

Your 19th edition



Leadership



Leadership quiz

Gender roles

Running an advocacy campaign

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081 017 8769
 @RiseTalkShow
 RiseYoungWomensClubs
 rise@soulcity.org.za

Contributors to this issue:

Helen Grange, Dr Sue Goldstein, Dr Alex Hassett, Maia Marie, Maren Bodenstern, Kate Shand, Thembi Mashigo.



Do you have a question?
 WhatsApp Dee on 081 017 8769 or send us an email rise@soulcity.org.za

Welcome to your magazine!

The Time is Now!

This edition is all about leadership. We look at the qualities of a leader.

What kind of leader are you? Are you a visionary or a teacher? Find out by taking our leadership quiz on page 9 and have fun!

The Rise clubs are growing stronger and challenging themselves to improve their communities. Our featured club, Soul Sisters, from Saldana is an exceptional example of true activism in the fight against alcohol abuse.

Saidy Brown is our hero who shows us how to lead in the fight against stigma. As a young woman living with HIV, she has been challenging the stigma and social norms surrounding people living with

HIV and AIDS by using social media. She is unstoppable! Read her story on page 12.

Imagine being able to change national policy using technology. That is what active leadership is all about. Using a simple tool such as Facebook, you could make a big difference, for example, ensuring health facilities are more youth-friendly. Read and learn how you can become a techno-savvy leader.

Rise Magazine would like to express our deepest and heartfelt condolence to the Simunye Rise Club in the Eastern Cape. One of their members was raped and murdered. We hope that justice will prevail in the end.

Dee
 xoxo



The content in this magazine supports the focus on human rights for Young Women and Girls (YWG) and the application of the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) through a training and advocacy programme for YWG funded by the European Community.

The Body Language of a Leader

Your body language tells other people who you are and how you feel about yourself.



Try out these postures! How do they make you feel?

1. The Power Posture!

This posture says: "I'm powerful and strong."

Be confident. Feel like a winner!



2. The Relaxed Posture

This is the posture of a leader. It makes the people around you feel safe.

Shoulders are relaxed. Head is up. Hands are relaxed on the sides. Both feet on the ground. The person is making eye contact. Open. Confident. Comfortable. Shows interest.



3. The Making-Myself-Big Posture

This posture says: "I won't share my power with anyone."

Taking up a lot of space. Feet wide apart. Arrogant posture. Arms cover up part of the body.



4. The Making-Myself-Small Posture

This posture says: "I don't want to be here."

Trying to hide by folding your arms around yourself, covering yourself up. Nervous. One foot hiding behind the other. Shoulders hunched.



Fake it till you make it!

The way we stand and sit influences how we feel. Our body posture affects our insides!

When we don't feel confident we can change our posture – and feel better!

Walk, sit and talk the way you want to see yourself in future

How do you want to see yourself in future? Try walking, sitting and talking like that! Make yourself powerful, till you become it.

#HEAIDS 2017

This year the Rise clubs were well represented at the **#HEAIDS2017** conference. The conference was held in Durban, and 44 members came from Eastern Cape, Mpumalanga, KwaZulu-Natal, Gauteng, Free State, Northern Cape and Western Cape.

Rise club members took part in the dialogues. Asanda Khumalo was a panellist on the discussion called "LoveLife: Lessons learned implementing behaviour changes programmes". She spoke about the Rise Young Women's Clubs and their objectives.

Carol Masinga, another club member, gave a powerful speech about the work that Soul City does for young women and girls. She spoke alongside Buti Manamela (Deputy Minister for National Planning and Monitoring in the Presidency) and Mduduzi Manana (Deputy Minister for Higher Education and Training).

Well done to all!



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

Arts & culture

Rise club members at the Chris Hani Arts and Culture High School in Khayelitsha are doing it! These girls are getting ready for a future as leaders.

Members of the Beautiful Beasts Rise club discuss whether women should wear make-up.

WESTERN CAPE

Cancer awareness

Five Mpumalanga clubs from Bonginsimbi Secondary School invited a cancer survivor to speak to them. The topic was the types of cancers that affect young women.

MPUMALANGA

HIV testing

Ten Rise clubs from Zacheus Malaza Secondary School attended an event to discuss some difficult topics. They spoke about HIV testing, as well as the economic, sexual and physical abuse of women. The clubs did a test to see how healthy their relationships were with their lovers, friends, sisters and family.

MPUMALANGA

R.I.P. our Sister!

On Friday, 14 April 2017, at a small village called Kasa in the Eastern Cape, a 17-year-old girl was gang raped and stabbed to death by three young men. One of the men was a close relative of the girl. The girl's body was dropped into a pit toilet of an unused homestead.

The family started looking for their daughter the next day. They tried to report her as missing, but the police said that they needed more information.

One of the girl's friends told the family about the boys. The family called the police, and one of the boys led the police to where the body was dumped. All three boys were arrested. They are still in custody.

The victim was a member of Simunye Rise Young Women's Club. The club was devastated. They wanted to march as a way of protesting against the rape and murder. But the families of the people involved stopped them. Sadly the families wanted to talk among themselves to resolve the issues. They wanted the boys to be granted bail. Club members became afraid of what could happen if they did march. We hope that justice will be still be done.

The victim's sister says, **"May God be with her. She didn't deserve to die like that. I hope the 3 young men rot in jail and die a slow painful death, one by one. I am sorry to say it like that but I mean it with my heart. She did nothing to them. Kange abenze niks."**

The Soul Sisters

Rise club

Leading the fight against alcohol abuse



The Soul Sisters Rise club from Vredenburg on the West Coast was started at the beginning of 2017. Vredenburg is near beautiful Saldanah Bay, where many people work in fishing and manufacturing.



▲ Aqualine Khumalo (third from left) is the oldest member of The Soul Sisters. When she fell pregnant the group supported her. They helped collect clothes for her baby. Once the baby is born she will continue to attend Rise meetings so that her Soul Sisters can support her in her plans for the future!

A very active club

Soul Sisters has been a very active club. They started on Valentine's Day with a campaign to collect clothes that they distributed to poor people in the area. They have helped at a soup kitchen for people who suffer from TB and HIV. They are also part of a community vegetable garden.

Alcohol abuse campaign

The biggest problem in the community is alcohol abuse. All the Rise clubs in the area have joined *Phuza Wize*.

To bring awareness to the community, the Soul Sisters performed a play about drinking and gender-based violence. They really enjoyed this activity as it showed other young women the effects that alcohol can have on their lives.

As a follow-up, the Soul Sisters joined other Rise clubs in the area to have an alcohol-free party where they held a dialogue about alcohol. They discussed topics such as peer pressure, drunk driving and teenage pregnancy.

