



RISE

YOUNG WOMEN'S CLUBS

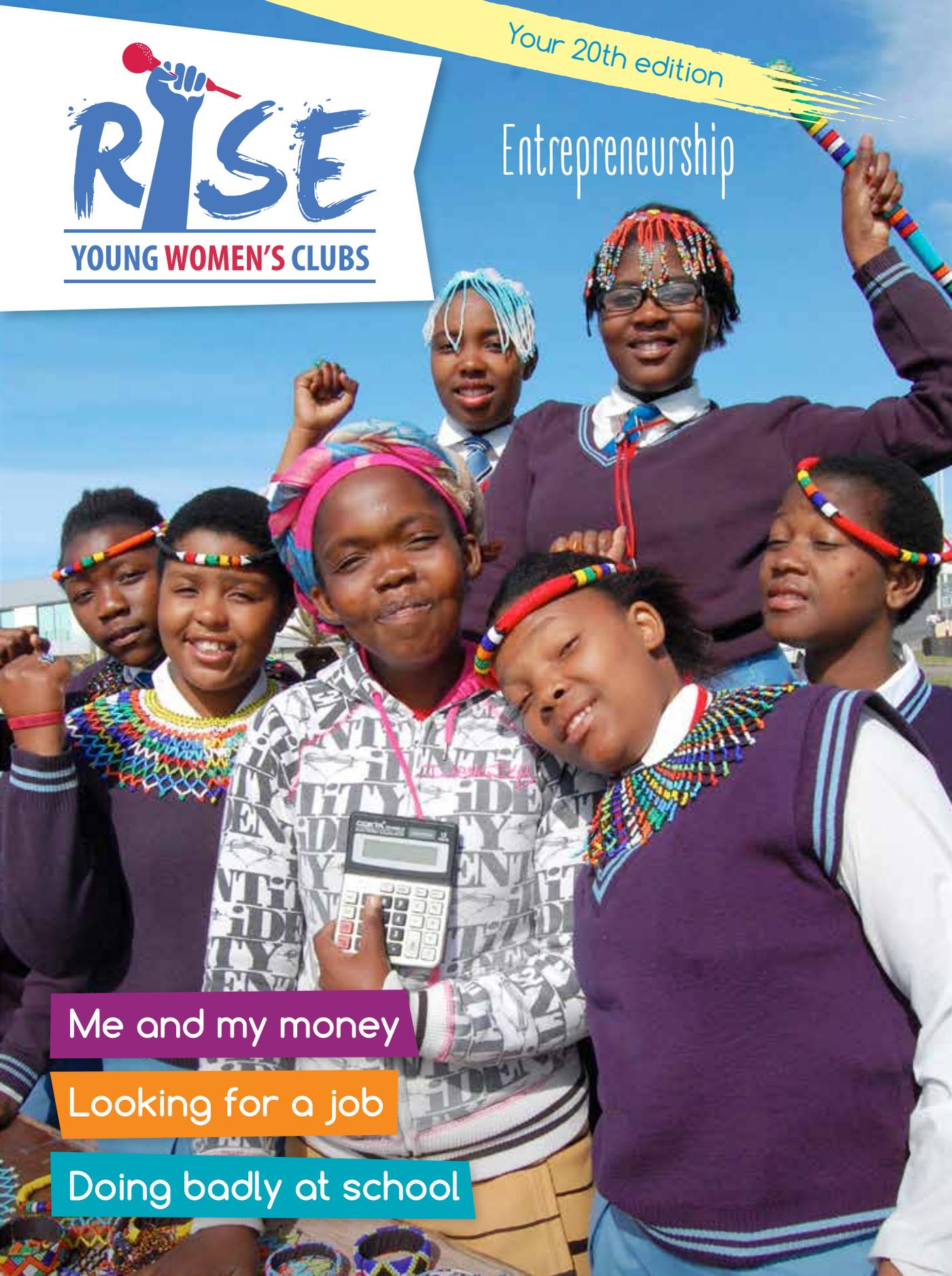
Your 20th edition

Entrepreneurship

Me and my money

Looking for a job

Doing badly at school



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

Welcome to your magazine!

Hello 2018! Hello new beginnings!

South Africa has about 10 million young people living in it. Of these, about 30% are unemployed! It is time for us to look at entrepreneurship. Entrepreneurship is when we take the risk of starting our own business.

We asked some of the Rise members for their ideas and offer you the opportunity to win a R1000 voucher for your ideas. On pages 8 and 9 we give you some steps to start your own entrepreneurship journey.

On pages 10 and 11 we ask some entrepreneurs to give us tips and ideas.

Money can cause a lot of stress and heartache. We are always trying to stretch it. In the Money Matters article on page 14, we explore our relationship with money. We also look at how we can save money, even if we don't have much.

For those of you who are at school, we give some study hints and tips. On page 18 we also offer advice to those looking for a job.

Women are taking back the power in their relationships. On page 24, read about the challenges and techniques on how to navigate condom-use.

As usual, we close with the Agony Aunt section. Remember to send a WhatsApp on 081 017 8769 for advice and guidance.

Till next time

Dee
 xoxxo



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

The Rise Business Idea Competition



Are you and your friends entrepreneurs?
 Do you have a business idea?

You and your club can win R1 000 towards your dream!

Closing date 28 March 2018



Get together with your friends from Rise and brainstorm ideas for a business that you could start in your area.

We are looking for:

- Fresh, interesting and creative ideas
- A good practical plan with lots of details of how you are going to do it.

Write down your idea and send it to us. Please include:

- The names and contact details of the Rise members who will be involved.
- The resources you need/ set-up costs/ costs for stock or operational costs

You can submit via the Rise App, email or hand deliver to your fieldworker.

Here are some ideas to help you think creatively. Read pages 8 to 13 for more.

Category	Examples	Suitable for a person who likes to:
Agriculture/gardening	Grow vegetables and flowers, gardening and landscaping service, bee-keeping	Work with nature, be outdoors, work with their body
Tourism	Offer tours of your area	Work with people, show people around, know about the history and culture of their area
Health/beauty/make-up	Open an informal hair salon, beauty salon, do make-up for parties and weddings, start a fitness club	Work with people and make them look beautiful, work with their hands, make people feel beautiful and healthy
Fashion/sewing/crafts	Make pottery, beadwork, clothes or knitting	Work with their hands, be creative
Hospitality/catering/event planning	Offer overnight stays at your home with traditional food, sell food, coffee or interesting sweets	Make people feel comfortable, make food, be practical and organised
Information technology and secretarial	Start an internet café, type letters, help people write CVs	Work on a computer
Care work	Start a day care centre, look after children, sick or old people, organise homework groups for children, offer extra lessons to children	Work with people, make people feel comfortable, work with children

Terms & conditions

1. This Rise Business Idea Competition ("Competition") is organised and conducted by The Soul City Institute for Social Justice.
2. Entries received after the closing date will not be accepted.
3. Participants must be part of a Rise Young Women's Club.
4. Participating Rise clubs must have attended at least 6 club meetings in the last six months.
5. Participants may not enter or receive a prize if they are directors, members, partners, employees, agents of or consultants of the Soul City Institute for Social Justice.
6. No responsibility will be accepted for any entry that is not delivered, received or is delayed or damaged due to technical reasons.
7. The prize will be in the form of a voucher which can be redeemed at any bank.

