

# RISE

YOUNG WOMEN'S CLUBS



Your 28th Edition



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8



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SWEET ENDINGS

38





# THIS CLINIC IS A

# Youth Zone

Ingosi Yentsha

Thakaneng

Tshivenda

Sikhatsi Selusha

Nkarhi wa Lavantshwa

Ixesha Lolutsha

Sikhathi SabaTjha

Nako ya Basha

Sepedi

Jeugsessie

*A time at the clinic just for young people*

## A DEDICATED TIME SLOT FOR YOU

Youth zones are part of the National Department of Health strategy under youth friendly services in implementing youth health policy. The aim is to ensure that young people access health services especially sexual and reproductive health services. This includes getting information without being judged and in a supportive friendly environment.

Clinic dedicate time for young people for e.g 2 - 4 pm twice a week or daily to accommodate school going learners

### YOUTH ZONE TIMES:

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

**Sisterhood**

@RiseTalkShow RiseYoungWomensClubs

Commissioning Editor: Kim Napo

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### WORD FROM THE EDITOR



## LIFE IS ALL ABOUT THE CHOICES WE MAKE

We make thousands of decisions every day and decisions are about making choices. Many are easy, but others are complex, stressful, or both. Nobody can make choices for us, even allowing somebody else to make decisions for you is a choice.

Life is like a road with smooth and rocky roads; crooked and straight paths. And even forks. There are roads to happiness as there are roads to sadness, roads towards victory and jubilation, and roads leading to defeat and disappointment.

There are no guarantees.

Since life offers no guarantee and you would never know that

your decision and choice would be wrong until you have made it, then you might as well take the risk and decide. Although it is true that one wrong turn could get you lost, it could also be that such a turn could be an opportunity for an adventure, moreover open more roads. It is all a matter of perspective. You have the choice between being a lost traveller or an accidental tourist of life. But take caution that you do not make decisions haphazardly. Taking risks is not about being careless and stupid.

Arm yourself with information. Even in the worst circumstances there are choices.

*Palesa*

### Definitions

#### ADHERENCE

Fetching your prescription on time and taking medication on schedule and as prescribed.

#### STIGMA

Negative and unfair attitude or beliefs against someone or a group of people.

#### CHRONIC

Something or an illness that persists for a long time or that keeps coming.

#### REMISSION

When the signs and symptoms of a

disease have disappeared, although the disease might still be in the body.

#### PURINES

A chemical compound found in food and drinks and is turned into uric acid by the body.

#### URIC ACID

A waste product found in blood.

#### LGBTQIA

Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual





# YOUR LIFE, YOUR CHOICES



**BOFELO HANESE**

Choices are the decisions you make through life. The choices you make impact your life so you have to make the right choices so you can have great outcomes in the future.

I'll be devastated if someone makes for me because those choices will have consequences on my life. No one has the right to make choices for me because I am my own person. It's unfair to suffer consequences of choices someone made for you.



**DIMPHE DLAMINI**

Choices are about how you choose to live and how you decided to do your things. I don't appreciate it when people make choices me, it makes me uncomfortable. If you make a choice you have to face its consequences. I have made some wrong choices and I'm living with them - I made bad friends and did bad things. Because of my choices I have a baby. I have now decide to make good choices and I'm following the example of one of my sisters to school.



**KARABO MOTLHAOLENG**

Choices are what you make on your own. If someone makes decisions for me I feel like they want to control me and they want me to live my life their way. I'm supposed to make my own decisions. It's unfair to live with the consequences of choices I didn't make but I don't mind living with the consequences of my own choices. I've made bad choices and I've learnt from them.



**RETHABILE MALOKA**

Choices means making your own decisions and standing by them. Right now I am not at the stage to make my own decisions, my parents make choices for you. But at school I make my own choices and decisions. It's not good to let others make decisions for me, I have to stand for myself and make my own choices. I won't be happy will people making decisions for me without know what I like or don't like. I will live with the consequences of my decisions and choices whether they are right or wrong because I name those choices.



**MONICA MAKUME**

Choices are decisions you make for yourself, the path and actions oh take for yourself. No one has the right to make choices and decisions for myself and I will be able to bear the consequences of those choices. I deal with the consequences of the bad decisions that I made by facing them and fixing my mistakes.



**MAMETSE MABONGO**

Choices are decisions I take that will impact on me and my future. If someone makes decisions and choices for me it makes me feel awkward and weak because I would have to live with the consequences of those choices and might regret them for the rest of my life.





# START A BUSINESS DURING FESTIVE SEASON

*Starting a business at any time can be a gamble but if you can survive the festive season during a global pandemic, your business can survive anything.*

Advantages and disadvantages of starting a business during the festive season and the pandemic

For some people, the festive season is a time to make extra money and for some it's a time to relax and have fun with family and friends. If you choose to start a business during the festive season you have to look at the pros and cons of doing so during a pandemic because it might not be business as usual.

The COVID-19 pandemic has impacted our world in dramatic ways – from people working from home to rising unemployment numbers. But it has also created opportunities for us to find innovative ways of doing things and business. Let's take a look at the pros and cons of starting a business during the pandemic:

## ADVANTAGES OF STARTING A BUSINESS DURING THE FESTIVE SEASON AND THE PANDEMIC

- With many people working from home and social distancing rules in place, you may have

more time to develop your business. Instead of spending a Saturday afternoon with your friends, spend time doing research on your business ideas. Consider starting a business that covers festive season needs but will survive beyond the festive season.

- If you need capital to fund your business, the current low interest rates are a huge advantage. Obtaining a business loan with a small amount of interest payments can help you grow your revenue.
- People may not be buying as much as before the pandemic, therefore, you'll have to offer, a product or service that meets current needs e.g. personal shopper services, collection and delivery of medicine etc.

## DISADVANTAGES OF STARTING A BUSINESS DURING THE FESTIVE SEASON AND THE PANDEMIC

- You may not be able to fully plan and develop your business plan because you are targeting to be opened before the festive season.
- Depending on the type of business or services you might want to offer, you may not have a market currently for your business. For example, if your business depends upon interacting with people in person such as tailoring, you may not be permitted to do so with the shut down in effect.
- Financial resources may be limited or highly competitive because many of the pandemic-centered resources are limited to businesses with previous-years' financials, and some banks even require formation prior to a certain date to be considered eligible for the government subsidies.

“ Start with a small idea, finding a need or opportunity in the market...”

### FIND SOMETHING THAT YOU ARE GOOD AT AND PASSIONATE ABOUT.

#### Possible business ideas:

- Hairdressing services
- Baking services for parties
- Party planning kids' parties
- Doing people's make-up for weddings
- Altering and mending clothes, if you have a sewing machine

## GENERATING BUSINESS IDEAS

Start with a small idea, finding a need or opportunity in the market and filling it is at the core of entrepreneurship.

## LEARNING TO BE FRUGAL WITH YOUR MONEY

As an entrepreneur you will need to start budgeting and saving money. At times, this will be difficult, but it must be done if you want to invest in your future as an entrepreneur.

*Four questions you should ask yourself to find out if your business idea is a good idea or a not so good idea*

### 1. DOES MY BUSINESS IDEA SOLVE A NEW PROBLEM?

Good business ideas are always focused on providing a product or service that solves a problem for consumers. The current global pandemic has resulted in many new problems faced by the public. Businesses that provide helpful solutions are likely to succeed – for example, sanitizer, masks or social distancing products.

A good way to determine if your business idea is solid is to explain the concept and how it benefits your target market in just one sentence.

### 2. DOES IT SOLVE AN OLD PROBLEM IN A NEW WAY?

Not all successful businesses are built around new problems. There are many existing problems that already have solutions, but maybe you think they could be better. Tackling an existing problem in an innovative way can give your business an advantage. Your idea should address challenges like youth development, job creation and poverty alleviation.

### 3. CAN I KEEP AHEAD OF THE GAME?

If you have seen an opportunity for business, so have other entrepreneurs. Can you work quickly to develop your product or service before your competitors launch something similar?

### 4. WHAT IS IT ABOUT YOU IN PARTICULAR THAT MAKES YOUR BUSINESS IDEA SPECIAL?

If you have a connection to your idea based on personal experience, it is far more likely to be successful. This is because your life experience, social connections, unique talents, and work experience all play a role in understanding your target market, and having the skills to develop the best solution to their problem.



# What's Your Money Personality

Money plays a very important role in everybody's life. How we act around money could have major influences on our futures and the way we live our lives.

For a bit of fun, answer a series of questions to find your money personality type. It's not very scientific but it should give you an insight into how you feel about money.



Answer these questions by choosing A, B, C, D or E and the answers will help you determine what your money personality is.

<p><b>When friends are coming round to dinner do you:</b></p> <p>A Order a takeaway.                      B Buy some ready meals from the supermarket.                      C See what you've got in the fridge.                      D Get out your recipe books.                      E Ask your friends to bring something with them.</p>	<p><b>How do you feel about money:</b></p> <p>A I don't think about it                      B I manage to get by somehow.                      C I think I should think about it more.                      D I keep pretty good control.                      E I always end up with more than I started with!</p>
<p><b>Saving money is:</b></p> <p>A Not something I'm interested in.                      B Really hard to do.                      C Something I aim for.                      D Something everyone should do.                      E The most important thing about money.</p>	<p><b>What are you doing to save for the future:</b></p> <p>A I'm too young to think about that.                      B I will get round to it one day.                      C I try and save a little every month.                      D I have a plan and I'm sticking to it.                      E I save as much as I can for the future.</p>
<p><b>How often do you borrow money:</b></p> <p>A Always.                      B Sometimes.                      C Not often.                      D Never.                      E People borrow from ME.</p>	<p><b>When you go to the shops:</b></p> <p>A I buy whatever I want to.                      B I get distracted by so many things to buy.                      C I make a list but don't always stick to it.                      D I stick to my list.                      E I buy what is cheapest</p>
<p><b>What is your financial goal:</b></p> <p>A I don't really have one.                      B To be able to afford whatever I want.                      C To have enough to enjoy myself.                      D To always know how much I have.                      E To save as much as possible</p>	<p><b>At the end of each month I have:</b></p> <p>A No idea what I spent.                      B Got further in debt.                      C Just about got by.                      D Planned next months spending.                      E Saved a fair bit.</p>

**Mostly As**

**You're a debt collector's dream!** You have very little awareness of your money and this could lead to trouble. If you carry on like this you risk getting into serious debt problems. It would be a good idea to learn more about controlling your money before it's too late.

