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Female Peer educators embarks on discussion groups in campus residences

WIN!

Dinner for 2

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MESSAGE FROM THE HEAD OF UNIT

Melanie Marais

The youth are indeed the pride of South Africa.

The 21st International AIDS Conference highlighted the importance of giving youth a voice. As the HIV/AIDS Unit, we demonstrate our commitment in giving youth a voice through interventions like the 2015 and 2016 Youth Leadership HIV/AIDS Conferences as well as developing Peer Educators to lead the fight against HIV/AIDS. The HIV/AIDS Unit cannot emphasize enough the importance of your voices in tackling issues of "blessers", sexual and gender-based violence, alcohol and substance abuse, discrimination and many other related issues. You better to guide us towards helping us find solutions for youth related problems than the youth of today! We encourage students, get involved in extramural activities on campus and encourage your peers to get involved. Sport, arts and culture indirectly contribute to the reduction of HIV transmission. At the end we want to see a healthy, well-balanced, well-groomed, employable, competent and social responsible graduate coming out on the other side. We wish you all the best with your upcoming exams. Make your family proud!

CPUT quilt raised its flag at the 21st International AIDS Conference in Durban

A proud moment for CPUT when our quilt was selected to feature in the South African National AIDS Council's (SANAC) special award of "In our Hands: South Africans share their journey of hope."

The last three years the HIV/AIDS Unit rooted its role well and deep in the hearts of many young people. Gone are the days where HIV was considered a "boring and worn out" topic.

Quilts were displayed while international and local dignitaries including the honourable Deputy President, Cyril Ramaphosa and Minister of Health, Dr. Aaron Motsoaledi did a walkabout.

PEER EDUCATORS STEER HEADS & SANAC WITH THE GIRLS CAMPAIGN

BY BONGANI TYHALI – PEER EDUCATOR

THABO'S STORY

Guys, the best investment you can give yourself is to get involved in the CPUT HIV Peer Education Program. You get so much wiser. You will never regret it!

Young women and girls between 15 and 24 are up to 8 times more likely to become infected with HIV than their male peers.

Tamara Phai and I represented CPUT at a workshop in Pretoria organized by HEADS together with SANAC, Government departments and civil society to participate at the Young Women's and Girls National Campaign workshop on 24 June 2016.

Interesting platform and great minds got together sharing their thoughts around creative ideas in order to fight against the escalating number of the HIV infections amongst the young women.

Eventually we all agreed on a beautiful logo we would like to see representing the campaign with a Zulu slogan "isibani esiswe" which in English means "the light of the nation"

BY NAYTHAN KAYSER

Thabo (pseudo name) is a 19 year old male that hails from a small village in Eastern Cape. Being a brilliant matriculate, the family had great expectations of him.

When arriving at university, Thabo was exposed to friends and activities that he was not used to in the village where he comes from and this was quite a culture shock. During his first year as a chemical engineering student, like many other students, Thabo quickly lost focus and got involved with a group of friends that often attended bashes, hanging out at parties and engaged in alcohol, drugs and unprotected sex. All of these things were new to him and he found himself giving in to peer pressure very quickly as he wanted to impress his new friends and not lose them as they were quite a popular crowd. "Who would not want to hang out with a group of "popular" or "on flick" guys?" Thabo thought.

The first year went quite quickly and as expected, with the influence of "student life" and not having a good balance. Thabo's exam results did not look so great but he managed to just make it to second year. He did however have some explaining to do about his poor exam results when he got home the end of the year.

During his second year Thabo's class was visited by the HIV/AIDS unit and he was shocked and intrigued by the thought provoking information that was presented to them. Thabo thought, "Not once did he experience a sense that the staff was judgmental after sharing some of the risky things he participated in. During this visit he realized that he made some extremely bad CHOICES before and that he potentially exposed himself to HIV and other harmful diseases. Fortunately he tested HIV negative but knew that he would not be able to live his life as he wished. Thabo then made a wise and life-changing CHOICE to become a Peer Educator and only focus on doing well and obtaining his degree in chemical engineering as he intended to do when he arrived at university. Other wise choices were to join the CPUT basketball team, sticking to one partner and condoning all the time.

GLOBAL VILLAGE YOUTH PROGRAM SHOWS OFF!

21st International AIDS Conference

BY: RENE WILLIAMS

The Global Village was a diverse and vibrant space where youth from all over the world met to share and learn from each other. This was a space that invited young conference participants to see how science translates into community action and intervention.

Highlights for the Global Village was the two students Lulamele Bilibana, CPUT and Amber Brown, False Bay College as well as three of our Peer Educators, Commman, Unathi and Kamva who attended. Two students completed an evaluation form and during a lucky draw, they won an all-expenses paid trip to the Global Village.

