

YAKWA

FRESH
new
LOOK!



ISSUE 28
2025

VOICES THAT MATTER:
**YOUTH LEADERS
SPEAK**

*Style
Statement*

**YOUNG FASHION
DESIGN STUDENT
shares style tips**



**DEBATE YOUR
WAY TO
SUCCESS**

TAKE UP SPACE,
**OWN YOUR
power!**

SAFE SEX
myths
BUSTED!

what's

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yakh'elakha

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EDITORIAL



**TAKING UP
SPACE: YOUR
TIME TO *shine!***

Welcome to our latest issue of YAKHA, where we're exploring the powerful theme of "Taking up space" – a call to action for every young person reading this magazine.

In a world where young voices are often overlooked or silenced, we're encouraging you to stand tall, speak up and claim your rightful place. This isn't about being loud for the sake of it – it's about recognising your worth and refusing to shrink yourself to make others comfortable.

As our brilliant cover story reminds us, the barriers to taking up space are real: fear, self-doubt, and imposter syndrome can make us question whether we belong. But these feelings, while valid, don't define your potential. From reframing self-doubt as a sign of growth to building confidence through small actions, we explore practical ways to overcome these barriers and step into your power.

Throughout these pages, you'll meet inspiring individuals who refused to stay in the shadows. Like our G.O.A.T Qhama Nyamza, who transformed personal struggles into a platform for advocacy, or the college peer mentors who found their voices through volunteering and Nonkosikhona

Moshani in our Throwback feature, who turned a gap year into a leadership journey.

We're especially proud of our youth contributors who have stepped up to share their insights on complex topics – from relationships to finance, from debating skills to career detours. Their voices remind us that young people have powerful perspectives worth hearing.

So as you flip through these pages, ask yourself: where in your life could you take up more space? Is it in a classroom debate? At a college club? In advocating for your community? Or simply in standing firm on your boundaries in relationships?

Wherever you choose, remember this: You are not too much. Your dreams are not too big. Your voice is not too loud. The stage is yours – it's time to step into the spotlight.

With love and belief in you,

The Yakha Team

POW

TAKING UP *space* in 2025!

**WORDS: YONELA NOKWE, LUTHANDO TINI AND SIBABALWE PONONO
PHOTOS: SUPPLIED**

We spoke to six ambitious young people about how they're claiming their rightful space in different areas of life. From leadership roles to entrepreneurship, they're making their mark and refusing to be sidelined.



I'm part of the student leadership in sports and a Transformation and Development Officer in my university rowing club. I assist young people to learn the dynamics and develop in the club. Young people bring fresh perspectives, creativity and skills. Their involvement ensures their voices are represented in spaces where decisions are made.

AYABONGA KLASS

AGE: 20

*Student leader
from East London*

ESAMISIPHO NJATYELA

AGE: 23

*Student
from East London*

I occupy the space of innovation and entrepreneurship. As an engineering student, I am constantly learning to apply technical skills to solve real-life problems. I run a small business called the Print Hub, allowing me to express my creativity and connect with other students. Each project is an opportunity to expand my influence and build my brand.





THATO THEBEHADI

AGE: 20

*Make-up artist
from East London*

I believe that the future of young people is in their hands.

My clients have different personalities and attitudes towards my work, and sometimes I am judged because of my age. But, I have one resolve: It takes ME for people to respect my work. Every face I work on is a canvas where I demonstrate my expertise and claim my professional space.

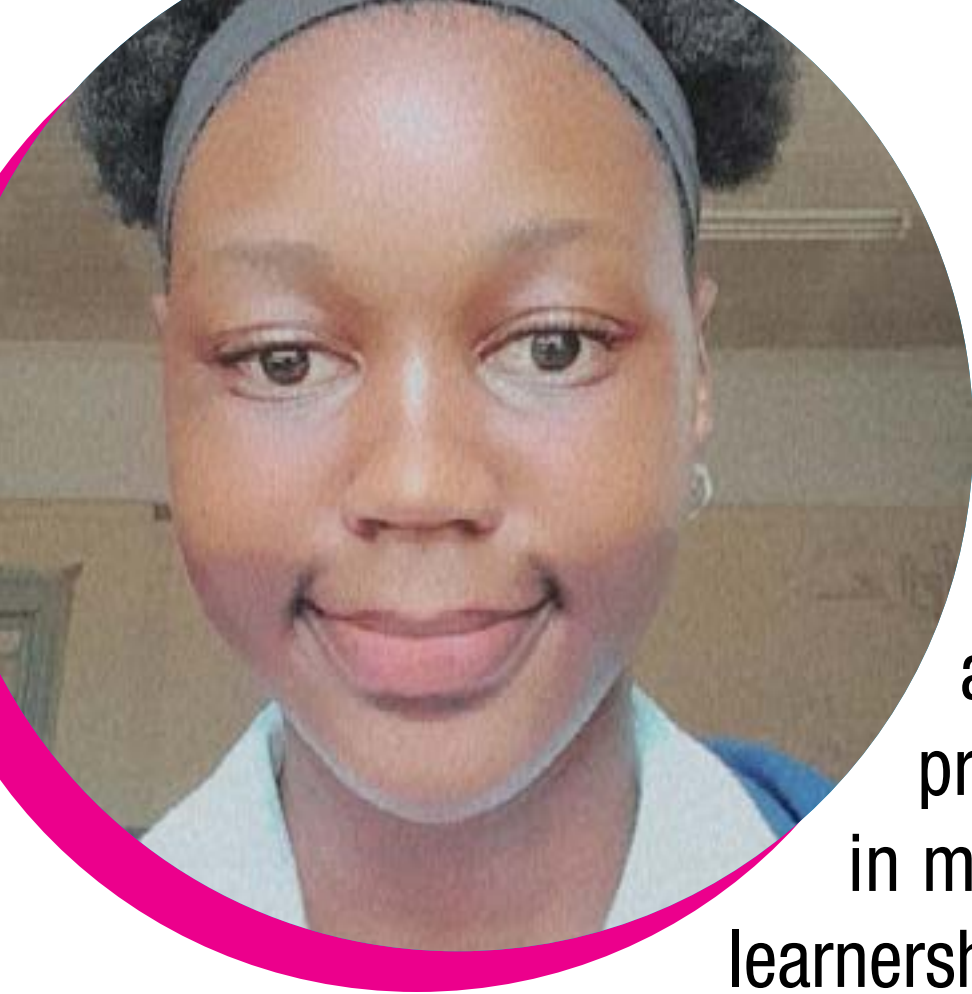
NOKWAZI DIMBAZA

AGE: 21

*Engineering student
from East London*

I dive into hands-on projects like building a vacuum cleaner prototype. As the Women's Captain for my rowing club, I balance leadership with teamwork and mentorship. Beyond academics, I engage in community development and outreach, making a positive impact locally. Taking up space means using my technical knowledge to solve real problems.





I am a recent high school graduate who couldn't apply to universities due to lack of resources and knowledge about the application processes. I remain positive in my space through attending a learnership on plant cultivation. I

believe that even without traditional higher education paths, I can still grow and develop skills that will create opportunities.

SINALO SAJINI

AGE: 18

Youth learner from Stutterheim

AMOHELO KORTJASS

AGE: 17

Student entrepreneur from Amalinda

I have a small but growing business of natural hair products.

Youngsters must be curious and learn more about the spaces around them, as there are business opportunities everywhere. I provide quality products to my customers, despite facing bias for being young while pursuing my studies. My age doesn't define my capabilities or limit my right to succeed in business.





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THE STAGE

is yours

COVER STORY



Break through fear and self-doubt to claim your rightful space. Your dreams are valid – build confidence, overcome barriers and stand tall. The stage awaits your brilliance.

**WORDS:
LINDOKUHLE
MAGASELA**

We grow up watching television and seeing people that we look up to doing great things, and although we aspire to these goals when we are younger, this somehow fades as we get older. We go from ‘When I grow up, I want to...’ to believing that these amazing goals and aspirations are not for us, unrealistic or simply unattainable.

Groomed by our surroundings, we often see those around us settling into situations that are less than favourable, and quickly accept this to be the true way of life – instead of taking it as a challenge and making it out.

We face many different psychological barriers when it comes to standing up for our dreams, making it even harder for us to take up space, as this is often misunderstood as being ‘too forward’ or even ‘disrespectful’ when asserting ourselves with those older than us or in positions of power.

Our dreams to take up space and make something big out of our lives are valid, and it’s up to us to make them a reality because the truth is, if not us, then who?

BREAKING DOWN THE BARRIERS

The first step in overcoming the barriers that lie ahead of us is acknowledging that they are real. Feelings of fear, self-doubt and imposter syndrome are real barriers, and can sometimes make it difficult to step into situations that allow us to reach our full potential.

Something as small as joining a team at school where you think you might do well, or even putting your hand up in the workplace to join in on a project or lead it can be so intimidating because of these barriers.

Your personal life can be affected too because they often reach scenarios in our social circles.

It's important to understand that while these feelings are real and valid, they shouldn't take over your life and box you into a corner that limits you.

OVERCOMING FEAR, SELF-DOUBT AND IMPOSTER SYNDROME

A lot of people experience fear, self-doubt and imposter syndrome when they are faced with scenarios they have not experienced or are not comfortable in.

When you are surrounded by people who are more experienced than you, those who have more resources or simply 'belong' it's absolutely normal

to experience these negative emotions. What matters, is how you overcome them and use them to propel you forward as opposed to hiding away. When questions such as ‘Do I really belong here?’, ‘What makes me special enough to do this?’ or even when negative thoughts come flooding, remind yourself of your goals and tell yourself that you are more than capable of learning, growing and adapting to those environments.

