

Your 16th edition



**STAYING
SAFE
TAKING
CARE**

Standing up against
gender-based violence

Saying YES saying NO to sex

Breast Care

A poem dedicated to
PHENOMENAL WOMAN

By Maya Angelou, from "And Still I Rise"

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.

I say,
It's in the reach of my arms
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.

I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.
When I try to show them,
They say they still can't see.

I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.

Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.
When you see me passing
It ought to make you proud.
I say,
It's in the click of my heels,
The bend of my hair,
The palm of my hand,
The need of my care,
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.



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Do you have a question?
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Welcome to your magazine!

Hello friends,

In this edition we look at how to stay safe and take care of ourselves.

Did you know that every 17 seconds someone experiences sexual violence?

An important way of staying safe and helping others to stay safe is activism. We speak to well-known activist, Simamkele Dlakavu.

On page 24 we give some ideas for self-care – ways to love and care for yourself as a human being, woman and a member of your community.

Living in a home where there is violence can cause you to suffer emotionally and psychologically. On page 20 we look at getting help for the victim and yourself.

Social media has become a big part of our daily lives. Read about the harsh realities of cyberbullying – something that is very common and can seriously damage people for a long time.

Learning a martial art is not only useful for self-protection, it also builds your confidence. Read about Boipelo who kept her dream alive of pursuing her martial arts until she was able to go to Japan.

I would like to take this opportunity to thank all our Rise members who keep in touch with us. Together we can stay strong.

With lots of love,

Dee
xoxo

Rise against rape

During the 16 Days of Activism, members of the Lethlabile Rise Club in North West Province held a march. They were joined by members of the community, Sisonke Young Women and 101 YW&G.

The march was followed by presentations about gender-based violence to the community. The event was broadcast on SABC news.

Club news



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

A clean tradition

The Ambitious Ladies Rise Club from QwaQwa are cleaning their school yard. They started this cleaning project last year and want to keep it as a tradition. Sekhutlong High, you are lucky to have these young women at your school!



Mamelodi Rise Clubs Rock!

Last year in November the Mamelodi Rise clubs held a big jamboree at Jarateng Shisanyama. Various government services were invited to talk at the event. The Department of Health and the Foundation for Professional Development (FPD) offered HIV-related services. The Exquisite Girls Rise Club performed a drama for the community about the relationship issues faced by young people.

The event was well received by the community. The local Ward Counsellor was also there to show support.

The event was MC'd by our very own Dimakatso Khalo!

Four of the Mamelodi Rise clubs have received training in catering. They were given a chance to use their new skills at various Soul City and Childline events.



The Sisterhood

Rise Club



Sisterhood Rise is a dynamic club based in Mamelodi Extension 12. They meet once a week on the premises of Jarateng Chilling Place.



Environment

In this area of Mamelodi, there are a lot of problems with substance abuse. There are also no churches or parks where young people can meet.

“We live in an environment that is not great for growing up in. Most of us don’t have work. We depend on men to get money to get things so that we can survive.”

– Karabo Phasha, chairperson of the Sisterhood Rise Club

“We are of different ages, we have different backgrounds and we come from different situations – but when we are in the group we do not judge each other. That makes us strong and it makes us love each other. We are like a family.”

– Sibongile Mathlabane

“When I think of sisterhood, I think about unity.”

– Lebohang Mkwala

Leaving school is a difficult time

Sisterhood Rise is a club for out-of-school women. Many people find leaving school very stressful. After being a child for so many years, you suddenly find yourself in the adult world. There is pressure to make money and to find a career. Often there is also pressure to have sex and to have babies.

“This club helps us to talk out about the abuse in our homes and in our community. We have ideas and we help each other.”

– Koketso Hlongwane

“We communicate well. We have rules – the most important rules are commitment and respect. We support each other and look out for jobs for each other.”

– Lina Chabalala

Sisterhood

The name SISTERHOOD has important meanings for the members of this club.

“Sisterhood is a place where you can find a shoulder to cry on and an ear that will listen to you.”

– Karabo Phasha

“When I hear the word Sisterhood I think about people who are trustworthy. Someone who is respectful. Someone who helps you to persevere. If we are united, we can make a difference in our community.”

– Lebohang Mkwala





The hand that gives

Since it started in September 2016, this club has been very busy. Many of the activities are around generating income for the club and its members.

The club approached the owner of Jarateng Chill Place to ask if they could get involved in a car wash there. He liked the idea and let them use water and electricity for free. They are now in partnership with a young man from the community who washes cars.

Another project was to sell old clothes on the pavement. They raised money to help one of their members whose mother was very ill.

Some of the club members also attended training as caterers. This has given them opportunities to do catering for community events.

In the future, Sisterhood Rise Club wants to open a bank account. This money will help them to do more fundraising events.

As the last event for 2016, and to thank the community for their support of the club, the girls handed out apples to people passing by. Everyone was so happy and that made the members very proud of themselves!

Their motto is: The hand that gives is the hand that receives.

“These projects make us feel great. It shows that we are independent.”

– Karabo Phasha

The future

Sisterhood Rise Club has many wonderful plans and ideas for 2017. They have been allocated some land on which they can plant vegetables and they will receive basic training in farming. They also want to establish a traditional dance group that can perform at community events. One of the members has a certificate in child care and they plan to start a night care service where women working night shift can leave their children.

But most importantly this club is hoping to recruit new members who will be committed to building a strong Sisterhood!



Lina



Koketso



Sibongile



Karabo



Princess



Mathapelo



Khensani

“I decided to join Rise because I did not want to sit under a tree. I did my matric in 2013. I did not have money to pursue studies so I stayed at home. I couldn’t find a job. It made me feel like a loser and a failure. The club made me feel better. Now I believe that everything has its own time – there is a purpose for me. It has just not arrived yet.”

