

#HASHTAG

NOVEMBER EDITION, 2024



CITE YOUTH NETWORK

PAGE 4

**RECOGNISING
BULAWAYO'S TALENT:
ELEMANTO SLOAN**

PAGE 5

**SOCIAL MEDIA'S
DIRT Y
SECRETS**

PAGE 7

**EMPOWERING
ELDERLY WOMEN
THROUGH RECYCLING**

Flex
VIRALIS

Brot
für die Welt

Contents



03 Editor's Note



05 **Social Media's Dirty Secrets**
It's funny how all of us want to become social media sensations without considering how unrealistic all that content

11 **Movie Review:**
Venom: The Last Dance - A Triumphant Conclusion to the Trilogy

12 **Advice column**
Where all your problems can be solved.

17 **The Cite Youth Network**
Member of the Month: Primrose Ndlovu



09 **PATHISA NYATHI**

07
Empowering Elderly Women Through Recycling

09
Remembering Pathisa Nyathi

10
The Hidden Dangers of Beauty: Unveiling the Dark Side of Lace Wig Adhesives



18 **Movie Review: Joker Sequel Misses the**

Editor's Note



Lungile Ngwenya
Social Media Editor

As the year draws to a close, we reflect on the incredible journey we've had and celebrate the achievements of our **CITE Youth Network** members. This month, we spotlight one of our members who have shown remarkable growth and development within the network, inspiring others to pursue their own paths with confidence and determination.

Our cover story features one of Bulawayo's most talented dancers, a key member of the popular dance group **Megatronz**. He shares his inspiring road to success, offering a glimpse into the dedication and resilience it takes to thrive in the world of dance.

And let's talk about **umjolo!** Relationships are a big part of our lives as young people, and this edition introduces our new relationship column packed with practical advice to help you navigate love and its complexities.

At **CITE**, we are committed to giving young voices a platform, and we are always looking for people who want to join our network be part of our writers. If you would like to be part of the magazine, you can contact us at: **+263 781464664**.

We hope you enjoy this edition!
Don't forget to share your thoughts and feedback



Recognising Bulawayo's talent: Elemento Sloan



By
Nomqhele Nkomo

What would you normally do when you want to chill and unwind, I know I'd go to a show and the one thing I'll always be looking forward to is the entertainment and if you love dancing as much as I do regardless of whether or not you have the talent, you will love our guest for the day. Today we had a short conversation with a young budding artist and he takes us through his journey in the industry. Nomqhele Sisa Nkomo (NN) interviewed this young talent Elemento Sloan (ES) to find out more about him.

NN: Who is Elemento Sloan?

ES: He is a professional dancer, creative director and content creator

NN: What inspired the name?

ES: It wasn't anything much, it was literally just a cartoon called Max Steel. I loved the name so I chose it

NN: How long have you been in the dance industry?

ES: I've been in the industry for 6 years now

NN: Do you see yourself ever quitting dance to pursue anything else?

ES: Yeah, I can't say quit but I will still be doing it but partly because I want to have a studio where I will be teaching

young people and nurture their talents.

NN: I understand you are also a growing TikTok influencer, how has that been for you and what made you start content creation?

ES: I started simply because in Megatronz we are considered as performers and as a performer you are expected to have a high following on social media and it has been moving okay. The important part is just finding that balance between my professional career and the content creation because it's really hard but I try to handle it as best as I can.

NN: How has it been being a young artist navigating the industry? Did you have guidance?

ES: I had guidance from a lot of people. It was partly advice but mostly Megatronz played a great deal and Marcel studios as well.

NN: How did you deal with academic pressure and your art?

ES: I was stubborn in balancing the two. I obviously wanted to dance more than I wanted to focus on my academic studies, but it worked out well in the end. There is nothing else I see in my life apart from dance.

NN: What is the one thing you would do differently in your career?

ES: One thing I would do differently in

my career is branding and building my image. I have been learning a lot.

NN: What's your take on the Bulawayo dance industry and art industry in general?

ES: I feel like we are not taken seriously, in Bulawayo the majority of us are not taken seriously, there is a handful that are taken seriously. It's hated to get well paying gigs and show because we are not really appreciated for what we do.

NN: What challenges have you been and are still facing in the industry?

ES: Personally, for me, people don't take me very seriously because in most crowds I'm usually the youngest. They don't really respect you because you are young and that makes things hard. The other issue is finance like for traveling to global competitions and branding.

