

Your 11th edition

RISE

YOUNG WOMEN'S CLUBS



A career in

Fashion



How to get your
**DRIVER'S
LICENCE**

NYAOPE

A personal story

C O N T E N T S

Welcome to your magazine!

Growing up, I have seen families in my neighbourhood torn apart by alcohol. I have witnessed alcoholic fathers leave their children without food, and without school fees. I've seen mothers suffering abuse from a father who respects nothing but his addiction.

These experiences made me realise from a young age that alcohol and drugs are the biggest life destroyers. It's heartbreaking that things have become even worse now. Communities are faced with the destroyer called nyaope which is ruining many young lives.

Everywhere I go I come across young men and women who have given up their life to this monster. In this edition we

feature a heartbreaking story of a young man who lost his life to the drug and left his family with heartache. I know many of you will relate.

But most importantly, I hope we all learn that the choices we make can not only destroy our lives, but can also deeply affect the people who care about us. Until next time, keep rising!

Mapula

on behalf of the Rise team

P.S. Please tell us about your Club activities. You will stand a chance to have your Club profiled in this magazine, or win some airtime!



Mapula Tloubatla
Rise editor

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011 771-7935
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Or visit: www.soulcity.org.za



Rise Young Women's Clubs are spaces for us to learn from and support one another.

Rise Club members from Intlanganiso High in Khayelitsha.

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Connect with us



Rise Talk Show on facebook



@RiseTalkShow



Rise Young Women's Movement App on Mxit



SoulCity ItsReal on YouTube

What's your favourite smell?

We asked the Rise Club members from Intlanganiso High in Khayelitsha:

This is what they said:



Asanele Mashicila (15 years)

I like the smell of rice and beef. I am always hungry.

Asemahle Dolophini (14 years)

I love perfume, especially the one with rose and lavender. I like wearing perfume – it makes me feel better and more beautiful than I am.



Musa Watala (16 years)

I love the smell of soil. I go out when it is raining. I'm from the Eastern Cape and that smell reminds me of home.



Sangenathi Dubula (14 years)

I love the smell of all plants, especially when it has rained. That is a beautiful fresh smell.



Sibulele Qubayo (14 years)

I love the smell of beef stew. We get meat on Sundays. You wake up to go to church and when you come back you cook.



Sinazo Sajini (17 years)

I love the smell of meat, mainly sausages because they are fat and oily.

Sindiswe Mhlabeni (14 years)

I love the smell of nature, especially when it has rained – then I can feel the beauty of the world.



Thuliswa Ntlantlu (14 years)

I love the smell of red roses. It makes me think that people love me.

Yolanda Mkati (13 years)

I like the smell of food, of rice and meat. I love steak. When I smell it cooking on the street I can just eat it.





Motheo District meeting, Free State



Flagstaff, Eastern Cape back-to-school event



Ugu District meeting, KwaZulu-Natal



Orange Farm District meeting, Gauteng



Ethekewini District meeting, KwaZulu-Natal



Back-to-school campaign, Lusikisiki, Eastern Cape



Ekurhuleni District meeting, Gauteng



King William's Town "Achievers Take Action" event, Eastern Cape

Back-to-school Club events

Some of the Clubs launched back-to-school events. These were aimed at helping members to set goals for themselves for the year, and to stay motivated. At most events, health education was offered, as well as career guidance. Some Club members arranged for school shoes to be donated to vulnerable children.



Elliotdale back-to-school event, Eastern Cape



Nkangala District, back-to-school event, Mpumalanga



Fezile Dabi District meeting, Free State



Tshwane District meeting, Gauteng

District meetings

Rise Clubs have been holding district meetings across South Africa. The get-togethers have given members a chance to share ideas for strengthening their Clubs. They have also discussed strategies for working together with municipalities, community organisations and other key groups.

The district meetings also gave Rise Clubs the opportunity to look at the challenges they are facing, and to reflect on what they've achieved so far.



Culture gives you strength

When you drive from Mthata in the Eastern Cape towards the sea, the hills are green and the cattle are fat. But there is no electricity in the Hobeni district, and the girls spend hours fetching water and collecting firewood. There are also no shops or TV. Most young people spend their time visiting taverns.



