

MOOD IN SOCIETY

SML QUARTERLY NEWSLETTER

► EDITOR'S NOTE

Dear Readers,

As we move forward, we take a moment to reflect on our recent moods. Mood 47: Gen Z Wardrobes. The Mood of Gender-Free Fits! reminded us how self-expression through fashion is reshaping identity. For many, aged 13–28, clothing has become a language of freedom, challenging rigid gender binaries and redefining individuality.

Then came Mood 48: Matcha, Identity & the Absence of Youth Spaces, where we explored how lifestyle trends like matcha mirror deeper social issues such as the pressure to belong & and access. This reflection pushed us to ask vital questions: what are government and community spaces doing to support youth connection, creativity, and well-being?

This month, as we mark 16 Days of Activism for No Violence Against Women and Children, we raise our voices louder. Although, gender-based violence and femicide have been declared a national disaster, we remain very curious to see which concrete strategies and actions will be implemented to support women. Not very long ago, this issue was declared a 'crisis' and no groundbreaking action was taken. We are living in fear. We are not free. Too many women are raped and murdered everyday and too many LGBTQ+ individuals, face violence & discrimination. Enough is Enough!!

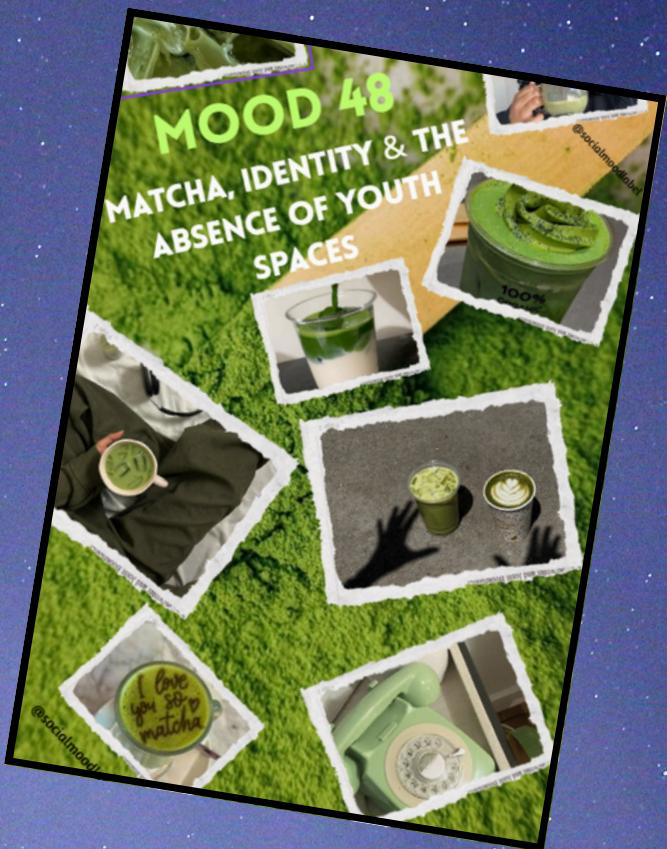
Editor Dr. Pumla Nofemele



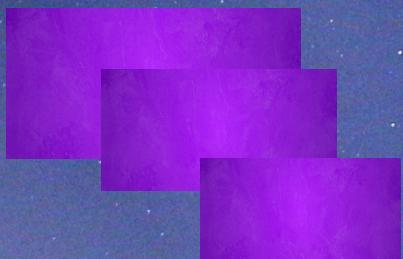
MOTIVATION

**Take Care, Gently
Remember to pause, to breathe, to rest**

**You are not a race, nor a test
Water your roots, let sunlight stay
Even small steps can light your way
Be kind to the thoughts that softly ache,
Each morning offers a chance to remake
Your peace is sacred, your calm a song,
Tend to yourself, it's where you belong.**



The graphics above look different, that's because they didn't make the final cut! But we still ❤️ them



Reflection: Gender-based Violence & Femicide. A National Disaster

The 'purple' movement marked a significant moment in South Africa's history and should be commended. We turned our profiles purple and protested to demand action on the GBVF endemic claiming women and girls' lives daily. Women's voices were finally heard, affirming that GBVF is a scourge in society and needs to be eradicated urgently. Lets see how this unfolds

SOCIAL COMMENTS *

- 
Londi 🎙
I love this!
9-30 Reply
View 1 reply ▾
- 
Self care
I agree, let women wear what they want to , ENOUGH 🤪
- 
reflectiveliving I like this, I like the relation between matcha & the lack of (green) spaces 🤪
- 
reillysworld matcha is the thing that is used to build identity & connection, right now cos its on trend, but it's really for those kids who can afford, kids from rural areas don't care but I saw a video of a guy saying he is moving to cape town & he can't wait to order matcha when he gets there & he was asking his followers which one to order. Worried about fitting in 🥢🍪