

Your 12th edition

# RISE

**YOUNG WOMEN'S CLUBS**

Let's talk about  
**SEX**

## **ALBINISM**

A Rise Club  
challenges  
the myths

Rising against  
**GENDER VIOLENCE**

Making money as a  
**HAIRDRESSER**

# C O N T E N T S

## Welcome to your magazine!

Welcome to the twelfth issue of *Rise*.

It's been such an amazing journey through these twelve editions. We learned, shared our stories and most importantly united with other young women across the country. We've realised that we fight the same problems and share common goals.

In this issue we feature an extremely talented young woman who discovered her passion by watching her mother work as a hairdresser from the age of seven. She's now a successful businesswoman and she shares her journey with *Rise* on page 10.

I know many of you have been missing your Rise TV Talkshow. You'll be happy to know that the new season is starting soon, with a bang! Find out more on page 8.

Until we meet again, keep prospering, keep winning, keep educating but most importantly keep Rising.

With love,

*Mapula*  
on behalf of the Rise team

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



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Meet the new Season 2 Rise Talkshow hosts on page 8



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- Rise Talk Show on facebook
- @RiseTalkShow
- Rise Young Women's Movement App on Mxit
- SoulCity ItsReal on YouTube

# What makes you want to scream?

Rise asked members of the Joe Slovo Rise Club in Khayelitsha.

This is what they said:

## Aphelele Witbooi (15 years)

When someone gossips about me and tells lies. I also get very angry when a boy beats me – I didn't scream though, and I don't want trouble.



## Aviwe Sityata (15 years)

When my parents shout at me and I didn't do anything wrong. I normally just sit alone.



## Emihle Mkefa (14 years)

I don't get angry easily, I am just a happy girl.



## Lisa Nyamza (15 years)

My boyfriend dumped me for my friend. I was so frustrated I started to cry.



## Zanele Maweza (15 years)

When people gossip about me or my friends and tell lies about my name, I get frustrated and tears come out of my eyes. I hate screaming. I did scream when I didn't get a Valentine's gift from my boyfriend.



## Zintle Ndinga (15 years)

When someone says I gossiped about someone and I never did, that makes me so angry. When I'm angry it catches my heart so bad.

## Khanyisa Boozi (15 years)

When the house is dirty after I cleaned it in the morning. Sometimes it's my mother who does that. When she has a day off she likes to cook and I come back and the house is dirty again.



## Yolanda Gebenga (25 years)

What made me so frustrated is that my father married a second wife and it hurts my mom badly. The other wife swears at her.





# Rising against gender violence

The Joe Slovo Rise Club is one of the newest Rise clubs started in Khayelitsha in the Western Cape. This Club has decided to focus on gender violence and abuse. Club members have not yet started activities. But they shared with *Rise* magazine their reasons for joining Rise and their experiences of gender violence.

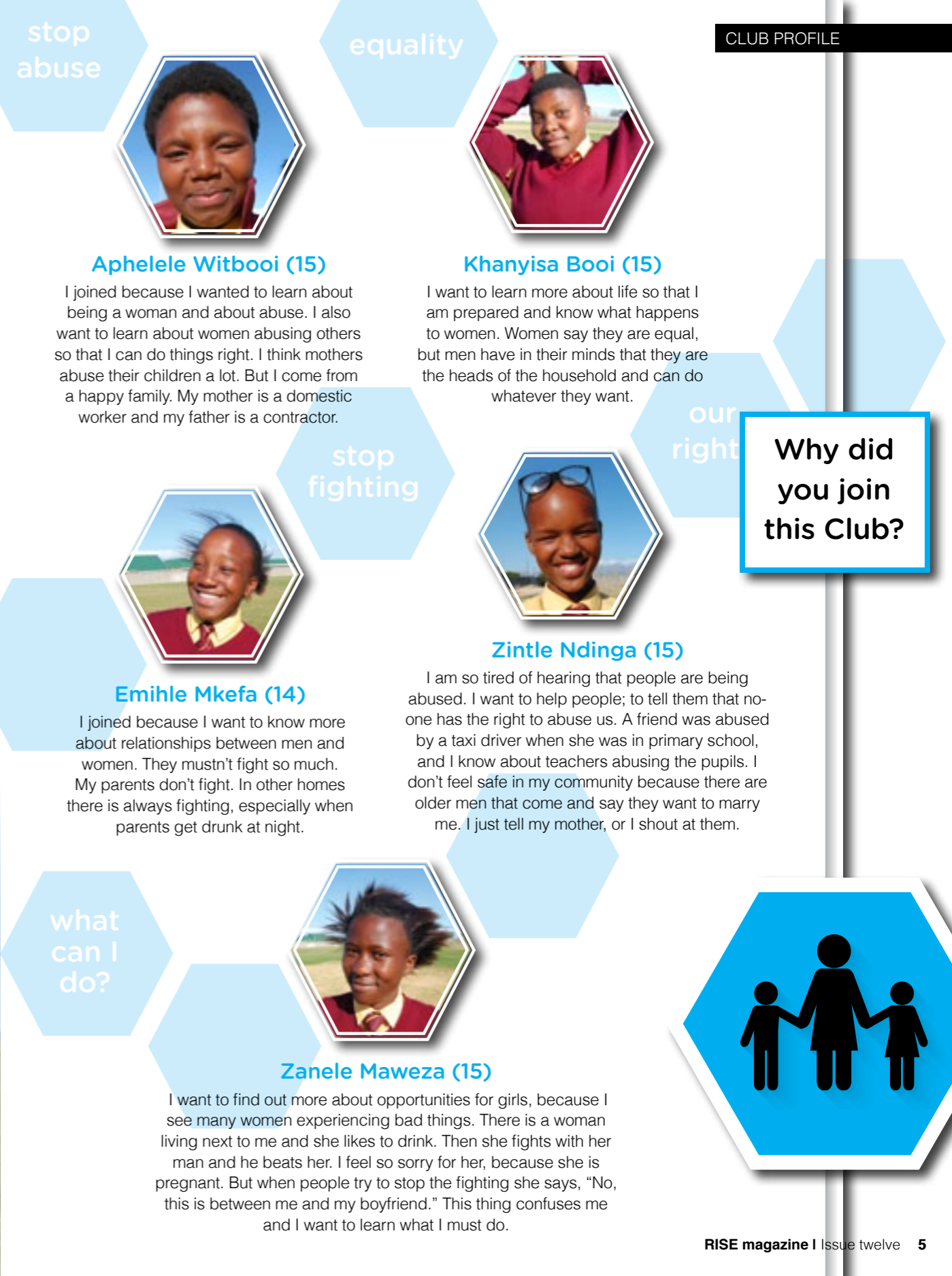
Why did you join this Club?