We can't abandon our own culture - it is part of who you are. Culture is born with you. It gives you strength.

Lona Ngxelo

I joined the club to protect myself. I didn't want to go to the tavern and fall pregnant or get STIs. But when you stay indoors you only know the road from home. This is why I like Rise.

Phutuma Mkwenke, 15



Here, two years ago, the community worker Lona Ngxelo started six Rise clubs. Lona used to be a photographic model. Today she often works as a tour guide explaining the Bomvane culture to people from other countries. Culture is very important in this area.

Culture

Many of the girls belong to cultural groups where they learn the dances and the wisdom of their ancestors.

"I'm proud of our Bomvane songs and rituals because I grew up with them and they are deep inside me. The club helps me to communicate with everyone. It's good that the younger girls see that we don't drink in the taverns. We can be role models," says Pinky Conja

Even though most of the club members love their culture, it can also bring problems. For example, it is cultural practice that sometimes older men abduct young women to marry them.

"They tried to force me to get married to an older person. They were going to give cows to the family. I was not happy.

I could not find peace and it brought a lot of heartache. I went to the Rise group to report that," says Asanda Zakade, 16.

Peer pressure

Another way in which the Club helps the young women is to protect them from peer pressure.

"I had a baby in Grade 12. My friends were already in love, so I also wanted to be. But I was too embarrassed to get condoms. This Club helped me," says Elinah Komanisi, 23.

Community work

All of the clubs help their community. When there is a funeral they fetch water for the households. They go to the forest to collect wood to sell. On Mandela Day they went to the schools to help cut the grass and clean up.

"There is one old man whose wife is drinking a lot and she does not look after him. We wash his dishes and fetch water for them. It brings blessings to help," says Nwabisa Tyabashe, 16.

Jealousy

Sometimes the young women feel a bit jealous of their city friends: "They dress so beautifully. They wear short pants, while we wear long skirts. They look so beautiful, the way their hair is done. We have our natural hair," says Zikhona Fozani.

Other members feel that living in the rural area is very good.

"When you live in the township you have to buy everything. Here we can fetch water and wood for free," says Elinah Komanisi.



We love helping people. We help older people to clean their houses and fetch wood for them. They don't have anyone to help them.

Busisiwe Siyaleka

Making Waves

18-year-old Samkelisiwe Cele made history as the first young Zulu woman to compete in a World Surf League event.

Sam says that even as a child she didn't feel the need to do what everyone else was doing. Her father understood this, and so, when Sam was 14, he suggested she try surfing as a hobby. By then the family had moved to North Beach, an area of Durban close to the sea. Sam's father's friend owned a surf shop nearby and he introduced Sam to surf star, Sandile Mqadi. Mr Mqadi offered free surfing lessons for disadvantaged kids in Durban.

Practising hard

"Learning to surf was hard at first but I was willing to practise until I got better and better," says Sam. Sandile Mqadi says Sam learned quickly, and he remembers constantly reminding her how few black female surfers there are in KZN. Sam says this helped make her want to be a surfer. "I believe that there aren't many black female surfers in South Africa because of the lack of training available for us. Plus, in our culture, most people aren't well informed about surfing and just see it as a dangerous and expensive sport."



Don't be afraid to try something new!

Privilege

Sam describes herself as a quiet person with few friends, and when she is not surfing she is at home watching TV. None of her friends surf, and she often feels misunderstood. "When I suggest surfing to them they make up excuses. They worry about getting their hair wet or their skin getting too dark," she laughs. Sam says she doesn't care about any of that because she loves what she does.

Pressure

Sam says it can be difficult keeping up with other surfers, since many of them started much younger than she did. "My competitors started surfing at the age of six and younger, which gives them an advantage because they have more experience than me." She says it can be hard to be in the surfing community: "I am undermined a lot, and sometimes even excluded because of my age, gender and race. That upsets me, but I keep my goals in front of me and work even harder."

Competing to win

Last year Sam participated in the 2015 SA Junior Champs competition in Jeffreys Bay, in the Eastern Cape. "Going to Jeffreys Bay was an amazing experience, although I came back with six stitches on my head," she says casually. The injury was caused by strong winds which flipped her board over and the board hit her on the head. "Fortunately it was a minor injury, and two weeks later I was back in the water."

