

MOJO

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Vol Two issue
8

A MAGAZINE FOR ALL CHILDREN 50c

Mar—Apr '98

Hello there!

**Woh!
What a summer!
Some say it was a Hell`Nino summer.**

Anyway, I am sure you all had a great time. Here's a thought ... Human Rights are for everybody. For the young and the old; for the guys and the girls; for the rich and the poor; and for me and you, no matter the hue or stew. Psssst! Check out our Bafana Bafana stars on the sports page at the back. Be smart ... be safe ... be cool ... ! Till next time!



Increase the peace

Hallo daar!

Sjoe, maar dit was 'n skroeiende somer. Hoop julle het almal darem by die see uitgekom en lekker baljaar.

Ja-nee, dis sommer 'n 'lekker' foto van Roland Flint en Kenny Tabata op die voorblad. Wel, lees agter in die tydskrif meer oor hulle en ons Bafana Bafana-sterre.

En onthou, as jy of iemand wat jy ken mishandel word, moet jy iemand daarvan vertel. Dit is jou mensereg om regverdig behandel te word.

Bly koel en veilig!

Molweni kuninonke!

Kumnandi ukubanani kwakhona. Shu! lutshisile elihlobo. Ndiyathemba ukuba nilonwabele nje ngam. Hee bahlobo! Ukusukela namhlanje niza-kubaphatha ngokulingana nangokuhloni-phelekileyo abanye. Ukubetha abanye kufuneka kuphele tu ... ! Hlonela amalunge-lo abanye-bayakuwahlonela nawakho. Yhaa ... ! Nobakutheni basez-intshatsheli. Jonga amaqhawe aBafana Bafana ngasemva kwimagazini. Ubenexesha elimnandi kwaye uzikhusele.

Important Numbers

National Child Emergency

0800 123 321

National Childline

0800 055 555

Flying Squad

10111



Did you know?

1998 is the 50th anniversary of Human Rights! It was in 1948 when 14 countries of the United Nations accepted the United Nations Declaration of Human Rights. When does South Africa celebrate Human Rights and Why?

Important Dates

March

- 1** – Mental Health Month
- 8** – International Women's Day
- 21** – Human Rights Day
- 22** – World Water Day
- 24** – World TB Day

April

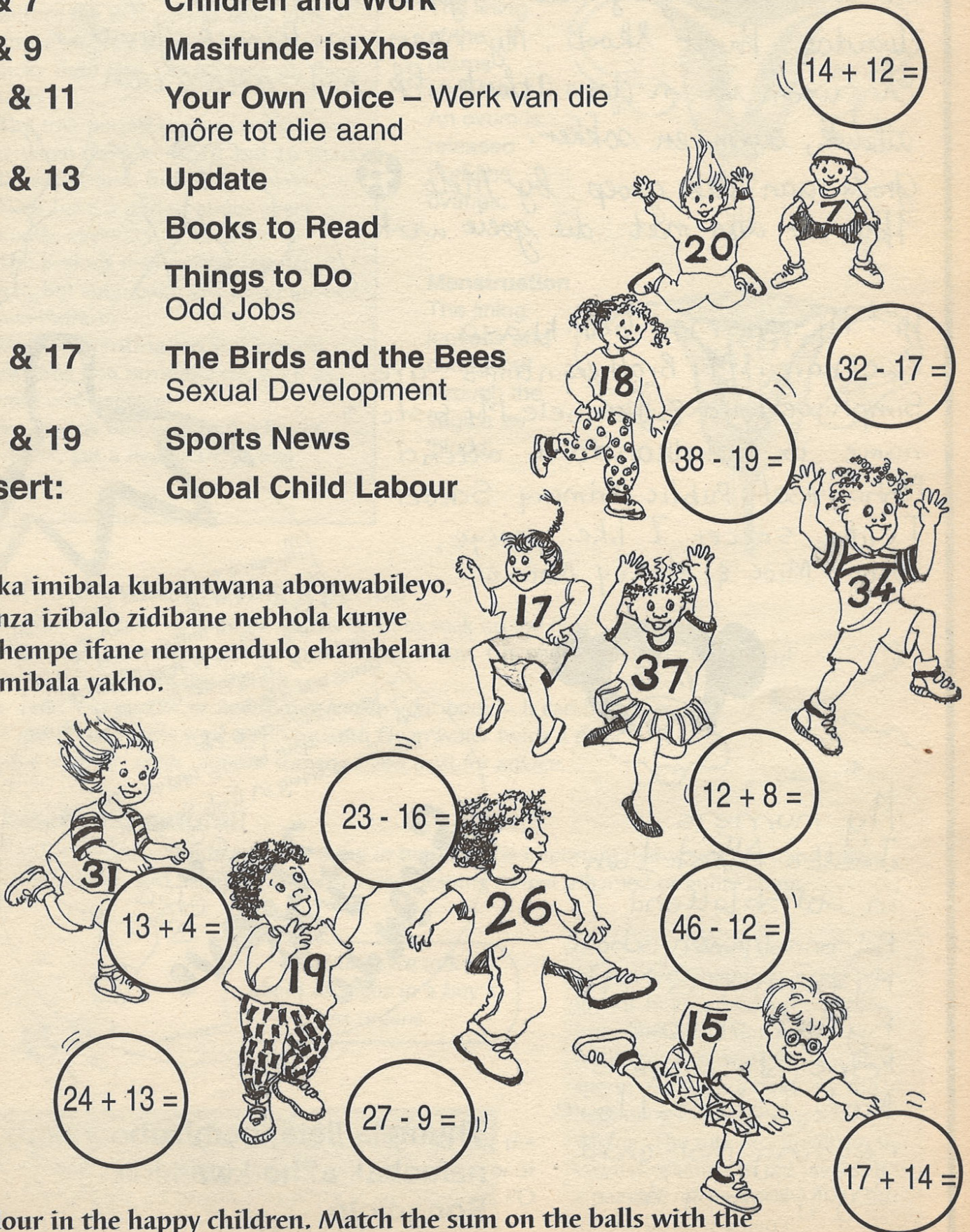
- 7** – World Health Day
- 11 to 13** – Easter Weekend
- 27** – Freedom Day

Contents

Hey Guys!
Check out our
new Sports
Section on p.18
& 19

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Sexual Development
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Faka imibala kubantwana abonwabileyo, yenza izibalo zidibane nebhola kunye nehempe ifane nempendulo ehambelana nemibala yakho.