**Aviwe Sityata (15)**  
I want to learn lots of things and I am hoping that this will help me not to fall pregnant.



**Lisa Nyamza (15)**  
I want to be able to talk about sex with other girls and find out the facts.



**Aphelele Witbooi (15)**  
I joined because I wanted to learn about being a woman and about abuse. I also want to learn about women abusing others so that I can do things right. I think mothers abuse their children a lot. But I come from a happy family. My mother is a domestic worker and my father is a contractor.



**Khanyisa Booii (15)**  
I want to learn more about life so that I am prepared and know what happens to women. Women say they are equal, but men have in their minds that they are the heads of the household and can do whatever they want.



**Zintle Ndinga (15)**  
I am so tired of hearing that people are being abused. I want to help people; to tell them that no-one has the right to abuse us. A friend was abused by a taxi driver when she was in primary school, and I know about teachers abusing the pupils. I don't feel safe in my community because there are older men that come and say they want to marry me. I just tell my mother, or I shout at them.



**Emihle Mkefa (14)**  
I joined because I want to know more about relationships between men and women. They mustn't fight so much. My parents don't fight. In other homes there is always fighting, especially when parents get drunk at night.



**Zanele Maweza (15)**  
I want to find out more about opportunities for girls, because I see many women experiencing bad things. There is a woman living next to me and she likes to drink. Then she fights with her man and he beats her. I feel so sorry for her, because she is pregnant. But when people try to stop the fighting she says, "No, this is between me and my boyfriend." This thing confuses me and I want to learn what I must do.



Why did you join this Club?

# “We are flesh and blood like everyone else”



### Malebo Malatji (17)

People have this mentality that we (people with albinism) don't die. What kind of people would we be if we didn't die? Of course we die. We are flesh and blood just like everyone else.

### Phumla Mahlangu (16)

I often experience name-calling because of my skin colour. But I have learnt that I should not take the things that people say to heart. I must be proud of myself.

### Sharon Mabusela (17)

Being in the Club will help me not to be an introvert. If I have an issue with anybody I will be able to face them and let them know how I feel. I also want to learn problem solving skills to face the difficulties in my life.

### Malebo Malatji (17)

I would advise any young person with albinism to love and accept themselves. Albinism is not a life-threatening disorder. If people say something, then you have a chance to teach them about albinism because most people don't know much about albinism, and that is why they act the way they do.

*The Filadelfia Club in Soshanguve, Tshwane is a brand new Rise Club that has only been going for a month. The young women all attend Filadelfia school for the disabled. Many of them qualify for the school because their albinism has resulted in them being very short-sighted. But this doesn't stop them looking far ahead to the future.*

*Members talked to Rise magazine about their challenges with albinism, and about their ambitions for themselves and their Club.*



### Malebo Malatji (17)

I want Rise to help me with my self-esteem. I want to learn not to be scared of people.

### Siphesihle Mhlongo (17)

We'll learn how to carry ourselves as young women and how to prevent STIs and teen pregnancies.

### Marcia Piitjo (18)

I'd like to get advice from my Club on how to deal with the challenges I face. If I have a problem, I would like to be able to share it with the group.

### Sharon Mabusela (17)

In some communities there are myths like if you kill a person with albinism and use their body parts for witchcraft muthi you will be rich. It is not true. Albino people are also treated badly because they are considered to be a curse. We are the same as everyone and the only difference is that we don't have a pigment.

**People with albinism have very little or no pigment (colour) in their skin, hair and eyes. Albinism occurs in people all over the world. The only medical problems associated with albinism are that the skin is very sensitive to sun, and many people with albinism have problems with their vision.**

**Throughout history, people have made up superstitions about albinism. But it is important to fight these superstitions.**

Season 2

# Rise Talkshow

*coming soon*

What does  
sisterhood mean  
to you?

How can you  
manage your money  
better?

Where can you  
hear young women  
talking honestly  
about transactional  
sex?

