

MOLO

Songololo



Read about Molo's Awards Evening!

A magazine for all children 50c

Vol 2 Issue 20
October-November 2000



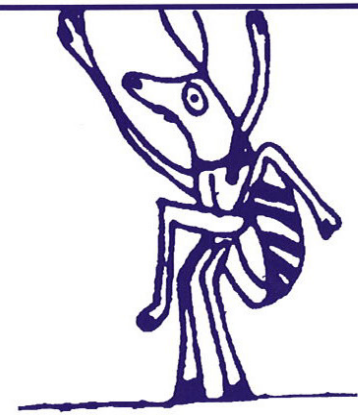


molweni guys!

Growing up is hard these days. As children and teenagers, we are faced with many serious issues, which are difficult to deal with. In this magazine we deal with some of them, such as abuse, self-esteem and teenage pregnancy. We give contact numbers and details. There are people who care and who will listen, so don't be shy... call them!

We appeal to all you children out there to take care of yourselves. Stay in groups with friends and always tell someone if something bad has happened to you.

This magazine is dedicated to all those children who have been sexually assaulted, raped and murdered!



As ek meer weet... kan ek myself beter beskerm!



Umcimbi wakwa Molo Songololo woku-nikezelwa kwamabhaso uzakuba yinto yaminyaka yonke. Ukuba unomntwana, ulutsha okanye umntu omdala nawuphina omaziyo owenza umsebenzi ongaqhelekanga onxulumene nophuhliso, ukhuseleko nokuphila kwabantwana yazisa uMolo Songololo ngabo bantu.



Read about the Molo Awards on pages 4 and 5!

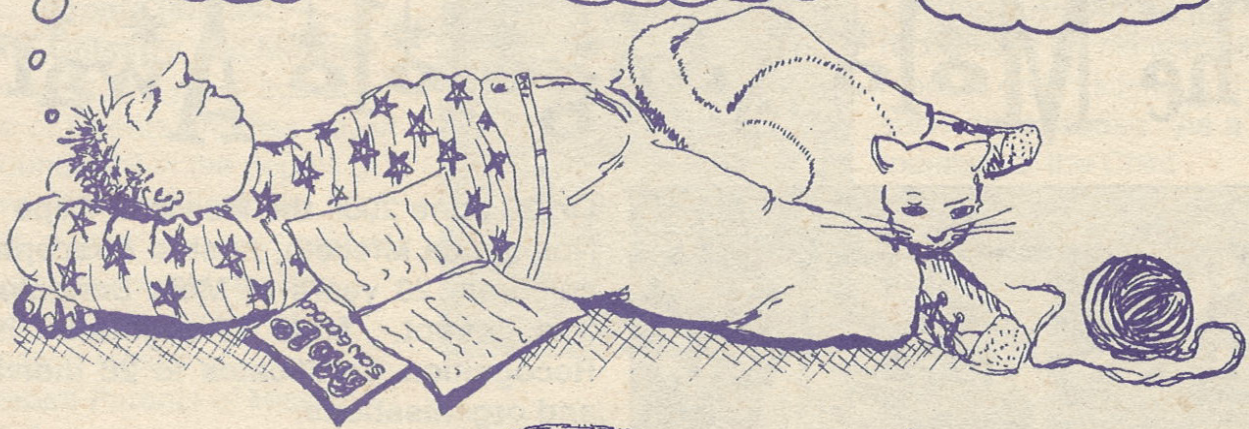
We celebrated our birthday award ceremony with our many friends. We had a lovely time. A special thanks to her worship the Mayor, Nomaindia Mfeketo for honouring us with her presence and hosting this special occasion.



Cover: Thaakirah Jacobs. Read about her achievements in karate on page 17.

Inside Molo

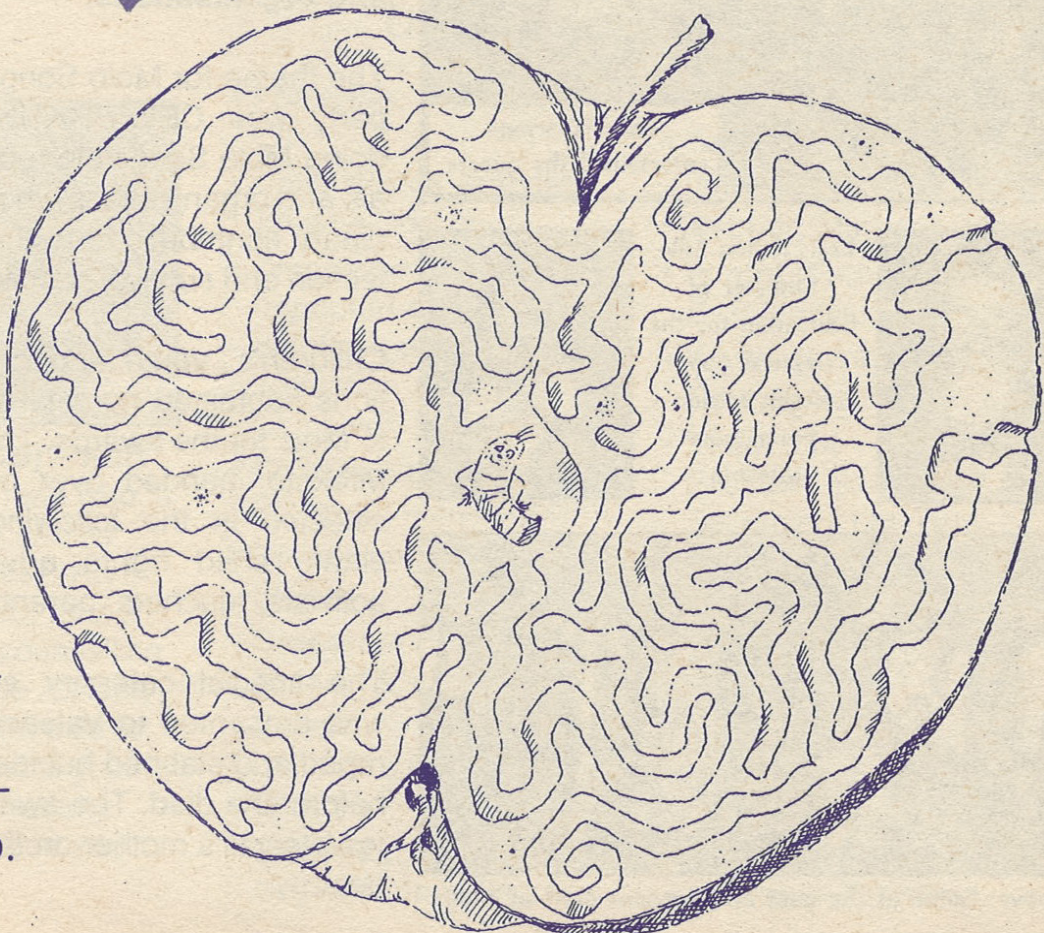
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Kan jy Wiley Wurm help om 'n weg uit die vrot appel te vind?

