

TEEN MAGAZINE

ISIZULU/ENGLISH

NOLWAZI

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magazine



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Welcome to
ULWAZI MAGAZINE:
is a quarterly publication
dedicated to inspiring, educating,
and motivating high school
learners across KwaZulu-Natal.
We distribute **12,000 copies to
schools around KZN**, providing
learners with relevant and
engaging content that speaks
to their interests, challenges and
aspirations.

We believe that knowledge is
power, and our aim is to provide
young people with the tools
and information they need to
excel in their academic pursuits
and beyond. Through engaging
articles, interviews with successful
individuals, and insightful
features, we encourage learners
to explore their passions, make
informed choices and work
towards their goals.



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WONKE AMABANGA ABALULEKILE

Akufanele ulinde uze ufike kamatikuletsheni. ukuze uzikhandle esikoleni.

Kulula ukucabanga ukuthi umatikuletsheni iwona nyaka osemqoka kodwa iqiniso lithi wonke amabanga abalulekile. Unyaka nonyaka ukunika ithuba lokwakha amakhono akho, ukuthola okukuthokozisayo kanye nokulungiselela okulandelayo.

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U-GRADE 8 — Zihlole futhi Uzithole

U-Grade 8 umayelana nokuzithola. Bheka kahle izifundo zakho ezahlukene uthole ukuthi iziphi ozithandayo nowenza kahle kuzo. Kanti futhi yisikhathi esihle sokuqinisa lapho ubungenzi kahle khona kusukela esikoleni samabanga aphansi.

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U-GRADE 9 — Hlola Ikusasa Lakho

U-Grade 9 unyaka obalulekile wokukhetha izifundo ozozenza kwa-Grade 10 kuya ku-Grade 12. Ngaphambi kokwenza lezi zinqumo, qala wenza ucwaningo ngemisebenzi nezifundo namamaki adingekayo. Izifundo ozikhethayo zinomthelela kwizifundo zemfundo ephakame ozokwazi ukungena kuzona emva kukamatikuletsheni. Ungazikhethi ngaphandle kokucabanga ukuthi ufuna zikuyisephi.

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U-GRADE 10 — Funda futhi Uzicije

U-Grade 10 ufika nezifundo ezintsha nomsebenzi omningi. Zinike isikhathi sokuzifunda futhi wenze kahle kuzona. Amamaki akho aqala manje ukwakha irekhodi lakho lezemfundo. Eminye imifundaze idinga imiphumela esuka ngisho kwa-Grade 10, ngakho ke ungacabangi ukuthi imiphumela kamatikuletsheni kuphela ebalulekile.

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U-GRADE 11 — Zilungiselele, Wakhe

U-Grade 11 unyaka obaluleke kakhulu. Amanyuvesi amaningi asebenzisa imiphumela yabafundi yakwa-Grade 11 uma abafundi befaka izingcinga zokufunda, ngakho ke imiphumela emihle ingasiqinisa isicelo sakho. Kubalulekile futhi ukuqonda umsebenzi wakho wakwa-Grade 11 ngokuphelele. Okuningi okufundayo kwa-Grade 11 kuyisisekelo salokho ozohlolwa ngakho kumatikuletsheni. Yenza isiqiniseko sokuthi uyakuqonda kahle konke, kunokukhumbula nje. Uma kungenzeka, qala ngomsebenzi wakwa-Grade 12 ungakafiki kumatikuletsheni.

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U-GRADE 12 — Qinisa Kakhulu

Umatikuletsheni usemqoka, kodwa futhi unyaka omfishane futhi onzima. Kuningi okufundwayo esikhathini esincane, ngakho ke ukulinda uze ufike kwa-Grade 12 ukuze uzilungiselele kungakufakela ingcindezi. Sebenzisa ulwazi, amakhono nezindlela zokufunda owakwakha kusukela ku-Grade 8. Zazi ukuthi ufunani, ugxile kukhona wenze konke ongakwenza kulo nyaka.

Grade 8

Grade 9

Grade 10

Grade 11

Grade 12



Unyaka wakho kamatikutsheni awuqali kwa-Grade 12. Ukuzilungiselela kuqala ngeminyaka eyandulelayo. U-Grade 8 kuya ku-Grade 12, wonke amabanga abalulekile.



UKUTHANDA NOKUPHILA NABANTU ASEBEKHULILE

Ukukhula kuyingxenye yempilo. Ngesikhathi abazali, ogogo nomkhulu nabanye emndenini beguga, kungenzeka behlelwe isivini abenza ngaso izinto, bakhohlwe kakhulu noma baphathwe yizifo. Yize lokhu kunzima, kuyisikhathi lapho bedinga khona kakhulu uthando, isineke nokwesekwa. Abantu abanengi abakhulile eNingizimu Afrika baphila nezifo ezingalapheki ezinomthelela ekunyakazeni kwabo nakwindlela abenza ngayo imisebenzi yansuku zonke. Ukuqonda lezi zifo kungasiza sibakhombise ububele nomusa.

*Izifo Ezijwayelekile Eziphatha
Abantu Asebekhulile*

UMFUTHO WEGAZI OPHEZULU (High Blood Pressure)

Umfutho wegazi ophezulu uvamise ukubizwa “ngombulali othule” ngoba awuvamisile ukuba nezimpawu ezixwayisayo. Lesi sifo sivela uma umfutho wegazi unamandla kakhulu bese uyasinda emthanjeni yegazi kanye nenhliziyo. Uma ungelashwa, ungalahlela kwisifo senhliziyo, isifo sohlangothi, isifo sezinsu kanye nenkinga yamehlo. Ukuhlola umfutho wegazi njalo, ukudla ukudla okunempilo, ukuzivocavoca kanye nokuphuza imithi eyalelwe ngudokotela kungawulawula.

ISIFO SIKASHUKELA (Type 2 Diabetes)
Isifo sikashukela kusuke kuyilapho umzimba ungalawuli ukusebenzisa i-insulin kahle, okudala ukunyuka noma ukwehla kakhulu kwamazinga kashukela egazini. Izimpawu ezijwayelekile zihlanganisa ukoma kakhulu, ukuchama njalo, ukukhathala kanye nokungaboni kahle emehlweni, yize abanye abantu bengabi nazimpawu ekuqaleni. Ngokuhamba kwesikhathi, isifo sikashukela singalimaza amehlo, izinsu, izinzwa nenhliziyo. Ukulawula isifo sikashukela ngokudla ukudla okunempilo, ukuzivocavoca njalo, imithi kanye nokuhlolwa kungavimbela ukugula okubucayi.

ISIFO SOHLANGOTHI (Stroke)

Isifo sohlangothi siqala uma kuvimbeka ukufinyelela kwegazi kwingxenye yengqondo noma uma umthambo wegazi engqondweni uqhuma. Ngenxa yokuthi ama-cells engqondo asuke encisheke umoya, ngemizuzu nje embalwa kungenzeka umonakalo ongalungiseki. Isifo sohlangothi singathikameza ukukhuluma, ukunyakaza, ukukhumbula kanye nokuma kanti ukululama kuvame ukuthatha isikhathi eside. Ukwelashwa ngodokotela ngokushesha kusemqoka, okuyingakho kubalulekile ukubona izimpawu ezixwayisayo: ukulenga kobuso, ukuphelelwa amandla engalweni eyodwa kanye nokukhuluma kanzima.