The statement ‘fake it till you make it’ was made for these exact situations, and what stands between you and your next big move is what you say to yourself.

Taking up space, taking risks and speaking up can be difficult especially when you fear failure, but oh darling, what if you succeed? Let that give you the confidence to at least try.



HOW TO BUILD UP YOUR CONFIDENCE AND POWER

It doesn't always happen in a day, but it's possible to build up your confidence instead of suffering in silence and being in the shadows. Here is how you can overcome your barriers and walk in your power:

1. Reframe self-doubt:

Let self-doubt be a sign that you are in a position to grow, and about to step out of your comfort zone. Although it can be a little bit intimidating, when you change how you think about self-doubt, you can use it as a positive tool to not dwell in fear, but walk in the assurance that you are on the right path.

2. Start small:

Use smaller, more manageable situations to assert yourself. Share your thoughts, speak up where you have an opinion and put your hand up to help where you can. These small actions gradually build up your courage and set a foundation for bigger moves.

3. Get support and mentorship:

Reach out to people who have overcome similar challenges and ask them for mentorship opportunities. Their experiences can offer valuable insights and encouragement, and help you to overcome fear.

4. Reflect and affirm yourself:

Start doing daily affirmations that reinforce your self-worth and capabilities. No matter how small it may seem, always reflect on your achievements and progress, as this will remind you of your abilities.

5. Learn to handle rejection:

Your value is not determined by rejection or failure. Instead, use these to redirect and find more opportunity for growth and learning, not a confirmation of inadequacy.

MAKING YOUR MARK

When society begins to reinforce these negative emotions, take this to be your cue to stand up and fight against it.

There are many societal expectations, deep-rooted beliefs and stereotypes that work to limit you by making your confidence seem like an enemy. If you talk about a special skill that you have, or a goal that you believe you can achieve, this is often labelled as a lack of humility and being boastful... breaking you down over time until those goals become a distant memory.

It's important to identify these mindsets and actively work to overcome them, reinforcing your power every day to reach your goals, regardless of what

society or your surroundings say and accept. Assert yourself and make your journey a personal one to reach your highest goals and aspirations, it's personal – so take it personally!

While it is not an easy task, we know it can be done, and in fact, has been done by many people from our backgrounds. Make a decision today and work towards being a positive example to those around you by chasing your dreams and overcoming any negative voice – whether from society or even yourself.

When you do this, you contribute not only to your personal growth but also to the ongoing transformation of society.

The courage to assert oneself is the first step towards creating a world where everyone – regardless of age, background, or identity – has the opportunity to be seen and heard.

Be the change you want to see – you can do it!

HOW

WORDS AND PHOTOS:
SAMANTHA MAGWASHU

#BEMOREDARING

debating can help your career

“The art of debate is not about winning, but about learning to listen, to question, and to think critically.” - Unknown



CREATING AN
ENABLING ENVIRONMENT
FOR YOUNG
changemakers

Debate is a powerful and engaging conversation where individuals present arguments and counterarguments on a particular motion. It involves critical thinking, research, and effective communication, aiming to persuade others or reach a deeper understanding of the subject matter.

Debate is a vital skill in various aspects of life, including academics, politics, law, and personal relationships.

KEY ASPECTS OF DEBATE

- **Argumentation** – present logical and evidence-based arguments to support a claim.
- **Counter argumentation** – address opposing views and refuting counterarguments.
- **Evidence-based reasoning** – use credible sources and data to support arguments.
- **Persuasion** – convince others through logical, emotional, and ethical appeals.

DEVELOPING KEY SKILLS

- **Critical thinking** – helps you analyse complex issues, evaluate evidence and form well-supported arguments.
- **Public speaking** – improves your ability to communicate effectively, articulate your thoughts and engage audiences.
- **Research and analysis** – requires in-depth research and analysis of topics, helping you develop your research skills.
- **Argumentation and persuasion** – teaches you how to construct persuasive arguments, anticipate counterarguments and adapt to different perspectives.



CAREER OPPORTUNITIES

- **Leadership and teamwork** – involves working in teams, which can help you develop leadership and collaboration skills.
- **Networking** – can provide opportunities to meet people from various backgrounds and industries.
- **Confidence and self-expression** – helps build confidence in expressing your opinions and ideas.
- **Problem-solving** – encourages one to think creatively and develop innovative solutions to complex problems.

CAREER PATHS

- **Law and politics** – can be particularly useful for careers in law, politics, and public policy.
- **Business and management** – can help you develop strong communication, negotiation, and problem-solving skills.
- **Academia and research** – can be beneficial for careers in academia and research, where critical thinking, analysis, and argumentation are essential.
- **Public relations and communications** – can help you develop strong communication and persuasion skills.

Debating can be a valuable experience that can help you develop key skills, enhance your career opportunities, and achieve personal growth.

Second-year Journalism student at Walter Sisulu University Natasha Mpondo shares her experience of being part of the bumb'INGOMSO debate programme and how it contributed to her choosing her career path.

“Being a part of the BI Debate programme influenced my career choice a lot because in 2022, I won best speaker and that made me certain that I wanted to study journalism. Currently, I am doing my second year and truly enjoying my journey as my passion is being ignited even more,” said Natasha.

BI DISTRICT DEBATE TOURNAMENTS

Every year, bumb'INGOMSO hosts a District Debate Tournament bringing together a number of schools around Buffalo City Metropolitan Municipality and Amathole District – led by the Behaviour Change and Communication intervention.

This year the tournament was held on 28 March at Billy Francis Community Hall at Buffalo Flats (East London) with a total of 60 learners participating. The aim was to positively influence these future leaders, by empowering them to be changemakers to their peers, in schools and communities. These Debate Leagues afford the learners an opportunity to engage in crucial issues that are faced by our society. Debating teaches, and also encourages effective communication skills at an early age. It promotes positive personal development in young people, leading to constructive ongoing conversations for a better life for all.



FOR MORE INFORMATION:

**bumb'INGOMSO call centre
0800 55 55 58**

FEEDBACK FROM OUR DEBATERS

Learners who participated in the district debate tournament had this to say about their experience:



Austin Okafur from Toise Senior Secondary School:

“Debating gave me an opportunity to learn more about myself. It has helped me learn more about my study methods and increased my love for public speaking. The motions dealt with real-life social and political issues that are currently being faced by our country.”

Zikho Qumbelo from Ebenezer Majombozi High School:

“The skills and knowledge I gained through debate will help develop my career in medicine. The skills I developed are critical thinking, effective communication and analytical thinking, which will enable me to make informed decisions, articulate complex medical information to patients, and stay up to date with the latest research and advancements. She added, “The adaptability and resilience I developed through debating will also aid me in navigating the high-pressure environment of a medical setting. By applying these skills, I can provide better care, work effectively with healthcare teams and contribute to informed discussions about healthcare policy and practice.”



WORDS: MANDY COLLINS
PHOTOS: UNSPLASH

#BEMOREVITAL

BUSTING MYTHS *about* *contraception* *and* *sexual health*

GET THE FACTS STRAIGHT: Common misconceptions about sexual health that could be putting you at risk.

Misinformation about sexual health is everywhere – from school playgrounds to social media. These myths don't just spread confusion; they can lead to real consequences like unplanned pregnancies. Let's separate fact from fiction with some straight talk about contraception and sexual health.

MYTH: YOU CAN'T GET PREGNANT THE FIRST TIME YOU HAVE SEX

TRUTH: Your body doesn't give "free passes". Pregnancy can happen any time sperm meets an egg, including the very first time you have sex. Your fertility doesn't know or care if it's your first or 50th time – the biological process works the same way. Many teens mistakenly believe their first sexual experience comes with some kind of natural protection, but this dangerous myth has contributed to countless unplanned pregnancies.

MYTH: PULLING OUT (WITHDRAWAL) IS A RELIABLE FORM OF BIRTH CONTROL

TRUTH: The withdrawal method (pulling out before ejaculation) is one of the least effective methods of preventing pregnancy. Even when done perfectly, about one in five people who only use this method will fall pregnant within a year. Why? Pre-ejaculatory fluid released before withdrawal can contain sperm. Plus, it takes serious self-control that many people don't have in the moment. Withdrawal also provides zero protection against sexually transmitted infections (STIs) and leaves too much room for human error.

MYTH: YOU CAN'T GET PREGNANT DURING YOUR PERIOD

TRUTH: While less likely, pregnancy during menstruation is absolutely possible. Sperm can survive inside the body for up to five days, waiting for an egg. If you have a shorter cycle or irregular periods, you might ovulate (release an egg) soon after your period ends while sperm are still present. Some people also mistake breakthrough bleeding or spotting for a period, when they're actually at their most fertile time. Never assume any time is completely "safe" without protection.

MYTH: BIRTH CONTROL PILLS MAKE YOU GAIN WEIGHT AND CAUSE CANCER

TRUTH: Modern birth control pills contain much lower hormone doses than earlier versions. Multiple scientific studies show that most people don't experience significant weight changes on today's pills. As for cancer, hormonal contraceptives actually reduce the risk of ovarian and endometrial cancers. Every medication has potential side effects, but these should be discussed with a healthcare provider.

MYTH: IUDs ARE ONLY FOR PEOPLE WHO'VE ALREADY HAD CHILDREN

TRUTH: IUDs (intrauterine devices) are safe and recommended for people of all ages, whether or not they've been pregnant before. These small T-shaped devices are over 99% effective at preventing pregnancy and can last 3 to 10 years. Modern IUDs are nothing like problematic older versions from decades ago. They're actually one of the methods most recommended by doctors because they're "set it and forget it" – no pills to remember or condoms to put on in the moment.