(antwoord op bladsy 19)

Nceda uWiley, isongololo, lifumane indlela yokuphuma kwi-apile elibolileyo.



A big thank you to Mücki und Max for the use of their game.



The Molo Songololo Awards



The Babarians entertained the guests.

On 29 June 2000 the Mayor of Cape Town, Nomaindia Mfeketo, hosted a reception to celebrate 20 years of Molo Songololo. At this event, Molo Songololo issued Recognition Certificates to 20 individuals and organisations.

The theme for Molo Songololo's 20th birthday party was CELEBRATING RIGHTS. In so doing Molo Songololo recognised 20 individuals and organisations who have made extraordinary contributions to the development, protection and survival of children and their rights.



Left: Hellen Zille, Minister of Education for the Western Cape. Right: Mayor Nomaindia Mfeketo.



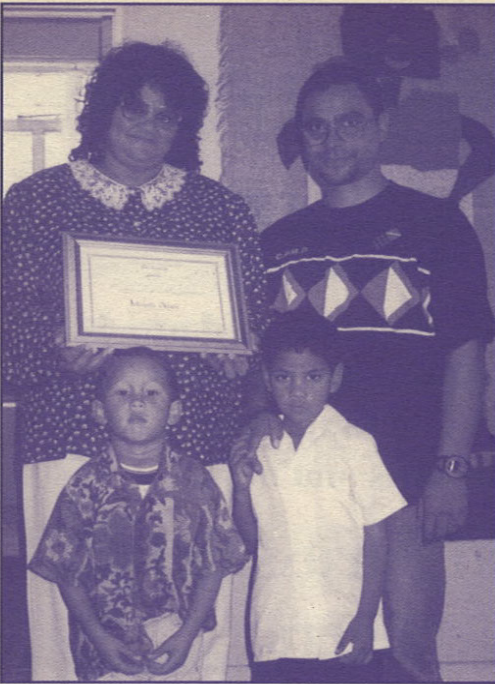
Children's, youth and child rights organisations submitted nominations with motivations to Molo for the awards. The Mayor, Nomaindia Mfeketo, handed over awards to recipients selected in the following categories: politicians, child rights advocates, grassroots activists, teachers, parents, youth.



Above: Some of the past and present staff of Molo.

The special category award (posthumous) was presented to Valencia Farmer. She was raped and stabbed but identified her attackers before she died. The award was handed over to Valencia's mother on the anniversary of her death.

Celebrating rights and achievements...



Above: Parents (Mother) – Michelle Ohlson's son Matthew went missing five years ago at the age of 8 years and has never been found. Still in the depths of pain over her missing son, Michelle started a support group for other parents and families. This led to the formation of the organisation known as "Concerned Parents of Missing Children".



Above: Youth (17 - 20) – Kurt Johnson is a young man who in his personal capacity assists young people in distress. Kurt, together with his family, runs a resource centre and counselling service for youth in the Athlone area. In going the extra mile for his peers, Kurt also visits youth and young men in Pollsmoor Prison to provide support and encouragement.

Right: Child Rights Activist – Sister Puri Baloyi provides medical care and assistance to the informal settlement of Diepsloot, North of Johannesburg. Sr Baloyi started a caravan clinic in response to the lack of services. She is recognised for her work in defending the rights of children.



Left: Child Protection Officer – Inspector Gerhardt Riedermann is recognised for his commitment to child victims and survivors of abuse. As a member of the Child Protection Unit and later the head of the SAPS' Youth Desk: Victims Section, he has often gone beyond the call of duty.



Other Award Winners ...

- **Politician:** Patricia de Lille
- **Child Rights Activist:** Annette Cockburn
- **Campaign that has impacted on the lives of children, nationally:** Treatment Action Campaign (TAC)
- **Child Rights Advocate:** Professor Marian Jacobs
- **Grassroots:** Majorie Billings
- **Grassroots:** Vuyiswa Miriam Moleleki
- **Children's Organisation:** Children's Resource Centre
- **Child Rights Organisation:** Psycho-Legal Project
- **Teacher:** Gahsiena van der Schaff
- **Teacher:** Maureen Jacobs
- **Parent (Father):** Rashied Omar
- **Youth (9-14):** Asanda Octavia Mahlukani
- **Youth (14 - 17) School:** Excelsior Senior Secondary Learners
- **Youth (14-17):** Kathleen Felix
- **Youth (20 - 25):** Lizo Makhallima
- **Special category:** The death of 14 year old Valencia Farmer, highlighted a new trend in violence against children.

Learn about:

- sexual harassment
- sexual abuse

Respect yourself, protect yourself!

All children, girls as well as boys, have the right to be respected and protected. However, girls are more likely to be treated differently than boys. Girls also experience more abuse and violence than boys. In the next few pages you can read about some of the issues affecting girls and boys.

Sexual abuse and harassment amongst teenagers



It is very common for boys and girls to tease each other. This always happens in the classroom, playground or outside school. It also happens that girls and boys threaten one another or treat each other badly. Sometimes this behaviour is so bad that it turns into abuse or harassment.

