

# **A Teenage Parenting Guide**

Helpful hints for you and your family  
Plus  
A Tool Kit of people and organisations who can  
help you

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## How to use this book

**This is a book for you. Take what you want and leave the rest, but know that it was designed with you in mind. We hope that your time at Masiye and the time you spend reading this manual will help you to lead a healthy, positive life.**

**You will find the names of organisations at the back of this book. We hope that if you feel like you need someone to talk to, you will flip to the back, find the area that you need help in, and get in contact with one of the organisations listed there. The people who work for these organisations are there for you.**

**Don't be afraid to ask for help. It is the first step towards living your life the way you feel is right for you.**

**May God Bless you.**

*This book is dedicated to:*

*All of the wonderful friends Masiye has given me. May you continue to face each day with determination knowing that you have the power to make a difference. Thank you for your love and friendship. I have learned so much about myself through each of you and for that I will be forever grateful. I will miss you dearly.*

*and*

*All of the teenagers of Zimbabwe. May you have the courage to take hold of the future and make it yours. Reach for the stars, they are only as far as you dream they are.*

*God Speed,  
Tricia*

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## **What You Need to Know About HIV/AIDS**

### **What is HIV?**

HIV is an infection known as a virus. HIV makes your body weak and unable to fight sickness. People who have HIV go on to become sick with AIDS. People with HIV may look and feel well for a number of years before any signs of AIDS develop. BUT as soon as HIV enters your body you can infect other people with HIV. ANYONE can be infected with HIV. YOU CAN NOT TELL IF A PERSON HAS HIV JUST BY LOOKING AT HIM OR HER.

### **What is AIDS?**

AIDS is a name for a group of sicknesses caused by HIV that make a person's body weak. People with AIDS get fevers, rashes, diarrhoea, and coughs. They lose weight too. Their body's immune system is weakened by HIV and cannot fight off these sicknesses. There are many false rumours about AIDS but it is important to remember that AIDS is a disease like cancer or polio and is NOT A CURSE or PUNISHMENT! Right now there is no cure for AIDS but many, many people around the world are searching for one. There are many medicines that can help fight the sicknesses that come with AIDS. These medicines help people feel better and live longer.

### **Who can get AIDS?**

ANYONE male or female, young, old, rich, poor, educated, uneducated, from any country or religion can get HIV. HIV and AIDS are not limited to white or black people or to people who have certain jobs.

**It is important to know how to help people who have HIV and AIDS. It is also important to know how to protect ourselves from the spread of this disease.**



## How is HIV/AIDS spread?

**Through sex:** You can get HIV from having sex with someone who has HIV. This is the MAIN way that AIDS is spread.

**From infected mothers to babies:** Some babies are born with HIV or AIDS. The disease is passed to them when they are inside their mothers or as they are being born. Babies can also get HIV from their mothers breast milk.

**Through infected blood:** You can get HIV from sharing syringes (needles) or razor blades with someone who has the virus. At one time you could get HIV from blood transfusions but now all hospitals in Zimbabwe test ALL blood for HIV before giving it to patients. Also in Zimbabwe only sterilised or brand new syringes are used.

## HIV/AIDS IS "NOT" SPREAD BY:

Hugging, kissing, sharing cups, shaking hands, or from toilet seats.

## How to Protect yourself from HIV and AIDS, after all the future belongs to YOU!

- Don't rush into having sex. It is fine to wait. It is better to wait than to take a chance with your own life. It is also your right to save sex until marriage if you want to.
- If you do decide to have sex, stay with the same partner. The more sexual partners you have, the greater your risk of being infected.
- If you are having sex, USE A CONDOM! This is your best protection. But remember it is **YOUR** right to save sex until marriage if you want to.
- Don't inject drugs into your body. The virus spreads easily through dirty needles.
- Learn as much as you can about HIV and AIDS and talk about it with your friends and family. Talk to your boyfriend or girlfriend about sex and whether or not you are ready to commit to having sex.

Think about sex carefully and decide whether it is right for you! Remember it is your choice! You must think of what is good for you!

**REMEMBER: THE PERSON WHO YOU DECIDE TO HAVE SEX WITH CAN PASS ON DISEASES THAT THEY MAY HAVE PICKED UP FROM OTHER PEOPLE WHOM THEY**

**HAVE HAD SEX WITH BEFORE YOU. YOU ARE BASICALLY COMING IN CONTACT WITH EVERY PERSON YOUR PARTNER HAS EVER HAD SEX WITH!**

The ONLY way to know for sure if you or someone else has HIV or not is to have a special blood test. If you are interested in having a test or just getting some information you can go to a clinic or a doctor. Places like an AIDS Council near you can also refer you to a place where you can be tested. Any health centre will also be a good place to go.

**Sexually Transmitted Diseases**

HIV/AIDS is not the only disease you can get through sexual contact. There are many other types of infections and these are called Sexually Transmitted Diseases or Sexually Transmitted Infections. STD's and STI's mean the same thing. Some STD's are easily cured, but others, if they are not treated, can have a serious effect on your health. Some STD's can be cured. Other infections have no cure, but can be controlled. It is important for you to know about STD's because they can affect your ability to have children later in life. Some can also cause cancer.

### How to know if you have an infection

Some people with a Sexually Transmitted Disease have few or no symptoms at all; others have very noticeable symptoms that they can feel or see right away. You must know to look for any changes in your health, or symptoms such as:

different or heavier discharge from the vagina  
discharge from the penis  
a burning feeling when urinating  
sores, especially in the genital(around vagina or penis) or in the anal area  
itching feeling in around the penis, vagina, or anus  
appearance of a rash  
swollen glands in the groin

These symptoms might appear alone, or combined with each other. Having a symptom does not mean you have an STD but if you are having sex, you should see a doctor or nurse to find out what the problem is.

### What are your chances of catching an STD?

You have a chance of catching a sexually transmitted disease if:

- ☺ You have unprotected sex (without using a condom or if the condom breaks) with a person who may have an infection
- ☺ Your partner has, or has had a sexually transmitted disease
- ☺ You have a new sex partner
- ☺ You use drugs with needles or your partner does
- ☺ You share needles for drugs, body piercing, tattoos, or your partner does

If you have taken any risks please see a doctor or nurse to get tested! Remember, not all STD's cause symptoms, so you could have one and not know it!



## Stay STD FREE By:

### \*\*\*CHOOSING TO ABSTAIN FROM SEX\*\*\*

If you decide to have sex knowing all of the risks **USE A LATEX  
CONDOM EVERY TIME**

Ask yourself, how many partners have I had this year, am I taking  
a chance

Never share needles for drugs, tattoos, or body piercing

STD's are spread through sex because the  
bacteria or viruses travel in semen, vaginal  
fluids, or blood.

Saliva (spit) can sometimes spread an STD if  
you have a tiny cut in or around your mouth.

You can have more than one STD at a  
time.

STD's are very dangerous if you do not  
get treatment.

Infected women can pass STD's on to their  
babies during pregnancy and at childbirth.

### Types of STD's

Chlamydia

Gonorrhea

Syphilis

Pubic Lice

Genital Herpes

HIV/AIDS

Genital Warts (HPV)

Hepatitis B...

And there are MORE

**Using a condom is the most important thing you can do to make sex  
safer for both you and your partner. Never use the same condom  
twice. Always have a new condom for every time you have sex.**

Teenage Pregnancy

### **Love versus Sex**

Being in love can be wonderful. But it can also be confusing. You meet someone whom you think is special and many thoughts are going through your head. Thoughts like:

What do these feelings mean?

Should you do more than just kiss?

Should you have sex?

Are you ready for the responsibility that goes with having sex?

What about pregnancy?

What about sexually transmitted diseases?

Deciding to have sex is a big decision, so don't rush it. Some people feel that sex should be saved until marriage. Others feel that the right time to have sex is when two people share a strong and close relationship **between just the two of them**. They talk about sex and agree to have sex **ONLY** with each other.

If you do decide to have sex, you should ask yourself:

**Am I ready to become a mother or a father?**

A baby is a big responsibility and **BOTH** the mother and the father are responsible for giving the baby a home and a future.

It only takes having sex once, for a girl to fall pregnant, so think about what you are ready for!

Think about these questions and decide what is right for you:

❖ Am I ready for sex?

❖ Is my partner really the person whom I want to share such a special act with?

❖ Will I regret it later?

❖ Have we talked about sex and AIDS?

❖ (boy) Am I ready to support a child if the girl falls pregnant?

❖ (girl) Am I ready to deal with a child should I fall pregnant??

If you answered "NO" to any of these questions then you probably are not ready to have sex.

**You have the right to say NO to sex!**

**Your body belongs ONLY to you!**

If you decide to have sex then you need to know how to avoid pregnancy. You also need to know how to protect yourself against HIV/AIDS.

You and your partner must agree to use birth control EVERY time you have sex.

You must also be ready to deal with pregnancy if the birth control should fail.

**The type of birth control that is best for preventing pregnancy and protecting yourself against AIDS is the CONDOM. But remember sometimes condoms CAN break!**

The condom is used by the man . It comes rolled up in a package and is put over the man's erect (hard and stiff) penis before having sex. The condom catches the sperm and stops it from getting into the woman's vagina. Condoms can be bought at all pharmacies and grocery stores. They are also free at most clinics, counselling centres, and AIDS Councils. People at these places are happy to give them out to people who will use them!

**NEVER buy condoms that look like they have been sitting on a shelf for a long time. If the package is faded DON'T buy it. Also if the condoms are sitting in direct sunlight DON'T buy them. NEVER keep condoms in a hot place like your wallet. If condoms are old or have been in too much heat they will not work properly and lead to AIDS or pregnancy. So look at the package before you buy them, store them in a cool, dry place, and ALWAYS check the expiry date!**

NEVER listen to silly stories your friends tell you about how to avoid falling pregnant, use a condom to be safe!

