

Hello, I'm Half Tiger, your Health Mate. Being healthy is the way to go but it's sure not easy! So many choices can be confusing and challenging but together we can choose health.

Health Mate



education

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YOUR HEALTH — THE MEASURE OF YOUR WEALTH

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NOW'S YOUR CHANCE TO GET IT TOGETHER



Ola, ola, welcome to 2009! It's time to make this year "the year" for you to fly high and touch the skies.

A new year means a fresh start. Here's your chance to get it together in every part of your life: get your grades up ... get your mind into a positive space ... sort out your relationships with your friends, family and teachers ... focus on your health!

And we're here to help you achieve your goals. This edition of Health Mate is packed with good advice on how to manage your time and schoolwork effectively, how to whip your waistline into shape and how to dump your bad lifestyle habits.

Join **Health Mate** as we put our bad choices and mistakes behind us, take responsibility for our lives and look ahead – there are great new adventures in store for us!

Love 'n stuff

Two days from now we celebrate Valentine's Day. Love is what makes the world go round, so take time to let that special someone, your friends and your family know how much you value and appreciate them.

Think Romeo and Juliet, Will and Jada, Mickey and Minnie ... falling in love makes you feel on top of the world! Your heart beats faster, you get butterflies in your stomach and life is delicious! ENJOY – but enjoy responsibly: educate yourself and stay safe.

Think of creative ways to spread the love: For example, take a piece of paper, then design and cut out a whole lot of coupons with the following kind of messages to give out to your friends and loved ones on Valentine's Day: This coupon is good for ... 3 hugs/1 hour of my

undivided attention/3 nights of washing up/help with your maths homework/etc. When it comes to Valentine's Day gifts, remember: small and meaningful is beautiful; over-the-top is tacky! Some V-Day no-no's: Don't get swept away by the romance of it all – now is NOT the time to indulge in any kind of risky behaviour. True love is all about making responsible sexual choices and respecting each other's decisions.

Oh yes, and it's probably also not a good idea to tattoo the name of your beloved on your behind!

WIN!

To stand a chance of winning one of these ultra-cool Valentine's Day gift CDs from Bula Records, sms the word **HEALTHMATE** followed by your name, age, and province to 32545 (sms's charged at R1).

- DaLES: Fresh 2Def,
- DJ Sgqemeza: Kusazobamnandi
- Room 1, Maggz: The Break Out,
- Arthur vs DJ Mbuso: Round 1,
- Chomee: Queen of Dance



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LOVE HURTS



With Valentine's Day just around the corner, love is in the air ... but bad loving, like spreading HIV, even if you don't know you're doing it, sure ain't the stuff that dreams are made of - more like nightmares ...

CIVVIES DAY AT SCHOOL



What's the matter Thandi? Eish, you look so shocked you're almost white!

I was at the clinic yesterday, where they gave me the worst news of my life - I'm HIV-positive.



No, we've both been faithful the whole time we've been together ... But there's something I've gotta confide in you - I lost my virginity two years ago.



Get outa here!

S'tru! Tebogo was my first - we went out for four months. I didn't really want to go all the way, but he was a total hottie and he said it was the only way I could keep him.



Then I went out with Jeb - that lasted almost five months before he left me for that cow Monica!



Ja, I remember how upset you were - but I didn't realise you'd been sleeping with him. No wonder you were so cracked up!



And after that came Siphe, the one with the cute buns. Jeez girl, I'm starting to get the picture ... you've had a steady boyfriend ever since I can remember - the only problem is it's been a different guy every six months or so.



Yep, and it's been pretty much the same story with Joe - he had a string of bubblehead girlfriends until he met me and realised what he'd been missing out on!



Shoo, it's scary stuff hey - I've always thought that as long as you aren't having unprotected casual sex you're more or less safe. But I guess it's like they say ... if you sleep with someone, even if you're in a tight relationship with them, it's like you're sleeping with everyone they've ever slept with.



Like you need to tell me this now?!?! Help me Sihle, what am I going to do?



