

SECOND
EDITION

WHY NOT YOU? WHY NOT NOW?

SPARK

CHANGE
NETWORK MAGAZINE

07 Typology
of violence

12 Safety
Mapping

CHANGE
MAKER
NETWORK



Masifunde's **Changemaker** Network

With the newly launched Changemaker Network,

Masifunde aims to capacitate learners with knowledge on relevant social topics such as leadership, prevention of gender-based-violence, community safety, or health. Through the network, the participating

learners will be empowered to **spark** change in their schools and communities.

On a quarterly basis, trained changemakers will run awareness campaigns on one of the nine topics in their schools. They will hand out one of the nine editions of this SPARK magazine and address their peers about the topic at the school assembly.

This project will show everyone that the ability to make change has always been within you as a young person.

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With funding from

 Austrian
Development
Cooperation



More on Masifunde

www.masifunde.org

More on the Changemaker Network

www.ChangeMaker-Network.org



Dear Learner,

It is the greatest honor and privilege to be given a platform where Learners lives are influenced, and their safety aspects are enhanced. I was over the moon when this opportunity was presented to me and thus I will obliged by all means necessary to make it work and being worthwhile. In times like this one cannot be silent but make a noise which will be heard by the ends of the earth! I mean Speak out of any negative, derogatory or the pulling down syndrome semantics that will damage your reputation, your good character even your selfworthiness.

It is time to drive out all disturbing attitudes and paranoia gimmicks which tend to manifest itself through violence or Gender base violence or any external influence which tend to thwart your normal good self.

Rise up and count your blessing instead of your misfortunes. Come to a place where you will find tranquility and peace of your soul.

Take care of yourself because nobody will do it without intentions!

Cosmo Lizo M. Baartman

*Department of Education
Nelson Mandela Bay District Safety & School Enrichment Programs Coordinator*

MOTIVATION FOR THE DAY

Beware of fools-The wisdom of folly: It takes a wiser man to play the fool!

Participating Schools

& progress made

Status: Feb 2022



High Schools currently active

- Newell ► James Jolobe ► Masiphathisane
- Tinarha ► Ndyebo ► KwaZakhele ► Mzontsundu
 - Loyiso ► Qaphelalani ► Masibambane
- Chapman ► David Livingstone ► Paterson
- Gelvandale ► Ithembelihle ► Booyens Park
 - Sanctor ► Phakamisa

My name is Akahlulwa Nazo, 15 years old and I reside in Motherwell, I am currently in doing grade 10 at Motherwell high school. When I was selected last year to be trained as a changemaker I was so happy that my classmates voted for me and I was excited for the training since then. In December 2021 I attended the Changemaker training, at Masifunde in Walmer and what I enjoyed most in the training was interacting with other changemakers and the sharing of ideas amongst one another. I learnt a lot through discussions about topics such as bullying, violence, conflict and others. In addition, learning about conflict resolution and the whole being a changemaker topic came at the right time for me. I was able to get out of my comfort zone and interact with my fellow changemakers respectfully. After the training I improved my communication and presentation skills, because before I first joined the training, I was shy.

This programme opened my mind and widened my understanding about myself and what I can do as a young leader and changemaker. Being a change maker starts with believing in yourself, your ideas and working towards them. I am looking forward to sharing the information that I have learnt as the changemaker that I am today. I know it will take determination, dedication and team work.

Lets talk
about

VIOLENCE

Which words from the list of words do you associate with violence? Circle the words.

PAIN PEACE DANGER PROTECTION FIGHT
HARMLESS HURT SAFETY ABUSE

What other words do you know that relate to violence? Write them down here:

What we can all agree on is that these words bring about negative feelings such as being scared, emotionally hurt, feeling unsafe and unfree. What can make us usually feel like this is violence. A common definition by The World Health Organization (WHO) is that violence is:

"The intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation."

Intentional that means that it is done on purpose.

Maldevelopment abnormal or imperfect development or growth

Deprivation the lack or denial of something considered to be a necessity.

There are three broad categories of violence, according to the perpetrators of the violence namely: Self-directed, interpersonal and collective violence.

Self-directed violence
refers to violence in which the perpetrator and the victim is one individual.
Example: suicide, self-abuse, harmful negative self-talk etc.

