Victims can feel that this reaction may have encouraged the rapist. This may cause the victim to feel betrayed by their own body, even if they refused or fought against the rapist.



# WHAT TO DO IF YOU HAVE BEEN RAPED



South Africa has one of the highest number of reported rapes cases in the world. Recent reports state that one person gets raped every 13 minutes. Rape is NEVER the victim or survivor's fault. Because of the high number of rape cases in South Africa, being prepared to deal with such an ordeal is the disgraceful reality womxn have to deal with.

## 1. GET TO SAFETY AND TRY BY ALL MEANS TO STAY ALIVE

## 2. TELL SOMEONE

Tell a friend, family member or someone close to you who can assist. Go to the hospital, or police station and be alert for secondary victimisation. Short skirts, being drunk, high on drugs or married cannot be used against you as a reason for rape.

## 3. IF YOU ARE HOME WHEN THE INCIDENT HAPPENS, DO NOT WASH YOURSELF

Even though it may be uncomfortable, do not wash until you've been seen by a health professional. Any blood, semen on your body/clothing may be used as evidence for your case.

## 4. ASK FOR A RAPE KIT WHEN YOU ARRIVE AT THE HOSPITAL

The rape kit will include DNA collection by a medical doctor or nurse in public hospital anywhere in the

country. Also ask for medical treatment such as PEP (Post-Exposure Prophylaxis) which should be taken within 72 hours after the rape. Taking PEP, an antiretroviral medication, after being potentially exposed to HIV, will help prevent you becoming infected with HIV.

## 5. TRY TO GET COUNSELLING

Your mental health is as important as getting physical treatment. For rape abuse assistance there are various hotlines and places of safety that you could visit.

## WHERE TO GET HELP

Thuthuzela Care Centres

Tears Foundation Free hotline  
**\*134\*7355#**

Rape Crisis Cape Town 24-hour crisis line  
**021 447 9762**

Life Line 24-hour crisis line  
**0861 322 322 or 011 7281347**

**Living in a community that expects young girls and womxn to behave in a certain way to prevent being sexual assaulted, violated or harassed is part of the reason she felt so much guilt. She found herself questioning if she was truly a victim.**



**Sisterhood**

Discuss in your club:

1. Does your community have rape crisis centres?
2. How can you support a friend who has been raped?
3. Do we need better laws to prosecute sexual offenders?

## DEFINITIONS


**RAPE:** According to the Criminal Law – Sexual Offences and Related Matters, Amendment Act, rape is defined as, 'any person (perpetrator) who unlawful and intentionally commits an act of sexual penetration with a complainant (victim or survivor) without the consent (permission or agreement) of the complainant.'

Rape can also be defined as penetration, no matter how slight, of the vagina or anus with any body part or object, or oral (mouth) penetration by a sex organ of another person, without the consent of the victim.

**SECONDARY VICTIMISATION:** Secondary victimisation is when the behaviour and attitudes of social service providers blame the victim. This can further traumatise victims of violence who should be treated with respect and consideration.

# INSTITUTIONS PROTECT CONSTITUTION

By Busi Deyi



**W**hen Nonkululeko and Anelisa Bhe's father passed away, their house, which was the property of their father, was given to their grandfather. The law, at that time, said that because their father did not have a son, all the property should go to a male relative.

Nonkulueko, Analisa and their mother felt that they were being discriminated against because they were women. They decided to challenge this property law in the courts. The Constitutional Court confirmed their rights. It declared the practice unconstitutional as it discriminated against women and girls.

South Africa is a constitutional democracy. This means that the Constitution of South Africa, which became law in 1996, is the supreme law and all other laws must act in accordance with it.

Although everyone knows that they have rights given by the Constitution, not everyone knows about the other institutions whose role it is to ensure that the Constitution and the rights contained in it are respected, protected and fulfilled.

Nonkululeko and Anelisa were able to use the Constitution to argue for their right to equality.

The Constitution outlines the human rights of everyone in South Africa – including foreigners, and it also tells government what it should and should not do in order for everyone to have access to their rights.

# S THAT OUR UTION



## PUBLIC INSTITUTIONS

**T**he word government is a word used to describe a number of institutions that are responsible for the implementation of the Constitution. These institutions are:

### 1. THE CONSTITUTIONAL COURT

The Constitutional Court is the protector of the Constitution. It makes sure that the understanding, protection and enforcement (putting into practice) of the Constitution is done according to the rules set out in the Constitution. This court deals only with constitutional matters. Cases that raise questions about the function or understanding of the Constitution are heard in the Constitutional Court.

### 2. PARLIAMENT

South Africa has a bicameral parliament. 'Bicameral' means parliament consists of two houses. The first house is the National Assembly. Members of the National Assembly are elected by voters.

The second house is the National Council of Provinces. Members of the National Council of Provinces are elected by the provinces to ensure that provinces are represented at the national level.

The parliament of South Africa is responsible for the protection and promotion of human rights. Its primary role is to make sure that it enacts laws which will help ordinary people get justice and their rights. Parliament has enacted laws such as the Promotion and Prevention of Unfair Discrimination Act (PEPUDA). PEPUDA is a law which ensures that people are able to enforce their right to equality and non-discrimination.

### 3. THE PRESIDENT AND THE CABINET OF MINISTERS

The president is appointed by the National Assembly. S/he is responsible for the running of the country and implements and enforces the Constitution and laws.

The president appoints judges with advice from the Judicial Commission. S/he is also the Commander-in-Chief of the South African National Defence Force, meaning s/he can declare war and make peace, negotiate and sign agreements with other countries.

### 4. CHAPTER 9 INSTITUTIONS

Chapter 9 institutions are organisations that are established by the Chapter 9 of the Constitution. They are responsible for checking that the country is governed according to the laws of the Constitution.

