

# Top Vibe Magazine



**STOP BULLYING**

**“No one  
has ever  
become poor  
by giving”**

show 



**VAAL 24**

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PHONE!!**

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# Redakteurs Nota

Die dae gaan so gou verby, dit is amazing om die seisoens veranderinge te ervaar. My dag begin reeds vier uur soggens, en so kan ek ervaar dat dit later lig word en dat daar 'n buit in die lug is.

Ons winter is vinnig op pad en die vraag is gaan dit weer 'n bitter koue winter wees of 'n winter wat darm nie so erg is nie.

Met dankbaarheid in my hart is ek opgewonde oor hierdie jaar, ek weet dit gaan 'n wonderlike jaar wees.

Die Charms of Hope Foundation is besig en ons het 'n klomp projekte wat aan die gang is vir 2020. Ek nooi jou graag uit om betrokke te raak by ons. Dit is so lekker om te gee, as om net te ontvang.

Ons het 'n soetkoekie projek, boek projek, 'n projek vir Moedersdag dan is daar 'n puzzel projek asook ons noodle projek. Word deel van ons dit is heerlik om te gee.

Ek wil ook noem dat die jaar reeds vlieg en dat ons nou al in die derde maand is van die jaar. Die skole sluit amper en ja dan is dit winter.

So gaan die seisoene van ons lewe ook by ons verby.

Ons het die 21st Maart 'n vakansie dag - Human's Right Day. Dit is nou vir jou 'n interessante onderwerp om oor te praat.

Ek persoonlik voel elke persoon het die reg tot lewe, elke persoon het die reg tot kos en klere, en dat elke persoon die reg het om jousef te kan wees. Maar die belangrikste is om God lief te hê en jou naaste soos jousef. Wat 'n wonderlik reg is dit!

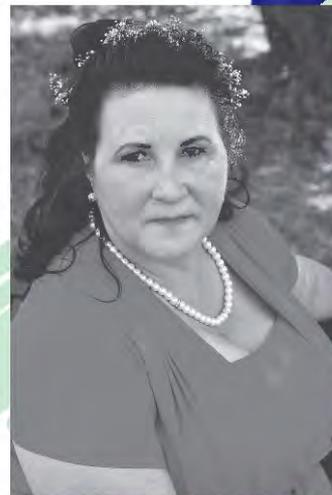
Doen aan ander wat jy aan jousef sal gedoen wil hê. Behandel ander soos wat jy behandel wil word.

Oor die land en politiek wil ek nie praat nie, ek verkies om oor positiewe dinge te praat.

Soos ek sê dit is 'n baie interessante onderwerp, en elke persoon het hulle eie opinie op wat hulle beskou as hul mees belangrikste reg. Watter reg is vir jou belangrik? So gaan uit en maak 'n verskil op menseregte dag.

Ek gaan beslis! Deel dit met ons op sosiale media.

**“No one has ever become poor by giving”**



Editor's picture: Charmaine Britz  
Photographer: Charmaine Janse van Rensburg

**Charms Xox**

## Top Vibe Magazine

### Comments:

Please write to us or contact us to share your opinion, ideas & comments.  
Charms P. O. Box 60130 Vaalpark 1948

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**Don't Panic!!** Angel Wings

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For Example:

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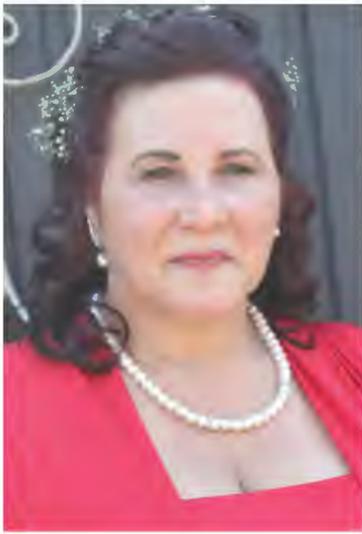
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Don't miss out to be part of this amazing project For more information please call Kelly- Jean 074 371 4334, Erika 072 777 2861 OR Charmaine 072 768 8582

