



DREAMS

WORKING TOGETHER FOR
AN AIDS-FREE FUTURE
FOR GIRLS & WOMEN

ABOUT THE DREAMS PROJECT

SPECIAL NDOITA SEI

*We respond to some of
the questions or concerns
our DREAMS girls are having*

Our DIVA Artist
of the month
a 17 year old
mbira player
who has recently
finished her
0 Levels

IS HE THE ONE?

LET'S DO A CHECKLIST

We are fighting
1000
New infections
each day



CONTENTS



THE EDITOR'S NOTE



Feeling super-duper excited about our first DREAMS Magazine issue! Well, it was long time coming, but here we are! Our first issue looks at some of the DREAMS girls we met in the first year of the project, how they are rocking trends and life in general every day, where we have been at and some people we met along the project journey. The holiday has come and gone, we are in a new season, a New Year and we can't wait to explore possibilities in this New Year.

Ohh, we have some expert advice on relationships and just being streetwise as girls, we have our streetwise queen giving advice on anything girls.

Hope you enjoyed the festive season and have entered the New Year with determination to do better in whatever you are doing, strive to be a better version of yourself, you are indeed precious!

We certainly hope you will enjoy our first issue and all the following issues coming your way. We would love to hear what you are up to in your community so don't hesitate to chat with us, send us pictures and we share in the next feature.

Let's fight 1000 new HIV infections every week amongst us girls by being responsible girls, we CAN reduce that scary number and ensure a brighter future for us and for the generations coming after us. #GirlsCan

ABOUT DREAMS PROJECT

DREAMS is a multi-country programme that focuses on building up Adolescent Girls and Young Women (AGYW) who are empowered to seek Sexual and Reproductive Health Services as embedded in the acronym (DREAMS). DREAMS stands for AGYW who are Determined, Resilient, Empowered, AIDS free, Mentored and Safe. The young women envisaged can stand on her own, is in charge of her body and SRH needs.

So why 15-24 year olds girls only? Girls and young women account for 74% of new HIV infections in Sub-Saharan Africa. Per year we are talking about 360 000 new infections, about 7000 new infections per week....alarming isn't it?



The Culture Fund of Zimbabwe Trust through a series of creative arts activities seeks to encourage self-motivated and conscious AGYW by adopting a holistic approach that looks at the total being from Body (BO), Mind (MI) and Soul (SO) (BOMISO). Through the BOMISO approach the Culture Fund entry point is to interrogate culture practices and norms inhibiting access to knowledge and SRH services amongst the target AGYW. In addition it seeks to debunk and expose some false arguments peddled as culture inhibiting access to services. Through cre-

ative arts the AGYW utilize the platforms provided for self-expression and articulation on SRH issues thereby motivating them to seek services. The ultimate objective is for AGYW to project their voices, be heard and seek to fulfill their SRH needs as they deem necessary.

THE DREAMS GIRLS:

Can Know – about the SRH needs
Can Decode – false cultural arguments inhibiting access to SRH services
Can Act – on correct information to seek SRH services.

CULTURE FUND IS WORKING WITH

Family AIDS Caring Trust (FACT) in Makoni, Chipinge and Mutare
Victory Siyanqoba Trust in Bulawayo
Kurainashe Organisation in Mazowe
Midlands AIDS Service Organisation in Gweru
Padare Enkundleni Men's Forum on Gender
Children Performing Arts Workshop (CHIPAWO)
Zimbabwe International Schools Arts Festival (ZISAF).

MEET

THE CULTURE FUND DREAMS IC

PROJECT ADVISORY COMMITTEE

Culture Fund has selected a group of girls who assist in project designing and driving the project, telling us what is cool and trending. Amongst these girls are musicians, dancers, presenters and students.

