

ISSN 0257-8697

UPBEAT

30 OCT 1991

NUMBER 8-1991

R1

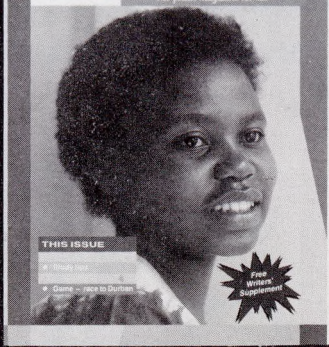
The youth magazine for all



THIS ISSUE

- Nani, the teenage star
- Study tips
- Politics made easy
- Game – race to Durban

Free
Writers'
Supplement



Front cover
Anna Zieminski

Upbeat is published by SACHED. SACHED is a non-profit educational organisation committed to a non-racial and democratic SA. SACHED runs a number of educational projects, one of them is Upbeat. SACHED has nothing to do with the government or the DET. It is independent.

**SACHED, 7th Floor,
Allied Building, 236 Bree Street,
Johannesburg 2001
Tel: (011) 333-9746
Fax: (011) 333-2297**

SACHED Cape Town
5 Church Street
Mowbray 7700
Tel: (021) 686-8615
Fax: (021) 686-8532

SUBSCRIBE

It's never too late to subscribe to Upbeat. To receive the next 8 issues in the post, send a cheque or postal order to Upbeat, P O Box 11350, Johannesburg 2000

Individual subscription rates (including postage) are: South Africa R11.50; Botswana, Swaziland, Zimbabwe, Namibia, Lesotho R13.50. Postage is cheaper if you subscribe in bulk. Write to us for postage costs on bulk orders.

The copyright of material in this magazine is reserved. If you would like to use material for publication please contact us for permission.

Upbeat is written by Upbeat staff except where otherwise stated.

**Typesetting by Elsie Nelson;
SACHED Production
Department**

Design and Production by Mzwakhe Nhlabatsi: SACHED Production Department

**Printed by Creda Press (Pty)
Ltd., Solan Rd, Cape Town**

CONTENTS

Features

School's out!	4
Nani, Isencane le ngani (<i>Nani, the teenage star</i>)	8
Children fight child abuse	10
Politics made easy	12
Growing up — living with parents	14
Hike your way to health	17
Adverts — the hidden message	20
Get wise! Get Upbeat!	25
Taxidriver — part 8	26

Your views

Letters	16
Talkshop — living in the city	9
Writers' Supplement	

Skills for learning

Study tips — keep cool, write well	6
Starting an SRC — Part 7	18
Mapwork — finding direction	22

Things to do

Game — Race to Durban	28
-----------------------	----

Regulars

Newsbeat	3
Penfriends	24
Willie Wordworm	30

UPBEAT

No 1.

WILL COME
OUT MID
JANUARY

It is already the end of the year. We hope that you have all had a good year and that you pass your exams. Just think of the weeks ahead when you can relax and enjoy yourselves at home with your family and friends.

We have spoken to teenagers all over South Africa to find out what they do during their holidays. So read how young people spend their time.

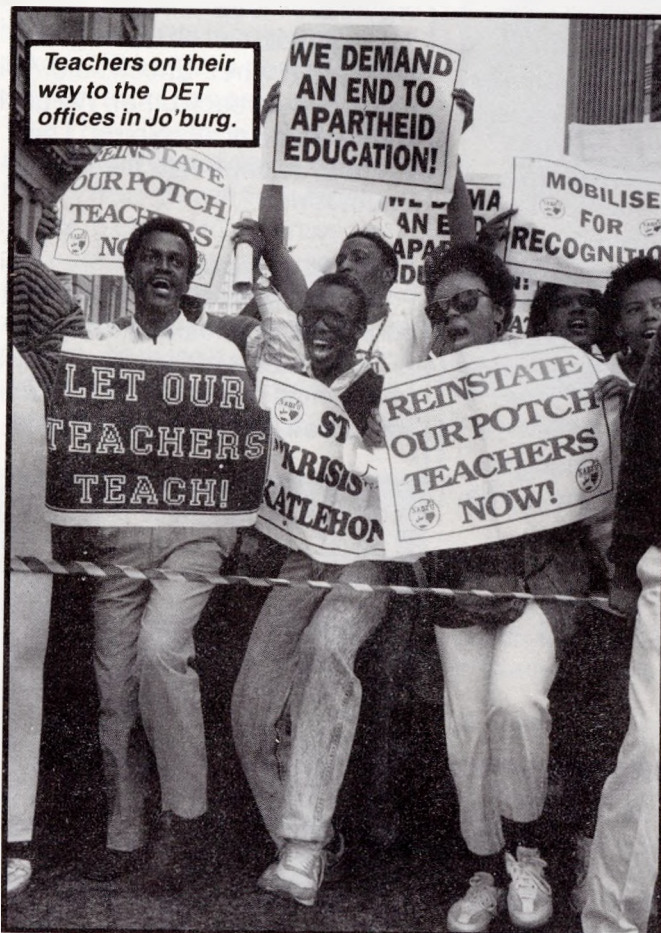
In this issue of Upbeat you will also find a special supplement of writing from you, our readers. Read what other teenagers think of love, politics, nature and many other things.

We are really sorry to have to tell you that once

again we must increase the price of Upbeat next year. We have to do this because the cost of producing Upbeat is going up all the time. So, as from No. 1 next year, Upbeat will cost R1,50. But it will be full of specials for you. There will be a free calendar and a free school timetable. We will also have special supplements on the children of Namibia, books and our readers' writing. There'll be lots of competitions with exciting prizes to be won.

We hope that the new year will bring you joy and success. Hopefully we have seen the end of all the violence which has brought tragedy and fear to so many of our readers. See you next year!

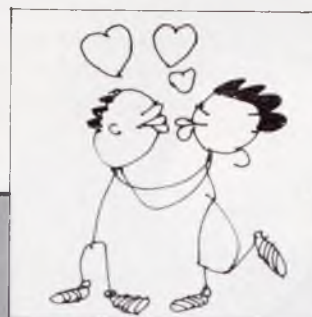
Teachers march



On 7 August, more than 6 000 teachers from all over the Transvaal gathered in Johannesburg. The teachers wanted the government to know how difficult teaching is when there are no proper facilities. The teachers met at the City Hall to talk about their problems. Then, at one o'clock, everyone left the hall and marched to the Department of Education and Training offices in Braamfontein. Down Rissik Street the teachers marched, right past the Upbeat offices. All you could see were teachers, teachers and more teachers. When they reached the DET offices, they gave the DET a list of their demands. This is what

your teachers want.

- The DET must recognise the teachers' union, SADTU.
- The DET must stop making the lives of teachers who belong to the union difficult.
- All teachers must earn a living wage.
- There must be smaller classes and more teachers.
- All schools must be open to all people.
- Women teachers and girl students must be treated the same as males.
- All education laws to do with apartheid must go.
- The DET must confirm the jobs of all teachers on probation.



School's out!

The days are slowly getting longer and warmer. Soon it will be summer. And that means it's almost holiday time! Upbeat spoke to young people around the country to find out what everyone does during the long December holiday.

Molefe Lenganana is 14 and lives in Soweto. The highlight of his holiday is when he visits his family in Bophuthatswana. 'I visit my family every end-of-the-year,' Molefe told Upbeat. 'I spend three to four weeks there. I love it. I play soccer with the guys or we go to the shop to play games. It's so much nicer than being at home in Soweto. There's nothing for me to do here. I stay at home or visit my friends. My parents work, so we don't spend a lot of time together.'

All the teenagers we spoke to said that they liked going away. Most of them visit grandparents or relatives who live in other areas. 'My brother and I visit our granny in Botswana,' Ziemant Pilane from Garankuwa told Upbeat. 'My granny lives on a farm. So we help with the harvesting. It's a rural area, so there isn't much to do. But there is a disco. We go to the disco about three times a week.'

A few lucky ones get to spend some time at a holiday resort with their parents. Adriana Bevilacqua from Newclare said her mother takes them to Durban every year.

'My mother's already saving for our holiday,' she said. 'It's nice to go away together.'

But not everyone is so lucky. Victor Abdool from Newclare works during the holiday. 'I get a job at a repair shop. I'm good at electronics. I work most of the holiday. When I'm not working, I like lying in the sun and dreaming about girls.'

Joseph Namane from Garankuwa also works during the holidays. 'I work to get money to buy school books,' Joseph said. 'But this year I want to visit my penfriend in Botswana. So I'll work the first two weeks, get enough money and go to Botswana. When I get back home, I'll have to look for another job so that I can prepare for school.'

Youth camps

Many young people belong to youth clubs. A survey done by the Youth Centre Project at Natal University showed that most young people in urban areas belong to a sports or youth club.

There are many different kinds of youth clubs — church youth groups, gospel and dance clubs, political and educational groups. Enock Motlana and Bridget Metlae belong to church youth clubs. 'I'll spend my holiday profitably,' Bridget said. 'I plan to attend non-racial youth weekends at Chiro camp. The Catholic Church organises these camps.' 'Young people of all races get to know each other,' Enock said. 'Our aim is to help each other. We get to know people of all colours. This will help us cope with the new South Africa.'

Staying at home

For some people, holidays aren't very exciting. Moipane Phajane is 14. She lives in Soweto. 'I stay at home most of the time. Sometimes I go to see a film with my friends.'

During the holidays, it's all work and no play for some.



What's better than splashing about in the surf in summer?

Graeme Williams: Southlight

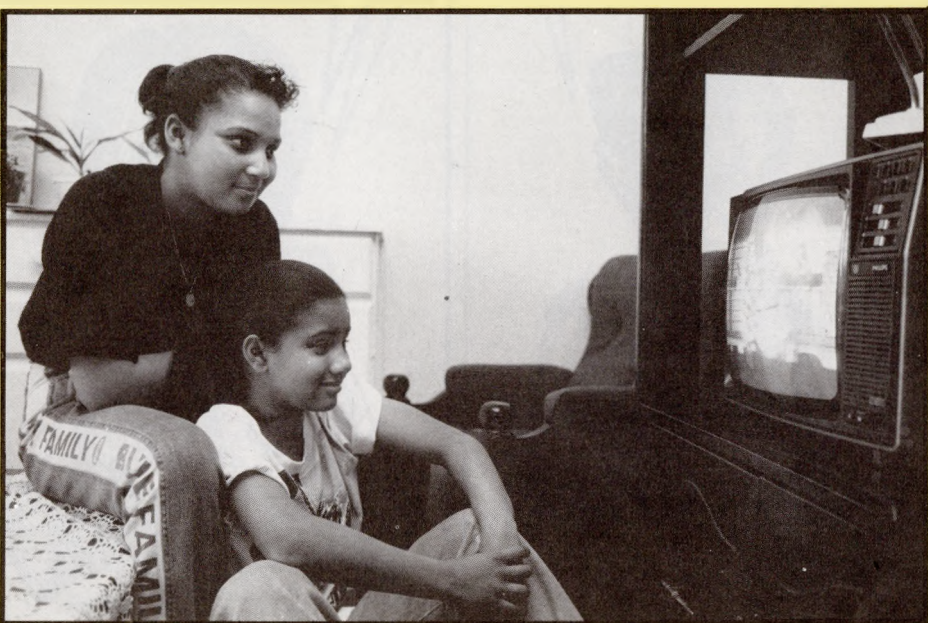
But most days I just watch TV. We don't go away because my dad works during the holidays. When I get tired of watching TV, I phone my friends. My parents get very cross. They say I'm not paying the phone bill.'

For children from richer families, life is easier. They have much more to do during the holidays. Suzanne Cooper is 14. She lives in Parkwood, a suburb of Johannesburg. 'I like going to flea markets with my friends,' she said. 'And I like going to the movies. Sometimes I sleep at my friends' houses and we go to parties in the evening.' Suzanne enjoys sports. She swims, plays tennis and hockey. 'We've got a pool at home, so I swim a lot,' she said.

Cecil Hlungwane lives in Giyani, Gazankulu. His holiday is very different from Suzanne's. It gets very hot in Giyani in summer. But Cecil can't swim because there is no swimming pool. 'The summer holiday has always been boring for me because there's nothing to do,' Cecil said. 'Especially here in Giyani. You hardly see a person in



Making friends in an amusement arcade



For a change there is no school work. Just TV, TV and more TV!

the street because it's so hot.'

But no-one complained that the holiday was too long. Everyone was happy to be out of the classroom, except for Petula Williams. She is 16 and lives in

Athlone, Cape Town. She wishes she could stay at school. 'I just sit at home during holidays,' Petula said. 'I watch TV or sleep. I also visit my friends a lot. I prefer to be at school. Holidays are boring.'

Recreational Facilities

Young people should have enjoyable and relaxing holidays. They should be able to play sport, laze around a swimming pool on hot summer days or watch thrilling movies. But there are very few recreational facilities and opportunities for young people in townships. In Soweto there are only seven swimming pools. And more than three million people have to use them! More than 200 000 people live in Alexandra, a township outside Johannesburg. There are 85 soccer teams, but only four soccer fields. There is one library, two stadiums and three public halls.

Khayelitsha, a township in the Cape, has 300 000 people. There are six soccer fields and four tennis courts. There are no swimming pools, libraries, night clubs or cinemas.

Mangaung in the Orange Free State has a population of 150 000 people. There are no swimming pools or cinemas.



Keep cool, write well

The day of the exam is fast approaching. Many students are very worried. It's scary in the exam room. Here are some answers to their questions about writing exams.

I have studied hard for this exam. But I worry that I won't remember all the things I have learned.



Zanele

Don't panic. Your brain works like a computer. All the work you have studied is safely stored in your head. In the exam room, you must get this information out and present it in the right way. If you panic, your brain won't work properly. So you must stay cool. One way to stay calm and confident is to find out as much as possible about the exam beforehand. Answer the following questions:

- When is the exam?
- Where is the exam?
- Which subject or section of work is being examined?
- How long is the exam?
- How many questions are there?
- How many marks are there for each question?

I always start writing as soon as I get the question paper. Sometimes I end up answering the wrong questions. What can I do?



Miriam

When you receive your exam answer paper, fill in your name. Listen carefully to what the teacher says after she gives out the question papers. She may tell you about any errors on the question paper.

Then read through the instructions on the first page. The instructions tell you which sections or questions you must answer. Make sure that you understand exactly what you have to do. Ask the teacher for help if you are not sure.

Then read through the questions carefully. Cross out those you don't need to answer. Then put a tick next to the questions you can answer.

Sometimes I don't understand the question and I lose marks because I haven't answered the question properly.



Thandi

Make sure you understand fully what is being asked. Don't write down anything before you understand the question. Read the question again carefully. Ask yourself, 'What does the examiner want from me?' Then underline the most important words in the question. These are called key words. For example: 'Describe why sheep farms are the main type of agriculture in the Karoo' or, 'Give an account of the digestion, absorption and use of carbohydrates.'

I like doing the easy questions first. But then I don't have enough time for the rest of the question paper.



Mike

It's good to answer the questions you know first. This builds confidence. But don't spend too much time on one question. Otherwise you'll run out of time for the other questions. Marks for three half questions answered, are worth more than marks for one. Here is a way to work out roughly how much time you can spend on one question:

$$\frac{x}{y} \times z = \text{time available}$$

x = number of marks for a question

y = total number of marks for the exam

z = total number of minutes for the exam

Once you have worked out how much time you have for each question, write the time down next to the question. And stick to the time allowed.