- The Public Protector
- The South African Human Rights Commission (SAHRC)
- The Commission for the Promotion and Protection of the Rights of Cultural, Religious and Linguistic Communities (CRL Rights Commission)
- The Commission for Gender Equality (CGE)
- The Auditor-General
- The Independent Electoral Commission (IEC)
- The Independent Authority to Regulate Broadcasting
- The Independent Communications Authority

# Lulama Nane

Commission For Gender Equality (CGE) Chairperson

By Refilwe Madumo

## TELL US ABOUT YOUR CHILDHOOD

I grew up in Zwide township in Port Elizabeth. My parents were apartheid struggle activists. My grandfather was a Robben Island detainee for 11 years. Our home was often raided by the apartheid security police. But there was warmth in our home. My mother ran a spaza shop to supplement her income as a domestic worker.

## HOW DID YOU BECOME AN ACTIVIST?

My father was very progressive. He encouraged us, especially the girls, to speak our minds. I joined the trade union at 23 when I started teaching. Male teachers were behaving aggressively towards womxn learners and teachers. I was assaulted by a male teacher for protecting them. I wanted SADTU to account for these behaviours. I had to be involved to make a change. I became a shop-steward. I concentrated on doing gender work and became a negotiator within the trade union in 2012. I was working with womxn's organisations and spearheaded the Give Girls a Chance campaign.





I became a part-time commissioner at CGE and was elected by the president to be the chairperson in November 2017.

#### WHAT DOES THE CGE DO?

The CGE is tasked to promote, protect and develop gender equality. We uphold one of the founding values of the Constitution, which is non-sexism. We get involved in issues of sexual harassment and gender violence. We keep an eye on the courts and suggest what needs to be changed to make laws more non-sexist. We go into communities and support the values of non-sexism and womxn's rights.

#### HOW DO YOU DEFINE GENDER EQUALITY?

The idea that a man should have different roles and responsibilities to a womxn is wrong. Womxn and men are equally capable.

Womxn can be the source of security and breadwinners in their home because they already are. Men can cook, clean and look after children. It is the joint responsibility of both parents to help children achieve their full potential. Culture and religion should not be regulating

the sexual reproductive health rights of womxn. Parents should believe that young womxn can take responsibility for their bodies and their own decisions.

#### IS THERE A CASE THAT STANDS OUT?

There was a cult church holding children hostage in Mamelodi. An old man said he saw in his vision that a twelve-year-old girl was meant to be his wife. The child's grandmother contacted us and we were able to activate a network of social services. Within 48 hours, the children were free.

The CGE has the power to coordinate relief services and check on cases. If we feel the judgement for a case isn't sufficient, we can write to the court and argue for a change in the sentence.

As a Chapter 9 institution, we bring value to the discussion around the position of womxn and issues of non-sexism.

#### WHAT ABOUT THE SEXUAL OFFENCES COURTS?

The line of questioning by prosecutors in rape cases is very problematic. It doesn't matter how you were behaving before you were raped. The courts cannot use womxn's choices to help the person who has committed rape.

Courts are called 'equality courts' because they ensure freedom and security of all people. You should not be treated with cruelty, or be dehumanised and degraded in court. You cannot be subjected to things that strip you of your dignity. We need special sexual offences courts to solve these problems.

#### IF THE POLICE DO NOTHING ABOUT RAPES AND MURDER, WHAT CAN THE CGE DO?

We go to the police station with the survivors. We reopen cases that may have been closed under suspicious circumstances. We seek protection for the witnesses. We also ask the NPA to provide reasonable

protection and accommodation. We get social development involved for psycho-social support.

#### ANY ADVICE FOR OUR RISE READERS?

- Have an opinion about what's happening in your country and vote!
- Have a sense of justice.
- Think about what you want and make choices.
- Stay in school despite the challenges.
- Do something, even if you don't have access to higher education.
- Work hard to get out of the situation. Your mindset must be in the future.
- The best building block for your future is education.
- Seek freedom for those coming behind you.

“The CGE is tasked to promote, protect and develop gender equality. We uphold one of the founding values of the Constitution, which is non-sexism.”

Contact the CGE  
<http://www.cge.org.za>

Email CGE:  
[complaints@cge.org.za](mailto:complaints@cge.org.za)

Remember to include your name, address and, if possible, a phone number

# Meet the young womxn from North West

**S**oul City rolled out the Raising Voices of Young Women and Girls Project with 40 young womxn from the Mpumalanga, North West and Free State provinces. This project is funded by the European Union (EU) and strengthens young womxn's understanding of their rights as human beings, and also as womxn. It gives them tools to take part in the democratic processes at local, provincial, national and international levels, so that they can achieve their rights. These young womxn have attended training sessions to help them take up the project.

## YOUR VOICES



**BOITUMELO MOSANYA (24)**

### **GETTO FABULOUS RISE CLUB, MOTSONG**

"Activism chose me. I grew up with nothing, just me and my brother. I started a business selling sweets so we could buy toiletries, school uniforms and supplies. I put my brother through school. Now he is working. I was struggling but pretended to be happy because I didn't want to be judged. But young womxn need to know that we don't have to pretend."



**PAULINA MODISANE (25)**

### **UNITY LADIES RISE CLUB, MAKOUSPAN**

"I got beaten up at a tavern. The guy had no right to my body but the community, especially women, said it was ok for him to abuse me because I should not accept a drink if I was not interested in the man. There is no need for womxn to pay with their bodies."



**KEAMOGETSE MOAMOGWA (24)**

### **GETTO FABULOUS RISE CLUB, LONELY PARK**

"We need to move from our uncomfortable spaces. I am living with a disability. Raising Voices has taught me to do things at my own pace. I was shy but I have now accepted myself. I've always wanted to be an actress. Now I feel strong enough to try."

### **RELEBOGILE KUJANE (24), BATTALION RISE CLUB, MOKGARENG (ABSENT)**

"There is a 67-year-old womxn who was raped. Her case was thrown out because of lack of evidence. But we are helping her fight for it to be reopened. We need to expose abusers, even if they are in our families."



**NEO SEROLONG (21)**

**BATTALION  
RISE CLUB, MOKGARENG**

"I will go to the community radio station to publicise all the ways that the municipality is failing us. They have their own agendas that benefit them personally while we have no police stations, and clinics are understaffed. If we don't protest, nothing will happen."



**NOZIPHO NGALO (22)**

**GO GETTERS RISE CLUB,  
BODIBE**

"My boyfriend hit me every day for 8 years. It wasn't until I joined Raising Voices that I realised it was abuse. Young womxn need to know they have their own say in their own lives."



