

# RISE

YOUNG WOMEN'S CLUBS



Black Girls Rock 4



Let's Talk about sex 19



Still grieving 26



# Northern Cape Rise Club





## NEW YEAR NEW BEGINNINGS

A new year brings with it the need to make changes in our lives, start on a new path, do new things, and say goodbye to old habits.

Having a new beginning may be as simple as trying something new that makes you happy. This could be taking up a new hobby, reading more, taking more photos, cooking, or another solo activity that allows you to gain new skills and explore your creative side. New beginnings are about trying new things that take you out of your comfort zone.

New beginnings can also be about giving up things that make you unhappy.

we're introducing a new section called Reading Corner where we'll talk about interesting books written by amazing womxn. We hope you like it!

For those who will be leaving school soon to join the world of work, we've included an article on how to write a CV to prepare you for the world of adulting.

May this be the year for focusing on yourself, protecting your sanity, and doing things that make your soul sing.

Happy reading!

*Palesa*

In the spirit of new beginnings,

### Definitions

**CSE** - Comprehensive Sexuality Education

**DBE** - Department of Basic Education

**IDP** - Integrated Development Plan

**AR** - Annual Report

**SDBIP** - Service Delivery and Budget Implementation Plan



# Youth Zone

Ingosi Yentsha

Thakaneng

Tshivenda

Sikhatsi Selusha

Nkarhi wa Lavantshwa

12

9

6

Ixesha Lolutsha

Sikhathi SabaTjha

Nako ya Basha

Sepedi

Jeugsessie

*A time at the clinic just for young people*

# PROUD TO SERVE THE YOUTH OF SOUTH AFRICA

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

**Sisterhood**

@RiseTalkShow f RiseYoungWomensClubs

Commissioning Editor: Kim Napo

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# New Year, New Beginnings!

*It's important to make resolutions and the beginning of the year because...*



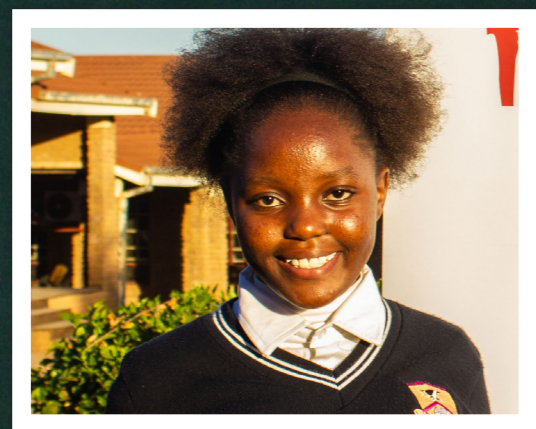
**ONELA ZOKO - EC**

I made resolutions at the beginning of the year. It is important to make resolutions because they help you know what you want to do as the year goes and how those resolutions will impact on your future. My resolution for this year is to focus on my studies so I can pass my grade 11 with the required marks for the career I want to pursue. This resolution will have a good impact on my future because with good marks it will be easy for me to apply to university.



**SINGITA MALULEKE- LIMPOPO**

I made new year's resolutions. The new year means new beginnings, so I think it's important to make new resolutions and goals, so you don't make the same mistakes you made the previous year. This year I quit friendship and focussed more on being serious at school. Learning how to be independent makes a huge impact on your future.



**ADORATION MATHEBULA - LIMPOPO**

It is important to make resolutions because it helps you to manage your time and distinguish between what's right or wrong. I've made a decision to join "RISE" so I can learn how to help people who are struggling with stress, anxiety and depression etc.



**SHAKYLENE MUGWAMBANI - LIMPOPO**

I made new year's resolutions at the beginning of the year. It is very important to make resolutions at the beginning of the year because it helps make you an organised person and helps you to know what to do throughout the year, and also helps you use your time wisely.



**PHELOKAZI NTAKA - EC**

I made some resolutions this year. It is important to make resolutions because they give you direction, a clear path to achieve what you want and by when. My resolution for this year of 2021 is to work hard and pass Physics and Maths with level 6 so that I can qualify to study something great in Varsity.



**KEALEBOGA SEGAECHO - NC**

It is important to make resolutions because it helps you plan how your year will be so that it can be better than the past years. My resolutions are to read more, focus on learning, finding ways to save money for tuition, create a balance between education and life, get help from my teachers and help more at home.



**PROMISE NTKOKOTO MALULEKE- LIMPOPO**

Making resolutions is important because it signifies our desire to take a step towards positive change. Even if we are unsuccessful in making all the changes we hoped to, making a resolution will at least help us focus and take us a few steps forward. One of my favourite resolutions is to study harder which will lead to me acquiring better marks and prepare me for grade 12.



**CHUMA MELD - NC**

If you keep it simple and achievable you have time to evaluate yourself and your life across the year and discover things you would like to see. My resolutions are to exercise more, lose weight, learn a new skill or hobby, quit smoking and read more.



# ON FLEEK & ON POINT

Thandi Mavata is a mother of three born and bred in the Eastern Cape and based in Joburg. She is an accountant by profession. Thandi is passionate about womxn's issues and this passion led to the creation of Doek On Fleek, a womxn-only movement that is meant to inspire and empower womxn.



## #rockitlikeyourmommataughtyou

"The idea of Doek on Fleek started in 2016. We were hosting a Mother's Day event in 2016 at my venue and we had to come up with a theme for the event. I wanted to create something special then someone in the team came up with an idea that we should ask the ladies to come wearing doeks. The doek trend was gaining momentum in 2016 and the idea was perfect. Literally, everybody was wearing a doek. And we themed the event "Doek on Fleek" with the hashtag #rockitlikeyourmommataughtyou".

The event was a success and well received. After this event, I received a lot of calls requesting more events like the Mother's Day celebration and that got me thinking how do I turn Doek On Fleek into an event", says Thandi.

## Doek On Fleek, the brand

To turn Doek On Fleek into something more than a theme Thandi had to tap into a dark space she was coming from. She was in and out of the hospital and was diagnosed with clinical depression. "During this time, I felt like I wasn't getting much support from the womxn in my life. I felt like my friends did not understand my situation and were not supporting me how I needed to be supported.

I was bitter and angry and I had to do a bit of introspection and the question I asked myself was "Thandi until when are you going to keep blaming all these people around you? How about you do something about this situation?". That's when the idea for the Doek On Fleek market came up. So I made a call out to womxn

entrepreneurs and womxn who just had things to sell. The market was launched in 2016 in Soweto at a venue called Makubenjalo. We had 40 stalls and it was a resounding success. The event happened the same weekend the e-tv reporter was fired for wearing a doek on air and I think because of that we had many womxn coming through and we were sold out. The market was covered by the SABC and this put us on the map."

As she travelled to other parts of town Thandi realised that the market was becoming more of an event with music and chilling. Towards the end of 2016, she had to sit and put together a new concept out of the original. "I wanted something different from the other events, I wanted it to stand out and say "womxn". I wanted the event to unite womxn and to me, the doek was the unifier. You cannot just put a doek on your head, you need to tie it so it stays firm on your head. I also had this thing that every womxn at some stage of their life wears a doek - be it a bad hair day, going to the mall, or for respect."

## Doek On Fleek products

"The primary reason for me starting Doek On Fleek was to empower womxn, to that end we've created a range of products that we sell through distributors who buy them from us and sell them for a profit. Our products include Doek Fleek printed t-shirts and doeks, different types of herbs, essential oils, and creams. We currently operate mainly online but we have a shop in Joburg, in the Randburg CBD, we are also opening shops in Bloemfontein and Nelspruit. The plan is to open 9 shops across the country by the end of the year, to empower womxn and to create jobs."

## Doek On Fleek for young girls

Doek On Fleek was created to inspire and empower womxn but we've come to realize that young girls are interested in participating in our events. To that end, we've created a platform where mothers, grandmothers, and aunts could bring daughters, granddaughters, and nieces because we know that young girls can benefit from the discussions and interactions. On a personal note, Doek On Fleek has made me an easy mom, a more relaxed mother. The young girls look forward to the tying of the doek and the discussions. At our events there is worship, praying for each other, and sharing issues like depression and vaginas, etc. There is nothing stopping a youngster from attending these events. I want youngsters to know that they are allowed to attend our events to learn. So there's no need for me to create a younger version of Doek On Fleek.

## The darkness within

As mentioned earlier, Doek On Fleek helped me get out of a very dark space. I went through depression and I didn't know it. I thought I was just anxious, partly bipolar,

and a cry baby until I watched the movie Diary Of A Mad Black Woman and I could so relate. Everything in that movie was familiar, I started crying non-stop as a result I had to be admitted to hospital. At the hospital, I meant a young doctor and he asked me what was I bottling up and not sharing with anyone. I was bottling things, I was angry and bitter. For the first time I found words to express how I was feeling. I let it all out. I was real and raw. I feel there's very little done in terms of educating people about depression. We have very little knowledge on depression as people but more specifically Black people to a point that it takes someone like me going on social media and sharing my experience for people to sit up and notice. People are not given enough platforms to express themselves."

Doek On Fleek is about inspiring womxn to go back to their homes as better mothers, better sisters, and better wives. It's a platform for womxn to express themselves freely and let their true selves shine."



It's a platform for womxn to express themselves freely and let their true selves shine.



## HOW TO MAKE A

## VISION

## BOARD

That works

**A** vision board is a visual representation of your goals. These typically poster-sized visuals, contain all kinds of images and text that represent a goal (or goals) you have. It turns out putting your goals on paper in a visual format can actually help you achieve them.

Studies show that mental practices (like visualisation) can increase motivation, confidence, and even motor performance. In fact, in one study, researchers found that, in athletes, visualisation was almost as effective as physical practice.

**You will need:**

- A5 paper or poster board
- Old magazines
- Other images and text from artwork, old books, computer printouts, etc.
- Scissors
- Glue sticks
- Paper and pen
- Sharpies or other permanent markers (optional)

**The Vision Board Process**

This is the general process that a lot of people use. You can take what you like from these instructions. Make it your process!

**Set goals and prioritise**

Sit down with paper and pen and think about your goals for the coming year. This initial step is where you brain-dump all goals, big goals (e.g. get healthy and strong) to the little wish list type of stuff (get a new pair of red shoes), intentions (be more mindful, connect with my family better), and words for the year (clarity, joy, peace).

After this, review your thoughts and notes and figure out what your priorities are, and either make circles around them or create a new list.

What are the things you want to happen above all else? Those should go on your vision board.

