

Caring for your well-being

22% said that they had seriously thought about harming (injuring) themselves in a way that could result in death

19% said that they had spoken to a social worker at least once before

5% said that they had been told by a health worker that they have a sexually transmitted infection



Remember:

a person who is a victim of sexual violence has a right to open a case at a police station **and also** has the right to healthcare

Talking about problems...



You should talk to a trusted adult if you are having problems



2 in 7 learners said that it would be difficult to ask an adult for help if their girlfriend or boyfriend hits them

Many young people feel pressure to have sex and saying "no" is not always easy. However, **you have the right to say "NO"** - and it can be a positive choice.!

Thank you for your participation in the PREPARE project!

Dr. Catherine Mathews	Ms. Tracy McClinton-Appollis
Dr. Amanda Mason-Jones	Ms. Mariette Momberg
Mrs. Sandra de Jager	Ms. Yolisa Mtshizana
Ms. Petra de Koker	Dr. Loraine Townsend
Ms. Simone Europa	Ms. Leah Demetri
Ms. Joy Koech	Prof. Petrus de Vries



UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD

Where can I find help?

Toll-free numbers:



Domestic Violence Helpline
0800-150-150

National Counselling Line
0861-322-322



Visit the online Youth Hub:

www.ahru.uct.ac.za/youth-hub-welcome

Try out the free B-Wise! mobile health app:
www.bwisehealth.com

Every person is born equal and thus has the **RIGHT** to equality. Every person is **RESPONSIBLE** for treating others in ways that do not degrade or discriminate against them

Compiled and designed by Cameron Hutchison

PREPARE



Promoting sexual and reproductive health among adolescents



Mobilising schools, parents and communities

STUDY FINDINGS

In 2013, we surveyed 3451 Grade 8 learners from 41 public high schools in the Western Cape

These findings are based on the combined data from all the participating schools

What did you have to say about school?

- 86% I like school
- 24% I cannot wait to drop out
- 67% I feel safe at school
- 46% Girls and boys are treated equally
- 44% Students say they will hit or beat each other
- 34% Students often get hurt at my school



Issues relating to Intimate Partner Violence

Intimate partner violence is emotional, physical and/or sexual harm by a current or former partner

- 27% said that their boyfriend or girlfriend insulted them, or humiliated them, or made them feel bad about themselves
- 16% said that their boyfriend or girlfriend threatened to hurt them
- 15% said that their boyfriend or girlfriend hit, kicked, pushed, choked or burned them
- 11% said that their boyfriend or girlfriend forced them to have sex
- 61% said that they plan not to hit their girlfriend or boyfriend when she or he makes them angry
- 25% said that it would be difficult to leave their girlfriend or boyfriend when she or he hits them



What is a caring relationship?

Caring relationships **make you feel safe** - you would not feel scared, intimidated, or afraid in a caring relationship



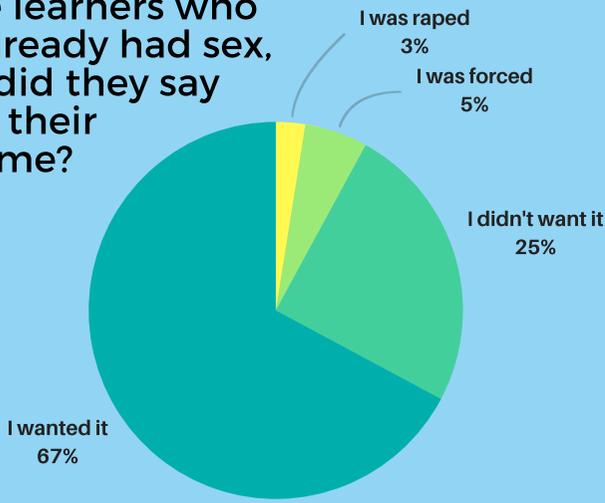
These relationships should **make you feel good** about yourself

When do you think is the right time to have sex?

- When I'm younger than 16 years old 3%
- When I'm 16 or 17 5%
- When I'm 18 or 19 10%
- When I'm 20 or 21 8%
- When I'm older than 21 9%
- When I really want it 6%
- When I have a job 3%
- When I am married 49%
- I don't know 7%



Of the learners who had already had sex, what did they say about their first time?



You are probably not ready for sex if:

- You are doing it because you think everyone else is or because you are scared of getting dumped if you don't
- Someone is trying to persuade or pressure you to have sex
- You have not talked about condoms and contraception
- You don't trust the person you might have sex with
- You don't feel in control of your decisions
- You think you might regret it afterwards

How did you do in the sexual health quiz?

- 70% knew that **kissing a person who is HIV positive will not infect you too**
- 61% knew that you can become infected with HIV by **having sex just once** with someone who is HIV positive
- 61% knew that a person **who looks strong and healthy** can be HIV positive
- 50% knew that a **condom has an expiry date**
- 39% knew that you can become infected with HIV by **having anal sex** with someone who is HIV positive
- 26% knew that contraceptive pills and injections **do not protect girls against Sexually Transmitted Infections**
- 19% knew that a man **should leave a bit of air** at the top of a condom when putting it on

Remember: It is illegal for anyone to force or attempt to force any woman, man, girl, or boy to have sex (even if they are married or dating)