**MAPASEKA  
RAMOTSHWANE (22)**

**KUTLWANO BASADI RISE CLUB,  
MATSHEPE**

"Culture doesn't allow us to be free. If culture could change, freedom would come."



**SIBONGILE TSIME (21)**

**ROYAL SISTERS RISE CLUB,  
BODIBE**

"We are using statistics from schools to make our case at the department about a field where children are being raped on their way to school. The children need transport. The councillor needs to account for how the municipality is spending the budget."



**DINEO VOSTER (21)**

**PRIDE RISE CLUB,  
NTSWANAHATSE**

"If you're a teenage mother, society judges you. I want to be a bridge between the parents and these girls so that they are better understood."



**BOITSHEPO  
MOKHUANE (21)**

**PRIDE RISE CLUB,  
NTSWANAHATSE**

"Our communities have rules, but our rights are enshrined in the Constitution, whether the community agrees with them or not. I know what I am fighting for and I have the power to do something unexpected."



**LEHLOHONOLO  
MOTSIKOE (22)**

**ULTWANANG LADIES RISE CLUB,  
MAKOUSPAN**

"Our schools need to be inclusive for children living with disabilities. They have brilliant minds but may never see the inside of a classroom."



**TSHEPISO  
MOSALASHUPING (24)**

**KUTLWANO BASADI RISE CLUB,  
MATSHEPE**

"Womxn aren't really free. We can't access our rights. But I refuse to be a victim. Equality is the most important thing. Activism helps people listen."



**KEGOMODITWE  
RAMOTSHWANE (20)**

**KUTLWANO BASADI  
RISE CLUB, MATSHEPE**

"Our community is still very traditional. Womxn are excluded from being leaders. I need these things to change so that womxn have better lives."

# DEMOCRACY

comes alive when we rise!

## CHAPTER 9 INSTITUTIONS

- Public Protector
- South African Human Rights Commission (SAHRC)
- Commission for the Promotion and Protection of the Rights of Cultural, Religious and Linguistic Communities (CRL Rights Commission)
- Commission for Gender Equality (CGE)
- Auditor-General
- Independent Electoral Commission (IEC)
- Independent Authority to Regulate Broadcasting
- Independent Communications Authority of South Africa (Icasa)

- 1 The Constitutional Court is at the top of our structures of democracy because the Constitution is the highest law in the land. It protects everyone's basic human rights.
  - a) True
  - b) False
- 2 South Africa has a separation of powers between the legislature, the executive and the judiciary. It is an important democratic principle. This means:
  - a) Nobody knows what anybody else is doing
  - b) We limit the power of each branch to prevent the abuse of power
  - c) Judges have the power to run the country
- 3 We vote in national and provincial elections every five years so that we can:
  - a) Get a chance to meet lots of people while queuing to vote
  - b) Give political parties an opportunity to make election promises
  - c) Choose political parties we think best represent the values we want the country run by
- 4 To complain about not being safe because there are no street lights in our community, we would first go to:
  - a) The Chief Justice of the Constitutional Court
  - b) The Deputy Minister of Energy
  - c) The local government representative, like a ward councillor
- 5 Traditional leaders are acknowledged and consulted but cannot change or pass laws in South Africa's democratic structures.
  - a) True
  - b) False
- 6 Chapter 9 is a chapter in the Constitution. It allows for setting up independent institutions. Chapter 9 institutions were set up to:
  - a) Create jobs
  - b) Make laws
  - c) Help guard and strengthen our democracy
- 7 If a human rights law around equality and dignity for women, trans and intersex people was being violated, would you complain to:
  - a) Commission for Gender Equality (CGE)
  - b) Auditor-General
  - c) Independent Electoral Commission (IEC)
- 8 Members of the public have the right to ask a cabinet minister a question they want answered by communicating through a member of parliament (MP).
  - a) True
  - b) False

1 (a); 2 (b); 3 (c); 4 (c); 5 (a); 6 (c); 7 (a); 8 (a)

ANSWERS





# Black Girl Magic



"African women in general need to know that it's OK for them to be the way they are – to see the way they are as a strength, and to be liberated from fear and from silence." – *Wangari Maathai*

"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."  
– *Maya Angelou*

"Caring for myself is not self-indulgence, it is self preservation, and that is an act of political warfare." — *Audre Lorde*

"No matter where you are from, your dreams are valid." — *Lupita Nyong'o*

"The voice of a black woman should always be HERSELF. No edits - no erasure - no pressure - no expectations - no additions - no intruders." — *Malebo Sephodi*

"In my experience, women tend to create a collective around them and then it is 'let's go into battle together.' For me, it is this type of collaborative, collective thinking that is useful for innovation." — *Emma Kaye*

"You have within you the strength, the patience, and the passion to reach for the stars, to change the world."  
— *Harriet Tubman*

"You are your best thing."  
— *Toni Morrison*

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"I am no longer accepting the things I cannot change. I am changing the things I cannot accept."

— *Angela Davis*

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# Stop the Bully

By Kgali Kedijang

## G'S STORY

When I was 10, I didn't like being in large groups of people. My classmates would surround me and watch as I had a panic attack. They would call me 'stupid' and 'a waste of space'.

I changed schools. It was good for a while until people started pushing me and saying mean things to me.

I'm 15 years old now, and these things still happen. But now I'm a very social person with many friends who stick up for me. I have also developed my own self-love and self-worth. So people being mean to me doesn't bother me as much.

All I can say to anyone who is being bullied, is that it is tough, but you are tougher. You **HAVE** to tell someone if you are being bullied. You can't deal with bullying on your own. If people bully you, they could very possibly be bullying other kids as well.

**Bullying is unwanted, aggressive behaviour that involves a power imbalance.**

The bullying behaviour is repeated over time.

Bullying is different from teasing. People tease each other all the time.

Teasing becomes bullying when a person deliberately sets out to hurt someone. The bully's goal is to show how powerful they are by hurting someone or damaging their reputation.

Bullying doesn't stop if the person gets hurt, and it often gets worse over time.

