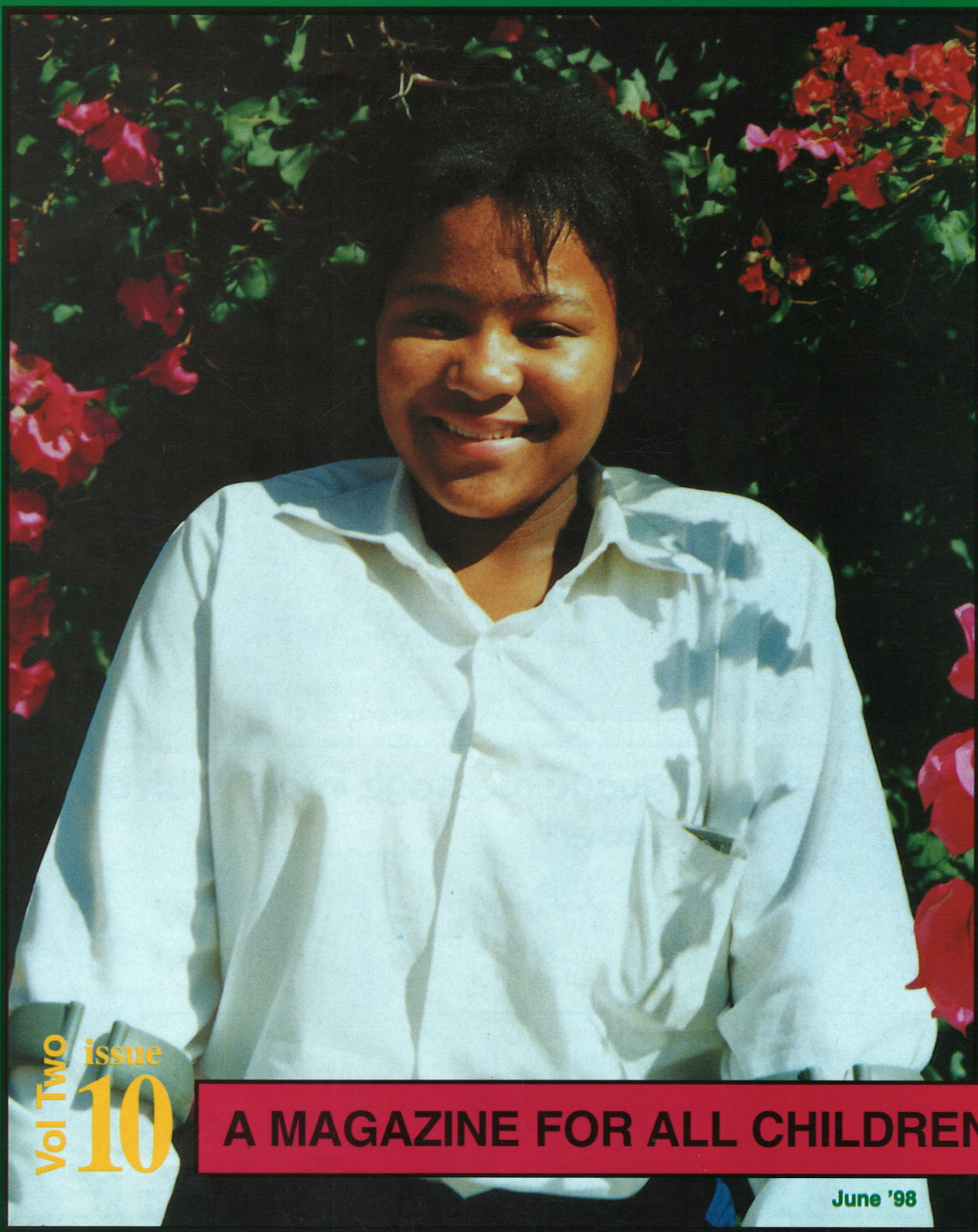


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Vol Two issue
10

A MAGAZINE FOR ALL CHILDREN 50c

June '98

Hello Friends

Thumbs-up to those of you who help to make a difference at home and school, on the street and in the community. Remember that crime, violence and drug abuse will not end if we don't fight it ...

On another note – Do you treat people who are somewhat different to you with the same respect you yourself would like to get? Or do you tease or ignore them, or say 'Ag shame'. Come on, nobody wants to be treated like that! All people are equal. Thank you for your letters and lovely drawings! Till next time.

Molo

Hallo Vriende

Mooi so! almal van julle wat help om 'n verskil te maak by die huis, op skool en in die gemeenskap. Onthou dat misdaad en geweld net tot 'n einde sal kom as ons daarteen veg.

Weet julle, mense met gestremdhede word dikwels sleg behandel of uitgestoot. Hulle verdien dieselfde respek en aandag as enigiemand anders.

Miskien is daar iets in die tydskryf wat jy nie verstaan nie – Dan moet jy tog jou ouers of onderwyser daaroor vra. Tot volgende keer ...

Molo

Molweni Bahlobo

Siyababulela abo benu abathi bathathe inxaxheba ekwenzeni umahluko ekhaya nasesikolweni, esitalatweni kunye nasekuhlaleni. Khumbula, ukusetyenziswa kwezinyobisi ngendlela engeyiyo kunye nobundlobongela akunakuphela ukuba asilwisani kunye nabo ...

Kufuneka sibaphathe ngembeko kwaye njengabanye abantu, abantu abakhubazeke ngokomzimba okanye ingqondo, abazizithulu okanye abangaboniyo; abangakwaziyo ukuthetha kakuhle; nabaxhuzulayo.

Ningalibali ukubhala nithumele imizobo yenu. Ndizakunibona kwixesha elizayo ...!

Molo

Safety Alert

Every day children are raped or sexually abused. Make sure that you keep safe by following Molo's basic safety rules.

- Always stay in a group.
- Don't go with anybody without your parents' permission.
- Tell someone you trust if you feel unsafe.
- Say NO! if you are asked to do something you don't like.
- Shout! Kick and Run!

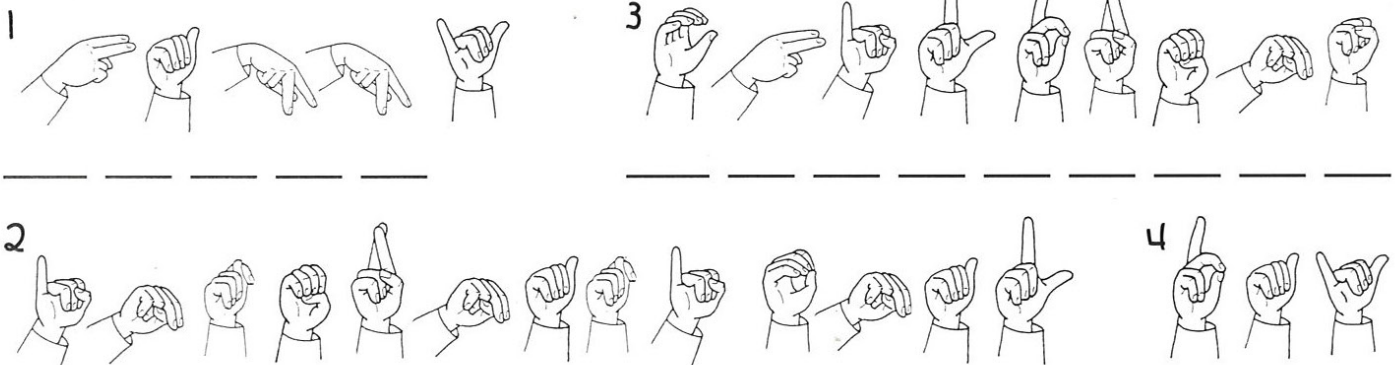
If you have your own safety plan; write and let Molo know about it.

