

2 Decades of Championing
SRHR
 For Students and Youth.

March 2023

24 Jefferson Road, Logan Park, Hatfield, Harare, Zimbabwe
 Web: www.saywhat.org.zw / Email: saywhat@mweb.co.zw

f Saywhat t SAYWHAT y SAYWHAT



Observer

Contents

pg1 The Drug Scouge

pg3 Campus life will throw stones at you as you mind your step.

pg5 She spoke once, I heard her twice

pg6 War against TB: There is light at the end of the tunnel

pg8 Sarah, you are pregnant and have HIV

pg12 The fight against gender based violence starts in your home

pg14 Students over the moon as Agricultural Sports Gala returns

The Drugs Scourge: We are responsible for how we deal with our problems

I see them at street corners, lazily leaning on someone's unfortunate wall or sometimes sitting on pavements or bridges.

They are deeply engaged in conversations, if you let your ear stay for a minute, you will hear an argument about some public event that took place.

It is in the high densities, so 'packs' of these youths are a common site. They also share one other common thing, that is, their love for drugs.

Many youths in Zimbabwean communities are abusing drugs. It is no longer surprising, there is rampant drug abuse in universities and high schools.

Being a youth, I think I understand some of the reasons why my fellow youths take them.

We live in a complicated world. Our problems are much more complex than those of our parents, we are in a fast-paced world where it is easier to be tangled in a web of social, economic, financial, physical and mental messes.

continued on page 2



Most of the times I have been in trying situations I have thought of taking drugs.
"Marijuana is not very harmful or addictive," I told myself.

I would need time to figure out a way to obtain the drug.

Fortunately, this hustle proved to be another burden on top of what I was going through mentally that I abandoned the plans and thought of alternative ways to clear my mind.

This sadly has not been the first and last time I have thought of using drugs as a way of escape. So, as I share this little experience of mine my mind drifts off and I think of other youths who were not so lucky and got swallowed into the false pleasures of drug abuse.

I sympathise with them. It is a tough world that youths live in, our parents are struggling to feed us and pay for our education; jobs are few; relationships are distressing; pressure to keep up with the latest technological gadgets and fashion is high. I can go on and on, but bottom line is there are so many challenges youths go through they all cannot be said.

However, little is said to the youth to warn them of the impediment dangers of abusing drugs. Instead of creating solutions for the mental challenges we face, drugs suck us into the never-ending void of more problems.

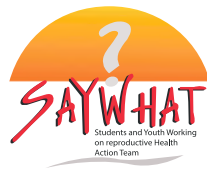
Drugs are bad, so bad they physically and mentally harm us.

Now, who desires that? I see youths who are hooked on drugs, how they behave and how delusional and frail they look. It is a pitiful sight.

We have so many better solutions around us that help in easing our mental issues as young people at our disposal. It only takes our willingness to reach out and get help.

Whoever sold the lie that drugs are the answer to all our problems deceived us.

We all are at crossroads in our minds, one that leads into the drug world and its calamities, and the other in which people face their common problems but find constructive solutions for them. It is up to us to decide which to take.



Zero Tolerance to Child Abuse

PROTECTING CHILDREN IS EVERYONE'S RESPONSIBILITY



REPORT ABUSE CALL TOLL FREE 577





Campus life will throw stones at you as you mind your step

By Sophy Hayo

Life is a mystery and no one can give its precise definition. In life there are stages and these stages are meant to mold us, make us identify our unique potential and sometimes serve as lessons.

College campus life is an elimination stage where a person passes through all sorts of tests to prepare for future society. It has a number of challenges and temptations that need maturity and a stable mind to overcome on a daily basis.

Campuses have a diverse group of students, with different cultures and beliefs; that is the fast test a student is faced with.

Many students fall victim to this test as a good number of them choose to imitate other cultures and practices they are not familiar with due to peer pressure. A student may join campus with a stable personality but finish confused and of low self-esteem.

Peer pressure has dragged many students into mischievous behaviour like fornication, drugs, alcohol abuse, abortion, bleaching and crime which they later regret.

Guilt then sees them judging themselves, eventually falling into depression or at worst committing suicide.

Campus life, for some however, forces them to mature a lot quicker so they make their own decisions rather than follow groups, latest trends or 'fun.'

This is a section which knows every single decision made constitutes to one's future.

