

Your 15th edition

RISE

YOUNG WOMEN'S CLUBS



GROWING UP

My body is changing

Body love
Body shame

Contraception



WINNER! WINNER!

Congratulations to the PROMOTE SISTERHOOD RISE CLUB

from Pankop in Mpumalanga. They are the winners of the Rise magazine's photographic competition and received a digital camera for their club!

What our judges liked about this photograph is that it has a plain background. This allows the viewer to look at the people rather than at the background. Each person in the picture is allowed to show their own personality: some look at the photographer while others look away. This makes the picture interesting to look at.

The person sitting down in the middle of the picture adds interest to the usual semicircle pose. We loved the colours of the picture. The pinks, reds and blacks on the dry grey grass made us think that this club is bringing hope to a dry place!

Thank you all, and keep on being curious about taking good photographs!

Here are some of the wonderful pictures you sent in:



Save our Souls Rise Club



Rise Destiny Girls Fearless Game Changers!

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Do you have a question?
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Welcome to your magazine!

Dear Rise Friends

This issue is all about growing up and the challenges that come with it! Do you feel that you are grown up? What does growing up mean to you? Does it mean being independent or making your own choices about your life?

Surely growing up is more than just that? Could it be making future plans?

The Famous Divas Rise Club feature on page 4 is a perfect example of the importance of education and what it means to grow up into a young woman. Also read their older sisters' tips about growing up.

Puberty is a big part of growing up. Read page 8 for a better understanding of this event.

Have you heard about PhD (Put her Down) syndrome? It's interesting how envy and jealousy can permanently impact on the victim. On page 20 we look at

how we can love and care for one another as women and build a stronger SISTERHOOD!

Using contraceptives is a sensitive topic amongst young women, but it's very important to prevent unplanned pregnancy. Contraceptives should be a lifestyle choice because parenting comes with financial difficulties and educational sacrifices. Read page 28 on the options available to you.

That's it from me friends. Remember growing up is an amazing experience with many lessons – embrace them!

Till your next edition, Love, Dee

PS: Congratulations to our competition winners. Look out for more competitions in the future and participate.

Club news

Early learning centre **Make-over**

The dynamic **Save our Souls Rise Club** from the Eastern Cape recently repainted an early learning centre in their community. They started off by cleaning and rearranging. Next they used their artistic skills to give the centre a make-over. Afterwards they enjoyed playing with the kids, and showing them to their new school.

Well done SoS!



Does your club have any news? Let us know! WhatsApp Dee on 081 017 8769

Preventertainment party

In October 2016, the Buffalo City Metropolitan Department of Health held a Preventertainment party in Mdantsane in the Eastern Cape. The aim was to look at the barriers to accessing health care. One of the highlights was a performance by the **Ubabalo Rise Club**.

Well done girls, you make us all proud!



My Role Model



Nokulunga Ngeleka from Woza Rise Club in KZN introduces us to her role model: Winnie Ngoleka (28).

Inspiring young women

Nokulunga met Winnie at church where she was speaking to young women, motivating them to study and do something with their lives. Winnie is a teacher, she feels that today there are many opportunities for young women, but many don't know about these.

“What I like about Winnie is that she has a heart for people. She likes to be around young girls and to share ideas. She is one of those teachers you can talk to.”

Nokulunga Ngeleka (21)

Difficult beginnings

Growing up in a deep rural area, the only ambition Winnie ever had was to get her matric. Both her parents were domestic workers and in her village, young people were all looking for jobs.

When she had completed her schooling she met a man and fell pregnant.

“I thought it was love. But now my son does not even have a father.”

University

When her son was three years old, someone told Winnie that there were bursaries available to study teaching. She had done very well at school and applied at the

University of Fort Hare. Her application was successful. It was the first time she had lived away from her village. Winnie's parents had been very strict and she loved the freedom of making her own decisions.

“When I got to Fort Hare I told myself I am going to try everything.”

Becoming a teacher

After getting her bachelor's degree in Education, Winnie found a job as an English and Life Orientation teacher at a large boarding school in Mzombe.

“At first I was afraid of the pupils. I thought they would tease me; say I am ugly; shout at me. But when they started calling me ‘Miss’ that motivated me.”

Today she loves her job. Especially working with teenagers.

“As a teacher you need to be talkative. You need to be good with people and love them. You can't be overly clever either because you will get bored. You have to have a very good heart.”

But all is not sunshine and roses. Teachers don't have a very high status in society and they have to work very hard.

“It is not just about going to class. There is also a lot of paperwork and marking to do. A teacher always has to learn new things: attend workshops and listen to the subject advisers.”

Buying her mother a car

One thing that really impresses Nokulunga about her role model is that, after working for only three months, Winnie bought her mother a car.

“My mother is old and was not feeling well. She told me that before she dies, she wants to see lots of cars parked in her yard. So I told myself I must buy a car.”

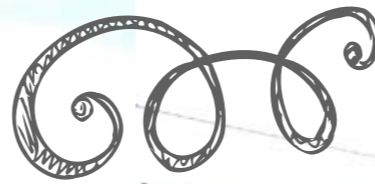
She hopes that one day her mother will still learn to drive that car.

The Famous Divas

Rise club



The Famous Divas from Hammanskraal have been going strong since 2014. Every Friday after school they meet to study together or discuss issues they have read about in Rise Magazine.



CLUB PROFILE



On Saturdays the Famous Divas meet with other clubs – like the Queens of Tomorrow – who are older than them. Sometimes the Queens guide them, but often they all just have fun together.

Lindiwe Baloyi (18) is the chairperson of the Famous Divas.

“We don’t only want to talk about difficult things like pregnancy and rape and sugar-daddies. We also enjoy playing games together or going out to the mall or to the park.”

The Famous Divas are very active in their community. Together with the Queens of Tomorrow, they run holiday programmes for children and do many fundraising activities.