Important Dates

June

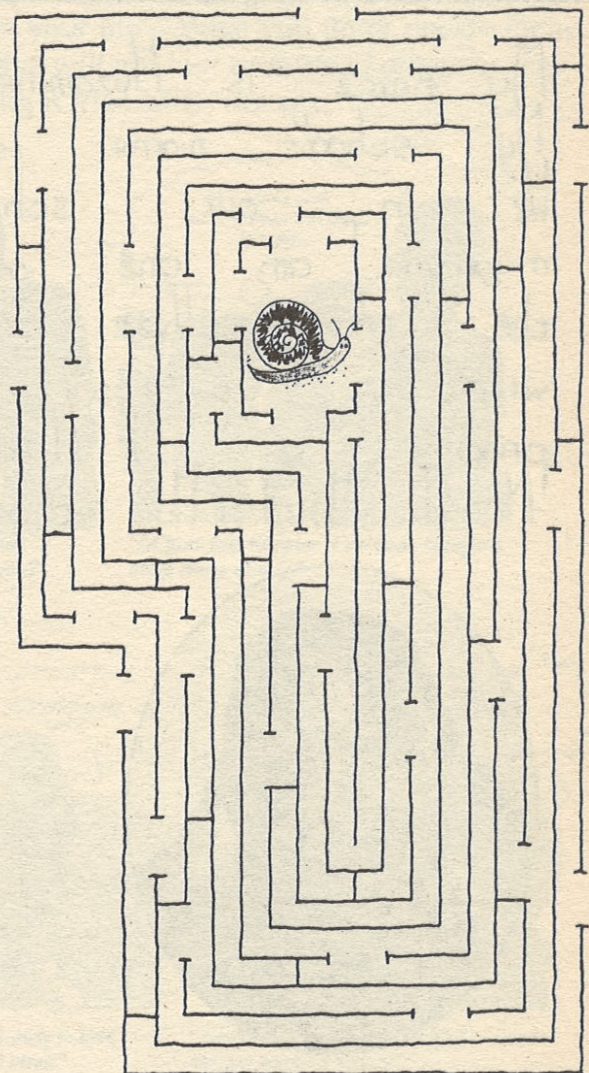
- 1 - International Children's Day
- 16 - National Youth Day (Soweto Day)
- 16 - Day of the African Child

Translate this sign language message into English by using the chart on the insert.

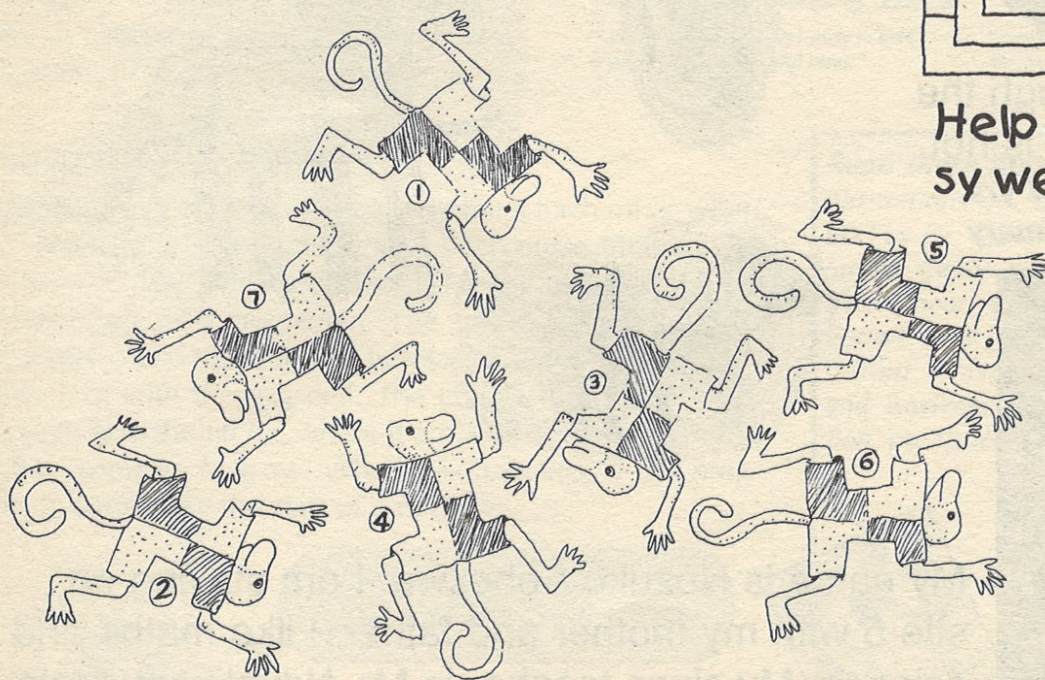


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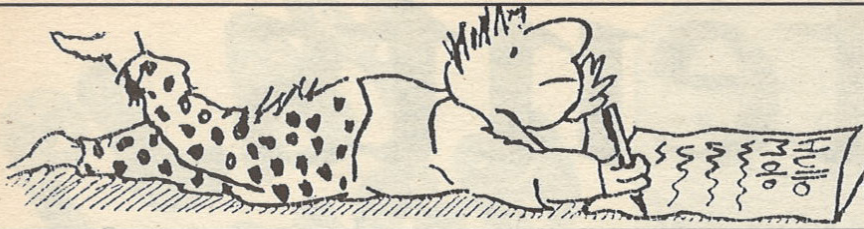
- 4 & 5 **Letters and Pen Pals**
- 6 & 7 **Educational Focus**
Children with Special Problems
- 8 **Masifunde isiXhosa**
- 9 **All People Have Talents and Disabilities**
- 10 – 12 **Your Own Voice**
Get to know us ...
- 13 **Book Review and Poem**
- 14 & 15 **Update**
- 16 & 17 **The Birds and the Bees**
Sexual Feelings
- 18 **Things To Do**
Make Play Dough
- 19 **Sports Page**
- Insert: **Sign Language**



Help Sarel Slak om sy weg te vind.



Can you find the twin monkeys?
Write down the numbers of the twin monkeys: ____ & ____



children's

My name is Muzammil Parker. I am in grade 3 a.
 My school's name is Cravenby Secondary School.
 We in our school thank you for the nice
 magazines. I am one of the student who sells
 the magazines. There is another friend who comes
 with me to sell the magazines. Our school
 principal is Mr Matthew. My teacher's name is
 Mr. A Naicker. My school is sub, A to Matric.



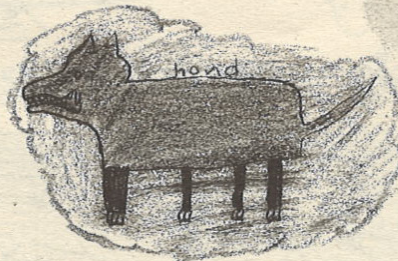
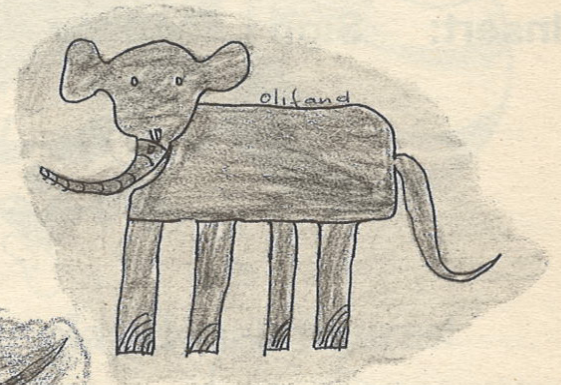
I like to run through the
 sprinkler when it is hot.

**Jackie Matthews, 7 yrs,
 Tuscany Glen Primary**



My naam is Mark Mentoor. Ek hou van
 sokker en lees baie graag Molo
 Songololo. Groete aan die groep by
 Molo, hou so aan met die goeie werk.