A friend of mine went blank in the exam room. She couldn't remember anything. What if this happens to me?



Elsie

If this happens, try to relax. Don't panic – it will only make things worse. Close your eyes, sit comfortably and think of something nice for a minute or two. As soon as you feel calm and confident, tackle an easy question.

Should I check my work at the end of the exam?



Molefi

If there is time left, read over your answers. Make any corrections you need to. Make sure that you have marked each section and numbered each question clearly. ■

Exam questions

Here are some key words that are often used in exam questions. They tell you what kind of question it is and how you should answer it.

describe – give a detailed account or explanation of

define – give the exact meaning of a word or phrase

distinguish between – note the difference between

give an account of – tell the story of

outline – describe without detail; summarise

state – present in brief, clear form

account for – explain

analyse – make a detailed description and criticism of

compare – look for differences and similarities

discuss – argue a certain point or position, giving reasons for and against

explain – show the meaning of

Good luck, everyone!

Nani, Isencane le ngane.

(Nani, the teenage star)

Gone are the days when the bride and the bridegroom struggle to dance to thundering disco tunes. It wasn't easy to do the Get Down style in a wedding dress.

But now the good old days of traditional African wedding songs are back.*Shaya i-sitepo makoti! And it's all thanks to Nani Ntengo, the kid lead singer of the Platform 1 musical group and Nani's hit-album, 'Isencane'.

Artists often struggle for years to have the spotlight fall on them. But Soweto's school girl, Nani Ntengo, has a different story to tell. Freddy Gwala was the person who first spotted Nani. He told Upbeat how her singing career started.

'Nani began singing in the Youth Church Choir. Amongst all the voices I heard an electrical one. Later I found out the voice belonged to Nani. She was only singing in praise of the Lord. It never occurred to her that one day she would top the music charts. Nani was simply not aware of her big talent.'

Upbeat tried hard to get hold of the twinkling star from Mzimhlope. Our chance came when Blondie and Mmabatho Makhene of KGM records, brought her to their studio. Nani was reading a magazine when we arrived. We couldn't believe such a small person was behind that powerful voice.

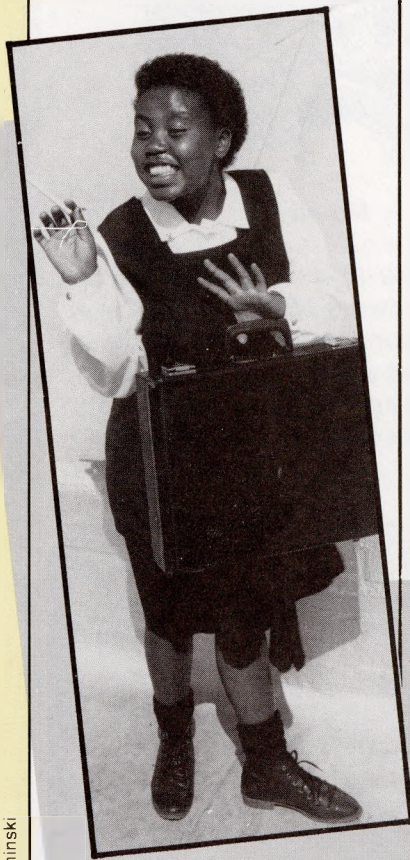
Nani is a very busy person. 'I spend most of my time on my studies,' Nani said. 'Education is just too important to be neglected. Life is fast becoming very hard for the uneducated. I can always fall back on education if things become bad. So I do not want to drop-out of school.'

'At home, I help with household chores like cleaning and cooking. I also go to the youth club regularly. I use the rest of my spare time to visit my friends and play Bhati or Mgusha (teenage games) with them.'

When does Nani find the time to practise singing? 'To be frank with you, I don't practice songs like other artists do,' she said. 'I sing African folk and wedding songs which are not complicated. I learnt that our forefathers used to recite unprepared poetry at ceremonies. And that's similar to what I'm doing with my songs. The title track of my album 'Isencane' is a good example of what I mean. It's only a three-line lyric song,' explained Nani.

People love Nani's music. Her record has sold thousands. Nani has recently received a platinum disc for her album. We asked her how she feels about her achievement. 'I'm glad. It's a blessing. Money has been hard at home. But my family has given me much support. The money from the sales of my record will help our large extended family. It's their money too,' answered Nani.

Just as we were leaving, Blondie turned to her and said, 'Won't you just do them a song, baby?' We were thrilled. When she finished her song, we didn't want to leave. We were about to ask for another song when Bra Blondie showed us the door. ■



Nani, the school girl from Soweto, has sold more than 50 000 copies of her first album.



TALKSHOP

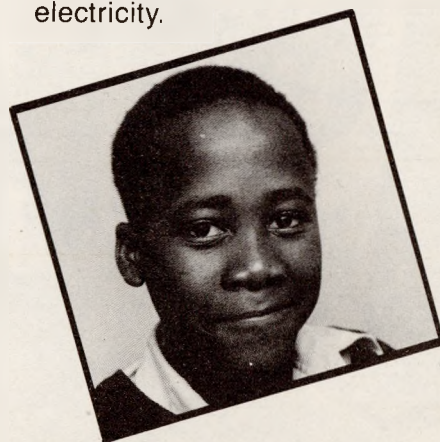
Living in the city

Would you like to live in a city? Upbeat spoke to students at Malatse Motsepe High School in the village of Makau, Bophuthatswana.



Otto Ndima, 16

Here in Makau, things are tough. My father has to travel for one and a half hours to get to work in Pretoria. It's very expensive. Half his wages are spent on transport. We don't have electricity. I like to play music at home. Our music system works on a car battery. But my parents shout when I play my cassettes because the battery has to be recharged every three weeks and it's a lot of money. I would love to live in the city. There I'll use the electricity.



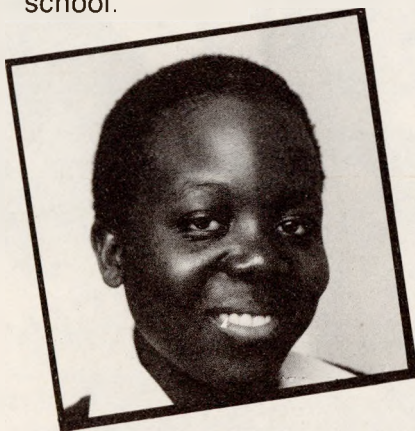
Johannes Tlhabi, 15

Yes, I would like to live in Johannesburg. There you have more opportunities to improve your studies. Here in the village we can only study at school. There is nothing else. But in the city, there are libraries and recreational facilities. I'd love to play chess. Also, life is hard here. We lack water and electricity. The transport is bad. Sometimes I have to walk three kilometres from my home to school.



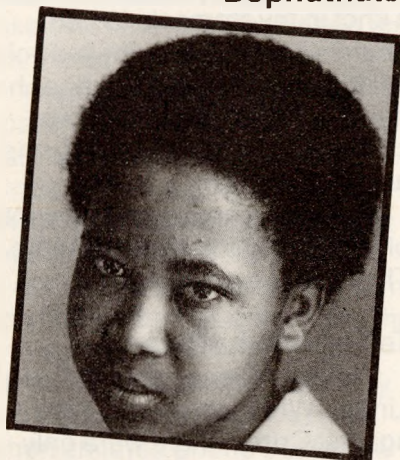
Estelle Tiisang, 21

No, I don't want to live in a city. There's lots of violence in Johannesburg. And there are school boycotts. Here in Makau we have to buy our textbooks. We only get books to write in. But we don't boycott. Students in cities just don't want to go to school.



Sophie Kwamba, 17

I wouldn't like to live in a city. Life is too fast. There are lots of shebeens and too much traffic. Youth start drinking at an early age and drop out of school. I like it here in Makau. I like breathing fresh air every morning. There is too much pollution in the city. Also life is tougher there. Rents are high and if you don't have money, life is difficult.



Modikwe Daphney, 15

No, I like living here. Here people earn very little. But they are employed. In the cities, people are unemployed. And they live in fear. In the village we're sure of our safety. We don't have recreational centres here, but we don't mind. As long as our parents are employed and we're getting an education, we're sure about our futures.

Sophy Mogapi, 15

I wouldn't like to live in a city. In Johannesburg, Soweto, there is a lot of violence. Innocent people are dying. Here in Makau this doesn't happen. Maybe it's because there are only Tswanas living here. In Soweto, there are many different tribes. That's why Inkatha fights the ANC.



Readers, what do you think? Send your views to: Upbeat Talkshop

P O Box 11350 Johannesburg 2000

Children fight child abuse

By Magnus Bergmar

The phone rings and Linda answers it, 'Kids against Crime Hotline. Can I help you?' On the other side of the phone it is quiet except for the sound of crying. 'I am here to listen. Don't be afraid. Everything will be kept secret if you want it to be so.'

In the town of San Bernadino, California, USA, some children got together and decided to do something about crimes against children. Linda Warzaw, who started Kids against Crime was 12 when she went to court with her mother. Her mother worked with people who were convicted of crimes.

'I went to trials where children had been abused. I could scarcely believe what I heard. That these things could happen to children of my age or even younger, gave me a knot in my stomach. When I heard a brave little eight-year-old tell the court how a neighbour had hurt her, I understood that we children have the power to bring about changes.'

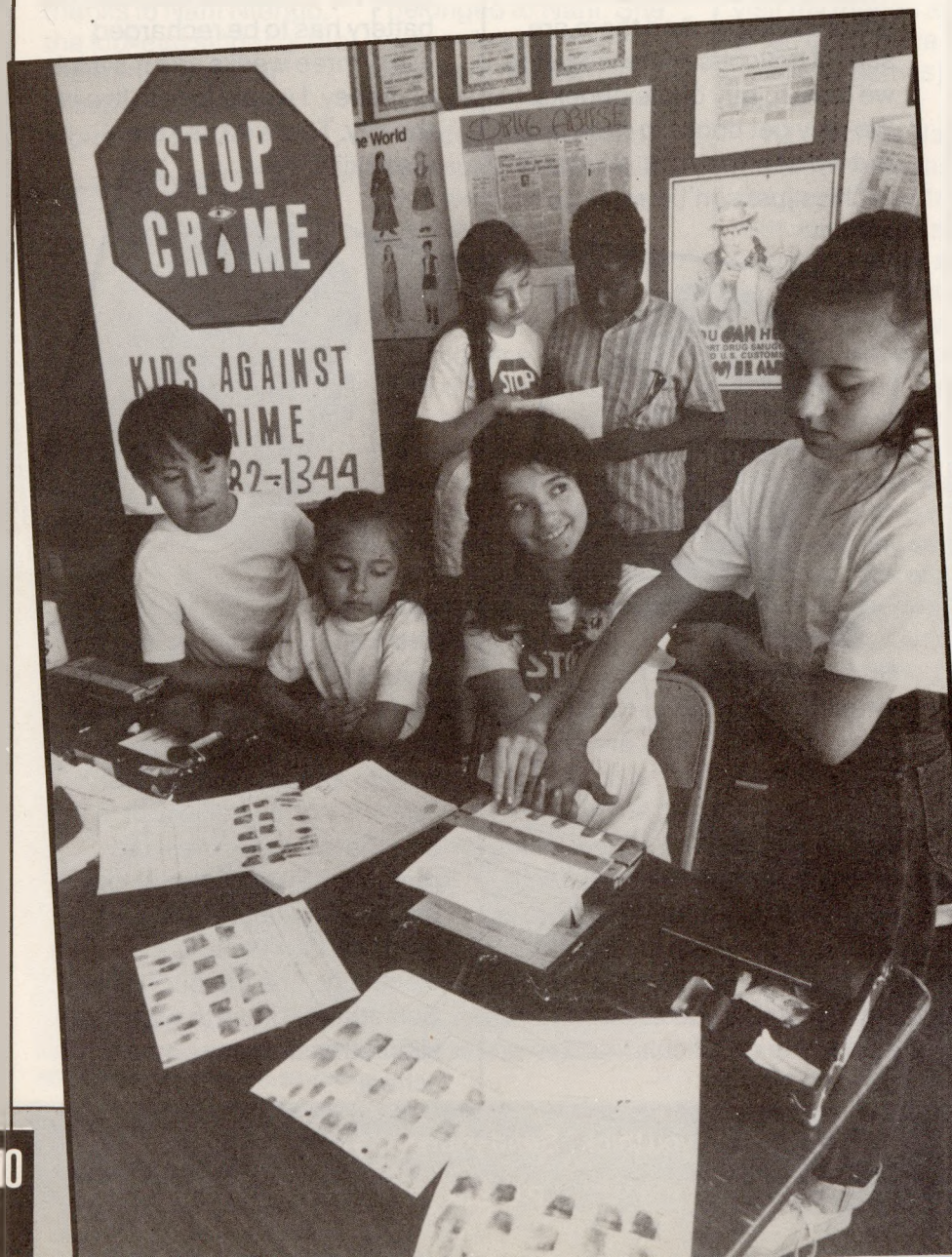
So Linda went home and wrote a plan to start Kids against Crime. That was five years ago.

Telephone hotline

'I told my friends about it,' said Linda. 'When we started Kids against Crime, there were only 11 of us. But today we have 4 500 members. We even have members from the Soviet Union and Sweden.'

Kids against Crime started a hotline telephone service for children in trouble. Only children work for the hotline. The service is open from 3 – 9pm during the week and for 24 hours during the week-ends.

◀ **Kids against Crime take children's fingerprints so they can help the police if children disappear.**



All the children who run the hotline service go on a course to help them counsel the children who phone in. They also have adult specialists who are ready to take over when children need and want help.

'Children feel that they can speak to us in a way they don't dare speak to adults,' explains Linda. 'When a child has been a victim of violence, we try to get them to report it to the police. It is difficult for kids. Often it is someone close who has committed the crime against them. Over a thousand children ring us every year. Sometimes I want to cry when children phone but I know I must be strong. I must be a friend they can rely on.'

Among the kids who work for the hotline are children who have themselves had difficulties. Alice was 12 when she joined Kids against Crime.

'Alice called one evening. She told me she was abandoned by her parents when she was three,'



Linda answers the phone, 'Kids against Crime, can I help you?'

Linda says. 'When she was 11, she was abandoned again by her adopted parents who used to beat her regularly. Her adopted father had raped her. When she phoned us, she was in her seventh foster home in three months. Through us, Alice got help and soon afterwards she began helping us.'

'What I enjoy most about Kids against Crime is acting out short plays for younger children,' says Alice. 'I feel that I'm educating them so that they don't have to experience what I did. The plays are about how children can prevent being victims of crime, or about themselves and how they mustn't use drugs or hurt others.'

Kids against Crime do more than just run the hotline and act in plays. They also take children's fingerprints. They do this so that if these children ever disappear, their parents have some way to help police trace them.

Defending yourself

Linda talks about their other activities. 'We give advice about self-defence so that everyone can look after themselves. For example, we teach children how to defend themselves with school bags. And we tell them not to go near cars if strangers ask for directions.'

'But the most important thing we teach is that you must never allow anyone to touch you if you don't want them to. Say no and tell an adult you trust what has happened.' ■

Help for kids

In South Africa we do not have a Kids against Crime Hotline service. But if you need to talk to someone about your problems, you can phone one of these numbers.