PAC



*Check out who the girls are,
they also have some messages for
DREAMS girls.*

BRINGING A *Smile*

THE QUEEN OF JOY

TANYA

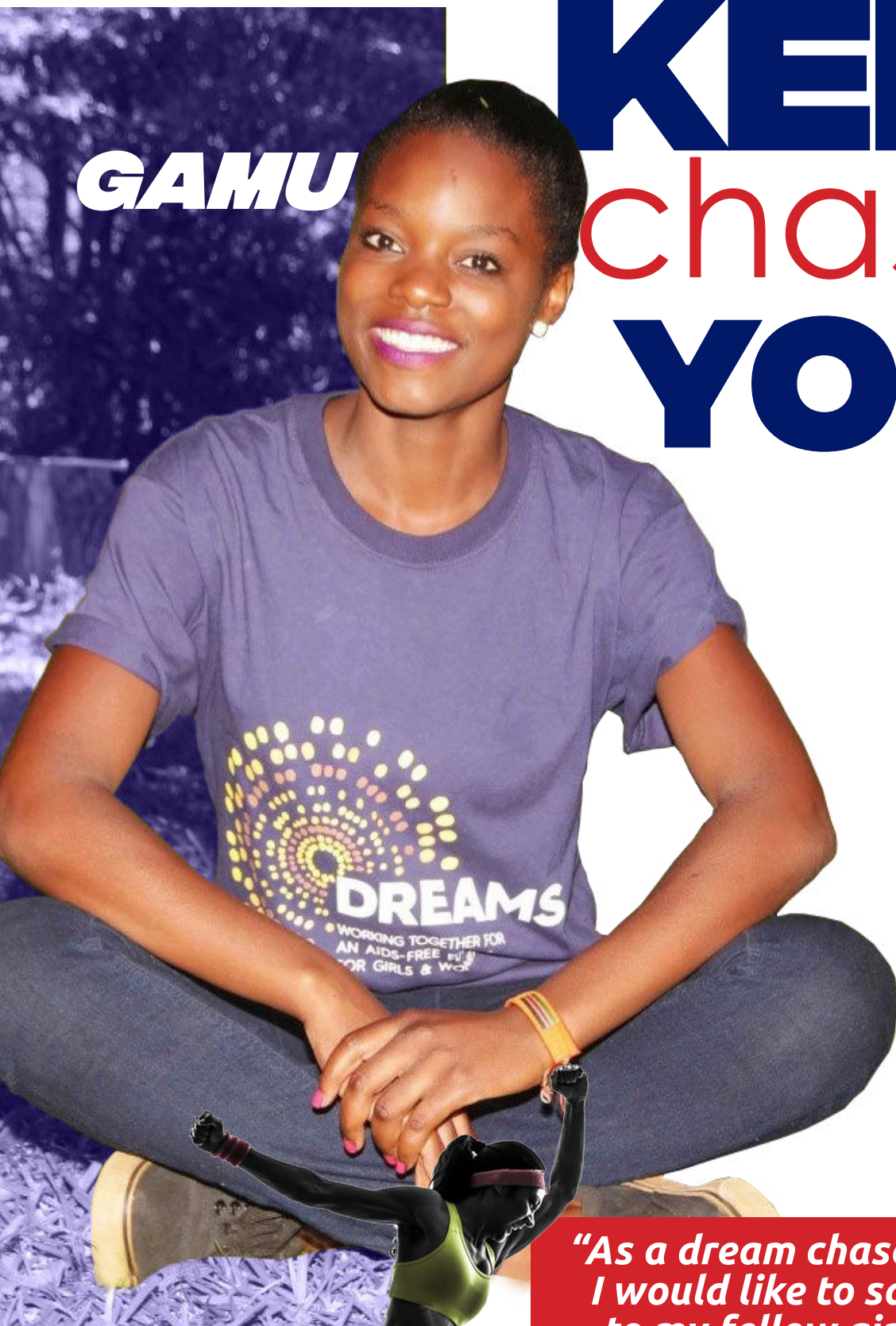


"I love working with young people and bringing a smile to everyone I come across. I am a foodie no doubt..lol.If you can You can and be the best version of yourself"

GAMU

KEEP
chasing
YOUR

D
R
E
A
M



*"As a dream chaser
I would like to say
to my fellow girls
don't be discour-
aged in whatever
career you want,
keep chasing your
dream...work
work work"*

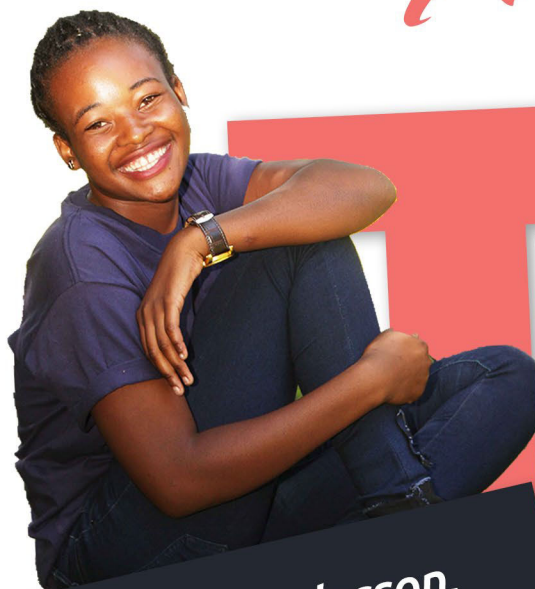


STOP BLAMING CIRCUMSTANCES

*for where you are
but rather get up
and look for the
circumstances you
want and if you
can't find them,
make them.*

