



## **Growing up in a time of AIDS: Abaqophi basOkhayeni Abaqinile Children's Radio project**

### ***Programme 2: Uphenyo ngengculaza emphakhathini / Uncovering AIDS in our neighbourhood Part 1 2006***

- Song: "Abaqophi basOkhayeni Abaqinile"
- Nobuhle: Sanibonani bangani bethu emakhaya sesibuyile nesihloko sethu esisha esithi kunjani ukuba yingane ehlala endaweni lapho kunesifo sengculaza khona. Ngokudlule kade sinohlelo oludala olumayelana nenhlonipho kodwa manje sizokhuluma mayelana nengculaza. Igama lami nginguNobuhle wakwaMthembu. Ngihamba no...  
*Hello to our friends at home. We are back with a new topic about what it is like to be a child living in a place where there is HIV /Aids. Last time our programme was about respect but now we are going to talk about HIV/Aids. My name is Nobuhle Mthembu. I am with...*
- Mbumbi: Mbumbi Zikhali kanye no...  
*Mbumbi Zikhali and...*
- Sibusiso: Sibusiso Tembe.  
*Sibusiso Tembe.*
- Nobuhle: Sisekulona iqembu lethu elithi ...  
*We are still in our group which is...*
- All: Abaqophi BasOkhayeni Abaqinile.  
*The Okhayeni Strong Recorders.*
- Nobuhle: Sisahambisana naye uSibusisiwe Nyawo...  
*We are still with Sibusisiwe Nyawo...*
- Mbumbi: noSandile Khumalo...  
*and Sandile Khumalo...*
- Sibusiso: no Sinenhlanhla Gumede...  
*and Sinenhlanhla Gumede...*
- Nobuhle: noPrettygirl Mabika...  
*and Prettygirl Mabika...*

- Mbumbi: Kanye no Lindokuhle Zikhali.  
*And Lindokuhle Zikhali.*
- Sibusiso: Nanka amagama ahlukeni ababiza ngawo iNgculaza emphakathini.  
*Here are different names HIV/Aids is called in the community.*
- Sandile: Yiningi labantu bayafihlelana. Izingane kulesisikhathi zifihlela abantu abadala ziyakhuluma. Nabantu abadala bayifihlela izingane kuthi zingezwi ukuthi baxoxa ngani. Noma ke abanye bayachwasana.  
*People hide many things from each other. Children these days hide things from adults when they talk. And adults hide things from children so they won't hear what they are talking about. Or it's just that they discriminate against one another.*
- Nobuhle: Abanye bayibiza ngokuthi iNgculaza uMashayabhuqe.  
*Some call HIV/Aids the Destroyer.*
- Lindo: UMashayazothi.  
*The One Who Beats Everything.*
- Sibusisiwe: Abanye bathi uMashiyakukhalwa bathi lapho kudlule khona iNgculaza kufike kushone abantu bese bayakhala uMashiyakukhalwa.  
*Some call [HIV/Aids] the One Who Leaves Grieving Behind. They say where HIV/Aids passes it leaves people dead and then they cry – the One Who Leaves Grieving Behind.*
- Sandile: Okunye futhi ungezwa abantu bethi uGawulayo, lbhodwe elinemilenze emithathu, Amagama Amathathu konke lokhu basuke basho iNgculaza.  
*Other names that people use are: the one who fells/chops, the Three-Legged Pot, the Three Names. All of these mean HIV.*
- Lindo: Abanye bathi Hlengiwe Ivy Vilane lokhu kusho ukuthi IHIV uH- umele ukuthi Hlengiwe ul- umele ukuthi Ivy uV- umele ukuthi Vilane.  
*Some say it's Hlengiwe Ivy Vilane which means HIV: H stands for Hlengiwe; I stands for Ivy; V stands for Vilane.*
- Sandile: Abanye bathi isifo socansi.  
*Some say it is the Sexually Transmitted Disease.*
- Lindo: Abanye bathi iNgcuk's  
*Some call it iNgcuk's [short for iNgculaza].*
- Promise: Manje sesizolalela umeluleki weNgculaza besimcelile ukusivakashela esikoleni azosithela kabanzi ukuthi kumelelwa kwenzenjani uma kutholakala ukuthi unegciwane leNgculaza nokuthi kumela kwenzenjani uzivikele ukuthi ongalitholi igciwane leNgculaza.  
*Now we are going to listen to an HIV counsellor; we asked him to visit us at school so he could tell us in detail about what to do if you are HIV positive and also what you should do to protect yourself from getting HIV.*
- Thokozani: Mina nginguThokozani wakwaMyeni ngisebenza eMosvold. Ngingumeluleki weNgculaza iAids Counsellor.