MYTH: CONDOMS MAKE SEX LESS PLEASURABLE

TRUTH: Condoms are designed to maximise sensation while still providing protection. They come in different sizes, textures, materials, and thicknesses. Finding the right fit is key – a condom that's too tight or too loose won't feel good and might break or slip off. Proper application matters too. When used correctly, many people report hardly noticing condoms at all. Plus, the peace of mind from being protected against both pregnancy and STIs can make sex more enjoyable, not less.

MYTH: DOUCHING OR WASHING AFTER SEX PREVENTS PREGNANCY

TRUTH: Once sperm enter the vagina, they quickly travel toward the fallopian tubes – we’re talking minutes, not hours. No amount of washing, douching, jumping, or any other after-sex ritual will wash them out or prevent pregnancy. In fact, douching (rinsing inside the vagina) is unhealthy, disrupting the natural balance of bacteria and potentially increasing infection risk. The vagina is self-cleaning and doesn’t need internal washing. Only contraception used before or during sex can effectively prevent pregnancy.

MYTH: ONLY “PROMISCUOUS” PEOPLE GET SEXUALLY TRANSMITTED INFECTIONS

TRUTH: STIs don’t discriminate based on someone’s reputation, number of partners, or any other social factor. They’re infections, not moral judgments. Anyone who is sexually active can contract an STI – even from their first and only partner. Many STIs show no symptoms initially, so people can spread them without knowing they’re infected. That’s why regular testing is important for everyone who’s sexually active, regardless of how many partners they’ve had. Protecting yourself isn’t about trust; it’s about health.

MYTH: IF SOMEONE TRULY LOVES YOU, YOU DON’T NEED TO WORRY ABOUT PROTECTION

TRUTH: Love and trust have nothing to do with biology. Unprotected sex can lead to pregnancy or STIs regardless of your feelings for each other. Caring partners respect each other’s health and future plans by discussing and using protection. In fact, having these conversations shows maturity and genuine care for each other’s wellbeing. Don’t confuse romantic notions with practical reality – protection is about responsibility, not a lack of trust or love.

Bottom line

Your sexual health is too important to leave to chance or rumours. Get accurate information from healthcare providers, reputable websites, or school counsellors. Taking control of your reproductive health now means protecting your future plans and possibilities.



If you need help or further advice on anything related to safe sex, you can contact the bumb'INGOMSO call centre on 0800 555 558 or WhatsApp 021 493 5637.

bumbingomso.co.za/

**WORDS AND PHOTOS:
NYAMEKA GUMEDE**

NOT JUST A *hangout*

LINGOMSO YOUTH CENTRE

How Lingomso Youth Centre is changing lives of young people.

For many years Lingomso Youth Centre has been providing youth-friendly services for in and out of school youth, offering an integrated package of services, including HIV counselling and testing, STI screening, psychosocial support as well as referrals for further support by social workers.

School-going young people are also supported with WiFi to do their assignments and homework, while out-of-school young people are able to access work-seeker support at the Centre's economic hub. They also take part in recreational activities such as music, dancing, drawing, for learning, creative expression and sometimes just for fun.

We spoke to two such young people who frequent the Centre about how this experience has impacted their lives.



MAKACHUME FALTENI

When I first came to Lingomso, I was just visiting to observe and see what was done by other young people, but then I began coming to the centre regularly because I could see that when I arrived there, I was getting help and support that I did not know I needed.

I have managed to get psychosocial support for myself, and I have accessed other bumb'INGOMSO services, which include taking part in performing arts activities and understanding gender diversity. Lingomso Youth Centre just felt so much like a safe space and a home for me.

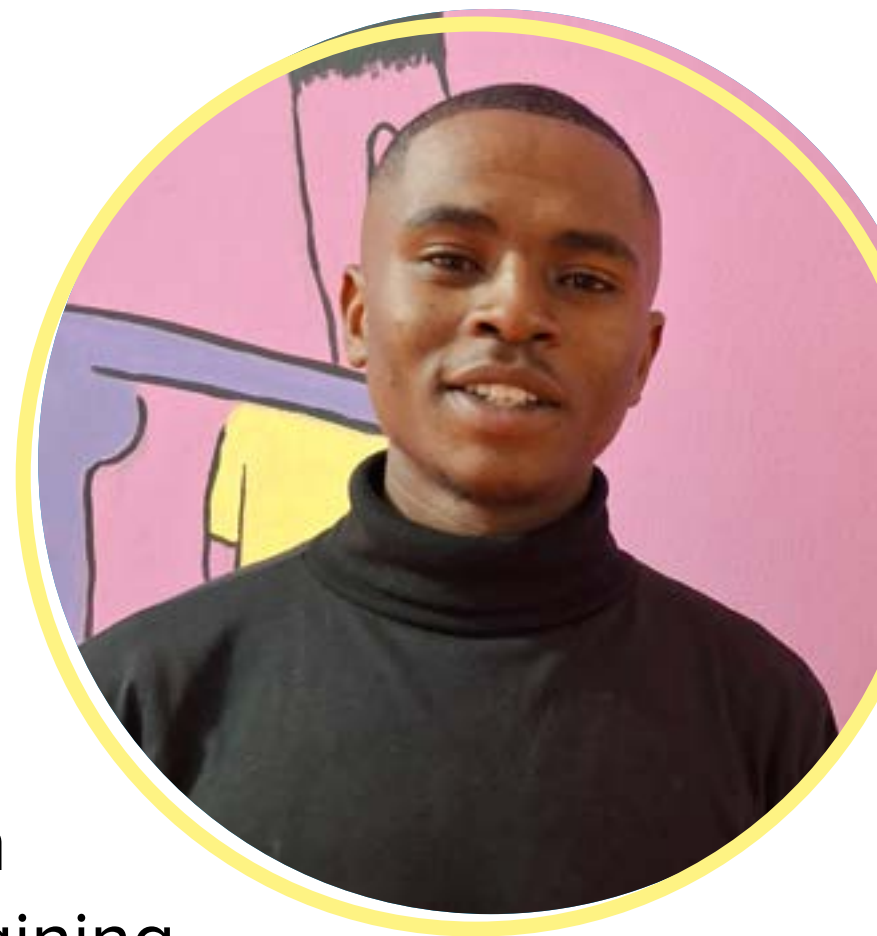
My academic performance has improved ever since I started coming to the centre, with the help of academic support such as being able to get access to the internet and using laptops to do my schoolwork. I am also able to use the study rooms that are conducive to studying.

Lingomso mentors played a vital role, as they would assist us when we need help with our school projects.

I managed to take all the information that we are taught at Lingomso and share it with my peers in the community and give them an insight into what we do at the centre. With sessions offered at Lingomso, I was able to see a positive change in my life.

Through the sessions that we usually have, now when facing different situations or conflicts, I know that it is not right to always be ready for fights, but I listen to what is being said before I respond. Before I came to Lingomso, I used to bully my siblings and relatives and that was because I am the lastborn, so I was not capable of sharing. I then learnt that it is not the right thing to do, because that is a behaviour I would not like when it is done to me.

OYAMA LAMATI



I started visiting Lingomso Youth Centre in January 2024 to get assisted with tertiary applications. At the centre, I was recruited as a young person who was not in employment, education or training (NEET), and I was offered one-on-one coaching by a friendly youth coach at Lingomso. After I was oriented around the centre, I was registered to be on the BI leadership network.

Through the help of Economic Opportunities programmes, I participated in the NEMISA Digital Literacy Made Easy and Basic Computer Literacy course through our COP partner at Cecilia Makhiwane Community Learning Centre. By volunteering and participating in these computer literacy courses I grew a new interest in computers, and I am now a learnership beneficiary at Buffalo City College, enrolled for the Back-End User Computer Learnership.

Ever since I started visiting Lingomso, I see things differently, and I act and respond differently to situations. I was able to set boundaries for myself, I have gained confidence, and I am ready to face the world. I was able to make new friends, and Lingomso has been the place where I can come to offload, meet with my peers and talk about anything without fear of being judged.

×

#ASK

×

KEREADY

**How do I build
real friendships
with my chomies?**

**He said
'just the tip'.
Is that a real thing or
am I getting played?**

**What's the
best way
to avoid STIs?**



**WhatsApp
the word "Hi" to:
060 019 0000**

WORDS: **APHIWE HLETYIWE**
PHOTOS: **UNSPLASH**

IKHWELOLETHU



Your voice matters!
Speak your truth.



OWN YOUR BODY
OWN YOUR
POWER

Puberty can be confusing, but you deserve to grow, feel, ask, speak and take care of YOU. This is your guide to growing with confidence.



Puberty is an adventure and you're not alone.

Your body is changing, your emotions are stronger, and new thoughts pop up that you've never had before. It can feel weird... even scary. But here's the truth: you have every right to take up space in this world.

That means being proud of who you are, learning about yourself, and caring for your body and feelings with confidence, not shame. This guide is here to walk with you, so you can step into your power, grow boldly, and be unapologetically you.

WHAT'S HAPPENING TO ME?

Growing means changing, and that's okay. Puberty happens to everyone, but not at the same time or in the same way. Your height might shoot up. You might notice body hair or get your period. Voices deepen. Skin breaks out. And emotions? They're all over the place.

These changes are your body saying, "I'm growing." So, embrace it by learning what's happening and treating your body with the respect it deserves (discuss with parents).

TAKING CARE OF YOURSELF = POWER

When you look after your body, you're telling the world: I matter. Start with simple but powerful routines:

- Wash your body and face every day
- Wear clean underwear
- Brush your teeth twice a day
- If you pick up a funny smell under your armpits, use a deodorant recommended by your parents or guardian
- Drink lots of water and get some fresh air
- If you get periods, keep pads or liners handy and dispose of them in the bin.

