

RISE

YOUNG WOMEN'S CLUBS

Your 7th edition



TREES
make me feel

FREE

talking about
SUGAR DADDIES

What's your money
PERSONALITY?

HIV
testing

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Welcome to your magazine!

The reality about life is that we all come from different backgrounds. Some people don't have to worry about university fees, transport money or going shopping for what they need.

Others can only dream and work hard in order to look like the person next door. This difference is often what leads young women to being lured by so-called "sugar daddies": older men who can offer a young girl money or goods in return for a relationship or sex.

It breaks something in me as every day I see this trend growing, and it is becoming normal for many young women.

I believe we all have the potential to reach our goals without material things. We all have it in us to change our situation – no matter the struggles we might be facing in our homes – without having to engage in transactional sex.

Have a look on page 24 as we explore this conversation further. I hope you find it helpful, along with the rest of this issue.

Remember that our existence has meaning in this world. Our journeys require dedication, patience and sacrifice.

Be blessed and keep rising,

Mapula

on behalf of the Rise team

Use our new email address to tell us what your club is up to:
riseywc@gmail.com
 and stand a chance to win airtime!



Mapula Tloubatla
Rise editor

Let Rise hear what you have to say.

Contact us on the *Rise* Young Women's Movement app or on the *Rise* Reporting tool (downloaded from Google Apps).

If you have questions about how to do this contact Lovemore Manjoro at lovemore@soulcity.org.za or phone 011 771 7935.

Supporting the community:
Soulbeat Rise Club in Vosloorus visits the elderly.



What's the best thing about being a woman?

We went to meet the Rise Young Buddies Club in the small community of Zonkezizwe in Katlehong, Gauteng to find out.

This is what they said:



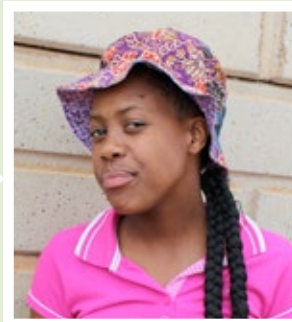
Zinhle Vilakazi, 19

We are better listeners and comforters. A woman can carry family and friends through difficult times.

Busisiwe Khumalo, 19

I love the fact that we can talk about anything. When I have good news to share, my girls are always around the corner. When I experience problems my girlfriends are always ready to advise me.

We are open about everything which makes being a woman a lot easier.



Nontobeko Nzimande, 19

We are natural caregivers. We have so much love to give that comes naturally, and we don't let our mistakes in life pull us down.

Thobile Mazibuko, 15

We can multi-task. We can juggle the cooking, the children and the household, while taking care of our careers at the same time.

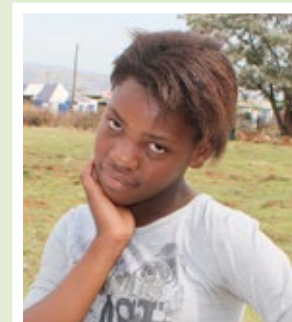


Rethabile Mchotsi, 15

The best thing about being a woman is that you can own as many shoes and dresses as you like without feeling guilty about it. The way we embrace beauty makes being a woman very interesting.

Linda Masondo, 17

As women we are the givers of life. The patience we have and the motherly love we give so naturally make being a woman the best thing in life.

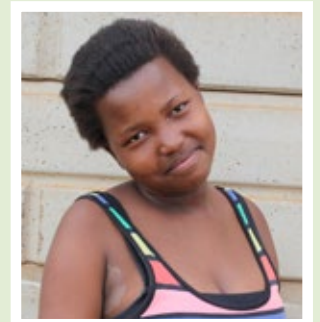


Yamkela Jhwaha, 13

The best thing about being a woman is that we can change our hair and look completely different as often as we wish.

Pleasure Mhlongo, 13

Shopping for clothes is the thing I like best about being a woman. We care about looking good all the time.



Wendy Matlatsi, 14

The best thing about being a woman is that even though we are faced with challenges like teenage pregnancy and rape, we are still able to stand tall and continue with life.

What about you? What do you think is the best thing about being a woman? Let us know on the Rise app or on the Rise Talkshow Facebook page. [#beingawoman](#)

Meet the hosts:

“Rise has freed my voice”

Mbali Qotyana is the newest presenter on the Rise TV Talkshow. She is also a dancer with a passion for giving young African women a say.

How did you become a Rise TV Talkshow presenter?

I heard about the auditions on a popular youth radio station. They described the young lady they were looking for: a bold, controversial, opinionated, well-informed young woman who can work without a script ... bingo – that’s me! I auditioned with over 200 young hopefuls, and made it to the top 10.

Was the Talkshow experience what you expected? Were there any surprises?

The experience was totally new, overwhelming, great, and scary!

Talking honestly about the personal issues I face is sometimes hard, because while growing up I had paralysing stage fright and couldn’t talk on stage. I had to express myself through my dancing, writing and art instead. But it was frustrating because I had so much to say! *Rise* has surprisingly freed my voice. I unlearned my stage fright. Talking about issues we face as young women is liberating and empowering.

What’s the best thing about being a Rise Talkshow presenter?

More than anything, the best thing has to be the young women from my community coming up to me to say my story has inspired them to speak up.

Please tell us about your education.