Johannesburg:

Childline (011) 484-3044

Durban:

Childline (031) 47-5555

Cape Town:

Safeline (021) 26-1100

Pretoria:

Childline (012) 44-2222

Grahamstown:

Lifeline (0461) 2-6668

East London:

Lifeline (0431) 22-0000

America Today

Many of us think that the United States of America (USA) is the land of plenty. But is it? At least 100 000 children in the USA are homeless. Many abuse drugs. Children are often reported missing because they have run away or been kidnapped. Child abuse is common.

There is no law in the USA that forbids adults from hitting children. Every minute four kids become victims of violence, often hurt by their own parents. One out of four girls and one out of six boys has been sexually assaulted before the age of 18. Eighty three out of every one hundred children have seen or experienced crime in their lifetime.

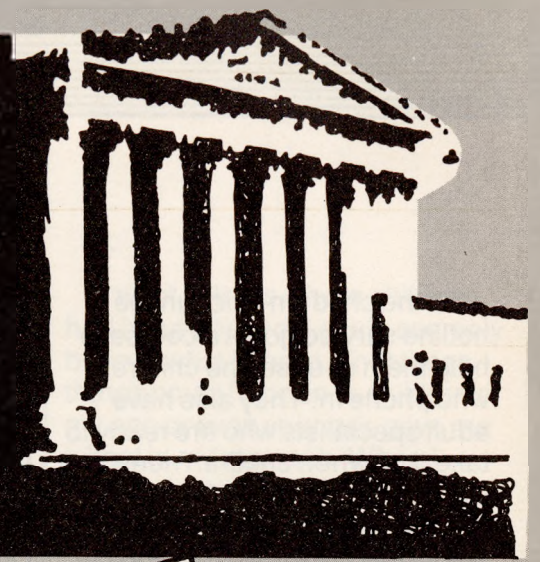
Linda Warzaw (centre) together with other members of Kids against Crime.



Politics for beginners

Everyone is talking about the new South Africa and about negotiations. People want a multi-party conference, a new constitution, a constituent assembly and an interim government.

But all these words can boggle your mind. So, we are going to explain what these words mean. Next time people talk about the future, don't get an instant headache. Join in and air your views.



What is the Harare Declaration?

The African National Congress met in Harare in 1989 to talk about peace in South Africa. There they drew up the Harare Declaration. The Harare Declaration was a programme of how we could achieve peace and a democratic government in our country.



What is the difference between 'a returnee' and 'an exile'?

A returnee is an exile who has come home.

And who are these 'exiles'?

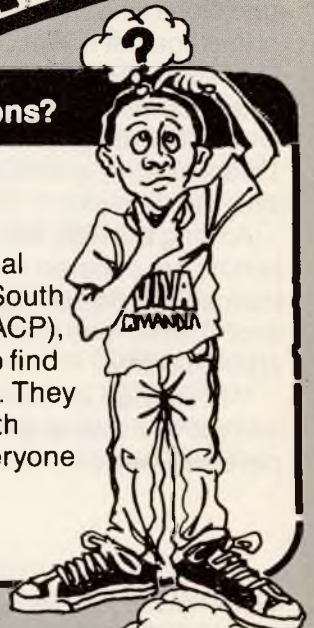
An exile is someone who lives outside of their country because of political troubles. After the government banned the African National Congress (ANC) and the Pan African Congress (PAC) in 1961, many people left South Africa – they went into exile. They went to other countries in Africa like Zambia and Tanzania. These countries promised to help them struggle against apartheid. Some exiles went to Europe where they helped to start anti-apartheid movements. After 1976 more and more young South Africans left the country to join the ANC, Umkhonto we Sizwe (MK) and the PAC.



PEACE & DEMOCRACY

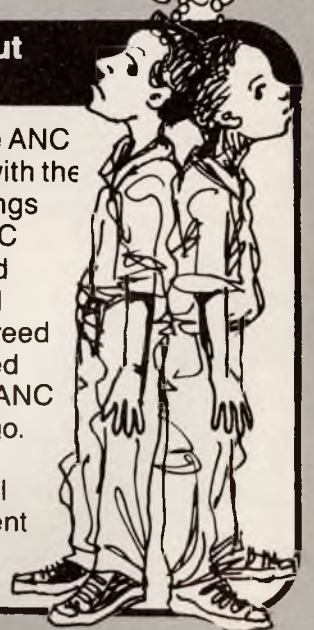
And what are negotiations?

To negotiate is to come to an agreement by talking. So the government and other political organisations like the ANC, South African Communist Party (SACP), and the PAC will negotiate, to find ways to change South Africa. They will negotiate to change South Africa to a country where everyone has the same rights.



How can you 'talk about talks'?

You might well ask. Well, the ANC refuses to talk or negotiate with the government until certain things have changed. First, the ANC wants all political parties and organisations unbanned. All political prisoners must be freed and all exiles must be allowed back into South Africa. The ANC also wants all racist laws to go. When all these things have happened, then the ANC will negotiate with the government about a new South Africa.



What is a multi-party conference?

The ANC and the Nationalist government want a conference or big meeting of all the different political parties in the country. This conference will give these other parties a chance to be part of the negotiations. Everyone will have a chance to say what they want for the future South Africa.

BLA-BLA
BLA-BLA

BLA-BLA
BLA-BLA

blablabla
blablabla

bla-bla
bla-bla

What do people mean when they talk about a constitution?

A constitution is a written document which sets out how a country must be governed. A constitution says who can vote, who makes laws, how laws are made, how laws are enforced and how the constitution can be changed. A constitution states who has power to govern and how these people will govern.

What is an interim government?

An interim government is an in-between government.

The ANC says the Nationalist government cannot be players and the referee at the same time. So they want a government made-up of respected South Africans to control South Africa while negotiations happen. The Nationalist government can't stay in power. If they do, the Nationalists will be part of the negotiations and they will judge whether the negotiations are working or not.

What is a constituent assembly and what will it do?

A constituent assembly is a meeting of representatives from every area in the country. People say they want a constituent assembly to write a new constitution for South Africa. In a constituent assembly, representatives come from every area and every group in the country.

Is a constituent assembly the same as a parliament?

No, a parliament is where a group of people who govern the country meet. For a democratic government in South Africa the whole country must be divided into different constituencies or areas. And **everyone** over the age of 18 must be allowed to vote. In parliamentary elections, political parties put forward candidates in each area for people to vote for. The candidates who get the most votes go to parliament. There they speak for or represent the people who chose them. And they make laws. The political party with the most representatives in parliament becomes the ruling party.

What are the Groote Schuur and Pretoria minutes?

The government has had two meetings with the ANC about negotiations. The first one took place at Groote Schuur last year, in Cape Town. The agreement they came to at this meeting was called the Groote Schuur Minute. The next meeting happened in Pretoria at the beginning of this year. And the agreement from this meeting was called the Pretoria Minute.



Hopefully you are now a new South African with the meanings of all these political terms safely under your belt.

So Upbeat readers, see you at the multi-party conference when we'll talk about the constitution, elections and the interim government.



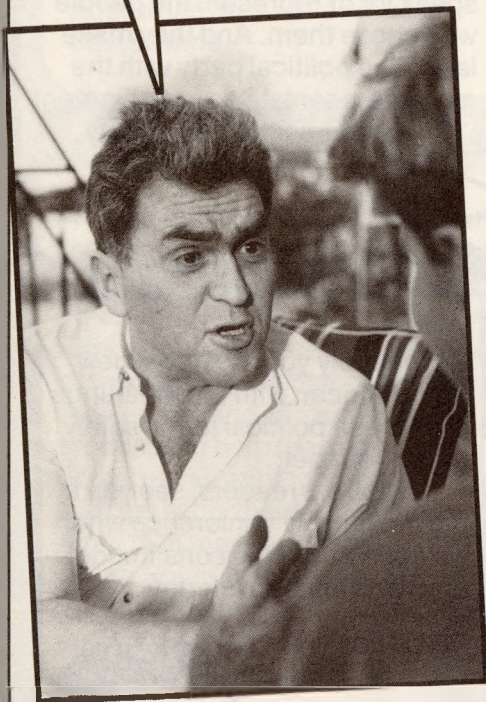
Living with parents

Do you get on with your parents? Can you talk to them openly or do you fight about everything? Here are some tips for parents and teenagers on how to live together in peace.

Tips for teenagers

1. Believe it or not, your parents were also teenagers once. Ask them how it felt. They probably had similar problems.
2. Parents don't know all the answers. But they love you and want the best for you. Listen to what they say. You just might learn something.
3. Get your parents to explain the reasons for rules. It's easier to follow rules which you understand. If rules make no sense, work out better rules together.
4. Ask your parents about sex, falling pregnant and AIDS. The more you ask, the easier they'll find it to give answers. Don't be shy. Before you have sex, get all the facts. Make sure you know about contraception and AIDS.
5. Some parents have many problems of their own. If your parents can't help, find another older person you trust who will listen and advise you.
6. Show your parents you are responsible. Keep your promises and face the results of your actions. Behave like an adult and they will treat you like one.
7. Why don't your parents like some of your friends? Do these friends drink alcohol, take drugs or behave violently? Your parents may worry that these friends are a bad influence on you.
8. Don't shout, scream, or cry, whenever your parents upset you. Sit in a quiet place and think things through. When you are calm, you will talk sensibly. Your parents will be more prepared to listen to you. Tell them why you are angry.
9. Forgive your parents if they make mistakes. Remember, no-one is perfect. Not even your mom or dad.
10. You can learn from your parents. They have much more experience of life than you.

Now for the last time — you can't go out tonight!



Linda and her two daughters, Melissa and Martene, enjoy being together.

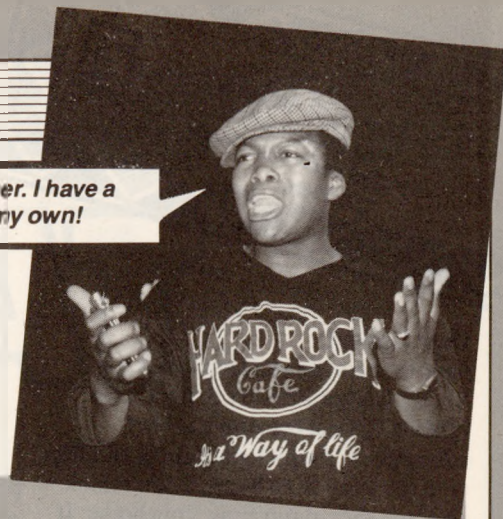




*You never listen to me.
You always know better!*

Young people from the Joint Enrichment Project act out the problems between parents and teenagers in their play 'Heyta! Bra Spinks!'

*I'm a teenager. I have a
mind of my own!*



Tips for parents

1. Believe it or not, your 15-year-old baby is almost an adult. She needs support and help. She feels grown-up but she has little experience of life.
2. Teenagers need to know you love them no matter what. Listen to what they say. Don't shout, beat them or treat them like children.
3. Teenagers need a few clear, easy-to-follow rules. There needs to be rules at home, like how late she can stay out and where she can go. Discuss the rules so that everyone agrees.
4. Talk about sex. Don't think that if you don't tell your kids about sex, they will forget about it. Answer all their questions honestly and openly. Help them say no to sex when they do not want

it and tell them about the dangers of casual sex. If they are already sexually active, they must use condoms. The risks of AIDS or an unwanted pregnancy is great if they don't.

5. Teenagers need someone older to listen and give advice if asked. If you can't do that, find someone else who can, for example, another relative, friend, doctor or minister.
6. Teenagers need to be independent. Soon they will be running their own lives. Give them practice. Let them make choices and face the results of their actions. Treat them as 'adults-in-training'.
7. Teenagers need to mix with other teenagers, both girls and boys. If you stop your kids from

having friends, they will do so behind your back. Let them bring their friends home so that you can meet them.

8. Teenagers who play sports or have work or hobbies spend less time getting into trouble. Help your teenagers find interests, part-time jobs or hobbies.
9. Forgive your children again and again and again.
10. You can learn from your children. They often have new and fresh ideas. Try to stay friends, talk and listen to each other. ■

*Remember, see that you're
home before ...*

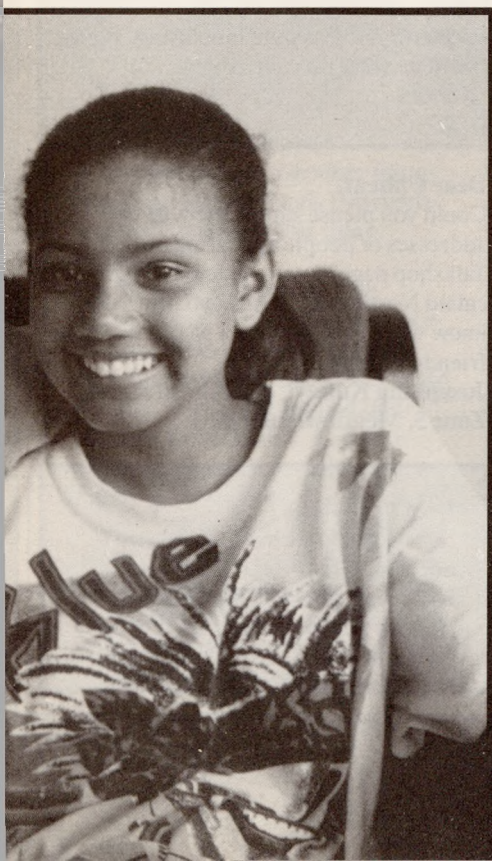


I know, six o'clock!

'My name is Mamohapi. I blame my parents for not talking to me about things I should have known, such as the changes that take place in my body as I grow older. I had to find out from my friends. Even now my parents will not talk to my younger brothers and sisters about such things. This is wrong.'

Many parents say that it's against their culture to talk about sex. But is this true? Upbeat spoke to Peter Delius, an historian. 'It is wrong to say there was no sex education in traditional society. Parents often didn't talk directly about sex to their children. But in many societies, adults gave youth sex education during initiation. The older members of the community were the leaders at the initiation schools.'

Peter said that the missionaries were against sex education. This led to a big problem. There were many more illegitimate children on mission stations than there ever had been before the missionaries arrived. '



Upbeat letters
PO Box 11350
Johannesburg
2000.

Dear Upbeat,

I am 13 years old and I am in Std 5 at Siviwe Higher Primary School. I like reading Upbeat because it is very educational. I want to talk about children who run away from home. I don't think children should run away from home. If you run away from home, you will end up robbing and killing people and you will never go to school again. I am very worried about children who run away because they have no future. Education is very important but they do not care about it. They don't even know what the word 'education' means.

Nelisa Mngeni, Gugulethu

Dear Upbeat,

I am a girl of 10 and I have a big problem. I was raped by our landlord. He said that if I did not have sex with him, he would throw us out of the flat. I told my parents what happened. They did not want to believe me because he is a close friend of my parents. I'm trapped. Please tell me what to do.

Anthea, Lotus River

Dear Anthea,

Thanks for writing to us. We're very sad to hear about your terrible troubles. You are very brave to write to us about your problem. Thanks for coming forward.

We showed your letter to the Planned Parenthood Association. They said you must get help. Go to see a social worker near to you. Ask a teacher at school to help you find one. Or go to the Family Planning Clinic and ask to speak to a Sister there. She will give you some advice. Or you can phone Safeline at (021) 26-1100.

This landlord should be brought to justice. He has no right to do this to you. You don't owe him anything. Your parents pay rent to live in the flat. Your parents cannot allow the landlord to abuse you. They need to learn to appreciate you, their child. They are responsible for your safety at all times.