**Mostly Bs**

**You're a casual debtor.** You like to live for the moment and you don't think much further ahead than lunchtime. You usually don't know how much money you've spent or how much you've got left. If you're not careful you could be an ideal candidate for debt. A little bit of planning can make your money work better for you and help you avoid stress.

**Mostly Cs**

**You're a Smart Spender!** You enjoy spending money but not wasting it. You are reasonably in control but could benefit from a little bit of help. Getting a better grip on your money would make you feel more at ease.

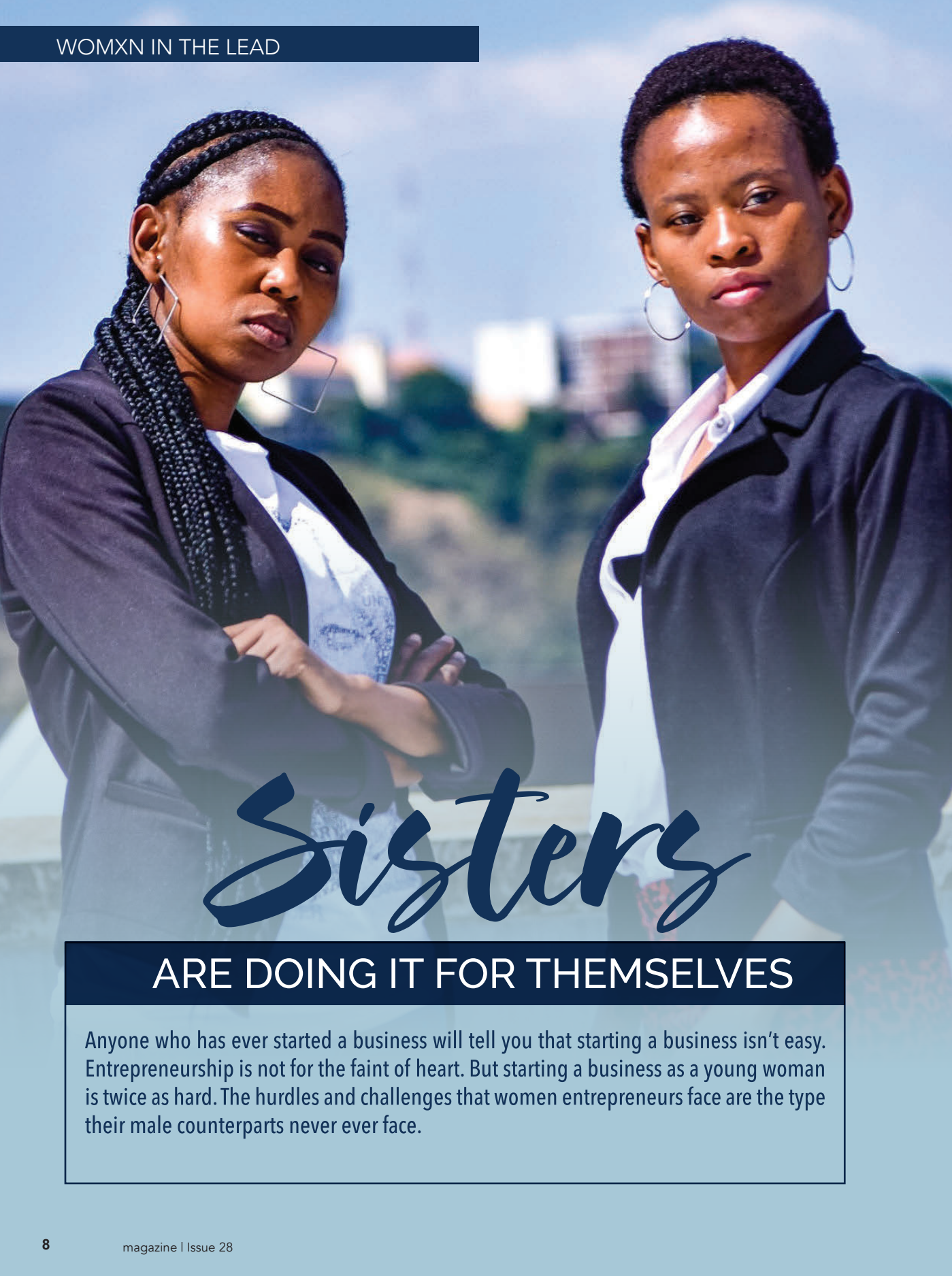
**Mostly Ds**

**You are a careful spender.** You know pretty much what happens to every penny. Unexpected expenses can cause you a real headache. Learning more about money management will help you stay in control.

**Mostly Es**

**You're a Super Saver!** The one thing you enjoy the most is having a tidy sum saved away for a rainy day. That's not a bad thing but don't let it hold you back from enjoying what your money can do for you.





# Sisters

## ARE DOING IT FOR THEMSELVES

Anyone who has ever started a business will tell you that starting a business isn't easy. Entrepreneurship is not for the faint of heart. But starting a business as a young woman is twice as hard. The hurdles and challenges that women entrepreneurs face are the type their male counterparts never ever face.

**S**isters Marcia and Amanda Khumalo are no strangers to these challenges. These entrepreneurs and business women are a true embodiment of the word tenacity. Tenacity means the determination to continue what you are doing. The sisters are owners and founders of Daily Déjà Vu, a branding and printing company based in Klipspruit.

Marcia, 38, is not new to entrepreneurship. Before joining forces with her sister, she ran a business that helped people get employment. As much as she enjoyed doing that it took a toll on her finances because she used her personal finances to run the business.

Starting a business with Amanda, 22, was a no-brainer. Amanda has a qualification in visual arts and Marcia had ventured into graphic design. Daily Déjà Vu started trading in 2019 and the sisters soon realised that as women in a male-dominated industry it is hard to gain the same level of trust and respect as men. They found themselves having to repeatedly prove themselves and showcase their work, sometimes even to people they have worked with before.

Africa is the only region in the world where more women than men choose to become entrepreneurs, yet women entrepreneurs are still marginalised and expected to work twice as hard as their male counterparts. Thanks to the patriarchal nature of our society, men are still seen as the traditional profile of a successful entrepreneur. Although things are changing in South Africa, they are doing so at a snail's pace.

The Khumalo sisters say because they are young, female and sometimes with less experience than some of their male counterparts, their abilities to deliver are always questioned and doubted. They have had to learn that the only way to earn respect in their male-dominated industry is to be confident and persistent in showing who they are and what defines them as businesswomen, when pitching their business, ideas and services.

Asked what advice they would give to their younger selves Marcia said "If I were to have a conversation with 15-year old Marcia, I would tell her that life is not all black and white, there are a lot of grey areas and the sooner she learn to work around the grey areas, the better. I would also tell her to learn to write things down at all times because ideas come when you least expect them and also in the world of business you need to write things down and never take for granted that people will keep their word. If it's in writing, you are protected."

"I would tell my younger self to believe in herself, focus on what she wants and work hard for what she wants. Hard work always pays off", added Amanda.

The sisters say they have always known that they wanted to do something entrepreneurial. Marcia's earlier attempts at starting a business is testament to that. Like all entrepreneurs will tell you, finances are a big hurdle when

## Boss Quote

**Being an entrepreneur is not easy, there are good times and bad times. Young women should accept their fears and push fiercely towards their goals. Yes, it's going to be hard. You will feel stressed and anxious, but just keep going**

**- Marcia Khumalo**

your business is still growing, Marcia cited finance as a big challenge as they have had to dig deep into their own personal money to finance the business.

There were times in the early days when they felt like giving up, when things were not working out how they wanted them to, but they didn't. They have had to make huge sacrifices and they still continue to make sacrifices to ensure their business succeeds. "Being an entrepreneur is not easy, there are good times and bad times. Young women should accept their fears and push fiercely towards their goals. Yes, it's going to be hard. You will feel stressed and anxious, but just keep going", says Marcia.

If running your business is your goal make sure you do your research into what you want to do, network and understand that building a business is going to take blood, sweat and tears. You will make mistakes, but that does not mean you're incapable. As Marcia puts it, you learn as you go by making mistakes.

"When you do decide to go it on your own and start a business it has to be something you really love and enjoy, otherwise it will not work. There will always be moments of self-doubt and days where you feel you're constantly struggling but if you love what you do those moments will build you up and make you stronger", concluded Marcia and Amanda.

An entrepreneur needs a determined belief in what they're doing, focus and single-mindedness to get things done if they're to succeed in a highly competitive marketplace. Unfortunately, the evidence still seems to indicate that if you're a female, you need that little extra something to break through the glass ceiling.

We wish the Khumalo sister well on their journey and we hope their story inspires you, the reader, to dream big and work hard to achieve those dreams.



# LINK BETWEEN FOOD, EXERCISE AND ARTHRITIS

**W**e all know someone with rheumatoid arthritis, a disease that causes pain, swelling and stiffness in a joint or joints. And normally this person is old, making us think arthritis is an old people's disease. Well, we are wrong. People of all ages, sexes and races can and do have arthritis.

Arthritis isn't a single condition and there are several different types. The four types of arthritis are:

## DEGENERATIVE ARTHRITIS

Osteoarthritis is the most common type of arthritis. When the cartilage, the cushioning surface on the ends of bones wears away, bone rubs against bone, causing pain, swelling and stiffness. Over time, joints can lose strength and the pain may become chronic.