Mark Mentoor, st. 2, Marine Primêr



My name is Nozuko Sobekwa. I am staying on
 site 5 with my mother and father. I like maths and
 science. My class teacher is Mr. Ndyalivani. Molo
 Songololo, I love you too much!

Nozuko Sobekwa, 10 yrs, std. 3, Ukhanyo Primary

Letters!



Our view of what should be done about crime in our community

We think people should have self defence skills, there should be a police guarding our neighbourhood and people should use their alarms. Also all children should be taught about the dangers of crime in our area.

STOP



By: Inga + Kim
St. Raphael's
Grade 5B

THINK

My naam is Jaclin Botha
Ek is in S.T.3.B.H
Ek is 12 jaar oud
Ek hou baie van my Skool
My Skool se naam is
Blackheath Premier Skool
Ek Lees gereed Molo Songolob
want daar is baie spelletjies in
om my besig te hou. My
Stokperdjies is modd, sing, dans
Ons gaan by die A.G.S Kerk
Die Here seën jou baie

My name is Aneeshah Abdullatif.
I am in std 1. I am 7 years old.
I attend St. Cemanbs Primary
School. My hobbies is going
to school. When I grew up
I want to be a shop keeper

PEN PALS



Galeema Kenny (girl)
Cor. of Finn and
Fishermenwalk Lane,
Zeekoevlei, 7945
South Africa

"I would like pen pals between
10 and 13 from all over the
world."

Lizel Johnston (girl) 12
Don Straat 7
Manenberg, 7764

South Africa

"Ek soek penmaats van die
ouderdom 12 en 13. Die
briewe moet in Afrikaans
geskryf word asseblief."

Nolene Persent (girl)
97 Carnation Rd, Atlantic
Heights, Ocean View, 7975

South Africa

"My hobbies are visiting
friends, modelling and playing
with dolls."

Ibtishaam Manuel (girl)
20 Draco Rd.
Ocean View, 7975

South Africa

"My hobbies are modelling
and rollerblading."

René Barnes (girl) 15
79 6th Avenue, Belgravia,
Athlone, 7764

South Africa

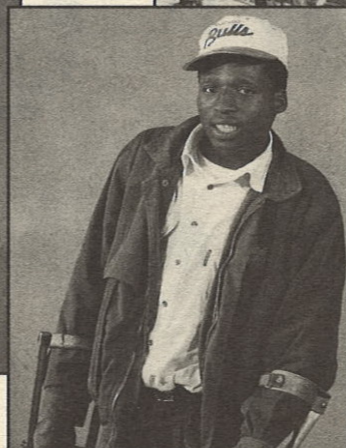
"My hobbies are travelling,
dancing, reading and writ-
ing. I would like pen pals
from USA, France or Spain."

Children with special problems

Many children cannot walk, run, talk, or play in the same way as others. They are children with disabilities. They need the same things as all other children, but also need special education, care and help.



Yeah man! It's cool. Vuyani and Carl in the production of *Rap Against Racism*.



"We must use our talents to the best of our abilities." says Siyabonga (left).

Many of the problems children with disabilities have, are caused or made worse by poverty and a lack of information. People around them do not know much about disability and its causes. This means children with disabilities do not get the respect, treatment and help that they need. Everywhere they go there are obstacles or barriers that make it hard for them to get about, to learn and lead a full life. A big barrier is the fact that many people look down on children with disabilities and treat them badly. Families, schools and communities, and you, can help them to overcome these barriers.

Different types of disability

There are many different disabilities and many different reasons why children are born with disabilities or become disabled. Many disabled children have more than one disability. Somebody with ...

- **Physical disability** – do not have full use of feet, legs, arms, hands or spine; arms and legs may not be fully developed.
- **Visual disability** – cannot see well or at all; when someone is blind.
- **Hearing disability** – cannot hear properly or have lost hearing; when someone is deaf.
- **Learning disability** – learn, think and understand very slowly or has very little mental ability.
- **Epilepsy** – has fits (seizures) or moments of unconciousness (fainting); can lead to brain damage.

Major causes of disability

Violence, War and Accidents

Violence against women and children especially. Injuries during accidents on the road, at work or while doing sports. In Angola and Mozambique 95 000 people have been disabled by exploding landmines.

Infectious diseases such as Polio, TB and Measles

Not all children receive medicine when they are small to protect them against childhood diseases which are 'catching'.

Congenital Conditions

Congenital means 'present from birth'. It can also be conditions that are passed on from parents to children in the genes, such as Down's syndrome.

Malnutrition, Lack of Iodine and Vitamin A

Mothers and children do not eat enough healthy food. This is the cause of disability for more than 10 million people in Africa.

Poverty and Poor Living Conditions

Body waste and garbage is not removed from living areas. Drug and substance abuse. Lack of health care and services. Mothers and babies do not get proper health care when babies are born.

Hurtful Words

People should not use words and make remarks that label, insult and push aside people with disabilities.

Words like *abnormal*, *retard*, *deformed* and *cripple* is hurtful. It makes people feel sad and unhappy with themselves. Then they struggle to have good self-esteem and find it harder to learn and do the best they can. It points at their disability instead of at the things they *can* do. In this way people with disabilities are treated badly, with fear and without respect.

Labels such as *suffering* from deafness, *afflicted* by cerebral palsy and *victim* of polio describe disabled people as medical cases, rather than people who can have a full life as part of their community.

On the insert you can find out how to respond to children with disabilities.

Cerebral Palsy

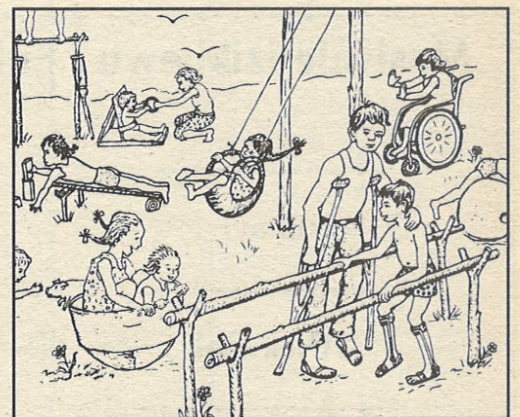
Damage to parts of the brain before, during or after birth. Leads to problems with muscle movement, seeing, hearing and speech.

Lack of Information

People do not know much about disabilities and its causes. Small children with a disability do not get the treatment and attention they need. They are ignored or removed from society.



A Molo Songololo workshop on children's rights.



Masifunde isiXhosa

Learn to speak Xhosa. Leer om Xhosa te praat.



Molweni nonke? Niphila njani?
Mna, ndiphilile kodwa kuyabanda kakhulu!

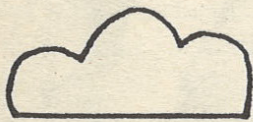
Bahlobo nisakhumbula amagama eedolophu zaseMzantsi-Afrika?
 Friends, do you still remember the names of the South African towns?
Vriende, onthou julle nog die name van die Suid-Afrikaanse dorpe?

Ukuba aniqinisekanga, khangela kwiMolo vol 2 no 9 ...
 If you are not sure, check in Molo vol 2 no 9 ...
As jy nie seker is nie, kyk in Molo vol 2 no 9 ...

Zama ukushatisa imifanekiso namagama.

Try and match the pictures and the words.

Probeer om die prente met die woorde te verbind.



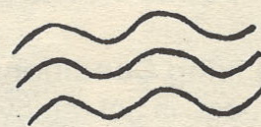
kuyaduduma



it is cloudy



die son is baie
warm



kuyanetha



daar is mis

Masivale izikhewu / Fill in the missing words / Vul die spasies in

iBhayi

iThekwini

Cape Town

Johannesburg

Oos-Londen

Kaapstad

East London

Durban

iRhawutini

iKapa

Johannesburg

Port Elizabeth

iMonti



Written by Andrew Kruger from Teaching and Learning Resources Centre (TLRC), University of Cape Town, Private Bag, Rondebosch, 7700, Tel 650 3276 (copyright).