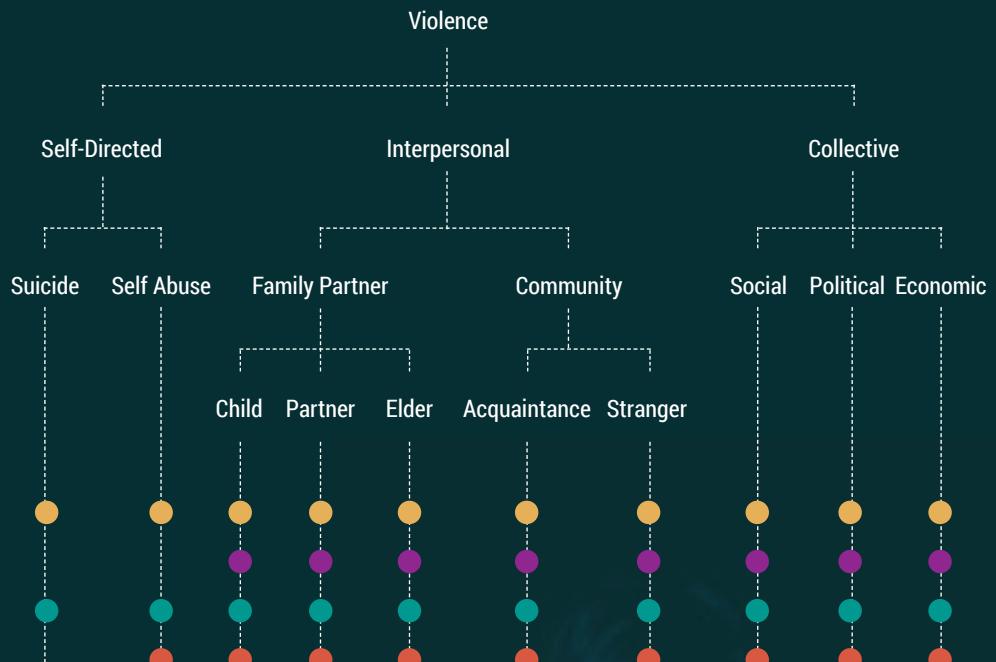
Interpersonal violence
refers to violence that is committed by someone to another person. The perpetrator can be a family member, intimate partner, school mate or a stranger. Examples: child abuse, bullying, domestic violence, gender-based violence, house breaking, assault by a stranger etc.

Collective Violence
refers to violence which is exercised by members of a community that identify themselves as a certain group against another group of people.
Examples: genocide, repression, terrorism and other organised violent crimes.

TYPOLOGY OF VIOLENCE

Representation of WHO Typology of Violence

Violence is not only physical; it can be in the following ways as well:



Nature of Violence

Physical



Sexual



Psychological



Deprivation



Perpetrator-Victim Dynamics

Violence is a learnt behavior that is reinforced by patriarchal systems that are often supported by our societies. Usually there is a perpetrator of violence and a victim of violence.

A **perpetrator** is the person who *commits the violence* and a **victim** is the person the *violence is committed against*.

Let's look at the perpetrator-victim dynamics. This concept refers to the complex relationship between the victim, perpetrator and sometimes, witnesses. In school related violence these individuals are not complete strangers, it's often the know each other as classmates or in different grades in the same school. Here are the types of relationships and behaviors of perpetrator-victim dynamics.

Learner-on-teacher

Many educators have also been attacked by both female and male learners. To most cases the victims are female educators.

Teacher-on-learner

Sexual misconduct, physical violence e.g corporal punishment, verbal abuse

Girl-on -girl AND Girl- on- boy

Name calling, taunts, derogatory comments.

Boy-on-girl

Mostly sexual harassment, bullying, physical and sexual taunts, threats, and violence, humiliation. The prevalence of this can be linked to harmful gender norms and communities where violence is normalized

Boy-on-boy

Bullying, physical violence and intimidation. It is most prevalence in communities prescribing to toxic masculinity and violence and abuse in the home context

Homophobia

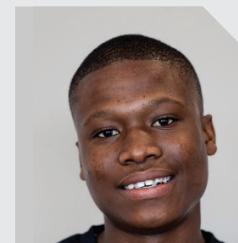
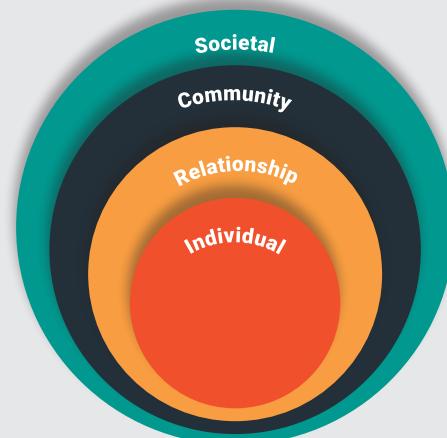
The most common forms of homophobic violence in schools are: teasing, name calling, and public ridicule. Spreading rumors, intimidation, physical violence, assault, cyber bullying and death threats. Prevalence is linked to harmful gender norms, religious and cultural ideals, and learnt discrimination.