*I am Thokozani Myeni. I work at Mosvold Hospital. I am an Aids counsellor.*

- Nobuhle: Nenzenjani uma kufika umuntu ezo-chekha?  
*What do you do if someone comes for an [HIV] test?*
- Thokozani: Kusho ukuthi umuntu uma ezo-chekha siye sithathe sihlale naye phansi simchazela ngesifo seNgculaza igciwane bese mhlampe simbuza ukuthi uzokwazi yini ukumelana nemiphumela ethi igciwane likhona noma futhi simbuze ukuthi uzokwazi yini ukumelana nemiphumela uma kuthi uthola ukuthi igciwane akanalo.  
*When a person comes for [an Aids test] we sit down with him or her and explain about Aids, then we ask him/her whether s/he thinks s/he will cope with the results that may say s/he is positive or with the results that may say s/he is negative.*
- Nobuhle: Nisebenzisani uma ni-chekha umuntu oneNgculaza?  
*What do you use to check HIV?*
- Thokozani: Uma sichekha umuntu sisebenzisa iQuick Test okuthiwa yi Determine ne Smart Check. I Determine –ke siyisebenzisa kuwo wonke umuntu. I Smart Check sisisebenzise kumuntu esisuke sesithole ukuthi igciwane livelile ukuthi unalo bese sesi-confirma-ke ngayo iSmart check siye. Sisebenzise inalithi ukuchofa igazi elincane silifake estripini sifake lowomuthi okhombisayo ukuthi igciwane likhona noma alikho emva kwaloko leso-strip sisigcine emgqonyeni okugcinwa khona igazi.  
*When we test for HIV we use the Quick Tests called 'Determine' and 'Smart Check'. We use Determine Check for everyone. We use Smart Check for a person who we have diagnosed as positive to confirm the results. We use the needle to get a small amount of blood and put it on a strip and add some medicine that will show whether the virus is there or not. After that we keep that strip in a bin where blood is kept.*
- Nobuhle: Nimbamba ngenkani yini umuntu ukuthi e-chekhe iNgculazi?  
*Do you force a person to test for HIV?*
- Thokozani: Umuntu asimbambi ngenkani ukuthi a-checke iNgculazi kubakumuntu ukubona isidingo ukuthi kufanele ukuthi ahambe aye koyohlola igciwane futhi akekho umuntu onelungelo lokuphoqa umuntu ngenkani ukuthi ayihlale iGciwane.  
*We do not force a person to check HIV, it is up to each person to decide whether they want to go and and test for the virus. No one has the right to force a person to go and test.*
- Nobuhle: Abantu bayawathenga yini amaphilisi eNgculazi?  
*Do people buy the treatment for HIV?*
- Thokozani: Amaphilisi eGciwane lesifo seNgculaza atholakala mahhala kuzo zonke izibhedlela lezi zikaHulumeni.  
*The pills for HIV are received free of charge in all government hospitals.*
- Nobuhle: Ngabe amaphilisi ayayiqeda yini iGciwane?  
*Do the pills cure the virus?*
- Thokozani: Cha amaphilisi awaliqedi iGciwane kuphela akhulisa amasotsha omzimba omuntu aphinde futhi enze umuntu ukuthi iGciwane lingamgulisi ehlise izinga

legciwane emzimbeni kumuntu umuntu aphile kube sengathi iGciwane akanalo kodwa lona lisuke likhona kuye emzimbeni.