– Lina Chabalala (21)

“I have a beautiful 2-year-old child at home. I am the first born and I have no matric and no job. At home I have to be the strong woman of the house. My mother has been very sick and the club members came to pray for her and to support her. I love the Sisterhood because they are supporting me.”

– Koketso Hlongwane (21)

“I am a school drop-out. In 2010 I had a baby boy but he passed away on 11 March 2013. He had something wrong with his lungs. I resigned from work because every time I saw children I was angry. Even now when I see children I don’t like them. I always say I’m fine, but if I was fine I would not have stopped working. I have lost so much. I still have a lot of anger. The Sisterhood understands me. They know my anger.”

– Sibongile Mathlabane (24)

“I grew up in Mamelodi. I passed my matric but not very well. I joined Rise because I don’t have my own sisters. Now I have a lot of sisters.”

– Karabo Phasha (24)

“I come from a stable home. My sister looks after us. I don’t have many friends though. But I like to help the community. Recently Karabo asked me to join Sisterhood. I wish that we could help other girls in this community. The best way to change society is through girls. Girls can keep each other on a good path.”

– Princess Ndinga (24)

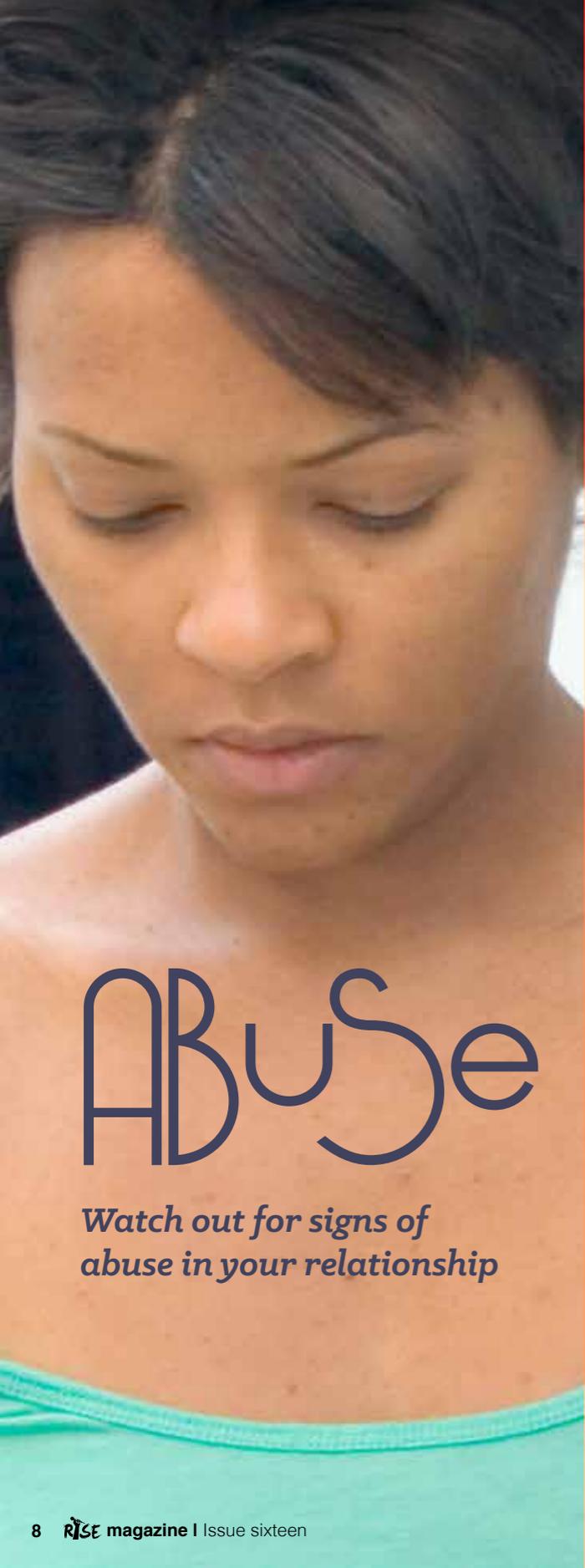
“I grew up in Hammanskraal and when my parents were divorced we had to move to Limpopo. Later I had a baby and I came to Mamelodi because we were told that things are better here. I would love to finish my matric. I would like Rise to support me. Life has been hard. I am looking for opportunities that will help us all.”

– Khensani Baloyi (24)

“I grew up here in Mamelodi. I have a 2-year-old baby. No one is working at home. Sometimes we sleep without food. I stay at home and I do nothing except sleep a lot. This year I want to get up and do my matric. I want to grow towards my dreams. Maybe Rise can give me a job, or keep me busy.”

– Mathapelo Mkhwanazi (21)





ABUSE

Watch out for signs of abuse in your relationship

Emotional

He says horrible things about you. He does this when you're alone, or in front of other people, like your friends and family. He wants you to feel worthless so that he has power over you. You start to look to him for your feeling of worth.

What to do?

No brainer. Why would he treat someone he is supposed to respect so badly? Remove yourself from his life.

Isolate

He tries to control and limit what you do, where you go and who you see. This could include things like saying you can't go out with your friends and family, how he hates that particular friend or family member, or trying to stop you doing something you love, like dancing classes or soccer. This is his way of isolating* you so you become dependent on him. You're giving him more power over you. He's doing this because he's jealous. It's a bad kind of jealous.

What to do?

Well, you can probably answer this question yourself. Do you want to be stopped from seeing your friends, family and doing the things that make you happy?

Sexual abuse

He forces you to have sex even though you say 'no'. This is rape. This includes forcing his penis or any other thing into your mouth, anus or vagina. It is against the law, no matter whether he is your boyfriend or husband. He does not own your body. You do. He might attack other sexual parts of your body. He might try to stop you from using contraception.

