



**THE LEGENDARY
VEE MAMPEEZY**

▶ page 9

**LOSIKA RATSHUKUDU
EYEING MANCHESTER
CITY**

▶ page 1



**A CHAT WITH DIPSY
FOOTBALL CHAMP**

▶ page 10

The
Dow
Academy
Re Diteemane



DIAMOND TIMES

Edition 2, June 2021 | Written by The Dow Academy Students

Re Diteemane



NO TO BULLYING

BY ORATILE MABOSHE

Bullying is the use of force, coercion, hurtful teasing or threat to abuse aggressively, dominate or intimidate. The behaviour is often repeated and habitual.

continued on page 1 ▶



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NO TO BULLYING

BY ORATILE MABOSHE



Bullying is the use of force, coercion, hurtful teasing or threat to abuse aggressively, dominate or intimidate. The behaviour is often repeated and habitual.

It is a sub-category of aggressive behaviour characterised by the following three criteria: hostile intent, imbalance of power and repetitiveness over a period of time.

It ranges from one on one, individual bullying, through to group bullying named mobbing, in which the bully may have one or more 'lieutenants' who are willing to assist the primary bully in their bullying activities. Bullying in school and the workplace is also referred to as 'peer abuse.'

Bullying has been classified by the body of literature into different types. These can be in the form of non - verbal, verbal, physical bullying, relational, cyber bullying and mobbing. Physical bullying is the one that hurts someone's body or damages their possessions. Stealing, shoving, hitting, fighting and intentionally destroying someone's property are types of physical bullying.

Verbal bullying is one of the most common types of bullying. This is any bullying that is conducted by speaking or other use of the voice and does not involve any physical contact.

Verbal bullying includes any of the following: derogatory name-calling and nicknaming, spreading rumours or lying about someone, threatening someone, mocking someone's style of speaking or

voice, laughing at someone.

Relational bullying, sometimes referred to as social aggression, is the type of bullying that uses relationships to hurt others. The term also denotes any bullying that is done with the intent to hurt somebody's reputation or social standing, which can also link in with the techniques included in physical and verbal bullying.

Cyber bullying is the use of technology to harass, threaten, embarrass or target another person. When an adult is involved, it may meet the definition of cyber harassment or cyber stalking, a crime that can have legal consequences and involve jail time. This includes bullying by use of email, instant messaging, social media, text messages and cell phones.

Mobbing refers to the bullying of an individual by a group, in any context such as a family, peer group, school, workplace such as 'ganging up' by co-workers.

There are different effects of bullying and these are suicide, loneliness, depression, anxiety, low self esteem, and increased susceptibility to illness.

What TDA students said:

First student (13 years-old)

Verbally, relationally and emotionally bullied

"It started when I was new in school in 2017. Then it was called Raserura. I was emotionally bullied and called nasty names. Some students would even beat me. There were these

boys that I was accused of liking and this really affected my confidence. I felt bad about the way I looked because people asked me questions like 'Why are you tall?' I went to my mom and she reported it to the teachers and the students got punished."

Another student (13 years-old)

Emotionally and physically bullied

"I was physically bullied in Standard Four by my classmates. There was a boy who used to beat me and I was confident enough to tell him I did not like the way he treated me. He would slap me. I stopped being confident in order for him to stop bullying me. In Standard Seven, some of the girls in my class that I was friends with would tell other students my secrets. People used to laugh at me because of my complexion and body. I started to not tell others my secrets and I would keep quiet and never talked to anyone. I stopped paying attention to what other people said about me."

Another student (13 years-old)

Verbal bullying

"It started in 2019. I was bullied in Grade Six. People used to spread rumours about me. My peers used to call me names due to my physical appearance. My friends back then used to gossip about me and call me names behind my back. I feared talking and asking questions in class because I didn't get a chance to ask and answer questions in class, especially in educational activities. I only gained

my confidence this year."

To all the people around the world, bullying is not a good thing and here is some advice to all the bullies around the world.

1. Stop and think before you say or do something that could hurt someone.
2. If you feel like being mean to someone, find something else to do. Play a game, watch TV or talk to a friend.
3. Keep in mind that everyone is different. Not better or worse. Just different.
4. If you think you have bullied someone in the past, apologize. Everyone feels better.
5. Be a friend to everyone.

If you have any peer pressure, bullying or harassment problems at The Dow Academy, please report it to a teacher or Mr. Phillip Fergus immediately. The Dow Academy has also started Mental Health Coaching sessions.

Mental Health Coaching is about helping our students to grow and learn, how to find and to protect their peace, how to acknowledge their stresses and how to find and develop strategies to help them recover from the challenges which are a part of life.

The Mental Health Coach, Mrs. Irene Fergus, is a trained counselor with significant experience both in Botswana and in the UK supporting mental health. She is also a great resource for any student who wants to discuss their peer pressure challenges.