*No, the pills do not cure the virus, they only boost the immune system and they prevent the person from getting sick and decrease the viral load in the body so that the person lives as normal life as possible with virus in his /her body.*

Nobuhle: Uma ngiyingane kufanele yini ukuthi ngihambe ngedwa ngiyohlola iGciwane?  
*If I am a child am I allowed to go alone and check for the virus?*

Thokozani: Uma uyingane sineminyaka lapha esisebenza ngaphansi kwayo. Uma uneminyaka engaphansi kwewu-13 asikuvumeli ukuthi ufike wedwa uzohlola iGciwane siye sidinge umuntu ongumzali wakho umuntu okubhekile ekhaya, kodwa uma usuneminyaka engaphezulu kwewu-13 unalo ilungelo lokuthi uze uzohlolwa noma uhamba wedwa.

*If you are a child there is an age limit we work according to. If you are less than 13 years we do not allow you to come alone to check for the virus; we need your parent or guardian. If, however, you are more than 13 years of age you have the right to come alone and test for the virus.*

Nobuhle: Ingane encane ihlolwa kanjani?  
*How is a baby tested?*

Thokozani: Uhlelo lokuhlolwa kwezingane lukhona lolu esilubiza ngokuthi yiPCR kusho ukuthi izingane ziyathathwa igazi; igazi elihambayo liye le eAlbert Luthuli Hospital kusho ukuthi igazi lapho liye lithathe amaviki ayisithupha bese libuya-ke kubonakale ukuthi ingane ilitholile iGciwane noma ayilitholanga.

*The method for testing babies is called PCR. This is where the blood is taken from the baby and sent to Albert Luthuli Hospital. It means the blood takes about six weeks to come back with the results of whether or not the baby has the virus.*

Nobuhle: Ingabe yini eyenza ukuthi izingane ezincane zinganceli komama bazo abanegciwane?  
*Who do HIV positive mothers not breastfeed their babies?*

Thokozani: Izingane ezizalwa omama abanegciwane kuye kube kuye umama ukuzidisayidela ngoba thina esiye sikutshela sikufundise omama kuba ukuthi uma ngabe ingane eseyibelethile kufanele ukuthi akhethi phakathi kwezinto ezimbili kube ukuthi ingane uma kuwukuthi uyincelisa ibele ayincelise ibele kuphela ingane ibe neyinyanga eziyisithupha uma kuwukuthi ingane uyincelisa ubisi lwethini akhethi nje ukuthi uzoyincelisa ubisi lwethini kuphela ingane impilo yayo yonke loku kuyawanciphisa amathuba ekuthenini ingane ilithole igciwane lesifo seNgculazi.

*It is up to the HIV positive mother to decide. We teach the mothers after giving birth to choose between two things: if she breastfeeds the baby she must do so until [the baby] is six months old, if she feeds the baby with powdered milk she must do so for the rest of his /her life as this decreases the chance of a baby getting the virus.*

Nobuhle: Amaphilisi ezingane ayefana yini nawabadala?  
*Are the pills for the babies the same as those of adults?*