What to do?

Report rape. Go to a Thuthuzela Care Centre or other rape survivor support service. It is not a good idea to stay in the relationship. Seek help so you can decide what to do next. To find your nearest Thuthuzela Care Centre (TCC) visit: isssasa.org.za

Intimidate and scare

He tries to make you feel afraid by looking at you in a scary way. Or he does and says things to frighten you. He might destroy something that belongs to you. He might control your access to your cell phone and demand to see who you are in contact with. Or pull out a gun or another weapon.

What to do?

You are in danger! Speak to someone you trust. If you are living with him, make a plan to leave. Remember you cannot change someone else. You are worthy of having a healthy and non-abusive relationship.

Physical abuse

He tries to frighten and/or injure you. He might slap, shove, punch or kick you. He might kick objects around you to frighten and shock you. The abuser wants you to be scared so he can control you.

What to do?

If he's done it once he will probably do it again. Physical abuse is assault and against the law. You can report it and get a protection order from the police. Don't wait around for it to happen again. You can also ask your family, church or friends for help.

Uses his privilege as a man

He treats you as a lesser person. Like a servant or a slave. He always wants to have the last word. He sticks to a traditional male role in treating you as his property.

What to do?

He might or might not change his behaviour. Do you want to wait for months and years to find out? Women and men are equals in the eyes of the law.

Economic abuse

He tries to make you financially dependent on him. He might take your money. He might force you to ask for money whenever you need something.

What to do?

You need to find ways to get out of the situation. Make a plan. Get your own life together to become economically independent.

Relationships have their ups and downs.

But watch out for these signs.

If these are happening to you, get out. It will only get worse.

isolate
ukwehlukanya
arohantsha

If someone loves you they won't do these things.

You deserve happiness!



saying **YES** saying **NO** to sex



Thabo and Puleng have been friends for a while. Recently they have started to like each other a lot. This is the first time that they have gone out on a date.

After lunch, they walk home together. Thabo invites Puleng to come over to his place. His family is out this afternoon.



The conversation is easy and fun. Thabo and Puleng start kissing. He puts his hand under her top. Puleng doesn't feel comfortable with this. She likes Thabo but doesn't want to go very far.



What happens next? What does Puleng do? What does Thabo do? What would you do in this situation?

WHAT IS CONSENT?

To **"consent"** means to agree, to say yes, I want this.

Sex is **"consensual"** when everyone involved agrees to do it.

Many of us grow up with the idea that a "good girl" is polite and doesn't say no. We also grow up with the idea that it is normal for boys to take what they want. Many women feel that their boyfriend's pleasure is more important than theirs. This is not true. Sex should be something that both people want and enjoy – otherwise there should be no sex.

"Until I was 25, most of the times when I had sex I didn't really want to. I didn't know what I liked and I didn't feel much pleasure. I did it because my boyfriends wanted it and to feel close to them. Many times it was because I felt that I couldn't stop once he was excited. Also, I thought this is what you do when you have a boyfriend: you have sex. It made me feel like an adult. But afterwards I usually felt alone, and hurt, like I allowed my body to be used."

In your club, discuss the story of Puleng and Thabo and the questions. What advice would you give the characters?

Here are some common wrong ideas about sex and consent.

X "We're dating so I can have sex with her whenever I want."

Just because you agreed to kiss someone does not mean you agreed to sex.

Just because you had sex the last time does not mean you agree to have it the next time. It depends how you are feeling in the moment. You can change your mind.

X "She was so drunk, she wanted it."

If you are very drunk or on drugs, you are not fully able to give consent.

X "She was flirting with me, she wanted it."

Flirting or dressing sexy does not mean you have agreed to have sex.

Healthy ideas

Consent is about communication, being interested in what the other person wants and caring for their needs.

✓ "I don't want to do anything that she is not comfortable with."

✓ "I asked her if she wanted to have sex and she said yes."

Confusion

Sometimes we are confused about what we want. It is useful to get to know yourself and your body. What do you like and what do you feel safe with?

Sex should be about joy and fun.

Exercise

- Write a letter to yourself about sex. What makes you feel safe about sex? What makes you feel unsafe? Write about what you like, what you don't like, what you want to try.
- Start a conversation with your boyfriend or girlfriend. Ask them how they feel about sex and what they feel comfortable with. Tell them about your feelings and thoughts. It is good to have this conversation before having sex. Use this article to discuss consent.



Sisterhood



• Look at this list of sexual rights. Do you agree with them? Would you add any others?

- I have the right to make my own decisions about being sexual, regardless of what my partner wants.
- I have the right to make my own decisions about birth control and protection, regardless of what my partner wants.
- I have the right to stop sexual activity at any time, including during or just before sex.
- I have the right to tell someone if I am not comfortable with the way they touch or hug me.
- I have the right to masturbate.

Discuss this statement:

"A positive sexual experience is one that is consensual, respectful, and protected. A sexual experience that violates someone's sexual rights is disrespectful and often non-consensual – it may also be unprotected."

Violate	Consent
Tshotlego	Isivumelwano
Hlukumeza	Tumellano

The Activist

Simamkele Dlakavu is a young woman who has already made big waves as an activist.

A loving home

Simamkele spent her childhood and school years in Ezibeleni, a township outside Queenstown in the Eastern Cape.

She comes from a very loving home. One of her early memories was a woman who came to their door. She had been beaten up and left naked by her partner. Simamkele's mother took her in and gave her shelter.

"My mom is the kindest person ever. She made our home a safe place for many people."

High school

In high school Simamkele was very active in her community. She joined a Rotary Interact Club. The aim was to encourage young people to do service and become leaders. They held cake sales to buy school uniforms for those who struggled and visited old age homes.