RISK FACTORS

That lead to violence and crime

The socio-ecological model helps us to better understand a range of factors that put people at risk of violence and criminal activities in four levels, namely: Individual, relationships, community and society level.



Mkhonto
Ncobo

"When I was first selected, I was surprised and happy, because my peers saw that I have the ability to do more and I realised that I can do anything that I put my mind to and make a positive difference.

As I learnt about the Socio-ecological model of violence at the Changemaker training, in my opinion for children be able to be protected from the risks of violence we need a connected and healthy functioning structure as such families, schools, and programmes like the Masifunde Changemaker Network to get us thinking, involved and working together as the young people. I am looking forward to the 2022 campaigns in our schools."

Societal

- Political and economic crisis
- Violent norms and values
- Portrayals of violence in the media
- Gender and social inequalities

Community

- Formation of youth gangs
- Drugs consumption and dealings
- Lack of positive role models
- High crime rate
- Not enough social services
- Weak infrastructure to meet young people's needs and lack of leisure activities
- High school dropout rate

Relationship

- Weak parental supervision
- Relationship problems of the parents
- Low socio-economic status
- Low levels of education of parents
- Criminals as friends
- Drug use in the peer group

Individual

- Biological vulnerability
- Low self-esteem
- Participation in behaviour that endangers health
- Impulsiveness
- Victim of child malnutrition
- Lack of skills to resolve social problems
- Alcohol and drug access and abuse

CYCLE OF VIOLENCE

Calming/Honeymoon Phase

Apologizes, makes promises to never do it again, Incident is put under carpet, abuse/violence does not take place for a while.

Tension Building

communication breaks, misunderstanding, arguments, the victim gets scared / the perpetrator get angry



Reconciliation

Gives excuses, apologizes, denies the abuse, blames the victim

Incident

verbal, emotional and/or physical abuse happens. Intimidation, threats, blaming etc

Vulnerable Groups

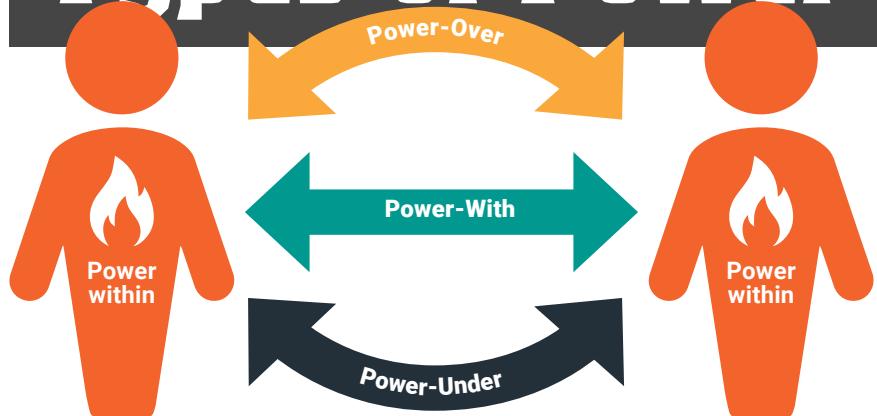
Vulnerable groups are people in our communities who are often at great risk of being discriminated, violated and treated unfairly. Vulnerable groups differ from community to community. This is influenced by social, political, religious, cultural and economic factors. Common vulnerable groups

in most communities are persons with disabilities, the elderly, women and children, members of the LGBTQIA+ community, foreign nationals, the homeless, people with albinism. There is no closed list to vulnerable groups.

WITH GREAT POWER COMES
GREAT RESPONSIBILITY...



Types of Power



People who are violent or abusive tend to have certain power over others. Whether it is financial power, physical power or power due to their status or position in society or in an institution.

- Power-Over** - Power over is how power is most commonly understood. This type of power is built on force, coercion, domination and control and works largely through fear. People who usually exercise this form of power have a belief that power is something that some people have and some do not because it is limited so not everyone can have it.
- Power-With** - Power with is shared power. It is built on respect, mutual support, shared power, solidarity, influence, empowerment and equality.
- Power-Under** - It is the power to make a difference, to create something new, or to achieve goals.
- Power-within** - Power within allows people to recognise their "power to" and "power with", and believe they can make a difference. Power within is related to your sense of self-worth and self-awareness. It is about being able to recognize your individual strengths and differences while respecting others.