Campus life is a sieving process. The unstable, easily swayed, like husk are blown away and carried by the wind. With temptations presented from all corners of life; finance, conflict resolution, relationships, basic communication skills, religion and even parenting. This is the kind of life that is meant to prepare future societies and it explains why there are no favours for 'weaklings.'

It presents different hardships to different students just so they adjust to life's demands and lessons, it makes sure that every one of them tastes its teachings in one way or another.

It might be unfortunate when a student gets pregnant while on campus, however that is nature, she will have an insurmountable number of challenges to overcome. In the end life the young mother will come out of the mishap with not just parenting skills.

When a student bets their school fees and loses, they will look for ways to raise that money and pay as would have been the original plan.

The crisis created would definitely highlight a lot of the student's character and behaviour but that might just be the point life trains them on how to solve their financial issues not just at college but beyond.

The primary point is that some students only get to realise their full potentials after campus life throws problems their way.

It can be cruel to those who might doubt themselves, expose them to bullies yet force them to stand up to those making mistreating them a habit.

Campus life has a lot of victims when it comes to relationships; the naive fall madly in love, only to be

hurt in ways only they could describe. In all this, for the strong, such experiences at times bring out their more brighter, better side, probably a side they never knew they had.

Life will throw thorns your way just to make sure you mind your steps. The life of a human being has its own rhythm and no one can control it; people just have to sail through it.

Parents, besides providing the everyday needs, should also consider praying for their children that campus life does not extinguish the flame they know or eliminate the life they would so dearly have taken care of from birth.

Sophy Hayo is a journalism student at Maasai Mara University.



She spoke once,

I heard her twice

By Professor Sibanda
"Cedric, woza la mntanami."

Each time she called me this way, I knew I had done something wrong. Thoughts ran in my mind on when last did I had taken some of her notes, or brought a girl over? I kept quiet for a while.

'I'm here, ma,' I replied.

She had made tea with my favourite muffins. She knew how to satisfy my taste buds. We shared a cup of tea while watching Zee World until her show was over. A lot of women identify with these shows.

"Look, son, remember when you came to me last month worried about the pain you were feeling while peeing?" she asked.

I nodded, recalling the most worrisome phase of my life. I'm only 18 and had little knowledge of what she was about to narrate.

"Your father and I were in love; we would enjoy each other's company more frequently than most. We had you and couldn't get you a brother or a sister because we wanted one child.

"As time went by, your father and I became distant; it happens in this mjolo business, as you would call it. Back in the day, it was normal for a man to have multiple partners, but that tap was closed between your father and I, so I thought. A lot of things made me start suspecting that he had been having an affair, but I had no proof.

"I discovered that I was pregnant and went to the clinic for some tests. When the nurse broke the news that I was HIV positive, my world shuttered. I was in shock. I lost my baby that day. That's when my suspicions became true. I was devastated. It wasn't long before I got counselling and started my ART treatment.

"It is this experience that has touched my heart so dearly. I have been meaning to talk to you about our last visit to the clinic. You had contracted a sexually transmitted infection. One usually gets it after having unprotected sex. Going forward, I would advise you to use condoms when having sex.

"Condoms have so many benefits, including helping you avoid getting a girl pregnant and contracting STIs such as HIV."

With my father's absence, I had a lot of questions that needed to be answered concerning sex, sexuality, masculinity, and health. That conversation with my mom filled the gap; she even took me through a condom demonstration. Now I'm happy that I know what to do. By the expression on her face, I could tell she was sad but caring as she described her experience. It is what pushed me to share this information with my friends.

Professor Sibanda is an 18-year-old Form 4 student at Majiji Secondary School, Bubi District.

TB Fight: We should never lose guard.

By Tatenda Pauline Muzanenhamo

Tuberculosis (TB) has been known to man for time immemorial.

According to America's Centre for Disease Control and Prevention (CDC) the disease can be traced back 9,000 years ago to a city under the Mediterranean sea while the earliest written documents about it were in India (3,300 years ago) and India some 2,300 years ago.

The war against TB has been long but fruitful, this write up is a celebration of the wins and victory message to all victims; past and present.

2023 saw the start of a campaign to end TB by 2025 with the mantra Zero TB Deaths, Zero TB Diseases and Zero TB Suffering!

