

# DALRRD INTERNAL NEWS

## 16 DAYS OF ACTIVISM

### FOR NO VIOLENCE AGAINST WOMEN AND CHILDREN

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agriculture, land reform & rural development

Department: Agriculture, Land Reform and Rural Development  
REPUBLIC OF SOUTH AFRICA



# Note from the Editor-in-Chief



**MS LINDA PAGE**

**O**n 25 November, we mark the start of the 16 Days of Activism for No Violence Against Women and Children. This is a global campaign to oppose violence against women and children. Our article on this subject looks at gender-based violence with insight from the Directorate: Employee Health and Wellness, who gives advice to colleagues who might be dealing with this problem.

A disaster can occur at any time in the workplace, the question is, how ready is DALRRD to ensure the safety of its officials in the event of a disaster? The Directorate: Occupational Health and Safety shares some of the plans and developments that are in the pipeline to get staff members armed with lifesaving skills and information.

It is the wish of every employee to work in an environment that is without conflict and disagreement, however, we all know that situations that are unresolved between supervisor and supervisee, or among colleagues, often end up with an aggrieved party. In this issue we unpack the grievance procedure, step by step to help you follow the correct process to ensure a speedy and satisfactory resolution.

The festive season is approaching, and this time of the year is synonymous with holidays, family time, and festivities where the temptation to overindulge is great. We take this time to remind you to take care of your health to avoid contracting preventable diseases such as diabetes. We share tips on how you can prevent diabetes and maintain a healthy and productive lifestyle.

**Please share your comments and views on this publication with us on:**

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Happy reading!!!

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# GENDER-BASED VIOLENCE—A NATIONAL SHAME

## 16 DAYS OF ACTIVISM FOR NO VIOLENCE AGAINST WOMEN AND CHILDREN

By Tshepo Diale

*“Despite our best efforts, violence against women and children continues unabated in our country,”* these were the sentiments expressed by President Cyril Ramaphosa at the opening of the Second Presidential Summit on Gender-Based Violence on 1 November 2022 in Johannesburg.

He told the gathering that, between the first quarter of 2021 and the first quarter of 2022, there was a 52% increase in the murder of women and a 46% increase in the number of children murdered in the country. The summit and the 16 Days of Activism for No Violence Against Women and Children are part of the efforts to deal with the scourge of gender-based violence (GBV).

The 16 Days of Activism Against Gender-Based Violence is a global campaign that starts on 25 November and ends on December 10.

Violence against women and children is one of the most prevalent violations of human rights and it is reported that in some countries, up to 7 in 10 women will be beaten, raped, abused or mutilated in their lifetimes.

As DALRRD joins the country in observing the 16 Days of Activism, the story of one of the officials in the department, Pearl\* (**not her real name**) a survivor of GBV, lays bare the horrors that women are subjected to in their homes.

Pearl shared her story of survival with the DALRRD news team, which began when she married a church pastor. Only four years into her marriage she says things began to change when she found out that her husband was cheating on her with one of the congregants at church. During this time, she says she experienced all forms of abuse—physical, emotional, psychological and spiritual abuse. According to Pearl, she managed to stop the physical abuse through the court. The abuse was so severe and church leaders were not concerned until she initiated the divorce, which was later finalised.

*“Despite our best efforts, violence against women and children continues unabated in our country,”*

*“I tried to speak up to his friends and elders of the church about his cheating, however, they did not assist or intervene. Instead, some of the elders in the church encouraged me to cheat as well,”* said Pearl.

*“What I have learnt is that when you are financially stable, you have a better chance to stand your ground and survive to tell the story. In this case, I was the one who was economically empowered as he was earning a stipend,”* she highlighted.

*“I also survived the ordeal because of the work that I do. My work empowered me with information that I could use to survive. I got support from the Victim Empowerment Programme of the Department of Social*

*Development. I was informed of various organisations assisting abused women like İliitha la Bantu and POWA, among others, which are relevant and really helped me a lot to deal with my ordeal. I was also involved with the Network on*

*Violence Against Women where I learned about my rights and given support on how to survive and to heal from the whole ordeal,”* she concluded.

She advises women to seek out organisations that support women who are victims of violence and abuse. She adds that there is no shame in being a victim of GBV.