And by the way, you CAN get pregnant the first time you have sex!

Women who fall pregnant without planning to have a child, suffer a great deal. If you are young and on your own it can be very frightening. **SO think if sex is RIGHT for you.**

If a woman falls pregnant and feels she is not at all able to have a child there are options for her.

A woman can give a baby up for adoption. This can be very difficult but if a woman is not ready to have a child it gives the baby a chance to be taken care of by parents who can care for it in all the right ways. They will care for the baby and raise it as if it was their own.

You may have heard about abortion. This is done when a woman chooses not to go through with a pregnancy. BUT you must know that back alley abortions are not safe and many women die each year from the unsafe instruments used by the people who perform these back alley abortions. Do not trust someone to perform an abortion unless it is someone who a doctor or nurse tells you to go to.

If you think that are pregnant, talk to someone you trust. This can be a friend, an aunt, a grandmother, or a nurse. If you think you are pregnant, it is important to go to a clinic as soon as possible. They will know people who can help you and give you advice during this difficult time. You must go to a clinic for two reasons. First you must make sure that you are healthy and you also must get advise on how to stay that way for the next 9 months. The second reason for going to a clinic is so the doctor will be able to check that all seems to be well with your baby. He will be able to see that everything is normal and that you and your baby will development in a healthy way. He will be able to tell you when it will time for the birth. He will also tell you to give yourself time for rest. When you feel tired or weak, sit and rest. Do not lift heavy things, instead ask someone to help you. It is important for you to take good care of yourself because you do not want to cause harm to yourself or your baby.

### **How to Care for Someone who has AIDS.**

Some people who have HIV/AIDS are living healthy lives for long periods of time. Some adults have stayed healthy for more than 14 years after they

have been infected. Family and friends can help someone with AIDS lead a healthy life by just doing simple things for them. If a person with AIDS truly believes that he or she will survive, they will need your support to help them cope with their sickness. People living with AIDS need to have little stress in their lives. They need someone to talk to and to help them with their problems. As well they need gentle exercise and good food.

If you know someone with AIDS, you can help them to learn that good food can be used as medicine. When a person is sick, often the right food can help them to get well.

People with HIV/AIDS may have problems digesting food. It seems that their digestive systems do not work properly and their bodies can not get all of the good things they need from food. The trouble they have with eating can lead to weight loss and malnutrition. Malnutrition is the lack of healthy food which is often the cause of death for people with AIDS.

Food provides a medicine that is cheap and easy to get. It takes time and patience to see the benefits of good food. Food is not an over night cure. A person will become stronger and healthier over time and with some light exercise people with HIV/AIDS can improve their health.

There are certain foods that a person with HIV/AIDS should try to avoid. Some of these are:

**Canned Foods:** Many important nutrients are lost in the canning process. If you buy canned foods the best kinds to buy are canned beans, fish, or meat as they still have their proteins.

**Foods that contain preservatives, artificial flavours and colours:**

Artificial flavours are chemicals that are added to food to change the taste of food. One example that you could think of is potato crisps. They have chemicals added to them to give them flavours. Some of these flavours are cheese or tomato sauce. Stock cubes and seasonings also contain artificial flavours. Artificial colours are chemicals that are added to food to make it look more appealing. Read food labels! If foods contain chemicals such as, tartrazine or monosodium glutamate, people who are HIV positive should try to avoid them.

**Junk foods:** Junk foods are made in factories. They contain colours, preservatives, and very few nutrients. Cool drinks, sweets, chocolates, and crisps are examples of junk foods. It is ok to have a sweet every now and again but too many sweets will put stress on a person's immune and digestive systems. These systems are already working very hard to try to keep the person healthy so it is not worth it to hurt them any further.

**Alcohol:** Alcohol should be avoided because it can damage the body.

### Getting Nutrients

About half of the food that a person with AIDS should eat, should be whole grains (maize, sadza, pearl barley, rice, bran, wheat, oats). Choose brown rice and whole wheat bread rather than white. Also sugar and foods made from sugar encourage thrush. Thrush is a problem that many people with HIV/AIDS get, but a healthy diet will help prevent this.

**WATER** is very important for good health. But sometimes it contains harmful chemicals and organisms. When a person's immune system is weak, they can get sick from water that other people can drink without any problems. To clean water you can boil it for 15 minutes.

Often when a person is sick with HIV/AIDS their body temperature will not be normal. A person's normal body temperature is 37 degrees Celsius. HIV often lowers the body temperature. This happens because of frequent infections, poor diet, and side effects of medicines. If a person feels cold and their hands and feet are cold then their body temperature is probably low. To raise the body temperature use warming spices such as garlic, ginger, and cinnamon. These can be crushed or ground up finely. It is also important for the person who is sick to eat foods with protein such as meat, fish, and chicken. Also foods that are steamed are better than cold or raw foods.

Steaming foods involves placing foods to be cooked in a small amount of boiling water. The steam from the water cooks the food. To steam food just cover the bottom of a pot with water. When the water boils and the vegetables are tender (10-15 minutes) remove them from the heat. Be careful not to burn them!

It is best to eat vegetables when they are still a little crunchy. The longer you cook a vegetable, the more nutrients you lose. But if a person has trouble digesting crunchy vegetables, steam them for longer.

**Helpful tips for the person you are caring for:**

- drink lots of fluids
- to help digest meat, eat paw-paw with the meat
- eat many small meals
- if a person feels they do not want to eat, encourage them to drink fresh lemon juice to clean their digestive systems and help them get their appetite back.
- If the person has a sore mouth, help them by mashing their food. Good mashed foods are bananas, eggs, porridge, potatoes, and fish.

Have Hope. Be strong. And think of a good future.

Believe that you can help someone with aids live a healthy life!

So, here are some things that you and others in your family can do for a person with HIV/AIDS.

Sit and chat with the person. Give them a chance to share memories.

Find out what the person wants (to eat, to pass the time, or who they would like to see).

Ask the person how they are feeling and help them to tell their worries or concerns.

Help to reduce loneliness by being with them when you have the time and by having people visit. Also let the person be involved in decisions so they feel like part of the family.

**BUT REMEMBER:**

**Do not wear yourself out. Take time for yourself and get enough rest.**

**You must do things that you enjoy doing so that you stay healthy and strong too. This way you will have enough energy to care for the sick person.**

**Simple Recipes for Someone Sick**

### Carrot Soup

(good for someone with diarrhoea)

You need:

Carrots/Salt/Ground Cinnamon/Water

Directions:

Chop carrots finely. Steam them until soft. Strain the carrots through a strainer. Add the boiled water to make a soup. Then add a pinch of salt and some ground cinnamon.

### Rice Soup

(good for treating both diarrhoea and vomiting)

You need:

Rice/clean water

Directions:

Use 1 cup of rice to 5-6 cups of water. The amount of water you use depends on how watery you make the soup. Cover the pot and simmer for one hour. If you would like you can make different rice soups by adding these other ingredients:

Add grated carrot and cinnamon

Add coconut and ginger

Add finely chopped garlic

### Rice/Millet/Barley Water

(a good, nutritious drink for diarrhoea, fever, and at times when the person finds they just do not feel like eating).

You need:

Rice, millet, or barley

Clean water

Directions:

Cook one cup of either brown rice or barley in 6 cups of water. If you use white rice or millet cook it in 4 cups of water. If it is hard for the person to drink use less water to get more nutrients without having to drink too much. When the grain is cooked, strain off water, and drink.

### SSS-Sugar Salt Solution



Diarrhoea and vomiting can make a person weak and dehydrated, however you must encourage the person to drink even if they don't want to. A good drink for a weak person is the SSS.

You need:

Salt, sugar, and clean water

Directions:

- 1.) Measure 750 ml of clean water into a container
- 2.) Add  $\frac{1}{2}$  teaspoon of salt
- 3.) Add 6 tsp of sugar
- 4.) Stir the SSS until the sugar and salt dissolve.
- 5.) Give this drink as often as possible.

There are other ways that you can help a person living with AIDS. If you spend time with them and just talk to them, you will be helping them a great deal. A person who feels comfortable and loved, and who can share some laughter is more likely to feel better and to have a healthier immune system than someone who is depressed, angry and lonely. If a person thinks they will get sick and die, they probably will. But if a person believes that they can get strong and healthy then they have a better chance at living longer, healthier lives.

#### **Tips for looking after someone with AIDS**

There is no risk attached to caring for someone with AIDS at home provided that good, clean household measures are taken. These are some things that you can do to protect yourself when caring for someone who is sick.

- Avoid contact with blood. If blood gets on your hands, wash them as soon as possible in soapy water. Do the same for other body secretions such as urine or faeces.
- Cover any cuts or sores on your hands.
- If you have plastic or rubber gloves use them. If you do not have such things use plastic bags to cover your hands when dealing with soiled cloths or bed sheets.
- Boiled soiled clothes or bed sheets for 20 minutes or use bleach (1 part bleach to 9 parts water) to kill any viruses. Then wash as usual.
- Newspapers backed with empty mealie meal bags can be used to protect mattresses.

**IT'S OK TO BE SAD**

## DEALING WITH LOSS, GRIEF, AND BEREAVEMENT

When someone you love dies, your heart hurts and you feel sad all of the time. It is hard to think of your life without that person and sometimes you just wish you could sleep all day long and not have to talk to anyone. You don't want to be around your friends and you don't feel like playing or doing what you would normally enjoy doing. It is important to know that all of these feelings are ok.

