

**THIRD  
EDITION**

**WHY NOT *YOU?* WHY NOT *NOW?***

# SPARK

CHANGEMAKER NETWORK MAGAZINE

**07** Relationship  
red flags

**16** Effects of  
bullying

massimedes  
**CHANGE  
MAKER**  
NETWORK



## Masifunde's Changemaker Network

With the newly launched Changemaker Network, Masifunde aims to capacitate learners with knowledge on relevant social topics such as leadership, prevention of gender-based-violence, community safety, or health. Through the network, the participating learners will be empowered to **spark** change in their schools and communities.

On a quarterly basis, trained changemakers will run awareness campaigns on one of the nine topics in their schools. They will hand out one of the nine editions of this SPARK magazine and address their peers about the topic at the school assembly.

This project will show everyone that the ability to make change has always been within you as a young person.

## This edition's Contents

- Participating schools & progress made **04**
- Healthy relationship pyramid **06**
- Relationship red flags **07**
- Types of relationships **08**
- The five languages of love **10**
- Healthy relationship spectrum **12**
- Bullying **13**
- The bullying circle **14**
- The effects of bullying **16**

With funding from

 **Austrian  
Development  
Cooperation**



**More on Masifunde**

[www.masifunde.org](http://www.masifunde.org)

**More on the Changemaker Network**

[www.ChangeMaker-Network.org](http://www.ChangeMaker-Network.org)



**B**eing young in 2022 is quite an interesting experience. There are as many opportunities as there are life challenges. Young people today face obstacles and barriers at much higher intensity. They are in and out of periodic phases of “umgowo...” (urban slang that means you are going through a lot). One example of this is an experience of bullying in relationships. Bullying involves antisocial acts where one person forcing another person: To do something against their will, to be something they are not, to show up or behave in a way that makes them feel uncomfortable, and/or to be put (or become the target) in a situation that invokes feelings of humiliation, embarrassment, or shame. Stress from bullying can be overwhelming to consume and will have an effect on your entire life every day. The high anxiety may shift your focus away from positive aspects of your life. Most people who experience bullying tend to feel powerless, with little option of escape. In

other cases, people even contemplate complete withdrawal from life's many pleasures. At worst suicide becomes an option they seriously entertain. However, these extreme measures can be avoided if we empower ourselves with useful information. The reason for the distress when a person is being bullied is not knowing what to do or where to access help. Either, sometimes people fail to recognize that they are stewing in unhealthy relationships. They may be a victim, an accomplice or a heroic defender in the act. Often young people lack the confidence to respond in a more constructive way to situations of bullying. They may lack the courage to make decisions that best serve their personal wellbeing. The features of bullying in this publication are compiled to educate and empower. Relationships should be formed for enjoyment and emotional fulfillment of all those involved. When a relationship becomes unpleasant for one reason or another, both role players must be committed to do the hard work to

improve things. When one person derives enjoyment at the expense of another party in the relationship, an imbalance is observed. The relationship becomes toxic. When a relationship gets toxic it threatens the wellbeing of one or more people connected to the victim. At that point no person can call that a loving-caring relationship. In fact, it becomes the complete opposite. I encourage you to start critical conversations on the topic of bullying. Let us all learn together in the journey.



**DESIGN**  
INDUSTRIAL PSYCHOLOGISTS  
*Igniting Possibility*

# Participating Schools & progress made

Status: Jul 2022



- ### High Schools currently active
- ▶ Newell ▶ Ndzondelelo ▶ Motherwell ▶ Soqhayisa
  - ▶ James Jolobe ▶ Masiphathisane ▶ Tinarha ▶ Ndyebo
  - ▶ KwaZakhele ▶ Mzontsundu ▶ Loyiso ▶ Qhaphelalani
  - ▶ Masibambane ▶ Phakamisa ▶ Booyesen Park
  - ▶ Khumbulani ▶ Solomon Mahlangu ▶ Molly Blackburn
  - ▶ Gamble Street ▶ Sanctor ▶ Chapman
  - ▶ David Livingstone ▶ V.M Kwinana ▶ Douglas Mbopa
  - ▶ E.Z Khabane ▶ Lungisa ▶ Coselelani



A changemaker for me is someone who makes a positive impact on other people's lives, a person who stands up for others when they are in trouble, someone who is willing to try. To me a changemaker is someone who helps and speaks up for others when they are in a situation that is difficult to deal with or escape from, because they can see that the person is going through emotional harm or anguish.