She was also part of the Junior City Council and in Grade 11 became the Junior Mayor of the Lukhanji Municipality.

In Grade 11 a man from the University of Cape Town visited their school. He persuaded the pupils that it was possible for them to get into a good university.

"He told us to that even if we only have one textbook we need to know that book very well. You have to stop watching *Generations* and tell yourself: I'm in charge of my future and every moment counts."

Simamkele was inspired. She put all her energy into her schoolwork. From being an average student she came fifth in matric in her school.



"I think the importance of doing activist work is precisely because it allows you to give back and to consider yourself not as a single individual who may have achieved whatever, but to be part of an ongoing historical movement."

– Angela Davis

University

At the end of matric Simamkele was accepted into Wits. Here she did a BA in International Relations and Political Studies and an Honours degree in Political Studies. Currently she is completing her Masters.

She continued to do service. She started an NGO to help young people from remote areas get access to university and worked for the DREAMS Programme (Determined, Resilient, Empowered, AIDS-free, Mentored, and Safe women).

She became part of black feminist groups who are fighting gender-based violence and made friends with activists.

Secret

But no one knew that this young woman was carrying a secret. In her first year at university she was raped by a man she knew well. She did not want to tell anyone because she knew her mother would force her to come back home to Queenstown.

Protests

In 2015 a group of young women at the University of Rhodes published a list of people who had raped them. This gave Simamkele the courage to reveal in public what had been done to her.

In 2016 Simamkele was part of a silent protest during a speech given by President Jacob Zuma at the ICC. Simamkele and three other women stood in front of the president, holding up posters that reminded people of his rape trial, 10 years before.

"There are many different types of protests. Sometimes it is powerful to be silent – it shows how women are being silenced by powerful men. Sometimes you need to be loud. You need to shout, swear or bang on empty pots. Protest is a type of language."

Self care

Being an activist is hard work. Often activists are so concerned with the cause that they forget to look after themselves. Simamkele feels that if you want to change the world it is important to look after yourself as well.

"Self care is a courageous and revolutionary act. Society does not care for us – so loving yourself is a form of resistance."

When she is exhausted Simamkele takes care of herself by being alone. She switches off her phone, reads, listens to Beyoncé and drinks cream soda.

She also calls her mom.

"I love my mom so much. Last year I was going through a hard time and my mom reminded me of all the things that I have achieved and all the things I am still going to do. And then she prayed for me."

Sisterhood

While activism helps women to heal and become strong, it can also be frightening and dangerous. Simamkele believes that sisterhood gives you courage.

"Standing in protest together is a form of sisterhood. After being raped I got back my strength, the shame was lifted off of me, because of sisterhood. Because young women mobilised and gave a message that affirmed me."

Simamkele's advice to Rise clubs:

"Nurture your Rise clubs. Make sure that they grow. Sisterhood can help you through difficult times. Treasure the women around you, share your values and goals and work towards something together."

Pictures by Zahra Haider



Standing up against gender-based violence

SILENCE = VIOLENCE



Every year in December, South Africa is part of the 16 Days of Activism for No Violence Against Women and Children campaign.

Picture: Gugulethu Mkwana and Chantal Makgato protesting against gender-based violence at Wits University, 2016

Why do we need activism in South Africa?

It is estimated that in South Africa, someone is raped or sexually abused every 17 seconds. Over 13 000 of these people are children. Many women and children do not feel safe. More needs to be done in order for them to be protected.

Activism:
Actions taken to bring social and political change. Includes protests, awareness campaigns and petitions.

To break the silence

Many women and children do not and cannot report when they have been raped or abused. This is because they are too afraid. Sometimes they are blamed for what happened to them. They may also not be believed or taken seriously. As a result the abuser can continue to abuse or rape other people.

To raise awareness of abuse

Awareness helps communities to understand rape and abuse and how it affects women. They can then support women better.

To change power relationships

Men and boys are often brought up to believe that they have rights over women. They need to be challenged about their ideas about the power they have over women and children. Women need to become aware of their rights and strengths.

To support the victims

For many victims, talking about what has happened to them can be very traumatic. Some organisations give information about the rights of victims. Others support victims by giving them a safe place to stay.

Some well-known activist organisations

There are many organisations that have responded to gender-based violence in this country.

TEARS Foundation

TEARS Foundation supports women, men and children who have been abused, raped and sexually assaulted. They help people access crisis intervention, advocacy, counselling and prevention education.

Website: www.tears.co.za
Helpline: *134*7355#

Sonke Gender Justice

Sonke Gender Justice support women and children's rights. It also works with other organisations to create laws that will support women and children better.

Website: www.genderjustice.org.za
Tel: 011 339 3589

NISAA Institute for the Development of Women

NISAA is a group of women committed to ending violence against women and children. They provide counselling services, shelter, training, awareness and advocacy campaigns.

Website: www.nisaa.org.za
Tel: 011 854 5804/5

1 in 9 campaign

The 1 in 9 Campaign was established to support Fezeka Kuzwayo who took President Jacob Zuma to court for raping her. (He was acquitted of the charges.) Since the trial, the organisation has supported rape survivors through workshops and a feminist winter school programme.

Website: oneinnine.org.za
Tel: 011 024 5185 or 011 614 7001

How do we stay safe?

RISE Magazine asked Rise club members from Mamelodi what makes them feel unsafe and how they protect themselves.

Lorraine Mathebula (23)

Not having money makes me feel unsafe. I have a son to look after. There is the temptation of sleeping with men so that I can get money to buy things and look good, like other girls. I struggle because when I go out looking for a job there is no one to look after my son. I tell myself that there is no man who can make me successful in life, I have to do this myself. Being in a Rise club helps me to stay safe because I feel held. It makes me feel that I am not the only one in a difficult situation.