When someone you love dies, it is ok to feel sad. You miss them and wish that they did not have to get sick and leave you. But one thing to remember is that you have to plan for your future and for those around you. You must make the most of what you have and try to make your life as good as possible.

Here are some things to remember when you are feeling sad and lonely.

\*What has happened has happened. As much as it hurts, the longer you deny that your loved one is gone, the longer it will take you to heal.

\*Find someone you can talk to that will understand you and listen to you when you are ready to talk.

\*Try to remember the happy times you had with the person who has died.

Also remember that they wouldn't want you to stop living your life as positively as possible just because they are no longer with you.

\*Nothing you did caused the death of your loved one. And just because this person you loved died, this does not mean that all the people you love will die as well.

When you are very sad due to the death of someone you loved, it is said that you are grieving. When you are grieving many things can be happening to you. You may either feel like sleeping all of the time, or you feel that can not sleep at all. You might be depressed and have thoughts of suicide. You might find that you are always on the lookout for something terrible to happen. You might also feel very anxious and angry and find yourself being very irritable with those around you. You may notice that you are having trouble remembering things and that you are finding it very hard to concentrate. Often you will feel the worst of these feelings for the better part of a month. But slowly as time goes on, you will see a change in yourself. You will find that things are looking better and you are feeling more like your old self. You will **STILL** be sad and lonely but you will be feeling more like you can cope with these feelings. You will need to find someone to support you

and who can listen to you talk about your feelings. You will start to feel stronger and this is important because you not only have yourself to care about but also the other siblings that look to you for guidance.

You might find it useful for both yourself and your brothers and sisters to make a **memory book**. In a memory book you can copy down all of the things your parents might have told you about your life as you were growing up. You can include the full names of all of your family members, their birth dates, their special moments, and any pictures, photos, certificates, or special papers that you or the others in your family may have.

Children and adults deal with death in different ways. You can start by reading the following examples of how some children and adolescents react to the death of a loved one.

### **Children**

- Often have difficulty crying (especially if they feel that people are expecting them to cry)
- Often just want things to be as normal as possible. They want to laugh and have fun like they used to, even if only for a short period.
- Want to know a lot about the illness, about the causes of death, about what happens to a dead person's body as well as their soul.
- Often react to death and loss with anger. You may find the child being very rough and even hitting or fighting with others or with their toys.
- Often do things hoping that the person who has died will come back (i.e. set a place for them at the table).
- Often do not like long talks. They like to know that you are there to listen to them but do not force them to talk more than they want to.
- Sometimes they will be very afraid to be separated from the people they are close to. They fear that they may never see the people they love and still have around, again.

### **Adolescents**

- Often withdraw and isolate themselves.
- May have feelings about suicide
- May take risks and try things that are not safe
- Sometimes stop eating
- May have trouble sleeping and also develop pains and aches that a doctor can not see the source of. These are developed in the mind as a result of grief and stress.

- Sometimes want to change everything in their life in order to get away from their troubles.
- Over react to comments made by adults and friends

Remember it is OK to cry if you feel like crying. If your siblings see you crying, they will know that is ok to show this emotion and to mourn their loss in this way. Some days will be better than others, but just take one day at a time. Take time to listen to your brothers and sisters but also take time for yourself. In order for you to feel like getting back to your life, you must have a healthy mind. Be good to yourself.

In order to find someone to talk to, it must be a person that you trust. You can go to a counselling centre (like the ones mentioned at the back of this book) and they will listen and give you advise. Remember that what you say to them will NOT be repeated to anyone. You might also trust a friend, a neighbour, or an aunt to listen to you talk about your grief. Whoever it is, just talk when you want to talk and ask them to be a good listener. They need not say a word, but just know how important it is for them to be there for you. Church leaders, ministers, and priests can also be good listeners. It is up to you who you want to share your feelings with.

## Drugs and Alcohol

Drugs and alcohol can be very confusing when they are first introduced to you. You may have already had to make decisions about drugs and alcohol. If you haven't had to make such decisions, you must know that drugs and alcohol are part of many people's lives around you. **It is important for you to know as much as you can about the dangers of drugs and alcohol so that you can be the best that YOU CAN BE!**

It's your life, so live it with courage and be responsible!

### **Role Models**

As you are growing up it is good to have role models. A role model is someone who you want to be like, someone who you love and respect. Most often the people who you are with every day are the people who have a great effect on your life. Sometimes their affect can be positive but sometimes these people may drink or take drugs and that can have a negative effect on your life.

But the people who you love and admire because they are good role models can be anyone—a grandmother, a teacher, a brother or sister, an uncle, an aunt, a friend, a group leader, a grandfather, or even a famous person who you read about. You can have several different role models to help you form examples of who you would like to be. These role models can help you make the right decisions about drugs and alcohol.

### **Friends and Peers**

Everyone wants to have friends. A peer is a friend that you share common things with. A peer group is a group of friends who share common things. Having friends is a necessary and important part of growing into an adult. As you get older, you begin to spend more and more time with people your own age. Then you start to keep company with different groups of friends (peer groups). Feeling like you are "fitting in" to a peer group is very important because your peer group gives you feelings of belonging, and offers you support. Your peer group affects how you make decisions, and also puts pressure on you to act the same as the other members of the group. Most of the time you might not even realise that your friends have such an affect on how you think or act. Group pressures can be helpful but sometimes they are not. When it comes to smoking and drinking and using drugs, some of you will

want to try them because your friends are trying them. It is not easy to say "no" when you are afraid. These will be hard decisions for you to deal with.

**REMEMBER! You must think and act for yourself!  
You can help your friends and they can help you to live  
a healthy drug free life!**

### What are Drugs?

Drugs are something that you take into your body to change the way your mind or body works. Alcohol is a drug because it affects your mind and body in ways that are not normal.

Drugs do not always come from a chemist or a doctor. Some drugs come from plants that grow wild. Drugs can also be made in laboratories. There are good drugs and bad drugs, legal drugs and illegal drugs.

**The following drugs are harmful and will  
cause your mind and body to act in ways that  
are not normal .**

#### ALCOHOL

Alcohol is what is found in beer and also wine and hard liquor. When you drink alcohol it goes straight through your stomach and into your blood, making you feel its effects right away. If you have one or two beers you will most probably feel tired and relaxed. But if you have too many beers, you will probably go to sleep or may even find it hard to walk and talk and move around. You might even pass out, vomit, and when you wake up not be able to remember what it was that you were doing. The day after drinking you will probably have a hangover, which makes you feel quite sick and weak. If you drink alcohol every day or too often, you will find yourself with problems. Alcohol can damage your liver and cause you to have problems with your heart and brain. Alcohol can also get you into accidents as well as cause you to do things you normally wouldn't do and get you in to trouble with the law. Alcohol, whether it be traditional brews or beer from a bottle store can still have a harmful effect on you. If you abuse alcohol, you will find yourself in trouble one way or the other!



GLUE FOR SNIFFING (this can be very dangerous as it can cause brain damage)

### **Why do some people take alcohol and drugs?**

Here is a list of a FEW reasons why some people drink alcohol and use drugs.

1. People drink alcohol and take drugs because they are curious. They may know people who take drugs and want to know how they would feel.
2. People drink alcohol and use drugs because they are NOT feeling good about themselves. Some people feel lonely or depressed because they are bored and think that drugs will make them feel better. Remember, people who think this are WRONG!
3. People use drugs and alcohol because they feel pressured by people around them. Sometimes you may think drugs are safe when you see your friends or family doing them. You might feel you need to use drugs or take alcohol because everyone else is using them. DON'T BELIEVE THIS!
4. People use drugs and alcohol because they want to fit in with their friends. In some groups taking drugs and alcohol is thought to be "fun". They may say that if you don't do as they do then you don't belong to the group. REMEMBER, you don't need to take drugs or alcohol to belong to a group. THINK about if these people REALLY are your friends or not!
5. People use drugs and alcohol because they have used them before. These people are much more likely to try other harder drugs in the future and to become addicted. The best way to avoid such problems is DON'T START!
6. People use drugs and alcohol because they don't feel right without them. Some people's minds and bodies come to depend on drugs and alcohol and this is **very serious**. These people are addicted and if they don't have drugs or alcohol their bodies will shake and their minds cannot think clearly.

Drugs and alcohol can cause many problems. Here are 3 big ones:

1. **Health problems.** Drug and alcohol abuse can lead to serious sickness and damage many parts of your body.



2. **Personal problems.** Drug and alcohol abuse can lead to addictions which can lead to problems with your family, marriage, and job.
3. **Social problems.** Abusing drugs and alcohol leads to an increase in crime and traffic accidents. This makes drugs and alcohol everybody's business!

There are many things that can happen to you if you abuse drugs and alcohol. With alcohol your body will suffer because your liver can become damaged, and smoking marijuana (mbanje, dagga) and cigarettes can cause cancer. If you sniff drugs or glue, the inside of your nose can be ruined. If you use drugs through needles you can get infections and worst of all you can risk getting AIDS. A common problem that can develop with drugs is that someone who is abusing drugs develops a tolerance. This is when they need more and more of the drug to get high. This can be very dangerous because this is when there is a risk of overdose. Overdose is when a person takes too much of a drug. Sometimes an overdose can kill you. Buying drugs off the street can also be dangerous because you don't always know what you are buying. Often the people who sell these drugs don't even know exactly what they are selling, and many of the drugs are mixed with other drugs. Mixing drugs can cause a lot of harm to your body. Mixing drugs is very **SERIOUS** and can even kill you. And last but not least many drugs are against the law. If you are caught with illegal drugs you will go to jail and get a criminal record. A criminal record makes it hard to get jobs and also hard to travel outside of your country.