- Thokozani: Ayefana kodwa ezinganeni ayimithi ewuketshezi bese futhi nesikalo mhlampe umntwana azowaphuza ngaso asilingani naleso esiphuzwa umuntu omdala.  
*They are the same but for children they are in a liquid form and the dosage the child will take is not the same as that of adults.*
- Nobuhle: Ziwaphuza kanjani amaphilisi izingane ezincane?  
*How do children take their pills?*
- Thokozani: Izingane amaphilisi ziwaphuziswa ngomama bazo noma yilabo abazibhekile ngesikalo esikalwe udokotela.  
*The children are given pills by their mothers or guardians using the dose as directed by the doctor.*
- Nobuhle: Bengicela udlulise umyalezo.  
*Please leave us with a message.*
- Thokozani: Abantu abasha labo abangakafiki ezingeni lokuthi babe nalabobantu mhlampe abathandana nabo abenza nabo ucansi bangalwenzi ucansi bese kuthi labo abalwenzayo ucansi baqikekele ukuthi umuntu akayi ocansini nomuntu angamazi ukuthi igciwane unalo yini noma akanalo, kuthi kulabo abasayayo nje ocansini baqikekele ukuthi basebenzise amakhondomu akhona amakhondomu ayatholakala kuzo zonke izindawo zikaHulumeni ezibhedlela emaklinikhi ayatholakala , kodwa nje kithi esisebancane esisafunda isikola uma sifuna ukukhula sikwazi ukwakha izwe lakithi asingayi ocansini asinake imfundo.  
*Young people who have not yet reached the stage of having lovers or sexual partners should not become sexually active, and those who are sexually active should not have sex with someone whose HIV status is not known. Those who are sexually active must use condoms. Condoms are available; they can be obtained from all government sectors: in hospitals and in clinics. But to those of us who are still at school, if we want to build our country we must not engage ourselves in sexual activities but concentrate on our education.*
- Mbumbi: Saqopha nomntwana owayehlala nomuntu owayenegciwane leNgculazi  
*We recorded a child who lived with an HIV positive person.*
- Lindo: Waphatheka kanjani ngalesisikhathi umama wakho ekutshela ukuthi une HIV?  
*How did you feel when your mother told you she was HIV positive ?*
- Child: Ngaphatheka kabi ngoba vele abantu abaningi ngangizwa bekhuluma ngayo iHIV ukuthi vele iHIV iyabulala.  
*I was sad because many people used to talk about HIV saying that HIV kills.*
- Lindo: Kunjani ukuhlala nomuntu oneHIV?  
*What is it like to live with an HIV positive person?*
- Child: Kunzima ngoba umuntu one HIV akufanele ukuthi umshiye yedwa ngoba isikhathi esiningi vele akakwazi ukuzihambela uma esegula kakhulu bangcono nalabo abasuke bedla amaphilisi bayakwazi ukusizakala bavuke behambe kodwa osegula kakhulu awukwazi ukuthi umshiye yedwa wena ohlala naye kunzima ukuthi uhambe izindawo zakho , ukwenza izinto zakho

ozithandayo kufanele unakekele yena kuqala ngaphambi kokuthi wenze izinto zakho ozithandayo kwesinye isikhathi kukhona into ayifunayo uma usumnikeza futhi abesethi ufuna okunye manje isikhathi siyaphela yikho kunzima ukuhlala naye ngoba izinto zakho othanda ukuzenza ngeke uzukwazi ukuzenza kahle.

*It is very hard because an HIV positive person must not be left alone because most of the time s/he cannot walk if s/he is very ill. It is better for those who are on treatment as they are helped by [the treatment] and are able to walk. You cannot leave a very sick person alone. Its not easy for the carer of a sick person to go wherever you like and do your own thing: you must take care of [the sick person] first before you do the things you like doing. Sometimes s/he wants something and when you give it to him/her s/he will want something else and you find that time runs out; that is why it is so difficult to live with [a sick person] because you are not able to do the things that you feel like and you cannot do them properly.*

Lindo: Wawuzizwa uphatheka kanjani ngenkathi egula?  
*How did you feel when she was sick?*

Child: Ingangiphatheka kabi ngoba nasesikoleni ngangingasafundi kahle ngenxa yokuthi uma wami uyagula sengijahe ukuthi sophuma nini isikole ngiye kumama.  
*I was so sad because at school I could not concentrate because my mother was sick; I wanted school to finish so that I could rush to be with her.*

Lindo: Wayebukeka kanjani umama wakho ngenkathi egula?  
*How did your mother look when she was sick?*