LOSIKA RATSHUKUDU EYEING MANCHESTER CITY

BY JASMINE LESEJANE AND RYAN MOILWA



Losika Ratshukudu is a 15-year-old TDA Diamond from Ramotswa, who has been playing football since the age of seven. He says that growing up, people would remind him of his great potential in football. He explains it was not until the age of 11 that he started taking it seriously after moving to Mochudi. "There was nowhere to play in Ramotswa. Moving to Mochudi gave me the opportunity to play because I had more exposure to the football life," he says.

Q: Which team are you playing for, what position do you play and what is your jersey number?

A: Just4Keepers, Left Winger, jersey number 19 because it is my role model's jersey number.

Q: Who is your role model and why?

A: Chelsea's Mason Mount. I just love

the way he plays.

Q: Why do you play?

A: Because I love the sport and it makes me happy.

Q: What is your biggest motivation?

A: Pain is temporary. No pain no gain.

Q: How far do you want to go?

A: I want to see myself playing in the English Premier League one day.

Q: What team would you like to play for?

A: Manchester City, because it is my favourite team.

Q: Ever had any negative feedback?

A: I have. I think it was in 2020. I was playing and my opponents told me that I could not play because I was too young. My team fought for me to play.

At the end of the day I scored and the same people congratulated me.

Q: So how do you deal with negative feedback?

A: I try my best to focus on the best outcomes of any situation that I encounter and I also say self-affirmations a lot.

Q: How do you develop your skills?

A: I watch YouTube tutorials and get inspiration from other players.

Q: How many personal awards do you have?

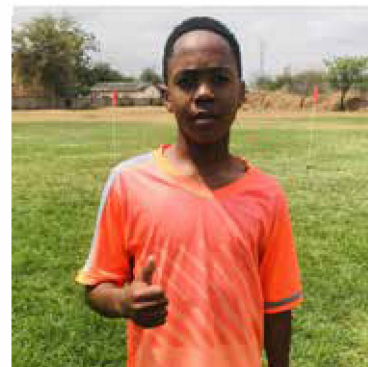
A: I have five medals in total; Two Golds, one Bronze and two Silvers.

Q: Besides football, what do you do for fun?

A: I just chill and hang out with my boys.

Q: In conclusion, can you tell us how football has impacted your life and what is happening with you right now?

A: It has helped me to get away from a lot of things and to heal. We are currently getting back to the fields slowly but surely, we are getting there.



TDA BUILDS MOMENTUM AS WE ACCELERATE TOWARDS PRACTICALS

BY JASMINE LESEJANE, RETHABILE NDLOVU AND KUNGO THEBE



During the month of June 2021, The Dow Academy received its newest batch of equipment to help uplift the Science department that has long requested for such advancements, in an attempt to nurture the next generation of Albert Einsteins and to produce problem solvers.

In an interview with **TDA DIAMOND TIMES**, Head of the science department Mr. James Munatsi, who specializes in Mathematics, Tech Graphics and Minor Sciences, expressed great relief and happiness at the thought of the improvement of the school and infrastructure. Many science teachers had previously had trouble explaining certain key topics that needed students to see live exam-

ples of such ideas coming into place, but the teachers at The Dow Academy tried their level best nonetheless. 'In certain situations, one has to innovate and get help from other schools and I am grateful for the school's efforts in building relationships with partner institutions and having the courage to ask for help,' Mr. Munatsi says.

Over the years, issues beyond their control had stopped the school and previous management from being able to order laboratory apparatus, even if requests for such had piled up over the course of time. 'It is frustrating to teach with outdated equipment, but in the end I'm happy that at least we have something to rely on and we have to appreciate

the effort. With the science educators working side by side with the management, we can push and do more,' states Mr. Allan Ganye, an educator who teaches Physics, Chemistry and Combined Science, goes on to explain in an interview.

Ms. Anne Mwabaya, who specializes in Chemistry and Biology, is looking forward to future prospects. 'I am hoping for two laboratories down the line accommodating the three sciences,' she says. Although the equipment came late, she thinks it an opportunity to go back and have a quick recap of past topics and lessons, and she believes that practical lessons can prepare students for tertiary.

DEPRESSION IN YOUNG PEOPLE

BY RETHABILE NDLOVU

Depression is a real problem among young people today. From common social anxieties and the desire to 'fit in,' to the fear of failing their next exam, young adults and teenagers develop depression in many ways.

In an interview with **TDA DIAMOND TIMES**, Ms. Sithabisiwe Malinga, a teacher at The Dow Academy, opened about her experiences with advising students who have battled depression before. Malinga states that she often acts as a counsellor to many students. "Most of their problems emanate from both home and school," she says.

For her part, Ms Yustina Madumbu, a senior educator at TDA, advises that young people should learn to appreciate what they have. "Youth of today expect life to be smooth-sailing and they tend to compare it with that of their friends.

They must learn to be content about what they have," she says.