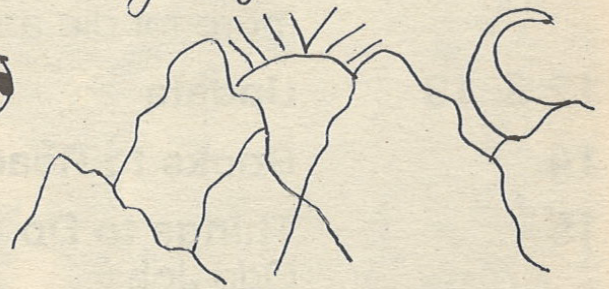
Colour in the happy children. Match the sum on the balls with the right answer on the children's shirts, by giving it the same colour.



children's

Ek lees baie graag molo songololo. Ek is in st 3 by Avondale Primêr Skool. My naam is Heinrick Jenneker. Ek woon in in dorp Atlantis. Ek hou graag van atletiek, swem en sokker.

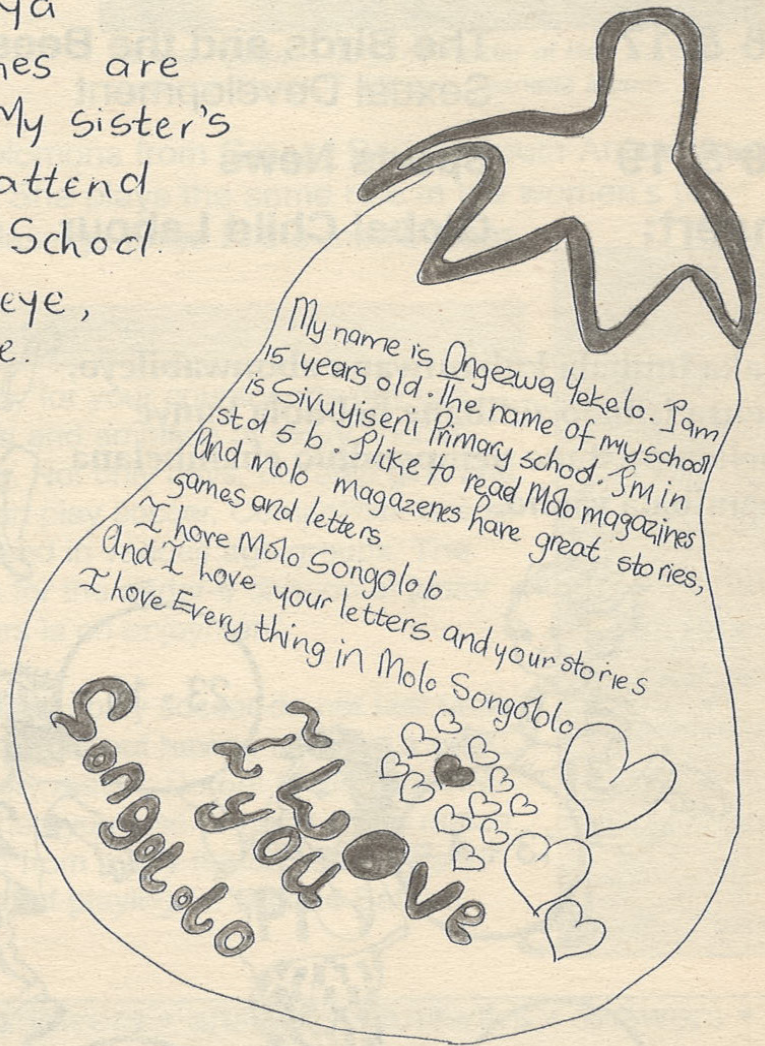
Groete aan die groep by Molo 
Hou so aan met die goeie werk



Hi! My name is Gcinikhaya Zwelibanzi. My Brothers names are Simphiwe and Sithembele. My sister's name is Noluthando. I attend Mkhanyiseli Public Primary School. I like soccer. I like popeye, Biker Mice & Mickey Mouse.



My name is Jessica Alfred. I am in std 3b. I attend Belmor Primary school. My teacher is Mr N. Rykklieff and our Principal's name is Mr. S. Galant. I love reading molo. and I enjoy buying it.

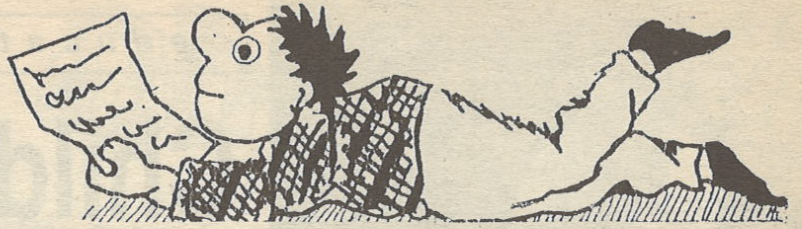


My name is Ongezwa Yekelo. I am 15 years old. The name of my school is Sivuyiseri Primary school. I'm in std 5 b. I like to read Molo magazines and molo magazines have great stories, games and letters.
I love Molo Songololo
And I love your letters and your stories
I love Every thing in Molo Songololo

Songololo
I love you love

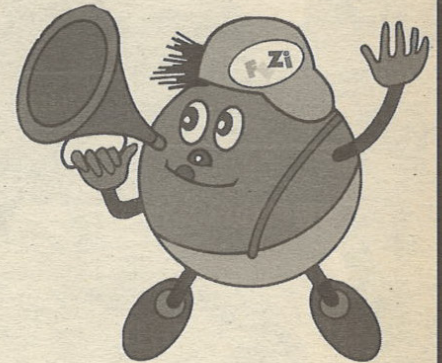
Thumela ileta, nemizobo yakho namabali akho kwa Molo Songololo.

Letters!



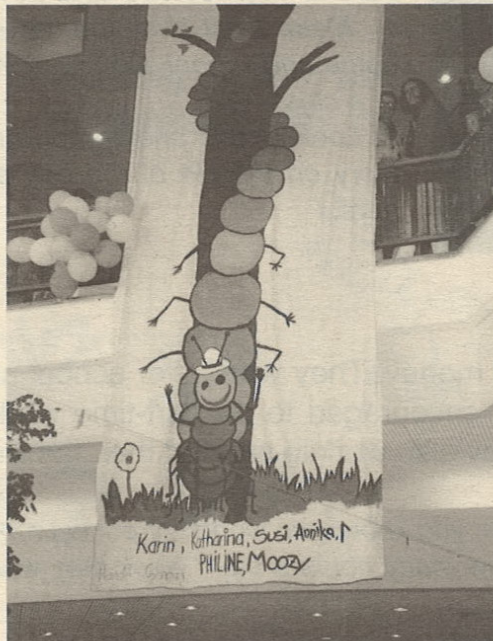
FEZ is a Child and Youth Centre found in Berlin. It is a massive centre with various facilities for art, drama, sport, nature studies and conferences.

The children of FEZ send greetings to the children of Molo Songololo!