TB is a communicable disease caused by a bacteria called mycobacterium which can be spread from one person to the other through microscopic droplets. These droplets are released in the air when someone with untreated or active form of tuberculosis coughs, speaks, sings, spits or laughs.

When one inhales TB bacilli embedded in lungs, phagocytic cells take up TB bacilli and replication begins, TB multiplies and disseminates to the upper part of the lungs, and other parts of the body then there is formation of goon focus in the lung tissue, called the primary complex.

From the primary site TB can be spread to other parts of body which include the kidney, pleura, spine, meninges, cervical as well as the lungs.

Tuberculosis can also be passed from animal to human from ingestion of mycobacterium bovis typically found in unpasteurised milk products. Although tuberculosis is contagious it is not easy to catch.



There is pulmonary TB and extra pulmonary TB. Pulmonary TB affects the lungs and can either be detected in sputum or not detected in sputum whereas extra pulmonary TB affects other organs including the lymph nodes bones and joint, genitourinary tract, meninges, pleura or intestines.

Visible symptoms include unattended weight loss, cough sometimes blood-tinged, night sweats and fever. Infected people may also experience chest pains, fatigue, loss of appetite, malaise, or pains while breathing. Muscle atrophy, phlegm, shortness of breath, swollen lymph nodes are also common symptoms of TB.

A point to consider is that anyone can get TB. Those at greater risk include people living in areas with high levels of the it; in crowded conditions where there is poor ventilation and people with a condition that already weakens their immune system, such as diabetes, HIV, AIDS.

As we fight this deadly disease, awareness is the most important tool. Let us share as much information about it with friends and family so we may be able to help eliminate it by 2025.

Tatenda Pauline Muzanenhamo is a student at Bindura State University (BUSE)

YES!
WE CAN END TB

#YesWeCanEndTB #EndTB





TB Fight: You should never lose guard.

In observance of World TB Day, which was held under the slogan "Yes! We Can End TB," Students And Youth Working on reproductive Health Action Team (SAYWHAT) joined the rest of the world in highlighting the significance of collective action in putting an end to TB.

Our calling to see generations of healthy and TB-free students and young people across the African continent is reflective of the 20th anniversary that we are celebrating this year. As we go down memory lane, we commemorate the strides that the students and young people have made about improving TB-related health seeking behaviours. We also take this opportunity to applaud the government's efforts through the Ministry of Health and Child Care to mitigate the impact of TB amongst our young people and students.

For students in tertiary institutions such as universities and colleges, the theme "Yes! We Can End TB" means that we all have a role to play in ending TB. As young people, we have the energy, creativity, and passion to drive change and make a difference. By taking action towards ending TB, we can protect ourselves, our families, and our communities from this disease.

TB is a bacterial infection that can affect any part of the body, but it most commonly affects the lungs. It is spread from one person to another through the air when an infected person coughs or sneezes. Symptoms of TB include coughing, chest pain, fever, and fatigue. If left untreated, TB can be fatal.

According to the World Health Organization (WHO), TB is one of the top 10 causes of death worldwide, with an estimated 1.5 million deaths in 2020. In Southern Africa, TB is a major public health problem, with high rates of TB and TB/HIV co-infection. In Zimbabwe, TB remains a significant health challenge, with an estimated 30,000 new cases of TB each year.

We call on donors to support efforts to end TB, particularly among students and young people. Students in tertiary institutions should have access to TB screening and treatment services because of the risk of TB infection posed by their close proximity to one another. Tertiary institutions should take proactive measures to protect students from contracting TB, such as providing screening and treatment services on campus. The same services should also be extended to communities at popular centers where young people gather.

We also appeal to the Zimbabwean government to leave no one behind in the fight against TB with a bias towards students and young people. Vision 2030 is more meaningful and realizable with students and youths across the board accessing TB screening and treatment services in time. The government should allocate resources towards TB prevention and treatment, particularly among vulnerable populations.

The Parliament of Zimbabwe has an oversight duty to remind Treasury to prioritise capacitating tertiary education institutions in Zimbabwe with adequate resources to enable them to respond to TB.

Finally, we call on civil society organizations to support students and young people's initiatives to fight TB. Through partnerships and collaborations, we can work towards ending TB and creating a healthier and more equitable world.

We have the power to make a difference in the fight against TB. Let us all take action towards ending TB, and together, we can achieve a TB-free world.



REPORT ABUSE CALL TOLL FREE 577



“Sarah, you are pregnant and have HIV...”