**Write goals and ideas on my poster board**

Write your goals and intentions for each area of your life on the A5 paper/poster board. It will get covered over later with collage images so don't worry about how it looks.

This part will help you round out your goals. For example, if your initial brain dump focused on finances and health, this will remind you to consider relationships, skills, etc.

**Find images and words for the vision board**

Go through old magazines, search for and cut out images and words that embody your goals, and/or just speak to you.

Clip everything you like—colors, words, interesting images—but also go on a hunt for images and words that relate to the goals you're making.

## VISION BOARD IS A

## VISUAL REPRESENTATION

## OF YOUR GOALS.

**Sort and arrange the images and words**

You could do this as you go or after the cutting spree.

So, with your poster board in front of you, and your pile of images at hand, go through the images and decide what belongs on the poster board and place it roughly in the section it will go. Then continue through the pile of clippings.

**Edit and create your goal board**

Now it's time to narrow down both the images and words and the placement. Trim and refine.

**Glue down your images**

Begin with a base layer of color and themes that I then build on with the smaller images but this is not necessary. Do what works for you.

**Display!**

And now it's time to hang your new vision board on the wall where you will see it regularly. Your bedroom wall is a great place to display your vision board.

The act of creating it is important, but so is seeing it regularly.

**Review your goals daily**

So you have your new vision board in a place where you can see it every day, right? Make sure to pause and review the images, messages, and goals at least once a day.

Take a few minutes each morning to revisit the goals that the images and words represent, to imagine what it will be like when they come to pass and to think about something you can do that day toward each goal.



# Meeting our new expert...

# Thando Gumede

*In this issue of Womxn In The Lead, we would like to introduce you to Advocate Thando Gumede who will be responsible for our regular feature Ask The Expert.*

When we asked her to tell us who Thando Gumede is, this is what she said:

"This is such a loaded question because, I believe that people spend their entire lives superficially presenting themselves to the world as one thing, but in reality, their soul's purpose is to be something else.

Superficially, I am an Advocate of the High Court of South Africa. I obtained my first law degree at the University of the Witwatersrand. Now, I am currently completing my Masters in Constitutional and Human Rights Law, with a specialised focus on womxn, children, queer, and disabled people's menstrual health and rights; as well as the right to access basic and higher education.

Beyond the lecture halls, I am a foot soldier for the global feminist movement. My feminist work mainly resides in using diverse mediums to speak and educate the world on building Feminist Futures where everyone is treated equitably regardless of their social identities and differences".

Thando is passionate about solving problems that matter and taking as many people with her as possible. When she was in grade 8, she started competing in science competitions, although she did not become the engineer that she had wanted to be, 15 years later, she ended up founding an award-winning technology company called M-TETO Search Engine.

M-TETO aims to use artificial intelligence to prevent and adequately respond to the global crisis of School-Related Gender-Based Violence. For this innovation, she has been awarded the Leaders in Innovation Fellowship at the Royal Academy of Engineering in the United Kingdom; and she was recently selected three times and recognised as one of the top womxn engineering innovators on the African continent by WomEng and the Royal Academy of Engineering.

Along with M-TETO, Thando owns an agency called Adv. Thando Gumede ZA that focuses on Global Justice and Equity Consulting, Research, Education, and Transformation of organisations, communities, schools, institutions, and industries.

"Contributing to the world in diverse, yet personally meaningful ways is what drives me. This the golden thread

which ties all the things that I do together. This is what I believe to be my soul's purpose - I am an educator, who uses her voice to empower, protect, and heal. I am a visionary who uses her hands to shape her relationships, knowledge, and wisdom into progressive realities for all to benefit. This is who I am", says Thando.

She says her responsibility is to teach young people how to identify diverse moments of violence; when and how to call them out; as well as teaching inclusive mindsets, attitudes, and behaviours to create a world that is less violent for everyone. She also believes that it is important that children are told the truth.

Thando believes that through education we can begin to make strides in grooming the next generation of empowered, equitable, and intersectional human beings.

## Feminism

Thando defines feminism as, the unrelenting pursuit of equity among all human beings. And this, she says, comprises the following three elements:

- Same treatment
- Seeing, recognising, and appreciating idiosyncrasies
- Dismantling the past, and painfully building the future.

## White heteropatriarchy

In her talks, Thando often refers to White heteropatriarchy which is a system of intersecting and multiple oppressions that are comprised of unfair discriminations, subordinations, privileges, and biases based on the sole premise of race, gender, sexual orientation, ability, and/or socio-economic class. She says, "regardless of how we may individually experience it, most of us, if not all of us, are the victims of White hetero-patriarchy".

According to Thando, White heteropatriarchy, be it Apartheid or colonisation, was a system of oppression that oppressed people by showing dislike and disregard for certain human beings. Additionally, it was a system of structural oppression which deemed the White, able-bodied male as superior to other people. It manifested this superiority through laws, policies, and regulations that were enacted to ensure the embedding of hostile treatment of so-called "non-supreme beings" within institutions, organisations, establishments, land ownership, and



business entities, even without policing or judicial enforcement.

"We must dismantle laws, policies, and conduct by people, businesses, institutions and the state that either reinforce or has the potential to reinforce the social, political, or economic oppression of the categories of people who were oppressed in our previous sexist and racist segregation regimes.

We must teach our children the history of our people in a way that is both accurate and empowering. We need to remind them that, we were not always slaves. We were not always poor. We were not always subjugated. There was a time when Black people built empires. For African womxn and queer folk, there was indeed a time when we ruled formidable empires and armies. There was a time when our bodies were respected. There was indeed a time when we represented wisdom, divine consciousness and healing that is unfathomable".



**LETHIZWI MLAMBO**

529 King Dinuzulu Road  
CHESTERVILLE  
PHONE: 073 127 0000  
EMAIL: lethimlambo@somewhere.co.za

**Objective**

To obtain a position that provides valuable experiences in life skills, organizational skills, and provides familiarity with common research skills, which may assist me in future educational endeavors.

2008 - Babysitting for neighbours (Self employed)

**Responsibilities**

Helping helping children with their homework

**Education**

Chesterville High School - 2020  
Grade 12: History [ A ], Accountancy [ A ].  
6GCSEs: Mathematics English Language, Commerce, Economics, History, Geography Skills

**Skills**

- Well versed with MS Office
- Excellent writing skills in English and isiZulu

# YOUR CV

## GETTING READY FOR THE WORLD OF WORK

At some point or other we all have to join the world of formal employment. When that time comes for you, you need to be prepared. If you go through the job section of newspapers you'll notice that most of them require a CV. CV is short for Curriculum Vitae.

### Why Do You Need A CV?

A CV tells employers what you're good at, what you are interested in and what you've achieved in life so far. You hand it out when you are looking for jobs. If an employer likes your CV they might ask you to come to a job interview. Your CV is your chance to show employers you're a good match for the job and can back up any claims you make.

Even if you think you have no work experience to put in it, you can still write a great CV that demonstrates your skills and strengths.

### What Counts As Work Experience On Your First CV?

You may have never had a job before, but you probably have more experience than you think. Examples of work experience include:

- work shadowing
- work placements
  - volunteering
  - charity work
  - weekend jobs
  - holiday jobs

Work experience can take all kinds of forms. For each bit of work experience, include the name of the place you worked, how long you worked there and what your main tasks were. Try to write about the work you did in a way that shows future employers what you'd be good at.

If you've got little or no work experience, you can still use

### The five top life and work skills are:

- communication
- teamwork
- problem solving
- creativity
- self-motivation

You are building these important work skills all the time, even when you are still at school. You just need to learn how to develop them and show employers you've got them. You can talk about these work skills in your CV. If you are applying for a job that mentions nice-to-have skills, use your CV to demonstrate how any work experience you've done has helped you build up those skills.

**EXAMPLE:** talking about your weekend job in your CV

**Role:** Weekend customer assistant work, Fresh Meat Butchers, Aug 2016-Dec 2017

- Developed strong customer service skills in serving customers quickly and politely
- Used problem solving to help customers with a range of queries like requesting specific cuts of meat
- Used problem solving to help customers with a range of queries like requesting specific cuts of meat
- Worked as a team to make sure customers were served fast and efficiently, and the service area was kept clean

- Used self-management and organisation skills to carry out tasks on my own without constant supervision by the team leader
- Developed time-keeping skills in always being punctual for work
- I was given extra responsibilities by the team leader and trained in cash handling and working the till.

### Who Can Give You A Reference For Your First CV?

Someone who gives you a reference is someone who can vouch for you when you are applying for a job. You don't have to put references on your CV. You can just say "References available on request" on the bottom. But this does give you time to think about who could be a good reference for any work experience you've done.

If you're still in school, you could ask a teacher to be a reference. If you've done any weekend work, volunteering or charity work you could ask the team leader or the person who supervised you to be your reference. If you've done school work experience, you could ask your supervisor to provide you with a reference.

Whoever you ask for a reference, be polite and explain why you want the job – or ask if they will be willing to provide a reference if you apply for jobs in the future.

### What Should Your First CV Look Like?

**The most important thing is to keep it simple! Your CV should not be more than two pages long, and it should look really basic – no fancy fonts or colours.**





# What are Adolescent and Youth Friendly Services at clinics

Adolescent and Youth Friendly Services (AYFS) is part of the National Department of Health's adolescent and youth health policy strategy targeting adolescents and youth aged 10 -24 years.

Its main aim is to provide efficient and quality health services to young people. The overall objectives are:

- The prevention of new HIV infections
- Reduction of teenage pregnancies
- Encourage youth to access health services
- Promote clinics as having systems in place to ensure that young people access services without being judged

The following information is given to adolescents and the youth visiting the clinic include:

- Know your body
- Rights and responsibilities for adolescents and the youth
- Benefits of abstinence

- Information on HIV and AIDS
- Medical male circumcision
- Contraception

The health professionals at AYFS are non-judgemental and there are trained young people (Peer Educators) placed in some of the clinics to assist adolescents and the youth visiting the clinics.

AYFS facilities are expected to have youth zones i.e. dedicated time, space, staff, and youth-based activities in the clinic.

## 10 AYFS standards to assess if a clinic or facility is implementing the programme. Clinics or facilities must meet at least 5 of these standards.

1. Management systems are in place to support the effective provision of adolescent and youth health programmes.
2. There are policies and processes to ensure that the rights of adolescents and youth are known and respected by all at the facility.
3. Appropriate health services are widely accessible and available to adolescents and youth.
4. The facility has a physical environment conducive to the safe and supportive provision of Adolescents and Youth Friendly Services.
5. The facility has the drugs, supplies and equipment necessary to provide the Adolescents and Youth Friendly Service Package.