Self-care isn't just about how you look; it's about how you feel. Taking care of yourself helps you walk taller, speak up, and face the day with confidence.

CRUSHES, FEELINGS AND BEING YOURSELF

You might start having crushes, or maybe you don't, and that's okay too! Romantic feelings are normal, and so is figuring them out slowly.

It's okay to like someone or not, and you don't have to act on your feelings. Your comfort matters more than pressure from others.

You're allowed to feel. You're allowed to take your time. Taking up space also means protecting your peace, your pace and your heart.

BODIES, BOUNDARIES AND BRAVERY

As your body changes, so does your understanding of personal space. That's where boundaries come in. Taking up space also means knowing when to say "yes," "no," or "I'm not ready."

Your body is YOURS. Nobody should ever touch you without permission. You can walk away, speak up, or tell someone if something feels wrong.

You don't owe anyone access to your body, your time, or your attention. You have the right to feel safe, always.

GLOW-UP Q&A

Q: Is it normal to feel weird about my body?

A: Totally! Your body's changing fast. Give it love, patience, and kindness. It's yours, and that's something to be proud of.

Q: What if I don't feel ready to date or talk about relationships?

A: That's okay! There's no rush. You get to grow at your own pace. You are enough just as you are. When you are ready to date, talk to your grown-ups for advice.

Q: What do I do if someone doesn't respect my boundaries?

A: Speak up and tell someone you trust. Your safety and comfort come first, always.

OWN IT, GROW IT, TAKE UP SPACE

You are growing – not just in size, but in strength, in voice, and in confidence. Taking up space means loving yourself, learning about yourself, and never shrinking to make others comfortable.

This world needs you – all of you. So, take care of your body. Speak your truth. Feel your feelings. Take up space. You belong here.

YOUR EMOTIONS DESERVE SPACE TOO

Some days are amazing. Some days are not so much. Puberty can bring mood swings, tears, or stress, and that's okay.

Here's how to care for your emotional health:

- Journal, draw, or create
- Listen to music
- Talk to someone you trust
- Move your body, dance, walk, or play a sport

You are allowed to feel ALL your feelings. Don't bottle them up. Taking up emotional space is healthy and powerful.



WHEN YOU NEED SUPPORT: SPEAK UP



Taking up space doesn't mean doing everything alone. Sometimes the bravest thing you can do is ask for help.



REACH OUT TO:

- A parent or guardian
- A teacher or school social worker
- A nurse or clinic staff
- bumb'INGOMSO Call centre: 0800 555 558
- A bumb'INGOMSO mentor



***YOUR VOICE MATTERS.
AND THERE ARE PEOPLE READY TO LISTEN, GUIDE, AND
SUPPORT YOU.***



IKHWELO Lethu

IKHWELOLethu is not just a programme; it's a call to action for young adolescents and parents to create meaningful connections and inspire change.

Schools are supposed to be safe places for children, but instead are turning out to be riddled with instances of sexual abuse.

#BEMOREDEFIANT

THE SCOURGE OF SEXUAL ABUSE *in schools*

Children spend most of their time at school, thus building strong relationships with their educators. Unfortunately, teachers who are predators can exploit this relationship to groom and abuse unsuspecting children.

A SAFE LEARNING ENVIRONMENT IS

essential

WORDS: XOLELWA PONA

PHOTO: UNSPLASH

It takes a village to raise a child, and that village includes teachers. In the past few months, however, the country has been plagued with an overwhelming rise in sexual abuse cases that have allegedly taken place in schools. In April, the Education Labour Relations Council (ELRC) confirmed that 111 cases of sexual harassment and abuse of learners by teachers were referred to them in the 2024/2025 financial year.

Children spend most of their time at school, thus building strong relationships with their educators to develop their cognitive skills, learn and thrive at school. Unfortunately, teachers who are predators can exploit this relationship to groom and abuse unsuspecting children.

Grooming is a process that involves the offender building a relationship with a child, and sometimes with their wider family, gaining their trust and a position of power over the child, in preparation for abuse.

A teacher giving a particular learner extra attention more than the others, showing favouritism over others, sometimes touching them in non-sexual ways (at first) and asking for their contact number so that they can “keep checking on them” are some of the sign of grooming.

SAFE ADULTS DON'T ASK CHILDREN TO KEEP SECRETS

This may seem insignificant, but children should be taught early to never keep secrets for anyone.

As a child, you should have adults that you trust and are able to talk to honestly.

Try to make sure that you are never around people who make you uncomfortable. Always do activities with friends and go with friends, especially to unfamiliar places. Social media is another breeding ground for predators: avoid chatting with strangers. Safe teachers with good intentions will not ask children to keep their “friendship” a secret, no matter how sweet they portray themselves to be. This may not always be easy to do, but always try to be stern and set boundaries – even with the teachers.

SIGNS OF GROOMING THAT PARENTS CAN LOOK OUT FOR

Children may not always show all these signs, but it is important to notice children’s behaviours, especially when there are sudden changes. Being able to identify some of the signs below may prevent abuse from taking place or stop one from continuing:

- developing an unusually close connection with an older person;
- having gifts or money from new friends or someone that they cannot account for;
- being very secretive about their phone, internet or social media use;

- going missing for long periods of time;
- being dishonest about who they have been with and where they have been;
- drinking alcohol or taking drugs; and
- being collected from school by an older or new friend.

HOW TO REPORT CONCERNS SAFELY

The thanathi Counselling Services counsellor Avela Magobongo, who is placed at one of the schools in East London, had this to say about how children can safely report concerns: “I always say, they must look for someone they can trust. It can be a neighbour, relative, a family friend, or they can look for a counsellor at school if they have one, and report the case. What I always emphasise is not to protect the perpetrator – they must keep talking about the incident until someone listens.

“In one of the schools I worked at, I had a child that was brave enough to come to me about an incident that happened to them. I reported the matter to the Department of Social Development social workers. They responded swiftly to the case and the child was removed and placed in a safe environment.”

Schools have a responsibility to protect children, and in cases where abuse has taken place, they have the responsibility to adequately deal with the issue without further victimising the minor.

This protection starts with school management doing background checks on their prospective educators and employees and vetting them against the National Sexual Offender Registry (NRSO). Hiring a person with a history of abusing children is irresponsible and endangers children's lives. Children have a right to a safe learning environment that is free from bullying, abuse and discrimination. They also have a responsibility to make sure that school is equally safe for others as well, by respecting and not bullying them. Children's safety should be of paramount importance in any setting, be it at home or at school.

Parents also have a responsibility to keep their little ones safe, and there are some practical ways that they can do that – first, by making sure that the child has a reliable nanny and/or transport driver, and second, by regularly checking in with the child and tending to their emotional needs.

Having a close relationship with your child makes them trust you and feel free enough to come to you for anything.

SUPPORT SERVICES

Bumb'INGOMSO call centre:
0800 555 558 (toll-free)

Masithethe Counselling services:
043 722 2000

Masimanyane Women's Rights
International: 043 743 9169

Style THAT OWNS THE STREETS!

FASHION



Amzile Libazi sits down with Emihle Dwyili, a 2nd-year fashion design student at Walter Sisulu University, to explore her take on minimalist streetwear.

For those exploring minimalist streetwear, consider opting for simple, clean designs and relaxed fits. Stick to a mostly neutral colour palette, but don't be afraid to include a splash of something bold to make your look stand out.

This approach to fashion offers a balance between comfort and style, allowing one to look effortlessly put-together without appearing overdone. Drawing inspiration from streetwear, this style blends edgy, urban elements with cosy materials and soft tones – perfect for those who value both ease and expression in their wardrobe.



HLALANATHI NKUMANDA (20)

MY LOOK: Simplicity speaks volumes, I dress with the intention that every piece reflects calmness, clarity, and authenticity.

MY VOICE: To the youth, you don't need to be loud to be heard. Trust your taste, invest in yourself and let your presence speak for you.

TOP STYLE TIP: Quality over quantity. A well-fitted blazer or a white shirt can take you further than a closet full of trends.

STYLE ICON: Zendaya



WINTER

Threads



*fashion
Tip!*

Throw on a beanie to instantly add a cool, laid-back vibe to your outfit – it's an easy way to look effortlessly stylish.



SIYAWABUKA TYILO (22)

MY LOOK: The secret of great style is to feel good in what you wear.

MY VOICE: You do what's best for your soul. Everything else is noise.

TOP STYLE TIP: Anything looks good with a pair of jeans.

