



SLY

Sure Ka
Success
Sisterhood
Self-Care

Shapo Ka
Bad Vibes
Smoking
Bullying

Girls Vision for the Future

SPECIAL EDITION



CONTENTS



Editor's Note 3

4 Affirmations

O na le di rights kana 6

8 Dass on Periodtt!

**SUPER
DUPER**

Our Cover Girls 10

Period Quiz 12

13 Stay True To Yourself

DIY - Reusable Pads 14

15 How To Be A Girl's Girl

What is SKY? 16



Editor's Note



Hey Girlies,

It's your favveeee, Maggzzz! And let me just tell you, re ise re simolole. I need you to BUCKLE UP cause this issue is about to be tewwww good!

Before re a kgakala, did you know that October 11th is a special dzay? That's right Chomi! It's International day of the Girl Child! Letsatsi la rona! Aaaaand our friends ko UNFPA are with us to tell you allllll about it!! This year's theme is, 'Girls' vision for the future' that's why our SKY sisters will be telling you all about their visions for the future.

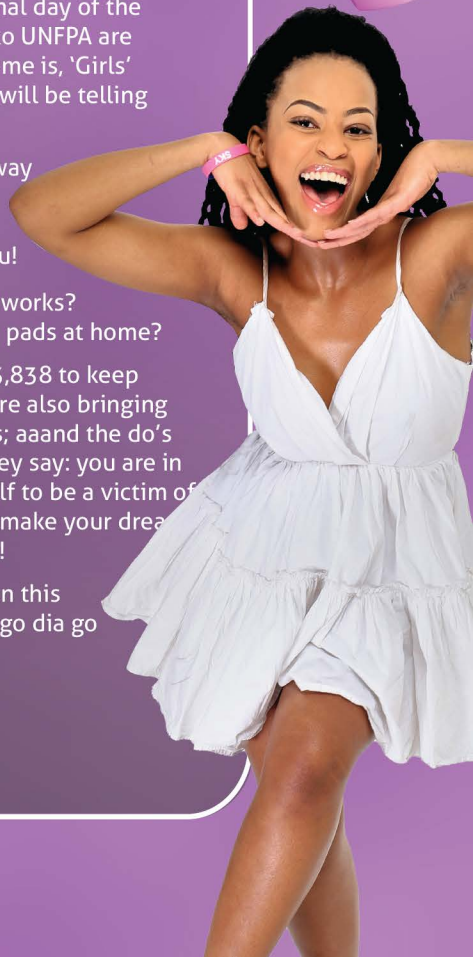
We all know that gone are the days of shying away from period conversations. I mean come onnn, we're girlsssss, we menstruate (also it's 2024!). With that being said, I've got 2 questions for you!

1. Do you wanna know EXACTLY how a period works?
2. Do you wanna know how to make your own pads at home?

If your answer is yes; that's reason 293,847,473,838 to keep reading; cause we've got you covered girl! We are also bringing you affirmations on affirmations on affirmations; aaand the do's and don'ts of being a girl's girl. It's true what they say: you are in the driver's seat of your life. Don't allow yourself to be a victim of your circumstances. Do what you need to do to make your dream happen, and stay true to yourself while doing it!

You wanna know what elseee we're discussing in this issue? Great! Then keep reading! Tla ke seka ka go dia go bala tsala, Nako kana ke yone e e seyong!!

Your forever fave, Maggz



AFFIRMATIONS

'Bodily Autonomy' go tewa having the power and ability to make choices about our bodies, o sa tshabe violence or having someone else decide for us. These affirmations have been written and selected to remind and teach you how to own and protect your body. To boost your confidence, say these affirmations every day in the mirror (out loud or in your head) for 60 days or more!

I am allowed to take up space.

Mmele wa me, mowa wa me, le maikutlo a me ke tsa me ke le nosi.

My body is the temple for my soul and I keep it smoke-free

Botshelo jwa me bo ntlefadiwa ke nna fa ke leka go itokafatsa.

