MEN MUST END THE VIOLENCE!

MEN of South Africa have been asked to help curb gender-based violence, and promote healthier and safer communities.

Over 200 men took part in the men’s dialogue headed by Deputy President Motlanthe to address the spread of gender-based violence in South Africa.

The dialogue was attended by the Minister of Health, Aaron Motsoaledi; National Director of the Presidency, Collins Chabane, and Deputy Minister of Women, Children and People with Disabilities, Hendrietta Bogopane-Zulu, among others.

Also present were President of the Congress of South African Trade Unions (Cosatu), Sdumo Dlamini, Danny Jordaan of the South African Football Association (Safa), chairman of the Standing Committee on Public Accounts, Themba Goli, and the national deputy federal chairman of the Democratic Alliance, Mmusi Maimane.

The dialogue, held in partnership with the Office of the Deputy President, South African National AIDS Council (Sanas), the National Partnership of SA, BrandSA and support from USAID/PEP-FAF, sought to mobilise men from all walks of life to play an active role in stopping gender-based violence in their communities and in their areas of influence.

The dialogue is part of the 2013 Brothers For Life programme to get millions of South African men mobilised to participate actively in programmes that seek to promote health as well as a violence free South Africa that will end in a national men’s march on 19 July in Johannesburg.

Parts of the dialogue were carried live by SABC Morning Live as well as number of national and regional radio stations.

Some of the key outcomes from the dialogue include the commitment by the LeaveSA partnership under the leadership of head of Primedia, Yusuf Abramjee and editor of The Star to work with the campaign and bring the issues of violence as well as explore possible solutions to the forefront.

Health Minister Motsoaledi called on the men to support his call for the ban on alcohol advertising as it has a huge impact in encouraging violence in South Africa.

Brothers For Life ambassador, Patrick Shai, called on government to consider forming support systems that can help both men and women in dealing with issues of difficulty around relationships, this idea was echoed by Motlanthe. The dialogue ended in the signing of the declaration which was led by deputy president Kgalema Motlanthe. The declaration is a commitment by men not only to be active players in the curbing of the spread of violence but also to challenge their own attitudes and beliefs that may spread violence.

“NO WOMEN, no children shall be harmed in our name!”

Following the national men’s dialogue convened on 16 April at Turbine Hall in Johannesburg by the office of the Deputy President in partnership with Sanas, Men’s Sector, the Brothers for Life campaign, BrandSA and the Department of Women, Children and People with Disabilities, plans are ready to start in all the nine provinces.

Sanas Men’s Sector will be implementing a national programme that seeks to promote social activism by men in all our communities and invites all men, men’s organisations and all other interested parties to play their part. This programme will be made up of community-based dialogues where men and communities will discuss what the “NOT IN MY NAME” call means to them as well promote the start of health services such as HIV testing and medical male circumcision.

“We are pleased that key male leaders in our society responded favourably to the call and we note also the important work undertaken by women’s organisations in relation to this work. We have committed ourselves to the next phase of these dialogues to create a platform for men to engage with women on these issues, as we seek to find lasting solutions” said Sanas Men’s Sector chairperson, Reverend Rutana Khumalo.

The upcoming dialogues will address a number of issues that are important to get men to be positive role models for younger men in communities, addressing the issues of violence against the elderly and people with disabilities, and attacks on gay and lesbians.

The dialogues are aimed at providing practical methods that will let us to meet the goal of ending gender-based violence in our communities. To this end we aim to use the family institution as the bases for growing positive male role models that will encourage the idea of equal relations between men and women as promoted by the constitution of South Africa, said Reverend Bafana.

Learn more about the dialogues on www.brothersforlife.org.
NOT IN MY NAME!

THIS declaration was signed by Deputy President Motlanthe and 200 other South African men on 16 April in Joburg. If you would like to sign the pledge online, please visit brothersforlife.org.

HERE is the declaration by the men of South Africa to end violence against women and children!

"As men of South Africa today we acknowledge the damage caused by acts of violence committed by some men in our communities; affirming that violence against women and children constitutes a violation of the rights and fundamental freedoms of women and children enshrined in our Constitution.