Example 1: *I have been sexually harassed and abused at school. A boy told me that he would get me after school. He attacked me after school and touched my private parts. I told my mother and she called the school. The principal spoke to the boy. Sherryl, 13 years*

Example 2: *Yaseen's voice recently started to change. The girls laugh at him all the time. He is now too shy to speak to girls.*



True or False

1. Sexual abuse is when a boy tells a girl that she is nice and he buys her a chocolate.
2. Sexual harassment is when a group of girls continuously tease a boy because he is shy and quiet.
3. Sexual abuse is when the class joker holds down a classmate and gives her a 'lovebite'.
4. Sexual harassment is when the class bullies always insult and threaten a gay classmate with violence and rape.

True
False

True
False

True
False

True
False



Nika eyakho imizekelo.
Ukutshutshiswa ngokwesondo okanye ukuhlukunyezwa kuxa:

Give your own example...
Sexual harassment or abuse is when:

True and False Answers on page 19

Learn about:

- child abuse
- emotional abuse
- physical abuse
 - neglect
 - sexual abuse

What is Abuse?

What is child abuse?

It is when someone violates your rights. Abuse can happen in many different ways, at any given time and to anyone.

What is emotional abuse?

It is when someone purposely tries to make you feel bad about yourself. Often you end up feeling guilty or thinking less of yourself.

What is physical abuse?

Physical abuse is when a person hurts you in a way which could lead to injuries or even death.

What is neglect?

When children do not get sufficient love, food, clothing, housing, medical care or parental care.

What is sexual abuse?

It is wrong sexual behaviour. It is...

1. When someone touches you in a way which is wrong or uncomfortable.
2. When someone wants you to or makes you touch them.
3. When someone asks you to take your clothes off.
4. When someone reveals his or her body to you.
5. When an adult/older person lets you watch pornographic (blue) movies. You are not old enough; it is illegal for you to watch them.
6. Rape and prostitution are also forms of sexual abuse.

Voorbeelde van kindermishandeling...

- a) Ryan se vader drink baie en as hy dronk is, slaan hy vir Ryan.
- b) Melissa se moeder kan haar humeur nie hanteer nie. Soms as Mellisa stout is word haar moeder baie kwaad en dan slaan sy vir haar.

NOT LISTENING TO
A CHILD



CONSTANT
TEASING



Beskerm jouself!

- Dit is nie jou skuld as jy mishandel word nie.
- 'n Ouer persoon moet jou beskerm en nie seermaak nie.
- Niemand het die reg om jou liggaam, verstand en siel te mishandel nie.

What can you do?

1. **Report** all sexual abuse and sexual harassment to your teacher, school principal or parents.
2. All serious cases of sexual abuse and sexual harassment can be reported to the **schools' hotline: 0800 454647**
3. Organise a sexual harassment **action group** at your school.
4. Declare your school to be '**Free from Sexual Abuse and Harassment**'.

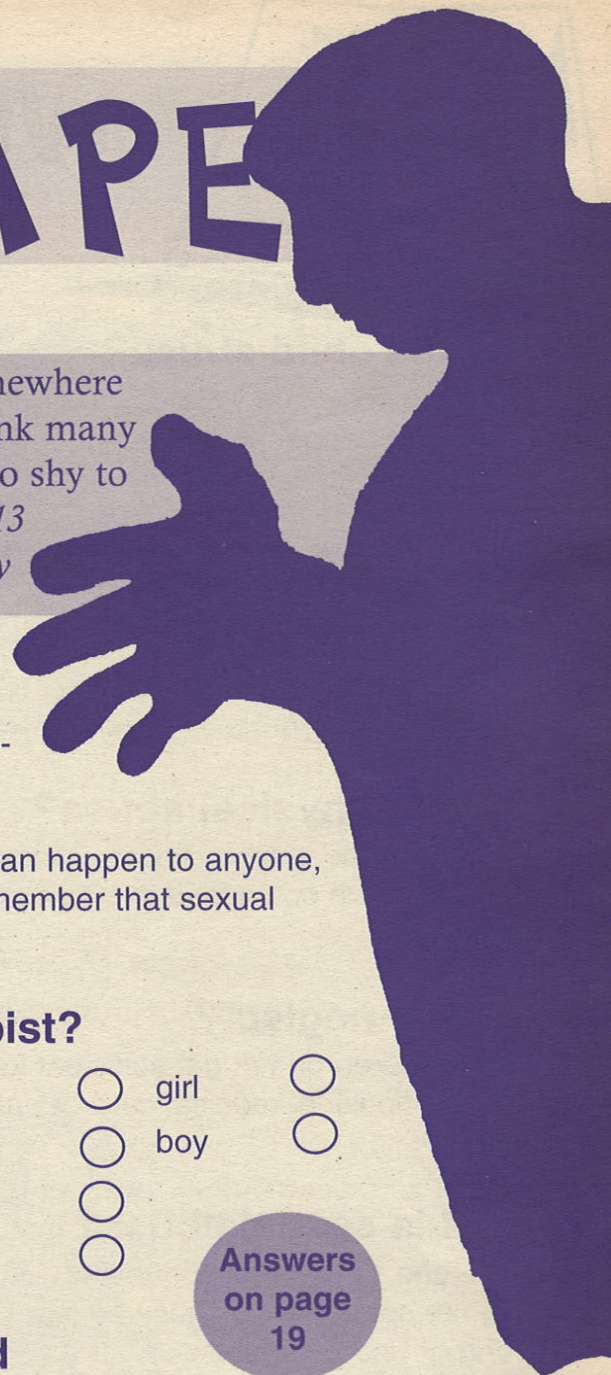
Learn about:

- rape
- the more likely rapists
- what to do when raped

RAPE



“Rape is when a boy takes you somewhere and starts doing sex with you. I think many children have been raped but are too shy to tell someone.” – *Farieda Fredericks, 13 years, Grade 5, Walmer Estate Primary*



Almost everyday we hear of someone being raped. In most cases it is a girl. Yes, boys also get raped. Rape is equally traumatic for girls and boys. However, rape happens to girls more often than boys.