Ms. Madumbu encourages young people to accept their unique individuality and to know that it is ok to be different. She also points a finger at social media, explaining that it plays a role in hurting the youth. "Even though it has helped our modern day society, it can also pollute the minds of teens with graphic content, inserting harmful ideas and beliefs in them. With the rise of social media influencers and celebrities that post their glamorous lifestyles out there, young people end up being under pressure to look and live like them," says Ms. Madumbu.

She further advises students to open up to elders and those around them when they are having troubles. Ms. Madumbu also urges teachers to allow students to open up to them freely without feeling

judged. "Teachers and schools should move towards a system of connecting to students on an emotional level," she says.

According to a 2020 study, the COVID-19 pandemic may be severely impacting young peoples' mental health. Depression among youth worldwide is on a rise. One in two young people is showing symptoms of depression or anxiety, according to a survey by the International Labour Organization – a United Nations agency. The ILO's data from the 'Youth and COVID-19: impacts on jobs, education, rights and mental well-being' survey has also found that more than a third of young people are uncertain about their career due to the pandemic.

Other causes of depression among young people include: being bullied by others, sicknesses, parents divorcing and death in the family, among others.

All said and done, fighting depression should be a collective effort. Parents, teachers, families, friends, colleagues, classmates and acquaintances should create safe spaces for victims to speak out and help in making life easier for depressed youth.



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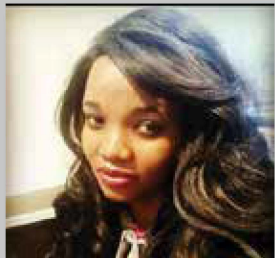
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Editor's Letter

MY MAJOR LESSON FROM COVID-19



Recently I had a long chat about COVID-19 with a friend of mine. We were mostly venting about lost lives, missed opportunities, shrinking economies, discomfort of not showing off our beautiful lipsticks, travel bans, you name it. For most of us, this has been the hardest season of our lives. I hate to imagine the thought of burying parents at the same time. I have seen it happen a lot this year. Not too long, my former classmate lost her mother, father and little sister to this monster virus. They were buried at the same time. I know of a pregnant woman who succumbed to COVID-19 last month. Sadly, doctors could not save her unborn baby. Did I mention that she was newly married? Very sad.

This virus knows no age, status, gender or family background. It kills. It is very aggressive. For someone who did badly at Sciences at high school, lately I find myself curious about virology. I'm learning about its variants. Our Journalism students at The Dow Academy are equally keen on this subject. A subject every time before we start our lesson, we discuss global statistics of this virus and how countries have been affected. Other than just

numbers, we have had cases in our class. This has brought us closer. We have shared experiences, shared tears and prayed for one another. We pushed this edition of this publication with some of our students down with the virus, or on quarantine.

Last year someone from the US told me how COVID-19 had taken all his family members. He was schooling in North Carolina and his family was in New York when it happened. In his own words, "I hate COVID-19! It's a whole Satan." Among the many lessons that this difficult season has taught me, compassion stands out. I'm learning afresh, to show warm-heartedness, warmth, love, brotherly love, tenderness, gentleness and mercy. If I say I'm praying for you, I mean it. In the language of Christianity, gentleness is a fruit of the spirit. It is also the very nature of God.

It is my prayer that you won't ignore the quiet lessons that this period is teaching you. Whilst at it, remember to observe COVID-19 protocols. Let's save lives.

We hope you will enjoy our second edition.
#ReDiteemane

ABOUT THE EDITOR
Yvonne Mooka is a multiaward winning journalist from Botswana who joined The BBC after a decade with The Botswana Guardian and The Midweek Sun newspapers.

EDUTALK WITH LOVENESS (CHOOSE WISELY)

BY LOVENESS MUTONGOREYA

In today's tough economic climate, it is of vital importance that students, with the help of their parents and teachers, find time to select subjects wisely. The burning question on everybody's mind, however, is how best can parents and teachers work together with the students in selecting the suitable subjects?

Many times, teachers, who spend most of the time with students, get the shock of their lives when some students tell them that a certain subject choice was influenced by their parents, or rather they were instructed to select them by their parents. It is an extremely common knowledge that almost all parents want their children to select Science subjects (Physics, Chemistry and Biology). This leaves one wondering: can all students do all the Science subjects and pass them all? Are the Science subjects going to be relevant in their courses at the university?

Speaking to this newspaper,

Gorata Thari, a former student at The Dow Academy, had this to say, "I did all the three Science subjects, but none of the subjects I did are helping me apart from ICT. If I had done English as a First Language, it would have assisted quite a bit." She is currently studying Law at the University of Botswana.

There is a need for parents to work hand in glove with their children's teachers in the determination of subjects to be done by the student. On the one hand, students know their interests and may have an idea of what they want to do. Teachers however feel they can easily tell the aptitude of their students from the countless hours spent evaluating tests administered in school over time.