First up, you have to tell Joe - he needs to get tested to find out his status. Then you're going to have to tell your folks, go for counselling - basically figure out how to cope. What's just happened is HUGE, Thandi - you've just changed the course of your life ...



If only I had waited before having sex ...



I know it's tough my friend ... your life is never going to be the same again, you're going to have to think carefully about all your dreams for yourself in your 20s and your 30s and beyond ... but please know that I'm here for you. Together we'll make a plan.



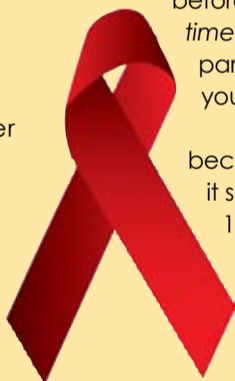
If only ... Ag, what's the point! I must now just get on and deal with it.

Know your facts, so you can make smart choices

First prize is abstinence, but not doing it doesn't mean not knowing about it!

Something to add to your knowledge bank about sex and HIV/AIDS is that even if you have sex with just one person and even if you're in a really tight, steady relationship with that person, it doesn't mean that you're automatically protected from contracting HIV.

The term "serial monogamy" is used to describe relationships in which you have one partner for months - or even years - at a time, and then have similar relationships like this further down the line. Don't be fooled however: *just because you aren't engaged in risky casual*



sex, it does not mean you're safe.

Remember, when you have sex with someone, it's as if you are also sleeping with everyone else he or she has ever slept with before.

It's an excellent idea to make this a life-time habit: Get tested together before you sleep together. Every time you have a new sexual partner get tested and make sure your new partner does the same.

But wait, that's not all! Just because you both tested negative it still does NOT mean you're 100% safe. It takes about six weeks for the antibodies to the virus to show up in the body, plus you're still at risk of contracting other kinds

of communicable diseases - or of falling pregnant. So always be wise: condomise.

It's important to arm yourself with reliable knowledge. AIDS is not a death sentence but it still kills. The UNAIDS global report estimated that 320 000 people died of AIDS-related deaths in South Africa in 2006.

Keep up-to-date on your facts - it's the only way you are going to be able to make informed choices. It's a common misconception among young people, for example, that oral sex and anal sex are not "proper" sex and are therefore safe. This is simply not true! They are both sexual acts that put you at risk of contracting a communicable disease.

Remember, when you have sex with someone, you are potentially exposing yourself to infections from all their previous partners, and their partners, and their partners ...

DID YOU KNOW YOUR TEACHER WAS ALSO A DRUG DETECTIVE?



they can search you; and if they suspect you of using drugs, they can now ask you to give them a urine sample to be tested or give you a "swipe test" that will pick up any traces of drugs on you and your possessions.

Ten types of test kits have been given the thumbs-up by the Minister of Education and a school may use any one of them. For more details about these 10 test kits, ask your principal to show you the relevant Government Gazette.

The procedure for testing is regulated by law so it is important that you know what your rights are if you are asked to give a urine sample or to undergo testing. The law ensures that the following must take place:

- The test kit used must be kept at the school under lock and key.

- The test kit must be opened in your and a witness's presence.
- Before being tested you must be asked if you have taken any medicine.
- The test must be conducted by a person of the same gender as you and be conducted in the presence of an adult witness of the same gender as you. No one else should be present.
- The person conducting the test must wear latex gloves.
- The principal or his or her delegate must, in the presence of you and the witness, read the information contained in the package insert before the test is conducted.
- The test must be conducted as prescribed in the package insert.
- The package insert of each device indicates how the result of that test is to be interpreted.

GREETINGS FROM THE DDG

Ayobaness! The Department of Education wishes to congratulate all of you who passed and are now in the next grade or tertiary. May you experience even more success this year!

If you are repeating a grade, I encourage you to put in even more effort. Always remember, it's never too late to make "a fresh new start".