Editors

Dear Upbeat,

I am a proud, young, black girl of 15 years. I am in Std 7 at Matala Middle School. I love Upbeat very much because it reveals the truth which other magazines and books hide from us. Thank you very much for telling the truth, Upbeat. I was pleased when I saw the history story, 'Digging for Diamonds' in Upbeat No. 7 1990. I learnt a lot from this article. Stories like this are very helpful for people who are studying history at school.

Moiria Letsholo, Tlhabane

Dear Upbeat,

I would like to comment on Ulrich Gwaxula's letter in Upbeat No. 5 about the Gulf War. I don't agree with him that Saddam is a cruel man. Saddam is our hero because he supports us in South Africa. He applied sanctions against the apartheid government of South Africa. Mr George Bush is a cruel man. He supports the South African government. He was the first to lift sanctions.

Dalton Mahule, White River

Dear Upbeat,

I have a problem. I am a guy of 18 doing Std 10. I want to become a poet but I don't know how to start. Please send me some guidelines and information on how to become a poet.

Martin K. Mosito

Dear Martin,

There is an organisation for writers called the Congress of South African Writers (Cosaw). They run workshops on how to write poetry and stories. Write to them at: Cosaw, P O Box 421007, Fordsburg, 2033.
Or phone (011) 836-9594.
Editors

Dear Upbeat,

I am in Std 7 at Groenvlei Secondary School. I also attend the Alpha Youth Centre in Hanover Park. It's good to belong to this youth centre because you learn something new every day.

In March Upbeat visited the Alpha Centre to hold an Upbeat Writers' Workshop. It was wonderful and lots of fun. We learned how to write stories. It was also nice to meet the people who write Upbeat. I want to thank Upbeat for coming to visit. Keep on publishing your wonderful magazine!

Leonore, Alpha Youth Centre

Dear Upbeat,

I am a girl doing Std 10 at Malizo High School in Cape Town. My aim is to go to university next year. But the problem is I don't know what I want to be in the future. So I am writing to you hoping you will be able to help me choose a career.

N. Stemela

Dear N. Stemela,

Unfortunately we cannot help you. But you can write to the Careers Research and Information Centre (Cric). They have lots of information about careers and bursaries. Their address is:

**Cric
P O Box 378
Athlone
Cape Town
7760**

Or phone them at (021) 637-8040.

Dear Upbeat,

I write this letter to tell you about how Upbeat readers steal poems from other books and say it is their own work. I am concerned and hurt because I sent in my own work and it was not published. But then I see other poems in Upbeat that have been copied. For example Tshapo Makhaye's poem is published and if you open the poetry book, *Exploring*, you'll find it on page 11. Do something to stop this cheating!

Israel Katane

Dear Israel,

You're right. Readers, it is not good to cheat. Taking someone else's work and pretending it's yours is stealing. Please send us your own writing!

Editors

Dear Upbeat,

Could you please supply me with the addresses of people appearing on your Talkshop page? I was attracted to a girl called Nosphiwa Hlatshwayo. But I don't know where she is from. I would like to be friends with her.

**Josephina Kubayi, 422 Khosa Street,
Zone 5, Meadowlands 1852**

Dear Josephina,

Sorry, we don't have Nosphiwa's address. Maybe she'll see your letter in Upbeat. If she wants to, she can write to you.

Editors

UPBEAT

Writers'

Supplement

Dear Readers,

Here it is – your Upbeat writers' supplement for 1991! Eight pages filled with poems, stories and drawings, written and drawn by you. If your work appears here, you are R15 richer!

So make yourself comfortable somewhere – on the stoep, in the park or just spend an extra hour in bed. And read, learn and enjoy!

Editors

News from Paarl

A few weeks ago, a terrible thing happened here in Paarl. Everyone was very scared of this thing, satanism.

People were so worried. The satanists said that they would take children from school to offer on their big night. When parents heard this they came and fetched their children from school. And they refused to send their children to school the next day. The principals of the schools were determined not to close their schools for the day. I was just glad that nothing happened to my sisters and my friends and me.

Charlene Daniels, Paarl

Warning to young smokers

I am a cigarette.
I am not a mathematician
But I can add to man's nervous troubles.
I subtract from his physical energy
And multiply his aches and pains.
I dull his mental powers

And ruin his lungs.
Enjoy smoking me but you won't last.
I make you lose interest in your work
And lessen your chances of success.
Liquor is my friend.
Boikie Rankoko, Phokeng (15)



EDUCATION

The thing that takes people away from their homes everywhere you go, is education. Children go to a tiny, square building called a classroom. The classroom is stuffy and uncomfortable. Forty people sit crammed into it like sardines in a can. Education is the thing that every human being needs. So don't let it escape you. There are many people who are still searching for education.

Matilda Kabini, Jane Furse

Read a book a week

Read a book a week
and your spelling won't be bad
Or when the test is over,
you'll be surely glad.
Read a book a week
and you won't have to seek
For all the things you do not know.
Reading makes me clever.
Believe me or not.
I love to read, Oh! yes I do.
Do you?

Yazeed Kamaldien, Lansdowne



COMPUTERS

Our world is now filled with them.
They're taking the place of men.
They cause a lot of trouble
And now they're starting to double.
We all know some can talk
And soon they will begin to walk.
They've now become the tutors,
Those awful things known as
computers.

Lynne Rodgers, 12, Athlone, Cape

Me

Some people think they know me.
Some think they know me better than
others
But I think they are all mistaken.

Sometimes I'm tall
Sometimes I'm short
Sometimes I'm fat
Sometimes I'm thin.

But they still say they know me
But they don't
Because I'm not describing me.
I'm describing my shadow.

Joe Mhlontlo, Gugulethu



Mosquito

I am a mosquito
A small thing
with a thin figure.
I cannot be thirsty,
I cannot be hungry.
I can always eat and drink.
During the day I'm lonely.
But when my prey goes to sleep
I meet them with a lovely smile.

When you don't want my bite
Look for something to protect you
Or to kill me.

Otherwise you can get a sickness
By the name of malaria.

**Sannie Mbhungele,
Bushbuckridge (18)**

MY PET

My pet is a cat, he is not fat.
He's a male but not in jail.
He plays with me and not with a key.
He eats fish from a golden dish.
He's my cat and my pet.

Asma, Azaadville (13)



Isaac Dlamini Soshanguve

Man

I admire the work of a free mind.
I am proud of the fact that I am a
human being and that I can
reason. I am proud of the fact that
I do not let the colour of my skin
torment me. I strive for an open
mind and a free heart. Pride is the
appreciation and love of
achievement, the recognition of
one's own value, the dignity of
being oneself.

Why do you restrain the minds of
others? You give it inferior
institutes of learning. You
brainwash them to accept
apartheid. Men are not capable of
doing nothing, of saying nothing,

of not reacting to injustice, of not
protesting against oppression, of
not striving for a good society and
a good life in the way that they
see it.

I hate racial discrimination and in
my hatred I'm sustained by the
fact that the overwhelming
majority of mankind hates it too.
The fault lies not with the stars
but in ourselves. A man does not
know what it is like after death.
But he knows he must die. The
world is still as evil as Christ
found it and left it.

**Mmapitsi Matjila,
Hammanskraal (18)**

Street kids

Up and down the town they walk
Tattered, dirty, clothes wrapping their
bodies.
They know nothing about reading and
writing
While others are being taught at school.

They can never say where they are going.
All they want is food and money.
All they get is bad names and hatred.
They have learnt to steal and use drugs.

When darkness falls, they spend sleepless
nights
Under pipes, with stones and iron bars
nearby.
When the sun rises, they are already out,
Begging for food and jobs without
success.

Their future has turned totally dark
Nobody cares or thinks about them.
They must be helped.
They must be included
In the schedule for the new South Africa.
They must be educated so they can have
a better future.

Pardon Munyai, Sibasa

Yesterday

I was saying Baas to you,
Miesies to your wife
Klein miesies to your daughter
Klein Baas to your son
Yes, it was yesterday.

Forcing me to have a dompas
I was always asked
for my passport.
My movement was limited.
Yes! It was yesterday.

Working day and night
Working for peanuts
Let toyi-toying make my day. V:F7
Let me suffer no more.
I feel like I can cry
When I remember yesterday.
Paulos Mahlangu, Kwa-Mhlangu



Trees

Trees are small and trees are tall
I love them all.

When it's hot, trees give me shelter
And when it rains, they also give me
shelter.

We should take care of them in a
very special way.

Sometimes they bear fruit
And oh! they look so cute.
For if there weren't any
Where would we get fruit and
shelter?

The trees are green
And their branches are brown
So why should we break them down
And give them a frown?

**Shauna Petersen,
Mitchell's Plain (12)**

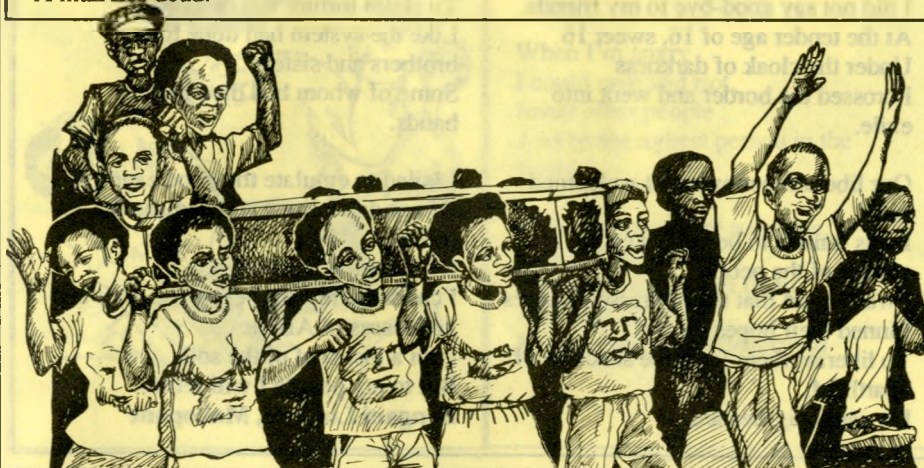
Why violence

'Mama,' cries the child in the fearful
night.
But the mother lies motionless on the
ground.
Blood spills like a fountain from her
body.
Oh! What a sorrowful sight.
This is the situation on the East Rand.

Houses turn to a burning hell, streets to
a graveyard
People are running, a gun whistles,
A man lies dead.

How many orphans will be created
today
While Inkatha fights the Xhosas?

Here is my plea, to everyone in
Bekkersdal,
Kagiso, Katlehong, Vosloorus,
Kwa-Thema, Daveyton.
I am praying for peace to take control,
For unity, for negotiation
But not for violence and hatred.
Johannes Lephato, Brits



Tragedy on the Reef

The ghost of the Reef
Is walking along the streets
Throughout the chaos
Draping a dark blanket over the area.

The loss of human life
Is a daily event.
The sun rises with a smell,
A smell of pain and fear
Red rivers flow along the streets.

Parents, teenagers and children,
Even infants in their mothers' wombs
Shed tears of pain.
Dogs run for hiding places,
Their tails between their legs.

My country is South Africa
Where people are seeking
Fresh air to breathe.
A place we used to adore
Now has an atmosphere of teargas.

Division and discrimination,
Poverty and starvation
Are the national songs of my country.
The name of the ghost is violence
And its father is Apartheid.
David Molutsi, Mabopane

Women of Africa

We, the women of Africa
Must fight for our rightful place in
society.

We, the women of Africa,
Must organise, mobilise and
conscientise

So that we can take over the
leadership.

We, the women of Africa,
Must take our rightful place in the
country

Because we will lead the masses to
freedom.

Carmen Hefe



Dear mother in heaven

Dear mother in heaven
Look down upon your son.
It was a cold winter's night
When you died.

I stood by your side
Till the last moment came.
You told me to pray
So I knelt down and prayed.
Dear mother in heaven
Look down on your son.

Enock Makua, Temba (17)



Love is nothing but a feeling
between two people.
Magnetic fields working,
an attraction.

It is an enjoyable thing,
a most cordial feeling.
It is a tender thing that needs
preserving.

But love is also too rude,
too boisterous, too tyrannous
Too rough and it pricks like a thorn.

If love is rough with you,
be rough with it.
Otherwise you'll be in for the high
jump.

Julian Weimers, Ennerdale (16)

African World

You, amazing continent,
How attractive you are,
With your hidden wealth.
Millions of people came,
Burglars from all over the world.

Africa, how could you welcome
these creeping strangers
And punish your sons?
Didn't you see they were stealing
your wealth?

Soon you'll have nothing.
All will be gone overseas,
Leaving your sons poor.
You can't be proud of an empty
world.

Let the treacherous thieves starve
And your sons eat.

Africa, a peaceful land
Before strangers began to trouble
you.
How could a respectable land like
you
Be hung in clouds of war?
Stirring tunes have pleased every
heart.

Bury your grudges.
Everyone longs for peace
In Africa.

Melanie Vaughan, Retreat

The song of the renegade cadre

I am a cadre, a disobedient cadre,
Disloyal and hot-headed, a mutineer.

I heard about my brothers and sisters
Who, like me, could not take
apartheid anymore.
The language of the oppressors had to
be answered
With the language of AK-47s, mines
and grenades.

I did not bid farewell to my mother
I did not say good-bye to my friends.
At the tender age of 16, sweet 16
Under the cloak of darkness
I crossed the border and went into
exile.

Our liberation movement welcomed
me.
I was trained to become a cadre, a
soldier of the people
I was taught that the oppressed masses
Pinned their hopes on me
To liberate them from the shackles of
apartheid.
I became pig-headed.

I did not want to listen to my
commanders.
I disobeyed my seniors, I disregarded
their instructions
And challenged their authority.
I mutinied.

A mutineer I was called by those who
wanted to use me
To detract from our liberation
movements, to vilify
Criticism and embarrass my leaders,
To claim torture and detention
Like the system had done to my
brothers and sisters
Some of whom had died in their
hands.

I failed to emulate the good example
Of our disciplined and dedicated
cadres,
Of Solomon Mahlangu.
I condemn myself before the gods and
goddesses of Africa.
I am a lost soul of the soil
But to my people I will return.
Bongani Lukhele, Mabopane

Give me a chance

Give me a chance to prove myself.
Remove all the obstacles in my way
So I have as clear a way as yours
Then I can prove you wrong.

I will show you the best of my
ability
Which is better than yours
And you will recognise me as a
human being.

Give me a chance
To prove my knowledge
Which can help you
To live a better life
Of understanding and brotherhood.
Pamela Mathole, Soshanguve (14)

A broken heart



Times of love, hopes of joy
When you're in love
You never fear your world might
die.
You think your love will last.
Then one day it is broken.
He loves you no more.
But what can you do?
Your love has ended,
So have you.
Julian Weimers, Ennerdale (16)

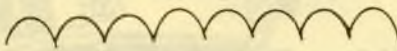
Song of the poor man

Give me a chair and let me sit in your midst
and praise poverty and want.
The face of the poor man stays all crumpled up
because of hunger and thirst.
He does not know how to eat with a rich man.
When he eats fish, he eats its head.
A poor man is nobody because he has nothing.
He's just like a snake.
His brothers avoid him
because of the misery of the poverty-stricken.
Lucky Manana, Alexandra



The sea

The sea is a beautiful place
With lots of beauty and lots of
grace.
Upon the sand there are lots of
shells.
With beautiful colours that in a
shop would sell.
In the sea there are all kinds of
things.
Some bite, some kill and some
sting.
I would like to have a dolphin ride.
As long as a shark is not by my
side.
I love the sea, as you can see
It's meant for you and meant for
me.
Nabila Jeeva (12)



Why some men don't work

Bizzah was a man of 30. He lived
in a village called Mabalekeng
Bizzah worked in a factory in the
industrial area of Hammanskraal.
At the end of each week, he was
rewarded with his wages.