"WE PLEDGE:

■ NOT to look away, NOT to be bystanders and NOT to be silent.
■ To play a role in our personal, professional and leadership capacities to stop:
  ○ Rape of all kinds.
  ○ Sexual violence.
  ○ The killing and abuse of women and children.
  ○ Domestic violence of all kinds.
  ○ Abuse and violations of people with disabilities.
  ○ Violence of all kinds.
■ To change our own attitudes and actions that perpetuate sexism and violence.
■ To provide support to women and children who have suffered abuse.
■ To support programmes that seek to create safer and healthier communities by addressing gender-based violence, drug and alcohol abuse, HIV and TB in our communities, workplaces and areas of influence.
■ To play an active role in ridding the society of harmful practices such as forced marriages and trafficking of women and children.
■ To foster a culture of respect for women, persons with disabilities, children and other men and be role models to younger boys in our communities.
■ To use our networks to bring in our friends, colleagues, relatives and encourage them to actively take a stand against violence and the abuse of women and children.
■ To support women in our country and actively participate and support their initiatives to address issues of violence and abuse.
■ Lastly, as South African men, we want to express our collective condemnation of these acts of violence perpetrated in our backyards, in our communities and our beloved country and send our deepest condolences to those who have lost loved ones in the hands of criminals and pledge that: NO Women, NO Children shall be harmed in our name! NOT IN OUR NAME!"
NEVER BEAT A WOMAN... An abuser tells his story

Tumelo Mabena talks about the story of being violent to all the women in his life.

I WILL never beat a woman again!

"You don't need to use force to a woman for her to understand you. Inflicting pain on a woman you claim to love makes you a lesser man – it actually destroys you . . .". These are the words of Tumelo Mabena, who is a former abuser who was a participant in the men's dialogue with Deputy President Cyril Ramaphosa, which was hosted in Johannesburg.

Born and raised by his widow mum and a stepfather in the township of Soshangwe, north of Pretoria, this sports enthusiast regretted being a cause of violence and believes that negative social influences in his upbringing caused him and his peers to be disrespectful to women and to use violence as a means of power over them.

It all started when his mother passed on in 1998 and from that time he felt that it was the right time to start venting his anger on every woman in his life.

"I believed it was the right thing to do, after all my mother was a victim of abuse by my stepfather – I had seen, heard and lived with violence in the home I grew up in," he said.

At one stage he recalled having to smoke dagga and drink too much alcohol in the cause of "being a man" which he now feels that it was a misguided view on life.

Tumelo has never had a successful relationship with women because of his bullying behaviour.

"I would kick my girlfriend because of the anger that I had growing up. It was more of revenge of what my mum had gone through at the hands of her abusive partner.

"All this made me a monster to everyone around me because this idea that I held which was that a man had be a HARD man to be respected," said Tumelo.

The turning point was when he met the director of a local organisation, Police, Gogo, of Heaven's Defence Force.

Being part of this organisation turned his life around...

"I went through a number of sessions with the local Brothers For Life team in Soshangwe. I started participating in their men's health programmes and started to learn more about not only my responsibility, but my selfrespect and what it really means to be a man.

"I felt that I needed to change especially that my antics had robbed me of an opportunity to complete my studies at the Tshwane University of Technology. And that my talent in soccer and athletics had also faded . . ."

Tumelo, who is not afraid of telling the public about his past violent behaviour, knows a man's health community mobiliser and is working hard to carry the message that a real man is the one who loves and cares about his family.

Tumelo proudly calls himself a new man and acknowledges that it is a journey he must continue travelling for the rest of his life in order to be able to be the example and role model for young men in his community to follow.

After a busy week educating people about gender-based violence, medical male circumcission and HIV, he normally makes time to do what he loves doing – training athletes and future soccer stars from Lindelani and Roto schools in Shoshangwe.
GET CIRCUMCISED
KNOW THE FACTS!

MEDICAL CIRCUMCISION IS THE FULL REMOVAL OF THE FORESKIN, FULLY EXPOSING THE HEAD OF THE PENIS.

Getting circumcised is the right thing to do for your health as it:

- Improves your hygiene as it is easier to keep the head of the penis clean
- Reduces your risk of sexually transmitted infections (STIs) such as chancroid, syphilis, genital warts and herpes.
- Reduces your risk of HIV infection as it decreases the risk of tearing and bruising that can be an entry point for HIV.
- Removes certain cells within the foreskin that act as an entry point for HIV.
- Lowers the risk of penile cancer.
- Reduces your partner's risk of cervical cancer.