In addition to that train of thought, teachers tend to notice some behavioral indicators during lessons that may help contribute to understanding their student's capabilities. For instance, a child who is very good at debate can be advised

to pursue a career in law. In preparing for such a career path, the student can then be advised to have a particular subject repertoire which aligns with that vision, and in this case, subjects such as Literature and History would suffice. The more business-minded student can be encouraged to have a subject collection that includes subjects like Business Studies and Accounts. Kinesthetic students can be maneuvered to do technical subjects.

That trend of aligning a student's strong point to their subject choices could bring forth a higher success rate in academia and may even go as far as efficiently prepping one for university life and beyond. It is quite evident that this is not the trend being followed, as year in year out, students continue to select their portfolio of subjects without giving it extensive thought or careful consideration. Could it be that we, as parents and teachers, are letting them down?

FROM A DIAMOND I'M TURNING 13 THIS YEAR!

BY LELENTLE MOKARAGA

To be honest turning thirteen is something that is kind of important to me because now I am literally becoming a teenager. Not only that, I am starting to actually try to figure out what I really want to do in life. At the moment I have been really interested in wanting to become an Orthodontist, but I also have a passion for poetry. My biggest fear concerning the fact of becoming a teenager is falling into peer pressure. I am a person who gets shy sometimes

and I don't really like trying new things and opening up to people I'm not used to. I know becoming a teen I am going to be forced to interact with different types of people. With puberty I'm not really prepared that much, but at least I've been taught about it and what happens during the whole process.

My insecurities are going to increase, my skin is probably going to be more oily than usual,

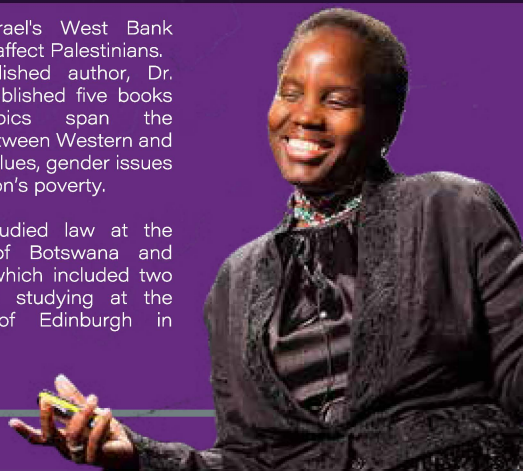
I'm going to have more responsibilities and I have to start doing more things on my own. As I meet new people I have to be careful who I make friends with. I don't trust everyone and I'm not forced to. I choose who I want to trust and it's only my decision to make. School is going to be challenging as I progress higher but I will try my best. Happy 13th to me in advance!

DID YOU KNOW?

BY JASMINE LESEJANE AND RYAN MOILWA

Before entering politics, the Dow Academy Board Chair Dr. Unity Dow pursued a legal career that led her to become Botswana's first female High Court judge. She fought tirelessly for women's rights and human rights, whether it be on the domestic or international scene. She has served as Commissioner of the International Commission of Jurists and in 2012 was appointed by The United Nations Human Rights Council as an independent expert to conduct a fact-finding mission on how Israel's West Bank settlements affect Palestinians. An accomplished author, Dr. Dow has published five books whose topics span the struggles between Western and traditional values, gender issues and her nation's poverty.

Dr. Dow studied law at the University of Botswana and Swaziland, which included two years spent studying at the University of Edinburgh in Scotland.



WHAT SHOULD I KNOW ABOUT THE DELTA VARIANT?

It is a version of the Coronavirus that has been found in more than 80 countries since it was first detected in India. It got its name from the World Health Organization, which names notable variants after letters of the Greek alphabet.

Viruses constantly mutate, and most changes are not concerning. But there is a worry that some variants might evolve enough to be more contagious, cause more severe illness, or evade the protection that vaccines provide.

Experts say the Delta variant spreads more easily because of mutations that make it better at latching onto cells in our bodies.

In the United Kingdom, the variant is now responsible for 90 percent of all new infections. In the U.S, it represents 20 percent of infections, and health officials say it could become the country's dominant type as well.

It is not clear yet whether the variant makes people sicker since more data needs to be collected, said Dr. Jacob John, who studies viruses at the Christian Medical College at Vellore in southern India.

Studies have shown that the available vaccines work against variants, including the Delta variant.

Researchers in England studied how effective the two-dose AstraZeneca and Pfizer-BioNTech vaccines were against it, compared with the Alpha variant that was first detected in the U.K. The vaccines were protective for those who got both doses, but were less so among those who got one dose. It is why experts say it is important to be fully vaccinated. And it is why they say making vaccines accessible globally is so critical.