NN: What advice would you give to young people that wish to pursue dance?

ES: I would tell them to be patient. This is not always about money first when you have the passion the money will eventually come. Don't let anyone dull your sparkle. Also don't do drugs, that's very important.

NN: You have been mentioning Megatronz, how did they contribute to your career??

ES: Megatronz Empire nurtured me and introduced me to the dance industry. They taught me to be a professional dancer, to get into content creation as well.

NN: How has your family been supporting through your career?

ES: My mom has been very supportive and still is because she is the only person who understands my career.

If you feel inspired by his story and would like to continue following his journey you can Elemento on TikTok, Instagram and YouTube as Elemento Sloan.



Social Media's Dirty Secrets

Mark Zuckerberg: "People influence people. Nothing influences people more than a recommendation from a trusted friend. A trusted referral is the Holy Grail of advertising."

By
Kimberly Mahlangu

It's funny how all of us want to become social media sensations without considering how unrealistic all that content is. We're living in an era where social media has become an integral part of our lives. But have we stopped to consider the consequences?

Social media platforms, including WhatsApp, X (formerly Twitter), Tiktok, Instagram, and Facebook, have revolutionised the way people connect, share information, and conduct business. An individual spends an average of one hundred and forty-seven minutes daily on social media, and this has borne negative effects on most users. These platforms have led to the amplification of hate speech, online harassment and cyberbullying. Over

idealisation has created unattainable expectations, social comparison and envy. Addiction to these apps has led to sleep deprivation caused by excessive screen time. Are the followers and likes really worth the sleepless nights?

Below are some of the dilemmas Social Media use has caused;

- Cyber bullying i.e. body shaming, stalking, social harassment.
- Online exploitation i.e. fake vacancies that require payments.
- Social Exclusion i.e. increased isolation and loneliness.
- Constant validation seeking (obsession over likes, comments and followers).
- Procrastination and decreased productivity.
- Superficiality (unrealistic beauty standards by use of well crafted

images that hide imperfections and promotion of harmful practices like bleaching & plastic surgeries).

- Fake personas meaning people are not who they portray to be on social media in reality.
- Depression caused by comparisons to curated reels.
- Identity crisis as users fail to identify themselves beyond online personas.
- Spread of fake news; misinformation and disinformation.
- Increased consumerism and materialism as individuals try to follow trends by buying everything that is trendy.

Social media emphasises on surface-level appearances, traits, and relationships, often at the expense of deeper connections, meaningful interactions, and genuine self-expression, it is important to set boundaries and prioritise offline time.



Your Hygiene Matters!

The Secretary of Hygiene or Physical Culture will be far more important in the cabinet of the President of the United States who holds office in the year 2035 than the Secretary of War.

Nikola Tesla

How to smell good in this hot summer season

By
Nomqhele Nkomo

It's summer and with the constant heat fluctuations you have to make sure you take good care of yourself and an important aspect of your grooming is how you smell. It's hot and it can be very easy to become that person emtshoveni everyone is staring at because they can't breathe in your presence. Luckily for you I'm here to give you simple easy tips on how to be the person everyone wants to sit next to because of your beautiful scent.

1. Bath regularly

As daunting as it may be at time, it is very important to get rid of daily sweat buildup especially if you are a very active person, twice a day is recommended.

2. Drink lots of water

Contrary to what most believe drinking water actually helps maintain body odor, especially down there for the ladies so if you want a simple way to not make heads turn in a room uncomfortably, stay hydrated.

3. Use deodorant and anti perspirant .

What is the difference between Most people when buying roll on they don't really check the labels but you should and an anti persprant alone won't help you, deodorant is the magic to keep the khwafume at bay. For best results, deodorant should be applied immediately after a shower to keep that freshness and an anti perspirant can be applied to prevent excessive sweating under the armpits, it certainly is not magic but it does help.