6. Information, educational sessions and other communication services promoting healthy behaviour in young people.
7. Systems are in place to train all staff to provide effective and friendly health services to young people.
8. Young people receive adequate psychosocial and physical assessments.
9. Young people receive individualized care based on standard case management guidelines/protocol. Privacy and confidentiality are maintained.
10. The facility has mechanisms in place that ensure continuity of care for young people.





**Poor adherence** to an HIV regimen also allows HIV to destroy the immune system. A **damaged immune** system makes it hard for the body to **fight off infections**

# HIV TREATMENT ADHERENCE

Adherence is a word used to describe taking your drugs exactly as prescribed. This includes:

- Taking them at the right time
- Following advice to take with or without food.
- Avoiding any drug interactions.

## What is HIV treatment adherence?

For people with HIV, treatment adherence means:

- Starting HIV treatment
- Keeping all medical appointments
- Taking HIV medicines every day and exactly as prescribed (also called medication adherence)

## Why is medication adherence important?

Taking HIV medicines every day prevents HIV from multiplying, which reduces the risk that HIV will mutate and produce drug-resistant HIV. Skipping HIV medicines allows HIV to multiply, which increases the risk of drug resistance and HIV treatment failure.

Poor adherence to an HIV regimen also allows HIV to destroy the immune system. A damaged immune system makes it hard for the body to fight off infections and certain cancers.

Adherence is the most important thing you have to think about when you start treatment.

It will make sure that all the drugs in your combination

**Atroiza** is a combination pill that contains three HIV drugs. It is mainly used to treat HIV. It is used as PEP to prevent HIV infection.



**AIDS HELPLINE**  
The 24-hour hotline provides information on HIV testing, treatment, care and prevention.  
0800 012 322

## Here are tips that can help to adhere to your treatment

- Take your medication at the same time every day.
- Connect taking your medication time with a daily routine like brushing your teeth, during your favourite TV or radio programme or getting ready for bed. [NB – before choosing a mealtime for your routine, check if your medication should be taken on a full or empty stomach.]
- Keep a “medicine calendar” with your pill bottles and note each time you take a dose. (Use picture example if possible)
- Use a pill container. Some types have sections for multiple doses at different times, such as morning, lunch, evening, and night. (Use Picture example if possible)
- When travelling, take enough medication with you, plus a few days extra, in case your return trip is delayed.
- If you’re flying, keep your medication in your carry-on bag to avoid lost luggage. Temperatures inside the cargo hold could damage your medication.

are at high enough levels to control HIV for 24 hours a day, 7 days a week. If these levels drop too low it increases the risk of resistance. Treatment adherence is a key part of staying healthy with HIV.

Sometimes adherence can be difficult. You may need some support to get used to the changes treatment makes in your life. A routine or daily schedule can really help.

- Pick a time to start treatment when you have a few unstressed days to adjust to the changes.
- During the first few weeks, getting your treatment right should be your only priority.
- Some clinics and/or support organisations have

someone who can help. This can include HIV-positive people working as a peer mentor.

## How much is enough?

Aiming to take every dose – or almost 100% – is still the best goal to aim for. Even missing one or two doses a week can cause some drugs to fail, especially when starting treatment. However, a window period of about an hour either side of your usual time is okay for most drugs and most people.

Once your viral load becomes undetectable you may have a bit more flexibility, but it is still important to take adherence seriously.



Doctors don't know

exactly what causes

type 1 diabetes.



# Understanding DIABETES



**D**iabetes is a metabolic disease that causes high blood sugar. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With diabetes, your body either doesn't make enough insulin or can't effectively use the insulin it makes.

If left untreated diabetes can damage your nerves, eyes, kidneys, and other organs.

#### THERE ARE A FEW DIFFERENT TYPES OF DIABETES:

**Type 1 diabetes** is an autoimmune disease. This means the immune system attacks and destroys cells in the pancreas, where insulin is made.

**Type 2 diabetes** occurs when your body becomes resistant to insulin, and sugar builds up in your blood.

Prediabetes occurs when your blood sugar is higher than normal, but it's not high enough for a diagnosis of type 2 diabetes.

**Gestational diabetes** is high blood sugar during

pregnancy. Insulin-blocking hormones produced by the placenta cause this type of diabetes.

#### The general symptoms of diabetes include:

- increased hunger
- increased thirst
- weight loss
- frequent urination
- blurry vision
- extreme fatigue
- sores that don't heal

In womxn symptoms such as urinary tract infections, yeast and dry, itchy skin may occur.

#### TYPE 1 DIABETES

Doctors don't know exactly what causes type 1 diabetes. For some reason, the immune system mistakenly attacks

and destroys insulin-producing cells in the pancreas. Genes may play a role in some people.

You're more likely to get type 1 diabetes if you have a parent or sibling with the condition, or you carry certain genes that are linked to the disease.

#### Symptoms of type 1 diabetes can include:

- extreme hunger
- increased thirst
- unintentional weight loss
- frequent ruination
- blurry vision
- tiredness
- It may also result in mood changes.

Insulin is the main treatment for type 1 diabetes. It replaces the hormone your body isn't able to produce.

#### TYPE 2 DIABETES

Type 2 diabetes stems from a combination of genetics and lifestyle factors. Being overweight increases your risk too. Carrying extra weight, especially in your belly, makes your cells more resistant to the effects of insulin on your blood sugar.

This condition runs in families. Family members share genes that make them more likely to get type 2 diabetes and to be overweight.

#### Your risk for type 2 diabetes increases if you:

- are overweight
- have a parent or sibling with the condition
- aren't physically active
- have had gestational diabetes
- have prediabetes
- have high blood pressure, high cholesterol or high triglycerides
- are age 45 or older

#### Symptoms of type 2 diabetes can include:

- increased hunger
- increased thirst
- increased urination
- blurry vision
- tiredness
- sores that are slow to heal

It may also cause recurring infections. This is because elevated glucose levels make it harder for the body to heal.

Diet and exercise can help some people manage type 2 diabetes. If lifestyle changes aren't enough to lower your blood sugar, you'll need to take medication.

#### GESTATIONAL DIABETES

Gestational diabetes is the result of hormonal changes during pregnancy. The placenta produces hormones that make a pregnant womxn's cells less sensitive to the effects of insulin. This can cause high blood sugar during pregnancy.

Womxn who are overweight when they get pregnant or who gain too much weight during pregnancy are more likely to get gestational diabetes.

#### Your risk for gestational diabetes increases if you:

- are overweight
- are over age 25
- had gestational diabetes during a past pregnancy
- have given birth to a baby weighing more than 4 kilograms

have a family history of type 2 diabetes  
have polycystic ovary syndrome (PCOS)

Most womxn with gestational diabetes don't have any symptoms. The condition is often detected during a routine blood sugar test or oral glucose tolerance test that is usually performed between the 24th and 28th weeks of pregnancy.

In rare cases, a womxn with gestational diabetes will also experience increased thirst or urination.

**Uncontrolled gestational diabetes can lead to problems that affect both the mother and baby. Complications affecting the baby can include:**

- premature birth
- higher than normal weight at birth
- increased risk for type 2 diabetes later in life
- low blood sugar
- jaundice
- stillbirth

The mother can develop complications such as high blood pressure or type 2 diabetes. She may also require cesarean delivery, commonly referred to as a C-section. The mother's risk of gestational diabetes in future pregnancies also increases.

You'll need to carefully monitor your blood sugar level during pregnancy. If it's high, dietary changes and exercise may or may not be enough to bring it down.







# IS YOUR RELATIONSHIP HEALTHY?

The keys to a healthy relationship are respect, honesty, trust, equality, and good communication.

## How do I know if my relationship is healthy?

When a relationship is healthy, you and your boyfriend/girlfriend/bae feel good about the relationship most of the time. And a healthy relationship makes you both feel good about yourselves.

If you're wondering whether your relationship is solid, here are some things to think about:

### Respect

- Do you listen to each other?
- Do you treat each other like friends?
- Are you proud of each other?
- Are you kind to each other?

### Trust

- Are you both cool with spending time apart from each other?
- Do you feel secure about the relationship?
- Do you have faith in each other's decisions?

### Honesty

- Do you both admit when you're wrong?
- Do you both feel like you can tell the truth?
- Do you talk openly about your feelings, even when it's hard?

- Equality
- Do you both get to make decisions about your relationship and how you spend your time?
  - Do you give and take equally?
  - Do you both compromise?
  - Do you consider both people's feelings when talking and making decisions?

- Good Communication
- Do you talk about your feelings with each other?
  - Can you disagree about something without disrespecting each other?
  - Do you listen to each other without judging?

Nobody's relationship is perfect, and people make mistakes. But if you feel like you're being treated badly, you probably are. Healthy relationships make you feel good about yourself — unhealthy relationships don't.

Lying, cheating, and disrespect are signs of an unhealthy relationship. So is trying to control your boyfriend/girlfriend, even if it's out of jealousy and even if they say they do it because they love you. Controlling behavior includes things like checking the other person's phone without permission, keeping track of everything they do on social media, or telling them who they can or can't hang out with.

If you think your relationship is unhealthy, talk about it. Sometimes you can help fix things by talking out your feelings and making changes to how you treat each other.



**Sex is confusing, there are so many aspects to it and so many things to consider before, during, and after engaging in it.**

Chances are, whether you're about to embark on your first experience with sex, or you've done it before, you probably still have many questions. **What's sex really like? Does it hurt the first time?**

**Read on for real answers and advice on hooking up, your first time,**

**how to know you're ready, and more!**





**There's a lot of pressure and it might take you a few times to figure out what you and your partner enjoy.**

**Q: How painful is sex the first time?**

A: It varies. For some people, there's no pain whatsoever; for others, sex can be uncomfortable. Some feel discomfort when the hymen stretches or tears, which can cause a little bleeding. Sometimes you may not be aroused (or you're feeling nervous) so your vagina won't be lubricated enough for a comfortable experience. Lubricated condoms can help. And of course, couples should always use a condom every time they have sex and protect against unplanned pregnancy or sexually transmitted infections (STIs). Sometimes it'll be uncomfortable for the first few tries, and then it will start to feel better. In general, though, if you're experiencing a lot of pain during sex, talk to your doctor.