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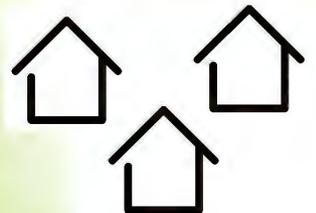
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# BULLYING

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# STOP BULLYING

Stop -Bullying:

Bullying is very difficult for children, or anyone, to deal with. It makes you feel afraid and degraded and often it makes a person feel like they are worthless. Unfortunately, bullying also makes you stop wanting to go out because you are scared you might see the person bullying you. Many children who are bullied even start asking themselves if they can do anything right?

**BULLYING IS UNACCEPTABLE** and these are the ways you can be bullied:

CN\_square

People calling you names

Making things up to get you into trouble

Hitting, pinching, biting, pushing and shoving

Taking things away from you

Damaging your belongings

Stealing your money

Taking your friends away from you

Spreading rumours

Threats and intimidation

What to do if you are being bullied

You have to tell someone. You may not want to do this because it means showing that you are vulnerable, that you are letting someone get the better of you. But really, it is very important to tell someone otherwise, it may not stop.

Speak to a friend, parent, brother or sister, uncle or aunt and most importantly, if it happens at school, speak to your teacher.

In the meantime..

Try to stay in safe areas of the school at break and lunchtime where there are plenty of other people. Bullies don't like anyone seeing what they are doing. If you are hurt at school, tell a teacher immediately and ask for it to be written down. Make sure you tell your parents.

On the school bus, try to sit near the driver, or if it's an ordinary bus, by other adults. If you have to walk part of the way, and you're afraid of the bully finding you, then change your route, try to leave home and school a bit later or a bit earlier, or see if you can walk with other people who live near you, even if they're older or younger.

If you have a cell phone, be careful who you give your number to. If you receive threatening phone calls or emails then tell your parents. It is against the law for anyone to send offensive or threatening phone messages and if it continues, it can also amount to harassment. The police can, and do, take action.

If you see anyone else being bullied at your school, please tell someone about it. But don't get into trouble with the bullies, do it without anyone noticing. Tell a teacher when you get a chance and there isn't anyone else around. People who are being bullied need friends so if you can help someone who is so unhappy please do so.

Information partly sourced from [www.bullying.co.uk](http://www.bullying.co.uk)

If you are a bully

You could be a bully because someone is bullying you.

Are you bullying because it makes you feel powerful? Are you the kingpin because you are liked or because people are



scared of you? If you are bullying, think about how it would make you feel if people were making fun of you, harassing you or stealing your lunch money? I am sure that it would make you feel awful – afraid and alone. You are probably already aware that what you are doing is wrong. If that is true, then take the first step to stopping your behaviour. Ask yourself:

What made me start bullying?

Why do I pick on people?

How does it make me feel when I am bullying somebody?

If I want to, how do I stop?

If you are uncertain about what happens after you stop bullying, then speak to someone, a parent, a friend, a teacher or someone you trust not to judge

## CHILD LINE

## 08000 55555



# 97 143 Teenage mothers gave birth last year, Stats South Africa

**D**urban - Shocking statistics have revealed that more than 3 000 girl children aged between 10 and 14 became mothers in South Africa last year.

The Recorded Live Births report, which is commissioned by Statistics South Africa, showed that a total of 3 261 girl children aged between 10 and 14 were registered as mothers in South Africa last year. Of the 3 261, 1 959 registered the births late, which meant the babies were born earlier, but alerted government of their births last year.

The report also showed that there were more than 100 000 teenagers who gave birth last year.