I hope that you will enjoy this jam-packed edition of Health Mate and will take advantage of all the tips that Half Tiger and the crew have put together just for YOU. Remember, healthy lifestyles and good choices are key to success. Live, learn and love responsibly. May you have the most beautiful beginning to 2000-and-mine. Make it YOUR year!

We were excited to receive letters from you. Thank you and keep writing. We had the pleasure of meeting some of our readers. Truly amazing young people. We were inspired!

Gugu Ndebele, Deputy Director General Social and School Enrichment

As we all know, schools are supposed to be drug-free zones. To keep everyone safe, the Department of Education recently approved random drug testing and searches in schools. This means that if a teacher suspects you of dealing

Hanging out with Health Mate

WORDS OF WISDOM

At the beginning of the year, most of us have good intentions to study more, to stay up to date with our homework and to do our assignments ahead of time. But it's not always so easy to stick to our resolutions. And sometimes, in spite of what we think are our best efforts, we just don't quite crack it. The *Health Mate* team hit the school yard in search of some top tips to help us stay on track ...



KEAMOGETSWE



NOAH

What should we be doing to get good marks this year?

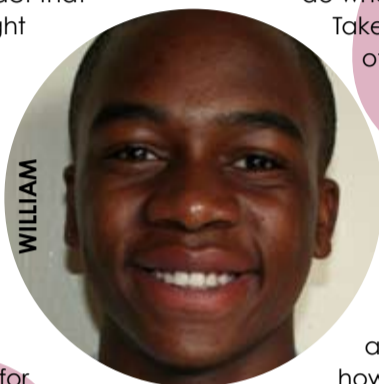
TUMELO: Stay focused on your goals. Don't let yourself get distracted.

MBALI: If you're struggling to achieve the marks you want, you need to look long and hard at yourself and maybe face up to the fact that the problem might lie with you. That's one of the hardest things to do. It's much easier to put the blame elsewhere or make excuses.

BORIS: Don't be afraid to ask for help when you need it.

MBALI: Ask questions if you don't understand something. Many young people are insecure – they don't want to speak out or ask anything cos they're scared of making mistakes. But how else are you going to learn?!

LORRAINE: Don't sit back and say "Oh, I can't do it, I'm just stupid!" Be proactive! The opportunities are there – use them: set up a study group, ask your teacher for extra lessons,



WILLIAM

do whatever it takes to get ahead. Take responsibility. Be in charge of your own success. It's not about your parents or teachers pushing you. It's all about you doing it for yourself!

NOAH: Make a timetable for yourself. Decide exactly how you're gonna spend your time after school – like how much time playing sport, how much time hanging out with your friends,

how much time doing your homework or studying, how much time eating and watching TV. It's all about planning carefully. You've got to set yourself a



LORRAINE

goal, plan how you're going to reach it, and then just stick to the plan!

WILLIAM: Write down everything that needs to be done each day – and don't stop until you're done! Don't procrastinate. You've got to work faster than the clock.

LORRAINE: If a teacher says you've got two weeks until a test, don't wait until the day before until you start studying for it. Start straight away, do a bit every day. Then you've got time to ask questions about anything you don't understand and to revise properly.

KEA: Make notes! You'll take in so much more than if you just read through something or just sit and listen. If you're taking notes you have to concentrate on what you're reading – you're

being an active learner. Try it, seriously - it really works. And don't just copy things out, that won't help you at all. You've got to read through a section of work, break it up into paragraphs or whatever, then try to figure out the main points of each paragraph. Write the points out in your own words, then check back in the book to see if you got your facts straight. Keep going like that – you'll be amazed at how much you can pick up and remember.



TUMELO

BORIS: I'm more visual – I learn better if I take my work and turn it into diagrams and mind maps.

MBALI: Believe it or not, you can make studying fun – you can turn a section of Biology into a song, a rap, a dance, a skipping game!

KEA: I find study groups can be useful. If you don't understand something your friend can explain it to you. And even better, when you explain something to your friend, you get to remember it really well!