Gauteng Provincial Congress

On a hot weekend in October, about 60 Rise members from all over Gauteng gathered at a lodge in Pretoria for a leadership camp. The highlight was a career jamboree on Saturday afternoon.

The afternoon ended with a lovely swim!



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



Eastern Cape Provincial Congress

The Eastern Cape Rise clubs held their leadership congress on the beautiful East London Esplanade. The focus was on leadership and communication skills. On Heritage Day, they celebrated the heritage of their area and other parts of the country, with songs and traditional dress.

Gender-based violence prevention Meeting the experts

10 Rise members from Mamelodi attended a 5-day meeting about gender-based violence in Johannesburg. Experts from all over the world also attended the conference. They met to discuss different strategies to prevent violence against women and children. One of the key speakers was Phumzile Mlambo-Ngcuka, who used to be South Africa's deputy president. Soul City's own Lebo Ramafoko and Thoko Budhaza led some of the sessions.

Karabo Mulelo, a member of Ladie Young Women's Rise Club, told the audience about her experience of being repeatedly beaten by her parents when she was young. (See page 22 for her story.)

The Rise members felt it was important to attend such meetings as they get information about initiatives and meet interesting people.



Rising Star



Andisiwe Momoyi (19) is from Eliotdale in the Eastern Cape. She has been with the Gqubuzeni Young Women's Club since 2015.

Since joining Rise, Andisiwe has realised that she loves performing and public speaking. She sings and gives motivational talks at her school and in her community.

This multitasking young woman also writes dialogues, dramas and poetry. She gets her friends to perform them with her. One day she would like to publish a book.

Andisiwe says, "I write mostly when I am unhappy about something."

When she leaves school, Andisiwe wants to become a water environmentalist.



The Promote Sisterhood Rise Club in Pankop, is sad to announce that one of their members died in a car crash. Reneilwe Baloyi, was a vibrant young woman who was looking forward to a bright future! Rest in peace, our sister!

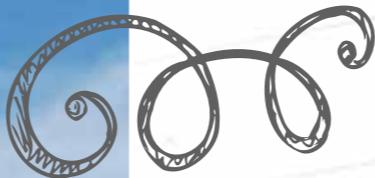
The Young Stars

Rise club

Leading through love



The Young Stars Rise Club has been going strong since 2015. These young women are from Tanga Senior Secondary in Butterworth in the Eastern Cape. They feel that the secret to their success is the love and support they give each other!



Life in Butterworth for the Young Stars

Things are not too bad in Butterworth. The community is led by a chief who is kind and fair. He is also respectful to women. Most of their parents have jobs. Some work as domestic workers, caretakers or cooks. Some Rise members have fathers who work on the mines in Gauteng.

But most of the members dream of leaving Butterworth one day so that they can make something of their life.

“Before we can come back and put something into our community, we need to move away from Butterworth to build ourselves.”

Alcohol abuse in the community

What club members do not like about their community is the violence that is caused by alcohol and substance abuse.

A lot of alcohol is offered at traditional ceremonies. Men start to fight with each other. This makes it difficult for the women to enjoy themselves because they have to go home early.

The young women also say that they do not feel proud of the many taverns and shebeens. Some of the boys at their school smoke dagga and this makes the girls feel uncomfortable.



Sisterhood

What do you think this club could do to improve the situation around drinking in their community?

They could start an alcohol awareness campaign. They could involve the community, the chief and other leaders, the tavern owners and the community policing forum.

How can clubs make the environment safer for both drinkers and non drinkers?

Ask your Soul City fieldworker for the Phuza Wise pamphlet: Drink Safe, Live Safe!

Did you know:

- It is illegal to serve alcohol to anyone under the age of 18.
- The law does not allow any taverns or shebeens within 1 kilometer of any school.

Leaders in the community

But the Young Stars also stand up as leaders in their community!

Last year they held an anti-rape campaign. Since then the problem has been reduced in their community. They were also part of an HIV awareness campaign. This has helped the whole community speak more openly about sex.

They talk to the junior learners at their school about sex. These learners ask a lot of questions, which makes the club members think hard and look for more information.

The Young Stars are known for taking action. When these young women noticed that the toilets at their school were dirty, they decided to clean them. Afterwards the principal was motivated to buy cleaning materials for their toilets.

Lifting each other up

Not only do the Young Stars give to the community, they also support each other. Some live with their grannies and feel that it is important that they can talk to each other about issues such as sex.

Since joining Rise, members have also been doing better at school. This is the result of the 2 study groups they have formed.

Secret to their success

The Young Stars say that the secret to their success is that they have a lot of love for each other. There is a strong bond. When there is conflict they get together and discuss it. They do not keep quiet about it.

“We are very honest with each other. When someone is doing wrong, we tell them. This makes us trust each other.”

There are some very strong personalities in the club. But the club makes sure that everyone speaks out. Each member gets an opportunity to present to the group. This has built everybody's confidence.

Hopes for the future

The girls hope that in the future each one of them is going to reach their goals. They would like more women to join clubs like Rise.

“We want to save lives so that young people don't do things that are bad for them.”



I am a go-getter. I want to live life to the fullest. I do have scars from the past but the club has built my confidence. My mother also gives me strength. She is a single parent. She has 5 children. We live in a 2-roomed flat. She has survived so many difficulties. That keeps me going. – Celiwe Mfaba (17)

I love to talk, and I smile a lot. And I got that from my family. They love to sing. My family is nice. We tell each other jokes. I used to have bad friends who gossiped about others. When I joined Rise I was looking for sisters who could tell me whether I am on the right path. – Mdeni Zizipho (16)

I am a quiet person. Before I joined Rise I was feeling alone. I did not have friends. Now I have a lot. – Josela Libela (17)

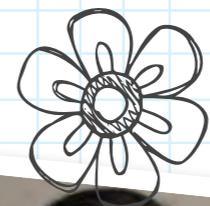
My mother passed away when I was young. Then my father also passed away. I moved in with my auntie. You can't get the same love from your auntie as from your biological mother. I decided to join the sisters so that I can get love. – Ntombozuko Mbombo (17)

When I joined the club, I was doing drugs. I had no purpose in life. I was hanging out with the wrong people. Our mentor, Sis Dolly, showed me that drugs can ruin my life. Drugs killed my father, so I do not want to repeat that. – Aphelele Mziyathi (17)

The club members have done a lot for me. They helped me through difficult times. I lost one of my siblings and they gave me a lot of support. I learnt unity and equality. We share and treat each other as equals. – Sisipho Mhambi (16)

I am a shy person. But when I want to do something I have to trust myself and do what I want to do. I want to be a social worker because I want to help people who have problems. I have a soft heart. – Sesethu Nandani (18)

I am very ambitious. I want to be the first black woman astronomer. I like doing something different. I love science – it is unique and challenging. I also love the stars. In summer I go out and lie on my towel to look at the stars. It makes me feel inspired. I am also interested in cloning people. I would like to clone Sis Dolly Nqobeni, my mentor. The club allows me to have a special place in the world where I can talk about my day. We don't just discuss the topics we are given, we also discuss the challenges we face every day. – Ayanda Mavatha (17)



Celiwe



Mdeni



Josela



Ntombozuko



Aphelele



Sisipho



Sesethu



Ayanda



Entrepreneurship

What is an entrepreneur? An entrepreneur is a person who starts their own business. This person sees an opportunity and decides to try to make money from it. An entrepreneur takes risks. An entrepreneur can sell ideas, goods or their skill and labour.