Children from all ages are sexually abused and raped. It can happen to anyone, anywhere and the rapist can be anyone. But you must remember that sexual abuse and rape are crimes and must be reported.



1. Who is more likely to be a rapist?

- | | | | | | | | |
|---------------|-----------------------|----------|-----------------------|--------|-----------------------|------|-----------------------|
| Parent | <input type="radio"/> | friend | <input type="radio"/> | cousin | <input type="radio"/> | girl | <input type="radio"/> |
| guardian | <input type="radio"/> | stranger | <input type="radio"/> | nephew | <input type="radio"/> | boy | <input type="radio"/> |
| family friend | <input type="radio"/> | teacher | <input type="radio"/> | woman | <input type="radio"/> | | |
| neighbour | <input type="radio"/> | priest | <input type="radio"/> | man | <input type="radio"/> | | |

Answers on page 19



2. What do you do when... a friend tells you about being raped?

- Run away and not talk to him / her again.
- Comfort your friend and find out exactly what happened.
- Tell your friend not to talk about it.
- Help your friend to report it.
- Call the police / child protection unit.



3. What should you do when... you have been raped?

- Tell your parents or someone you trust.
- Wash and clean yourself.
- Run away and hide.
- Change clothes and wash the dirty ones.
- Report the rape to the police or child protection unit.

Khumbula...

• Udlwengulo bubundlobongela obungafunwayo bokuzithathela isondo. Akulunganga yaye sizenzo sokophula umthetho esinzima kakhulu. Kufuneka ukuchaze ukudlwengulwa. Ngale ndlela uya kuba wenza lowo ungumdlwenguli ukuba angabe aphinde akwenze oko kwakhona.

• Ukudlwengula kuxa umtu othile enyanzelisa ukuzithathela isondo kuwe. Ukudlwengula kubandakanya ukuba umntu enyanzelisa ukufaka iminwe, isandla okanye nokuba yintoni kumphantsi okanye ezimpundwini zakho.

Learn about:

- what is prostitution?
- why it happens?
 - what is trafficking?

Prostitution

Taxi-queen, abaqwayizi, rent-boy or maroshas



Khutala is 11 years old. Her brother belongs to a gang in the township. He lets his friends have sex with Khutala and then charges them. Her brother is prostituting Khutala!

What is prostitution really?

When we think of child prostitution, we often think of teenage girls standing on the streets late at night dressed up in short skirts and high-heels waiting for customers to pick them up.

Forced and sold

Not all children, girls or boys, who are forced to sell their bodies for sex, are prostituted on the streets. Others are prostituted in their homes, at schools, taxi ranks, shabeens, amongst gangs and in brothels in the communities where they live.

Why do it?

Most of these children are forced into prostitution to earn money for themselves, their family or someone else. Others are forced to do so for food, clothes, protection or shelter.

These children are sexually abused and raped several times a day. They are forced to take drugs to lessen the pain and abuse. They are often beaten-up and threatened with exposure or death.

What is trafficking?

Children are kidnapped, bought and sold. They are sexually abused and prostituted. Some are forced to work in brothels in another town or city. Others are held captive in some place to be used and maybe sold again!

Wat kan jy doen?

1. **Uitvind** of enige kinders in jou gebied dalk vir prostitusie gebruik word.
2. **Bespreek** met jou ouers, vriende en leer kragte maniere om kinders te ondersteun wat as kinder prostitute gebruik word.
3. **Rapporteer** alle voorvalle van kinder prostitusie aan die Polisie en die Kinderbeskermingseenheid.
4. Vir meer informasie oor kinder prostitusie **kontak Molo Songololo:** (021) 448 5421



Remember...

- Children and teenagers who are prostituted **must not be rejected.**
- It is **not their fault.** They need your support and help.
- You must **report** any person who prostitutes a child or teenager.
- It is **illegal** for any adult to have sex with a child.
- It is also **illegal** for any child or teenager to force another child or teenager to have sex with someone.

Learn about:

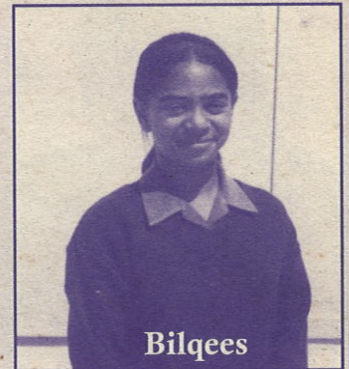
- menstruation
- period pains
- sanitary products
- what to do when having your period

Periods (Menstruation)

Girls on periods ...

"When I first got my period, I felt scared. I thought something was wrong." – *Andiswa Zokwina, 14 years, Grade 7, Mokone Primary*

"I don't have my periods yet, but my cousins tell me about it. They say it is sore and I wouldn't like to get it." – *Bilquees Essop, 12 years, Grade 7, Walmer Primary School*



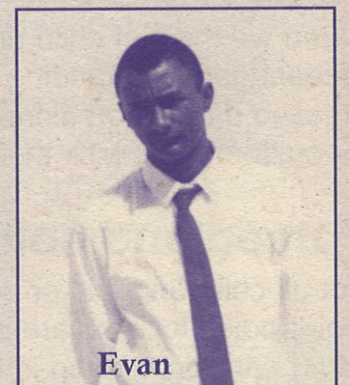
Bilquees



Thamsanqa

Boys on periods...