**Q: Everyone says that sex is fun and that it feels good. I'm a virgin and curious—is that true?**

A: Yes, sex can be fun and feel good, but it's not true that sex just "feels good" across the board and in any situation. It's impossible to separate the act of sex from the person you're doing it with—or the person you are. If you're not ready to have sex, or you're doing it in the wrong relationship or with the wrong person, you'll be worrying about it way too much to enjoy it. But if you feel comfortable and cared about, and sex is something that you truly feel ready for, then yes, it can be an amazing experience! With that said, for some people, it can still be a little painful or awkward the first time, and that's normal too. There's a lot of pressure and it might take you a few times to figure out what you and your partner enjoy.

**Q: How do you know when you're ready to have sex?**

A: We are all unique individuals, and our relationships are all unique. Because of that, there can't be a standard answer to this question. Sex is very intimate. It's not just physical, it can be emotional too. It's normal for teens to have strong sexual feelings, but it doesn't always mean you have to act on them. You can feel physically ready for sex but not be in the right relationship for any number of reasons. Because having sex can be so emotionally powerful, it's easy to get hurt. Sex is only part of a relationship. Other important things—like trust and mutual respect—need to be in place too. Finally, for all its magic, sex can have downsides, such as an unplanned pregnancy or STI, so make sure you're protecting yourself against those.

**Q: Is it better to shave off all your pubic hair or to keep most of it and trim it?**

A: The best thing to do with your pubes is...whatever you want! Seriously, they are yours, so the ultimate decision is up to you. Just like you don't dress in the same clothes as your friends, you don't have to keep your pubes exactly how they have them either. There is no right or wrong here—it's all about how you feel comfortable. And if you're worried about what your partner is going to think, know this: Being comfortable with your body is going to feel so much better than what your pubes look like. So trim or shave them or leave them as is (because body hair is natural)—however you prefer. And if you do decide you want to remove some of the hair.

**Q: My partner and I have been talking about having sex, but I'm really nervous. I'm afraid something will go wrong.**

A: Sex shouldn't hurt too much the first time, but it certainly can hurt a lot if you're not really ready for it. Being nervous can cause you to clench up your muscles, and if you and your partner haven't worked up to intercourse by making out and touching each

other first, your body won't be aroused—and that can make things pretty uncomfortable. But here's the thing: If you're really scared about doing it, then you're not ready. Having sex is a big responsibility because yes, there is always a chance something could go awry. Even if you use protection, the condom could break, and no birth control is 100% foolproof. There can be the risk of STDs, as well. You have every right to feel freaked about that and not want to risk it! But when you're ready for it, you'll feel excited and safe...like the way you feel before a rollercoaster—good scared, not bad scared.

Deciding to take any kind of sexual step should be a mutual decision—not something that you do just because your partner wants to—so there is nothing wrong with taking things as slowly as you need to. (This may mean dating someone for months or even years without ever having sex!) If you enjoy hooking up and doing things other than sex, then keep doing that. It's normal. A lot of people like to work up to sex by experiencing the other bases first. And if you do at any point want to have sex, just be sure that you're doing it because you want to, not because you feel like you should. There's no magic amount of time to be in a relationship where all of the sudden you need to have sex with a partner. Take your time, and wait until you're truly comfortable.

**Q: I always hear my friends talking about having sex with their boyfriends, but I want to have sex with my girlfriend. If I have sex with a girl, what technically counts as sex?**

A: Sex is about trust, respect, and intimacy, so there are a bunch of different ways that you can have sex. Oral sex or sex with a toy is something that two partners can share, as well as ~outercourse~ techniques like fingering and mutual masturbation. Sex with a same-sex partner most definitely counts as sex.

**Q: What's an orgasm, exactly, and how do I know if I've had one?**

A: An orgasm is an intense, pleasurable physical feeling that can occur during sex or masturbation. Like many feelings, orgasms are difficult to describe. Orgasms vary from person to person and can be different for the same person at different times. Some are more subtle, while others are very powerful. A person's heart beats faster, breathing gets quicker, and muscles in the pelvis contract and then suddenly relax with a wave of feeling that can be pleasurable and, for many people, emotional.

**Q: I'm ready to have sex but I don't know if my partner is. How do I bring it up? What should I say?**

A: It's great that you're thinking about this ahead of time. When it comes to sex, there are lots of issues to think about, such as how sex could affect your relationship, what happens if you get pregnant, and how you can prevent STIs. Sometimes people avoid talking about

these important issues because they're embarrassed, they don't know how, or they think it will make the mood less romantic. But you need to talk about these topics ahead of time. If you think you're ready to take this step in your relationship, you should be able to talk to your partner about your interests and concerns. If they're not receptive, it might not be the right time or the right person.

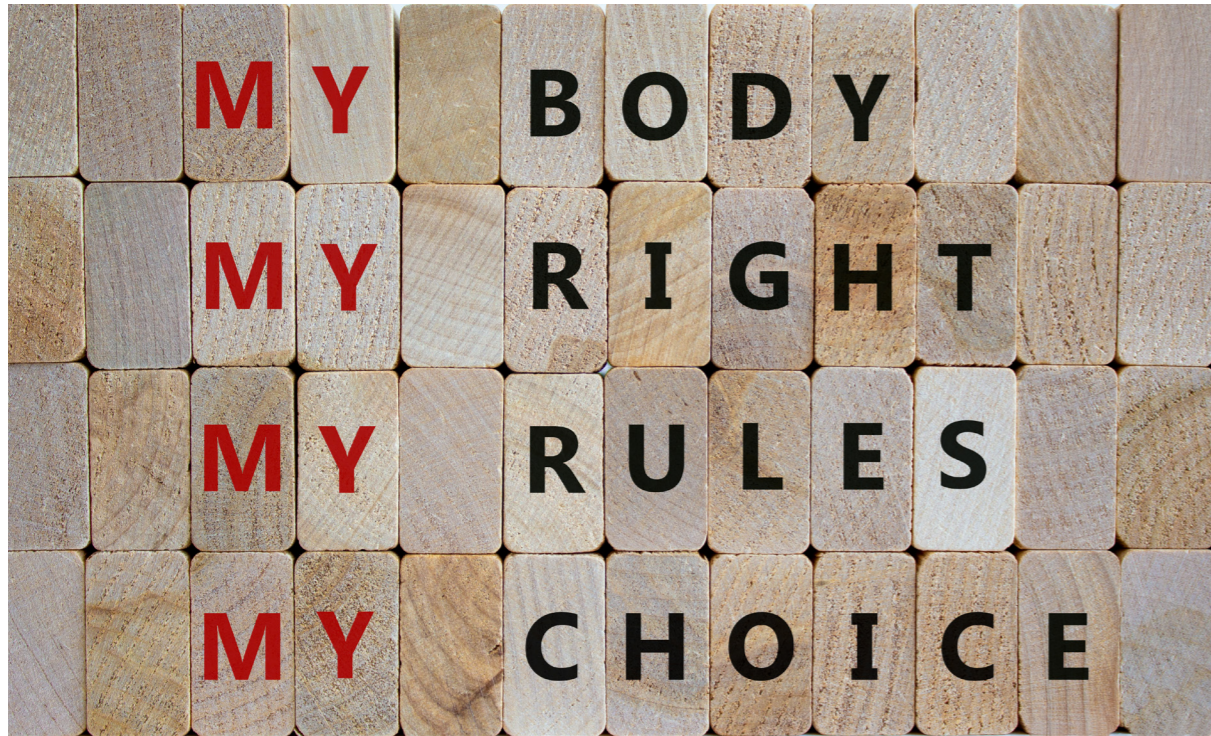
**Q: What's the deal with masturbating? I feel so guilty doing it or talking to my friends about it. Is it dirty, or bad for you?**

A: Many people have been told all sorts of myths and misinformation about masturbation. Masturbation won't cause health or emotional problems. It's normal for teens to masturbate. If someone is masturbating so much that it interferes with their daily life, that could be a problem, though. Masturbation is often considered a private topic and some people may feel embarrassed to think or ask about it. And when you're too embarrassed to talk about something, you might hear and believe things that aren't accurate. If you have concerns or questions about masturbation, have a conversation with your doctor, nurse, or a health counsellor—any question you may have, I'm sure they've heard it before.

**Sex with a same-sex partner most definitely counts as sex**







# ABORTION: KNOW YOUR RIGHTS

## NOSIPHO'S STORY.

I was 20 years old when I had my abortion. My then boyfriend was 24 years old and had a child with his side chick. I knew that there was no way he would be able to take care of two children as he did not have a well-paying job. He had also lost his mother and his father was retrenched. I, on the other hand, was raised by a single mother who struggled to pay my university fees.

I did not want to add to her struggle with a child that I knew I would not be able to look after. I could look at my decision as selfish, but I've always known that I don't want to have kids. I knew my only option, for my sanity, was to terminate. This was a decision I made alone. I did not tell anyone about my pregnancy, so I had to act alone and fast before I started showing.

I got to know of my pregnancy two weeks after having unprotected sex. I normally take the morning after pill after when we slipped up on my ovulation days but somehow that one time I forgot. I decided to wait for

my period. When I was done with what I thought were my periods, I bought three home pregnancy tests. I then decided not to take the test immediately when I got home, but to test in the morning when I still had fresh morning urine to get precise results. The next morning, I took the first test, and it came back negative. I waited 3 days before taking the second test, and it came out positive, so I immediately took the third test to be sure and that also came back positive. I wasn't showing but I knew that I had to get cash as fast as possible as there was no way I was going to use my mother's medical aid for an abortion. So, I stayed a little longer than I had wanted, and I took every cent my boyfriend I saved it to pay for the termination of the pregnancy.

When I had gathered enough money, I was six weeks along. I needed money that would afford me more than a pill. I found a private clinic not far from home and I went there for a professional check and confirmation

## Women in South Africa seek abortions outside hospitals and clinics for various reasons and these include not knowing where to access safe abortions

of pregnancy and ensure that I was within the right period to terminate. I made the appointment to go for the termination immediately after they had confirmed pregnancy. I got to the clinic at 10:00 am and they gave me a pill. I paid for womb cleaning as well, they gave me the pack to take at home after 6 hours as far as I remember. I took the pill at the clinic and she suggested that I go straight home, so that I am home when the pill takes effect. I went home and did not feel like eating. I fell asleep and when I woke up nothing was happening, but I could feel slight cramps and I was light-headed. I stayed at home, then felt the need to urinate but at this point I couldn't leave the bed. I dragged myself to the bathroom and I forced myself to pee.

