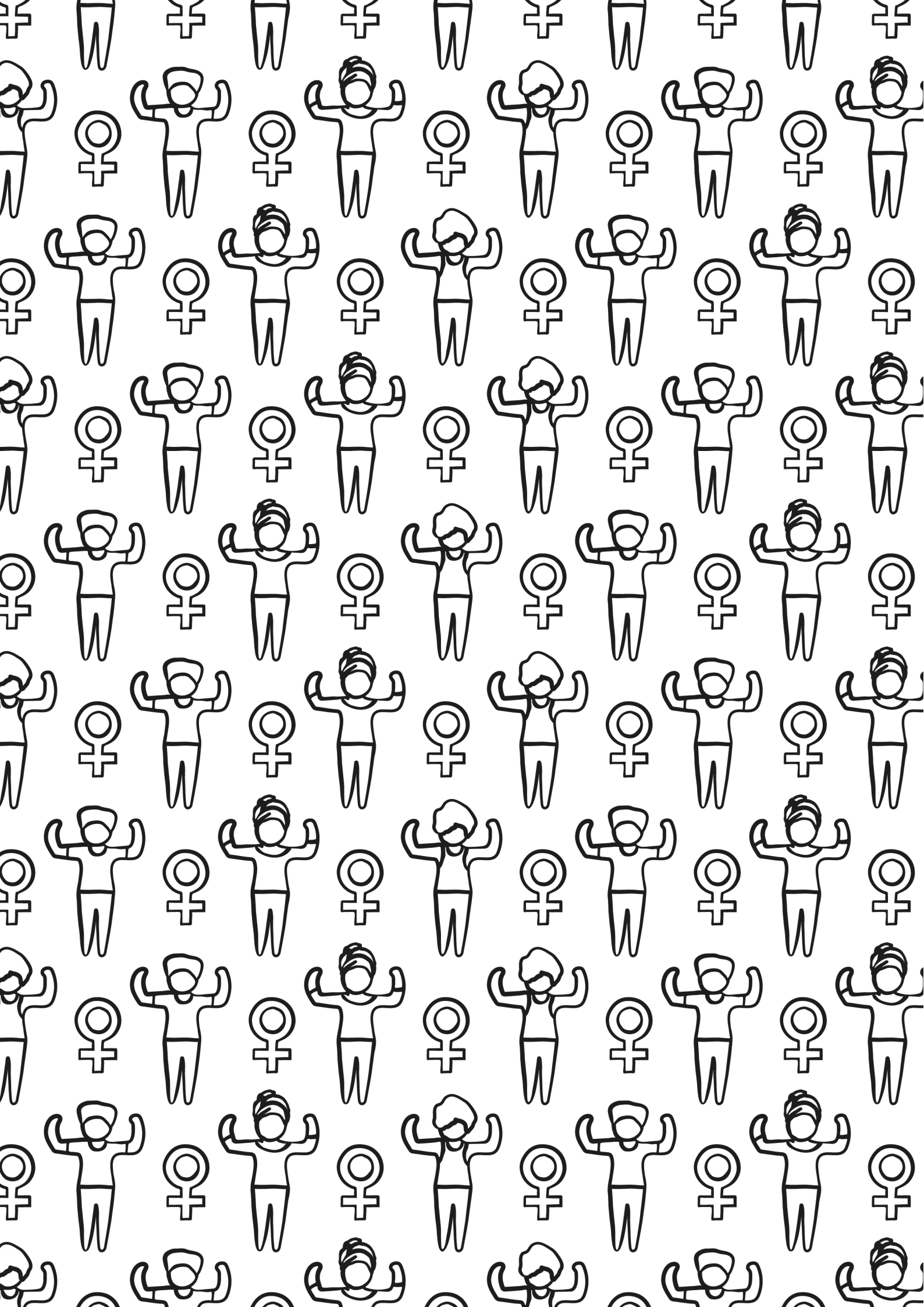


# GOAL COMIC BOOK



futuremakers  
by Standard Chartered







PLEASE NOTE THAT THESE STORIES DISCUSS SENSITIVE TOPICS. IF YOU ARE HAVING ANY SIMILAR EXPERIENCES TO THE CHARACTERS IN THE STORIES, PLEASE CONTACT YOUR GOAL COACH WHO CAN ADVISE YOU ON HOW TO ACCESS SUPPORT.

# ABOUT THE STORYTELLERS

MY NAME IS ELDA MAKHURUPETJI AND I AM 34 YEARS OLD. I BECAME A COACH BECAUSE I LOVE SPORTS AND I WOULD LOVE TO SEE THE KIDS MAKING THE RIGHT DECISIONS AND EMPOWERING THEM TO BECOME WHAT THEY DREAM OF IN THEIR FUTURE. I'VE BEEN A COACH FOR 9 MONTHS AND I ENJOY MAKING THE EXPERIENCE FUN AND EXCITING. I ENJOY INTERACTING WITH THE GIRLS AND WORKING ON SOMETHING DIFFERENT EACH DAY. I AM PROUD TO HELP THE GIRLS TO BUILD THEIR SELF -ESTEEM, SELF-CONFIDENCE AND KEEPING THEM ACTIVE AND ENGAGED IN SPORTS.

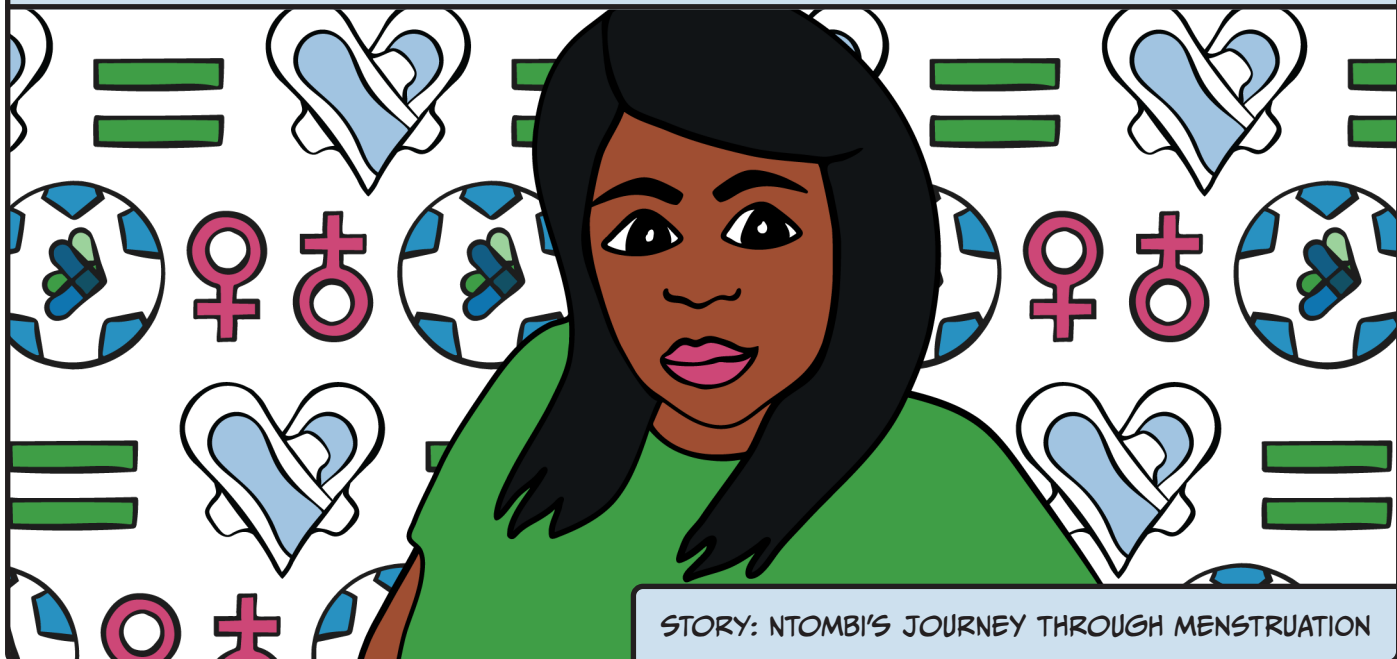


MY NAME IS NONKULULEKO SKOSANA AND I AM 32 YEARS OLD. I BECAME A COACH BECAUSE I WAS PASSIONATE ABOUT CHANGING YOUNG PEOPLE'S LIVES FOR A POSITIVE LIFESTYLE AND HELP YOUTH TO MAKE BETTER CHOICES. I'VE BEEN A COACH FOR ALTUS SPORTS FOR 5 YEARS NOW AND THIS IS GOING TO BE MY SIXTH YEAR. I ENJOY THE POSITIVE IMPACT THAT I INSTILL IN THE GIRL'S LIVES AND THEIR EMPOWERMENT. I ENJOY GIVING THEM THE RELEVANT INFORMATION THEY NEED SO THAT THEY DON'T MAKE BAD CHOICES AS THEY GROW OLDER.