I enjoyed all the topics we learned about daily because they have all opened my eyes to better views of looking at things and information. For example, the healthy relationships topic has helped me find out what I really value in a relationship with someone. I now know that violence is sometimes an act of abuse of power and not conflict is normal if managed and resolved well.

My favorite quote: " Dreams don't work unless you do" - John C.Maxwell

I chose this quote because it basically tells me that I need to put in some work and effort in order for my dreams to come true. "

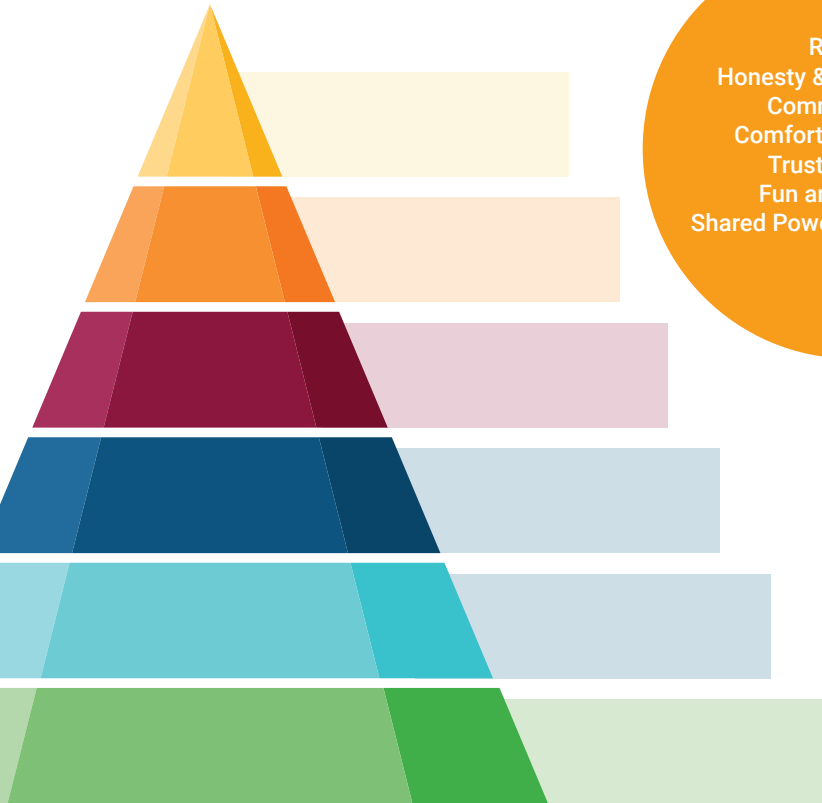
Unabantu Bekwa



# Healthy Relationship Pyramid

Use the following words below, to build a healthy relationship pyramid

The top of the pyramid is the least important aspect or value on which to build a healthy relationship, The bottom is an essential aspect or value on which you build the foundation a healthy relationship. Remember there is no right or wrong way of building the pyramid. Please arrange the aspects or values according to YOUR personal preference and order of importance to YOU.



- Respect
- Honesty & Accountability
- Communication
- Comfort and Freedom
- Trust & Support
- Fun and Laughter
- Shared Power/responsibilities



Red flags are usually a warning that the relationship might be unhealthy. Read the statements below and colour inside the flag in RED the relevant statements that indicate warning . Similarly, colour inside the flag in GREEN the relevant statement that indicate positive signs of a good relationship.

Encourages you to do things that make you happy.	Gets jealous of your success.	Willing to talk and fix problems.
Calling and texting all the time.	Forces you to hang out with him/her.	Supports your hobbies and dreams.
Name calling and insults.	Occasionally Gives you compliments.	Wants you to show him/her where you are and what you are doing.