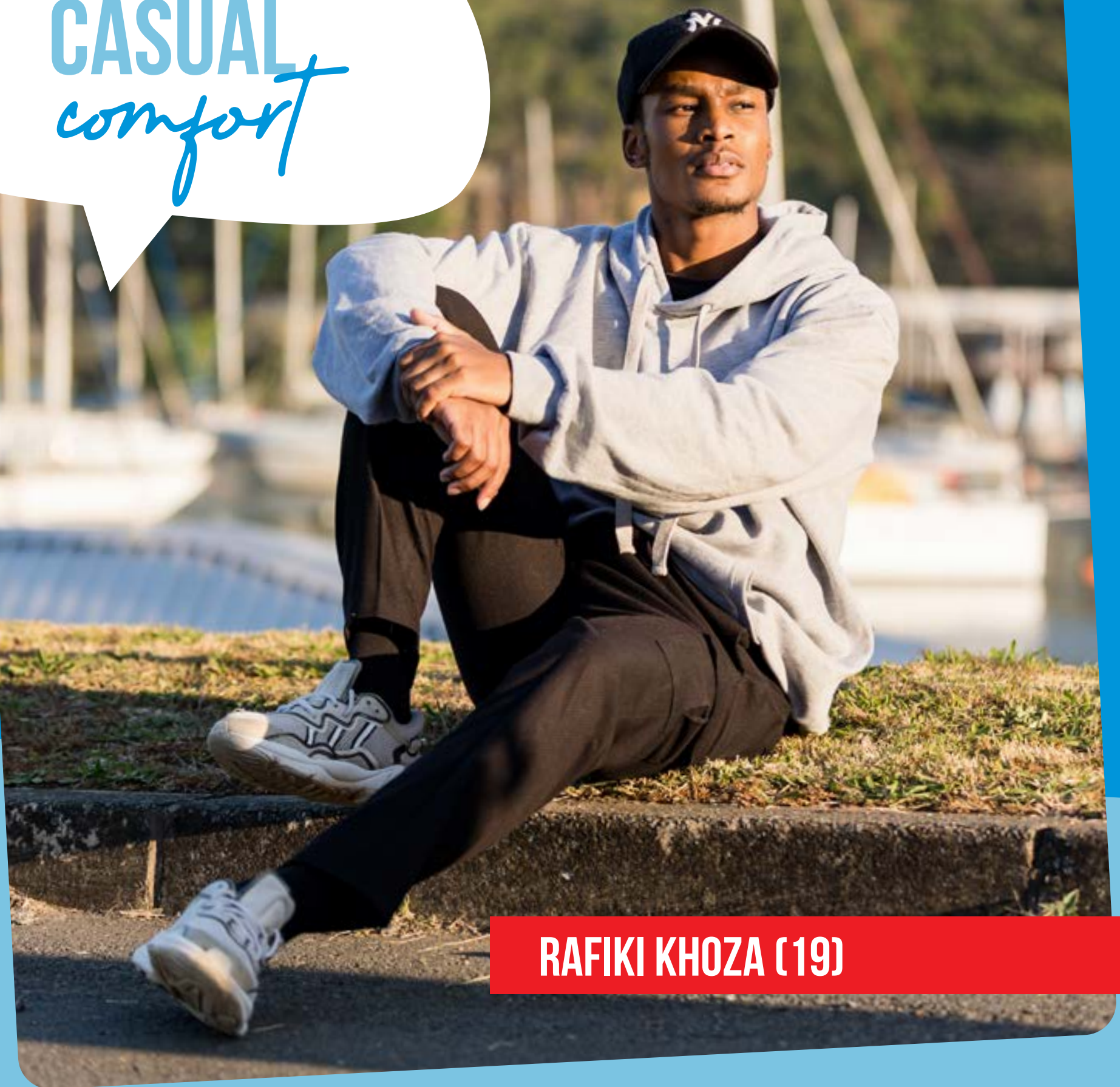
STYLE ICON: Lee Khuzwayo and Lerato Mthethwa



fashion

Oversized hoodies are always a winner. Toss it under a coat or over a tee for that cozy-meets-cool look.

CASUAL
comfort



RAFIKI KHOZA (19)

MY LOOK: My classic style of clothing is not just all about clothes, it's about timeless elegance that reflects the beauty within.

MY VOICE: The youth of today are leaders, innovators and the game-changers of tomorrow. We can achieve anything if we put our hearts and brains towards a certain goal.

TOP STYLE TIP: Focus on buying a small number of high-quality items rather than many trendy items with less quality. Invest in high-quality classic t-shirts that can be mixed and matched with other pieces in your wardrobe.

STYLE ICON: Christopher Maurice Brown

UTHIMNA BONGCO (19)

MY LOOK: My outfit reflects nothing about my personality besides self-confidence. Self Confidence is a bridge between yourself and unlocking your potential and I reflect that in a unique way, through fashion.

MY VOICE: Procrastination is a thief of time, get up and do it yourself before someone else does it.

STYLE TIP: Focus on creating a capsule wardrobe, finding your personal style and experimenting with different looks.

STYLE ICON: Oscar MBO



the power of PARTICIPATION

WORDS: LIHLE MVUSI
PHOTO: SUPPLIED

#BEMOREPLUGGEDIN

Our bumb'INGOMSO peer mentors detail how taking up space and volunteering has elevated their college experience beyond the classroom.

Year in and year out, young people flock to institutions of higher learning in their numbers, with one goal in mind – to get a qualification that could later land them their dream job. But interestingly, the world of work is rapidly changing, and experience is increasingly becoming the golden ticket to securing employment.

With this in mind, more college students are starting to see the value in volunteering as a way of building experience while still at school. But beyond that, volunteering can be a great way to network with like-minded people and to build confidence in young people to take up leadership positions.

Bumb'INGOMSO offers a psychosocial support peer mentoring opportunity to senior students at Lovedale TVET College and Buffalo City TVET College.

Qualifying senior students are afforded the opportunity to mentor first-year students in their respective colleges. The programme has proven to be quite beneficial to both mentees and the mentors themselves!



Meet some of the peer mentors



“Embrace this opportunity for it will open many doors for you.”

LIYEMA NGANTWENI (23)

LOVEDALE TVET COLLEGE (KING CAMPUS)

Q What inspired you to become a peer mentor?

A It was the urge or desire to bring change among the youth of my campus, and I saw this opportunity.

Q How has being a peer mentor influenced your studies or academic confidence?

A It boosted me drastically because now I have students who look up to me. That alone is a confidence booster.

Q How do you see your peer mentoring experience shaping your future – either academically, professionally, or personally?

A Academically, it's improving my grades because now I'm more focused on my studies, and personally I am becoming better as an individual.



“Taking up space means confidently asserting oneself and refusing to be marginalised.”

BIANCA NOMPUMEZO JAMES (30)

LOVEDALE TVET COLLEGE (ZWELITSHA CAMPUS)

- Q** What inspired you to become a peer mentor?
- A** My inspiration to become a peer mentor stemmed from a desire to support my fellow students and make a positive impact on their academic journey. Witnessing the challenges some students faced, coupled with my experience overcoming academic hurdles.

Q How do you handle setbacks or resistance when trying to support your peers?

A When faced with setbacks or resistance, I approach the situation with patience and understanding. I actively listen to my peers' concerns, address their resistance with empathy, and collaboratively work towards solutions that meet their needs.

Q How do you see your peer mentoring experience shaping your future – either academically, professionally, or personally?

A My peer mentoring experience has significantly shaped my future aspirations. It has honed my leadership skills, improved my communication abilities, and instilled in me a strong sense of social responsibility. This experience will be invaluable in my future academic and professional endeavours.

Q If you could leave a message for future mentors or students, what would it be?

A My message to future mentors and students would be to embrace the power of mentorship. Both giving and receiving mentoring is a transformative experience that benefits both mentor and mentees, fostering personal and professional growth. Be open to learning from others and making a positive impact on the lives of those around you.

“Embrace opportunities to grow, learn, and serve others.”



TAMARA JONATHAN (39)

BUFFALO CITY COLLEGE (MAIN CAMPUS)

Q What inspired you to become a peer mentor?

A I was inspired by the need to grow out of my shell and boost my confidence, and I needed the money. As small as (the stipend) was, it helped. I also believe that sharing experiences and knowledge can make a significant difference in someone's life, while in a quest for self-development.

Q Why do you believe it's important for students to do more than just attend class?

A It's essential for students to engage beyond the classroom because it helps build a sense of community, develops important life skills and enhances personal growth. I was a shadow of myself when I came to the college, and way before I became a mentor. Volunteering, mentoring or participating in extracurricular activities can provide valuable experiences that complement academic learning and seeing life from a different perspective.

Any last words?

Q Growing up, I made so many mistakes, to a point

A that I no longer trusted myself to make a right decision. Trust me when I tell you if you are thinking of becoming a peer educator or mentor, that is the best life-shaping decision you can make for yourself. And lastly, being kind does not cost a cent: Investing in others and being open to personal growth, we can create a positive and uplifting environment for everyone.

It is evident that volunteering or participating in the opportunities offered at school (and in our communities) can be both fulfilling and transformative. And the greatest part? There's no deadline to getting involved and making your mark.

Find a cause close to your heart and volunteer today – who knows where it can take you!



“Don’t Blue Tick Us”

We want to be heard, respected
and safe – at school, at home,
in our communities, and online.

From national dialogues and
youth summits across South
Africa, children and teens
have spoken clearly:

- * We don't feel safe in schools or homes
- * We face bullying, abuse and violence – even from adults
- * We are not protected enough online
- * And when we speak up, we feel ignored

Let's hold hands.

WORDS: LUXOLO BILLIE
PHOTOS: SUPPLIED

Career wins

EXPECT THE UNEXPECTED

WORK

***THREE YOUNG PEOPLE SHARE HOW UNEXPECTED
DETOURS BECAME THEIR PATH TO FULFILMENT.***

Life rarely follows our carefully laid plans – especially when it comes to careers. For many young South Africans, the journey from school to work is filled with unexpected turns, financial obstacles and moments of self-doubt. But as these three inspiring Eastern Cape youth demonstrate, sometimes the detour becomes the destination.

From law school delays to switching from nursing dreams to culinary work, these stories show that resilience and community support can transform disappointment into opportunity. With help from organisations like bumb'INGOMSO through Lingomso Youth Centre, these young people discovered that success often arrives through doors we never planned to enter.



LUSAKHANYA GWANQA (20)

My original dream career was to become a lawyer, but in 2024, I was not accepted for my preferred course, so I decided to stay at home and reapply.