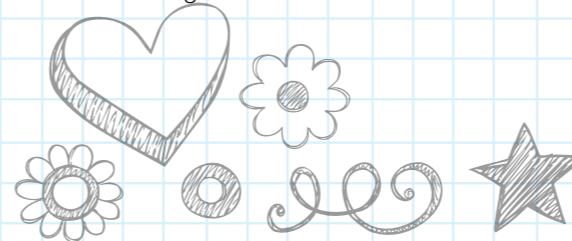
Education

The group believe that as women they have to encourage each other in their education. This is why they have started a study group. The group asks members from the community to help them with any subjects that they might struggle with.

The girls also feel that they have learnt things in the club that they might not have got from their parents.

Lerato Hlongwane (18): “I learn a lot of things from the magazine – Rise gives me information. My father passed away when I was young and my mother is very busy. She has to cook and clean. Here at Rise, if I have some problems I can ask questions.”

Tebogo Ntshane (15): “I joined because I thought that I could learn interesting things. What I learnt was to be a better me. I found out who I am.”



Kgothatso



Lerato



Lindiwe



Oratile



Paballo



Tebogo



Violet



Miss Rise

To raise funds for a small library in their area the club held a Miss Rise competition. This was not a beauty competition.

Dimakatso Mojapelo (29), fieldworker and co-ordinator, explains:

“The competition was not about appearances. Everybody has their own unique beauty. It’s about being you, how you walk in the streets. We choose Miss Rise by asking questions about Rise and about being a woman.”

Being seen and being heard

The name of the club, Famous Divas, was chosen because the girls strive to believe in themselves and to be seen.



“Rise helped me to get self-confidence. Some people even call me Lindiwe Soul City. People can see that being a Rise girl gives me answers – I really am a Famous Diva.” – Lindiwe Baloyi (18)

Even the shy ones can find a place to be heard in the group:

“I am a bit shy and the club is helping me with that.” – Paballo Mojapelo (13)

“I joined because it helps me not to have low self-esteem.” – Violet Baloyi (15)



Not being judged

The girls feel that some of their parents do not talk to them or give them enough support.

“Adults often judge us because we are teenagers. They don’t want to accept that we are young women and that we have to find out for ourselves what is going on. They treat us like children.” – Lindiwe Baloyi (18)

Dimakatso believes that it is important for young women to be seen and heard:

“When I was young I was judged even for things I didn’t do. No one was there to listen to me even when I was in trouble. This hurt me so much. Young people need to be given a platform – it makes us feel that we exist. It helps us to feel better.”



Advice for growing up

The Rise Queens of Tomorrow are a club of older girls. They work closely with the Famous Divas.

Here they give their younger sisters some advice on growing up:

“Be the best You. Just be you. Don’t try to be anyone else. You will be the happiest person in the world.” – Patience Mabasa (25)

“No matter how bad your situation is at home, just be yourself. Forget about what people say about you. Move on and think about your future!” – Kagiso Lehari (19)

“Embrace the changes that you are going through. Love yourself. Accept who you are. Don’t judge your body.” – Ntswaki Mokheledi (19)

“If you are tomboy and you want to do things that boys do, just do them. Don’t let yourself be judged.” – Boipelo Mapoma (19)

“The change in your body is natural, it is who you are, it is nothing to be ashamed of.” – Boitomelo Mokubela (22)



Rising Star

Kabelo Mojapelo (25) is the chairperson of the Queens of Tomorrow Rise Club in Hammanskraal.



She is the youngest of a family of six children. When her matric wasn’t good her sister helped her to re-do it.

“My sister shared every rand that she earned as a waitress. She has set a good example and I want to fill her shoes.”

Kabelo’s persistence has paid off. Today she has a good job as a packaging machine operator at the Nestle factory. She can now support her siblings and their mother.

While growing up, Kabelo saw how many young women had their lives disrupted by falling

pregnant. She decided to stay single and not to have sex:

“I don’t have a relationship. In this world we have so many sexual diseases, I want to keep myself for the man I love. Rise has helped me to achieve this.”

Some of her friends think that she is crazy, but Kabelo feels that it is important to lead her community by example.

“My name means reward – this means that I have to give the world a gift: my gift is singing and working with people.”

Growing UP

I don't want to grow up!

"I don't really want to grow up. I don't want to menstruate. Being a child is much easier. Every day you go to the crèche and play and when you ask for something your mom gives it to you."

Kgothatso Baloyi (14), Famous Divas

"Being a child is nice because you don't have stress or a boyfriend. I don't want to grow up because life is hard and sometimes you are not ready. There are a lot of difficulties and you see a lot of bad things."

Aphiwe Mhlongo (19), Siyanakekela Rise Club

"I would prefer to be a child still, I don't like menstruation. My periods are heavy and long. You have to bath all the time and you can't wear white."

Oratile Nkitseng (14), Famous Divas

"Play helps us to be happy so that we don't have to see the difficulty of life and can feel joy. Once you grow up you have to see the difficulty."

Londi Shozi (16), Siyanakekela Rise Club

I can't wait to grow up!

"It's not fun to be a child because you don't understand things. You can easily get killed. When you are an adult you can look after yourself. I don't like being a child. I only enjoyed being a child because I didn't know anything else."

Noxolo Shibe (17), Siyanakekela Rise Club



Londi

My mother passed away when I was seven. My little brother was five months old and I had to take care of him. I was staying with my uncle and a counsellor took us in. It was very hard because my brother was always sick and he only wanted me. I used to carry him all the time. Today he is nine years old. Sometimes he calls me his mother. We love each other. I didn't get a chance to play as a child. That is why I like playing now.



Melody

When I was a child I had to look after so many children. I feel sad when I think about my childhood. I was the one who had to tell my brothers and sisters about sex. I told them they must not have it.