"The girls talk to me about their periods, they say it is worse than toothache." – *Evan Heyburg, 14 years, Grade 6, Walmer Primary School*



Evan

"Periods is when a girl bleeds." – *Thamsanqa Msweti, 13 years, Grade 6, Mokone Primary*

What are Periods? (menstruation)

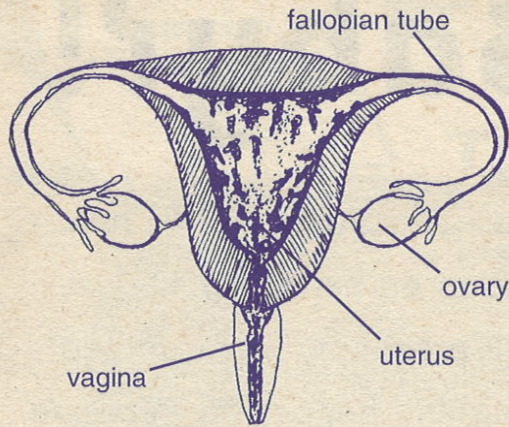
Menstruation is another word for your monthly periods. When a girl is in puberty she will start to get her periods. Every month for a period of 4 to 10 days she will pass blood through her vagina. The blood is a combination of an unfertilised egg cell (ovum), the lining of the uterus and a small bit of blood.

When a girl starts having her periods, it also means that she is able to have a baby. Once a month a ripe egg cell is released from her ovaries, which travels down her fallopian tubes into her uterus. There it is ready to join the male sperm cell to start a new life.

Dit is natuurlik

Die liggaam van `n dogter verskil met dié van `n seun. Dogters is uniek in die sin dat wanneer hulle begin om te menstrueer, hulle `n baba kan verwag. Om te menstrueer is baie natuurlik vir enige jong dogter of vrou.

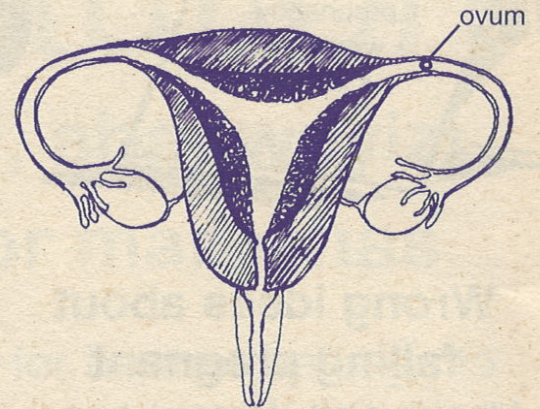
Menstruation



Left: Menstruation
The lining loosens and comes out through the vagina as 'blood'.

Right: Ovulation
The lining of the uterus thickens. An ovum is released from the ovaries.

Ovulation



Aches and pains

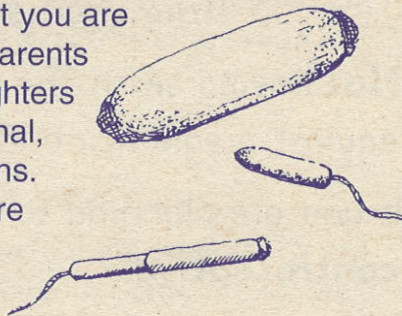
Some girls may feel pain in the lower tummy at the start of or during their periods. Many refer to it as **period or menstrual pains**. They might even feel tense, depressed, irritated or moody for several days.

Many doctors still don't know exactly why this happens, but are sure that it's got to do with the hormones (chemicals) and glands in the body.

There is no certain way to know when you will get your period for the first time. It will happen when your body is ready. Usually teenage girls begin their periods between 9 and 16 years. They continue to menstruate until they are about 50 years old.

About sanitary products

There are many different kinds of sanitary products such as **pads, tampons and flannel cloths** in the shops and chemists. Make sure to use one that you are comfortable with. Some parents might not allow their daughters to use tampons for personal, cultural or religious reasons. Pads and flannel cloths are equally effective.



Ask your mother, sister, aunt or someone you trust for advice.

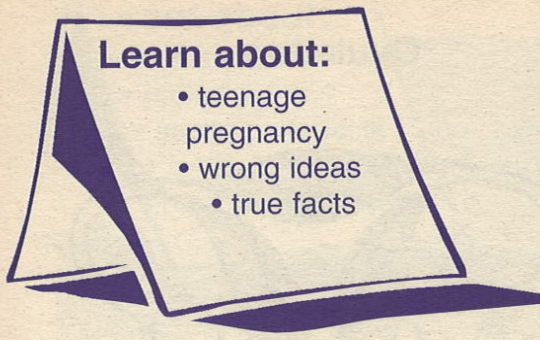
What to do when having your periods

- Wear a sanitary pad, tampon or flannel cloth to soak up the flow.
- Change a pad or tampon at least three times a day.
- Change a flannel cloth at least twice a day (wash and dry it well).
- Do not put toilet paper or newspaper inside your body – it can make you sick.
- Wash your private parts well and regularly.



Isilumkiso!

Musa ukugungxulela i-pads, ita-mponisi okanye impahla zeflaneli endlwini yangasese. Zingayenza ukuba ivaleke ingasebenzi. Sebenzisa umgqomo olungiselwe oku okanye yisongele ngephepha phambi kokuba uyilahle emgqomeni.



Learn about:

- teenage pregnancy
- wrong ideas
- true facts

Oh Baby?!

Wrong ideas about falling pregnant

Although most teenagers have a basic idea of how a teenage girl or woman becomes pregnant, there are still many myths and wrong beliefs around. For 11-year-old Mandi: "You can only have a baby if you love the person you have sex with."

What you should know!

When girls start their periods, it is a sign that they are able to have a baby. There is always a chance that they can fall pregnant **when-ever** they have sexual intercourse. The moment any boy or man puts his penis into a girl's vagina and ejaculates his sperm into her uterus, it is possible that she will fall pregnant.

Girls are more likely to fall pregnant a few days, just before their periods. It is then that the girl's body produces a ripe egg cell that breaks out of the ovary and goes into her fallopian tubes. It is here that the egg cell will be fertilised by the male sperm. Once it's fertilised, it will then move into the uterus (womb) where the baby will grow.