# TYPES OF RELATIONSHIPS

## Family Relationship

Families are the first relationships we form from birth. Family comes in different forms. There are blood relatives who share the same biological parents, there's an adoptive family that a person acquires from either adoption. There is also an in-law family that a person acquires by being united to another individual in marriage. Family includes parents, siblings, grandparents, aunts, uncles, and cousins. Some families are different from the standard or considered normal by the society. These families can be single parent (living with mother or father alone), gay/lesbian parents (same sex parents) or even step-families. These relationships teach us values of life that we adopt and use through the course of our lives.

## Friendship

After developing family relationships, a person starts developing friendships. You can acquire friends through family friends, neighbours or in social spaces such as school, playgrounds, afterschool programmes or even at events. Friendships can be healthy, and they can also be unhealthy just like all other relationships. Friendship also contributes towards a person's character.

## Romantic Relationships

A romantic relationship is the one where you have a strong attraction for someone else. What roots the attraction can be a person's personality, their physical appearance and/or shared values. People describe people who are in a romantic relationship as boyfriend and girlfriend (heterosexual relationship) or boyfriend and girlfriend or girlfriend and girlfriend (Homosexual relationships).

## Acquaintances/platonic relationships

Acquaintances are people who we are not related to but we interact with on a fairly regular basis. These people can include neighbours, schoolmates or people you meet at social events. Respect should be shown to acquaintances as well, because such relationships can develop into friendships.

## Relationship with self

People often focus on building relationships or friendships with others that they forget the essential first step: being friends of ourselves. How can we have good relationships with others if we don't even have good relationship with ourselves?

Relationship with yourself is the one you should develop first before you start developing any other relationship. The state of knowing yourself is referred to as self-awareness.

**Self-awareness is the extent of being totally in tune with who you are and what you are about as a person. Self-awareness entails understanding yourself, knowing what you like, and what you do not like. It brings forth your personal values, how you see yourself, interpersonal preferences, thinking capacity, emotional stability and even how well you look after yourself.**

## Self-awareness should lead to self-love. How to establish a relationship with yourself and self-love:

As a person you should **accept and embrace the full package of who you are**. You need to come to terms with your good (or strong) qualities along with the not so good (developmental areas) so that you are completely at peace with yourself. **Have values:** values are a set of guiding principles that you adopt to lead your life. They become the compass for your everyday behaviour and decisions that you make in your life. At the same time, **set clear boundaries** on how you expect others to experience and treat you.

- **Accept things you can't change** There are some things you cannot change, such as your background and your past. So, learn to accept them. You will feel much relieved if you treat things, you can't change the way they deserve.
- **Focus on your strengths** Instead of focusing on your weaknesses, focus on your strengths. You always have some strengths which give you a unique combination nobody else have. Recognize your strengths and build your life around them.
- **Write your success stories** At times, we are too focused on what we don't have that we forget about what we have. So, make a list of your achievements; write your success stories. They do not have to be big things; there are a lot of small but important achievements in our life.
- **Stop comparing yourself with others** You are unique. You can never be like other people, and neither can other people be like you. The way you measure your success is not determined by other people and what they achieve. Instead, it is determined by your own life purpose. You have everything you need to achieve your life purpose, so it's useless to compare yourself with others.
- **Always be true to yourself** You don't like other people lying to you, right? Similarly, you won't like yourself if you know that you lie to yourself. Whether you realize it or not, that gives your mind a reason not to like yourself leading to low self-esteem.

# THE FIVE LANGUAGES OF LOVE

At some point in relationships, you develop love for the other person and vice versa, but how do we define love? How do we say that we love someone? What do we do to show that we love someone?

According to Dr. Chapman, there are FIVE primary love languages that people speak. These 5 languages include:



**Physical touch** A person that has this love language enjoys physical touch. They will show you that they love you by holding your hand, giving you hugs, kissing, cuddling etc



**Words of affirmation** This is when one expresses how they feel about and towards the one they love. This includes words of praise compliments, and words of encouragement. People whose love language is words of affirmation enjoy things such as cute letters, texts, quotes, voice notes with sweet messages or simply verbally expressing how much they love their partner.



**Acts of service** It means that the person enjoys doing nice things for someone, vice versa.



**Gifts** This means they love receiving (or giving) meaningful things from their partners/ loved ones. They enjoy surprises. These gifts do not have to be expensive.