The campaign has taught them a lot. In future, the Soul Sisters are planning a march to the places where alcohol is being sold to young people.

“People here drink so much because the law is not enforced properly. Anyone can just drink. There



▲ The Soul Sisters collect sanitary pads for young girls in their community.

are young kids who are already drinking. Sometimes the police come and arrest those who sell alcohol but then they release them again.”

– Aqualine Khumalo (21)

“I believe people drink because of stress. Some of us come from poverty. My father left us when we were young. I started drinking so that I could forget bad things.”

– Thandokasi Ngazi (15)

“Some people drink to impress others. If you see your friend drinking you want to drink too, because it looks like everyone is enjoying themselves.”

– Athandile Ka (15)

Being leaders in their community

The Soul Sisters see themselves as community leaders. They challenge the community and speak out about what is bad. They also lead by showing respect and love for those around them.

Mentor:

The club is mentored and supported by Pamela Mankayi.



“At school there are children who don’t listen to their teachers and I want that to be stopped. I want to be a lawyer so I can stop people from abusing women and children.”

– Angel Maaïman (17)

“I joined Rise because there is love. I want to feel better than the girls who drink alcohol. I feel bad when people drink because they can get abused.”

– Zinthle Rosani (14)

“I joined this group so that people could give me more respect. It also teaches me things.”

– Pumla Maïman (18)

“My brother died in 2010 and I was so depressed. The club protects me. At least there are some people who can love me. I used to swear at girls, but now I feel loved and comforted here.”

– Athandile Kanachi (15)

Struggles

Because their club is still new, the girls feel that the community does not take them seriously yet. Some people laugh at them. Others tease them about their red T-shirts, saying they belong to the EFF. Some boys have said that when the girls join a Rise club, they won’t give them sex.

The Soul Sisters feel that they need to explain who they are to the community.



Zinthle



Angel



Athandile



Pumla



“Sis Pam is a good leader because she listens to us and understands us. Sometimes she is a bit strict, which is good. Sometimes we are a bit naughty and we need someone who will show us the way.”

– Nonzuko Magobolo (17)

“I joined Rise because I wanted to show young people that even if you are in trouble it is not the end of your life. It has helped me to be more responsible.”

– Thandokasi Ngozi (16)

“When I heard about Rise I was not so interested. But I came with my friend. Now when I am here I feel special because I can speak out. I feel heard. We love each other and we don’t judge each other. Some of us don’t get the love we need at home.”

– Asiphe Libaziso (17)



“The club keeps me safe. This club can stop us from running around in the street.”

– Nozuko Magobolo (17)

“My sisters live far and I need that love from sisters. In this group I can be open. Soul Sisters shows us how to be women – our community doesn’t show this so well. Some people in the community do not respect young women.”

– Babazile Ndlukani (15)

“I used to be naughty and bunk school and drink. I was never interested in being friends with girls. I thought they just fight for nothing but now I can see there are girls who are good. I want sisters by my side so they can help me.”

– Aqualine Khumalo (21)

“I wanted to reach out to women in the community to show them that they don’t just have to drink. When I leave school I want to join the army and then the police service so I can help my community.”

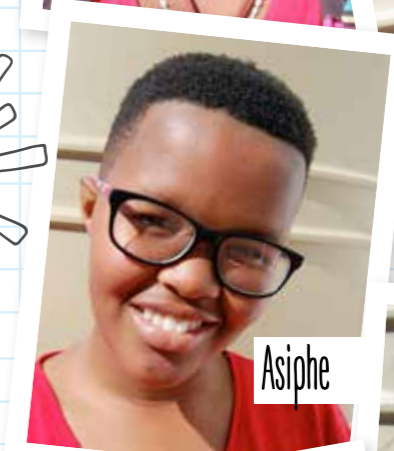
– Montoy Mohala (17)



Nonzuko



Thandokasi



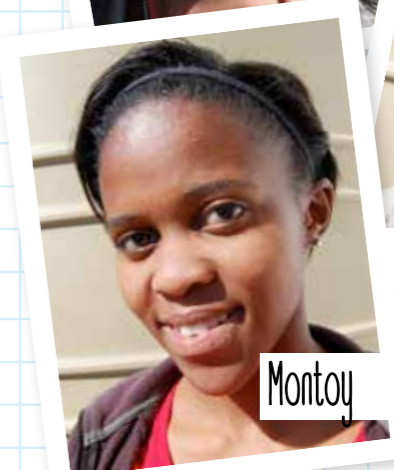
Asiphe



Nozuko



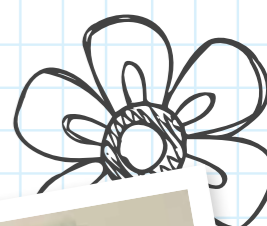
Babazile



Montoy



Aqualine



What is a leader?

Everyone is a leader.
We just have different styles!



Different types of leadership:

Leaders have different styles, but they have one thing in common: they motivate others to grow, and they challenge themselves to be the best they can be.

Some leaders are big personalities and enjoy speaking in front of a big audience. Others are quiet hard workers who prefer to stay out of the spotlight.

What is a good leader?

Although there are different leadership styles, good leaders help carry out the group's vision. They do this by:

- Inspiring and encouraging people to take action.
- Guiding and knowing when to persuade.
- Always listening carefully and caring for everyone in the group.
- Encouraging and supporting others to lead.
- Create an atmosphere where everyone can give their best towards achieving goals.

Think of the different styles of our presidents, past and present. The late Nelson Mandela was a humble visionary, warm and friendly towards everyone. Thabo Mbeki was a quiet academic, comfortable with his books. Jacob Zuma loves being centre stage and big crowds.



What would you think of a female president in our country?

Women Heads of State

Not many countries in the world and in Africa have women leaders.

Did you know?

South Africa had a female president, Ivy Casaburri, for 14 hours in September 2008 after Thabo Mbeki's resignation and Kgalema Motlanthe's ascension to power.

Ellen Johnson Sirleaf became the president of Liberia in January 2006. She is the world's first elected black female president and Africa's first elected female head of state.

Mauritius elected their first female president, Ameenah Gurib-Fakim, in 2015.

Being the first speaks of power and bravery!



Leadership quiz

What type of leader are you?

If you could work at your school, which role would you like?

1. The principal (2)
2. A teacher (3)
3. The counsellor (1)
4. An event planner (4)

A friend asks you out to a party. How do you decide whether to go?