*The next season of the Rise TalkShow will address these and many other questions. And the conversations will be led by the youth. All four hosts are in their 20s. Meet these impressive young women:*

Rise magazine readers will already know **Phindile Sithole-Spong**, aged 26. You will have read in Issue 8 about how Phindi found out that she was HIV positive at the age of 19. She threw her energy into communications around HIV/AIDS and Sexual Health. We can't wait to see what this warm and dynamic young South African brings to the new Rise TV series.

Meet 21-year-old **Seadimo Tiale**, one of the new presenters on Rise, a law student at Wits University and an Allan Gray Orbis Foundation Fellow. Her strong debating skills meant that she came second in the the reality TV programme "One Day Leader" on SABC 1. She's also a chess star, ranked number one in her age in South Africa. This bright young woman knows a thing or two about the latest moves!

**Delisile Mzimela** is a radio journalist as well as a new Rise TV presenter. She currently works in social media at YFM, a youth radio station in Jo'burg. Delisile grew up in Durban, KwaZulu-Natal. She's got an Honours degree from Wits University. Stand by to see what this sharp young woman brings to the programme.

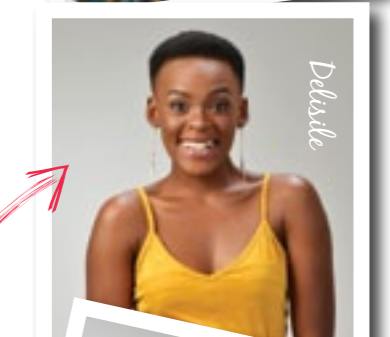
Another new Rise Talkshow host is **Nokuthula Sikhakhane**. This young woman has already overcome many challenges in her life. She was adopted by her maternal grandmother after losing her mother. Nokuthula is currently a youth volunteer in her community and in organisations that create better living conditions for poor people. She brings much life experience to the new series.



Phindile



Seadimo



Delisile



Nokuthula

# Making money out of hair



## Thoko Modise (Connie's friend and manager of the salon in Katilehong):

*Connie is a very kind person who listens to each and every one. If you cry she will cry with you. I never wanted to do hair but she persuaded me. I also love to make women look and feel beautiful. I have learnt a lot from Connie.*



## Nonnie Ramalyra (client):

*I keep coming back because her plaiting is not sore, she doesn't pull hard. She does a beautiful job.*



Bring Connie Zita any hairstyle, and she can do it for you. This 24-year-old is also a talented businesswoman, who already owns two salons, employs nine people and has even bigger business plans.

Connie started learning hairdressing from her mom when she was only seven. By the time she was 12, people realised her talent. At the time, Connie and her family were living in a rented shack in Katilehong. Money was tight, and Connie often had to depend on friends for clothes. But by the time she was 16, Connie was able to buy her mother a small house, and to convert the garage into a salon.

“ When I started doing hair, young people came to me because I knew what they liked. They would come with a picture from the internet and I could do any style for them. ”



## Thriving business

Now Connie works out of a container-sized salon on Khoza Drive, Vosloorus.

In 2012 Connie called her best friend, Thoko, and offered to pay for her to go to hairdressing school. Thoko soon joined the salon and the business grew. Today Connie has nine employees. In March last year she started another branch in Katilehong, which is managed by Thoko.

Connie says employing others gives her pleasure, but it is also the hardest part of the job. “It is very hard when my employees don't listen, because I don't shout because I am a very soft person.”

The other problem is that Connie stays open six days a week and often works till late at night. Most of her employees struggle to keep up with her pace.

## Diploma

Connie's first dream was to be a Social Worker, but her matric was not good enough. Connie took herself through business college where she did a three-year diploma in Human Resources.

Her diploma taught her how to treat clients and how to grow a business.

## Growing the business

Connie markets her salons on Facebook and Instagram. But her best marketing is her satisfied clients. Currently she is building a larger salon and is putting aside money to build a house that she can rent out. She feels it is important not to be afraid to take risks.

“My aim is to grow my business and employ more people. I very much want to help young people in need. Looking after other people makes me proud of myself.”

Recently she bought a whole lot of shoes for needy children from her old school. She is also taking care of a little sister and a cousin.

“I am a praying woman. I am a strong woman. I know where I come from and where I am going. I also encourage others to be strong.”

“ When my clients come I must look them in the eye and be there for them, not talk to other people. ”

# A career in **Banking**

**Nontombi Ndwendwa is 25 years old and works for Bidvest Bank. During the day her mom looks after her three little children.**

Nontombi's parents put all their resources into giving their own three daughters the education they never had. For 15 years the family lived in a shack in Kagiso so that the children could attend a good former Model C school in Krugersdorp, Gauteng.

## **Pregnant**

In Grade 10 Nontombi fell pregnant. When she gave birth in May, she found out that the father of her child had targeted other school girls. One girl was having his baby in June, and another in July.

In Grade 12 Nontombi started dating a man who worked for the military. He soon began abusing her and she found out that he was married. By the time she managed to leave him, she was pregnant. That same year her eldest sister died of yellow fever.

Her life was a mess. Nontombi's parents encouraged her to do a paramedic and firefighting course in Pretoria. Afterwards she started a homework centre in her parents' garage.

## **Learnership**

Then in November 2011 she heard about a learnership with Bidvest Bank. She wrote the test and got in. "You went to all the different divisions and learnt about what they do. It was very challenging. You had to learn a lot of things, study the products and services and write tests."