### RISK FACTORS INCLUDE:

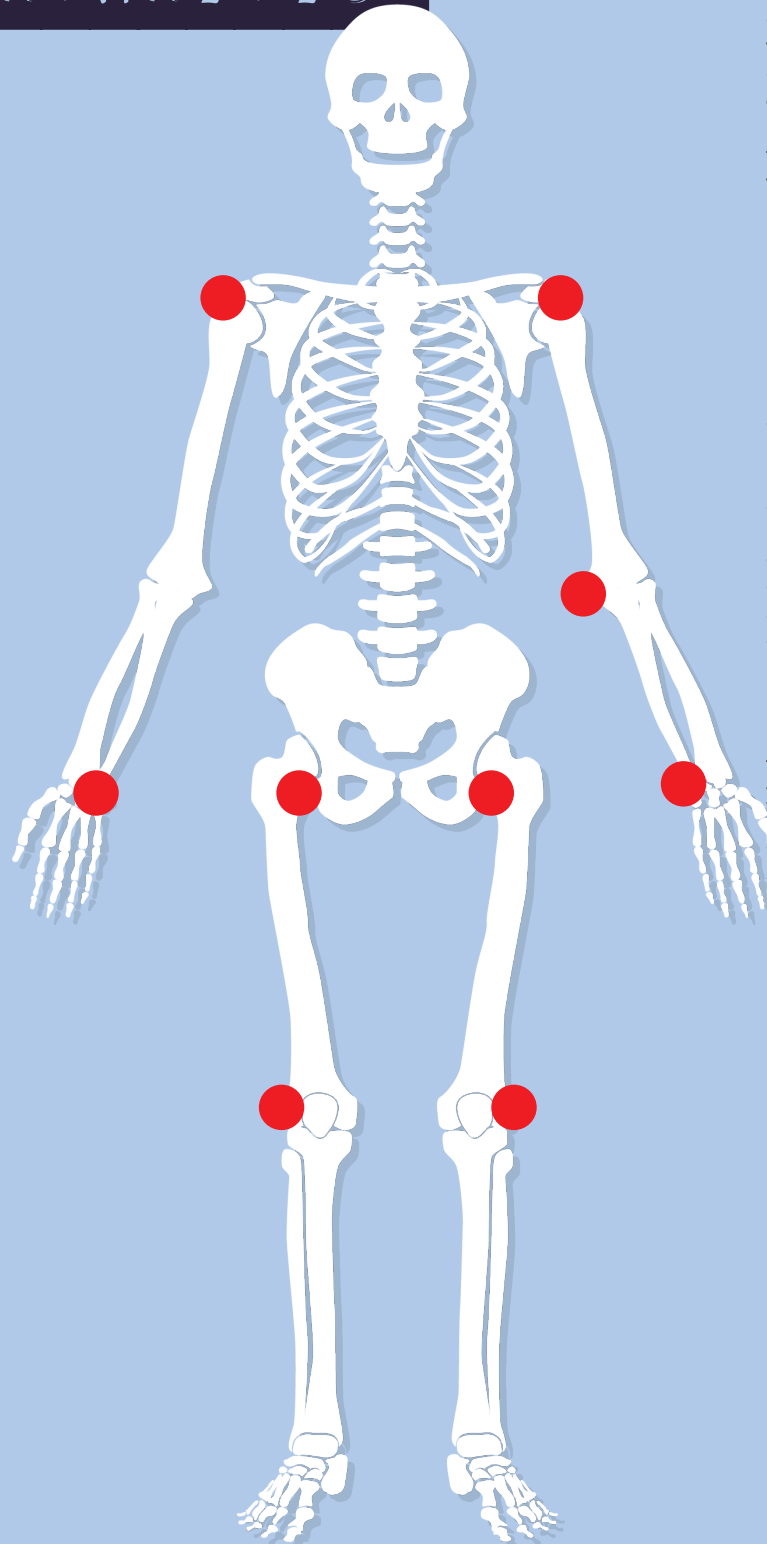
- Family history, this means you may be more likely to develop arthritis if your parents or siblings have the disorder.
- The risk of many types of arthritis increases with age.
- People who have injured a joint are more likely to eventually develop arthritis in that joint.
- Being overweight puts stress on joints, particularly your knees, hips and spine. People with obesity have a higher risk of developing arthritis.

## INFLAMMATORY ARTHRITIS

A healthy immune system is protective. It generates internal inflammation to get rid of infection and prevent disease. But with inflammatory types of arthritis, the immune system doesn't work properly and mistakenly attacks the joints with uncontrolled inflammation, potentially causing joint erosion. Inflammation can also damage to internal organs, eyes and other parts of the body. Rheumatoid arthritis is an example of inflammatory arthritis.

Environmental factors that can trigger rheumatoid arthritis include smoking. Rheumatoid arthritis generally affects people at any age and women are more likely than men to develop it. Early diagnosis and slowing disease activity can help minimize or even prevent permanent joint damage. Remission (little to no disease activity) is the goal and may be achieved by taking prescribed medication regularly.

If you have rheumatoid arthritis, you're more likely to get certain infections. That means you may have a higher chance of getting COVID-19. If you do get sick, your symptoms could be more serious than someone who doesn't have rheumatoid arthritis.



## INFECTIOUS ARTHRITIS

Infectious arthritis occurs after certain bacteria get into the joint and triggers inflammation. Examples of bacteria that can infect joints are salmonella and shigella which cause food poisoning, chlamydia and gonorrhea, which are sexually transmitted diseases and hepatitis C (a blood-to-blood infection, often through shared needles or transfusions). In many cases, timely treatment with antibiotics may clear the joint infection, but sometimes the arthritis becomes chronic.

## METABOLIC ARTHRITIS

Uric acid is formed as the body breaks down purines, a substance found in human cells and in many foods. Some people have high levels of uric acid because they naturally produce more than is needed or the body can't get rid of it quickly enough. In some people, uric acid builds up and forms needle-like crystals in the joint, resulting in sudden spikes of extreme joint pain, or a gout attack. Gout can come and go in episodes or, if uric acid levels aren't reduced, can become chronic, causing ongoing pain and disability. Most of the people who have gout are men.

Although there's no cure for arthritis, treatments have improved greatly in recent years and, for many types of arthritis, particularly inflammatory arthritis, there's a clear benefit in starting treatment at an early stage.

The bottom line, maintain a healthy body weight and eat a balanced diet. Regular physical activity, hot and cold therapies and over-the-counter pain relievers are commonly used to help manage mild to moderate osteoarthritis symptoms. Osteoarthritis may be prevented by staying active, maintaining a healthy weight and avoiding injury and repetitive movements.

## WHAT YOU CAN DO TO LOOK AFTER YOUR BODY:



- Drink lots of water.
- Eat healthy foods. Eat plenty of vegetables and fruit, avoid fried food, food high in sugar and salt and, alcohol.



- Get regular exercise. Exercise can be hugely beneficial for relieving pain and joint stiffness and stretching can be particularly helpful during a flare. Keeping active will help you maintain a healthy weight, and this will reduce the pressure on your joints. Being overweight can make you more likely to get osteoarthritis and can make it worse.
- Stop smoking.



# PREGNANT NOW WHAT?

You've just learnt you are pregnant and you are overwhelmed by feelings of confusion, fear of the unknown and helplessness. Now calmed down, you are about to make big decisions and it's important to learn about your legal rights and keep in mind that you do have many options.



## PARENTING THE BABY

If you decide you want to be a mother, talk to your parents or guardian, they'll help you navigate the emotional and physical challenges of carrying out a pregnancy and parenting. Naturally, there will be some added financial strain with regular medical check-ups, the actual delivery and buying all the necessary items for the baby after birth. Fortunately you can apply for a child grant from the Department of social well-fare which can assist you towards buying the basics that your baby will need to grow.

How to get a government child support grant:

**For more information on the government child support grant:**  
SASSA - Toll-free helpline at 0800 601 011



## ABORTION IN SOUTH AFRICA

"Abortion" is a scary word that carries a lot of stigma in our communities but know that in South Africa, it is legal for you to get an abortion up to 20 weeks of pregnancy. Choosing to terminate a pregnancy requires a lot of thought and if you choose to go this route, you will be provided with counselling by trained nurses and medical staff to ensure you are 100% sure of your choice. Pregnant teenagers do not need their parents' or guardian's consent to get an abortion, but it's advisable that you talk to them.

Remember, you have the right to a safe abortion carried out by a qualified medical practitioner. The right to healthcare, including reproductive health, is guaranteed in the Bill of Rights and the Constitution of South Africa.

For information on safe abortions:

Marie Stopes

[www.mariestopes.org.za](http://www.mariestopes.org.za) or 0800 11 77 85



## ADOPTION IN SOUTH AFRICA

This is still not spoken about much in South Africa but it is still a viable option. If you decide to put your baby up for adoption, it is a good idea to consult an accredited social worker to guide you and your family through the process.

You'll have to give written permission to put the baby up for adoption, and your parents will also have to sign-off on your decision, if you are still a minor. Please note, you can change your mind and withdraw consent within 60 days of signing the paperwork. If you know who the baby's father is and you know how to get in touch with him, you will have to tell him about the potential adoption. The law gives the father the option to challenge the process or adopt the baby himself.

## RETURNING TO SCHOOL

You might be embarrassed by falling pregnant and scared to go back to school but a good education is essential for your future and if you've decided to parent the baby, for you and your baby's financial future. Pregnancy does not mean your basic right to education disappears, and you cannot be denied access to schooling.

- Schools are not allowed to discriminate against pregnant pupils by suspending or expelling them or even by denying them to write exams.
- Schools are not allowed to stop you from returning to school after having a baby.
- Schools are not allowed to refuse to provide you with homework or tasks while you are away.
- If you do not want to return to your previous school, you could study with schools that offer distance learning. This means that you can study whilst being at home.

Ask your parents or guardian to go with you to the principal to discuss your education and pregnancy. It is important to get this meeting recorded and the agreement signed by everyone involved.

**For information on distant learning:**

**Intec College**

[www.intec.edu.za](http://www.intec.edu.za) or 0861 173 173

**Damelin Correspondence College**

[www.dcc.edu.za](http://www.dcc.edu.za) or 0860 61 61 61



# Healthy Festive Season Habits

The festive season is a tricky time to stick to a healthy eating plan. During this period, most families gather together and share good times, lots of food, and catch-up stories around the dinner table. It is also a time when you'll be surrounded by rich, sweet, and sugary food more than usual. These foods are delicious and should be enjoyed to the max. Oftentimes, we find ourselves overeating and overindulging and this can leave us feeling and sluggish. And the kids? At first, they will be hyperactive because of all the sweet, sugary foods and then they will become tired and irritable. Some will develop stomach cramps because of all the rich foods they have eaten. Not a pleasant situation.