I went to Libra Primary School in Lenasia, south of Johannesburg, where I was born and bred. At 14 I went to Topaz Secondary School, where I loved literature and science. But most importantly, at high school I discovered that I was passionate about the issues young people faced.

Teenage pregnancy was rife; the girls told each other horrifying stories of physical, sexual, emotional, verbal, and mental abuse every day; drugs and alcohol were

a trend. “Sugar daddies” were a way out for most girls. They didn’t voice any of these issues and so it all became OK. It became normal. I desperately wanted to help.

After I matriculated in 2012 I took a gap year. I had never thought about dancing as a career, only as a hobby. But while I was finding myself, I danced.

I plan to study Media next year.

How did you become a professional dancer?

I started dancing when I was 5. I danced everywhere and when I did, everyone watched!

In 2013 I started dancing professionally, auditioning everywhere, and learning as much as I could. But I never got any formal training. I taught myself by watching others. But that’s what made it easy for my talent to be exploited.

I did music videos, live shows and festivals – mostly with my crew. We never got paid much and sometimes we weren’t paid at all. I realised I needed an agent and that’s how I started doing corporate events.

What do you wish you had known at 18?

Not to take education for granted ... I wish I had known that hard work and a lot of studying pays off.

You suffered the loss of your mother at a young age. Do you have any words for other Rise members who have been through a similar bereavement?

Never lose hope! You’ll never be with a late loved one again physically, but knowing that they watch over you and are with you in spirit can help keep you going.

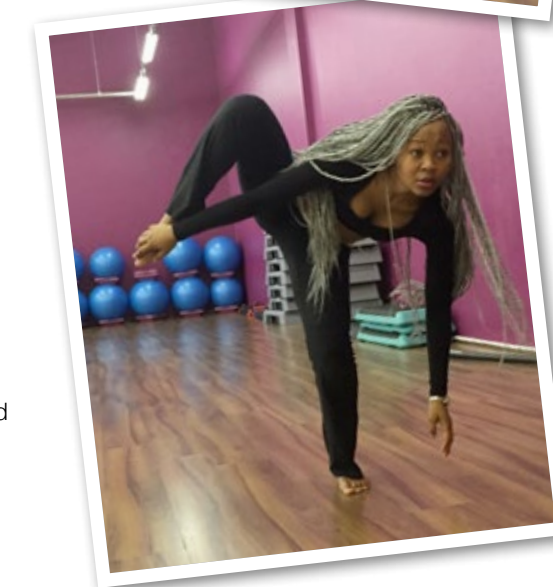
Life goes on, and feeling like your life is at an end or worthless shouldn’t be an option. It’s all the more reason to be your family’s backbone, to dream big, work hard and make yourself and your family proud.

What is your message to Rise watchers and readers?

Oh my, I have so much to say! I’ll start off by thanking each and every viewer for making Rise the number one talkshow, and for the beautiful and warm welcome.

You don’t have to conform to society’s ideas of how a young woman should be in order to be accepted. You are enough – you are so enough you have no idea how enough you are!

You have the power to change the world. There may be powerful systems in place that will try to hold you back but never stop working towards your dreams. Dreams really do come true.



Photographs, from top to bottom: Mbali, aged 5, dancing at pre-school. Mbali in dance rehearsal.

Soulbeat Club

a sisterhood of care

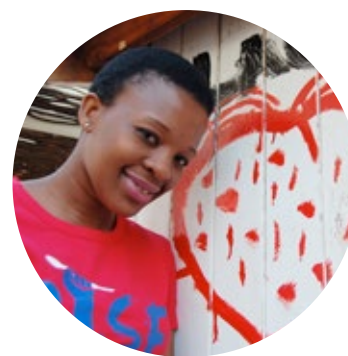


Soulbeat Club's tips for creating a caring sisterhood:

- When someone cries we give them the space to cry, to let it all out.
- We give them time and offer them a tissue. If the crying gets worse we give them water.
- We don't try to cheer them up. We just listen to them, listen with our ears and with our hearts.
- Once they are done we sometimes give advice, but we don't push them to do anything.



Members of the Soulbeat Rise Club in Vosloorus, Gauteng greet each other with joy each week at the start of their meeting. That's because over the last year this special club has developed a deep sisterhood of care.



Ntabiseng

Ntabiseng is the chairperson of the Soulbeat club. She has a four-year-old son and lives with her parents.

I want to create an atmosphere in the club where people are interested in each other

"In my family I feel that I cannot talk about things. My parents don't seem interested in us. I want to create an atmosphere in the club where people are interested in each other, where we listen to each other and ask each other: 'How are you?' I have not had this at home."



Refiloe

Refiloe is the youngest member of Soulbeat. She is a quiet person who loves books because they give her knowledge and stimulate her imagination.

"This club is a good platform for me. It gives me comfort. I like the warm and loving vibe."



Nonhlanhla and Noluntando

Nonhlanhla and Noluntando are sisters. Life is hard for them. Their father is ill and their mother does not have a stable job. Sometimes the club gives them food.

The sisters feel very hurt by their father's attitude towards Noluntando:

"Our father looks down at her, he always says she is useless. His father never gave him love and so it carries on. If I had a son I would teach him to love and respect others. To do that he also needs to be loved."

They are my friends, my sisters in fact

Noluntando feels that the club supports her emotionally and listen to her. "They are my friends, my sisters in fact."