"We do not get sex education but we have been given education on periods. I know how a girl can fall pregnant, when an egg fertilises and something happens." – *Farieda Fredericks, 13 years, Grade 5, Walmer Estate Primary*

Umitho lolutsha

Phantse kuzo zonke izikolo, ikho intombazana eyeka isikolo kuba iye yamitha. Umitho lolutsha yingxaki enkulu kakhulu. Ulutsha alukakulungeli ukuba nomntwana oluza kumkhathalela. Kwakhona akukho ncedo lungako lolutsha olungamantombazana olumithiyo. Konke abakufumanayo kukugxekwa, balahlwe baze bahlazeke. Amanye amantombazana ayaqhubeka nokufunda ngeli xesha bamithiyo nasemva kokubeleka.



Remember...

- You can fall pregnant the **first time** you have sex!
- **Not** having sex is the best protection against pregnancy and disease.
- If you are planning to have sex, use a **contraceptive**.
- If you are pregnant **tell someone** you trust about it.

Learn about:

- pressure
- friends and enemies
- how to take charge!

Are you happy with yourself?

Self-esteem and peer pressure

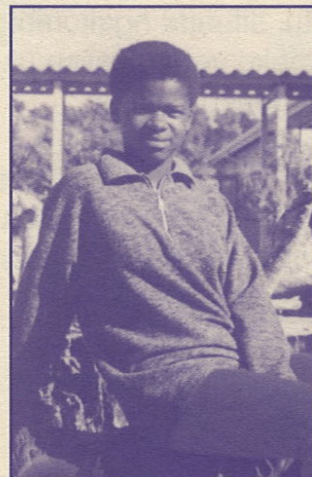


"I have been teased and called fat. I feel bad about it. I spoke to the principal. The principal spoke to the child who teases me but she is still doing it. She bullies me when I do not want to give her answers in class. It affects my school-work and sometimes I feel like I do not want to go to school. If I feel bad I speak to my other friends for support. I listen to music to feel better."

Losiphiwo Gubuza, 12 years, Grade 6, Walmer Estate Primary

Druk en Persoonlike gevoelens

Amper elke dag ervaar jy verskillende emosies en gevoelens. Dit gebeur omdat jy op verskillende wyse reageer met mense om jou. Veral as hulle jou terg, mishandel, vloek of misverstaan, kan dit jou op 'n slegte manier beïnvloed. As dit gereeld en oor 'n lang tydperk gebeur, kan dit die manier hoe jy oor jouself voel ernstig beïnvloed. Dink oor jou gevoelens, probeer dit verstaan en gee uiting aan jou gevoelens. Praat, sing of dans... dis terapie vir die siel!



Nonceba Phathiwe, Grade 7, Mokone Primary:

"Sometimes my friends tell me to act and sing, this makes me feel good. But I also have friends that smoke, if they smoke I leave."

Friend or foe

It is good to have lots of friends. Sometimes you will have one or two very special friends. These are friends you can depend on, trust and do almost everything and anything with. But who are your friends really, friend or foe (enemy)?

Good friend or bad friend?

Find out!

- Do you always feel good being with your friend/s?
- Do your friend/s get you to do things you don't like?
- Do your friend/s do the things you like?
- Do you visit your friend/s at their home?
- Do your friend/s visit you at your home?



YES

YES

YES

YES

YES

Take charge of your body & mind

- Develop your good points and talents
- Focus on the positive (good) things in your life
- Accept the things you cannot change and learn to cope with them
- Work at things you can make a difference to

In this way, you will like yourself better & will become a stronger person!

Learn about:

- inkcubeko
- inkcubeko eMzantsi Afrika
- what's in and what's not
- Discover yourself

Culture Wave

Yintoni inkcubeko?

Ingcaciso elula kukuba zitethe ozilandelayo okanye indlela ophila ngayo ubomi bakho.

Inkcubeko isekwalulwimi oluthethayo, indlela onxiba ngayo, umculo owumamelayo, ukutya okutyayo, inkolo yakho, nezinto okholelwa kuzo.

Inkcubeko eMzantsi Afrika

Umzantsi Afrika lilizwe elineentlobo -ntlobo zabantu abankcubeko, izithethe nemvelaphi eyahlukeneyo. Njengokuba sihlanguana sisebenzisana nabanye abantu, sifunda ngakumbi ngomnye nomnye ize inkcubeko yethu iqalise ukuhlangana, kudaleke inkcubeko entsha.

Ingaba ungomnye wamaXhalanga Enkcubeko aseMzantsi Afrika omtsha? Okanye ingaba ucinga ukuba umculo we-pop waseMelika, iihambhega netshipusi zezona zinto zingcono?

Kutheni ibaluleke kangaka nje inkcubeko?

Inkcubeko ibalulekile kuba iyinxalenye yomntu onguye.



"Part of my culture is going to church and eating samp and rice at meal times."
Andiswa Zokwina, 14 years, Grade 7, Mokona Primary

I like listening to rock music, Cranberries and Savage Garden. I don't think that my music effects my being a Muslim. I put off my music when I have to make solaah (daily prayers).

Farieda Fredericks, 13 years, Grade 5, Walmer Estate Primary



"My culture is to listen to music. I like kwaito especially TKZ and Arthur."
Kholelwa Mpotya, 14 years, Grade 7, Mokona Primary

Are you 'IN' and 'HOT'?

You...

- have no problem eating 'vleis and pap'
- are mad about kwaito and African gospel music
- don't miss a single episode of Backstage or Molo TV
- are learning to speak another African language
- volunteer some free time to help and support others.



Are you 'OUT' and not 'COOL'?

You...

- are a designer label queen
- tease your friend for going to the Mosque for prayers
- think rave music is great and TKZ is a designer label
- nag your parents to buy you a cellphone
- never visit your friend who lives in the township.



Who are you? Discover Yourself!

All people are different, no two people think the same, look exactly the same and come from the same kind of family and cultural background. In order for you to discover yourself and your identity, ask yourself the following questions:

- What do I believe in?
- What is my culture and the culture of my forefathers?
- How do I view myself?
- How do I want the rest of the world to see me?