1. Weigh all the options first. (3)
2. Just go. It'll be fun. (4)
3. Think about how it might affect tomorrow. (2)
4. Wonder who will be there. (1)

What words do you relate to best?

1. Imagination – Possibility – Options (1)
2. Fair – Right – Justice (3)
3. Logical – Orderly (2)
4. Go! – Act now! (4)

I would describe myself as:

1. Spiritual (4)
2. Practical and logical (2)
3. Sensitive (1)
4. Helpful (3)

I am good at:

1. Understanding what other people need, and communicating what I need (3)
2. Making the most of any situation (4)
3. Taking charge and getting things done (2)
4. Having good ideas and solving problems (1)

In a group, what is your role?

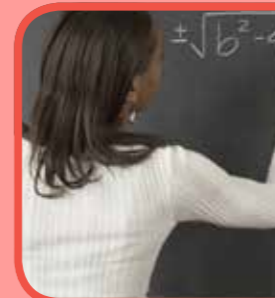
1. I am in charge. (2)
2. I am happy to follow instructions. (3)
3. I always think of something new. (1)
4. I go with the flow. (4)

Add up the numbers next to your chosen answers and see your leadership style:



A total of 6-10 points: The Visionary

You are a creative thinker. You see the big picture. You think outside the box and are good at problem solving. You think about the future when making decisions. You consider different possibilities. Your leadership style is about collaboration: looking for things that people have in common, rather than what makes them different.



A total of 11-15 points: The Teacher

You are a clear thinker. You are practical, reliable and like to see a job done properly. In a group, you help with planning and resources, and you use logic to make decisions, weighing all the options first. You are good at spotting mistakes and fixing them. You are quiet but confident. You value commitment and good time management.



A total of 16-19 points: The Nurturer

You understand other people's needs, and are compassionate and supportive when friends are in trouble. You are driven by your values and feelings. You trust your feelings and intuition. You are open to other people's ideas and listen without judging. You value fairness and work hard to make sure no-one is left out.



A total of 20-24 points: The Organiser

You are a good organiser and like to be in charge. You are assertive and decisive. Sometimes you are impulsive. You lead from the front, and like to head up a team of people or a project. You are confident in dealing with challenges or difficult situations. You are comfortable speaking to an audience, and you focus on results and meeting goals.



Discuss your results with the other club members.

- When do you think you need which type of leader?
- Now read the opinions about good leadership on pages 10-11. Discuss.
- How do you think men and women are different in their styles of leadership?
- What types of leaders do you need in your club?
- What types of leaders don't you want?

What makes a good leader?

We asked some of the young women from the Cape Town Rise clubs.

Esona Flathela (16)

A good leader must respect all the people. They must have high self-esteem. They will have to face many challenges so they should be strong. People will challenge and test them. Some leaders are nice but others have had too many challenges so they become rude. I want to be a nice leader who knows how to cool down. You cannot be selfish as a leader but you should believe in yourself. You must be able to communicate to many people.

Zelethu Mzamo (16)

A leader must have power so that they don't let other people take them down. They must have confidence in themselves, but they must also have a lot of care for those they lead.

Kobese Ntombikayise (17)

A leader has to be honest and open. They cannot hide things. I want a leader who knows how to trust those who follow her. They must listen properly to people and take them seriously.

Phumelela Matwa (15)

A leader should be a talkative and friendly person. When you speak to them they must make eye contact to show that they are listening and that they are there for you.

Cingokuhle Duba (15)

A leader should be talkative and trustworthy; someone who does not judge you. They must be there for you and explain to you all that you need to know. They must be able to speak well and not be too aggressive. They get their respect from showing that they respect others.

Sive Nxusana (17)

A leader encourages people. She must give good direction and not control others. She must know what she is doing and inspire and motivate people not to give up. I was born to be a leader. I have a vision that I want to change people's lives. I want to give our youth a chance to do something with their lives. I want to create jobs and decrease the unemployment in this world. Everyone can be a leader in their own way.

Simamkele Mbange (16)

A leader should be supportive, caring and patient. As a leader, you cannot be rough with people. People will love and respect you the same as you respect them. If the community asks you to do something you should do it.

Anelisa Be (16)

A good leader is patient, kind, talkative and nice to every person. We should only follow our leaders if they are doing the right things. I am the kind of person who prefers to be my own leader. I only follow myself.

Sibahle Mbete (15)

A leader has to be good with people. They should be supportive and push people to be better. They need to lead by example and join many activities. They must be confident and proud. They must also know what they are doing.

Anita Tetyana (17)

A leader must be honest and be able to listen. They need to give new skills to the people they lead. They must always show us the right path. To become a leader, you need a good role model.

Simbongile Sam (16)

You should lead by example. You should be trustworthy and easy to talk to. You must love people and enjoy talking to them. But you also need to be able to stand your ground. Sometimes you even have to be able to shout. You must be able to solve problems and find solutions. You should understand the people you are leading, so you need to be quite clever.



A happy childhood

Saidy Brown grew up in Itsooseng outside Lichtenburg in the North West. She had a very happy childhood. As the baby in the family, she was spoiled and loved by everybody.

But when Saidy was 9 her father died. A year later her mother also passed away. Her aunty and cousins moved into the house and provided the young girl with all the love and care she needed.

A shock

Saidy was very good at school. She was so good that she skipped two grades. When she was in Grade 10, she attended an expo with some friends. Just for fun the girls decided to go for HIV testing. They were confident and giggly, because they had nothing to fear.

And then everything changed. "Saidy Brown," the nurse said, "You are HIV positive."

Saidy was shocked. "How could that happen?" she asked. She was only 14 and had never had a relationship. She walked out very confused.

"Are you positive or negative?" her friends joked.

"Positive," Saidy replied.

The girls didn't want to believe her. So she quickly said, "I was just kidding."

It took Saidy 6 months before she could tell anyone. She spoke to her teacher, who helped her tell her aunt. It was then that Saidy learned that her parents had both died of AIDS.

Shame

The teenager was furious and scared.

"Shame kept me quiet. This virus knocks your confidence to the ground. I was always told that I was pretty, but when I looked in the mirror all I saw was this HIV infected orphan."

She did not tell anyone else about her status.