SOURCE: AP



TOP FIVE HEALTH BENEFITS OF AVOCADO

1. Avocados are nutritionally rich

Avocados have been commended as an example of a nutrient dense food, with one half of the fruit counting towards your five-a-day recommendation. Avocados are an excellent source of monounsaturated fat and vitamin E, and are a good source of folate. They also supply more soluble fibre than other fruit and contain a number of useful minerals, including iron, copper and potassium.

2. May support heart health

Avocados are high in fat, with 60% of this being monounsaturated fats, which research suggests helps to protect against heart disease and lower blood pressure. They are also an excellent source of potassium, folate and fibre, all of which benefit the heart and cardiovascular system.

3. May help to lower cholesterol

The oils supplied by avocado include oleic acid and linoleic acid. These unsaturated fats are recommended

as part of a balanced diet to help manage cholesterol.

4. May help to regulate appetite

There is no doubt that the calorie content of avocados is greater than other fruits and vegetables. However, an interesting study has shown that the fat and fibre content of avocados leads to feelings of satiety, which helps regulate appetite.

5. May help keep eyes healthy

Alongside the benefits outlined above, avocados are a rich source of protective vitamin E, as well as carotenenes, including lutein and zeaxanthin which are thought to help keep the eyes healthy.

Is avocado safe for everyone?

Some sensitive individuals may experience an allergy to avocados. This includes an oral allergy which may be triggered by a cross-reaction to birch pollen. A rarer allergic response may occur if you have a latex allergy – if this is relevant to you refer to your Doctor for guidance. Avocado, along with fruits

including apples, peaches, raspberries and blueberries contain natural chemicals called salicylates. Some people are sensitive to these compounds and may experience an allergic reaction including skin rash and swelling.

If you are concerned about food allergies or have any other concerns, please consult your Doctor or registered dietitian for guidance.

SOURCE: BBC FOOD



PERIOD STIGMA MUST END



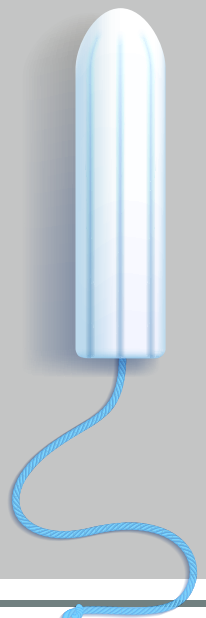
BY PALESA MOSOTHWANE

The monthlies' or 'That time of the month' are some of the names that psychologically affect women's menstrual periods. And for the girls and women who experience this, it can steal their confidence. This phenomenon is given cover names that prove just how much society has tabooed conversations that could be brought up with the aim of educating people about the menstrual cycle. Consequently, this delays the elimination of stigma that is projected on females because of their menstrual cycle.

Period stigma, also known as menstrual stigma, is a broad term for the discrimination faced by people who menstruate. Studies have shown that about 42% of women have experienced period shaming, with one in five being made to have these feelings because of comments made by a male friend, and one in ten by a classmate. Evidently, females face this stigma from their menarche up until the later stages of their lives.

It is very important that we destroy the shame that clouds menstruation. And it all begins with shattering barriers that have been set up by culture, religion and problematic superstitions. These three factors continue to be the enemies of our progress as people who are fighting to

What we can do to end period stigma is to be more open about conversations concerning periods. Females should not be made to feel out of place or alienated because of something they simply have no control over. Let us be more thoughtful and kind to everyone regardless of what they might be going on with their bodies.



UNDERSTANDING DEFILEMENT



BY ANGELA NJORGE AND LELENTLE MOKARAGA

Defilement is defined as having sexual intercourse with a minor, with or without consent. It includes the penetration that is either partial or complete insertion of the genital organs of a person into the genital parts of another person.

Children who are victims of defilement are found to have significant negative outcomes in terms of poor academic performance, low self-esteem, depression and poor social relationships. There are different explanations of the causes of defilement, such as myths and beliefs, but personally many people believe there should not be any reason for a child to be sexually harassed. The reason

being that most children can suffer from trauma and other effects.

According to statistics from the Botswana Police Service, 1,825 defilement cases were recorded, a bump in the number of cases as compared to 1,208 recorded in 2019.

The Attorney General, Abraham Keetshabe, says defilement of children under the age of 18 was the main concern, hence the establishment of a gender and child protection functional area having been approved for commencement during the current financial year.

The Spokesperson of BPS

Assistant Commissioner says they have observed that most defilement cases are reported from cattle posts. "Victims are mostly delinquents that stopped going to school. Headmen exploit them sexually, and a lot of times it has to do with lack of public education on defilement," he says, adding that there are cases where a minor was used by more than one headman.

Ass. Commissioner Motube also lambasts parents for, at times, being bad examples for their children. He says that in some households, parents abuse alcohol and have sex in front of children. "Children, especially in rural settlements, are exposed to sexual intercourse acts

between their parents. They sleep in one roomed houses and do not care how their behavior affects their children," he says, adding that parents that abuse alcohol expose their children to rape. "There is always someone watching from a distance. When he sees that you are drunk, he comes for your daughter," he says.