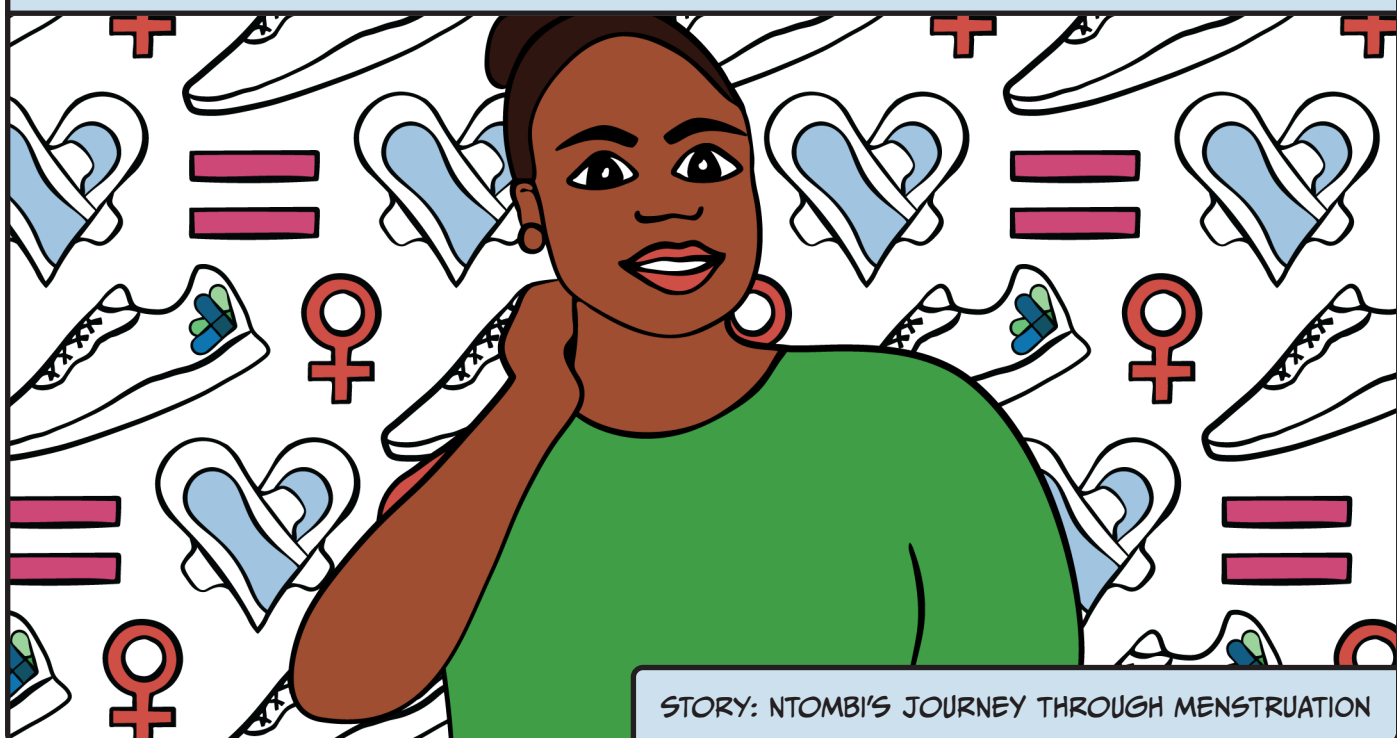




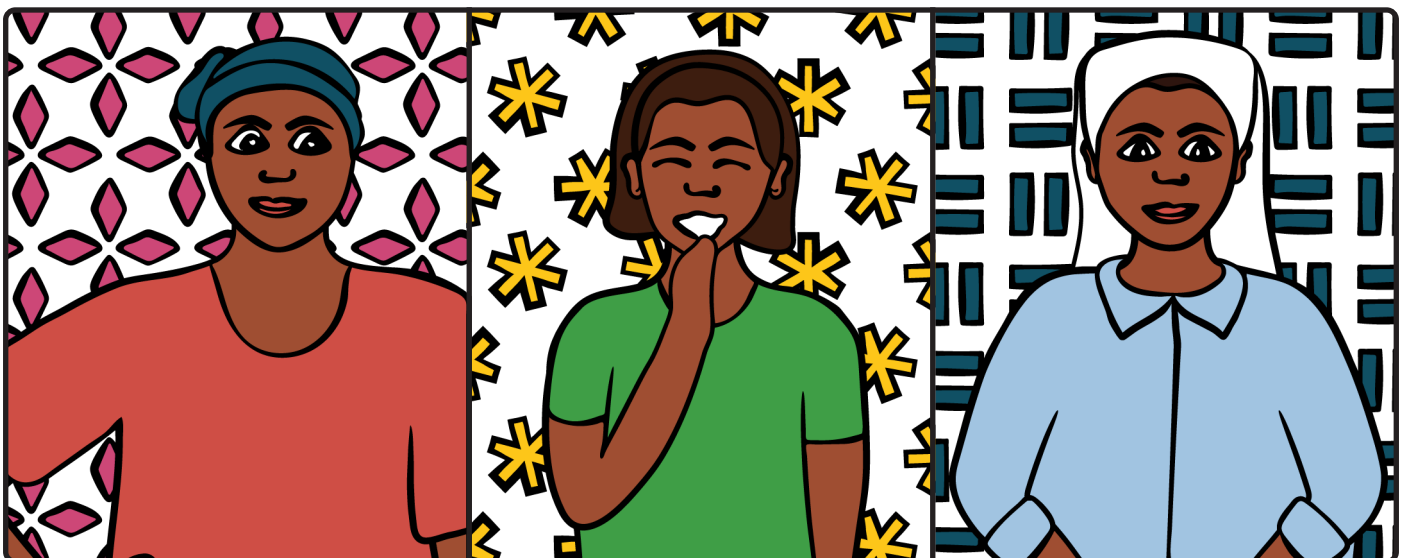
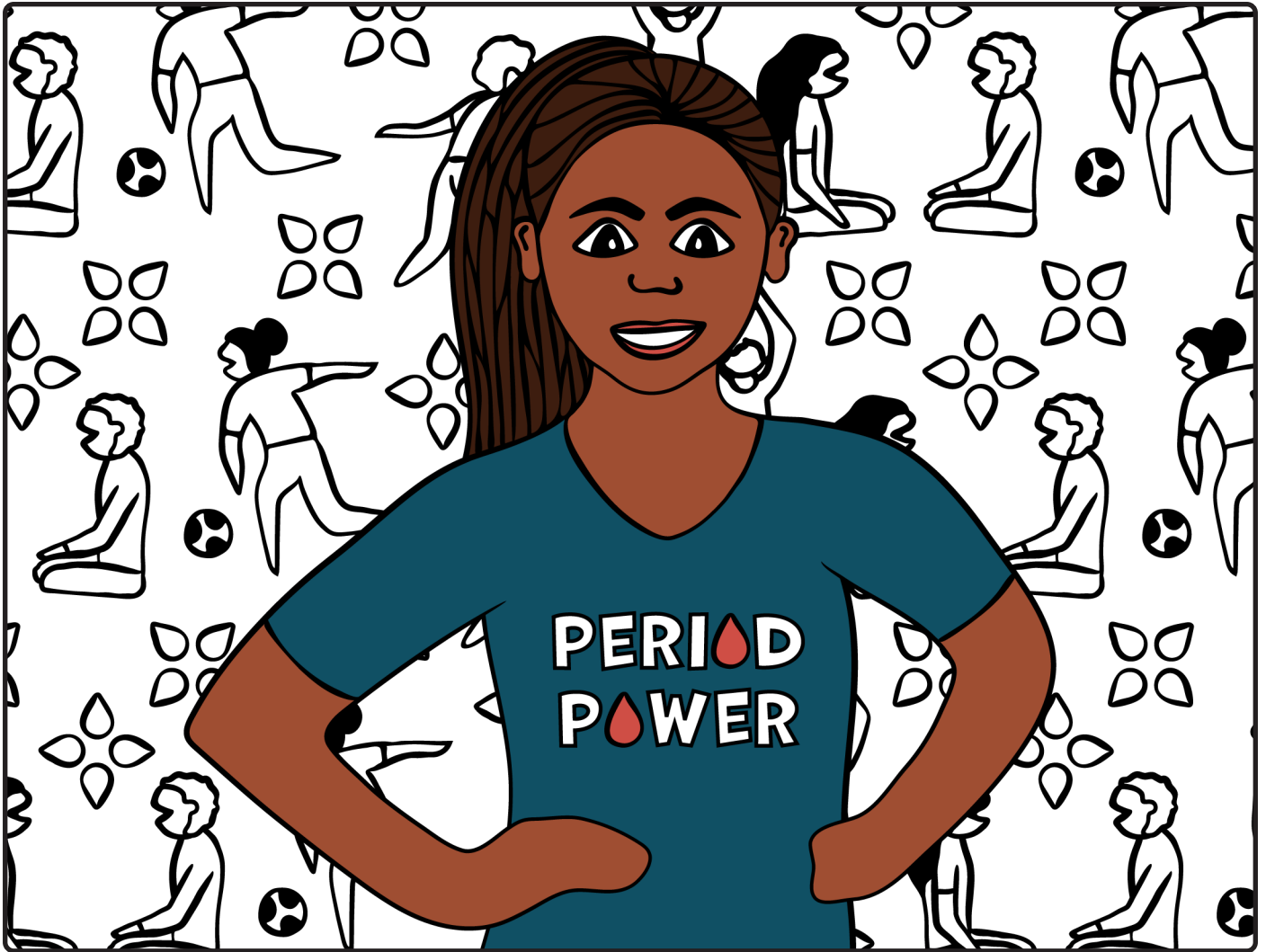
MY NAME IS HOPE MOTAUNG, I'M 28 YEARS OLD AND THIS IS MY FIRST YEAR ON THE GOAL PROGRAMME. I BECAME A COACH THROUGH THE HELP OF MY FORMER EMPLOYER WHO TOLD US ABOUT ALTUS SPORT AND HOW GREAT IT WOULD BE IF WE WERE PART OF IT. I FOUND IT VERY INTERESTING AND JOINED IMMEDIATELY. I ENJOY THE FACT THAT I AM ABLE TO INSTILL SOME CONFIDENCE IN THEM. BEING A COACH TO THESE YOUNG GIRLS NOT ONLY HELPED THEM WITH THEIR CONFIDENCE, IT ACTUALLY HELPED ME TOO. SOCIETY HAS A LOT OF STEREOTYPES AND ALL THESE WEIRD STANDARDS THEY ALL DEEM RIGHT, BEING A COACH TO THESE GIRLS HELPED ME TO SHOW THEM A DIFFERENT SIDE TO THAT AND I HAVE ENJOYED EVERY MOMENT.



MY NAME IS MIRANDA DLAMINI FROM HAMMANSKRAAL IN SOUTH AFRICA. THE TIME I JOINED THE PROGRAMME I WAS RECRUITED BY TRUDY CORNWAY WHO IS AT THE TSHWANE SPORTS DEPARTMENT. I HAVE BEEN A COACH FOR 6 YEARS. WHAT I ENJOY ABOUT BEING A COACH TO THE YOUNG GIRLS IS THAT I MOTIVATE THEM AND SOME ALREADY REFER TO ME AS TO THEIR ROLE MODEL, SOMEONE THAT HAS MADE AN IMPACT IN THEIR LIFE! BASED ON HOW I COACH THEM, I INSPIRE THEM A LOT.



# NTOMBI'S JOURNEY THROUGH MENSTRUATION



TODAY IS WEDNESDAY OCTOBER 17TH, SCHOOL IS DISMISSED EARLY AND THE AFTER-SCHOOL ACTIVITIES ARE CANCELLED, BECAUSE THE WATER WAS NOT WORKING AT THE SCHOOL. NTOMBI WAS DISAPPOINTED, SHE LOOKED FORWARD TO HER POETRY CLASS. ON HER WAY SHE SEES KIDS PLAYING SKIPPING ROPE AND MARBLES.

SHE GOT HOME, "DUMELA NKGONO", SHE GREETED HER GRANNY, CHANGED HER UNIFORM, TOOK HER BUCKET AND RUSHED TO THE TANK TO FETCH WATER.



NTOMBI'S TURN ARRIVED AND SHE FILLED HER BUCKET WITH WATER, LIFTED IT UP, PUT IT ON HER HEAD AND WALKED HOME. "GOODBYE LADIES. SEE YOU AT THE SCHOOL TOMORROW," SHE SAID TO THOSE WHO WERE ALSO FETCHING WATER BY THE TANK.



ON HER WAY BACK, SHE FELT SOME WARM DISCHARGE COMING OUT AND QUICKLY RUSHED HOME. SHE GOT HOME, DROPPED THE BUCKET IN THE KITCHEN AND WENT STRAIGHT TO THE TOILET.

SHE SAT DOWN ON THE TOILET TO PEE, BUT WHEN SHE TOOK OFF HER UNDERWEAR SHE SAW SPOTS OF BLOOD AND GOT SCARED.

SHE CALLED OUT TO HER YOUNGER SISTER.

**DORAH!!  
DORAH!!!!**

QUICKLY COME HERE PLEASE?

MAYBE I HURT MYSELF AT SCHOOL  
DURING BREAK OR WHEN I WAS  
CLEANING. DORAH I AM SO SCARED

LET US GO TO  
GRANNY AND  
SHOW HER SO  
SHE CAN HELP.

NTOMBI AND DORAH WENT TO THEIR GRANNY AND STARTED SPEAKING BOTH AT THE SAME TIME,  
TELLING HER WHAT HAPPENED.

WOAH ONE AT THE  
TIME, I CAN'T HEAR  
YOU!!

I AM BLEEDING  
NKGONO AND  
I DON'T KNOW  
HOW OR WHEN  
I HURT MYSELF.

NKGONO TOLD THEM BOTH SIT DOWN AND SHE WILL TELL THEM WHAT'S HAPPENING. THE ONLY  
ADVICE NKGONO GAVE THE GIRLS WAS TO STAY AWAY FROM BOYS, BECAUSE SHE WILL FALL  
PREGNANT. NTOMBI AND DORAH WERE VERY CONFUSED.

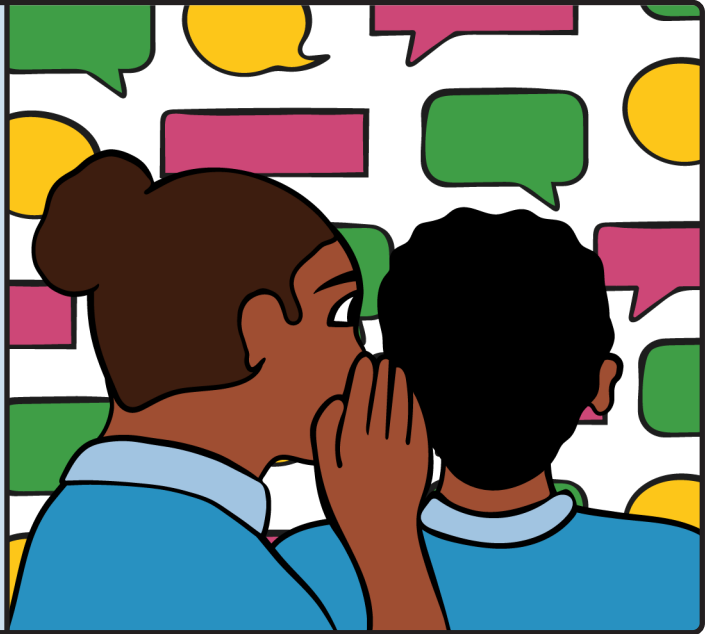
NKGONO TOLD NTOMBI TO CUT A CLEAN CLOTH INTO PIECES AND USE AS A SANITARY PAD OR TO  
USE OLD SOCKS.



NTOMBI WAS CONFUSED AND AFRAID OF GOING TO SCHOOL. SHE WAS SCARED BECAUSE OF WHAT HAPPENED AND DIDN'T WANT TO BE LAUGHED AT BY HER PEERS AND THEIR PARENTS.

DORAH, BEING A CHILD AND YOUNGER THAN NTOMBI, WAS SO EXCITED AND TOLD ALL HER FRIENDS ABOUT WHAT WAS HAPPENING TO HER SISTER WITHOUT BEING AWARE OF THE CONSEQUENCES. SHE TOLD THEM THAT HER SISTER IS BLEEDING AND THAT HER GRANDMOTHER TOLD HER TO STAY AWAY FROM BOYS AS SHE WILL FALL PREGNANT.

SOME OF THE KIDS TWISTED THE WORDS AND STARTED SPREADING RUMORS THAT NTOMBI WAS PREGNANT AND STARTED CALLING HER NAMES. NTOMBI NEVER WANTED TO GO TO SCHOOL AGAIN, BECAUSE OF BEING BULLIED AND TEASED.



MRS. ZOLA WAS NTOMBI'S LIFE ORIENTATION TEACHER AND WAS WORRIED WHEN SHE REALIZED THAT NTOMBI WASN'T COMING TO SCHOOL ANYMORE. MRS. ZOLA FOUND NTOMBI SITTING DOWN WITH HER NKGONO. NKGONO EXPLAINED HOW SHE TRIED TO CONVINCE NTOMBI TO GO TO SCHOOL BUT SHE FAILED.



MRS. ZOLA ASKED WHAT WAS HAPPENING. NTOMBI EXPLAINED HOW SHE IS BLEEDING AND THE OTHER KIDS WERE TEASING AND BULLYING HER. MRS. ZOLA SPOKE TO THE PRINCIPAL AND ASKED IF THEY CAN HAVE A WORKSHOP ABOUT MENSTRUATION AND THE SCHOOL LOVED THE IDEA.

OTHER TEACHERS EVEN OFFERED TO HELP AND THEY CONTACTED THE COMMUNITY HEALTH WORKER CALLED SISTER PORTIA, WHO HAD A LOT OF INFORMATION ABOUT MENSTRUATION.

GIRLS AND THEIR PARENTS FROM THE COMMUNITY ARRIVED AND THE EVENT STARTED. SISTER PORTIA AND MRS. ZOLA BEGAN BY INTRODUCING BASIC CONCEPTS ABOUT MENSTRUATION. SOME ELDERS WERE A BIT UPSET ABOUT THE APPROACH OF THE WORKSHOP. THE IDEAS WERE DIFFERENT THAN WHAT THEY WERE TOLD WHEN THEY WERE YOUNGER BUT BECAUSE SISTER PORTIA WAS AN EXPERT AND THEY RESPECTED MRS. ZOLA, THEY LISTENED TO HER PRESENTATION.

# 12 - 13

MOST PEOPLE WITH A UTERUS/ VAGINA\* START MENSTRUATING WHEN THEY ARE AROUND 12 OR 13 YEARS OLD. SOME WILL GET IT SOONER AND SOME LATER.

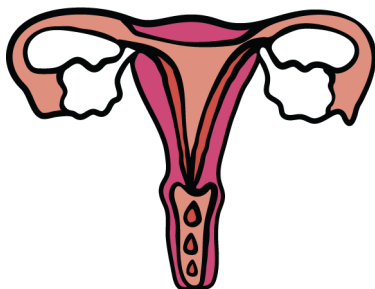


AFTER YOU START MENSTRUATING, YOU MAY FIND IT TAKES A WHILE FOR YOUR PERIOD TO BECOME REGULAR.