I am allowed to refuse when it comes to my body.

Nna le mmele wa me re na le tshwanelo ya go ratiwa.

My image, beauty and likeness are mine to use.

Mmele wa me o siame fela jaaka o ntse.

Nobody has a right to my body, beauty or images.

Ke itumelela botshelo.

I deserve to exist.

Ke na le tshwanelo ya go tshela.



Fy!o na le dirights kana

Can you imagine gore re na le di rights?? Not just human rights le bana ba na le ditshwanelo. Tse di kwadilwe mo Children's Act ya Bdubs. Here is some info on what yours are, how to benefit from them, and what to do to protect yourself.

You have a right to education!

You have a right to education—go a sekolong o ithuta. Fa mongwe a ka go kganela, such as a parent or teacher, o roba molao. You can report this to any trusted adult or social worker.

You have a right to protection against sexual abuse and exploitation - Tshwanelo ya go sireletswa mo go dirisiweng bothaswa

O na le tshwanelo ya go sireletswa against anyone who wants to touch or use you sexually in exchange for money, connections or even groceries. Mmele wa gago ke wa gago, and if anyone like a teacher, uncle or family friend tries to touch you (in intimate places without your permission), they are breaking the law.



Fy!o na le dirights kana

You have the right to health and medical care



Mo Botswana we are so lucky to have free healthcare! Nobody should ever keep you from seeing a doctor if you are ill or in pain. Mme le wena o tshwanetse go nwa melemo and follow the doctor's rules too though!

You have the right to know and be cared for by both parents - Tshwanelo ya go itse batsadi ba gago botlhe

Go itse batsadi ba gago botlhe ke tshwanelo ya bana botlhe. This one might come with a lot of pain and difficulty for both you, and your caretakers. You have the responsibility to take whatever comes out of having these kinds of conversations with patience and grace.

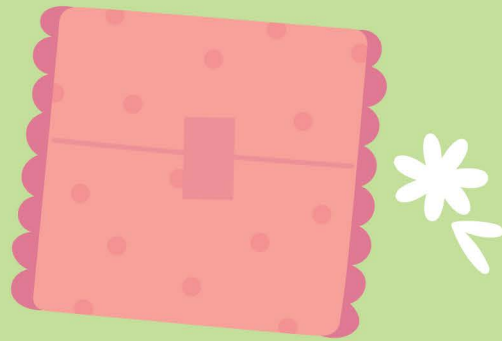
You have a right to Privacy - Tshwanelo ya go nna le diphiri

You should never be forced to talk about things you don't want to, Ga o a tshwanelwa go patelediwa go bua ka dilo tse o sa batleng go bua ka tsone, and nobody should go through your property without your permission. Mme o tshwanetse go bua fa o le mo diphatseng tse di tshwanang le an abusive relationship you are in or any substance abuse problems.



If any of the challenges we have written about are happening to you, you can report this to any trusted adult or social worker. Stay safe and remember to take care of yourself even if nobody else will. You deserve that.

Dass on periodtt



Go nna mosetsana isn't always easy and one of the things that makes it tough is our period. Around the world and throughout history, incorrect beliefs about menstruation have led to women and girls ba kgethololwa from all kinds of roles and settings. Let's talk about some period Myths vs. Truths.

Myth: Menstruation is dirty or dangerous.

TRUTH

Menstrual blood is made up of regular blood and tissue, ke madi fela with no special or dangerous properties. Yet throughout history, many communities have thought the mere presence of menstruating women could cause harm to plants, food and livestock. Ga go na sepe se se tshosang kana se se borai about your period babes.

Myth: Certain foods are off-limits to menstruating women and girls.

TRUTH

Many communities believe menstruating women and girls cannot eat certain foods, such as sour or cold foods, or those prone to spoilage. Mme ba bongaka ga ba rialo, there are no medically recommended restrictions on the kinds of food menstruating people can or should eat, and dietary restrictions can actually put you at risk ka o a bo o sa bone dikotla tsotlhe tse o di tlhokang. Ja joy mo dijong tsala!