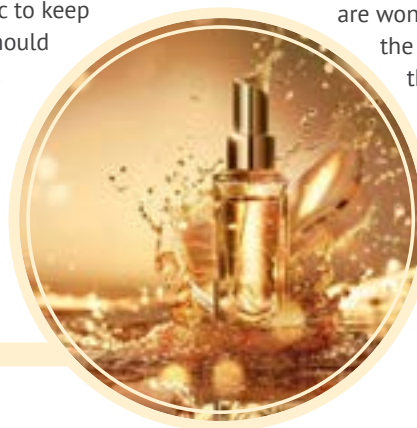


4. Use perfume

NOTE: this will only make an impact if you follow every other step above

- Do Not, I repeat DO NOT EVER apply perfume over sweat , that is a recipe for disaster. And if you are wondering why your perfume never smells the same after you apply it that might be the cause

- If you want that long lasting fragrance , use a little Vaseline on different pressure points, that is the sides of your neck, your collarbone,



Empowering Elderly Women Through Recycling



By
Ruth Nyathi

In the bustling township of Nkulumane 10, Bulawayo, two elderly women, Roselynn Dube and Bettina Sibanda, are defying stereotypes and finding economic empowerment through recycling.

Their initiative benefits not only themselves but also their community, demonstrating the potential of recycling to generate income, foster development, and promote sustainability.

Roselynn began recycling in 2020 at Ngozi Mine, initially seeking financial stability, as Zimbabwe's elderly grants provide limited support. However, after attending workshops at Mhlahlandlela, she came to appreciate the environmental impact of her work. "I started recycling for income but learned it also helps clean my community," said Dube.

Sibanda, who began recycling in 2022,

shares a similar motivation.

"If I stop recycling, who will care for me and my grandchildren"

Their dedication is now a source of pride, showcasing entrepreneurship, environmental stewardship, community engagement, and resilience.

The women collect plastics, cans, and scraps by either gathering them personally or buying from community members.

They sell Mahewu bottles to Treger Plastics, which recycles them into pipes, while collected cans are transformed into new pots, exemplifying the circular economy in action.

Despite their commitment, Dube and Sibanda face significant challenges. They often encounter stereotypes, with some people assuming they are mentally unstable when they collect litter.

Taxes reduce their profits, making it difficult to invest in proper working spaces. Additionally, they work in ex-

treme heat, underscoring the need for better infrastructure and support.

Sibanda and Dube believe that local governments could play a crucial role in enhancing their impact. They suggest tax exemptions and improved infrastructure to make recycling a more viable livelihood.

Educational programs could help to combat stereotypes, while investments in recycling facilities would improve working conditions.

"We urge policymakers to reduce or eliminate taxes on recyclers, invest in recycling infrastructure, and work to end stereotypes through education," they said.

By highlighting these challenges, Sibanda and Dube's story sheds light on the broader potential of recycling to empower individuals, especially marginalized communities, while promoting environmental sustainability in Bulawayo.

Movie Review Joker Sequel Misses the Mark

By
Mziwethu Khumalo

After a five-year wait, the much-anticipated Joker sequel, starring Joaquin Phoenix and Lady Gaga, disappoints.

Despite a star-studded cast and a hefty \$200 million budget, director Todd Phillips fails to deliver the intense, thought-provoking thriller fans expected.

With a lukewarm box office return of \$204.8 million, it's clear that this movie missed the mark in many ways.

The film opens with a cartoonish recap of the first movie's ending, offering an animated sequence of the Joker Show by acclaimed animator Sylvain Chomet.

Chomet's work, inspired by Warner Bros' Looney Tunes, provides an odd tonal shift from the grim, grounded feel of the first Joker.

Soon, the story picks up with Arthur Fleck (Phoenix), who is now awaiting trial in Arkham Asylum

for his prior murders. He has spent two years there, undergoing psychological evaluation.

True to the original, the movie embraces dark themes of mental illness, trauma, and violence, reflected in its shadowy tones and muted color palette.

Arthur's lawyer attempts to build a case around his dissociative identity disorder, asserting that the Joker persona within him is the one responsible for his crimes.

This diagnosis feels timely within the movie's 1980s setting, when the disorder was less understood and not yet commonly referred to as "multiple personality disorder."

Lady Gaga plays Lee Quinzel, Arthur's love interest. Unfortunately, her performance feels flat in what is her 17th film, marking perhaps one of her weakest roles to date. However, she does bring a musical contribution to the film, penning and performing the only original song, "Folie à Deux," which



becomes central to the movie's soundtrack. Much of the plot then revolves around Arthur and Lee's love story, with musical numbers woven throughout, though they feel more like sequences in Arthur's imagination than grounded reality.

The film culminates in a courtroom scene where Arthur is found guilty. True to character, he responds with his signature, uncontrollable laughter just before a car bomb explodes outside, enabling his escape. He rushes to reunite with Lee, only for her to reject

him, revealing that he's no longer living in a fantasy. The police quickly apprehend him, returning him to serve his sentence.