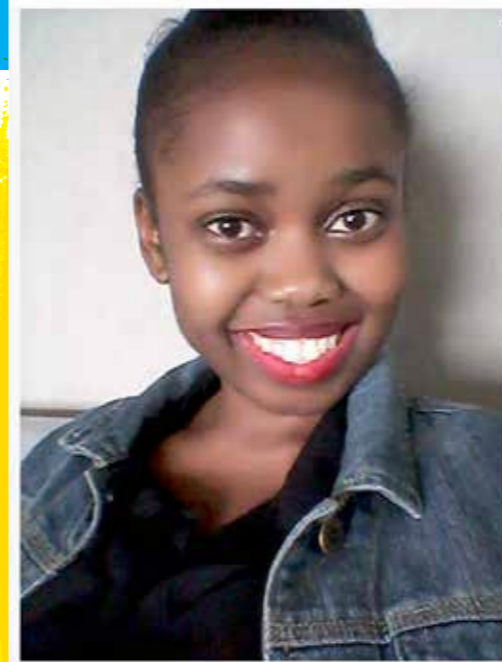
She just wanted to forget. But at 18 she got some sores on her neck. When she went to the clinic, they put her on ARVs.

"I was so unhappy. I couldn't even pray because I would just cry. I tried to hide my unhappiness from my family. To cope, I used to write. One day I wrote a piece called An Open Letter to HIV. I wrote it crying. It helped me release."

Being a leader in the fight against stigma!

What is Stigma?

Stigma is a form of stereotyping that happens when you label, blame or judge someone or a group of people based on your own ideas or beliefs. You can also have internal stigma (self-blaming or judging yourself). For example, people living with HIV are labelled or blamed for their status. Stigma causes us to discriminate against them.



Coming out

When she saw how easy it was to get ARVs, Saidy realised that there must be lots of other people in her community who were also infected. So one day she decided to post her letter to HIV on Facebook. She found that revealing her status freed her.

Saidy challenged herself to face more and more difficult audiences. She spoke on Real Talk, a programme on SABC and was very happy with the positive responses that she got. Then she started wondering what it would be like to go on Twitter.

"People on Twitter can be so nasty and mean. I was loved on Facebook but I have seen well-known people getting tormented on Twitter."

Although she was nervous she created a Twitter account, and in February 2017 she posted the following message:

"When I found out at 14 that I was HIV positive I didn't think I would live till 18. But now I am 22."

The message changed her life. Overnight she became famous. Her post was retweeted 18 000 times. She was contacted by newspapers from all over the world.

Stigma

Sesotho: Sekgobo

Zulu: Inhlamba

Xhosa: Inhlazo

Disclosing

Saidy feels that disclosing has healed her. It has also made her tougher.

"I used to be scared of being rejected because of my status. I used to be defensive. Now I can let people have their opinion, I don't get so angry. How people respond when I say that I am HIV positive is their problem."

Disclosing is also helping Saidy to heal others. She speaks at schools and encourages young people who are infected to contact her so she can give them advice.

"I talk about what I have gone through because I know there are many other people who are also going through this. It makes us feel not so alone."

Be ready

But, Saidy warns, although it is good to disclose, it is important only to do so when you are ready.

"Yes, it's nice to become famous but if you are in the space where you speak out people often judge you. Don't do it for fame. Do it because you want to and because it helps you."

Celebrity

Back at home in Itsooseng she has become a celebrity. Her community show her a lot of love and support. Being so honest about her status has helped others trust her. Speaking out has turned Saidy into a leader.

She feels it is important that young people talk openly about HIV as much as possible. She thinks they should especially talk about their fears.

"I would like to see a lot of young people speaking out about HIV. By us talking we are eliminating stigma and in that way, we can win over this virus!"

Difficulties

But life is not all sunshine and roses. Every time she gets ill, Saidy is worried. Thoughts about dying are never far from her mind. She cannot always show how she is feeling.

"I have been put into the position where I am a beacon of hope for a lot of vulnerable people. And I don't want to frighten them. Sometimes I feel like the mother of the whole world."

Using technology to lead

How can you use technology and social media to become a leader in your community?

The Information Age

We live in the information age where it is important to be informed and have knowledge about our world. Information can help our ideas become a reality. Let's look at a few information tools available to us as aspiring leaders.

Social media

If you want to change something in your community, social media is a good place to get support. Even if you are a small group fighting for your rights, you can get many people to support you.



Google is a search engine that is widely used for any information including news, maps, research, images and many more. Google offers services such as translation and maps. Google also offers business services like an email address (gmail), business listing and advertisements that can help benefit a start-up.

Did You Know? A lot of people tend to look on Google if they are not feeling well. Be careful not to use the internet to diagnose your symptoms. Visit your nearest clinic and get help!



Twitter is an online news and social networking service where users post and interact with messages, 'tweets', restricted to 140

characters. Twitter is great for advocacy and awareness activities on different social issues like 'GBV', 'Safe public transport', 'children's safety'. It's good because it will also link you up with people and organisations that work and share your objectives.



Facebook is an online platform that helps you to network with other people. You can share information, photos and videos from your phone or from a laptop.

Look out for offers for free Facebook from your service provider. Having access to free WiFi can also help.

You can have a personal Facebook page. It works well for campaigns and to get your community to support you.



WIKIPEDIA
The Free Encyclopedia

Wikipedia is an online platform that hosts information on different topics. It is used by students, academics and the general public to get information about their work and studies. There is a lot of information on Wikipedia but be aware that anyone can edit the information, so make sure the information is correct by also using other references.



WhatsApp has become part of everyday communication, replacing traditional

SMS. People use it as a quick, convenient and easy form to communicate. You can share photos, music, documents (PDF), your location and videos. You can create groups that share common interests, for example, if a group of friends are studying, they can create a group and share notes, information, meeting dates, and any other information that will help the group's mission.

Protection

Social media can be a place where bullying and abuse can happen. Make sure you protect yourself from cyberbullying as it can have a negative impact on your wellbeing, dignity and mental state.

Some tips:

- Set your privacy settings on Facebook so that only your friends see your posts.
- Don't post anything that might embarrass you later. Those drinking, smoking party pictures? Think twice about posting those! Especially if you are planning to apply for a job or a bursary. Future employers could look at your profile to see what kind of person you are.



Please share your activities on the Rise Club facebook page (**RiseYoungWomensClubs**). Comment on or like posts.

Do you have any questions?

You can also send a private, Direct Message to *Rise* and ask any questions you would like answered.



Data is Expensive!

Keep a look-out for cheap data packages. There is a campaign to bring down the cost of data so people can have access to the internet, without spending too much on data. It is called the **#datamustfall** campaign.

Find free WiFi hotspots. Many cities in South Africa have increased the free WiFi zones. This includes restaurants, schools, universities, clinics and libraries to community centres, sports venues, hotels, shopping centres and airports. To find out where, you can locate them in your communities by visiting www.alwayson.co.za or <http://www.findfreewifi.co.za>.

If you're on Twitter, follow @FindFreeWiFi, which lists all the free WiFi hotspots in South Africa.