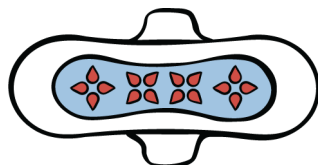
SUN	MON	TUE	WED	THU	FRI	SAT
		*	*	*	*	*
*	*	*	*	*	*	*
*	*	*	*	*	*	*
*	*	*	*	*	*	*
*	*					

THE AVERAGE LENGTH BETWEEN PERIODS IS ABOUT 28 DAYS, HOWEVER YOU MAY HAVE YOUR PERIOD MORE FREQUENTLY OR LESS FREQUENTLY THAN THIS. MOST MENSTRUATING PEOPLE HAVE A MENSTRUAL CYCLE LENGTH SOMEWHERE BETWEEN 21 - 35 DAYS.

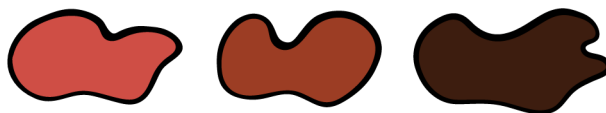
ABOUT ONCE EVERY 28 DAYS THE LINING OF YOUR UTERUS (CALLED THE ENDOMETRIUM) BUILDS UP, GETTING READY TO SUPPORT A DEVELOPING PREGNANCY. IF YOU DON'T GET PREGNANT, THIS LINING ISN'T NEEDED, AND YOUR BODY WILL SHED IT THROUGH YOUR VAGINA.



DURING YOUR PERIOD, YOU CAN USE MENSTRUAL PADS TO CATCH OR ABSORB YOUR MENSTRUAL FLOW.

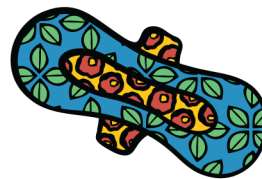


WHAT COMES OUT MIGHT SEEM LIKE BLOOD, BUT IT'S MOSTLY JUST THE LINING BEING SHED FROM YOUR UTERUS. IT MAY BE RED, REDDISH BROWN OR EVEN DARK BROWN.



SUN	MON	TUE	WED	THU	FRI	SAT
				●	●	●
●	●	●	●			

YOU WILL "BLEED" FOR ABOUT 3-7 DAYS. SOMETIMES YOUR PERIOD MIGHT BE QUITE HEAVY DARK BROWN.



YOU CAN GET THESE PRODUCTS AT MOST DRUG STORES, GROCERY STORES, OR CONVENIENCE STORES, OR THEY MAY EVEN HAVE THEM AT YOUR SCHOOL. SOME PEOPLE EVEN SEW THEIR OWN PADS!





YOU SHOULD BE ABLE TO DO YOUR REGULAR ACTIVITIES WITHOUT ANY INTERRUPTION, BUT IF YOU ARE HAVING CRAMPS OR A BACK ACHE, IT'S OKAY TO TAKE A BREAK. LISTEN TO YOUR BODY. SOME WOMEN GAIN WEIGHT, HAVE TENDER BREASTS AND FEEL BLOATED BEFORE THEIR PERIODS STARTS THAT MONTH.

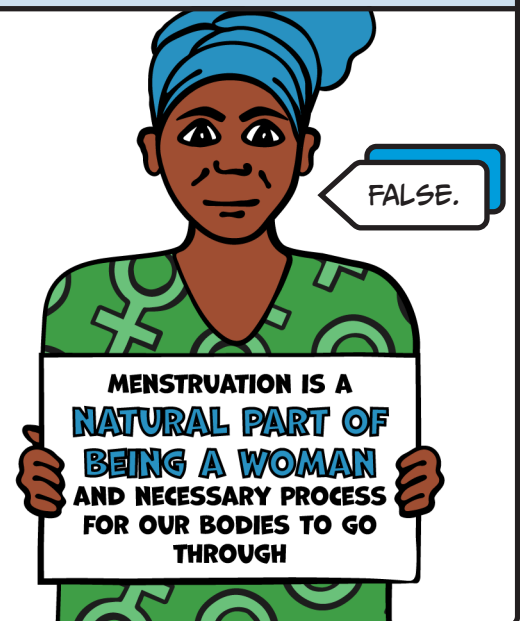


IF YOU'RE CONCERNED ABOUT HOW MUCH YOU'RE BLEEDING, TALK TO YOUR HEALTH CARE PROVIDER.

AS THE WORKSHOP WAS ABOUT TO END, COMMUNITY MEMBERS BEGAN TO UNDERSTAND. SISTER PORTIA SUGGESTED A QUIZ TO ENCOURAGE ACTIVE PARTICIPATION IN THE ROOM.

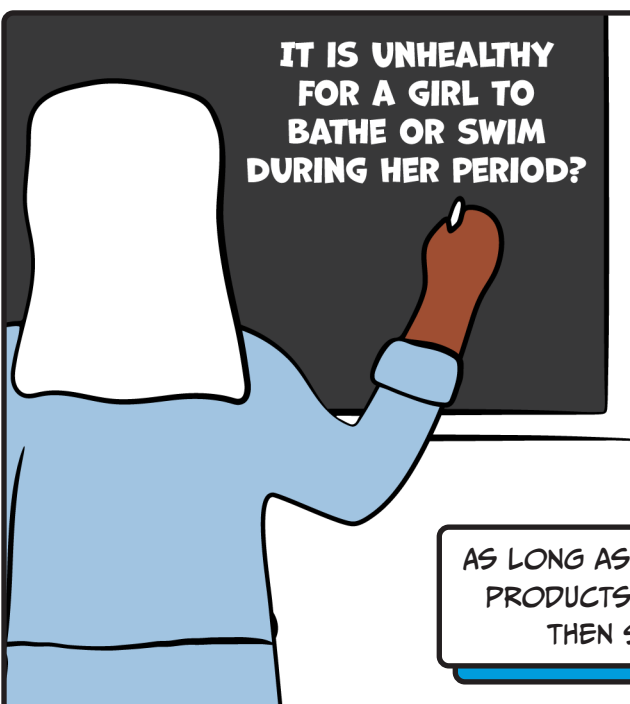


**IS MENSTRUATION  
A MEANS OF  
PUNISHMENT  
FOR BEING A  
GIRL?**

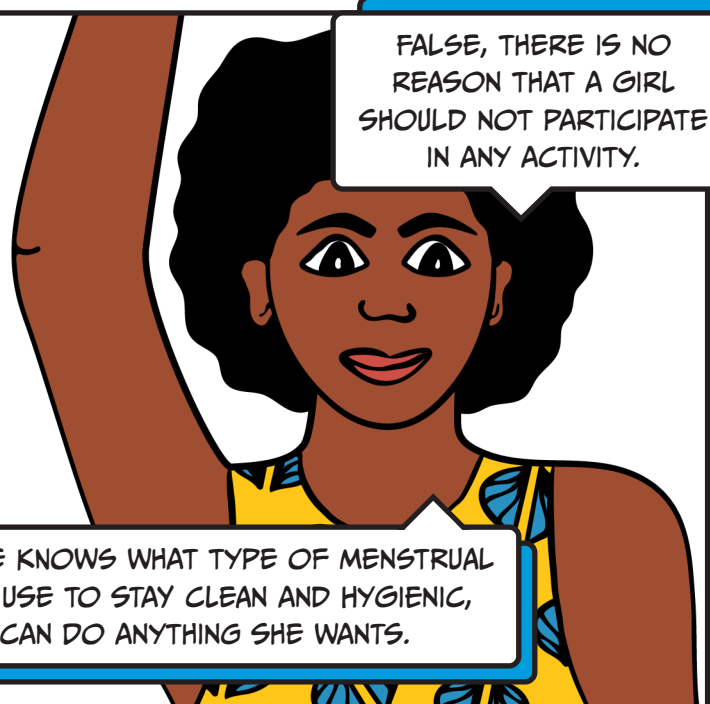


FALSE.

**MENSTRUATION IS A  
NATURAL PART OF  
BEING A WOMAN  
AND NECESSARY PROCESS  
FOR OUR BODIES TO GO  
THROUGH**

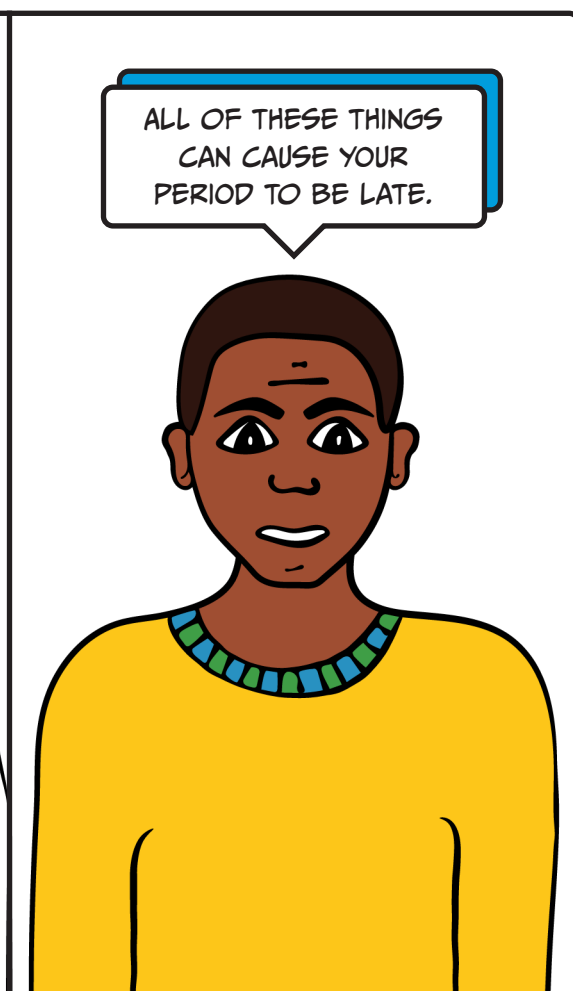
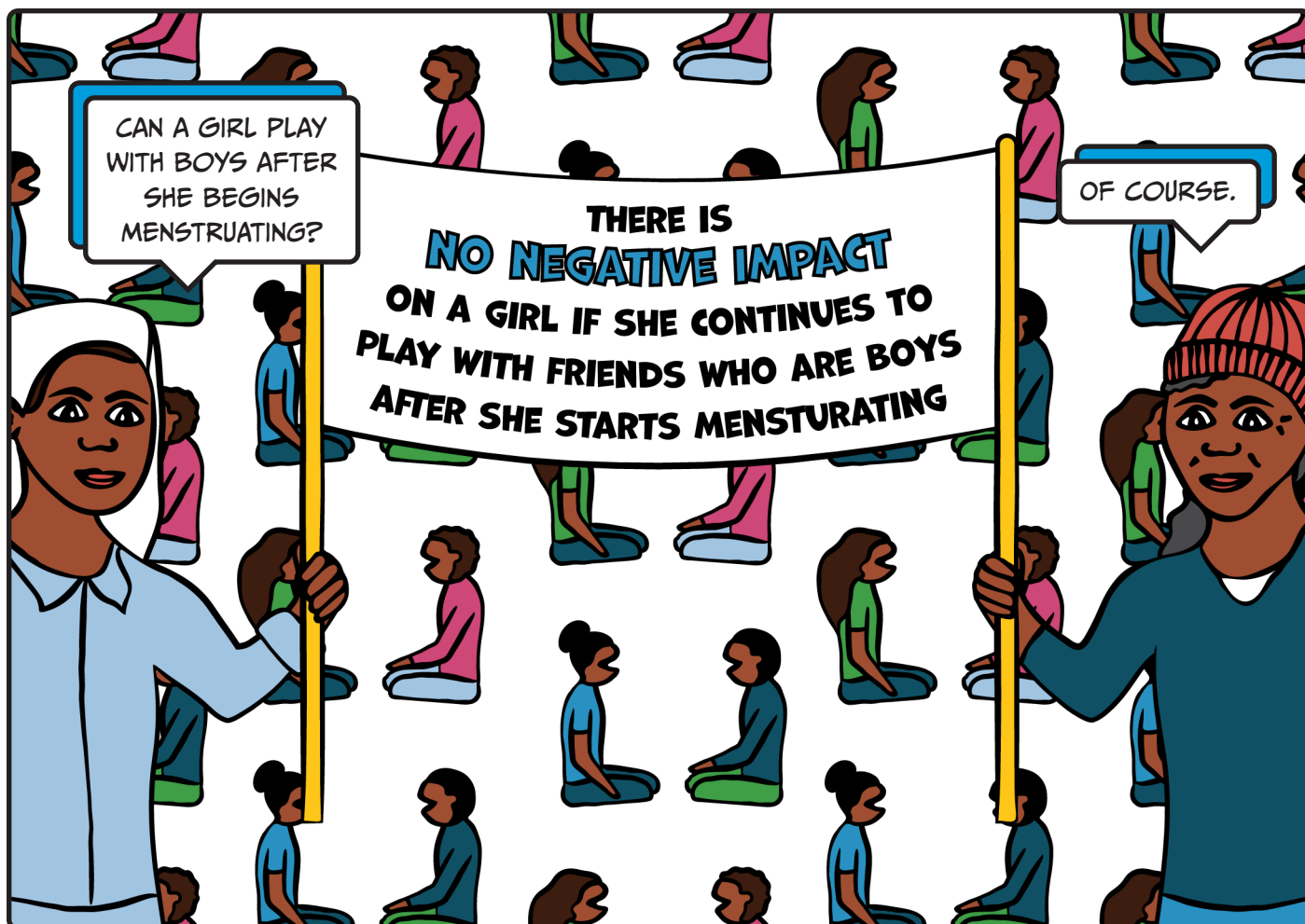


**IT IS UNHEALTHY  
FOR A GIRL TO  
BATHE OR SWIM  
DURING HER PERIOD?**



FALSE, THERE IS NO  
REASON THAT A GIRL  
SHOULD NOT PARTICIPATE  
IN ANY ACTIVITY.