1 The idea

Most entrepreneurs start with a small idea.



Bongi loves cooking. Everyone says she makes the best kotas. Her idea is to turn her skill into a business and make money. She imagines having a stand where she can cook her kotas, and she imagines tables and chairs outside where people can sit and enjoy her food.

2 Making it happen

Entrepreneurs have a passion. They find ways to make their dream happen. Sometimes it means getting their family and friends to help them.



Bongi tells her friends and family about her dream of selling kotas. Two of her friends are very excited and say they will help her. Her auntie says Bongi can use her kitchen and start by selling at her spaza shop. She will borrow some pots and pans from her mom.

3 Money sense

Entrepreneurs are disciplined about money. They know how to save money and how to make it. They spend money on their passion and not on themselves.

To make a profit, Bongi must work out how much she must charge for her kotas.

First she works out how much it will cost. Her auntie helps her to calculate:

the cost of the ingredients + the taxi fare to the supermarket + cost of electricity + paper plates + the cost of her and her friend's time + cost of advertising (flyers).

Bongi also has to make profit so that her business can grow. She cannot make her kotas too expensive, otherwise no one will buy them.



4 Taking a risk

Entrepreneurs take risks. They believe in their idea, even if they don't know if it will work.

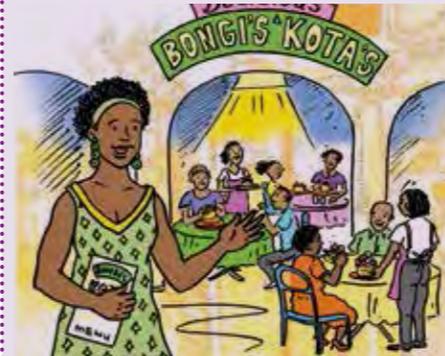


Bongi persuades her uncle to lend her R500. Next she goes to the supermarket to buy enough ingredients. Bongi asks her friends to help her. Once she has paid back her uncle, she will pay them and herself R1 for each kota they sell. Bongi's friends see how much work she has put into her business idea. They decide to take the risk with her.

5 Making your business grow

Entrepreneurship is about profit. The entrepreneur constantly thinks about how she can make her business grow.

To do this she needs to let people know about her business. She has to do marketing.



In the first month Bongi and her friends sell only 30 kotas. On a Saturday Bongi goes to the taxi rank and hands out a flyer. It tells people what she is selling and where she is selling. She also borrows a chair and table so that her customers can sit and eat in front of the spaza shop. This is very good for her business. In the second month Bongi sells 50 kotas.

6 Being flexible - failing and adjusting

An entrepreneur has to learn all the time. She has to be flexible. When she notices that something does not work, she has to change it. If something works well she has to focus on that.



Bongi's business is going very well. Especially on payday, when people have cash to spend on her delicious food! She also sells to the people who come back from the tavern late at night. She asks a male friend to help on Friday and Saturday nights. But the neighbours complain and Bongi's auntie does not like to have drunk customers around her shop.

7 Finding funding

An entrepreneur needs to spend some money to make more money. She has to find that money from somewhere!



Bongi and her colleagues decide that it is time to move closer to the taxi rank. They have to rent a stall, pay for electricity, and buy a stove and a deep frying machine for the chips. Now is the time to find funding!

Here are some government funding agencies that help entrepreneurs with funding:

National Youth Development Agency (NYDA): Aimed at funding youth businesses (for people aged 18-35).

www.nyda.gov.za

Isivande Women's Fund: This fund is aimed at supporting black and women-owned businesses.

www.thedti.gov.za

Khula Enterprise Finance: This fund is managed by the Small Enterprise Finance Agency. It aims to develop small business enterprises in rural areas.

www.sefa.org

Entrepreneurship

Meet the entrepreneurs



Andile Dube

The beginning

Andile Dube started his first business when he was still at school in KwaZulu-Natal. His parents could not afford to buy him the nice things he wanted, so he started selling sweets and chocolates.

Property business

After he completed his degree in economics, Andile wanted to move into his own place. But he did not want to waste money on paying rent. So he and some friends started a property company. With very little money, they bought old buildings in Johannesburg, fixed them, rented them out or sold them. A few years later, after a lot of hard work and many struggles, they were earning up to R1,3 million a year.

Young Hustla Comic

Today, Andile is passionate about helping young people. He started a company called Creating Revolutionary Entrepreneurs And Moguls, or CREAM. This is a non-profit organisation that helps other young entrepreneurs.

His latest project is a comic book called *Young Hustla*. It follows the life of young South African entrepreneurs, or "hustlers", as Andile calls them.

You can download the comics for free from www.younghustla.co.za

Andile teaches entrepreneurship and business at Generation Schools.



Here are Andile's top tips for becoming a hustler:

Start where you are and with what you have. Make the best of your situation. Don't wait for the situation to change before you start a business.

Start early. The sooner you start, the sooner you can make mistakes and learn from them.

Follow your passion. When you are going through tough times, and when there's no money to fuel your business, your passion will fuel you.

Don't be afraid to fail. It is the only way you can learn. The trick is to fail and learn.

Never give up on something you believe in, even if others don't see it.

The harder you work the luckier you become.

Don't forget to have fun and celebrate your achievements. Whether they are big or small, they are YOUR achievements.

Be patient. Everyone has their season. Don't compare yourself to anyone. We all come from different circumstances, we are all unique. Run your own race at your own pace.

Don't be shy or too proud to ask for help. No one makes it alone.

Be prepared to work with others. There is no "I" in the word "team". Know your strengths and weaknesses. Where you have a weakness, find someone to collaborate with.



The Beekeeper

Portia Morudi

"My inspiration to start my business comes from knowing that I'm able to make a difference in my community and in the world."

Portia Morudi grew up on a farm near Winterveld in the North West. She noticed that there were always many bees around. Once there were so many in the roof of their house that the ceiling was breaking. The bees were making a lot of honey. Portia's grandfather, who was a businessman and a farmer, saw this as an opportunity to make money. So, instead of killing the bees, he suggested that Portia go on a bee-keeping course.