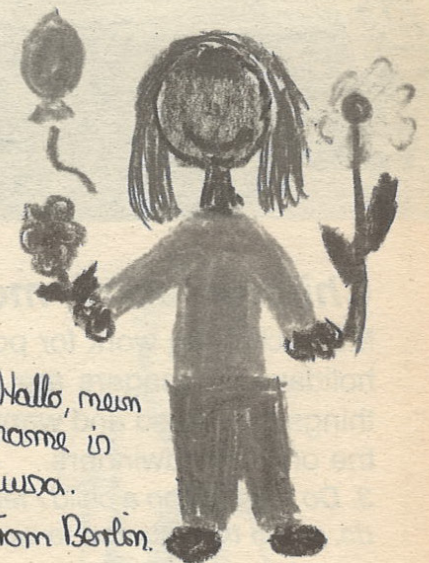


Above: Many loving greetings from the city of Berlin to all the children in Cape Town and other cities.

Tran Van Ngoc, 15



A painting of Molo by **Karin, Katharina, Susi, Annika, Philine and Moozy**



*Hallo, mein name is Luisa.
From Berlin.*

Above: Hello, my name is **Luisa**, from Berlin

PEN PALS



Bilqees Ismail (girl), 11
60 Elektra Crescent, Eastridge
Mitchells Plain, 7785

South Africa

"My hobbies are netball, swimming, dancing, modelling."

Saara Chothia (girl), 10
25 Siruis Way, Ocean View,
Cape Town, 7975

South Africa

"My hobbies are roller blading, netball and tennis. I would like pen pals from 10 to 12."

Kezia Jacobs (girl), 10
2 Tottenham Close, London
Village, Mitchells Plain, 7785

South Africa

"My hobbies are ballroom dancing, swimming and netball. I would like a pen pal of the age 10 or 11 years."

Ryan Ressor (boy), 12
101 Alpha Way, Ocean
View

Cape Town, 7975

South Africa

"My hobbies are tennis, cricket and softball. I would like to have pen pals all over the world."

Candice Poole (girl), 11
1 Rand Road, Heathfield,
Cape Town, 7945

South Africa

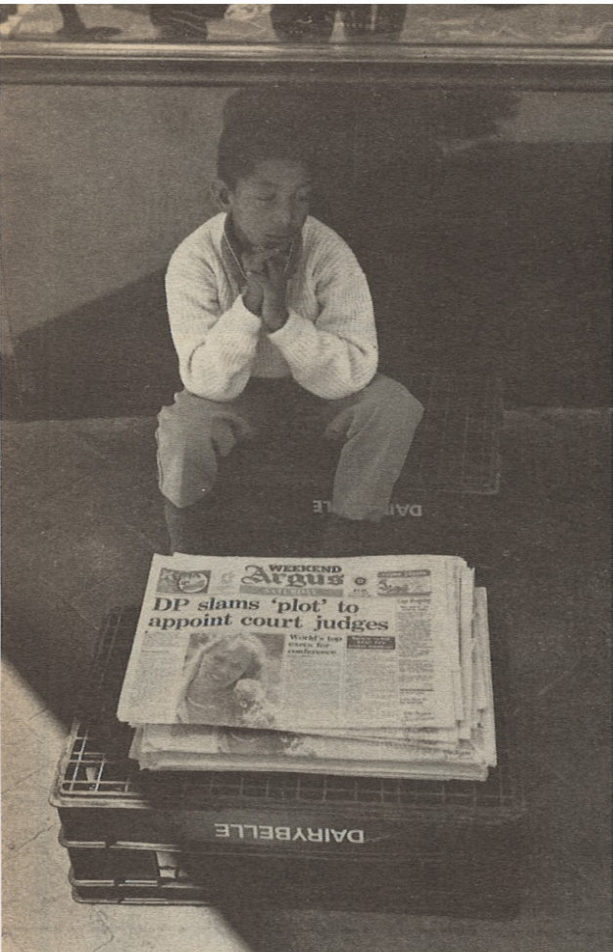
"My hobbies are dancing, reading and playing tennis."

Children and work

Children doing their bit

Children usually have some work in and around the house and at school. They clean their rooms and classroom, look after younger children, feed and care for animals, fetch water and wood, water the garden, wash the dishes, take out the rubbish, and do many other little jobs. This is a good thing. It helps children to take care of themselves and others.

1. Make a list of all the tasks you have to do at home and school. Compare your list with the list of a classmate.
2. Look at this photograph and write a short story on the life of the boy selling newspapers.



Children doing more

Many children work for pocket money. They work after school and over weekends and during holidays. Teenagers are often encouraged to do part-time work to earn money for the extra things they need and want. They also work to support their families' income and are sometimes the only breadwinners.

3. Do a profile on a child / teenager you know who works for pocket money. Find out their age, what they do, when they started to work, how many hours a day / week they work and how much they earn.

Children forced to work

Sometimes work is *too hard and not right* for children. This means children have to do the work of an adult and cannot learn and develop in the best way possible. They do not have time to learn and play and cannot be happy and healthy. It is a form of child abuse and is called *Child Labour*. Tick off those things that make it not right for children to work; when they ...


- are forced to work
- help out for an hour at the corner shop
- have to support their families
- do work that is difficult for them
- work too long hours
- pack fruit after school for two hours
- do dangerous work
- wash cars over weekends
- work late at night
- cannot go to school
- drop off the morning newspaper to neighbours
- are not paid or are paid very little
- work far away from home
- do work that is against the law




4. Make a list of children in your community, town or city that are forced to work full-time and don't go to school.

KINDERARBEID (Child Labour)


Voltooi die sinne met die regte woorde. Soek die woorde in die woordelys.


Duisende  in Suid Afrika moet werk.

Hulle gaan glad nie  toe nie.


Hulle sal nooit leer om te lees en  nie.

Kinders werk by die  , op plase of in stede.


Die kinders werk om hulself en hul  te onderhou.


Families is te  om kinders skool toe te stuur.

Kinders so jonk as 5 jaar verkoop of bedel op straat.

Dogters doen meestal  of moet klein kinders oppas.

Seuns lewer steenkool of werk op boupersele, en

by  staanplekke.

Op plase doen kinders allerlei harde en soms  werk.