A large clot came out and when I peed the urine came with two little clots. I took two pills that I got from the clinic as I was instructed to take them after the clots came out. My body was left numb but at this point there was no time to nurse myself or sleep, my little sister was about to get home from school, and I had to cook before my mom came from work, so in that pain I swept the house and cooked. I then went to shower after cooking and dishing so I could sleep early. I had to take the last pills from the clinic then I slept it all off. That night I had a runny tummy, together with heavy periods, so the night wasn't pleasant for me, but I knew it was the better price to pay than having to nurse a child with no financial stability.

Life after abortion has been just normal for me. I went and put all my focus on my studies and ensured that I passed very well. My relationship with my boyfriend lasted for 2 years and a few months after that. It ran its course and we both went our separate ways.

In South Africa, a woman of any age can get an abortion on request with no reasons given if she is less than 13 weeks pregnant.

If she is between 13 and 20 weeks pregnant, she can get the abortion if (a) her own physical or mental health is at stake, (b) the baby will have severe mental or physical abnormalities, (c) she is pregnant because of incest, (d) she is pregnant because of rape, or (e) she is of the personal opinion that her economic or social situation is sufficient reason for the termination of pregnancy. If she is more than 20 weeks pregnant, she can get the abortion only if her or the foetus' life is in danger or there are likely to be serious birth defects.

A woman under the age of 18 will be advised to consult her parents, but she can decide not to inform or consult them if she so chooses. A woman who is married or in a life-partner relationship will be advised to consult

her partner, but she can decide not to inform or consult him/her.

Even though abortion has been legal for over 20 years dozens of women still die every year in South Africa because of illegal abortions. Nosipho is one of the fortunate ones who are brave enough to exercise their right to a legal termination of pregnancy.

Immediate complications from unsafe abortions include severe bleeding, uterine perforation, tearing of the cervix, severe damage to the genitals and abdomen, internal infection of the abdomen and blood poisoning. Medium-term complications range from reproductive tract infections and pelvic inflammatory disease to chronic pain. Long term complications include increased risk of infertility and ectopic pregnancy, miscarriage or premature delivery in subsequent pregnancies.

Women in South Africa seek abortions outside hospitals and clinics for various reasons and these include not knowing where to access safe abortions, stigma from their communities, judgemental staff and concerns over confidentiality and cost.

## Where can you have a safe abortion?

Government hospitals, designated private doctors and gynaecologists, and non-profit providers such as the Marie Stopes centres offer safe and legal termination of pregnancy.

To have a free abortion, the request must be made at a primary healthcare clinic, where the pregnancy will be confirmed, counselling provided, an appointment made, and a referral letter is given to a facility where the procedure can be performed.

Not all health workers are willing to be involved in this service, but they are obligated by law to inform the client of her rights and must refer the client to a health worker or facility, where she can get the service.

## WHERE TO GET AN ABORTION?

### Marie Stopes

Information and booking queries call toll-free:

**0800 11 77 85**

<http://www.mariestopes.org.za/>

### Public hospitals or community clinics

For information go to: [www.doh.gov.za](http://www.doh.gov.za)



# THE A – V OF VACCINATION

The body's immune system helps protect against pathogens that cause infection. Most of the time, it's an efficient system. It either keeps microorganisms out or tracks them down and gets rid of them.

**H**owever, some pathogens can overwhelm the immune system. When this happens, it can cause serious illness. The pathogens most likely to cause problems are the ones the body doesn't recognize. Vaccination is a way to "teach" the immune system how to recognize and eliminate a disease causing organism. That way, your body is prepared if you're ever exposed.

Vaccinations are an important form of primary prevention. That means they can protect people from getting sick. There are vaccines against both viral and bacterial pathogens, or disease-causing agents.

It's important that as many people as possible get vaccinated. Vaccinations don't just protect individuals. When enough people are vaccinated, it helps protect society.

## HOW DOES VACCINATION WORK?

A healthy immune system defends against invaders. The immune system is composed of several types of cells. These cells defend against and remove harmful pathogens. However, they have to recognize that an invader is dangerous.

Vaccination teaches the body to recognize new diseases. It stimulates the body to make antibodies against antigens of pathogens. It also primes immune cells to remember the types of antigens that cause infection. That allows for a faster response to the disease in the future.

When the body responds to the vaccine, it builds an adaptive immune response. This helps equip the body to fight off an actual infection.

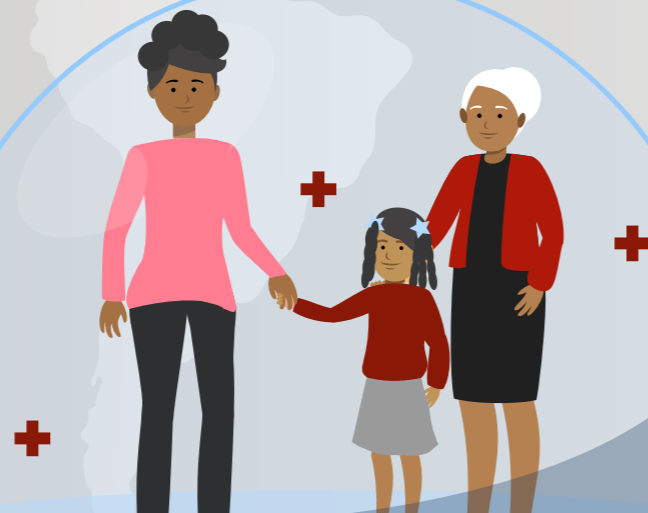
Vaccines are usually given by injection. Most vaccines contain two parts. The first is the antigen. This is the piece of the disease your body must learn to recognize. The second is the adjuvant.

The adjuvant sends a danger signal to your body. It helps your immune system to respond more strongly against the antigen as an infection. This helps you develop immunity.

## VACCINATIONS ARE SAFE

Vaccines are considered to be safe. They're rigorously tested and go through many rounds of study, examination, and research before they're used with the general public. The overwhelming bulk of research and evidence shows that vaccines are safe and that side effects are rare. Side effects that do occur are typically mild.

Indeed, the greatest risk for most individuals will come if you choose not to get a vaccine and potentially get sick after exposure to a disease. The illness may be far worse than the potential side effects of the vaccine. It could even be deadly.



## VACCINATIONS PROS AND CONS

When considering whether or not to be vaccinated, these factors may be important to consider:

### PROS

Vaccines help prevent dangerous diseases that have killed, and can sicken or kill, many people.

The overwhelming majority of research shows that vaccines are safe.

Vaccines not only protect you. They protect people around you, especially people who are not well enough to be vaccinated.

### CONS

Each vaccine is made with different components, and each can affect you differently. People who have experienced allergic reactions to certain vaccines in the past may experience an allergic reaction again.

You could still get sick, even if you're vaccinated.

Some people with weakened immune systems cannot be vaccinated or should be only under close supervision of a health care provider.

## VACCINATION SIDE EFFECTS

Most side effects from a vaccine injection are mild. Some people will experience no side effects at all.

When they do occur, side effects, some rarer than others, include:

- pain, redness or swelling at the injection site
- joint pain near the injection site
- muscle weakness
- fever
- sleep disturbances
- fatigue
- memory loss
- complete muscle paralysis on a particular area of the body
- hearing or vision loss
- seizures

Some risk factors do increase your risk for experiencing side effects from a vaccination. These risk factors include:

- having a weak or suppressed immune system
  - being sick at the time you receive a vaccine
  - having a family or personal history of vaccine reactions
- Serious or life-threatening side effects or reactions from vaccines are rare. Indeed, most people are at a higher risk of becoming ill from diseases if they're not vaccinated.

“Vaccinations are an important form of primary prevention. That means they can protect people from getting sick.”





# Still Grieving



“They said she needed to be home. Little did I know they didn't want us to see her die.”

BY JULIET KAMANGA

Lossing my mother at the age of five is easily the worst thing that has happened to me throughout my life. It may have been years ago but it feels like it was just yesterday when I last saw her. We had such beautiful moments together, she was the type of mother who loved being a mom. She would do special things for me; like phone into radio stations

during my birthday so they could give me a shout out, she would buy me amazing toys I'd been eyeing when I went to the shop, she would put a little pot with maize meal next to me so I could “cook” with her, she'd let me iron clothes with her because she knew I loved spending every moment with her and she loved spending as much time with me and my siblings.

So, when she couldn't do those things

with us anymore, because she was sick, those memories stuck as much as the good ones.

My mother had a brain tumor, she thought she was suffering from bad headaches, but the truth is, something horrible was destroying her body and there wasn't much they could do. For months I watched my mother get sicker and sicker, she would stay in bed all day, she would cry from headaches, she wouldn't eat properly. And I would constantly hug and kiss my mom until she felt better, like she'd done to me, but it didn't work. My aunt and grandfather came all the way from Malawi to fetch her here in Johannesburg. They said she needed to be home. Little did I know they didn't want us to see her die.

One day - and I can never remember how that day started - lots of people were in our house. I don't know who these people were, probably aunts and uncles. Once they went to fetch my older siblings from school, they sat us down and told us “your mother passed away.” And all I remember feeling was confused. I was the only person who didn't know what “passed away” meant. My siblings left and went to cry in each of their rooms and I kept walking around the house, too scared to ask people what they meant.

Then it hit me, my mom was sick, they took her away and now she's no longer coming back. I was in denial for a long time. I thought that she lost her memory and wander off in Malawi, lost for some reason and I could never reach her. I was angry at her father, I was angry at her sister, how could they take my mother? Then finally I just allowed myself to be sad, what else could I do? Even if she's lost, I would never see her again. I cried a lot, I stopped eating properly for years. I wish I had someone to explain these feelings. But luckily I had my sisters and my brother. Without them I would not be where I am today. I would not be able to speak about what happened without breaking down. My oldest sister really made sure she took care of us. She was my new mother, even though she was only ten years older than me.

My mom was so important in my life that I felt like I would never be able to get over her death. A lot of who I became was because she left my life so early and it messed me up more than I had thought. Aside from not eating properly for 6 years, I had issues with trust and forming relationships because I was scared I would lose the people in my life. I had multiple step-mothers who tried to replace my mom and I tried to find replacements in them, but it would never work out. It taught me that I had to deal with my trauma head on and accept that my mother was gone and it would be okay. I went to therapy for a year and allowed myself to be completely emotional in a way I had never been all my life.