Government of Botswana has initiated moves to raise the age of sexual consent from the current sixteen years (16) to eighteen years (18). The move is part of an effort to curb defilement in the country.

Prevention is better than cure. It is better to prevent defilement

than trying to make things better when a person could have avoided the situation. Parents should be aware of what happens in their child's life. For example, the type of people their child interacts with, both in their day to day life and on social media. They should also monitor the child's movement and know where the child goes, when he or she is alone, and know the type of people the child will be with.

A person who commits an offence of defilement shall be sentenced to a minimum of 10 years to a maximum term of life imprisonment.

GENDER-BASED VIOLENCE



BY ANGELA NJORGE

Gender-based violence (GBV) is violence that is directed to an individual based on his or her biological sex OR gender identity. It includes physical, sexual, verbal, emotional and psychological abuse. These include threats and economic or educational deprivation whether occurring in a public or private life.

Women and children are excessively harmed by gender-based violence. That is why hundreds of organisations focus on ending violence against women. It is proven that one in three women have experienced physical or sexualized violence in their lifetime. Gender based violence is largely reported because of stigma and lack of access to resources and support systems.

GBV can have serious physical, mental, economic and social repercussions. For example, sexualised violence can lead to unwanted pregnancies, unsafe abortions and sexually transmitted diseases, as well as isolation and depression. Inequality states that women should be economically dependent on men and that women

and children are men's possessions and under his control.

Since GBV is such a widespread issue, there are many organisations and sectors working to address and prevent it. The Minister of Nationality, Immigration and Gender Affairs, Honourable Anna Mokgethi officially launched the 2020 State Of World Population (SWOP) report on July 16, 2020.

Survivors of GBV can go to Kagisano Women's Shelter which is now called Botswana Gender Based Violence Prevention and Support Centre (BGBVC), Botshabelo Rape Crisis Centre, Women Against Rape, Emang Basadi, Life Line and Young Women's Christian Association (YWCA).

Globally, Botswana is listed as one of the countries in the world with a prevalence of GBV cases, especially among women, according to Lorato Moalusi, the Chief Executive Officer of Botswana Gender Based Violence Prevention and Support Centre (BGBVC), a non-governmental organisation. "It is rated as number two on

rape cases globally with 92.90 rape incidents per 100,000 citizens.

Figures do not take into account rape incidents that go unreported to the police. Botswana has a rape culture that for a long time went on with impunity, but the country has now responded by putting in place a law on sex offenders registry," Moalusi added.

To help stop gender based violence, we could listen to girls' experiences of violence and their solutions. Boys and young men should be engaged to become agents of change.

Botswana made a commitment at the 2019 Nairobi summit on ICPD25 to reduce gender based violence from 31 percent to 20 percent for women and from 21 percent to 10 percent for men. The minister pointed out that this can only happen through effective implementation of the national strategy towards ending GBV

WHAT CONSENT LOOKS LIKE

BY TDA DIAMOND TIMES REPORTERS



Consent is an agreement between participants to engage in sexual activity.

According to Uyapo Ndadi of Ndadi Lawfirm, consent is difficult to tell when people are strangers. He says that when you have a good understanding and respect for one another, it becomes a lot easier. "There is no advance consent. It is required on each occasion. It makes sense because circumstances change; one may feel one way today and a different way tomorrow," he says.

His explanation is that the body and the mind must be in sync, and that sex must be enjoyed by both parties and that if one feels it is a burden to have, then there is a problem, even in marriage.

He cited High Court Judge Ian Kirby who made a statement on marital rape in 2006 that 'Rape is a most serious, humiliating and invasive assault against a person, whether male or female, and to suggest that it should be permitted if the perpetrator is a spouse, is, in my view, totally unacceptable and a historic aberration.'

This he says, means if you had have sex before with a person, you still have to seek their consent in future,

and it does not matter if it is your spouse or girlfriend or boyfriend. "It doesn't matter whether the victim has consented to sex, is your friend or has loose morals. Sex workers also get raped in their line of duty, sometimes by the police. Sexual abuse must stop. It is everywhere, be it work, church, homes, politics, unions or sports," he states.

There are many ways to give consent, and some of those are discussed below. Consent doesn't have to be verbal, but verbally agreeing to different sexual activities can help both you and your partner respect each other's boundaries.

How does consent work in real life?

According to *The Rape Abuse and Incest National Network*, when you're engaging in sexual activity, consent is about communication. And it should happen every time. Giving consent for one activity, one time, does not mean giving consent for increased or recurring sexual contact. For example, agreeing to kiss someone does not give that person permission to remove your clothes. Having sex with someone in the past does not give that person permission to have sex with you again in the future.

You can change your mind at any time.