Growing up too soon

Some Rise club members never had a proper chance to be children. They lost their parents at a very young age and had to look after their siblings.

Celiwe

My mother left me with my grandmother when I was five. I only started schooling when I was nine years old. My sister has a mental illness. When I was in Grade 4 my granny was sick and I had to leave school again. When I was 15 I had to work as a domestic worker. After that I went back to school. I finished Grade 10 and now I have to leave school again because my grandmother is sick again. I would love to finish school. I feel angry and stressed about my life. I feel jealous when I see other girls. Sometimes I think God is punishing me and I feel lost. The club helps me a bit. They give me food parcels. When I tell some people my story they laugh and look at me as if I am stupid. What makes me proud about myself is that I have survived this situation.



Help!

My body is changing

Puberty is a time when our bodies change from a girl's body to a woman's body. These changes don't happen all at once. They take place over many years.

These changes are caused by hormones. The female growth hormone is called oestrogen. These hormones can make your moods change from feeling high to feeling low. Your body also feels out of control.

Starting puberty ???

Girls generally start their puberty between the ages of 8 and 13. The first sign is a slight swelling in the breasts. This is followed by the appearance of hair in the pubic area and under the arms (and sometimes even on your top lip). You may get pimples. Your body will start to sweat more and this sweat may cause body odour.



Personal hygiene becomes important and you need to wash regularly and even start using deodorant.

Periods

About two years after our breasts have started to change shape, our periods may start. Why do we have periods? Once a month your uterus sheds its lining. This takes the form of bleeding from the vagina for 2 to 8 days. The onset of our periods indicates that we are now fertile and can become pregnant.

Everyone is different

Not everyone's body is the same and we all develop differently and at our own pace. Over the next few years the breasts continue to grow and the pubic and underarm hair becomes thicker. How much body hair we have and our breast size is inherited from our ancestors.

At some point – usually when it becomes uncomfortable to run or you become self-conscious about your breasts – you will need to start wearing a bra. Your narrow hips will widen and become those of a woman. You will also experience growth spurts and may put on weight.



Read the stories above and discuss how you can make sure your club is a happy and safe place for those girls who had to grow up too soon.



Going to the Clinic!

What you should know

A clinic is usually run by nurses. A doctor will visit on certain days.

Public clinics and community health centres usually are open for 5 days a week, 8 hours a day.

When visiting a clinic for the first time, you will be required to bring identification (ID book or birth certificate). You will be given a patient's card that will have your file number. When you return for another visit you will need to bring this card.

Why should you visit the clinic?

Clinics help with minor ailments. They offer services like family planning, sexual health care, immunisation and mother and child care. They also help with chronic illnesses such as diabetes, hypertension, HIV and AIDS. People with more serious illnesses are referred to the nearest hospitals.

Here are some reasons why you should go to the clinic:

- For contraception
- HIV testing
- If you or your sexual partner have any abnormal discharge
- Irregular menstrual cycle
- If you are pregnant
- If you are concerned that you might have a sexually transmitted illness
- Any other health problems.

Prepare yourself

It is a good idea to take a friend or relative with you the first time. Prepare yourself to answer some questions that might feel very personal. Questions that can help your doctor or nurse to help you:

- When was your last period? How often do you have them? How long do they last?
- Do you have vaginal discharge? How does it look? Does it smell?
- Do you experience any spotting or bleeding outside of your period?
- Are you sexually active?
- Do you experience pain during sex?
- Have you had sex without a condom?
- Have you ever been pregnant?

Going to the clinic can feel awkward and uncomfortable, especially the first time.

1. Discuss some of your experiences of going to the clinic.

Are there any members who have never been to a clinic before? How you can support each other?

Here are some of the fears they might have:



“The nurses will shout at me.”



“The clinic staff will shame and judge me.”



“The nurses will ask me uncomfortable questions.”

2. How could you help a member of your club who feels that they have received bad treatment at the clinic?

Read and discuss these guidelines from the Patient's Charter of Rights:

- You have the right to receive support and help with any health issue, without being judged, intimidated or harassed.
- If you feel treated badly you have the right to complain and have that complaint followed up and investigated.
- When speaking to nurses, doctors or any health care providers about issues like sex and sexuality, your feelings, problems or contraceptives – they will not tell your parents or guardians, unless you give your permission.

3. Plan a visit to the clinic together, especially with those who have never been before. Tell Rise Magazine how it went.

If things go wrong

A booklet of the Rights of Patient Charter can be found on the internet.

Unfortunately some nurses may be rude and make young people feel judged. Clinic staff is hired to help and support you. If you encounter problems with the treatment you received, report the incident to the clinic manager. It will help your clinic to provide a better service. If you do not get any satisfaction contact the Department of Health in your province.

You can also complain to the South African Nursing Council

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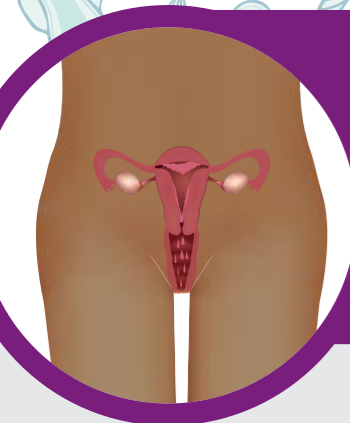
Menstruation: curse or blessing?

In many societies a woman's bleeding is seen as something to be celebrated. It is a time to connect with ourselves.



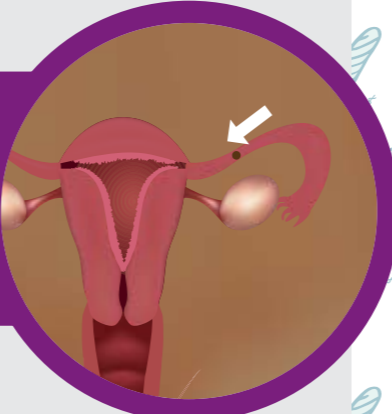
Menstruation

Menstruation is a woman's monthly bleeding. When you menstruate, your body sheds the lining of the uterus (womb). The blood flows from the uterus through the small opening in the cervix and passes out of the body through the vagina. You menstruate on the first day of your cycle.