Sam is now studying journalism at ICESA Durban City Campus, a private educational institute. She has not yet decided which career to take up full time.

Sam urges more girls to get into surfing. "Do not be afraid to try something new, everything is possible if you believe in yourself," she says.



Check out the Sisonko Surfing Outreach page on Facebook:
www.facebook.com/Sisonko-Surfing-outreach-677136495754858/

Making **fashion** your
business



Fashion is where I express my feelings. I can express my sadness and my joy through clothes.

Liziwe Zigebe and her sister live in a two-room shack in Khayelitsha, Cape Town. Their mother is a labourer on a wine farm near Worcester.

Liziwe has always loved fashion. When she was very young she would change her clothes to make them special.

Getting skills

When she was in primary school Liziwe joined a dance group organised by an NGO which taught life skills. This is where she met her mentor, Liseka Rantsane, who supported her throughout her school years. MaLiseka also bought the first outfit that Liziwe ever sold.

After completing school Liziwe worked for the Afrika Tikkun organisation. She noticed that in the office next door there were people learning to sew. So she asked if she could join them during her lunch break. Liziwe learnt fast. Every evening she went home and cut cloth for the next day. She was also saving money, and at the end of 2014, she managed to buy herself a sewing machine.

Advertising

Soon people started to ask her to sew things for them. Now when Liziwe goes to town she makes sure to dress nicely and then people ask her where she got her clothes from.

Liziwe uses Facebook and Instagram to sell new creations. She has also shown her clothes at local fashion shows. Her brand name is LZ Designs.





Expert comment



Rise asked Ruth Kamau for advice for Liziwe. She said: "Liziwe is doing so many things right already."

- Using **social media** to keep in touch with trends and new techniques as well as to market her products. This means she is getting the benefit of global knowledge and advertising cheaply.
- She understands the value of **creating a brand for herself** and participating in local events.
- She has **powerful motivation** by doing what she loves, and by holding on to her dreams of rewarding her mother.
- She has **persistence, commitment and courage**. These are vital in business.
- She has **mentors**.

Suggestions

- She needs to **create a line** that can see her through the **low earning periods**, for example, making school uniforms or some ready-made popular items such as skirts which are easy to adjust.
- She needs to create a **look-book** that shows her key designs. This will help her earn a bursary or support from a leading designer.
- She needs to have **clear sales and expenses records** that can motivate people to support her.
- She should continue to **follow leading designers**. Work out what makes them stand out in the industry and research their history.
- She should identify **professional groups** (umbrella bodies) in the industry to find out more about **funding**.



Dreams

But Liziwe's business is still small. In a good month, this 25 year old makes about R2000. She dreams of finding a space for her business within the next five years, and hopes to employ at least three people.

Liziwe is always trying to improve the quality of her work. In her shack she watches fashion TV and YouTube videos on how to sew and cut. Her big dream is to get a bursary to attend a good fashion school.

Family

She feels lucky that she has had a mother and a sister who support her.

"My mom had to work very hard to give me anything. From this I have learnt that not everything comes easy. My mom is my role model. She doesn't give up."

Words of advice

Liziwe's advice to other young women is:



"Don't limit yourself. People said I wouldn't be able to make money from fashion. I decided not to listen. You must follow your dreams."

Ruth Kamau is a successful businesswoman who owns iKhaya Lodge & Conference Centre in the heart of Cape Town. She has worked across Africa and in New Zealand. She has a Masters in Business Administration and a degree in Business and Education.

Contact email: ruth@ikhayalodge.co.za



Living with HIV and AIDS

One Rise member speaks about her pain for her cousin and her aunt who are both living with HIV and AIDS.

My aunt got infected with HIV in 1999. She did not know this, and in 2001 she had a little boy who was also born with HIV. In those days they didn't get the proper treatment so they were both ill all the time.

I am a year older than my cousin. Ever since I can remember they have come to live with us when things are not going well. We have to be very supportive of them.

Anger

My cousin is 14 years old and he has so many questions. He feels it is very unfair because his two older siblings were not infected. He is very, very angry. There will be times when he refuses to take his pills because he says it wasn't his fault that he was infected. What also makes him angry is that the doctors say that maybe HIV has made him a slow learner.

