



Welcome to Bumb'Ingomso (BI)! This is your movement. You are joining thousands of young women across Buffalo City who are leaders in their homes, their schools, and their communities. We're telling our stories, using our knowledge, and teaming up, to make life in Buffalo City better for young women.

We believe young women like us mould the future. Being part of the Bumb'Ingomso network connects you to a team of friends and mentors, who are just as passionate as you about making change happen, and can give you the tools you need to get started today.

Together, Bumb'Ingomso's young leaders are learning new skills, discovering job opportunities, improving schools and clinics, and making their big ideas a reality! Run *by* young women, *for* young women, Bumb'Ingomso is successful because of the people, like us, who lead it!

Want to start moulding your future? This is your tool-kit.

It's time to connect to the world around you: **#be more plugged in.**

Ignite your leadership and mobilise your network: **#be more daring.**

Take charge of your health: **#be more vital.**

Stand up for the rights of young people: **#be more defiant.**

## **CONNECT TO THE WORLD AROUND YOU**

Bumb'Ingomso is all about connection. Our movement is made up of seven partner organisations, and 39,000 young women like you, who all act as a team to inspire, support and champion young women. We believe we can all **#BE MORE** by sharing what we know, getting involved, asking for help, and working together.

*One main thing I have taken out is that you don't have to be independent in order to succeed. Indeed umntu ngumntu ngabantu ['I am because we are']*

**– Imkitha Mbutuma, age 17, Bumb'Ingomso young leader**

## #BE MORE PLUGGED IN

**BUILD YOUR TEAM:** When you have a big goal you're trying to reach, it's scary to imagine doing it alone. But you don't have to. We're stronger when we work together, and have other people on our team. Think about the talents and skills that your friends and family have. What can you build together? There are teams all over your community — sports teams, churches, reading clubs, youth groups, choirs, and many more. Join one, or start your own, and be more connected.

**READ:** Reading can help us discover the world around us! Your local library is full of opportunities to connect. There's so much to learn from other people's stories. Knowing that someone else has been through a similar experience means we're not alone. Reading also grows our knowledge. We can stay up to date with important issues, prepare for school subjects, or learn more about career options.

You can start by reading *YAKHA* magazine. This is the voice of Bumb'Ingomso. The magazine is jam-packed with stories, advice, tips and motivation from the youth of Buffalo City. You'll find everything from music, fashion, and what's on in your community, to hard-hitting issues like teenage pregnancy, sexual violence, HIV/AIDS and youth unemployment. *YAKHA* captures all the energy, ideas and strength of the movement, and is created by young writers, for young readers. You can pick up a copy of *YAKHA* at your local library or follow *YAKHA Magazine* on *Facebook*.

**ASK FOR HELP:** Being more plugged in means asking for help when you need it, and helping others when you can. You would be surprised how many people are ready to offer their advice and support if you just ask.

**PLUG IN TO YOUR PLACE:** Buffalo City is our home. We know it can be a difficult place for young women like us. But we also know, better than anyone else, what needs to change. There are many opportunities to make a difference in our own lives, and the lives of those around us. The Bumb'Ingomso network is plugged in to the pulse of Buffalo City. You'll find us leading community forums, acting against gender-based violence, mentoring children, and working with nurses and police officers to build safer, more caring communities for young women. Stay connected to your neighbourhood. What challenges are families, schools, clinics and young people facing? Is there a way you can use your knowledge, time or experience to make a difference?

There are exciting projects happening all around Buffalo City, including after-school programmes, community projects, and new youth-led businesses. Every day, we're linking one another to events, workshops, and opportunities in our neighbourhoods. Plug in to the people that inspire you, and see how you can learn from, and support them.