**Think before you try alcohol and drugs. You know all of the risks, so don't you think it's smart to say "NO"? It is a choice that only you can make, so make it a good one!**

## No One Deserves to be Abused

### WHAT IS CHILD ABUSE?

A child is said to be abused when the basic needs of a child are not being met.

There are many types of child abuse. These include:

Physical Injury

Neglect

Child Prostitution

Emotional Abuse caused by continued or severe neglect or rejection by a parent or care giver

Sexual abuse

Child Labour

Continued abuse of any kind (physical, sexual, emotional) that is done because the parent, adult, or care giver says it is part of their religion or culture.

### WHAT IS SEXUAL ABUSE?

Most adults want to protect children and would never want to do anything to a child that would make them feel unsafe. But there are some adults who are very sick in their minds and who might want to touch a child and hurt them.

Child sexual abuse is VERY SERIOUS!

**Child sexual abuse is when an adult or older child forces, threatens, or tricks a child into sexual activity. This adult uses sexual activity in a harmful or unwanted way.**

**SEXUAL ABUSE IS NEVER THE CHILD'S FAULT!** There are different kinds of sexual abuse.

**Rape:** This is when a man or boy of at least 14 years old forces a girl to have sex with him. It is a violent attack, often done by someone the girl knows.

**Incest:** This is sexual activity between a child and a parent or between family members. It is not right to experiment sexually with your own family.

**Sexual Molesting:** This is when you are forced into sexual contact like touching, kissing, or hugging someone.

**Child sexual abuse is something every child needs to know about. You must know that no one deserves to be abused!**

**Child sexual abuse includes:**

Forced sexual intercourse/rape

Oral sex (sex through the mouth)

Anal sex (sex through the anus)

Incest

Touching, rubbing, or stimulating of the penis or vagina

Indecent assault (touching breasts or buttocks)

Forcing a child to touch private parts of the body

Forcing a child to watch sex

Child pornography

An abuser may be male or female, family members, relatives, child minders, domestic workers, neighbours, or friends of the family. No matter who they are, **the abuser is 100 % responsible for what they have done!**

IF YOU HAVE BEEN SEXUALLY ABUSED, YOU ARE NOT ALONE. Sexual abuse happens to both boys and girls from every culture, race, class, and religion.

### **WHAT YOU SHOULD DO IF YOU HAVE BEEN SEXUALLY ABUSED**

**FIRST** you must tell someone who you trust about what has happened to you. If this person is someone who you know and trust, then they will want to go with you to the police to report what the abuser has done to you.

In Zimbabwe there are now Victim Friendly Courts to help make it easier for you to talk about abuse. This is what will happen when you decide to report the abuse.

The **police officer** is the person to whom you make your report, if you have been sexually abused. The Police Officer will write down what you say. Your parent or guardian should come with you. The Police Officer may need to ask you some questions so you should be clear and honest. You and the police officer can help each other if you tell your story clearly and exactly as it happened.

It is important that there be a medical report if you have been sexually abused. The **Doctor and Nurse** who will see you have special training in dealing with sexual abuse. They were chosen to help you because they are kind and understanding with children and teenagers. It will be necessary for them to examine your body, including your private parts. Let them know if you are afraid.

The **Social Welfare Officer** is the person who will listen to your feelings and fears. If you need help at home, school, or anywhere, the Social Welfare Officer will be there to help you. Later, she will be there to tell you what will happen at court. You will meet another friend in court, called the "Intermediary". She will sit with you throughout your time in court. Tell her your story and she will use special equipment to tell the Prosecutor and the Magistrate, who will be in another room.

To help you explain in detail what happened to you, you can use specially made dolls, which help children show the court what they mean when they do not know the grown up words that describe different parts of the body. The special doll will have the same body parts as a real person.

The **Prosecutor** will present the case against the person whom you say has sexually abused you (this person is called the accused). Before the trial starts the prosecutor will give you the statement you have made to the police, to remind you of the events that have happened to you. If this makes you upset, the Social Welfare Officer will be there to help you. The Prosecutor, the accused, or his lawyer will ask you questions through the Intermediary. Reply honestly and clearly. The prosecutor may ask you to point to the accused person.

The **Magistrate** is in charge of the court and sits at the front of the courtroom. He or she listens to all evidence, (this is the information that all witnesses will give). The magistrate is the person who decides whether there

is enough proof to find the accused person guilty. The Magistrate is very fair and will listen carefully to everything that you have to say.

**TRUST YOURSELF. HAVE FAITH IN YOURSELF. BELIEVE IN YOURSELF. THEN YOU CAN GET THROUGH ANYTHING!**

## **Household Management**

Even if you don't have much money, you must try to make the most of what you do have. Use what you have carefully and take extra care to preserve the resources which are available to you.

### **Clothing/Laundry**

It is important to keep your clothes clean. Not only will this be good for your clothes but it will be good for you. You will look better and smell better. When cleaning your clothes use soap, not JIK (bleach). Be sure to rinse all of the soap out of the clothes before hanging them to dry. Leave the clothes outdoors in the sun until they are completely dry. It is important for them to be fully dry because the heat and sun kill germs. It is good to hang bedding and towels in the sun once a week to let them air out. This helps to prevent TB. Never hang your clothes on barbed wire. This will cause rips and tears in your clothes. If your clothes line is rough or joined, wrap the rough spot with something to keep it from tearing your clothes. You could use a TM plastic bag or packet. If your clothes have rips in them be sure to repair them immediately! Sew on buttons as soon as they fall up, sew up hems and seams and rips when you see them. This will keep the damage from getting worse.

### **Home repairs**

If something in your home breaks, fix it right away. If your roof has a leak, repair it immediately because the damage will only get worse with time. If they are loose nails, fix those too.

### **Rubbish**

Have a proper place for your rubbish. You can use a trash can, a box, a TM bag, or anything that will be sturdy enough to hold household rubbish. If you use a TM bag, tie it shut when it becomes full and put it in a box away from

the kitchen so that there won't be flies or a smell in the house. If you are burning your rubbish, do it in a large pit. Make sure the pit is a far enough distance from homes that they won't catch on fire. Also, burning rubbish away from homes helps prevent flies from carrying into your home the diseases and germs that grow in rubbish. Be mindful of rubbish and try always to use bins when you are outdoors. Respect where you live and be proud to keep it clean. Don't litter! **Ants and termites** can also be a problem if you let them so don't leave dirty dishes sitting around the house. To keep ants and termites from becoming a major problem knock them off and treat the wood with old car oil to help keep them away. It is important to get rid of them as they could ruin your house. You must sweep your kitchen as well as the rest of your house EVERY DAY to prevent germs. Germs live in dust and dirt. Whether a person is rich or poor, there is no excuse for dirt and germs.

There is no shame in poverty, but filth is NEVER something to be proud of.

### **Saving electricity**

Be sure to turn off lights when you are not using them. Do not open the fridge door unless you know what you want. Defrost your refrigerator and freezer on a regular basis, maybe every three months. Freezers use more electricity when there is lots of ice and frost. The more electricity the refrigerator uses the higher your bill will be. When defrosting, turn the refrigerator/freezer off and let it melt. Do not scrape away the ice as you might damage the freezer.

### **WHAT DO YOU MEAN BY A BUDGET?**



A budget is a workable plan for how you will use your money. A budget is a very useful thing so you don't overspend your money and then have to give up your housing, schooling, or possessions. To keep a budget, you need to find out how much money you earn in a month (your income). Then you need to look at your immediate needs (i.e. food, rent, electricity, schooling, transport ,etc). Following your immediate needs you must look at what your long term goals are (i.e. maybe you want to buy a new radio or take the bus to visit

family in another part of Zimbabwe). Always keep in mind that extra expenses will always pop up. In order to keep your money safe you may want to open a PO Savings Box. To do this you must have a set amount (i.e. \$50) to be able to put into the box. One last word of warning, be careful with credit cards. They can seem great but can get you in trouble. If you don't have the money, then you can't buy something. Credit cards seem like a great idea at the time, but soon you must pay them off and this can be very hard!

## **BASIC NUTRITION**

### **THE NEED FOR GOOD NUTRITION**

Most of us never think about how important the foods are that we eat. We eat because we get hungry and because we enjoy the taste.

Very few of us select and eat food for the reason that we should and that is to supply the nutrients that the body needs. Its because some people lack money and because some choose foods for their taste and not their nutrients that there are many people lacking important nutrients in their bodies. Too often, many traditional foods are being replaced by non traditional foods that taste good and are quick to prepare for the consumer. We should be concerned about our state of nutrition, and you should consider whether the foods you are consuming are providing the nutrients you need or just satisfying your hunger. **THE NUTRIENTS ARE WHAT YOU CANNOT DO WITHOUT!**

We have mentioned Traditional dishes being replaced by fast foods. What we will do is take a look at some of the traditional meals and their nutrient content.

**DISH 1** : Sadza and mopane worms (amacimbi)

This is a traditional dish that one can enjoy while having a balanced meal at the same time. Amacimbi are rich in protein and can be a good substitute for meat .

**DISH 2** : Sadza or rice with boiled peanuts.

This is a tasty, cheap African dish that is easy to prepare and contains all the nutrients the body requires. The nuts substitute meat so you can still enjoy the protein.

**DISH 3** : Sadza and matemba

This is a dish that is easy to make. It is of low cost but still provides the necessary nutrients to the body.

The types of dishes are endless. Be creative and you will have more to add to this list!

