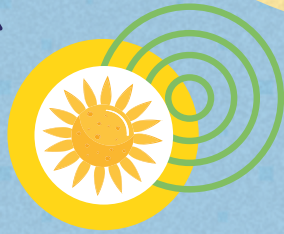




# ZONE 2025







Endicott Primary in Springs



A special thanks to these schools for sharing your experiences with us.



PE Maziya in Mpumalanga



Iteko Special School in Tlhabane

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# Hi, halo, sawubona, dumela, molo Buddyz!

Your very own Soul Buddyz Zone 2025 is in your hands! It is filled with stories, puzzles, and new things to learn and do. It's especially for you.

Enjoy reading and doing the activities. Some you can play with friends and family, like the board game. This year's Zone is all about connections: connecting with yourself, knowledge, nature, and friends.

Love  
The Soul Buddyz Club Team

## Word scramble

Unscramble the letters to find out how to say hello in our official languages.

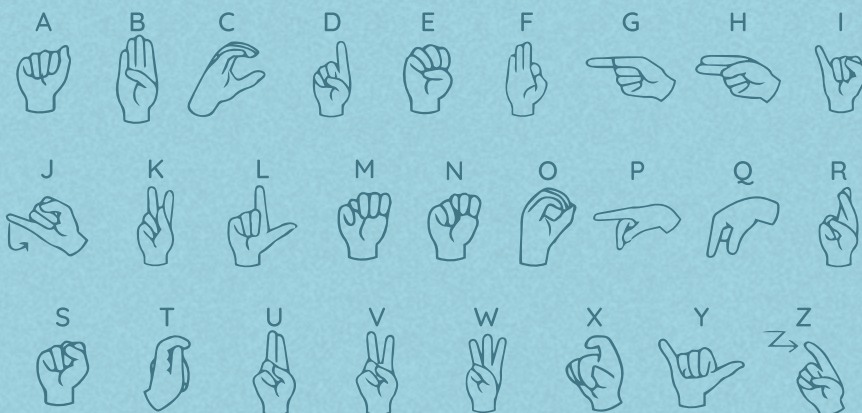
1. lolhe → hello
2. bnauwaos \_\_\_\_\_
3. omlo \_\_\_\_\_
4. ahlol \_\_\_\_\_
5. meluda \_\_\_\_\_
6. jhtolnia \_\_\_\_\_
7. !dana \_\_\_\_\_
8. nawexi \_\_\_\_\_

## Can you say "Hello" in sign language?



## Did you know?

Sign language became our 12th official language in 2023.



Answers to the word scramble:

1. Hello (English)
2. Sawubona (isiZulu, siSwati)
3. Molo (isiXhosa)
4. Halo (Afrikaans)
5. Dumela (sesoTho, seTswana, Sepedi)
6. Lotjhani (isiNdebele)
7. Ndaai (Tshivenda)
8. Xewani (Xitsonga)



# *I love being a Buddy!*

The **Green and Bold Club** at Ovondlo Primary School in KwaZulu-Natal told us why they love being Buddyz.

My name is Melokuhle. I like being a Soul Buddy because I enjoy it. I'm a confident learner and I like to help others. I like to write poems. When I grow up, I want to be a doctor and take care of people's health. I like to make people feel better and welcome wherever they go.

– Melokuhle Maphumulo, (10 years old)

I'm a confident chubby girl. Being a Buddy helped me a lot to boost my confidence. I enjoy helping other children and seeing smiles on their faces. My dream is that people can stay happy and healthy every day. I want to continue helping others not only at school but in my community as well.

– Anele Mtshali, (11 years old)

I love doing fun activities like art and drawing. I'm interested in helping other learners to achieve their goals and personal issues - like when they need a friend to talk to. When I grow up, I want to be a doctor and help others with their health problems.

– Nondolo Nsele, (12 years old)

I'm a bubbly person and I love to make others happy. I like being a Soul Buddy because we help other learners with new information. Also, if they don't have uniforms we try and get it for them. I am thankful for the chance to be a Buddy. I'm good at mathematics - I love it very much. When I grow up, I want to be a surgeon.

– Simelokuhle Gumede, (10 years old)



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Thank you, Green and Bold Club Buddyz for your inspiring letters and sharing your photos of the amazing things you do!

**Stay Green, stay Bold ma-Buddyz!**





# Care is a doing word

The **Green and Bold Club** at Ovondlo Primary school in KwaZulu-Natal like to help young learners wear their uniform properly when they come to school. They noticed some learners needed uniforms. So, they asked other learners to donate uniforms they weren't using anymore. They added unclaimed lost and found uniforms to give to the learners. Enjoy seeing the Buddyz putting caring for others into action.



Helping young learners look their best



Having fun exercising



Caring for the school garden



# Take a trip!

## Reading is good for you

It helps you to:

- do better at school in lots of subjects
- be a more interesting person
- excite your imagination
- escape into other worlds
- take your mind off your troubles

## Tips and ideas

- Read books, magazines, and newspaper articles about things that you are interested in and feel passionate about.
- If you aren't enjoying what you are reading, find something else to read that you do enjoy.
- Start a reading club with other children and chat about what you read.
- Have family reading time together.







# Makhanjana and the dancing shirt

“Friday is Casual Day!” announced the principal at assembly on Monday. “No school uniforms!”

“Yeah!” The learners went wild, except for Makhanjana. After school, he went home and found his father sewing on his machine. His father turned and saw Makhanjana’s crumpled face.

“Relax your face, mfana wami,” said uBaba, laying his hand on Makhanjana’s shoulder. “Zikhiphani?”

“Friday is Casual Day, and I don’t have anything to wear, Baba.”

“You have a lot of clothes, Makhanjana.”

“Not like Sabelo.”

Sabelo was Makhanjana’s best friend. His clothes had all the cool labels, from Adibas to Mike, to Beebok, to Vams, you name them.

“Don’t worry, mfana wami,” said uBaba. “We’ll make a plan.”

Makhanjana’s face lit up. He couldn’t wait to see what cool label his father would buy for him.

Makhanjana’s father was a tailor. He used left-over materials to make a shirt for Makhanjana. He worked on it for days and nights. When he was done, he called Makhanjana to try it on. When Makhanjana saw it, his shoulders dropped but he put on a big smile.

“Do you like it?” asked uBaba. Makhanjana nodded and went away with the shirt to hang it up. He wished Friday would never come.

## Friday came

Friday came. Makhanjana bathed and put on his black jeans and the shirt his father had made for him and ran out of the house. He rushed to Sabelo’s home and knocked on the door as if he was being chased by a dog. He undid the buttons on his shirt.

“Dude, you’ll hurt your knuckles!” said Sabelo after opening the door.

“You gotta save me!” said Makhanjana. “I need one of your t-shirts.”

Sabelo looked at Makhanjana’s shirt and was swallowed by it – he couldn’t blink. The bottom had blue waves sliding up and down like the ocean. The middle was a row of flowers that looked like stars printed inside circles in green, magenta, and dark orange. The circles looked like they were spinning and dancing. The chest was chocolate brown triangles with a background like the sunset. The sleeves were short and black.

“Are you listening to me?” yelled Makhanjana.

“Huh?” Sabelo had never seen a shirt like this before. “Let’s swop?” Makhanjana nodded vigorously and they fist-bumped happily.

At school, everyone was dressed in their best clothes. As Makhanjana and Sabelo entered the school gate, other children turned their heads, staring.

“Hey, nice shirt!” called a child.

“Thanks!” Makhanjana quickly answered thinking they meant the Sabelo’s Beebok t-shirt he was wearing. But he was wrong. More and more children came and



complimented Sabelo on the dancing shirt. Makhanjana's face crumpled and he became quiet.

### A cool friend

"I love the shirt!" said one of Sabelo's classmates. "Where did you get it?"

"It belongs to Mak," said Sabelo pointing at Makhanjana. "His father made it. He let me wear it just for today."

"Wow, Mak!" said the classmate. "You're such a cool friend!"

Makhanjana looked at Sabelo with a smile. Sabelo smiled back and they fist bumped. Sabelo and his classmate went on to their class and Makhanjana went on to his class too.

After school, they returned each other's shirts when they arrived at Sabelo's home. Makhanjana walked home. His father was sitting cross-legged next to the door, waiting for him.

"Baba...," said Makhanjana, looking down and scratching the side of his head.

"Don't say it," Baba interrupted. "I know what you and Sabelo did."

Makhanjana's palms became sweaty, and his stomach twisted into a tight knot.

Makhanjana looked up and saw his father's smile shine like a ray of sunshine. He stretched his arms wide and held Makhanjana close to him. Makhanjana hugged back but wasn't sure why his father was so happy.

"A mother of a child in Sabelo's class called," he said. "She placed an order – for three shirts for a wedding the family was going to!"

Makhanjana breathed out.

"I am not surprised, Baba," said Makhanjana. "This is the most beautiful shirt I have ever seen. Thank you for making it especially for me."

His father chuckled. "Maybe we can start new fashions together," he said.

"Yes, please," replied Makhanjana. "May I make you a cup of tea?"





# I love myself

## Why does self-love matter?

Self-love helps you appreciate who you are. When you have self-care, you want to look after yourself in all ways. When you stand up for yourself when someone treats you badly, you are putting self-love into action.



This is me  
(Draw a picture of yourself)

This is a love letter to myself 

My name is

-----

I love myself because



"Self-love is to respect myself, take care of myself and care about other people. I show myself love by playing soccer, volleyball, swimming, and taking part in many activities at school like scouts and Soul Buddyz."

– Saki Mashiane,  
Iteko Special school



## Make a self-love plan

I will do this to show love to:

♥ My body

♥ My mind

♥ My heart

## Affirmations are the best

Affirmations are positive words you say to yourself. They help you boost your self-esteem and self-love. When you say, "You are clever," to yourself every day and do other things to affirm yourself, your love grows. You feel great! Write affirmations and put them up where you can read them every day.

Here are some examples:

- ♥ I am unique
- ♥ I am a kind friend
- ♥ I can do better at maths if I ask for help
- ♥ I can help to make the world a better place





# Throw shade on heat this summer

## Weather warnings!



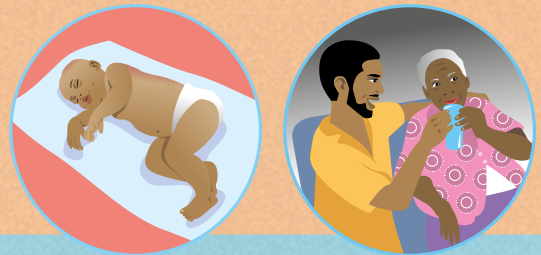
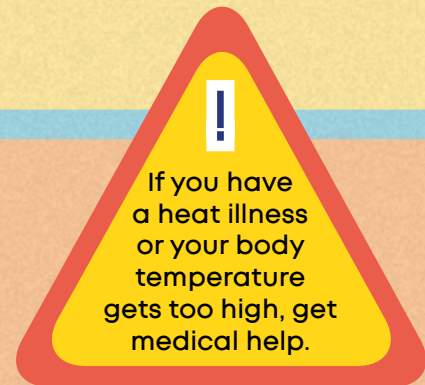
Listen to weather reports on the radio. When the weather people tell us what the weather is going to be, do things to stay safe.