LORRAINE: You need self-control. You've got to make wise choices – like do I party or watch TV, or do I study? Sometimes it's tough!

WILLIAM: And don't be too down on yourself if you sometimes mess up. No one is perfect: we all make mistakes – it's part of life. You've just got to learn from them, pick yourself up, hold your head high and carry on.

TUMELO: And don't forget to make some time just for yourself, to relax. I need calm time, some moments just to think.

YOU SAID IT

Winning words

Each of the writers of the following letters has won a CD – *John Legend's Green Light* – courtesy of the Health Promotion Directorate. Congratulations guys, keep those letters coming!

Dear *Health Mate*

I think *Health Mate* is a wonderful project. The main problem we face in our schools is teenage pregnancy. We know the consequences but still engage in sexual activities. Bad habits are like a comfortable bed - easy to get into, but difficult to get out of!

Let's stop drinking and doing drugs. Let's all take responsibility for our health and make the right choices. Let's focus on our studies and our future. Viva *Health Mate*, Viva!

Ziyanda Liqamane (14)
Sigangeni, Ngcobo

You are my best, *Health Mate*!
What a great supplement! It may only have

“Bad habits are like a comfortable bed, easy to get into but difficult to get out of!”

a few pages, but this proves that indeed dynamite come in small packages.

Nelson Khumalo
Winnie Mandela Park, Tembisa

Dear *Health Mate*

Thumbs up! I had no idea what to do during the holidays but you gave me new ideas. You helped make us aware that we have to think of the consequences before attempting sexual activities, drugs and smoking. Such an exciting edition, I can't wait for more.

Keep going strong and grow even more. This is a youth movement in the making - success in the making!

Emily Moeletsi (15)
Soshanguve South

Dear *Health Mate*

It's hard to make the right decisions always, but you have helped me sort out my priorities: being healthy, knowing my rights and responsibilities, and learning to say NO.

Hannah Roberts (17)
Via e-mail

Hello *Health Mate*

I think I'm going to have a really healthy year because of all the good tips and advice you guys are giving. One question only: can we please have more?

Hugh Baloyi
Via e-mail



SAY CHEESE: Prize winners Nelson Khumalo and Emily Moeletsi were hosted at the national Department of Education by Dr Faith Kumalo, Chief Director: Health in Education (left); Ms Gugu Ndebele, Deputy Director General: Social & School Enrichment (centre); and Likho Bottoman, Assistant Director: Health Promotion (right)

We'd love to hear from you, so if you've got something on your mind, suggestions for future editions, or just want to drop us a line to say hi, please e-mail us at healthmate@eishteam.co.za or write to:

HEALTH MATE, HEALTH PROMOTION DIRECTORATE, PRIVATE BAG X895, PRETORIA, 0001

The five best letters will be printed in the next edition of *Health Mate* and will each win a Joyous Celebration CD.



MIND AND BODY

Get moving and get fit this year because feeling strong and energised is a sure fire way to get high on life



Buff Bods

Turn your backyard into your own personal gym by trying some of these exercise tips.

Remember that a combination of cardiovascular training and weight training is best.

Start slowly and build up to new goals as the weeks pass.

- Get yourself a skipping rope or find a piece of rope and make your own. You've got to get your heart rate up to burn those calories. Aim for a 20-minute workout building up to 30 minutes a session. Try alternating between skipping really fast for 100 counts then slowing down to a more comfortable pace for a short interval to catch your breath.
- Create your own step workout. Step is a great cardio workout and is excellent for firming up

your butt too. Use any step in your house – you only need one – or get yourself a really sturdy box like a short bottle crate. You can always add some tunes to put some rhythm into your workout.

- For instant weights fill up two same-sized cold drink bottles with water and use them for bicep curls and every other kind of resistance training you can imagine for your arms. Remember to keep your movements slow and controlled and keep the rest of your body steady as you train. You can increase the weights as you get stronger by using bigger bottles.

Move – that's the bottom line to getting fitter! Help out around the house with chores, walk, run, swim, play, dance – have fun!