Culture Quiz

1. How many official languages do we have in South Africa?

2. What is South Africa's national flower?

3. Which women would normally wear a sari?

4. What do you call the Jewish place of worship?

5. What is a jembe?

6. In which city does the annual Cape Minstrels (coon carnival) take place?

7. What music form did Brenda Fassie make famous?

8. Who made the Madiba shirt a high fashion item?

9. What is the name of the South African national anthem?



10. What do you call a Muslim priest?

11. Dumelang is a greeting in which language?

12. What is the name of the dance people do at mass rallies and protests?

Update

Your letters, poems,
news & views



Kathleen, Zeenith and Asanda... Members of It's Your Move - Youth Action Group, represented South Africa at ECPAT International Conference Against Sexual Exploitation and Abuse of Children. Zeenith (centre), has been elected onto the International Youth Council of ECPAT International Youth Participation against Sexual Exploitation and Abuse of Children.

Electricity

Hello Molo and friends. My name is Lwazi Breakfast, I am 13 yrs old. The name of my school is Vuselela Primary and I am in Grade 6. I am writing about electricity. My aim is to warn children about the dangers of electricity. Children must not use electricity with wet hands. They must not use it on their own, they must ask adults for help.

Die Namakwaland Dans Groep...

het Kaapstad besoek om hul dans talente vertoon. Hulle het Kaapstad se pragtige strande besoek en het hulle gate uit geniet.



Molo, Molo Songololo

Here it is again.

It's time for fun

And not to run.

We'll play the game's again.

So come on now and

Run on down, I know you not inSAIN

When I saw it I jumped for joy.

So don't play now it's like a toy.

Molo Songololo is the best book in the
world

It changed my life by many things and
even by a girl. It made me very happy
because I was very sad, the moment I
saw

it. I was very GLAD

From Teyanah Dankers and Nadia Hassiem

Message to the new generation

My name is Bongiwe Xatiswa. I live in Samora. Molo, we have street kids in my area. Those children haven't got parents so they stay on the street. I wish we can help them and we want to help them but we don't know how. May God bless them and let's help them in praying. I am at Liwa P.P. School. Good luck!

Update! Karate Girl



Above: Thaakirah has had a very successful year. She competed in 7 tournaments and nearly took 2 medals in each one.

Thaakirah Jacobs is a karate champion at only 12 years old. As a pupil of Mountain Road Primary, she was introduced to karate in September 1996 and now holds a 1st kyu brown belt. Thaakirah belongs to Seishinkai Karate in Bo-Kaap and Warmer Estate under the leadership of Sensei Cassiem Davids.

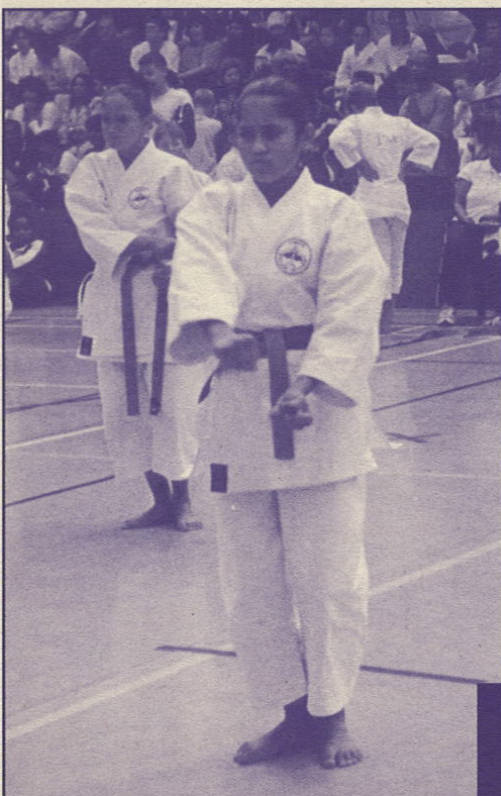
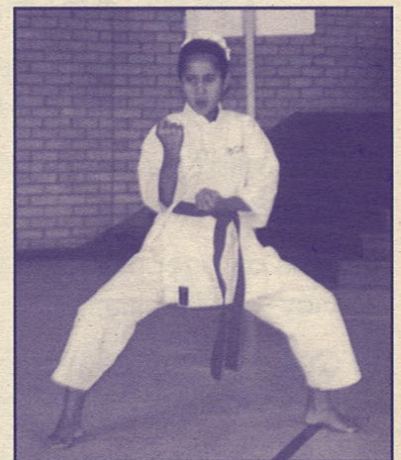
She has won 39 medals and 9 trophies between 1997 and September 2000. For the past 4 years, she has represented Western Province at a national level. Last year she represented South Africa in Lucenec in Slovakia where she obtained a bronze medal.

Gold and bronze medal

This year, Thaakirah won a Gold medal at the South African Children's Championships held on 11 and 12 August at the University of Natal in Durban. She competed in the individual Kata division for 12-year-olds and is now the National Karate Champion for the year 2000. Thaakirah, together with her team-mates Nishaat Masoet and Huda Allie, won a bronze medal for Unison. The Western Province team walked away with 28 medals.

South African National Team

Towards the end of the year, Thaakirah will be part of the South African national team who will be competing in the "Millennium 2000 – Santa Claus Cup", an open international karate tournament in Miskolc, Hungary. She will be competing in the 12-year-old Individual Kata division.



Thaakirah says that she does this sport not for the medals or trophies but for self-protection and the love of karate!

Activities

- the feeling game
- pregnancy true or false
- poem on differences



*Come and join me
for some activities...
Enjoy!*

How do you feel..?