To be able to make healthy food choices for yourself and your child, focus on fresh, healthy food rather than binging on rich and unhealthy foods associated with the festive season. Find ways to swap out ingredients in much-loved recipes for healthier alternatives to lower the amounts of fat, added sugar, salt, and calories you and your child consume. Many magazines are filled with great healthy recipes you can try out.

Looking after a child needs you at high alert every day. So, you need to have a plan on how to keep you and your child healthy, full of energy, and active while enjoying the festive season and time with family and friends. Eating more fruits and vegetables is a good start to adopting a healthy eating plan. Fruits provide vital nutrients such as potassium, dietary fibre, vitamin C, and folate (folic acid), which helps produce and maintain new cells and is great for child growth and development.

Avoid foods that need to be fried, rather choose healthier cooking methods, such as broiling, grilling, roasting, and steaming.

Serve lean meats and other good sources of protein, such as fish, eggs, beans, and nuts. Dry beans are cost-effective and very versatile. Choose whole-wheat bread and cereals so your family can get more fibre in their diet. Kids love colourful cereals and these are always full of sugar, find cereals that don't have added sugar such as oats topped with slices of banana or grated apple.

Incorporate exercise into your daily downtime as a family. Think of exercise as leading an active lifestyle, which you can do with your child, and you will be able to fit in more than you think. Starting with baby steps, such as building a walk into your daily schedule ensures that it will not get put off. In fact, your child will start reminding you about that after meals walk.

It's highly likely you and your child will be attending numerous festive season celebrations and possibly even hosting one.

FOLLOW THESE TIPS TO HELP KEEP YOU AND YOUR CHILD HEALTHY DURING THE FESTIVE SEASON.

- Bring healthier snacks. If you are visiting friends and family bring healthier snacks with you. Instead of buying a packet of chips or sweets make a fruit salad for dessert.
- Incorporate healthier substitutes. Find ways to swap out ingredients in traditional festive recipes for healthier alternatives to lower the amounts of fat, added sugar, and calories children consume.
- Make healthy drinks easy to grab. Make water easy to grab for children. To make healthier options a little more appealing to kids, make some fun ice cubes out of 100 percent fruit juice.
- Involve your kid in the preparation. Kids like helping with food preparations, so let your child be mommy's little helper in the kitchen.
- Be a healthy role model. Show your child that you eat a variety of foods and monitor your portion sizes at celebrations.
- Remember to exercise. Exercise is even more important during the festive season. Aim for an hour a day, every day.
- Reinforce regular hand washing. To help keep your child from spreading germs or contracting an illness during the festive season, teach the child to wash his/her hands regularly. Teach your child to wash hands for 30 seconds or sing happy birthday twice while washing and then dry with a clean towel.
- As a parent, set the tone when it comes to healthy eating and exercise. Show your child that as a family, you eat a balanced diet of fruit, vegetables, grains, protein foods, and dairy each day. Healthy eating also includes monitoring food portion size every day, even at celebrations and beyond.





# KEEP LOOKING FOR OPPORTUNITIES

COVID-19 has not only changed the way we do things, it is also influencing the future. Because of the pandemic, many sectors in the economy were severely affected, leading to hundreds of businesses closing down.

What we have learned out of this is that planning must be flexible enough to adapt to anything - any disruption and change in the environment. People who had one plan or one goal suddenly find themselves either out of employment, or having their businesses threatened. It suddenly is "Survival of the smartest and most innovative!"

## WHAT ARE LIFE GOALS?

They are the driving force behind everything that we do, and they are the most important things that we want to accomplish. Goals in life are often found in list form, detailing everything that someone wants to do before they die or reach a certain age. Life goals reflect our purpose in life - they are the things we want to do, to be, and to have.

Life goals are vital to the quality and direction of our lives, determining where we're going next and where we will end up further down the line. They enable us to have a plan for our lives, knowing what our aspirations are, and most importantly, putting in the hard work to realize those goals.

*They are the driving force behind everything that we do, and they are the most important things that we want to accomplish.*

## THE 5 PRINCIPLES OF CREATING

- 1 Clarity. Your goal should be clear and well-defined;
- 2 A sense of challenge. Your goal should be achievable but it should also stretch you;
- 3 Commitment. It seems obvious, but to successfully achieve your goals you need to be fully committed to them;
- 4 Getting Feedback;
- 5 Managing Complexity. In the case of the current pandemic, being able to adapt and align your goals to whatever prevailing circumstances.

*Here are four tips to find your opportunity:*



### LOOK FOR OPPORTUNITY

Before you can see an opportunity, you have to be looking for opportunity. So, always be on the look out for an opportunity.



### READ AND RESEARCH

They say knowledge is power, and it's true. You won't find opportunity without knowledge. Everything you ever want, you are just a piece of knowledge away from obtaining.



### BE WILLING TO STEP OUT OF YOUR COMFORT ZONE

You have to leave where you are comfortable. The point is, you must be prepared to do things that scare you and are new to you.



### MAKE CONTACTS

Your next opportunity might just be with someone you don't know. Sometimes setting life goals seems like a challenge but there are organisations that can help you with that. One such organisation is Harambee Youth Employment Accelerator. It is a not-for-profit social enterprise that connects job seekers with opportunities developed through partnerships with businesses—whether behind a counter at Nando's or at a desk at Deloitte.

FOR INFORMATION ON GOAL SETTING AND OPPORTUNITIES:  
**HARAMBEE YOUTH EMPLOYMENT ACCELERATOR**  
[WWW.HARAMBEE.MOBI](http://WWW.HARAMBEE.MOBI)

SUCCESS



*Goals without hard work and execution are just dreams. So it's to look for opportunities to turn your goals into a reality.*



# 16

## DAYS OF ACTIVISM

### AGAINST GENDER-BASED VIOLENCE

Gender-based violence is a chronic global problem, occurring in every culture in all societies.

It is any form of conduct carried out by individuals in private or in the public sphere targeting an individual or group because of their gender identity - so, it could be women, girls, boys, men and LGBTQIA people. It is any conduct that is meant to make an individual feel powerless and unworthy. Gender-based violence can be violent or non-violent.

However, South Africa has particularly high and worrying rates of gender-based violence targeted primarily at women, girls and LGBTQIA people.

Gender-based violence can be categorised as follows:

#### PHYSICAL VIOLENCE

This is the intentional use of physical force, used with the potential for causing harm, injury, disability or death. This includes, but is not limited to:

- Scratching, hitting, punching, pushing, shoving, grabbing, biting, slapping, punching
- Choking
- Burning
- Use of a weapon
- Use of restraint or one's body against another person
- Coercing partner into substance abuse
- Damaging personal property



#### SEXUAL VIOLENCE

This involves a sexual act being committed or attempted against a victim who has not freely given consent, or who is unable to consent or refuse. This includes, but is not limited to:

- Forced, alcohol/drug-facilitated or unwanted penetration
- Sexual touching, or non-contact acts of a sexual nature
- A perpetrator forcing or coercing a victim to engage in sexual acts with a third party also qualifies as sexual violence
- Coercing partner to have sex without protection / sabotaging birth control

#### PSYCHOLOGICAL VIOLENCE

This is emotional or mental abuse and includes verbal and non-verbal communication used with the intent to harm another person mentally or emotionally, or to exert control over another person.

The impact of psychological violence can be just as significant as that of other, more physical forms of violence, as the perpetrator subjects the victim to behaviour which may result in some form of psychological trauma, such as anxiety, depression or post-traumatic stress disorder. This includes, but is not limited to:

- Name calling, insulting
- Blaming the partner for everything
- Extreme jealousy
- Intimidation
- Shaming, humiliating
- Isolation
- Controlling what the partner does and where the partner goes
- Stalking.

#### TECHNOLOGICAL ABUSE

This type of abuse include the following behaviours:

- Hacking into a partner's e-mail and personal account

“THIS INVOLVES A SEXUAL ACT

BEING COMMITTED OR ATTEMPTED

AGAINST A VICTIM WHO HAS NOT

FREELY GIVEN CONSENT”

- Using tracking devices in a partner's cell phone to monitor their location, phone calls and messages
- Monitoring interactions via social media
- Demanding to know partner's passwords

#### NEGLECT

This is a type of abuse which occurs when someone has the responsibility to provide care for an individual who is unable to care for self, but fails to do so. Neglect may include:

- The failure to provide sufficient supervision, nourishment or medical care
- The failure to fulfil other needs for which the victim cannot provide themselves.

You need to speak up, we need to collectively speak up against gender-based violence. We need to support one another as women and speak up against gender-based violence. When your friend tells you she has been violated believe her and support her, until the contrary has been proven. To thrive, gender-based violence needs silence, shame, and fear. It needs the darkness of secrecy to gain strength.

You can approach the following services for help:

You can approach the following services for help:

Stop Gender Violence helpline:  
0800 150 150 | SMS: 32074 | WhatsApp: 0849228808

National crisis number:

0861322322

Report neglect or GBV of a child:

0861 4 CHILD (24453)

SAPS: 08600 10111

Childline: 08000 55 555

Report any GBV of children and women to the Department of Social Development : 0800 220 250

LifeLine 24-hour crisis helpline: 021 461 1111





# A PANDEMIC ON TOP OF AN EPIDEMIC

Within just nine days of the national lockdown declared by President Cyril Ramaphosa - which began at midnight on the 26 March 2020 - over 2 300 complaints of gender-based violence were registered by the South African Police Service.

The gendered impacts of the COVID19 pandemic had already begun to be felt even before the middle of the planned 21-day lockdown.

As an intersectional feminist institute working with women and girls and the communities they live in, the Soul City Institute is acutely aware that women and girls, who carry a disproportionate amount of the unpaid labour in homes in South Africa, could carry a disproportionate burden of the impact of the pandemic. With school closures, the additional burden of child-care invariably fall onto women and girls, as well as caring for other vulnerable, ill or aged family members.

As an advocacy implementation partner to the Department of Health, Soul City's work straddles health, education and social development. Most of the health-care sector is comprised of women and are thus likely to be most impacted by COVID19, a pandemic that will exacerbate the burden on the country's already strained health-care system. The livelihoods of women traders are also likely to be severely impacted by the closure of spaza shops, that travel bans would prevent thousands of women migrant workers reaching their children.

