



Raphael Centre staff with relatives and Nosiviwe Twani (second from left), winner of the Khanya- Be SMART draw at Khutliso Daniels. Photo: Sue MacLennan

Know-Your-Status pupil wins bicycle

By KATHRYN CLEARY

The Raphael Centre hosted an exciting 'prize giving' gig at Khutliso Daniels Secondary School on 20 February. Different from a school's typical awards days which honour academic achievements, the Raphael event encouraged pupils to know their status and get tested for HIV with those who were tested entering a raffle with a chance to win a bicycle.

The initiative is part of Khanya - Be SMART, the Raphael Centre's campaign for better living.

"Our aim for 2018 has been to test 1,150 youth and ado-

lescents for HIV," according to a press statement from Centre. "Among them will be pupils from Mary Waters High School, Nyaluza High School, Archie Mbolekwa, Daniel Kutliso High School, Ntsika High school and C.M. Vellem P. School."

Khanya (which is gender-neutral) translates as "to reach out to more learners". "SMART stands for: Shine - Mind - Act - Raffle - Test. It closely refers to the procedure of this project where youth are motivated to take responsibility for their health and to test for HIV. Finally - as a bonus - every youth who tested for HIV can enter our bicycle

raffle which takes place with each high school with who we have collaborated."

Before being tested, pupils under 16 were given a consent that a family member had to sign.

Nosiviwe Twani won the bicycle and was excited to do so. "I am very happy," she said. Campaigns like Khanya- Be SMART! are crucial in South Africa because the youth and young adults between 15 and 24 have the highest and fastest rate of growth in HIV infection.

For more information please contact the Raphael Centre, info@raphaelcentre.co.za

MAKANA VOICES

A too-heavy



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By ANNE LOEFLER

"Hi my name is Puleng, I am 18 years old and mother of my beautiful flower, Palesa. I am happy to hold my baby daughter but there is a secret that is heavy on my heart. It is painful to even say the words myself: "I am HIV-positive!" This is the beginning of a story recently told to Grade 10 and Grade 11 pupils at Hendrik Kanise School in Alicedale.

The story-teller was a persona-doll, called Puleng. It was acted by one of our staff members Nomaxabiso Fani. She and Ntombezodwa Goje (HIV testing services team) facilitated this interactive workshop about being teenager, HIV-positive, and having to face a world which suddenly has turned upside down.

Nomaxabiso: "The issues the story responds to are firstly, youth who are unable to accept their HIV-positive status. Secondly, it is about whom to talk to and where to find help."

Currently, teenagers and youth are the generation with the fastest growing HIV infection rate in South Africa. Statistics show that girls are up to eight times more likely to contract HIV than boys.

On World Aids Day, Deputy President Zuma called for urgent action to reduce the number of young women infected with HIV. It was reported that there were more than 2 million HIV-positive adolescents in Africa in 2016. The limited availability of retroviral treatment means that many are not healthy and young. Yet, the limited adherence suggests that the health of adolescents is at risk.

To learn more about how positive-status teenagers can cause mental health issues and depression, and how to support them, see our new e-book out and face peer pressure - forming.

Social research shows that HIV seems to be a teenager's problem. Yet, nothing is known about how to develop a healthy relationship to themselves and their HIV-positive status.

Our "Khar" outreach is a series of interventions to support specific demographics in isiXhosa and 'bright'.