- a) When you get called names you feel _____
- b) When a teacher picks on you, you feel _____
- c) When your parents ground you unfairly, you feel _____
- d) When you heard that your friend got raped, you felt _____
- e) When your friends talk behind your back, you feel _____
- f) When your parents fight, you feel _____
- g) When you try your best and it is not enough, you feel _____
- h) When friends get you to do things you don't like, you feel _____
- i) When you are accused of something you did not do, you feel _____
- j) When you do something wrong like lying or stealing, you feel _____
- k) When you tease or fight with someone, you feel _____

Word box

lonely
depressed
scared
frustrated
shame
angry
guilt
anxious
moody
withdrawn
mad
bad
empty

Pregnancy

True or False

- | | | |
|--|---------------|--|
| a) Girls get pregnant because they hang-out with the boys. | true
false | <input type="checkbox"/>
<input type="checkbox"/> |
| b) Girls can't get pregnant when they are raped. | true
false | <input type="checkbox"/>
<input type="checkbox"/> |
| c) Girls can get pregnant when they 'French' kiss. | true
false | <input type="checkbox"/>
<input type="checkbox"/> |
| d) Girls can get pregnant when they have sexual intercourse. | true
false | <input type="checkbox"/>
<input type="checkbox"/> |
| e) Girls can't get pregnant when they don't want a baby. | true
false | <input type="checkbox"/>
<input type="checkbox"/> |
| f) Girls get pregnant when it is full moon. | true
false | <input type="checkbox"/>
<input type="checkbox"/> |

A poem on differences

Tall and small, old and new.
Maybe you've got a different point of view.

Dark and light, black and white
Don't you know that it's not right to fight?

We're Xhosa, Zulu, English, and Afrikaans
Why don't we just give ourselves a chance?

We might all speak a different tongue
But you know deep inside we are one.

Learn about:

- instinct
- what to do when you are in danger

Be alert and be safe!

Always use your common sense when you feel unsure or unsafe, especially when you are in danger.

Instinct

The greatest form of self-defence is your mental attitude. Sometimes one can feel that something is not right or that something is going to happen. This is your instinct. Use it! You must always trust your instincts because it can help to avoid bad things from happening to you.

When you are in danger!

- Try to **stay calm** and not panic.
- **Shout** for help, as loud as you can.
- Alert others and **draw attention** to yourself.
- Make use of your **body** e.g. kick, bite, jab with elbows and knees.
- Your **mind** is your best weapon – try to think clearly and use your instinct.
- Try to remember **details** about the person/s and write down car numberplate numbers.
- **Tell** someone or your parents immediately and call the police.



True or False Answers Pg. 6

1. *False*
2. *True*
3. *True*
4. *True*

Rape Answers Pg. 8

1. All
2. b, d & e
3. a & e

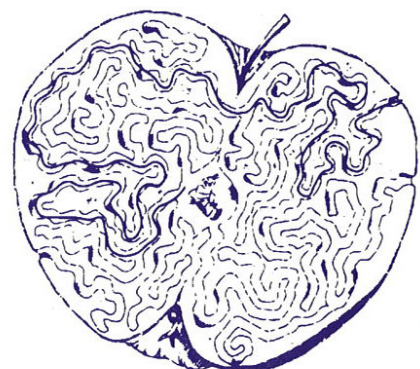
Culture Quiz Answers Pg. 15

1. 12
2. The king protea
3. Indian
4. Synagogue
5. Drum
6. Cape Town
7. Kwaito
8. Nelson Mandela
9. Nkosi Sikelel' iAfrika
10. Imam
11. Sesotho
12. Toyi-toyi

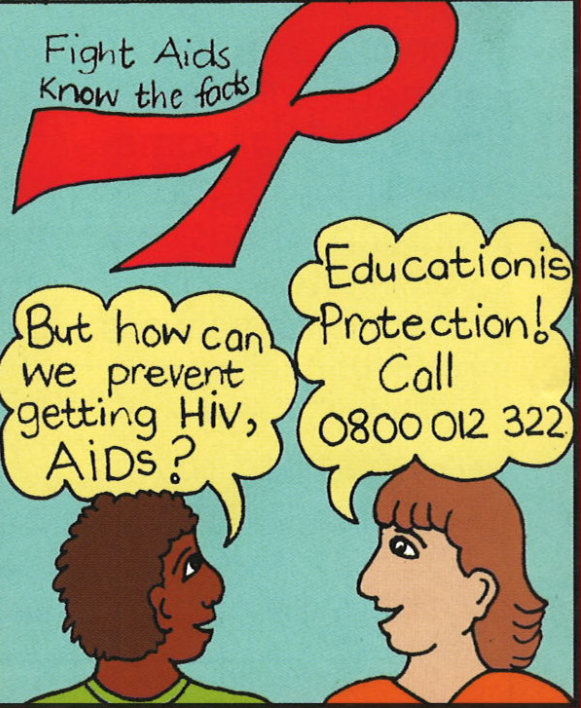
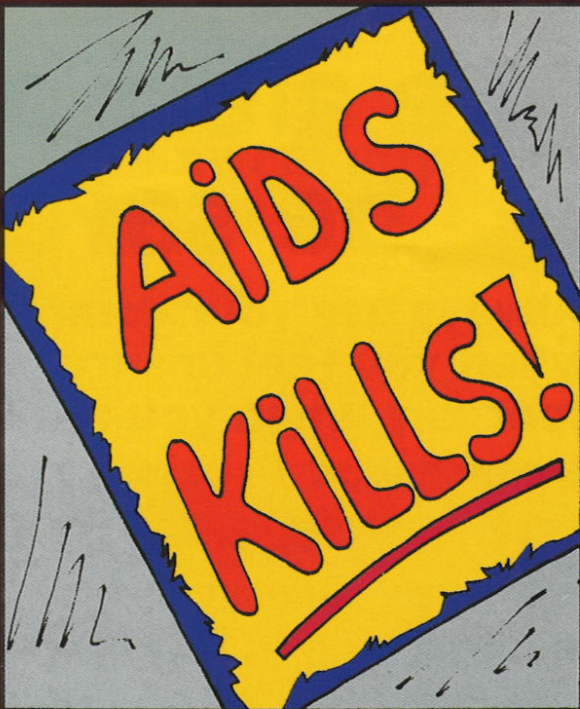
Pregnancy: Answers Pg. 18

- a) *False*
- b) *False*
- c) *False*
- d) *True*
- e) *False*
- f) *False*

Wiley Wurm Antwoord...



TERRY



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