**THERE ARE FOUR TYPES OF BULLYING:**

1. **Verbal bullying** is saying or writing mean things. It includes:
  - Teasing to cause harm
  - Name-calling or saying hurtful things
  - Inappropriate sexual comments
  - Insults
  - Threatening to cause harm
2. **Social bullying** involves hurting someone's reputation or relationships and includes:
  - Leaving someone out on purpose
  - Telling other children not to be friends with someone
  - Spreading wrong information about someone
  - Embarrassing someone in public
3. **Physical bullying** involves hurting a person's body or possessions and includes:
  - Hitting/kicking/pinching
  - Spitting or biting
  - Tripping/pushing
  - Taking or breaking someone's things
  - Making mean or rude hand gestures
4. **Cyberbullying** is when someone uses technology to send mean, threatening, or embarrassing messages to or about another person.



*Cyberbullying is when someone uses technology to send mean, threatening, or embarrassing messages to or about another person.*

**A witness to bullying**

Bullies often have – and need – an audience. Bullying mostly takes place in the presence of people who witness or know about bullying.

If you see someone being bullied in your RISE club or community, you have a responsibility to help the person being bullied by reporting it to your fieldworker, teacher or any adult in the community.

Should you not do anything about it, it means that you support the bullying behaviour.

**How to deal with bullying:**

- Tell someone. Do not feel embarrassed, ashamed or afraid to tell someone that you are being bullied. Don't be silent. Keep reporting the bullying until someone listens and you get help.
- If you feel brave enough and it is safe to do so, then ask the bully to stop. Someone might not know that their behaviour is hurting you.
- Avoid being alone with the bully. Try to make friends and hang out as a group. Bullies are more likely to trouble you if you are alone.
- Never share your passwords, private photos, or personal data (such as address or phone number) online, not even with friends.
- Never publicly reveal anything that you wouldn't be comfortable with anyone knowing.
- When you make comments about someone else, imagine how you would feel if someone said that about you.

If you need advice on how to deal with bullying, you can call Childline at **08000 55 555**.



Discuss in your club:

Do you know someone who is being bullied?  
How can you or your rise club better support them?

# DEPRESSION

## SISANDA'S STORY

I was a first year student at university. I had been seeing my boyfriend for a year. He was my first love. I thought we were very happy. But he cheated on me and I found out.

I was devastated. I felt worthless and broken. The voice in my head kept saying that I wasn't good enough for him. If I were, he wouldn't have left me. I'd thought we were going to be together forever. I felt like a fool.

I was so heart broken, I couldn't keep up with my university work. I would miss assignments and important tests. I drank every day to quieten my thoughts. Life became unbearable for me. I often thought about cutting my wrists. I don't know why, but my self-esteem was tied to this relationship. It was the foundation for all other factors of my life, so when it shattered, everything else in my life crumbled.

I failed my first year and decided to drop out of university. My parents were very worried. I felt so alone. I couldn't eat. I just felt restless. My parents decided to send me to a psychologist. She said I needed to see her once a week.

### STARTING OVER

The psychologist suggested that I start my life over. To me, that meant leaving it all behind because I could not keep seeing my ex. Every time I saw him, the negative feelings towards myself became worse.

So I decided to move to Cape Town. I also had to accept that abusing alcohol was not helping me because the negative feelings always came back even worse the next day.

My psychologist really helped me face my feelings and find alternative ways to deal with my negative emotions. I couldn't afford medication but it was important for me to keep my commitment to seeing a new psychologist in Cape Town once a week. The sessions taught me how to create a better foundation within myself and how to take control of my life.

I won't lie and say it has been easy but the journey seems much clearer. I still have my 'off days' but I know that I can overcome them. I'm no longer stuck in a hopeless, dark place.

The biggest lesson I've learnt is that there is no shame in asking for help.



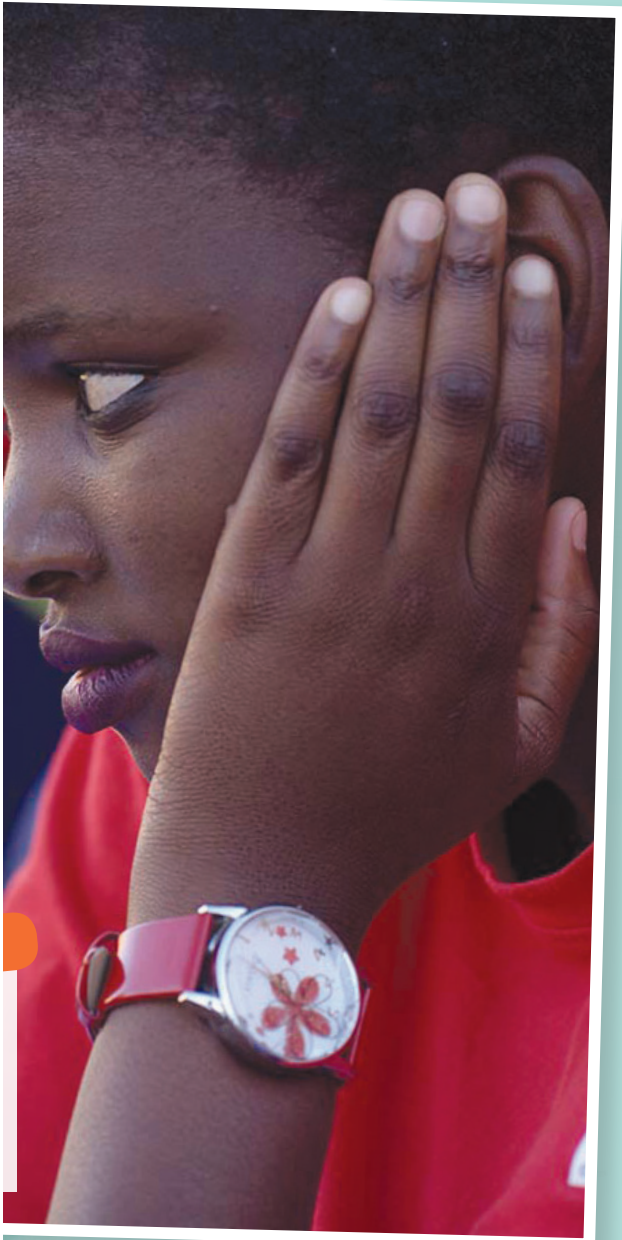
**Sisterhood**

Discuss in your club:

**Can you think of a time when you had poor mental health? Do you know where to go if you need help in your community?**

If you need help, you can contact SADAG (South African Depression and Anxiety Group) on >>

Different things can cause mental illnesses. Mental illness can be caused by an imbalance in the chemicals in your brain, an illness that runs in the family or a traumatic experience. There are signs that may alert you to a mental illness >>



## How to recognise poor mental health

Situations or experiences in our lives can cause us to have negative emotions. The emotions can sometimes be so strong that they make it hard for us to escape the dark places in our mind.