**Enough is  
ENOUGH.**

**The Directorate: Employee Health and Wellness offers support to employees and their family members who are facing GBV challenges. The department has contracted a well-being service provider, ICAS, to render support to employees and their families, including victims and survivors of GBV (men and women). ICAS services are CONFIDENTIAL and available 7/24/365**

**through a toll-free number: 0800 118 177. Request a call back: \*134\*905#**

**ICAS APP: DAL002 Disclaimer**

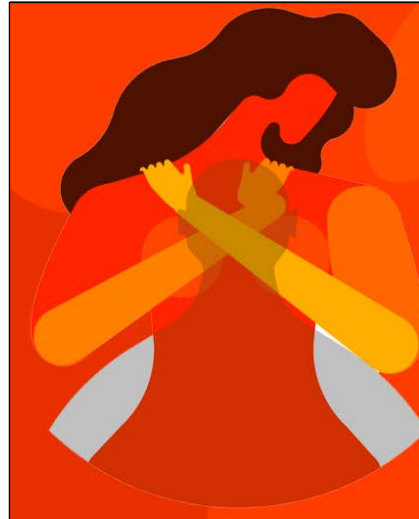
# INTERNATIONAL DAY FOR COMBATING ALL FORMS OF DISCRIMINATION AND VIOLENCE AGAINST WOMEN

By Tshepo Diale

Violence against women is the most prevalent yet least recognised human rights abuse in the world. Women and girls are persecuted in our society in ways that threaten their physical, emotional, psychological and sexual well-being.

A study conducted by the United Nations Entity for Gender Equality and the Empowerment of Women (UN Women) revealed that worldwide, an estimated 736 million women, almost one in three, have been subjected to physical and/or sexual intimate partner violence, non-partner sexual violence, or both at least once in their life (30% of women aged 15 and older). It further states that most violence against women is perpetrated by current or former husbands or intimate partners. More than 640 million women aged 15 and older have been subjected to intimate partner violence (26% of women aged 15 and older).

Globally, violence against women disproportionately affects low and lower-middle income countries and regions. Altogether 37% of women aged 15 to 49 living in countries classified by the Sustainable Development Goals as "least developed" have been subject to physical and/or sexual intimate partner violence in their life. A total 22% of women living in "least developed countries" have been



## International Day for the Elimination of Violence against Women

subjected to intimate partner violence in the past 12 months, substantially higher than the world average of 13%.

Globally, 81 000 women and girls were killed in 2020; around 47 000 of them (58%) died at the hands of an intimate partner or a family member, which equals to a woman or girl being killed every 11 minutes in their home. In 58% of all killings perpetrated by intimate partners or other family members, the victim was a woman or girl.

The world marks the International Day for the Elimination of Violence against Women on 25 November annually. It was established in 1999 by the United Nations General Assembly. The day is also known as Orange Day because the colour orange is recognised

across the world as that chosen by UN Women to symbolise a future without violence against women.

This date was chosen to commemorate the brutal killing of the Mirabal sisters, political activists in the Dominican Republic. On 25 November 1960, three women went to visit their husbands in prison when they were stopped on the road by military intelligence officers. They were tortured, murdered and then thrown off a cliff in their car to make it look like an accident. It was immediately obvious to the public that the Mirabal sisters had been murdered. A subsequent rebellion soon led to the death of the country's dictator.



# SOUTHERN AFRICAN DEVELOPMENT COMMUNITY (SADC) TARGETS TO ELIMINATE MALARIA BY 2030

By Mphahlela M Rammutla

The World Health Organization (WHO) has warned that malaria remains a disease of public health significance in the Southern African Development Community (SADC) region. It is responsible for 20% of childhood deaths and more than 30% and 40% of outpatient visits and hospitalisations, respectively.

Despite the collective efforts by the SADC region countries to eliminate the disease, malaria is still a risk to three quarters of the population in the region. The SADC is formed by 16 member states, namely, Angola, Botswana, Comoros, Democratic Republic of Congo, Eswatini, Lesotho, Madagascar, Malawi, Mauritius, Mozambique, Namibia, Seychelles, South Africa, United Republic of Tanzania, Zambia and Zimbabwe. These countries span across southern and eastern Africa.

