Khanya 2020

The title - Khanya is a Xhosa name for a boy or a girl and means: "Be bright". It is used to describe something positive, such as a bright future, shining like a diamond, or being brave.

Background: The Makana Municipal District is home to 120 000 residents, of whom up to 80% are unemployed. The overwhelming majority of them are adolescents. Unemployment, inequality and poverty have been defined as the triple challenge in our area. Poverty is traumatising and has led to symptoms of social and physical ill-health and dependency cycles of girls and young women from an early age. In 2016, there was estimated that one-third of teenage girls (aged between 15 and 19) was pregnant in South Africa (SANAC, 2016). The Sarah Baartman District, which Makhanda is part of, has the earliest sexual debut of girls (from the age of 12 years). There is a critical drop-out trend to be found among youth over the age of 14 with 60 % leaving school before reaching grade 12 (DG Murray Trust/ Hartnack 2017). Gender-based violence and intergenerational intimate relationships of older men with girls, young women and young men against gifts and money are precarious reality. They are considered to be the driving factors of HIV transmission among young people in South Africa. In particular, young women and girls are disproportionally affected until today. A recent report by the South African National AIDS Council says that there are 1,200 new infections among 15-24 years old girls and young women every week (SANAC, 2020).

Khanya Aims and Approach:

SANAC, 2017: page 14
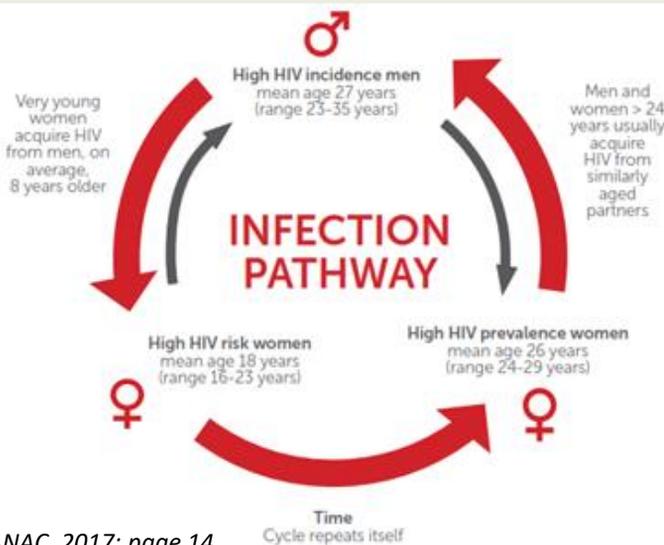
To intervene in these infection cycles we use assertiveness and consciousness building approaches. We know that some of the root causes of transactional, intergenerational intimacies are economic distress at home, the quest for love and belonging, as well as peer-dynamics. 'Khanya' activities aim at fostering peer-support, mindfulness, assertiveness as well as perseverance and passion for long-term goals. The project composition is innovative in the field of HIV prevention because it links strength-based workshops for personal growth with story-telling activities to understand the contexts of HIV. With 'strength-based' we refer to a specific way of community engagement which is called 'Asset-based Citizen-driven Development' (ABCD). It emphasizes and uncovers individual strengths (assets), links them with opportunities and builds change from there. Its consciousness building and appreciative processes have proven to foster positive and pro-active behaviour, sense of control (locus of control), confidence and personal growth.

An essential element for personal well-being is resilience. And, important ingredients of resilience are confidence in personal strengths and capabilities, emotional intelligence, awareness about healthy social support networks, perspectives, the capability to make realistic plans as well as taking the necessary steps to follow them through.

Partners 2020:

We work with Highschools and NGOs which offer afterschool-programmes in Grahamstown. Both link us to the peer-networks of the Siya Sonke youth. They are part of the 35 families who partnered with us under the programme 'Siya Sonke'. The institutions we seek to work with this year are:

- ⚲ Ikamva Youth Project in Grahamstown (160 learners)
- ⚲ Khutliso Daniels Secondary School (350 learners)

In process: collaboration with Rhodes University Critical Studies in Sexualities and Reproduction. In addition, we work with:
- ⚲ Families South Africa (FAMSA)
- ⚲ Upstart Youth Development Project

Activity	Youth aged between 14-18 years:
Persona-Doll storytelling workshops: Intergenerational and transactional relationships, pregnancy and HIV ⚲ Interactive story-telling and problem-solving in groups: to stimulate empathy with a main character who goes through different narratives of HIV-exposure, infection and early motherhood. Also, this is to comprehend early cycles of dependency and its' consequences, and the students elaborate on alternative life choice. Furthermore, it emphasizes the importance of peer-support. ⚲ HIV: 'Scanning' what youth knows about HIV and other STIs, clarify questions and to fix myths. ⚲ Sexual and Reproductive Health Rights introduction, discussion and sharing flyers for guidance to access them.	From Local Highschools and NGOs: +/- 400 learners
ABCD introductions and training to build consciousness about personal capacities, independency and becoming the 'first creator' of life plans. ⚲ ABCD paradigm and man characteristics of the strength-based approach (e.g. leadership and peer-support/ social cohesion). ⚲ Circle of courage (inventory of personal strengths) ⚲ Envisioning future (long term goal) and basic knowledge in project planning and budgeting.	*Introductions*: +/- 400 learners *Trainings:* +/- 80 learners
Sexual & Reproductive Health Rights and Youth Well-being in Grahamstown: Youth Debate ⚲ In assistance of Rhodes University Debating Society ⚲ With local High School youth	+/- 150 learners