Neliswa

Neliswa has a huge heart. You can see it in her smile and the way she looks after the people around her.

But this group accepts me for who I am

"My mother is unemployed and my father has money but he will not give us any. Sometimes my mom has to go from house to house to ask for food. I am the eldest child and I feel as if I am the one who can change the situation at home. I was always good at school and I was already accepted at the University of Johannesburg and then I failed matric last year. I feel like a complete failure, and my dad is always there to remind me of this. When he is drunk he likes to mock me and tell me that poor children can never go to university and that I cannot be any good because I have a useless mother. All my life I tried to be good to other people. But he only sees the bad in me.

"But this group accepts me for who I am. I love feeling like I belong somewhere. Here I have found sisters and best friends. It's the only thing that has kept me going."



Lebohang

Lebohang lost her father when she was five years old. Much later, her mother started dating a man who tried to kill her so that he could have her house.

"My mother keeps comparing me to my younger sister and to other girls in the community. When I failed Grade 11 she said I am not focused. She says my friend gets up early to study but she does not realise that I always have to cook and clean and that I am tired.

Every day they tell me they love me. This group loves me more than my parents do.

"She told me that if I get pregnant she will just throw me out of the house without even a vest. I got scared of dating boys, so I started dating girls. People are judging me for that. And I felt so unloved that I wanted to kill myself. Then I came to this group and they just accepted me as I am. Every day they tell me they love me. This group loves me more than my parents do."



The Heartbeat Rise Club in Vosloorus visited a local senior citizens' home. Club members cleaned; washed dishes; made beds and tidied cupboards. But most importantly the young women had fun with the senior citizens – reading to them from the bible, listening to stories and playing cards.



Vosloorus Old Age Home
Phone: (011) 906-3603/5
Fax: (011) 906-5809



Eastern Cape



Gauteng

Gauteng



KZN



North West Province



National Women's Day events

We can all be proud of how our Rise Clubs across South Africa came out on National Women's Day to make their voices heard.

In the Eastern Cape (top) there were marches calling for an end to violence against women. Our sisters in Gauteng (middle row) raised awareness about sugar daddies and girl trafficking. In KZN (bottom left) there were discussions about HIV/AIDS as well as dancing. Young women in the North West Province (bottom right) gave thanks for the women who fought for our freedom.



eBongweni Heritage day

On Heritage Day the *Rise* Young Stars Club from eBongweni – near East London – brought children and young women together for a fun day with a serious theme: sexual harassment. The Club says this problem is rife in the community and the problem is blamed on women who wear short skirts. The Young Stars Club showcased that traditionally, within our heritage, women have worn short skirts and gone topless. The message was that wearing short skirts has been part of our culture for many years but our traditional culture is respectful of our womanhood.



Heidedal fun walk

Two Rise Young Women's Clubs from Heidedal suburb in Bloemfontein took part in a fun walk at the zoo, organised by a local drug and alcohol centre. Heidedal is considered to be a place with a high prevalence of dangerous drugs, including nyaope and alcohol, so the two Clubs there take drug abuse issues very seriously.



Sisonke Mom

Pregnant?
momconnect
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 MOTSOLEDI



Make the most of the

Rise Club App



The Rise Club App can help you keep track of your meetings and talk to other Club members. But some members are having problems using it. Soul City Institute's Lovemore Manjoro talks us through how to use the App.

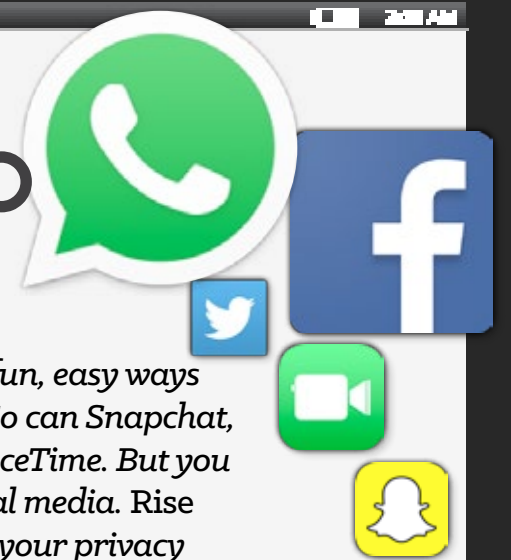
Here's Lovemore's step-by-step guide:

- 1 Go to Google Play on your Android or Windows smartphone (not iPhone) and type "Rise Young Women's Club". You will see the Rise logo come up. Click on it and install the App. If you are having challenges installing the App, please contact Lovemore on 071 770 9553 and a link will be sent to you through WhatsApp or SMS.
- 2 Register yourself and other club members on the App, giving your names, surnames and Rise card numbers.
- 3 Click on the dropdown list of topics to be discussed at the meeting. Choose your topics.
- 4 Register your attendance. You will be asked to either scan your card, or enter a number. The card is the plastic membership card you received when you joined your club, with a number on the back. If you have challenges with the scan, use the card number.
- 5 At the end of the meeting, click on the "record" tab. You can then record a 30-second to one minute voice summary of your meeting.
- 6 Then click on the group photo tab and take a group photo. You can also take a photo of Club projects.
- 7 Click "end current session". It's important not to forget this step because if you do your work will not be sent to the App server.