Bee Farming

"Bees pollinate about 80% of our crops. What a lot of people don't know is that bees are dying out. And without bees, human beings cannot live. There will be nothing to eat without bees."

In 2012, Portia started Iliju Bee Farms. She encouraged small-scale farmers in her community to keep beehives on their land. The bees pollinated the crops. This led to a better harvest. Portia then collected the honey from the hives and sold it.

Growing too fast

Everyone was interested in this black woman who was doing bee-keeping. The business grew too quickly. Things started to go wrong. At the start of 2014, the company went under.

Starting again

Portia had to start from scratch and build her business up again. This time she decided not to manage the bee farm herself. Instead, she decided to train the community in bee-keeping. She buys honey and other products from the farmers. She packages it nicely and sells it in Johannesburg.

Today, Portia's business is doing very well.

Her teachers

Having failed once has been Portia's greatest teacher. Her other inspiration has been her grandfather. She remembers talking to him about how entrepreneurship and agriculture can stop poverty in the rural areas.



Green Energy Providers

Green sisters are doing it

"We're passionate about clean energy, empowering youth and formalising the township economy."

Creating green products

Sisters Nella and Zintle Qata's company Yabasha Energy Solutions makes and installs solar geysers. They also develop other products using green energy. Zintle says they are "trying to create solar-powered barber clippers for people who run micro-salons in the outdoors. These hair-cutting machines won't need electricity because they will use energy from the sun."

What is green energy?

We currently use fossil fuels such as coal, oil and gas to create our energy. These cause pollution, and they will also eventually run out. Green energy is clean energy, because it does not create much pollution. It comes from natural sources such as the sun, wind, rain, sea tides and plants. It is renewable, which means that these energy resources don't run out.

Funding new ideas

The sisters have recently started a new company called Africa Energy Capital. This company will provide funding to young entrepreneurs who want to start small-scale businesses using green energy. "We want to help grow and nurture the youth to get their green ideas off the ground," says Zintle.

Challenges

The sisters are the only black-owned manufacturers of solar geysers. "As young black females, we have to go the extra mile to convince people that we know what we are doing," says Zintle. "But we're just going to keep doing our best and building up our reputation so that we can grow in this space and really make it our own."

For more information, visit www.yabasha.co.za
Email: admin@yabasha.co.za / info@yabasha.co.za

Future entrepreneurs

Some Rise club members in the Eastern Cape share their plans to become entrepreneurs.



Aphelele Msiyathi

I want to open a beauty salon. I like doing natural hair. I want to do nails. There are not enough people who can do this in my town. I'm going to apply for funds to start buying stock. I will start from home. I am already doing hair and people are paying me. I enjoy working with money. My mother has taught me to save – she has her own catering company. A good business person is passionate about what they do. You need to know how to save and put it back into your business.

Amanda Liwane

I want to work in my own time and be my own boss. I want to become an event planner. I want to help plan parties like weddings, housewarmings and baby showers. In my community there is no one like this. I am doing lots of research. I have asked people who have a catering company how they do their business. I did volunteer once. I want to start with small things like birthday parties.

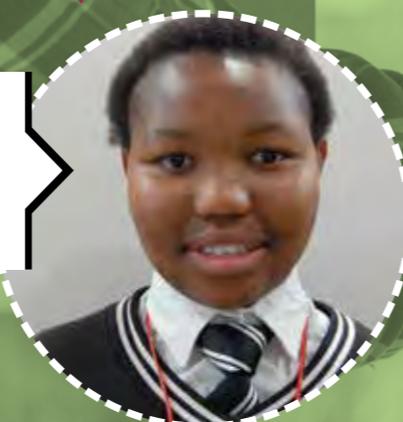


Asemahle Kieviet

I want to open my own restaurant. My mom has one and I am learning from her. I want to sell home-cooked Xhosa food to people who are rushing home after work. My siblings, my classmates and my friends will be my first customers. Once I am finished with school I will ask my mother for advice and money to start my business.

Linoyolo Mnthinsilane

I want to be a fashion designer. I want to study fashion. I will first have to learn from someone who already has experience. I love David Tlale's clothes. I am ambitious. I want to have my own brand. I'm giving myself 9 years.



Onwaba Singqaba

I belong to a co-operative where we offer building services, roads works, bush clearing and grass cutting. We are looking for contracts. We do the paperwork and once we have a contract we look for people in our community to do the work. Our plan is also to make our country beautiful, and plant plants next to the road so that the tourists can come.

Sivuyisiwe Mabeta

I want to become a chartered accountant. I love numbers. I am already doing the right subjects at school. Afterwards I will go and study and then one day I would like to start my own business. I still have to do a bit more research about studying.



Mzimkiwe Zinakile

I want to become a singer and a music producer. When I listen to music I go crazy. I can see music. When I am alone at home I look on the internet and look at the music stars. I also try to find out how to get into the music business. I have uploaded a YouTube video of myself singing. It's a start.



Sive Soyaphi

I want to start a hair salon. I know how to do this. My sister also does hair. I started with my friends. I already have some customers who come to my home. Now I need a place. I want to grow bigger, and to employ people. I want to do my own thing. I want to make my own money.



Me & my money

Money helps us to get things we need – like food and clothes – and it helps us to achieve our goals. But sometimes we spend more than we can afford.

Karabo's story

It was Karabo's turn to keep the money for her savings club. She was the only girl in her class who did not have a cellphone. There was just enough money for Karabo to buy a cheap phone.

Karabo thought, "What if I use this money? I will go and do some piece-jobs and return it before anyone finds out."

She went to the shop and bought the phone.

A few days later at her club meeting, Zandi told the club that she had been chosen to go to Durban with the school netball team. But she did not have enough money for the trip. One of the girls suggested they could use the money they had saved as a club to support her. Everyone was excited about the idea.

Karabo looked down. How would she tell everyone what she had done?

Money and feelings

This is because money and having things is linked to our feelings. We feel good when we have things, and we feel bad when we don't.

Often we forget about what we already have. We feel poor.

When we think of being rich, we think about having a lot of money. But we can be rich in other things besides money – such as love, friendship, or talent.

Questions

- Why do you think Karabo bought the phone? How do you think she felt afterwards?
- What would you do in Karabo's situation? What advice would you give her?

Needing and wanting

It is useful to understand the difference between spending money on things you need and on things you want. This will help you spend your money wisely.

- ➔ **Needing something is when you cannot live without it – like food, water, and education.**
 - ➔ **Wanting something is when we desire it but we can survive without it.**
- For example: Karabo wanted the phone but she did not need it.

Saving money

Saving is a way of making the most of your money. It means putting money away until you have enough to buy things you need or want.

Saving money feels good.

Saving with others

Saving money with other people can make it easier to do. You can support and motivate each other.