The lockdown increased women and girls risk of exposure to rape and other forms of gender-based violence and intimate partner violence, as the 2 300 reported within the first two weeks illustrated. The COVID19 pandemic brought further strain to the health-care system already buckling under the weight of widespread GBV.

"Womxn and girls are faced with a 'double whammy' of Covid19 related trauma," says Phinah Kodisang, CEO of the Soul City Institute

"GBV undermines the safety, dignity, health and human

rights of thousands of womxn and girls. Many of whom are now locked down in isolation with those they fear the most,"

Soul City Institute, along with all other organisations and companies complied with the national lockdown and suspended its activities, including its mobilisation efforts in partnership with the NDOH to create demand for HIV prevention services and to ensure that adolescents and youth living with HIV are identified and referred appropriately to relevant services.

SCI's work in advocacy on sexual and reproductive rights and health is rights-based, evidence-informed, and community-owned and uses a mix of biomedical, behavioural, and structural interventions, prioritised to meet the current HIV prevention needs of individuals and communities, so as to have the greatest sustained impact on meeting the objectives of DoH's She Conquers campaign.

Interrupted access to sexual and reproductive health is one of the recognised gender impacts of pandemics. The COVID19 pandemic and lockdown expose young women and girls to even higher risk of HIV infection. Young women are already vulnerable due to behavioural and socio-economic factors such as transactional sex, age-disparate sex, low condom use and exposure to gender-based violence (GBV). Other barriers to HIV prevention and care include stigma and negative attitudes of health care workers – obstacles likely to be exacerbated during the COVID19 health-care crisis.

As South Africans adhered to the restrictions imposed on everyone to stay at home, the lockdown brings into stark relief the interconnectedness of the human right to health, social security, access to water and sanitation, and education. The swift official responses to the COVID19



Discuss in your club:

Invite a social worker to tell your club more about emotional abuse, how to identify it and where to get help.



# You've got a friend

## USING TECHNOLOGY TO FIGHT THE SCOURGE OF DOMESTIC VIOLENCE.

**W**omen trapped in domestic violence, often suffer loneliness and isolation. These, coupled with the inability to access resources, often exacerbate the trauma of intimate partner violence – for women and children.

The Soul City Institute, in partnership with AI for Good, a UK based tech organisation specialising in developing artificial intelligence (AI), has developed rAlnbow a digital platform that uses AI and storytelling to help survivors of domestic violence.

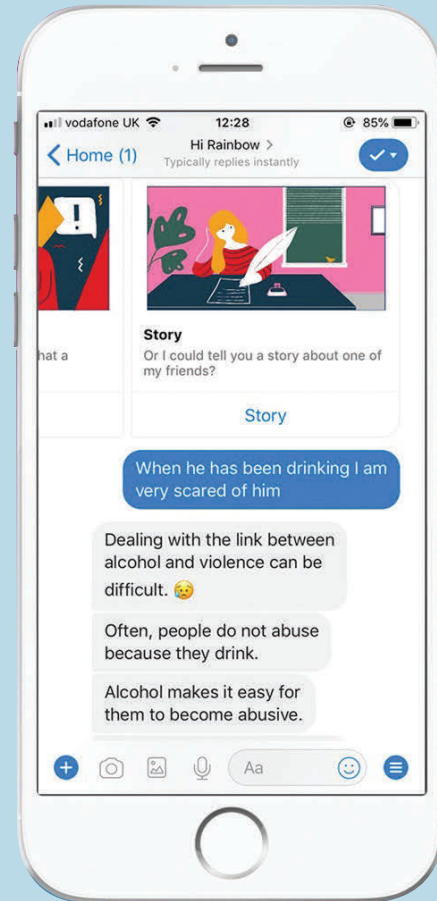
As an intersectional, feminist organisation internationally and locally recognised for its expertise in Social and Behaviour Change Communication (SBCC) with a particular focus on Sexual and Reproductive Health and Rights (SRHR) and Violence Against Women (VAW), SCI recognises social media as a critical tool for advocacy, social mobilisation and support for vulnerable women.

87 000 cases of gender-based violence were reported to the South African Police Service during the first week of the 21-day national lockdown in March 2020. The national exacerbated the burden of unpaid care work on womxn and girls and increased their risk of exposure to rape and other forms of gender-based violence and intimate partner violence.

Gender-based violence (GBV) is a human rights violation and in SA it already presents a significant challenge to public health.

Girls and young womxn are placed at heightened risk of GBV during lockdown as the 87 000 reported cases demonstrate.

"GBV undermines the safety, dignity, health and human rights of thousands of womxn and girls. Many of whom are now locked down in isolation with those they fear the most," says Phinah Kodisang, CEO of the Soul City Institute



Womxn and girls are faced with a 'double whammy' of Covid19 related trauma.

"Womxn and girls are faced with a 'double whammy' of Covid19 related trauma."

rAlnbow is intended to empower women with information in a confidential and secure way. A confidential and anonymous resource like Rainbow becomes even more critical when there is a fear of an abusive partner who can hear everything under lockdown.

rAlnbow – available for free and for 24 hours, seven days a week on Facebook Messenger and via the web [www.hirainbow.org/covid-19] - uses storytelling to help survivors of domestic violence find support through prevention, intervention and access to resources.

rAlnbow is a safe and anonymous space that is available simply by typing "Hi Rainbow" into Facebook Messenger.

In designing it, the SCI used key challenges raised by survivors during our research, to ensure that rAlnbow is a non-judgmental and unbiased companion and that users can reach out anonymously and in private, without the fear of being stigmatized in their communities.

Recognising that privacy and access to help are often difficult for women in domestic violence situations, users can chat at whatever time is convenient for them, quickly leave the conversation if they need, and return at a later stage to continue it.

Support is available whenever someone needs it, not just during "opening hours". This is of vital importance for the safety of victims who might be living with their perpetrators.

Recognising that GBV is a social issue, the tool is also easy to understand and available to anyone looking for support - victims, friends or family members. It provides a discreet and safe means of communication. Women who fear being overheard calling a helpline or trying to find a women's shelter, can use rAlnbow's text-based feature.

Recognising the diversities of cultures, languages and customs in the country, the SCI has sought to ensure that rAlnbow is culturally sensitive and easy to understand language. rAlnbow has been designed to understand informal texting, low literacy, legal jargon and common misspellings.

rAlnbow's tries to reflect the stories and characters represent the diversity in community and culture of South Africa so that scenarios feel familiar to those seeking help.

Topics covered in rAlnbow include understanding what is an unhealthy relationship, what are the different kinds of domestic violence (physical, psychological, financial etc), how to get help, stories of women's experiences that resonate and catalyse action. In the next 6 months we are adding a range of content dealing with inter alia,

Support is available whenever someone needs it, not just during "opening hours". This is of vital importance for the safety of victims who might be living with their perpetrators.

information on Protection Orders, how to gather evidence for court, pressing charges, divorce and children's rights in the context of domestic violence.

Since its inception in late 2018, rAlnbow has had 17, 652 unique users with a total of 821,802 messages exchanged. With the advent of COVID-19, there has been a 103% increase in active users and 60% increase in new users. 5pm and 11pm have been the busiest times, with almost equal traffic every day of the week.

rAlnbow also includes COVID19 related content, including information on what services are still open and accessible during lockdown to women in need of help.

At the core of SCI's advocacy work is a commitment to use the provisions of the Constitution of Republic of South Africa, including laws and policies, to ensure that human rights of young women and girls are promoted and protected.

Access to information is critical for women to make informed choices. Understanding their rights and the legal processes intended to protect them from intimate partner violence is critical to women and girls exercising their rights and seeking recourse and protection from the law.

**rAlnbow - artificial intelligence, used for good – is an informed, available, 'friend', that can break the loneliness and isolation of intimate partner violence. All you have to say is "Hi Rainbow" and you'll find a friend.**





# I LIKE MY HAIR *natural*



The natural hair look is receiving a lot of love! Who would have thought that in 2020 we would have a Miss South Africa who went on to be the reigning Miss Universe while rocking her natural hair? Because of young women like Zozibini Tunzi millions of young women and girls were inspired to embrace natural hair of all lengths, shapes and size.

To take care of your natural hair you need you know your hair type, so you can use the right products for your hair. Much like understanding your skin type is important to effective skincare regimen.

To determine your exact hair type and what that means for your daily hair care routine you need to know the following:

### HAIR TEXTURE

Hair texture generally refers to the natural shape or pattern of your strands. To determine your hair texture, leave your hair free of products and let it air dry the next time you wash your hair. If it dries straight without a bend or curl, then your hair is straight (type 1). If it dries with a slight curve or "S" shape, then it is considered wavy (type 2). If it dries with a defined curl or loop pattern, it's likely curly (type 3), while tight curls, spirals, or zig-zag patterns are considered coily (type 4).

### HAIR STRUCTURE

What is the thickness of the strands? Generally, your hair can fall into three categories: fine, medium, and coarse/thick.

- Fine hair is often delicate and typically can't hold curls very well.
- Medium hair is relatively easy to style and will hold its shape for a longer period of time.
- Thick hair can hold curls very well but can often be difficult to style as it's typically less supple.

### HAIR POROSITY

Hair porosity is the ability for your hair to absorb and retain moisture. If your porosity is low, your hair will not absorb moisture easily, if it's high it will absorb water and product easily but product and moisture will quickly escape.

Hydrate and moisturize your hair daily. Spray your hair with water for moisture and seal in the moisture with oil. A combination of water and oil keeps your hair super hydrated and moisturized when you apply it daily. It works AND it's inexpensive!



## FUN & GAMES

Do you know your health facts? Do you enjoy puzzles? Test your knowledge by completing this crossword puzzle.