By Sarah Ndiweni

I did not hear the last part of what my nurse said. My world crumbled that day. I saw my future fumble before my eyes. I knew how this had happened, but I was not expecting it.

Every student at college has to go through attachment. Most, if not all have heard about its snares, but I had never imagined they would be like this. I performed my work to the best of my ability. A lot of my colleagues would applaud my work and encourage me to keep going.

How could I ever stop working hard after such compliments? Butterfly feelings rushed through my chest most of the time after such encouragement. I was happy.

It wasn't long till I caught his attention. He would address us now and then as a team but could be rarely found at the office. After making inquiries, I discovered he was the Chief Executive Officer of our establishment. It made sense because everyone would cower in his presence. He would only speak once, and everyone would start running like headless chicken.

An opportunity of a lifetime presented itself, I was selected to represent our marketing team in Kenya and I was ready to do everything I could to make sure my tasks were on point, nothing but excellent. It was just the two of us.

We were supposed to spend a week in Kenya. A dream can crush at any moment, Kenya taught me such.

My presentation was stellar, everyone clapped when I was done. I felt proud of myself. He was pleased with my work.

“Good work,” he said, “This is the talent I need. We going out tonight, drinks on me.”

I could tell he was happy, so I accepted the invitation, it was just drinking, I thought. When we had finished, we made our way back to the hotel. when we got to my hotel room, he hugged me.

In a friendly gesture, I hugged him back.

“You're so fine,” he said.

I giggled while opening the door to my room, as I walked away, he tapped my butt and walked away. I froze in shock.

The next day, he tried to kiss me and I refused.

“Are you still keen on working here?” he asked; the answer was an obvious yes.

He came close, grabbed me and I allowed him to do as he pleased. He made me feel special though. He would shower me with gifts, money, and good clothing. I got used to it and him at the same time. He visited my room every night and I allowed him.

The conference ended and we flew back home, that was the last we spoke. He would not respond to my messages nor answer my calls. I accepted that I was just a fling, there was no one I could tell, who would believe me anyway.

Days passed, turned to weeks, then months.

I started getting sick and had no idea what was going on. My visit to the clinic opened my eyes. I knew nothing about condoms, if I did I could have asked him to use one.

Abortion came to my mind, but my faith prohibited me from it. Five months in, I was involved in a terrible accident, I lost the baby. My life went on but a scar was left in me.

I read around while at work which led me to know that I had been sexually harassed. He had a lot of power over me, how could I have said no to him?

Students need sexual harassment reporting mechanisms and reporting channels. Every organisation should have one to protect young women from men who prey on innocent, unsuspecting girls.

Relevant ministries should see to it that students are protected on campus and beyond. Our health matters most. We have so much life and dreams ahead of us that need not be shuttered during industrial attachment.

Hear our plea and help us before we perish.

With condoms, you can never go wrong.



Students And Youth Working on the reproductive Health Action Team (SAYWHAT) joined the rest of the world in commemorating International Condom Day (ICD), which was celebrated on the 13th of February. ICD is strategic in that it presents a unique opportunity to remind and implore young people to practice safe sex by using condoms not only during the Valentine's Day period but all the time when being intimate with their partners.

The 2023 International Condom Day was commemorated under the theme: "Yours, Mine and Ours," a theme that signifies an expression of love in which partners have a shared responsibility to practice safe sex all the time so that they protect themselves from contracting a cocktail of potential Sexually Transmitted Infections (STIs) including HIV and AIDS.

The AIDS and Healthcare Foundation (AHF) launched the International Condom Day on 13 February 2009 as an innovative and light-hearted way to remind people that wearing a condom can prevent unwanted pregnancies and a range of STIs such as HIV. Observing the International Condom Day on the eve of the Valentine's Day has been strategic since it is the period where majority of intimate partners across the globe spend time together as a way of showing love hence the day is strategic to raise awareness of condom use especially to young people.

The SAYWHAT family takes this opportunity to re-emphasise the effectiveness of both male and female condoms in providing dual protection from unwanted pregnancies and STIs. The World Health Organisation (WHO) maintains that when condoms are used correctly and consistently, they are highly effective in the prevention of HIV and AIDS among other Sexually Transmitted Infections (STIs).