Interesting and eye catching couture made with condoms were displayed. Designed by Adriana Bertini from Brazil a costume couture modeling show was held which drew most attention. The condomise stand had contemporary dances who entertained the crowd and danced with some delegates as well.

"The Global Village was epic! Many youth expressed their thoughts about the current issues at hand (HIV, STI's TB, Sexual orientation, discrimination) in discussion groups, learning from each other and show innovative strategies that can be used to attract the attention of youth around the world."

- Peer Educator Kamva

ACCESS EQUITY RIGHTS NOW!

BY KAMVA LANDZELA – PEER EDUCATOR

It is our absolute pleasure to express our unending gratitude to CPUT for giving us an opportunity to attend this momentous and historic conference.

A powerful theme Access Equity Rights Now set the mood for the 21st International AIDS Conference right from the start.

Thank you to our peers who nominated us, the HIV/AIDS Unit coordinator and staff who ensured that we were safe and well taken care of at all times throughout the trip and most importantly to the AIDS 2016 Conference Coordinating Committee for their work in developing a successful and memorable program.

The program aimed to give an outline on the new and advanced knowledge established to deal with the different issues faced globally to help fight against this epidemic. And off course, we showcased our new video clip CPUT 101!

Go check it out on Youtube guys!

Just follow the link: <https://youtu.be/nKA7FLYc-GM>

GOING BEYOND WOMEN'S MONTH

BY BRYANNA MARAIS

As we women should be valued every day of our lives and for the unique contribution we make to society. And when we say women, I include all women, irrespective of race, social preferences and socio economic background.

August month is not enough to show appreciation to women. Every year the month of August comes along and we are bombarded with pink-themed girl power advertisements, but do we really acknowledge the true meaning behind women's day? Sure, we all know about the march to the union buildings in 1956, but the day is of much more importance signifying the strength of women. Many women are still victims of abuse, sexism, misogyny, domestic violence and rape, after more than 50 years of celebrating this day. The very same perpetrators of sexual and gender-based violence are the very same people who have or had mothers, maybe sistered daughters. They were born from a woman; they were cared for by a woman. It is time women stand up to speak out against social ills in our communities and support women empowerment. If we could do it at Unit building in the 1950s, then we can surely do it today. Women can make a unique contribution to society given the opportunity and the will.

Set that woman free ladies!

WOMAN POWER

BY THOKGAMO MARETELA – PEER EDUCATOR

Women's day is a time to honor the life, grit, and determination of women, a time for introspection.

During the women's day celebration at the Cape Peninsula University of Technology numerous topics were discussed namely: what does it mean to be a woman, what are the roles women play in society, what problems do women face in their daily lives and at the workplace etc.

As we unpacked these issues we realized that women have really shaped a long way and now today's women are catching up with the footsteps of their male counterparts. They are also excelling in each and every possible field. They are no more dependent on males; they have climbed mighty mountains and also explored deep blue oceans.

Think like a queen and be the queen that you are and set the woman that is inside you free!

Viva women viva, *mosadi wa konokono* (woman of substance)!

Women's Day Sisterhood Dialogue Making wise choices

Don't make the mistake to think all blessers are old men. Let's define a blesser Ladies, it is ANY man irrespective of his age, who wants to give you goods in exchange for sexual favours. In other words make students can be blessers too! Don't be fooled.

To address this problem, CPUT Peer Educators hosted a dialogue on issues that affects us as young women. The "blesser" phenomenon was one of the topics discussed. It is time that all women seek for that value hidden within them. It is right there! Who needs a "blesser" or "sugar daddy" to tell us what we are worth? Build on your inner strength as a woman!

Thanks to our own CPUT alumni.

Radiographer, Singer, Songwriter and producer Chrystal for entertaining us and sharing the importance of making the right decisions.

She said:

1. What company do you keep- wrong company corrupts you
2. Where do you get your advice from - reminded students to use the support systems at the university
3. Don't make hasty decisions that you will regret. Think about it first or sometimes we need to sleep over it before we make a decision.

Thank you Chrystal Swanson!

TACKLING THE "BLESSER" PHENOMENON BY STORM

ARTICLE BY OYAMA JACK (OMT INTERN)

"Despite our remarkable success in saving lives through the provision of free treatment for people living with HIV and AIDS, it is estimated that nearly 2,000 girls and young women between the ages of 15 and 24 get infected by HIV in this country each week," said Ramaphosa.