Sometimes his mother also does not take the pills. They are both very angry. They both get counselling and support from organisations.

My aunt sells meat next to the road to make a living.

Love

I love my cousin very much. He is like my little brother. When we were children he was so small and always sick. I used to go to hospital with him to support him. Nowadays I keep telling him that his HIV is not the end of the world.

Sometimes I just feel small and I wish I could just do something for my aunt and my cousin. I often wish I had money so that I could pay for whatever it takes to treat them. That would make me happy.

I keep telling him that his HIV is not the end of the world.

Judgement

What hurts me is if I hear people talking badly about HIV. I can see that it hurts them too. I would really like to tell the world not to speak badly about something you don't have and don't understand. Don't judge people. They did not know that they were getting infected. Treat them the way you would like to be treated: make them feel good, do what is best for them.

Places that can help:

Lifeline South Africa

Free confidential telephone counselling services.
0861-322-322
www.lifeline.org.za

South Africa National Aids helpline

Anonymous, confidential counselling and referral telephonic services.
0800-012-322
www.aids helpline.org.za

★ For discussion in your Clubs

- Are you, or someone close to you, living with HIV and AIDS? If so, how has this affected your relationships?
- Do people's responses make things harder? How can we support those living with HIV and AIDS?

Nyaope and me

A Call to Action by Lungile Sodidi



In loving memory
of my brother

Siyabonga Steven Sibiya

16 February 1991 –
21 November 2014

*Until we meet
again*



Three years ago I went from having a promising career with an NGO to losing myself trying to save my brother. My younger brother whom I loved dearly, the closest person to me in my family, got addicted to nyaope. He was 23 when he died. He had dreamed of becoming a mechanical engineer.

I lost my mind as I could not afford to pay for him to go to a private clinic, which was too expensive for my family. So we tried to get him help from a government institution. We found that those facilities were always full.

Great pain

My brother lived for nyaope because he was in excruciating pain when he didn't have it. He turned to stealing and house-breaking, ending up in jail. He was left for dead by a community mob seeking justice. He realised he was hurting the people he loved the most, and that he needed help.

Begging for help

I tried so hard to get help for him. We had files opened at three different SANCA drug rehabilitation centres in four years. Not one of those centres could get my brother a bed at a state rehab institution. Instead, he found himself living on the street, parking cars to get money to feed his drug habit.

On the street

It was very hard for me to stay in touch with my brother after he started living on the street. I would drive around for hours at night, desperate to find him as he hustled for the drug in different areas. Whenever I found him, I would bring him clothes and food, and give him an update on any developments with the rehab centres.

He began injecting rather than smoking the drug, and this is eventually what killed him. The veins on his left arm started giving out.

*We youth need
to change things
for ourselves.*

Anger and despair

My brother passed away just as we finally found a bed for him. He was due to go to rehab the day he died. This was after four years of begging SANCA facilities for help. I had so much anger towards the Department of Social Development, and I blamed them for his death. I was angry with my family as well for leaving him out in the streets. I had to direct my anger somewhere as I felt like I had failed him.

My story, my battle

But instead of running away from the problem, I decided to run towards it.

I saw that other families were going through what we went through. They would lose loved ones to this drug, waiting for places in rehab centres that were always full.

Facebook

I started a campaign on Facebook called "Siyabonga Nyaope", aimed at educating people and giving the townships affected by this drug a voice. I later turned this initiative into a Not-for-Profit Organisation (NPO). I saw the need to break the stigma around this drug. People are too embarrassed to talk about a family member affected and so their loved ones die, and the whole family suffers.

We youth

I asked myself: are we not tired of having our leaders tell our stories? The youth of South Africa needs to stand up. It's not just nyaope that we face. It's also unemployment, school dropouts, HIV infections and crime – all issues directly linked to this drug. We youth need to change things for ourselves.

Make a difference

We can change things by identifying other people who want to make a difference, and so creating community groups, even if these are just social groups. Identify people that need help with nyaope and approach SANCA facilities. Let's knock on their doors until we get the help we need.