*"I have a job. Why do I need men to give me money?"*

After the learnership Nontombi was offered a job at Bidvest. She started another relationship with a lawyer. "I thought, this man has made something of himself, so let's give it a try. The beginning was great and I had a daughter with him. He was supportive. Two years into the relationship he started having affairs. I think I wanted older men so that I could have money."

## **Depression**

Finally, in 2014 everything came tumbling down. Nontombi was diagnosed with major depression and spent a month in a clinic where she received counselling. This turned her life around and she started focussing on her career.

"At some stage I sat down and said to myself: Here I am, I have a job. Why do I need to have men to give me money? I have a family who adores me."

## **Career**

Nontombi enjoys working for the bank. She started out as a consultant, which involved doing deposits, opening accounts and answering queries. From there she moved to the Call Centre where clients phone if they have problems.

"To do this job you need to have a strong heart and you have to be patient. You deal with many unhappy clients and you need to help them calm down. My personal history has helped me a lot to face challenges. In the past when I faced difficulty, I would go to the toilet and cry. Now I can actually put myself in the client's position and think, 'What would I want if I was them?'"

From the Call Centre, Nontombi has now moved up to the Resolution Centre where the most difficult queries are resolved.

*"I am your lesson."*

## **Control**

"You have to know that it is the bank's money you are working with and not yours. You have to have ethics. You have to understand how you see money: Is it something that you feel entitled to, or is it a reward for hard work?"

Currently Nontombi is in her third year of studying Business Management. This will allow her to work in many other divisions in the bank.

"I am much more in control of my life. I had to find out the hard way who I am and what I want from life. I tell my little sister: I am your lesson. You don't have to go through the same as me."

## ★ **For discussion in your Clubs**

**What could you have done differently if you were in Nontombi's shoes?**

Send us your ideas at [info@soulcity.org.za](mailto:info@soulcity.org.za)



# Let's talk about sex, baby

*Sex, when we are ready for it, can be a wonderful thing. It can make us feel joyful and connected to another human being. But sex can also be a bad experience. Sex can sometimes make us feel ashamed. Or sometimes we may feel that we don't have much control, or even feel bullied into having sex.*

*Talking to each other openly about sex can help us to enjoy our sexuality more and keep us safe from abuse. Rise spoke to five young women, who we call C, N, A, V and M, about their attitudes to sex.*

## My first time

- C:** The first time I had sex I felt that all the other girls were having sex, so I just also did it. I was definitely not ready at the time.
- N:** I lost my virginity when I was twenty. I was very embarrassed about being so old. But my boyfriend was very nice and sweet about it.
- A:** My first time I was not ready, I went home and cried.
- V:** My first time it was so sore. I didn't enjoy it at all.
- M:** I was told by my friends what happens when you have sex. But when it actually happened I felt ashamed of myself.

- N:** Sex makes me feel as if I am being loved.
- C:** I enjoy the cuddling and the sharing and the communication most.
- A:** Sex makes me feel joyful. I like it just before we both come, because then it gets quite rough.
- N:** I love the cuddling. But I also enjoy the long flirting before. Like sending WhatsApp messages and getting excited. I make sure my boyfriend really wants to see me.
- V:** Sex makes me feel like a woman. I feel free and special. Afterwards I have so many memories I can share with my partner.

## What I like about sex

## Orgasm

- C:** It is important for my boyfriend that I also come. In the old days men did not think about that.
- A:** It is only fair that both of us come. We have to communicate about it. Sometimes I pretend that I have an orgasm because he has already come and it makes him feel better. But I don't think that I want to do that too often. Sometimes you are not in the mood and you just do it and get it over and done with. That is not enjoyable.
- M:** I learnt from my friends how to come, and about different styles of sex. I want to keep my man happy and it helps me to be a good lover. I never pretend that I come. Surely the guy can see if I pretend?
- N:** It is very important to my boyfriend that I come. I pretended only once that I had already come and afterwards I felt so bored.

- C:** It's difficult to wear condoms because boys don't like it. With my boyfriend I just take a condom and open it and say: 'Here, baby, put this on'.
- V:** Sometimes your boyfriend thinks you are being rude if you ask him to put on a condom, so then it is difficult.
- N:** Once we argued and we split for a month. Afterwards we both went to the clinic to have an HIV test.
- A:** My boyfriend and I often don't wear condoms, but we do go for testing at the clinic. If you meet a new man and you are just hot for him and can't go to the clinic first, then he must definitely wear a condom.

## Condoms

## Masturbation

- N:** Masturbation is a new generation thing. Maybe the old people didn't know about masturbation, or maybe they just never spoke about it.
- V:** Girls should masturbate. If I don't want a relationship, and I don't want to fall pregnant or get HIV, it is good to rather masturbate.
- A:** I have never masturbated. I don't know much about it.

# CULTURE & US



*Do our cultural traditions offer us meaning and identity, or do they undermine us as women?*

**Nyiko Shiwambane** reports for Rise on a lively discussion between young South African women.

## Adapting

Others say that it is up to us to adapt traditional culture to serve ourselves and our families. “The women of my family are strong and empowered in spite of it. We have created our own culture – in the absence of male figures – which defies what we have been taught to believe,” says Bongeka, aged 23.

“Challenging my culture does not mean rejecting it,” says Tori Bungane. “In fact, it means enriching it, allowing it to evolve so it can survive for the future generations to enjoy.”