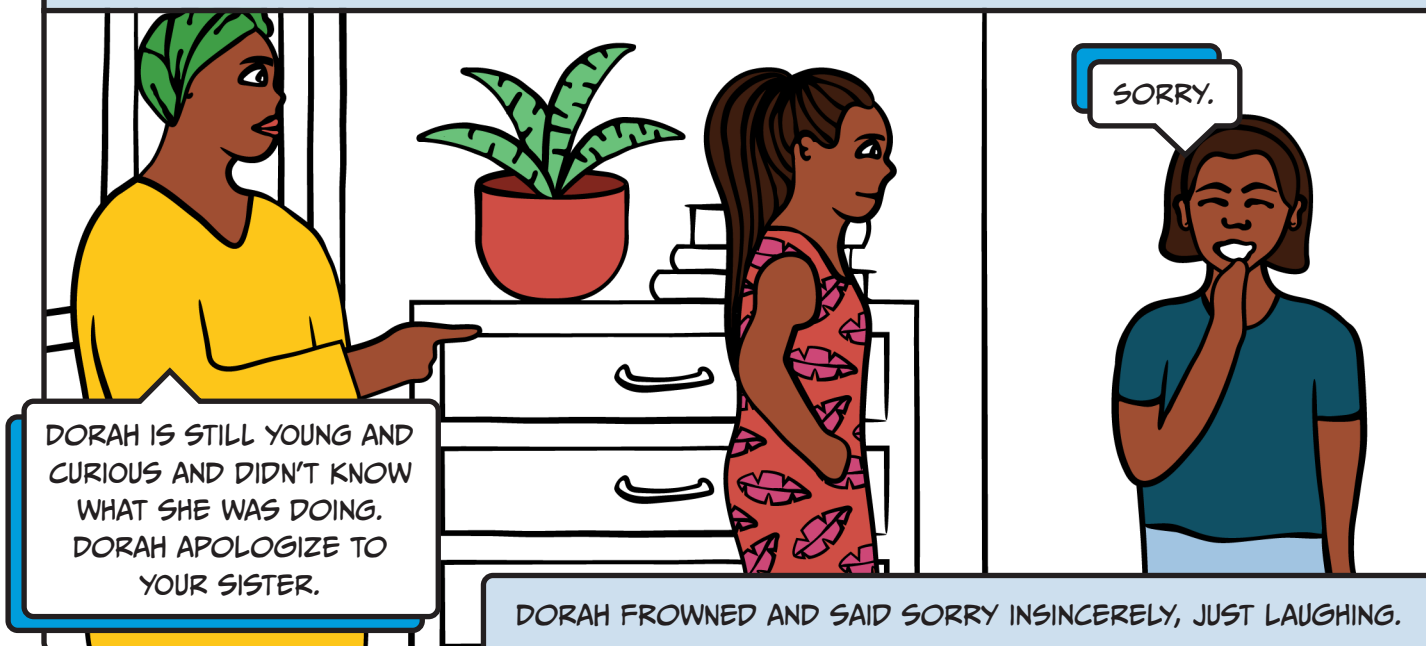
AS LONG AS SHE KNOWS WHAT TYPE OF MENSTRUAL  
PRODUCTS TO USE TO STAY CLEAN AND HYGIENIC,  
THEN SHE CAN DO ANYTHING SHE WANTS.



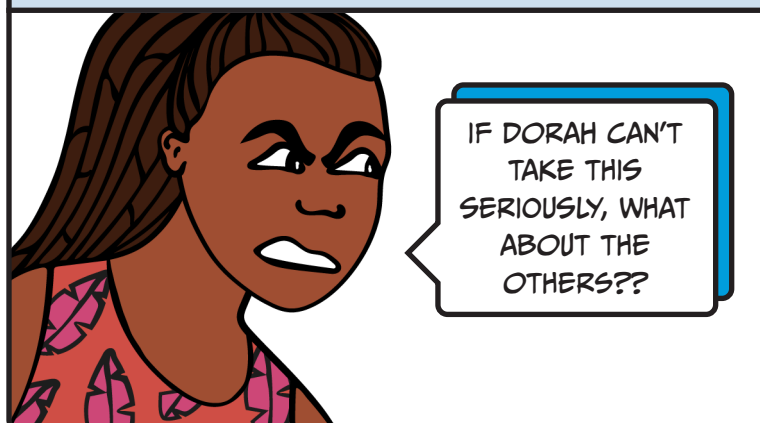
AFTER THE WORKSHOP, NKGONO HAD SOME TIME TO THINK AND PROCESS ALL THE INFORMATION THEY RECEIVED AT THE WORKSHOP. SHE LET NTOMBI AND HER SISTER DO THEIR CHORES BEFORE SHE CALLED AND SAT THEM DOWN. NKGONO WAS OLD-FASHIONED AND SHE STILL PREFERRED HER OLD WAYS, BUT FOR THE SAKE OF HER GRANDDAUGHTERS SHE WELCOMED ALL THE NEW INFORMATION.

SHE SPOKE TO NTOMBI AND DORAH AND TRIED TO GET THEIR OPINIONS AND IF THEY UNDERSTOOD EVERYTHING THAT WAS SPOKEN AT THE WORKSHOP AND IF NTOMBI WAS READY TO GO BACK TO SCHOOL.

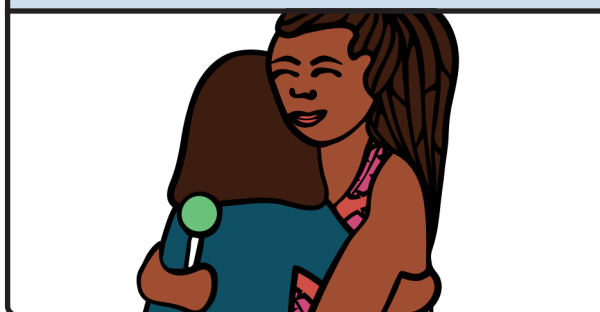
NTOMBI TOLD NKGONO SHE WAS STILL A BIT SCARED. SHE STILL DIDN'T KNOW HOW THE OTHERS RESPONDED TO THE INFORMATION, AND KNEW THAT SOME PARENTS ARE NOT EASILY CONVINCED. SHE WAS STILL NOT HAPPY WITH HOW HER LITTLE SISTER "BETRAYED" HER.



NKGONO SHOUTED AT HER AND INSTRUCTED HER TO APOLOGIZE PROPERLY. NTOMBI BECAME ANGRY AND SAID, "IF DORAH CAN'T TAKE THIS SERIOUSLY, WHAT ABOUT THE OTHERS??"

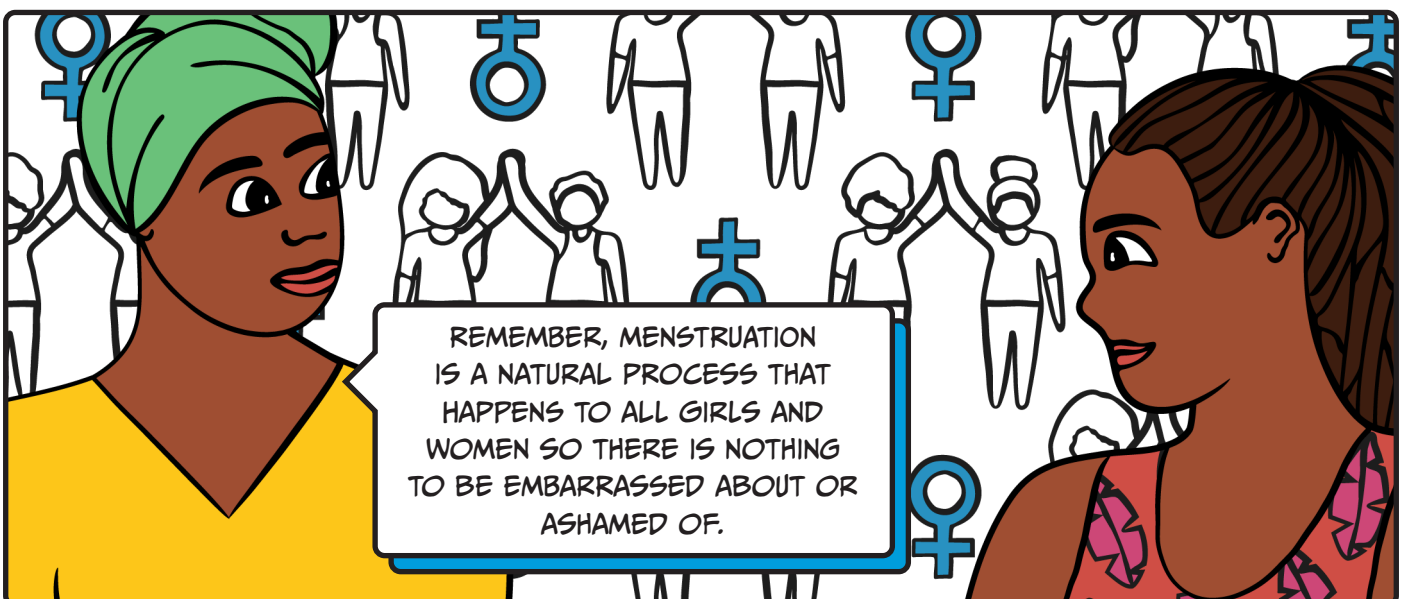
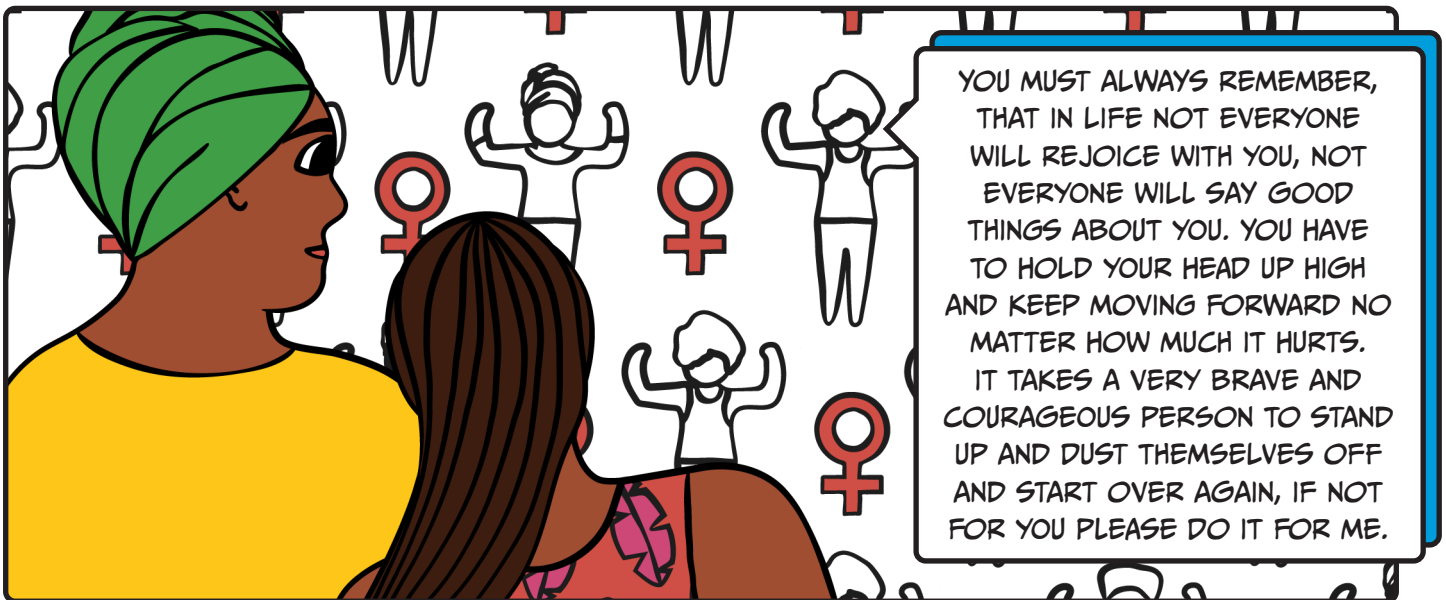


DORAH WENT TO THE SHOP TO GET HER SISTER A LOLLIPOP AND SHE WENT TO NTOMBI TO APOLOGIZE WITH A BIG TIGHT HUG AND A LOLLIPOP AND ASKED FOR FORGIVENESS. NTOMBI FORGAVE HER SISTER AND ALL WAS WELL AT HOME.



NKGONO SAT DORAH DOWN, SPOKE TO HER FIRMLY AND EXPLAINED HOW HER SISTER WAS FEELING. SHE ASKED IF DORAH WAS IN HER SISTER'S SHOES WOULDN'T SHE FEEL THE SAME WAY?

LUCKILY THE WORKSHOP WAS ON FRIDAY, GIVING NKGONO ENOUGH TIME TO SPEAK TO NTOMBI AND ENCOURAGE HER TO GO BACK TO SCHOOL.





MONDAY CAME AND NTOMBI WAS READY TO FACE THE WORLD. SHE FELT READY TO TAKE ON ANYTHING AND EVERYONE THANKS TO NKGONO'S ADVICE AND THAT LITTLE LOLLIPOP.

AT THE ASSEMBLY THAT MORNING THE SCHOOL PRINCIPAL TOUCHED ON THE WORKSHOP AND MENTIONED THAT FROM NOW ON THE FEMALE AND MALE REPRODUCTION SYSTEM, INCLUDING MENSTRUATION, WILL BE PART OF THEIR LIFE ORIENTATION CLASSES. MOST OF THE KIDS THAT WERE BULLYING AND SHAMING NTOMBI APOLOGIZED TO HER AND SHE ACCEPTED THE APOLOGIES.



NTOMBI NOW SEES BEING A WOMAN AS A SUPER POWER, THAT BEING A WOMAN CAN MEAN SHE IS STRONG AND CAPABLE OF ANYTHING.