- Flash floods are dangerous because they happen very suddenly. Please do not cross rivers or low bridges even if they are not yet flooded.
- Very hot temperatures
- Very low temperatures
- Sunny warm weather

## Stay cool in the hot weather!

Your body has its own way to stop it overheating. For example, in hot weather, you sweat. This cools your body. But when it is very hot, your body struggles to stay at a safe body temperature. You need to drink lots of water and stay in the shade. Otherwise, your body becomes dehydrated (very dry), and you can get a heat illness like heat stroke.

High temperatures are even worse for people who are pregnant, some people with disabilities, babies, children, and older people.



## Too hot?

- Take a water bottle with you everywhere
- Dress in loose, lightweight, light-coloured clothes.
- Open doors and windows so breezes can come through.
- Use an umbrella, wear a hat, sit under trees for shade.





## Quiz

How many bottles and cups of water can you find in the picture?

Stay cool, people.

WATER

Let's look after ourselves and each other in the heat.



## Puzzle it out

## Find the hidden words

Friendship	Wellness
Social	Emotional
Physical	Health
Self care	Intellectual
Mental	Learning
Exercise	Thinking



You will find the answers to the crossword on the inside back cover.

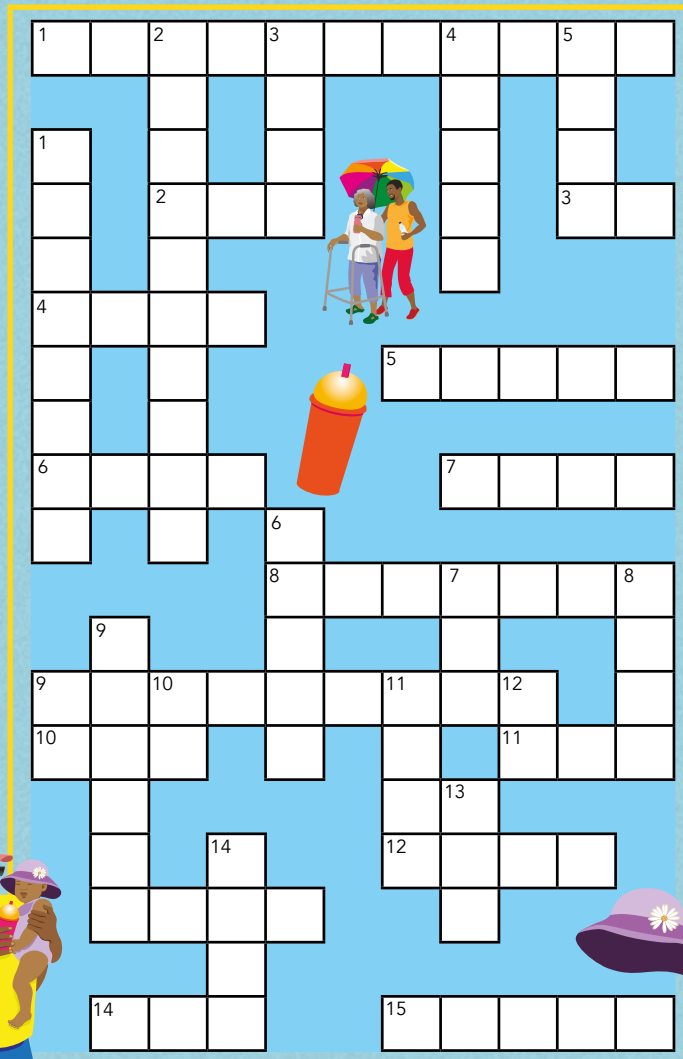
H	D	H	Y	T	R	E	L	E	A	R	N	I	N	G
E	P	W	E	L	L	N	E	S	S	V	M	K	L	I
J	X	H	G	D	M	U	T	R	E	W	A	X	S	F
K	L	E	Z	C	N	E	B	M	V	I	D	S	E	A
Q	P	W	R	E	R	U	N	F	I	N	Y	O	L	P
A	H	D	G	C	J	A	C	T	O	T	I	F	F	M
B	Y	Z	L	K	I	P	Y	D	A	E	X	R	C	W
N	S	F	E	R	G	S	H	L	I	L	A	I	A	V
F	I	C	K	O	R	U	E	T	P	L	I	E	R	N
M	C	N	S	O	C	I	A	L	B	E	V	N	E	C
W	A	E	A	G	F	H	U	I	K	C	J	D	L	X
P	L	O	H	E	A	L	T	H	R	T	E	S	Y	M
V	K	L	S	Z	C	B	Y	Q	A	U	S	H	D	G
F	E	M	O	T	I	O	N	A	L	A	D	I	S	A
T	H	I	N	K	I	N	G	M	P	L	B	P	I	O

## ACROSS

- When our bodies lose water.
- Black stuff used to put a surface on some roads.
- The opposite of yes.
- A stethoscope measures your heart \_ \_ \_ \_.
- The best liquid to drink when the weather's hot.
- Rhymes with bike.
- Rhymes with pool.
- Open them when you travel in a taxi.
- You can get these when you have a heat illness.
- What you make when you draw and paint.
- You do this when you need something.
- Sometimes you give, and sometimes you do this.
- Another way of saying yes.
- The opposite of night.
- The best place to be when it is hot.

## DOWN

- Good for protection from both rain and sun.
- A very serious heat illness.
- Open this when the taxi is waiting for more people.
- These help get us from one place to the next.
- Opposite of closed.
- Hot weather makes our bodies do this.
- A person can \_ \_ \_ from heat illness.
- Heat and heat waves can make you \_ \_ \_ \_.
- When it's hot take it off.
- You arrive \_ \_ your destination.
- This can make you ill.
- A short way of writing South Africa.
- When it's hot, put this on.
- A very young, small person.





# Buddyz, be wise web users

The internet is a fantastic place, full of opportunities! You can watch fun videos, connect with friends and family, play games, read stories, and discover interesting facts about almost anything.



NDAB Creativity | Shutterstock

## Not everyone on the internet is a friendly person

We have to remember that there are people using the internet for many different reasons, not all of them safe, especially for young people.

**?** How does a wise Buddy protect themselves and others online?

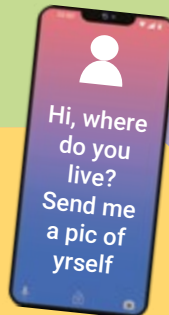
**1.** Never share personal information such as your full name, address, school, or phone number with anybody you don't know in person and trust.

**2.** Not everyone online is who they say they are. If someone you don't know tries to chat with you, asks for your personal information or pictures of you, or makes you uncomfortable in any way, log off and tell a trusted adult immediately.

**3.** Some website or videos might share fake information to trick people, not everything you read or watch is true. If something seems weird or unbelievable, search it using the website [www.toolbox.google.com/factcheck](http://www.toolbox.google.com/factcheck).

**4.** You can't control what happens after you have posted something online. Ask yourself these questions before you post anything:

Is it kind?      Is it true?  
Would I say this face to face with someone?



## Down memory lane

Ask adults what life was like before the internet. How did they get information? How did they stay in touch with friends and family? What did they do for fun without having cellphones and computers?





# The internet

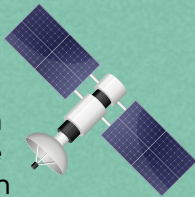
## How does it work?

### The internet connects us

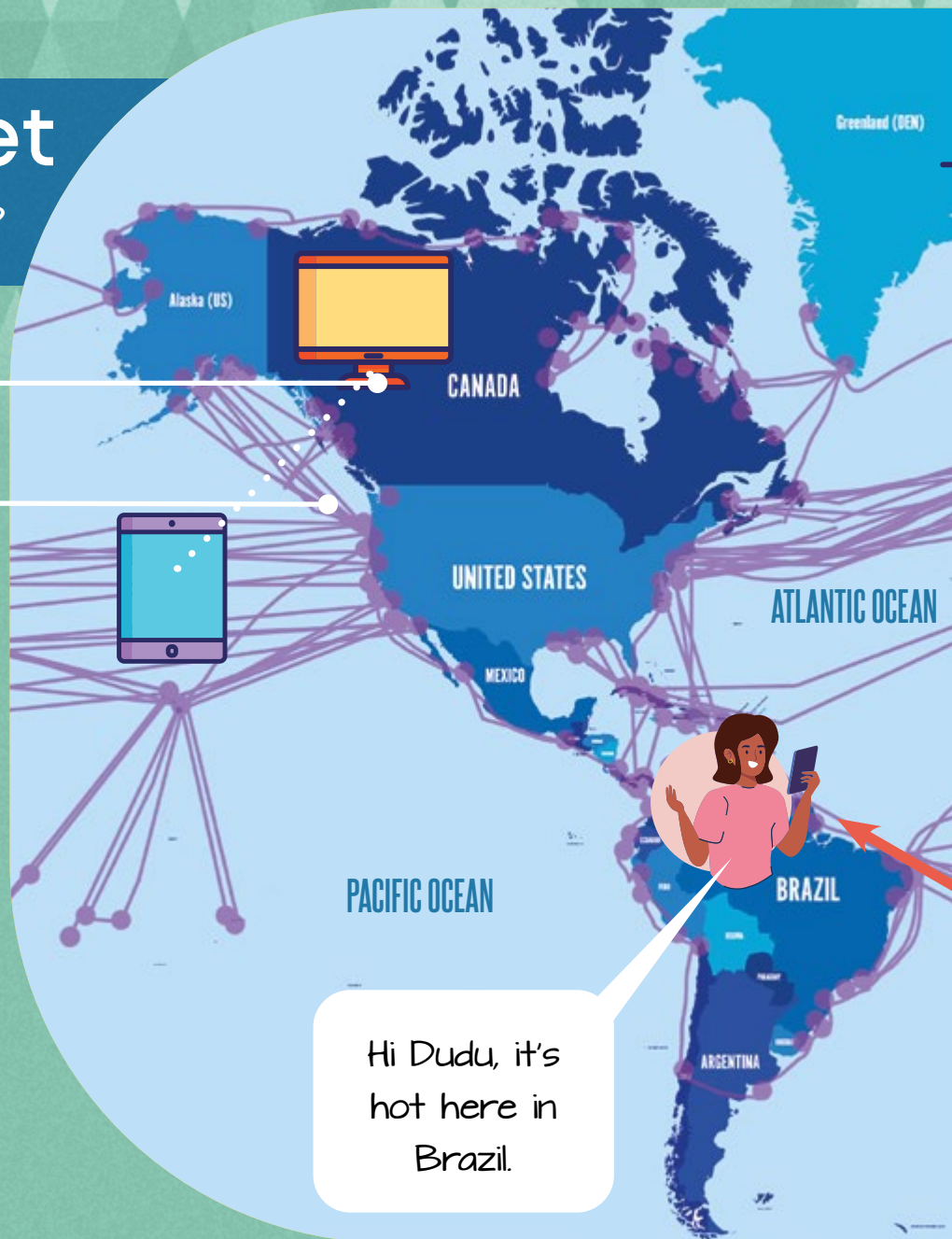
The internet connects people from one digital device to another.