The government of Zimbabwe particularly through the Ministry of Health and Child Care and the Ministry of Higher and Tertiary education innovation Science and Technology Development equally have a responsibility to ensure that condoms are easily accessible and that they are always available at strategic and convenient places in communities and at higher learning institutions. This applies to other Southern African governments and their respective ministries who are still lagging in providing sufficient condoms to young people at strategic and convenient places.

The spiking cases of drug and substance abuse amongst young people and students pose a huge barrier in the fight against the spread of HIV and AIDS as well as other STIs. Drug and substance abuse victims often indulge in unprotected sexual activities as their health choices are poor due to intellectual impairment. We have observed over the years that the absence of comprehensive sexuality education in schools is also a limitation on young people's quest

for health knowledge and information. It is high time the education sector in Zimbabwe invested in comprehensive sexuality education with a slant towards condom use as a globally accepted HIV and AIDS prevention contraceptive.

Religious and cultural institutions are expected to encourage their followers especially young people to practice safe sex by using both male and female condoms. The institutions should not demonise the use of condoms to discourage young people from taking up the best contraception option after abstinence. This will go a long way in creating a generation of healthy and empowered young people in Southern Africa.

We are appealing to all parents and guardians to promote safe sex conversations at family level to educate our children for them to make informed sexual decisions. Gone are the days where condom use conversations were a taboo. Sparring condom use conversations at family level is a huge risk to the health of our children.

Civil society organisations should not retire from engaging governments and parliamentary institutions to persuade them to revise health policies that are a hindrance to young people and students' access to contraceptives like condoms and HIV testing and counselling.

While Section 76 (1) of the Constitution of Zimbabwe states that: "Every citizen and permanent resident of Zimbabwe has the right to have access to basic health-care services, including reproductive health-care services", existing legal and policy guidelines limit access.

Section 35 of the Public Health Act of 2018 provides that children, defined as persons under the age of 18, requires parental or adult consent to access medical health services. In addition, National HIV Testing Guidelines of 2014 state that a child under the age of 16 is unable to consent to HIV testing and counselling (HTC).

We would like to remind Southern African governments especially Zimbabwe to honour the commitment they made to allocate and disburse 15 percent of the national annual budget towards the health sector as agreed at the Abuja declaration in 2001. Allocating resources to health sectors will amplify the fight against the spread of HIV and AIDS.

Governments also need to be alive of their signatures at the Maputo Protocol where they committed to support women and girls' rights. It is important to highlight that promoting the use of female condoms empowers women to make decisions during intimate times with their partners. Empowered women and girls are highly likely to retain power when engaging in sexual activities. Condom use is currently the only alternative to prevent HIV and other STIs.





Advancing Gender Equality through technology.

Students And Youth Working on Reproductive Health Action Team (SAYWHAT) joined the rest of the globe in commemorating International Women's Day, celebrated under the theme "DigitALL: Innovation and technology for gender equality."

The theme aligned well with the 67th session of the Commission on the Status of Women (CSW-67), which was scheduled from the 6th of March to the 27th of March 2023 in the United States of America (USA) and ran under the theme: "Innovation and technological change, and education in the digital age, for achieving gender equality and the empowerment of all women and girls."

It is crystal clear from all the themes highlighted above that for women and girls, technology is an important tool in achieving equality and enabling them to lead productive lives. From computers being used as a way of redefining education and life opportunities for women, to using technology to fight discrimination, technology provides women and girls the opportunity to break down barriers and change lives.

Technology can help us achieve gender equality by providing access to education, healthcare and information. The advent of Covid-19 is a testimony to the wonders of technology in both education and health information generation and dissemination. As SAYWHAT, we are happy that we responded to Covid-19 swiftly by constructing a studio that stands as a health information generation powerhouse. This is a home and a conducive space for girls and young women to explore their technological areas of interests particularly film related productions.

Technology makes it easier for women and girls to access contraceptives, manage their reproductive health, and protect themselves from both in person and online violence. In addition to these benefits, there are also economic benefits that come with gender equality. The United Nations reports that closing gender gaps could boost global GDP by 2% for developing countries alone. Technology allows women and girls to earn an income online and use their skills more efficiently. Running self-sustainable online based start-ups empowers women and girls to make them retain power during sexual intimate times.