The campaign "Women and Girls Matter", seeks to reduce the interlinked problems of HIV, school dropout, teenage pregnancy and gender-based violence and to maximize health, education and economic opportunities for young women and adolescent girls. The three-year campaign will increase access to sexual and reproductive health services for adolescents and youth-friendly clinics, the Integrated School Health Programme, community especially peer outreach and support. Funded through the United States President's Emergency Plan for AIDS Relief (PEPFAR) initiative, the Global Fund to Fight AIDS, Tuberculosis and Malaria, the German development agency GIZ and the national government, this campaign promises to make its mark.

"Phantsi nge blesser, phantsi! Phantsi ngo sugar daddy, phantsi!"

FIRST THING FIRST CAMPAIGN KICKED OFF IN WOMEN'S MONTH!

Lecturer take hands with her students and got tested

BY BONGIWE MBEKI (PR INTERN)

First Thing First HCT team test across all CPUT campuses and residences testing students and staff.

Students came in their numbers voluntarily testing to know the most important thing in their lives, and that is to get to know their HIV status and the importance of wise and healthy choices.

Ms. Belinda Berman, OMT lecturer accompanied almost all her students to get tested for HIV at Cape Town Campus and Ad she got tested too! High five Ms Berman. "KNOW YOUR STATUS" that is a slogan that HIV/AIDS Unit applaud and pride itself for. According to Lusanda Manglele HIV Counselor HCT team managed to test close to 2000 students and staff for this semester.

HIV/AIDS Unit would like to thank TB/HIV Care Association for their continued partnership to help us bring healthcare services to staff and students.

What students say about the HIV Unit workshops

Explanation was clear and understandable

There must be workshops monthly or more often

We need this

Understanding how the virus infect the body and destroy the immune system was made simple and easy to understand

PEER HELPER TRAINING

HIV workshop for Peer Helpers at Cape Town campus today. It's always worth the sacrifice knowing how much our students learn from these workshops.

CPUT you rock! #WeAreCPUT

It's educational, Informative and helpful

GRANGER BAY INTERVENTION

HIV/AIDS Unit orientates 1st year Hospitality Students, unpacking HIV/Gender & Sexuality matters.

GEORGE CAMPUS INTERVENTION

The HIV Unit visited the George Campus to provide free HIV Counseling & Testing and information sessions on HIV infection, Prevention strategies, ARVs & importance of adherence. Thanks guys!

ATHLONE CAMPUS INTERVENTION

1st years Nursing Students attend HIV Workshop, Unpacking HIV/ Gender & Sexuality matters at CPUT Athlone Campus.

CONDOM DISTRIBUTION

For the year 2016 we distributed close to 450 000 flavored condoms and the highest number of female condoms

WIN!

Dinner for two at the Granger Bay Hotel School restaurant by simply telling us what you think of the new flavored condoms. Winners will be announced in March 2017!

CLICK HERE TO RESPOND

COMMUNITY ENGAGEMENT A KEY FOCUS AREA

High School Community Outreach

BY NAYTHAN KAYSER

Behavioral change among adolescents is key to preventing issues of teenage pregnancy, gangsterism, alcohol & substance abuse as well as sexual & gender-based violence.

It is therefore critical to constantly engage with youth and more specifically school going youth on sexual risk taking behaviors they engage in.

To assist schools, we have formed partnership with three schools in the nearby communities namely: Excelsior High School, Trafalgar High School and Thaxhaile High School. We hope to increase these numbers every year. We are planning to do many other visits to our partner schools including whole school assemblies.

HCT team reached to Bellville taxi rank

BY BONGIWE MBEKI (PR INTERN)

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Ms. Belinda Berman, OMT lecturer accompanied almost all her students to get tested for HIV at Cape Town Campus

Female Peer Educators drive discussions in Campus Residences

BY SANDISWE TONGO – PEER EDUCATOR

The group discussion took part at Cattsville residence in Observatory in early September.

We discussed a lot of social issues, general issues basically all issues that affects our young women. Social issues like alcohol abuse, sexualized poverty, new flavored condoms, HIV and Aids. We also did condom demonstration and the audience participated into it fully. They enjoyed so much that it was suggested that I bring slides on our next discussion group. The audience was vibrant, enthusiastic and open about things they were engaged in.

HIV/AIDS UNIT INTERN GRADUATES!

It's all humble beginnings

BY BONGIWE MBEKI

It is a great pleasure to congratulate OMT Intern Oyama Jack and Business Management Intern Rudien Bosman on their graduation ceremony.

You are a very young people; you are very intelligent, focused, driven, dedicated and tenacious. Without all this set of virtues, you could not have graduated and this occasion would not have taken place.

HIV/AIDS Unit takes pride of you ladies. Congratulations, again!!!

PEER EDUCATORS AWARD DINNER

BY: BONGIWE MBEKI

The HIV/AIDS Unit hosted Peer Educators Award Dinner Ceremony on Friday 02nd December 2016, to the event was hosted in Lagoon Beach Hotel Library.