Free Apps

There are apps for everything:

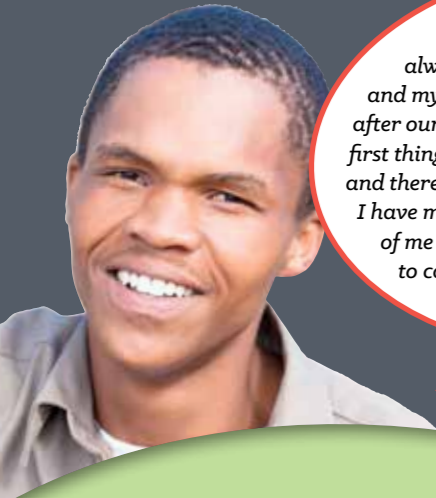
- apps that can help you study
- apps that help you emotionally
- apps that keep a period diary for you
- dictionary apps
- study apps
- apps that encourage you to exercise
- apps to help you meditate



Go back to page 12 & 13

- How did Saily use technology to fight stigma?
- Can you learn something from her?

The roles we play: Gender stereotypes



"My name is Thabo. I'm 17 years old. Our home is always tidy because of me. It's just me and my mother and she works a lot. So I look after our home. When you come to my house the first thing you see is the garden. The grass is neat and there are roses by the gate. I also love baking. I have many girl friends, but the boys make fun of me and call me names. They never want to come to my house. It hurts but this is who I am."

"I am Susan and I am 15 years old. I love playing soccer and I'm good at it. When I'm on the field running after the ball I feel so alive. I get a rush every time I steal the ball back for my team. And the best moment of all is scoring that goal. But my mother doesn't like it and says it's not right for a girl to play. The other day some girls laughed at me called me a man. The boys I play with are okay. First they said I wasn't strong enough but after I showed them what I can do, I became one of them."



Why do you think people make fun of girls who play soccer or boys who enjoy looking after a home?

Gender stereotypes

As we grow up we get many messages about what men and women **should** be. The problem with this is that it creates boxes that we feel we have to fit into. If we don't fit into these boxes we can be called bad names. This can also stop us from doing things we love.



Look at the advertisement below.

- What idea does it give us about women?
- Discuss how men and women are often shown in advertising.



Gender: The roles and behaviour expected from women and men by a society or culture.

A stereotype is an unfair idea or belief people have about a group. It is based on how they look or the situation they are in.

Gender stereotypes: Stereotypes about gender can cause unequal and unfair treatment because of a person's gender. For example, 'boys need to have sex' or 'girls must help in the home'.

Having **power** is the ability to do something or make people act in a certain way.

Gender equality: treating women and men equally.

Women taking back

power

In our communities there are many ideas that give more power to men and boys. These ideas can be dangerous. They place women and girls in an inferior position. They allow men to dominate and disrespect women. Look at the myths and facts below, can you add some of your own?



Myths

A man is the **head of the household**. He must be **obeyed**.

It is important that a woman makes herself **look attractive** for her man.

A real man does not help with **looking after children**. He just has to pay!

Real men enjoy drinking **lots of alcohol**.

A **woman should not drink too much** otherwise she will be raped.

Women should always put the **needs of others first**.

Women should always be **gentle and loving**.

Men need to **have sex often**.

A real man does not get involved with the **cooking or cleaning** in his home.

Facts

A **woman is not a child** and should have equal say to a man.

The role of a woman is not to please men, it is to **be herself**.

Women and men need to **look after themselves**.

How can **drinking** make someone into a man?

It is never acceptable to rape a woman even if **she is drunk**.

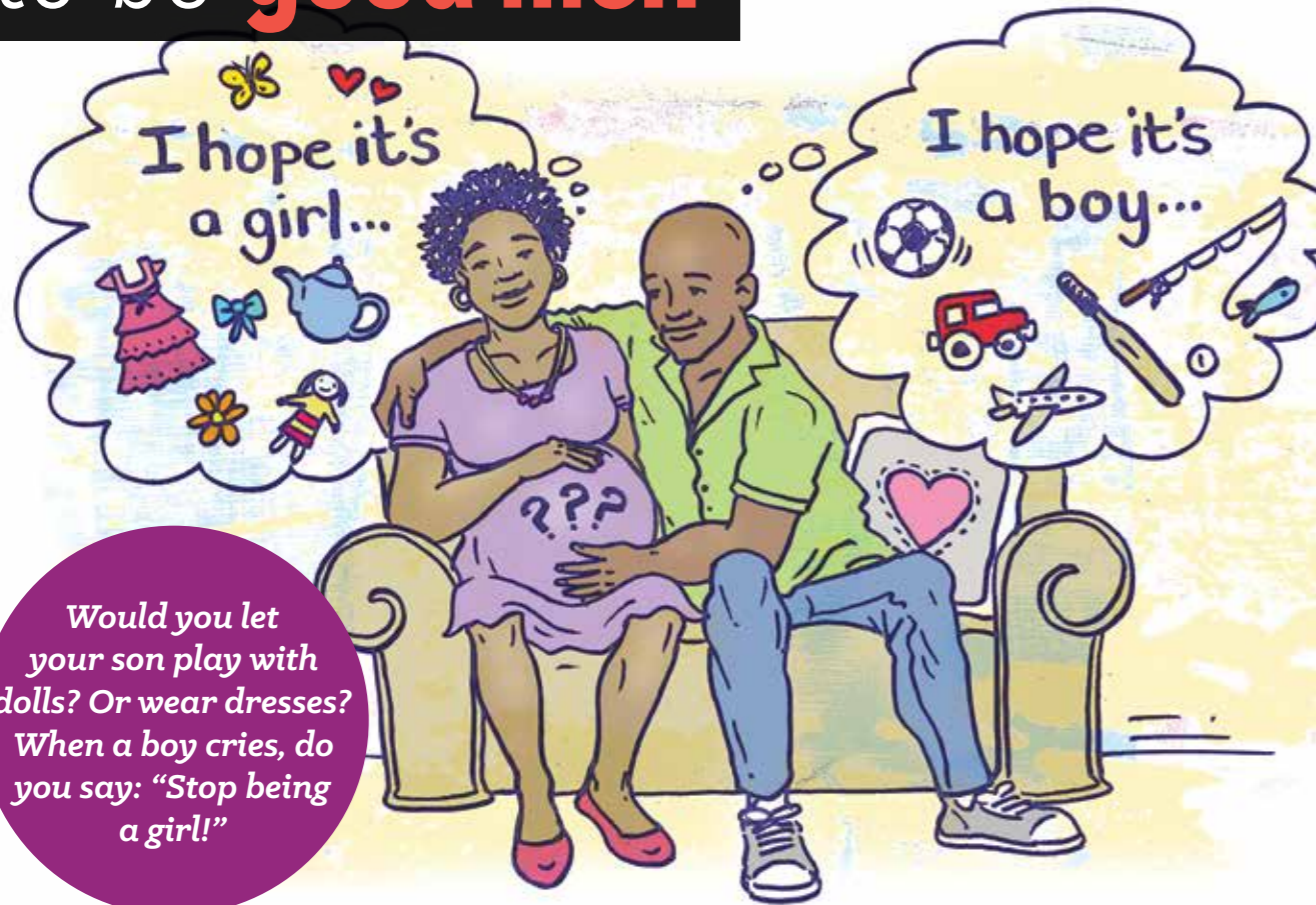
A woman should be **assertive when she needs to be**.