Companies and governments lay fibre optic cables, called submarine communication cables, in the oceans. The cables are about the size of a garden hosepipe.

More than 98% of internet communication happens through these cables. The rest happens with satellites that travel high above Earth.



The submarine cables send digital data, such as photos, messages, and videos from one digital device to another. Data is another name for information. The data travels at high speed through the cables.

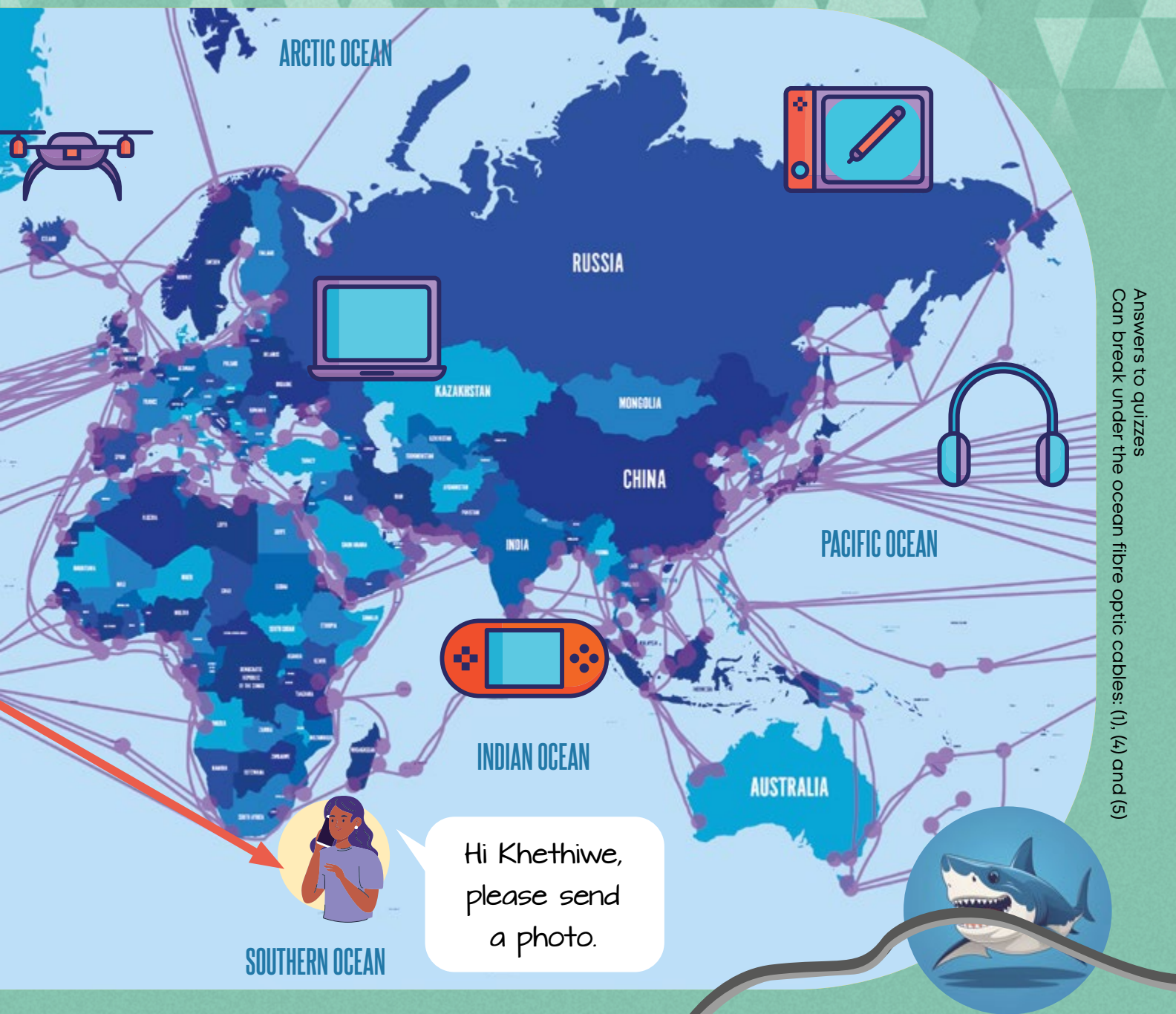


### How do the cables get laid on the ocean bed?

1. Landing stations for the cables are built on land.
2. Cables are plugged into them. The cables float on the ocean's surface.
3. Sections of cable are dropped to the bottom of the ocean.
4. Special ships plant the cable. They use an underwater plough.
5. The plough digs a trench and puts the cable into the trench as it unwinds from the boat.
6. The cable is connected to a landing station across the ocean.
7. The landing station on the ground transmits data and communication signals to local networks, such as internet service providers. Examples include Mweb and Telkom.
8. The service providers transmit data to customers.







Answers to quizzes  
Can break under the ocean fibre optic cables: (1), (4) and (5)

## Oops

Sometimes internet connections break. A shark was once seen nibbling at a submarine cable! But the cables have been made very strong. To try to stop breaks happening, they are protected by many layers of different types of materials, including steel tubing. Even though technology advances quickly, breaks sometimes still do happen.

## How broken cables are repaired

A cable-repair boat will sail to one end of the cable break. It might use either a remotely operated underwater vehicle (ROV), or a long hook on a chain to get hold of the one broken end. People on the boat will repair it. They will do the same with the other end. And then they join both ends together again.

Tick which of these you think could cause a break in internet with the ocean floor fibre optic cables:

1. an earthquake under the sea ☐
2. a cow standing chewing grass too loudly near the beach ☐
3. lots of children jumping into the sea at the same time ☐
4. ships dropping their anchors and then dragging them as they move ☐
5. a volcanic eruption under the sea ☐



# Laughter, the best medicine

A lot of people cry when they cut an onion. The trick is not to form an emotional bond.



A dog walks into an office. It says, "Hi, I'm looking for a job."

"Wow, a dog that can talk," says the clerk. "With your talent I'm sure we can find you a job at the circus."

"Circus?" asks the dog. "What does a circus want with a plumber?"

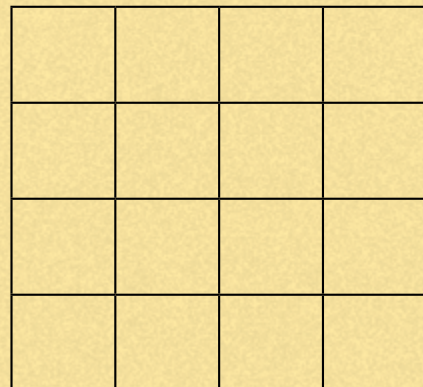


Q: What's the difference between ignorance and apathy?

A: I don't know, and I don't care.



How many squares are there?



Q: How do basketball players stay cool?

A: They sit next to their fans.



Answer to count the squares:  
 $16 + 9 + 4 + 1 = 30$





# Mind games



## Make more words out of each word

Use the letters in each word to create more words

- Parent (example): pan, pen, pet, are, rent...

\_\_\_\_\_

- International \_\_\_\_\_

- Umacashelana (hide and seek in isiZulu)

\_\_\_\_\_

- Ke a o rata (I love you in Setswana)

\_\_\_\_\_

- Mi njani? (How are you? in Xitsonga)

\_\_\_\_\_

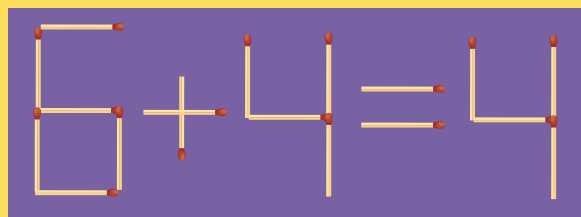
- Dehydration \_\_\_\_\_

\_\_\_\_\_



## Matchstick trick

Move only one matchstick to arrive at four. There is more than one way to do it.

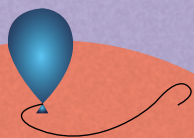


\_\_\_\_\_ = 4

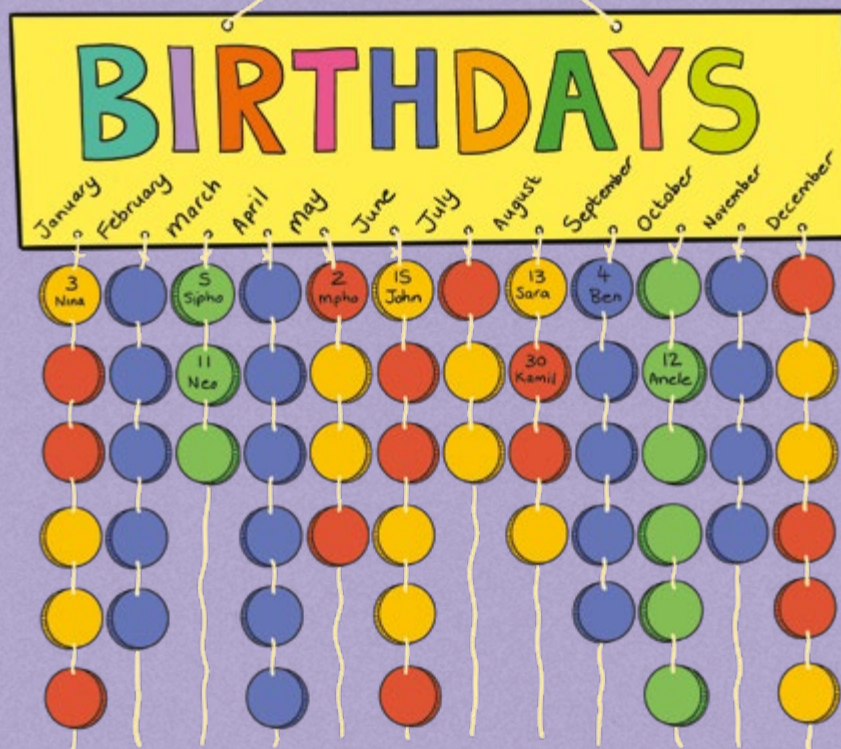
Answers to Mind Games:  
Make many words: pen, pet, a, are,  
at, ten, tap, tan, an, apt, rat.  
Correct the sum:  $8 - 4 = 4$  or  $0 + 4 = 4$



# Your own mini marketplace



It's nice to make a few rands from time to time. Here is something you could make and sell. It will help people remember relatives' and friends' birthdays.