Be sharp

about using social media



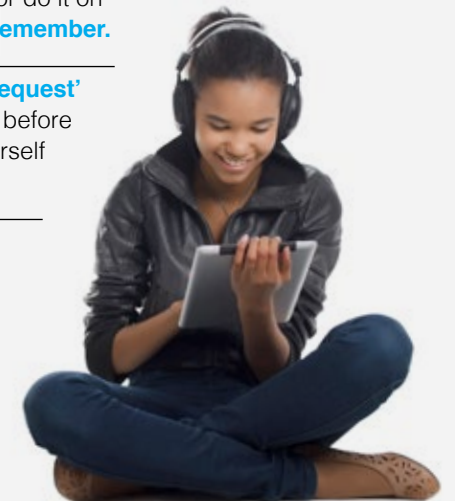
Facebook and Twitter can be fun, easy ways to keep in touch with friends. So can Snapchat, Instagram, WhatsApp and FaceTime. But you also need to be careful on social media. Rise offers some tips for protecting your privacy and maintaining your dignity.

The rules:

If you wouldn't say it or do it on stage in front of your parent, teacher or boss, then don't say it or do it on social media! **That's the golden rule to remember.**

It might be flattering to receive a **'friend request'** but be sure you actually know the person before you accept. Otherwise you might find yourself being **stalked** online.

Even with a private Instagram account, Google Images can **access your pictures**. Enter your name in Google Images and you may see one of your selfies there already. Another reminder to be careful of what you post, because it **lives in cyberspace forever**.



TREES MAKE
ME FEEL FREE!

Lungi Buthelezi loves her work cutting the City of Johannesburg's trees.

Lungi has to climb into what's called a "cherry picker" – a crane to raise and lower people, with a little basket at the top that you sit in. "At first, it was scary. But as time goes on you get used to it and feel free," says Lungi.

Strong and brave

Watching Lungi at work is inspiring. She is way up there against the bright blue winter sky, with a co-worker. Lungi is either the one cutting branches, big and small, using a chainsaw. Or she holds the heavy branches her partner saws off, and throws them down carefully.

"You need strength for this job," says Lungi. And courage too: "It took us about a week to deal with the phobia [fear] of heights. The other guys said, 'Don't worry, one day at a time.'"

Making history

Lungi, a single parent of a ten-year old son, is proud to be among the first women to do this work. "In the history of City Parks, there were never women who did this work. Then four of us were trained and changed this history. Our manager was a source of strength to us. He said, 'You know, nowadays there is no job for a man or a woman. There are just jobs.'"

Lungi's voice became dreamy when asked what she likes most about her job. "The view from up top – during spring I like it."

Who would this work suit?

"You need to be someone who likes a challenge," said Lungi. "Once you've gone for training you'll be fine." But, she warns, "I would tell women to be strong. Don't work with anger. You mustn't have anger because this work is dangerous."

Looking back, going forward

Over the years, Lungi worked as a secretary and a domestic worker. But she loved Life Sciences at school and did well in the subject for matric. This helped her when she handed in her CV and went for an assessment at Johannesburg City Parks. She was accepted into a three-year learnership in horticulture through the City Park's academy based at Zoo Lake in Johannesburg.

What's next?

"I want to enrol for a four year part-time diploma in horticulture health and safety through Unisa. After I finish my diploma, I want to teach health and safety," said Lungi. "I don't want to leave City Parks because they don't take women for granted. They want to empower women and I like that about it."

Photos: Top right: Lungi's inspirational manager and the team. Below: Lungi up in the cherry picker, and the team operating the wood chipper.

"Horticulture" deals with how to grow and care for gardens, trees and plants.



Interested in horticulture?

For a complete list of agricultural schools in South Africa contact: The Chairman, South African Agricultural Training Association (SAATA)

Settlers Agricultural High School, Private Bag X422, Settlers, 0430

Tel. (014) 730 0211

Email: gpviljoen@settlers.co.za

You can also look at the website of the National Department of Agriculture: www.nda.agric.za

And the University of South Africa (UNISA): www.unisa.ac.za

Unfortunately, Johannesburg City Parks is no longer offering training in horticulture.



What is your Money personality?

Do you hold on to money, believing more may never come? Or do you spend too much money when you get it? Identify your money style with the Rise quiz. You'll be better prepared for decisions that involve money.

1. You win R500 in the Lotto. Do you...

- A. Put it into your bank account and forget about it.
- B. Ask people you trust about the best way to invest it.
- C. Give half to a friend in need. You like to share your good fortune.
- D. Treat your family to a meal out.

2. You're battling to find the money you need, even with help from your family. You can't see a way to earn more money. Do you ...

- A. Spend weeks worrying about how to ask your family for more money, and then take out a loan.
- B. Use your savings for now and decide to speak to your family about getting more from them.
- C. You look at your budget to see exactly where you're overspending. If you spend less, money will come when it's meant to.
- D. Tell your family straight, "Look, I need more money."

3. A dress that you like goes on sale. Do you...

- A. Open an account at the store so you can get it on credit.
- B. Use some cash from your clothing budget to spoil yourself.
- C. Tell yourself to forget about the dress. You have other nice ones.
- D. Buy the dress and gets some shoes to match while you're in the shop.

4. Pay day is a whole week away, and you have only just enough money for taxi fare to work and back. But your friends want to go out for a movie and meal. Do you...