Ovulation

Ovulation is when an egg matures and moves into the tube to wait for sperm. Most women ovulate between days 11 and 21 of their cycle. It is the time when it is easiest to fall pregnant.



women never have regular cycles.

Keeping a menstrual diary

To get to know your cycle you can keep a menstrual diary. This is done by noting the date you start bleeding and counting the days to the next bleed. Write down any symptoms such as:

- craving specific foods
- feeling down
- feeling bloated
- a breakout of pimples.

The main purpose of a menstrual diary is to help you predict your periods. Also, it can warn you when you are ovulating. A missed or irregular period can also be the first clue that something needs attention.

Shame

In our modern world the rituals around menstruation have sometimes been forgotten. Instead we are made to feel ashamed and disgusted about our changing bodies.

“Many parents when you talk about menstruation they accuse you of sleeping with boys. They say it is caused by having sex. They start to mistreat you and you start feeling shy and ashamed.” – Rise member

Let us be clear, having sex does not cause the start of menstruation. What the onset of menstruation means is that you have become a woman and are now fertile and can become pregnant.

The menstrual cycle

Menstruation can last between 2 and 8 days. The cycle takes place over 21 to 35 days. A 28-day cycle is common but it can take many years for your cycle to become regular. Some

Irregular periods

Menstrual bleeding is considered irregular if it occurs more frequently than every 21 days or if it lasts longer than 8 days. Missed, early, or late periods are also signs of an irregular cycle. A missed period could also indicate that you are pregnant and you should seek advice from a friend or family member.

Pre-Menstrual Syndrome

It is important to know that our menstrual cycle can affect our emotions. Before the actual bleeding starts we can feel bloated, clumsy, emotional, tearful, irrational and crave chocolate or anything sugary and sweet.

The time before your period starts is called PMT or PMS – pre-menstrual tension or pre-menstrual syndrome. Some women experience no PMT but most of us do. Sometimes it may feel like our entire life is ruled by our menstrual cycle.

“I have PMT for two weeks, followed by a week of bleeding, and so for maybe one week each month I feel ‘normal!’”
– Rise member

Some lucky girls feel no discomfort when they are bleeding and others have to stay in bed for a day with a hot water bottle to ease the cramps and backache.

Find some quiet time

By connecting each month to your ever-changing cycle, you connect to yourself as a woman and make friends with your body.

Having your periods is an invitation to have time for yourself. You can curl up with a book, go for a walk, write in your diary, close your eyes and daydream, or simply rest.



Sharing information, personal experiences and offering support can send out positive messages about women's bodies, sexuality and menstruation.

In your club, organise a simple event to welcome the beginning of menstruation for the younger members. This can be something simple like singing a song.

Sanitary products

The most common forms of sanitary products are tampons and disposable pads.

Tampons are compacted cottonwool with a string attached. They are inserted into the vagina where they are 'hidden' and replaced every four hours or so depending on how heavily you are bleeding.

Disposable pads are placed directly onto your underwear often with a sticky strip to keep them in place.

The disadvantages of tampons and sanitary pads are the monthly cost and needing somewhere to dispose of them.

A menstrual cup is a small and soft reusable silicone cup that can last up to five years. During your period it can be cleaned with toilet paper. At the end of your period a small amount of boiling water is needed for sterilisation.

Its biggest advantage is that it only needs to be changed once every eight to 12 hours. The disadvantage is that it is not easy to find. It is also expensive to buy but it will last you a long time.

Another option is a reusable pad called Subz, which can be attached to your underwear. The pad can last for three years, and requires soap and water to be cleaned. Visit the website: www.subz pads.co.za



Growing up

We asked the Queens of Tomorrow from Hammanskraal what growing up meant to them.



Patience Mabasa (25)

For me growing up meant boys approaching me. I found it hard and scary because I was a bit tall and they thought I was older than I was. Sometimes I would cry on my way home. Every time a boy approached me I would tell my mom. She told my sister to walk with me so she could tell them to leave me alone. I remember one time there was this bigger boy who told me to stop. I didn't, I carried on. When I came back he slapped me. I started dating late because of that incident.

Ntswaki Mokheledi (19)

I have two brothers and I grew up as a tomboy. For me being a girl was not something I chose. I only had those girly experiences when my body changed. I couldn't approach my brothers and I was afraid to speak to our mom about things. Luckily at school they had told us about menstruation already.



Kagiso Lehari (19)

When I was nine or ten my sister and I put papers in our dresses and pretended that we had breasts. We would hug the streetlamps and pretend they were boys. I started to menstruate in Grade 7. I called my mom: "Look what is happening." She said, "Oh no, it means you are dating boys." It wasn't true and I felt ashamed.

Boitomelo Mokubela (22)

The first time I saw my periods I was going to school. I felt my panties get wet and I was shocked. Growing breasts, it was a bit sore. I used to take a broom and brush them. The older people used to say that if you do that the breasts will go away. I didn't know what was going on.



Boipelo Mapoma (19)

When I was 9 years old I started growing hair under my arms. And when I was wearing a vest the others were teasing me. I knew we have hair on our heads, but not under the arms. I started holding my arms close to my body. I went to my mom and I told her: "Mom I have hair under my arms." She said: "Ah, you are growing up." I told her I wasn't going to go to school because I am becoming a chimpanzee. I was late growing breasts, though.



Millicent Moshibudi (19)

I was in Grade 8 and my breasts didn't grow. So I used to wear all my bras on top of each other. My mother didn't know about this.