Overall, Joker 2 is a let-down, weighed down by an inconsistent tone and an unfocused narrative. The musical elements and over-reliance on Arthur's inner fantasies detract from what could have been a powerful continuation of his story. It's a disappointing conclusion for the character, and many fans will likely be glad this chapter has closed.

Movie Review: Venom

The Last Dance - A Triumphant Conclusion to the Trilogy



By
Mziwethu Khumalo

Venom: The Last Dance offers a fitting and memorable conclusion to the Venom trilogy. It's a rare and refreshing example of a movie series that ends with purpose, delivering laughs, action, and a satisfying farewell to Tom Hardy's iconic character. Beginning with *Venom* in 2018 and followed by the explosive *Venom: Let There Be Carnage*, this final installment, directed by Kelly Marcel, marks Hardy's departure from Sony's Spider-Man Universe.

The film opens with an ominous speech by the main villain, Knull (voiced by Andy Serkis, who directed *Venom: Let There Be Carnage*). From there, we're transported to a Mexican coastal bar, where a tipsy Eddie Brock (Tom Hardy) asks the bartender about a certain "purple alien who loves stones"—a sly nod to Thanos from the Marvel Universe. Eddie is soon pulled through a wormhole and finds himself aboard a plane where he encounters the xenophage, a deadly creature that feeds on symbiotes like Venom.

The film masterfully balances action with an emotional journey, showcasing the unique, chaotic

bond between Eddie and Venom. Their "last dance" moment comes in a heartfelt scene with Mrs. Chen in Las Vegas, though the mood is quickly interrupted by another xenophage attack, leading to Eddie's capture and a high-stakes battle at Area 52. Separated from Venom and facing near-certain death, Eddie eventually reunites with his symbiote in a thrilling sequence of stunning special effects and action.

Director Kelly Marcel deserves praise for helming this ambitious conclusion, her third directorial project. Tom Hardy's performance shines as he navigates the complex dynamic of Eddie and Venom, playing both roles with remarkable skill. The technical team also excels: Mark Sanger's sharp editing keeps the pace intense, while Fabian Wagner's cinematography captures the film's emotional depth and spectacle.

With box office earnings already surpassing \$300 million and projections aiming for half a billion, *Venom: The Last Dance* is proving to be both a critical and commercial success. Fans can catch this farewell to Venom at Ster-Kinekor in Bulawayo Centre—and be sure to stick around for the post-credits scene, a Marvel-inspired tradition that teases what may lie ahead.

The Hidden Dangers of Beauty

Unveiling the Dark Side of Lace Wig Adhesives

By
Gugulethu Faith Hlabangana

The pursuit of beauty has driven individuals to extremes, often compromising health and safety. Recently, alarming reports surfaced regarding hazardous lace wig adhesives, specifically Ghost Bond Lace Wig Glue. This toxic substance has left victims scarred, literally and emotionally. It is imperative to expose the risks associated with these products and explore safer alternatives.

The Allure of Lace Wigs

Lace wigs have gained immense popularity for their natural appearance and versatility. Celebrities and influencers flaunt them, and social media platforms are flooded with tutorials and advertisements. To achieve a seamless look, users rely on adhesives like Ghost Bond Lace Wig Glue. Manufacturers promise a secure, long-lasting hold, but at what cost? Unbeknownst to many, these adhesives contain toxic chemicals posing serious health risks.

Health Risks

Ghost Bond Lace Wig Glue

contains hazardous ingredients, including toluene, ethyl acetate and acetone. Prolonged exposure can lead to severe health issues: respiratory

problems:

1. Skin Damage: A woman suffered third-degree burns after using Ghost Bond Lace Wig Glue.
2. Permanent Scarring: Many have experienced irreversible hair loss and scarring.
3. Chronic Health Issues: Numerous users reported res-

piratory problems, headaches and neurological damage.

Prevention and Awareness
Mitigate risks:

1. Research products thoroughly.
2. Follow instructions carefully.
3. Perform patch tests.
4. Prioritise health over beauty.

Regulatory Response

Regulatory bodies must intervene decisively, strengthening regulations through strict safety standards, ingredient disclosure and age restrictions. Enforcement measures include regular inspections, product recalls and penalties for non-compliance. International cooperation harmonises global standards, shares safety data and facilitates cross-border enforcement. Consumer protection initiatives encompass public awareness campaigns, reporting mechanisms and compensation for victims. Manufacturers must assume liability, disclose safety records and undergo independent testing.