## Signs of poor mental health

- Having a hopeless outlook on life
- Losing interest in your life
- Uncontrollable anxiety, emotions or mood swings
- Changes in appetite or weight
- Sleeping too much or too little
- Abusing substances like alcohol or drugs as a way to cope
- Constantly thinking of negative experiences
- Thinking of harming yourself or others
- Not finding the strength to perform daily activities

Every mental illness is different and people handle it differently. Remember, there is strength in asking for help. You do not have to go through it alone.

### DO NOT SELF-DIAGNOSE.

It is important to seek help to lessen these negative feelings and get back the balance which keeps you mentally healthy.

## Tips for maintaining good mental health

- 1 Make time for your hobbies.
- 2 Take care of your body by exercising, drinking water and eating well.
- 3 Surround yourself with positive people.
- 4 Volunteer your time to help others.
- 5 Learn to deal with stress by meditating.
- 6 Set realistic goals at school or work. Write down the steps for achieving them.
- 7 Challenge yourself by doing something new.

0800 12 13 14

# #NAKEDTRUTH

By Lebogang Motsumi

## Pregnancy

I was still in denial about being HIV positive when I found out I was pregnant. My pregnancy was high risk because my CD4 count was 113. I had to start treatment immediately. I went for adherence counselling and was told that I would need to take ARVs for the rest of my life.

I went home with the medication. I was frightened. I had heard how treatment can change your body or make you even sicker. But with the support of my mom, I gathered enough strength to take my treatment. But I still had not accepted my status. I also didn't fully understand what it meant to be living with HIV and taking medication.

Seven months into the pregnancy, I got shingles. The pain was unbearable. My family believed I was bewitched. My mom got some traditional medication to put on the sores but it made no difference. I only got help when I was diagnosed at the hospital.

## Meekah

I gave birth to my daughter on 21 May 2010. After I delivered her, I was rushed to theatre because my placenta was stuck. I bled a lot and my uterus was removed to save my life. But I was grateful to have my precious Meekah. She is my everyday inspiration to reach for all my goals.

## I Stop the HIV Medication

In 2011, things were getting better. I had a job and was looking good. I was in a taxi and saw a poster saying, 'Get your HIV healing'. I wanted that healing so badly. I just wanted this HIV to go away. Being a Christian, I BELIEVED that it was possible. I went to all the church services. They prayed for me and told me I was healed and that I should stop treatment. They said HIV was a punishment from God for living a sinful life. I stopped the medication. Somehow I had forgotten that I was 'married' to these pills. I guess I 'divorced' them.

I was okay for a couple of months. Then I got really sick. In August 2012, I was diagnosed with pneumonia and TB



of the kidneys and liver. I got angry. I started 'boozing' and clubbing. I stopped going to church.

My mom kept pleading with me to take my medication. But I didn't want to. I got so sick that I could not walk or bath myself. It was the hardest time. I felt I deserved it because I had stopped taking my medication. But the pain was so bad that I was willing to do anything. Someone suggested I drink my own urine and I almost did.

## Support Group

I was so thin that I looked like a skeleton. Nothing seemed to work. The nurse that lived next door begged my mom to take me to Selby Hospital. My mom was scared because she thought that everyone who went there didn't come back home. But at Selby, I started to recover. I joined a support group of young people living with HIV.

## Choosing to Live a Positive Life

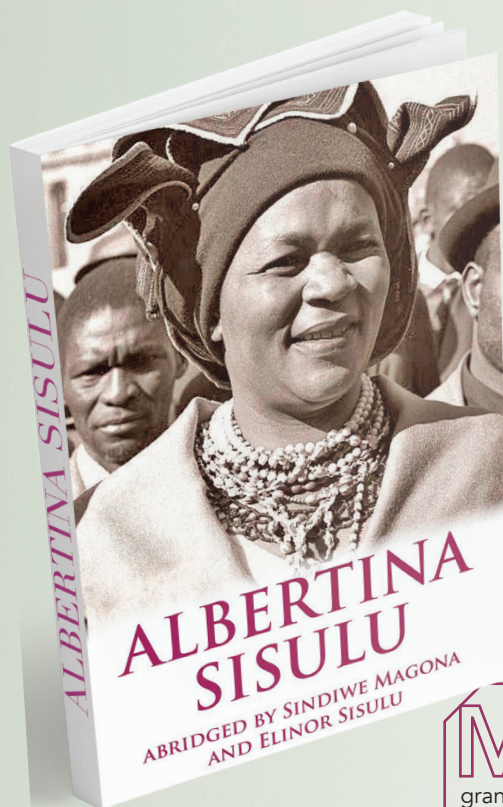
I began to learn about HIV. I heard other young people's stories about living with HIV. That gave me the courage to choose to fight this virus and live a positive life.

**TELL US YOUR #NAKEDTRUTH! WRITE TO US:  
RISE@SOULCITY.ORG.ZA**

# INSPIRED BY ... ALBERTINA SISULU

BOOK ALBERTINA SISULU ABRIDGED BY  
SINDIWE MAGONA & ELINOR SISULU.  
PUBLISHED BY DAVID PHILIP PUBLISHERS

Book review by Molebogeng Maake



**M**aSisulu was born Notsikelelo Thethiwe in rural Eastern Cape in 1918. She was raised by her grandparents. They hosted Transkeian Council meetings which taught her the value of community involvement. Notsikelelo chose Albertina as her school name.