Our Stripes prevent HIV & AIDS

Asazela Ministry of Technology

Kamva Mbalente Landzela - Senior Peer Educator of the Year

Unathi Bhembe - Change Agent of the Year

LET'S TALK 16 DAYS OF ACTIVISM

LESS LULU MANCO NANTO

16 days of activism for no violence against women and children abuse is a worldwide campaign to oppose violence against women and children.

The campaign seeks to raise awareness of the negative impact that violence and abuse have on women and children and to rid society of abuse permanently. The campaign is held annually from 25 November to 10 December. The sad reality of the campaign is that the success of it rests on our daily individual and collective actions to safeguard our society against this cycle of abuse.

The theme for 2016 is "Count me in: Together moving a non-violent South Africa forward"; the campaign will be officially launched by President Jacob Zuma in Reiger Park, Ekurhuleni, on 25 November.

Although the campaign runs only for 16 days each year, its objectives are reinforced by a year-long programme and a national plan to combat abuse.

Despite the 16 days of activism against the abuse of women and children and world-renowned Constitution and a legislative overhaul that safeguards women's and children's rights, women and children abuse remains at an incline in South Africa. The abuse of women and children is systematic and is endorsed by various cycles such as culture and religion. In a diverse country like South Africa, where there is a variety of cultures and religious beliefs practiced on a daily basis, with some of them objectively abusing women. Women from all kinds of backgrounds and all ages in modern South Africa, face abuse in all spheres of life. It can happen at work, on the street, or at home.

All South Africans are urged to support the campaign by wearing a white ribbon – a symbol of peace – during the 16-day period to symbolize their commitment to never commit or condone violence against women or children.

Students or staff members experiencing abuse of any kind need to speak out and seek assistance. If you a student who is experiencing any kind of abuse be it at home, at your residence or on campus, you can visit the Student Counseling Office, HIV/AIDS Unit Office and/or the Clinic of which all of them are situated at the CPUT Cape Town Campus, Admin Building, Second Floor.

2016 WORLD AIDS DAY AWARENESS CAMPAIGN

BY BONGIWE MBEKI

On the 1st December 2016 World AIDS Day event took place in Bellville campus, HIV/AIDS Unit raised an awareness and show support for people living with HIV and raise HIV awareness.

GET FACT - HIV (Human Immunodeficiency Virus) is a virus which attacks the immune system—the body's defence against diseases.

HIV stays in the body for life, but treatment can keep the virus under control and the immune system healthy. Without medication people with HIV can develop AIDS. AIDS is life threatening, but if HIV is caught early and is treated, it will not lead to AIDS. If HIV is caught late, it can lead to more complications and could ultimately lead to AIDS. That is why it is so important to get tested early if you have been at risk of HIV, as it will mean that you can access treatment that will prevent you ever getting AIDS.

GET TESTED – It is very important to "KNOW YOUR STATUS" the sooner the better.

GET INVOLVED – When you diagnosed positive you are still the same person, only thing one can do is to live healthy Lifestyle, live positive and get involved in activities with groups of people who are positive.

IMPORTANT CONTACT DETAILS

As the HIV/AIDS Unit, we are committed to ensuring that our readers know where to seek help when needing assistance with daily life challenges. Below is a list of important contact details.

CPUT HIV/AIDS UNIT

Bellville

+27 21 460 4252/3

+27 21 959 2868

+27 21 864 5268

CPUT DISABILITY UNIT

Bellville

+27 21 959 69071

disabilityunit@cput.ac.za

CAMPUS CLINIC

Cape Town

+27 21 460 3405

Location Administration Building, Level 2, Room 2.900

STUDENT COUNSELLING

Cape Town

+27 21 460 3237

oliveran@cput.ac.za

Bellville

+27 21 959 6182

Location New Library Extension, Ground floor

ARE YOU INTERESTED IN JOINING A SUPPORT GROUP?

CONTACT

Ms Melanie Marais

maraism@cput.ac.za

Sr Sweetness Kola

KolaS@cput.ac.za

YOUR HIV/AIDS UNIT

We are here to ensure that students and staff members make informed decisions on their holistic health care and lifestyle. We are committed to providing a safe learning and working environment to protect you from becoming infected with HIV, STI & TB while studying at CPUT.

NAME	DESIGNATION	E-MAIL
Melanie Marais	HOU	maraism@cput.ac.za
Rene Williams	Admin Assistant	WilliamsR@cput.ac.za
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www.cput.ac.za/hivaids

Cape Peninsula University of Technology

UPCOMING EVENTS

2017 Youth Leadership Conference