ALL MEN HAVE THE RIGHT TO SAFE AND HYGIENIC MEDICAL MALE CIRCUMCISION SERVICES.

In South Africa these are available at community health centres and district hospitals all over the country.

Men can get circumcised for health, cultural and religious reasons. In some cases, you may have been circumcised for religious or cultural reasons.

Certain religions circumcise their boys soon after birth.

Some cultures circumcise their young men as part of an initiation process that marks the passage from boyhood to manhood. Men who are circumcised for religious or cultural reasons need to make sure that they are fully circumcised if they are to take advantage of the health benefits.

WHAT IS THE MALE CIRCUMCISION PROCESS?

Medical circumcision is the most hygienic and safest way to be circumcised, and the only way to make sure that you get the full sexual and health benefits.

Medical circumcisions are performed quick and efficiently at health facilities throughout South Africa, such as community health centres, clinics and district hospitals.

Knowing your HIV status allows you to make the best decisions about your health and lifestyle.

When you arrive at the clinic or hospital, you will be offered counselling and testing for HIV. Knowing your HIV status is important so that you can make the best decision for your health.

If you test HIV positive you may still get medically circumcised depending on the doctor’s recommendation.

If need be you will be put on treatment. Many brothers are living healthy and productive lives with HIV. HIV counselling and testing is confidential.

You will also be examined for sexually transmitted infections and foreskin abnormalities.

You can get circumcised at any time throughout the year — summer or winter. Medical male circumcisions can be performed safely at any time of the year.

Circumcision will be performed by a trained health provider and it’s painless and quick.

Before coming to the clinic make sure you have eaten well. You will not be circumcised if you arrive at the clinic under the influence of alcohol or drugs.

The circumcision will be done by a trained health care provider (doctor or nurse), who is specially trained to perform this kind of procedure.

It is done under local anaesthetic so, besides a small injection, there is no pain and it takes only about 30 minutes.

The wound is then stitched and dressed, and you are given painkillers to help manage any mild pain or discomfort you may have when the anaesthetic wears off.

You are also given instructions on how to keep the wound clean while it heals, as well as a medical certificate should you require time off from work or studies while you recover.

And then you can go home.

The healing process takes six weeks, during which time you may not have sex or masturbate. If you do, the wound will take longer to heal completely — and you run a higher risk of getting HIV or other STIs.

For the first few days, you must keep the dressing on and dry. You will then return to the health care provider for a follow-up visit and to have the dressing removed.

After this, you should gently wash your penis in a salt solution (two teaspoons of salt dissolved in a cup of warm water), using a soft cloth.

The stitches will fall out after 10 to 14 days.

If you have concerns, speak to your clinic or doctor.

Like with any surgical procedure, there can be problems after a circumcision, but in most cases these are slight, such as reaction to the pain injection, minor bleeding, or some swelling and pain. With proper care, these issues are easily treated. Should you have any concerns, go to your clinic or doctor immediately.

WHAT MALE CIRCUMCISION DOES NOT DO.

Male circumcision:
- Does NOT prevent pregnancy.
- Offers only partial protection against HIV infection.
- Does NOT reduce the risk of HIV infection during anal sex.

Getting circumcised does not prevent pregnancy and it ONLY REDUCES the risk of HIV infection. This means that you cannot let your guard down. If you are circumcised, you should still use a condom every time you have sex, stick to one sexual partner and get tested for HIV often to know your status so that you can make the best decision for your health.

If you are HIV-positive, you may also be circumcised but this does not protect your partner from HIV. If you test positive for HIV you should have your CD-4 cell count taken to determine the strength of your immune system and you will be referred to care and support services.

HIV-positive men who choose to be circumcised should continue to use condoms at all times to protect their partners from HIV and themselves and their partner from re-infection if both are HIV-positive.

Circumcision does not reduce your risk of HIV infection if you have anal sex.

Medical male circumcision is the best option for your sexual and reproductive health. Circumcision offers a lifetime of benefits including better hygiene, reduced risk of sexually transmitted infections and HIV. It reduces your risk of penile cancer and your partner’s risk of cervical cancer.

Quite simply, getting a medical circumcision is the right thing to do.

Find your nearest clinic SMS "MMC" to 43740 – standard SMS rates apply.
You can also visit www.healthsites.org.za.