She was only 11 when her father passed away. Before his death, he asked Albertina to look after the family. Her uncles claimed the land and livestock belonging to Albertina's father, robbing her family of their inheritance.

#### A WOMAN ON A MISSION

Albertina later became MaSisulu, wife to Walter Sisulu, the ANC Secretary-General. She qualified as a senior nurse but received lower wages than her white colleagues. She was the breadwinner of her family and used her home as a base for the African National Congress.

Albertina was the only woman present at the first ANCYL meeting. She was also amongst the women who organised the 1956 protest march against pass laws for women, even though her fellow ANC male comrades disapproved.

She suffered several years of continuous bans and imprisonment, yet refused to give up her convictions of seeing a free South Africa for all.

#### MASISULU, MY HERO

I'm amazed by how Mama Albertina coped with her workload, family and community responsibilities. The same expectations are still placed on us as young women. We are expected to be strong but quiet, take care of our families, be 'wife material', ensure that everyone eats, and be obedient. It seems that freedom, especially equality for women, and tradition are oil and water that don't mix, even in this age of democracy. Did Bo-MaSisulu fight in vain?

The biggest message I got from this book on MaSisulu's life as an activist, is the importance of being part of a wider community. Real change is achieved by mobilising like-minded people. We have to be courageous, selfless, have a clear vision and an unshakable commitment to the cause. This book has taught me to believe that even I can make a change in my community.

It has inspired me to raise my voice for all the young women and girls in our country. Just like MaSisulu.



**Sisterhood**  
Discuss in your club:

What or who inspires you to do activism work in your community?





# GENDER & SEXUALITY 101

*Most people find it difficult to have conversations about sexuality. Sex and gender are more complicated than what we have been taught by society and our parents. Many of us are still confused by how complicated sexuality is. The stories we watch on TV often show one kind of sexuality only. This makes it seem as if it is the 'normal' one. Everything else that is different from this norm is often shamed and stigmatised by society.*

By Nyiko Shikwambane  
Photography by Mo Matli

**G**ENDER is given at birth. We say the new born baby is a boy or girl because of external genitalia (private parts). Sometimes a person may not agree (identify) with the gender they were given. A person may be born a girl but feel like they were meant to be a boy and vice versa. This is called transgender.

**INTERSEX PEOPLE** have mixed external genitalia. Choosing which sex the baby is becomes difficult. Doctors may have to use other medical tests to decide. Sometimes, the decision is wrong. Gender activists say that there are more than two types of gender. They say that the way we decide gender at birth can be harmful to people as time goes on.

**SEXUALITY** refers to the kind of sex one desires (wants) at any given time. Some people have no desire for sex at all. This can also be understood as part of their sexuality because our desires can change.

**SEXUAL ORIENTATION** is a wide range of experiences and behaviours. Society tries to understand this by using different labels, for example heterosexual or homosexual. The pressure to use a label on a person's sexual preference can be stressful for the person, especially if the person does not agree with the label. Some people move through different sexual orientations during their lifetime.

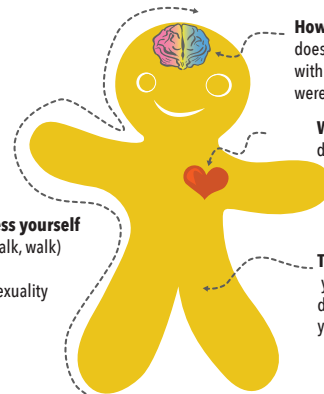


**Sisterhood**

Discuss in your club:

How can your club be more \*intersectional?

## HOW YOU SEE YOURSELF



**How you see yourself**  
does not have to match with the body you were born in

**Who you are attracted to**  
does not decide your gender

**How you express yourself**  
(how you dress, talk, walk)  
does not decide your gender or sexuality

**The genitalia (sexual parts)**  
you were born with  
do not control your gender

### REMEMBER

1. You do not owe anyone an explanation about your sexuality or sexual orientation.
2. Sexuality can change over time.
3. People who practice heterosexuality often stigmatise people who have different sexual orientations.

# Understanding Emotional Abuse

Gaslighting is a form of emotional abuse where someone manipulates you psychologically and causes you to doubt your own feelings. Discuss the following situations with your RISE club and think of how they could be dealt with.

By Nandipha Mbangula

**1** Zolani and Kopano are sisters. Zolani wears Kopano's clothes and brings them back dirty. When Kopano confronts Zolani, she says that Kopano is their parent's favourite and that's why they buy her the best clothes.

**2** Ayanda is in Grade 10. Her teacher often marks her down on her assignments even when her work is above average. Ayanda questions whether she should speak to her teacher about this.

**3** Onthatile often tells Masego that she is not that pretty and chooses the worst hairstyles. This is starting to negatively affect Masego because Onthatile is her best friend.

**4** Lungile's boyfriend always accuses her of doing things she hasn't done. He checks her phone and wants to know where she is all the time. He says he does this because he loves her and she should appreciate having someone who cares so much about her.

**5** Mandisa's boyfriend is pressuring her to have sex. But she feels she is too young. Her boyfriend is threatening to leave her because he feels she doesn't love him as much as he loves her.

**6** Lesedi has tried to break up with her boyfriend often. But he always acts like the breakup never happened. When he comes to see her, he behaves like everything is fine. If she brings it up, he says hurtful things and threatens her. She doesn't know what to do.



**7** Kgomotso finds out that her best friend is in a relationship with Kgomotso's boyfriend. Her friend says that she's sorry but he never loved Kgomotso anyway. They are soul mates, and as her friend, she should be supportive.

**8** Palesa is the only girl at home. She feels like her brothers get treated differently. Her mother says they treat her that way because she needs to learn how to be a good wife.



**sisterhood**

Discuss in your club:

Have you experienced emotional abuse? Talk to your RISE club about what emotional abuse can do to your mental health.



# Raising Money for your SMALL BUSINESS

By Kgali Kedijang

Nobody prepares young entrepreneurs for the challenges of starting a business. One of the biggest challenge is raising financial capital or resources that you need in order for your business to grow. It is not easy to go to the bank for a loan because small start-up businesses are a high risk because they do not have an established financial record. Due to the high youth unemployment rate and the informal state of the township economy, the government is creating new ways for young people living in the township and rural areas to access money and resources. This is very important because if proper access to financial and other resources are available for township enterprises, this will help the township economy to develop and grow.