- A. Agree to go. You'll worry about taxi fare next week.
- B. Use your entertainment budget to join them and suggest the cheapest possible restaurant.
- C. Say, "No thanks. Movies are just a waste of money. I'll wait for the DVD."
- D. Say, "Yes please! I'll buy the popcorn."



If you answered mostly A's

You are a Money Avoider.

The thought of paying bills makes you stressed. Numbers make you anxious. It's great that you aren't a materialistic person, but money is part of life. You need to take charge of your finances.

Make it your mission to ...

manage your money better. Take baby steps: Set aside some time every week to look at your finances.



If you answered mostly C's

You are a Money Monk.

Your moral or spiritual values make you wary of money, and you prefer to live a humble life. This is wonderful. But you also need to spend money to help others.

Make it your mission to ...

find money role models who fit with your values: Is there someone in your spiritual community who is financially secure as well as helpful to the community?



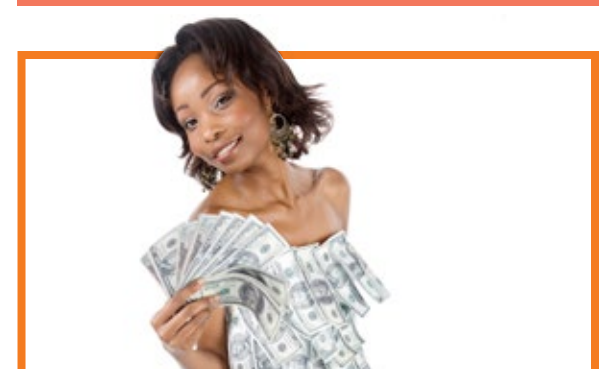
If you answered mostly B's

You are a Money Collector.

Making, saving or investing money makes you feel secure in the world. While taking charge of your finances is responsible, there is more to life, and your self-worth, than money.

Make it your mission to ...

enjoy yourself in ways that don't need money. Remind yourself that you have value as a human being, whatever your financial position.



If you answered mostly D's

You are a Money Spender.

Money makes you feel happy and important. You believe money is meant to be spent on yourself and others. Generosity is good, but not if you're spending money you don't have.

Make it your mission to ...

take note of your spending and your emotions around your finances. Can you see any patterns? Do you spend more money if you are sad or worried? How is spending money linked to your moods?



Talking about HIV Testing



Have you had an HIV test? Here's what Rise club members in Gauteng had to say about it:

I did the test because if you are HIV+ you should start medication as soon as possible. And I don't want to pass on HIV without knowing.

When I met my boyfriend three years ago, we both had a test. Even though we don't use condoms I haven't been again. But I'm not scared to go.

I have had three tests. The first time it was because I was worried. Then I had more because I think it is important. I don't want to have counselling before the test because it makes me feel as if I already have HIV. I just want them to do the test and give me the results.

Why know your HIV status?

If you are HIV negative, you can make sure that you stay that way forever. If you are HIV positive, you need to know about the medicines that can save your life. You also need to know how to protect yourself from more exposure to HIV, and to protect your partner from getting it. As Andile, who is living with HIV, says, "We must protect the ones we say we love."

You can follow Andile's story about living with HIV on the link below. He talks about why he's glad he knows his status and how he keeps his girlfriend safe through always using condoms.

www.genderjustice.org.za/digital-stories/digital-stories-andile

(The story is short: less than four minutes.)



Where can you get a test?

At a clinic or doctor's surgery.

What can you expect with the test?

1. Before test counselling

The healthcare worker will tell you about the test and answer any questions you have. If you decide to have the test you will sign a consent form.

2. The test

The healthcare worker will prick your finger to get a drop of blood. In twenty minutes, she or he will tell you if your result is positive or negative for HIV.

3. The results

If the result is HIV positive

They will do another test to confirm the result.

If the result is still HIV positive

The healthcare worker will send a sample of your blood to a laboratory for another test, just to be completely sure.

If the result is HIV negative

They will ask you to come back in three months' time for another test. This is because the HIV virus can 'hide' in your body in the first weeks after you are infected. This is called the window period.

4. After test counselling

Whether you have tested positive or negative for HIV you'll have post-test counselling. This helps you to plan how to stay fit, healthy and happy.

National Aids helpline

0800 012 322

www.aids helpline.org.za

There's someone at the helpline waiting to talk to you.

★ Club Project

- Discuss why you think people don't go for HIV testing.
- Find out where HIV testing is offered in your community.
- Consider going for testing together as a Club.
- Create posters about the importance of HIV testing and display them where people can see them. Take a picture of your poster and send them to us at rywc@gmail.com or post them onto the Rise Talkshow Facebook page.

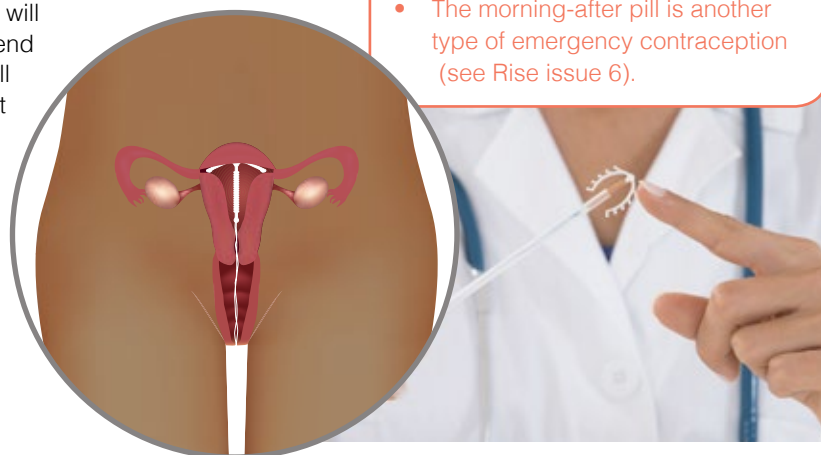


Interested in the IUD?