Gevaarlike
arm
huiswerk

Skool

vyf

taxi

skryf

familie

kinders

huis

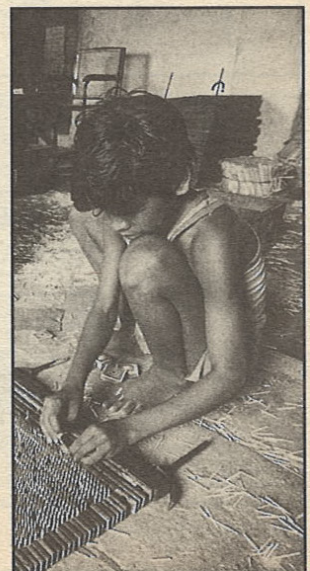
There are laws to protect working children and their rights

The South African Constitution (1996): It defines a child as anyone under the age of 18 years. It says that no child may be asked or permitted to do work that the child is too young for; or that places at risk the child's well-being, education, or physical or mental health and development.

The South African Schools Act (1996): Children under 15 have to be in school.

The Basic Conditions of Employment Act (1983): Children under 15 years should not be employed or put to work. A new bill that will ensure better protection of working children, is at present being debated in parliament.

The Child Care Act (1960): Outlaws the employment of children under 15 years old.



Actonaid



Masifunde isiXhosa

Molweni nonke?
Ninjani?
Mna, ndiphilile

Bahlobo, nisakhumbula ukubulisa
nokubuza ngempilo na?

(Friends, do you still remember how to greet and how to ask how somebody is?
Vriende onthou julle hoe om te groet en te vra hoe dit gaan?)

Masizame ukuvala izikhewu

(Let's try to fill in the spaces.)

Laat ons probeer om die woorde te voltooi.)

<p>Molo!</p> <p>Ewe!</p>	<p>Unjani?</p> <p>Ndi __ ilile, unj _ ni we _ a?</p>	
<p>Ndiph _ l _ le</p> <p>Ngu _ ani igama lakho?</p>	<p>I _ ama lam __ uPatric. Ngu _ ani elakho?</p> <p>Ndi __ uNomsa</p>	<p>Ndiyavuya ukuwazi. (I am happy to know you! <i>Ek is bly om jou te ken!</i>)</p>

Funda le ncoko, uzame ukuyiqonda

(Read this dialogue, and try to understand it.

Lees hierdie dialoog en probeer dit verstaan.)



Mcebisi

UMcebisi: Molo mhlobo wam!

UFatima: Ewe. Kunjani?

UMcebisi: Ndiphilile, kunjani kuwe?

UFatima: Nam, ndiphilile. Uhlala phi?

UMcebisi: Ndihlala eGuguletu. Wena uhlala phi?

UFatima: Ndihlala eAthlone, nabazali nobhuti wam.

Wena, uhlala nabani?

UMcebisi: Ndihlala nomama nomninawa wam.

Ufunda phi?

UFatima: Ndifunda eAthlone Primary.

UMcebisi: Mna, ndifunda eNtwasahlobo Primary.



Fatima

Inzima le ncoko?

(Is this dialogue difficult to understand?

Is dit swaar om hierdie dialoog te verstaan?)

Zama ukuthetha isiXhosa yonke imihla.

(Try to speak Xhosa every day.

Probeer elke dag Xhosa praat.)

Salani kakuhle, sobonana!

Keep well, we'll see each other again!

Mooi bly, ons sien mekaar weer!



Amagama

Phi?

Nabazali

Nobhuti

Nomama

Nomninawa wam

Mna

Vocabulary

Where?

With (my) parents

With (my) brother

With (my) mother

With my younger
brother

Me

Woordeskat

Waar?

Met (my) ouers

Met (my) broer

Met (my) ma

Met my jonger
broer

Ek



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

Werk van die môre tot die aand!

Verbeel jou, werk van die môre tot die aand, 10 ure elke dag. Wanneer kry jy tyd om te speel en om dinge te doen wat kinders geniet? Baie kinders werk om hulself of hul families te onderhou. Hier is sommige van hul stories ...



Krut 70: Suidafrika

Hy was net 11 jaar oud maar die skrale *Henry was verplig om die werk van 'n groot man te doen "totdat jou niere pyn". Op die groenteplaas waar sy ouers woon en werk moes hy of skoolgaan of werk of weg – Dit was die plaaseienaar se reël. Henry was net vir drie jaar op skool. Daarna moes hy swaar kratte met groente pak en laai, van vroeg in die môre tot die son sak. "Ek het weggeloop. Nou slaap ek in die bosse naby Mitchellsplein saam met ander kinders. Ons kry kos en klere by die gemeenskapsentrum en bedel vir geld."

*Geoffrey (15) was op skool tot standaard 2. Daarna het hy sy ma met werk in en om die huis gehelp. Hy het water en hout aangedra en skottelgoed gewas. Geoffrey dink nie dit was te veel of te swaar nie, maar wou nie langer op die plaas bly nie. Hy het net weggeloop. Nou is hy sonder 'n woning en sy tuiste is die bosse van Mitchellsplein en Philipi.



Photograph by Leon Marisch

"Dis nie 'fair' dat kinders sulke werk doen nie", sê *Michelle. Sy was maar net 8 jaar oud toe sy saam met haar ma moes begin groente dra en pak.

"Ons het gewerk van 8 uur in die oggend tot 7 uur in die aand. My rug het baie seer geword, en my arms en bene het gepyn. Na 3 maande kon ek nie meer nie. Ek is nie vir die werk betaal nie. My ma het elke aand ekstra wyn gekry."

Michelle is nou 15 en woon vir etlike jare op die straat saam met haar broer en suster en 'n groep ander kinders.

" 'n Vol dag van tuinwerk en varke voer is harde werk as mens net 10 jaar oud is. In die aand is jy gedaan, maar moet dan water aandra en hout kap vir kosmaak", vertel *Leonard van die swaar jare op 'n varkplaas op Philipi. Na 2 jaar op skool moes Leonard op die plaas werk want hulle het die geld nodig gehad. Hy is R30 'n week betaal. Leonard is nou 15 jaar oud en woon in 'n kindershuis in Kaapstad. Hy is die afgelope 3 jaar weer op skool, en baie bly om te doen wat kinders veronderstel is om te doen.

**For their protection the children's real names cannot be used.*



Photograph by Leon Marasch

“I started to work when I was 5 years old. When I was older I got paid R10 a week to look after the cattle from early morning until late in the afternoons”, says *Donald, now 12 years old. Many children are taken out of school and forced to work from a very early age. Most of them work to support themselves and their families. Like Donald they work full-time and are paid very little for the work they do. Some don’t get paid at all. Here are some of their stories ...

*Vhengani could not find a job as a 15-year-old boy in Zimbabwe, and came to South Africa where he found a job on a farm. As a foreigner without a passport, he was seen as less important than other workers and received lower wages. “I picked tomatoes and had to fill 18 boxes a day. The workers lived and slept in a big building with a cement floor and no beds. We each received a 5 kg bag of mealie meal per week. I left after the farmer assaulted us with a pickaxe handle.”