**CONNECT WITH BUMB'INGOMSO:** Bumb'Ingomso connects you to the talent, experience and knowledge of other young women across our metro, so that, together, we rise! Get in touch and get involved:

Call: 0800 055 5558  
Whatsapp: 072 6549 224  
SMS: 39487  
Email: [buffalocity@dgmt.co.za](mailto:buffalocity@dgmt.co.za)  
Facebook: Bumb'INGOMSO

## *#BE MORE DARING*

Life can be difficult, and sometimes change seems impossible. You might feel you can't make it because you don't have enough money, don't have a tertiary degree, or don't know the right people. But there is so much you can do to start moulding your future today. It begins by daring to dream, and then daring to taking a chance!

**GET PREPARED:** Is there a type of work you're interested in? Teaching? Healthcare? Journalism? Technology? Do you know anyone in your community already involved in that work? Talk to them. Find out their story. See if you can shadow them while they work; volunteer your help; discover what extra skills or qualifications you need to get yourself ready for the job. Are there courses or diplomas you can register for? Your future begins with knowledge, experience and connections!

**USE YOUR STRENGTHS:** We all have something we're really good at. Is it writing? Cooking? Helping people? Reading? Singing? Dare to use your talents! If you love reading, start a book club. If you're a singer, work with your community to host a talent show. Maybe you make delicious cakes and can start a weekly bake sale? Or you're good at maths and can help children with their homework? Many opportunities can come from using your strengths and showing people what you're good at.

**START SMALL:** If you're working towards a big dream, it's okay to start small. If you're starting a business, your first goal might be to help pay for the basic things you need at home. Maybe want to save for college registration fees. These are important achievements. Your business can always grow from there.

**DARE TO TRY AGAIN:** Sometimes your plans won't work out. Maybe you won't get the job you applied for, or your business will lose money, or you'll struggle to get people to attend your event. Keep going. Learning to fail, is part of learning to succeed.

### **DARE TO **MOBILISE** OPPORTUNITY:**

For many young people, it's not easy figuring out how to find and keep a job. The types of skills you need are often changing and it's difficult to stand out. More and more, it seems that to get a job, you need to know the right people. You need to be well connected.

The **Bumb'Ingomso Opportunity Hub** gives you that connection. We work with *Harambee Youth Accelerator* to help link young people to job opportunities in their neighbourhoods.

At our Opportunity Hubs, you, and many other Bumb'Ingomso youth, can find out about work opportunities in your area. We'll help you stay motivated, introduce you to other job seekers, and give you the skills you need to take on the working world. You'll learn how to put together a CV, write a good job application, prepare for an interview, or apply for educational funding.

If you have a matric, but are not working at the moment, come visit one of our Opportunity Hubs at East London Central Library or King Williams' Town Public Library. We are open from 08.30 to 16.00. You can also register online at <https://www.harambee.mobi/>.

### **DARE TO **IGNITE** YOUR LEADERSHIP**

#### **Join a Bumb'Ingomso club**

Every week, all over Buffalo City, there are groups of young women getting together to talk, learn, share ideas and support one another. We call these meetings **Bumb'Ingomso (BI) Clubs**. The clubs are led by young women, like us, from our community. Most of them have been club members before. Now, they are using what they've learned to support other young women and grow the Bumb'Ingomso movement.

During weekly club meetings, we talk about the issues and questions that are most important to us. We work with other young women in our clubs to plan our futures, grow our knowledge, and speak up about the problems we're all facing. One BI club started a campaign in their school to help learners prevent and report bullying. Many of us also get the opportunity to lead club projects, or become mentors for other young women.

It doesn't matter if you're in school, or out of school; If you have a job, or you don't; If you're a mother, or a sister, or a daughter — there is a club for you, where you can find support, learn new skills, tackle challenges in your life, and make your ideas happen! Get in touch with us to find out how to join a club.

### **Take the lead**

Every year, a group is chosen to be part of Bumb'Ingomso's **5-day leadership camp**. Usually, these young women have been very active in their local clubs, and have shown leadership potential. During the camps, the group is brought together for workshops on team-building, self-development, health, sexuality and project planning. Young leaders share their personal stories — the successes and the setbacks; they talk about the struggles they face in their homes and communities, as well as their root causes; and many make life-long friends.