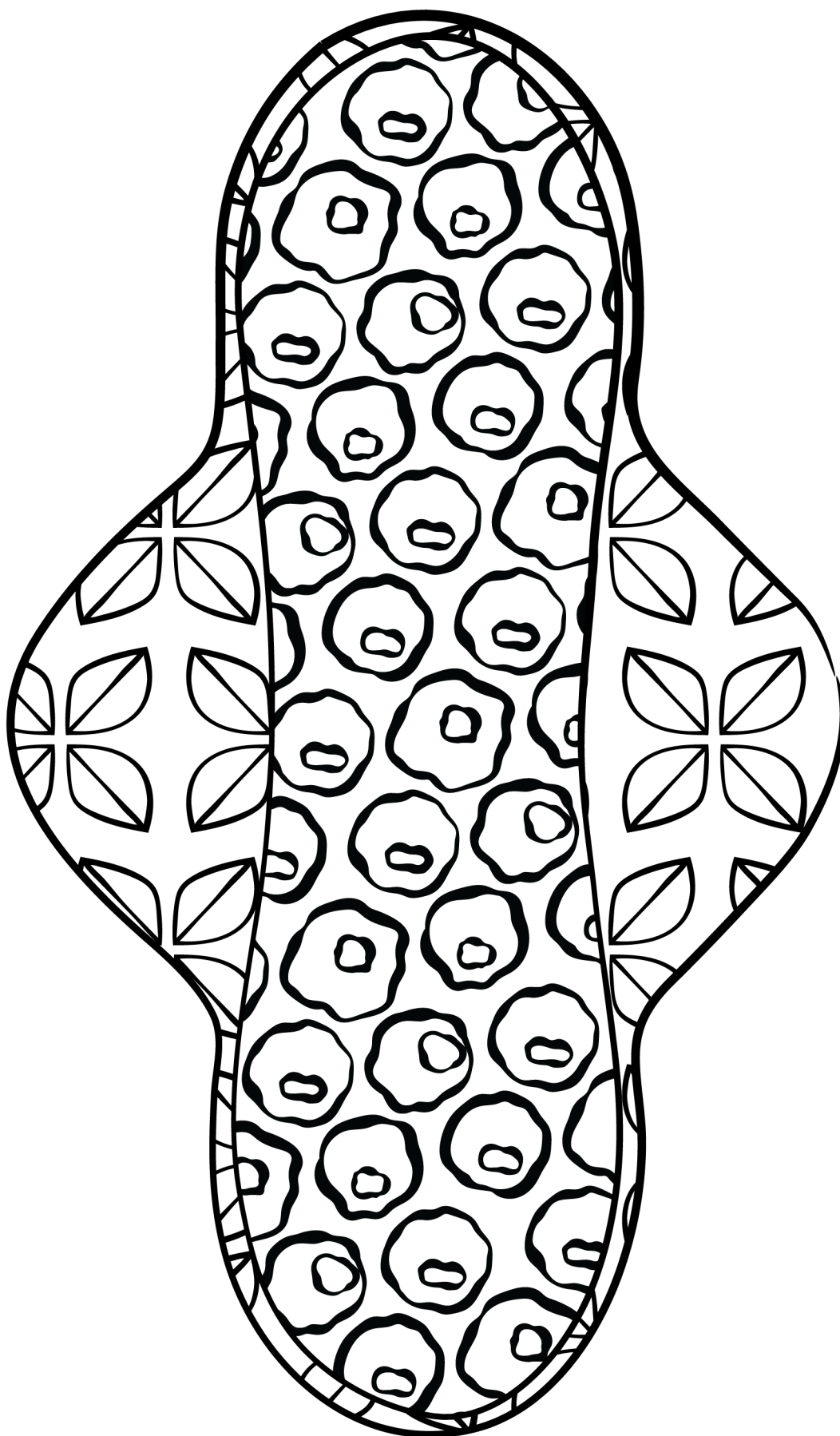
# MY ANNUAL PERIOD TRACKER

KEEPING TRACK OF YOUR PERIOD WILL HELP YOU UNDERSTAND YOUR BODY BETTER AND PREPARE FOR MONTHLY PERIODS. COLOR IN THE SPACES BELOW EACH MONTH FROM THE START TO FINISH OF YOUR PERIOD AND TRACK THE DURATION.

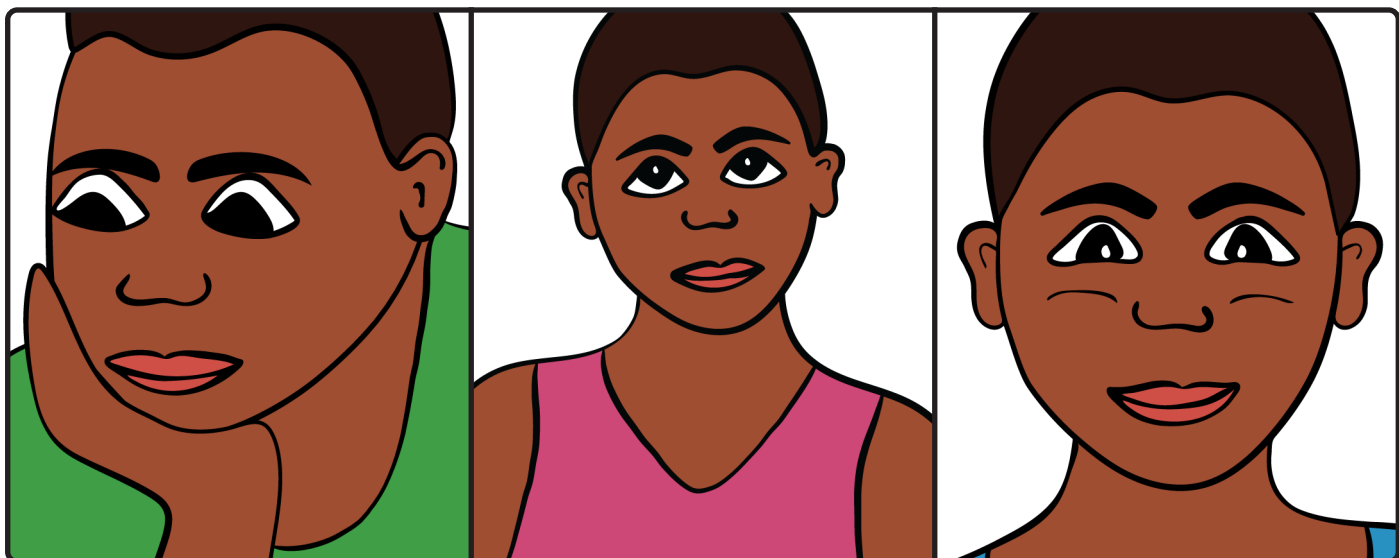
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# SANITARY NAPKIN TEMPLATE



# KOKETSO'S JOURNEY THROUGH STRESS AND ANXIETY



THIS IS A STORY OF FOUR FRIENDS WHICH IS KOKETSO, MPUMI, NJABULO AND SIHLE. THEY ARE FRIENDS AND FIELD HOCKEY TEAMMATES.

MEET KOKETSO, A GIRL WHO LOVES PLAYING HOCKEY. KOKETSO IS A STRONG BRAVE GIRL WHO LOVES THE COLOUR BLUE. SHE BELIEVES THE COLOUR BLUE REPRESENTS THE SKY AND THE OCEAN. HER STRENGTH COMES FROM BEING A CREATIVE PERSON WITH COMPASSION. SHE IS A PERSON WHO LOVES HELPING OTHERS. KOKETSO IS FROM LIMPOPO AND CURRENTLY STAYING IN BERTRAMS. SHE IS A GIRL WHO IS ALWAYS HAPPY.



THEN THERE IS MPUMI, A GIRL WHO LOVES PLAYING HOCKEY WITH HER FRIENDS AND HER TEAMMATES AT SCHOOL. MPUMI IS A BOLD GIRL, VERY CREATIVE, ALSO ADVENTUROUS AND LOVES TO MAKE NEW FRIENDS. HER FAVORITE COLOUR IS ORANGE. SHE COMPARES ORANGE TO THE SUN AS IT BRINGS LIGHT TO MANY. MPUMI IS FROM A FAMILY OF SIX. SHE IS THE THIRD BORN, WITH TWO OLDER BROTHERS AND A YOUNGER BROTHER. SHE IS THE ONLY GIRL IN THE FAMILY AND SHE HAS NO FEMALE FIGURES TO TALK TO.



THERE IS ALSO NJABULO, A GIRL WHO IS ALWAYS HAPPY. SHE IS VERY GOAL ORIENTED AND HARD WORKING. SHE IS ALWAYS UP FOR TRYING SOMETHING NEW. NJABULO IS AN INTELLIGENT CHILD WHO LOVES HELPING HER FRIENDS WHEN IN TROUBLE. SHE IS ALWAYS SEEKING MORE KNOWLEDGE. SHE LOVES WRITING AND HER FAVORITE COLOUR IS YELLOW, SHE COMPARES YELLOW TO HAPPINESS AND BEING POSITIVE.



THEN THERE IS SIHLE, A GIRL WHO LOVES PLANTING AND LOVES ANIMALS. SHE IS LOVING, KIND AND PEACEFUL. SHE ALWAYS SEES THE GOOD IN EVERYONE. SHE LIKES VOLUNTEERING AND TAKING CARE OF OTHERS. SHE ALWAYS TRIES TO BRING MORE LOVE INTO THE WORLD. HER FAVORITE COLOUR IS PURPLE. SHE SAYS THE COLOUR PURPLE REPRESENTS FOR ROYALTY AND KINDNESS. SHE IS FROM A HAPPY FAMILY.



THE FOUR FRIENDS ARE JUST FINISHING UP HOCKEY PRACTICE ONE DAY AFTER SCHOOL WHEN THEIR COACH CALLS THE TEAM OVER TO SIT AND DISCUSS. BEFORE SHE RELEASES THEM TO GO HOME, SHE TELLS THEM THE SAD NEWS THAT EVERYONE MUST GO BACK TO LOCKDOWN BECAUSE CASES OF THE VIRUS IN THE COUNTRY HAVE INCREASED. THEY NEED TO STOP THE SPREAD OF THE VIRUS BY STAYING AT HOME, AGAIN.

I AM SORRY TO TELL YOU THIS, BUT STARTING FROM NEXT WEEK, THE SCHOOLS WILL BE CLOSED. DUE TO THE SPREAD OF COVID-19 THERE IS GOING TO BE LOCKDOWN.



AAH!!

A LOCKDOWN! WE HAVE TO BE ISOLATED AT HOME? NO MORE PLAYING WITH MY FRIENDS AND GOING OUT TO PLAY SPORTS?



YES, BUT WE MUST BE SAFE WITH OUR FAMILIES UNTIL THIS SITUATION IS BETTER. IF WE DO THAT, THEN WE CAN GO BACK TO SCHOOL AND PLAY WITH OUR FRIENDS.







THE TEAM STARTS HEADING HOME AND THE FOUR FRIENDS HEAD THEIR SEPARATE WAYS HOME. MPUMI IS VERY SCARED OF LOCKDOWN BECAUSE OF HER HOME SITUATION.

AT SIHLE'S HOME

MOMMY, CAN I PLEASE GO BUY FOOD WITH YOU, SO THAT WE CAN ALSO BUY BOARD GAMES?

YES SIHLE, LET'S GO HONEY. WE DON'T HAVE VERY MUCH MONEY BUT MAYBE WE CAN BUY ONE SMALL GAME. THIS MIGHT BE A GOOD TIME TO COME TOGETHER AS A FAMILY.

YES MOM, I AGREE. IF WE HELP EACH OTHER OUT, WE CAN GET THROUGH THIS.

AT NJABULO'S HOUSE

MOM, SINCE WE ARE NOT GOING TO SCHOOL, CAN YOU PLEASE HELP ME WITH MY STUDY TIME TABLE? I REALLY WANT TO KEEP UP WITH MY SCHOOL WORK.

MOM, I'M ALSO WORRIED ABOUT MPUMI, YOU SHOULD HAVE SEEN HER WHEN MISS THOKO TOLD US WE ARE NOT GOING TO SCHOOL UNTIL FURTHER NOTICE. SHE WAS DEVASTATED. I KNOW AT HER HOME THINGS ARE NOT WELL, I WANT TO CHECK ON HER BY CALLING, IS IT OK MOM?

YES MY DEAR, I KNOW YOU CARE VERY MUCH FOR MPUMI, WE WILL TRY TO KEEP IN CONTACT WITH HER AND HER FAMILY. I THINK IT IS BETTER IF WE ALSO CALL YOUR GOAL COACH TO KEEP CHECKING ON HER FROM TIME TO TIME. NOW HOW DO WE START SETTING UP YOUR SCHOOL TIME TABLE, I NEED TO COOK FOR YOUR FATHER.



AT MPUMI'S HOUSE

HOW AM I GOING TO SURVIVE THIS LOCKDOWN? THE SADDEST THING IS THAT MY MOM LOST HER JOB, ONLY MY DAD IS WORKING. MAYBE THAT'S WHY THEY ARE ALWAYS FIGHTING, I JUST WANT TO GO TO MY ROOM AND LOCK MYSELF INSIDE.

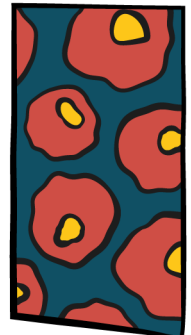
OH MY GOODNESS!

I HEAR YOU MOM, DON'T EVEN WORRY ABOUT ME, PLEASE LEAVE ME ALONE. I WANT TO STUDY AND PREPARE MY STUDY TIMETABLE!! AAAH!!

MPUMI!  
MPUMI!

YOU MUST COME HERE WHEN I AM SPEAKING TO YOU. NOW THAT WE WILL BE IN THIS HOUSE UNTIL LOCKDOWN ENDS, I DON'T WANT TO FEED YOU AND YOUR BROTHERS ALL DAY. WE ONLY HAVE YOUR FATHER WORKING, SO WE ARE ONLY ABLE TO EAT TWICE A DAY!