*Lerato said she once had to go without any food for 5 days. She doesn’t know her age, but looks about 16. “My stepfather used to hit me, but my mother helped me to escape. I found some housework, but did not earn enough and still went to bed hungry – I need to send money home to my sister to support my baby. I had to sell my body.”

*Pongo, a 14-year-old boy from Mpumalanga, left school in Std. 4 to fend for himself. He lives with his grandmother, uncles and younger brother. Pongo is the only one in the household with a paid job. “I started working in the brickyard because my grandmother’s pension is not enough for everybody. I have to load 400 big bricks a day onto a truck with my bare hands. I get R100 for two weeks.”

“I am not certain but I think I started cleaning taxis when I was ten or eleven years old”, says *Johannes from Pretoria. “We work from 6 in the morning till 7 at night. When the taxi rank is not busy I clean 3 to 4 taxis a day for R15 each. It is fine. We always get paid on time. If the driver does not pay you can complain at the taxi association offices. One day I want to be a taxi driver.”



Unicef

Kinders lewe in VREES

'Gangsters' is deel van die gemeenskapslewe in Manenberg. Kinders word groot saam met 'gangsters' en baie van hulle sluit aan by een of ander bendegroep. Die onlangse bakleiery tussen die 'Hard Livings' en die 'Clever Kids' het die kinders van Manenberg vreesbevange gelaat.

"Dit moet nou alles stop. Drie kinders is doodgeskiet. Ek kan dit nie meer vat nie. As die geskietery begin, dan kruip ek onder die kooi weg. Baie kinders kry seer wanneer die gangs baklei en die hele plek rondhardloop. Ek voel nie eers veilig in my eie huis nie.

Hulle moet nou vrede maak. Almal in Manenberg moet saamstaan en die gangsters uitdryf. Sommige kinders op skool is ook gangsters en hulle baklei gedurig. Somtyds as ek gaan slaap dan weet ek nie of ek die nag sal deursien nie. Ek lewe in vrees.

*Anthea Williams, 13 jaar
Sonderend Primêre Skool*



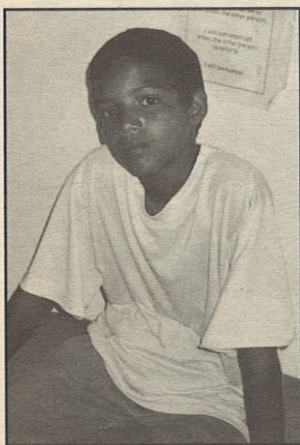
Ek hou van skool en om van nuwe dinge te leer. Ek speel graag netbal en speel vir ons skoolspan, Redriver United. Oor naweke en as die son skyn, dan is ek gelukkig.

Maar nou is dinge nie meer so nie. Ek is nou gedurig in vrees. Die 'gangs' se geskietery maak my bang. Vir drie dae kon ons nie skool toe gaan nie. Ons kon nie eens ons Valentynsdagviering hou nie.

Ek voel baie hartseer oor die kinders

wat dood is en dié wat geskiet is. Ek wens dat dit als tot einde wil kom. Die 'gangsters' moet vrede maak. Dit was baie hartseer om die trane van moeders te sien toe hul kinders begrawe is. Ek hoop die kinders van Manenberg sal hulle rug op die gangsters draai."

*Gaynor September, 11 jaar
St. 4 - Redriver Primêre Skool*



"As hulle begin skiet, weet ek nie wat om te doen nie. Ek hardloop huistoe. Gister toe loer ek deur die venster om te kyk wat buite aangaan. Ek het so groot geskrik toe die een ou sy 'gun' in my gesig druk. My maag het so geknoop dat ek toe net lam voel. Niemand is veilig hier nie. Gisteraand kon ek nie my kos eet nie, so vernietig het ek gevoel. Dis die 'gangs', Pagad en die boere; almal patroleer maar niks kom daarvan nie. Ek hoop die geskietery and

bakleiery hou op. Ek wil vrede hê. Ek wil skool toe gaan en saam met my vriende sokker speel.

Ons almal, die gangsters ook, moet bymekaar kom en vrede maak. Die geskietery moet gestop word. Ek wil graag 'n polisieman word om ons gemeenskap te beskerm."

*Ebrahim Oliver, 11 jaar
St. 4 - Talfalha Primêre Skool*

Children live in fear

Crime and gangsters are very much part of many children's life experiences on the Cape Flats. Hundreds join one or other group in their teens and never get out. Recent fighting amongst gangsters in Manenberg has put children in a state of fear.

Ebrahim Oliver, 11 years, says that nobody is safe anymore. He is always afraid and nervous. Gaynor September, also 11 years old, feels very sad for the children who died and those who got hurt. She lives in fear all the time and doesn't know when last she really felt comfortable and safe. The 13-year-old Anthea Williams' greatest wish is for the fighting to stop. When the gun shooting starts she hides under the bed.

Global Action Against Child Labour

Around the world, across five continents, children and adults are taking part in a Global March Against Child Labour. From January to June 1998 hundreds and thousands of children and adults are marching in Asia, Africa, Latin America and Europe.

Marchers left Manila (Philippines) on 17 January to start the Asian March. The Latin American March set off from Rio (Brazil) on the 25th February. On 21 March (Human Rights Day) a flaming torch will be brought from Robben Island and carried in the march from the Waterfront to the Grand Parade, Cape Town. Here a cultural programme will mark the start of the African leg of the Global March against Child Labour.

Along the way, millions of people will join the marches. It is the largest ever action to protect children's rights. It demands that governments take action against child labour and make sure that no child under 14 years be forced to work full-time.

On 1 June 1998 the International Labour Organisation of the United Nations meets in Geneva (Switzerland). At the meeting, governments will be asked to take action to prevent the worst forms of child labour worldwide.



Above: Launch of the Global March in the Philippines.

Below: Launch of the Global March in London.



Source and photographs - Christian Aid

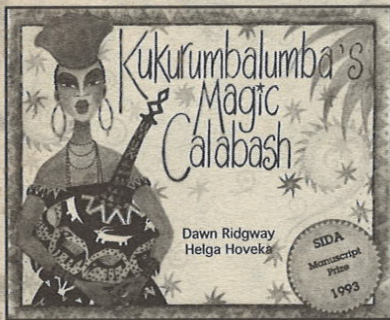


Best all rounder

'I do not like cricket, I love it', says Mzwandile Yekiso, the best all rounder at Hlengisa Primary School in Nyanga. This 13-year-old also plays a mean game of rugby, but still has time for his books. He doesn't want to neglect any part of his development.

Books to read

As jy hierdie interessante stories wil lees, vra jou bibliotekaresse om hierdie boeke aan te skaf.