Conclusion

Beauty should empower, not endanger. Educate yourself, explore safer options and prioritise well-being. Demand accountability from manufacturers and regulatory bodies. Together, let's ensure beauty practices prioritise health and sustainability.

Safer Alternatives

Thankfully, alternatives exist:

1. Adhesive-free lace wigs: Opt for tape or clip-in designs.
2. Hypoallergenic adhesives: Choose FDA-approved, gentle formulas.

problems, skin irritation, neurological damage and even cancer. Victims have reported debilitating symptoms: headaches, dizziness, skin burns and permanent scarring. The consequences far outweigh aesthetic benefits.

Real-Life Consequences

Consider these disturbing ex-



Remembering Pathisa Nyathi

A Call to Honour and Continue His Cultural Mission



By
Jewel Damunesa

The death of Pathisa Nyathi (God rest his soul), should serve a key role in illuminating minds, especially those of young people in Bulawayo and in Zimbabwe as a whole, about the importance of culture and self-awareness. Being a historian, an educator as well as an archive of traditional knowledge and the history of Matebeleland, Pathisa Nyathi leaves behind a legacy whose continuation can only be sustained by present educationists and more importantly, by the young generations which are to inevitably inherit the country and the culture.

I never met with or saw Pathisa Nyathi

in person, however, a significant part of my childhood was shaped by his work; Kolobeja: Folktales from a Ndebele Past, which is a compendium of Ndebele Folklore (Inganekwane) with various philosophical teachings aimed at grooming and inculturating a young mind in Ubuntu. The second encounter was via a Primary school trip in 2014, when I visited the Amagugu Heritage Center in Matobo, which serves a cultural exchange and research center. I thus dedicate this Opinion Article to the importance of Pathisa Nyathi as a folklorist with a keen interest in preserving indigenous knowledge systems which are often undermined in favor of Westernized Philosophies. Ndebele folklore, inganekwane, as compiled by the late Pathisa Nyathi in Kolobeja and the existence of the Heritage center, are

not so much a repossession of a far distant Ndebele Past characterized by mythology and magic, but rather an indicator of the timelessness and richness of the ancient mechanisms of imparting knowledge and facilitating the transfer of culture across generations.

To ensure that his legacy continues to inspire generations, we should avoid simply relegating him to the usual museumization of cultural heroes in public memory. This is when we laud the greatness of the likes of Pathisa Nyathi and it ends there, in lip service without action. Culture survives in practice and continuous discourse, and Pathisa Nyathi's memory should be honored by living, discussing and sharing the history and culture he collected, taught and defended!



Advice column:

Where all your problems can be solved.

By
Sheilla Ncube

Anonymous: Hie I'm a female aged 22 and I am in love with my best friend's ex boyfriend. We only started talking after they broke up when we ran into each other in town. He reached out to me asking why my friend had broken up with him and after that we started talking regularly and found out we have a lot in common. He told me his feelings for me and I feel the same even though I didn't tell him that because I feel guilty because of my best friend. I really love him but I don't think my best friend will understand and I don't want to lose her either. Please give me some advice.

Advice: Falling in love with a best friend's ex can be very tricky. Firstly consider

how your best friend will feel about it. Is your friend still hurting or has fully recovered? Why did they break up in the first place? Why is the guy asking you out knowing that you and his ex girlfriend are best friends. He might want to hurt your best friend by using you. Open up to your best friend and see how she responds to that situation. Your friend trusts you so if you date her ex she might consider you untrustworthy.

Anonymous: Hello, I'm a girl aged 21 and I have two best friends. Lately it's like I'm a third wheel in the friendship. I noticed that they have secrets between them, they go out more just them. On my birthday they only post pictures with them in the pictures and on their birthdays I'm never in the pictures. They are even gifted each other friendship bracelets. Should

i distance myself and find new friends or talk to them about it. Help.
Advice: You should leave them and be yourself. From my experience friendship means nothing, you will be way better without them.

Anonymous: Hello, I'm a guy aged 18 and I need advice on how to talk to girls. I'm very shy and not very confident. My friends are even saying I'm gay. How do I get over the fear of talking to girls?
Advice: As long as you know that nothing is wrong with you. Be yourself, the time will come when you will be able to ask out a girl. You are too young to be stressed about these things. Build yourself and be a better person. There is life to be worried about, not relationships.