I visited Lingomso Youth Centre, attended their workshops, signed up for the one-on-one coaching programme, and applied for Law. During this period, I was feeling depressed, but now I understand why I had to experience this delay.

I got accepted to six universities for Law and I am now a first-year LLB student at the University of Fort Hare, which is great because I get to be close to home.

What I can say to young people who are experiencing career disappointments, is trust the process, be the first one to apply as soon as schools open. Ask for assistance if you need help – the Lingomso team is there to help you.

“Dreams delayed are not dreams denied.”



CHULUMANCO MAXAKATO (26)

My original dream was to do climatology, but along the way I got interested in logistics though I didn't meet the requirements.

Then I got accepted for HR at Nelson Mandela University. I realised after grade 12 that I played too much, and I had to change my dream career. I was disappointed and felt like I had let a lot of people down. I had to figure a way out of my mistakes and seek a new direction.

I enrolled in school, but due to financial challenges I worked part-time and studied full-time and this affected my ability to complete my degree. I do regret choosing work over my studies, but in 2025 I reached out to bumb'INGOMSO, and attended their Work Seeker Support workshops and they made me understand that this was not the end of the world. Through the Economic Opportunities intervention, I was connected to the YES Learnership programme, working for the South African Driving Institute (SADI), where I am a sales and marketing intern. I get to interact with people, and I am learning many different skills.

Keep trying. If you want to see something change, you need to change yourself first, "Be the change you want to see."



ANETHEMBA BONTSO (20)

My dream career was to become a nurse, but I did not meet the requirements due to challenges I faced at home. The first step I took to change my situation was to upgrade my marks, but that also did not go as planned.

I had to think again about the next step to take, so I visited Lingomso Youth Centre, and it is there where I got help to look at different career pathways to achieve my goals. It was painful to change my direction, but I had to look for a job.

I was assisted with CV writing and interview preparations, and I am currently working for a pizza franchise in Mdantsane. I enjoy this job because I love to cook.

My advice to young people who are experiencing challenges is that they shouldn't give up. If the first plan doesn't work, try another good plan.

WORDS: NTHATENG MLHAMBISO
PHOTOS: PEXELS

QUICK

fixes **not
so glam**

WELLNESS



*This is your official caution:
love your natural beauty
– quick “fixes: come with
dangerous consequences.*

Hey guys, the pressure for summer bodies is real! In an age dominated by social media and unrealistic beauty standards, most people are turning to quick-fix weight loss products to get that “ideal” body.

Everywhere you scroll, someone's flaunting a "miracle" shake, a magic tea, or a secret pill that supposedly melts fat like ice cream in the sun. Sounds tempting, right? But here's the tea! (pun intended): a lot of these so-called quick fixes are not just sketchy – they can actually be super dangerous.

From messing with your mood to hurting your heart, literally, these rapid weight loss products can do way more harm than good.

The latest craze is the diabetes drug Ozempic, which is a prescription medication used primarily to treat type 2 diabetes and, more recently, for weight management in certain individuals. NOTE! It needs to be prescribed by a medical practitioner who knows a person's health status. However, it seems that now people buy this medication from back doors to lose weight rapidly without any medical supervision, which puts them at risk of even buying fake products.

Risks associated with Ozempic include inflammation of the pancreas, which can be life-threatening, thyroid C-cell tumours, gallbladder disease and kidney issues. Let's face it, a summer figure is not worth all these health risks.

Let's switch gears – skin-lightening creams!

We've all seen those ads promising glowing, flawless skin with just a tiny dab of magic

cream, but what's really in those skin-lightening products? Spoiler alert: it's not all sunshine and sparkles. Some of these creams, soaps, and serums are packed with dangerous stuff like mercury and steroids – yes, the same kind of things you definitely don't want anywhere near your face.

While chasing “perfect” skin might seem like the trend, the truth is that these products can seriously mess with your health. Let's dive into the world of skin lightening, uncover the risks, and talk about why real beauty doesn't come in a bottle.

People who use skin products containing mercury have been found to have elevated mercury levels in their hair, blood and urine. Mercury can damage the kidneys, affect the nervous system, or cause pain or rashes.

You are probably seeing celebrities and influencers on social media flaunting their BBLs and new lightened skin, and you may be thinking, wow! Cool! but you need to understand that it comes at a cost, your health! Also, you need to understand that beauty is not defined by the colour of your skin; it comes from confidence, kindness, and authenticity. The idea that only light skin is beautiful is a narrow and harmful stereotype rooted in outdated beliefs.

Every skin tone holds its own unique charm and story, and true beauty shines through self-love, cultural pride, and the way a person treats others. Celebrating all shades and embracing diversity is what truly enriches our understanding of beauty.

TIPS FOR HEALTHY WEIGHT LOSS AND SKINCARE

- Focus on a balanced diet – nutrient-rich foods including fruits and vegetables
- Exercise regularly – aerobics – aim for at least 30 minutes most days of the week
- Drink plenty of water – at least eight glasses a day
- Follow a skincare routine – cleanse, moisturise, protect your face from the sun
- Always remove make-up before you go to bed
- Sleep well – target at least eight hours of good quality sleep every night
- Manage stress – stress can exacerbate skin conditions
- Avoid popping pimples
- Change pillowcases regularly

WORDS: SIBONGILE MARINANA AND LUTHANDO TINI
PHOTO: PEXELS



DODGING **THE VAT** **BULLET**

What is vat? And what would it be if it were to increase?

South Africans breathed a sigh of relief when the Finance Minister and the High Court announced that the VAT increase would be suspended on 27 April 2025. However, it must be considered what South Africans were spared from. Value Added Tax (VAT) is applied to the price of all goods and services. It is directly paid to the government.

Inflation is the general rise in prices over time, which decreases the purchasing power of money. When inflation occurs, the value of currency diminishes, meaning that people need to spend more to buy the same items they have previously purchased for less. The combination of VAT and inflation increases would have been lethal to most South Africans, who are already struggling financially.

The VAT rate, currently at 15%, would have been raised to 15.5% from 1 May 2025. A second increase of another 0.5% would have taken effect from 1 April 2026, raising it to 16%. While VAT is levied on businesses, it does not affect them directly; instead, the costs are typically passed on to consumers, which means you, the buyer, will pay more.

HOW WOULD THE INCREASE IN VAT AFFECT THE CITIZENS AND YOUTH?

An increase in VAT would significantly affect young entrepreneurs, as purchasing stock for their businesses would become more expensive. Young business owners might struggle to maintain their profit margins as a result. Aside from price increases, it could affect business growth and job creation.

Imagine a young pupil or university student needing to purchase an entry-level laptop at R4,999 (priced in 2025), in 2026, they would have to pay R5,296.66. This was calculated with AI to include inflation and a VAT increase of 16%. That is a 5.96% price increase, which will probably reflect on all goods and services. Salary increases do not always keep up with inflation, and NFSAS funding is diminishing rather than increasing.

The laptop might become beyond the financial means of pupils and university students alike. The cost increases could prevent the youth from achieving their financial goals, causing stress and other mental health issues.

HOW CAN YOUNG PEOPLE TAKE UP SPACE IN FINANCIAL CONVERSATIONS?

Understanding your financial situation becomes crucial as a young adult, especially in the context of South Africa's political landscape. Political parties can greatly influence economic policies, including decisions about taxes like VAT, for instance. It's important to have political education to ensure you support parties that prioritise the well-being of citizens and refrain from imposing burdensome tax increases. Engaging in informed voting helps shape a financial future that aligns with your interests.

Understanding your financial

becomes crucial especially in the context of South Africa's political landscape



WORDS: SIBABALWE PONONO
PHOTO: SUPPLIED

turning up the VOLUME

G.O.A.T.

with

Qhama Nyamza

ON AIR,
ON STAGE,
IN POWER!

From the dusty streets of one of the largest townships in South Africa, to holding leadership roles within the queer community, Qhama Nyamza has made a name as a bubbly radio host, queer activist and MC.

WHO IS QHAMA NYAMZA?

I am a young male born and bred in East London, Mdantsane.



I come from a loving home, raised by a single mother, Bulelwa Nyamza, and for the longest time I was the only child, up until 2015. I am a gay man, and I realised this at a very young age because instead of playing with car toys, I was that one child who would play with dolls. I would choose the character of Thandaza (Sindi Dlathu) or Queen Moroka (Sophie Ndaba) as my favourite soapie characters.

WHAT INSPIRED YOU TO BE A SOCIAL ACTIVIST?

Growing up, I was bullied a lot from the older men within my community to the kids at school. When I got to high school, I held leadership positions (Class Rep and a member of the Student Representative Council).

There were always people who fought me on these positions, I don't know whether it was because of my sexuality or they just fought me as a person. One particular incident happened on a Sunday around 12–1pm in November 2017, I got violated, and for a moment I hated God because I didn't understand why something so painful and invasive would happen to me.

This changed me, yes it was painful, but I can say now that it made me the leader that I am today, advocating for those who do not have the voice or the platform to express their experiences. Today I stand and speak boldly as a survivor and not a victim.

WHAT SPECIFIC PROJECTS OR INITIATIVES HAVE YOU CREATED OR BEEN INVOLVED IN?

A few years ago, I was working at Hemingways when my mother told me that my little brother's school/ crèche was asking for donations to build toilets for the kids. I wrote a proposal for my followers asking for donations and connected the people straight to the crèche and those toilets were built.

Some other time, at a new job, one of my colleague's suggested that we do a toiletry hamper drive for my birthday. We donated those to Mizamo Secondary school at NU 15 in Mdantsane. I was also invited to the legislature in Bisho to speak about the challenges facing the LGBTQI+ community representing the Buffalo City Municipality.

