

BHATUPE'S LESSONS AND QUESTIONS FOR DISCUSSION

Lessons

My lessons focus especially on young women and people working to support them:

1. Know yourself and understand yourself, your mind, your interests and your body.
2. Educate yourself about sex and your sexuality, and ask supportive women around you about how you can empower yourself on your sexual health.
3. Know the facts of HIV, AIDS, STIs and other health concerns that women face, so you can protect yourself against infection.
4. Be comfortable in your own skin, and never let others treat you badly or in a way that you are not comfortable with. Speak up and out if something bad happens to you.
5. Never think it is your fault if a boy or man rapes you or attempts to rape you.
6. If a boyfriend leaves you, let him go – don't put all the blame on yourself for what may have gone wrong in the relationship.
7. Trust and love are good emotions to steer you on your way – not all boys and men are bad and out to take advantage of you.
8. Know what you want to achieve in life, set clear goals and get some good mentors to help you on your chosen path.
9. If you have a faith, lean on it during difficult times – we all need a little inspiration from time to time.

Questions

1. How can you learn more about sex, your sexuality and sexual health?
2. How has reading this story helped you in your own life and how can telling your own story help other people?
3. How can you support young women and men to be strong and more aware about HIV and sexual health issues?
4. What steps can you take as a young person to break the culture of not talking about sex with your siblings, parents or guardians?
5. What can you do to break the silence and challenge stigma and discrimination around HIV and AIDS?