All people have talents and disabilities

WONKE UMNTU UNESIPHIWO KUNYE NOKUKHUBAZEKA

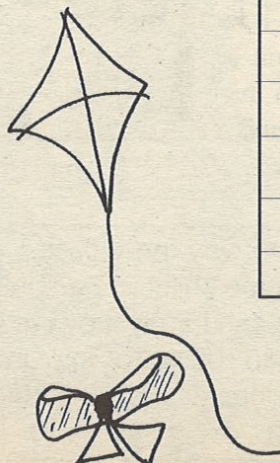
Nobody can do everything well. Activities that are easy for some people, are difficult or even impossible for others. How well can you do the things listed below? Put an X in one of the boxes.

Akukho mntu unokwenza into ngaphandle kwempazamo. Izinto ezilula kwabanye abantu zinzima kwabanye. Ungakwazi ukuzenza ezizinto zidweliswe apha ngezantsi. Beka u X kwibhokisi ehambiselana nempendulo.



- answering a question in class / ukuphendula umbuzo eklasini
- climbing a tree / ukukhwela emthini
- cutting with a scissors / ukusika ngesikere
- doing magic tricks / ukwenza ubugqi
- drawing a picture / ukuzoba umfanekiso
- jumping a rope / ukutsiba intambo
- knitting / ukoluka ngewulu
- making cookies / ukwenza amaqebengwana
- playing a musical instrument / ukudlala isixhobo somculo
- playing chess / ukudlala ichess
- playing soccer / ukudlala isoka
- riding a bicycle / ukuqhuba ibhayisekile
- roller skating / ukuqhuba izitybilikisi ezinamavili (roller skates)
- running fast / ukubaleka kakhulu
- skipping / ukutsiba ugqaphu
- taking a test / ukubhala imviwo
- throwing a ball / ukujula ibhola
- tying a bow / ukubopha iqhina
- whistling / ukubetha umlozi
- writing a story / ukubhala ibali

For me it's Kum ku			I've never tried it Zange ndazama
Easy Lula	Hard Kunzima	Impossible Akunakwenzeka	

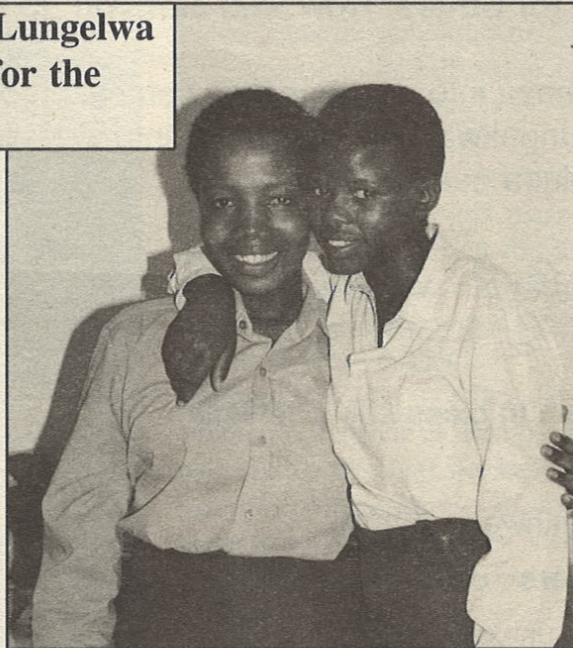


Get to know us ...

Nomonde Ngqeshemban and Lungelwa Sigwiji – Noluthando School for the Deaf in Khayelitsha.

Nomonde Ngqeshemba, 15, takes a while before she responds to a person. All Nomonde knows is that she got sick a few years ago and started to lose her hearing. "My hearing and speech is not so bad. I speak normally with my friends and family," she says. Her best friend, Tandukasie, understands Nomonde's problem. They get along very well and often play netball, 3 blikkies and hopscotch with other children in her neighbourhood.

At Noluthando, Nomonde learns how to communicate in sign language. She would like to attend a "normal" school and be treated like any other child. Her wish is to become a nurse and help TB patients.



Aged 14, Lungelwa Sigwiji's biggest wish is to become independent. She would also like to drive a car. Lungelwa dreams of becoming a teacher one day. She understands the problems of many children like herself who need caring and supportive teachers.

"I don't want to go to another school because I can't hear well. I won't understand what others say when they speak. I like learning

sign language. That is how I communicate", explains Lungelwa through a translator.

She gets along well with her family and friends. She and Notando, her best friend, are always together, playing and chatting with each other.

Lauren Ryan and Matthew Botha attend Vista Nova, a school in Rondebosch for children with cerebral palsy.

Lauren has just turned 8 and lives in Table View. "I love all animals. Riding on a horse makes me very happy. When I feel sad because I didn't do too well at my schoolwork, I feel better when I come to horse riding. I also like to swim. It helps my body to grow stronger and work better."

Matthew, 8, says he loves horse riding because it is fun and you learn interesting things. "I ride on a nice horse called Concord. I also like riding on my bike and playing cricket and rugby with my friends. I hope my dad will soon teach me to scuba dive."



Cerebral Palsy is a disability that affects the way the muscles work. It is caused by damage to some parts of the brain, before, at or after birth. Some children had only little damage and therefore have only small problems with movement, while others can hardly move at all. It can also result in problems to see, hear, learn and speak. SARDA (South African Riding for the Disabled Association) is a riding school in Constantia where children with all different kinds of special problems go to ride. Riding on a horse helps them in many different ways.

'Oh! Jazz, that's my favourite. I just like jazz music. I also enjoy swimming and dancing; and of course running.' says 12-year-old gold medalist, **Alexis Petersen**. She is a 100 and 200 metre sprinter with the Astra Sports Club. "Children make fun of me because my arms are short. I don't like it. It makes me feel bad and angry. I have two fingers on one hand and three on the other", says Alexis. "Sometimes I look in the mirror; I ask why? Why are my hands like this? Why didn't God make me normal?"

Alexis has a caring and loving family who give her lots of support and inspiration. Her brother is her greatest protector. She hopes that she will have an active, full life and keep up with her running.

See page 19



Alexis Petersen and Natalia Kweyiya from Astra School for physically disabled children in Montana.

Natalia Kweyiya, a 14-year-old from Astra School, enjoys singing and Gospel music. Her other interest is athletics. She is a gold medalist in the shot-put and discus events. She is almost unfazed by her achievements. Asked what worries her, she says "I don't like violence. You don't know if you will still be alive when the day ends. A person can be shot for nothing ..."

Natalia gets very angry when children make fun of her because of her disability. "I can't help that I am like this. God has a purpose. God will punish them ..." she says. Natalia feels that you must communicate with a disabled person like you would with any other person.

"Involve a disabled person with what you do. Most of us can do things for ourselves. Others will need your help", she says almost angrily.