There were two tsotsis named
Lusu and Gasti. These guys always
waited for Bizzah at the bustop.
Every week, they took his money
by force. This went on for a month.

By the end of that month,
Bizzah's wife was very angry.
Bizzah had a job, but he wasn't
giving her any money for the
running of the household. So she
shouted at him. He told her what
was happening to his money.

She had a bright idea. She told
Bizzah to buy a loaf of bread at the
shop on Friday, before he went to
the bustop. She said he must cut
the bread open and hide the money
inside the bread. The tsotsis would
search Bizzah's pockets but not the
loaf of bread.

So, on Friday Bizzah did as his
wife told him. While he was
waiting at the bustop, the two
tsotsis came to him. 'Today we're
not going to take your money
because we're satisfied,' Lusu said.
'But we're hungry, so we'll take
your loaf of bread.' They took the
loaf of bread, not knowing
Bizzah's money was in it.

On that day, Bizzah gave up
hope. He never went to work again.
**Michael N. Waleng,
Swartbooistad**

ANGER

When I'm angry
I could rave and riot,
Insult other people
And be the ugliest person in the
world.

I'll point a finger at someone,
Showing bitterness,
Unaware that four of them
Are pointing at me.
Ernest Maroga, Winterveld



Who will rule the new South Africa

Friends, comrades and parents
Verify my confusion.
The new South Africa has become
The rhythm of our culture.
The media is disseminating
The gospel of change.
The writing is on the wall.
Who will rule the new South Africa?

Are we to be ruled by Inkatha (IFP)
That will legalise the carrying
Of weapons and killings?

Are we to be ruled by Mangope
Who will occupy every seat in the
cabinet
According to his democratic principle?

Are we to be ruled by the
Invisible Marxist Workers' Tendency?

Are we to be ruled by the capitalists,
Communists, Africanists, Nationalists
Tribalists, or racists?

Maybe Comrade N.R. Mandela
Or Comrade O.R. Tambo knows
Who will rule the new South Africa.
Molalehi Mathikhaza, Kwa-Xuma



Walter Sisulu

Walter Sisulu,
you are our
hero.

All comrades
welcome you
home again.

Living
together in
harmony is all we need.

Today I am as free as air.

Every minute I look forward to a
new South Africa
Rights for all citizens.



South Africa is now for all,
Indians, Coloureds, whites, blacks
Schools, hotels are now open to all.
Up with a democratic country.
Long live our comrade.
Up with a new South Africa.
Johannes Masha (19)



When I look at this picture I think of my future, because without education there is no future. This guy is working at the bank because he is educated. Remember that education is the key to success.
Phillip Lehlohonolo Mpeoa, Orlando East (17)

The year of mass action for the transference of power to the people

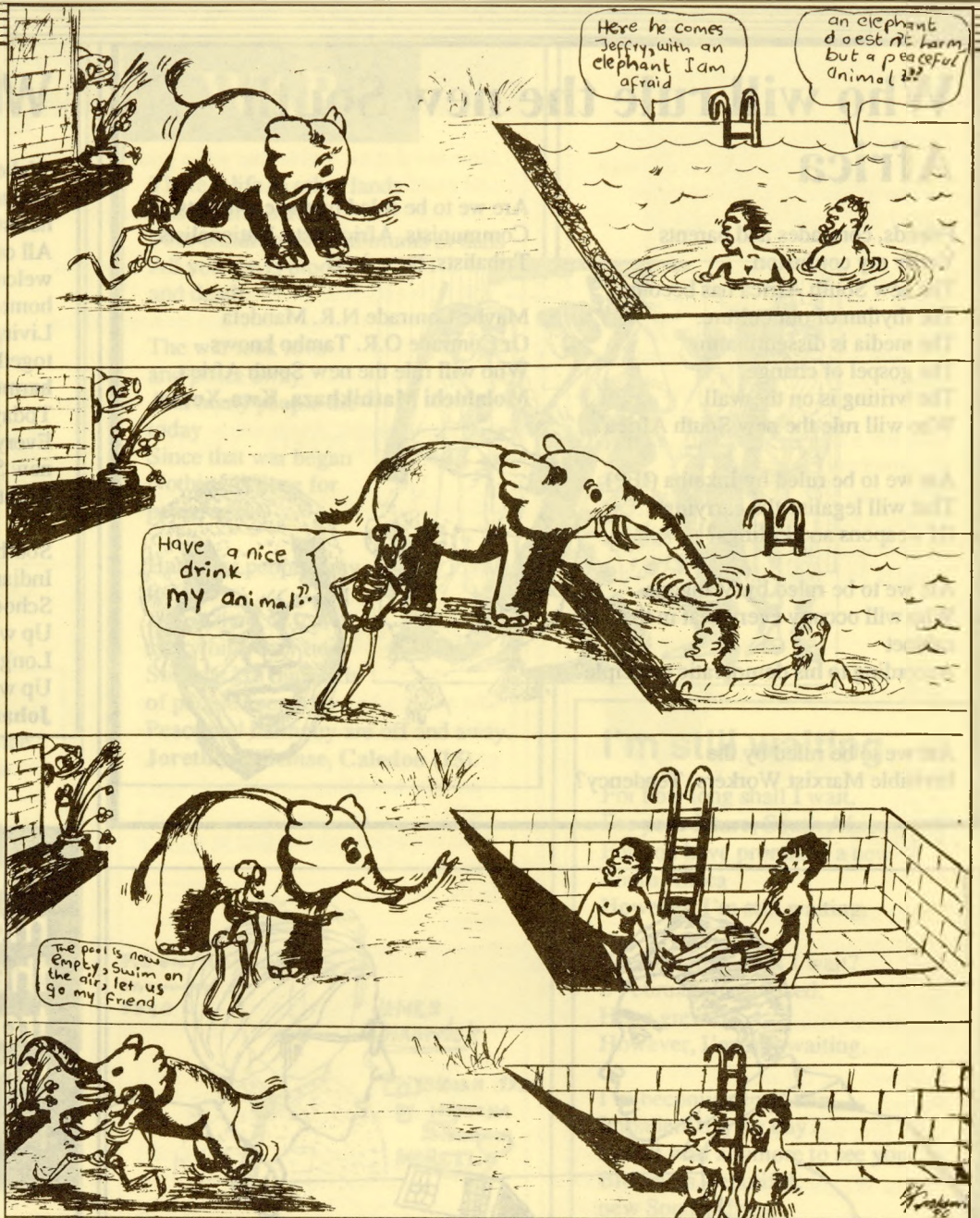
Our consultative conference has decided,
Our highest organ has decided,
The people of South Africa have decided,
Our leadership and membership have decided,
Our cadreship and ourselves have decided

That this is the year of mass action,
That this is the year of people's power,
That this is the year of transformation,
That this is the year we shall govern,
That this is the year apartheid will die.

**Kgolane Phala,
Sekhukhuneland (18)**

Amose and the friends!

Thomas Mkhari Njhakanjhaka



Why are you so cruel?

When they were employed,
they said they would protect society
but now they are terrorising us.
Who are these people?
The Bop government and its police.
If you protest, Mangope sends his dogs to catch you.
They use their guns to destroy and kill our nation.
Change is unknown to these people.
They are barbarians.
When will this boundaryless Bophuthatswana come to an end?
We are tired of poverty.
The money which is supposed to administer the territory
is given to the useless police.
We want a new, democratic and non-racial South Africa.
Phanzi nge Homelands
Phambile nge Unification.
Joseph Maluleka, Hammanskraal (19)

HIKE YOUR WAY TO HEALTH

This is the hardest part. Once we get to the peak, it will be downhill all the way,' said Sedick.

'You always say that, just over the next peak, and around the corner.'

Pupils and teachers from the Ned Doman Secondary School in Athlone, Cape Town, puffed and laughed as they climbed up Steenberg Peak in the Silvermine Reserve.

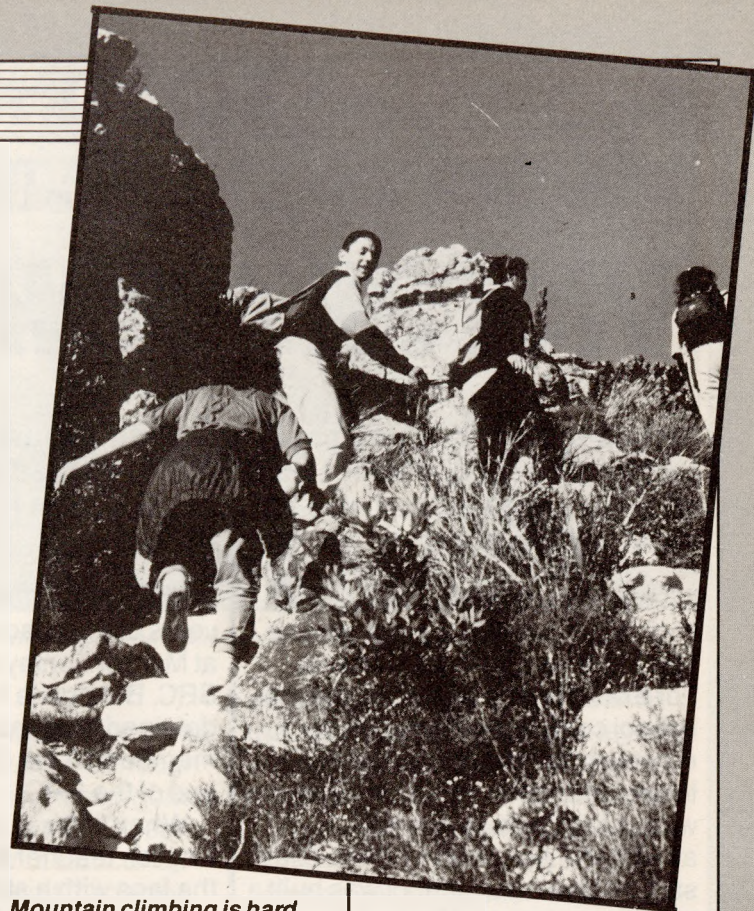
On a high rock, overlooking Noordhoek beach on the one side and the distant Hottentots Holland mountains on the other side sat Sedika Samaai. She laughed and said, 'This is what I like best – the resting.' Everyone agreed.

The girls and the only boy who belong to the Hiking and Ecological Society all have one thing in common. They come from places in Cape Town like Mannenberg, Athlone and Khayalitsha where there is hardly any green space.

'I like the dangerous parts of the hikes the best,' said Alexander Joseph, 'going over high rocks and steep things. I also like getting away from home. At home I do the same things over and over again. I come home from school, clean up, do my homework, sleep. It's the same thing every week. It's boring. But hiking gives me a break. We find something new and exciting every time we come out.'

Tasniem Samaai agreed. 'I come on these hikes to get out of the house and away from my brother – he is a real pest.' Carmen Fillis likes the hikes because, 'I like to go out to different places and see nature. Hikes keep me busy.'

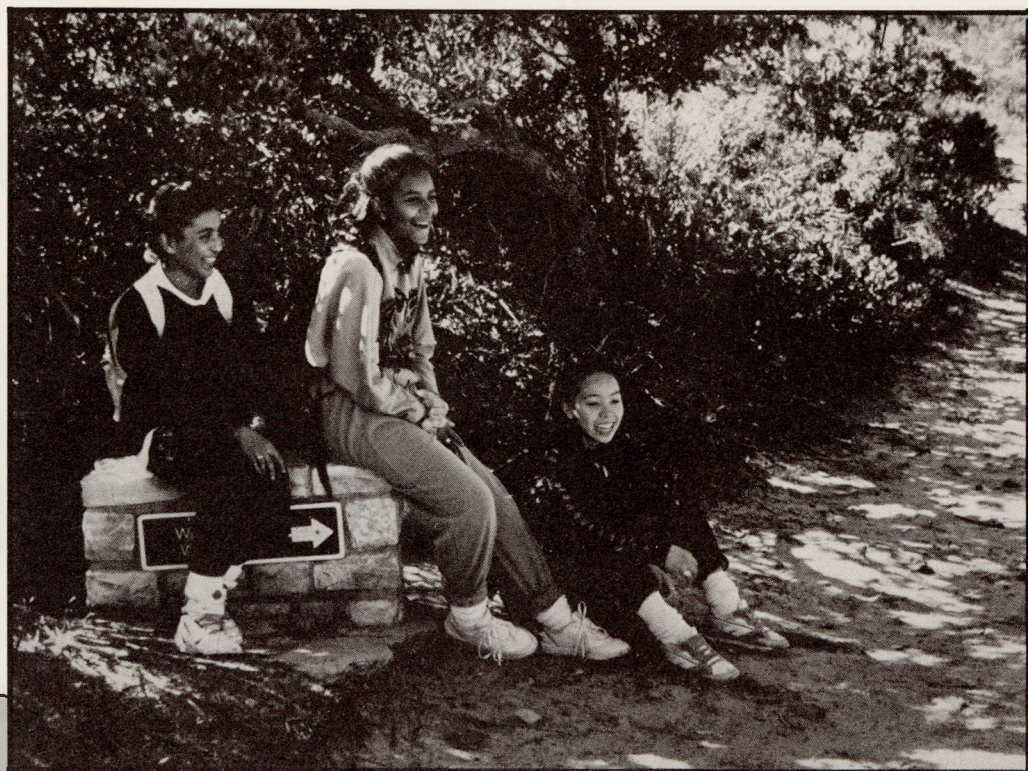
'And off the streets,' pointed out Moira Fahrenfort, another teacher. 'Gangs and violence are a big problem where our students live.'



Mountain climbing is hard work. But it's also fun!

But teacher Sedick Dawood thinks that hiking is even more important than keeping kids off the streets. 'I think that many children suffer from stress and worries that grown-ups don't know about. The hikes give the kids a real break and help them to relax.'

'I think we could overcome many of our problems at school with hiking. Students get into a rut, so they work badly. I think every school should have one period when kids go for walks on the mountains, to the rivers, anywhere, just as long as they walk outside in the fresh air.' ■



This is the best part of the hike — resting!

VICTORY FOR KLAARWATER

Nicholas Ngcobo is an Upbeat reader. In August he contacted us. He had read our series on SRCs. He wanted to write a story about the fight to start an SRC at his school in Klaarwater, Natal. This is Nicholas' story.

When I started at Margot Fonteyn High School in Std 7, there was no SRC. Life was hard for students. For example, the principal and the school committee demanded money from students to build toilets and repair windows. This was unfair because we had already paid our school fees. They said because our school was built by the community, the community must pay for everything the school needed. But the DET should pay for these things.

The worst thing at school was the unfair corporal punishment. I remember some students getting beaten for not attending choir practice. Students told me that they were beaten for small things, like forgetting to underline their work. Now, don't get me wrong, I think it's a good thing to work neatly. But when it comes to discipline, teachers need to be creative. Hitting only creates anger.

Lots of problems

There were other problems too. Girls suffered because teachers wanted them as girlfriends. Teachers often used rude language. There was so much unhappiness about the behaviour of the teachers that some students decided to leave school.

The students showed their dissatisfaction for the first time in 1981, when they boycotted classes. But this boycott was easily stopped because the students were not united.

Then came 1985 and 1986, the years of mass action. The students at Margot Fonteyn High formed an SRC. But police harassed and detained students, especially members of the SRC. This was the end of the SRC.

