



she conquers  
Empower Protect Advance

# roadmap to services

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

[www.sheconquerssa.co.za](http://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.



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# She Conquers guide to roadmaps

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.

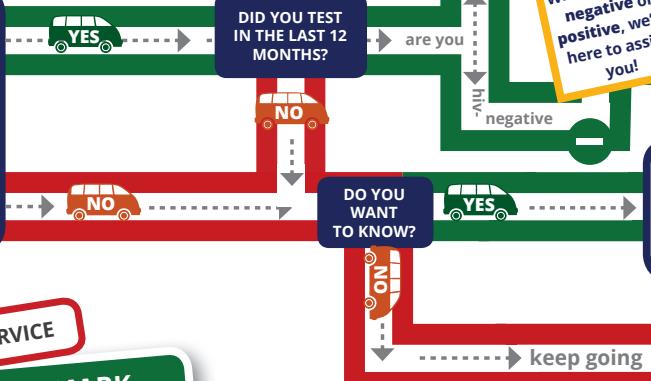
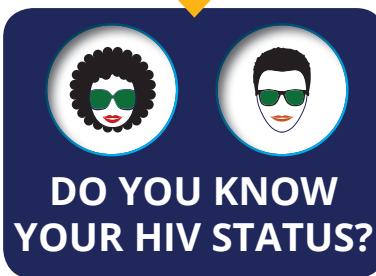


# Sex happens... What about it?!



# Knowing your HIV STATUS... is in your hands

**START  
HERE**



**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**

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

# STI SYMPTOMS

**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?

SELECT YOUR SERVICE

MAKE YOUR MARK  
ON PAGE 17-18

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](http://www.bwisehealth.com)  
TO FIND A SERVICE NEAR YOU

# Pregnancy

## What's the buzz?

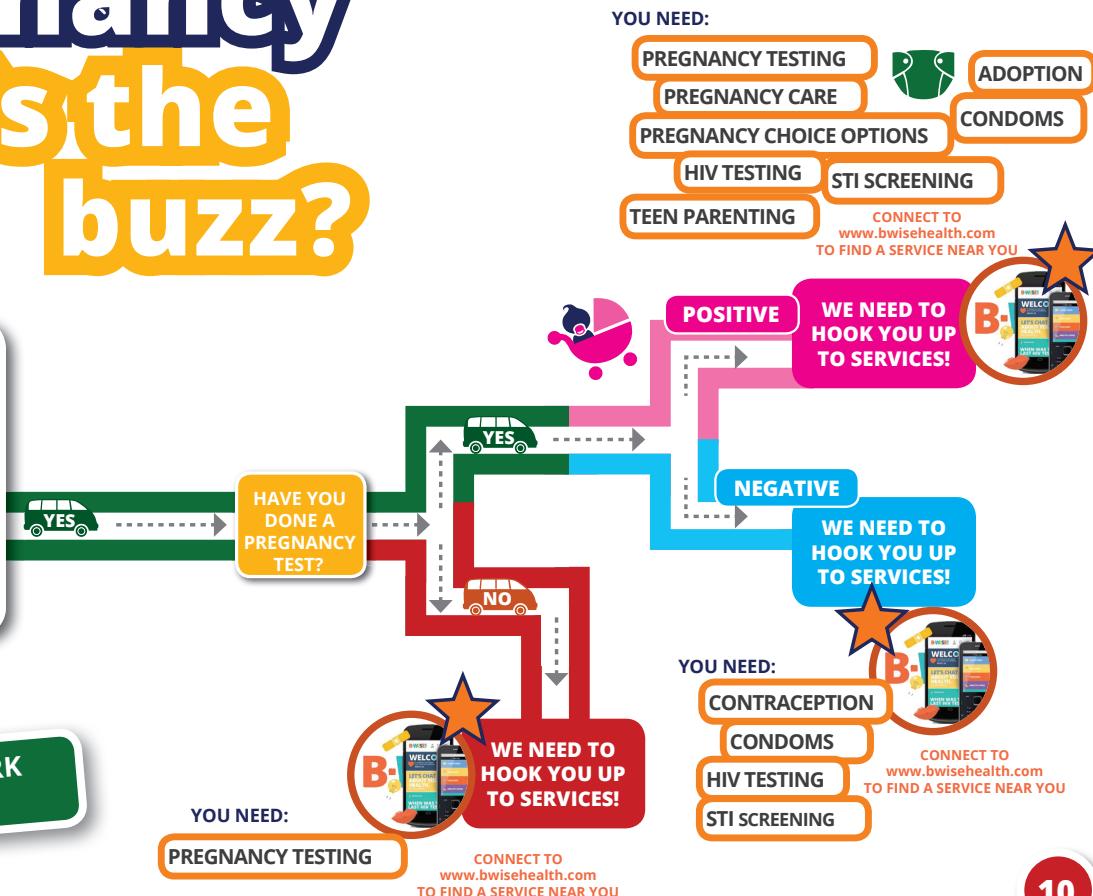
**START HERE**



DO YOU THINK  
YOU/YOUR  
PARTNER MIGHT  
BE PREGNANT?