I did exactly that. And now, through my programme, I find myself helping four guys successfully finish their detox programme.

This drug is now spreading to primary schools. For the first time ever, I have had to look for a place in rehab for a primary school child.

Every single young South African who falls victim to this drug is still one of us and has the same rights as we do.

Make a noise

I asked one government official why they are not helping certain townships with the nyaope problem and he told me that departments often respond to noise. If we come together, produce reports to the state and, as communities, ask for help, the government will take action.

We need young people who can start a culture of "What can I do for my community?" instead of "What can the community do for me?"

Join me

I encourage young South Africans to join my movement or, if you are too far from Johannesburg, start something similar. We need more young, active people who want to make a difference.



Rest in peace

I went to visit my brother's grave on 21 November last year. I thought I would be filled with sorrow but to my surprise I realised that I had finally made peace, and I had a lot to say to him. I told him that I feel his spirit working through me; that my work will serve as a memory of his life. I told him that together we will do all we can to make sure that South African youth get a chance to lead normal lives, and to make their dreams real.

The importance of mentorship

I had an inspiring mentor at the NGO I worked for. She gave me the courage to do something about this terrible drug.

I started mentoring a guy called Bongani. I needed to make sure that when he finally got a chance to go to rehab he would be ready for it: mentally and physically ready for the challenges ahead; to step into the unknown; to change his life.

The hardest part of the detox programme is the first four days, where this drug leaves the body.

I spent a lot of time with him even when he went into rehab. After he came through I moved on to mentor another guy. By the end of last year I had helped four guys get clean.

With each case I faced a different challenge, but I did not give up on any of my mentees. It means so much to me that they are clean today.

Through helping them, I healed myself. I chose not to be a victim but an active young South African. I chose to do something our leaders should be doing to address this problem.

Signs to help you identify a nyaope addict:

- Reddish-brown eyes
- Burnt brown finger tips
- Severe stomach cramps
- No appetite for food
- Insomnia (not sleeping)
- Aggression
- Weight loss
- No personal hygiene
- Stays away from social activities

If you, or someone close to you, needs help with drugs, contact SANCA, the South African National Council on Alcoholism & Drug Dependence

086 14 72622

011 892 3829

email: sancanational@telkomsa.net

website: www.sancanational.org

Take a look at Lungile's page on Facebook: "Siyabonga Nyaope"



Get your licence TO DRIVE!

1. First get your learner's licence

Before you get a driver's licence, you need to get a learner's licence. To book your learner's test date, go to the nearest driving licence testing centre (DLTC).

You need to take the following with you:

- Your ID document
- Two identical black and white photographs of yourself
- A booking fee. The fee varies between the testing stations, but it's not more than R150.
- Proof of your address (a rental agreement or services account e.g. telephone, electricity or rates).

If the accounts are not in your name then you can ask the owner of the bill to complete a sworn affidavit at the police station saying that you live at that address.

If you stay in an informal settlement, a letter with an official date stamp from the ward councillor confirming your address.

Getting your driver's licence opens up a whole new world to you. Rise takes you through the process.

At the testing station: you will take an eye test to ensure that your sight is good enough to drive. Then you need to go home and study all the road rules before you take the test itself, called the K53 learner's test.

To learn: you need to get your hands on a K53 manual. If you can't borrow one you can buy one in a bookstore or download one online for about R55. A good site to download the manual, or take tests, is www.k53-test.co.za

The test: involves about 30 multiple choice questions on South Africa's rules of the road. You will need to score 77% (23/30) or higher in order to pass. Your results are available the same day as the test.

Once you pass the test: you have to pay an issue fee to get your learner's licence document. Half your battle is now won! It's time to take driving lessons to get ready for the driving test.

2. Then get your driver's licence

Once you feel reasonably confident behind the wheel, it's time to go for your driver's licence. Before you book, have a look at www.getyourdrivers.co.za to see what the test officer will ask you to do and make sure you can do all these things well. This is important, because the failure rate for driver's tests is as much as 40% in some places.

To book for your driver's licence you need the following:

- Your learner's licence
- Your ID document
- Four identical black-and-white photographs of yourself
- Proof of your address (the same rules apply as for the learner's licence application)
- A booking fee. This varies between R120 and R250, depending on which province you are in.