**Quality Time** This is when you enjoy spending time with your loved ones. You enjoy mostly when your loved one gives you attention and try to see them regularly and do activities together.



## Activity

In the bubbles below, come up with ways in which you show the 5 Love languages to yourself.



**Physical touch**  
Things that make your body feel good. e.g., skin care



**Acts of service**  
Doing things for yourself that can make your life easier for you. e.g., making a study plan



**Words of affirmation**  
Giving yourself pep talks and encouraging words. e.g., Compliment yourself



**Gifts**  
Buying yourself gifts and spending money on things you like. e.g., Buying yourself ice-cream



**Quality Time**  
Spending time alone doing things you love. e.g., reading a book

# HEALTHY RELATIONSHIP SPECTRUM

Below is a scale in which you can detect whether you are in a healthy relationship, unhealthy relationship, or an abusive relationship.

 Healthy Relationship	 Unhealthy Relationship	 Abusive Relationship
<ul style="list-style-type: none"> <li>Communication is not one sided, the person gives you time to talk, shares your views and gives you compliments.</li> <li>Respectful towards each other and respect each other's values and boundaries.</li> <li>Honest to each other.</li> <li>Free to make own choices and mutual choices.</li> <li>Spending enough time together, but also spending time away from each other.</li> <li>Admits when they are wrong.</li> </ul>	<ul style="list-style-type: none"> <li>Communication is mostly one sided, the person mostly ignores your views and wants to get their views across first.</li> <li>Generally, disrespectful and may not always honour your values or what is important to you.</li> <li>Dishonest; tells lies.</li> <li>Forced to do things that you do not want to do.</li> <li>Wants you to spend most of your time with them alone.</li> <li>Become very defensive when you are asking about something and doesn't admit they are wrong.</li> </ul>	<ul style="list-style-type: none"> <li>The other person ignores your views, tells you what to do and name calling.</li> <li>Grossly disrespectful, mistreating or goes out of the way to lambaste what is important to you and what you believe in.</li> <li>Accuses you of cheating and many other bad things.</li> <li>Controlling</li> <li>Isolates you from family and friends.</li> <li>Shifts the blame to you.</li> </ul>

# BULLYING

In unhealthy relationships, one can experience bullying. Acquaintances and friends are not the only people that can bully a person. Your partner in a romantic relationship can bully you. A family member can be responsible for bullying as well. Bullying comes in different forms. Below are the different types of bullying one can experience.

## TYPES OF BULLYING

### Verbal bullying

Verbal bullying refers to insulting another person, by making malicious or negative comments, saying hurtful things to another person, verbal humiliation in public, as well as name calling.



Examples of insults is to tell a person that they are useless or making silly comments about one's physical appearance.

### Cyberbullying

Cyberbullying is a type that happens in online platforms. People that bully online may share your picture around making fun of your physical appearance. They might make memes with your photo, allowing others to post negative comments, further insulting you by sending nasty messages to you etc. All this is done with an intention of hurting or humiliating you.



### Physical bullying

Physical bullying refers to using your hand or any other weapon to hit someone else. Another form includes hurting another person physically with the intention of making the other person feel bad.