ISIFO SAMATHAMBO (Arthritis)

Isifo samathambo yisifo esidala ukushisa kwamalunga omzimba, okuholela kwizinhlungu, ukuqina kanye nokuvuvukala. Sivame ukuhlaselele amadolo, izinqulu, izandla nomgogodla, okwenza imisebenzi yansuku zonke efana nokuhamba, ukunyuka izitebhisi noma ukuvula amabhodlela kube nzima. Yize lesi sifo singalapheki, ukuzivocavoca kancane kanye ne-physiotherapy kunganciphisa izinhlungu kusize nabantu asebekhulile bakwazi ukunyakaza nokuzimela.

ISIFO ZOKUDIDEKA KOMQONDO (Dementia and Alzheimer's Disease)

I-Dementia ayiyona ingxenye ejwayelekile yokuguga kodwa iqoqo lezifo ezithinta ukukhumbula, ukucabanga, ukuziphatha kanye nokwenza imisebenzi yansuku zonke. I-Alzheimer's uhlobo lwe-Dementia olujwayeleke kakhulu. Abantu abane-Dementia bakhohlwa abantu ababajwayele, badideke ngesikhathi noma indawo, babuze imibuzo eyodwa bephindelele noma kube nzima ukukhuluma. Yize lezi zifo zingalapheki, imithi, ukulandela uhlelo lwansuku zonke kanye nokwesekwa umndeni kungabasiza abagulayo baphile ngokunethezeka.

AMA-CATARACTS

Ama-Cataracts aqala lapho amehlo eba lufifi, okwenza ukuba angaboni kahle. Abantu abanama-Cataracts kungaba nzima kubona ukufunda, ukushayela ebusuku noma ukubona abantu kahle. Lesi sifo siqala kancane futhi siyimbangela ehamba phambili yokungaboni emehlweni kubantu asebekhulile. Ngenhlalaha, siyelapheka ngokususwa kwengxenye elufifi, umuntu akwazi ukubona kahle futhi.

UKUNGEZWA EMADLEBENI

Ukungezwa emadlebeni kuqala kancane lapho izinyama ezithambile ezingaphakathi endlebeni ziyeka ukusebenza kancane kancane ngokuhamba kwesikhathi. Abantu asebekhulile kungenzeka bangakwazi ukuzwa kahle izingxoxo, ikakhulukazi ezindaweni ezinomsindo futhi bangakucela ukuba uphindaphinde okushoyo kaningana. Uma ukungezwa kungelashwa kungaholela ekucwasweni nasekucasukeni. Izinsizakuzwa kanye nokuhlolwa kokusebenza kwezindlebe kungathuthukisa ukuxhumana nezinga lempilo.

Ukweseka abantu asebekhulile akudingi ukuba nzima. Chitha isikhathi nabo, ubalalele uma bexoxa, ubasize ngemisebenzi yansuku zonke, ubagqogquzele ukuba bazivocavocwe nokuthi baphuze imithi yabo futhi ube nesineke uma behamba noma bekhuluma kancane. Ungabafundisa nokusebenzisa ubuchwepheshe obusha ukuze bahlale bexhumene nomndeni nabangane. Ngaphezu kwakho konke, baphathe ngobubele nenhlolipho ngaso sonke isikhathi futhi ungahlekisi ngokukhohlwa kwabo, ukuzwa noma ukukhubazeka kwabo.

Abantu abadala sebecithe iminyaka bekhulisa imindeni, bakha imiphakathi futhi babelana ngolwazi lwabo. Bafanelwe isikhathi sethu, umusa nozwelo. Ngezinye izikhathi, isipho esikhulu ongasinika umuntu osekhulile ayona imali, ubukhona bakho.

Stuck in a Funk?

Here's How to Get Your Spark Back

Have you ever felt like you're just... existing? You wake up, go through the motions, scroll endlessly on your phone, and somehow every day feels the same. You're not exactly sad, but you're not excited either. If that sounds familiar, you might be in a funk. Almost everyone experiences this at some point, and it doesn't last forever.

A funk is a period where you feel unmotivated, tired, bored, or emotionally "stuck." It can happen after exams, during school stress, after a breakup, when you're overwhelmed, or even for no obvious reason. Being in a funk doesn't mean you're lazy or failing. It simply means your mind and body might need a reset.

Change Something Small

You don't need to completely reinvent your life. Small changes can make a big difference.

Try:

- Walking a different route home.
- Rearranging your bedroom.
- Listening to a new playlist.
- Wearing an outfit you feel confident in.
- Trying a new hobby.

Sometimes your brain just needs something fresh.

Put Down Your Phone (Just for a While)

Endlessly scrolling through social media can leave you feeling drained and comparing your life to everyone else's highlight reel. Challenge yourself to spend an hour without your phone. Read, draw, cook, journal, play with your pet, or simply sit outside. You might be surprised how much lighter you feel.

Get Moving

Exercise isn't only about getting fit—it boosts your mood too. Physical activity releases chemicals in your brain that help you feel happier and more energetic. You don't have to spend hours in the gym. Dancing in your room, taking a 20-minute walk, playing soccer with friends, or doing a quick workout on YouTube all count.

Do One Thing You've Been Avoiding

That assignment. Cleaning your room. Replying to that message.

The longer you avoid something, the heavier it feels. Completing just one small task gives you a sense of accomplishment and builds momentum. Remember: progress is more important than perfection.

Spend Time With People Who Lift You Up

The people around you can have a huge impact on your mood. Call a friend. Visit your grandparents. Join a sports team, youth group, or club. Even a short conversation with someone who genuinely cares about you can brighten your day.

Get Enough Sleep

Late-night TikTok sessions might seem harmless, but poor sleep can make you feel irritable, unmotivated, and emotionally exhausted. Aim for around 8–10 hours of sleep each night if you're a teenager. Your brain performs best when it's well rested.

Be Kind to Yourself

Everyone has off days—or even off weeks. Don't beat yourself up for not feeling like your usual self. Instead of saying, "I'm so lazy," try saying, "I'm having a difficult week, and that's okay."

Treat yourself the way you'd treat your best friend.

Remember What Makes You Happy

Think back to a time when you felt excited or proud of yourself.

Maybe it was:

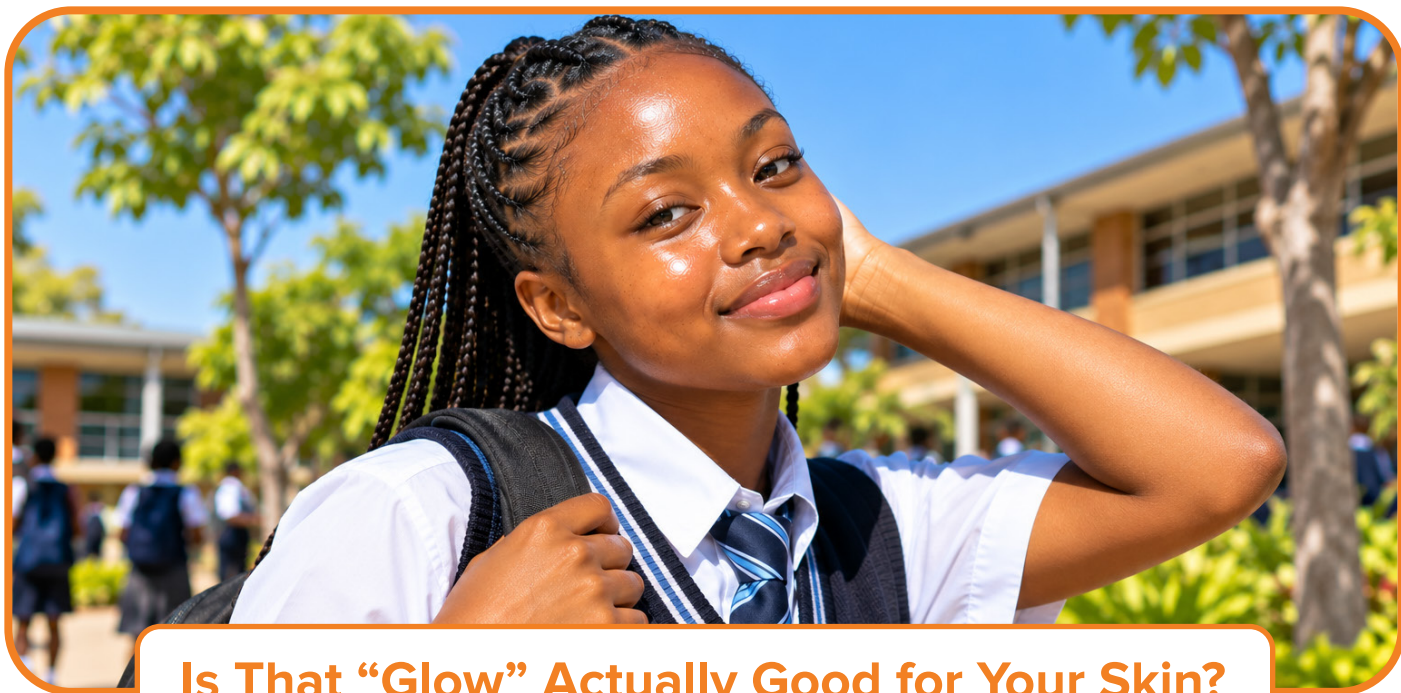
- Playing an instrument.
- Drawing or painting.
- Gaming with friends.
- Baking.
- Taking photos.
- Playing a sport.
- Volunteering.
- Reading.