The intrauterine device (IUD) contraceptive could be your choice if you don't like having to remember to take a pill every day, or getting an injection every few months.

Getting an IUD

1. Go to your family planning clinic (or doctor). Take a sanitary pad with you because you will probably bleed a little if you decide to have the IUD.
2. The health worker will talk with you. She will also examine you to find out whether the IUD will suit you. For example, if you have an STI you will have to have medicine to clear it up before you have the IUD put in. Or, perhaps you prefer not to have a hormonal IUD – then the copper-T is a better choice.
3. If you go ahead with an IUD, you will lie down on the clinic bed and bend your knees. The health worker will put a device into your vagina that will release the IUD into your uterus (womb). You may feel a bit uncomfortable with cramps while this is happening, and for a while after – a few days, a week or two, or a bit longer.



Did you know?

- You can use a copper-T IUD for emergency contraception.
- If you've had unprotected sex and are worried about an unplanned pregnancy, you can have it inserted within 5 days of having sex. You can then keep it in as your contraceptive.
- The morning-after pill is another type of emergency contraception (see Rise issue 6).

Fast facts about the IUD

- Teenagers can use IUDs.
- You can use an IUD whether or not you have given birth before.
- IUDs will NOT protect you from sexually transmitted infections – use a condom as well.
- The IUD has two very thin strings that are used when you want it taken out.
- Your partner will most likely not feel the strings but if he does and it bothers him, talk to your health worker; she may cut them a bit shorter.

There are two main kinds of IUDs

The copper-T and the hormonal IUD. Both of them:

- are 99% effective
- are made of soft plastic
- must be inserted by a specially trained health worker
- take about 5 minutes or less to put in
- can be removed easily by a health worker.

What is the difference between the copper-T (the loop) and the hormonal IUD?



Copper T IUD



Hormonal IUD

What it is

A short piece of plastic that is shaped in a T. It has copper around it.

A soft piece of plastic that is shaped like a T. It has the hormone called progesterone in it. This means it works in a similar way to the contraceptive pill.

How does it work?

It helps the uterus (womb) to prevent sperm from fertilising an egg.

The same as the Copper-T. But it also releases the hormone progesterone. This hormone helps prevent the egg implanting in the uterus wall.

How long does it work?

Up to 10 years

Between 3 and 5 years

Possible side effects

Periods that are irregular, and often heavier. May cause cramps. May cause backache.

Periods that are irregular, and often lighter (which some women like about it). May cause backache.

Sugar daddies:

a conversation with friends

Nyiko Shikwambane is a former Rise TV presenter, and a Wits law student. She talked to her friends about why some young South African girls have sex with men much older than themselves.



My friend Rhandzo took off with a certain Mr Vincent one weekend. She came back with a new iPhone and pictures of a beach resort near Durban. The catch? She had known him only two weeks. And he's much older than she is.

The risks

The statistics suggest there is danger in hanging out with older men like Mr Vincent. It's a fact that South African girls between the ages of 15 and 19 are 8 times more likely to be HIV positive than boys of the same age. This can only mean that young South African women are having sex with older partners, and that this exposes them to HIV. So why do we do it? Is the sex a transaction or business deal that gets us something? Time to consult the friends ...

I started the conversation one afternoon by asking: "Are you having or have you ever had transactional sex?"

Transactional sex

Sabelo Chuene, 22, whips out her phone and googles the definition of transactional sex: "Wikipedia says it means when you have sex in exchange for material gain such as drinks, clothes, school fees, good marks, favours, etc. It goes on to say that transactional sex creates an increased risk of HIV infection."

Most of my friends, including myself, have at some stage or another been involved in a transactional sexual relationship.

In that moment, I realise most of my friends, including myself, have at some stage or another been involved in a transactional sexual relationship. It is hard to admit.

Easier than finding a job

Phindile Thengeni, aged 24, had recently lost her job when she began having sex with a much older man. "I saw it as a source of very easy income where I could demand the amount of money I needed," says Phindile. But it turned out to be not so easy: she went on to describe the uncomfortable things she was made to do in order to appeal to his sexual fantasies.

But many young women say it is easier to have a transactional relationship – a relationship where we gain money or goods – than it is to find a job. Some of them put up with physical and emotional abuse for fear of losing out on the material 'benefits'.

"Some of us don't put ourselves in these relationships because we enjoy it," says Sabelo. "It is hard to take initiative as women."

Lebohang Molestane, 18, adds: "You might not be the only one he is with. So having more than one sugar daddy at a time is not unusual because you get to increase your 'benefits'."

Sex for gain

It seems to me that it is not always so clear who the sugar daddies are, or why we have sex with them. Transactional relationships take place anywhere and in public.

We often share tips about how to use sex for gain without even being aware of it!