Clary Amanda Chivasa

YOU CAN *Make it*



**TENDAI
MAVENGENI**

*"always a lesson,
never a failure, don't
give up easily!"*



CONSTANCE CHILIELE

*"Opportunity
and time are
for us all, its
only you who
can place a
price tag on
yourself,
protect your
worth."*

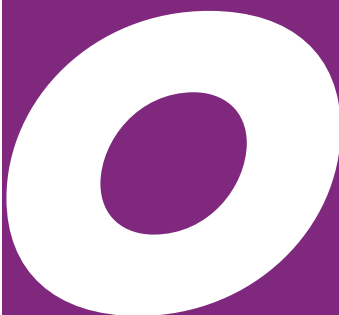


**TANAKA
MAGWENZI**

*"when you love what you do or
got dreams, follow them you
never know where they will
take you."*



OUR **DIVA** **OF THE** **Month** **TENDAI MAVENGENI**



Our Diva Artist of this feature is Tendai Mavengeni, a 17 year old mbira player who has recently finished her O Levels. Tendai is also one of the Culture Fund DREAMS IC Project Advisory Committee members.

QUESTION & ANSWER

Connie: *We know you are a mbira player, are there any instruments you can play*

Tendai: Well, I can play guitar, marimba and violin.

Connie: *How did you get into music in the first place?*

Tendai: My father's friend, James Buzuzi, is a guitarist and since I was always in music when I was in pre-school the story came up in their discussion and James referred my father to my first teacher Trymore Gucci Jumbo. I had my lessons on music and had my inspiration from Chioniso Maraire, Oliver Mutukudzi, Thomas Mapfumo and Stella Chiweshe.

Connie: *Great stuff, tell us about your song Munzira Yakachena which hit the charts on National FM for quite some time?*

Tendai: The song is a plea to the gods that they pay attention to and intervene to a lot of evil happening, diseases, trials, orphans and all sorts of challenges. What we want is the way to be cleared for us so that we can be protected and make the world a better place to live in for all of us especially the girl child who really is at the receiving end of all societal challenges.

Connie: *Wow, how was your first performance on stage?*

Tendai: I remember being so nervous before the performance but going up the stage and introducing myself, laying my fingers on the mbira and started playing my song "spirit of my desti-

ny", it was like I was in the spirit lol.

Connie: *I once listened to the song "Motoroodza" some days ago, it reflects issues to do with the girl child, what inspired you to write the song?*

Tendai: if we look at the life of the girl child we can see that she really struggles to make it in life especially in these patriarchal societies, at a tender age unonzwa zvichinzi mwana atoroodzwa, mari inodyiwa nehama ichipera but mwana anoramba aripo. Kwaanoroorwa they expect her to bear children because that is the reason why she is married but here we are looking at someone who is even too young to take care of herself so the situation becomes "mwana nevana vake" (she was really becoming emotional on this one) The song is a plea to do away with early marriages because they break the life of the girl child, the child will suffer from sexually transmitted diseases so the song also captures the idea that God has to protect us so that such issues come to an end in Zimbabwe and Africa at large.

Your songs are usually in Shona, is there a particular reason for that.

Tendai: I just want to express myself in vernacular so that I really pour out all my feelings, I feel I can speak to many lives if I sing in my mother tongue.

Connie: *What's up for 2018?*

Tendai: There is an upcoming album called "Tendai" where I pulled out the song "Munzira yakachena". I am looking forward to releasing it this year.



“We respond to some of the questions or concerns our DREAMS girls are having.”

Here is what

DREAMS girl says: My friends are always on my case about having a boyfriend, I feel I don't have the time for relationship drama, how do I tell them to back off, I don't want to hurt anybody in the process.

Aunty says: Children start to socialize more during adolescence and try to navigate through the complex world of relationships at this stage. The need to be accepted by their peers motivates them to try new things and makes them vulnerable as they try to find an identity. Despite what

anyone says, you seem like a very intelligent person and I advise you to stay true to yourself and focus on your studies and your strengths until you know you are old enough to handle a relationship. Surround yourself with positive, accepting and supporting friends who do not make you feel any pressure to do anything.

DREAMS girls says: I have this odour smell that I produce which is very weird and uncomfortable. It started the first time I had my menstrual cycle

Aunty says: I can certainly understand why you're

worried because odour can be very embarrassing. It can come from the bacteria that naturally accumulate during your period or it can be caused by thrush or bacterial vaginosis among other things. Needless to say, it is normal to have some vaginal discharge, because the vagina stays moist as part of its self-cleansing mechanism and so you should not think that you are abnormal in any way. There are a few tips for managing body odour, you can put a spoonful of soda in your bathing water to neutralize the odour. Try bathing at least twice a day to manage the odour and if you

can, use antibacterial soaps like Lifebuoy, Dettol or Protex. However, if odour is accompanied by discomfort or heavy thick vaginal discharge, go to the clinic near you and get help from the health workers.

