

A colour-coded guide to services



she conquers
Empower Protect Advance

roadmap to services

**The choices you make in life today...
determine your tomorrow**

www.sheconquerssa.co.za



FIND US ON:



She Conquers SA

INTRODUCTION

She Conquers is here to provide you with all the information you need to help you make the best decisions for the life you want and dream about.

The choices you make in life today... will determine your tomorrow!

Staying healthy and remaining in school will give you a better chance in life.

HOW TO USE THIS BOOK

Use this little book to navigate your own way through the roadmaps that guide you to the services you may need.

Once you've selected the services that you feel work best for you, make your mark on the grid on page 17-18.



COLOUR-CODED INDEX

PAGE NUMBER
& COLOUR

Your guide

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Sex happens!

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She Conquers guide to roadmaps

MAKE SURE YOU'RE CONNECTED
TO THE SERVICES YOU NEED,
REGISTER ON:

B-WISE!
HEALTH AT YOUR FINGERTIPS

www.bwisehealth.com

In this book, you will find roadmaps for a number of situations that you may find yourself in. Use these roadmaps and follow the paths best suited to your needs.



Sex happens... What about it?!



Knowing your HIV STATUS... is in your hands

**START
HERE**



SELECT YOUR SERVICE

**MAKE YOUR MARK
ON PAGE 17-18**

**DID YOU TEST
IN THE LAST 12
MONTHS?**

are you

hiv-
positive?
hiv-
negative

Whether you're
negative or
positive, we're
here to assist
you!

Let's connect you to
the services you need!

www.bwisehealth.com

**DO YOU
WANT
TO KNOW?**

You need HIV
testing services.
Also, connect to:
BWISE HEALTH
to find a testing
service near you

We respect your
choice! If you do
feel ready to test,
connect to: **BWISE
HEALTH**

YOU NEED:

HIV TREATMENT

**TREATMENT
ADHERENCE SUPPORT**

If you're
POSITIVE,
empower yourself
to stay healthy.



If you're
NEGATIVE,
stay negative.

YOU NEED:

**HIV PREVENTION
OPTIONS**

keep going

STI SYMPTOMS

SELECT YOUR SERVICE

MAKE YOUR MARK
ON PAGE 17-18

**START
HERE**

DO YOU OR
YOUR PARTNER
HAVE ANY OF
THESE
SYMPTOMS?



RASH ON YOUR
GENITALS?

BURNING WHEN
YOU PEE?

SORES ON YOUR
GENITALS?

SMELLY
DISCHARGE?

BLISTERS ON YOUR
GENITALS?

WARTS ON YOUR
GENITALS?

NO

YES

ALWAYS
KEEP SAFE
BY USING A
CONDOM

EXCELLENT!
(super good
news!)

YOU AND YOUR
SEXUAL PARTNERS
NEED THE HELP
OF A DOCTOR OR
NURSE!

WE NEED TO
HOOK YOU UP
TO SERVICES!



AND... keep going

YOU NEED:

CONDOMS

SCREENING
FOR STIS

STI TREATMENT

HIV TESTING



CONNECT TO
www.bwisehealth.com
TO FIND A SERVICE NEAR YOU

Pregnancy

What's the buzz?

START HERE



DO YOU THINK
YOU/YOUR
PARTNER MIGHT
BE PREGNANT?

SELECT YOUR SERVICE

MAKE YOUR MARK
ON PAGE 17-18



HAVE YOU
DONE A
PREGNANCY
TEST?



WE NEED
TO HOOK YOU UP
TO SERVICES!

YOU NEED:

PREGNANCY TESTING

CONNECT TO
www.bwisehealth.com
TO FIND A SERVICE NEAR YOU

YOU NEED:

PREGNANCY TESTING

PREGNANCY CARE

PREGNANCY CHOICE OPTIONS

HIV TESTING

TEEN PARENTING



ADOPTION

CONDOMS

STI SCREENING

CONNECT TO
www.bwisehealth.com
TO FIND A SERVICE NEAR YOU

POSITIVE

WE NEED
TO HOOK YOU UP
TO SERVICES!