Atlarelang Ndala (19)

It was easy because my house is full of girls and we had a neighbour who is a nurse and so there was no problem because we knew everything.



Ayanda Mthembu (20)

I had my first period when I was 14. I was walking with my boyfriend when it started. I didn't know what was happening. My boyfriend lent me a T-Shirt to mop up the blood.



Sanna Mmekwa (19)

My brother was one year older than me. We used to do everything together. I only started my periods in Grade 8. I was wondering why everyone else had pads. So I used to go to the bathroom and hold a pad and pretend. My brother and I used to exchange school bags and he used to call pads 'Pampers'. So he told my mom that I was using nappies!

Body Love – Body Shame

Have you noticed how often women are judged by their appearances? Never mind who we are or what we have achieved in life, people still discuss amongst each other whether we are pretty, fat, skinny, dark or light.

Objectification

Judging and looking at women as if they are a thing – like a car, or a cup, or a chair – is called objectification.

Objectification starts when we are little girls. Have you ever noticed that when people speak to little girls they comment a lot about their appearances? “Oh, you look so pretty!” they will say. Or, “Your dress is pretty.”

In this way we turn a unique person, with her own talents, into someone whose role will be to be beautiful and to please men.

Body shaming

Many times a girl is shamed by the people who are close to her – like her mother or her father. Some families give their children a nickname that teases their appearances. Some girls are even shamed for having their periods. Some families shame members whose skin is darker than others. Usually they do not know that this has a strong impact on the child.

Unfortunately, children who experience shaming at home sometimes shame other children.



Sisterhood

Send us your ideas on how to support young women to accept themselves. Include your name and the name of your club. The best ideas will be published.

Health risk

Over the centuries women have put their health at risk to match some idea of beauty. This includes wearing high heels and using skin lighteners. More and more young women also suffer from eating disorders so that they can look like someone glamorous. Healthy young women will go on unhealthy diets and take diet pills without asking if this is bad for their health.

Why do we put women down?

Objectifying a person is a way of putting them down. And putting a person down is a way to control them. It breaks down that person's confidence. It makes girls and grown women more likely to obey and let themselves be used for sex or for hard labour.

Putting women down is also a way to make money. TV and magazines are showing us all the time what a woman should look like. This causes us to spend a lot of time and money to try and change our appearances. And the companies make millions of rands in selling us cosmetics, hair and diet products.

African beauty

As African women we have an even more difficult situation. For many centuries being black was looked down on. To make us look more like white people, companies try to sell us harmful skin lighteners and harsh perms to straighten our hair.



Musa: “My eyes are too big.”



DZ: “My legs are funny.”



Sinazo: “My nose is big.”



Thuliswa: “My breasts are too big.”

What can we do to help young women accept themselves as they are?

To work against body shaming and objectification we need to help each other to love ourselves just the way we are. Here are some ideas from Lebo Ramafoko from Soul City.

- As adults we can watch what we say to young girls. As parents we must make sure we are not shaming our daughters or making them believe that they are only valued if they fit a certain idea of beauty. Let's help young girls to accept and love themselves.
- In our clubs, we can create a space where members feel safe and become aware of how shaming works. We can agree to affirm and embrace each other in all the different ways we are. If someone in the club says something bad about another there has to be a way to come back and discuss this.

... just the way we are?



The 'Put her Down' Syndrome

Then there is peer pressure. We compare ourselves to others. We judge others by what they have, or how they look and who their friends are.

"The biggest difficulty for young women is peer pressure. We are always comparing ourselves – we look at each other's clothes and we look at who has got what."

Dimakatso Mojapelo (29), Rise club coordinator, Hammanskraal

Feeling jealous or envious of others can make us do and say things that are nasty and unkind.

Puberty can be hard. Our bodies and hormones change. We are no longer girls but we are not yet women – we are in between. Sometimes it can make us feel insecure and unattractive. Sometimes we feel downright ugly!

Why do we feel jealous?

When we compare ourselves to others we can end up feeling inadequate and insecure. Sometimes putting another person down can make us feel better about ourselves.

Often when we are jealous we try to make the other person feel bad about themselves. By putting others down we think we are pulling ourselves up. But this kind of feeling better does not last long.



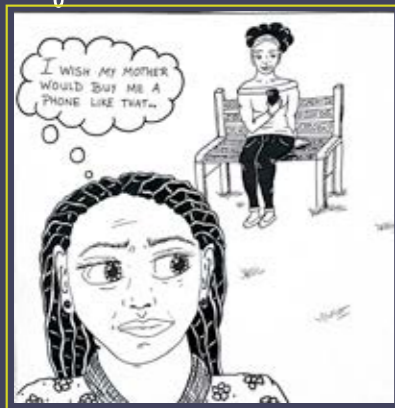
Signs of jealousy

The signs that someone is jealous are:

- They are always criticising you and putting you down. Often they do it in front of your other friends.
- They deny or undermine your achievements.
- They pretend to be happy about your success. They seem much too enthusiastic.
- They compete with you and are always trying to outdo you.
- They ignore you. They don't want to be with you.
- They question you and are suspicious.
- They spread rumours and gossip about you.



Envy



Jealousy



What is the difference between jealousy and envy?

When you feel **ENVY** you don't necessarily wish bad things for another person – you just want what they have.

When you are **JEALOUS** you usually feel mean or spiteful towards another person. You are worried that someone is going to take away what you already have, like a friendship, or a relationship. Jealousy can make you feel betrayed and angry. It is a much more dangerous feeling than envy.

What starts as envy can become jealousy.

What do you think is happening in this picture?

Do you think the friend really cares if Sandisile is popular or not? Do you think she wants to date Sandisile herself? Could it be that she is jealous that Sandisile is getting to spend time with her friend?