Here are some examples of young people who have saved together:

"We save as a group. Every Friday each person brings R20 and we give it all to one person. There are 10 people in our group. So each Friday one person gets R200. We use it for schools things or clothes."

"At home my sisters and I are saving. We do jobs for people and put all our small coins in one place. When we have collected R100, my father puts it into a savings account for us. At the end of the year we take out R200. The rest we save for our future."



Sisterhood

- Make a list of things you would like to buy right now. Divide that list into the things that you NEED and the things that you WANT.
- Share your list with the others in your club. How did you decide between your needs and wants? Is it always easy?
- Keep a money diary for one week. Write down all the money you spent. Also write down if you wanted to buy something and you couldn't or you decided not to. Share your diary with your club and talk about what you did or didn't need.
- Maybe someone in the club has needs that they can't cover. How can you help each other?

How to start a savings club

Find members you trust. Your group can be as big as 12 people or as small as 3 people.

Speak to people in your community who have a stokvel or a savings club. Ask them about the rules that they follow. Share with your club.

Decide on your own rules. This includes how much money you will contribute, how often, and what to do if someone can't pay their share one week.

If you are saving the money, choose a safe place to keep it. You could give it to a parent you trust to keep it safely for you.



“I used to do quite well at school. And then last year my marks started dropping. What should I do?”

Reasons for doing badly at school

The first step is to find out why you are doing badly. There could be a number of reasons:

Choosing the wrong subjects

Each person has their own gifts. Some people are good at maths and science, while others enjoy drama and music. Sometimes we struggle with subjects because they are not suitable for us.

The Teacher

Sometimes it is the way the subject is taught that makes it difficult. You could also not understand your teacher. You are nervous to ask questions. Your teacher may not understand the subject.

Boredom

Some people do badly at school because they are bored with school.

Emotional problems

Often when there is a lot of stress at home we struggle to concentrate at school. Bullying and chaos at school can also affect your learning.

If you are struggling with depression, you will also find it hard to concentrate.

Problems at home

Issues you are facing at home can affect your schooling. Like a parent with mental health problems or who drinks too much. Financial difficulties can also make things at home stressful.

Social media

We all enjoy using our mobile phones and social media. But that can sometimes become overwhelming. Sometimes we even wake up to use our phones! This can have a bad impact on our sleep and we can struggle to concentrate or remember.

Help!
I'm doing badly in school :(



Some suggestions:

Find out exactly what you are struggling with.

The more you know about why you are struggling with a subject, the better.

Get a homework routine

Find a time every day when you are going to do your homework. If you enjoy working with others and find it helpful, set up times when you do your homework with others.



Get support

Don't wait for too long before you get support. The longer you wait the harder it will be to catch up.

Get into the habit to ask lots of questions. You can either ask your teacher during class or afterwards. If that does not help ask someone in your class who is doing well at school. You could also ask an older learner or a student. Ask an adult or one of your classmates to explain the things you do not understand. Visit a library. They often have good learner support materials.



Emotional support

Find someone to talk to about your life and how you are feeling about it.

Become clear about your life goals and keep them in front of you

Sometimes life can seem so difficult. Write down what you want from your life. Once you have done that write down some goals and how you could achieve them. Put these where you can see them all the time.

Make sure you are getting enough sleep and are eating healthy food.



Sisterhood

- Write down which subjects you find hard. Spend seven minutes writing down everything that makes it difficult.
- Share your experience with your club members. Discuss if there are ways in which you could support each other. For example, you could start a "I'm Struggling with Maths" group.

LOOKING FOR A JOB

Looking for a job can be scary and exhausting. Sometimes it can make you feel useless and depressed. Here are some tips that will help you.

Write your CV

A CV (curriculum vitae) is a summary of your experience, skills, and education. Writing a CV takes time, care and effort. The more time you put into writing your CV, the better your chances of finding a job. Ask others to check your CV. Make sure there are no spelling or grammatical errors. **Never lie on your CV!**

Personal details

- Full name
- Physical address
- Email
- Contact number

Educational history

- Begin with the latest education you received.
- Include the dates you got this education, for example, Naledi High School (2010–2015).
- Include awards and leadership positions you had at school.

Work experience

- Previous and current employment
- Include all your experience including volunteer work, your experience in your RISE club, part-time jobs and internships. Even waitressing or coaching should be included.

Your skills

- List skills that relate to the job you are applying for. For example, include typing if you're applying for a job that involves computers.
- List any languages you can speak and write.
- If you have a driver's license, say so in this section.

Interests and hobbies

- Include hobbies that display signs of team spirit or leadership, like running or dress-making.

What must I include?

Applying for a job

You've seen an amazing job in the newspaper or online. Now you must send your application in, and make an impression so the employer notices you. You will need to send your CV and a cover letter.

What is a cover letter?

A cover letter is a letter that you send with your CV. It explains why you would like the job that is advertised and what you can offer to the company or employer. The cover letter should be about 5 paragraphs long.

Tip: Double, even triple check your spelling and grammar.

Preparing for a job interview

A job interview is the time to present your best self, and make a good impression. You need to prepare. Here's how:

- Google (Research) and find out as much as you can about the employer and what they do.
- Cut out or print the advert and take it with you, so you can remind yourself about what skills they need. Think about what skills you can offer.
- Make sure you have directions to the interview. Arrive about 10 minutes early.
- Dress nicely. Wear a clean shirt with trousers or skirt.



Job interview do's and don'ts

Do

- Arrive on time. Even better, arrive 10 minutes early.
- Smile and use a firm handshake.
- Wait to be offered a seat.
- Be interested and listen carefully to the questions.
- Make positive comments about your skills.
- Sit up straight and keep eye contact.
- Speak clearly and with confidence.

Don't

- Be proud or arrogant.
- Answer with only "yes" or "no".
- Speak badly about past colleagues, employers, teachers or friends.
- Make excuses for messing up in another job.
- Spend too much time talking about money.

Common job interview questions

- Tell me something about yourself.
- How do you handle stressful situations?
- How do you deal with criticism?
- What is your definition of success?
- Why do you think that you would fit in with this company?
(This is where your research comes in.)
- What are your strengths and weaknesses?
- Where do you see yourself in 5 years' time?

If you don't get the job you wanted, keep trying! You can use the lessons you learnt in the last job interview to improve, and try again!



Ask a club member to pretend to be a job interviewer. Practise answering her job interview questions. Get her opinion about how well you spoke, and what impression you made. She might have some good advice for you.

Information is courtesy Harambee, www.harambee.co.za, and EduConnect, educonnect.co.za



Keep looking for opportunities

Here are two organisations that offer interesting opportunities



Harambee

Harambee is an organisation that helps young people who are struggling to find work to connect with employment opportunities.

Harambee offers a work readiness programme that has helped thousands of young South Africans get the skills required to get their first job. It is called the **Harambee Youth Employment Accelerator**.