## You need

- bottle tops or small circles of cardboard – you can ask people to help you collect them
- string or coloured wool
- pen
- ruler
- a big piece of cardboard, like a cereal box

## How to make it

- Write **Birthdays** at the top of the cardboard.
- Write the name of each month underneath the heading. Use a ruler to help you fit in all the 12 months in an evenly spaced way.
- Make holes at the top of the birthday calendar so it will hang nicely on a nail or hook

- Make a hole under each month.
- Make holes in the plastic tops, or cardboard circles.
- Thread string or wool through the plastic tops. Remember to have enough string to add more names.
- When people buy your birthday calendars, tell them to put people's names and their birth dates on the tops.

## Try to use things that won't cost anything

Use free things, such as scraps of string and wool, bottle tops, and cardboard from packages. Decide how much you want to sell each calendar for. Make each one look unique and special.



# Magnificent mandalas

Making and colouring in mandalas can help us to:

- relax
- focus our attention
- think about spiritual things
- think of nature and beautiful things
- feel happy

## You need

- paper, pencil, eraser, ruler, and pen
- round things of different sizes to draw circles that are small (in the middle) and get bigger and bigger
- crayons, paint, coloured pencils or anything else to make your mandala bright and beautiful

**Mandala** is a Sanskrit word that means circle. Sanskrit is an ancient Indo-European language. People first started making mandalas in India many hundreds of years ago, in the 4th century. We are now in the 21st century. A century is made up of 100 years. People still love making them and colouring them in. Sometimes, people work together on one mandala.

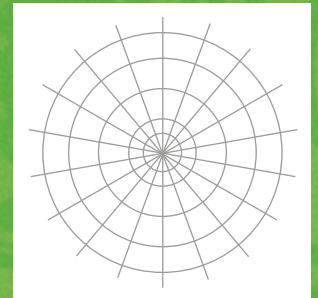
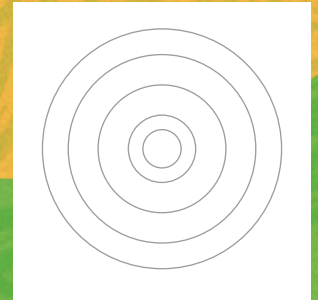
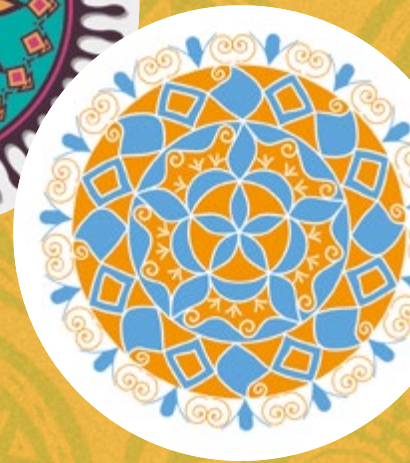
**Step 1:** On your paper, draw different size circles in pencil.

**Step 2:** Use a ruler to draw lines just like in the drawing.

**Step 3:** Draw different things in your mandala. Try to draw it so the pattern is the same on each side of the circle. Look at the examples on this page.

**Step 4:** Trace over all your patterns with a pen, except for the lines you drew in Step 2. Use your eraser to remove those lines.

**Step 5:** Colour in your unique mandala – enjoy!





# Who can do what job?

## Gender stereotyping

Gender stereotyping is when people expect boys and girls to behave differently, do different jobs at home, school and in the community, or in sports and careers.



Buddyz from PE Maziya Primary School in Mpumalanga told us what they think about gender stereotypes and careers. We asked, "Should only women or only men be able to do these careers? Or should everyone be able to?"

## Scientist

"Everyone should be able to be a scientist. Because if people choose a gender I may find it as gender stereotyping."

**Think about it:** You don't need specific male or female body parts to study science.



## Taxi driver

"Men are good drivers and women are not good drivers."

"Men, because most girls don't know how to drive."

**Think about it:** Good drivers, whether women or men, learn how to drive according to the rules of the road. They stop at traffic lights, and don't speed and then cause road crashes.

## Nurse

"Mostly the people who like to be nurses are women."

"Women, because I think most women are the people who are caring."

**Think about it:** Shouldn't we all learn how to be caring and kind to each other?



## Soldier

"Both genders. I mean, we all have to fight for the nation."

"Boys because some of them are brave to die. Most girls are scared to die."

**Think about it:** Boys are often told they're not allowed to show their feelings and have to be brave all the time. So they bottle their feelings up inside and don't talk about them. Everyone should be able to express their feelings, including being scared.



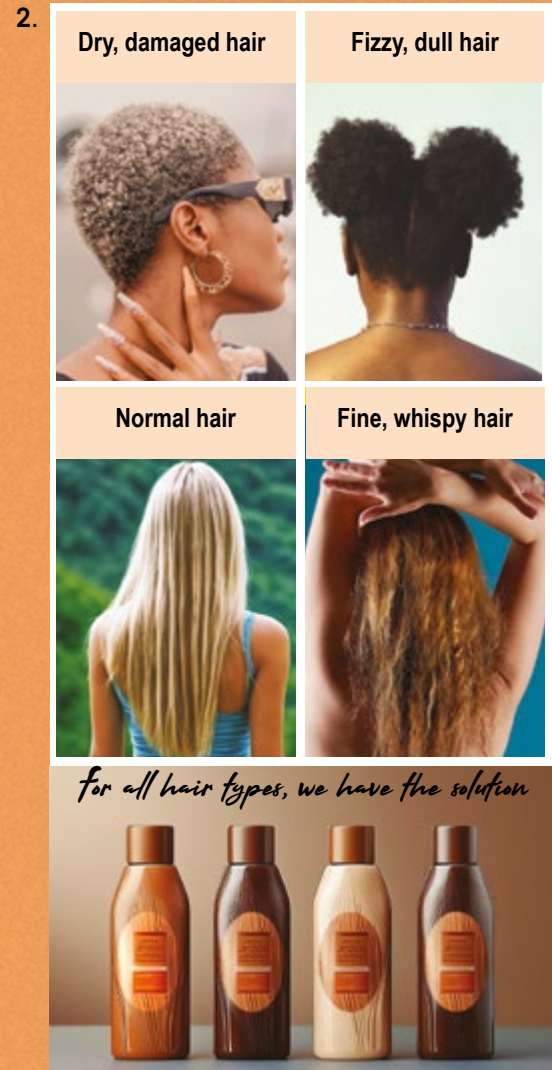
## What do you think?

Are there jobs that only women or men are capable of doing? Write to us, or draw a picture, and let us know what you think. The Soul City address and ways to contact us are on the inside of the front cover.



# Spot the stereotypes

**Stereotypes** are ideas or beliefs that people have about a group of people. They are often based on things like gender, race, language, where the people come from, or what job they do. Spot the stereotypes in these adverts. Then see if you agree with why we say they are stereotypes.



## Let's discuss

**Advert 1** tries to say that the only way to be a boss is to 'think like a man'. This tells us that women can't be bosses. Do you agree?

**Advert 2** wants to make us believe that black or afro textured hair is dull and damaged, and white or straight hair is 'normal'. This is a racist stereotype. It says that curly hair is not normal. The company wants black women with curly hair to spend time, energy, and money on their hair-straightening products. What do you think of this?

**Advert 3** By using the colours blue and pink, and saying 'boys' on the blue egg and 'girls' on the pink egg, this advert is saying that cars are for boys and dolls are for girls. This is a stereotype as there are many girls that like to play with toy cars, and there are many boys who like to play with horses and dolls.



# But you're a girl !?

Phindile, where are you going? Come and do the dishes.

It's Tuesday Ma, I have rugby. Can I do them when I get back?



Girls don't play rugby.

But Ma, Jabu is busy playing soccer. How come he never has to do the dishes?



He's a boy. Go and change and come and do the dishes.

It's so unfair! Jabu should share the work with me. Then we could both go and play.



## What do you think?

1. What would you do if you were Phindile?
2. What do you think could happen next in the story for Phindile to get to play rugby in future?
3. Have you ever been stopped from doing something because you are a girl or because you are a boy?
  - a. How did it make you feel?
  - b. Did it stop you wanting to do that thing?
  - c. Have you tried to do that thing since? Did you get to do it?
  - d. Is there anyone you know of who followed their dreams and their family supported them?



# What am I?

I start as an egg, then I break out and c-r-a-a-a-w-I.  
I eat eggshells and leaves so I can grow. I shed my skin  
about four times. I make a cocoon around myself and  
stay in it for weeks. When I break out of my cocoon,  
I can fly. What am I?



I can smell with my nostrils,  
but I also use my tongue. I  
stick it out to s-s-s-s-sense  
chemicals in the air and the  
ground. You won't find me in  
cold places.



I am mostly made up of water, but  
you can't use me to wash. I can fit  
in your hand. I can be bigger than  
your head! I'm purple, I'm red, and I'm  
white but I'm famous for being green.



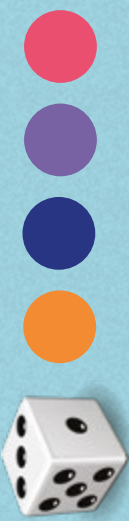
I stand for a nation and a  
team uses my name. I am  
printed on money.



My memory is better than yours,  
yet you know my name and I  
don't know yours. I'm the giant  
of the land, the biggest you  
can find.

Answers:  
(1) caterpillar (2) snake (3) cabbage (4) protea (5) elephant





# Let's play the money game

You need: a dice and a token for each player.

<p><b>40 FINISH</b></p>	<p><b>39</b></p> <p>What are three important things that money cannot buy?</p>	<p><b>38</b></p>	<p><b>37</b></p>	<p><b>36</b></p> <p>Oh, no! Money is finished, you don't know how that happened!</p>
<p><b>31</b></p> <p>Apples are low in sugar and they are 85% water – they can quench your thirst! Mhhhh!</p>	<p><b>32</b></p>	<p><b>33</b></p> <p>Do a Budget!</p>	<p><b>34</b></p>	<p><b>35</b></p> <p>Imitate any animal you like.</p>
<p><b>30</b></p>	<p><b>29</b></p> <p>Besides money, what else could you invest?</p>	<p><b>28</b></p>	<p><b>27</b></p>	<p><b>26</b></p> <p>You become a loan shark to lend money to friends.</p>
<p><b>21</b></p>	<p><b>22</b></p> <p>Cat stole money you saved in your shoe!</p>	<p><b>23</b></p>	<p><b>24</b></p> <p>You bought 25 apples for R25. You want to raise funds, how much is 1 apple =</p>	<p><b>25</b></p>