NEGATIVE

WE NEED
TO HOOK YOU UP
TO SERVICES!



YOU NEED:

CONTRACEPTION

CONDOMS

HIV TESTING

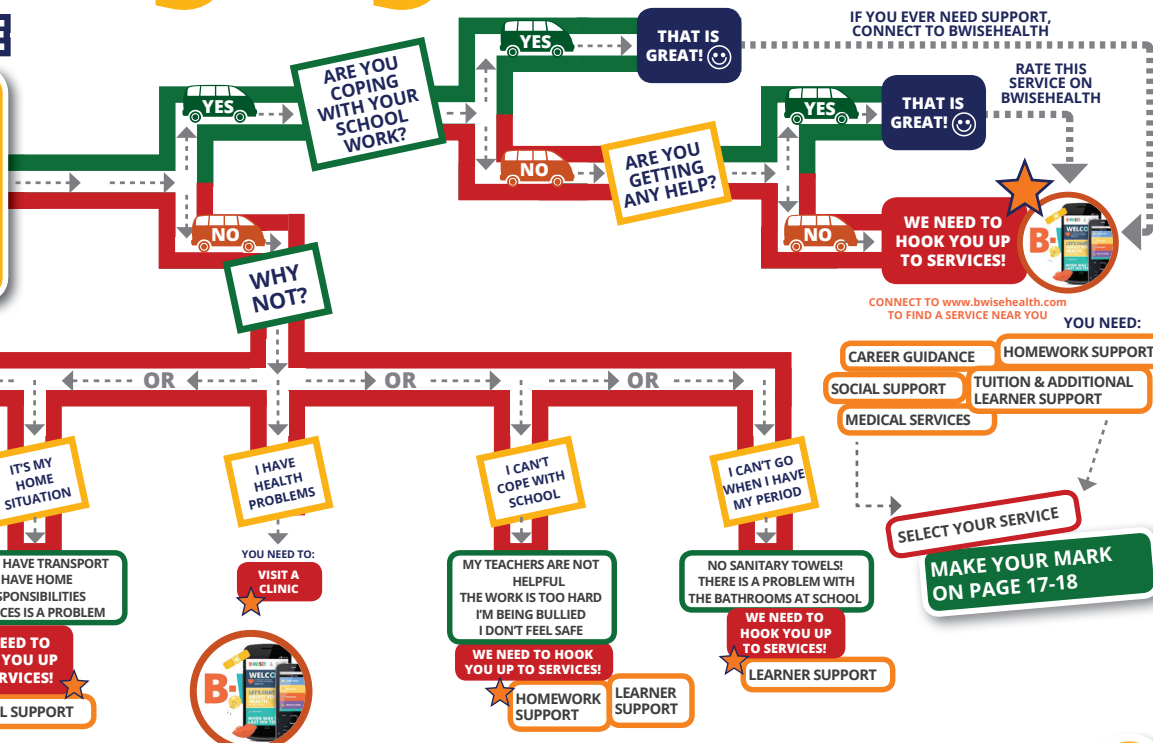
STI SCREENING

CONNECT TO
www.bwisehealth.com
TO FIND A SERVICE NEAR YOU

Education

Is the key to your future

START HERE



CONNECT TO
www.bwisehealth.com
TO FIND A SERVICE NEAR YOU

BUILD YOUR FUTURE

Roadmap 6: Build your future

START HERE



CONNECT TO
www.bwisehealth.com
TO FIND A SERVICE
NEAR YOU

YOU NEED:

WORK
READINESS

ENTREPRENEURSHIP
TRAINING & SUPPORT

LEARNERSHIPS

INTERNSHIPS

CAREER GUIDANCE

SKILLS
DEVELOPMENT

JOB SEEKING
SUPPORT

YOU NEED TO:

CONNECT WITH
EMPLOYMENT &
ENTREPRENEURSHIP
SERVICES

SELECT YOUR SERVICE

MAKE YOUR MARK
ON PAGE 17-18

DO YOU FEEL SAFE?

START HERE



ARE YOU AFRAID THAT SOMEONE MIGHT HARM YOU?