You will fill in an application for your driver's licence (DL1 form). If you're going to be driving an ordinary car, you'll be applying for a B licence code. Keep the receipt as proof of payment and as confirmation of the test date and time. The waiting period for the test can be as little as three days, or as long as three months, depending on how busy the testing station is.

The test itself: you get penalty points for anything you do wrong in the test, like allowing your vehicle to roll back, and if you get too many penalty points then you fail the test. So practise well before you do the test.



If you pass the test:

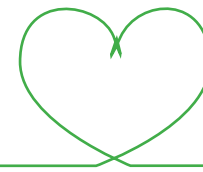
you'll immediately be issued with a Temporary Driving Licence. It will cost between R45 and R100. You must use this temporary licence until you receive your official driver's licence, which usually takes between 4 and 6 weeks.

You will be notified when your driver's licence card is ready for collection at the testing station where you made your application. It will cost up to R250 to be issued, again depending on where your testing station is. Only then is it time to celebrate!

Here is a list of websites where you can find your local testing centre:

- City of Johannesburg – www.joburg.gov.za
- City of Tshwane – www.tshwane.gov.za
- City of Cape Town – www.capetown.gov.za
- Nelson Mandela Bay – www.nelsonmandelabay.gov.za
- Smaller municipalities around the country – www.gcis.gov.za/content/resourcecentre/contact-directory/provincial-local-government

Good luck!



The role of love in learning

Many psychologists are convinced that the way we are treated in our first three years sets the framework for the way we understand the world and relationships. Depending on how a baby is handled, they will form beliefs about people, namely:

- Are human beings safe, and a source of comfort? or
- Are people unpredictable and a source of pain?

Handling with love

Parenting experts say babies make up their minds about those questions from the way they experience people around them. If babies are responded to with love and enjoyment; if they are lovingly handled and their needs are met, then they will learn that it is safe to express their feelings.

Hurting or ignoring

Sadly, the same is true of negative behaviour. If the baby is ignored, or made fun of; if their caregiver gets cross every time they cry; if they are left hungry or cold or uncomfortable for too long or too often, then the baby learns that it is unsafe to express their needs, or to expect comfort from others.

Don't go

Another important part of making a baby feel secure is the ongoing, dependable presence of their caregivers. Experts guess that babies have a very limited, or no, understanding of time. When we step away into the next room, or we go away, the baby thinks we have vanished forever.

Can you imagine how you might feel if you were happily married, and your partner suddenly disappeared for a week or a month, and then reappeared – without explanation – and expected you to just carry on as if nothing had happened? And imagine if this happened again and again, and you never knew how long he might be away for, and when – or even if – he would come back.

Some experts say that this is what it is like for our babies when we go away. We know that we will be back, and that we have left the baby in good hands, but the baby does not have that knowledge. Experts advise that, if possible, we should not leave our babies for an extended period until they are old enough to understand the concept of time.

If we have no choice but to go away from our baby, then it is important that they are left with someone who will love and care for them, and ideally someone who is a constant presence in their lives.

Good enough

We are only human, and we raise our children in a world where parents get cross or anxious; have to work and sometimes have to leave their babies. The good news is that babies are not damaged if this happens sometimes. Parenting experts tell us that we only have to be a "good enough" mother or carer, not a perfect one. Being "good enough" means giving the baby enough love and care for it to trust others. It does not mean always getting it right.



Raising confident, loving children

How do we teach our children to trust and to love?
How do we raise confident, secure children?
Parenting experts now believe that we must start
when they are babies.

Ask the experts

The experts answer your health and relationship questions. Send us your questions on the Mxit Rise Young Women's Movement App or on the Rise TV Talkshow Facebook page.



Dear Decided,

It's good that you know what you want regarding your pregnancy. The law recognises your right to end an unwanted pregnancy through the Choice on Termination of Pregnancy Act. You have to terminate your pregnancy before you are 20 weeks pregnant.

There are many people out there who are not professionally trained to perform abortions. Please, whatever you do, don't go to someone who cannot give you their Health Professions Council of South Africa (HPCSA) registration number.