The source further says that you can withdraw consent at any point if you feel uncomfortable. It is important to clearly communicate to your partner that you are no longer comfortable with this activity and wish to stop. The best way to ensure both parties are comfortable with any sexual activity is to talk about it.

THE IMPORTANCE OF READING BOOKS



BY RYAN MOILWA



On June 28, 2021, TDA DIAMOND TIMES interviewed Ms. Loveness Mutongoreya, who is THE English Second Language teacher at The Dow Academy.

Q: When did you start reading books?

A: I started reading books at a very young age when I was doing my grade 3. I was so interested in reading books that my parents registered me into a public library. I started reading novels and some would even call me a bookworm. At that age I enjoyed reading mystery books, [Mystery is a fiction genre where the nature of an event remains mysterious until the end of the story] especially the ones which featured Nancy Drew, who is a fictional character in an American mystery series. I also enjoyed reading pace-setters which are written by Nigerian authors.

Q: How did that impact your life?

A: As time went on during my secondary years, I realized how important reading was as I started scoring A's each time I wrote an English examination and I think it was because I read a lot of English books. As an English second language teacher I would say the benefits of reading would be that it helps with vocabulary and one is able to express themselves well and it also helps when it comes to writing essays in university.

Q: Now that you are a teacher, what has been your observation

with students and the reading culture?

A: During my teaching career, I have been able to notice that there is a difference between a child who reads books and a child who doesn't read. A child who reads finds it easy to be creative and is able to understand concepts in all subjects. I have also seen that children nowadays prefer to play online games and go on social media instead of spending that time reading novels.

Earlier this term, The Dow Academy introduced 'Drop Everything And Read' whereby students, every Thursday after break, sit down and take a book to read. I'm very excited because it shows the importance of reading books. This is already bearing fruit, as I have already seen students' grades improve and students even coming to get more books.

Q: What are you currently reading?

A: I'm reading 'Murder for Profit' written by Lauri Kubuitsile with my Form Two class.

Q: Any last words?

A: Keep reading books.

LEARN FRENCH WITH TDA DIAMOND TIMES



BY JASMINE LESEJANE

This page is meant to educate the middle of the day if you have our audience on the beautiful just met that person.) French language.

This is my fourth-year learning French, all thanks to The Dow Academy which offers IGCSE French from Form One to Form Five. I must say although I am not fluent, I am excelling andje suis très heureux de dire que je peux parler et comprendre un peu le français.

If you are hoping to learn French in the future, practise some basics, some with pronunciation in bold with **TDA DIAMOND TIMES.**

La première leçon- LES SALUTATIONS
The first lesson- **GREETINGS**

1. Morning Time- Avant Midi
We say *Bonjour (**bohN-zhoor**). This word translates to Good Morning (it can also be used in

2. Afternoon Time -Après-midi
We say *Bonne-après-midi (**bohN-ahpre-meedee**). This word translates to Good Afternoon.

3. Evening Time -Le soir
We say *Bonsoir (**bohN-swahr**). This word translates to Good Evening.

4. Night Time
We say *bonne nuit (**bohN-nwee**). This word translates to Good night

5. Hello
We say *Salut! (**sah-lew!**). Translates to hi!
You could also use Allô! (**Allo**) when answering a call.

Question to ask
Comment allez-vous ? Meaning how are you?
Comment ça va? Meaning how are you doing?

How you can answer
*Je vais bien merci et toi/vous
*Ça va bien
*comme si comme ça - which translates to neither good or bad
*Je suis triste -which translates to I am sad
*Je suis content(masculine)/-contente(feminine) -which translates to I am happy the first one is for when you are a male the second for females

Wishes
*Au revoir (**ohr-vwahr**) - which translates to Goodbye
Till next time mes amies!



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VOX POP

The debate as to whether the government should give schools free condoms seems to be far from ending. It has even been a topic of discussion before Parliament.

TDA DIAMOND TIMES journalists asked the school community about the issue. Below is what they said:



No, it is going to make students feel like it is ok to have sex, hence promoting sex. **Sebodio Molly Tlape**



Yes, in today's society, with the access to the internet, students have become highly intelligent so chances are they are already exposed to sex. Instead of raising awareness on abstinence, why not promote safe sex and provide condoms to those who are already indulging in sexual activity and those experimenting? **Matlho Matlho**



No, clinics already have them, so the government could just educate students on where to get them. If given out in schools, it might promote children to have sex before they are ready. **Miss Zulu**



Definitely! I am not sure people are ready for this conversation. Whether you like it or not, teenagers are already having sex. Unless we want



more STI cases, more schools should provide condoms and promote safe sex. **Amantle Nsala**



Yes, in order for those who have already started having sex to access them easily. If they have already started the least they could do is protect themselves. **Anonymous**



No. Government should not provide high schools with condoms because that would promote children to venture in sexual immorality and indulge. But in varsity, yes. **Mma Anna Mwabaya**