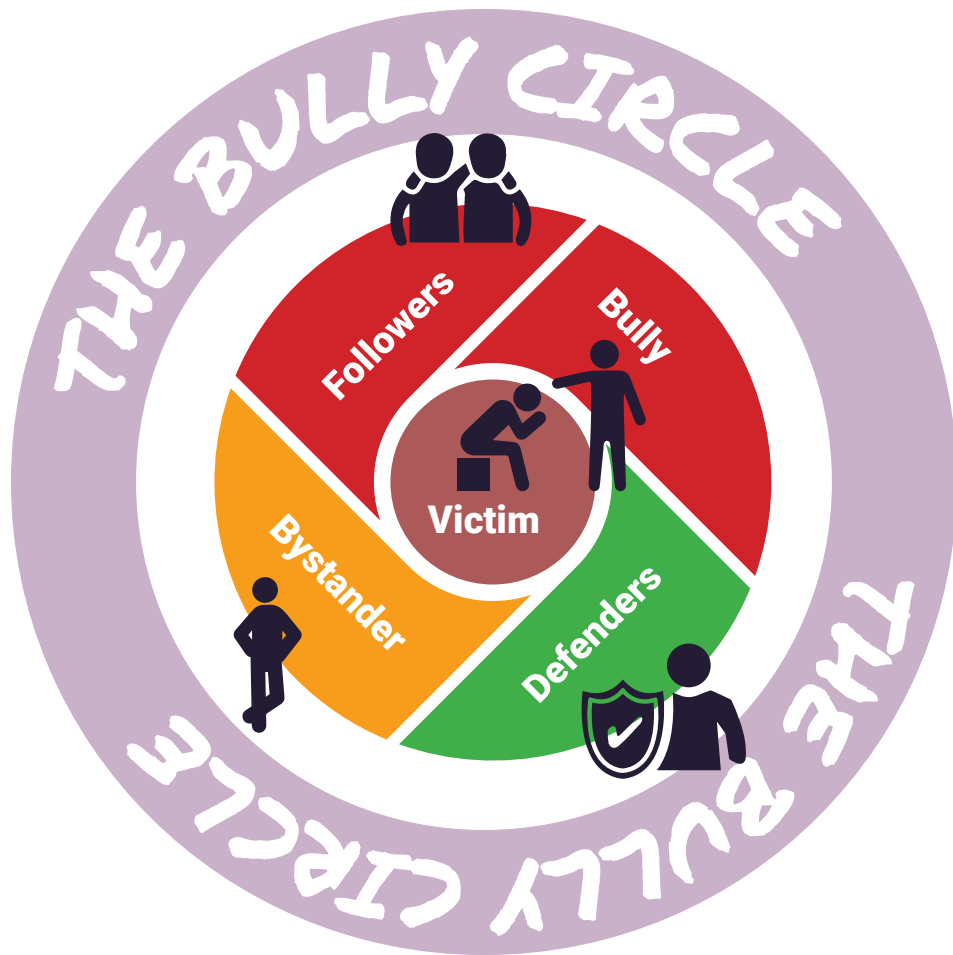


### Social bullying

Social bullying refers to a type that is intended to ruin your reputation and spoil your image. The intention is geared to make you feel bad. Social bullying refers to:



- Lying about someone
- Sharing false rumours.
- Encouraging others to make fun of someone.
- Encouraging others to exclude you in social groups or gatherings.
- Playing nasty jokes and teasing another person to humiliate them.
- Mimicking another person and making funny faces to tease them.



If you were in a possible bully circle, which person in the circle would you identify yourself as and why?

---



---



---



---



**Followers**

Followers support and applaud the bully in his/her actions. They often do that to be accepted in a certain friendship circle. Some people are coerced by others into being bullies themselves, and they conform out of fear. Followers can support the bully by laughing when someone else is being bullied. In other cases, they might repeat what is being said by the bully.



**Bully**

A bully is a person that harasses, abuses and intimidates others. Sometimes people bully because they have been bullied themselves in the past. In other cases, bullies may behave in a toxic way because they want to feel powerful and/or gain followers popularity.



**Victim**

The person experiences bullying. Victims may be as a result of jealousy from the bully. Other reasons may emanate from observable differences where the victim looks different from the homogeneous group or they are simply not like the larger group.

**Bystanders**

A bystander is someone who watches and does nothing while others get bullied. Bystanders do not necessarily get involved in or contribute to the act of bullying but the problem with bystanders is their deliberate failure to help the person who is being bullied. Their failure to act is no different than bullying act against the victim.



**Defenders/ Upstanders**

Defenders are people who see someone being bullied and they defend the victim. They may either stop the bullying act at point of impact or they might report it to other people who can assist the victim. Defenders can reach out to the victim to ensure that he or she is not alone. Bystanders support the victim in any way feasible. Furthermore, they work to discourage others not to partake in bullying.



**Common victims of bullying are:**

A person with a physical disability // Have a different skin colour/shade // Smaller than the bully // New at school/group // Very smart // Learning disability // Different sexual orientation // Different gender



# EFFECTS OF BULLYING



## THE BROKEN HEART

- Cut out the heart with a pair of Scissors.
- Now pretend the scissor is the Bully.
- Cut the heart in the middle (this is the bully calling you names)
- Cut the half of the heart in half (That is the bully pushing you to the floor)
- Cut the other half of the heart (That is the bully making fun of your appearance.)
- Now use glue or tape to put the heart back together and answer the questions below.