*For many of us, traditional structures provide meaning and an anchor in a rapidly changing world. How do we use these structures to empower ourselves and other women in South Africa today?*

## OVER TO YOU!

Some questions to get the discussion in your Club going:

- Do you have experience of traditional culture that you find meaningful? Or degrading?
- What do you think about what Tori says in the feature? Do we strengthen or weaken our culture if we challenge certain practices?
- What role should Rise Clubs play in promoting or challenging traditional culture?

“My traditions help me define myself as a woman and my place in my family,” says Tori Bungane. “Some girls dream of pouffy white dresses when thinking of their wedding day, but my visions are filled with colourful beads, my impressive *isiqholo* and my aunts ululating following my lobola day.”

But Tori says that as a modern woman she questions “... the deep patriarchal biases in my culture.” (See the definition of patriarchy in the yellow bubble on the right.)

### Men’s power

Many of us understand Tori’s point. She values her culture but wants to challenge the ways in which it reinforces men’s power over women. Li’Tsoanelo, aged 25, says: “What about the lobola

ceremony which is performed in the woman’s absence while the men negotiate a bridal price on her behalf?” She says this takes away a woman’s own power.

Kgabo Chuene, 24, gives another example. “Things were always set up in a ‘men provide and women stay home with the children’ kind of way. Culture observes that natural setup,” she says.

### Women under attack

At other times, traditional culture is ignored in order to attack women. Li’Tsoanelo gives, as an example, the public attacks against African women for wearing miniskirts, deemed “unAfrican” by older African men. This is despite the fact that most traditional clothing exposes women’s body parts. “The ideas

of having a space like a *Lekgotla* or *Ebuhlanti* where only men are allowed to be part of decision making processes further aggravate these attitudes,” she continues.

But some women believe our traditional culture’s attitude to women is not properly understood. “I think our culture inherently respects women ... I don’t believe that women are being undermined. We are simply adjusting,” says Kgabo Chuene.

### Patriarchy means:

a system of community or government in which men hold the power and women are largely excluded from it.

## Take the healthy eating quiz

Last year, news sites reported that obesity, or being very fat, is on the rise among South Africa's teenagers. Obesity can lead to serious health problems and even to an early death.

### Why are South Africans getting fatter?

Part of the answer is that we exercise less and eat more fast food. To eat well, it helps to know a few facts. Test your knowledge of healthy eating with the *Rise* quiz.



- |    |  |      |       |
|----|--|------|-------|
| 1  | As long as you eat a proper dinner of meat and starch and veg, you'll be fine. Other meals don't matter so much.           | TRUE | FALSE |
| 2  | Dairy contains sugar.  | TRUE | FALSE |
| 3  | Eating fat is to be avoided if at all possible.  | TRUE | FALSE |
| 4  | Every night, I eat spinach on the side. It's the only vegetable I need.  | TRUE | FALSE |
| 5  | If I switch to Coke Zero, I'll lose weight. Artificial sweeteners don't make you put on weight like regular sugar does.    | TRUE | FALSE |
| 6  | I don't put too much salt on my food, and that's good, right?  | TRUE | FALSE |
| 7  | Rooibos tea is good for my health.   | TRUE | FALSE |
| 8  | When it comes to keeping the heart healthy, butter is better than hard-brick margarine.                                    | TRUE | FALSE |
| 9  | I love my <i>shisa nyama</i> . Meat makes you strong, so I pile my plate high!   | TRUE | FALSE |
| 10 | I don't like the taste of water so I drink orange squash instead. It must be healthy because it comes from a fruit, right? | TRUE | FALSE |

## Answers



1

**FALSE:** Breakfast is actually the most important meal of the day.

3

**FALSE:** Our bodies need fat, and it also helps us to feel full. Just don't have too much of it.

2

**TRUE:**

Yes, milk contains sugar. That's why babies are sweet on mother's milk. But milk also contains minerals and calcium, which are good for bones and teeth.

5

**FALSE:** It is true that sugar makes us gain weight, but artificial sweeteners won't necessarily help us to lose weight. Experts are not clear about the effect of diet cooldrinks on the body so it's best not to have too many of them. Water is always the cheapest and healthiest choice.

4

**FALSE:** Spinach is loaded with nutrients and one of the healthiest vegetables to eat. Ideally, we should include servings of different coloured vegetables, as well as other green vegetables. We should eat five servings of vegetables a day.

8

**TRUE:** Butter contains saturated fat, which we need to limit. But most hard-brick margarines contain saturated fat as well as trans fat, which is the most harmful kind of fat for the heart. We should always avoid hard-brick margarines. Rather use butter or soft, spreadable margarine in a container.



7

**TRUE:** Rooibos tea is a sugar-free, caffeine-free drink that can help us to stay hydrated.



6

**TRUE:**

Too much salt can drive up a person's blood pressure. There is already salt in bread, cheese and processed food so it's best to go easy on adding the table salt.