## WHAT ARE THE DIFFERENT FUNDING MODELS AVAILABLE FOR YOUNG ENTREPRENEURS?

### 1. Close to Home

Each year between 35 – 40% of start-ups receive capital from friends and family as they are mostly the people you speak to first about your business idea. Relying on people who can be a good reference is important to building a successful business and therefore each entrepreneur needs build and understand the value of a network of people who believe in you and your business. Community is everything.

### 2. Cooperative Finance

People in townships have been surviving on stokvels which is a form of cooperative finance but the government has introduced news ways of doing business as a group. A primary cooperative is made up of a group of 5 or more members who work together to provide goods or services and jobs. The department of small business development has set up a cooperative funds to help township business. You could receive money and resources up to R350 000.00

### 3. Grants

Government grants is money given to entrepreneurs for the growth of the business. Unlike a bank loan, you don't have to pay back the grant.

The most popular government grants available in South Africa are the National Youth Development Agency, National Empowerment Fund, Technology Innovation, and Land Bank if you are in the farming sector.



Could your RISE Club start a business together? What is your bright idea?

# Ask the experts

The experts answer you health and wellbeing questions. Get in touch with us.



Soul City Institute  
Rise Talk Show  
Rise Women's Clubs



@soulcity\_sa  
@RiseTalkShow

## EMOTIONAL WELLBEING QUESTIONS FOR SIS THEMBI

### BULLYING

**How can you stop other children from bullying you in school? How do you tell the abuser not to do it again?**

**ABUSED**

### DEAR ABUSED

You need to be assertive. Speak in a strong firm voice, look at them straight in the eyes and tell them you are no longer going to accept their behaviour. However, if it is a group that is doing the bullying, you will need the support of other children otherwise they could ignore you. What you say needs to be the same all the time. Do not back down unless it is very dangerous. If that fails, you may need to report them to your teachers and parents and ask them to assist you. Always try to be surrounded by those who love and protect you because some of these situations can get out of control.

### SISTER SISTER

**Last year my mother and I faced a difficult time when my father's long-lost 27-year-old daughter came into our lives. The issue was that he never told my mother about the daughter and that made my mother very upset.**

**We eventually made peace with the issue. The problem is I don't like my half-sister at all. I've tried but I'm reminded about the pain she caused both my mother and me. How can I deal with this?**

**SISTER VIBES**

### DEAR SISTER VIBES

It seems like you are carrying your mother's pain and sense of betrayal that she has possibly experienced from this situation. What might be preventing you from connecting with your sister

is perhaps you may think if you start liking her and building a relationship with her, your mother will feel hurt and betrayed again.

You might still be very angry with your dad and have not had the time or space to really talk to him and release those negative emotions which are now being put on your sister. Remember your sister had nothing to do with how she was born. She might have gone through a lot of pain by having an absent father.

Try talking to your father and mother about how you feel about your sister.

Try to explain to your sister why it has been difficult to build a relationship with her and see how it goes.

The key is to forgive your dad, especially so that when you see your sister, it no longer feels painful. She could be a wonderful addition to your family if she is keen on that.

### RAPE CASE

**How can we as a RISE Club help a boy who is a victim of rape and abuse?**

**SHOCKED CLUB**

### DEAR SHOCKED CLUB

You can contact a social worker or contact one of the organisations below. They can assist with counselling for the survivor. As a club you can be as supportive as you can by asking what the boy needs and taking care of him as much as you can. He will also need to get tested at the clinic for HIV. Perhaps someone from the RISE club could go with him. If he wants to report the crime, the organisations listed below or a social worker can assist with that. Club members can also call for their own emotional support because such trauma can open up similar experiences that other members have gone through.

### CHILDLINE TOLL FREE NO

**0800 55 555**

**LIFELINE 24 HOURS**

**011 4224242**

**OR 0861 322 322**

**SADAG**

**0800 12 13 14**

## CYBER BULLYING

**How can you deal with emotional and cyberbullying in school?**

**Bullied**

### DEAR BULLIED

I think you need assistance from people who have power within your school, like the teachers. First, you need to find someone to talk to so they can help you with the emotions that come with being bullied. Find a friend or an adult that you trust.

Then suggest to the school that they do an emotional and cyber-bullying campaign. You could perhaps lead a team with

other learners. Another suggestion is to start a support group for young people who are going through difficult situations. Perhaps use the RISE magazines as a tool.

Sometimes people bully because they are feeling powerless and do not know how to address their own problems. When you start helping yourself and getting back your power, the bully will no longer find you useful.

If you are being cyberbullied, do not respond because when a person uses the internet to bully you, they usually do not want to talk. You can report cyberbullies especially if you are using Facebook. If it is a really serious offence, they will sometimes block the bully.

All the best!

## ABUSED BY FATHER

**If someone is being abused by his or her father and is afraid to tell his or her mother because of not being believed, what can be done in order to get away from the abuse?**

**Abused and running**

### DEAR ABUSED AND RUNNING

Thank you for reaching out. To be hurt by someone who is meant to protect and take care of you is awful. It can be very damaging emotionally and make you untrusting, even of your mother. Before deciding to run away, could you possibly speak to your mother by asking a 'what if' question. Ask your mother as if you would like her to give you advice for a friend without giving away that you are talking about yourself, then depending on her answer, you can make a decision on what to do.

If you get a negative reaction from her, you could ask an extended family member for emotional support and or shelter. If that is not a possibility, you can speak to a social worker. S/he can advise you on the options that are available for individuals in your situation, and also give you counselling.

## STRESSED

**What is stress? What are the signs of stress? How can you handle a stressful situation in a more helpful way?**

**Stressed**

### DEAR STRESSED

Stress is your body and emotions telling you that things are not balanced within you. Stress is a sign that you are not coping effectively with whatever situation(s) that you are faced with. Stress can come from external situations and how one makes sense of those experiences. Sometimes it is caused by tension within when you have to make tough decisions. Some of the signs of stress are headaches, sleeping problems, tiredness, and irritability.