For example, a man might offer to buy me a drink in exchange for my company. On Mondays at school girls talk about the smart places they were taken to over the weekend. I hear how somebody finally found a way to buy that expensive textbook, or a bus ticket home. We often share tips about how to use sex for gain without even being aware of it!

Love and money

I wonder why it is that our ideas of love are so bound up with getting material goods. Could it be because young women have much less money and power than the older men they are dating? So we get used to the idea of older men as money providers, and we position ourselves as the ones who can offer sex. We forget that we have our own sexual feelings and longings, which have nothing to do with what we can gain financially.

Older men and HIV

But we pay a high price for having relationships with older men. One survey looked at how many young people in South Africa between the ages of 15 and 24 have HIV. The survey found that people in that age group are more likely to have HIV if they have a partner who is five or more years older than they are, compared with young people who have partners closer to their own age.

Left stranded

This is particularly sad, because most young women in relationships with

much older men say it's just a temporary arrangement as the men are either married or in long-term relationships. "Most of these men have families and can't afford to sustain relationships with young girls, so we are easily dismissed and left stranded," says Phindile.

I ask Rhandzo if she thinks Mr. Vincent will stay with her after their weekend in Durban. But I am too embarrassed to ask her if she is using a condom. It was difficult to have an honest conversation with each other about transactional sex because of the social stigma attached to HIV. But I think it is time for transactional sex to be acknowledged, and without shame, so that we can openly consider the harm we may be doing to ourselves. Sex with older men puts us at risk of contracting HIV. What else of ourselves are we risking?

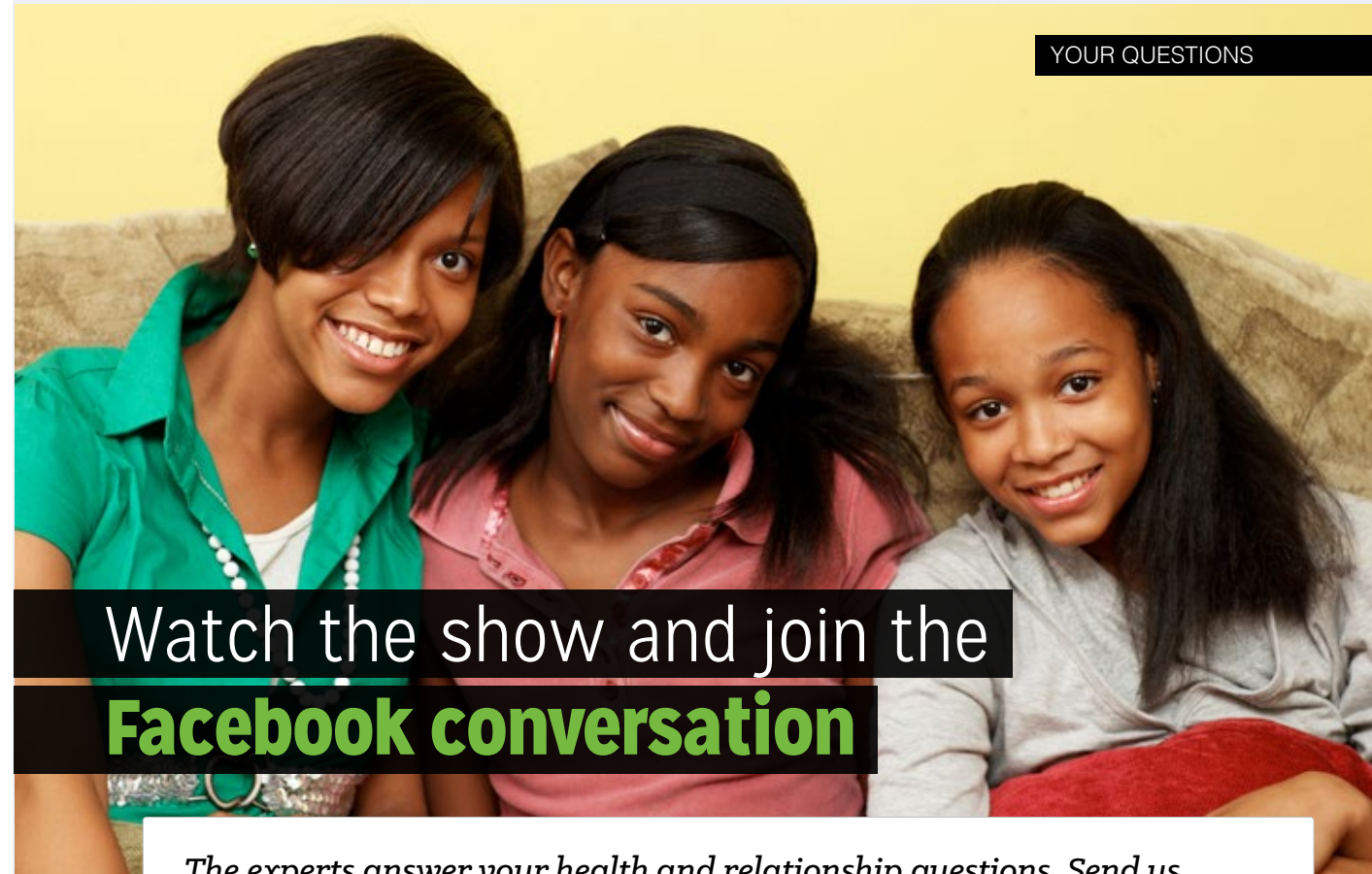
★ Club Project

For discussion in your club:

- How did the story make you feel?
- Do we all understand what transactional sex is?
- Do we agree with Nyiko when she writes: '... most of my friends, including myself, have at some stage or another been involved in a transactional sexual relationship. It is hard to admit.'
- Let's talk about the question Nyiko ends with: 'Sex with older men puts us at risk of contracting HIV. What else of ourselves are we risking?'