Dass on periodtt



Myth: Menstruation limits women's abilities.

TRUTH

As girls, we may face degrading comments about menstruation affecting our physical or emotional states. O kgona go kgethololwa from certain roles or positions of leadership, but this is not true or right! You are good enough to do anything you want both on and off your period.

Myth: Menstruation indicates readiness for marriage and sex.

TRUTH

In many places around the world, a girl's first period, called menarche, is believed to be a sign that she is ready for marriage, sexual activity and childbirth. Ditumelo tse di tsenya basetsana mo diphatseng jaaka child marriage, sexual violence or coercion, and early pregnancy. While menstruation is an indication of biological fertility, it does not mean gore rona banyana have reached mental, emotional, psychological or physical maturity. If anyone tries to get you to do any of these things, report them, because the age of consent for sex mo BW ke 18 years bo Lala.

Taboo: Menstruation should not be discussed publicly.

Re shapo ka gone mo. Silence about menstruation can lead to ignorance and neglect, including at the lawmaking level. This leaves women and girls vulnerable to things like period poverty (when girls can't afford pads and/or other menstrual health facilities) and discrimination. It also negatively affects women and girls with heightened vulnerabilities such as girlies living with HIV, and those in prisons or other forms of detention. Buang bathong. It could help someone. After all, we are girls, and this is all part of girlhood.



CHILLIN CHILLIN CHILLIN CHILLIN



VISIONS FOR THE FUTURE

sky's the limit

The theme ya this year's International Day of the Girl Child ke 'Girl's visions of the future'. So we asked some of our SKY girls gore ba re bolelele what this means to them.



KASSY AKA LONE

Age: 18

O sure ka: Academic excellence, God and Self-improvement

O shapo ka: Bad Vibes, Toxicity and Body Dysmorphia



My vision for my future is Sooooo bright I need sunglasses!!! I want to strive to become the best person I could possibly become. In the sense of physically, such as taking care of my body and staying fit. I wanna get that bag and make a positive change in my community however possible.



ANDILE

Age: 13

O sure ka: Education, Content Creation and Setting Boundaries

O shapo ka: Drugs, Toxicity and Mizing



My vision for my future is I dream of a peaceful future where love and kindness thrive, girls lift each other up, and the world is free from harm and toxicity, embracing joy and unity.

Think about it,
what is your vision for the future?

NATASHA

Age: 18

O sure ka: Self development, curiosity and spending time with loved ones

O shapo ka: Bad company, choosing to be stagnant and people pleasing



My vision for my future is bright and promising, I foreshadow myself taking on side quests and creating cherished memories, solo and with company as well as spending money to my hearts' content.



MERCY

Age: 15

O sure ka: Family, positive mindset and good friends

O shapo ka: Smoking, negativity and peer pressure



My vision for my future is pursuing my dreams and goals and creating a positive impact on the world. This would be through my hobbies, skills and knowledge. And lastly, prioritising my mental health at all times.



KIMBERLY

Age: 18

O sure ka: Education, reading novels and nurturing true friendships

O shapo ka: Smoking, dad peer pressure and fake friends



My vision for my future is a bunch of ideas all amalgamated into Empowerment. I aspire to utilise my talents (poetry, public speaking) and the art of words to reach the globe and revolutionise it. Ultimately I'd love to become a sensational inspiration in all spheres of life.



call.her_annalise

"Pads must be free as menstruation isn't a choice and for so long as they are sold some just won't be able to afford them."

gugallady

"I envision a future where we as girls are more educated on the realities of being women and taking care of ourselves medically speaking."



Period Quiz

Akere wa itse gore we are all different when it's our time of the month. This is a reminder that you are a powerful human being just for having a period. Take this quiz to find out which *tya girlie* you are when Auntie Flo is in town.