DREAMS girls says: Hello Aunty, um 16years old and um being hackled by my fellow school mates because I was raped in the past

Aunty says: The trauma of being raped or sexually assaulted can be shattering, leaving you feeling scared, ashamed, and alone or plagued by nightmares, flashbacks,

and other unpleasant memories. But no matter how bad you feel right now, it's important to remember that you weren't to blame for what happened and you can regain your sense of safety and trust. Recovering from sexual trauma takes time, and the healing process can be painful and in your case despite what your school mates say about you, you can move past the trauma, rebuild your sense of control and self-worth, and even come out the other side feeling stronger and more resilient. I advise that you talk to someone older whom you can trust at your school or community who can help you deal with this situation. You should also distance yourself from people who have a negative impact on your life and it's important to remind yourself that you have strengths and coping skills that can get you through tough times; you are a DREAMS girl after all!!!

DREAMS girl says: Hi Auntie, I do not understand these pains I have during my menstrual cycle. What can I do to stop the pain?

Auntie says: the phase of starting menstruation is unavoidable to all adolescent girls, it's a sign that you have matured and can bear children, but alas let's wait on hav-

ing children just as yet to allow our bodies to fully mature into womanhood. Having menstrual cramps (period pain) is quite common in girls your age. They happen because of contractions in the uterus, or womb, which is a muscle. If it contracts too strongly during your menstrual cycle, it can press against nearby blood vessels. This briefly cuts off the supply of oxygen to the uterus. It's this lack of oxygen that



causes your pain and cramping. If you have mild menstrual cramps, take aspirin or another pain reliever, it usually works wonders if you take it day before your period. Heat can also help or you can place a hot towel or hot water bottle on your lower abdomen (below the belly button). Taking a warm bath may also provide some relief and rest if you can. If these steps do not relieve pain, you

can go to the clinic, the nurses can help you.

DREAMS girl says: I am having a serious problem with my sister's husband because he is threatening that if I don't do chiramun with him, he is going to chase me away from their home of which they are the only people who can take care of me. What can I do auntie?

Auntie says: As a young woman you

should never compromise your standards to suit anyone. What your sister's husband is requiring of you is wrong because if it makes you feel uncomfortable and it is a form of abuse hidden in cultural practices. Giving in to his request is going to lead to more demands and so I suggest that you tell your sister the situation in which case she may (fingers crossed) discuss the issue with her husband to back off.

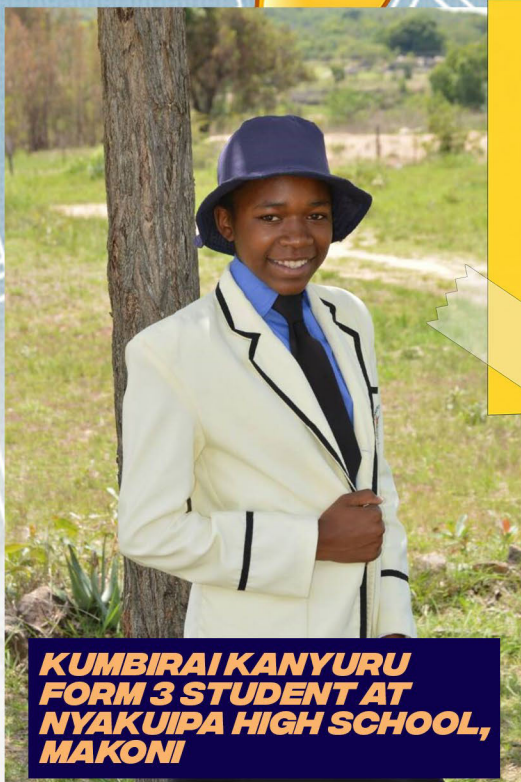
DREAMS girl says: I'm a 20 year old girl, and have fallen in love with a guy whom I think is perfect for me. How do I keep the new relationship so that I don't lose him?

Auntie says: Aww congrats on the new relationship, falling in love is a wonderful thing at your age especially with the right guy. Well, first of all you should both be open of what you are expecting in this relationship, I suggest now before it stretches longer. Let him know what you expect from him and he does the same. Do things you both love together, like taking a walk together, going to events together, whatever you both enjoy. Please don't lose yourself in bid to please and keep this new guy in your life. You should both put an effort to make the relationship work, don't try too hard because if you try too hard, he may not be the one, love should not be difficult. Best wishes on your new found love.