The report showed that 119 645 young women aged between 15 - 19, registered births in 2017. Of the 119 645 births, more than 97 000 births were from 2017, while 22 000 were registered late - which meant the children were not born on the year of their registration with government.

"The high proportion of births registered later than the year of occurrence were observed for age groups 10–14 years and 50–54 years is also observed in the unspecified or age category outside 10–54 years."

"For this age group (50-54) about 72% of the births were registered later than the year of occurrence. It is possible that those registering these births might not be the biological parents of the children and hence the late registrations," the report stated.



Girls this is shocking, please think before you jump in bed with somebody. When a boy say he love you, and you say NO to sex and he no longer want to see you. It's not love.

Please don't have sex while in school. Think about what it will do to your live if you should fall pregnant while in school. You don't want to be part of the stats....

There will be more than enough time to have sex when you are older and mature. Trust me it's not worth it. Give yourself the chance to have the best in live before you even think about having sex.

Talk to an adult that you can trust.



Here's advice on how to help your pregnant teen:  
Keep your anger in check. It's natural for you to feel angry and disappointed. ...  
Support them. Offer your daughter emotional, physical and financial support. ...  
Consider all the options. Remind your daughter she has options. ...  
Help them stay in school. ...  
Get some help.

## What should a parent to?

Here are 5 ways you can support your daughter through her teen pregnancy:

Love.  
Support. ...  
Validate. ...  
Empathize. Empathy is the ability to feel or relate to what another person is feeling. ...  
Listen. Telling you that she is pregnant is one of the most difficult things your daughter will do. ...

## How are parents affected by teenage pregnancy?

In addition to its other effects, teen parenting is likely to hinder a child's social and emotional well being. When a baby is born to a teenage mother, he is likely to have more difficulty acquiring cognitive and language skills as well as social and emotional skills like self-control and self-confidence.



# Mothers need a break

When I read the study that revealed mothers work on average 98 hours a week I was relieved.

Why?

I was relieved...because recently I found myself wondering why I felt so tired all the time.

I was relieved...because it's been years since I've had a week off from work or kids or house stuff.

I was relieved...because I feel like all I do is take care of children, clean or work.

Reading that moms work the equivalent of two-and-a-half full time jobs each week, well, it made me feel validated.

THIS is why I'm so tired.

The study found that women say they start caring for children, on average, around 6 a.m. each day and clock off after 8 p.m. Add in tantrums, nursing sessions, cleaning, play dates, drop-offs, school forms and millions of micro events in between. (And that's a 'good' day, of course—without sleep issues or illnesses or middle-of-the-night musings about the color of dinosaur tails...) So of course we're exhausted.

Motherhood can do that to you. But does it have to do that to you?

Enter: Andrea. Every woman needs a mom friend like Andrea. Exactly a decade older than I am, her kids were babies 10 years ago. She's wise. She's been through this whole motherhood thing before. Plus, she has a way of planting wisdom for me before I need it—so when I finally arrive at the stage she was talking about, her advice is right there where she left it.

"Nobody will force you to take a vacation, Liz," she reminded me during a recent vent session. "No one else will book you a getaway—or force you to go to the gym—or tell you to stop working late nights. Only you can shape the life you want to live."

Motherhood is so all-consuming that it was beginning to consume me.

It was getting me up super early to get ahead at work. It was keeping me up late to scrub the kitchen sink. It was making me feel guilty for not being a time-traveler who could magically be at swim lessons, work meetings and Barre class at the exact same time.

This all-consuming mentality was making me feel inadequate, even though I knew I was doing the best I could, all the time. It was making me feel like I should do MORE—even though the main thing I needed was a break.