Phindile Mokwena (19)

When I'm angry and emotional then I feel unsafe because I lose control. When someone teases me I get angry. So I just stay in my room and try to avoid the situation. I play with my baby and study.



Nolwasi Mnisi (20)

I don't feel safe when males ask me personal questions like: Where do you stay? What is your number? I have learnt that people are not innocent when they ask such questions. I can see when someone is not really interested in me. You just have to stay away from people you don't trust. When they ask personal questions, you don't have to be honest – just protect yourself. I try to talk to men, tell them to respect women, and treat them how they would like to be treated.



Khayakazi Msimang (26)

I feel unsafe living in a place where there are a lot of drunkards and people fighting. I keep myself safe by not drinking. I also choose my friends very carefully. I stay indoors most of the time.



Lerato Mokwena (19)

When a guy proposes to me and I say I no, I am often afraid that he will slap me. I keep myself safe by staying at home and watching TV. I am a good judge of people and I trust my heart – my heart will never lead me astray.



Fikile Mokoena (21)

I feel unsafe when people shout at me or are angry at me. I like to be at home and at church, I feel safe there. My pastor and his wife are very good people. I try to make people happy and I also love to express myself through my clothes.



Ntosaki Malau (20)

I can handle many situations and I can try to stay away from unsafe places – but I worry about diseases and sicknesses. You have no control over that. I love doing research about health issues. When I don't feel well I go to the doctor and read up on medication. I get concerned when people don't look after their bodies. Knowledge is power. I look after my body very well.



Lerato Monyoko (25)

I am quite shy so I have always been scared to talk. Rise has helped to build my self-esteem. It makes me feel safer. It has given me more courage. I am also better at communication. If people don't know what you feel then they can do what they want to you.



Protecting myself from shame

“No one wants to hang out with Lerato. She always has chores to do and has to look after her siblings. They call her a loser, a goody two shoes. Sometimes her classmates laugh at her. No one wants to do group activities with her at school. They say she is boring, she never has money, never has nice clothes. She does not even have a nice phone. Some of her peers make fun of her on Facebook.”

What do these two stories have in common? Lerato and Khanya are both made to feel shame for who they are.

Why do you think they are being shamed? How does shaming benefit the people who shame?



Read this article together.

- Share experiences you have had with being shamed or bullied. (If you cannot think of any maybe share the experiences of people you know.) What happened? How did the event make you feel? What did you do? How do you feel when talking about it today?
- How can you protect each other from bullying and shaming?
- How can you ensure that there is no bullying or shaming happening in your club?

“Khanya really liked Themba. He was nice, loving and sweet. She decided that he would be her first, so she agreed to have sex with him. At school the next day, Themba’s friend said to her, ‘You are so sexy. I would love to spend time with you.’ Then he laughed at her. Khanya was shocked. She spoke to Themba. He admitted that his friend had fiddled with his phone and found some of her sexy photos. She wondered whether that was the full story. She felt confused and ashamed.”

Shaming and bullying

Shaming people is a form of bullying. It is about being mean and treating someone badly again and again. It is when someone or a group of people take power away from another person. They aim to make the other person feel small, not important, invisible, uncomfortable.

Here are some of the different forms of shaming and bullying:

- Spreading rumours.
- Gossiping or sharing private information about another person without their permission.
- Embarrassing someone or making them feel uncomfortable.
- Making funny faces, weird noises, hand gestures, laughing, playing with their stuff.
- Pulling hair, pinching, pushing, tripping, hitting.

Cyber bullying

For many of us, our cell phones or tablets are the centre of our universe. They keep us connected and entertained and they are sources of information. But there is also a darker side to the internet, and especially social media.

Cyber bullying is when people harass others online just for fun. It makes them feel better about themselves. They often do this bullying anonymously. They say awful things that they would not say if they were face to face with that person.

Trolling

Trolling is when someone starts a fight on social media, or writes negative posts that really upset others. People do this to get attention.

The effects of shaming and bullying

- Shaming and bullying are harmful.
- It can cause people to feel lonely.
- Some people become depressed and have suicidal feelings.
- It can affect schooling and performance.
- It can also affect a person’s sleep and general health.



What to do if you are feeling shamed or bullied

1. Speak out!

Silence gives more power to the bully. It helps to be able to say out loud what is happening to you: *This person is bullying me/making me feel ashamed of who I am.*

Tell someone what is happening to you. Choose an elder or a relative who will not shame or judge you some more.

2. Take back your power!

Think about why the person is bullying you. How are they benefitting from being mean to you? Are they jealous or insecure? Do they want to have power over you?

Sometimes it helps to stand up for yourself. At other times, it helps to walk away and make new friends. Involve yourself in activities that build your self-esteem. Join a club, write some poetry or do sport.

3. Remember that you are not alone!

It is important to know that you are not alone. If you are bullied or shamed it does not mean that you are weak. Many successful and famous people have spoken out about having been bullied. These include Bonang Matheba, Trevor Noah, Hip Hop Pansula and Rihanna.

4. Get support!

If your usual support network is not enough, contact these organisations:

SADAG (South African Depression and Anxiety Group): 24-hour Helpline 0800 12 13 14 or SMS 31393 (they will call you back)

Lifeline: 0861 322 322

Help! There's violence at home



Living in a home where there is a lot of arguing, shouting and violence can have a big impact on you. Even if you are not physically harmed, you can suffer emotional and psychological harm. It can make you feel angry, guilty, insecure, frightened and powerless. Worry, disturbed sleep and lack of concentration can also affect your work.

Feeling lonely

Many people believe that domestic violence is a private matter, and it has to be dealt with behind closed doors.