When I was in Std 8 in 1988, our English teacher hit a classmate in the face with a stick for leaving an exercise book at home. We were angry and demanded an apology from the teacher. He refused. He left the classroom. We went to the staffroom to speak to the teacher. The principal wouldn't let us in. So we decided to have a sit-in boycott. We went to our classes but refused to do any school work.

During break we spread the word about what had happened. We needed an SRC in our school.

Students sit-in

For a whole week we had a sit-in. Finally the principal agreed that we could have an SRC. But he said there must be a teacher on the SRC. We accepted. This SRC didn't last long because the teacher dominated all the discussions. But we didn't give up.

A small group of students got together. We formed a secret committee to get an SRC going again. We started by writing letters to the principal. We left them under the door of his office. At the next assembly, the principal read out our letter. He announced that he would allow students to form a democratic SRC without the control of teachers.



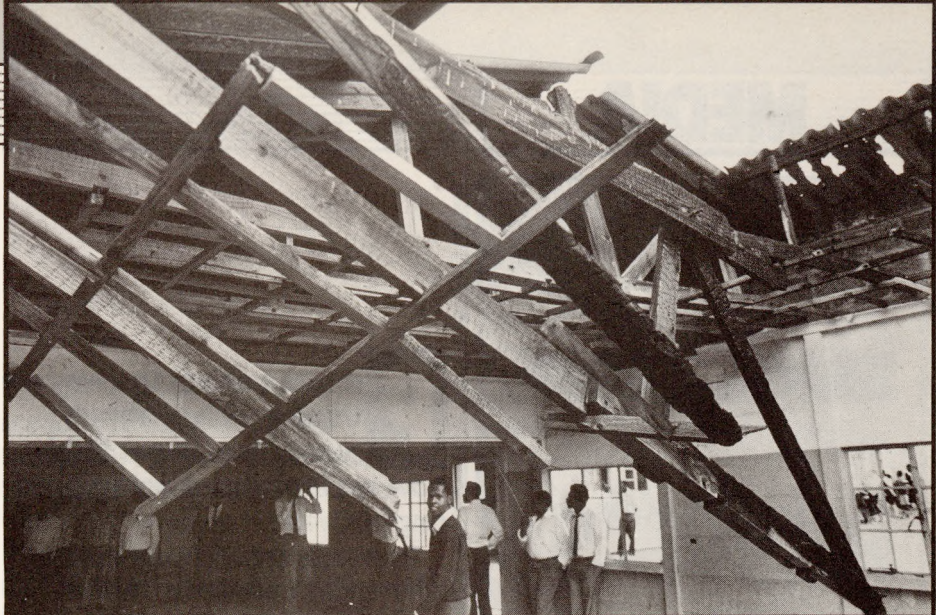
Nicholas Ngcobo (far right) chats to SRC members at Margot Fonteyn High.

STUDENTS

The next day we went to see the principal in his office. We told him we had written the letters. He was shocked. He didn't expect to see us, because of our good reputation at school. We were not known as 'comrades'.

On that day, we went from class to class explaining to students what an SRC is. We told each class to elect six class representatives – three girls and three boys. With six representatives in every class, it would be difficult for the police to stop us. There would be too many of us.

Two representatives from every class formed part of the SRC general body. The SRC had many sub-committees like health, transport, education, religion, sports and culture. We encouraged students to take part in these groups.



There is no ceiling in this classroom. But students must still learn here.

Our victory

In 1989 our school was still in a bad condition – there weren't enough classrooms and many classrooms were damaged. So the SRC sent a letter to the Minister of Education and the regional circuit inspector. We demanded that the department repair the classes, build more classrooms and employ more teachers. Our teachers supported our demands.

The SRC demanded that the school management council finish building the five classrooms which were started in 1988. The council said they didn't have any money. But we caught them out. One of the students read a government magazine for teachers. He saw that the management council were lying! They had received money from the DET to fix the school. So

we told the management council that we knew about the money and demanded that they build the classrooms.

Our victory came in 1990 when the five new classrooms were finished. But that wasn't all. The Minister replied to our letter, promising to build another school in the area, Klaarwater High School. This was a big victory because our classes were overcrowded. Work on the new school has already started. ■

This is the end of our series on SRCs. We hope it helped you build an SRC at your school. Why don't you write us a story like Nicholas did? Tell us about the SRC in your school.

Nicholas Ngcobo and Steven Shange in front of the new classrooms that the SRC fought for.



Part 3

Adverts - the hidden message

By Harriet Gavshon



Pictures affect the way we think and feel about ourselves, especially how we feel about being boys or girls.

Everyone knows that there are differences between men and women. But in most ways we are all just the same. Girls can be as funny, sad, happy, clever, sporting and brave as boys. Both can drive trucks and sew dresses.

But we are surrounded by pictures that tell a different story. Pictures in movies, on TV and in adverts teach us that boys can do some things that girls can't. Girls must behave in one way, boys in another.



In this advert for Sales House the little girl is dressed in a soft, frilly pink dress. We see these kinds of pictures every day in magazines.

These pictures teach us that little girls are gentle and quiet. Boys are active and strong. And that's how things were meant to be! But not all boys are strong and active. Not all girls are quiet and gentle. And who says they should be! Boys can cry too. And girls can be tough and strong if they want. Don't let pictures tell you otherwise.



'Just a picture of a mother at home,' you might say. But pictures like these carry another message. They tell us that girls belong at home. Looking after children is a woman's job. But lots of men can change nappies and make the family supper!

THE DESIGNER SMILE



In some adverts for men, pretty women are used to sell the products. A woman sits on the bumper of a new car, or lies at a man's feet stroking his new socks. These pictures tell us that women are there to decorate a man's world. The message behind this picture is: 'If you own the car, you can also own the woman. Women, like cars, are for sale.' Women are used as sex objects to win over male customers.

believe that women are there for men to use however they please.

Girls, you don't have to wear pink and smile and wait for a man. Boys, it's okay to cook and cry sometimes. Boys and girls may be different. But we are not as different as pictures want us to believe. ■

Pictures make us believe that women's looks are very important. Her looks will catch her a man! 'Men will look at you if you wear this or smell like that,' adverts tell us.



Soft, smooth skin is in!

Newtons Cocoa Butter Creme is a special formulation that moisturises, nourishes and protects, keeping skin soft, smooth and beautiful to touch. Newtons also contains Vitamin E to help with problem skin. Use Newtons Cocoa Butter Creme every morning and evening - choose from our Regular or Double-rich Winter formulas.

You'll make beautiful things happen. To you and your skin.

Insist on genuine Newtons Cocoa Butter Creme

Available from your pharmacy and selected stores now.



Most women in adverts are young and beautiful. They are the girlfriends next to their men. They are what every successful man must have. They increase his power in the world. He owns his women, like his car or TV.

Women are often shown as powerless and available for men. These ideas are dangerous. Boys start to

Whose side are you on?

Some people feel that sexist adverts are very bad. They make us think of women as objects, not as people equal to men. Others disagree. They say there's nothing wrong with showing a pretty face. Readers, what do you think? Send us your views.

PART 2

FINDING DIRECTION

Story by Peter Ranby

In the last issue we began to look at the world of maps and plans. We examined a soccer field from the air. Like birds we saw what the ground looks like from above.

We call this a *plan view*. And when we draw this view on a piece of paper, we call it a *plan*. Plans represent or show information about the real world. But to use a plan or a map, you must know how to find your way around. And to find your way around, you need to know direction.

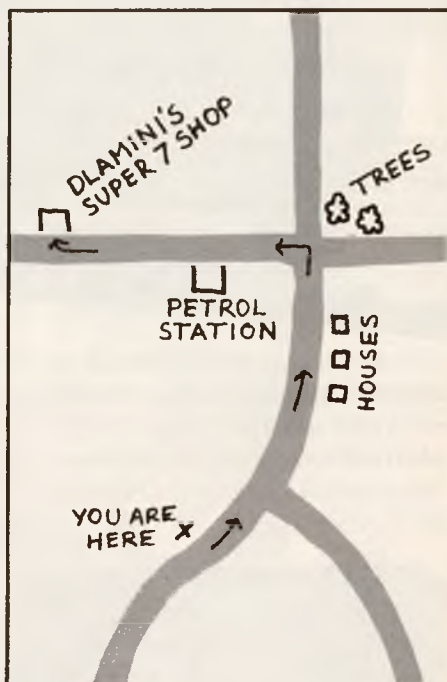
Giving directions

There are different ways to give directions.



To give directions we use landmarks (noticeable things along the way). We tell people to go straight or turn either left or right.

You can also draw a map to show people which way to go. When you draw your map, draw in all the things people need to notice along the way. Use arrows to show people which way to turn.



Activity One

Draw a map to show how to get from your house to your school.

Using a compass

But what if you are a sailor in the middle of the sea, or a traveller in a desert? How will you know which way to go? These people use a small instrument called a *compass*. A compass is a round, glass disc with an arrow in it.

The compass shows different points — north, south, east and west. We call these the four points of the compass. People use the points of the compass to know where they are and to give directions. We also use the points of the compass to understand maps and plans.

How a compass works

The arrow of a compass always points to the north. If we know where north is, it is easy to find south. South is directly opposite north. Then we need to find east and west. This is easy because you can use the sun. The sun always rises in the east and sets in the west.

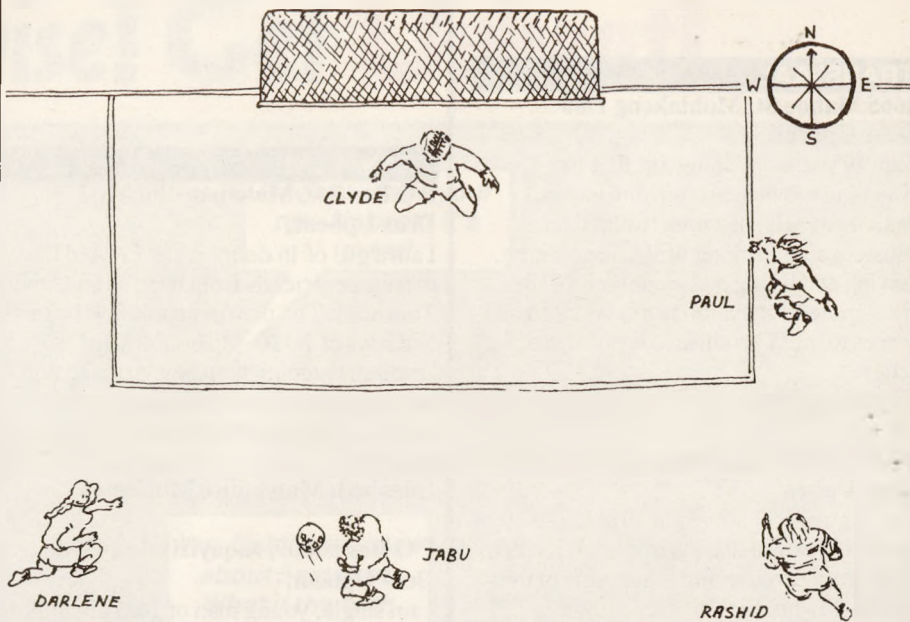
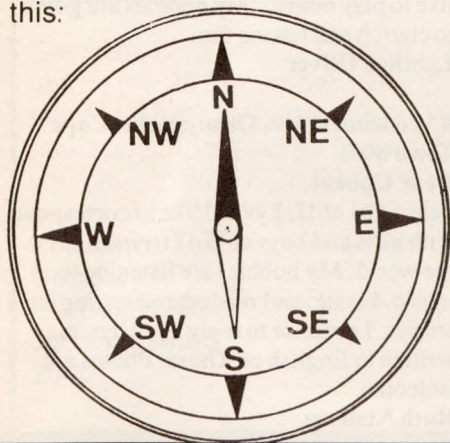
Here's another way to remember. If you face north, the east is on your right and the west is on your left. There are four other compass points halfway between north, east, south and west; they are north west and north east, south west and south east. These points are also shown on the compass. They help you to be more accurate about direction.

Using the points of the compass

When people draw plans and maps, they always draw north at the top of the page. But maybe north is not at the top of the page. Then they must show you where north is, sometimes with an arrow like this;



sometimes with a compass like this:



Activity Two

The picture above shows a plan view of people playing soccer. Look at the plan and try to answer these questions. You must work out the direction using the points of the compass.

1. If Jabu kicks the ball to Darlene, in which direction will it go?
2. Where is Paul in relation to Clyde?
3. If Rashid runs towards Paul, in what direction is he running?

The simplest way to work out these kinds of questions is to pretend that you are the person (or ball) that is moving. For example, if you are Jabu and you walk towards Paul, you will walk towards the north east. Simple, isn't it?

Activity Three

Work out the direction of the things around you. Use the sun to get your direction. If you are not sure where north is, ask your geography teacher.

1. In which direction does your house face?
2. When you walk to school, in which direction do you walk?
3. What is to the west of you at the moment?
4. Draw a plan of your home or school showing where north is.

Understanding direction is a very useful skill. You could say that without direction you are nowhere.

Answers to Activity Two.

1. West
2. South east
3. North

TRANSVAAL

1665 Maboe St, Mohlakeng 1760

Dear Upbeat,

I am 19 years old doing Std 10. I like watching movies, art, writing letters, reading novels, listening to classical music, going for long walks, ice-skating, sewing and living in the country. I'll be most grateful if everyone who is interested writes to me. I promise to reply to every letter.

Elizabeth Sebe

P O Box 118, Burgersfort 1150

Dear Upbeat,

I am a guy of 18 doing Std 10 at Leolo High School. I would like to correspond with girls from Sweden and other parts of the world. My hobbies are table tennis, collecting stamps, cinema, going to church and karate. I promise to reply to all letters written in English. Photos are welcome.

Benson Rhoo Month

AFRICA

15 Victory Ave, Gweru East, Gweru, ZIMBABWE

Dear Upbeat,

I am young Zimbabwean boy. I am looking for penpals from anywhere in the world. I am 17. My hobbies are swimming, taking photos, exchanging gifts, karate and listening to reggae, rap and funk music. Non-smokers and smokers are welcome. I promise to reply to each and every letter written in English. People should enclose photos with their first letters.

Abediah Shaolin Mundoamah

20 Mofu St, P O Mufakose, Harare, ZIMBABWE

Dear Upbeat,

I am a boy of 14. I would like to have a penfriend of 13-16 from South Africa. My hobbies are swimming, football, chess and cycling. The letter should be written in English. The first letter should have photos. And I am expecting letters from both boys and girls.

Progress Pamhene

Instituto de Linguas de Maputo, 1160 Ave Ahmed Sekou Toure, Maputo, MOZAMBIQUE

Dear Upbeat,

I am 19 years old. I live in Maputo and I study at the language institute. I speak English a little bit and I know many things about South Africa. However I want to know more.

Teofilo Tomas da Silva Sevene

TRANSVAAL

P O Box 347, Makapanstad 0404

Dear Upbeat,

I am a girl of 16 doing Std 8. I would like to have penfriends from overseas and the Transvaal. The penfriends should be girls and boys of 16-20. My hobbies are reading, listening to music, dancing and writing letters. I promise to reply to all letters in English or Setswana. Photos are welcome.

Elizabeth Matshidiso Modise

P O Box 60609, Inqayizivele 2957

Dear Upbeat,

I am single, young man of 24. I am looking for penpals, boys and girls of 14-26 from all over the world. My hobbies are singing, travelling, writing poems and reading love stories. Letters should be written in English. I will reply to all letters with or without photos but photos will be much appreciated.