	<p><b>20</b></p> <p>To <b>invest</b> is to put money away so it's worth more later. You could also invest in art, education, for retirement, in houses and other things.</p>	<p><b>11</b></p> <p>Where is the dream place you'd like to visit one day?</p>	<p><b>10</b></p> <p>You donate some money to buy shoes for another learner. <b>You're a star!</b></p> 	<p><b>1</b></p> <p><b>START</b></p> <p>You've saved pocket money all year. Halala! What will you do? Throw a six to start.</p>
	<p><b>19</b></p> 	<p><b>12</b></p> <p>You save money in a bank account. Smart move!</p> 	<p><b>9</b></p> 	<p><b>2</b></p> 
	<p><b>18</b></p> <p>What would you like to save for?</p> 	<p><b>13</b></p> 	<p><b>8</b></p> <p>Give examples of a 'need' and a 'want'.</p> 	<p><b>3</b></p> <p>A budget is a plan to save and spend on 'needs' and 'wants'.</p>
<p>25 applies = Funds raised =</p>	<p><b>17</b></p> 	<p><b>14</b></p> 	<p><b>7</b></p> 	<p><b>4</b></p> 
	<p><b>16</b></p> <p>What could go wrong if you borrow from a loan shark?</p> 	<p><b>15</b></p> <p>Oh-oh. You spent most of your money on burgers, sweets, and cooldrinks for all your friends and their friends!</p>	<p><b>6</b></p> 	<p><b>5</b></p> <p>Show us your favourite dance move.</p> 



# Dive deep with marine wonders

## Can you find?

- 5 dolphins
- 2 octopus
- 3 shells
- 1 turtle
- 1 seahorse
- 5 angelfish
- 3 killer whales
- 3 sharks
- 5 star-fish
- 1 jellyfish

## Colour in

- the corals

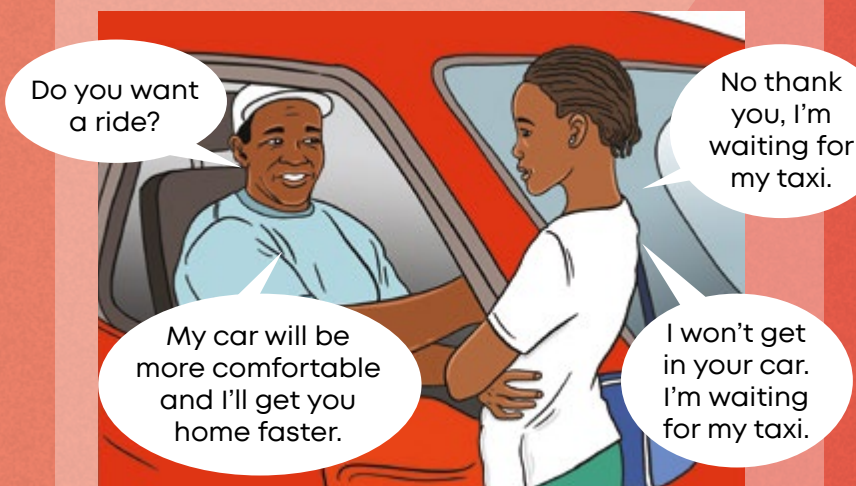




# Tips to get out of unsafe situations

If we are in unsafe relationships or situations, we need to get out of them safely. Try out these refuse, delay, or bargain ways to do so.

Which is refuse, delay, or bargain in these stories?



## Refuse

Say "No" clearly, and if you can, leave. Use body language, like shaking your head or cross your arms in an 'x' in front of you. Say things like:

"No, no. I mean no" or "No thank you!" or "No, and I'm leaving"

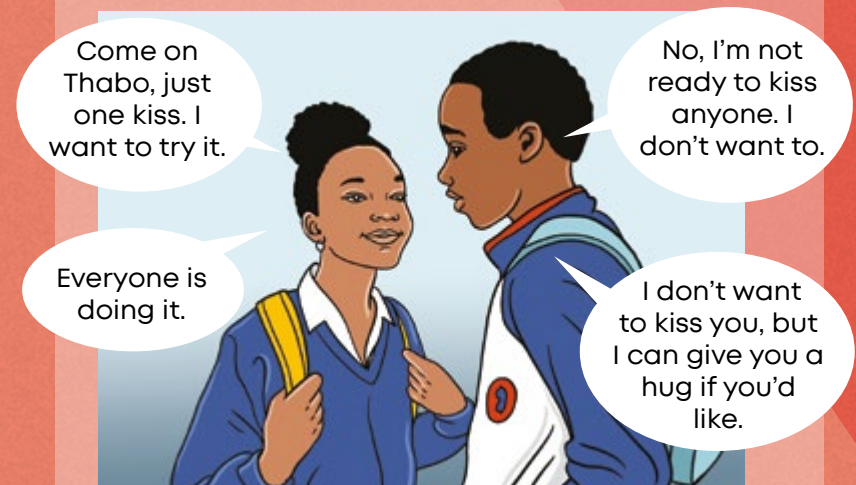
## Delay

Give yourself some time to get out of your situation, or to get the other person to think about what they are doing. Say: "Maybe later" or "I'm not ready for that" or "I need to talk to a person I trust about this."

## Bargain

Try to think of something that you are comfortable doing and suggest it to the other person.

"Let's play a game instead" or "I won't do that, but maybe we could go for a walk instead" or "What else could we do together?"



Try practising the ways to get to safety with a friend

Role-play situations with a friend using **refuse**, **delay**, or **bargain**.



# What's in that food?

## Unprocessed food



W-a-a-a-a-y back in the olden days, people ate healthy foods straight from nature. Fish, chicken, juicy fruit, vegetables, nuts, lentils, seeds, and water. We call this unprocessed food. When people processed food a bit by cooking or pounding, they could still see it was corn or a potato, for example. We call this minimally processed food. Nowadays, fewer people grow their own food.



Riccardo Mayer | Shutterstock

## Processed food



You can tell when food is processed because it isn't fresh from the river, garden, field, bush or tree. It has been changed, often in a factory, but you can still see what the original food was. A can of tomatoes is an example. Some ingredients have been added, such as salt, sugar, and preservatives to make it last long. It isn't as good for you as fresh tomatoes.



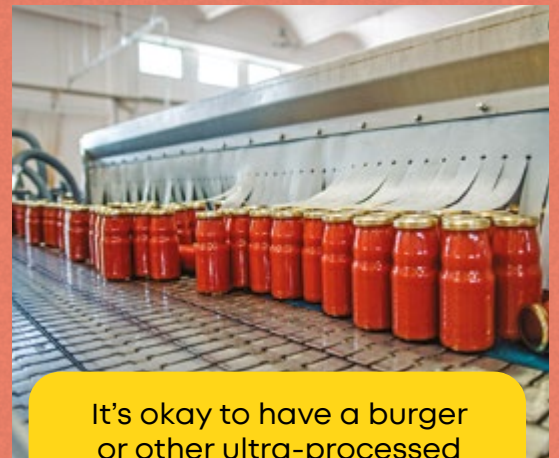
Lucien Coman | Shutterstock

## Ultra-processed food



Factories produce ultra-processed food. They add artificial flavours, colourings, salt, sugar, and fat. You can't even see what the original food was. The labels on the back are in tiny print with complicated names for ingredients. For example, they call salt 'sodium chloride'. Tomato sauce is an example of ultra-processed food.

Try to stay away from ultra-processed foods. There is very little nutritional value in them. If you eat a lot of them, you can get overweight, type 2 diabetes (sugar), and as you get older, heart diseases and cancers.



Maria Aloisi | Shutterstock

It's okay to have a burger or other ultra-processed food once in a while!



# Go shopping

Draw a line from each food to the correct basket.

You will find the answers on the inside back cover.

To find out more information about sugar and ultra-processed food contact HEALA. It focuses on our right to know what is in our food, and fights for us to have affordable, nutritious food.

Instagram: heala\_sa.

Facebook: HEALA and X: heala\_sa



salami



unsalted nuts



rice



bread



corn chips, like Fritos, Niknaks



carrots



apple juice



lentils



chicken pieces grilled with a little salt and pepper



fresh spinach



carrot cake with icing



baby formula milk



cooked rice



carrot juice



polony



breast milk



strawberry jam



mopani worms



pieces of beef



chicken



fast food beef burger



wheat



strawberry



porridge (original)



fruit loops



bottled apple baby food



French fries (chips, salty, fatty)



raw oats



apple



baked potato



strawberry flavoured energy drinks



can of corn



flour



chicken (deep fried)



mielie on the cob



Put unprocessed or minimally processed foods in this basket



Put processed foods in this basket



Put ultra-processed foods in this basket



# Sugar isn't that sweet for our health

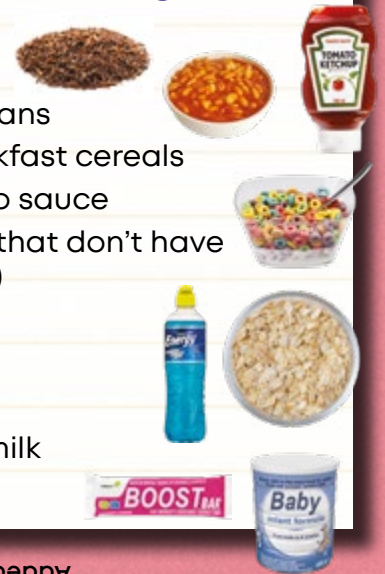


## Know the facts

- The World Health Organization (WHO) says people should not eat or drink more than 12 teaspoons of sugar a day. This includes 'hidden' or added sugar. There is added sugar in many foods. Guess which of the food on the page has hidden sugar.
- There are around 10 teaspoons of sugar in one 330ml can of cooldrink.
- Foods that are packaged or made in a factory often have lots of added sugar in them.

## Guess which has added sugar

1. Eggs
2. Rooibos tea
3. Tin of baked beans
4. Flavoured breakfast cereals
5. Bottle of tomato sauce
6. Raw oats (oats that don't have added flavours)
7. Sports drinks
8. Frozen veggies
9. Energy bars
10. Baby formula milk



Added sugar: 3, 4, 5, 7, 10

## True or false?

1. The cooldrinks with zero sugar have other sweeteners in them that are also bad for your health..... **T** or **F**
2. Sugary cooldrinks are good for your health..... **T** or **F**
3. Sugary drinks make you even thirstier after drinking them..... **T** or **F**
4. Water is the best drink to satisfy you when you are thirsty..... **T** or **F**
5. There is zero nutritional value in sugary cooldrinks..... **T** or **F**

True or false? (1) true (2) false (3) true (4) true (5) true

## Sugary drinks do not quench your thirst

When you drink or eat things with sugar in them, your blood sugar level suddenly spikes up. The sugar goes into your stomach and then into your bloodstream. When the sugar reaches your blood, water moves out of the cells in your body and into your bloodstream.

It does this to get a better balance in your blood. But when your cells lose water, they send a message to your brain. The message is that they need more water. That's why you feel thirsty so soon again.





# Make your own throw and catch kit

## You need

- empty and washed 1 litre plastic bottles
- a tennis ball – if you don't have one, make a ball that is 6.5 cm wide
- scissors to cut the plastic bottle

## How to make your ball catcher

Cut off 6 cm from the bottom of the bottle all around.



## How to play

- Hold the bottle with the bottle top side in your hand.
- Throw the ball up and try to catch it.
- You can throw and catch with another person, or in a group.
- You could make teams to challenge each other.
- You can score by getting a point every time you catch it.

## How many people can play?

You can play on your own, or with two or more people. You need a ball catcher for each person.