Child: Wayebukeka esemncane ngomzimba enamehlo ashone phakathi ngaphatheka kabi ngoba vele ngangazi ukuthi uma wami uzoshona.  
*She looked very thin and her eyes were sunken inside her head and I was upset because I knew she was going to die.*

Lindo: Wawumsiza kanjani umama wakho?  
*How did you help your mother?*

Child: Ngangimsiza ngokuthi ngimphekele ukudla angithume izinto afuna ukuthi ngimenzele zona.  
*I helped her by cooking food for her and she usually sent me on errands.*

Lindo: Hlobo luni lokudla owawumnikeza kona?  
*What kind of food did you give her?*

Child: Uma kuwukuthi kunenyama ngangimnikeza inyama ebhoyiliwe noma imifino ebhoyiliwe engathoswangwa.  
*If there was some meat, I would give her boiled meat, or boiled vegetables.*

Lindo: Uzizwa uphatheka kanjani ukuhlala ngaphandle kukamama wakho?  
*How does it feel living without your mother?*

Child: Ngaphatheka kabi khona ngoba ngaba yintandane nobaba kade ashona kwase kufanele ukuthi nginakekele usisi wami omncane, umamkhulu wami akaphili vele umndeni uyaphela sebebangingi abashonile. Ngangiphatheka kabi ngoba izinto eziningi umama wayezenza abanye abakwazanga ukuthi

bangenzele zona kodwa manje sengisitholile I-stepmother sengikwazi ukuthi ngimfanise noma wami ngoba uyangenzela zonke izinto engizifunayo.

*[When she died] I was so sad because I became an orphan - my father had already died a while before that. And then I had to take care of my younger sister. My aunt was also not well and many of my family members had already died. I was so sad because my mum used to do so much for me and others were not able to do these things for me. Now, though, I have a stepmother, and I see her as my mother because she sees to all my needs.*

Nobuhle: UPrettygirl wahamba wayoqopha u-anti Khululiwe osebenza kanye nezingane.

*Prettygirl went to interview Aunty Khululiwe who works with children.*

Prettygirl: Yimuphi umsebenzi wakho?

*What work do you do?*

Khululiwe: Umsebenzi wami owokuthi ngisize abantwana abazintandane nabantwana abangenabazali abahlala emgwaqeni futhi ngibasiza ngokuthi bazi ngemvelaphi yabo. Senza ibhuku lesikhumbuzo noma ibhuku lomlando wabo abantwana ukuze bazi ngemvelaphi yabo bazi ukuthi yini imbangela eyenza ukuthi abazali babo abagcine bengasekho emhlabeni babone ukuthi basizakele ngokuthi ngizobenzela incwadi yomndeneni noma leyobooklet yakulowomuzi ngoba nakhu sebeyazi ukuthi yini eyenza ukuthi abazali babo bashone.

*My work is to help children who are orphans and homeless children who live on the streets to understand where they come from. We make a memory book or family history book of the children so that they know where they come from and what caused the death of their parents. They find it very helpful to make a family booklet because they come to understand how their parents died.*

Prettygirl: Yiziphi izinkinga ohlangabezana nazo kubantwana esikhathini samanje?

*What are the problems facing children today that you come across?*

Khululiwe: Izinkinga engihlangabezana nazo ezokuthi kwesinye isikhathi uma sisuke sivakashele leyomizi sixoxa ngokushonelwa kwabo nangemizwa yabo ukuthi bazizwa benjani njoba bashiywa ngabazali bazo. Mhlampe umntwana uyakhala engabe esakwazi ukuthi eqhubeke nokukhuluma kodwa emveni kwesikhathi uma usumncengile umtshela ukuthi vele kufanele ukuthi akhale ngoba vele yinto ebuhlungu leyo uyamthola ukuthi uphinde aqhubeke nendaba yakhe.

*Sometimes - when visiting a home where a parent or parents have died and talk about death and how the children feel about losing their parents - there are times when the child cries so much that s/he is not be able to continue talking. But after some time of persuading or telling him or her that it is good to cry because this is a painful thing, you find that s/he is able to continue with his or her story.*

Prettygirl: Yiziphi izinkinga ohlangabezana nazo wena esikhathini samanje seNgculaza?