What our **DREAMS** GIRLS **HAVE TO SAY**



**KUMBIRAI KANYURU
FORM 3 STUDENT AT
NYAKUIPA HIGH SCHOOL,
MAKONI**

DREAMS club has helped me understand why I should wait for the right time to have sex, abstinence is the key to prevention of HIV and I'm willing to wait for the right time.



Being part of the DREAMS creative club at my school has helped me to know and protect my HIV status no matter the result. My message to other DREAMS girls is... work hard to achieve your goals.

**JUDITH MUSKWENE 16 YEAR
OLD FORM 3 STUDENT AT
NYAMIDZI SECONDARY SCHOOL
IN MAKONI WHO WANTS TO BE
A NURSE WHEN SHE FINISHES
SCHOOL**



Girls stand up for yourselves, don't jump into relationships when you are not ready, there will be plenty of time for that as grown ups

CLAY CHAPINDURA 15 YEAR OLD FORM 2 STUDENT AT NYAMIDZI HIGH

TAKUDZWA MUSAKWA 15 YEAR OLD BOY AT NYAMIDZI HIGH SCHOOL IN MAKONI WHO WANTS TO BE A LAWYER IS A MEMBER OF THE CULTURE FUND DREAMS IC CREATIVE CLUB WITH FACT MAKONI AND PADARE MEN'S FORUM ON GENDER.

The DREAMS project has taught me to keep my virginity, have self-control and respect girls. All this will keep me and my future partner HIV free. I encourage young people to delay sexual activities and to those who have already had sex it's not too late to stop and protect yourselves from HIV.



WORKING ON THE **DREAMS** PROJECT

What Culture Fund partners' staff has to say about working on the project...

I enjoy working with girls, the project has enhanced my scope of life in general and how to deal with certain issues as a young person, I have researched and learnt a lot about SRH since I started working on the project. My new knowledge will help other girls even outside project life.

**Mercy
Zvavanhu,
Children Performing Arts
Workshop (CHIPAWO)
Assistant Programme
Manager**

I enjoy working on the project, especially on using creative arts to convey messages to girls, have realized that most of the girls have little educational background hence using arts makes it easier to understand issues. I am proud to be associated with the project in Mazowe as it is standing out and students, community members love the activities.

**Rutendo Gunda, Kurainashe
Organisation, Student Intern
– Mazowe District**

UP & ABOUT

“Culture Fund DREAMS IC Project
in pix over the past year”



Mafararikwa Ward, Mutare, Community dialogue



In school creative clubs launch in Makoni district @ Chiundu High School.
CHIPAWO team performing a drama skit during the launch.

ON THE DANCE FLOOR



DREAMS Pioneers Camp – girls performing a dance in Makoni @ Crocodile Motel during the camp. The pioneers are now leading creative clubs in their respective schools in Makoni. Dance off challenge in Chiundura Gweru, we learn we have fun and we act empowered!!

Out of school creative club members enjoy during a laundry café in Gweru with MASO and Victory Siyanqoba Trust.



Victory Siyanqoba Trust crew performing an HIV prevention jingle during a laundry café in Gweru



Kumbumura mhute....In school creative club launch in Mazowe @Chinehasha School. Students having fun after the launch and of course after learning a few things about the project.

Is he **THE ONE**

Dating is an exciting thing yet it can be so hurtful, heartbreaking and challenging. So what do we do about it, should we not date at all, pretend all is well or see if it's good for you or not. Well let's just say in the right time check if it's working for you, let's do a checklist.

CHECK OUT **THESE 7**

DOES HE RESPECT YOUR WISHES?



☐ ☐

DO YOU ALWAYS HAVE TO BE THE ONE TO GET IN TOUCH WITH HIM

☐ ☐

DOES HE RESPECT YOUR DECISIONS AND BOUNDARIES?

☐ ☐

ARE YOU SURE, LIKE 100% SURE THAT YOU ARE THE ONLY GIRL IN HIS LIFE?

☐ ☐

IS HE OK WITH BEING SEEN WITH YOU IN PUBLIC?

☐ ☐

DOES HE TELL YOU HE LOVES YOU?

☐ ☐

DO YOU HAVE ANYTHING IN COMMON?

☐ ☐

- If he scores 6/7 or 5/7 you can compromise and keep him with eagles' eyes on him.
- If he scores 4/7 or 3 or 2 let me not go any further just know he is not the one, have some pride girl, you are a jewel.

IS IT OUR Culture?