To apply for the programme, you need to:

- Be 18 to 34 years
- Have a valid South African ID
- Have a Grade 12 at least
- Be currently unemployed
- Be educated at a previously disadvantaged school
- Not be employed in one job for longer than one year
- Hungry for an opportunity!

You can apply by:

Filling out an application form on www.harambee.co.za. Click on 'Job seekers'. Or you can contact Kagiso on (012)765 4900.



SmartStart

Smartstart is a non-profit organisation that offers early learning to young children. Their goal is to teach 3- and 4-year-olds, so that they can cope better with primary school.

SmartStart recruits young unemployed people for training to work with children.

The first part is learning how to interact and teach small children.

The next step is to work with playgroups, day mother programmes and in early childhood development (ECD) classrooms.

To be a SmartStart practitioner, you need to be:

- 18 years or older
- Have a minimum of grade 10
- Unemployed or partially employed (available at least 4 mornings a week)
- Interested in and have a love for children
- You don't have to pay for training. If you are good at it you can also get a SmartStart franchise. This will give you some access to money from various sources.

For more information visit:

www.smartstart.org.za
or call 010 595 3902.

MY STORY

I was abducted

My name is Asanda Zakade. I am 18 years old. I grew up in a village near Elliotdale in the Eastern Cape with my grandmother. My mother is a single mom who works as a domestic worker. I have been a member of Yakhanani Rise Club since 2015.

One evening, 2 years ago, I was walking home from a Rise meeting. I had said goodbye to my friends, when suddenly 4 men grabbed me. They dragged me into the bush. Then they held me by my ankles and wrists and beat me with a stick.

I was crying and scared. But after a while I managed to ask them why they were doing this to me. They told me that they were taking me to my husband's home.

**"Who is my husband?"
I cried.**

They told me that I was now married to an old man from my village. The lobola had already been paid. I cried and tried to run away. But it was dark and dangerous.

When we crossed a big river I managed to get away. I ran into the forest and climbed up a big tree. I had hidden my phone in my bra, so I could send a message to my mother. She immediately called my brothers to go and look for me.

After a long time I climbed down the tree and tried to find my way home. It was in the middle of the night and I was so afraid. Then I heard some voices. I walked towards them. Luckily they were some young men from my village.

When I saw them I collapsed. They picked me up and carried me to their home. They saw the marks from the beating on my legs and asked what had happened. I could not tell them. I was cold and shivering. They heated some water so I could bath. Then they made me hot tea. I told them what had happened.

The next morning I walked back to my home. When I was near I saw my grandmother talking to the old man who was supposed to be my husband. I immediately knew that he had given her some cows so that he could marry me.

I turned around and ran to Elena Komane's house. Elena is the chairperson of my club. She phoned my brothers. They decided that I should go and live in another community for a while.

At first the people I was staying with were nice to me. But then they made me go with some blessers so that I could get groceries. I had to do this every day, so I left again.

Being part of Rise is really helping me to stay focused on my schoolwork.

Later I went to stay with my mother and her two young children. When she found out what my grandmother had done she was so upset that she fainted. She fell into the fire and got burned. I felt so bad for her. Even today I can't tell my mother everything that has happened to me. She has her own problems.

I have told Elena Komane the whole story. The others don't know everything.

I am still very angry with my grandmother. She never did love me. How could she do such a thing to me? I know that they steal girls in other communities, but not in mine!

I want people to know what was done to me. It will make me feel better if it can help other girls in a similar situation. Telling my story is part of my healing.

Ukuthwala is the practice of kidnapping a girl or a young woman by a man to force her into marriage. Often this is done with the consent of the parents. Ukuthwala was declared a criminal offence in 2016.



Parenting

True Story: my parents beat me all the time

Karabo Murero (20) from Ladie Rise Club in Mamelodi gave a speech at the Five Days of Violence Prevention conference in Johannesburg. She spoke to Rise about always being beaten as a child.

My parents were very stressed

I grew up in Mamelodi. I am the second of four children. My mother is a domestic worker and my father is a driver. My parents are often very stressed because they don't have enough money. They used to hit me almost every week. I was a nearby target to let their frustration out on. They would be very angry when they hit me.

If I did a small thing or a big thing they would hit me the same.

I used to get the worst beatings in my family. I kept thinking something is wrong with me. I even wondered if they were really my biological parents. They would say that they love me and that they want me to succeed in life. But they would beat me so badly that my body was covered in bruises.

Even at school I was beaten

I was taught at home not to say anything, so at school I was a quiet person. I did not answer in class. All I did was go to school and do my homework. Some of the teachers thought I was not normal. They thought bad things about me. They also beat me.

One day in Grade 7 my teacher asked me for my homework. I told him I had not understood the work so my father helped me. He beat me for that. He used a hosepipe on my hands and my body. I did not like to cry, so he hit me harder. He got four boys to hold me down. My body was full of bruises but I could not tell anyone. I thought if

Telling my story is helping me to heal.

Karabo's advice to others who are experiencing violence at home:

- If it gets really bad report the person who is beating you.
- Talk to people close to you. Or find a social worker or a teacher. The more you talk, the more healing you get.
- Focus on something that is good for you, like your education. Focus on what you can do best. Don't let anyone pull you down.

I told my parents they would think I am doing bad things and then they would hit me as well.

In High School I would get punished all the time. I often did not know what was going on.

Lonely

I didn't have many friends. But I had one friend who I could talk to. But I could never tell my mom how was my day at school or how was my walk back from school – because even in the streets there is violence. I felt very lonely.

My mother often shouted at me. Even outside in the street. Everyone could hear what she was saying. She said so many harmful things about me. I couldn't even sleep.

Matric

I did not do well in matric. Even when I was writing matric my mother made me cook. If I did not cook, I did not get food. My father used to come home late and buy me food.

Broken heart

After I wrote my matric exams I met a man. We became so close. Then I felt good. When he left me I felt there was no reason to live. I felt like a bad person and no one will ever love me. I tried to commit suicide.

When I came back from hospital my mother started to talk to me and ask me what was happening to me. Things have improved. Today I have hope.

Joining Rise

Three months ago I joined Rise. Here I found people who understand me. Some members also face difficult situations. I can tell them my story and even give them advice. I look forward to our meetings because we support each other.

Healing

Today I am studying tourism and in my free time I am at Rise. I also help a group of children with their homework and do drama and dance with them. I want to be a fashion designer.

Some tips for disciplining your child:

Some parents find it hard to discipline their children. This might be because of how they were brought up. Or they are afraid that their child will not love them. Children need adults to help them learn the limits and to keep safe.