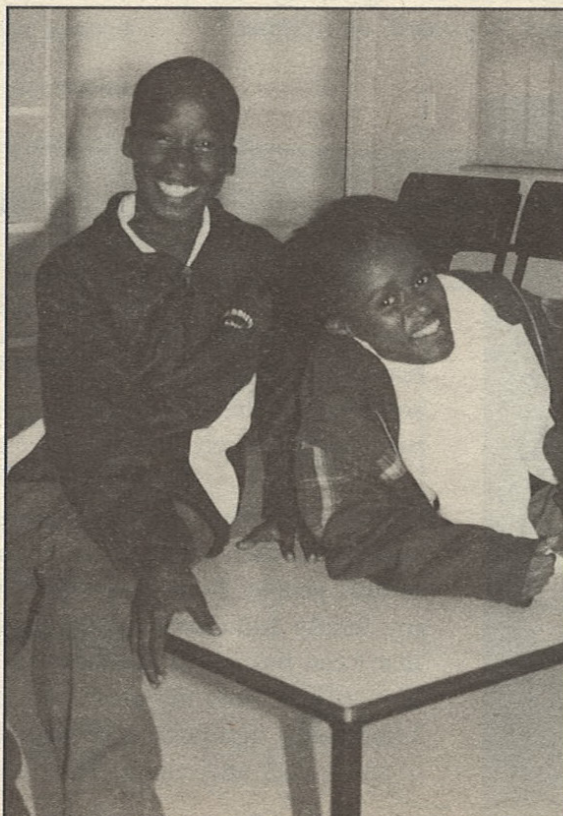
Natalia's wish it to be respected as a human being. She is the only child. "I feel happy alone. My cousins take me as their sister", she explains.

See page 19

Terrence Mahlumbazo and Patience Lunika attend Tembaletu, school for physically disabled children in Guguletu.

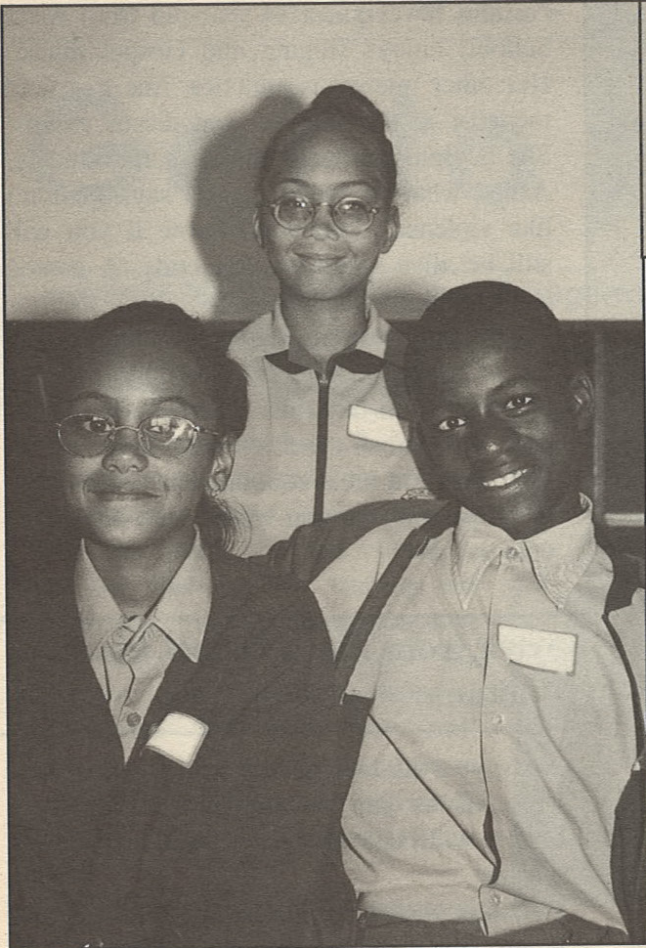
Terrence Mahlumbazo, 13, doesn't like fighting with other children. He tries to keep out of trouble as far as possible. Instead he wants to be friends. You can tell that it is easy for Terrence to make friends. His best friend, Samsu makes him laugh, a lot.

Terrence would like to go to a 'normal' school and interact more with other children. He too is concerned about how he will be treated by other children because of his disability. Terrence says he likes reading books, going out with friends and making new friends.



"Oh boy! We are always fighting. Hell breaks loose especially if we all want to watch TV at the same time", explains **Patience Lunika** when asked about her family. She has a good sense of humour and always looks on the bright side of things.

"The fact that I am in a wheelchair does not bother me so much. It is just that people have funny attitudes and are full of nonsense. I don't like that", says Patience. She is happy attending Tembaletu but sometimes she wishes she could go to a 'normal' school. "I just can't stop thinking how much they will be looking at me when I move around. They won't make you feel comfortable", says Patience. She wants to be a psychologist because she wants to help people with problems.



Van links: Nuraan Vanacore, 11, Stevencia Schippers, 10, en Bongani Stofile, 12, is op skool by die Athlone Skool vir Blindes in Kasselsvlei.

Vanaf geboorte sien Nuraan, Stevencia, en Bongani net gedeeltelik en dra bril om te help. Hulle is dit eens dat kinders se geterg hulle pla.

Nuraan sê dat sy eens op 'n gewone skool was en hard probeer het om by te bly maar nie baie goed gevaar het nie. "Twee jongetjies in die klas het my 'skeeloo' en 'dom' genoem. Hulle vat my goed en sou ek hulle jaag, dan skel die onderwyser op my. Ek dink nie ek is regverdig behandel nie."

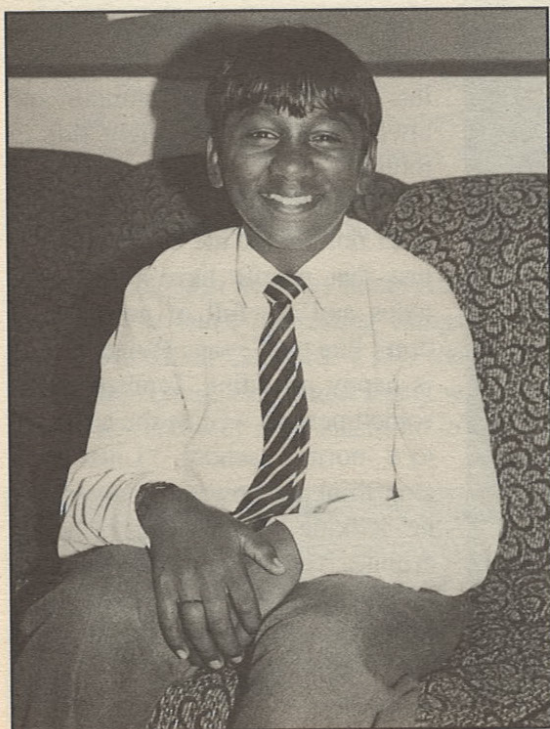
Bongani: "Jy kon mos met die onderwyser gepraat het."

Nuraan: "Ja maar ek was bang vir meneer want hy was baie streng. My hart het baie seer gevoel en ek wou nie meer skool toe gaan nie. Ek het my ma gevra of ek na 'n ander skool kon gaan. Hier is ek nou baie gelukkiger want niemand noem my name nie en ek het baie vriende."

Stevencia: "Ek is al vir ses jaar hier op skool maar sommige kinders hier het my al 'Sunlight Seep-oë' en 'Marlyna Days' genoem. In Eersterivier waar ek woon

het ek maats gemaak met kinders van 'buite-skole' maar partykeer het hulle slegte maniere. Ek hou daarvan as mense my 'lekker' behandel. Ek dink grootmense moet my behandel soos hulle eie kinders, nie asof daar iets met my fout is nie."

Bongani: "As kinders my name noem dan noem ek hulle ook name, of ignoreer hulle. Hulle raak gou moeg daarvan. Hulle moet net nie te ver gaan nie. Daar is so een in my klas, 'n uittartende, gruwelike kind. Maar ek het hom aangevat en nou kom ons goed klaar. As ek ongelukkig voel speel ek met my diere op die plaas by Paarl. Ek hou ook baie van toneelspel, en speel 'keyboard' en trompet."



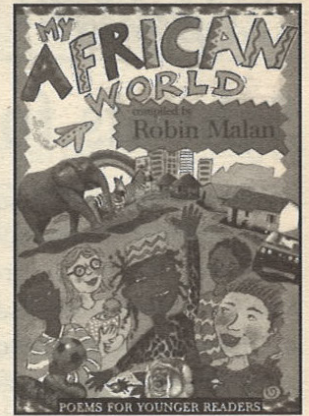
Sivashan Gangan, 13, attends the Dominican School for Deaf Children in Wittebome.