**THE JOY OF COOKING IS GETTING TO EAT THE FOOD  
AFTERWARDS SO BON APPETITE !!!!!  
BE AS CREATIVE AS YOU CAN WITH THE FOOD YOU HAVE AND  
YOUR TASTE BUDS WILL BE SURPRISED!**

## Helpful Cooking Hints

Here are a list of hints that you could find useful in your day to day cooking :

- 1} If you don't have a fridge, the best way to store meat would be to dry it. This can be done by cutting it into strips and adding salt and vinegar. When you want to use the meat you then boil it. If you add peanut butter this will increase its taste and nutrient content.
- 2} Excess vegetables can also be preserved by cutting them up, boiling them gently and spreading them out in the sun to dry. When needed, reboil then add peanut butter if you choose to.
- 3} Tea tastes good with lemon juice if milk is out of reach.
- 4} If you keep chickens and produce eggs for sale, always remember to keep some for your own use. Eggs are rich in protein and they can be enjoyed with a plate of sadza or rice or samp, such as a relish.
- 5} Always buy brown sugar. Not only is it cheap but it is has more nutrients than refined (white) sugar.
- 6} The best vegetables you can use are the ones grown in your own garden. The following are easy to grow: rape, spinach, peas, beans, carrots etc. Vegetables are needed by the body, and the nutrients are best available to the body when the vegetables are still fresh.
- 7} Store any excess food in jars. The best way to store food in a jar is to process the food into something else (e.g. peanuts are processed into peanut butter).
- 8} Always wash your hands before preparing food.
- 9} If meat is frozen, make sure that it is fully thawed before it is cooked.
- 10} Make sure meat, fish, and eggs are cooked thoroughly to kill harmful bacteria.



11} Never keep cooked food out in the open for long periods of time. When food is at a warm temperature for a long time, bacteria can grow and cause you to get sick. Keep leftovers in a cool place, preferably a refrigerator.

12} It is also important that the water you drink be free of germs so you may need to boil it. If you boil water for 15 minutes, this should be long enough to kill the germs.

## Hygiene and Cooking

It is very important not to forget HYGIENE when you are cooking. It is important to understand that germs or bacteria are found in and on the body. These germs and bacteria can easily be transferred on to anything that the body comes in contact with. Personal cleanliness is essential to prevent germs from getting on to your food.

Remember these simple rules to help prevent germs and bacteria:

- 1} It is essential to take a bath or shower everyday. You also need to bath, brush your teeth, and clean your fingernails every day.
- 2} Always wash your hands before touching food, and always after using the toilet.
- 3} Keep kitchen equipment and utensils clean.
- 4} Keep food clean, covered either hot or cold.
- 5} Cover cuts and sores with waterproof dressings.
- 6} Finger nails should be kept clean and short.
- 7} Hair should be covered when one is cooking. It should never be scratched, combed or touched when one is cooking.
- 8} Nose and mouth should not be touched with the hands when cooking.
- 9} Cough and sneeze in a handkerchief, not over food, people with colds should not be in contact with food.
- 10} Jewellery, rings, and watches should not be worn when cooking.

Keeping your body clean will help keep you from getting sick. Your body is the only one you've got so take good care of it and it will last you a lifetime!

## BASIC FIRST AID

There are three main things that you want to when giving First Aid

You want to:

1. Preserve life
2. To keep the person's condition from becoming worse
3. To promote recovery

Before you try to give someone who is hurt First Aid, there are some things that must be done. Every injury and illness can be seen differently. You must look for signs that the person is suffering from a certain injury or illness. For example if the person has a bad burn, you will be able to see it, or if the person is choking they will have difficulty breathing and may be gasping for air. But some injuries and illnesses you cannot see right away, like when a person has internal bleeding or a spinal injury. When this is the case, you must look for signs on your own. In order to do this you need to examine the sick person from head to toe, running your hands gently but firmly over the person's entire body. By doing this you are searching for signs that the person may be bleeding or areas that hurt when you touch them. Be careful not to move the person if you think they may have an injured neck or back. Especially don't move them if they are unconscious (not awake) unless they are in immediate danger (eg you think that there is the risk of fire or an explosion). If the person is awake talk with them and tell them that you have sent for medical help and that you will stay with them until this help arrives. If the person does not appear to have a neck or back injury, make sure they are in a safe area and try to make the person as comfortable as possible.

***If a person's clothing is on fire, what should I do?***

The number one thing to remember when someone's clothes catch on fire is **STOP, DROP, AND ROLL!** This means the person must drop to the ground and roll around to put the flames out. Do not let the person run around as air makes the fire worse. If you have a wool blanket, wrap the person in it before making them roll on the ground. Roll them on the ground until the flames are out and splash them with a lot of water. If you have plenty of water continue to pour it on the burn for ten minutes.

***What if a person is stung by an insect?***

Bee, wasp, hornet, and scorpion stings usually are painful rather than dangerous. With insect bites you want to reduce the swelling as much as possible. Some people are allergic to stings and can swell very much in a short period of time. These people must be taken to hospital **IMMEDIATELY** or they could die. Stings in the mouth, neck or throat are very serious as they can cause the person to stop breathing. **What to do for a sting?** If the stinger is still in the wound, take it out with tweezers. Put a cold, wet cloth over the area to keep swelling down. Tell the person to see a doctor if the pain gets worse. If a person is stung in the mouth, give them ice to suck on or cold water to drink slowly. Then take them to the hospital.

***What should I do if someone is bitten by a snake?***

First, you must try to keep the person calm. Tell them to lay down making sure that the area where the bite is remains lower than their chest. This keeps the venom (poison) from going to their heart. Then wash around the bitten area and pat it dry with a clean cloth. Tie a cloth about 15-20 cm above the bite to try and keep the venom in one area of the body. Be careful not to tie the cloth too tight as this will cut off circulation. Seek medical attention right away and if possible take the dead snake with you so the doctor will know how best to treat the person.

***What should I do if someone has a very bad cut and is bleeding?***

Move the clothing away from the cut in order to keep it clean. If a clean cloth or bandage is available cover the cut and apply direct pressure over the cut and cloth with your fingers or the palm of your hand. Next make sure that the area that is cut is raised above the level of the person's heart

and lay the person down. Handle the injured area carefully if you think it might be broken. Apply more clean cloths or bandages over the first one and tie a cloth firmly to hold them in place. Add more clean cloths if the blood goes through but DO NOT remove the ones that you have already placed there. Make sure that you did not tie the cloth too tightly. Seek medical attention!

***If someone has a broken bone, what should I do?***

It is important to not move the area that is broken if it is not necessary. Help the person to give support to areas above and below where the bone is broken. Help to make them as comfortable as possible. Place pillows, or towels around the broken area to keep it still and in position. Seek medical attention.

## The Buck Stops Here!

### Legal and Financial Issues

Do not ignore any issues that involve money or the legal system. These issues will not go away or fix themselves so you must deal with them. There are people who will help you at places such as the Legal Project Centres or Legal Resource Foundations. You will find the names and locations of these places at the back of this book.

**Deeds and Property Ownership:** It is important to know who owns your house so that you will have less issues with family trying to take over your possessions. Deeds are kept at the Housing Office in High Density areas and at the Deeds Office in Low Density areas.

**Court Issues:** If you receive a note (summons) saying that you must go to court this **MUST BE OBEYED!** If there is a date and time, be there early. If a date or time is not given, go to the court as soon as possible after you receive the notice.

**Managing a lodger/renter:** If you have a lodger or renter find out what others are charging/paying. Make sure what you charge is enough to cover your expenses. Think of what those expenses are, like rent, utilities and so on. **MAKE A CONTRACT!** The contract must be signed by yourself, the lodger, and two witnesses (not relatives). All must be present when the signing takes place. If you are not yet 18, you must have a trusted adult (can be a relative) also sign on your behalf. The contract should include the amount of rent, what is being rented (the use of the kitchen, room, dishes, etc), a notice saying that the renter can't just leave when the rent comes due, if pets are allowed, if the renter is allowed to have guests (no overnight visitors is best, as extra people mean extra expenses). You can let them do more than the contract says but no less. Lodgers must abide by the basic agreement and then you can use your own judgement from there. If you have a problem, such as the renter is not paying the rent, go to the Chairman of the Residents Association in your area.

## Wills

It is important to have a will so that the people who you love and care for most will be able to have what is yours when you die. All too often people don't bother with a will and then when they die, many family and relatives come to take whatever they can get their hands on. This is not fair to the children of the person who has died. If you are living with someone who is ill, talk to them about the importance of a will. Even if a person is perfectly healthy, they should prepare a will just in case something might happen to them. None of us can see into the future so **we must prepare for tomorrow, today!**

### **Who can write a will?**

- Any person over sixteen can make a will
- Both men and women, married or single can make wills. Today many women as well as men own property, so women need wills as well as men.

### **What kinds of wills are there?**

- There is an oral (spoken) will, where you tell someone what you want when you die. Remember, an oral will is only valid for those who have property or possessions under Z \$10 000.
- There is also a written will. This is where you write down what you want done with your property when you die. You can also get a lawyer to make a written will for you if you have enough money to pay a lawyer.

### **Is it better for a lawyer to make a will?**

It is better, but it does cost about Z \$50.00. A lawyer will be able to make sure everything is written properly, especially if you have some complicated issues that must be addressed.

### **Can you write your own will?**

It is fine to write your own will, but you must make sure it is valid. This means that you must write it according to what the law says.

### **Things to remember**

In order for a will to be valid:

1. It must tell your family or relatives what should be done with your property and possessions when you die.
2. It must show the date on which you wrote it.
3. It must have your signature or mark on each and every page.
4. It must have the signature of 2 witnesses at the end of each and every page where you have put your signature or mark.

**Who can be a witness?**

Any mentally normal person over the age of 16 years who is able to sign his or her name can be a witness.