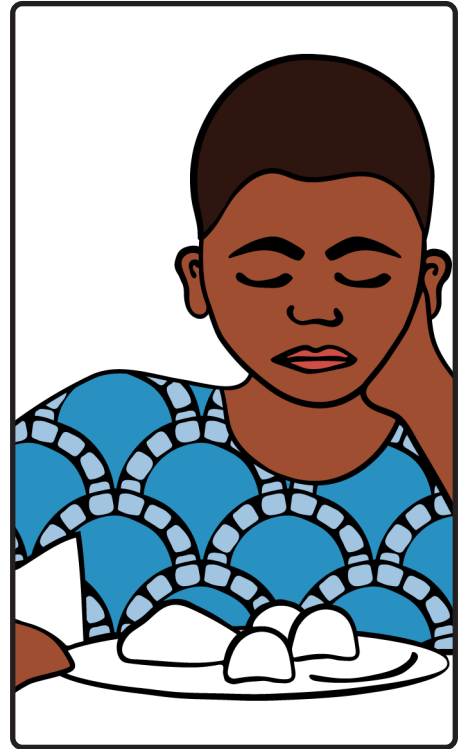
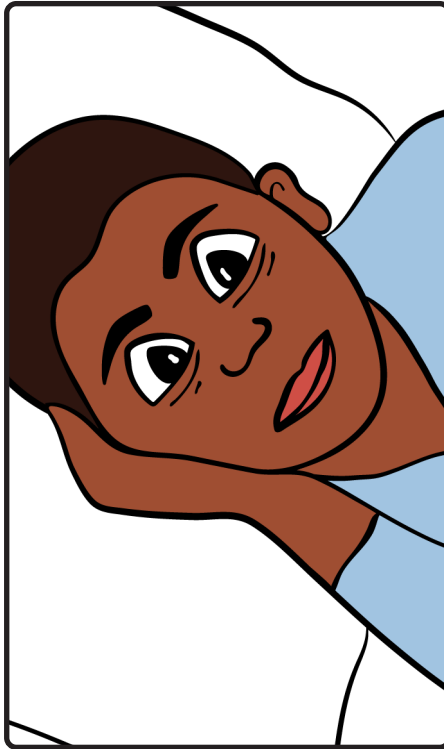
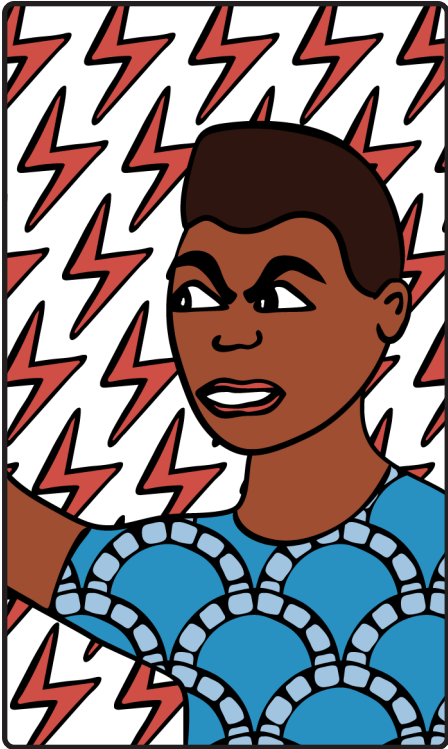
AT KOKETSO'S HOUSE



WHEN KOKETSO GETS HOME FROM PRACTICE, SHE FINDS HER FAMILY DEVASTATED AND PREPARING TO BUY FOOD AS SHOPS WILL CLOSE DOWN. KOKETSO GOES STRAIGHT TO HER BEDROOM AND CLOSSES THE DOOR AND DOESN'T FEEL LIKE TALKING TO ANYONE INCLUDING HER SISTER AND HER BROTHER. HER HOME IS FULL OF LOVE AND CARE. SHE IS FROM A FAMILY WHERE HER PARENTS LOVE HER AND HER SIBLINGS. THEY ARE A FAMILY THAT HAS MUTUAL RESPECT FOR EACH OTHER AND ALWAYS STICKS TOGETHER IN HARD TIMES. EVEN WHEN TIMES ARE HARD, THEY ARE A FAMILY THAT FACES THE UNCERTAINTIES OF LIFE TOGETHER.

AS THE DAYS GO BY, KOKETSO IS STARTING TO SHOW SIGNS OF STRESS AND ANXIETY. HER EMOTIONS CHANGE A LOT. SHE ISOLATES HERSELF FROM HER SIBLINGS. SHE STARTS PICKING FIGHTS WITH HER OLDER SISTER AND YOUNGER BROTHER EVEN IF IT'S NOT NECESSARY. KOKETSO STARTS TO HAVE SLEEPLESS NIGHTS, BECOMES MOODY AND EMOTIONALLY DEPRESSED. SHE WITHDRAWS HERSELF FROM HER FAMILY AND THE FUN ACTIVITIES THAT SHE USED TO ENJOY. SHE LOSES HER APPETITE. SHE ALSO STARTS SPENDING MOST OF HER TIME ON SOCIAL MEDIA.

HER MOM STARTS TO NOTICE HER BEHAVIOR AND TRIES TO REACH OUT TO HER TO HELP BUT KOKETSO CHOOSES TO KEEP IT TO HERSELF AND SHOWS NO INTEREST IN SPEAKING TO HER MOTHER.



HER MOTHER DECIDES TO CALL HER AUNT TO COME AND TRY TO SPEAK TO HER. STILL KOKETSO DECIDES TO KEEP EVERYTHING TO HERSELF. SHE KEEPS BEHAVING THE WAY SHE DOES WITHOUT BEING AWARE THAT IT IS CAUSING DAMAGE TO HER FAMILY. AS TIME GOES SHE REALIZES THAT SHE IS REALLY ALONE AND DEPRESSED AND SHE HAS REALLY PUSHED HER FAMILY AWAY. EVEN THOUGH SHE FINDS IT HARD TO SPEAK TO SOMEONE ABOUT WHAT SHE IS GOING THROUGH, AS TIME PASSES, SHE STARTS SPEAKING TO HER MOTHER AND THEIR BOND GROWS.





IS THERE ANYTHING YOU'RE  
ESPECIALLY LOOKING  
FORWARD TO THIS WEEK?

NOT REALLY, I AM LOOKING  
FORWARD TO PLAYING  
GAMES ON MY PHONE AND  
CHATTING TO MY FRIENDS.

THAT SOUNDS FUN, DO  
YOU MIND IF I PLAY  
THE GAMES WITH YOU?

YEAH SURE MOM. ARE YOU  
SURE YOU WON'T GET  
BORED WITH MY GAMES?

IF YOU TEACH ME, I AM  
SURE I WON'T GET BORED.

OKAY MOM  
I'LL TRY TO  
TEACH YOU.

WHAT'S  
WORRYING YOU  
AT THE MOMENT?

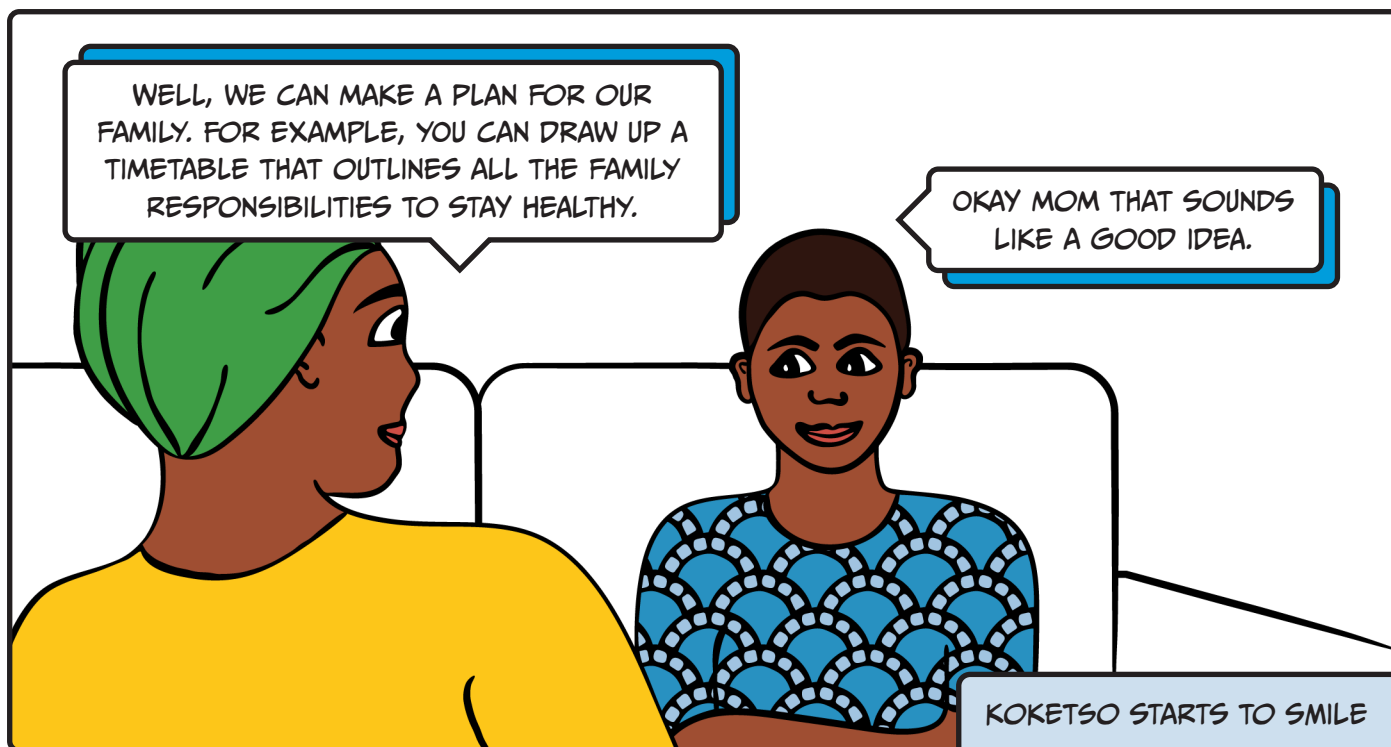
AM WORRIED ABOUT  
WHAT WILL HAPPEN IF  
THIS LOCKDOWN DOESN'T  
END, I WON'T GET TO  
SEE MY FRIENDS AGAIN.

IT WILL END IF WE FOLLOW  
THE RULES AS A COMMUNITY.

IT'S NOT THAT EASY.

WELL MY CHILD, YOU'VE  
GOT US AS FAMILY, WE  
CAN GO THROUGH THIS  
TOGETHER UNTIL IT IS OVER.

BUT HOW MOM?



## WEEKLY FAMILY SELF CARE PLANNER

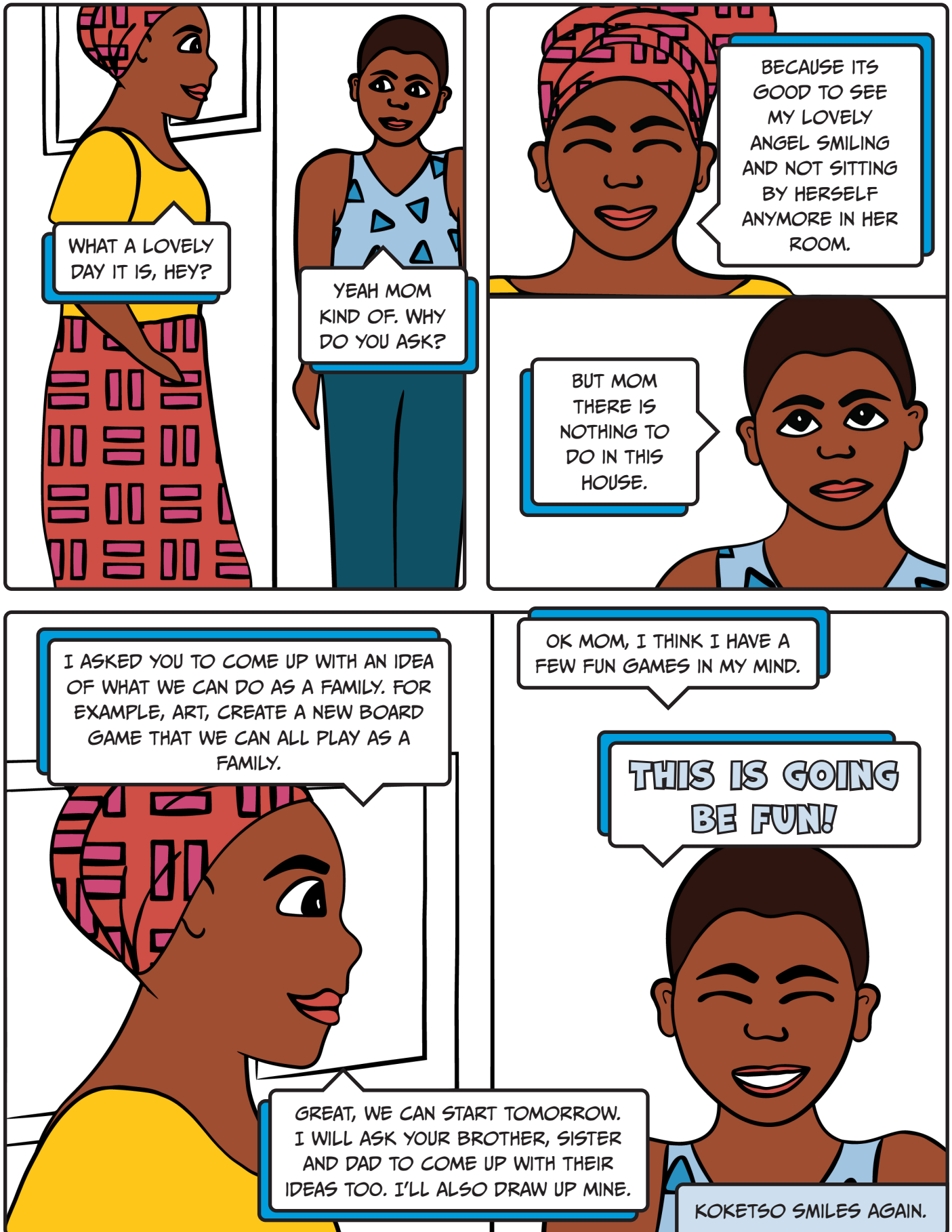
SIT DOWN WITH YOUR FAMILY AND MAKE A PLAN FOR HOW YOU WILL PRACTICE SELF-CARE WITH YOUR MIND, BODY AND SOUL.