To cope with stress, you need to know your body and what triggers the stress. You can take time out from the stressful situation. If it's a person who is triggering the stress, ask to talk to them later when you are calmer. If you have been avoiding conflict with someone, try involving a third person to help with managing the situation to help talk things through. If it's an exam situation, try to breathe deeply slowly from the stomach and try to visualise nature or things that make you calm or happy. Avoid doing things at the last minute.

## HOMOSEXUALITY A DISGRACE?

**How do you stand up to people who think that being a homosexual is a disgrace? Is there anything that I can do about it?**

**Tired**

### DEAR TIRED

Most people do not understand homosexuality. They do not accept it and even use religion to justify that it is a sin. This prevents them from seeing and connecting with other people's life situations. If they change those ideas about homosexuality, it means relooking at all their beliefs and for many people, that is very scary. Some people are not open to change. It can be quite exhausting and draining to try to change their minds, so sometimes you just have to walk away from such situations.

You can intervene in everyday conversations, by stopping people using hurtful words as labels. Keep on expressing your support for people who identify as homosexuals. If there are people in same-sex relationships in your community, you can start friendships with them and ask how you can be supportive. Ask them how awareness can be created in your particular community. The more you hang around with the Lesbian, Gay, Bisexual, Transsexual, Queer, Intersexual, Asexual, Pansexual++; the more you will be exposed to their needs and what your community needs to do to shift the negativity within your community. Depending on where you are based, you could go to Gay Pride events where there is a possibility of creating more networks.

**For more information on sexuality and support you can contact the following organization GALA: <https://gala.co.za/> and their contact details are 011 717 4239.**

### IS A SEXUALLY TRANSMITTED INFECTION (STI) PERMANENT?

I want to know if a STI is permanent.

Concerned

#### DEAR CONCERNED

Most STIs are easily treated and go away. The one that is treatable but not curable is HIV infection. If you think you might have an STI – a sore or discharge from your vagina, then go and get it treated right away. Your partner must also be treated at the same time as you. If he isn't treated at the same time as you, then you can get infected from him again, even after you have been treated. So make sure you both get treated. Remember that you must not have unprotected sex. The safest way is to use condoms every time you have sex.

### PAINFUL SEX

How do I explain to my boyfriend after having the first round of sex that I do not want to go on because my vagina is painful? Why is my vagina painful after one round of sex?

WORRIED

#### DEAR WORRIED

It is a good idea to talk to your boyfriend and explain that after one round your vagina is painful. There may be a number of reasons for this. Perhaps you are having vaginal intercourse when you are not yet ready sexually. This means that there are not enough vaginal juices and the intercourse can then become painful. Is your partner very rough? Do you have an orgasm after the first round? Ask your boyfriend to take it slowly, making sure you are both ready before he enters you. Sex is not only about putting the penis in the vagina. Touching, kissing, stroking are all alternative things to do if your vagina is sore.

### HIV PREVENTION

Is it true that PrEP pills are a good HIV prevention method and where do I get it?

Excited

#### DEAR EXCITED

Yes, it is true that PrEP is a good HIV prevention method as long as you take them regularly. PrEP is not available everywhere, so you need to go to your nearest health service and ask.

You can also phone the

**AIDS HELPLINE 0800 012 322**

### INTOXICATED LEARNERS

Learners often smoke marijuana in our school. How can we deal with this because it causes many problems when learners are intoxicated?

Lebogang

#### DEAR LEBOGANG

This is a big problem in some areas. It is very difficult for the other learners in the school. Have you discussed this with your principal or LO teacher? There might be a drug action committee or an NGO in your area that deals with drug abuse. It would be worth talking to them about this. Otherwise, try calling South African Depression and Anxiety Group (SADAG) on 0800 12 13 14. They might have suggestions for you. Working together with a group of like-minded people will make you feel a bit easier.

### SMELLY DISCHARGE

I have an embarrassing problem. My discharge smells so bad that I do not go to the toilet if others are there because they will also smell the discharge and they will gossip about me. Please help me because this is bothering me a lot.

Bothered

#### DEAR BOTHERED

Please go and see a doctor or go to the clinic. Your smelly discharge might be an infection which is easily treatable and your problem will be solved. Please don't suffer alone. Remember smelly discharges can be treated!

# SURVIVING TRAUMA



By Phumi Mashego

**M**ost people think that trauma is what you see on TV. There is blood, screaming, crying and lots of drama. But in real life, trauma is pain. Some trauma is easy to see, fix and get over but the really deep wounds, the ones you can't see, those are the ones that are hardest to heal.

A broken heart is the worst form of pain. It doesn't bleed. You can't even see it, or describe the pain, mara! yho, it is real pain.

## THE 'RIGHT' FORMULA

I tried to play it safe. I met a great guy and dated him for a few years. I followed the 'right' formula. We talked about everything from getting married to how long we wanted to wait before having children. We even planned where we were going to live and where our unborn children would go to school.

But marriage isn't that simple. There was too much disharmony in our home. And when things didn't work out, it was very hard to express my unhappiness, especially to my mother.

## THE TEST OF MY WOMANHOOD

'Does he beat you?' No. 'Does he provide for you and the child?' Yes. 'So? Yini iproblem? This is the test of your womanhood.' I heard this over and over again and each time it made my heart bleed more. So I stopped explaining. And when I finally got my divorce papers I just stopped talking about my feelings. For years all I did was stay awake in my bed at night and cry. I stopped seeing my friends and I even stopped doing the things I loved. I thought when I got the papers I would be free and the joy would come back. I thought it would be easy to start my life over again. It wasn't.

## OVERCOMING THE PAIN

To crawl out of that dark hole, I had to ask for help. It's funny to think that to get over my pain, I had to face the pain. I could never have done it alone. I could only overcome that sadness and pain by doing the things I didn't feel like doing; talking and being with people. When I started to open up and let people back into my life is when I found a way back to the freedom that I had wanted.

Today, just like with an old scar, I still feel that pain but now it's really only there to remind me of the place I've left behind.



she conquers  
Empower. Protect. Advance.