Need help?

For counselling or sexual health information, send a PLZ CAL ME (Please Call Me) to loveLife Contact Centre on 083 323 1023. A counsellor will call you back as soon as one is available. This service is free.



Watch the show and join the Facebook conversation

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

Your question

I am 22 years old and I'm depressed. All I think about is suicide. My mom passed away last year. I live only with my dad. I help him with everything. I don't have any time for myself. I am struggling to find a job. I left school in Grade 6. Most of the time I think of selling my body just to make cash to buy clothes and food. Please help me. – Desperate

Cassey Chambers from SADAG answers: Dear Desperate

I can understand why you feel depressed. You are dealing with a lot of stressors, like the grief of your mom passing away, trying to run the household for your dad, and not having a job. These can all make you feel very overwhelmed and down, especially since you have been dealing with this for so long.

It is important to get help and support to help you cope with your daily stressors, and also help you to cope with your mom's death.

Help is available. I urge you to SMS or phone a counsellor as soon as possible (see numbers below).

South African Depression and Anxiety Group: www.sadag.org. SMS 313993 and a counsellor will call you back. For a suicidal emergency, call 0800 567 567

Call our 24-hour helpline on 0800 12 13 14

Visit our website: www.sadag.org for tips on how to deal with depression



Your question

I'm 23 years old and live in East London. I got pregnant in 2013. The father never supported his child, not even once. I'm raising my son single-handedly. Sometimes, I break down in tears because I don't know what to do. I live with my parents but they don't work. They support me where they can but it's not enough.

I want to go to the maintenance court. But I don't know the father's address because he has moved from where I used to visit him. He calls me every day, saying he'll come by after work. But the pig never comes. I need his support. What do I do? Where do I go? I don't want his money. He can buy clothes and groceries for the baby. That's enough for me. – *Enough is Enough*

Advice from Legal Aid: Dear Enough is Enough

The maintenance court must have an address for your child's father so they can serve him with a notice to appear in court, called a subpoena. Find out his work address. Or, try to get his home address from his work colleagues, friends or family members. Don't give up.

Organisations that help

The Black Sash National Helpline:

The Black Sash offers free legal advice. Call 072 663 3739 (at normal telephone charges) between 08:00 and 16:00 weekdays sms (at normal cell phone rate) send a 'please call me' (free of charge) Email: help@blacksash.org.za Website: www.blacksash.org.za

Legal Aid Advice Line: 0800 110 110

This number is free if you call from a landline. If you call from a cell phone, normal rates apply. Visit the Legal Aid Board website: www.legal-aid.co.za/selfhelp to find out more about claiming child maintenance. They also provide advice around domestic violence, harassment, and many other rights-based issues. They have offices all around the country. Visit their website to find out more.

Your question

I've decided not to disclose that I am HIV positive because of my fear of stigma and rejection. I have always been my family's Miss Goody-Goody! I have contemplated suicide many times. I have decided to stop dating altogether because the thought of disclosing to someone else freaks me out. I wish I could meet a guy in his mid-30s who is also in my situation.

I want to expose my ex. But he will know it's me. That guy is destroying lives. He's a senior official in government, looks good and smells nice. But very empty inside. I only realised that part later. I confided in my friend one day that I am HIV positive. He started to use my status against me. Now I also hate him because I hate people who judge. Please advise me. – *Miss Goody-Goody*



Sis' Lebo responds:

Dear Miss Goody-Goody

Your post touched me. I am very sorry to hear about your ordeal, and the dark and difficult times you have faced. I think counselling could help you come to terms with your HIV status. Remember that HIV is not a death sentence. You can still live a good life. But counselling can help you to accept your situation and responsibility in this matter.

Hard as it is, you need to find a way to let go of your anger towards your partner because this anger will stop you from moving on with your own life. Your feelings are very understandable, but the

truth is that we are responsible for our own lives. Anger and a longing for revenge can keep you from living your life to the full.

Once you have dealt with your feelings, as part of your counselling, you can think about who you disclose to, and how. There are support groups and counsellors who will help you to deal with your situation. They will also help you to think very carefully about disclosure. I wish you the very best of luck and I hope you find the support you need.

If you need help, please reach out and talk to someone. Here are organisations that can support you:

Aids Helpline

www.aidshelpline.org.za

0800 012 322

National Association of People Living with AIDS (NAPWA) can put you in contact with support groups and counsellors.

National 011 872 0975
Eastern Cape 041 487 3397
Free State 051 444 4199

Gauteng 011 720 3349
KwaZulu-Natal 031 300 3194
Mpumalanga 013 741 3031(ext. 114)

SA Positive

sapositivemagazine.co.za

011 205 0486

Soulbeat

Meet the sisterhood of
the Soulbeat Rise Club in
Vosloorus, Gauteng.

#soulbeat



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