Children need mothers and **fathers** who care for them.

Men **can control** how often they need to have sex and, like women, some need a lot and some need a little.

Real men **share the work** that has to be done in the home.

Raising **boys** to be **good men**



Would you let your son play with dolls? Or wear dresses? When a boy cries, do you say: "Stop being a girl!"

Forcing a boy into a gender role may cause him harm. Later in life he may cause harm to the women around him. He could believe that girls and women are inferior.

What are gender roles?

When a child is born the doctor or nurse shouts, "It's a boy!" or "It's a girl!" Based on this, many adults will already think about what types of clothes the child will wear, what sport the child will play, or what kind of job they will do.

But a baby does not think of itself as a boy or a girl. That only happens from the age of two or three. This is when the child will start noticing the difference between boys and girls. By the age of four, children have already learnt how a boy should behave and how a girl should behave.

What boys learn

Boys learn that they are supposed to be strong and to fight. They are expected to love physical activity, such as climbing, building, running and playing sport. It's okay if they get dirty. They are expected not to show any emotions and not to cry

They are often taught to believe that they are superior to girls – that what they say or do is more important than what a girl says or does.

Problem

This can cause problems later in life. To cope with what they are expected to be, boys often try to switch off their feelings. This can cause frustration and anger.

Many boys are taught to solve problems with violence or by bullying. They don't learn peaceful and useful ways to solve conflict. Very often this leads to bad relationships and violence in relationships.

Teaching young boys about equal relationships

How can we teach small boys how to be respectful towards women and to treat them as equals? Here are some ideas.

- Allow your sons and daughters to play with any toys they want to play with – dolls and cars.
- Encourage boys to help with chores around the house. Let them fold their own clothes and put their shoes in place.
- Encourage your son's friendships with both boys and girls.
- Encourage him to take care of himself and of others.
- Make boys aware that boys have more privileges than girls. In the past, women were not allowed to vote or own property. Make them aware when girls are not treated the same as boys.
- Try to encourage a relationship with an older male who will have a positive influence on your son's life. Find healthy male role models in your family or community for him to be around.
- Be a good role model of a woman who believes in herself, or a man who solves problems constructively.
- When there is violence towards women either in your community or in the media, talk about it. Explain why it is bad.
- Allow him to have and express his feelings. Telling boys to "man up" or saying "boys don't cry" is the same as telling them not to have feelings.



Do you agree with this statement?

It is possible to raise sons who are not sexist and who will be nurturing in their relationships.

Discuss:

What kind of men would you like to have in your community? What kind of brothers or partners would you like to have?

How do you think you can raise young boys to become such men?

Look at the do's and don'ts of raising boys.

Do you agree?

Can you add more? Share them with RISE magazine.

Do:

- Encourage small boys to **talk about their feelings**.
- Give them tasks that involve **caring for others**.
- Talk about **respect in relationships**.
- Encourage boys to **listen to girls**.

Don't:

- Allow them to **dominate girls**.
- Allow **teasing or name-calling** if boys show their gentle side.
- Excuse **aggressive or disrespectful behaviour** because it is 'male'.
- Encourage boys to think they are **better than girls**.



Creating change in our community:

Running an **advocacy campaign**

What do you do if you see something wrong in your community?
Maybe there are a lot of illegal shebeens, or women are being beaten.
What can you do about it?

Sometimes speaking out is not enough! Sometimes you need to organise an advocacy campaign.

What is an advocacy campaign?

This is when a group of people carefully plan a series of **actions** to change something. It carries a message and gets people involved.

What types of actions can be taken?

An advocacy campaign can have many different types of action. The organisers have to decide on the most effective one. Actions can include:

- Approaching the authorities
- Marching against the problem
- Drama or dance performances
- Community discussions
- Radio interviews
- Newspaper articles

How to start an advocacy campaign

Here are some simple steps you can follow to create your own campaign:

1. Get together a group of people who want to work together to solve a problem

You can start with your Rise club and invite other clubs. Also invite other people who are affected.

For example, if you want to tackle gender-based violence in your community, you could invite rape survivors.

2. Brainstorm the issue

Find a quiet place and sit in a circle. Give each person a chance to speak and listen to each other with care.

Share stories about violence in your community. These can be personal stories, stories about others close to you or stories you have heard.

Draw a map of your community and circle the places that are most dangerous. What kinds of things happen here? What or who makes this place unsafe?



3. Choose one problem to focus on

As a group, decide which problem you all feel you can do something about. It must be something you feel strongly about changing.

For example, you might want to turn a park in your area into a safe space for girls and women. Maybe the park has been taken over by young people who drink and take drugs.

4. Describe the change you want to create

Imagine you have already created the change and what that would look like. Write this down.

We want a park where everyone feels welcome and safe.

5. Investigate the problem some more

Think a bit more about the problem and what is causing it. Do some research, if you need to.

Go to the park with your team and observe. What makes it feel unsafe for you? Ask other people in your community about the issue.

Have discussions with others who use the park to get their experiences.

6. Develop your plan

After you've collected as much information as possible brainstorm ideas for action.

- Organise an event in the park, to reclaim the space.
- Regularly visit the park in a big group.
- Clean the space, remove litter and broken glass.
- Speak to the Community Policing Forum about regular patrols to keep the area safe.

7. Plan your action

Make a list of all the things you need for your campaign. Who can help you get them? Get as many people involved as possible.

Invite the local media or arrange for one participant to take photographs.

Make a list of all the steps that need to happen and decide who is going to do what.

8. After the event

Talk to people involved in your action and record their experiences.

Sit down with your team and talk about what worked and what didn't.

Decide if you need to do a follow up action.