# The two sides of my mother

This is Takalo's true story about her mother who had a drinking problem, and how it affected their family.

**M**y mother was a kind person when she was sober. She liked to laugh. When she got paid after doing piece jobs, we knew we'd eat delicious food. We couldn't wait to get back home after school. We would run, knowing she would be there waiting for us.

Until one day when coming home from work, our neighbours informed her that my older sister, Katekani, was in hospital. She had been hit by a car on her way to school that morning.

Mama rushed to the hospital and found my grandparents already there. "Katekani was badly injured," they said. "We had to let the doctors turn off the life-support machine." My sister was gone. My mother cried and cried.



## Then Mama started to drink

Then Mama started to drink alcohol. Her personality changed when she was drunk. She stopped caring. She would shout and swear. She walked on the streets at night and sometimes fell asleep at the places where she drank. One day,

I had to fetch her using a wheelbarrow because she was too drunk and

couldn't walk. People watched with scorn saying, "Just look at her!"

Some children who knew me from school saw us and laughed. I was so embarrassed. But she was still my mother, and I had to help her. I wanted to tell Mama about what her drinking was doing to me, but I was scared because she was an adult.

After some time, Mama passed away. As a teenager, I had to look after myself and my younger sister. Now we are grown. We are working and life is good. Our mother's choices didn't decide the rest of our lives. We learned from her mistakes, and we make different choices for us.

Thanks to Takalo (not her real name) for sharing her story with us.

1. How did the story make you feel?
2. What did it make you think of?
3. If you were in a similar situation, what would you do?

Drinking alcohol doesn't solve problems – it creates them.



# Ask yourself,

Will drinking alcohol get me far in life?

We spoke to Aadielah Maker Diedericks of the Southern African Alcohol Policy Alliance (SAAPA) about how young people can protect themselves from the dangers of drinking alcohol. This is what she said:

"When you don't drink alcohol, you can stay in control of yourself. Friends can make it look cool, and pose with alcohol on social media, but it's not cool. They might pressure you to drink even though they themselves actually don't drink alcohol."



## Tips for not sipping

"Even if a friend says, 'Hey, just have a sip.' Or a cousin says, 'Let's collect the left-over drops and drink them', don't fall for it. Ask yourself, 'What does alcohol mean for my dreams? Where do I want to go in life?' Ask yourself, 'Will drinking alcohol get me far in life?'"

## Alcohol is a strong drug

Adverts can make us think that everybody drinks, but it's not true. Most South Africans do not drink alcohol. Adults are not supposed to send children to get them alcohol from the fridge or to go buy it. If you are worried about family members abusing alcohol, tell an adult you trust. If you want to talk to a parent who drinks but don't know how, ask another adult for help. Or call one of the helping organisations on this page.

### Places that help

**Alcoholics Anonymous (AA)**

0861 435 722

**Childline Toll Free**

116

**South African Depression and Anxiety Group (SADAG)**

Toll free 0800 567 567

**The South African National Council on Alcoholism and Drug Dependence (SANCA)** on 011 892 3829 or send a WhatsApp message to 076 535 1701.



Read each statement and write whether it is true or false:

True

False

- Every child has the right to be cared for and be protected from neglect and abuse.
- Alcohol is a fun and healthy drink to enjoy yourself. You can have as much as you want, and it won't damage your brain, heart, and liver.
- Not drinking alcohol helps you to have better focus and memory, more energy, and better sleep.
- A glass of wine a day is good for your heart.
- It is illegal for anyone under 18 to drink alcohol or have it with them. If you start drinking at 18 and under, you are four times more likely to be dependent on alcohol.
- More than half of all South Africans have never drunk alcohol in their life before.

(1) true (2) false (3) true (4) false (5) true (6) true

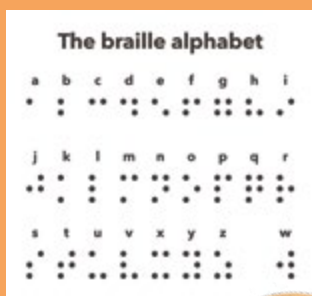


# 2025 Health Calendar

There are special wellbeing days, such as World AIDS Day and Youth Day every month of the year! Together with your Soul Buddyz Club, choose the days and months you'd like to celebrate! Plan fun ways to raise awareness about them in your school and community. You could make posters, arrange event days and invite speakers. Let's make a difference together!

## 2025 January

- 4 World Braille Day



**SunSmart  
Skin Cancer  
Awareness  
Month**



## February

- 3 Feb to 28 Mar

Human papillomavirus (HPV)  
vaccination first round

- 3 to 7 Pregnancy Awareness Week

- 3 to 7 STI/Condom Week

- 4 World Cancer Day

- 21 Healthy Lifestyle Awareness Day

**Healthy  
Lifestyle  
Awareness  
Month**

**Reproductive  
Health  
Month**

## March

- 4 World Obesity Day

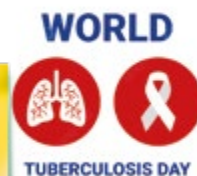
- 8 International Women's Day

- 21 Human Rights Day

- 21 World Down Syndrome Day

- 24 World TB Day

**TB  
Awareness  
Month**



## July

- 11 World Population Day

- 18 Nelson Mandela International Day



- 28 World Hepatitis Day

**Mental  
Illness  
Awareness  
Month**



## August

- 1 to 7 World Breastfeeding Week

- 4 Aug to 28 Sept

Human papillomavirus (HPV)  
vaccination second round

- 9 National Women's Day

- 12 International Youth Day

**National  
Women's  
Month**

**Child  
Health  
Month**

## September

- 9 International Foetal Alcohol Syndrome Day

- 26 World Environmental Health Day

- 26 World Contraception Day

**Albinism  
Awareness  
Month**

**National  
Month  
of Deaf  
People**

**Cervical  
Cancer  
Awareness  
Month**

**Childhood  
Cancer  
Awareness  
Month**





## April

## May

## June

**2** World Autism Awareness Day

**7** World Health Day 

**24 to 30** African Vaccination Week

**25** World Malaria Day



**Health Awareness Month**



**5** World Hand Hygiene Day

**10** Global Move for Health Day

**12** International Nurses Day

**12 to 18** World Salt Awareness Week

**17** World Hypertension Day

**25 May to 1 Jun**  
Child Protection Week

**28** International Day of Action for Women's Health

**31** World No Tobacco Day

**Anti-tobacco Campaign Month**

**1** International Children's Day

**5** World Environment Day

**7** World Food Safety Day



**16** Youth Day

**22 to 27** SANCA Drug Awareness Week

**Men's Health Month**

**National Youth Month**

## October

## November

## December

**9 to 15** National Nutrition Week

**10** World Mental Health Day

**13 to 19** School Health Week

**16** World Food Day

**17** International Day for the Eradication of Poverty

**20** National Down Syndrome Day

**29** World Stroke Day

**Breast Cancer Awareness Month**

**Mental Health Awareness Month**

**1** National Children's Day

**14** World Diabetes Day

**25** International Day for the Elimination of Violence against Women

**25 Nov to 10 Dec**

16 Days of Activism for No Violence Against Women and Children

**Disability Rights Awareness Month (3 November to 3 December)**

**1** World AIDS Day



**3** International Day of Persons with Disabilities



**5** International Volunteer Day

**10** International Human Rights Day





# Chomee!

“What is a friend?” we asked Buddyz from Iteko Special School. This is what they said:

A friend is someone who cares and who doesn't lie to you. When you do or say something wrong, they tell you. They don't gossip and make fun of you to other people. As friends, you respect each other.

– Angela Ngwenya

A friend is a person I can talk to. Me and my friend talk about what we'd like to be when we grow up. My friend wants to be a nurse.

– Unathi Mbhobho

I like my friends because they are good people. They know what is okay for us to joke about and what is not. When we phone each other and talk, we are always kind.

– Thato

Remember, your most important friend should be yourself!

Score your friendship on these qualities below by putting a tick ✓. Add more qualities in the empty spaces.

	Needs work	Just okay	Good	Very good	The best
a. Our respect for each other	1	2	3	4	5
b. We remember each other's birthdays, likes and dislikes, and other important things	1	2	3	4	5
c. We trust each other	1	2	3	4	5
d. We treat each other fairly	1	2	3	4	5
e. We laugh together and have fun	1	2	3	4	5
f. ...	1	2	3	4	5
g. ...	1	2	3	4	5

What can you and your friend do to improve your scores? Healthy friendships need patience and to be taken care of. A healthy friendship makes you feel good about yourself.

I have a best friend who knows how to stop people from fighting. She is a good person, and I don't want anyone to cause her any pain. I love her toooooo much!

– Kopano Mooketsi



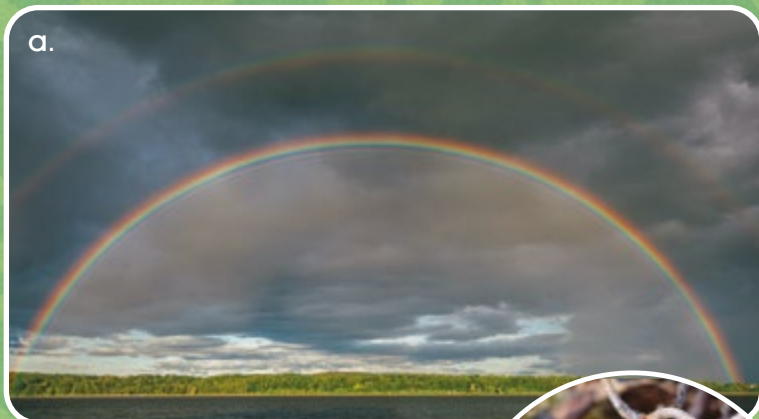
# Shapes in nature

## Name the shape

What shape is each item in the pictures?  
Triangle, semi-circle, spiral, hexagon, concentric circles, star, oval, curved



How many shapes can you see when you look at things in nature, such as flowers and animals?



## Sssssound of snakes

Snakes hiss when they sense danger, or when they are upset or annoyed. When you hear that sssssound, best you sssstay away! Snakes in the wild hiss more than those kept as pets in people's homes. Why do you think that is?

A group of snakes is called a:

- (a) Bed
- (b) Nest
- (c) Pit
- (d) Den
- (e) all of the above



**Answers:**  
(a) semi-circle (b) hexagon (c) triangle (d) concentric circles (e) concentric circles (f) star (g) curved (h) star (i) oval (j) spiral  
**Sound of snakes:** Snakes in the wild are more under threat and aware of dangers from other animals (e) all of the above



# Mayibuye iAfrika



## Hey, neighbour!

Find someone from another country and ask them to tell you about life there. You could ask about their favourite foods, how people dress, and what they do for fun.

## Africa quiz

- How many countries can you find that start with the letter 'A'?
- What colour is the country Tanzania coloured in?
- How many countries are neighbours with South Africa?
- How many countries have the word Africa or African in them?
- Which countries have a 'z' in them?
- What is the name of the big island near Mozambique?
- What colour is Senegal on the map?
- Which country is the biggest in Africa?
- Which country is the smallest?
- Which countries begin with an 'E'?
- Name the African islands you can see on the map.
- What colour is Nigeria on the map?