9

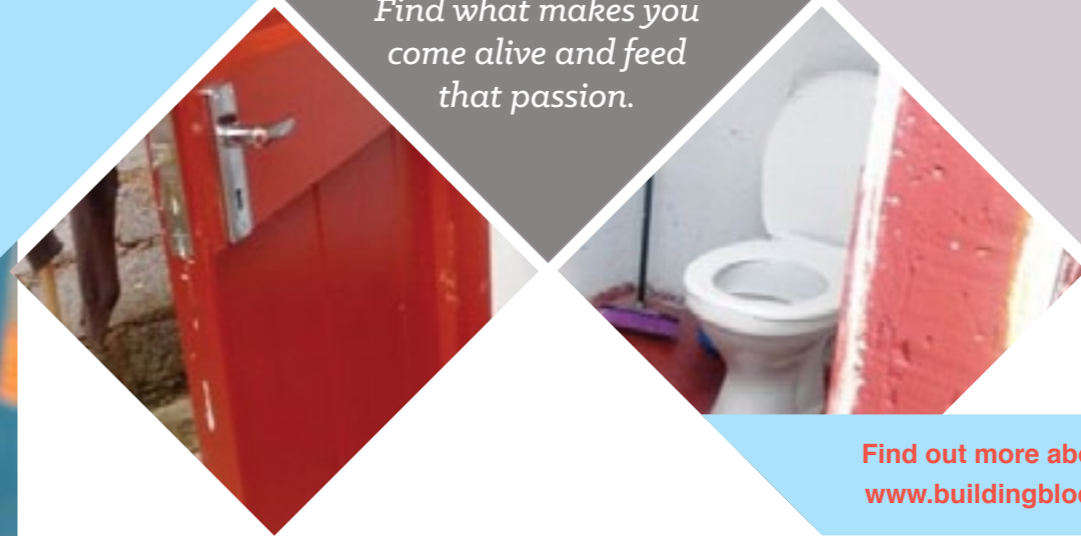
**TRUE:** Meat is rich in iron and other nutrients that are good for the blood. But we should only eat a serving as big as a pack of cards.



10

**FALSE:** While it is true that orange squashes, like Oros, don't have as much sugar as cooldrinks, they are still high in sugar and have almost no fruit in them. They may also have lots of other unhealthy things, like preservatives and colourants. Water is best.

*Find what makes you  
come alive and feed  
that passion.*



Find out more about Building Blocks:  
[www.buildingblocksfoundation.co.za](http://www.buildingblocksfoundation.co.za)

# FIGHTING for the COMMUNITY

*“Building Blocks” is a community project that helps to establish flushing toilets in Alexandra township, Johannesburg. It was born out of Candice Sehoma’s belief that every person deserves to have acceptable toilet facilities.*

Candice Sehoma is 24 years old and grew up in Alexandra where the bucket toilet system was the most common one. Fifty families shared a single toilet, a bucket that was emptied once a week.

Candice’s mother sent her to a former Model C school, Waverley Girls’ High, where flush toilets were taken for granted. “It was embarrassing to bring my friends home, because I knew what kind of toilets they used. Not like ours,” she remembers.

### Taking action

Candice joined a Saturday school programme and, with three friends she met there, decided to do something about the toilets in the community. They realised they could not wait for government or business to act. Instead, they formed the Building Blocks Foundation. They went door-to-door with their new idea. The aim was to get community members to take responsibility for funding, building and maintaining flushing toilets in the communal yards.

### Getting community support

“We approached the community in the first week of February 2012, and held a meeting proposing the idea. The community bought into it, and everybody was asked to sign a petition to express their interest in the project.”

“Residents were given the whole month to raise a cash contribution of R100 from each household’. They managed to raise R7000 which was used to build two flushing toilets with strong brick walls. Many in the community are skilled plumbers and they helped to build the new facilities.”

### Achievements

Today, there are 35 toilets built in 17 areas of Alexandra, and Candice says her Foundation is planning to build flush toilets in 10 more areas this year. Each household who contributes to the scheme gets a key to the flush toilet, and each takes turns to clean it.

“We conduct inspections every four months. This is to see how well maintained the toilets are and to check on the quality of the equipment, to see if it is still functional. So far, all toilets are still properly maintained,” says Candice.

She believes that active involvement of the communities is one of the most important things that her Foundation has achieved. A job is created when someone is hired to paint the toilet in bright colours.

Candice was named Gauteng LeadSA Adult Hero of the Year in February 2015. “We received a cash contribution from LeadSA and that was used to build two toilets. The rest of the money will be used this year when we start with the new projects,” she says.

### Passion

Candice says there have been many times when she wanted to give up. “But I have always believed in finishing what I started.” In addition, the other young people she was working with helped her to stay at the job. “Having young, determined people who are fighting the fight together with me leaves no space for one to just pack up and leave.”

She encourages women and girls “to find what makes you come alive and feed that passion”.

# My sister Grace

Three years ago Ellen (not her real name) lost her sister, Grace, to AIDS. She told *Rise* her story.

My sister was 12 years older than me. What I remember most about her is that she was so full of life. She was loud and loved to party. She was a free spirit who hated to be told what to do.

She moved out of our home as soon as she was finished with school. She had met a man and soon she was pregnant. He came to pay the family lobola. But after a while he left her for another woman.

Grace was heartbroken. She brought her little boy to my mom and started dating other men. She met a taxi driver who used to beat her up terribly. Luckily he was arrested and put into jail for traffic offences. Then she met another man. They lived together for many years and he too came to pay lobola. After a while they got married.

## Husband

About five years ago her husband became very ill and died. She told me that they had gone to a sangoma together. The woman had told them that

someone had put a curse on them and had brought an illness onto her husband that looked like AIDS.

## Sickness

My sister was very upset. This time she did not go looking for another man but lived alone. At the time I was not working, so I went to visit her often.

One day I got to her place and found her lying in her bed, ill. She told me that she had found out that she was HIV positive. She said I should not tell our mother and sister, because she did not want them to fuss over her. But I warned her that I had to tell them.