Sivashan was born deaf. With special help and a hearing aid he learned how to speak when he was still very young. He says some people in his community in Cravenby do not treat him with respect, even though he can do everything they can.

"I feel sad when I meet someone and it is difficult for us to understand each other. Hearing people should learn how to talk to deaf people. I am glad that I can speak because I can talk to my family and cousins. They have to talk loud and clearly so that I can hear them and lip-read. Nobody at my house knows how to sign, only my uncle who was also born deaf. At school I like maths best because I'm good with numbers. I play cricket and soccer and enjoy games like hide-and-seek and on-on."

My African World

Compiled by Robin Malan. Published by David Philip Publishers. My African World is a wonderful compilation of poems written by children from different countries and from different time periods.



Reviewed by Abbygale Eiseb, Std. 5a, Yellowwood Primary

I think it is a very interesting book, because it tells us what the children experienced and how they felt at that time. I think it also encourages younger children who are good at poetry to become poets. We learn about children from African countries like Zambia, Zimbabwe, Tanzania and South Africa. I definitely recommend this book because it improves reading skills and language.

Reviewed by Shireen

Abrahams, Std. 5a, Yellowwood Primary

This book is about high school children from African countries. The pupils tell us about their daily lives and events that happened to them. The book is very interesting, some poems are funny, some serious and some sad. I would recommend this book to other children, I think that they would really enjoy reading it.

Me, Coloured (A poem from *My African World*) written by Peter Abrahams, South Africa, born 1919

Aunt Liza.

Yes?

What am I?

What are you talking about?

I met a boy at the river.

He said he was Zulu.

She laughed.

You are Coloured.

There are three kinds of people:

*White people, Coloured people
and Black people.*

*The White people come first,
then the Coloured people,
then the Black people.*

Why?

Because it is so.

Next day when I met Joseph,

I smacked my chest and said:

Me, Coloured!

He clapped his hands and laughed.

Joseph and I spent most
of the long summer afternoons together.

He learned some Afrikaans from me.

I learned some Zulu from him.

Our days were full.

There was the river to explore.

There were my swimming lessons.

I learned to fight with sticks;

to weave a green hat

of the young wands and leaves;

to catch frogs and young tadpoles
with my hands;

to set a trap for the *springhaas*;

to make the sounds of the river birds.

There was the hot sun to comfort us.

There was the green grass to dry our bodies.

There was the soft clay with which to build.

There was the fine sand with which to fight.

There was our giant grasshoppers to race.

There were the locust swarms

when the skies turned black
and we caught them by the hundreds.

There was the rare taste of crisp,
brown-baked, salted locusts.

There was the voice of the wind in the willows.

There was the voice of the heavens
in the thunder storms.

There were the voices of two children
in laughter, ours.

There were Joseph's tales of black kings
who lived in days before the white man.

At home, I said:

Aunt Liza?

Yes?

Did we have coloured kings before the white man?

No.

Then where did we come from?

Joseph and his mother come from the
black kings who were before the white man.

Laughing and ruffling my head, she said:

You talk too much. Go 'n wash up.

Update!

Schools for everyone!

Most children with disabilities go to "special", separate schools. These special schools have specially qualified teachers, programmes and equipment. Many children with disabilities do not go to school at all because there are no special schools nearby. The government cannot afford to build more special schools. Another problem is that children going to special schools grow up separated from other children in their community. They make no friends and are very lonely. It also means that children do not learn anything about and from children with disabilities. They will never understand disabled children's problems and needs.

A study done by the government shows that most children with disabilities want to go to regular schools like everyone else. The department of education must now decide if, when or how children with disabilities will be included at mainstream schools. Changes will have to be made at schools so children with disabilities can attend the regular schools near them.



Nezile Ntengwane (left) and Melikhanya Nonkongo (right) learning how to do brick laying at Noluthando School of the Deaf.

Special school needs help

A lack of funds has put Blouvillei School for the Mentally Disabled in Retreat, in difficulty. The school has 150 mentally disabled pupils who are between 6 and 21 years old.

The school principal, Mr Cowley, says that lack of awareness about mentally disabled people and the cuts in subsidies are the school's major concerns. At the school, teachers aim to develop the full potential of every child. "We teach pupils life-skills and social skills in order for them to become self-sufficient and independent," says Mr Cowley.

Mr Cowley invites social workers, occupational therapists and physiotherapists and students to volunteer their services to the school. He can be contacted on (021) 720 857.

World Cup Fever!

The world's biggest sports event, the Soccer World Cup Finals, are taking place from 12 June to 12 July in France. Thirty-two countries are taking part in this prestigious event.

South Africa's team, Bafana Bafana, is taking part in the World Cup for the first time. Although they are not favourites to win, many South African fans can't wait to see Bafana Bafana in action with the world's best soccer-playing Nations. Brazil, the defending champions, are hot favourites to win; followed by Germany, Argentina, France, England and Italy.



Will John Moeti be carried shoulder high at the World Cup?

Brazil's Ronaldo, twice player of the year, together with team mate Romario, are expected to be amongst the outstanding players of the championship. Of course Bafana Bafana's Benny McCarthy, will get much attention. Other players to look out for will be Patrick Kluivert of Holland, Ian Wright, Paul Ince and David Beckham.



Good luck to Lucas Radebe and his team, Bafana Bafana!

Above: South African fans are very colourful and support their team with a passion.

Below: Bafana Bafana defender Mark Fish cannot contain his excitement after South Africa qualified for the World Cup.



IT'S YOUR MOVE

Only you can make a difference! This was the message expressed by enthusiastic young people at an exciting event held by Molo Songololo on 18 April, at the Baxter Theatre in Rondebosch. The mayor of Cape Town, Ms Theresa Solomon, was also there to give her support.

The event brought together about 250 youth, parents and teachers to mark the first screening of **It's Your Move ...**, a video about drugs and youth. It was also the launch of the **Your Move-Youth Action Group**. The hip-hop group, Black Noise, got everybody dancing and stomping their feet with its cool and funky beat.



Members of Your Move-Youth Action Group and international youth representatives.

In the video **It's Your Move ...**, children express their opinion on how you can avoid drugs and substance abuse. Activities such as hiking, hip-hop, singing, dancing, Thai-chi, roller-skating and basketball are explored in a fun and educational way.

The story of a girl who started to take drugs at the age of 9, is a reminder of how drugs can destroy your life. Now 15 years old, she tells her own story in **It's Your Move ...**, as a survivor fighting to kick her addiction.

The video was developed, written and produced with the active involvement of students from schools around Cape Town.

Peer pressure, violence, drugs and alcohol, parental pressure, sexuality problems, etc.; are issues youth deal with every day. In a short play, performed by members of **Your Move-Youth Action Group**, they say that the time has come for youth to fight against the many problems they face and call on other youth to join them.

The group, active in 20 schools in Cape Town, hopes to extend to more schools including primary schools. Andrea Razane, the MC at the event, said that the group "... is about young people feeling good about themselves, helping each other and taking responsibility for our lives. And of cause to have fun." She said that Your Move members are role models for other youth and hope to inspire them to make a difference.



A Black Noise dancer getting the mayor and youth from the audience to groove on stage.



Left: Xenia (centre) with her group brought the house down with their song *A Better Way*.

Right: Your Move-Youth Action Group members doing their play.



For copies of the video (R30 a copy) or if you want to contact the Your Move-Youth Action Group; contact Molo Songololo at Tel: (021) 448 5421 - Fax: (021) 474 997 or write to PO Box 43326, Salt River 7924.