You will find the answers on the inside back cover.



# Mancala is to move

People have played the game mancala for more than 6 000 years! It is said to have begun right here, in Africa! Its name comes from the Arabic word Naqala, which means 'to move'. People from different cultures played the game to promote unity, to teach maths, and some tribes used it to decide who would be the next chief!



Player A

Player B

## How to make the game

- Draw 12 circles next to each other on the floor or a board. These are called 'pockets.'



- Draw 2 circles that are slightly bigger than the pockets on both ends of the game, one circle is a 'bank' for Player A, and the other a 'bank' for Player B.
- You need 48 stones. Four stones are placed in each pocket before the game starts.
- The aim of the game is to have more stones in your 'bank' than the other player when the game ends.

## How to play

- Two players sit opposite each other and decide who starts to play.
- The player who starts picks up stones from any pocket on their side and drops one stone in the neighbouring pocket and the other pockets that come next all the way round, including their 'bank' until the stones run out. They don't put anything into the other player's bank.
- When the last stone is dropped in an empty pocket, it's the other player's turn.
- The game is over when there are no more stones in one row of pockets. If there are a few remaining stones, the players share them equally. You win if you have more stones in your bank!



# I wanted to live

"After finding out about my status, it wasn't easy. But I accepted because I had the will to live," Joy told Club Zone.

**Q:** Joy, how many years have you lived with HIV?

**A:** I've been living with HIV for the past 20 years. I tested HIV+ in 2005 when I went to the clinic for a wound scrub. The sister there advised me to take an HIV test and that's how I found out. After finding out, it wasn't easy. But I accepted because I had the will to live.



**Q:** Do you get any side effects from taking ARVs?

**A:** At first, I was taking other HIV medication, but I had severe side effects. I became very sick. Then I started taking ARVs. Now I take one tablet a day and there are no complications.



**Q:** How have you lived a healthy life for all this time?

**A:** I started taking ARVs, the only medication that can suppress the HI virus in your body. Every day, you must take them at the same time. I was lucky to have a family that supports me. Even when I was not at home, they'd call and remind me.



**Q:** Youth are still getting HIV, and there are still babies being born with HIV. What is your message to pregnant women and youth?

**A:** Mothers who are pregnant must check their HIV status in the early stages of their pregnancy. They can take ARVs to prevent their babies being born with HIV. Youth should get tested and know their status and that of their partners. They must not believe that just because they're in love, everything is fine. They must think for themselves.

 Mama



# Try your best to stick to taking your medicines like the healthcare worker explained

With infections such HIV and TB, it is important to take your medicines in the right way at the right time. If you don't, you will get sick again.

How do you feel after reading Joy's story? You can tick as many boxes as you like.

Sad	<input type="checkbox"/>
Hopeful	<input type="checkbox"/>
Angry	<input type="checkbox"/>
Happy because I learnt something new	<input type="checkbox"/>
Motivated to share information	<input type="checkbox"/>
I like how Joy's family supports her	<input type="checkbox"/>

## Love and support keeps us healthy

Joy's family helps to make sure she takes her ARV medicine in the right way at the right time. We call this adherence. It means to take medication in the right way and at the right time every day. For example, some medicines need to be taken before you eat, when you eat, or after you have eaten. It is important to read the instructions on how and when to take all medicines.

How could you help a family member remember to take their medication correctly, or how could they help you?



## Complete the statement with its correct ending

Beginning of the statement

- (1) People who are sexually active can prevent HIV by...
- (2) People living with HIV can live long and healthy lives...
- (3) Medicine adherence means...
- (4) It is good to know your HIV status so that...
- (5) We can prevent babies being born with HIV if...

End of the statement

- ... pregnant women going to the clinic as soon as possible to check their HIV status, and taking ARVs if they are HIV+. (a)
- ... if you are HIV+ you can go on ARVs and live a long and healthy life. (b)
- ... using condoms every time they have sex. (c)
- ... to take your medicine in the right way and at the right time every day. (d)
- ... so long as they take their ARVs in the right way and at the right time every day. (e)

Answers (1) c (2) e (3) d (4) b (5) a



# Do no harm. Just be kind

What type of harm are children doing in each story? Think about each story and share ideas for how you would handle the situation.

## 1. Catcalling



**Scenario 1:** This is gender-based harm because the boys are harassing the girls because they are girls. They don't have a right to treat girls like objects. Everyone deserves to walk in the streets without being catcalled and made to feel uncomfortable.

## 2. Seeing clearly about injustice



**Scenario 2:** They are being unkind towards and bullying the boy because he has a sight disability.

## 3. Sexual harassment



**Scenario 3:** This is gender-based harm because the boy feels he is entitled to treat the girl this way because she is a girl. He is treating her like an object not as a person who has a right to be respected.



# Let's protect ourselves from eating poisoned food

In family homes, shops, and other places, rats, mice, and cockroaches are a big problem. Sometimes we use pesticides and insecticides to try to get rid of them.

## Children die from food poisoning

In early October 2024, six children from Naledi, Soweto, all under ten years old, died from food poisoning after they ate chips they bought from a spaza shop.

Medical tests on the children's bodies after they passed away showed that a chemical called organophosphate had got into their bodies and caused them to die. Organophosphate is a chemical in some pesticides. This organophosphate is called Terbufos. The children must have come into contact with it when they bought the chips at the shop.

The World Health Organization describes Terbufos as extremely dangerous. Many richer countries in the global North have banned it because it is so dangerous.

In poorer countries in the global South, such as South Africa, people still use it. Children are affected worse by poison because you are smaller than adults and your organs in your body, including your brain, are still developing.

### The signs of being poisoned from organophosphates

You have:

- very bad diarrhoea (running tummy)
- vomiting
- foam coming out of your mouth and nose
- lots of tears flowing from your eyes even though you aren't crying
- the need to wee all the time.

### Emergency!

If this happens to you or someone you know, get emergency medical care! Get to a doctor, clinic, or hospital immediately!



### Emergency numbers for poisoning

Try these first:

- **Ambulance 10177**
- **Any emergency 112**

Then try this:

- **Netcare 911 emergency 082 911** (even if you are not on a Netcare health plan)

### At home

- put pesticides, insecticides and house cleaning products in a high place where only adults can reach them
- do not put these poisonous things in containers that have food labels
- only adults should handle poisonous products, and they should wash their hands with soap often – and so should everyone.



Gillian Van | Shutterstock

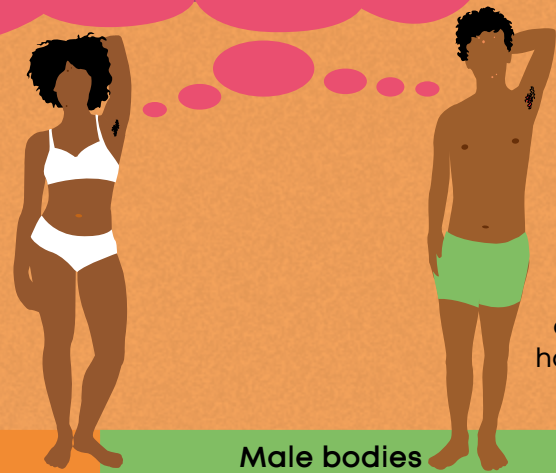
### Think about it with your family

How do you think shops should be checked for dangerous chemicals, such as Terbufos? Who is responsible for doing the checking? How can communities make sure that this checking happens very often?



# What's happening to my body?!

Puberty is a natural part of our journey in life. It is when changes in our minds and bodies move us towards eventually becoming an adult. This will help you understand what is happening during puberty. Knowledge is power. When we understand things about ourselves and our friends, we can support each other and help each other make good choices and have fun.



Tick what has changed or what is happening with you.

During puberty	Female bodies	Male bodies	
 <p>Your emotions may easily change and go up and down.</p>	<p>Sometimes you feel excited and happy and other times you may feel sad without knowing why. This is caused by the hormones that make your body change and grow. It is also because becoming a young adult brings with it new challenges and responsibilities.</p>		<input checked="" type="checkbox"/>
Your hair begins to grow longer and thicker	Where? On your legs, in your armpits, and around your pubic area.	Where? On your face, chest, legs, in your armpits, and around your pubic area.	<input type="checkbox"/>
The sweat glands in your skin produce more sweat	You sweat more and you may have more of a body odour (smell).		<input type="checkbox"/>
Your skin gets oilier and you get pimples	Where? Mostly on your face, upper back and upper chest.		<input type="checkbox"/>
A boy's voice begins to 'break'	-	Your larynx (voice box) grows larger and your voice slowly 'breaks' and becomes deeper.	<input type="checkbox"/>
Your body shape changes	Your body becomes curvier, and your hips grow wider.	Your shoulders grow wider, and your body gets more muscular.	<input type="checkbox"/>
Your breasts begin to grow. This can happen to both boys and girls	First of all, there is a little bump under the nipple, and then your breasts will grow bigger.	First of all, there is a little bump under the nipple and then your breasts may grow bigger.	<input type="checkbox"/>

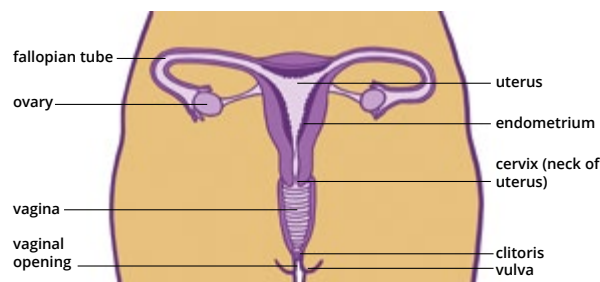


## During puberty

During puberty your body is developing to be able to have babies

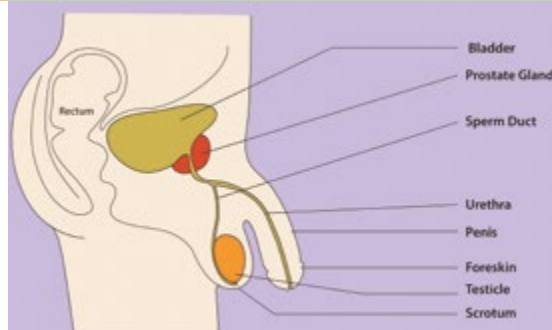
## Female bodies

Your ovaries begin releasing an egg every month which travels to your uterus. The lining of your uterus builds up and comes away as a monthly bleed, known as menstruation, if your egg is not fertilised by sperm. We also call this bleeding having our 'period'.



## Male bodies

Your vas deferens is able to produce sperm which comes out together with other liquid when you ejaculate. If your sperm fertilises an egg, then your female partner will get pregnant.



## Puberty hormones

Hormones are natural chemicals in your body. Different puberty hormones make your body grow and change into being a young adult. You may easily feel awkward or get embarrassed as you feel more self-conscious about yourself and your changing body. Try not to! They are natural changes that every adult has had happen.