## Sangoma

As soon as my mother heard that Grace was HIV positive she wanted to take me to go with her to a prophet in Limpopo who uses water to cure AIDS. She also knew of a sangoma who could help. My sister was very angry with me. "This is exactly why I didn't want our mom to know," she shouted at me.

## Anger and loss

### A bereavement counsellor advises:

Anger is a common response when we lose someone we love. We get angry because we are so sad, and have no control over what happened to us. We are more likely to feel anger towards the departed if we see their death as unnecessary.

This anger can be damaging. We might feel guilty about what we are feeling, and this guilt can turn into depression. Our feelings can stop us from remembering what we loved about the person we lost, and to come to terms with their death.

It is important to express the anger in a safe way, and to understand that the anger is normal. This can help us with the pain of bereavement.

## Clinic

When she calmed down she asked me to come with her to the clinic to learn how I could support her. I helped her with taking her ARVs and I was glad to see how many friends she had supporting her. She was part of a beading project for people living with AIDS.

And then Grace got really sick. She could no longer live on her own, so she moved in with my mother. They fought a lot. Later I found out that she had taken ARVs many years ago and she had become resistant to them.

## Death

Then one day she fell and we had to take her to hospital. She died in her sleep there one night. It was three years ago.

My family still feels betrayed by Grace. Why did she not tell us long ago that she was infected with HIV?

My mother is angry that she did not fight harder to stay alive. We don't talk about her much because it upsets my mother. Even her son, who is now 27 and drives a taxi, does not want to talk about his mom.

**"My mother is angry that Grace did not fight harder to stay alive."**

## Loss

I miss Grace so much. She used to be the one who kept the traditions alive in our home. She was very interested in culture. She knew how to slaughter a cow, and what to serve for which occasion. Sometimes when I prepare food for a big family occasion I say to myself: Where is Grace? Why isn't she here to do all this cooking?

# How do I discipline my child?

*What do we do when our child is driving us crazy? Or misbehaving, again and again?*

Once upon a time, children were expected just to listen to their parents. When a child was angry or sad, they were not allowed to show it. When they did something wrong, they were given a hiding.

We worry that if we don't treat our children that same way, then they will lack respect, and never learn right from wrong.

“Have a humble and calm way to talk to your children. It works much better and helps the communication.”

## Remembering punishment

Yet, when parents are asked to remember their own feelings when they were punished, these are some of the responses:

“I used to hate my mother. I would think: ‘She is so horrible!’ and then I would feel guilty for thinking that.”

“I used to think: ‘My father is right. I am bad. I deserve to be punished.’”

“I used to dream that I would get very sick, even die, and then they would be sorry for what they had done.”

“I remember thinking: ‘Next time I won't get caught’.”

## Hidings are short term

We might get the immediate result we want from a hiding. The shock and pain of being hit might make them stop what they are doing. But regular hidings breed resentment and shame, according to some childcare experts.

## So what we do instead?

### Principles

The basic principle to remember is that children will copy the way that their parents or caregivers respond to the world. If we don't want children to lash out with violence, if something is not going well for them, then we should not behave that way ourselves. We should try to model calm, kind and reasonable behaviour in the face of conflict and difficulty.

### What we model

Of course this is hard when we are angry. We all have times when our children drive us stark, raving mad! And we all have times when we wish we had reacted differently to our children. But when we shout at a child, we are teaching him or her to do the same. If we hit a child, we are modelling that hitting and violence are the way to resolve conflict.

### Talk calmly

Oscarina Majokweni, a psychologist at Ububele Psychotherapy Centre in Johannesburg, says that shouting does not work best. Her advice is: “Have a humble and calm way to talk to your children. It works much better and helps the communication.”

## Tips

from parenting experts include:

- **Calm down:** It helps to take a few deep breaths, or to leave the room for a few minutes, if we are very angry with a child.
- **Distract:** Distracting a child, especially a young child, can be very effective.
- **Pay attention:** Children will do anything to be seen, even if it means being naughty to get your attention.
- **Consider their needs:** Children who are hungry, tired or sick will often play up. Consider what a child needs before disciplining.
- **Be calm and consistent:** Every parent knows this is easier to say than to do. But it's important to keep aiming for this, even if we get it wrong sometimes. If children know how to get you all worked up, then you have given away some of your power.



# Ask the experts

The experts answer your health and relationship questions. Send us your questions on the Rise App or on the Rise TV Talkshow Facebook page.



Dear ZZ,

I am very sorry to hear about the problems that your father is causing your mom and your family. I want to congratulate you for being brave and speaking out against your father. He is your parent, but he is not your God. He is an abusive man, and his response to you shows he is prepared to abuse the people he is meant to encourage.

Your father is attacking you because you can stand up to him. Many abusers are cowards. That is why your father is manipulating you by telling you he is your God. He expects you to accept his bad behaviour.

Encourage your mom to seek help. Get help for yourself. These are not easy times to get a job. It can be harder to carry on looking when there is someone in your life telling you that you are no good. Believe in yourself and keep trying.

Sis Lebo

## Abusive father

Dear Sis Lebo,

My father abuses my mom emotionally. He always does it in front of us. One night I was so fed up. I told him what he was doing is totally wrong. And that he is traumatising my siblings and stressing my mom.

He then told me that I'm never going to succeed in life. That I'm never going to drive a car. And that it serves me right to have fallen pregnant and dropped out of varsity. He said I will never amount to anything in life – that I will live on a support grant while my peers are getting thousands.