Reconnect with something you used to enjoy, even if it's only for 15 minutes.

If you've been feeling down, hopeless, or unable to enjoy life for more than two weeks, or your feelings are affecting school, relationships, or everyday life, it's important to speak to someone you trust. A parent, teacher, school counsellor, coach, or healthcare professional can help. Reaching out is a sign of strength, not weakness.

You don't have to have everything figured out. Getting out of a funk doesn't happen overnight, but every small step counts. Celebrate the little wins, be patient with yourself, and remember that difficult seasons don't last forever.





Is That “Glow” Actually Good for Your Skin?

Many of you may be embracing a glossy new beauty trend, layering tissue oil and petroleum jelly (Vaseline) onto your faces for a dewy “glow”. But does shiny skin necessarily mean healthy skin?

For some of you, the recipe is simple. A little tissue oil. A generous layer of petroleum jelly. Sometimes more of both. The result is an unmistakably glossy face that catches the light and gives the skin that smooth, dewy appearance that has become increasingly desirable online. It is affordable, accessible and easy to recreate. But there is a question worth asking before reaching for another handful of the oily product: is that glow actually good for your skin?

The answer is more complicated than a simple yes or no.

Let's first chat about petroleum jelly. Petroleum jelly (also called petrolatum) is an occlusive main ingredient — an occlusive substance, meaning it forms a protective layer over the skin and helps reduce water loss. When applied to dry skin, it can help keep moisture from escaping and leave the skin feeling softer. That shine is partly responsible for the “glow” that makes the trend so appealing. Rather than producing some mysterious transformation in the skin itself, a layer of petroleum jelly sits on the surface and reflects light. Glowing skin and shiny skin are not necessarily the same thing. For someone with naturally dry skin,

a thin layer of petroleum jelly can sometimes be helpful, particularly when applied over a moisturiser. For someone with oily or acne-prone skin, however, covering the face in several layers of product may not be the best approach.

So what about tissue oil? This is where things become even more complicated. Tissue oil is not a single ingredient or a standardised skincare formula. Different products contain different combinations of oils, fragrances and other ingredients. Some are intended primarily for the body rather than the face. Some people may tolerate them perfectly well, while others may experience irritation — particularly if the product contains fragrance or other ingredients their skin does not agree with. So the fact that something is sold as a moisturising oil does not automatically mean it is suitable for everyone's face.

And then there is teenage skin...

During puberty, hormonal changes increase oil production, which is one reason acne becomes so common during adolescence. Adding multiple rich or occlusive products on top of already oily skin may not be helpful for everyone. That does not mean petroleum jelly automatically causes acne. The issue is more about individual skin type, the amount being used, and what else is being applied. If your skin is already oily, congested or acne-prone, a heavy multi-product routine

may make things feel worse — even if the products themselves are not inherently bad. It may simply be too much for your skin.

So should you stop using Vaseline on your face? Not necessarily. Petroleum jelly has been used for generations as an effective skin protectant, and there are legitimate reasons to use it. Someone with very dry or irritated skin may find a small amount genuinely useful for sealing in moisture. But covering the entire face in a thick layer simply because it looks good on TikTok or Instagram is a different matter.

If you want a healthy-looking glow, the basics are considerably less glamorous, but much more useful. A gentle cleanser removes sweat, dirt and excess oil without stripping the skin. A moisturiser suited to your skin type helps maintain the skin barrier. And in South Africa, where ultraviolet exposure is significant, daily sunscreen is far more important to long-term skin health than achieving a glossy finish.

Before copying the latest skincare hack, it is worth asking a few simple questions. What is actually in this product? Is it intended for facial use? What is my skin type? Do I really need it? And what happens if I use it every day?

Sometimes the healthiest glow is not the one that reflects the most light. It is the one that comes from skin that is comfortable, protected and properly cared for.

QALA LA UKHONA

Awudingi ihhovisi likanokusho, imali eningi noma isu elibiza kakhulu ukuze uqale ibhizinisi.

Ngesinye isikhathi, ungaqala la ukhona, ngalokhu onakho. Ukuqala nokuphatha ibhizinisi elincane akudingi ukuba nzima. Ibhizinisi limayelana nokuxazulula inkinga noma ukufeza isidingo.

Kunabantu abenza imali eningi bedayisa into elula njengamanzi nama-ayisi. Ngobani? Abantu bayakudinga. Yilokho okubalulekile, ibhizinisi akudingi ukuba lidayise into eyingqayizivele, kufanele nje lixazulule inkinga.

Kanti awudingi ukubheka kude ukuze uyithole. Bheka eduze kwakho. Abantu ofunda nabo bangaba abathengi ebhizinisini lakho.

Badingani? Yini abahlale beyicela? Yini engenza izinsuku zabo zibe lula?

Ungadayisa izinto ezilula njengamapeni, amasokisi, okokubopha izinwele, noma oncamnce. Ungathengisa izipuni zokudla isidlo sasemini, weluke izinwele, uthengise izigqoko ozenze ngokwakho, noma uthengise itiye uma kubanda.

Ibhizinisi lakho alidingi ukuba libe yicebo elikhulu. Kahle-kahle, amabhizinisi amaningi awusizo kakhulu awakhiwe ngamasu ayingqayizivele. Aphumelela ngoba anika abantu into abayidingayo ngenani abazimisele ukulikhokha.

Ungacabangi kakhulu. Okunye uzokubona ngendlela, njengegama lebhizinisi, uphawu kanye nokunye.



QALA NGALE MIBUZO

1. Yini edingekayo la ngikhona?

Bheka isikole sakho noma umphakathi wakho. Yini abantu abangayitholi kalula noma abayidinga njalo?

2. Yini enginayo njengamanje?

Cabanga ngamakhono akho, izinto zokusebenza kanye nezinsiza ongazithola.

3. Ngidinga malini ukuze ngiqale?

Qala kancane. Thola ukuthi udingani ngaphambi kokusebenzisa imali.

4. Kuzongibiza malini ukukwenza noma ukukuthenga?

Yazi ukuthi izinto ozozidinga zibiza malini. Uma into ibiza u-R5, kufanele ucabange kabanzi ngokuthi ungayibiza malini.