Violence in the home can make you feel very lonely. You may feel that you can't invite your friends over. Or you may feel

guilty and think that it is somehow your fault, or that you should be able to stop the violence and abuse. Some people even feel that they need to stay at home to protect their parent or siblings from an abuser.

Remember!

The first thing to remember is that you are not responsible for the abuse. The person who is committing the violence is responsible – no one else.

Find help! Stay safe!

It can be very upsetting if a person you care about is being hurt. Your first instinct may be to try to protect them. This can be dangerous for both of you. It does not mean you should ignore what is going on.

You can help them by finding out where the person being abused can go to get help.

Keep a spare set of keys with the neighbours in case of an emergency. Also keep copies of important documents in a safe place with a friend or neighbour so they can be accessed quickly.

Find a safe place that you can go to if you feel threatened. In an emergency, call for help from the police, or go to a neighbour, a relative or someone you trust.

Speak out

Talk to someone. It is good to share your feelings with a friend, but it is also important to talk to an adult you trust. This can be a teacher, a family member, or the parent of a friend.

Write down how you feel. Recognising how the domestic violence affects you can stop you from burying your feelings. Burying your feelings can lead to depression and anger. When you feel things like fear, anxiety, anger or resentment, try to recognise these feelings. Writing them down can help you in this process.

Giving emotional support to someone who is being abused

Remember: it isn't your responsibility to protect your parent/carer who is being abused. However, talking about it is useful. The person may not realise that what is happening is abuse. Even if they do, they might not want to tell anyone because they're scared or ashamed.

Try to be direct. You can say something like: "I'm worried about you because ..." or "I'm concerned about your safety because ..." Your concerns can help the person to feel supported.

Don't assume that the person will be able to make any changes immediately. An abused person often faces huge obstacles. They might have nowhere to go, no money and no one to support them.

Even if you feel frustrated that a woman stays with the man who is abusing her, do not judge her. Don't tell her to leave or criticise her for staying.

Leaving takes a lot of strength and courage.

Bophelo Mtekuza grew up in Soweto in a happy and loving home. Her parents saved all their money to give their children a good education.

Every day they made the one-hour trip to drop their children at the smart ex-Model C school in the suburbs. It was here that she noticed that her family was much poorer than her classmates' families. She noticed that her clothes weren't as nice as the other girls' clothes. This made her feel shy and embarrassed.

Her father could only fetch her from school after work. So little Bophelo had to sit at school in the afternoon and wait for him.

One day her mother saw a pamphlet for afternoon karate classes. Bophelo knew that her parents were struggling with money so she said she didn't want to go.

But her mother insisted: "Don't let money come between you and your dreams."

Teased for being different

So Bophelo started taking classes. She noticed that she was the only black female in her karate school. When she came home to Soweto in her karate outfit and practised in her backyard some people laughed. "Why don't you do a girls' sport like netball?" they said. And the boys wanted to fight with her to test her.

Kind teacher

Her karate teacher, Shihan Jardine, was a very kind man. He encouraged her to persevere, and he also taught her that karate can make you a better person.

"Karate helped me look at my life differently. It teaches you to walk away from fights. And if this is not possible it teaches you to stand up for yourself."

Bophelo carried on practising karate right through high school. In matric, this shy young woman became a prefect and chairperson of the social club. Karate had given her a lot of confidence.

The martial artist

University

After matric Bophelo went to study at the University of Johannesburg. She had to stop karate for a while because she could not afford it. She completed a BCom Honours degree in Economics.

As soon as she got her first job she joined karate classes again – this time as an adult.

When dreams come true

In 2010, Bophelo's dream came true. She was asked if she wanted to join a tour to Japan to practise Karate there. At first she thought she wouldn't be able to afford it. Then she decided just to go. Her family helped her with the money.

It was the first time that she had left South Africa.

On the aeroplane she kept wondering,

"How did I, a young black girl from Soweto, get to fly to Japan?"

It was very exciting. Everything was new. She was the only black person there and it made her feel very special.

"You realise there is a much bigger world out there. I saw how the Japanese push their bodies. They live and breathe karate. They made us feel so much at home. I am tall and had dreadlocks and everyone wanted to know if I was from a rich family. They thought I was related to Beyoncé."

The trip has opened her world. She has been back to Japan again and she has also visited England.



"Often we dream only of things we know. Today I feel that I can do anything in the world!"

Working in a male-dominated world

Currently Bophelo is doing a Masters degree in Economics and working in the mining industry. In this male-dominated world things are not always easy for a young black woman.

"Often the men treat me like a secretary. They make me write minutes. They don't really want to hear what I have to say. I have had to fight and it is hard. I am very scared sometimes when I have to stand up."

But the years of doing karate have helped her in this difficult situation.

"Martial art is not just a tool for self-defence. It creates a bond between people. It teaches relationship and respect. Fighting with men has helped me to get to know men and to be relaxed about their big egos. It taught me to know my own strengths and weaknesses."



WHAT IS KARATE?

Karate is a martial art that involves kicking and punching. It was started a long time ago in Japan. Today it is recognised as a sport.

WHAT ARE MARTIAL ARTS?

Martial arts are forms of sport that involve fighting and self-defence.

The benefits of doing martial arts are:

- Self defence
- Fitness
- Competition
- Creative expression
- Character development

There are many forms of martial arts. They include karate, kung fu, judo, kickboxing, wrestling and tai chi.

Stick fighting is a traditional South African martial art. Many boys in rural areas grow up learning this.

HOW TO FIND A MARTIAL ARTS SCHOOL

There are a lot of dojos or martial arts schools all over South Africa. Often you can find schools at local community centres.

Find a teacher who is respectful and disciplined.