I am currently the Chairperson of the SA Queer Organisation (SAQO) within the Eastern Cape region, head-hunted via social media by Gift and Calvin Nkosi. I am also a spokesperson for Embrace Diversity Movement in the Rhubusana region, and recently, I was invited to Cradock and got appointed as an overseer at the Ncubayethemba Municipality together with Ntombiningi from Ukhozi FM.

WHAT BARRIERS AND CHALLENGES HAVE YOU ENCOUNTERED IN YOUR LINE OF WORK?

One major challenge is the South African police who don't want to work with the queer community. Queer cases in South Africa and in our province are never considered as urgent as any other case. We get laughed at; we get ridiculed.

We currently have two cases that are not moving even though one of the defendants can actually identify the perpetrators. One is from Mthatha, of a queer person who was brutally murdered and another is from Port St Johns where a queer person was attacked and dumped in the middle of nowhere. When the very people that are supposed to protect you choose to ridicule you, where do you go?

HOW DO YOU 'TAKE UP SPACE' IN ENVIRONMENTS WHERE YOU MAY NOT HAVE BEEN TRADITIONALLY WELCOMED?

I have grown to understand Qhama as he is. I adopted sis Lusanda Mbane's words: "Zazi, Zithande, Zithembe" and I allowed those words to carry me. Another thing that helped me was my mother sitting me down and trying to understand this Qhama that I am. That acceptance from her pushes me to take up space wherever I find myself because love from home gives me wings. Love made me a strong person.

WHO INSPIRES YOU?

I will name a few, but my mother is my first role model; she is such a hustler. She is one person who will make sure that our backs are covered, regardless of whatever situation we find ourselves in. Secondly, Somizi Mhlongo. I love how he shows up; his authenticity. Next is Spitch Nzawumbi. I love how he conducts himself and his brand. I love radio, and he is one person whom I look up to in that aspect, even more because people used to tell me that we looked alike. Lastly, Gift and Calvin Nkosi. They scouted me through social media but now they are family to me.

WHAT FUTURE GOALS OR ASPIRATIONS DO YOU HAVE?

I want to own two companies; one will fully focus on events and entertainment and the other will be a general company. I would also love to work with brands, especially car brands. We need to reach villages and rural areas to educate and sensitise those communities. I also have a podcast that started on Facebook but is now moving outside of the platform where we will host gala dinners, dialogues, and hold mental health conversations. We will have celebrities coming in because I want to showcase the beauty of the Eastern Cape, starting with the Buffalo City Metropolitan Municipality.

WHAT IS THE ONE LESSON THAT YOU LEARNT FROM BUMB'INGOMSO THAT STILL CARRIES YOU EVEN TODAY?

Oh! bumb'INGOMSO taught me something that I live by every day! They taught me how to have isifuba! (integrity to protect people's information). I work with people, and sensitive issues: isifuba is a need.



Qhama Nyamza

BOOKS: SINOVUYO MKEFE
MUSIC: ISABELLA GANGATELLA

MUSIC

review

TIME OUT



Keep an eye on
this rising star.

Emila Matinise

is just getting
started!

EMILA MATINISE (19) | KOMGA

I am AKA: LUNNY X Yvng, a rapper from Komga, Eastern Cape. Although I'm not widely known, I'm passionate about music and storytelling. I've been working on my craft as a rapper for 13 years.

I've been writing and recording music during my free time. I've performed at a few local open mic nights and small gigs. I'm looking to expand my reach and share my music with a wider audience.

As a rapper, my artistic vision is centred around personal growth and self-discovery, love, relationships and storytelling. My music style blends elements of hip hop, R&B, and African culture. I aim to create music that resonates with those who appreciate authentic storytelling and lyrical depth. Through my lyrics, I share my thoughts and feelings on personal experiences and explore themes of social issues.

I'm currently working on a new project, an Extended Project titled A Heart of a Dying Star (HOAS), which is a collection of songs that reflect my personal growth and experiences, but mostly love and relationships.

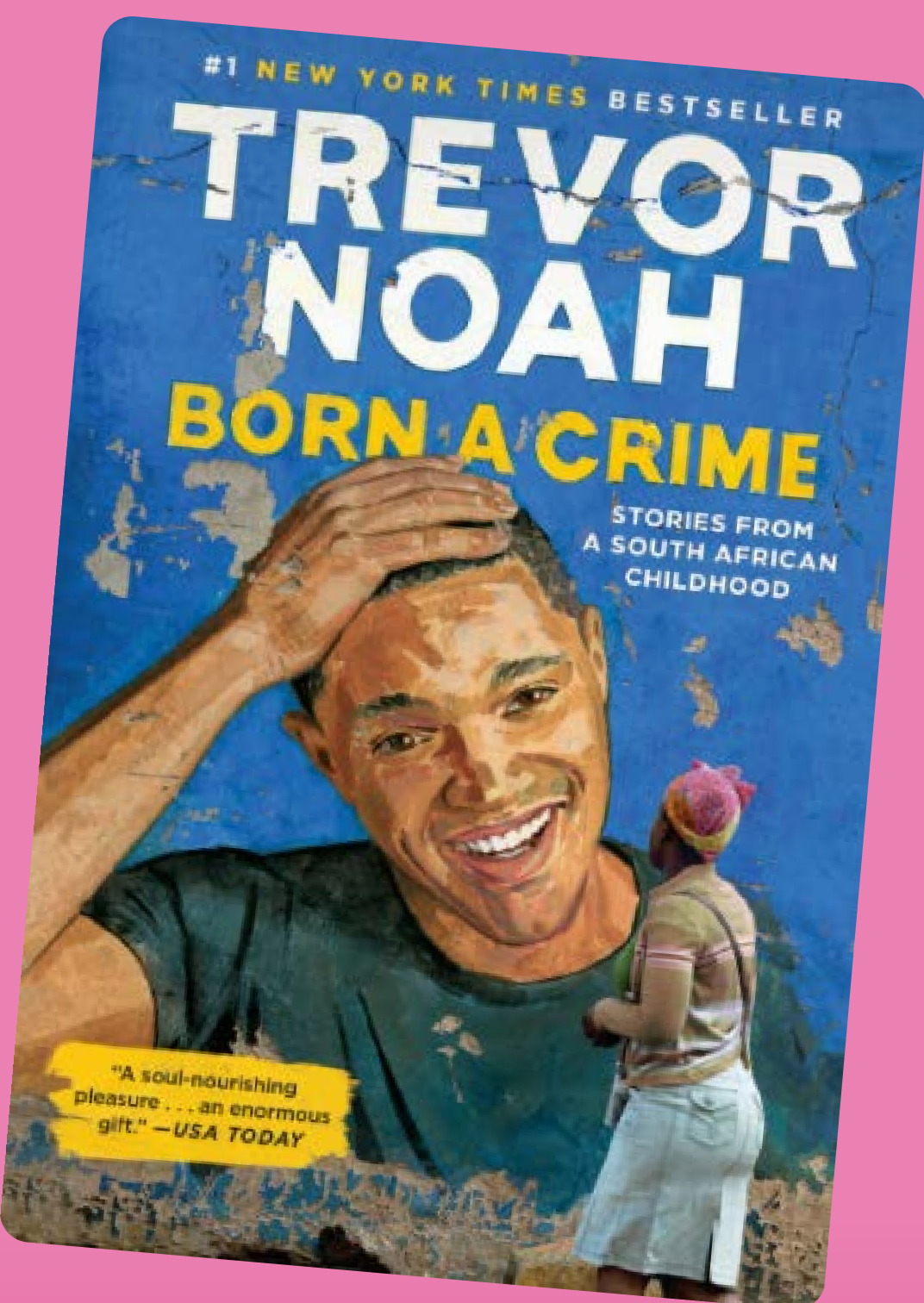
My goal is to build a community of like-minded individuals who appreciate my music and can relate to my message. I'm looking to collaborate with other local artists and musicians to create meaningful music that resonates with our community.

BOOKS: SINOVUYO MKEFE
MUSIC: ISABELLA GANGATELLA

BOOKS

you should read

TIME OUT



BORN A CRIME
BY TREVOR NOAH

“We can tell people to follow their dreams, but you can only dream of what you imagine and depending on where you come from, your imagination can be quite limited.”

This autobiographical book recounts Trevor Noah’s struggles of being born mixed-race during apartheid.

The book is a vivid portrayal of Noah's upbringing in Soweto, shaped largely by his fearless and devout mother, whose tough love and resilience are central to the narrative.

Her determination to protect and educate him despite poverty and systemic racism is both inspiring and heartbreaking.

The memoir does not shy away from darker themes, including domestic abuse, vividly recounted through the harrowing story of his stepfather's violence and his mother's miraculous survival after being shot in the head.

*At its core, **Born A Crime** is about finding one's identity, resilience and understanding the power of humour in the face of adversity. An inspirational read for any youth dreaming of making their own space in the world.*

On a good day, take a break from the screen and indulge in this wealth, you may gain a thing or two!

**WORDS: YONELA NOKWE, SINOVUYO MKEFE AND APHELELE KALENI
PHOTOS: SUPPLIED**

COMPLEX LOVE

PULSE

Advice from young men and women on matters of the heart.

We often joke about ‘umjolo the pandemic’ and most of the time, many of us find it hard to understand each other regarding relationships. So, we asked some students about how they manage the tension between partners in their personal romances.