5. Abantu bazokhokha malini?

Ukwenza imali akusho ukubiza kakhulu kunawo wonke umuntu. Udinga inani elizosebenzela wena nabathengi bakho.

Awudingi ukuhlela kahle yonke into ngaphambi kokuba uqale. Thola isidingo. Qala kancane. Funda ube wenza, bese uyakhula. Qala nje...

South Africa's New Generation of Sporting Heroes

South Africa is blessed with a new generation of sporting stars who are proving themselves on some of the world's biggest stages. Whether it's football, rugby, cricket or athletics, these champions are flying the South African flag high.



Mbekezeli Mbokazi – A Star Born in KwaZulu-Natal
From Hluhluwe in KwaZulu-Natal to the FIFA World Cup, Mbekezeli Mbokazi's rise has inspired football fans across the country. His impressive performances for Orlando Pirates and Bafana Bafana earned him a move to Major League Soccer side Chicago Fire in the United States, where he is already making his mark.

At the World Cup, Mbokazi showed maturity beyond his years, helping Bafana Bafana reach the knockout stages for the first time in history.



Sacha Feinberg-Mngomezulu – Rugby's Bright Future
The versatile Springbok can play fly-half, centre or fullback. A product of the DHL Stormers system, he has already won the United Rugby Championship and has become one of the youngest stars in the Springbok squad. His goal-kicking, attacking flair and calm decision-

making have made him one of world rugby's most exciting young talents.



Bayanda Walaza – Sprinting Towards Greatness
The teenage sprinter announced himself to the world by helping South Africa win the 4x100 m relay silver medal at the Paris 2024 Olympic Games. He has also claimed medals at junior international championships and continues to break age-group records, earning a reputation as one of the fastest young sprinters on the planet.



Thembi Kgatlane – Banyana
Banyana Star
Known for her explosive pace, skill and eye for goal, Thembi Kgatlane is one of South Africa's standout footballers. The forward played a key role in Banyana Banyana's historic 2022 Women's Africa Cup of Nations triumph and was named African Women's Player of the Year in 2018. In 2026, she continued to make her mark, scoring the winning goal against Burkina Faso to send South Africa into the WAFCON quarter-finals.



Tatjana Smith – Olympic Champion Returns
Four-time Olympic medallist Tatjana Smith has made a remarkable return to competitive swimming. After retiring following the Paris 2024 Games, she returned at the South African Short Course Championships in September 2026, winning the 50m breaststroke in a personal best of 29.50 seconds. She also qualified for the World Short Course Championships in Beijing, as she begins her journey towards LA 2028.



Laura Wolvaardt – Leading the Proteas
Proteas Women's captain Laura Wolvaardt continues to set the standard in South African cricket. She played a major role in the Proteas' run to the 2025 Women's Cricket World Cup final and in 2026 she scored the fastest T20I century by a South African woman, off 47 balls. In August 2026, she was named Athlete of the Year at the 21st gsport Awards

These stars remind us why national pride matters. Every time they wear South African colours, they represent millions of people who believe in them.

Kukhona Nawe Ongumpetha Kukho



Siyazi, esikoleni kuke kube ngathi kunakwa abantu abathile kuphela. Abaphasa kahle kakhulu kanye nalabo abenza kahle kwezemidlalo bayabungazwa, kungenzeka wena uyazibuza ukuthi, “Mina ngingena kuphi?”

Akulungile ukuba isikole sikwenze uzizwe ngathi yilabo bantu kuphela abanokuthile okuyigugu abakwazi ukukwenza. Ungakuvumeli lokhu kuphazamise ukuzethemba kwakho. Wonke umuntu kukhona angumpetha kukhona. Okwakho kungenzeka ukuthi akukho eklasini.

Mhlawumbe ikhono lakho akulona ukucula, ukudansa, izifundo noma ezemidlalo. Mhlawumbe ukwazi ukuhlela kahle izinto, ukukhrosha, ukukhanda izinto, ukuhlekisa abantu, ukudweba, ukupheka, ukusebenza ngezandla, ukuxazulula izinkinga noma ukuhlanganisa abantu. Amanye amakhono asobala. Amanye awajwayelekile futhi ngeke akutholele isitifiketi esikoleni. Ungazama ukuluka abantu noma ukwenza ubucwebe, ukuwasha amateku noma ukuwahlobisa,

ukusebenzisa kabusha izingubo ezindala noma ifenisha, noma ukubhaka noma ukuhlobisa amakhekhe. Ungazama nokwenza ingadi, ukushutha izithombe, ukubhala izinkondlo noma izindatshana, noma ukukhanda amabhayisikili noma izinto ezisebenza ngogesi. Ngakho-ke zama izinto ezintsha. Bungaza lokho okukwenza ube nguwe. Qala ikilabhu yento oyithokozelayo. Ikilabhu yokufunda izincwadi, ye-coding, yezokuqophisana, nanoma yini ehambisana nawe. Ungacela uthisha ukuba akusize uyiqaile. Thola abangani abathanda into efanayo bese niyagqugquzelana.

Zama into ongakaze uyenze ngaphambilini. Thola umsebenzi uma ukwazi. Noma uzibandakanye ohlelweni oluthile. Ngeke uthole ukuthi yini ongumpetha kuyo ngokuhlala ungenzi lutho.

Ngesikhathi uzama izinto ezahlukene, ufunda kabanzi ngawe. Ukuzazi kangcono kuyakusiza ukuthi wenze izinqumo ezingcono ngekusasa lakho, okuhlanganisa imisebenzi nezifundo okungakufanela. Ungalindi isikole sikutshale ukuthi yini ongumpetha kuyona. Zitholele wena.

I-Sextortion: Okufanele Ukwazi

Cabanga nje uzikhuluma nomuntu ezinkundleni zokuxhumana. Ucabanga ukuthi ungamethemba, bese umthumelela isithombe sakho sangasese. Emva kwemizuzu embalwa, akusongele ngokuthi uzothumela lesi sithombe kubangani bakho, umndeni noma abanye abafundi uma ungamthumeleli imali noma ezinye izithombe. Lokhu kubizwa nge-sexortion futhi kungenzeka kunoma ubani.



Yini i-sexortion?

I-sexortion yilapho umuntu esebenzisa isithombe sakho, ividiyo noma umyalezo kwangasese noma okuveza umzimba ukuze akusongele, akulawule noma asongele omunye umuntu.

Akubandakanyi imali ngaso sonke isikhathi. Ngesinye isikhathi umuntu angafuna imali kodwa angabuye afune ukukuhlaza, ukuziphindiselela noma ukukulimaza. Angakusongela ngokuthi uzothumelela isithombe sakho kubangani, umndeni, esikoleni noma azifake ezinkundleni zokuxhumana.

Ngesinye isikhathi lo muntu owenza lokhu kuba ngumuntu omaziyo. Kungaba umuntu ofunda naye, omuntu owake wathandana naye, umngani noma umuntu owawucabanga ukuthi ugamethemba. Umuntu angabukeka ethembekile futhi enobungani kodwa asebenzise into omthumelele yona ngasese ngendlela engafanele.

I-Sextortion ingaqala ngezindlela ezahlukene. Omunye umuntu angathi, “Uma ungithanda, uzosithumelela,” noma, “Ungakhathazeki, ngeke ngikhombise muntu.” Asikho isidingo sokuba ukhombise muntu ukuthi uyamthanda, uyamthemba noma umkhonzile ngokumthumelela isithombe sakho ungagqokile.