Taking care of myself

Write a letter to yourself

Writing can be a friend, a way of listening to ourselves. It can be a safe place to hold our feelings. Get a pen and paper and find a comfortable place where you can be alone.

Address the letter to yourself, starting with "My dear...."

Start with the first thing that comes into your mind and follow with whatever comes next. Keep your hand moving, and write as much as you can without stopping. Write just the way you talk.

You can write about your hopes for this year and for your life.

Keep the letter and read it again at another time.



Look after your body

Try to eat fresh healthy foods like fruit and vegetable. Drink lots of water.

Get regular exercise. Exercise can improve your mood, increase your energy, and build self-esteem. Go for a walk or a run. Do some stretching. Join a team.

Breathe deeply.

Do things for your spirit

- Spend time in nature: sit somewhere quietly and watch the sun set. Close your eyes and listen to the birds.
- Listen to some soothing music.
- Light a candle.
- Stay away from social media for a bit.
- Tidy up your cupboard and your room – it can help you calm down.
- Write down five things you are grateful for.
- Pray or meditate



"In many societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions: When did you stop dancing? When did you stop singing? When did you stop being excited by stories? When did you stop finding comfort in silence?"

Meditation

Try this short meditation on your own or choose a member of your club who will read the instructions.

1. Find a quiet place away from people. Sit comfortably with your back straight. Close your eyes.
2. Scan your body. How does it feel? Be aware of any tension. Notice the temperature. Notice any tightness. Notice any pleasant feelings. Notice any unpleasant feelings. Just be with your body.
3. Breathe through your nose into your stomach. Count 1 – 2 – 3 – 4 Breathe out of your nose again. Count 1 – 2 – 3 – 4 - 5 (repeat five times) Now breathe normally.
4. For 10 minutes, still with your eyes closed, listen to your breath. Feel it coming in and out of your nose. (let group know when five minutes have passed, let group know when ten minutes have passed)
5. We are now going to say thank you to our bodies for supporting us: (read slowly so that everyone can take their imagination to each part of their body)
 - Thank you feet for carrying me.*
 - Thank you legs for holding me upright.*
 - Thank you tummy for receiving food and for feeding the rest of my body.*
 - Thank you heart for beating.*
 - Thank you arms for helping me carry and hold.*
 - Thank you hands for helping me to work and touch other people.*
 - Thank you head for making me clever.*
 - Thank you ears for letting me hear.*
 - Thank you mouth for letting me taste.*
 - Thank you nose for letting me smell.*
 - Thank you eyes for letting me see the people I love and to enjoy this beautiful world.*
6. Now open your eyes and look at what is around you. Wiggle your toes and fingers and stretch your back.
7. Get up and show the people around you that you are grateful to them for being with you.

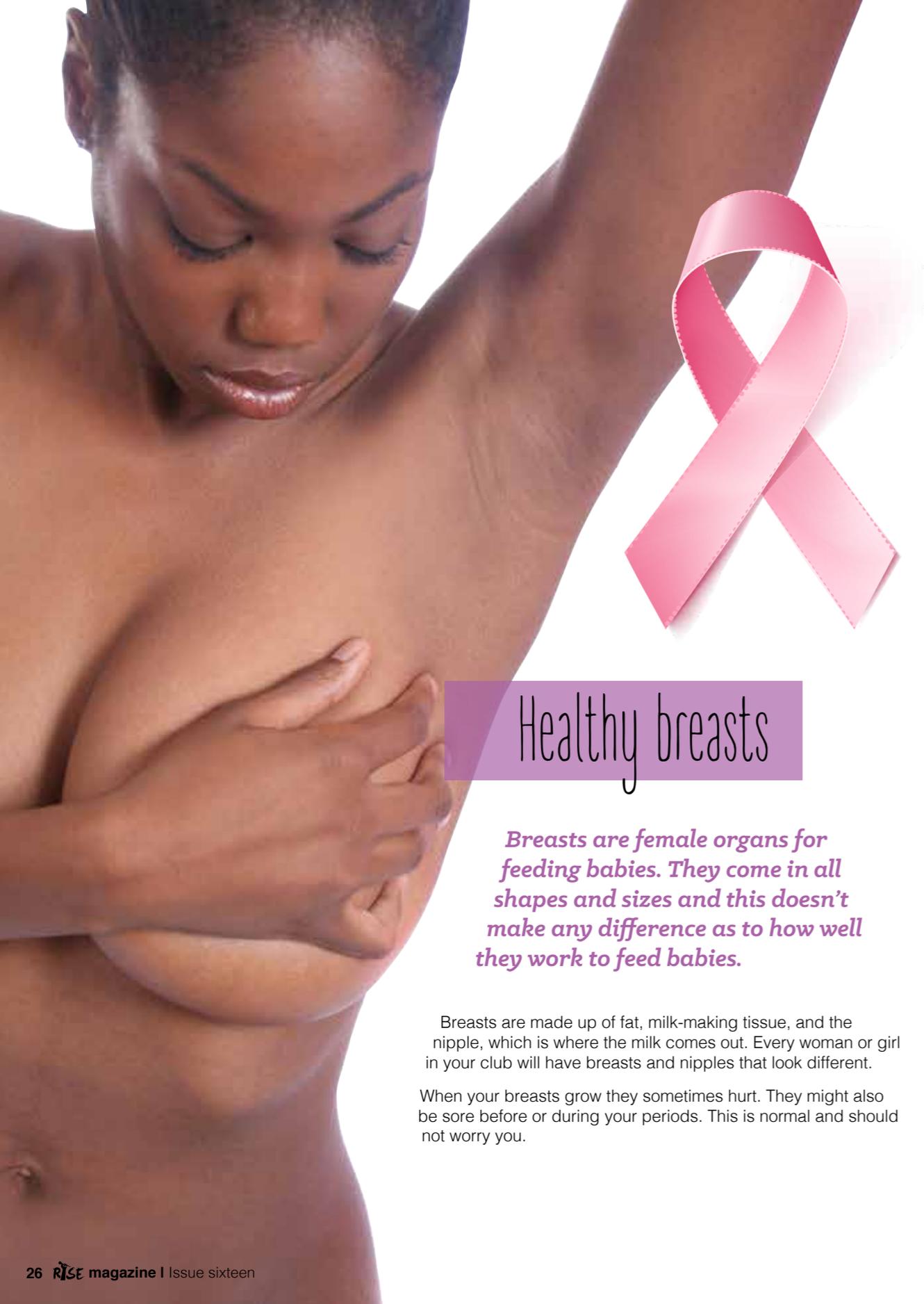
Meditation is when you quiet down your mind and relax