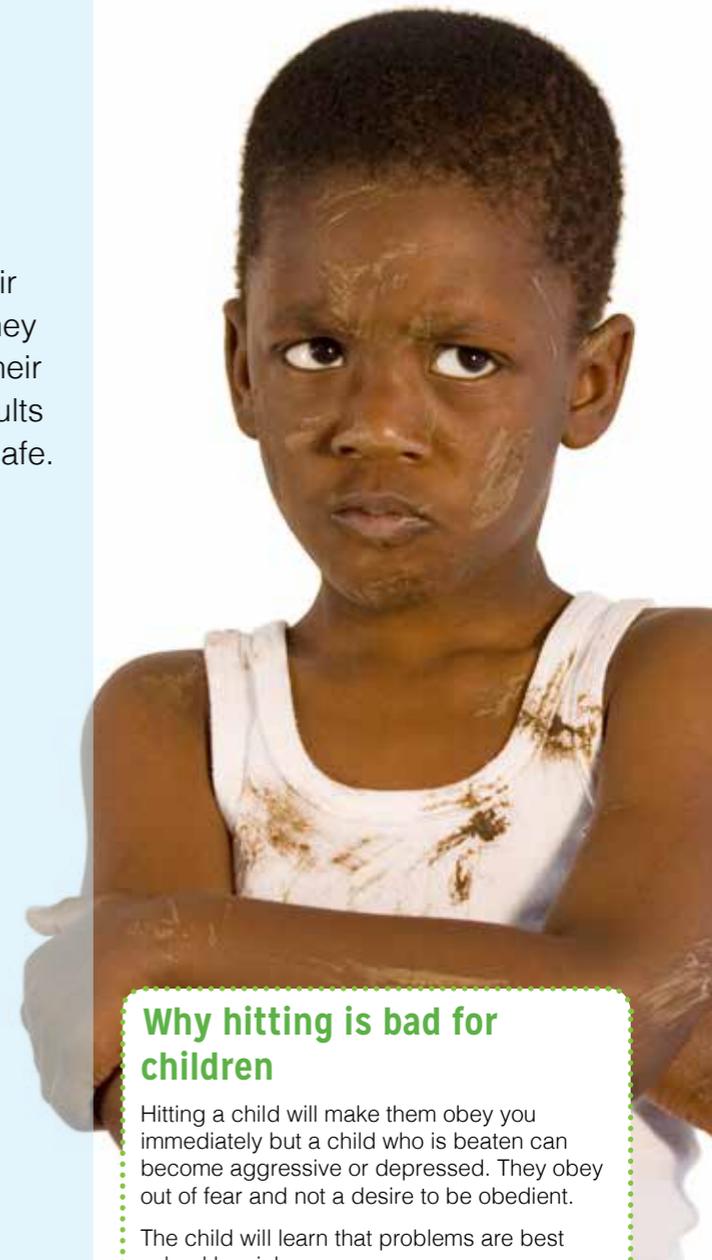
- The most important part of disciplining a child is making sure **they know you love them** (you need to tell them this often) and that you have their best interests at heart.
- Discipline is about helping children learn to **manage their own behaviour**, it is not about controlling them.
- **Never hit a child when you yourself are angry and frustrated.**
- Have some **clear family rules** that everyone agrees to.
- **Discuss what will happen** if the rules are broken.
- Teach your child what behaviour you expect – saying things like 'Be good', 'Eat properly', 'Be respectful', don't make sense to children, **they need to know exactly what you mean.**
- **Be a good role model** for those rules: children learn from watching what you do, not from what you say.
- **Praise your child for good behaviour.** Make sure you notice the things your child is doing, rather than focusing on the things they are not doing.



Sisterhood

Discuss Karabo's story.

- What advice would you have given Karabo when she was still at school?
- What advice would you give her parents.
- Have any members had similar experiences at home? How can you help them?
- Discuss what rules you would like to see in your home.



Why hitting is bad for children

Hitting a child will make them obey you immediately but a child who is beaten can become aggressive or depressed. They obey out of fear and not a desire to be obedient.

The child will learn that problems are best solved by violence.

The child will struggle to have good relationships and find it difficult to fit in with others.

It can influence the child's schooling negatively.

Later in life the person can struggle with mental health and suffer from depression.

This is why the South African government has made hitting children illegal!

Getting into the CONDOM habit

“Don’t have sex without a condom” is a message we hear very often. But sometimes it’s hard to do.



Sisterhood

- Share stories where it was difficult to use a condom.
- Give each other advice on how to deal with these situations.

Why use condoms?

Using condoms is an act of self-care and taking control of your life.

Sex with a condom:

- Protects you from diseases including HIV, herpes, gonorrhoea, hepatitis and chlamydia
- Prevents pregnancy
- Reduces your risk of getting cervical cancer

Why women slip up!

Here are reasons that women don’t always insist on wearing condoms:

✗ “I like the feeling of sex without a condom. I feel closer to him.”

✓ Sex without a condom can make you feel emotionally close to your partner. But there are other ways of being intimate, like hanging out and talking. Sometimes we use sex because we miss other kinds of intimacy.

✗ “I can’t afford condoms. When I go to the clinic they tell me I shouldn’t be having sex.”

✓ It is your right to access condoms. Clinics have to make them available to you. If this happens go together with your friends. It is easier to be brave in numbers. Or ask someone to get them for you.

✗ “It breaks the moment to stop and put a condom on.”

✓ Talk about using condoms before you have sex. Taking off your clothes or finding a room can also “break the moment”, but they have to happen. Have the condom close by. Help him put it on. This can make it more fun.

✗ “He really enjoys sex without a condom. I want to please him.”

✓ Is his pleasure more important than your protection? A caring partner will want to make sure that you are comfortable and pleased. If he keeps putting pressure on you, it is a sign that he doesn’t respect you.



How to make yourself strong and stand up for your decision to use a condom

Keep reminding yourself and your man why you want to use a condom: to **prevent pregnancy** and for **protection from STIs!**

If you are sexually active, try to **always carry a condom.**

If you do slip up – don’t judge yourself. Be kind. It’s normal to make mistakes. Look at the reasons why you didn’t use a condom. Ask yourself what would have made it easier to use one. **You can take PEP or the morning after pill within 72 hours.**

Talk about sex. If you’re shy to talk about sex, start with yourself. Write down all the things you like and don’t like, including how you feel about using condoms. Share this with a friend, and compare what’s different and similar. Start a conversation with your sexual partner. Share what you like and don’t like, your fears and hopes. Conversations like this build trust and understanding. They are sexy!

Get into the HABIT of using condoms regularly. Having UNPROTECTED SEX just once can change your life forever.

What to say to a man who doesn’t want to use a condom

He says: Condoms are uncomfortable. I don’t like the way they feel.

You say: If we have sex without a condom, I will feel uncomfortable and won’t enjoy it. And do you know what’s even more uncomfortable? Getting HIV or giving birth to a child!

He says: Condoms are too small for me.

You say: Okay let’s blow a condom up, like a balloon. Are you bigger than this?

He says: I can’t feel anything when I wear a condom.

You say: If you don’t wear one, we won’t have sex. And then you definitely won’t feel anything.

He says: But I love you.

You say: If you love me then you’ll help me protect myself.

He says: Don’t you trust me, baby?

You say: It has nothing to do with trust. People can carry diseases without knowing it. And I can still get pregnant even if I trust you.