He said he is my God and when he says I won't succeed then I won't. This made me hate him even more. Now I'm always angry. I no longer believe in myself much because when I apply for jobs, I don't get anything at all. – ZZ

## Help is at hand

You can call the **Gender-Based Violence hotline** on 0800 150 150. You can report the abuse.

**Lifeline** [www.lifeline.co.za](http://www.lifeline.co.za)  
Call Centre: 0861 322322 (24 hours a day, every day)

**Harambee** is a free service for young work-seekers. But you do need a matric to apply. If you want to know more visit: [www.harambee.co.za](http://www.harambee.co.za)

Check out the Mxit **Safety App** and the **Thuthuzela Care Centre (TCC) App**, also on Mxit.

## Recognising Love

Dear Sis Lebo

What is love? Please help me.



Dear ,

There are different kinds of love. You love your family and friends. When it comes to romantic love, it is normal to be physically attracted to someone. But there are other factors which are also important. Do you enjoy the person's company? Do you share the same values? Does this person have YOUR interests at heart? Do they value you? Do they encourage you to value yourself?

If you only have sex, or you only do the things the other person wants to do, then it is not love. Sex is not love.

A relationship must be a safe space where you value each other.

Hoping you find true love,

Sis Lebo



## Losing weight without the gym

Dear Rise,

What things can you do to lose weight without going to the gym? – Want2Bhealthy

Dear Want2Bhealthy,

It's great that you want to be healthy. If you want to lose weight you can go for a combination of changing what you eat and doing exercise you enjoy.

You don't need to go to the gym for exercise. Go for walks often, preferably with friends. Think about joining a sports team. Jog around the block, or combine walking with jogging a little. You can do exercises at home that strengthen your body. Aim to exercise every day for 30 minutes.

Try to cut down or cut out:

- sugar (including sugar-added fizzy drinks)
- biscuits and cakes
- fatty red meat – rather choose chicken
- fast food or junk food
- second helpings

Most importantly, love your body and yourself. Do things that work for you and will make you feel strong and happy.

Go for it!

Rise

**My sister hurts me**

Dear Sis Lebo

How do you deal with a jealous big sister who bad mouths you, and posts annoying and painful statuses on her social network about you? - Angry



**Cheating boyfriend**

Dear Sis Lebo

What do I do when my boyfriend cheats? - Upset

Dear Upset,

When a person cheats on you, they are not valuing what you share. It tells you something about who they are. You cannot change your boyfriend or make him stop. This behaviour is about him and not about you. He has chosen to disrespect, and lie to you, a person he says he loves. Until and unless he thinks this is a problem, there is nothing you can do to change that.

My advice is to focus on what you can change: You. Focus on finding someone who will honour you. Love and honour yourself. It is okay to be alone.

Stay strong – stand up for yourself. And be sure to get tested for HIV!

Sis Lebo

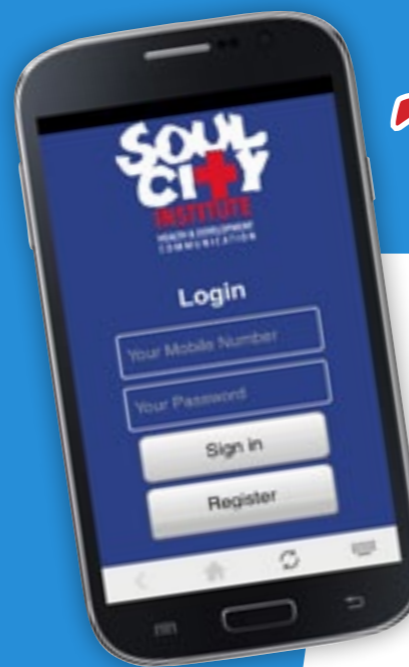
Dear Angry,

It can be very hurtful when someone as close to you as a sister behaves this way. Firstly, understand that her behaviour is about her own pain and ugliness. It is not about you. Remember this: hurt people, hurt people. Happy people would not do such a thing.

Block your sister on social media. Do not read what she says or respond. Avoid her negativity at all costs. And since she is family, you may want to involve someone older, who you both respect, to sit down with the two of you to talk about why she is behaving this way. No matter what her reasons, make it clear that what she is doing is unacceptable.

Good luck.

Sis Lebo



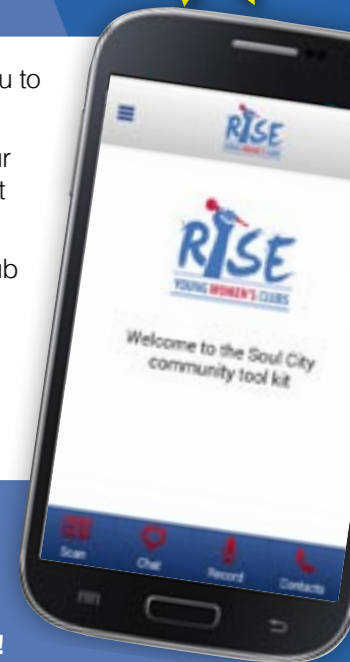
# The Rise App



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

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

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



## Got Something to Share?



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



### Facebook

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

Like us on Facebook/  
RiseTalkShow



### Twitter

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



### YouTube

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



### Mxit Rise Young Women's Movement App

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



# Joe Slovo Rise Club

*Members of the Joe Slovo Rise Club in Khayelitsha, Western Cape.  
They have made gender violence and abuse their main focus.*