SELECT YOUR SERVICE

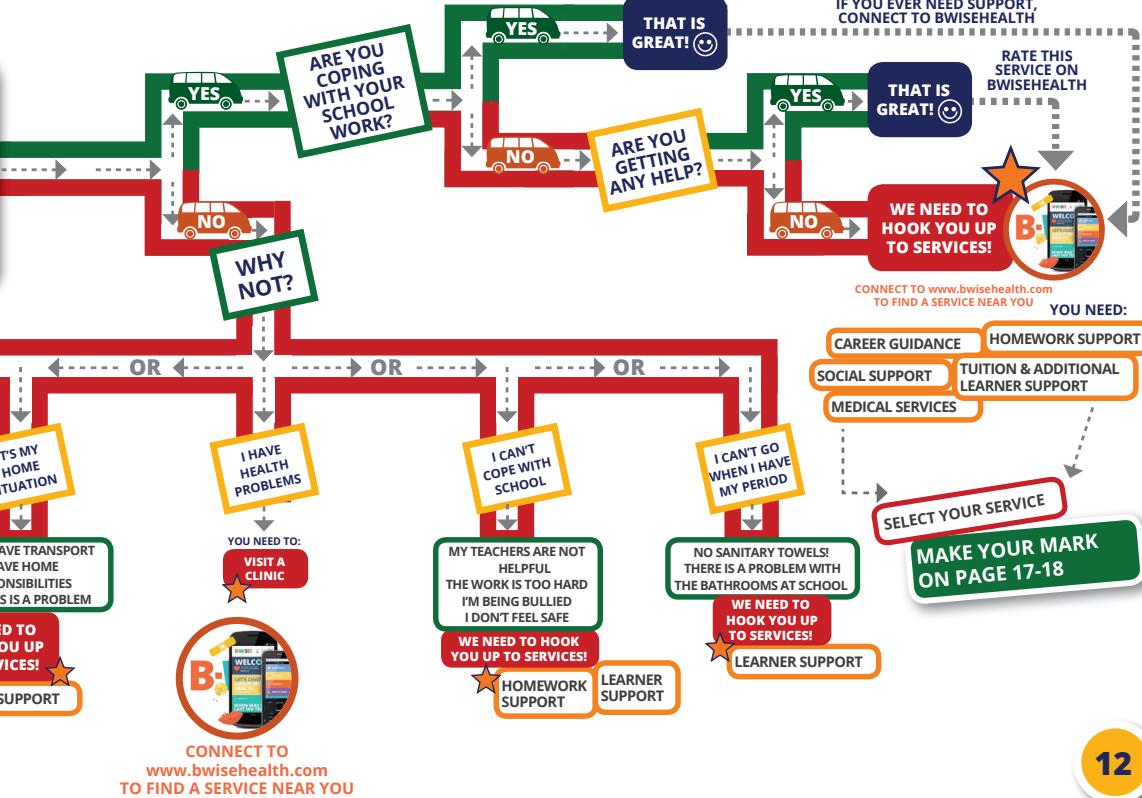
MAKE YOUR MARK  
ON PAGE 17-18



# Education

# Is the key to your future

**START HERE**



# BUILD YOUR FUTURE

**START HERE**

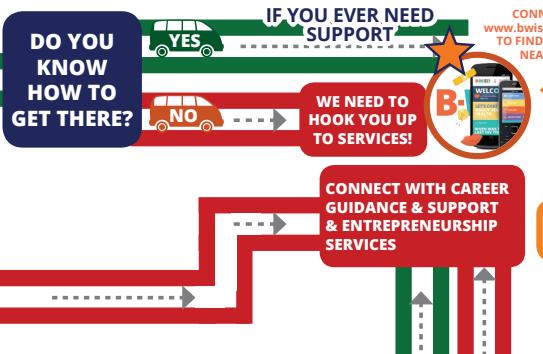


DO YOU KNOW WHAT YOU WANT YOUR CAREER TO BE?

HAVE YOU COMPLETED MATRIC?

SELECT YOUR SERVICE

MAKE YOUR MARK  
ON PAGE 17-18



DO YOU WANT TO COMPLETE YOUR SCHOOLING?

YES

NO

ARE YOU STUDYING?

YES

NO

DO YOU WANT TO STUDY?

NO



YOU NEED TO:

CONNECT WITH EMPLOYMENT & ENTREPRENEURSHIP SERVICES

CONNECT TO [www.bwisehealth.com](http://www.bwisehealth.com) TO FIND A SERVICE NEAR YOU

# DO YOU FEEL SAFE?

**START HERE**



LET'S TALK ABOUT  
PERSONAL SAFETY

SELECT YOUR SERVICE

MAKE YOUR MARK  
ON PAGE 17-18

ARE YOU AFRAID  
THAT SOMEONE  
MIGHT HARM YOU?

HAS ANYONE  
HARMED YOU IN  
ANY WAY?

HAS ANYONE  
THREATENED TO  
HARM YOU?

OR

OR

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



CONNECT TO  
[www.bwisehealth.com](http://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

## BUILD YOUR FUTURE: CAREERS/JOBs

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

## EDUCATION: THE KEY TO YOUR FUTURE

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

## 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](http://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](http://www.sheconquerssa.co.za)  
AND  
[www.bwisehealth.com](http://www.bwisehealth.com)**

**Rate the services you  
received on BWiseHealth.  
Your feedback helps us  
improve!**



**Implementing Partner Details:**



**She Conquers SA**