### **Innovate**

At the end of the camp, each young leader comes up with an idea for a project they'd like to start in their community. Together, we work to grow the idea, and plan how to make it happen. After the camp, young leaders return home and start work on their projects, supported by a Bumb'Ingomso mentor. One young leader, who is also a mother of four, now runs an after-school reading programme in Orange Grove. Another has opened a performance arts programme in Scenery Park. Others have started small income-generating projects, like car washes and vegetable gardens, that donate their funds to charity. We've seen what's possible when young women connect and take action!

## ***#BE MORE VITAL***

**TAKE CHARGE OF YOUR SEXUAL HEALTH** : Sex is natural. It can be a fun and loving experience. But it should be your choice. It's okay to wait. If you do choose to have sex, there are important things you need to think about to make sure it's safe for you, and your partner. Having sex puts you at risk of an unplanned pregnancy. When you're young, this could get in the way of your studies and put a big

burden on you and your family. Sex also puts you at risk of sexually-transmitted infections, including HIV.

- Know how your body works and how to protect it.
- Get tested regularly for HIV and encourage your friends and family to do the same. There is power in knowing your status.
- Know the common STI symptoms, and visit your clinic if you think you might have an STI.
- Remember that having sex with many partners, or with someone else who has many partners puts you at greater risk of HIV and other STIs.
- Find out how prevent unplanned pregnancy. Talk to your local clinic about the different contraceptive options available to you. Condoms can protect you from unplanned pregnancy and STI's, while other contraceptives only prevent pregnancy. To be extra safe, some people choose to use condoms and another contraceptive method.
- Choose partners who treat you well, and treat them well. Your partner should make you feel safe and comfortable. They should respect your boundaries, and make you feel good about yourself. If someone is pressuring (or forcing) you into sex, talk to someone you trust. It's not your fault, and you can find help. If you don't know who to call, call your team at Bumb'Ingomso.

For real-time health advice you can sign up to the Department of Health B-Wise mobi-site <https://bwisehealth.com>.

**CLICK WITH YOUR CLINIC:** Find out how you can get involved in making health services more youth-friendly. Can you become a peer educator and help bring health information to youth in your community? Can you work with nurses to make clinics more welcoming to young people?

## ***#BE MORE DEFIANT***

Most people in South Africa are under the age of 35. Young people like you can change the country! The Bumb'Ingomso network fights for young women to live safer, healthier lives, in a world that treats them fairly. Being part of this movement means understanding sexual and reproductive rights, learning how to stay healthy, and being an activist for young people's health access. We need more young women to have access to free sanitary pads and tampons. Sexual violence must end! And young women should be able to define for themselves what kind of women they want to be. There are many

issues facing young people in your community that you can take a stand on. Get people together and take action.

### **IDEAS FOR TAKING ACTION**

- Organise a community meeting.
- Write to your ward counsellor.
- Support an organisation that you believe is making a difference.
- Write to the local newspaper.
- Learn more about the problem, and share your knowledge.
- Grow your team: get schools, churches, and other groups involved.
- Join with fellow Bumb'Ingomso activists: Our young leaders have coordinated health days, helped young women access sanitary pads, raised awareness about safer sex, promoted HIV testing, and taken a stand against sexism and gender-based violence. By standing together, we make sure that the voices of young women like us are heard. In 2018, a group of Bumb'Ingomso leaders represented the Eastern Cape in a National Youth Summit, highlighting the challenges and opportunities for young women in their neighbourhoods.

### **YOU ARE THE CHANGE!**

All around Buffalo City, Bumb'Ingomso women are hard at work. We're finding opportunities to learn, asking for help, building connections with other young people, and supporting each other. We're informing ourselves about HIV, STI's, pregnancy and substance abuse, so we can help ourselves, our families, and our friends stay healthy. We're getting tested. We're speaking out about sexual and reproductive rights. We're marching through the streets, filling community halls, and working with schools and clinics to make the world safer for young women to thrive. We're building small businesses. We're growing vegetables. We're teaching children. We're telling our stories. We're sharing what we know. We're changing our lives! And we're changing the world!