A person who is going to receive something from the will **should NOT** sign as a witness nor should any of their close relatives. A witness must actually see you sign the will. Then they must sign immediately after where you have signed, to show that they have seen you sign the papers.

**Why are witnesses important?**

\*Because a will is such an important document and their signatures show that everything was done properly.

- If there are problems later on, the witnesses can always give evidence that you did for sure sign the will.

**What language must you use when you write your will?**

- You can write your will in any language that you wish.
- You do not need to use legal language to write your will.
- You should try to make your will as simple as possible and not use fancy language which you do not understand.

**Do you have to be able to sign your name to make a will?**

If you or your relatives can afford to do so, you should go to a lawyer and tell the lawyer what you want in the will. The lawyer will then write down what you have said and read it back to you. When you are happy that the lawyer has written down exactly what you want, you (or your relatives) must sign (or put a mark if you cannot write) each page and 2 witnesses must also sign each and every page. The lawyer will probably ask 2 people in his office to be his witnesses. If you cannot afford a lawyer, you should go to a legal advice centre to find out what is the best for you.

**Where should you keep your will?**

You should keep your will with all of your other important papers so that after you die your family can take it to the Master's Office, High Court in Bulawayo or Harare. Also, if a lawyer has made your will then they will keep a copy in their office.

If a will should leave out people who were dependants of the deceased (e.g. wife or husband, children under 18, elderly parents) then those people can go to the courts and ask that they be given money.

If the deceased person has not left a will then the wife or husband who is left behind inherits the house in which he or she was living along with all of the furniture, etc. The rest of the property (livestock, car, business, bank account, or anything the dead person might have owned) is divided into equal parts, and one share goes to each of the children and also one share to the widowed wife or husband.

**What if there is no will when someone dies?**

Wives and children will be given priority to inherit property, coming before brothers and sisters and other relatives of the deceased. Generally the wife will be expected to inherit the house she was living in if it was owned by the deceased. In this sort of a situation, a plan must be drawn up by someone who the family chooses to be fair and responsible. The plan of who inherits what is then given to the magistrate and the magistrate only approves it if he thinks that all of the family members will be looked after FAIRLY! If there is a disagreement in the family, the magistrate will try to help them to agree. But if they cannot agree the magistrate will make a decision on his own according to what he thinks is best and fair for everyone.



## **Knowing Your Rights!**

### **What does it mean to be an adult?**

A person who is treated by the law as an adult is called a "major". The law in Zimbabwe sets 18 as the legal age at which a young man or woman is old enough to make responsible decisions.

Not all young people are very mature by the age of 18-many are still students in secondary schools-but the law must be set the same for everyone. In Zimbabwe, as in many other countries, 18 has been chosen as the age when a boy or girl is recognised as an adult by the law. He or she is then known as a major.

### **What does it mean to be a child?**

Anyone under the age of 18 is legally known as "minor".

### **The Law and Traditional Culture**

In most African families, young people have great respect for their parents and elders, and will talk with them before making important decisions. This is fine, but the law encourages young people to become responsible at an earlier age than it used to. Women have similar rights to those of men. In families where women are respected, men will not feel threatened because women are given the same rights. An African woman who is given a chance to make her own decisions can build her confidence and become more successful. This will make her a strong woman and a better wife and mother.

### **Marriage and Culture**

Marriage is very important in any culture. In Zimbabwe there are customs which are followed when a couple gets married. Often the families of both the bride and groom meet and agree on the marriage and the a lobola is paid. This is tradition but the law does not say it **MUST** be done. It is a couple's choice whether or not to do this. Some families no longer follow this custom and that is fine. The law also makes it possible for young people who have turned 18 to get married without any assistance from their parents.

### **When Marriage is Illegal**

**It is illegal for someone to get married who is under the age of 18!**

### **Cold hard facts**

Forced Marriages under the age of 18 are illegal.

If a child from the age of 0-12 is forced to have sex this is  
RAPE!

If a child from the ages of 12-16 is forced to have sex, this is  
RAPE!

If a child from the ages of 12-16 consents to having sex, this is  
still STATUTORY RAPE!

If a child from the ages of 16-18 has sex with an older person  
the child is still considered a "minor" and this could mean the  
older person will be punished by the law.

Marriage counselling is available for couples thinking  
about marriage. This can be done through a trained  
counsellor, with a church minister, or with an elder in the  
community.

**It is also very important today for couples  
to consider having an HIV test before they  
enter in to marriage. If you are thinking of  
marriage or even entering in to a serious  
relationship do it for the sake of your**

## health, your children's health, and for the health of your future spouse.

### Some Reasons why forced marriages do take place:

1. **Poverty:** For example, a child of the age of five is living with her family who is very poor. A man who is known to have food and cattle comes to her family and offers some of his food and cattle in exchange for this young girl. Now this man may have many wives but the young girl's family is quite poor and accepts the man's offer. The family is allowed to keep the child until she reaches puberty and then she goes to live with the man.
2. **Culture:** One hundred years ago it was seen as fine to have arranged marriages but today it is not fine. Today we must be responsible and think about AIDS and STD's. Today young girls are being taught that they can think for themselves.
3. **Female roles.** For some African women, arranged marriages are what they wait for. They have not had access to education and information which teaches them that they have the power to say no. These young girls are just waiting to meet the men who will take them when they reach puberty. It is very important that all girls in Zimbabwe have access to education that will teach them to have respect for themselves.

### Effects of Forced Marriages

1. One man with many wives increases the risk of getting HIV/AIDS for everyone involved.
2. Often the young girls who go to the men just after puberty become pregnant soon after. It can be harmful to a girl's health for very young girls to have many babies. A young girl's body is still growing and not ready for many pregnancies.
3. Depression

4. Suicide. Often a young girl feels very sad and lonely upon entering a forced marriage. Often the other wives will not appreciate her being around as well, leaving the girl to be alone and depressed.

## **These are the Rights of a Child**

**Every child has the right to life and survival including protection from AIDS**

(No one can try to convince you to act in a way you do not feel comfortable with. It's your life, live it in a way that is good for you)

**Every child has the right to freedom of thought, conscience, and religion**

(No one can force you do something, like have sex or do drugs, if you do not want to)

**Every child has the right to protection from sexual exploitation and abuse**

(Sexual abuse is wrong and no one deserves to have it happen to them. Someone also trying to buy you things in exchange for sex or force you to agree to sexual favours is also committing a crime. Sugar Daddies are also out to hurt young children)

**Every child has the right to health and health care**

(if you are sick, you have the right to medical attention. Also young girls have the right to say no to female circumcision)

**Every child has the right to an education which develops the child's personality and talents to their fullest potential**

(It is your right to get an education. Never let anyone tell you otherwise)

**Every child has the right to leisure and play.**

(Every child has the right to have fun and enjoy themselves)

**Every child has the right to protection from harmful traditional practices**

(Things like female circumcision can harm young girls. Traditional drugs and alcohol can also harm you so don't listen when people say you must do them because it is part of your culture)

**Every child has the right to protection from violence, injury or abuse**

(No one deserves to be beaten or hurt by an adult or older child)

**Every child has the right to protection from mental abuse**

(No one has the right to call a child bad names or make them feel sad. Also no child should ever have to suffer from neglect)

**Every child has the right to freedom of expression**

(Every child should be able to speak and say what he or she feels)

**Every child has the right to protection from performing any work that is likely to interfere with the child's education**

(Every child should have chores to do around the house but this work should NOT be so much that it gets in the way of a child's homework or schooling)

**Every child has responsibilities along with rights**

(Every child should help with certain responsibilities but every child must also be respected)

## Dealing with Conflict in Your Home and every day Life

In every family there are bound to be arguments. Even the families that appear to be perfect and happy still argue and fight sometimes. You may find yourself having to stand between your younger brothers and sisters now that you are taking care of them. You may find that you or your brothers or sisters might be more angry in the days after your parents death. If you are feeling angry you might be feeling is ok, it is a natural part of grieving and you will feel better with time. You might be thinking that it is unfair that your family now has no parents and you are forced to take care of everyone. This is a lot of stress on a person and sometimes you might just feel like screaming. Then you must also deal with your brothers and sisters fighting among themselves and you have to deal with that too. This can be very stressful so it is important to know how to handle situations like this. It takes practice to be good at resolving arguments and problems but you will learn that yelling and hitting are never good ways to settle a conflict. Remember if you leave a conflict and don't try to resolve it, it can just make things worse.

### The ABC's of Conflict Resolution

- A** Awareness of why there is an argument (what has happened to cause the argument. Are people really angry at each other or is there another reason as well, maybe that person is having a bad day). You also need to think about what might happen if there is conflict (will someone become so angry that they will want to fight?)
- B** Bravery. Are you brave enough to try to keep the conflict from happening
- C** Be committed to solving the problem

There are some things that are useful to understand when you are going to resolve a conflict. You need to remember that

- Past experiences make people react to certain conflicts in different ways. Try to understand your nature as well as the nature of others. People react to things differently, because everyone's personality is different. So try not to judge people because of the way they act.
- How important a situation is to you will depend on how you react to the conflict.

**How can 2 people having a conflict both win?(This is known as a WIN/WIN situation)**

Be willing to fix the problem  
 Say what the problem is for you  
 Listen to what the problem is for them  
 Attack the problem, not the person  
 Look for answers so everyone gets what they need

**It is important not to do the following:**

Name calling	Put downs	Blaming	Threats
Hitting	Bringing up the past	Making excuses	
Not listening	Getting even		

**If you are having problems with older family members or relatives, you must remember that you deserve respect when speaking as much as they do. You each should have the opportunity to speak openly about how you feel.**

**You might start by doing the following:**

**Pray.** If both parties in the conflict are Christian, pray together. If you are the only Christian pray privately before meeting together. Never overlook the power of prayer.