What to do if your friend is jealous of you

Mostly it's possible to talk through jealousy with a friend. When you see that they are jealous you can take time to reassure your friend that you care about her. Make sure you get to spend quality time with her.

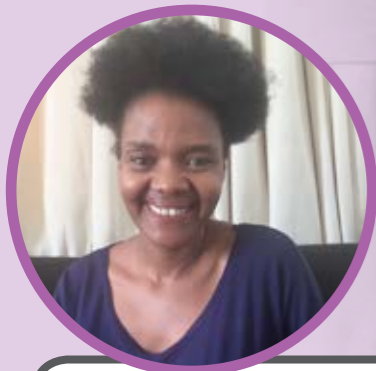
But when it gets out of hand you may have to take more extreme action. For example, if your friend spreads rumours about you and teases you all the time it may be time to walk away from the friendship.



Sisterhood

Dealing with jealousy and envy in our Rise club

Jealousy can be like a poison – it works quietly without anyone really noticing. We hear a comment that leaves us feeling funny, or we notice actions that hurt.



Nomonde Mbusi, actress, scriptwriter and human rights activist

I believe that jealousy is the way some people cry. When I'm jealous I need to find out what is going on inside me. Then when I come into a group of friends I am comfortable and confident in my skin because I know my weaknesses and my strengths. It is important to have people who you can share your experiences with and talk to when you're going through challenges. To create positive Sisterhood, we need to get to know ourselves first.



Danai Mupotsa, activist, writer and poet

Feelings like jealousy aren't always bad, we can learn from them. We need to talk to each other about ugly feelings. Sisterhood is important because there are not many safe places for women and girls. But it can also be a space where there's bullying and nastiness. So we have to defend Sisterhood.



Jabulile Masetle, Remmoho Women's Forum

Sisterhood means having somebody who I can share my difficult times and my joy with. People always say it's useless to share with Sisters because women gossip. In my women's organisation that belief has cost us. Two of our members died of HIV/AIDS because they did not tell anyone they were positive. If they had trusted us we could have given them support and help.

If you are trying to build Sisterhood you need to have some principles. You can say: "If we share anything it stays between us. And if you are going through difficult times don't be afraid to call me, even if it's at 12 at night."

But most important, Sisterhood should be built on 100% trust. You can build trust with small actions. If I can trust you with small secrets then it won't be difficult later on to tell you if I am pregnant.

Activity 1: Club discussion



The sooner jealousy is brought into the open and spoken about the better.

The best way to bring jealousy into the light is to understand it better. Here is an activity you can do together as a club.

- Read the article on the Put her Down Syndrome on page 18. Discuss the difference between jealousy and envy. Find words in different languages for the two feelings.
- Share a story about jealousy. How does being jealous feel? What did you do to make the jealous feelings go away? Has anyone ever been jealous of you? How did it feel to be on the receiving end of jealousy? Did you understand what was going on? How did you resolve it?

Activity 2: Role play

Elect a group leader who will keep time and make sure that everyone is included in the activity.

- Sit in a circle. Do a quick check-in by asking club members to say one word that describes how they are feeling right now.
- Divide the group into smaller groups of 3 or 4.
- Each group gets 20 minutes to make a very short play (3-5 minutes) about an incident that involves jealousy. Keep it simple.
- Once back in the circle, invite each group to perform their play.

After the plays have been performed discuss the contents, ideas, feelings and conflicts presented. Use the following questions:

- When was there envy and when was there jealousy in the plays?
- How did watching the plays make you feel? Did you learn anything new about jealousy and envy?

Activity 3: Draw up club rules

What is the best way to deal with jealousy and envy in our club?

Draw up four simple rules that will help the club avoid jealousy and help you to work together better.





The Apprentice

Unilever is a large factory that makes many familiar household products such as Sunlight Soap and Handy Andy. When Tintswalo has finished her apprenticeship and has qualified as an electrical engineer, she will have to look after the complicated machines that mix and pack products.

Growing up

Tintswalo grew up with her granny in Bushbuckridge. They were very poor and often did not have enough food. Tintswalo has always been very tall and shy. At school she was bullied. Even some of her teachers mocked her because of her family circumstances. As a result, she spent much of her time locked in her room, reading books.

She did very well at school and loved learning. In 2011 she got the prize at Masana High for being the best female learner. Her favourite subjects were maths, physical science, life science and geography.

"I am interested in the way people make things and invent things. I am a very curious person."

After matric she moved to Eden Park to live with her mother. Here she enrolled in Ekurhuleni West TVET College for a one-year electrical engineering certificate.

"I didn't know what electrical engineering is. I liked the sound of it because it lights up people's lives."

It took her a while to get used to living in a city but she had a good pastor. He told her that she has to be patient as building a good foundation for her life takes time.

Training

In 2013 Tintswalo's cousin told her about a company that was looking for apprentices. She helped Tintswalo fill in the forms and her application was successful.

Before she could be placed in a factory as an apprentice, Tintswalo had to do an 8-week bridging course. It was tough. The training company tested participants to see whether they are disciplined and can handle stress.

Meet Tintswalo Malatji. She is doing a three-year apprenticeship as an electrical engineer at Unilever in Boksburg.

"To work as an apprentice artisan you need to be patient. You can have no excuses. Sometimes you have to get up early in the morning. You have to listen to orders. You have to be careful and dedicated."

Tintswalo passed the course and got a learnership at Unilever. Most of the work is practical. For the first few months she and her fellow apprentices have been cleaning machines. This will help them to see how everything works.

"As an apprentice your work is never done. You learn more things every day. You have to be hungry for knowledge and be prepared to start from the bottom. Learning practical skills is more important than knowing theory."

Dream

One day Tintswalo dreams of being one of the best in her field. She would also like to teach others in the electrical engineering field, especially women.

"Lots of companies are looking for women engineers. I would like to empower women, show them that they do not have to be afraid."