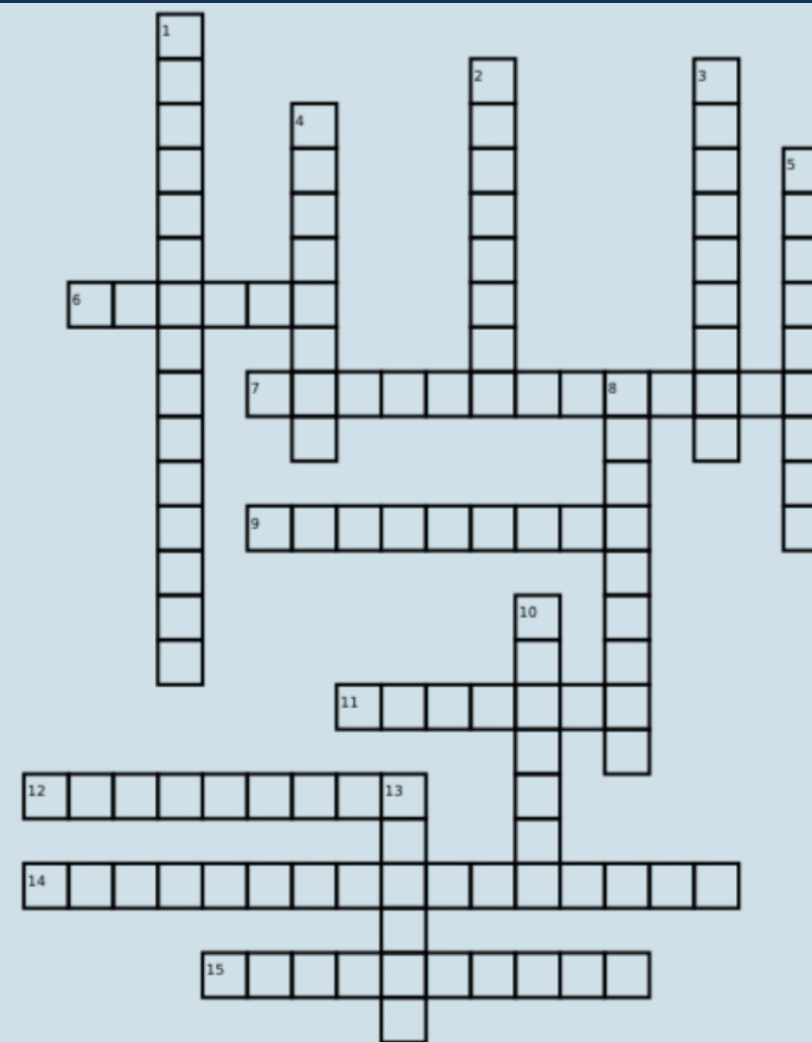
### QUESTIONS:

#### Down:

1. Medication that fights HIV.
2. You can withdraw consent within 60 days of signing the paperwork.
3. Type of sexually transmitted infection.
4. It is legal for up to 20 weeks of pregnancy.
5. One of the symptoms of active TB.
8. Fetching and taking medication on schedule and as prescribed.
10. They are 98 percent effective in preventing pregnancy.
13. One of the reasons for non-adherence to HIV treatment.

#### Across

6. A person with this TB cannot infect others.
7. This is key in healthy relationships.
9. The cushioning surface on the ends of bones.
11. A long-term health condition that require ongoing medical attention is called this.
12. Causes pain, swelling and stiffness in a joint or joints.
14. This contributes to mental and emotional health.
15. Affects people at any age and womxn are more likely to develop it than men.



ANSWERS: DOWN: 1. Antiretrovirals 2. Adoption 3. Chlamydia 4. Abortion 5. Tiredness 8. Adherence 10. Condoms 13. Stigma ACROSS: 6. Latent 7. Communication 9. Cartilage 11. Chronic 12. Arthritis 14. Healthy lifestyle 15. Rheumatoid

ANSWERS



# TECHNOLOGY THAT KEEPS YOU SAFE

The MySafetipin app gives information about a location based on scorecards to help the user identify which places are safe and which are not. With an intent to make public spaces safer for womxn.



Lihle Hlengwa, 36

WE ASKED LIHLE HLENGWA, 36, FROM KWANDENGEZI IN KWAZULU-NATAL SHARE HER EXPERIENCE WITH THE MYSAFETIPIN PROJECT.

**Rise: How and when were you introduced to the MySafetipin App?**

Lihle: I was introduced to the MySafetipin app in 2019. I work with an organisation called Ethembeni, that works with and offers counselling to kids. I was approached by Soul City to offer the training and I was an ideal candidate.

**Rise: How did you find the App, was it easy to use, do you think other young women would find it user friendly?**

Lihle: The App is very user friendly and indeed other young womxn would find it as user friendly as I did. I do

think though that the App was created for urban areas because as some of the questions it asks are not relevant to rural areas.

**Rise: How did you view your safety as a young woman in your community before using the App?**

Lihle: I grew up in the area and know the place very well and know which areas are hotspots and which are safer. But the app made me more aware of some other areas that I didn't think were risky.

**Rise: Tell us about the audits you conducted in your community, and the spaces that you audited.**

Lihle: I was able to gather groups of people that travel at the same time, for example the 5am clubs, and assisted them to gather together in one area instead of being scattered and risking being in danger as its still dark at those times.

**Rise: Did your views about young women's safety in your community change after the audits, if yes, how?**

Lihle: It did because we are now more aware of our surroundings

**Rise: How do you and the other young women who were part of the audits intend to use the information that will come from the data analysis?**

Lihle: We want to help other women know where the safer areas are and which groups to join when traveling at a particular time.

**Rise: Final comments, why should other young women download the App?**

Lihle: MySafetipin is a safety map should one need to visit neighbouring areas that one is not familiar with. You can check for safer routes and high-spot area. It's a must have for all.

YOU CAN DOWNLOAD MYSAFETIPIN ON GOOGLE PLAY AND APP STORE.

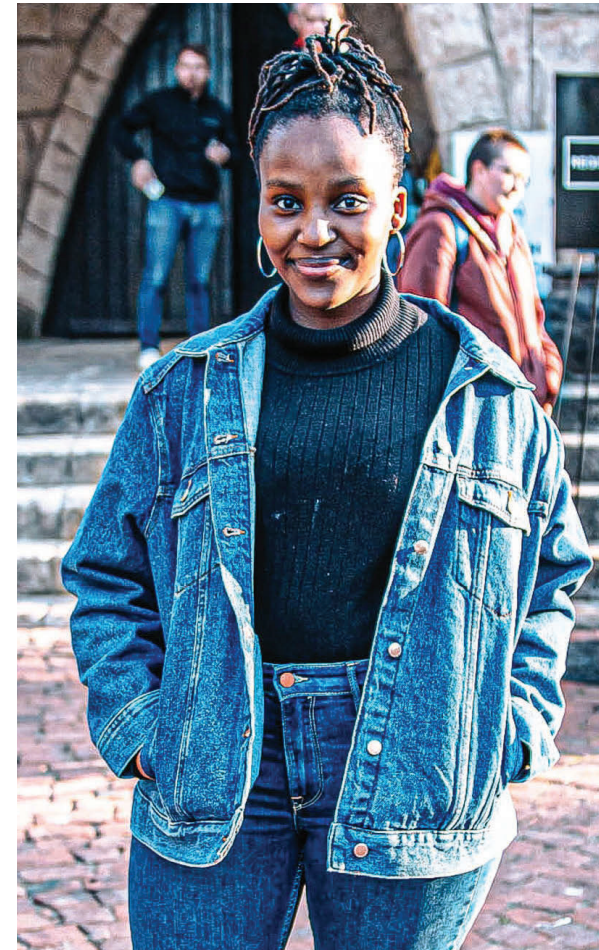


## MY MUNICIPALITY

Services you can expect to receive at you municipality:

Please see below what services you can expect to receive from your municipality.

- Electricity delivery
- Water for household use, sewage and sanitation
- Stormwater systems
- Refuse removal
- Firefighting services
- Municipal health services
- Decisions around land use
- Municipal roads
- Municipal public transport
- Street trading
- Abattoirs and fresh food markets
- Parks and recreational areas
- Libraries and other facilities Local tourism



The department of Corporate governance has a mobile community engagement platform (please see the illustrations below on how to engage with your municipality on service delivery including COVID related enquiries).



cooperative governance

Department: Cooperative Governance REPUBLIC OF SOUTH AFRICA



A whatsapp and Facebook Messenger based community engagement platform implemented at national level; Add the GovChat number 082 046 8553 and Whatsapp "Hi or follow on Facebook Messenger

Log municipality service requests directly with your municipality; know your ward councillor & traditional councillor; rate and report over 60 000 government facilities country-wide.

### COVID FEATURES:

- Live reporting of symptoms
- Use Location pins to find the closest
- Report violations of COVID-19
- Apply for SASSA Social Relief of Distress Grant



## GETTING INTO THE *Condom Habit*

Sex is a beautiful thing when done freely and comfortably. Sex is not only about the sexual act itself, it's also about conversations and understandings reached in terms what you are each comfortable with.

It is during these conversations you need to talk about sexual reproductive health, STIs, unwanted pregnancies and contraceptives, in particular the use of condoms. It is important for you to be assertive in your communication, while being honest and respectful of yourself and others.

There are two types of condoms available on the market, the male condom and the female condom, and they can be made from latex rubber, polyurethane, or lambskin.

A condom is only 95 percent to 98 percent reliable even if used correctly, so it is advisable to use condoms with another form of contraception, for example, the pill or the IUD.

### ADVANTAGES OF THE MALE CONDOM

- The male condom can protect both partners from sexually transmitted diseases (STIs), including chlamydia, gonorrhoea, and HIV.
- They have a high success rate as a contraceptive method when used properly.
- They do not need advance preparation, so are suitable for unplanned sex.
- You can get them for free at your local clinic.

### DISADVANTAGES OF THE MALE CONDOM

- Excessive friction during intercourse may cause the condom to tear and may result in an unwanted pregnancy. This can be avoided by waiting a while before covering the penis with the condom during sexual intercourse.
- Condoms cannot be used with oil-based lubricants, only water-based ones.
- After ejaculation, the male must pull out the

Condoms are

98% Effective in preventing pregnancy



of the vagina before the penis becomes flaccid to avoid the condom slipping and accidentally releasing the semen into the vagina. This may be difficult to do every time. Incorrect removal and disposal of the condom may cause unintended pregnancy.

- In most cases, there are no medical side effects from using condoms, unless you are allergic to latex.