Noma ngabe umuntu umethemba ngokuphelele, awukwazi ukulawula ukuthi kwenzekani esthombeni uma ususithumelile.

Umakhalekhukhwini womuntu osithumele kuyena ungalahleka, kukhona ongangena kwi-akhawunti yakhe ngokungemthetho, omunye umuntu angasibona isithombe noma umuntu osithumele kuyena angakhetha ukusithumelela komunye umuntu.

Khumbula lo mthetho: Ungathumeli futhi ungadluliseli isithombe ongahlazeka uma singabonwa umhlaba wonke.

Ngaphambi kokuba uthumele okuthilze, zibuze: Ngingenza njani uma lesi sithombe singagcina sibonwa abazali bami, othisha noma abanye abafundi eklasini noma esikoleni? Uma impendulo ithi, “Ngingahlazeka,” ungasithumeli.

Lokhu kubalekile ngisho ekudluliseni izithombeni zabanye abantu zangasese. Uma umngani wakho ekuthumelela isithombe sakhe engagqokile noma isithombe sakhe esiphoxayo, ungasidluliseli kubanye abantu. Ungabalimaza kakhulu futhi nawe ungazifaka enkingeni.

Uma kungumuntu engimaziyo? Lokhu kungaba nzima kakhulu ngoba ungazizwa ukhapheliwe. Ungaze ucabange ukuthi, “Kodwa bengimethemba lo muntu,” noma “Wonke umuntu uzongihleka.” Ungabhekani nakho wedwa. Tshela umuntu omdala omethembayo. Gcina ubufakazi, ungakuvumi okufunwa yilowo muntu ngoba nakhu umazi.

Ukuba umngani nomuntu, ukuthan-

dana naye noma ukumethemba ngaphambilini akumniki ilungelo lokuba adlulisele izithombe zakho zangasese.

Hlala uphephile ezinkundleni zokuxhumana. Awudingi ukuyeka ukusebenzisa izinkundla zokuxhumana ukuze uphephe. Kodwa cabanga kahle ngaphambi kokuthumela izinto zangasese.

Khumbula ukuthi isithombe siyakopisheka, sigcineke futhi sithumeleke ngemizuzwana nje. Uma ususithumelele, kungenzeka ungabe usakwazi ukulawula ukuthi sihamba sifikephi.

Ngakho-ke cabanga ngaphambi kokuba uthumele.

Zibuze ukuthi ungakhululeka uma lezi izithombe singakhonjiswa wonke umuntu? Uma impendulo ithi “cha”, ungasithumeli. Uma kukhona osekwenzekile, ungaxhamazeli futhi ungazibeki icala.

Ungakhokhi uma befuna imali. Ungathumeli izinye izithombe. Gcina ubufakazi. Ba-blokhe. Tshela umuntu omethembayo. Bika.

Awuwedwa, ukucela usizo yikhona okufanele.



UNIVERSITY

University of Technology

or TVET College



When you start thinking about life after matric, you will probably hear people talking about university, universities of technology and TVET colleges. Sometimes it can sound like there is one “best” option, with university seen as the first choice and everything else coming after it. That is not true.

These institutions are designed to prepare people for different types of careers and learning. The right choice depends on what you want to study, how you learn best and where you want your career to take you.

So, what exactly is the difference?

UNIVERSITY: More theory, research and academic study

A university is usually the route people think of when they want a traditional academic degree.

Universities offer qualifications such as bachelor's degrees, honours degrees, master's degrees and doctorates. Many programmes involve a strong focus on theory, research, analysis and academic writing. For example, if you want to become a lawyer, doctor, psychologist, teacher, accountant, scientist, journalist or social worker, a university degree may be part of the route you need to follow. University can also be a good choice if you enjoy reading, researching, writing, analysing information and learning concepts in depth.

UNIVERSITY OF TECHNOLOGY: Theory meets practical skills

A university of technology sits somewhere between traditional academic learning and the world of work. Universities of technology focus strongly on applied learning, using knowledge to solve practical problems and prepare students for specific industries. You might study areas such as engineering, information technology, design, hospitality, business, marketing, fashion, media, health science or tourism. Depending on the qualification, your studies may include practical projects, laboratory work, work-integrated learning, internships or industry exposure. This can suit someone who likes understanding the theory but also wants to know how to use it in a real workplace.

TVET COLLEGE: Practical, occupational and career-focused

TVET stands for Technical and Vocational Education and Training. TVET colleges are designed to provide students with technical, vocational and occupational skills that can be used in particular careers and industries. Depending on the programme, you could study areas such as engineering, electrical work, plumbing, motor mechanics, construction, information

technology, hospitality, business studies, hairdressing and beauty, and agriculture. Many programmes are designed around practical skills and workplace requirements.

So which one is better? None of them is automatically better. Your education route should match your career goal and the way you learn, not someone else's idea of what success looks like.

Instead of choosing an institution because your friends are going there or because one option sounds more prestigious, start with the career you are interested in. Find out what qualification or training that career requires, and then work backwards. Some careers require a university degree, while others can be entered through a university of technology qualification, a TVET programme, an apprenticeship or occupational training.

It is also important to think about how you learn best. If you enjoy theory, research, reading and academic assignments, a university may suit you. If you prefer combining theory with projects and practical application, a university of technology may be a good fit. If you learn best by doing, working with equipment or developing specific occupational skills, a TVET college may offer the type of learning environment you prefer.

Remember that your first choice does not always determine your entire career. There are pathways between different types of institutions, and further study can open up new opportunities later. The important thing is to understand the entry requirements, qualification level, duration, costs and career opportunities attached to the programme you are considering before you apply.





Sphelele Gumede (Ellsphee) Illustrator, Motion Designer & Art Director

1. Tell us a little about yourself — who is Sphelele Gumede? I'm a multi-disciplinary creative from Durban. I work across multiple formats and mediums - I'm just a person who loves the art of self-expression.

2. Where did you grow up, and how did that environment shape you as a creative? I was lucky to have moved around a lot when I was growing up. At the time, I didn't realise that this was teaching me to be adaptable - which is something that comes in very handy in the world of creativity.

3. When did you first realise that art was something you needed to do, not just something you enjoyed? I think it was a realisation that grew with me, so less of a single point



in me but rather a consequence of my experiences. I think it became very clear to me when I became a creative professional - the realisation that I needed to have my own creative outlet hit like a ton of bricks.

4. What inspires you on a day-to-day basis? Where do your ideas come from? I'm particularly inspired by the world around me and the creatives within it - I love seeing how others handle their gifts and the efforts they make towards making honest art. This always pushes me to challenge myself even further.

5. What would you say to a teenager who loves drawing but is told it's not a real career? Follow your heart - nobody knows what they're doing either.



6. Did you study formally, are you self-taught, or somewhere in between? I'm a self-taught Illustrator who studied animation. I never went to art school or anything of the sort; I just always liked drawing but had no idea that I would ever do it at this scale.

7. In your opinion, how valuable is formal design education, is it something every creative needs? There is certainly great value in it. I think there are certain principles that one gains that effectively become the things you lean on throughout your career. I often say that what we do is first and foremost communication, and as such, it's important to understand what quantifies effective communication.

8. What can self-teaching give you? I think the biggest skillset that one could earn is discipline - this

naturally translates to work ethic, and that can really set you apart.

9. On the flip side, what does formal training offer that you can't easily get on your own? Formal training can certainly open you up to certain things you may not have access to on your own. In my time at university, the friends I made went on to become some of the best business partners I've had.

10. If someone says, "I can't afford design school — should I still try?" what would you tell them? I think that is determined by what your ultimate goal is, but in essence, I think there are numerous ways to get to the same end goal. I know of people who began shadowing others, got into internship programmes, and studied as they were navigating through their careers. My point is, there isn't a one-size-fits-all approach to this.