"We love and respect our culture; it is what keeps us united and proudly Zimbabwean. But of late there are people who are abusing culture and act badly in the name of culture, yet our culture has elements which meant to empower, protect and safeguard girls and women. Let's see some of these 'not so true' cultural beliefs that are being said out there"



What? That a girl is not supposed to know about sex and sexuality before she is married

No our culture respected and protected the girl child's sexuality. At the age when a girl begins her period (menstruation), according to our culture, she was taken by her aunt (tete/ubabakazi) and she sits her down telling and explaining to her what was happening to her body. She would tell her how to protect herself and keep herself clean (hygiene) and also warn her that if she has sex with a male, she would fall pregnant. In some societies girls would go for initiation rites, where they would camp with older women and taught about their bodies and about sex in preparation for marriage. This was done to empower the girls and not give them a leeway to have sex whilst single, virginity preservation was of essence.

What? That only girls should be virgins when they get married

No, no, no, culturally virginity preservation is expected to both girls and boys. It was very important for both a boy and girl to have their debut sex on their marriage night in our culture. Abstinence is the safest way of preventing HIV and we can learn from these cultural practices especially now that the HIV/AIDS is more common than it was years ago.



DREAMS

So what does DREAMS mean?

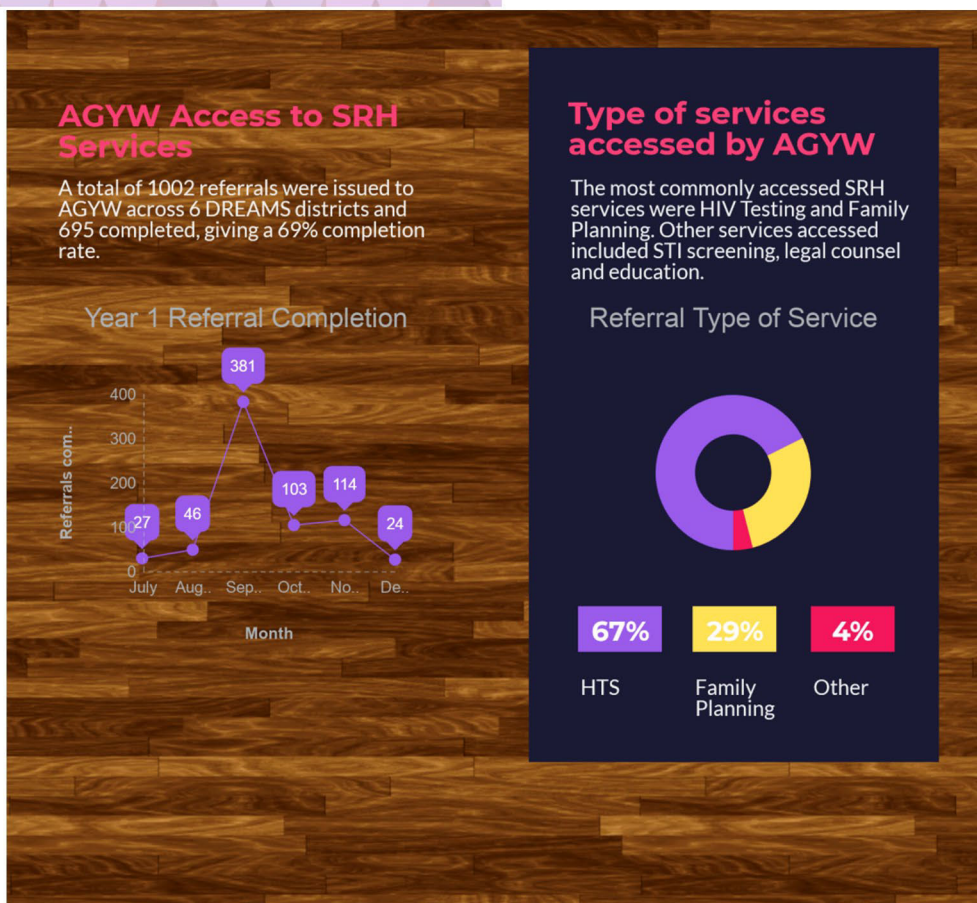
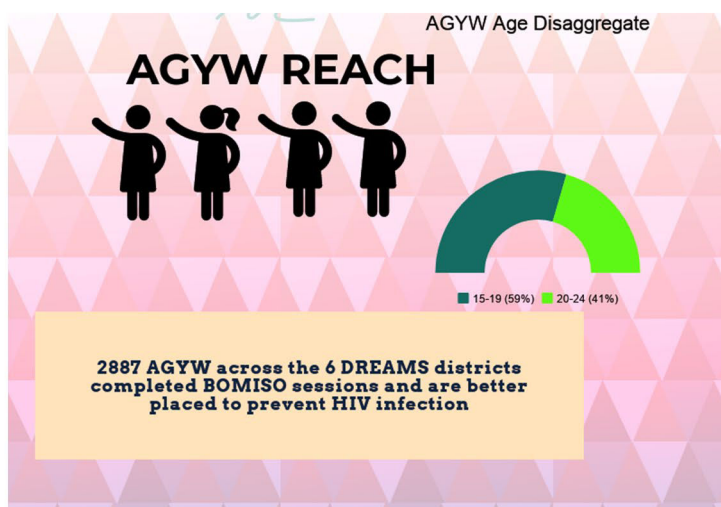
D E R E A M S
D ETERMINED
R ESILIENT
E MPOWERED
A IDS-FREE
M ENTORED
S AFE