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Charms of Hope Projek

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Bak jy? Wil jy betrokke raak? Help ons om 'n verskil te maak

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Erika Breytenbach - Queen of Africa 2020  
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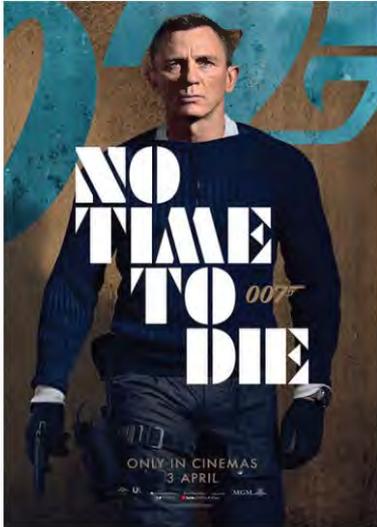


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**NO TIME TO DIE**



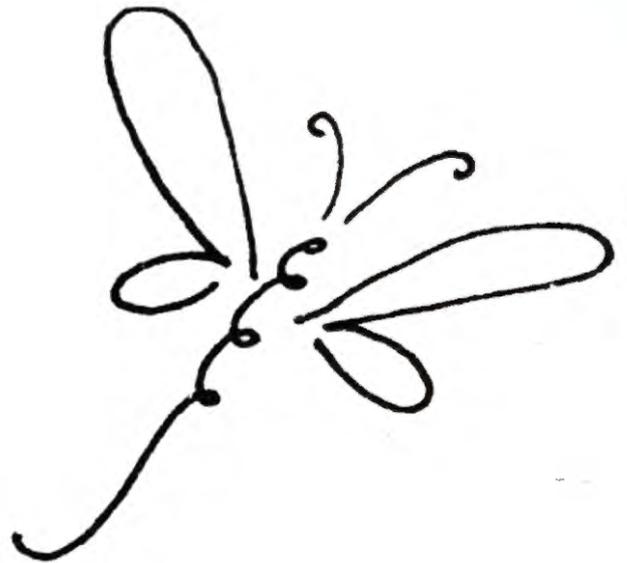
Director: Cary Joji Fukunaga.

Based on: James Bond; by Ian Fleming

Budget: 250 million USD  
 Screenplay: Cary Joji Fukunaga, Phoebe Waller-Bridge, Scott Z. Burns, Neal Purvis, Robert Wade.  
 Our rating: ★★★★★

The best James Bond themes balance the moody with the meta; they portend danger, while winking directly at the camera. Throughout the '60s and '70s, themes by Shirley Bassey, Nancy Sinatra, and Tom Jones created a haunting signature sound that combined Vegas bombast with international mystery. For a while, in the '90s and aughts, they took a wacky turn. Bono and the Edge wrote a song for Tina Turner; Jack White and Alicia Keys did a duet; Madonna's "Die Another Day" featured glitched-out vocals and electronics. The franchise returned to its roots with Adele's "Skyfall," an update of the old Bond sound for a new era; the song's producer referenced the musical code of the series and Lia Vollack, Sony Pictures President of Music, namechecked Shirley Bassey. Adele's Oscar-winning performance evoked Bond tradition while capturing its changing spirit, and the two Bond themes since, including Billie Eilish's "No Time to Die," are playing by its rules.

The dour and somber themes reflect the Daniel Craig era with minor key piano and sweeping orchestral flourishes. This background is well-suited to Eilish's strengths. Her voice communicates dread without sacrificing its beauty, and her songs play with the concept of grimness. Her debut album channeled the frights and shudders of her night terrors, and she wrote a song from the perspective of the monster under the bed. The lyrics reflect the betrayal hinted at in the film's trailer and embody the tension of espionage. "Fool me once, fool me twice/Are you death or paradise?/Now you'll never see me cry/There's just no time to die," she coos, leaning into the bit. She hovers just above the strobing keyboard work of her brother FINNEAS like a fog rolling through until the song swells into a flurry of strings. As it opens up, her singing crescendos ever so slightly, and she manages to strike the tenuous tone with a ruthless precision, while never refusing to sacrifice her distinctive qualities. Her performance on "No Time to Die" carries the Bond legacy into a new generation.



**TO**



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