	MIND	BODY	SOUL
MONDAY	MEDITATION FOR 5 MINS.	EAT A HEALTHY DINNER	PLAY GAME AS A FAMILY
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

	MIND	BODY	SOUL
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



AS DAYS GOES BY, KOKETSO'S MOM SENSES HER DAUGHTER IS FEELING A LITTLE BETTER. SHE CONTINUES KEEPING ALL CONVERSATIONS WITH KOKETSO POSITIVE. KOKETSO BEGINS TO UNDERSTAND THAT LIFE IS TO ENJOY.







DURING LOCKDOWN, MPUMI'S SITUATION GETS WORSE. NJABULO REACHES OUT TO MPUMI OVER THE PHONE TO CHECK ON HER.



HELLO! MPUMI  
MY FRIEND,  
HOW ARE YOU  
DOING?




HEY MY FRIEND YOOO!  
I MISS YOU SO MUCH  
AAAH! I MISS TALKING  
TO YOU AND BEING  
AWAY FROM  
MY HOME. HOW ARE  
YOU NJABULO?



I HEAR YOU NJABULO BUT I DON'T  
HAVE MONEY TO BUY AIRTIME. MY  
MOM IS ALWAYS YELLING AT ME.

EISH!!




YOOOH!! MY FRIEND, I'M AWESOME, MY  
FAMILY IS GREAT BUT YOU DON'T SOUND  
OKAY MY FRIEND, WHAT IS HAPPENING  
THERE AT YOUR HOME?

MY FRIEND, I KNOW THIS WHOLE  
COVID-19 SITUATION IS BAD, BUT WE  
NEED TO BE STRONG AND YES YOU ARE  
THE ONLY GIRL IN YOUR HOME BUT YOU  
HAVE ME AS YOUR FRIEND. YOU CAN  
CALL ME AND OUR OTHER FRIENDS  
KOKETSO AND SIHLE. YOU CAN CALL  
US WHENEVER YOU FEEL YOU WANT TO  
TALK, OR YOU CAN CONTACT COACH  
BUSI, SO THAT YOU CAN SPEAK TO HER  
ABOUT EVERYTHING YOU ARE GOING  
THROUGH.

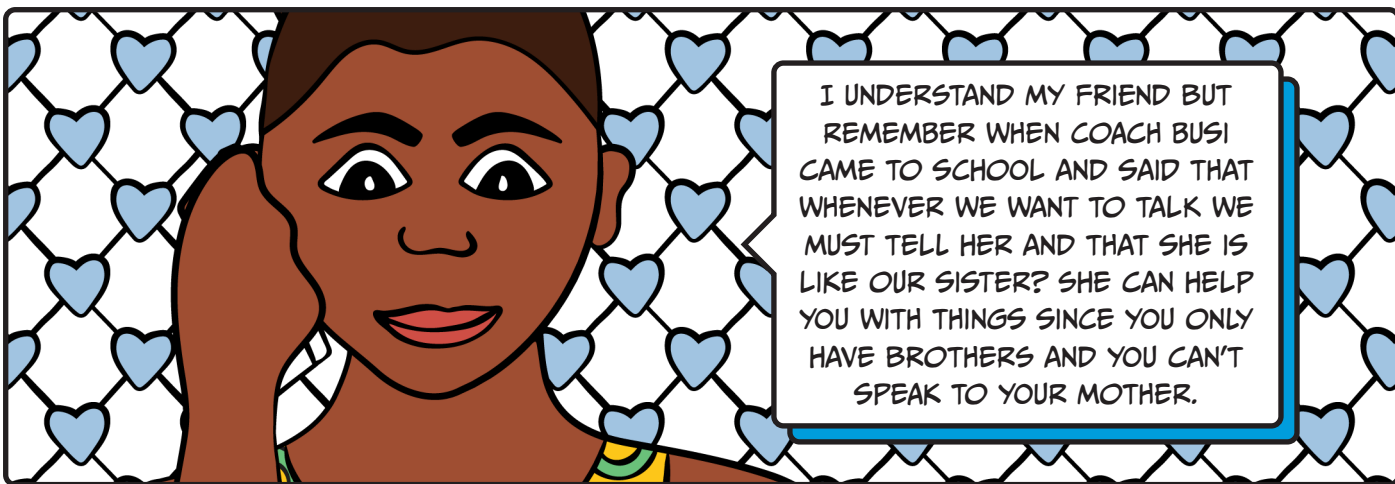


OK, LET ME ASK  
MY MOM SO THAT  
WE CAN HELP YOU  
WITH AIRTIME, THEN  
CONTACT COACH BUSI.  
I KNOW SHE MIGHT BE  
ABLE TO HELP, OK MY  
FRIEND?!, HEY I MISS  
AND LOVE YOU SO  
MUCH, TALK SOON.



OK, THANK YOU SO MUCH  
NJABULO, I'M FEELING  
VERY LONELY AT TIMES,  
IT IS BAD WHEN I DON'T  
HAVE ANYONE TO TALK  
TO LIKE YOU.

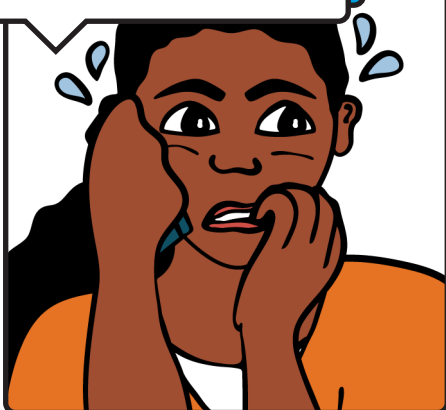
HOW DO I START  
TALKING TO COACH  
BUSI? I'M SCARED.



I UNDERSTAND MY FRIEND BUT REMEMBER WHEN COACH BUSI CAME TO SCHOOL AND SAID THAT WHENEVER WE WANT TO TALK WE MUST TELL HER AND THAT SHE IS LIKE OUR SISTER? SHE CAN HELP YOU WITH THINGS SINCE YOU ONLY HAVE BROTHERS AND YOU CAN'T SPEAK TO YOUR MOTHER.

AFTER MUCH STRESS, MPUMI DECIDES TO CALL COACH BUSI.

GOOD DAY COACH BUSI, I JUST WANT TO ASK SOMETHING.



GOOD DAY TO YOU MPUMI, WOW WHAT A SURPRISE CALL, YOU MISSED ME ALREADY, WOW OR YOU WANT MORE LIFE SKILLS HOMEWORK?



COACH BUSI GIGGLES.

HA! NO COACH BUSI, I MISS PLAYING WITH MY FRIENDS AND I DON'T LIKE BEING HOME.



I THOUGHT YOU GUYS ENJOY STAYING AT HOME, WHAT'S HAPPENING?



YOU KNOW YOU CAN TRUST ME, I'M MORE THAN YOUR COACH, YOU KNOW THAT I AM HERE FOR YOU.



COACH BUSI, I FEEL ALONE MOST OF THE TIME, I'M ALWAYS SCARED AND I CAN'T SPEAK TO MY MOTHER, SHE'S ALWAYS YELLING THAT WE ARE EATING ALL THE FOOD IN THE HOUSE. I FEEL LIKE SHE DOESN'T LOVE ME AND AM WORRIED ABOUT MY DAD EVERY TIME WHEN HE IS GOING TO WORK. WHAT IF HE DOESN'T COME BACK AND THE CORONA VIRUS TAKES HIM? HOW IS MY FAMILY GOING TO SURVIVE? WE ONLY EAT TWICE A DAY. COACH, I'M VERY SCARED AND SOMETIMES I DON'T WANT TO WAKE UP FROM MY BED AND I WISH I CAN SLEEP FOREVER.

I HEAR YOU MPUMI, I KNOW THAT SINCE THE LOCKDOWN STARTED LOTS OF PEOPLE ARE STRESSED AND SCARED. THEY DON'T KNOW WHAT IS GOING TO HAPPEN AND WE FIND OURSELVES LONELY AT TIMES BECAUSE WE ARE USED TO SEEING LOTS OF PEOPLE AND PLAYING WITH OUR FRIENDS.

BUT WHAT I CAN SAY TO YOU RIGHT NOW IS YOU ARE NOT ALONE. YES, YOUR MOM CAN'T GIVE YOU ALL THE SUPPORT YOU WANT BECAUSE SHE IS MANAGING YOUR FAMILY AND THAT CAN BE STRESSFUL FOR HER. I'M HAPPY THAT YOU REACHED OUT TO ME. LET'S MAKE A PLAN TOGETHER SO YOU CAN THINK OF WAYS TO KEEP BUSY AND SUPPORT YOUR MOM IN MANAGING SOME OF THE HOUSEHOLD CHORES.



OK COACH, I LIKE THAT IDEA. WHAT MUST I DO TO STOP FEELING LONELY AND STOP CRYING?



FIRST, I WANT TO GIVE YOU HOMEWORK.

WRITE DOWN THINGS YOU DO AT HOME ON A DAILY BASIS. INCLUDE THINGS THAT YOU FEEL HAPPY DOING, OK?



ALSO INCLUDE THINGS THAT YOU DO WITH YOUR FAMILY AND WHAT MAKES YOU HAPPY. THIS CAN HELP YOU IMPROVE YOUR RELATIONSHIP WITH YOUR MOTHER AND FAMILY. WHEN YOU START DOING THINGS TOGETHER AS A FAMILY, THEN YOU GET TO KNOW EACH OTHER.

ALSO, DO SOME FUN EXERCISES AT HOME WITH YOUR MOM. MOVING YOUR BODY IS IMPORTANT. I CAN SEND YOU SOME IMAGES OF GOOD STRETCHES, YOGA ACTIVITIES OR OTHER FUN EXERCISES TO DO AT HOME.

## THINGS I LIKE TO DO

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## THINGS I LIKE TO DO WITH MY FAMILY

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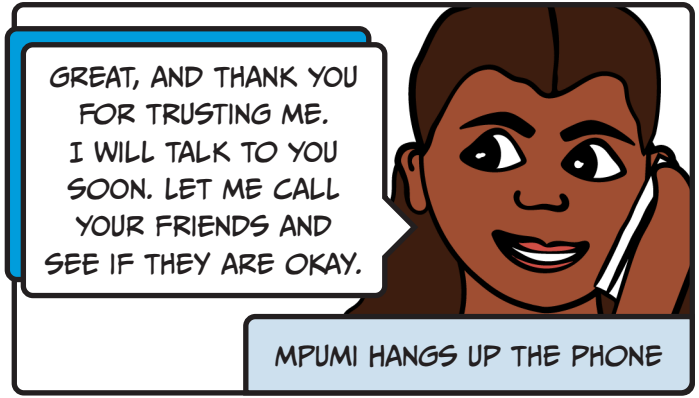
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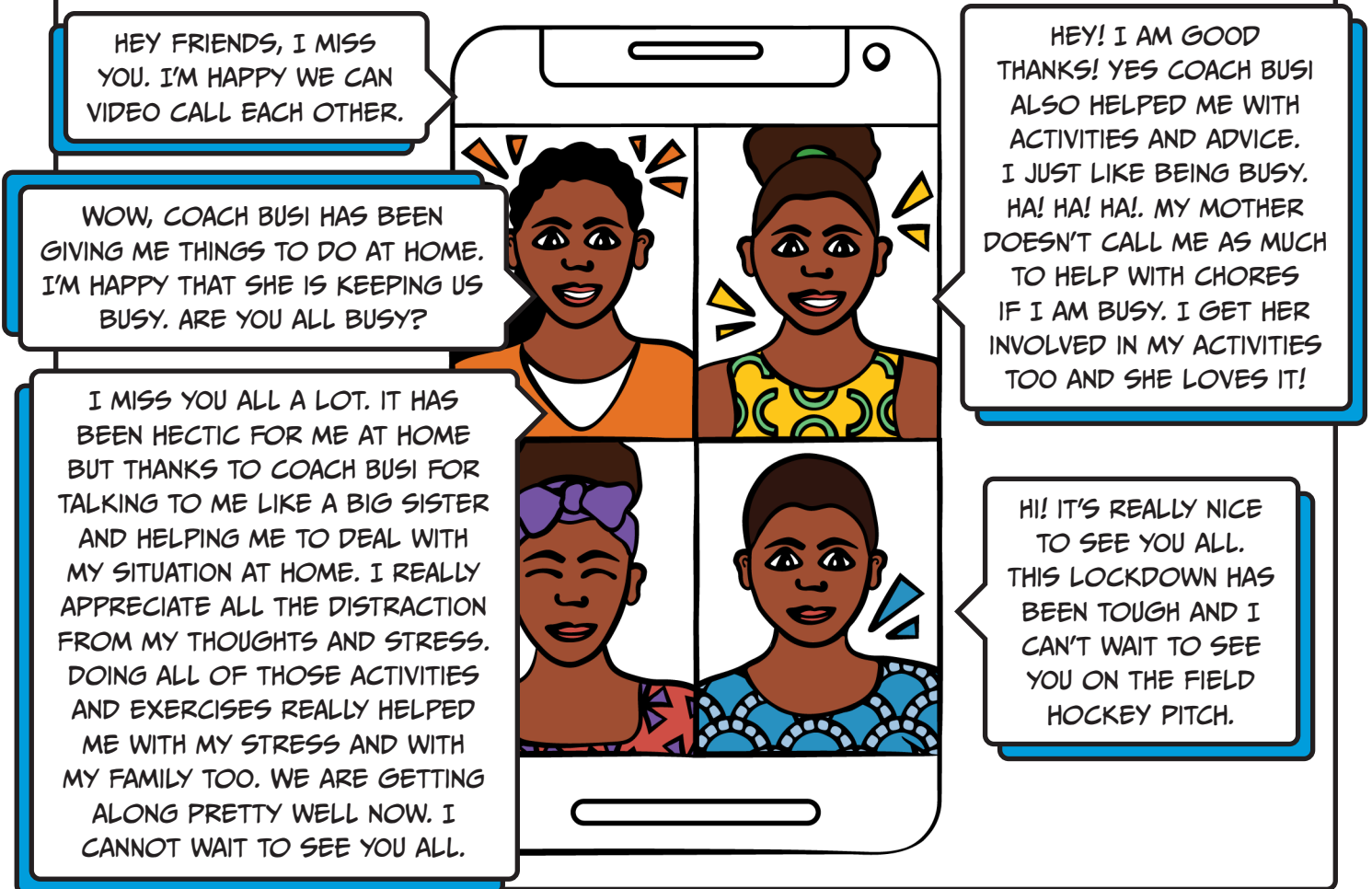
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## TYPES OF EXERCISE





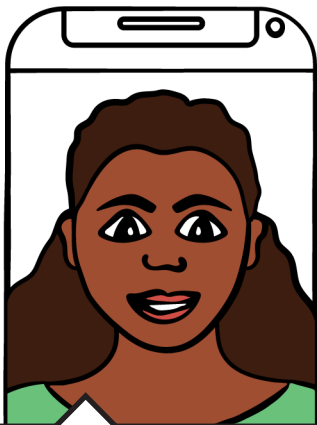
MPUMI'S FEELINGS OF STRESS AND ANXIETY HAVE IMPROVED. SHE DECIDES TO CALL HER FRIENDS NJABULO, KOKETSO AND SIHLE.