Anonymous: Hie, I need advice on how I can tell

my parents I want to drop out of school or change the course I'm doing. I am passionate about getting into the art industry but my parents want a different path for me. Sometimes I feel so depressed when I have to go to school. I also skip a lot of classes. I don't even know what's going on half the time so I know I won't even pass.

Advice: Look for your auntie or anyone close to your parents. Open up and tell him or her about what's happening so he or she can tell your parents because if you remain quiet you won't go anywhere.



The CITE Youth Network Member of the Month: Primrose Ndlovu



By
Tapiwananshe Makuchete

The CITE Youth Network is an inclusive and safe space for meaningful conversations, sharing of ideas and networking which utilises online spaces like Whatsapp and integrates them with physical meetings. The network is open to all youths from all walks of life. The CITE Youth Network Member of the month award was accorded after consideration of one's participation in the WhatsApp group platform, consistent attendance of meetings and the payment of monthly subscriptions to the network which is also a voluntary act. The Cite Youth Magazine caught up with the CITE Youth Network Member of the Month and Tapiwanashe Makuchete (TM) interviewed Primrose Ndlovu (PN) to get to know her much better and what pushes and motivates her to her to be participative in network initiatives and this is what she had to say.

TM: Briefly introduce yourself, share your background and what motivates you to be the most active YNM?

PN: My name is Primrose

Ndlovu a disability activist. I'm a lady with a disability and a last born in a family of four. I'm the only disabled child in the family and growing up as an only disabled child had it's advantages and disadvantages. The family can either isolate you from the society thinking that they are protecting you from the stares

of the people forgetting that "Kuyakhulwa" you won't be young forever and always be in their shadow or they treat you like they treated your siblings who aren't disabled showing you that there's nothing wrong with you being disabled you are still human.

What motivates me to be the active YNM its inclusivity that is found in the YNM. The people in YNM when we together or during discussions they don't see my disability but my ABILITY.

TM: What accomplishments are you most proud of as a member of the network and how have you made an impact within the network or community?

PN: The online discussions that we have as YNM are of great help because most topics we discuss I share with friends and if the questions that I'm not sure how to answer I can always go back to YNM members they will greatly assist. The fortnight discussion that we usually have been of great impact.

TM: What qualities make a good leader and has your involvement with the network helped you grow personally

and professionally

PN: Qualities of a good leader

- . Clear understanding of goals and directions
- . Have great communication skills
- . Firm and fair
- . Adaptability
- . Good problem solving skills
- . Emotional intelligence
- . Accountability
- . Empowerment

Being involved with the network has helped me grow both personally and professionally by it has taught me to be a good listener not to be quick to come to a conclusion. It has taught me that we all different individuals and we have different opinions on certain topics we will never agree on things. It has taught me to take criticism well. It has taught me that umuntu ngumuntu ngabantu.

TM: What are your short and long term goals and how do you see yourself contributing to the networks mission in the future?

PN: My goals are to see a world where the youth both disabled and non disabled their voices are heard and they are involved in decision making process (nothing for us without us). Disabled people are given equal opportunities like non disabled people where when one sees a disabled person they don't see their disability but see their ABILITY (disABILITY) where the youths are told that for one to be successful or recognised it doesn't mean that one needs to be good in their academics kuphela but if u not academically gifted u can be successful and recognised as well with sports, art, music, drama etc.

TM: What advice would you give to fellow young leaders and what message do you want to share with the Youth Network Community?

PN: The youths are the leaders of tomorrow and for now we might see as if we not heard or nothing will ever go our way let us not give up there's power in number let us be united and Never give up.

Being disabled it's not the end of the world and it must not stop you from achieving your dreams the sky aren't the limit. Whoever said the sky is the limit had not seen the beauty beyond the sky.

To the YNC, let us be the change that we want to see. Change begins with you.

TM: Create a superhero, what would be your superpower and how would you use it to make positive changes in your community.

PN: Kkkkkkkk ahhh that's a tricky one To see the future (see result either positive or negative of every decision one is about to do before choosing final decision).

Would make sure that we make good decision that will yield positive results.