Gender equality is not a pipe dream. It is possible, but not without the concerted efforts of governments and people everywhere to create an equal playing field for women and girls. In particular, we must ensure that girls have access to




the skills and resources they need to take advantage of technology – whether it's learning how to code or building a mobile app – in order to build better futures for themselves.

While the government of Zimbabwe is applauded for establishing about 200 Community Information Centers around the country as one of the ways to enable rural women and girls to access the internet, efforts must be made to ensure that women and girls benefit the most from such tech related initiatives.

Community Information Centers should be accessible to all women and girls and those manning these spaces must be trained to assist women and girls on how to use Information Communication Technologies (ICTs). It is important for women and girls to gain technological knowledge through the understanding of how ICTs work.

In light of the above, we make the following appeal to the government of Zimbabwe and civil society organisations:

 The government of Zimbabwe should improve technological infrastructure for women and girls in the countryside for them to enjoy the benefits of technology. Women and girls in rural and farming



REPORT ABUSE CALL TOLL FREE 577

www.saywhat.org.zw



communities remain excluded from tech related opportunities because they do not have access to the internet which is the bedrock of technology.

✦ Zimbabwe's education system must support and promote women and girls to take up science related programs at universities and colleges. Women and girls have the same capacity as men and boys to take up science programs such as engineering and can excel in the industry.

✦ Mobile network service providers should come up with alternative and affordable data for connectivity to allow the marginalized communities to tap into technology as it is key to achieve gender equality in Zimbabwe.

✦ Law enforcement agents should pursue in accordance with the law perpetrators of online violence directed at women and girls to curb misogynistic attitudes against women and girls. Women and girls have been victims of

online violence including stalking, revenge pornography and body shaming. Online violence and abuse may limit the rights of women and girls to fully express themselves without fear.

✦ Civil society organisations should introduce deliberate programs to train women and girls about digital securities so that they are empowered and protected from hacking and stalking. Trainings should also equip women and girls in marginalized communities with skills to run tech related self-sustainable projects.

Technology is one of the most powerful tools in the 21st century that can potentially serve as a catalyst for promoting and achieving gender equality in our communities.

Lift Me Up Conference in pictures



Subscribe to  SAYWHAT

Watch our Talk Show during the conference on the link below:

<https://www.youtube.com/watch?v=MVvtYa5Bkth>

The fight against Gender Based Violence starts in your home

By Rumbidzai Mungomezi

Gender-based violence refers to any type of harm that is perpetrated against a person or group of people because of their factual or perceived sex, gender, sexual orientation and/or gender identity.

Gender-based violence can lead to the following; Trauma and stress, attachment and interpersonal relationship problems, learning and developmental problems, mental health problems, suicide.

The government has a duty in the curbing of gender-based violence through expansion of helplines and information sharing, funding shelters and other safe accommodation options for survivors, expansion of access to services for survivors, limiting risk factors associated with violence, modifications to family law and justice systems.

When the media is curbing GBV, while reporting, it must avoid mentioning details of the victim (such as age/occupation), location of the incident (such as abandoned buildings), photograph of the location, description of the steps involved in the crime (such as lured the woman on the pretext of marriage) and judgmental language (regarding survivor's history, clothes, whereabouts at the time of the event).

Mentioning these details in the report may contribute to victim shaming besides providing clues to perpetrators.

Media must highlight the legal and social consequences of the act on the perpetrator(s) and their family members. These include the quantum



"Is your house free of GBV?"
ask yourself that before you can help globally.



of punishment mandated by the law for perpetrators of GBV and the legitimate risk of their family being ostracized by the community.

News organisations must refrain from posting any breaking news on their online portals, including social media, until all facts of a matter have been ascertained.

Also, certain media portals allow online readers to post comments; hence the media organisation should review, monitor and censor comments appropriately.

In order to promote awareness about the role of media in preventing GBV, given the constant pressure on media personnel to create newsworthy content, it is unlikely that framing of guidelines, in isolation, will dramatically improve media reporting of GBV. Rather, a collaborative approach between the government, media and health professionals that takes into account the barriers and perspectives of media.

Professionals are needed to develop solutions that are sustainable and have better uptake.

Responsible media reporting of GBV should be made a mandatory part of the training curriculum for journalists.

Television channels may consider hosting periodic talk shows or interviews with experts on various aspects of GBV.

A national media monitoring agency could be set up with the sole responsibility of monitoring the quality of news articles on GBV on a daily basis and to increase awareness about the role of media as a population level prevention strategy to deal with the menace.