I expressed everything I locked deep inside so I could finally move forward with my life. I knew my mom was my

“They taught me that crying, praying with candlelight to her and writing about how I feel would make the day easier, and now I'm able to process the day a without feeling too sad. I'm finally at a point where I don't even cry about it thanks to them.”

guardian angel and guided me to heal because there was something inside that told me what the next step was and I'm glad I listened. After therapy I used my film making and art to release any sadness I felt about losing her. I realised her death was unfair but it happened and needed to be spoken about, as well as the amazing life she lived.

My siblings, friends and partner have stood by my side in a lot of my grief. They make sure I have a space to talk about my mother when I need to, however I need to and at any time. They allow me space in any conversation we have to vent about my anger or confusion. For many years of my life, her birthday would be a sad event, I wouldn't be able to process the day very well because it reminded me that she wouldn't get to celebrate another year. However, my family and friends helped me learn how to process the day in a way that would give me some form of relief.

They taught me that crying, praying with candlelight to her and writing about how I feel would make the day easier, and now I'm able to process the day a without feeling too sad. I'm finally at a point where I don't even cry about it thanks to them. And I finally get to celebrate her birthday in peace.

My mom was the type of person that left a good feeling in your soul when you spoke to her. She was compassionate, funny, fully present and openly loving and every single person who got to experience who she was will always have something good to say about her. Through learning to speak up about her without breaking down or feeling bad, I realised how blessed I am to be her daughter because she lives within me, and I also got to experience such a beautiful person. Though gone too soon, she will always be remembered.



# MOOD BOOSTING FOODS

We all feel blue from time to time, and food can play an important role in helping us lift our mood and improve our outlook on life. So the next time you feel down try eating the following foods to feel better.



## ORANGES

Here's another water-filled food that can help you rehydrate efficiently, especially since the citrus contains electrolytes (like potassium!) for an extra pick-me-up.

## BANANAS

Bananas for the win: The vitamin B6 in bananas may help prevent cognitive decline and reduce mood-related symptoms of PMS. Plus, each one provides about 12% of your daily fibre needs for better digestion.



## ALMONDS

This mood-boosting food is a great go-to for protein (including tyrosine for neurotransmitter production), magnesium, fibre, and Vitamin E. As an antioxidant, Vitamin E can help combat free radical damage in the brain and has been shown to improve memory and cognition.

- Have them on their own as a snack, incorporate them into trail mix or granola.

## DARK LEAFY GREENS

These are rich in a wide variety of nutrients, including fibre to balance blood sugar, B vitamins to boost brain function, and iron. Evidence indicates that iron deficiency is linked to altered emotional behaviour, anxiety, and the disruption of neurotransmitters. Iron (and B vitamins) also help us produce energy, and more energy may lead us to feeling positive and bolster our ability to participate in the activities we enjoy. So grab a bunch of spinach, kale, Swiss chard, or whichever dark leafy greens you enjoy, and try different ways to add them to your diet.

## EGGS

One of our favourite mood-boosting foods, eggs are high in protein, Vitamin D and B12. They have a payload of choline, a nutrient that supports the nervous system improves mood, and helps produce neurotransmitters, as well as the antioxidant selenium. Since the brain is more vulnerable to oxidative damage, consuming antioxidant foods can help protect and preserve the brain (and our positive mood in the process).

Eggs are easy to make and transport when you're on the go, and there are a ton of ways you can consume them:

## HARD-BOILED AS A SNACK

Scrambled with steamed greens or other veggies

Eat them in an omelette

Poach them on toast with avocado

Use them in baking

Hard-boiled or hard poached on a salad

## AVOCADO

A nutritious fat with an ultra-creamy texture, avocados have Vitamin B6, fibre, Vitamin E and Vitamin C. They also contain Vitamin B5, which helps synthesize neurotransmitters and supports the adrenal glands.

## CHOCOLATE

Of course, chocolate makes you happy! It contains several potent compounds such as phenylethylamine, which boosts endorphins, and anandamide, otherwise known as 'the bliss chemical'. Studies on chocolate show that it can improve mood and cognition, plus it's a rich source of antioxidants, iron, and magnesium to help us relax. Evidence indicates that chocolate is particularly helpful when eaten mindfully – so don't gobble it all down, savour it instead.



## SWEET POTATOES

Sweet potatoes contain an abundance of mood boosters like Vitamin B6 (as well as other B vitamins), Vitamin C, and fibre. And there are so many ways to eat them:

- have them plain, either steamed or roasted
- drizzle them with coconut oil, nut butter, and cinnamon
- add them to salads
- use them in stews and soups
- incorporate sweet potatoes into smoothies and baking
- stuff them with curry, sauteed ground meat, or beans





# WHEN LOVE HURTS

**A**s a young girl growing up in a Christian home your “purity” is held in high regard. You grow up believing that it’s a treasure only worth the man who chooses to marry you since he chose you amongst other women and saw you as his wife. For me, that meant my husband would only treat me as the best since I had reserved myself just for him. It’s always been a dream to get married young, to the love of my life, and do this life thing together, but my greatest dream turned into a nightmare in a matter of a few short years. When we got married, I was 20 years old and he was 24. We had grown up in the same church and he used to play the keyboard at the time, which automatically made him the sought-after bachelor. We had started

dating while I was still in high school and decided to get married in my second year after I discovered I was pregnant with his daughter.

Our families were happy for us as marriage was a good thing for young people to enter into if they were in love and also it made it easy for them to explain to church members why I was pregnant because by the time people would see my belly, I’d be his wife. I was never forced to

**“I’ve given him my virginity so this means I’ll be his prized possession.”**



**As a young girl growing up in a Christian home your “purity” is held in high regard. You grow up believing that it’s a treasure only worth the man who chooses to marry you....**

marry him nor was he but we were like love-sick puppies who would wear matching clothes and purposefully arrive late at church so that we could make a grand entrance so that the church could see the newlyweds in all their glory.

He came from a good family and so did I, and the two of us lived in ‘harmony’ for the most part. At the time we got married he had lost his job and I was doing my second year in varsity and heavily pregnant. Six months after we got married, he got a job and our baby was born so I spent most of my days at home looking after our daughter, which led to me dropping out of university as I had no one to look after our daughter.

A year into our marriage the cracks began to show and my dream slowly began to unravel. He would come back late from work and when I asked why he would say I wouldn’t understand because I was unemployed. This continued, and I soon began seeing text messages from girls. When I questioned him about them, he would ask if he was allowed to have female friends, and again I would just keep quiet. One day I was rather angry and chose to confront him and he told me he was cheating on me and that the lady he was with was better in bed because they

were discussing our sexual life then. At that time, I had a small baby and I had never felt so broken but I also reasoned that maybe he was confused and that he would love me again as he did before so I tried all the sex positions I could find in an attempt to show him that I was better than her. The ‘what will people say’ syndrome also kicked in and at that nothing else mattered than saving my marriage at all costs. It seemed that it worked for a while and I remember always being physically exhausted and giving less and less time to my daughter because I was so preoccupied with trying to please him sexually and being an outstanding wife as I had been taught at church.

I obviously could not speak to my mother or father as I was taught by the older wives that after getting married you can’t tell your mom and dad about what happens in your marriage because they will hold a grudge against your husband even when you have forgiven him for his wrong-doings. It was a very lonely time for me, and I experienced a lot of emotional abuse which I kept to myself because I could not tell anyone; neither friends nor family. I would sleep alone in our rented studio with my daughter while he slept out without me knowing where he was, and if I called, he would simply say he would get back to me and disappear again. It became so normal that I even stopped trying to reach him.

I went to his home and told his parents about his behaviour, and a meeting was called to reprimand him. Things would get better for a week or two before he would go back to his old ways again. I must admit I loved this guy, he would give me butterflies, and I wanted nothing more than to be his number one and show him why marrying me was the best decision.

One day he came back home with bloodstains on his shirt and when I asked what had happened, he said he had to





leave for the police station as he needed to be a witness for his friend who they had tried to rob. After he left, I went on Facebook and stumbled upon a post that said he beat a guy the pulp for trying to make a move on his then-girlfriend. I think after that incident I grew numb to everything that was happening.

My only hope was that it was all part of God's plan and that everything would be okay. Divorce was never an option as I had said through thick and thin. I became scared of social media altogether because I feared that I would see something else about him that would surely give me a heart attack.

A few months later we separated officially and I went back home to my parents. Soon thereafter, he came to fetch me and asked that we fix our problems as husband and wife. I agreed because I loved him. It wasn't long before the physical abuse started. The first time he beat me was three days before my sister's wedding after I asked him where he was the night before as he didn't come home. He beat me again for asking about his extramarital affairs with women a few months later it became such a habit that one time I had a miscarriage, and still could not tell anyone about it because I did not want anyone to ask me why I did not leave him. People never knew about his bad side but only the good. I gave him everything but it wasn't enough.

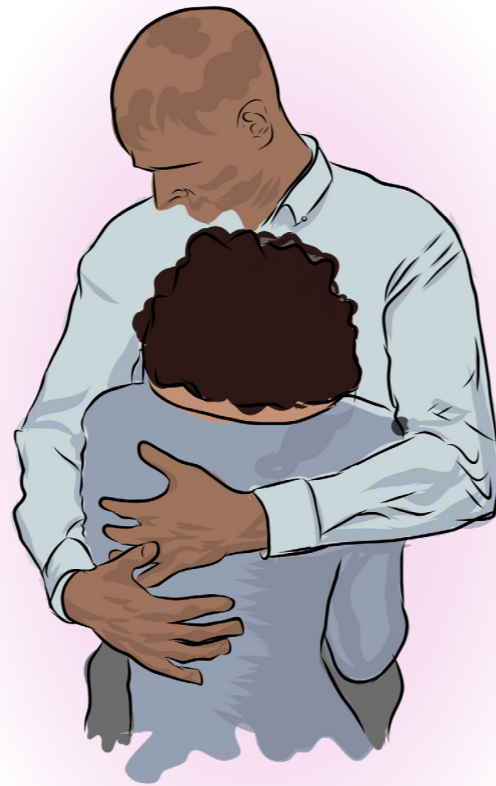
He got engaged to another woman while he was married to me and posted her on his Facebook saying she was his everything. That was the straw that broke me, and I finally decided to choose myself by pursuing a life without him in Johannesburg. I registered for a new qualification and began my new journey.

During my second year, he came again and wanted to fix things yet again, so I allowed it and he came to live with me. Indeed, a leopard never changes its spots. The abuse returned, and he even went as far as giving me an STD. I remember how one day he tried to hit me for asking for toiletries. I laugh now, but he really put me through hell.