The Menstrual Cup



In the past, women used layers of cloth to absorb the blood during their periods. They washed these and then re-used them.

About 100 years ago, sanitary pads and tampons were invented. Today they are the most common forms of sanitary wear. One problem with pads and tampons is that they are expensive. And because we throw them away, they are also bad for the environment. Each woman throws away about 130 kg of sanitary waste in her life.

What is a menstrual cup?

A menstrual cup is a small, soft cup you put into your vagina. It collects your menstrual blood. You take it out once a day and wash it with water. At the end of your cycle, you sterilise it by boiling it in water for about 10 minutes.

A menstrual cup will cost you between R120 and R400.

Advantages

- A menstrual cup is healthy, safe and comfortable.
- If you look after it, you can use the cup for 5 to 10 years. This makes it a lot cheaper than buying pads every month.

Disadvantages

- The initial cost is high.
- You have to keep your hands and your cup clean so that you do not get infections.
- It can take a while to learn how to put it in. Younger girls, especially, can struggle.
- Emptying the cup can be messy. It is better to be near a tap when you take it out.

Where can you get a menstrual cup?

There are different makes of menstrual cups in South Africa. Shops like Clicks or Dischem sell menstrual cups. Some organisations sponsor menstrual cups for young women so they can get them for free.



Shamila Ramjawan and Caster Semenya

The menstrual cup entrepreneur

Shamila Ramjawan was born and raised in Pietermaritzburg, KwaZulu-Natal. She has a degree in marketing and communications. In 1998 she lost her husband and had to raise her 2 children on her own. She had to work long hours to make ends meet.

Girls missing school

While working in poor communities, Shamila noticed that many girls were missing school because they were menstruating. She wanted to do something about this, so she started to research menstrual cups.

Starting her own business

In 2016 she started her own business, which she called Princess D Menstrual Cup.

“I named the product after my daughter, Daksha whom I used to call Princess D from when she was small.”

Menstrual cups were already available in South Africa, but Shamila created her own brand.

Caster Semenya

Athlete Caster Semenya had been following Shamila on social media. She liked what she saw and decided to invest in Shamila's business. Today Caster is also the brand ambassador of the Princess D Menstrual Cup.

“Perseverance has taken this business to another level.”

Shamila's advice for young women entrepreneurs

“Take risks. Get rid of your fear of failure.”

“Being your own boss means you have to work a lot harder than when you are an employee. But hard work does pay off!”

Find out more about Shamila's business:
www.princessdmenstrualcup.com





Dear Rise

I am 22 years old. I am married with two kids. My problem is that my husband is horrible to me. He cheats on me and then comes back to insult me and compare me with his mistresses. This hurts me so bad. He does apologise but I just don't want to be with him anymore.

He has said that if I even think about leaving him he is going to hurt me or my kids.

I need a solution to this.

Worried

I want out

Dear Worried

I am sorry you are in such an abusive situation. It is true that when an abused woman leaves her partner she is most at risk for further abuse.

You need to make some plans to leave him. Where will you go to? How will you get there? When will you leave? Who will support you? How will you stay safe from him?

You will need to get some help either from someone in your community who you trust. Otherwise you can also find agencies to help you.

You could call Life Line or People Opposing Women Abuse to ask for advice. See numbers below.

Rise

Life Line
 Website: lifelinesa.co.za
 Email: safetalking@lifeline.org.za
 Phone: (011) 715 2000
 Tollfree: 0800 150 150
 National Aids helpline: 0800 0123 22

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

vaginal discharge

Ask the experts

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



Dear Rise,

I am 14 years old. My boyfriend is 15. We both want to have sex. But I refused because I am scared of what is in my vagina. I have a stuff. It's not painful but it is thick and white. I am worried if he sees it he will leave me. I really love this boy. I don't want to lose him.

Please help.

Dear Friend,

It sounds as if you have vaginal discharge. Please go to your clinic to have it checked out.

I am glad you have refused to have sex with your boyfriend. It will give you a chance to think again. Maybe you are both too young to have sex. There are so many other ways in which you can show that you like and even love each other. Spend a bit of time to get to become good friends. If your boyfriend really loves you then he will respect your wishes. If he leaves you because you don't want to have sex, then you know that he really doesn't love you.

If you do have sex you must make sure that you are protected from STI's (and HIV) and pregnancy – always use a condom, and get other long term contraception.

Rise



Dear Rise

I am a young woman who has suffered sexual molestation from a family member. I am depressed because when I told my mom, it was kept between me, her and my aunt and the husband. They arranged for my molester to move overseas.

The problem is that I have so much anger and hate for him. He is coming back to SA in 2018 and I feel I want to take my revenge. Please tell me what to do before I end up in jail.

Angry

Dear Angry,

Your anger is very understandable. First of all you were abused and then your abuser hasn't been brought to justice. Being sent overseas isn't a just punishment.

Maybe it is time to lay a charges against the man at the police station. You will need to find support for this. You can call Lifeline or POWA to help you make a decision. But don't let the man spoil the rest of your life by taking the law into your own hands.

Also see if you can tell your mother how you feel.

Rise



Dear Rise

I am fifteen years old. I live at home with my mother and my stepfather. They are too strict with me. I am the oldest child and I have to look after my younger brothers and keep the house clean and tidy. My mother says she doesn't want me to be pregnant so I am also not allowed to go out at night and I am not allowed to have a boyfriend.

My stepfather always asks to see my school report. If my marks are bad he threatens to beat me. When I complain to my mother about this, she says it is called tough love.

I feel so terrible sometimes that I want to run away from home.

Please help me.

Dear Reader

It sounds like you feel you are having to take a lot of responsibility at home, in terms of caring for your brothers and do the house work. It also sounds like you feel your parents are strict because they don't want you to go out and they are concerned about you becoming pregnant.

Being strict is not always a bad thing. Children who grow up in a strict home know what is expected of

them – even if they don't like it. The opposite of strict parenting is when there are no rules. This means that children can do what they like. This may sound nice but these children can often feel unsafe because they do not know what is expected of them.

TOUGH LOVE is when a parent is very strict so that they can help their child. It is often used with addicts. The idea is that there are strict rules to help them get over their addiction.

There is a difference between a strict parent and an abusive parent. Physical violence against a child, like beatings, is not okay, even if it's done with love. In fact our Constitution protects children from physical harm. Being physically beaten can lead to feelings of depression and anxiety. These can stay with you for life.

Discipline does not have to be physical. There are many ways to punish a child without hurting them.

Ideally, we want our parents to accept us, listen to us and to have a conversation with us. We want them to respond to our emotional needs. But sometimes parents are just too busy and stressed. Some of our parents were also brought up very strict themselves and don't know how to talk to children.

If it feels too difficult to talk to your parents could you discuss this with a teacher or another adult you trust. This can also help you become clear about what you are feeling and to think about your expectations and needs. They can help you think about how you could approach your parents.

Rise