HEALTH FIX – catch some ZZZZZZZZZs

HERE'S SOME GOOD NEWS: sleeping is great for your health!

Getting at least seven and no more than nine hours of solid sleep a night is good for your heart.

Doctors say healthy

snoozing keeps your blood pressure and cholesterol in check. They even think it will help prevent cancer and they know sleep helps your body repair itself.

Sleep makes you less stressed and anxious. It also makes you more alert, improves your memory and energises you.

Short naps during the day will also do the trick when it comes to giving you a health fix.

So go-ahead, lie back and relaaaaax!



Treats to try

Boost your energy levels with these healthy low-cost snacks



Instead of plonking a slab of marg or sugar-rich jam on your sarmies, how about mashing up a boiled egg with a bit of chutney or mayo as a healthy, protein-rich alternative?

Some other yummy spreads to tantalise your tastebuds:

- Avocado pear with lashings of lemon juice and black pepper
- Mashed banana
- Sardines, pilchards or tuna
- Grated cheese and tomato - or cottage cheese and cucumber
- Chicken mayo
- And last but not least ... good old peanut butter!

Make homemade popcorn for a healthy treat. Heat a small amount of oil in a pot over a low-to-medium heat. Place a small handful of seeds in the pot and cover with a lid. Listen for them to start popping then shake the kernels around till all of them have popped. Hold off on the butter and go with a sprinkling of seasoning instead.

LUNCHBOX YUMMIES

Wasting a fortune on junk food? Sick of the same boring old school sarmies day in and day out? Lively up your taste buds with these fresh and fun ideas



Swoop white bread for brown – or, better still, go for wholegrain and wholewheat. Their lower GI levels will keep you full and bouncy for longer!

Keep things fresh and varied. Ditch the polony and fries and choose a salad of tomatoes, cucumber and lettuce with a little bit of tuna, boiled egg and cubes of cheese instead – yes, you can bring salad to school!

- Snack on carrot sticks, fruit and peanuts rather than chips and sweets.
- Drink water rather than carbonated soft drinks and juices.
- Try a new fruit or vegetable every month – who knows, you may just like it!

FUELING THE MIND



The National School Nutrition Programme will extend its reach to secondary schools from April. It will provide a daily nutritious meal to learners in quintile 1 schools (mostly in rural areas and informal settlements). The programme will be extended to quintile 2 and 3 schools (mostly in urban areas) in the next few years. If meals are provided at your school, write and tell us how it's going.

Make a fresh start with your folks



– that's scary stuff for a parent!

Earn your parents' trust by sticking to your promises and by making an effort to get things together even before they ask you to. So tidy your room, be helpful around the house, spend a little more time each day studying and keep to your curfew. This is not about you being your parents' model of perfection but about showing them that, even if you may not like all their rules and ideas, you respect them and are prepared to follow them where they are fair and reasonable. Open up the channels of communication with them by sharing more information about yourself and letting them meet your friends. Explain calmly that in order for you to accept their rules, they can't just be imposed upon you – they need to be discussed and negotiated.

Your mature and solutions-driven approach should help win their trust and make them ease up on you.

Dear Fifi

I'm so tired of fighting with my parents all the time. They just don't seem to get me and it's like they're always nagging or moaning at me about everything from my school work, my friends and what I wear to things they think I'm doing even though I'm not into drugs or sex or anything like that.

I'm going to be 16 this year and I have made it one of my resolutions to have a better relationship with them, but I don't want to change to be their "perfect child". I wish they could just accept me as I am.

Frustrated

Dear Frustrated

Understand that your parents have been used to controlling every aspect of your life as a child. They now have to adjust to you becoming a young adult with your own individual style and your own way of thinking

**Good luck!
FIFI**

Got a problem you'd like to share with Fifi? E-mail her at healthmate@eishteam.co.za or write to her at **Health Mate, Health Promotion Directorate, Private Bag X895, Pretoria, 0001**