The physical abuse bruised me physically but the emotional abuse was the worst as I'm still trying to deal with it years later

I come from a great home so I'm still not sure why I put up with the abuse, but I'm thankful for the journey in my youth. I've learnt more about myself and realized that my daughter needed a fully-present and functional mother. If I had to advise someone whose story is anything like mine, I would say before you want to invest in another person please start with you, and therapy would be a great start. I'm grateful for my friend's dad who is a therapist, and my doctor who gave me advice and free counselling sessions to help me cope since I couldn't at the time. Not even my family knew how to support me, and I did not find much comfort in the church either.

It was a very lonely journey. Eventually, I reached out to one friend who I could speak to that helped me go through



**I'm grateful for my friend's dad who is a therapist, and my doctor who gave me advice and free counselling sessions to help me cope since I couldn't at the time.**

the official divorce, which I was grateful for. I also found comfort from two young wives who prayed for me and offered a lot of spiritual and emotional support as I was very angry with God for allowing me to go through what I had gone through.

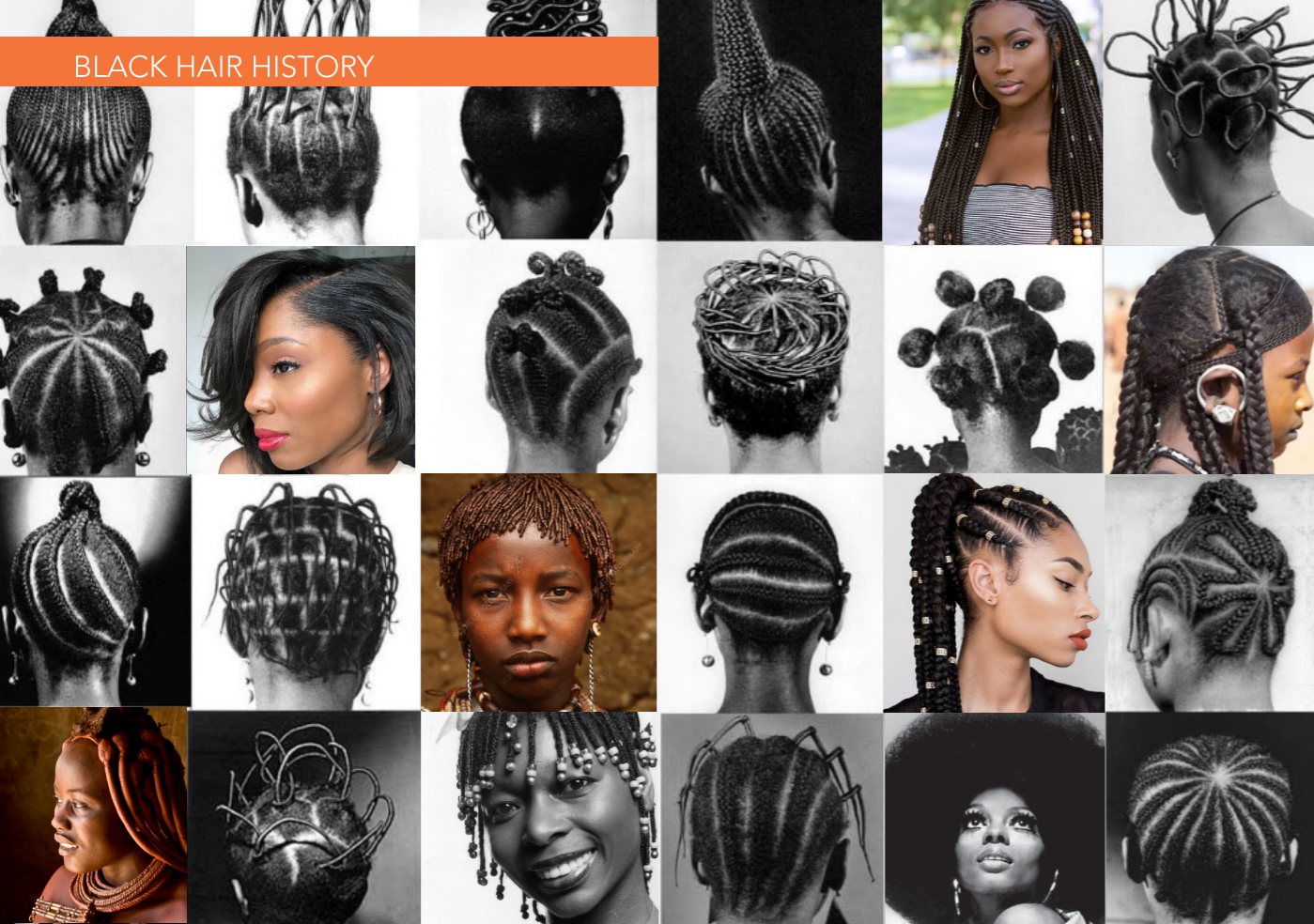
I am still finding my way towards my healing, and although I'm in a great relationship with my current partner, I don't believe that he would stay even if he says it consistently to reassure me. I am afraid he might do what my ex-husband did so after every fight I want to leave before does it first. Healing is a journey, not a destination. It is never your fault, no matter what your partner might tell you.

The journey to healing and self-discovery hasn't been easy but with each day that passes, I become stronger, more confident, and more self-assured. I'm loving myself and choosing me. If you ever find yourself in an abusive situation, seek help and put yourself first. Dysfunction is not love.

# COVID WORDSEARCH

H E A D A C H E Q U K U E R R  
 A K S E X U M K V S F S A Q B  
 N O I T S E G N O C O D U U O  
 J E L V A U N H Z N F I W S P  
 T V I L E O B J Y B R A K V G  
 N G O N E W R N A X N R H U S  
 T N G M G M N H V A E R H Z E  
 I E N O I U S W T W U H H J Z  
 D M I K R T N Z H E X E H X E  
 P O H E I A I G Q L R A Y Z T  
 W M T P U K U N W N R O M X R  
 Z X A S A O A Y G D T A S T E  
 R F E X C I S U S L L I H C V  
 O A R A H R N R X I U R S R E  
 V S B P D H S L K I I U E Y F





### Braids and beads of the womxn of the Fulani tribe of the Sahel Region and West Africa

The Fula, or Fulani tribe, is the largest nomadic tribe in the world. They populate the Sahel region and West Africa. The tribe's traditional hairstyle is a big trend in contemporary braiding. Hairstylists have named it Fulani braids. Womxn plait their hair into five long braids that they hang or loop on the side of their heads. They complete the hairstyle with a coiffure in the middle of the head. They decorate their hair with beads and cowrie shells.

Young girls attach their family's silver coins and amber on their braids as a heritage symbol. They also add coins and amber for aesthetic purposes. This tradition is one that families have kept through the generations.

### Ochre dreadlocks of the Hamar tribe in Ethiopia

Hamar womxn wear thin ochre dreadlocks, called goscha, on their hair. They create their dreadlocks by binding water with resin. To add to their distinct look, womxn wear colourful beaded jewellery. Pre-adolescent girls wear their hair in cornrows that they decorate with beads.

### Floor-length braids of the Mbalantu womxn of Namibia

Not everyone desires floor-length hair, but if you do, you can take some lessons from the Mbalantu womxn of Namibia in Africa, who are renowned for their incredibly long, braided hair. The Mbalantu womxn of Namibia were in the 1900s well-known for their incredibly long, braided hair. It is said that the length of the hair was so important to these womxn to the extent that some of them had to buy hair from other womxn to attach to their own.

### Bantu knots of the Zulu womxn of South Africa

Another hairstyle, still popular today, with rich African roots is Bantu knots. Bantu universally translates to "people" among many African languages and is used to categorize over 400 ethnic groups in Africa. These knots are also referred to as Zulu knots because the Zulu people of South Africa originated the hairstyle. The look also goes by the name of Nubian knots.

### Cornrows of the slave womxn of the American South

Cornrows were named for their visual similarity to cornfields. Africans wore these tight braids laid along

With the Civil Rights Movement of the 1960s and '70s, came the rise of the natural hair movement that encouraged black communities to accept their hair and turn away from damaging products

the scalp as a representation of agriculture, order, and a civilized way of life. These types of braids have served many purposes, from everyday convenience to a more elaborate adornment meant for special occasions. Hair also played a role in the way enslaved workers were treated; if the texture and kink of one's hair more closely resembled European hair, they would receive better treatment.

### Dreadlocks

Dreadlocks have often been perceived as a hairstyle associated with 20th century Jamaican and Rastafarian culture, but according to Dr. Bert Ashe's book, *Twisted: My Dreadlock Chronicles*, one of the earliest known recordings of the style has been found in the Hindu Vedic scriptures. In its Indian origins, the "jaTaa", which means "wearing twisted locks of hair," was a hairstyle worn by many of the figures written about 2,500 years ago.

### The quest for straight hair

After the emancipation of the African slaves of the American South, there was a growing notion that European textured hair was "good" and African textured hair was "bad," foreign, and unprofessional. Wigs and chemical treatments became the means to achieve smoother, straighter hair.

### Afros and the natural hair movement

With the Civil Rights Movement of the 1960s and '70s, came the rise of the natural hair movement that encouraged black communities to accept their hair and turn away from damaging products. The notion of conforming to European standards did not fit with their message of black power. Sporting these natural styles was its own form of activism, and seen as a statement in reclaiming their roots.

### Shape-ups and fade

The 1980s ushered in the birth of Hip Hop, which had a huge cultural influence on style. Black barber shops around the U.S. had perfected the fade but the '80s allowed them to blossom with more forms of creativity and expressionism.

Afros were shaped up with the sides cut short for a hi-top fade, and cornrows were braided in with flairs of individuality. Icons like Grace Jones sported inspired looks on their album covers.



## THE HISTORY OF

# Black Hairstyles

*Hair played a significant role in the culture of ancient African civilizations. It symbolized one's family background, social status, spirituality, tribe, and marital status. As early as the 15th century, different tribes used hair to show one's social hierarchy.*

Members of royalty wore elaborate hairstyles as a symbol of their stature. Hair was also a symbol of fertility. If a person's hair was thick, long, and neat, it symbolized that one was able to bear healthy children. If someone were in mourning, they would pay very little attention to their hair.

### Dreadlocked hair of the Himba womxn of north-western Namibia

For a Himba womxn, her hair is her power. Hairstyles play a significant role within the Himba community and reflect marital status, age, wealth, and rank within the

group. Hair braiding is a communal activity with a range of styles differing from tribe to tribe. Close relatives spend hours creating elaborate and socially symbolic hairstyles. The braids they create are often lengthened by including bits of woven hay, goat hair, and artificial hair extensions.