*What are the problems that you you come across in this time of HIV/Aids?*

Khululiwe: Izinkinga engihlangabezana nazo uthola ukuthi nazo izingane uqobo lwazo zinalo igciwane ngenxa yokuthi uthola ukuthi mhlampe umzali ushone

enegciwane uthole ukuthi nayo ingane inegciwane, emizweni yayo iphathwa kabi ukushonelwa umzali iphinde iphathwe kabi ukuthi manje nayo isinomthelela wokuthi inegciwane.

*Sometimes in a household where the parent has died of HIV you find that the children themselves are infected with HIV. So not only is the child dealing with grief through loss of the parent, but also trying to come to terms with being infected with the virus too.*

Prettygirl: Umsebenzi wakho ubasiza kanjani abantwana kulesisikhathi seNgculaza?  
*How does your work help the children in these times of Aids?*

Khululiwe: Umsebenzi wami ubasiza ngokuthi bakwazi ukukhuluma ngemizwa yabo ngokushonelwa abazali bakwazi nokuthi bakhulume ngemizwa yabo abanayo nge Ngculaza.basho ukuthi iNgculaza bayibona iyinto enjani iyisilwane esinjani. Ngakubantwana nje umlayezo engingawusho owokuthi mabaziphathe kahle esikhathini samanje mabakhule bazi ngoNkulunkulu ukuthi ukhona bakholwe babe ngabantwana abazana noNkulunkulu ngoba uma bazana noNkulunkulu kuzo zonke izinkinga esikhathini samanje esegciwane leNgculaza bazokwazi ukusizakala.Umlayezo engiwudlulisela kubantu abadala ukuthi uma umuntu omdala esenalo igciwane makaxoxisane nabantwana ngegciwane abachazele ukuthi igciwane liyini, kumele ukuthi umndeni uxoxisane ekhaya nabantwana ukuze abantwana bazi ngegciwane nabantwana ngicela ukuthi balalele kubazali uma bebefundisa ngegciwane.

*My work helps [children] by helping them be able to talk how they feel about losing their parents and also to talk about how they feel about and how they see HIV/Aids and what it is. My message is that they behave themselves well in this day and age, and may they grow up knowing that God is there. May they be children who know God because if they know God in this time of HIV/Aids they will be helped. My message to adults is that if an adult has the virus s/he must talk to their children about the virus and explain what it is; the family should talk about it at home with the children so that they know about the virus. Children should listen to the parent when they teach them about HIV.*

Song: Noma ungenzani ucabanga ukuthi igciwane leNgculaza  
Lizophela ...ngeke liphele...[*You can do anything thinking that the virus will go away ... it will never go away*]

Nobuhle: Sihlangane ngeviki elizayo sesilethe olunye uhlelo.  
*Let us meet next week when we will bring you another programme.*

All: Nisale kahle bangani bethu emakhaya sinithanda nonke!  
*Goodbye friends, we love you all!*

Mbumbi: Sesinishiya nemiyalezo.  
*We leave you with messages.*

Sfundo: Mina bengicela ukuthi abantu abadala nje kufanele ahambe ayo-chekha khona nezingane zizokusiza ezintweni ezisindayo, uyitshela izingane ungayisabi ukuthi umntanami ngizothi ngiyamtshela bese ethathela cishe bese efuna ukuhamba kufanele akuthathe ngoba ungumzali wakhe. Nezingane ngiyakhuthaza ukuthi kufanele zihambe ziyo-chekha ukuze ukwazi ukuthi uphila kanjani ungasabi.  
*I am begging adults to go and test [for HIV] so that your children can help you with heavy things. Tell the children - do not be afraid and think that your child*



*will go away if you tell him or her. Children should accept you as you are - as their parent - and take of you. And children I also encourage you to go and check so that you know your status and are not afraid.*

Music: ABAQOPHI SONG



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