Marie Stopes clinics are approved by the government to provide safe abortion services. You don't need to worry about them judging you, because they are there to provide safe abortions

Certain government hospitals and clinics do have doctors and nurses who are qualified to provide safe abortion services.

Wishing you well in your life,

Dr Sue

Terminating my pregnancy

Dear Rise doctor,

I'm 19 years old and I have a two-year old baby boy. Now I am pregnant again. I want to terminate the pregnancy. I don't know where I can go because doctors are expensive and I can't afford to pay them. - Decided



Contact **Marie Stopes clinics** on 0800 11 77 85

www.mariestopes.org.za

www.facebook.com/mariestopes.org.za

Twitter @MarieStopes_SA

Read more about safe and unsafe abortions in this online brochure:

mariestopes.org.za/wp-content/uploads/2013/12/MSSA-Illegal-Abortions-Brochure.pdf

Dear Sis Lebo,

I have a problem with my boyfriend. He doesn't want to have sex with me anymore. Do you think he is having sex with someone else? - Worried

Dear Worried,

There are many reasons why your boyfriend may not want to have sex with you. The best thing is to discuss it with him to find out why. You can decide if you believe the answer he is giving you. If you don't believe him, you must decide what you want to do. It can be hard to end the relationship if you still love him. Make him understand that sex is important to you, and that you want to have it in your relationship. If things do not improve then at least you will know that you tried.

Sis Lebo



My boyfriend doesn't want sex



Am I too young to date?

Dear Sis Lebo,

I am 12 years old and I don't know if I should date. Please help. My friends always go out around 16:00 but me, I just sit back. Should I also say yes to that awesome guy? - Undecided

Dear Undecided,

As you grow up, you will have an interest in boys. It is normal. But you do not have to feel under pressure to do as your friends do. It is ok to stay at home. You can also just be friends with boys and spend time doing things you are interested in. You have a long time ahead of you to think about dating. So you do not need to worry about it now.

Sis Lebo

Staying together for the children

Dear Rise,

Please can you offer advice about being in a relationship just for the children's sake? But you don't want to be in a relationship because it's killing you. - Unhappy

Dear Unhappy,

If you want to stay in a relationship, you have to find a way to work on the problems within it. It means sitting down with your partner and talking about what is wrong, in a respectful way, and how you can go about making it better. Counselling can be very helpful for this. Counselling will also help you decide whether you do want to end the relationship, or whether you would be better off staying with your partner.

It is very difficult to make a general statement about whether a parent should stay for the sake of the children. Each situation is different. Sometimes staying in the relationship can cause more distress for the children than leaving it. Especially when there is abuse, violence and general lack of caring for the family. Children could be better off in a well-functioning, single-parent family.

If a couple is able to work on their problems and resolve them, this can be an important life lesson for the children on how to sustain a relationship.

We hope this helps you and other *Rise* readers.

Ann Rennie

The Family Life Centre



The Family Life Centre is part of an organisation called Families South Africa (FAMSA), which has offices across South Africa.

Contact FAMSA on (011) 975 7106/7. They will help you find the office closest to you. You will need to book an appointment.

www.familylife.co.za www.famsa.org.za

You can also contact LifeLine on 0861 322 322

The condom should be only be put on when the man's penis is erect (hard) and before his penis touches his partner's body.

Doing it right ✓

If we want to protect ourselves from an STI or falling pregnant then we have to make sure that the man uses the condom correctly. Check out the Rise guide.

To use a condom correctly, follow these steps:

1. Don't use the condom if the package is open or past the expiry date.



2. Once both partners are ready, and the man's penis is erect, open the package carefully, taking care not to tear the condom.



3. Hold the tip of the condom between your forefinger and thumb to make sure it is put on the right way round. Also pinch the air out of the tip of the condom to make sure that no air is trapped inside (the condom may split if air is trapped inside).



4. Place the condom over the top of the penis. Then, while squeezing the top of the condom, roll it down as far as it will go over the length of the erect penis.



If the condom will not unroll, it is probably on inside out – start again with a new condom as there may be sperm on the condom already used.

5. If you want to use a lubricant, then only apply it after the condom is on – never before. Use only water-based lubricants like KY jelly.