Teenage girls wear braid strands or dreadlocked hair that hangs over their faces. Doing this symbolizes that they've entered puberty. Married womxn and new mothers wear Erembe headdresses made from animal skin. Young womxn who are ready for marriage tie their dreadlocks to reveal their faces.



# HOW TO START A BOOK CLUB

Settling down with a great book allows you an escape and the space to contemplate ideas that might have never crossed your mind had you not chosen the particular book in the first place. Reading a book is often a great way to relax but sometimes you just want to discuss what you've read with another person.

Or maybe you're not reading as much as you'd like and want to encourage yourself to pick up a book more often.

If you've ever had the urge and are curious about how to start a book club it's easier than you might think. Running a book club is not only a fun way to enjoy books and meet new people, it's also a great way to discover new books and learn new perspectives and participate in some healthy debate.



## Lucky for you, we've put together steps to help you start a book club

### 1. DECIDE WHO YOU WANT TO INVITE TO JOIN THE BOOK CLUB.

Whether you want to host a book club for just you and a friend or bring together a few people, it's important to figure out who will come to your book club.

### 2. DECIDE WHERE YOUR BOOK CLUB WILL MEET AND HOW OFTEN

The next thing to consider is where you'll meet. Each member could alternate hosting the book club at their homes or you could meet at a school or library.

It's also important to consider how often you'll meet. Most book clubs meet once a month or every two months, this gives members of the club time to read the chosen book.

Remember to choose a safe venue that will be

convenient for all members of the Book Club.

### 3. SET UP A PRE-BOOK CLUB MEETING.

Gather everyone together to discuss the first book option, the permanent meeting location and time, how the Book Club will be run, and the goals for the Book Club.

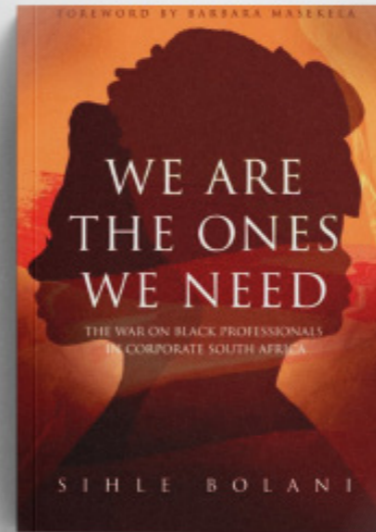
Bring one or two options for meeting times and the first book. Take a vote if you would like to have everyone involved in the decision making process.



**Sisterhood**  
Discuss in your club:

What is your favourite book of all time?

Here are some book suggestions you can explore....



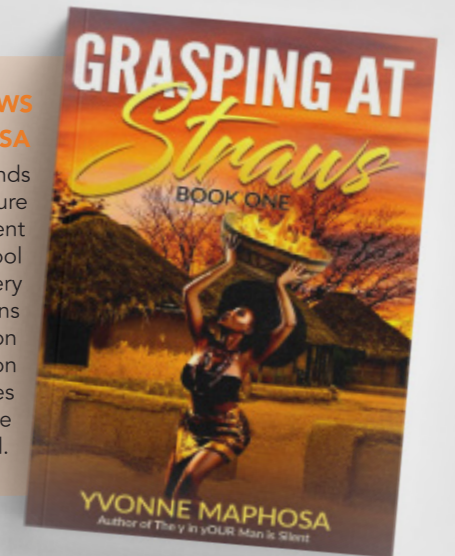
### WE ARE THE ONES WE NEED - SIHLE BOLANI

Through its memoir-esque style, 'We Are The Ones We Need' delves into the challenges faced by black professionals in South Africa's corporate environment. By sharing some of her own experiences from her years working within some of the country's top companies, Ms. Bolani focuses on themes that include structural racism in organisations and the role executives play in sustaining discriminatory practices; pay discrimination; the emotional and psychological trauma suffered by black professionals as a result of corporate abuse and the suppression of black talent, especially black women.

From the beginning of the book, Ms. Bolani takes the reader on a journey that reveals her personal and professional background, her interactions with her colleagues and senior executives, as well as how her experiences impacted on her and her loved ones. She closes off the book by sharing some of her own suggestions on how we can begin to change corporate culture and its weaponisation against black professionals.

### GRASPING AT STRAWS - YVONNE MAPHOSA

Born in the village of Matombo, Lwezi finds herself questioning the traditions and culture which seem to favour men at the detriment of women. Girls are excluded from school and are groomed for marriage from a very young age. Women are seen as sub humans who are born to serve men. At initiation school, as she prepares for her transition from childhood to womanhood, Lwezi makes a thoughtless sacrifice in an attempt to save her friend.



### RECLAIMING THE SOIL - ROSIE MOTENE

**Rosie Motene's story is about a young girl born to the Bafokeng nation during the apartheid era in South Africa.**

At the time, Rosie's mother worked for a white Jewish family in Johannesburg who offered to raise the child as one of their own. This generous gesture by the family created many opportunities for Rosie but also a trail of sacrifices for her parents. As she grew, Rosie struggled to find her true identity.

She had access to the best of everything but as a black girl she floundered without her own culture or language. This book describes Rosie's journey through her fog of alienation to the belated dawning of herself discovery as an African.





# THUTHUZELA CARE CENTRES AROUND SOUTH AFRICA

Province	City/town/region	TCC	Hospital/clinic	Tel.	Province	City/town/region	TCC	Hospital/clinic	Tel.	
Eastern Cape Province	Bizana Region	Bizana TCC	St Patricks Hospital	039 251 0236 ext. 3066	Limpopo Province	Groblersdal	Groblersdal TCC	Groblersdal Hospital	013 262 3024	
	Butterworth	Butterworth TCC	Butterworth Hospital	047 491 2506		Polokwane	Mangkweng TCC	Mangkweng Hospital	015 286 1000	
	Port Elizabeth	Dora Nginza TCC	Dora Nginza Hospital	041 406 4112		Mokopane	Mokopane TCC	Mokopane Hospital	015 483 4141	
	Nyandeni Region	Libode TCC	St Barnabas Hospital	047 568 6274		Musina	Musina TCC	Musina Hospital	015 534 0446	
	King William's Town	Grey Hospital TCC	Grey Hospital	043 643 3300		Giyani	Nkhensani TCC	Nkhensani Hospital	015 812 0227	
	Lusikisiki	Lusikisiki TCC	St Elizabeth Hospital	039 253 5000		Seshego	Seshego TCC	Seshego Hospital	015 223 0483	
	East London	Mdantsane TCC	Cecilia Makiwane Hospital	043 761 2023		Thohoyandou	Tshilidzini TCC	Tshilidzini Hospital	015 964 3257	
	Mthatha	Mthatha TCC	Mthatha General Hospital	047 502 4000		Mpumalanga Province	Ermelo	Ermelo TCC	Ermelo Hospital	017 811 2031
	Matatiele	Taylor Bequest TCC	Taylor Bequest Hospital	039 737 3186			Kabokweni	Temba TCC	Themba Hospital	013 796 9623
Free State Province	Welkom	Bongani TCC	Health Complex	057 355 4106	Nkomazi		Tonga TCC	Tonga Hospital	013 780 9231	
	Sasolburg	Metsimaholo TCC	Metsimaholo District Hospital	016 973 3997	Witbank		Witbank TCC	Witbank Hospital	013 653 2208	
	Bethlehem	Phekolong TCC	Phekolong Hospital	058 304 3023	North West Province	Rustenburg	Job Shimankane TCC	Job Shimankane Tabane Hospital	014 590 5474	
	Bloemfontein	Tshepong TCC	National District Hospital	051 448 6032		Klerksdorp	Klerksdorp TCC	Klerksdorp Hospital	018 465 2828	
Gauteng Province	Diepkloof, Soweto	Baragwanath/Nthabiseng TCC	Chris Hani Baragwanath Hospital	011933 9234		Mafikeng	Mafikeng TCC	Mafikeng Provincial Hospital	018 383 7000	
	Duncanville, Vereeniging	Kopanong TCC	Kopanong Hospital	016 428 5959		Potchefstroom	Potchefstroom TCC	Potchefstroom Hospital	018 293 4659	
	Laudium	Laudium TCC	Laudium Hospital & Community Health Centre	012 374 3710	Taung	Taung TCC	Taung District Hospital	053 994 1206		
	Lenasia South, Johannesburg	Lenasia TCC	Lenasia Hospital	011 211 0632	Northern Cape Province	De Aar	De Aar TCC	Central Karoo Hospital	053 631 7093	
	Mamelodi	Mamelodi TCC	Mamelodi Day Hospital	012 841 8413		Kimberley	Galeshewe TCC	Galeshewe Day Hospital	053 830 8900	
	Tembisa	Masakhane TCC	Tembisa Hospital	011 923 2116		Kuruman	Kuruman TCC	Kuruman Hospital	053 712 8133	
	Natalspruit	Sinakekelwe TCC	Natalspruit Hospital	011 909 5832		Springbok	Springbok TCC	Van Niekerk Hospital	027 712 1551	
KwaZulu-Natal Province	Pietermaritzburg	Edendale TCC	Edendale Hospital	033 395 4325	Western Cape Province	George	George TCC	George Provincial Hospital	044 873 4858	
	Newcastle	Madeadeni TCC	Madadeni Hospital	034 328 8291		Bellville	Karl Bremer TCC	Karl Bremer Hospital	021 948 0861	
	Empangeni	Empangeni TCC	Ngwelezana Hospital	035 794 1471		Khayelitsha	Khayelitsha TCC	Khayelitsha Hospital	021 360 4570	
	Phoenix	Phoenix TCC	Mahatma Gandhi Memorial Hospital	031 502 233	Mannenburg	Mannenberg TCC	GF Jooste Hospital	021 699 0474		
	Port Shepstone	Port Shepstone TCC	Port Shepstone Regional Hospital	039 688 6021	Atlantis	Wesfleur TCC	Wesfleur Hospital	021 571 8043		
	Westcliffe	RK Khan TCC	RK Khan Hospital	031 401 0394	Worcester	Worcester TCC	Worcester Hospital	023 348 1294		
	Stanger	Stanger TCC	Stanger Provincial Hospital	032 437 6290/6118						
	Umlazi	Umlazi TCC	Prince Mshiyeni Memorial Hospital	031 907 8496						



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