TINTSWALO'S ADVICE

Apprenticeships are generally advertised online and at the factories themselves. Some factories like to employ the family members of their workers.

Many companies want to develop their trainees. They will therefore include financial and life skills in their training. Some will train you in basic computer skills.

Most places that use artisans are male dominated. You therefore need to be independent and strong. Often women have to work twice as hard to get half the credit.

Companies look for people who are motivated. To be a good apprentice you need to be forthright and say what you don't understand.

Raising *Girls*

Raising *Boys*

When a baby is born as a boy or a girl we think we know how they will act, dress and even what colour they will like. But these are not differences we are born with, we learn them.

Rise spoke to two mothers: one with a son, one with a daughter.

"I've been trying to teach my daughter that she's a girl but she doesn't see any difference between boys and girls."

– Vuyo, mother of a 3-year-old daughter.

"If my son was playing with someone who had a doll he was happy to take the doll and play. When he started going to crèche he'd come home and say: girls wear pink, boys wear blue, boys play with guns, girls play with dolls."

– Cynthia, mother of a 10-year-old son.



Vuyo had this experience

"Girls are told they should be quiet and polite all the time. Like I was in a taxi once and this lady was complaining that my daughter is too loud. I worry that these messages will affect my daughters. I want to teach my children that it's okay to be themselves, so when they go out into the world they are confident no matter what other people say they should be."

Taught differences affect us

The differences that we are taught can affect us in our adult lives.

"For me the biggest problem is that boys are told not to cry. It leads to men who are angry and violent when they're older because they don't feel free and comfortable to express their feelings. If my son is hurt or sad I let him cry until he feels better and then he can go out and play."

– Cynthia

Differences are taught

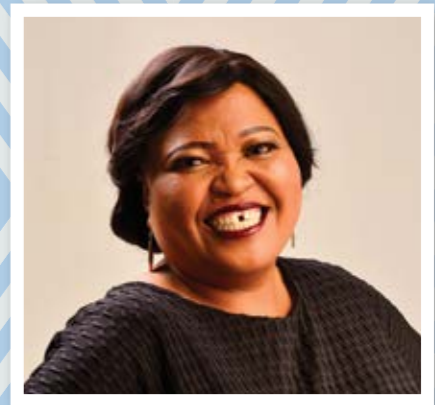


Sisterhood

- How are the children in your community taught to be a boy or a girl?
- How will you raise your daughter so that she can be free to be who she is?
- Discuss this statement:

"It is better if parents allow their children to decide who they want to be and then to support that."

Ask the experts



The experts answer your health and relationship questions. Send us your questions on the Club facebook page, email rise@soulcity.org.za or WhatsApp 081 017 8769

Dear Dr Sue,

I am a young woman with a new-born baby. I'm HIV positive. If I'm not breastfeeding, can I give my little one water and also medicines like gripe water, colic drops and muti wenyoni?

Young Mom

Dear Young Mom,

You can give your baby water. Gripe water is alcohol so it's better not to give it. But if you do, there is no harm.

Only give your baby solids when she is older than 4 to 6 months. Once you are no longer breastfeeding, there is no risk of your baby getting HIV from you if she is HIV negative.

Wishing you and your little one all the best.

Dr Sue



Dear Sis Lebo,

I am using alcohol because my family refuse to pay my school fees. I had to leave school because there is no money. I have a lot of anger issues.

Maserame

Dear Maserame,

I am so sorry to hear of your problems.

It is a reality that most families do not have money to pay for their children's education. While that is sad, alcohol will not solve anything. In fact, the money you spend on alcohol, you could use for your studies. Alcohol also damages your health.

It is very good that you recognise that your problem is anger. Please find a social worker you can talk to or any organization you can go to that helps people deal with their emotional problems.

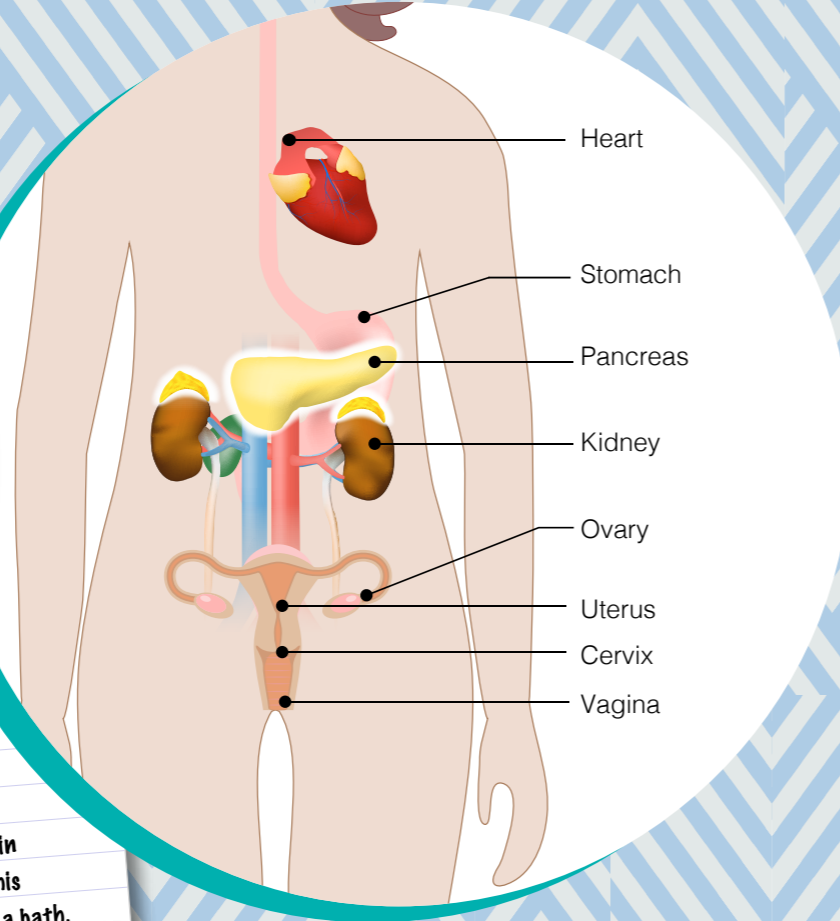
Maybe you should approach Alcoholics Anonymous (AA) to help you. You can find one closest to where you live. You can also contact LifeLine for help.