Kukurumbalumba's Magic Calabash by Dawn Ridgway and Helga Hoveka

Once long ago there lived two kings who were bitter enemies. The first king's name was Kukurumbalumba. He was very poor. He had only one daughter and her name was Indapoompoomdali. He had a big secret, he knew how to make fire. The second king's name was Omburumbumbati. He was very, very fat and very, very rich. He sent his henchmen to find out what smelled so good which then led them to the secret. Kukurumbalumba planned to trick his enemy when he discovered that the rich king knew his secret. He told his daughter to take medicine to Omburumbumbati's kingdom. The medicine then spread all over the people and Indapoompoomdali was changed into a donkey.

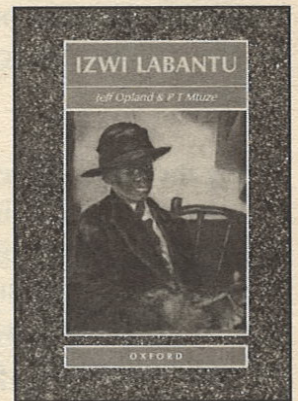
Read by Rowena Samson, Std. 3, Levana Primary

Ungake Uxelele Mntu - Ngu P.T Mtuze

(Elibali lisuka kwincwadi ethi: Izwi labantu – ehlelwe ngu P.T Mtuze no Jeff Opland. Ikhutshwe ngu Oxford University Press.)

Apha umbali ubonisa indlela abazali ababa neqhayiya ngalo ngabantwana babo. UJongilizwe wayeyinzalelwane yaseTinarha waza wafunda eDikeni kwisikilo iQhayiya. Unina wakhe wayemthanda kakukhulu kuba yayikuphela komntwana wakhe oyindodana. Ukubuyela kwakhe esikolweni u Jongi waxelela umama wakhe ukuba ngeholid e uzakubuyela kumalume wakhe eKapa. Ngebhongo lakhe umama ka Jongi wamthengela impahla. Wathi xa eyisa esikolweni waxelelwa ukuba uJongi wawela (skipper) kwaye ke akafanelanga aziwe apho akhona Umama kaJongi walufihla lonke ulwazana analo ngokuduka kuka Jongi. Kangangokuba wathi ebuzwa ngeleta ewayeyibhalelwe ngunyana wakhe, hayi akazi kwanto ngayo. Isifundo esifumaneka kwelibali sesokuba abazali bethu basikhathalele ngoko masingadlali ngabo. Kuba zali singathi mabangagqibeli abantwana kuba abayazi iminqweno yabo.

Ifundwe ngu Ngeulu Noluthando, Mxhakaza Nomsisi, Nyhala Wonga, Gxilayo Nomzamo no Syalvan Simphiwe abafunda e Intshinga Public Primary.



Trip-Trap deur die Oerwoud geskryf deur Julie Lacombe.

Uitgegees deur Human & Rousseau



Die storie gaan oor 'n klein seuntjie en sommige diere wat in die Oerwoud bly.

Dit is 'n interessante boek en is spesiaal vir kinders van die ouderdom 6 tot 9 jaar.



Gelees deur Shameeg Kamalie, 9, Douglas Road Primêr.

ODD JOBS



Doing little jobs in and around the house is a good thing. You could also earn pocket money by doing a job. It is a good idea to bank the money you earn.

A few suggestions ...

selling cakes ...



making Easter, birthday or Mother's day cards ...



looking after neighbours' pets ...



gardening ...



babysitting ...



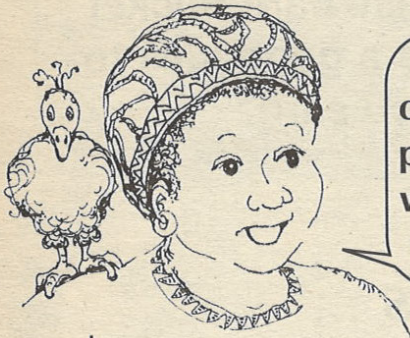
Open your own bank account and save!

- Take your birth certificate along.
- A parent or legal guardian should accompany you. They should have a valid ID document.
- You will need a deposit – the amount varies from bank to bank.
- Contact your nearest bank for further details.

**Also selling newspapers, washing cars, making wire toys or trash toys and collecting cans.
Can you think of any other odd jobs?**

The Birds and the Bees

for pre-teens (10–13 years)



I bet you see changes in your own body and those of others. Over the next few years every one of you will reach puberty. It means you will grow and change in your own way, and in your own time to become an adult. Remember we spoke about all the changes in a previous magazine.

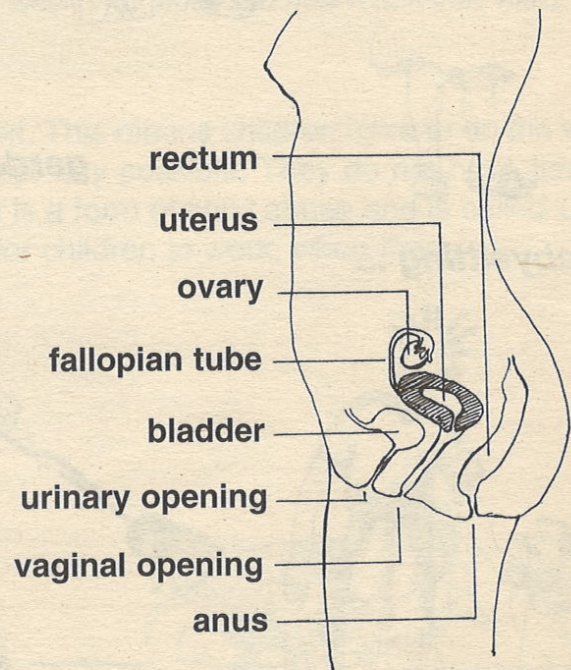
Ja, it was
Vol. 2 issue 4.

This time we look at the
Changes in the Female Sex Organs

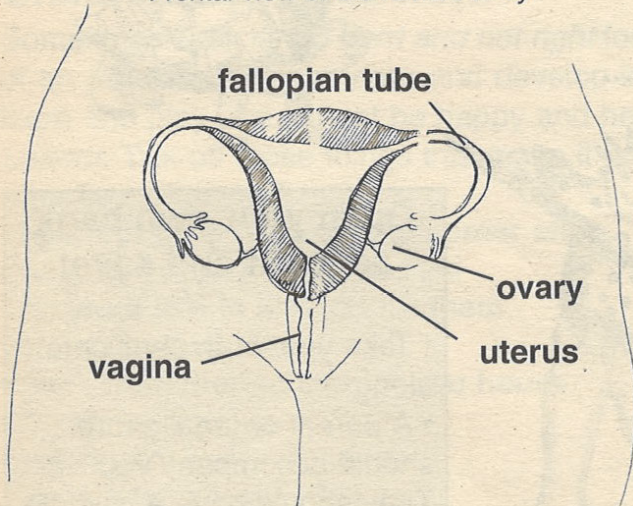
What happens in a girl's body?