### ADVANTAGES OF THE FEMALE CONDOM

- Female-controlled
- Can be used during menstrual periods
- Can be used with spermicide

You can get them for free at your local clinic.

### MAKING THE RIGHT DECISION FOR YOU

As a young person discovering him or herself as a person, it is imperative to get to know yourself as an individual. This knowledge of self builds your self-esteem and gives you a voice to express your choices about your own body, your likes, and dislikes. This includes learning more about your sexuality and reproductive health since they go hand in hand.

Communication is the key to a healthy relationship. Choose partners who you feel good around and who treat you well. Your partner should respect your wishes, feelings, and the decisions you make about your body.

Be that assertive person who sees their needs and feelings as important, and is able to share them in a clear, confident, and respectful way. This includes asking for what you want or giving people an honest "no" to things you do not want.

Condoms are 98 percent effective in preventing pregnancy, but since people do make mistakes, they are around 82 percent effective in actual use. Using a condom with another type of contraceptive, such as the contraceptive pill, offers additional protection from both pregnancy and STIs.

- Can be inserted up to 8 hours in advance or as part of sexual foreplay
- Can be used by people who are allergic to latex
- Can be used with silicone-, and water-based lubricants
- Does not require a male erection to keep it in place
- They put the control back in your hands and best of all, you can get them for free at your local clinic.

### DISADVANTAGES OF THE FEMALE CONDOM

- It may lead to vaginal irritation, allergic reaction, vaginal discomfort



# Positive Mindset, Positive Life

If you have HIV, it's important to take care of both your physical health and your mental health. The physical part has to do with adhering to your treatment to help your body fight the virus but you need a healthy and strong mental and emotional outlook to be able to adhere to treatment.



## First let's address the physical part...

Unlike other chronic diseases, the rapid replication and mutation rate of HIV means that high levels of adherence are required to achieve a long lasting suppression of viral load. Poor adherence also increases the risk of developing resistance to ART, medication failure, viral mutations and the transmission of HIV.

Adherence has to do with fetching new prescription on time, taking medication on schedule and as prescribed.

Non-adherence reduces the effectiveness of prescribed medicines and may lead the prescriber to escalate treatment unnecessarily and potentially dangerously.

There are a number of reasons for non-adherence. Some of the most reported reasons to non-adherence are stigma, disclosure, unemployment, lack of transport, insufficient feeding, disability grants and alternative forms of therapy.

Where adherence can be improved for simple reasons of forgetfulness or a busy schedule, there are several methods to assist people living with HIV to take their medication.



## The following things you can do on your own:

### Set reminders

Individuals can set themselves daily reminders to ensure they take their medication. Use a smart phone or simply a mark on the calendar at home can help with this.

### Make taking meds part of your daily routine

Associating medications with daily activities can assist with adherence. For example, the medication can be associated with morning rituals such as brushing teeth or drinking coffee.

### Now let's talk about what mental and emotional health entail...

Life in general is stressful and living with a disease like HIV or other chronic illness can add to that stress. A healthy lifestyle contributes to mental and emotional health. Ensuring that you stay healthy will help your immune system fight off infections, including COVID-19 should you get infected with it.

## STAYING HEALTHY MEANS:

- **Eating healthy food**

Eating a nutrient-rich healthy diet is important for mental and physical health in people with HIV.

- **Regular exercise**

Many studies have shown that regular exercise can help to improve mood and counter anxiety, stress and depression.

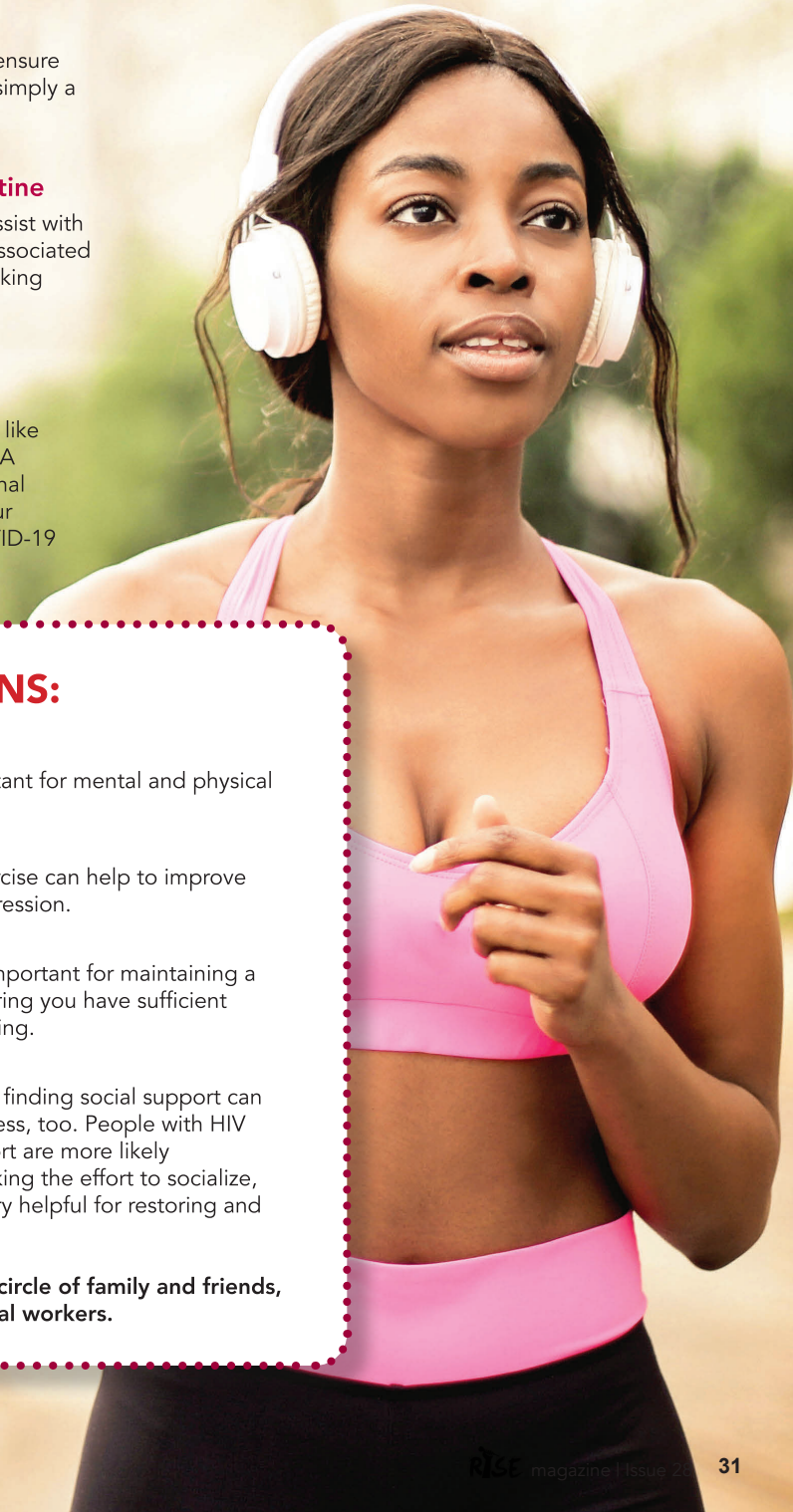
- **Getting sufficient sleep**

Getting a good night's sleep is also very important for maintaining a good mood in general, as well as for ensuring you have sufficient energy to address your health and well-being.

- **Time with friends and family**

Spending time with friends and family and finding social support can contribute significantly to emotional wellness, too. People with HIV who are isolated or have little social support are more likely to experience depression and anxiety. Making the effort to socialize, or joining a peer support group can be very helpful for restoring and maintaining good emotional health.

**In addition to finding support within your circle of family and friends, reach out to healthcare providers and social workers.**





# CHRONIC ILLNESSES - LATENT TB

**A chronic illness is a long-term health condition that last one year or more, may not have a cure and require ongoing medical attention.**

Tuberculosis (TB) is a chronic disease caused by a germ called Mycobacterium tuberculosis that is spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. When a person with infectious TB coughs or sneezes, droplets of the TB bacteria are expelled into the air. If another person inhales air containing these droplets, he or she may become infected. However, not everyone infected with TB bacteria becomes sick. As a result, there are two TB-related conditions: latent TB infection and TB disease.

### What is Latent TB Infection?

Persons with latent TB infection do not feel sick and do not have any symptoms. They are infected with the TB bacteria but do not have TB disease. The only sign of TB infection is a positive reaction to the tuberculin skin test or TB blood test. Persons with latent TB infection are not infectious and cannot spread TB infection to others.

Overall, without treatment, about in 10 people with latent TB will develop active at some point in their lives. It is possible to become ill with active TB many years after you breathe in TB bacteria. Treatment is the only way to remove the TB bacteria from your body. For persons whose immune systems are weak, especially those with HIV infection, the risk of developing TB disease is considerably higher than for persons with normal immune systems.

### A person with latent TB infection...

- Usually has a skin test or blood test result indicating TB infection
- Has a normal chest x-ray and a negative sputum test
- Has TB bacteria in his/her body that are alive, but inactive
- Does not feel sick
- Cannot spread TB bacteria to others
- Needs treatment for latent TB infection to prevent TB disease; however, if exposed and infected by a person with multidrug-resistant TB or extensively drug-resistant TB, preventive treatment may not be an option



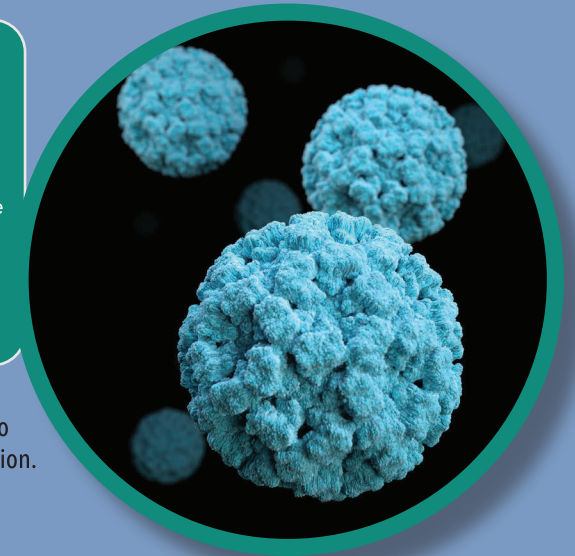
### People who should get tested and treated for latent TB include:

- HIV-infected persons
- Recent contacts to a patient with active TB disease
- HPersons with fibrotic changes on chest radiograph consistent with old TB
- Organ transplant recipients

If you have latent TB and in good health, you are unlikely to be at more at risk from COVID-19 than the general population.