6. Make sure that the condom stays in place while you are having sex. If it comes off, stop and put on a new one.



7. After ejaculation (when the man has come) and while the penis is still hard, the man should hold the condom in place and carefully withdraw his penis from his partner's body. He should only take the condom off when his penis is no longer touching his partner's body.



8. Wrap the used condom in a tissue and put it in the bin. Don't flush it down the toilet as it may block the toilet.



Sisonke Mom



momconnect

**Pregnant?
is here to help!**
***134*550#**

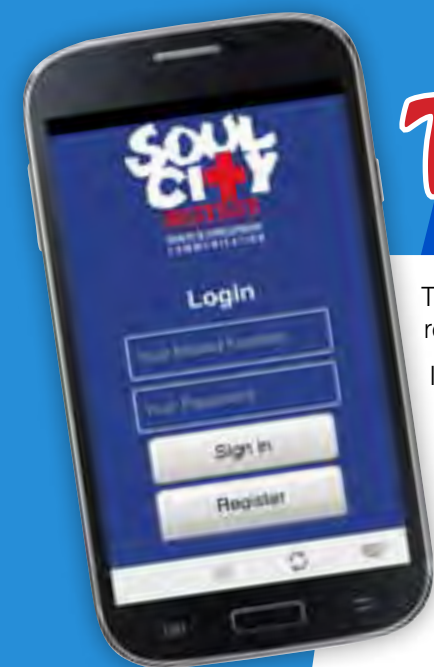
You'll get weekly messages to help with your pregnancy, and answers to all your questions. Join our community - it's completely free and we're here to support you.

It is my dream to register all pregnant women in the country - and help you have the healthiest possible pregnancy.



MINISTER OF HEALTH
AARON MOTSOALEDI

- 1** Ask a nurse to confirm you are pregnant.
- 2** We will help you register on a cellphone.
- 3** Answer a few simple questions about your pregnancy.
- 4** And you're registered - welcome to the family!



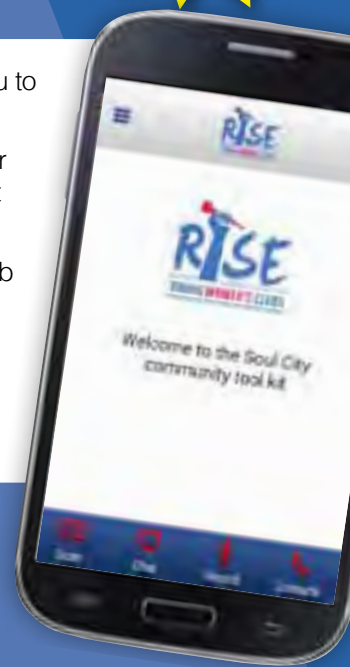
The Rise App



The **Rise Young Women's Clubs App** is a tool for you to report on your Club meetings and projects.

If you have access to Facebook or WhatsApp on your phone, then you can download the App. You can get access to airtime if you register on the App.

Club members must register their cell numbers, Club name and card number on the App. If you do not have a Rise card, contact Lovemore Manjoro on 011 771 7935 or use 071 770 9553 to WhatsApp him a message. He will send you a link to download the App.



Got Something to Share?

Share your opinion and ask questions about anything from puberty to careers!

Facebook

Our Facebook page is where we all get together and discuss issues that affect young people. Receive important health information, enter competitions and if you have a personal problem you can just inbox us. We will respond. Join the Rise family!

**Like us on Facebook/
RiseTalkShow**

Twitter

Our Twitter platform allows you to get constant information and updates. You can comment, like and retweet messages, photos, links and so much more. Follow **@RiseTalkShow** and start tweeting.

YouTube

You can watch any of the Rise Talk Show episodes and other Soul City TV dramas. Go to SoulCity ItsReal on YouTube or visit **www.soulcity.org.za**

Mxit Rise Young Women's Movement App

Rise members get content on the Mxit App, which is designed to equip women with basic life skills, information on health-related issues and national campaigns. Members also take part in weekly polls and in the Chat Forum.

Rise Clubs in Hobeni

Young women from Rise Clubs in the Hobeni district, in the Eastern Cape, stand together to face the challenges and pleasures of rural living.