The Birds and the Bees

for pre-teens (10–13 years)



Suddenly you are very aware of your looks and worry about the changes in your body. But that's not all – your feelings yo-yo up and down. And to top it all, everything about sex becomes very interesting! Yes, it's the onset of puberty. Let's look at those feelings, especially the **SEXUAL FEELINGS.**



Blame it on the sex hormones at work in your body! It causes great excitement and strange feelings that you are not used to. Pre-teens usually become very curious about sex. This is normal. It is also normal to feel shy about it. But there is certainly no shame or blame in having sexual feelings.

You are not alone in your worries. Other pre-teens have them too and feel as nervous as you around other girls (or boys). They just put on a brave face! As you grow older you gain confidence and *learn how to deal with feelings, and how to control sexual feelings.*



It's not easy

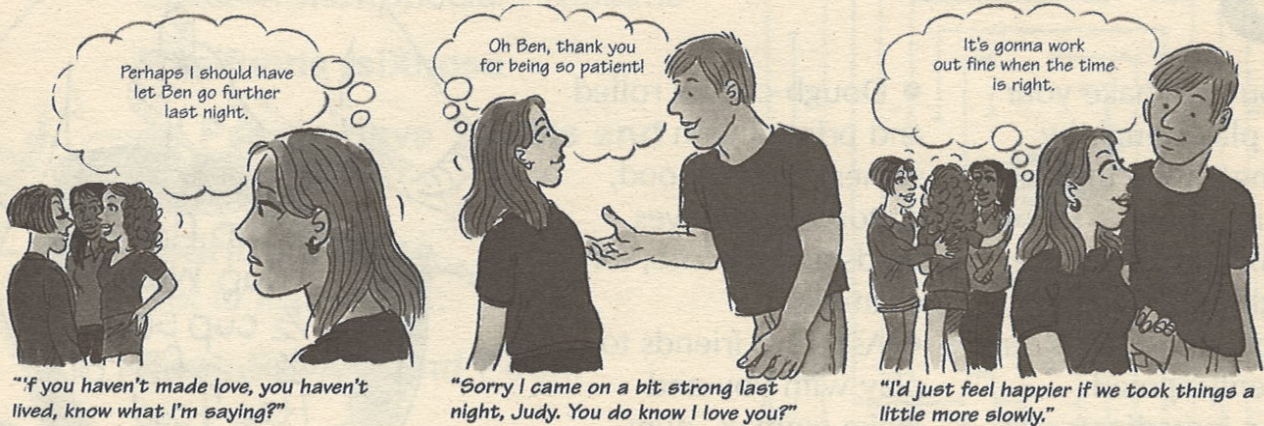
Some young people find it difficult to control sexual urges and energy, because nature made it to be very strong. It is natural to want to know your body and find out what feels good sexually. Many people of all ages, male and female, masturbate because it releases sexual tension. *Masturbation* is the touching and rubbing of private parts for sexual pleasure. This is normal, safe and perfectly healthy, as long as it is done in private. Whether it is seen as "right or wrong" depends on each person and his or her beliefs. *Speak to parents, guardians and community leaders about it.*



Are You Ready?

As a teenager your *body* may feel ready for sex, but the *mind* takes much longer to mature. Sharing sexual experiences with another person brings a whole lot of different feelings and emotions. You can get carried away and do something that might change your life for the worse, or bring trouble that you might not be able to deal with.

Therefore people must be old and mature enough before they attempt anything like that. Young people can easily be hurt, disappointed or exploited by others. Plan your life – What you do or decide today can change your life for better or worse. Make the choices that *will not hurt or mislead others or yourself!* What most young people really want more than anything is friendship, not sex.



A parent?

After all the changes of puberty you will be able to produce your own child, with the help of a partner of course. But there is much more to learn and experience before you will be an adult and ready to be a parent. Believe me, this is the last thing you want to deal with when you are too young. It is possible and important to be in charge of your own body, and future!



Sexual Intercourse

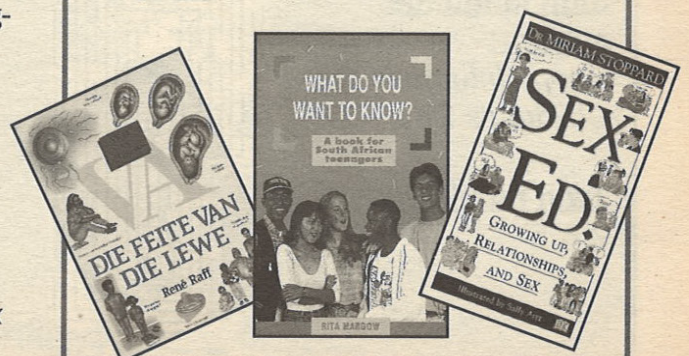
Egg cells and sperm cells can only meet each other when a man and woman have sexual intercourse (make love, have sex). The penis is placed inside the vagina and ejaculates (releases) the semen. The sperm cells move into the uterus and the fallopian tubes where one of the sperm can join with the egg cell. The cluster of growing cells moves into the uterus where it embeds itself in the lining and continues to grow. When this happens, it is a pregnancy, meaning the start of a new life.



In the next edition we look at LOVE ...

Read these books

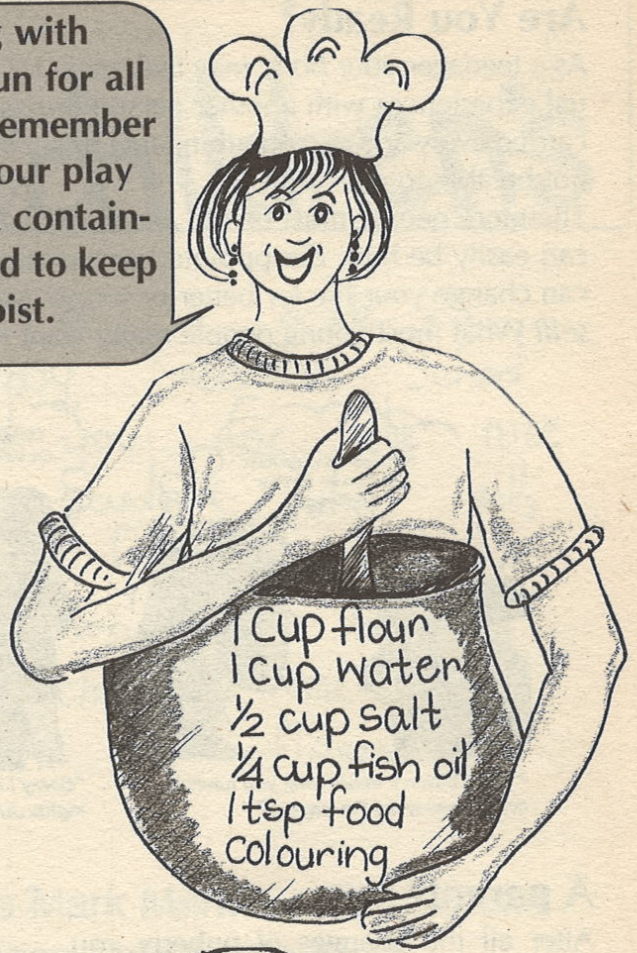
Illustrations on these pages are from "SEX ED" by Dr. Miriam Stoppard, distributed by Struik. Other books to look out for at a library near you are: "What do you want to know?" by Rita Margot, published by Oxford University Press; and "Questions and Answers. The Facts of Life" by René Raff, published by Struik.