The female *hormones* cause changes such as the development of breasts and growth of the sex organs. These hormones are made in the ovaries. This is also where the egg cells are stored. About once a month a ripe egg cell (ovum) is released from one of the ovaries. This is called **ovulation**. The ovum travels into the thin fallopian tube on its way to the *uterus* (womb).

Side view of the female body



Frontal view of the female body



At the same time a soft layer of blood and special fluid thickens the inside walls of the *uterus*. This is the special place where a baby grows until its birth and this is how the uterus prepares to feed and protect a baby. Now one of two things happens to the ovum in the tube: It can be *fertilised* or it can die (when not fertilised) and then **menstruation** takes place.

What is Menstruation?

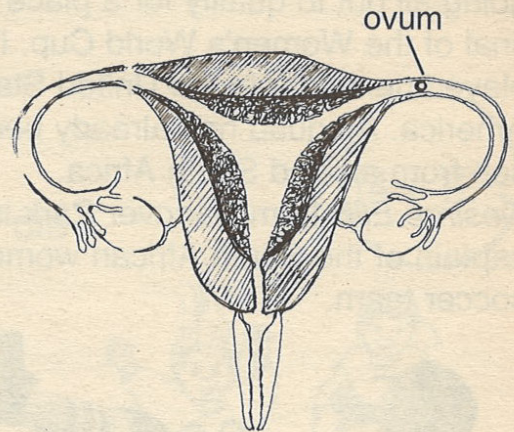
This is the medical word for a monthly 'period'. If not fertilised, the ovum dies and leaves the body through the *vagina*. The blood and fluid in the lining of the uterus are now no longer needed. Therefore the lining will loosen and pass through the vagina as small quantities of 'blood'.

Facts about menstruation

- Before the first period most girls have a vaginal discharge, a bit of sticky fluid that can be seen on the panty
- The first period takes place anytime between the ages of 10 and 16 years
- It usually lasts from 3 to 7 days
- Girls have a period about every month, every 25 to 35 days
- The periods may not be regular at first, but soon each girl develops her own pattern
- During menstruation you can do anything you normally do, such as swim and exercise
- Some girls feel pain in the lower tummy, get a headache or feel irritable

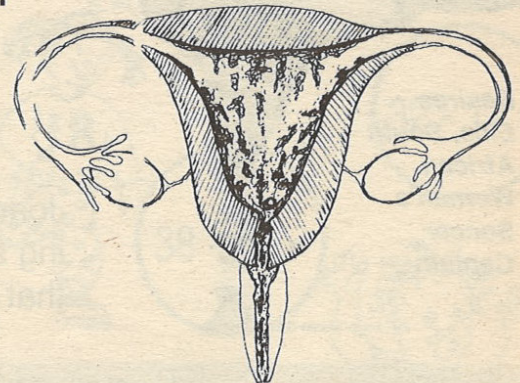
Ovulation

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



Menstruation

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



What to do when having a period

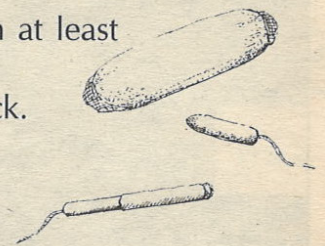
Wear a sanitary pad, tampon or flannel cloth to soak up the flow.

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.

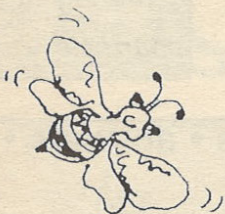
Wash the private parts well with soap and clean water twice a day.

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



It's clean and natural!

A girl's first menstruation is a major thing in her life. It is important that you understand how your body works, and accept it as normal and nothing to feel ashamed or guilty about.



Next time we talk about changes in a boy's sex organs

WRITE DOWN all the questions you want to ask. Get the correct answers from parents, guardians and teachers, or at clinics and libraries. You can also write to sisi Nomhle, PO Box 43326, Salt River, 7924, Cape Town.

Word box

hormones: Chemicals made by glands in your body. It controls important body functions.

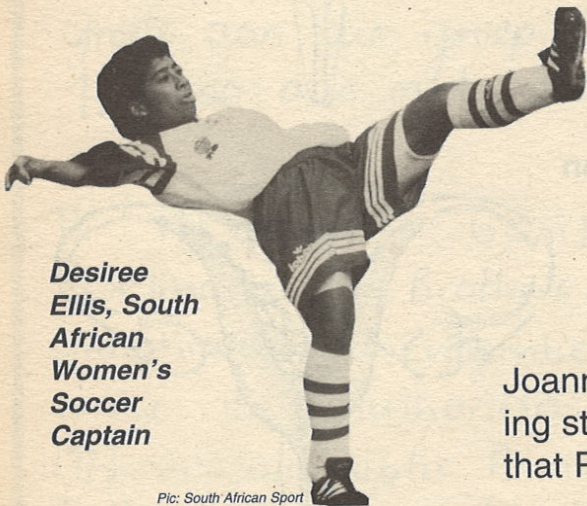
fertilised: The ovum joins with a sperm cell from a male, for the beginning of a new life, a baby.

vagina: The tube leading from the vaginal opening to the uterus. It is a passage for menstrual fluid and for the birth of a baby.

South Africa's women soccer team is going all out ...

South Africa's women soccer team is going all out to qualify for a place in the final of the Women's World Cup. It will be played next year in the United States of America. A squad has already been chosen from around South Africa.

Desiree Ellis from Hanover Park is the captain of the South African women's soccer team.



Desiree Ellis, South African Women's Soccer Captain

Pic: South African Sport



Vamela Njanjana (left), midfielder of Red Eagles, is challenged by UCT leftback, Jeanette Myeni.

Joanne Solomons from Grassy Park is South Africa's leading striker. She plays the same role in the women's team that Phil Masinga plays in the men's team.

Competitive soccer



Above: Roland Flint en Kenny Tabata

To play for your country one day is a dream and ambition of every soccer player. Not only boys, but also girls and women play soccer. Competitive soccer is played in various age groups. The focus for the under-6 division of junior players is on enjoyment.

When you play soccer do not feel under pressure about having to score a goal in every match. Do not feel disappointed when you lose or have a bad match. Learn from every match you play and dream of playing for Bafana Bafana.

South Africa took part in the African Cup Of Nations for the first time two years ago. This is so because South Africa was isolated from international sport competitions during the apartheid years.