The Dream Keeper

Bring me all of your dreams,
You dreamer,
Bring me all your
Heart melodies
That I may wrap them
In a blue cloud-cloth
Away from the too-rough fingers
Of the world.

Langston Hughes





Healthy breasts

Breasts are female organs for feeding babies. They come in all shapes and sizes and this doesn't make any difference as to how well they work to feed babies.

Breasts are made up of fat, milk-making tissue, and the nipple, which is where the milk comes out. Every woman or girl in your club will have breasts and nipples that look different.

When your breasts grow they sometimes hurt. They might also be sore before or during your periods. This is normal and should not worry you.

What is breast cancer?

Breast cancer is a growth that develops in a person's breast. Your body is made up of millions of cells. Every day these cells divide and make new cells. Sometimes the cells become damaged (for example by smoking tobacco) and they multiply too much. This makes a growth that can spread to other parts of the body. This is called cancer.

Cancer can start in any part of the body but is most common in the lungs, the breasts, the cervix (in women), and the prostate (in men).



Examine your breasts once a month

Every month just after you have finished your period, place your flat hand on your breast and move it all around. Feel for any lumps. Also feel your armpit with your other arm up.

If you find a lump in your breast go to the clinic to have it checked.

If the skin around your breast is itchy, scaly or dry, it could be that you have sensitive skin. Try changing the bath soap, washing powder or lotion you use.

A hot, sore lump is not uncommon during the early days of breastfeeding. It needs attention but it is not cancer.



Breastfeed your baby

Breastfeeding is the best food for a baby. It also seems to keep your breasts healthier for longer.



How do I know if I have breast cancer?

You can't tell by feeling if you have breast cancer. The main signs of breast cancer are abnormal lumps or bleeding or discharge from the nipple (when you aren't breastfeeding).



Having a mammogram

A mammogram is an x-ray of your breast. It can show if you have cancer. After the age of 40, you should have regular mammograms to check for cancer.

Ask the experts



The experts answer your health and relationship questions. Send us your questions.



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



@soulcity_sa
@RiseTalkShow

Dear Sis Lebo,

I love your TV show. I am 21 years old and am HIV positive. I have 3 children and I didn't finish my schooling. Now I feel like I have lost my direction. Please help me to find my way. I want to go back to school next year and I need someone to talk to.

Rose

Back to school

Dear Rose,

Thank you for watching *Rise* on TV. Technical and Vocational Education and Training (TVET) colleges are a really good place to start if you want to finish your education. Find out which ones are in your area and what courses they offer. Find out what are the requirements and apply to those that are suitable.

Keep strong and good luck!

Sis Lebo

Dear Sis Lebo,

My friend says she wants to lose her virginity. Is this a good thing or a bad thing?

Confused

Dear Confused

Sex is normal. Everyone can decide when and with whom they want to have sex. The most important thing is to have sex when you want to and when you have all the information you need to be safe. This includes knowing how to prevent pregnancy and sexually transmitted illnesses such as STIs and HIV. It means using condoms each time you have sex. It also means making sure that you are not having sex with someone because you are afraid to lose them or because they are threatening you.

Having sex must be what you want to do for yourself.

All the best!

Sis Lebo

When to have sex



Dear Sis Lebo

I'm a 19-year-old girl from the rural areas. Last year I did my matric and passed really well. Now I am expecting a baby. I live with my parents and other family members and we depend on the social grant. I am unemployed and so is the father of my baby. I wanted to have an abortion but it was too late. Ever since I found this out I have been crying. I don't have money to buy things for my baby and I feel like my life has ended. Sometimes I hate this unborn baby because I feel like if it wasn't for it I wouldn't be in this desperate position. At times I wish I could just die or leave this baby at the hospital after giving birth. The thought of having someone depending on me really breaks my heart because I can't even take care of myself.

I don't know if I'll ever be able to love this baby.

Please help.
Desperate from Limpopo

Not ready for a baby

Dear Desperate,

I am so sorry to hear about your dilemma. The decisions that you face are not easy. Raising a baby is a huge responsibility and it is normal to feel overwhelmed and afraid.

To make a good decision for yourself and for the child it is important that you take care of your feelings. To do this I suggest you talk about your options with a professional, like a social worker or an adult you trust.

Apart from termination of pregnancy, adoption is an option. Please find out about it in your area. It will be better than abandoning the child. It is not an easy process but it is the responsible manner of giving up a baby.

Please also talk to your relatives and the father's relatives. Can they help you with the baby and with finding a job?

Good luck,

Sis Lebo

Things to try when you are feeling overwhelmed:

Go for a walk and breathe deeply.

Talk to someone you know who will not judge you/ who is able to calm you down.

Set daily goals that are easy to achieve. For example: Today I am going to find out / talk to ...

Sisterhood Rise

based in Mamelodi, Gauteng

#sisterhoodriseclub