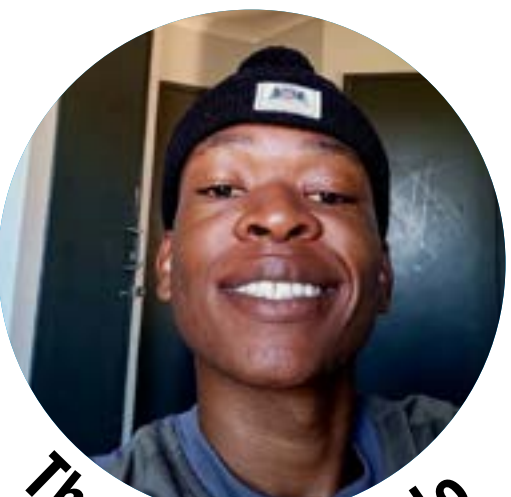
Tshololofelo Bozo



Liyema Somhlaba



Olwethu Sizani



Themba Khumalo



Yoxolo Sitama



Kabelo Mmakola

EXPRESSING YOUR VOICE

Communication is key to the functionality of any relationship. Knowing exactly how to express what you want to say can be frustrating, especially when your partner seems like they are from another planet.

“When diving into a relationship, you need to know your partner’s conflict language. It’s like learning their secret code for navigating tricky situations. This way you’ll be better equipped to tackle any bumps on the road together.” – Tsholofelo Bozo

“Because of my past relationships, I’ve come to realise how important it is for me to feel heard. I’ve had to learn not to come off as accusatory.”

– Liyema Somhlaba

“As I’m attracted to the same gender, in a relationship, it takes both individuals to voice issues within relationships. It could lead to fights and emotional blackmail but it is important. To ensure my voice is heard, I respect myself and always put myself first.”

– Olwethu Sizani

BOUNDARIES IN RELATIONSHIPS

If a woman or a man fails to set clear boundaries in their relationship, this can lead to each of them becoming a doormat or creating misunderstandings.

“I focus on three boundaries: physical boundaries to protect myself from unwanted hugs, time with my partner because I prioritise cuddles over parties, and emotional boundaries to avoid dramatic situations.”

– Yoxolo Sitama

HANDLING CONFLICTS

Conflict is an inevitable part of any romance, no matter what Hollywood films may otherwise try to tell us. Add each partners' personality and baggage, and things can really spice up.

"I try to understand the cause of the disagreement with my partner. My relationship ended last year because there was no communication. My boyfriend went out of the province to celebrate his birthday, and I found out through social media, and when I asked him, his answer was that he forgot to tell me." – Kabelo Mmakola?

EXPRESSING YOUR NEEDS

Ever heard the expression from that loved one, "You are too needy"? It can hit a raw nerve, particularly if that person never bothered to listen, or there is a partner who constantly demands attention.

"I honestly don't know, I faced that problem in my previous relationship, I couldn't express myself because I was afraid my girlfriend would see me as weak." – Themba Khumalo

"Talk with your partner. Maybe he's also feeling the same but is afraid to speak up." – Anonymous

CULTURAL EXPECTATIONS IN RELATIONSHIPS

At first, we might not really pay attention to the role of culture in our dating lives, but it can have a serious impact.

“I don’t let norms sway me much, but finding common ground when meeting someone new is key.” – Tsholofelo Bozo

RELATIONSHIP REGRETS

We all have that one regret from our love life where we wish we could do that one thing differently...

“Setting boundaries is like a velvet rope around VIP areas in your life, allowing your partner to love you without granting all-access.” – Yoxolo

*“I wish I had known earlier that my feelings and needs matter. You know I might have benefitted from knowing that I deserve to be treated well, acknowledged and celebrated in a meaningful way, like on my birthday.”
– Kabelo Mmakola*

Perhaps that old-fashioned saying about people being from different planets has a little truth. The bridge between individuals can be crossed easily if we listen and talk. We should have value for ourselves and our partners, irrespective of our differences.

**Showcasing talent in and
around Buffalo City**

Pure **POETRY**

POETRY

ABOUT THE POET

Lisa Nombanga (20)

My name is Lisa Nombanga. I like poetry because it expresses and processes emotions, making readers feel connected to the writer as well as its creative language because I love being creative, sometimes having to think of why the writer or the poet wrote in the first place.

HER SPACE

She stands tall, unapologetic and free!
Taking up space, wild and carelessly
Her voice rings out, clear and strong
Refusing to be silenced by the throng.

She claims her ground, unafraid to be!
A force to be reckoned with, a presence to see.
Her feet firmly planted, her heart on her sleeve
She's taking up space, and daring to breathe.

With every step, she asserts her right!
To exist, To be seen, To shine with all her might.
She's not shrinking, she's not hiding away
She's taking up space, come what may.

In a world that often tries to confine,
she's breaking free, and redefining the line.
Between what's acceptable, and what's not
She's taking up space and she's not sorry. Not a jot!

Let her rule this space and her voice be heard!
Let her presence be felt, let her spirit soar
For when she takes up space, she's not just being bold
She's claiming her power, and she's worth more than gold.



ABOUT THE POET

Inathi Goni (22)

I'm Inathi Goni from Umtata in Zimbabwe eMabheleni. Since Grade 3, poetry has been my creative haven. I enjoy writing poetry because it helps me express my feelings and thoughts, share my perspective, and connect with others on a deeper level. Through poetry, I process my emotions and experiences, reflect on my life and find meaning in the world around me.



IINTLIZIYO EZINCINCI, UNAPOLOGETIC

Take up space, young hearts, take up space
Your voice, your thoughts, your dreams, your pace
Don't let anyone tell you you're too loud
Or that your ideas are too wild, too proud.

Nina nilikamva, nilukhanyiso
Ukukhany'okuqaqambileyo, ukugxoth'ubusuku
Amandl'akho makhulu, amandl'akho yinyani
Ungavumeli nabani n'akwenz'uziv'umncinci okany'ugeyonyani.

Take up space, don't apologise
For being bold, for being wise
Your uniqueness is your strength,
Don't let anyone try to limit your breadth

Uyakwazi, yaye womelele
Unokwenza nantoni na, imini yonke.
Thath'umngcipheko, wenz' iimpazamo, funda kway'ukhule,
Nizinkokheli zangomso, aniyazi lonto kusini na?
Ngoko thathan'indawo, iintliziyo zincinci zinjalo.

Be seen, be heard, take your rightful place
You are the change, you are the fire
Ignite your passion, never tire.

Khanyis'ukukhanya kwakho,
Ulikamva, kwaye lixesha lokukhula
Thath'indawo, kwaye ungaz'ujonge ngasemva
Niya kubumba umkhono,
Ngoba nina nilikamva.

WORDS: LIHLE MVUSI
PHOTOS: SUPPLIED



**NONKOSIKHONA
GAVE BIRTH TO A**
girl
IN 2023

THROWBACK



STILL

STANDING

on business

From attending youth parliament to becoming a student leader and now embracing motherhood... Nonkosikhona does not remove her foot from the pedal!

The Gap Year – it's that undefined in-between place where a lot of young people often find themselves pondering the definition of life itself. It can be a very confusing time, and it can also be quite empowering, depending on who you are and your unique circumstances. For Nonkosikhona Moshani (27), it became a stepping stone to greater heights.

But before ever contemplating a gap year, Nonkosikhona had a warm upbringing in the small township of Mzamomhle, East London. She and her sibling were raised by a single mother, Peliswa Elizabeth Ncukana, and her mother's employer, Helen Neale-May, whom she worked for as a domestic worker.

BITTEN BY THE "BI" BUG

Nonkosikhona details how her gap year brought an awakening of purpose, and she credits it all to joining bumb'INGOMSO (BI), "During my gap year in 2018, at first, I was worried and frustrated about what I was going to do with my life, but fortunately, my guardian, Helen, introduced me to a programme called bumb'INGOMSO. I quickly realised that BI was created to build and equip young women. The programme raised issues that we were faced with as the youth, issues that we were silent about and struggling to overcome."

A LEADER IN THE MAKING

Nonkosikhona looks back fondly at her time at BI, and she acknowledges the profound impact that the project trainings, activities and her role as a community mentor had on the formidable leader she has become.

“As a community mentor I was required to think out of the box and on the spot. I had to create and formulate my own work schedule, and was encouraged to create clubs that had an impact,” she says. She made an indelible mark in her community of Zamomhle, particularly with the recycling initiatives and the support she gave to in and out-of-school youth.

It was this dedication and “can do” attitude that afforded Nonkosikhona various opportunities within the programme, including being chosen to represent the Eastern Cape in the youth parliament in Cape Town.

“That, for me, was the greatest and most memorable event in my life. I experienced my first flight on an aeroplane, and engaged with so many youth leaders from different provinces. That was just the beginning of a life filled with opportunities and adventure.

THE NEXT CHAPTER

After a successful gap year, Nonkosikhona resumed her academic journey and headed to the Nelson Mandela University, where she continued to take up various leadership positions. She has since obtained a Diploma in Business Management (2022) and an advanced diploma in Business Studies (Management Practices) (2024). In 2023, she and her long-term partner welcomed a beautiful baby girl.

Although she has chosen to keep us guessing on her next steps, we know whatever her new adventure entails, it will be an impactful one.

“All I can say is, create your own future, break your family cycles and glow while you still can.”

TAKE UP THE SPACE

2025 IS A YEAR OF STANDING ON BUSINESS!

MNTASE!

To stand out from the crowd you need to assert yourself, occupy spaces, and allow yourself to be seen and heard.

bumb'INGOMSO is here to assist you achieve your goals.

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www.bumbingomso.co.za

0800 55 55 58

60A Frere Road, Vincent, East London, 5201
T: 043 721 0055 • F: 043 721 0700 • E: buffalocity@dgmt.co.za

 @bingomso |  @bingomso |  @bumb'INGOMSOProject
 @YAKHAMagazine |  021 493 5637