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

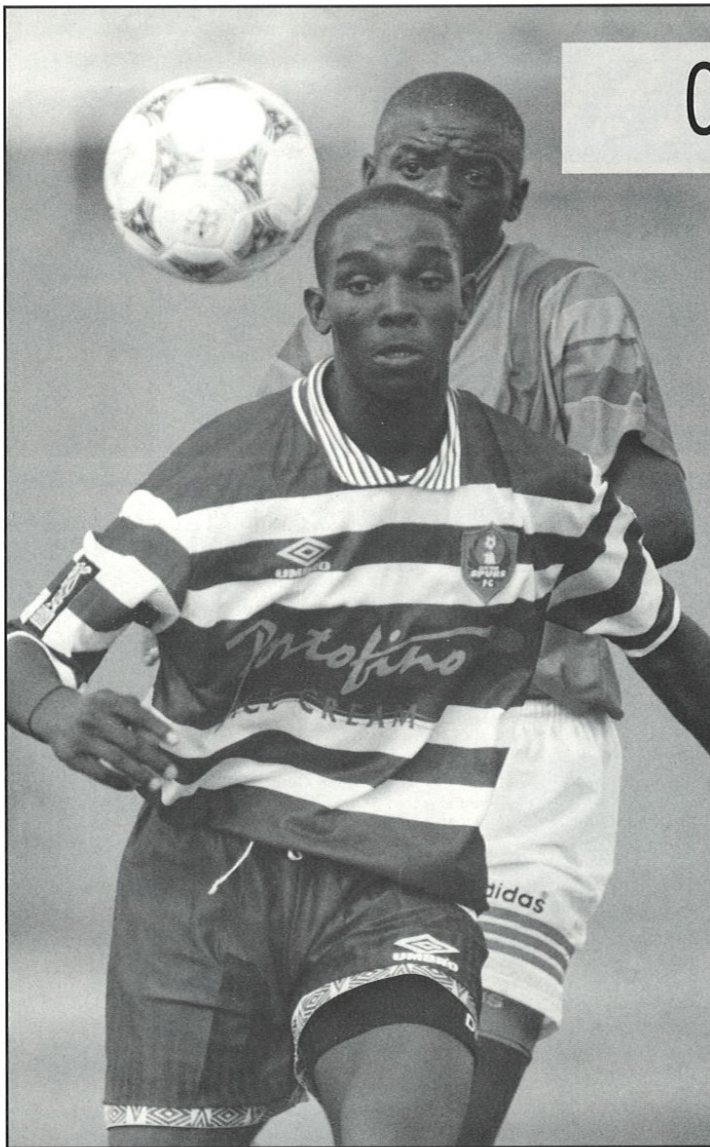
Kinderarbeid (Child Labour)

- | | |
|------------|----------------|
| 1. kinders | 6. arm |
| 2. skool | 7. vyf |
| 3. skryf | 8. huiswerk |
| 4. huis | 9. taxi |
| 5. familie | 10. gevaarlike |

Masifunde isiXhosa

- Girl: Ndiphilile, unjani wena?
 Boy: Ndiphilile
 Girl: Ngubani igama lakho?
 Boy: Igama lam nguPatric. Ngubani elakho?
 Girl: NdinguNomasa

Our heroes ...!



Above: Benedict McCarthy

The African Cup of Nations

took place in Burkina Faso. Africa's top soccer playing countries compete every second year for this prestigious title and trophy.

Bafana Bafana, which means 'the boys', won the 1996 African Cup of Nations played in South Africa. They brought much joy and pride to us all as we celebrated our second most important sport achievement after we won the rugby world cup in the same year. Better luck for the World Cup ...

Bafana Bafana captain, Lucas Radebe, plays in England for Leeds United. Soccer made Lucas a successful person. He owns his own house and car and assists his family in South Africa financially. Life was not easy for Lucas when he was growing up and dreaming of playing for his country. He was determined to achieve his best and be a professional soccer player.

Two players in the Bafana Bafana team come from Cape Town. Benedict McCarthy, 20, is from Hanover Park and Quinton Fortune, 21, is from Kewtown. Their talent was spotted whilst at school and both went overseas to develop their soccer-playing skills. Quinton went to England when he was 15 and Benedict went to Amsterdam when he was 19. They are both professional soccer players. Quinton plays in the Spanish League for Atletico Madrid and Benedict plays for the famous Dutch club Ajax.

Photographs and text: Cheryl Roberts (Township Publishers).

Below: Quinton Fortune



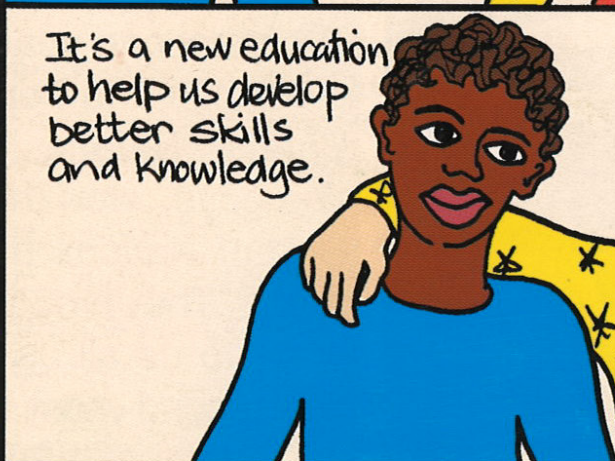
TERRY



Hey my friend!
How're things
with you?



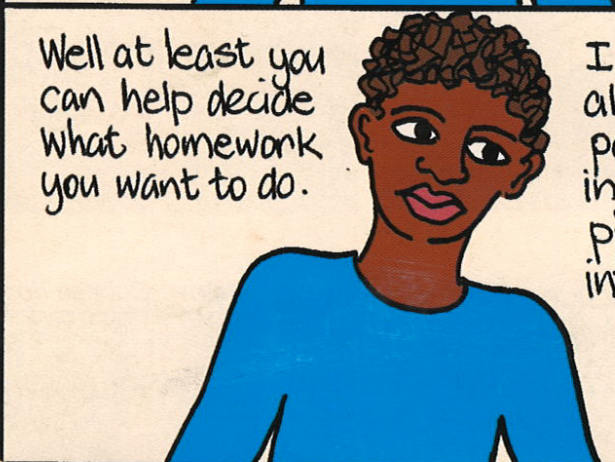
Them, I don't
know. This new
curriculum
2005 is confusing
Now we even
decide on our
own home-
work.



It's a new education
to help us develop
better skills
and knowledge.



But now we
have to do all
the work
ourselves.



Well at least you
can help decide
what homework
you want to do.



I know. That is
always the fun
part. Suggest-
ing homework
projects that
interest me.



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