Jabulani Ngqulunga

268 Carina St, Ennerdale 1825

Dear Upbeat,

I am a girl of 15. I would like to correspond with boys and girls of all ages. My hobbies are swimming, hockey and music. My favourite stars are Milli Vanilli, Karyn White, Billy Ocean and Micheal Bolton.

I promise to reply to all letters in English.

Photos are welcome.

Luanda Johnson

Bafokeng Cash Store, P O Box 4, Boshoeck 0301

Dear Upbeat,

I am a doll of 16 doing Std 9 at Charare High. I would like to correspond with guys and dolls of all ages. My hobbies are listening to international music, cooking and watching TV. My favourite musicians are Mr Nice Guy, Phil Collins and Dolly Parton. All letters must be written in English or Tswana. Photos are welcome.

Joyce Mautsu

9890b Mophiring St, Orlando West 1804

Dear Upbeat,

I am a girl of 9 years old doing Std 2. I would like to correspond with girls of 9-11. My hobbies are reading and tennis. I promise to reply to all letters written in Sotho, Tswana or English. Photos are welcome.

Mmabatho Motaung

NATAL

Sukuma Comprehensive School, Private Bag X9091, Pietermaritzburg 3200

Dear Upbeat,

I am a boy of 13 doing Std 7. I would like to correspond with boys and girls of 12-17. My hobbies are playing soccer, playing tennis, music and going to church. I promise to reply to all letters written in English or Zulu. Photos are welcome.

Kenneth Nhlanhla Buthelezi.

P O Box 10749, Port Shepstone 4240

Dear Upbeat,

I am 13 years old. My favourite subjects at school are Music, Art, Needlework, History, English, Afrikaans and Home Economics. I would love to correspond with anyone throughout the world. My hobbies are reading, writing long letters, listening to music, dancing, modelling, collecting posters and addresses of TV, movie and pop stars. I promise to reply to all letters written in English. Please send a photograph if possible.

Nancy Pillay

CAPE

8 Riebeeck St, Belhar Extension 13, 7500

Dear Upbeat,

I am a girl of 14 doing Std 6. I would like to correspond with boys and girls of 13-16. My hobbies are reading, listening to music and playing netball. I promise to reply to all letters written in English. Photos are welcome.

Michelle Arends

23 Greatfish Avenue, Manenberg 7764

Dear Upbeat,

I am a girl of 16. I have brown eyes and black hair. I have a mother but not a father. I have three sisters and four brothers. I am in Std 6 at Phoenix Secondary School. I like to play netball. My hobbies are going to church and having fun.

Lynthea Oliver

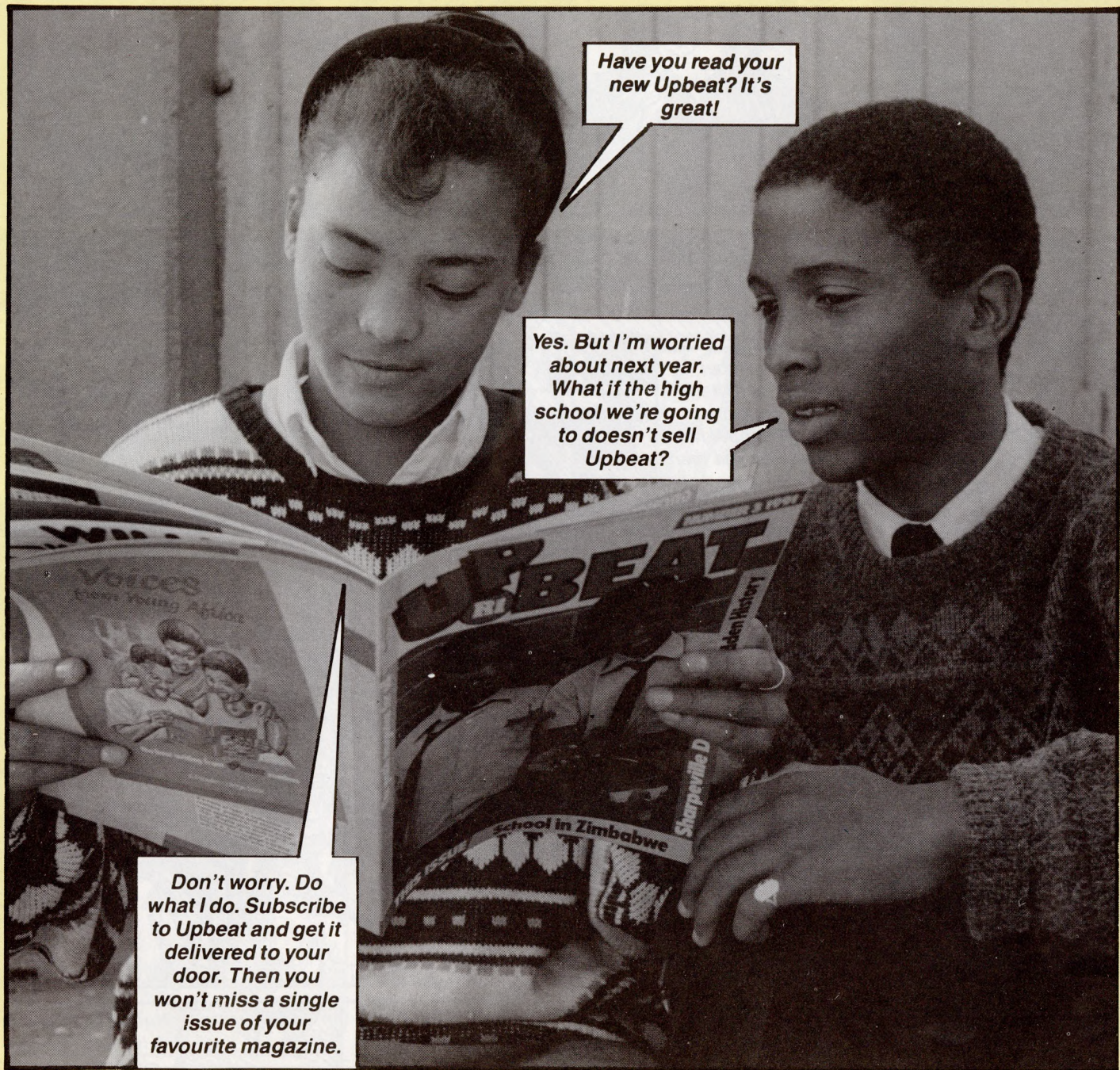
8 Vredehoek Ave, Oranjezicht, Cape Town 8001

Dear Upbeat,

I am a girl of 15. I would like to correspond with girls and boys of 15-17 from all over the world. My hobbies are listening to music, karate, and reading interesting stories. I promise to reply to all letters written in English or Xhosa. Photos are welcome.

Ruth Ntshoza

Get wise! Get **Upbeat!**



Have you read your new Upbeat? It's great!

Yes. But I'm worried about next year. What if the high school we're going to doesn't sell Upbeat?

Don't worry. Do what I do. Subscribe to Upbeat and get it delivered to your door. Then you won't miss a single issue of your favourite magazine.

Get wise, subscribe to Upbeat now! If you subscribe before the 30 December 1991, you can get next year's Upbeat at this year's price! And the first 50 new subscribers get an Upbeat button for free. All you have to do is fill in this form and send it off with a postal order of R11.50 (or R13.50 if you live in Botswana, Lesotho, Zimbabwe or Swaziland) to:

Upbeat
PO Box 11350
Johannesburg
2000

I would like to receive the next eight issues of Upbeat at my home.

Name:

Address:

Code:

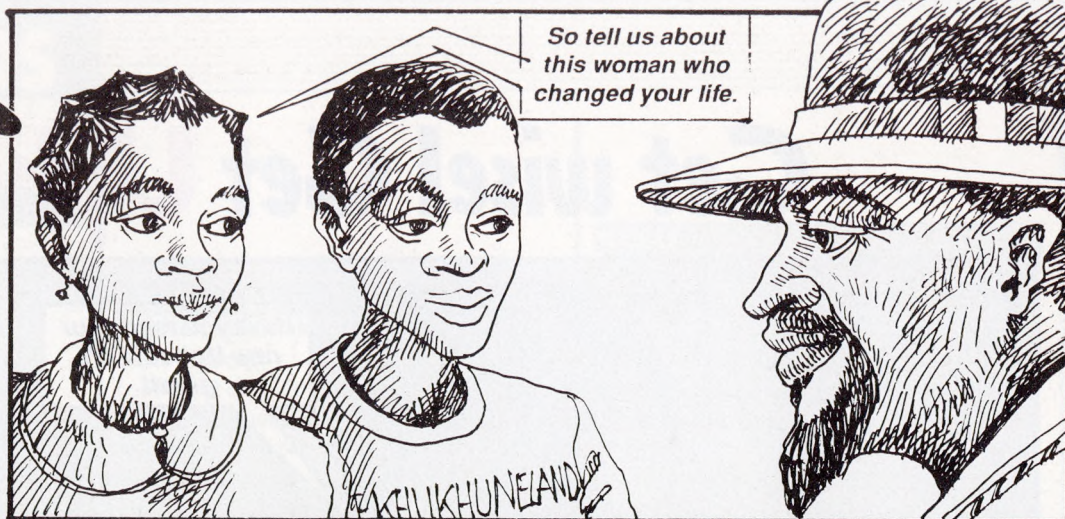
Remember, if you order more than 25 Upbeats at a time, you get a discount. So if you want to make some extra money by selling Upbeat, write to us to find out more.



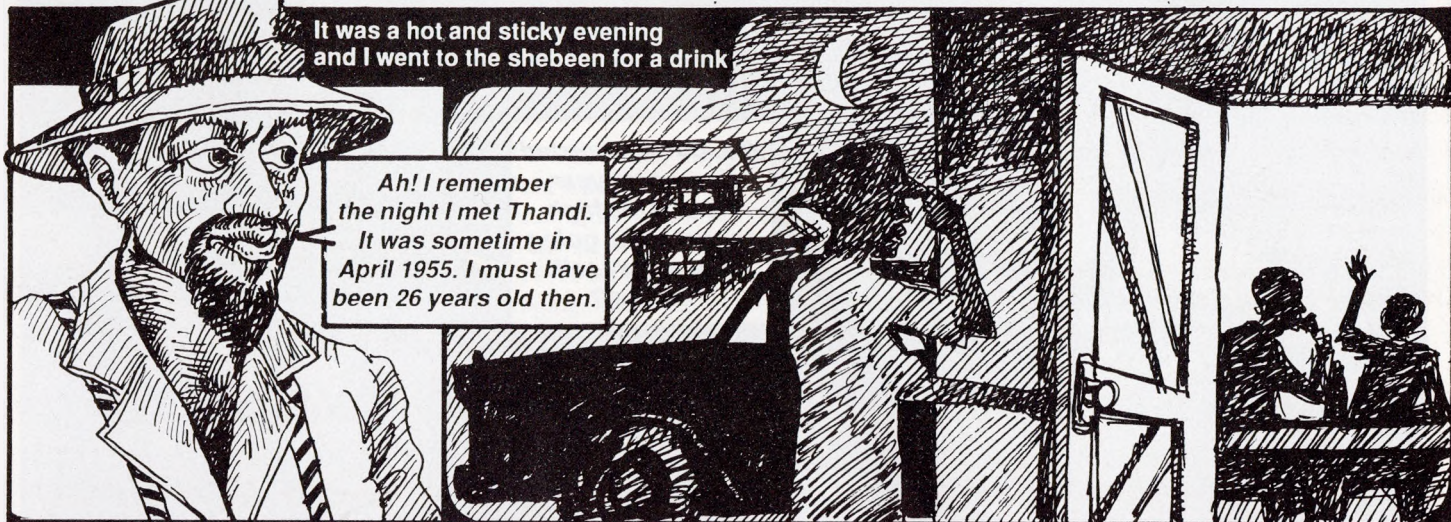
TAXI DRIVER

PART 8

In a village in Sekhukhuneland. Old man Kabu tells Menta and Phillip his life story.

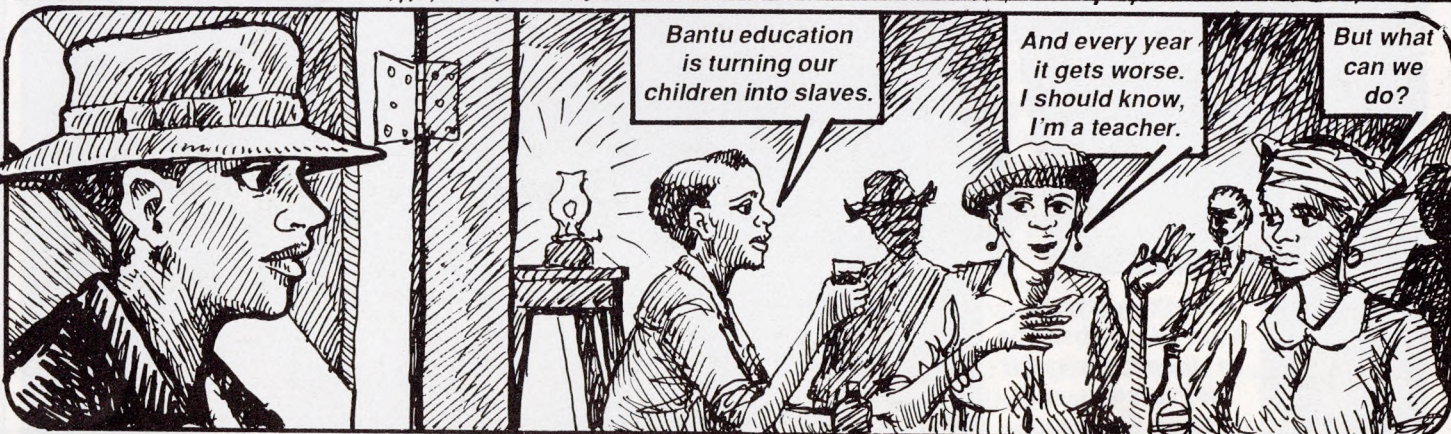


So tell us about this woman who changed your life.



It was a hot and sticky evening and I went to the shebeen for a drink

Ah! I remember the night I met Thandi. It was sometime in April 1955. I must have been 26 years old then.



Bantu education is turning our children into slaves.

And every year it gets worse. I should know, I'm a teacher.

But what can we do?



We must boycott the schools.

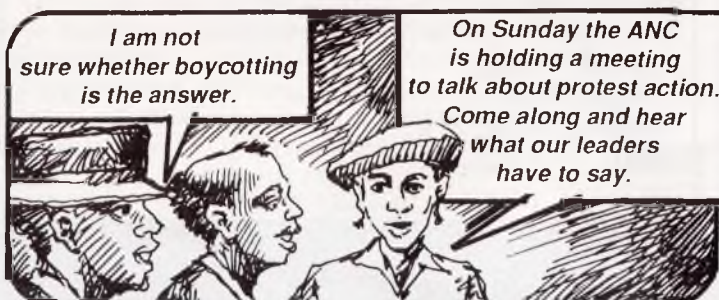
But Thandi, if my children aren't at school, what will happen to them? I work all day. At least at school they are safe.

Mmm...nice name, Thandi.



Bantu education is bad. But it is better than nothing.