1. Now that you have put the heart back together, what do you notice about the heart?

---

---

---

2. Does the heart look the same as it did before and why?

---

---

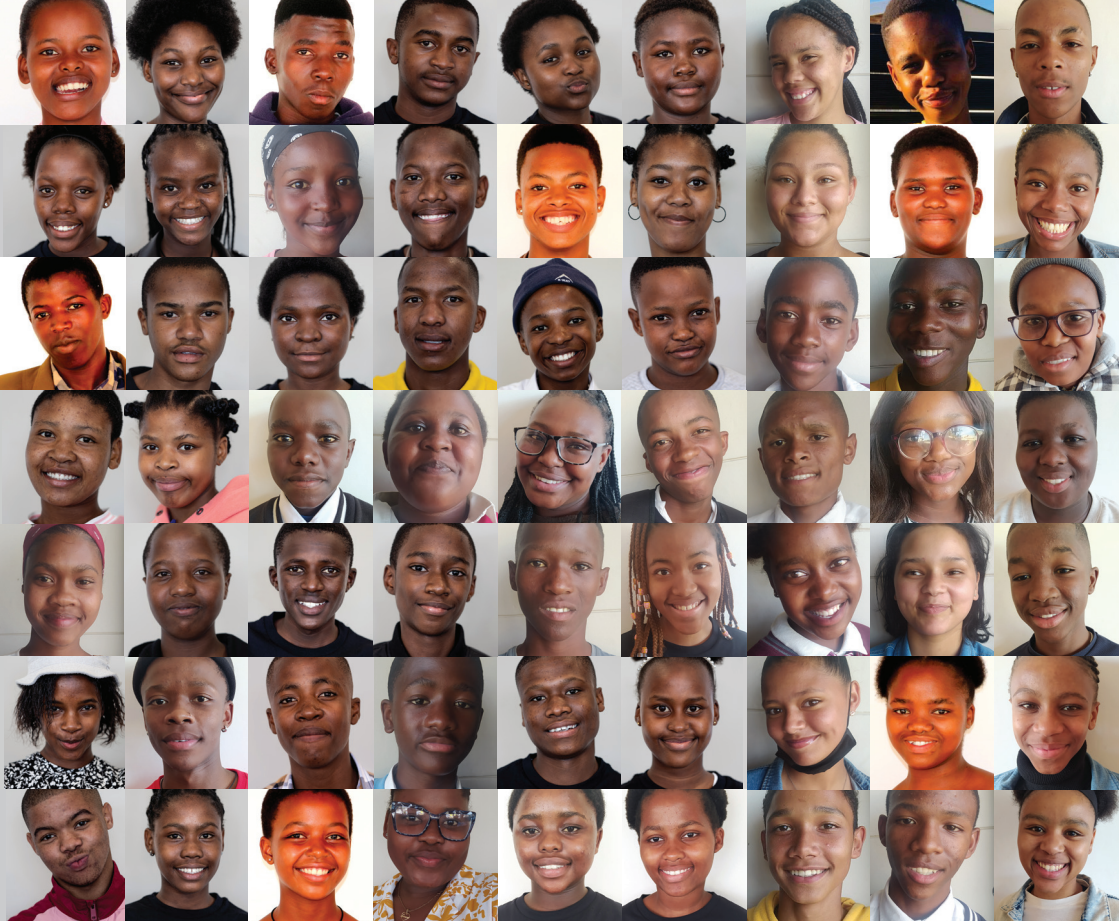
---

Every-time when someone bullies you, says something hurtful, hurts you physically, your heart hurts more and more. Saying sorry may fix the problem in the short term, but the scars remain the heart and mind. Over time effects of bullying have long-term negative effects such as:

- Depression,
- Low self esteem
- Low confidence
- Anxiety,
- Post- traumatic stress disorder
- Alcohol and substance abuse, and/or
- Creation of another chain of bullying







**MEET SOME  
OF YOUR  
CHANGEMAKERS**



**CHANGE  
MAKER**  
network