Those with any kind of power should use their power to protect those who have less power and not take advantage or abuse them.



Question: Which type of power do you think we should use as changemakers and young leaders?



Activity

SAFETY MAPPING



Goal of activity For you to have an awareness of the places you feel safe and unsafe in your school or community.



Instructions

1. In groups or with a partner, draw a picture of your school and all its areas. You need to draw everything that exists in their areas from tuck shops, toilets, classrooms, sport fields, open fields to public lots.
2. After you have drawn your map. You must indicate with a green marker all the place where you feel safe at school and with a red marker all the places you feel unsafe at school.
3. As you indicate the safe and unsafe spots, discuss with your group why you say you feel safe or unsafe at certain places at your school. (How does the place look like? / What sort of incidents often happens there?)



Changemakers' Safety vision 2025

That there may be no smoking in the toilets and no one in the hallways

Our vision for 2025 in our school is that we have a safe and clean school.

In 2025, our vision for our school is to have NO BULLIES at the tuck shops and classrooms.

TO HAVE ELECTRICITY IN OUR CLASSROOMS

In 2025, our vision is that the back fields be used for sport or recreational activities. Toilets should be monitored.

In 2025, our vision for our schools is to have professional help from social workers and have educational awareness programmes.



"Attending the Changemaker training made me realise that it is possible that I can be that person with the ability to change other people's perspectives and make them realise that they too can change their own lives as I also realise through the being part of the project. The power is within every one of us, especially as young people."

I am looking forward to motivating others to be their best selves and not only focus on the lows and disappointments. I may not change the world at once, but I can change someone's world. Violence is not normal and we should not accept it to be part of our lives."



**Kamva
Mditshwa**

"I can say that there are things I learned and affirmed about myself knowledge through attending the 5 days Changemaker training. I am very happy about this because I am someone who enjoys learning and challenging myself.

I hope and wish that through our campaigns we will be able to shed light on how negative behaviours such as bullying and violence can be so harmful to victims so much that one may have long term effects such as self esteem and confidence issues or that person being violent, worst case scenario they can lead to death. Let's end violence in its tracks."



**Mihle
Alam**



REACH OUT WHEN YOU NEED HELP... NELSON MANDELA BAY



For Help with Abuse or Violence

Childline Report Child Abuse Website: www.childline.org.za	0800055555
SAPS (Emergency Number)	10111
Thuthuzela Care Centre (Rape & Sexual Abuse) Dora Nginza Hospital, Port Elizabeth Email: matshole@nspa.gov.za Open 24 hours: Walk-ins welcome	041 406 4112
Rape Crisis Website: http://www.parapentele.com.co.za Email: director.rapacrisis@parapentele.co.za Room 15, Adderley Arcade, 701 Govan Mbeki Ave, North End, Port Elizabeth, 6006	041 484 3804
G-B-V Command Centre	0800055555
Kwanobuhle Outreach Centre Hoyana Street, Uitenhage Open 24 hours: Walk-ins welcome	041 978 1499
Doxa Youth Program & Family Care 76 Kozana Street, Zwide, Port Elizabeth Admin: Admin@doxays.co.za	068 198 6669 081 754 5508

For LGBTQI+ Support, Health & Wellness

Sicibise Social Inclusion + 1 May Street, New Brighton, 6000 / sicibisesocial@gmail.com	074 798 9065 071 507 4426
Engage Men's Health Ground Floor, Minerva Mansions, 41 Bird Street, Central, Port Elizabeth www.sicibisechangemakershealth.org.za	010 534 8428
Wits RHI Provincial Hospital, Port Elizabeth	011 358 5300
Sibanye LGBTI 52 Myrtle Lane, Uitenhage sibanyelgbti@gmail.com	073 364 5423
South African Police Service (New Brighton) Constable Bthembile Rode : Community Police Officer	10111 082 457 3404

For Help with Counselling, Support & Mental Health

Revive Counselling & Trauma Support Services 101 Cannon street, Uitenhage Upper Central, 6229 www.revive.org.za Email: director@revive.org.za Open Office Hours: Walk ins welcome	041 373 8882/3
Uitenhage Mental Health 101 Cannon street, Uitenhage Upper Central, 6229 Open Office Hours: Call in with no appointment	041 922 8025



MEET SOME OF YOUR CHANGEMAKERS