HAS ANYONE HARMED YOU IN ANY WAY?

HAS ANYONE THREATENED TO HARM YOU?

WE NEED TO HOOK YOU UP TO SERVICES!

YOU NEED:

SEXUAL & GENDER-BASED VIOLENCE SUPPORT

PEP

SAFETY & SECURITY SERVICES (SAPS, SAFE HOUSES)

GENDER SENSITISATION

LEGAL SERVICES

MEDICAL SERVICES

PSYCHOSOCIAL SUPPORT

TRAUMA COUNSELLING

SELECT YOUR SERVICE

MAKE YOUR MARK ON PAGE 17-18



CONNECT TO
www.bwisehealth.com
TO FIND A SERVICE NEAR YOU

CHOOSE YOUR SERVICES

Mark the services you need and then connect to **BWiseHealth.com** to find the closest service in your area OR connect to one of the organisations listed on pages 19-20 of this book.

SEX HAPPENS

- ☐ Condoms
- ☐ Screening for STIs
- ☐ STI Treatment
- ☐ HIV Testing
- ☐ Pregnancy Testing
- ☐ Contraception Options
- ☐ Emergency Contraception

HIV STATUS

- ☐ HIV Testing
- ☐ HIV Treatment
- ☐ Treatment Adherence Support
- ☐ HIV Prevention Options
- ☐ PrEP
- ☐ PEP

STI SYMPTOMS

- ☐ Screening for STIs
- ☐ STI Treatment
- ☐ HIV Testing

PREGNANCY

- ☐ Pregnancy Testing
- ☐ Pregnancy Care
- ☐ Pregnancy Choice Options
- ☐ Condoms
- ☐ HIV Testing
- ☐ STI Screening
- ☐ Teen Parenting
- ☐ Adoption

EDUCATION: THE KEY TO YOUR FUTURE

- ☐ Homework Support
- ☐ Tuition and Additional Learner Support
- ☐ Career Guidance
- ☐ Social Support
- ☐ Medical Services

BUILD YOUR FUTURE: CAREERS/JOB

- ☐ Work Readiness
- ☐ Entrepreneurship Training and Support
- ☐ Learnerships
- ☐ Internships
- ☐ Skills Development
- ☐ Career Guidance
- ☐ Job Seeking Support

VIOLENCE AND PERSONAL SAFETY

- ☐ Safety and Security Services (SAPS, Safe Houses)
- ☐ Gender Sensitisation
- ☐ Legal Services
- ☐ Medical Services
- ☐ PEP
- ☐ Psychosocial Support
- ☐ Trauma Counselling

CONTACT NATIONAL SUPPORT SERVICES

EMERGENCY HELPLINES

SADAG 24-hr HELPLINE
for support with depression

0800 12 13 14

SANCA
for alcohol and drugs

0861 472 622

CHILDLINE
help for children

0800 055 555

LIFELINE
for counselling

0861 32 2322

RAPE CRISIS
through LifeLine

082 340 2061

LIFELINE
for GBV support

0800 150 150

LOVE LIFE
support for youth

0800 121 900

ALCOHOLICS ANONYMOUS (AA)
Help for problems with alcohol abuse

0861 435 722

NARCOTICS ANONYMOUS
through LifeLine

083 900 6962

You can find many different services on the www.bwisehealth.com service finder **OR** ask the organisation that gave you this book **(they are She Conquers partners)** to give you a list of the local services in your area.

**GENDER-BASED VIOLENCE
CALL CENTRE:**

0800 428 428
(or *120*7867#)

SUICIDE EMERGENCY
for support with depression

0800 567 567

AIDS Helpline
for HIV support

0800 012 322

Police
report a crime

0860 010 111

**SA Social Security Agency
(SASSA) Helpline:**

0800 601 011

**National ambulance
emergency:**

10177 (or 112
on a cellphone)

FIND US ON:

**www.sheconquerssa.co.za
AND
www.bwisehealth.com**

**Rate the services you
received on B Wise Health.
Your feedback helps us
improve!**



Implementing Partner Details:



She Conquers SA