1. Does your period come out mostly:

- a. Red
- b. Brown/Dark red
- c. Orange
- d. Pink

2. How long does your period last?

- a. 3-6 days
- b. 7+ days
- c. 7 days
- d. 1-2 days

3. What do you crave on your period?

- a. 3-6 days
- b. 7+ days
- c. 7 days
- d. 1-2 days

4. How do you feel when on your period?

- a. Anxious
- b. Sad
- c. Angry
- d. Moody

Your period is not something you should be afraid of. Think of all your fave female role models... almost all women go through periods. Your period is the way your body cleans and takes care of itself. You should embrace it.

Girlll it's your time of the month. Welcome to a monthly reminder that you are a powerful human being. Find out what type of girl you are on your period.

Mostly A's: The Healthy Girl - Most aspects of your period are super healthy! For you, it's important to manage your sugar intake if you still wanna have teeth by 40 lol. Also, take care to journal, talk about your feelings, or manage your anxiety because you may be at risk of an anxiety disorder.

Mostly B's: The Chill Girl - Your period is a little darker because it may be old or you are often cold on your period. This can also sometimes be an early sign of pregnancy though, if you're often experiencing sadness or emotional sensitivity. This is normal, but it can be a sign of underlying mental health issues. It is important to seek support if the feeling persists.

Mostly C's: The Hot Girl - You like to take it eazzy. But your emotions can be up and down, keeping you on edge. An orange discharge may also indicate an infection. Be careful to manage your anger through mindfulness exercises and see a gynaecologist if the orange period blood keeps showing up.

Mostly D's: The Emo Girl - You are lucky to have such a short period thle mma. You do need to eat a little more though. Your pink period is a possible sign of significant weight loss, anaemia or even an unhealthy diet. And it is far easier to be upset or moody when your diet is out of whack.



- ✂ Always have an emergency pad in every bag. You or another girlie might need it one day.
- ✂ Any extreme pain is a sign of a menstruation disorder! Go to the gynaecologist the first chance you get.
- ✂ Accept and embrace your period as a part of your life experience as a female-bodied person.

If you experience heavy bleeding, a period that lasts longer than 7 days or irregular periods make sure to talk to a gynaecologist as these may be signs of an abnormal period.



★ STAY ★ TRUE to YOURSELF



Staying true to yourself is the process of consistently making sure that sengwe le sengwe le tsamaelana with who you are and who you wanna be. We believe that the key to success is creating a life that is authentic to you.

EMBRACE SOLITUDE FOR SELF-DISCOVERY

First, you need to know who you are to know who to stay true to, o tshwanetse go ikitse. Spend time alone o tshloganya your interests, thoughts, and feelings. This self-reflection helps you understand who you are and what truly matters to you. Don't be afraid to find out who you really are and love her. Ikitse o ithate, that's where your power lies.

WATCH THE COMPANY YOU KEEP

Keep the right company around you o tsalane le batho ba ba tsamaelana le wena. The people you surround yourself with create an emotional environment that contributes to your growth, views and beliefs. This is why ba re 'show me your friends, and I will show you your future'.

TRUST YOUR GUT

Listen to your intuition. Every time I get a good feeling about something, I go for it. Fa ke sa ikutlwe shapo ka sone, I stay away from it to protect my mental, physical, and emotional health. Your body sometimes senses things before you do, in the form of your gut feeling. Always pay attention to it.

PRIORITISE SELF-CARE FOR WELL-BEING

Make self-care a priority, o tlhokomele your physical, emotional, and mental health. This includes setting boundaries, getting enough rest, le go fa your body and mind dikotla. A healthy body = a healthy mind. The healthier your body and mind, the better you are at making decisions.

LET GO

This may include relationships, habits, and environments tse di sa tsamaelaneng with what you want for your life. For example, if you've decided that you want to be treated in a specific way and the people around you aren't complying, have a conversation with them and see if they'll change; Fa ba sa fetole mekgwa, TSWAYA MO GO BONE & LET THEM GO! What you focus on is what your mind remembers and attracts.