**Clarify.** Clarify the issue. What does each person involved understand the problem to be? How do you see the problem?

**Agree.** Agree on certain rules. Don't attack each other with hurtful words or with your fists.

**Realistic Expectations.** Don't expect too much, too quickly.

**Start problem solving.** When everyone involved is understanding each other's feelings and fears, then start to try to solve the problem.

**If progress seems impossible, maybe you could ask a third person to step in and give you their fair opinion. Don't be too proud to ask for help.**

**"The tongue has the power of life and death"-Proverbs 18:21**

**"A deceitful tongue crushes the spirit"-Proverbs 15:4**

**Pleasant words are a honeycomb, sweet to the soul and healing to the bones"-Proverbs 16:24**



## **Everyone Needs Time to Play**

### **The Importance of FUN!**

Did you ever stop to think about how you learned all of the skills that help you perform your every day tasks? How did you learn to clap your hands? To throw a ball? To play your favourite games? To read? All of these things were taught to you by someone who took the time to play with you when you were very small. It is when you are a very small baby that you learn many of the things that develop in to what you are able to do today. Every child is unique but every child goes through similar developmental stages. These stages represent the time in a child's life when certain characteristics develop.

#### **Babies**

Babies need eye contact with other people right from birth onwards. Babies need a great deal of eye contact with familiar faces. They need to be held, hugged and played with in order to develop normally. From an early age children concentrate in a way special to their age. Objects hung from string and placed carefully in front of babies encourage them to watch the movements and to make noises. Later on they will use these simple skills to learn how to read and write.

Babies can lie in any area as long as it is safe and there are no objects close by that they may put in their mouths. They benefit if they lie where they can see and hear other children playing. They need as much action going on around them as possible. You might even put magazine pictures on the wall for them to look at. Encourage other children to play with the baby and to talk and sing to him or her as often as possible.

A simple shaker which can be used when playing with a baby is quite simple to make. Anything that will make a noise will attract small children. Shakers can be made by filling containers with water and soap. You can put pieces of TM bags in the container and this will catch the light. You can also put a few stones, some sand, or maize seed in a container. It is easy to attract a baby's attention and even the simplest of shakers will help a baby practice movement and focusing.

Although babies may not understand what you are saying, it is good to introduce language early on by speaking to them and singing for them at every chance you get. They will enjoy listening to your voice and looking at

your face you speak. They are learning all the time. Even as you dress them, you can name their body parts and they will learn language much faster. Babies are like a blank piece of paper and it is up to those who love them to help fill that paper with a lot of important information.

## CHILDREN

Children need many things. As important as it is for them to have food and clothing and shelter, it is JUST as important for them to be hugged, given attention, and most of all LOVED! Children need to be respected and treated equally. Boy children and girl children should be given the same amount of attention and be encouraged to share responsibilities around the house. Both boys and girls should be encouraged to show their emotions and express themselves (boys can cry too).

You should expect the same things from both boy and girl children. For example boys and girls should have to help with household chores such as sweeping, doing the dishes, and collecting firewood. Both boys and girls should also be allowed to participate in soccer as well as learning how to mend a shirt.

You might think that you need money in order to buy things for children to play with. This might make you think that you will not be able to teach a child the important things that go along with development if you do not have money for special toys. This is not the case. Many of the things around you can be used by children for exploring and learning. For example, a child will be able to explore and learn about making things with her or his or hands by just playing with sand and water and maybe a sieve. You can make a scoop for the child out of a plastic bottle by just cutting off the top of the bottle. You can also collect things like stones and bottle caps and string and put these things inside a bottle that has a lid. This makes a shaker and can be used for making music and dancing. Children have great imaginations and soon their friends may be joining in with sticks, pots and pans and spoons to start a band. There is nothing like a child's wonderful imagination!

## **Games for the Young and the Young at Heart**

There are many games that you can play with children that do not require any equipment.

Here are some examples:

### **Red Light**

One child (this child is "ON") faces a tree looking away from the others who must stand about 8 meters away in a line.

"ON" counts to ten. As one child is counting the other children are running forward towards "ON".

"ON" then quickly turns around shouting "Red Light".

When the other children hear "Red Light" they freeze and stand as still as they can.

Any child that "ON" sees moving has to go back to the beginning again.

The next person to become "ON" is the one to reach the tree first.

### **Using Your Own Bodies**

Arrange children in a circle. Ask "What shape are we standing in?". They answer "A circle".

Then

Ask them to make a circle with their two hands.

Ask them to make a circle with their two arms.

Ask them to make a circle with one leg-TRY!

Ask them to make a circle with their whole body.

Ask them as a group to lie down in a circle.

Do the same thing with other shapes.

You can also add to the fun by asking children to draw the shapes in the air with their feet, elbows, fingers, knees, or arms. They will be learning and having fun at the same time.

### **Copy Cat**

Children play this in pairs. One child makes their body into a chosen shape and then the partner copies it. They then change and the other person makes the shape for the partner to copy. If the two partners make the shape facing each other it is like looking in a mirror.

**Maze**

You will need mealie cobs, stones, sticks, or any other objects you can find.

How to play:

One person lays out the objects (cobs, stones, or whatever) to make pathways. There should be a place to enter and a place to exit. There can also be some dead ends where the children must turn around and find another way out. You can keep adding to the maze to make it more difficult. The first person to get through the maze is the winner and will build the next maze.

**TEAM GAMES****Net Ball**

You will need a pole or post, a ring of wire (maybe you can make this from a hanger or a piece of laundry line), and a ball.

How to:

Attach the wire hoop to the post about 1.4 m from the ground.

Children then play by throwing the ball trying to get it through the hoop.

**Tug of War**

You will need a rope.

Children form two teams. Each team holds one end of the rope. The centre of the rope is marked and a line is drawn on the ground to mark the where the centre of the rope must be for the game to start. Someone yells "GO" and the whatever team can pull the whole of the other team over the line on the ground is the WINNER!

**Nhodo**

You will need stones (for beginners maybe start with 6 or 7 stones), sand, and hole scooped out.

Place all of the stones in the hole. The first player throws a stone in the air and quickly tries to scoop all of the stones out of the hole before catching the stone again. The player then throws the stone a second time, and tries to put back all of the stones except one, before catching the stone again. The player repeats this leaving two, then three, four stones behind until a mistake is made. Then the next player gets a chance to start the game. The winner is the person who has all of the stones in front of him or her.

### **Going on a Bus to Bulawayo**

This is a game that helps your memory skills and is best if played in a group of 5 or 6. The first person starts the game off with "I am going on a bus to Bulawayo and I am going to bring..." The person thinks of something they would want to take a long and they tell the group. The next person begins with "I am going on a bus to Bulawayo and I am going to take ...". They must repeat what the person before them has said plus add something of their own. The next person must repeat the sentence "I am going on a bus to Bulawayo..." and must repeat everything that has been said plus add their own item. This continues on and if a person forgets an item they must sit out of the game until it begins again. Another way to play is to start with the letter "A" when you are thinking of what to bring on the bus. The first person might say, "I will bring an apple!". Then the next person must think of something to bring that starts with "B". This continues on until you get to "Z".

Thank you for reading this book. We hope that it has been able to help you and that you will continue to look at it when you need information. Masiye cares a great deal about the teenagers and children who pass through its gates, so we want you to know that we are here to help you. So keep this book and look to it for encouragement. You have been given a big job in life but only you can make it as positive an experience as possible. We hope Masiye has helped you feel like you have the power to live a happy, healthy life.

May God Bless you and your families and may He keep you safe in his hands.  
Love,

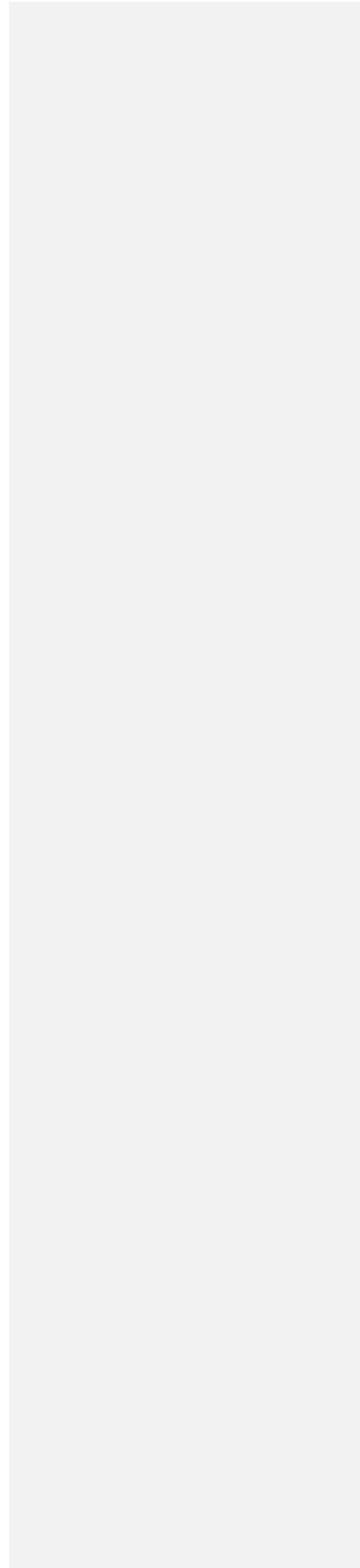
Your friends at Masiye

Salvation Army Masiye Camp  
Box AC 800  
Ascot  
Bulawayo  
Zimbabwe  
Tel. 09-60727