11. There are so many tools out there, what would you recommend for a young creative starting with limited resources? Find what you're comfortable with and make it work for you. The emphasis for me is less on the tools and more about what you bring to them - there are people who are making art from spreadsheets, you know? So it's really about finding the ones that work for you. What I will say is that you probably don't need the most expensive tools to do the best work.

12. Has your career been mostly freelance, employed, or a mix — and how did that journey unfold? It's been a mixture, and that journey has been an organic one. When I started out, I'd use every minute I had to create stuff - I still do, but I'm more selective about where my time goes now.

13. Many young creatives want to go freelance immediately — what are the realities of that path that people don't talk about enough? Freelancing isn't for the faint-hearted, but it's a great way to really build a diverse portfolio and, when done right, is an opportunity to build long-lasting partnerships. You are your own project manager, your own finance team, etc. Which can get challenging, of course, but so rewarding at the same time when it works.

WHERE DO I FIT IN?



Sphelele Gumede works across illustration, motion design and art direction, but those fields don't exist in isolation. From the person who develops the concept to the person who animates it, shoots it, writes it or manages the production, there are many different ways to build a career in the creative industry.

ILLUSTRATOR: Turns ideas into images.

Illustrators create visual work for publications, brands, advertising, animation, books, packaging and digital media. They can work traditionally, digitally, or both.

You might enjoy this if: you love drawing, visual storytelling and developing your own style.

WHAT TO STUDY:

Visual Communication · Illustration · Fine Art · Graphic Design

MOTION DESIGNER: Makes graphics move.

Motion designers combine design, animation, typography, sound and storytelling to create moving visuals for social media, advertising, film, television and digital platforms. You might enjoy this if: you like both design and animation.

WHAT TO STUDY:

Animation · Graphic Design · Visual Communication

ART DIRECTOR: Decides how the work should look and feel.

Art directors establish visual direction and work with designers, illustrators, photographers, animators and other creatives to bring a concept together.

You might enjoy this if: you have lots of ideas and enjoy guiding a team.

WHAT TO STUDY:

Communication Design · Graphic Design · Visual Communication · Fine Art · Advertising

GRAPHIC / DIGITAL DESIGNER: Communicates through design.

Designers use typography, imagery, layout, colour and visual systems to communicate an idea across posters, campaigns, websites, social media and other platforms.

You might enjoy this if: you notice fonts, layouts and visual details everywhere.

WHAT TO STUDY:

Graphic Design · Communication Design · Visual Communication · Digital Design

ANIMATOR: Brings characters, objects and stories to life.

Animators create movement frame by frame or through digital animation. They can work in advertising, film, television, games, social content and more. Most animators work for big animation studios such as Disney and Pixar. You might enjoy this if: you love storytelling and figuring out how things move.

WHAT TO STUDY:

Animation · 3D Animation · Motion Design · Film Arts · Digital Arts

PHOTOGRAPHER: Captures the image.

Photographers create imagery for campaigns, publications, brands, artists and digital platforms. They often work alongside art directors and designers to achieve a particular visual direction.

You might enjoy this if: you see stories in people, places and everyday moments.

WHAT TO STUDY:

Photography · Visual Communication · Film · Fine Art

COPYWRITER: Finds the words behind the idea.

Copywriters develop the words used in campaigns, advertisements, social posts, websites and other creative work. They often collaborate closely with designers and art directors.

You might enjoy this if: you're always writing, telling stories or coming up with clever phrases.

WHAT TO STUDY:

Creative Writing · Copywriting · Advertising · Media · Communications

WHERE DO YOU FIT?

Love drawing? → Illustrator / Animator

Love making things move? → Motion Designer / Animator

Love deciding how things should look? → Art Director / Designer

Love words and storytelling? → Copywriter / Creative Writer

Love photography and visual culture? → Photographer / Visual Creator

ADULT FINANCE

101

Growing up means learning more than just how to earn money, you also need to understand the financial terms that come with it. From salaries and taxes to insurance, credit, these are words you may encounter sooner than you think. Learn them now, so you're not confused when they matter.



EARNING & PAY

Gross Salary — What you earn before deductions.

Net Salary / Take-home Pay — What actually reaches your bank account after deductions.

Payslip — A document showing your salary, deductions and what you take home.

PAYE — Tax deducted from your employment income and paid to SARS.



BORROWING

Credit Score — A measure used by lenders to assess your creditworthiness.

Loan — Money borrowed that must be repaid, usually with interest.

Interest Rate — The percentage charged on borrowed money or paid on savings/investments.

Bond — A loan used to finance the purchase of property, usually secured by the property.



ESTATE PLANNING

Will — A legal document setting out how your assets should be dealt with after your death.

Estate — The assets, liabilities and other property left behind when someone dies.

Executor — The person responsible for administering a deceased person's estate according to the law and the will.

You don't need to be a financial expert. Just know the basics, ask questions, read before you sign, and understand what you're agreeing to. It's never too early to learn how money works.



EVERYDAY BANKING

Bank Account — Where you keep and manage your money.

Debit Card — Uses money you already have in your account.

Credit Card — Allows you to borrow money from the card provider and repay it, usually with interest if you don't settle the balance.

Bank Charges — Fees your bank may charge for certain services.

Bank Statement — A record of the money coming into and going out of your bank account.



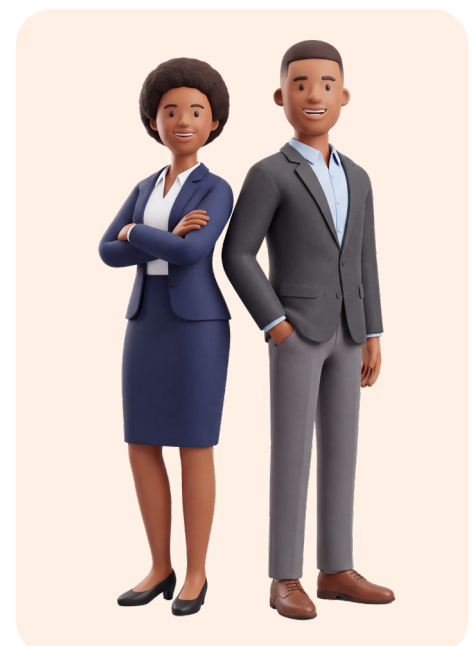
PROTECTING YOURSELF

Life Cover — Insurance that can provide a payout when the insured person dies.

Funeral Cover — Insurance intended to help cover funeral-related expenses.

Disability Cover — Insurance that can provide financial protection if illness or injury leaves you unable to work, depending on the policy.

Medical Aid — A healthcare financing arrangement that helps cover eligible medical expenses according to its rules and benefits.



INDAWO ENCANE, ISIVUNO ESIKHULU!

Awudingi igceke elikhulu ukuze uzitshalele ukudla. Noma ngabe uhlala elokishini, endlini yomxhaso, eflethini noma ekhaya elinegceke elincane, ungazakhela ingadi enhle nephilayo. Ngobuciko obuncane nje, cishe noma iyiphi indawo ingaba yingadi encane!



1. Izingadi Zamabhakede

Kutshaleka kahle kakhulu kumabhakede kapende amadala, amabhakede ango-20L noma obhasikidi bezingubo abadala. Bhoboza izimbobo nje ezimbalwa ngaphansi.