FORGIVE YOURSELF

Life is hard, and it's easy to make mistakes or lose your way. Forgive yourself a million times. Se iphelele pelo, failure is a part of growth, and you only lose when you get knocked down and don't get up. Just remember to always self-reflect and take accountability and responsibility for yourself and your actions. Don't misplace blame when you have contributed to a bad situation, but don't beat yourself up about it either.

DIY

Re-usable Pads

Did you know the first disposable sanitary pad was made in 1896? Before that, women used reusable cloths to manage menstruation. Now, centuries later, disposable pads have become an environmental hazard and very expensive, leading to period poverty (being too poor to afford to purchase these pricey period products, which is 50% of women and girls in Botswana). Here at SKY, we're sure ka ending period poverty however we can. So, here's a guide on how to make your own reusable pads.

Step 1

Cut out a 16cm×25cm rectangle on cardboard paper and fold lengthwise in half, then widthwise in half. Draw a rectangle 3cm×4.5cm, a straight line then a curved line. Shade out excess and cut it out. Unfold this template.

Step 3

Cut a slit on one side of the fabric and turn it inside out. Fold pad template wings, trace them onto 2 absorbent cotton cloths and sew them together.



What you need:

- Cardboard paper
- Needle and thread/sewing machine
- Scissors
- Velcro/press studs
- Cotton based cloth
- Regular cloth
- Markers
- Sewing pins
- 30 cm ruler

Step 2

Cut out 2 rectangular pieces of printed fabric 20cm×29cm, with printed sides touching each other. Secure with sewing pins and trace the template onto the fabric. Sew together and cut out excess fabric.

Step 4

Sew together pad and liner and velcro or press studs on wings and voila! O heditse tsala.

 WONDERFUL LIFE



What is SKY Girls BW?

SKY is a sisterhood of teenage girls across Botswana that supports, empowers, and celebrates being true to ourselves. Staying true means recognizing and honoring your values, beliefs, and aspirations, even when faced with external pressures to be like others. "I promise to be true to myself," which means you commit to recognizing yourself and true desires free of any outside influences on them. To stay true to yourself, you have to know yourself right?



SKY stands for Sure Ka Yone and Shapo Ka Yone.

Officially becoming a SKY girl means taking the pledge to define your Sures (things you love) and Shapos (things you don't need in your life). Whatever our Sures and Shapos are, we stick to them, because those choices define us, and make each one of us unique. This is what we call staying true to yourself.

The SKY Pledge

It is a guide that is the purest promise to stay true to oneself. The SKY Pledge is a guide that helps you be true to who you are. It's about holding onto dilo tse o leng SURE ka tšone and rejecting tse o leng SHAPO about.

"I pledge to be confident in who I am and not let anyone define me." When you say this, you are promising to remain committed to yourself and your authenticity.



What is the UNFPA?

UNFPA is the United Nations sexual and reproductive health agency. Their mission is to deliver a world where every pregnancy is wanted, every childbirth is safe and every young person's potential is fulfilled.

What do they do?

The UNFPA promote gender equality and empower women, girls and young people to take control of their bodies and their futures. They work with partners in more than 150 countries to provide access to a wide range of sexual and reproductive health services.



Go to www.botswana.unfpa.org for more information





In partnership with



HELP LINES & Contact Centers



National Sexual Assault HELPLINES

National Domestic Violence HELPLINES

 **Botswana GBV Prevention and Support Centre** 

Toll Free Line: 14655 | Whatsapp: 7426 5081
Landline: 390 7659

**Offices in Gaborone, Francistown, and Ghanzi. Molepolole is supported by the Gaborone office.*

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 **Emang Basadi Women's Association** 

Phone Line: 391 1421

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Phone Line: 391 1421

 **Women Against Rape** 

Toll Free Line: 0800 600
Cellphone: 7131 1244

 **GBV Police Toll Free Helpline** 

Toll Free Line: 0800 600 144

 **24hr Support via AME App** 

WhatsApp: 7587 4043

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