In this feature we are talking about **Safe** – so as girls we need to be safe from HIV, we need to be the generation that closes the tap for new HIV infections (insert a running tape and a closed tape) We need to be safe and free to talk about our bodies, talk about sex and not be labelled because we are taking about it, in any case a sexually ignorant and docile woman is not part of African culture, speak out and be safe.

Sweet SUCCESS

The project has realized these cool achievements in the past year



Some Facts About

HIV AIDS



• Delaying sexual activity will keep you safe from STIs including HIV. Unintended pregnancy, there is no rush, wait for the right time and the right man....indod'vqobo!

• Get tested and know your status. It would be cool to know your partner's status too, so go get tested together.

• Using condoms is one of the safest and reliable methods of preventing yourself from STIs including HIV. Condoms are available free of charge in most clinics and health centers. Don't be shy to ask your partner to use a condom or to tell your partner that you are using a female condom, it's your life, your body and your RIGHT.

• Stick to one sexual partner, hey girls one is enough, less is more.

WORD SEARCH



**LET'S SEE HOW
MANY WORDS YOU
CAN MAKE HERE.**

a	e	s	r	q	p	o	n	m	l	k	j	i	h	g	f
b	d	r	e	s	s	w	s	i	y	a	n	q	b	l	a
c	p	o	v	e	r	t	y	n	u	a	h	i	v	o	d
d	s	x	l	z	a	b	c	d	e	f	g	h	a	d	c
e	e	e	z	s	e	x	u	a	i	i	t	y	i	e	b
f	r	s	y	a	c	t	b	z	s	m	e	d	u	t	a
g	v	l	x	f	r	e	k	a	e	v	t	e	e	e	z
h	i	a	i	e	a	s	n	t	o	u	e	c	s	r	y
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m	n	m	i	m	h	b	t	v	o	a	u	g	o	d	o
n	e	e	n	s	e	s	e	u	d	s	o	z	b	o	v
o	i	r	g	d	b	t	s	s	e	s	s	i	o	n	a
p	l	p	e	a	a	n	t	h	r	e	u	x	d	a	t
q	i	s	s	b	i	e	s	i	e	m	v	w	y	a	i
r	s	r	h	u	d	r	o	v	w	o	m	a	n	y	o
s	e	h	t	s	s	a	r	b	o	m	i	s	o	w	n
t	r	o	u	e	u	p	u	a	p	c	u	s	t	o	m
u	a	y	o	u	n	g	s	t	m	e	d	i	c	a	l
v	w	x	y	c	h	a	l	l	e	n	g	e	i	j	k

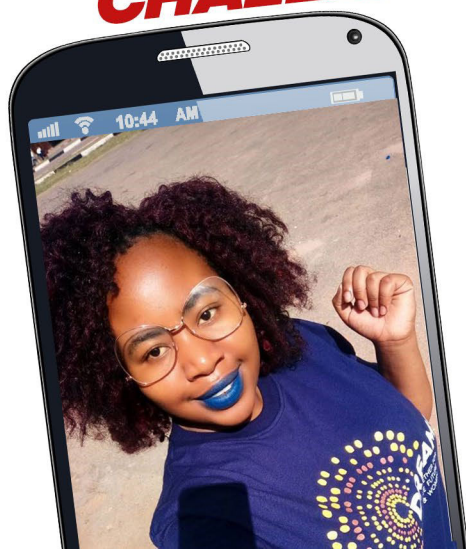
Let's see how many words you can make here.

selfie CHALLENGE

The first **five** to get at least **25 words** will get a cool gift from Culture Fund. When you are done either give to your **club facilitator** or send to **0785067853**.

Share your **selfie** and you could feature in our next feature, you can send it to Tanya on **0785582768**

You can also tell us what's happening in your school or community which we can use in our next magazine, use the same digits to get in touch.