## Managing moods

During puberty, your moods will probably change a lot. You could feel happy and excited and then suddenly, without really knowing why, you feel angry, frustrated, or down. This is all normal for your age and stage of life. The good news is you can manage these moods if you understand them. Try these tips:

- ✓ Punch a pillow or a rolled-up blanket. Scream into it. This way you will not hurt yourself or anyone else.
- ✓ Accept the feeling. You don't need to pretend that you are okay when you are not.
- ✓ Exercise helps you work off anger and release stress. It makes you feel better in your body and your mind because your body releases feel-good chemicals.
- ✓ Breathe in and out slowly. Breathing helps you to feel calm in your mind and body.
- ✓ Work out why you feel the way you do. Try saying to yourself, 'I am feeling angry and frustrated because...'. Draw or write in your private journal. It helps you understand yourself and what is important to you
- ✓ Speak to an adult you trust. There are helping organisations on the back of this magazine. Find out about more places and people that help in your community.
- ✓ Do all the things that you love and that make you happy, like playing, singing, dancing, or whatever brings you joy.

**B-Wise** is a website that helps answer any questions you might have about your health, sex, and relationships.  
Website: [www.bwisehealth.com](http://www.bwisehealth.com)



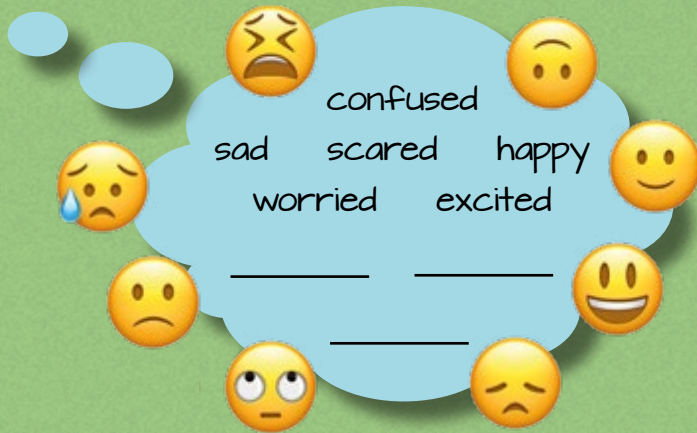
# High school, here I come!

If you are going to high school next year, this is especially for you.

## How do you feel about going to high school?

It's normal to feel many different emotions about starting high school. Make a word cloud with all of your emotions.

Write some of your feelings in the spaces.



## Connect with a friend also going to high school, or is already in high school

Ask each other these questions:

- What excites you about going to high school?
- What would you like to achieve at your new school?
- What worries you? How can you overcome your worries?
- How can you and your friends help each other?



## I choose my friends

Starting high school comes with many new challenges, such as making new friends. It's normal to want to be liked and accepted. Choose your friends carefully. Say these things.

I will:

- ✓ choose friends who respect me and share my interests and values
- ✓ not do just anything to be part of the 'popular' group
- ✓ ask myself if something feels like the right thing to do before I do it
- ✓ ask myself about the consequences of my actions - what good or bad things could happen if I do this?
- ✓ believe in myself and do things that make me feel strong and confident
- ✓ stand for what I believe is right

## Friendship tips

- ✓ Be your own best friend. Enjoy spending time doing things on your own.
- ✓ Treat your friends how you would like to be treated.
- ✓ If a friend is nasty behind your back, they're not really your friend.



# To drink or not to drink?



**Lungsta is a 25-year-old musician who has never tasted alcohol in his life**

"I don't plan to taste nor drink alcohol," he said. "I have seen how alcohol changes and controls people. I don't need it. I can have fun like all young people and spend time with them. But I don't go to clubs at night. I don't feel comfortable in that environment. If I need to use a substance to have fun, then it is not fun."



**Advertising executive Swazi tasted alcohol for the first time when she turned 30**

"It was my birthday, and I was curious," she said. "I was with friends at a safe place. But with every sip, I was saying to myself: 'Don't get drunk, don't get drunk! Are you feeling lightheaded? Sip some water!' After that I never drank again. Besides, it tastes terrible, it's expensive, it gives you anxiety. It's not as enjoyable as people make it out to be."

"I love the freedom being sober gives me. I can remember how I felt at every moment, things that happened and conversations. I am in control of my story. I can control my finances. I noticed people who drink just spend, and they buy drinks for other people without thinking."



**Gona, a lawyer, started drinking when she was 14**

"I wanted to do what my friends were doing," she said. "But I got addicted to it. I also got addicted to smoking marijuana and cigarettes, and self-criticism. Alcohol made me gain a lot of weight and it drained my pockets... I made really, really, really irresponsible decisions under its influence. I stopped because I wanted to be healthy in my mind, body, and spirit. I won't be perfect, but I would like to make decisions with clarity of mind."

"Now I don't need to worry about, 'Oh am I going to meet the police on the road? Am I gonna do something and wake up and regret it tomorrow? Am I gonna wake up tomorrow with a headache?' I can deal with myself instead of hiding behind alcohol. The things I enjoy don't need alcohol to do. I don't need a glass of wine to read my book or to chill with friends, or to do art."

**We asked Buddyz whether alcohol companies should be allowed to sponsor sporting events**



"No, because it promotes alcohol to children to drink it, and that is harmful for our bodies." – Sandiswa Manqele, The Rising Sun Club

"No. Alcohol is dangerous and it can lead people to fight." – Ziyanda Mngomezulu, The Rising Sun Club

"It is a dangerous thing that can promote under-age drinking." – Anele Mtshali, Big Green and Bold Club

**What do you think?**

Do you think the connection between alcohol and sports makes sense? Write and tell us.



# What time is it, Sun?

Long, long ago people did not have watches, but they could tell time. How?

The shadows fall according to where the sun is in the sky. They noticed that the shadows are shortest at midday and longest at sunrise and sunset. These shadows helped people know the time. People built sundials to check the time.



## Make your own sundial

### You need:

- a paper plate or cardboard you have cut a circle from
- a pencil, paper straw, or stick
- tape to secure the pencil
- crayons or markers
- a watch or somewhere you can check time every hour.

### What to do

- Poke a hole at the centre of the paper plate
- Put in the pencil, paper straw, or stick into the hole. Use tape to keep it standing up.
- Put your sundial outside in the morning at a certain hour, and mark where the shadow of the pencil is.
- Watch and mark where the shadow is at different hours during the day.





## Answers to *Puzzel it out* page 12:

### ACROSS

1. dehydration
2. tar
3. no
4. rate
5. water
6. like
7. cool
8. windows
9. headaches
10. art
11. ask
12. take
13. yeah
14. day
15. shade



### DOWN

1. umbrella
2. heatstroke
3. door
4. taxis
5. open
6. sweat
7. die
8. sick
9. jersey
10. at
11. heat
12. sa
13. hat
14. baby

## Answers to *Go shopping* on page 29:

### Unprocessed or minimally processed food

tomato  
mielie on the cob  
strawberry  
fresh spinach  
carrot  
apple  
wheat  
rice  
raw oats  
unsalted nuts  
lentils  
chicken  
pieces of beef  
mopani worms  
breast milk



### Processed food

canned tomatoes  
can of corn  
baked potato  
flour  
cooked rice  
porridge (original)  
strawberry jam  
chicken pieces grilled with a little salt and pepper  
apple juice  
carrot juice



### Ultra-processed food

corn chips, like Fritos, Niknaks  
bread  
breakfast cereals like Coco-pops and fruitloops etc.  
french fries  
carrot cake with icing  
strawberry flavoured energy drinks  
chicken pieces (deep fried)  
fast food beef burger  
baby formula milk  
bottled apple baby food  
polony  
salami



## Answers to *Mayibuye iAfrika* quiz on page 37:

1. Two: Angola and Algeria
2. Purple
3. Six: Namibia, Botswana, Zimbabwe, Mozambique, Eswatini and Lesotho
4. Two: South Africa and Central African Republic
5. Four: Mozambique, Tanzania, Zambia, Zimbabwe
6. Madagascar
7. Pink
8. Algeria
9. The Gambia
10. Eritrea, Ethiopia, Egypt, Eswatini and Equatorial Guinea.
11. Reunion, Mauritius, Madagascar, Cabo Verde.
12. Green





# Places that want to help

## South African Social Security Agency (SASSA)

SASSA manages social grants, including childcare grants.

Hours from Monday to Friday:  
7h30 to 16h00  
Toll free: 0800 601 011

## Childline

Organisation that works to protect children from violence and ensure they enjoy their rights. You can give them a call and they will help you.

Phone: 116  
Website: [www.childline.co.za](http://www.childline.co.za)

## Lifeline

A counselling service

Phone: 0861 322 322 /  
0800-012-322  
Website: [www.lifelinesa.co.za](http://www.lifelinesa.co.za)

## Family and Marriage Society of South Africa (FAMSA)

Helps families who have difficult relationship problems to solve.

Phone: 011 788 4784  
This is for the Johannesburg office. They will help you get in contact with the office closest to you.

## Gender Based Violence helpline

The 24-hour hotline offers counselling for those who have been physically, emotionally, sexually, or financially abused.

Phone: 0800 150 150

## Gender Based Violence Command Centre

The command centre is open 24 hours. It is in Pretoria, Gauteng. It addresses a variety of emergencies such as assault, physical violence, rape, abandonment of children and various other forms of abuse.

Toll free phone: 0800 428 428  
Please Call Me: \*120\*7867#  
Skype: @Helpmegbv  
Sms 'help' to: 31531

## South African Depression and Anxiety Group (SADAG)

Counselling and information about depression and anxiety.

Phone: 0800 567 567  
Website: [www.sadag.org](http://www.sadag.org)

## AIDS helpline

Counselling, information and referrals on all wellbeing issues linked in any way to HIV. Includes advice on safe sex.

Phone: 0800 012 322

## B-Wise Health

A website for young people to provide more information about your health, body changes, sex, relationships, contraceptives, HIV, and other STIs.

Website: <https://www.bwisehealth.com/>  
Social Media: @B WiseHealth  
Emergency numbers for poisoning  
Ambulance 10177  
Any emergency 112  
Then try this:  
Netcare 911 emergency 082 911 (even if you are not on a Netcare health plan)

## Alcoholics Anonymous (AA)

Helps people stop drinking. Also helps the families of alcohol abusers.

Phone: 0861 435 722  
Website:  
<https://www.aasouthafrica.org.za/>

## Substance abuse hotline

For people who are struggling with stopping using drugs, and their families.

Phone: 0800 121 314

## South African National Council on Alcoholism and Drug Dependence (SANCA)

Helps people who are dependent on drugs or alcohol.

Phone: 011 836 2460  
WhatsApp: 063 418 2956  
Website:  
<https://www.sancacentral.org.za/contact-us/>

## HEALA

Organisation that fights for everyone to have access to nutritious affordable food.

Website: [www.heala.org](http://www.heala.org)