Tips for running a good campaign

- Be clear what you want to achieve.
- Plan your event well in advance!
- Ask advice from people who have had experience.
- Invite the media and tell them what you are trying to achieve.
- Make a follow up!
- Share your successes with the media and the community.

Glenridge Park Clean Up
Date: Saturday 20 October
Time: 10am



| Action | Who will do it | By when |
|-------------------------------|-----------------|---------|
| 1. Write invite | Thato, Precious | 5 Oct |
| 2. Invite friends and family | All | 8 Oct |
| 3. Contact radio to advertise | Nandi | 6 Oct |
| 4. Invite Glenridge newspaper | Neo | 6 Oct |
| 5. Poster for school | Precious | 6 Oct |
| 6. Ask MamLydia for bin bags | Nthabi | 8 Oct |
| 7. Take photos on the day | Thato | 20 Oct |
| 8. Organise music | Nandi | 8 Oct |



The role model

Running a children's home and a safe house for women

Shalate Teffo (29) runs the Dimphonyana Tsa Lapeng Centre in Olievenhoutbosch. Here abandoned children can find a home and attend the early childhood centre. The centre also offers a safe home and skills training for victims of abuse.

The centre was started by Shalate's mother, Asie Teffo. Only 2 months after Shalate was born, Ma Asie's husband left her. Little Shalate grew up in the children's home and spent her young life feeling the pain of being rejected by her father.

"I can identify with the kids who have been rejected. Often we don't understand what we are going through when we are younger, but when we are older we realise it was training for a bigger purpose."

Leadership

Shalate went to school in Centurion. Here she discovered her leadership qualities. She was elected as a prefect and a head of the outreach programme.

"I had a teacher at high school who helped me realise my passion. He identified the leader in me and fought for me to find it in myself. I owe it to him that I have become a success."

Studies

After Shalate matriculated, Ma Asie wanted her to take over the running of the centre. "You are the one child of mine who has a heart for people," she told her daughter. But Shalate felt the job would not make her enough money. She moved out and studied advertising management.

Moving back

For 7 years Shalate worked for advertising agencies. But when she was 26 she became frustrated with her job and moved back to the Dimphonyana Centre. In 2014, she took over the management.

Today the centre helps about 230 children and adults in need. There is a food garden, a bakery, candle-making and sewing where they can learn skills. The Dimphonyana Tsa Lapeng Centre also hosts its own Rise Young Women's club.

Shalate is passionate about the environment. She and her mother are building a recycling centre and a swop shop on the premises. They also plan to create an ecowarrior programme for kids to spread awareness about environmental issues.

Coping with challenges

Running a children's home can be difficult. There are many pressures and stresses. Shalate has chosen some mentors who can help her make sense of things. To recharge, Shalate makes sure she spends time on her own. She also tries to sleep a lot, and to laugh a lot!

Shalate's faith also brings her healing, teaches her compassion and gives her life a purpose.

"We try and teach the kids to have a foundation in faith. They need to believe in something – to be under a loving wing – because the world and people can be nasty."

Going to the United States

In 2016, Shalate was selected for a Mandela Washington Fellowship for Young African Leaders. She spent 2 months in Washington. This fellowship is part of the Young African Leaders Initiative (YALI). She is on the YALI fellowship board, which finds small grants for young people who work for disadvantaged communities.

In 2018 Shalate plans to start a degree in Applied Social Sciences. She wants to study psychology so she can learn how to deal with the issues young people are facing.



SHALATE'S ADVICE

Even if it's tough, it's for a purpose.

When you are given an opportunity to work, treat it with the utmost respect and give it your all.

Young people need to find ways to deal with the issues facing their communities. The government can't do everything.

The people around you can pull you down or they can support you to achieve your goals. Know who your friends are and make sure they have your best interests at heart.

Be confident and remain positive despite any negative events that have happened to you.

Shalate Teffo can be contacted on 073 540 9922





My story:

A DIFFICULT CHOICE

Have you a story to tell? Write it down and send it to Rise Magazine. It should not be longer than 500 words. If it gets published we will pay you R500.

Thembi* had been living with her Gogo ever since her mother died. Thembi loved Gogo. Their house was small but full of sunshine. On the weekends, Gogo and Thembi woke early to work in the garden. Later they drank tea in the kitchen and listened to the radio while Gogo baked bread. At home Thembi could be herself.

*not her real name.

But something bothered Thembi. School was okay but she found it hard to join in with others. She watched with envy as they laughed and listened to music together. She didn't have brothers or sisters like the others. She wanted something to happen – like those books she read about where people fell in love and had adventures.

A new life

One day everything changed. Thembi was walking out the school gate, when she noticed someone watching her. It was Thabang, Kgotso's brother. He was sitting in his car. Thembi thought she must have got it wrong. Thabang, with his perfectly smooth chocolate skin and Colgate smile was looking at *her!*

But the next day he was there again.

“Can I give you a lift?” he asked.

“Aren't you waiting for Kgotso?” she replied.

“Nah, he can walk.”

“Okay.” She got into his car quickly.

Soon hanging out with Thabang became a regular thing after school. He took her on drives to parks and to meet his friends from college.

“Why do you like me?” she asked Thabang one day.

“Because you're pretty and sweet and innocent, like a new flower,” he said.

She felt like a new flower, alive and blooming.

Another side

Then one day she saw another side of Thabang. They were in a park with some of his friends. The guys were laughing about a movie. Thembi had no idea what they were talking about but she laughed with them anyway. Around the corner came David from school and she called and waved to him. David was a shy boy, but she liked him because he also enjoyed reading and sat next to her in English.

“You know that moffie? He lives on my road. I swear he plays with dolls,” Thabang's friend said.

The other guys laughed.

“Watch this,” Thabang said. He shouted, **“Hey, moffie, what are you reading?”** He grabbed the book David was holding.

“What are you doing?” Thembi said. She grabbed the book from Thabang and gave it to David who walked quickly away.

“Hey, baby, I was just joking! Relax,” Thabang said.

But Thembi didn't think it was funny, and said nothing the rest of the afternoon.

Knowing what to do

The next day Thembi still felt bad.

“What is it my child?” Gogo asked with kindness.

Suddenly Thembi started crying. She told her grandmother about Thabang, how things had changed and what happened with David. It felt good to let it out.

Gogo listened to her. Then she gave Thembi a hug.

“What am I going to do, Gogo?”

Gogo smiled at her. **“No, my child, I want to hear what you think.”**

“I really like Thabang, but if he can be like that to David then I don't know if I can be with him.”

“Listen to your feelings and you'll know what's right,” said Gogo.

The next day at school, when everyone had gone for break, Thembi saw David sitting on his own looking out the window. She sat down quietly next him and opened her lunch.