This agency may also be tasked with imparting regular training to media personnel in this regard.

As a community, we have a duty to start locally. Community Outreach and Education raises community awareness about the issue of violence against women and children. Community Mobilisation aims for active community participation and engagement supporting the anti-violence organisation or addressing the problem of violence against women and children.

Individuals or organisations should be involved in curbing the GBV cancer.

We cannot end GBV if we have a narrow mind that only women are abused. We have to start locally.

Students

over the moon as Agricultural

Sports Gala Returns



Marondera-The excitement was palpable as eight (8) Agricultural colleges from across the country battled it out at the Agriculture Sports Gala, hosted by Kushinga Phikelela National Farming Training Centre in March.

After a long hiatus due to Covid-19, the return of the Sports Gala was a much-awaited event for students and stakeholders alike. The return of the tournament gave SAYWHAT and stakeholders a double celebration as the former commemorates the 20th anniversary.

The five-day-long gala started on Monday the 13th of March and ended on Friday the 17th, with the Gwebi Agricultural College emerging as the overall winner, sweeping up the most accolades in boys' and girls' soccer, volleyball, netball, athletics, high jump, long jump, and other disciplines.

Other colleges such as Mazowe, Rio Tinto, Esigodini, Shamva, Chibero formed the participants list.

Students were thrilled to participate in the event and showcase their skills in various sports.

Speaking at the prize-giving ceremony, the guest of honor, Chief Director of Agricultural and Rural Development Advisory Services, Professor Obert Jiri, praised SAYWHAT, the long-standing partner for the Ministry of Agriculture and the Ministry of Higher and Tertiary Education, for its efforts in partnering in organizing the event and prioritizing the health of students.

Professor Jiri further lauded the youth who engage in sports as a pastime, shunning drug abuse. Professor Jiri called on the organizers to expand the number of sports disciplines and declared the Agriculture Sports Gala an annual event.

continued on page 16.....





Stop TB Champions Training in pictures



"Let's be innovative and entrepreneurial in building the success story of the sports gala at the ministry level," he said. He also commended the Department of Agricultural Education for pioneering the program and applauded the teamwork shown by various stakeholders to make the event possible.

Mrs Dorcas Chikorova, SAYWHAT Programs Coordinator, addressed stakeholders and extended gratitude to the hosting college, Kushinga Phikelela as an "umbilical cord" for SAYWHAT.

"This year we are commemorating our 20th anniversary and coincidentally, we are celebrating our work at one of the historic places in Zimbabwe.

"I would like to take this opportunity to acknowledge the support that SAYWHAT has received from Kushinga Pikelela National Farming Training Centre throughout our history.

"Your commitment to promoting youth development and empowering young people to take charge of their lives is truly inspiring, and we are grateful for your continued partnership."

Mrs Chikorova commended the students for taking part in sporting activities and shunning drug abuse, which is a scourge shackling the future of most youths.

The students who participated in the event expressed their gratitude for being part of the games and praised the organizers for exposing them to a productive experience that benefitted them physically and psychologically. They also commended SAYWHAT for its activities that encourage the youth to watch their health, including

sexual and reproductive as well as mental health. One student, Tinofara Mutero said, "Sports help us shun dangerous activities and engage in friendly competition while socializing with others from different institutions. It helps us avoid drug abuse, which is very bad for the youth."

Primrose Hwema weighed in saying the sports gala was a missed tournament as the event is a key platform for students to share reproductive health experiences and education.

"These are the spaces where we feel comfortable to discuss about our health particularly reproductive health. It is not a formal environment and we go with fun spirit associated with sports.

"The school environment is not really restrictive but is not a conducive as this sports environment for us students to talk about our sexual life and choices."

The Agriculture Sports Gala tournament was last held in 2018 before Covid-19 made it difficult for the event to be organized in person.

SAYWHAT's long standing ties with agricultural colleges in Zimbabwe dates back to 2003 and the same colleges were the first to open doors for the former to start operations which have since blossomed beyond Zimbabwean borders at 20.

SAYWHAT remains grateful to all agricultural colleges in Zimbabwe for the support since birth and reaffirm its commitment to serve students and young people to live healthy lives across the African continent.



Call 577 to report Child Abuse.

Children's safety is everyone's responsibility.

What are you doing to protect them?