Yes, because condomising might help avoid the spread of HIV and avoid dropouts at school due to teenage pregnancy. Also, people nowadays see sex as a way of life, hence condomising might protect them from regretting certain things in life. **Wame**



Yes. Teenagers like experimenting and they would want to protect themselves from HIV/AIDS, teenage pregnancy and STIs. **Anonymous**



Yes, because of hormonal imbalance. We are still at a stage where we like experimenting things. **Oratile Matlapeng**



No, because the first priority is a learning environment. When the government starts giving condoms to students, they abscond classes to do what is unexpected of them. **Mr. Ntsowe**



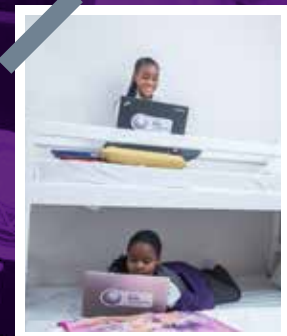
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FOUR IMPORTANT FINANCIAL LESSONS FOR TEENS

Parents with teenagers money. By putting a little know nothing comes away each month, that easy, including money can grow into big management. But with savings over time, young adults facing mounting levels of 3. Track expenses to student loans and credit stay on budget. Under-card debt, building a stand how a budget strong financial founda- works and track expens- tion early on is more important than ever.

Learn how teens tend to 4. Think long term spend and save, and Focusing on the future consider teaching them can help teens start age-appropriate money saving their own money habits that can last a and teach them to better lifetime. accomplish the goals they set for themselves

1. Know where the money comes from SOURCE: <https://bet-termoneyhabits.bankofamerica.com/en/personal-banking/money-management-for-teens>
While many parents give their teens an allowance or pay for things directly, others earn their money through independent jobs.

2. Understand the benefits of saving
Most teens save their



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THE LEGENDARY VEE MAMPEEZY



BY TSHEPO WETSHOOTILE



May 17, 1983, born artist, Odirile Sento, famously avowed as Vee Mampeezy, has been one of the most eminent artists in Botswana.

In an interview with **TDA DIAMOND TIMES**, he shares how he came up with this stage name Vee Mampeezy. He says the name 'Vee' came from variety shows while 'Mampeezy' came from Wa Mampeela.

Vee did not go to tertiary. However, he advises young people to take their education seriously. He only ended up in Form Five.

Not only is Mampeezy an artist, but he is also a teacher, as he passes intuition to his fans through his songs. One of the songs that can be avowed as one of his meaningful songs is 'Dumalana,' which was made after some bullying threats happened on social media. He passed this message to his fans: "You shouldn't believe

everything you see about me on social media to be true unless it is from me. Nnna le wena re tshwanetse go Dumalana," he says in Setswana.

Another song was 'Important,' which was written to beget awareness to people who have given up on life, that no matter what they think or do, they will eventually pull through.


Apart from being an artist, Vee is a family man who got married to Kagiso Sento over five years ago. They have two children, Elijah and Omaatla.

Vee Mampeezy stands tall as the richest and most successful artist in Botswana as he has been able to stand the test of time.



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A CHAT WITH DIPSY, FOOTBALL CHAMP



BY LEKGOTLA MAPHORISA

Diphetogo 'Dipsy' Selolwane is a football great with many firsts in Botswana and Southern Africa.

He was the first captain to lead the Zebras to the Africa Cup of Nations (Afcon) finals in Gabon in 2012 and the first player from Botswana to score at that stage in the 6-1 loss to Guinea on January 28 2012.

In a recent interview with the **TDA DIAMOND TIMES**, he speaks about his life after professional

football. We asked him about the meaning of his name. He laughed, but he had an idea because his first born sibling is called Carly, second born Dolly, and he is Dipsy so he thought their names were part of a rhyme.

Speaking about his favourite team, he says in France he supports Paris Saint Germain. He also likes Bayern Munich from Germany. One of his favourite players during his time was Hristo Stoichkov. He liked him because of his perfor-

mance in the 1994 World Cup in the United States. He reveals that in 2002, they shared a locker room when they both played for Chicago Fire in the MLS.

Asked why he choose Botswana citizenship when his father is South African, he laughed. "I didn't have a choice, I grew up in Botswana and home is where the heart is." His favourite music genre is 90s R&B and rap.

He can take a whole night naming his favourite players, with the list

further including Paulo When asked about the Madini, Thierry Henry, career he would have Lionel Messi, Cristiano chosen if he was not into Ronaldo and his ultimate football, he says he would hero the late Diego Maradona. He says they paved and Advertising. "I can't the way to his success. imagine my life without football, but if I wasn't well

Responding about his trained enough, it would football academy in have been Marketing and Phakalane Primary School Advertising," adding that campus, Dipsy says he chose Marketing as a management and they reveals that he dropped out of school before he could start his major. COVID-19, they had to shut down and are currently waiting for restrictions to be lifted.