Knowing your worth in life is a choice, it's when the devil whispers to you that you are not strong enough to withstand the storm and you smile and say I am the storm.

undodugobo!


THE RIGHT MAN



Valala
**CLOSE YOUR
LEGS**



Uvulela
OPEN YOUR
MIND



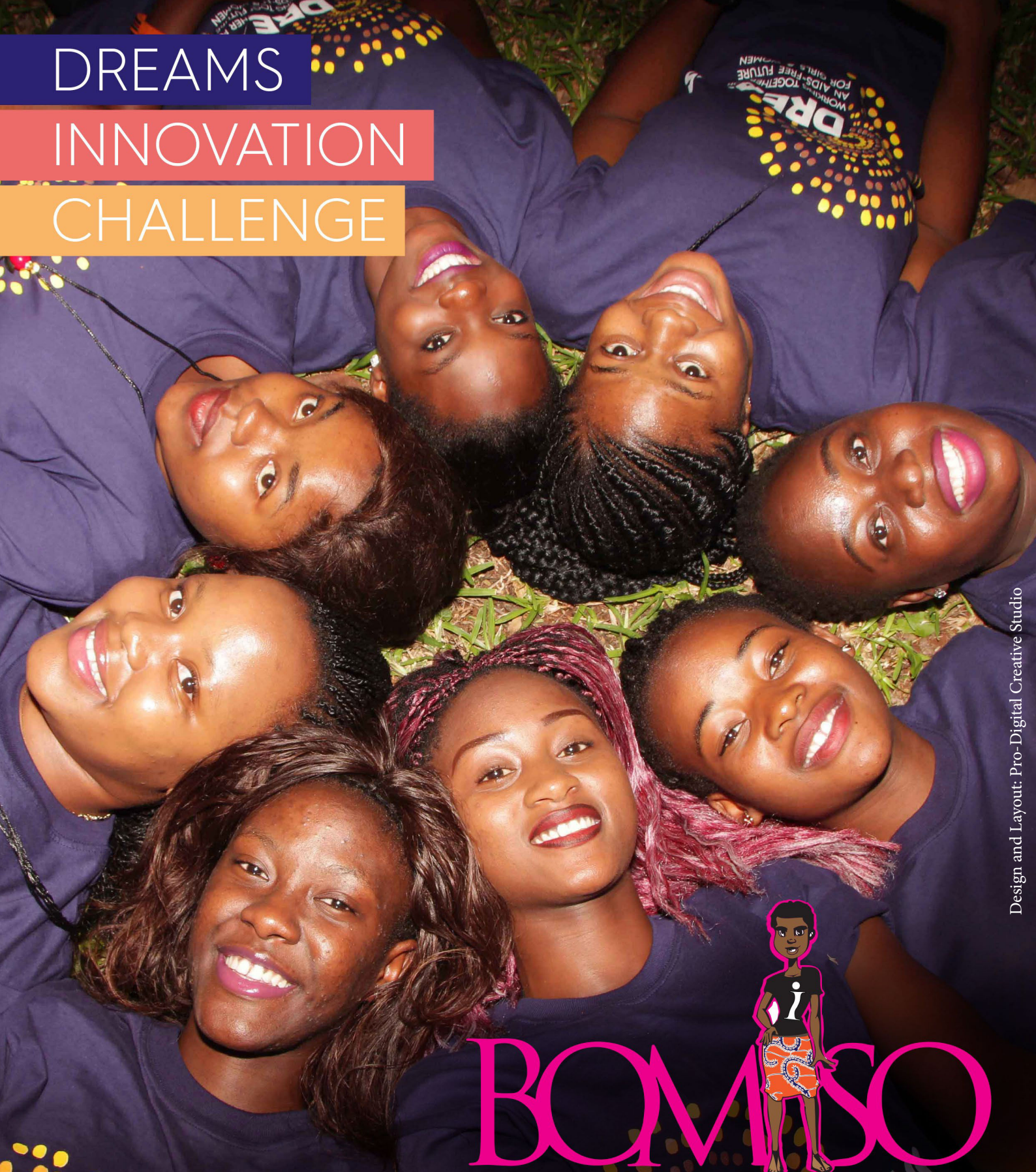
Ulinde
**WAIT FOR
 THE RIGHT
 TIME**



DREAMS

INNOVATION

CHALLENGE



Design and Layout: Pro-Digital Creative Studio

BOMISO



Determined

Resilient

Empowered

AIDS-Free

Mentored

Safe



culturefund.co.zw



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PEPFAR



CULTURE FUND

10
YEARS

Changing the Lives of Ordinary Zimbabweans