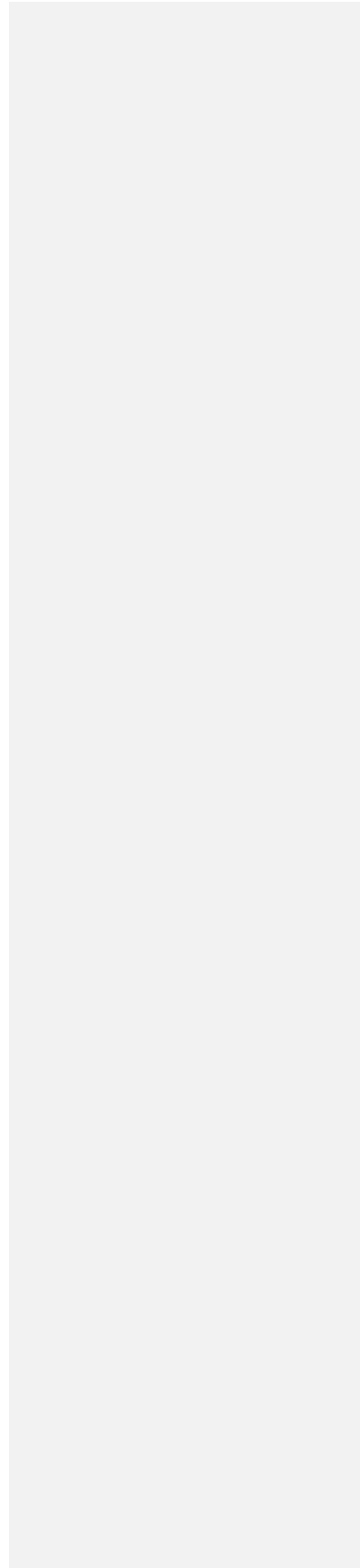
"Be imitators of God...and live a life of love, just as Christ loved us and gave himself for us."-Ephesians 5:1-2

*Special Memories*  
*Autographs and Addresses*

*Special Memories  
Autographs and Addresses*

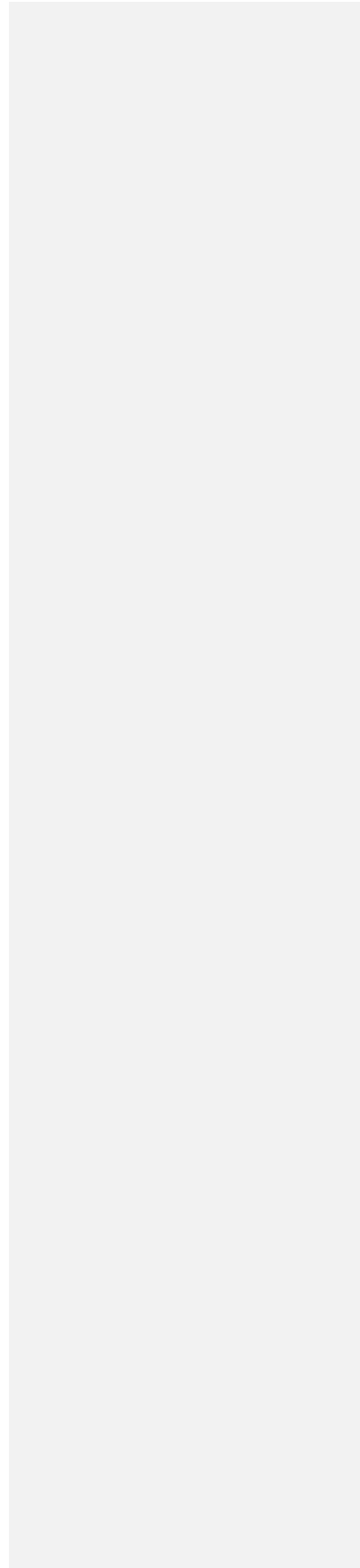


*Special Memories  
Autographs and Addresses*





*Special Memories  
Autographs and Addresses*



## **Tool Kit**

### **Who Can Help You?**

It is important to know where you can go for help. The following will be able to help you know where to turn and who to talk to you when you need help. Remember that the people who work in the places listed on the next few pages are trained in CONFIDENTIALITY!

**If you have questions concerning:**

**HIV/AIDS**

**Teenage Pregnancy**

**STD's**

**Home Based Care**

There are many people available to help you with these issues. Any nurse or doctor will be able to listen to you and help you decide what you wish to do. They can give you names of people specially trained in these areas who can also help you.

Some places with special information are:

**Matabeleland AIDS Council**, 97a Josiah Tongogara St., PO Box 1280, Bulawayo  
Tel. 62370

**Contact Family Counselling Centre**, 44a G. Silundika St., PO Box 2558, Bulawayo (open Mon-Fri 8:30am-6pm and Sat 9am-12 noon)  
Also at Nkulumane Hall every Wed 9am-1pm  
Tel. 72400 for an appointment or just walk in SERVICE IS FREE

**ACT**, 15 Rowland Square, Milton Park, PO Box 7225, Harare  
Tel. 792340/735780

**Batsirai Group**

PO Box 480

Chinhoyi

Tel. 3226

**FACT Mutare**

107 Herbert Chitepo St., PO Box 970, Mutare

Tel. 61648

**FACT Masvingo**

18 Elliot St., PO Box 221, Masvingo

Tel. 2444

**MASO**

c/o 107 Ridgemont Road, Gweru

Tel. 50257

**NACP**

Parirenyatwa Hospital, PO Box 8204, Causeway, Harare

Tel. 792981/702446

*\*You can also visit your nearest clinic, health centre, or doctor\**

**If you have questions concerning:**

**Business**

**Child Welfare**

**Legal**

**Inheritance Issues**

**Try these:**

**Department of Social Welfare** (this department may be able to help you with rent, grants, free medical treatment orders, and school fees)

See your nearest Social Welfare Office (under Public Service and Social Welfare in telephone Directory), or contact your Village/District Child Welfare Forum.

**The Catholic Commission for Justice and Peace**

PO Box CY284, Causeway, Harare

**1 Up Business Trust**

No. 3 Harcourt, 4<sup>th</sup> Ave/S. Parirenyatwa, Bulawayo

Tel. 67942

**Legal Project Centres and Advise Centres** are places that can answer your questions concerning inheritance issues, legal issues, business issues (lodgers, contracts), and welfare issues. These places can also help women and children to beware of what their rights are. If there is not a Legal Projects Centre near you, then look for a Legal Advise Centre.

**Harare Legal Projects Centre**, 5<sup>th</sup> Floor, Blue Bridge, East Gate, 2<sup>nd</sup> St., PO Box 918, Harare  
Tel. 728211/2

**Legal Aid Section, Ministry of Justice, Legal and Parliamentary Affairs**  
8<sup>th</sup> Floor, Central House, Central Avenue, Harare  
Tel 703353

**Legal Aid Clinic at Citizen's Advice Bureau**  
20 Samora Machel Avenue, Harare  
Tel. 792733

Mis en forme : Français (France)

**Bulawayo Legal Projects Centre**, 94 Fort St., Bulawayo  
Tel. 68926

**Gweru Legal Projects Centre**, Room 8, 4<sup>th</sup> Floor, First Mutual Building, Robert Mugabe Way, Gweru  
Tel. 21665

**Masvingo Legal Projects Centre**, Stand 97, Hellet St., Masvingo  
Tel. 64563

**Mutare Legal Projects Centre**, Suite 8, 2<sup>nd</sup> Floor, Mutual Building, Herbert Chitepo St., Mutare  
Tel. 65263

**There are legal advise Centres in:**

Mashonaland: Bindura, Guruve, Marondera, Mount Darwin, Murehwa, and Mutoko

Matabeleland: Hwange, Lupane, Nkayi, Plumtree, Gwanda, and Beitbridge

Masvingo: Gutu, Chiredzi, and Zaka

Midlands: Kwekwe, Gokwe, and Zvishavane

Manicaland: Chipinge and Nyanga

**If you have questions concerning**  
**Drug/Alcohol Issues**  
**Sexual Abuse/Rape**  
**Grief/Bereavement**  
**Counselling**  
**Nutrition**  
**Issues concerning raising a family**

**Try these:**

**Contact Family Counselling Centre**  
44a G. Silundika St., 3<sup>rd</sup> Ave., Bulawayo  
Tel. 72400

**Department of Social Welfare**  
Fanum House, 57 Samora Machel Ave., P. Bag 313 B, Harare

**Connect Counselling Clinic**  
90 Selous Ave., Harare  
Tel. 794131

**Samaritans**  
Flat 4, La Maison, 60 Livingstone Ave., Harare  
Tel. 722000

**Samaritans**  
97 Josiah Tongogara St., Bulawayo  
Tel. 65000/65050

**Musasa Project**  
112 Harare St., Harare  
Tel. 794983

**Psychosocial Consultancy Services**

12 Herbert Chitepo St., Bulawayo

Tel. 67526

**The Zimbabwe Council for the Welfare of Children**

16 Samora Machel Ave., Harare

Tel. 791251

Also remember that there are police officers and nurses and doctors trained to help in sexual abuse, alcohol and drug abuse, child abuse, and rape so feel free to contact:

**Any Police Station**

Ask for the CRLO (Community Relations Liaison Officer)

Or

**Any clinic, health centre, or doctor near you.**

Reaching out for help is the first step towards helping yourself improve your situation. If you can take that important first step, you will find people who are there for you. These people are trained to help you and will do what they can to get you on the right path.

So don't be afraid to ask for help.

Hundreds of people are reaching out for help every day- so you can do it too!