Sisterhood

Discuss:

- What do you think Thembi chose to do?
- Why do you think she chose this?
- What role did her Gogo play?
- Do you think your home-life can influence you?
- What helps us make good choices in a relationship?
- Tell each other stories of where you made good choices about relationships.

Why I must take my medicine!



Our bodies are very complicated and clever machines. They operate by themselves and clean themselves all the time.

Getting sick means that something has gone wrong with the machine. It needs to be fixed. It needs the right medicine at the right amount.

The body is like a car

Think about a car – if it doesn't go you need to get it fixed. If the problem is the battery it won't help to give it lots of petrol or change the oil. It will only work if you replace the battery. It is the same with your body. A doctor or nurse finds out what the problem is and gives you medicine to fix it. They give you the right amount of medicine for the right length of time. If you don't take the medicine as you are supposed to, then your illness might come back. You might even be making a "resistant" virus or bacteria that can't be treated in future!

Sometimes you feel better and don't feel like taking your medicines any more – but all your insides might not yet be fixed.



Chronic medication

If you have a chronic illness – one that goes on for a very long time – you might need to keep taking your medicines for ever. In this case it is good that you feel better and the medicines are helping you feel better so keep taking them!

High blood pressure medication

Treatment of high blood pressure is generally for life. Only stop if your doctor says it is OK!



TB medication

You need to take TB medicine for 6 months. Stopping before this can make drug resistant TB. This is harder to treat and takes a year or more!

HIV medication

For HIV you need to take ART for life. If you stop you can become ill and die. If you get tired of taking your medicine, talk to someone. Everyone gets tired, but stopping should not be an option. If you get side effects and they remain after two weeks, discuss this with your health worker – there may be other options.



Diabetes medication

There are two types of diabetes. Type 1 normally starts in childhood. The sugar levels need to be checked and controlled with injections or a pump.

Type 2 diabetes usually starts later in life. It can be linked to being overweight and having high blood pressure. This can be controlled with diet, exercise and taking pills regularly.


Remember


Medicines can interact in your body – don't take anything (not even herbs or natural medicines) while you are on medication without speaking to a health worker or pharmacist.



Ask the experts

The experts answer your health and relationship questions. Get in touch with us.

 Soul City Institute
Rise Talk Show
Rise Young Women's Clubs

 @soulcity_sa
@RiseTalkShow

Dear Rise

I am from Eastern Cape. The problem is that I was forced into a marriage because it's cultural practice. I now realise that this is wrong and I don't know how to go about leaving the marriage without risking my life or losing my children. Every day I cry. I hate my husband because he is a lot older and he drinks a lot. I feel like a slave in my own home and I want out.

xxx

Forced marriage

Dear Sister.

You are in such a difficult situation feeling like a prisoner in your own home. It sounds as if you are ready to leave the marriage.

I wonder if there are other women in your community who have been forced into marriage like you have. Talk to them. Talk to the members of your Rise club. Suffering on your own is worse.

If you are planning to leave, think about the following: Is there a safe place you could go to? How could you get money or find work? Is there someone in your family who could help you? Is there someone who can look after your children until you are settled elsewhere?

Contact an organisation like FAMSA or POWA to help you.

In the meantime, remember to also use contraceptives to prevent further pregnancies.



FAMSA

Family Life Centre
Website: famsa.org
email: national@famsa.org.za
Phone: (011) 975 7106/7

POWA

People Opposing Women Abuse
Website: www.powa.co.za
Email: info@powa.co.za
Phone: 0115916803

relationship troubles

Dear Rise

I am a 17-year-old woman and in a relationship. The problem is that when we have sex he sometimes refuses to use a condom. If I refuse to sleep with him he hits me and threatens to stop supporting me financially. I think I want to connect with local people to help us, because I really love this man.

Please help.

It seems like this man is confusing you. You love him. Yet he is hurting you physically and emotionally. Sex without a condom puts you at risk of getting sexually transmitted diseases like HIV. You could also get pregnant which will change your whole life.

It sounds like this man is selfish and trying to control you. A loving relationship is meant to make you feel safe and allow you to be your best self. It is not supposed to hurt.

It sounds like you have to decide if you really want to continue with this relationship. Maybe it is time to write down your dreams and your goals. What do you need to do to achieve them? Do you need to finish school?

You are young and you have the rest of your life in front of you!



Dear Rise

I am often bloated. My tummy is swollen and it is so uncomfortable. My friend says she gets it from eating cabbage. But I don't even like cabbage. What must I do?

Bloated

Dear Bloated,

Your problem of feeling "bloated" could be caused by many things. None of them are too serious. I would first try using an antacid like ENOs and see if that helps. You could also try and see what in your diet makes you feel worse. Then try cutting that food out. Common things are beans, fizzy drinks or chewing gum.

If you still are not better go to your nearest clinic.



Dear Rise

I am 19 years old and sexually active, I had an abortion in 2016 because my then boyfriend did not want the child. He made me feel useless and I decided not to keep the baby however after a month we broke up. Then earlier this year, I met a loving and supportive guy who seems to stand by my side and supports my dream. We had sex earlier and now he started having problems when he urinates. Either he gets blocked or he urinates blood. I also have the same problem and it gets worse. I itch a lot and this happens when we have sex even if it's protected sex. I really need help and advice for the both of us.

The problems that you both are having, have nothing to do with your previous abortion. There are a number of reasons that one can have these symptoms and they are treatable. Both of you should please go to a doctor and get treatment. I would advise you to have safe sex with a condom until you are sure of each other's HIV status.



Dear Rise

I was diagnosed with HIV and am struggling to come to terms with this. It's an emotional roller-coaster and I have no one to talk to. I don't have the signs yet and the nurse gave me ARVs to take. But I am always hiding these pills to a point where I sometimes forget where I hid them in case someone finds them. I need help with this thing, it's killing me inside.

Shocked

HIV positive

Dear Shocked

Finding out that you are HIV positive is a shock. I would say give yourself a few months to adjust and accept. Find as much information as possible about the illness. There are usually pamphlets available in clinics.

You can also use the internet to answer some of your questions or to look for a support group in your area.

In the meantime practice sex safe to prevent re-infection.

In terms of the ARVs maybe you could leave a note on your phone to remind yourself where you hid your pills. You can also put the pills in different containers.

Mostly importantly remember there are millions of others living with the illness, you are not alone.

Please read Saily's story on page 12. Maybe you can get in touch with her.



Soul Sisters Rise Club

Vredenburg on the West Coast

#soulsisters



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



The Global Fund
To Fight AIDS, Tuberculosis and Malaria



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