Good Luck

Sis Lebo

Safe fun

Having sex can be fun. But you can get infections from your partner (and give your infections to them). Always have safe sex!



Dear Doctor Sue

I am 24 years old and I suffer from cramps and pains in my lower abdomen. It feels like kidneys. When I get this pain I have a lot of discharge. I can see it when I take a bath. Painkillers help for a little while but the pain is so strong. It goes on for two days at times.

Scared

Dear Scared,

There is no need to be scared. But it is important that you go for a check-up and treatment. It could be pelvic inflammatory disease (PID). This can cause infertility if it is not treated. What is critical for every woman is that if you notice an abnormal discharge to go straight away for a check-up. They can be treated!

By the way, your kidneys are not in your lower abdomen so no worries about that. But you must have safe sex – always.

Dr Sue

Dear Doctor Sue

I am a young woman and I get blisters after having sex. When I go to the bathroom it's so sore that I have to take a cold shower or bath to ease the pain. Is there something wrong?

Worried

Dear Worried,

Don't sit at home and worry. Most of these problems are common and treatable. Get medical help. You need a health worker to have a look and give you treatment. What is important is that you always have safe sex, whether you have sores or do not have sores.

Dr Sue

What's healthy discharge, what's not?

Every woman has vaginal discharge. It's nature's way of cleaning our vagina. The discharge is produced naturally from the neck of the womb, known as the cervix.

Healthy discharge

Healthy, or normal discharge, is the clear or white fluid or mucus that comes out of your vagina. The discharge:

- may feel wet but not sore, itchy or burning
- often leaves a yellow, slightly crusty stain on your underwear when it dries.

Unhealthy discharge

Any sudden change in your discharge can be a sign of an infection. Some of these infections, like gonorrhoea, are passed on during sex. Others are not.

Look out for

- a change in colour or feel
- a sudden bad smell
- an unusually large amount of discharge
- another symptom alongside the discharge, like itching outside the vagina, or pain in your pelvis or tummy
- unexpected bleeding from your vagina.

Don't delay. Go get it checked

Go for a check-up as soon as you notice any abnormal discharge. Don't let it carry on and become a problem.

PS

Do not douche the inside of your vagina with anything. You can cause harm.

Dear Sis Lebo

I am 19 years old and I have a baby boy. We live with my parents and sister.

The problem is that even though I did show remorse for having a child, my dad does not want me to finish school or further my studies. He is the only one who works.

My sister, who is 22, has been staying home for 5 years. My dad also doesn't want to take her to school.

I tried to apply at a college for a bursary but I didn't have money for registration fees. I wanted to go to the social workers but my mom says she's afraid my dad will kick us out of the house if I do that!

My dad isn't talking to us. He just speaks with my mom. I don't know what to do anymore. Can you give me some advice?

Gontse Marry

Dear Gontse,

I am so sorry to hear about your dilemma. It is a really difficult one. While I understand that your mom is afraid, it is important that you report the matter to social workers to see if you cannot get help.

It is not healthy for a family when a parent does not talk to their children. Your family needs someone who can help you deal with your problems and heal.

Explain to your mother that a home is more than a building. It is a place where everyone feels loved, cared for and protected.

I also think that you must explore finding a part-time job to make some money for yourself. Even if you earn a little money it may help you save money for registration fees.

Good luck,

Sis Lebo

Want to prevent pregnancy?

You've got plans for the next few years. Being a mother isn't one of them. You're sexually active. What are your choices?

Teenagers can use any of these.



The female condom

Use a new condom for each round of sex

Does it prevent HIV & STIs?
YES ✓



The male condom

Use a new condom for each round of sex

Does it prevent HIV & STIs?
YES ✓



The pill

You're only protected from pregnancy if you remember to take it every day

Does it prevent HIV & STIs?
NO ✗

The injection

2 or 3 months, it depends on the type you choose

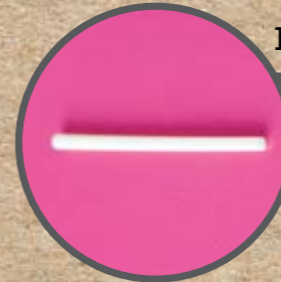
Does it prevent HIV & STIs?
NO ✗



Copper-T IUD

It lasts up to 10 years.

Does it prevent HIV & STIs?
NO ✗



Implant

It lasts up to 3 years

Does it prevent HIV & STIs?
NO ✗

Emergency contraception

A pill with a very high dose of hormones. You need a prescription for it. You must take it within 3 days of unprotected sex. You can also have an IUD inserted to prevent a pregnancy after unprotected sex.

Does it prevent HIV & STIs?
NO ✗

How to choose?

What works for your friend might not work for you. It's a personal thing. Things to think about:

- Will I remember to take a pill every day? If not, use a contraceptive that is longer lasting.
- Do I want my parents or partner to find out I'm using a contraceptive? If no, the injection may be a good choice.
- What contraceptive would suit my sex life?

Discuss your options

Talk with your healthcare worker about your options. You have a right to be treated with dignity and respect.

If one method doesn't suit you, try another until you find one that works best for you. But always stay protected with condoms every time you have sex.

Only condoms prevent HIV & STIs

Double up!

Always use condoms and another contraception. Prevent sexually transmitted infections, HIV and pregnancy.



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