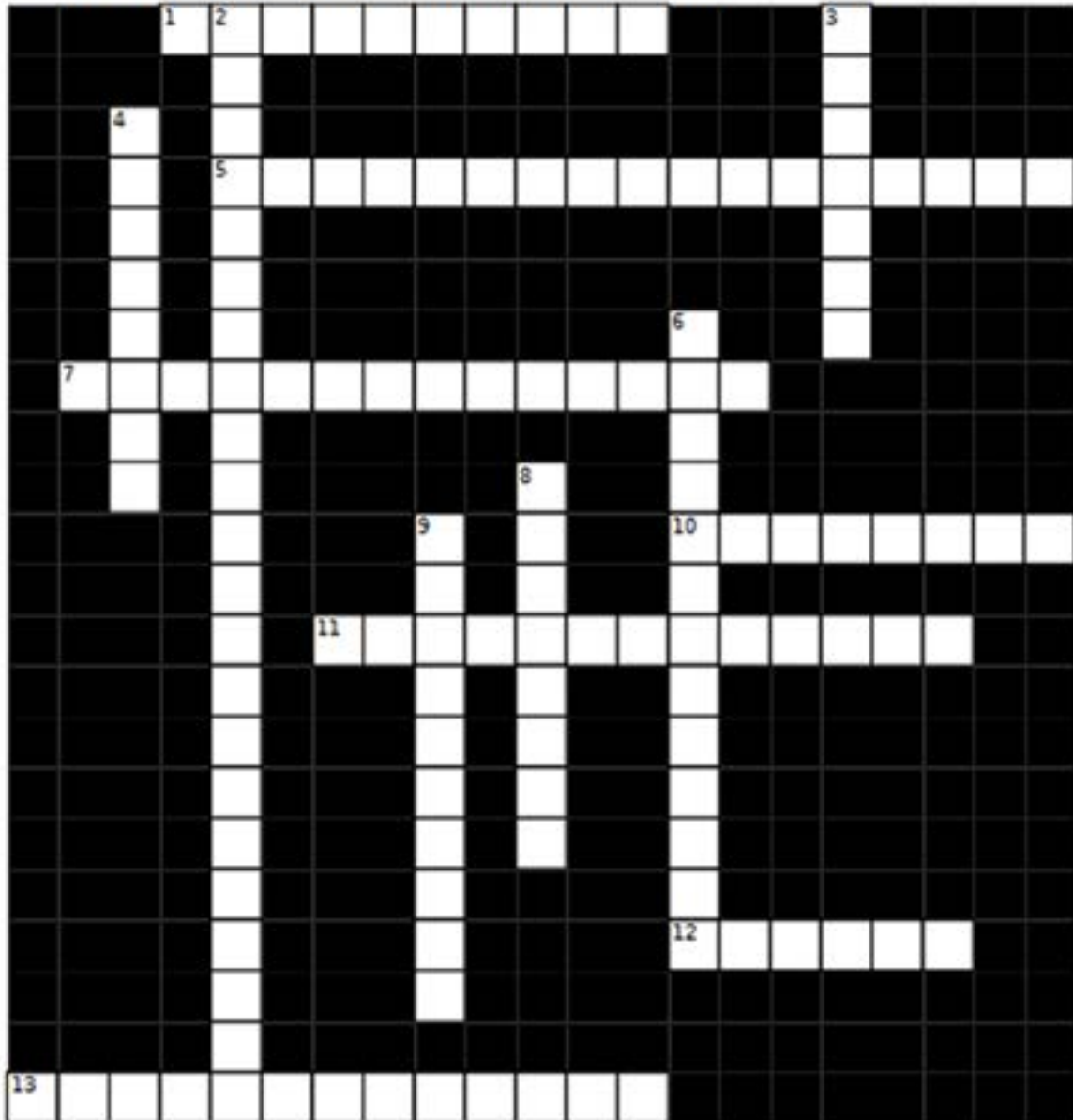
TM: You are given a magic megaphone that amplifies your voice to reach every young person in the world. What message would you share and why is it important to you.

PN: "DISABLED GIRL/BOY CHILD YOU CAN DO IT" Because the world is not friendly to the youths and if you are disabled you are fighting a double war, to be recognised as a youth and to be recognised as a disabled person...

Men's Mental Health

Kimberly

Issues concerning men's mental health issues.



Across

- 1 Self-care practice
- 5 Masculinity norm challenge
- 7 Substance abuse recovery step
- 10 Men's Mental Health month
- 11 GROUP THERAPY
- 12 Emotional expression barrier
- 13 Weak

Down

- 2 Male emotional expression
- 3 Fear
- 4 Vulnerability synonym
- 6 Therapy benefit
- 8 Silence breaker
- 9 Emotion often suppressed

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