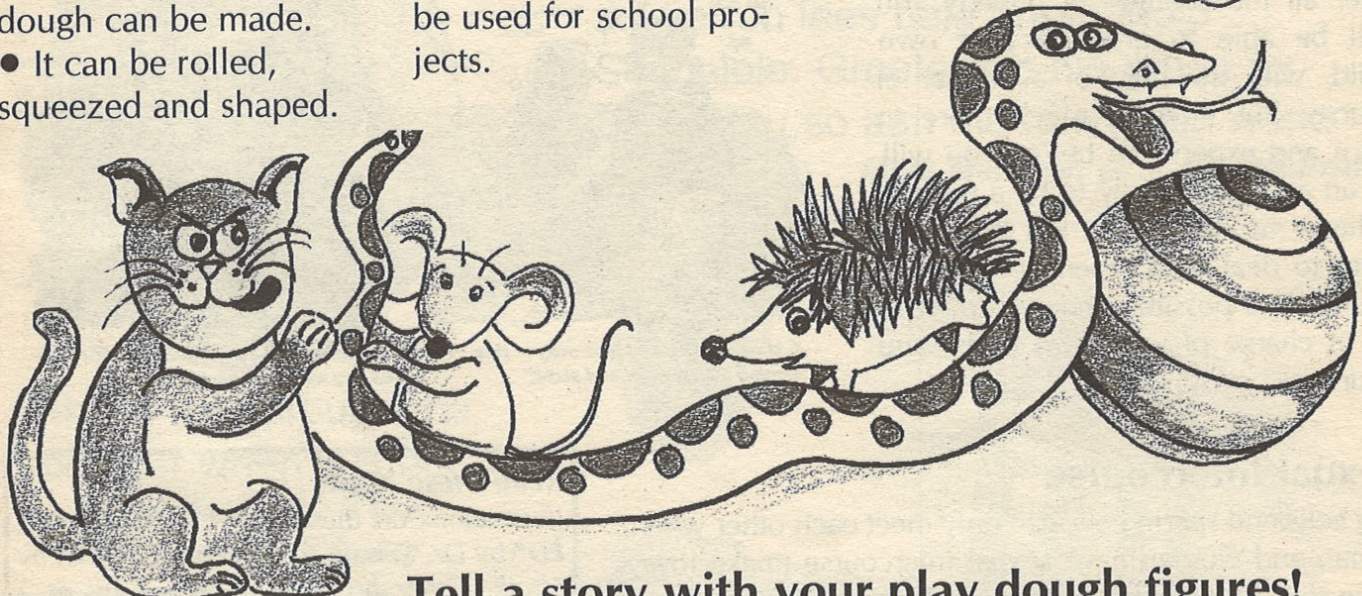
Get the correct answers, write to sisi Nomhle, PO Box 43326, Salt River, 7924, Cape Town.

PLAY DOUGH

Playing with dough is fun for all children. Remember to keep your play dough in a container with a lid to keep it moist.



- You can make your own play dough by mixing all the ingredients in a bowl.
- Mix and knead the dough until dough is smooth and the colour is evenly spread.
- The ingredients can be divided and many different coloured play dough can be made.
- It can be rolled, squeezed and shaped.
- Dough can be rolled and printed with stones, shells, wood, cotton reels, leaves, seeds and a comb, for example.
- Ask your friends to play with you and make animals, numbers, shapes, figures.
- Play dough can also be used for school projects.

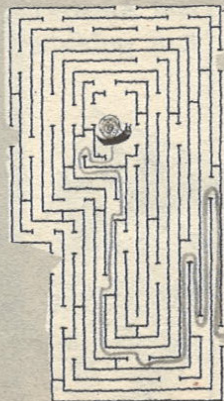


Tell a story with your play dough figures!

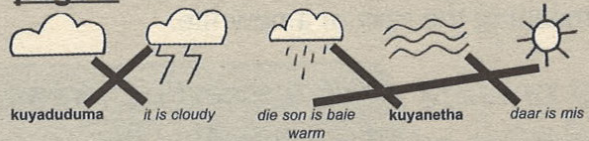
answers • answers • answers • answers • answers • answers • answers

Sign language answer:
Happy International Children's Day

Twin monkeys:
2 & 5



Answers to Masifunde isiXhosa on page 8



- | | | |
|-------------------|----------------|-----------------------|
| <u>ikapa</u> | Cape Town | <u>Kaapstad</u> |
| <u>iBhayi</u> | Port Elizabeth | <u>Port Elizabeth</u> |
| <u>iManti</u> | East London | <u>Oos-Londen</u> |
| <u>iThekwini</u> | Durban | <u>Johannesburg</u> |
| <u>iRhawutini</u> | Johannesburg | |

Western Cape Athletes take gold ...

Three gold medals and 3 SA records ensured that under-14 athlete Fabian Michaels received the award for most outstanding performance on the field at the South African Junior National Games for Physically Disabled in Kimberley on 27 March 1998. This all-rounder's brilliant performance in the shot-put, discus and javelin events gave him a place on the short list for the World Athletics Championship in Birmingham later this year.

Fabian's performance reflects the strength of the squad who represented the Western Cape Sports Association for Physically Disabled at the games. His local club, the Eros School Athletics Club, brought back 40 medals amongst 12 athletes. The Eros squad scored the most points in both field and track events.



Fabian Michaels (with big trophy) with the rest of the Eros Athletics squad.

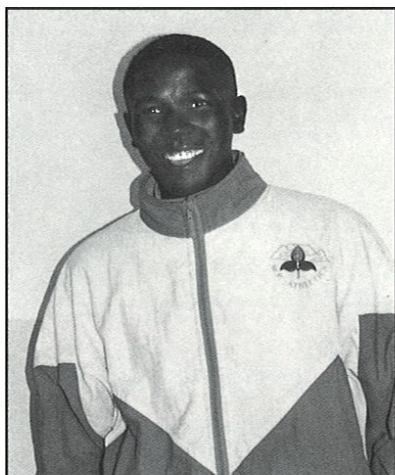
Eros Olympic star

Shot-put and discus champion Jane Mandeau eagerly awaits the decision of the selection committee of the World Games for Physically Disabled. She was short-listed to compete in Birmingham later this year. Of course her ultimate dream is to take part in the Sydney Para-Olympic Games in the year 2000. Jane, who came 4th at the Para-Olympic in Atlanta in 1996, is determined to have another shot at taking gold.



Olympic star, Jane Mandeau

Karoo Nodada recently won two gold medals in the 800 m and 1 500 m at the Summer Games in Germiston. Karroo is deaf and is very excited to be selected to take part in the National Special Schools Championship athletic meeting later this year.



Above: Gold medalist runner Alexis Petersen

Another squad that did extremely well and boasts with two new young champions is the Astra Sports Club. Team members Alexis Petersen and Natalia Kweyiya, both under-14s female, won 2 gold medals each at the national games. Alexis, the youngest athlete at the National Games, is only 12 years old. She trained for a year in order to be selected to represent her club and province. All her hard work paid off by winning the 100 m and 200 m.

The star of the field event for females is none other than Natalia Kweyiya. She broke the SA records in discus and shot-put which earned her the trophy for best newcomer on the field.

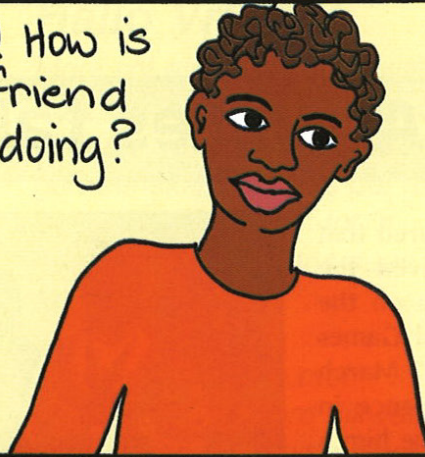
Right: Gold medalist discus and shot-putter Natalia Kweyiya



TERRY



Terry! How is your friend Nina doing?



She recovered very well. Next term she will be back at school.



She is coming back to school? But she is in a wheel-chair?



Do you have a problem with that?



How is she going to get around in a wheel-chair?



She will learn and we will help her. Agreed?

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