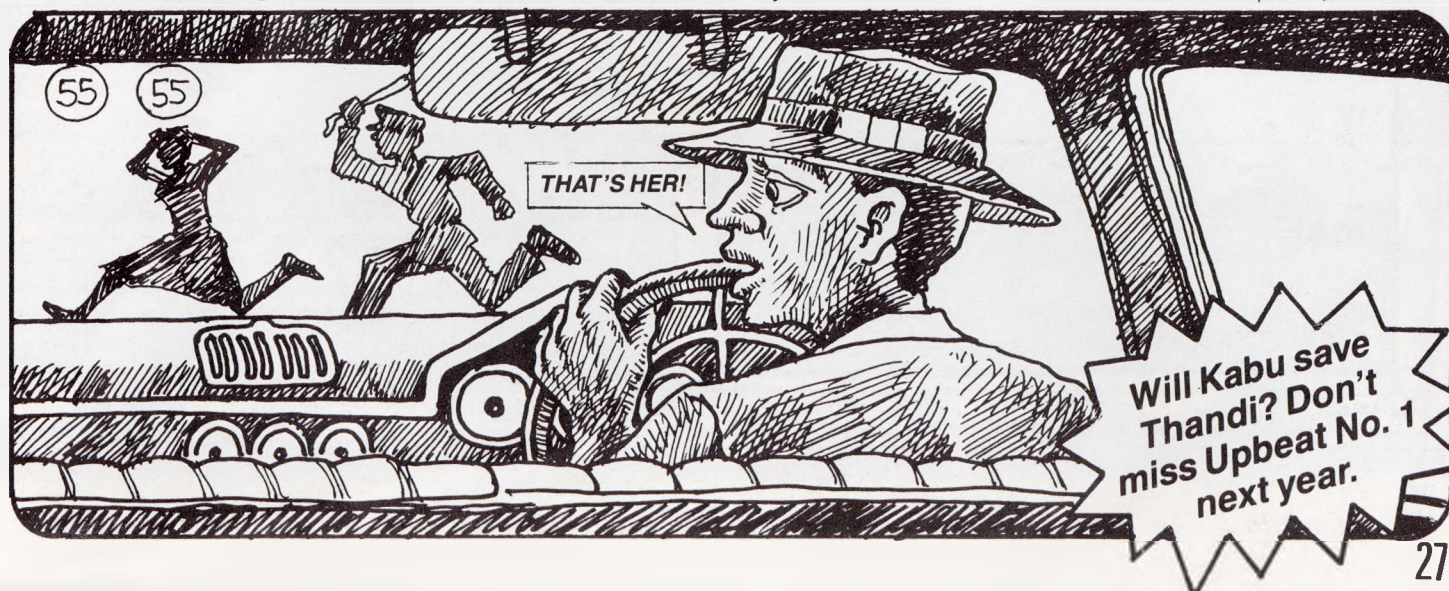
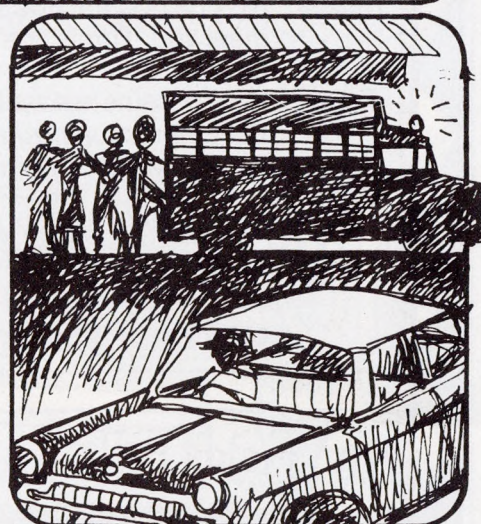
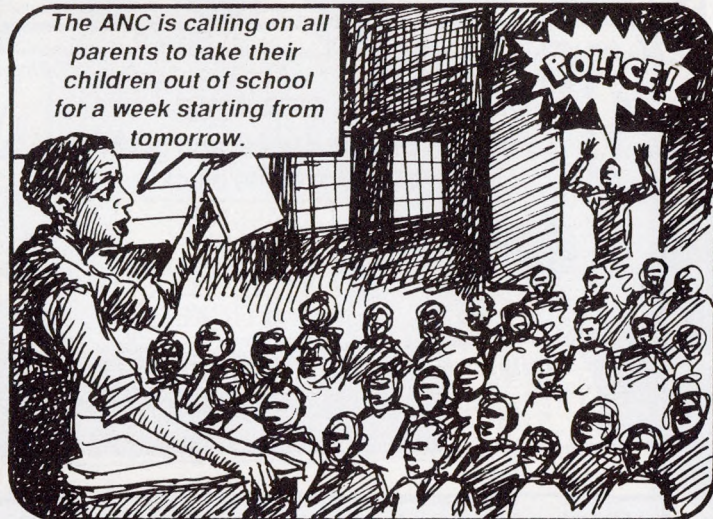
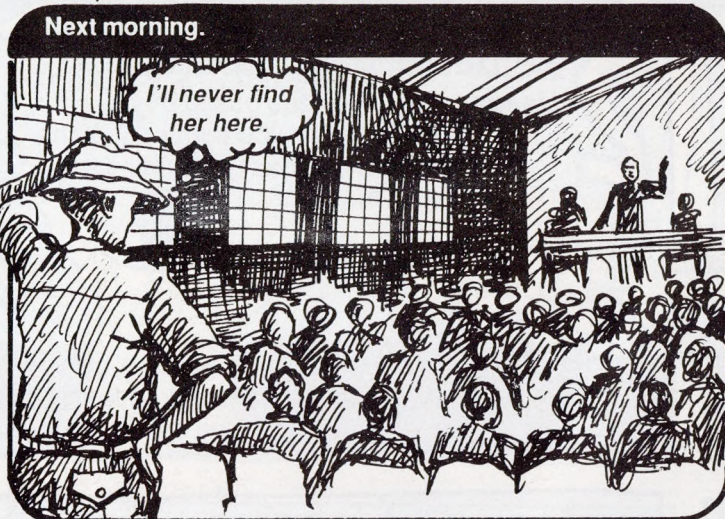
No! In the long run it is worse for our children than no schooling at all.



I am not sure whether boycotting is the answer.

On Sunday the ANC is holding a meeting to talk about protest action. Come along and hear what our leaders have to say.

Illustrations by Mzwakhe Nhlabatsi. Script by H. Perlman and J. Boraine, assisted by Peter Delius. Story is based on life history interviews done by Peter Delius.



PUZZLE

Race to DURBAN

This is a game for two players. All you need is a coin and two markers. You can use pieces of paper or stones. Players take turns to flip the coin. Check the block your marker lands on. It will tell you if you can move forward or not. It depends on whether you get heads or tails.

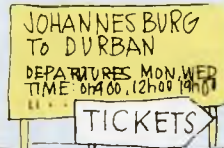
1 START.

JOHANNESBURG BUS STOP.

Heads: Buy your ticket and get on the bus. Move one block.



Tails: The bus is disappearing around the corner. Wait for the next bus and miss a turn.



2 Heidelberg Ultra City

Heads: You get off the bus to buy a drink. When you come out of the shop the bus has gone. Miss a turn.



Tails: You eat the 'mofaho' your mother has packed for you on the bus. Move one block.

Heads: No-one is at the bus stop to meet you. Throw again.

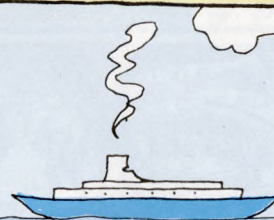
Tails: Your cousins are waiting for you. Congratulations, you've made it. And now for a swim in the sea.

10

DURBAN BUS STOP.



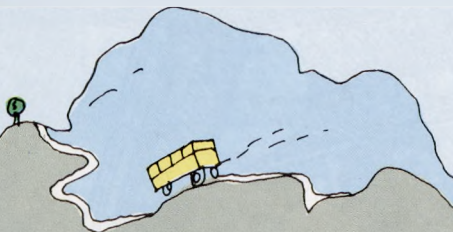
FINISH.



9

Fields Hill.

Heads: Your bus handles the pass easily. Move two blocks.



Tails: Your bus develops engine trouble. Miss a turn.

8

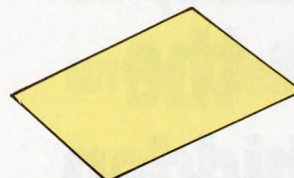
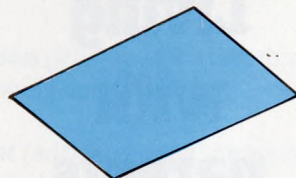
Botha's Hill.

Heads: Your bus has taken a wrong turn off. Miss two turns.



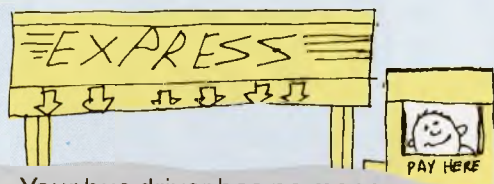
Tails: You enjoy the scenery as you go past. Move one block.

AW for a holiday



3 Villiers Tollgate.

Heads: Your bus goes through the express gate. Go to Block 5.

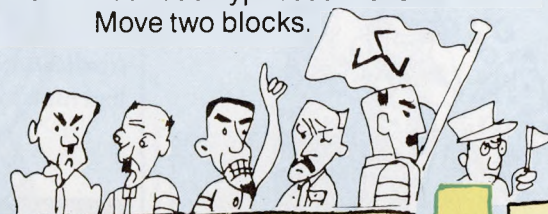


Tails: Your bus driver has no money for the toll so you take the old road. Miss two turns.

4 Harrismith.

Heads: The AWB are having a march through town. Miss a turn.

Tails: Your bus bypasses the town. Move two blocks.



5 Van Reenen's Pass.

Heads: The brakes on your bus fail and the bus has to use the emergency sand pit for trucks. Miss two turns.



Tails: Your bus driver takes the pass slowly but surely. Move one block.

7 Pietermaritzburg Town Hill.

Heads: Your bus sails down with no problem. Move to Block 8.

Tails: They are working on the road. Miss a turn.



6 Mooi River Toll.

Heads: Tollgate workers on strike. Go back two blocks.

Tails: Your bus has to wait for two trucks, then you're through. Don't move.



WILLIE WORDWORM

v = verb
adj = adjective
adv = adverb
n = noun

Adverts - the hidden message



active (adj) — a person who is always busy

gentle (adj) — soft

to decorate (adj) — to make something look beautiful

object (n) — a thing

available (adj) — something that is within reach and easy to use



product (n) — something that is made and sold in shops

Living with parents

custom (n) — something that people always do because they think it is the right thing to do

traditional (adj) — beliefs that people had for a long time

to advise (v) — to give information that helps someone else with a problem



HIKE YOUR WAY TO HEALTH

peak (n) — the top of a mountain

to puff (v) — to breathe heavily

distant (adj) — faraway

steep (adj) — a sharp rise or fall in a road or hill

rut (n) — a habit that stops you from moving forward

pest (adj) — someone who teases or upsets you



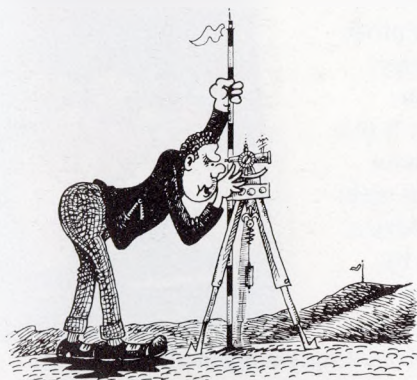
MAPWORK

FINDING DIRECTION

desert (n) – land where there is very little water or rain, no trees and very few plants

noticeable (adj) – something that is easy to see

to pretend (v) – to make believe



instrument (n) – a tool

accurate (adj) – something that is right or correct

skill (n) – knowledge that makes you do something well



Politics

for beginners

to unban (v) – to stop something from being against the law

instant (adj) – at once, immediately

to air (v) – to say



to achieve (v) – to win or to make something happen



to boggle (v) – to puzzle or confuse

STUDY TIPS

Keep cool, write well

to store (v) – to keep

error (n) – mistake

confident (adj) – to believe that you can do something

to tackle (v) – to try

to panic (v) – a feeling of fear that is so strong that you cannot do anything at all

Children fight child abuse

to kidnap (v) – to steal a person

to forbid (v) – to stop a person from doing something

to convict (v) – to find a person guilty in a court of law

trial (n) – a court case to see if someone is guilty of breaking the law

to counsel (v) – to give advice

specialist (n) – someone who is trained to help kids with problems

to abandon (v) – to leave someone or something

to trace (v) – to find

to defend (v) – to protect yourself when you are in danger

Upbeat makes learning fun

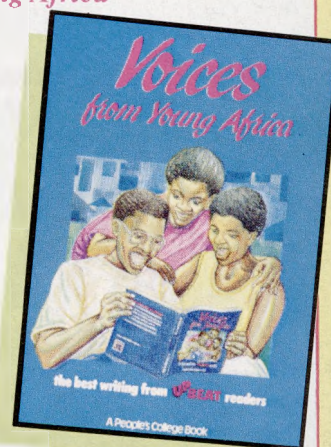
Upbeat has lots of exciting resources to offer you!



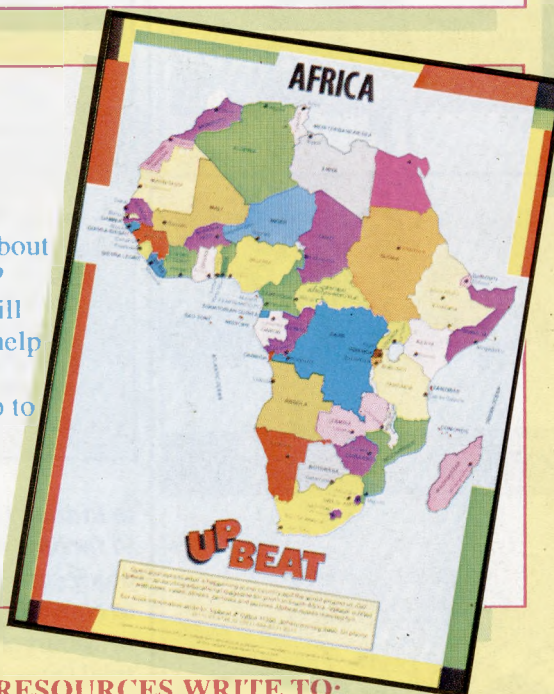
This Index provides a guide to everything that has been in Upbeat over the past 10 years. Use the index to look for information on a wide range of topics. This index is **invaluable** for your schoolwork. If you don't have back copies of Upbeat, you can order copies of the articles **FREE** from your nearest SACHED library. Teachers, students and librarians, order your copy now. No library is complete without one. **PRICE: R10.00**

Voices from Young Africa

This book is a celebration of the best prose and poetry from our readers. It is a book about growing up in South Africa, written by young people speaking for themselves. English teachers can use the book to teach creative writing, encourage reading or hold debates. **PRICE: R15.00**



Do you know much about this continent of ours? This colourful map will liven your room and help you learn! Teachers use this map to brighten up your classroom! **PRICE: R1.00**



★ Free offer! ★

With each order you will receive a **FREE** Upbeat button or sticker.



TO ORDER THESE RESOURCES WRITE TO:

Upbeat Resources
P O Box 11350, Johannesburg 2000

Enclose your postal order or cheque for the correct amount.
All prices quoted include postage and packaging.
P.S. Don't forget to give us your name and postal address.

For more information phone Vino Subramoney at (011) 333-9746