Izitshalo ongazitshala zihlanganisa:

- Utamatisi
- Ispinashi
- Upelepele
- U-pepper
- Ukherothi
- U-beetroot



2. Izingadi Zamathayi

Kulula ukuthola amathayi amadala futhi aba yizitsha zokutshala ezinhle. Wapende ngemibala egqamile ukuze ingadi yakho ibukeke kahle. Beka amathayi phezu kwamanye ukuze kutshaleke kahle:

- Amazambane
- Ispinashi
- Ama-herb
- Izimbali



3. Izingadi Zikagadasi

Ogadasi abadala bangabekwa odongweni noma othangweni. Tshala izitshalo ezifana nalezi:

- Ulethisi
- Ispinashi
- I-rocket
- Ama-herb

Lokhu kwenza udonga oluhle futhi konga indawo.



4. Izingadi Zasebhodloleni Leplastiki

Ungawalahli amabhodlela edrinki! Wasike uwalengise odongweni noma othangweni ngentambo. Zilungele:

- I-mint
- I-basil
- I-coriander
- Ishalati
- Ulethisi



5. Izingadi Ezilengayo

Sebenzisa obhasikidi abalengayo noma amathini amadala alengiswe kumabhuku, emshaweni noma emagatsheni ezihlahla. Lokhu kusebenza kahle uma kutshalwa:

- Ama-strawberry
- Ama-herb
- Izimbali ezilengayo
- Utamatisi omncane



6. Izikhwama Zokutshala

Izikhwama ezinkulu zokudla kwezilwane noma zokutshala zilungele izitshalo. Abantu abaningi eNingizimu Afrika batshala:

- Amazambane
- Ubhatata
- U-anyanisi
- Utamatisi

Amasu Okulima Okonga Imali

Khongozela amanzi emvula ozonisela ngawo izitshalo zakho. Yenza umquba ngezinsalela zezithelo nezitshalo.

Gcina izinhlamvu zikatamatisi, amathanga no-pepper ukusebenzise uma uphinde utshala.

Vundisa umhlabathi ngamagobolondo amaqanda, izinhlamvu. zekhofi kanye namakhasi ezitshalo.

Sebenzisa kabusha izitsha ezindala kunokuthenga ezintsha.

NOODLE RECIPES

Why eat the same noodles straight from the packet when you can spice things up and turn them into something seriously delicious?

These recipes are all about big flavour, simple ingredients and minimal effort. Perfect for after school, late-night cravings, lazy weekends or when you're hungry and there's not much in the kitchen. So grab a packet of noodles and let's turn basic into brilliant.

CHEESY VIENNAS & NOODLES

You need

- 1 packet instant noodles
- 2-3 viennas, sliced
- ½ cup grated cheese
- 1 tsp butter
- Chilli sauce or BBQ spice

Method

1. Cook the noodles and drain most of the water.
2. Fry the sliced viennas in butter until slightly browned.
3. Add the noodles and seasoning.
4. Turn the heat to low and mix in the cheese until melted.
5. Add chilli sauce to taste.



MASALA NOODLES WITH RUSSIAN

You need

- 1 packet instant noodles
- 1 Russian, sliced
- ¼-½ onion, sliced
- ½ green pepper, sliced
- 1 clove garlic, chopped
- ½-1 tsp curry or masala spice
- A little of the noodle seasoning
- Grated cheese
- 1-2 tsp oil

Method

1. Cook the noodles separately and drain most of the water.
2. Heat the oil in a pan and fry the onion, green pepper and garlic until softened.
3. Add the sliced Russian and fry until lightly browned.
4. Sprinkle in the curry or masala spice and stir for about 30 seconds.
5. Add the cooked noodles and toss everything together.
6. Add a little of the noodle seasoning and mix well. You probably won't need the whole packet.
7. Finish with grated cheese and let it melt before serving.

Best addition: A little chilli sauce for extra heat.

NOODLE CHICKEN ALFREDO

Creamy, cheesy and seriously comforting — basically Alfredo, but with instant noodles.

You need

- 1 packet instant noodles
- ½ cup cooked chicken, shredded or chopped
- ½ cup milk
- ¼ cup grated cheese
- 1 tsp butter
- 1 small clove garlic, chopped
- A pinch of black pepper
- A little of the noodle seasoning
- Optional: 1-2 tbsp cream

Method

1. Cook the noodles according to the packet instructions and drain most of the water.
2. Melt the butter in a pan and fry the garlic for about 30 seconds.
3. Add the cooked chicken and heat through.
4. Pour in the milk and add the cheese. Stir over low heat until the cheese melts and the sauce becomes creamy.
5. Add the noodles and toss everything together.
6. Add a little of the noodle seasoning and black pepper. If you want it extra creamy, stir in a little cream.
7. Cook for another minute, then serve.

Best addition: A little grated cheese on top.

AFRICAN COUNTRIES YOU MAY NOT HAVE HEARD MUCH ABOUT

Big stories and facts you may have missed



Comoros

1. One of the world's biggest producers of ylang-ylang, an aromatic flower used in perfumes.



São Tomé and Príncipe

2. Africa's second-smallest country and a former Portuguese colony made up of volcanic islands.



Djibouti

3. Contains Lake Assal, one of the lowest points on Earth and one of the world's saltiest bodies of water.



Equatorial Guinea

4. Spanish is its official language, alongside French and Portuguese.



Guinea-Bissau

5. The Bijagós Archipelago has dozens of islands and remarkable wildlife, including saltwater hippos.



Cabo Verde

6. A volcanic island nation whose culture produced the internationally famous music style morna, strongly associated with singer Cesária Évora.



South Sudan

7. The world's youngest internationally recognised country, becoming independent in 2011.



Burundi

8. It is famous for drumming traditions, particularly the royal drummers of Burundi.



Malawi

9. Lake Malawi contains an extraordinary diversity of colourful freshwater fish, especially cichlids.



Burkina Faso

10. Its name roughly means "land of upright/honest people." Its capital, Ouagadougou, hosts FESPACO, one of Africa's major film festivals.



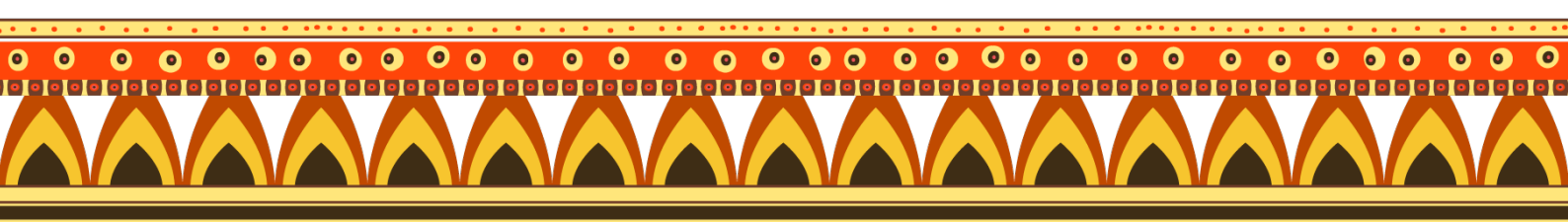
Togo

11. One of Africa's smallest countries, but it stretches from the Gulf of Guinea northward through several very different ecological zones.



Benin

12. Often considered one of the historical birthplaces of Vodun (Voodoo), and the kingdom of Dahomey once existed here.



THINGS YOU PROBABLY NEVER THOUGHT ABOUT

You see it. You hear it. You do it. But have you ever wondered WHY? Small mysteries. Weird questions. Surprisingly interesting answers.

Why does your voice sound different in a recording?

When you speak, you hear your voice through both the air and the vibrations travelling through the bones in your skull. A recording only captures the sound travelling through the air, so your recorded voice can sound higher or thinner than the voice you are used to hearing.

Why do songs get stuck in your head?