COACH BUSI ORGANIZES A VIDEO CALL WITH SOME OF THE GIRLS ON THE TEAM.

GOOD MORNING GIRLS. I HOPE YOU ARE WELL. SINCE ALL SCHOOLS ARE GOING TO BE OPEN SOON, WE NEED TO PREPARE OURSELVES TO ADAPT THIS LIFESTYLE WITH COVID19. SINCE WE HAVE BEEN ISOLATED FOR SOMETIME, WE MUST REMEMBER THAT STRESS IS PART OF LIFE.

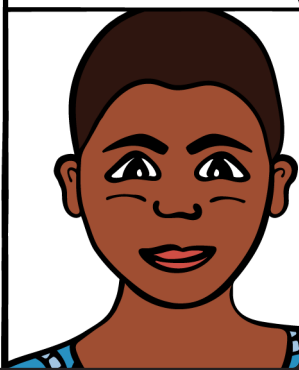


HOWEVER, WE CAN DISTRACT OUR MINDS WITH SOME ACTIVITIES AS I SAID LIKE MEDITATION, DRAWING, LISTENING TO MUSIC THAT YOU LIKE, DANCING OR WRITING YOUR OWN STORY. DON'T FORGET FUN GAMES WITH YOUR FAMILY LIKE BOARD GAMES.



GIRLS, LET'S BE SAFE. REMEMBER TO ALWAYS WASH YOUR HANDS AND KEEP DISTANCE FROM OTHER PEOPLE. I PROMISE YOU, GIRLS, THIS WILL END VERY SOON, AND EVERYTHING WILL BE BETTER THAN BEFORE. I WILL SEE YOU SOON. I CANNOT WAIT.

THANK YOU COACH BUSI. I REALLY APPRECIATE YOUR KINDNESS AND I CANNOT WAIT TO SEE YOU.



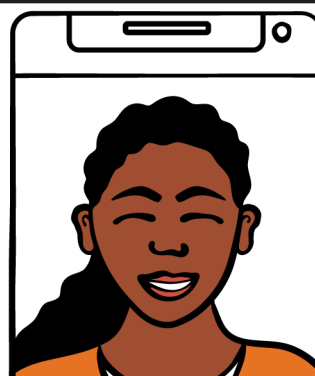
GREAT STUFF COACH. WE APPRECIATE ALL OF THIS INFORMATION.



YES COACH BUSI. YOU ARE THE BEST. THANK YOU.



COACH, THANK YOU SO MUCH FOR BEING HERE FOR ME AND MY FRIENDS. YOU HAVE HELPED ME A LOT. I CANNOT WAIT TO SEE YOU.





KOKETSO, MPHUMI, SIHLE AND NJABULO ARE ABLE TO GO TO SCHOOL AND HOCKEY PRACTICE. AT SCHOOL, THE GIRLS TALK ABOUT THE CHALLENGES THEY FACED DURING LOCKDOWN AND BEING ISOLATED AND HOW THEY OVERCAME THOSE CHALLENGES. THEY ALSO SHARED HOW COACH BUSI HELPED THEM DURING THIS PANDEMIC PERIOD. AS THEY WERE TALKING, SOME GIRLS BECAME INTERESTED AND PROMISED TO HELP EACH OTHER IF THEY EVER GO IN LOCKDOWN AGAIN. THE GIRLS SUGGESTED THAT THEY COULD CREATE A SUPPORT GROUP. THE GIRLS APPROACHED THE TEACHERS TO ORGANISE THE GROUP SO THAT COULD ASSIST GIRLS WHO WERE STILL AFFECTED BY COVID-19. AS TIME GOES BY, THE GROUP GREW IN NUMBER BECAUSE OTHER GIRLS HEARD ABOUT THIS GROUP AND WANTED TO JOIN.



FINALLY, THE GIRLS DECIDED TO ALSO HAVE SESSION WITH THEIR PARENTS AND OTHER COMMUNITY MEMBERS, WITH THE HELP OF COACH BUSI. THE GIRLS BECAME MORE CREATIVE AND TEAMED UP WITH THEIR PARENTS TO MAKE FACE MASKS AND HAND SANITIZER. THE ENGAGEMENT OF THE GIRLS IN THEIR COMMUNITIES WAS SO IMPRESSIVE THAT EVERYONE STARTED PARTICIPATING.

KOKETSO AND MPHUMI FACILITATED ONE OF THESE SESSIONS. KOKETSO AND MPHUMI ENCOURAGED THE GIRLS IN THE GROUP TO EXPRESS THEIR EMOTIONS. THEY TOLD THE GIRLS THAT IT IS OK TO CRY AND SHOW EMOTIONS.

EXPRESSING YOUR EMOTIONS IS HEALTHY AND WILL MAKE YOU FEEL BETTER. IT IS HARD TO KEEP YOUR EMOTIONS INSIDE YOU. THIS WILL ONLY MAKE YOU MORE STRESSED.



I CREATED A FIVE-POINT SCALE THAT HELPS ME GAUGE HOW STRESSED OR ANGRY I AM. WHEN I REACH 4 OR 5, I KNOW THAT I NEED TO TALK TO SOMEONE AND GET HELP FROM MY COACH OR A FRIEND. MAYBE YOU CAN ALL USE THIS SCALE? I ALSO LOVE WRITING AND WROTE SOME STORIES DURING LOCKDOWN, AND DREW PICTURES TO GO WITH THE STORIES. I WOULD READ THEM TO MY FRIENDS OVER THE PHONE EACH NIGHT.



## HOW AM I FEELING?

MON	♡	♡	♡	♡	♡
TUES	♡	♡	♡	♡	♡
WED	♡	♡	♡	♡	♡
THU	♡	♡	♡	♡	♡
FRI	♡	♡	♡	♡	♡
SAT	♡	♡	♡	♡	♡
SUN	♡	♡	♡	♡	♡



SPENDING TIME WITH MY FAMILY WAS NICE. WE PLAYED BOARD GAMES AND TRIED TO LEARN MORE ABOUT EACH OTHER. WE WOULD DO MEDITATION AND BREATHING EXERCISES TOGETHER, WHICH WAS FUN!!

EATING HEALTHY WAS ALSO IMPORTANT. EATING WELL BALANCED MEALS HELPED ME STAY LESS STRESSED. THE MORE I ATE UNHEALTHY FOOD THE WORSE I FELT.



WE LEARNED FROM OUR GOAL COACH THAT TO HAVE LESS STRESS, TRY TO PUT YOUR STRESS IN PERSPECTIVE. WHAT CAN YOU REALLY CONTROL? IF YOU CAN'T CONTROL IT, THEN IT IS HARD TO CHANGE IT.



**WORRY ABOUT  
WHAT YOU  
CAN CONTROL.**

KOKETSO HAD ADVICE FOR PARENTS.

PARENTS, LEARN WHAT TRIGGERS YOUR DAUGHTERS' ANXIETY. IS IT SCHOOL, FAMILY OR SOMETHING ELSE THEY CAN'T IDENTIFY?

MOST KIDS FACE STRESS AND ANXIETY BECAUSE **THEY HAVE NO ONE TO SPEAK TO**. THAT CAUSES KIDS TO ISOLATE THEMSELVES.

MY ADVICE TO PARENTS IS THAT PARENTS SHOULD **PAY ATTENTION** TO THEIR KID'S ACTIVITIES AT SCHOOL AND SUPPORT THEIR KIDS IN WHAT THEY LOVE DOING.

PLENTY OF THINGS CAN CAUSE STRESS IN A KID'S LIFE. THERE ARE SUCH THINGS AS **GOOD STRESS AND BAD STRESS**.

TELLING YOUR CHILD **STORIES ABOUT OTHER KIDS WITH FEELINGS** JUST LIKE THEIRS CAN HELP THEM FEEL BETTER. IT LETS THEM KNOW THAT YOU UNDERSTAND THEIR FEELINGS.

MPHUMI AND KOKETSO MADE A POSTER THAT GIRLS CAN PUT UP IN THEIR HOMES TO REMIND THEM ABOUT STRESS AND HOW TO HANDLE IT!

**MAINTAIN A POSITIVE ATTITUDE. MAKE AN EFFORT TO REPLACE NEGATIVE THOUGHTS WITH POSITIVE ONES.**

# MY MONTHLY MOOD TRACKER

BEING AWARE OF HOW YOU FEEL IS AN IMPORTANT STEP TO UNDERSTANDING HOW TO DEAL WITH STRESS AND ANXIETY. TRACK AND RECORD YOUR DAILY MOOD. CHOOSE A DIFFERENT COLOR FOR EACH OF THE MOODS BELOW. COLOR IN THE FLOWER EACH DAY DEPENDING ON WHICH MOOD(S) YOU FEEL.



HAPPY



EXCITED



CALM



SAD



ANXIOUS



STRESSED



ANGRY



SCARED



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



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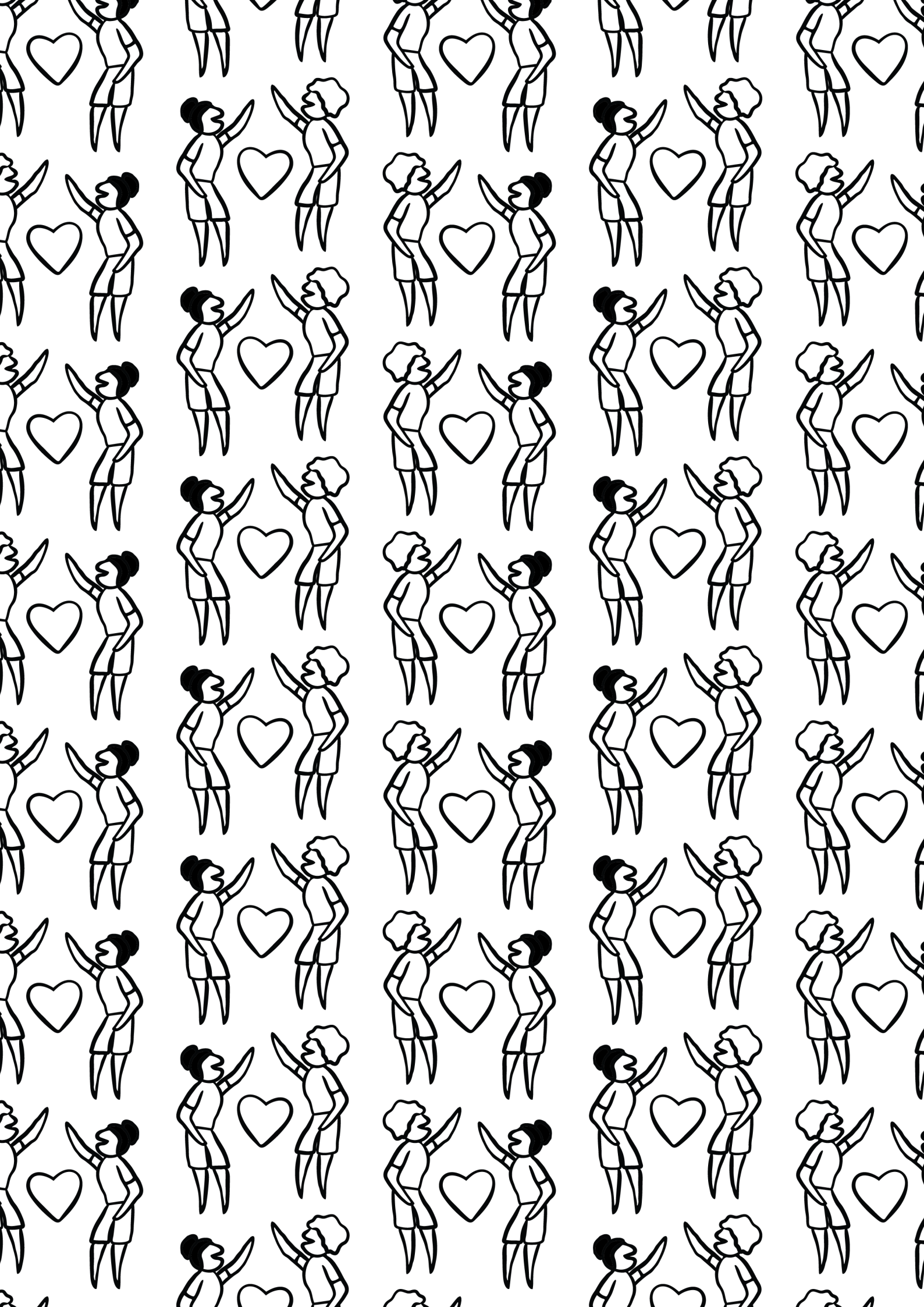
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THE GOAL PROGRAMME USES SPORT AND LIFE-SKILLS TRAINING TO EQUIP ADOLESCENT GIRLS TO BE LEADERS IN THEIR COMMUNITIES. GOAL IS PART OF FUTUREMAKERS BY STANDARD CHARTERED, A GLOBAL INITIATIVE AIMED AT EMPOWERING THE NEXT GENERATION TO LEARN, EARN AND GROW.



**futuremakers**  
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GOAL IS DELIVERED IN PARTNERSHIP WITH:



**STANDARD  
CHARTERED  
FOUNDATION**