Even though you are not feeling sick or showing any symptoms of active TB it is important to go on treatment to remove the bacteria from your body. Prevention is better than cure.

The treatment for latent TB is often shorter than treatment for active TB, and it involves less medication. These are all good reasons to treat the latent TB bacteria while you are healthy and before they have a chance to wake up.



### Taking latent TB medication?

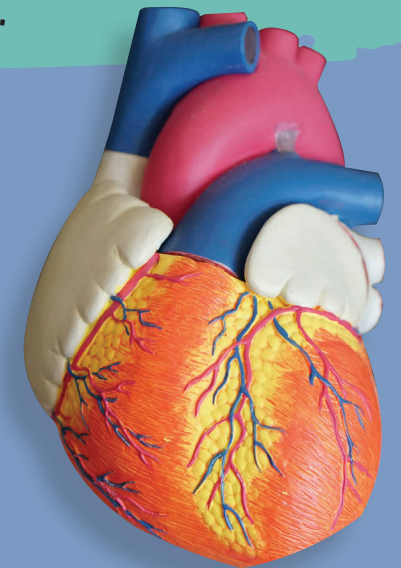
It is important that you take your medicine regularly and complete the full course, to make sure all TB bacteria are removed from your body.

**If you complete your treatment as prescribed, your risk of developing active TB is much lower. However, it is possible you could breathe in the TB bacteria again in future.**

### The most common symptoms of active TB are:

- A cough which lasts for three weeks or longer
- Fever (a high temperature)
- Has TB bacteria in his/her body that are alive, but inactive
- Night sweats
- Weight loss
- No appetite
- Chills
- Tiredness

If you develop these symptoms you should go see your doctor or visit your nearest clinic. Treatment is free from a government clinic. The people you live with need to be checked to see if they too have TB.





# UNDERSTANDING EMOTIONAL ABUSE

There are many types of behaviours that are emotional abuse but have been normalised by society and are condoned. This makes it easy to miss the persistent undercurrents of emotionally abusive behaviour.



**T**he different types of emotional abuse. Emotional abuse is a way to control another person by using emotions to criticise, embarrass, shame, blame, or otherwise manipulate another person. In emotionally abusive relationships, there is a consistent pattern of abusive words and bullying behaviours that wear down a person's self-esteem and undermine their mental health.

## Examples of emotional abuse:

- Name-calling: They'll blatantly call you "stupid", "a loser", words that are meant to degrade you.
- Character assassination: This usually involves the word "always." You're always late, wrong, messing up, disagreeable, and so on. Basically, they say you're not a good person.
- Screaming: Shouting, screaming, and swearing are meant to intimidate and make you feel small and inconsequential. It might be accompanied by fist-pounding or throwing things.
- Insults of your appearance: They tell you, just before you go out, that your hair is ugly or your outfit is clownish.
- Belittling your accomplishments: Your abuser might tell you that your achievements mean nothing, or they may even claim responsibility for your success.
- Public embarrassment: They pick fights, expose your secrets, or make fun of your shortcomings in public.



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## How to identify emotional abuse

The abuser could be your parent, spouse, business or romantic partner or a caretaker. They will use psychological tricks such as words and actions to frighten, control or isolate you.

It is their persistence in these behaviours that will rattle your cage and chip away at your self-esteem and you will begin to doubt your perceptions and reality.

## The psychological impact

If you feel wounded, frustrated, confused, misunderstood, depressed, anxious, or worthless any time you interact with that person, chances are high that your relationship is emotionally abusive.

Emotional abuse can cause a number of health problems including everything from depression and anxiety to stomach ulcers, heart palpitations, eating disorders, and insomnia.

Taking back your power from an abuser is never easy. By being honest about what you are experiencing, you can begin to take control of your life again.

In most cases you find that the victim is very dependent on his or her abuser. For everything that they do, they have to seek approval from the abuser or are worried about his or her reaction.

They need this to boost their own self-esteem, because they have forgotten how to be any other way. It is a vicious circle of unhealthy behaviour.

## Noticeable signs of emotional abuse include the following:

- Depression
- Loss of self-confidence or self-esteem
- Social withdrawal or a loss of interest or enthusiasm in normal life.

## Where to go for help

In 1998, South Africa adopted the campaign to contribute to a society that is free of violence and to raise awareness about the negative consequences of abuse against women and children. There are many organisations which help people who are being abused.

Reporting the abuse is the first step in helping a victim of abuse to get away from the abuser or the abusive environment. Trying to intervene in the situation might put the victim in danger.

For help, contact the following organisations:

- **People Opposed to Woman Abuse (POWA)**  
[www.powa.org.za](http://www.powa.org.za)  
076-694-5911
- **Stop Gender Violence**  
[www.lifelinesa.co.za](http://www.lifelinesa.co.za)  
0800-150-150
- **Childline South Africa**  
[www.childline.org.za](http://www.childline.org.za)  
08000-55-555
- **Child Welfare South Africa**  
[www.childwelfarea.org.za](http://www.childwelfarea.org.za)  
087-822-1516
- **Family and Marriage Association of SA (FAMSA)**  
[www.famsa.org.za](http://www.famsa.org.za)  
011-788-4784

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# 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

## DEAR RISE,

I want to have sex but I want to make sure that I am properly protected, which confirms are the most effective?

REGARDS,  
UNSURE

## DEAR UNSURE,

What type of condom gives you the most protection? The kind you will use correctly, each and every time! There are two types of condoms on the market - the male condom and the female condom. The male condom is worn around the man's penis and the female condom you insert you inside your vagina. Both are safe when worn and used properly. There are also different brands of condoms, try them until you find one that works for you.

**YOU CALL ALSO CALL  
CHILDLINE: 0800 55 555**

## DEAR RISE,

How will I know if I'm infected with a sexually transmitted infection (STI)?

REGARDS,  
CONCERNED

## DEAR CONCERNED

Sometimes you can tell by looking, and sometimes you can't. Some infections cause pain when urinating, or cause a discharge to come out of the vagina. Some infections cause sores or blisters or bumps on the genital region. These sores can spread infection very easily, so definitely do NOT have sex with someone with suspicious looking sores on their genital regions. It isn't uncommon for someone to try and blame a sore or bump on something like acne or an ingrown hair, but it's better to be safe than find out you got an STI. But many people who have infections don't have any pain or any breaks in the skin. This doesn't mean you can't get an infection from them, it just means that there is no way to be really sure by looking. Even doctors can't see some infections, but they have tests that will show if a person has an infection or not. The best way to avoid infections if you are going to have sex is to make sure that you use a condom - male or female- from the beginning of sexual contact to the end.

## DEAR RISE,

I love my boyfriend but he is always telling me how to dress and act. He makes me feel like I am not good enough. This makes me feel very uncomfortable. What should I do? Please help.

REGARDS,  
INADEQUATE

## DEAR INADEQUATE,

First of all there is nothing inadequate about you. You are enough, nothing in you needs to change to be loved. Sometimes relationships look right on the surface, but feel wrong deep down. Try talking to your boyfriend and tell him how it makes you feel when he says the things he says to you. Communication is very important in a relationship. If he continues to make you feel uncomfortable after you've had the conversation you have a decision to make. Remember you always have a choice and each choice has consequences. Whatever choice you make, remember, you are enough.

## DEAR RISE,

I have just found out I'm pregnant and I don't know what to do. I'm too scared to tell my parents. I want to finish school and I am also not ready to be a mother. What should I do? What options do I have?

Regards,  
Scared

## DEAR SCARED

The first thing you need to do is tell your parents, you need their support. There are three options to consider. Keeping the baby, terminating the pregnancy or giving the baby up for adoption. Many pregnant young women keep their babies. Some choose to marry their partners and raise the baby together. Others rely on family support to raise the baby. Although completing school and getting a good job can be challenging, it can be accomplished with hard work and help. Raising a baby is challenging, so you are going to need your parents' support - financial and emotional.

Whatever option you choose you can still go to school and finish your studies. You are allowed by law to continue with your education throughout your pregnancy. Please go speak to your school principal with your parents to discuss your education during your pregnancy. It is important that this discussion with the principal is recorded and signed by all concerned. Remember, each of these options has consequences and you should pick an option that you feel is right for you.

## FOR INFORMATION AND SUPPORT:

Gender Dynamix on  
021 447 4797

<https://genderdynamix.org.za> or

OUT: 066 190 5612

GALA: 011 717 4239

**SADAG 0800121314**



# Sweet endings

## SUGAR COOKIES

These are favourites for this time of year. But they are perfect for anti e of the year! They are buttery, crisp and melt in your mouth. The easily made dough is perfect for moulding into different shapes like Christmas trees, stars, snowflakes and Santa hats. You can also decorate the cookies any way you like! This recipe makes 16 cookies.

Roll out the dough onto a floured surface and roll out each disk about 1cm thick. Using Christmas-themed cookie cutters, shape your cookies. Place them onto a baking paper-lined baking tray or well greased baking tray, and bake for 12-15 minutes, or until slightly brown.

### INGREDIENTS:

2 ½ cups cake flour, spooned and levelled (save extra flour for shaping cookies)

¼ tsp bicarbonate of soda

¼ tsp salt

1 cup unsalted butter or margerine at room temperature

¾ cup sugar

1 large egg

1 tsp vanilla essence

Method:

In a large bowl, use a whisk and mix the bicarbonate of soda, flour and salt together. Set aside.

Use an electric mixer or wooden spoon to beat the butter and sugar until smooth. Add in the egg and beat until the mixture is fluffy. Then add the vanilla essence and blend well.

Add the flour mixture until just combined. Make sure the dough is not stiff and can be shaped into a disk. Wrap the dough with cling film and refrigerate for one hour. The dough can last up to three days.

Preheat the oven to 180 degrees Celsius.