That annoying moment when the same chorus plays in your head for the 47th time has a name: an earworm. Catchy, repetitive songs are especially likely to get stuck because your brain keeps replaying a small part of the song, sometimes even when you haven't heard it for hours.



Why does one minute on your phone become an hour?

Your brain is very responsive to things that constantly offer something new — a message, video, notification or interesting post. There is always another thing to check, making it surprisingly easy to lose track of time.

Why do you get your best ideas at night?

When you're relaxed and not focused on a specific task, your mind can make connections between ideas more freely. That's one reason random thoughts and sometimes great ideas seem to appear when you're lying in bed.



Why can't you tickle yourself?

Your brain knows when you're about to make the movement, so it can predict the sensation. Because there is no surprise, the feeling isn't nearly as ticklish as when someone else does it.

Why do you yawn when someone else yawns?

Yawning can be contagious. Seeing, hearing or even thinking about someone yawning can trigger one in you. Scientists have linked this to the brain's social and imitation systems, although exactly why contagious yawning happens is still being studied.

Why do you suddenly forget what you were about to say?

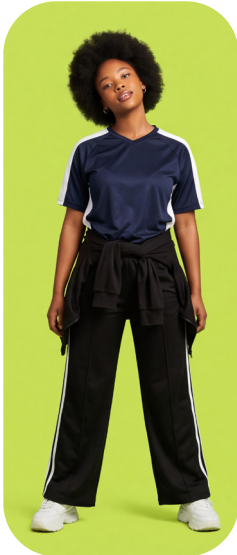
Sometimes your attention shifts before your brain has properly stored what you were thinking. You walk into another room and suddenly think: "Wait... why am I here?"



WHAT'S YOUR STYLE?

Your clothes say something about you. They don't have to define you.

There's no single way to dress. Your style is how you put things together: clothes, jewellery, shoes, hair, all of it. And it can change from one day to the next. Some styles you might know;



Sporty



Preppy



Baggy and oversized



Minimal



Feminine



Dark academia



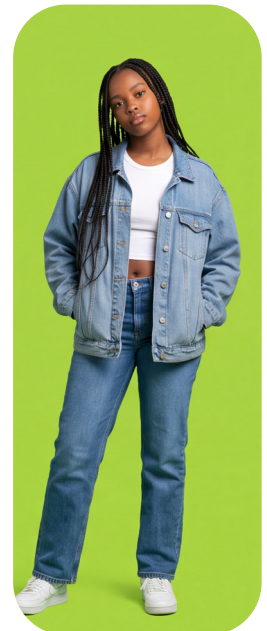
Y2K



Vintage and thrifted



African-inspired



Grunge

You don't have to pick one. Wear streetwear on Monday. Preppy on Tuesday. A traditional-inspired outfit on Friday. Wear your dad's old jacket with new sneakers. Thrift a pair of jeans and pair them with something you already own.

Trends come and go. Personal style is what makes you feel like yourself. Wear what works for you. The best outfit isn't the one that gets the most likes. It's the one you feel like yourself in.

So, what's your style? Streetwear, Y2K, sporty, vintage, preppy, grunge, African-inspired, or something in between that doesn't have a name yet? That's fine too.

POETRY CORNER

BAD IN THEIR EYES, REAL IN OURS

In their eyes, we are rude
because we don't say yes to everything.

In our eyes, we just have boundaries.

In their eyes, we are lazy
because we don't sweep the yard at five in the morning.

In our eyes, we were up until two
building, editing, hustling on our phones.

In their eyes, we are addicted to our phones.

"These kids will die with that phone in their hands."

In our eyes, this phone is our shop,
our office, our stage, our quiet place.

In their eyes, we have no respect
because we ask why and we talk back.

In our eyes, respect is not about being scared,
respect is about being heard too.

In their eyes, we laugh too loud,
too soft, too sensitive, too much.

In our eyes, we are just healing
from houses that taught us to be silent.

Yes, we are the 2Ks.

We come from the ghetto,
but the ghetto is not where we will end.

We are not lost.

We are just using a different map.

**Written by Phiwokuhle Cebekhulu,
Grade-9 Menzi High School**

Got a poem to share? We'd love to hear your voice!

Send your original poem, along with your name,
grade and school, to 084 231 4317 or info@ulwazimag.co.za.
Your work could be featured in the next issue of Ulwazi

HUMUSHA NGAMA-EMOJI

UYAKWAZI UKUQAGELA UKUTHI LE MISHO IQONDE UKUTHINI?

- 1   +  + 
- 2  +   + 
- 3   +   
- 4   +  +  
- 5   +   + 
- 6   +   + 
- 7   +  + 
- 8   +  + 
- 9    +   + 
- 10    +  +  +    
- 11   +   +  +   + 
- 12   +  +  +   +   

1. Uthisha uyasibuka, thulani umindo.
 2. Ngifunde ubusuku bonke, ngikhathele.
 3. Ngilale kwaze kwaze, manje sengiphunyakwe isikhathi.
 4. IPhone yami isiyakuleka, ngidinga i-charger.
 5. Lingishiyile ibhasi.
 6. Ngifuna ipizza, kodwa anginayo imali.
 7. Ngihleli nabangani bam, ngithatha izithombe.
 8. Ukufunda kuyakhataza.
 9. Ngihleli ocingweni esikhundleni sokuthi ngilale.
 10. Ngiiqede yonke imali, manje kufanele ngilinde usuku lokuhola.
 11. Kuyanetha, Ngikhathele. Angifuni ukuya eskoleni kodwa uthisha ungilindele.
 12. Ngizama ukufunda, kodwa ucingo luyangiphazamisa.

IZIMPENDULO

Meet Nolwazi

Ulwazi Magazine mascot

Name: NOLWAZI

Nickname: Lwazi but only her close friends get away with that!

Age: 16

Date of birth: 16 June 2010 — yes, Youth Day

Hometown: Umlazi, Durban

Personality:

Nolwazi is the girl who asks the questions everyone else is too shy to ask. She's curious, quick with a comeback and genuinely interested in the world around her. Even when she knows nothing about a topic, she'll ask questions until she gets it.

Things she loves:

- Her afro - Always! Taking the three hours it takes to get it right
- Beadwork, especially making bracelets for her friends
- A good conversation
Learning something new and sharing with everyone.

Things she doesn't:

- Being told she's "too much"
- Load shedding during a good series
- Anyone who says isiZulu isn't a "real subject"
- People who answers a question with "because I said so"

Favourite colours:

Yellow comes first, always. Then royal blue, followed by the fresh green of a soccer field after the rain.

Favourite movie:

Black Panther — she's convinced Wakanda is just Mpumalanga with a better budget.

Favourite subjects:

IsiZulu & English — she loves words, storytelling and expressing herself. Whether she's having a debate, writing something or learning a new word, language is her thing.

Places she wants to visit

Cape Town — she wants to see Table Mountain with her own eyes.

Kruger National Park — mostly for the leopards, because apparently they're "the coolest animals ever."

Lesotho — she wants to see snow for herself.

Her Motto: "Curious minds go places."





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WANT TO WORK WITH US?

At ULWAZI Magazine, we're more than just a publication - we're a community. A community of young people who are curious, creative, and passionate about making a difference in the world. So, join us on this journey of discovery and growth, and let's make the most of our teenage years together.

We're constantly updating our content, so be sure to check back regularly for the latest articles and features. And if there's something you want to see more of, let us know! We're always open to feedback and suggestions from our readers.

We also encourage you to get involved in our community. Follow us on social media to join the conversation, share your thoughts, and connect with other teenagers who share your interests. And if you have a story to tell or an idea for an article, we'd love to hear from you!



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