As the SADC Malaria Day commemoration on 6 November approaches, the SADC is said to measure its target to eliminate the disease from as early as 2023 to 2030 through the Elimination Eight Initiative (E8). E8 is a coalition of eight southern African countries working across national borders to eliminate malaria by 2030. South Africa is one of four front-line E8 countries earmarked to eliminate malaria by 2025. The E8 monitors the progress of the front-line four towards their elimination goals through an E8 scorecard.



*Tiger mosquito*



*Mosquito control measures*

The SADC Malaria Day commemoration is aimed at reflecting and creating awareness on malaria and to mobilise communities to participate in the malaria control programmes. The communities are mobilised through health education to create awareness and are taught to recognise signs and symptoms of malaria to seek immediate treatment when feeling sick.

World Malaria Day is an international awareness day aimed at highlighting the fight against malaria and is commemorated annually on 25 April. Although this date is within the malaria transmission season in the northern hemisphere, it does not coincide with the transmission season in the southern hemisphere. The SADC, therefore, highlights the fight against malaria during the first week of November, which coincides with increased malaria transmission in the southern hemisphere.

Dr Alphonse Laveran identified the malaria parasite as the causal agent of malaria on 6 November 1899. Dr Laveran discovered that malaria is caused by single-celled microorganisms of the Plasmodium genus. It is spread exclusively through bites of infected Anopheles mosquitoes.

The mosquito bite introduces the parasites from the mosquito's saliva into a person's blood. The parasites travel to the liver where they mature and reproduce.

The first symptoms may include fever, headaches and chills that usually appear 10 to 15 days after the infectious mosquito bite and may be mild and difficult to recognise as malaria. Left untreated, malaria can progress to severe illness and death within a period of 24 hours.

This complex disease is still accounting for almost half a million deaths annually worldwide, including more than 260 000 African children under the age of five. The WHO estimates that 35 million children under five years old and about 8,5 million pregnant women in the region are at risk.

The most recent advance in the fight against malaria is the first ever vaccine (RTS, S/AS01). The WHO announced in October 2021 that it had approved the vaccine for use in children living in moderate to high malaria transmission areas. The vaccine brings hope to affected communities.

# DALRRD SENIOR MANAGERS EMBRACE GENDER MAINSTREAMING TRAINING

By Linda Page

Gender inequalities exist in every aspect of life, including the workplace, and in society in general. Gender inequality is a social phenomenon wherein men and women are not treated equally, with women largely being subjected to discrimination and discriminatory practices. These differences in treatment arise from, among other distinctions, biology, psychology and cultural norms.



In 2020, the Department of Agriculture, Land Reform and Rural Development (DALRRD) signed a Memorandum of Understanding (MoU) with the Department of Women, Youth and People with Disabilities (DWYPD) which sets out clear targets for the department's deliverables. The DWYPD and the Department of Public Service and Administration (DPSA) Framework on Gender Responsive Planning, Budgeting, Monitoring, Evaluation and Auditing identified DALRRD as one of the pilot departments for the framework's implementation.

Director-General Mooketsa Ramasodi gave the approval for 180 senior managers to attend the departmental customised gender training within six months.

**The training programme seeks to, among others:**

- Facilitate a shared understanding of the context within which gender mainstreaming takes place;
- Provide concepts and tools for the mainstreaming of gender in the department;
- Mainstreaming women empowerment, gender and women with disabilities in the department;
- Build skills to develop and implement gender-responsive plans, policies, programmes, projects, gender responsive budgeting, monitoring and evaluation in the department; and
- Enable the department to deliver appropriately on the objectives of the MoU with the DWYPD and to account as a pilot programme on the DPSA and DWYPD Framework on Gender Responsive Planning, Budgeting, Monitoring, Evaluation and Auditing.

The Women Empowerment, Gender Equality and Disability Mainstreaming Training Session for senior managers took place on 20 October 2022 and



was attended by 40 officials.

The focus of this session was on the Head of Department's Eight-Principle Plan of Action for Promoting Women's Empowerment and Gender Equality within the Public Service Workplace.

The training was presented by Advocate Molly Maletle, an expert in the field of gender and gender mainstreaming. The final session is scheduled to take place on 10 November 2022 for those who were unable to attend the first two sessions of the Women Empowerment, Gender Equality and Disability Mainstreaming Training.



**Deputy Director-General: Corporate Support Services, Mokutule Kgobokoe (in the white shirt) was in attendance**



# Rotary Family Health Day outreach campaign brings health services to communities' doorsteps

By Jabulani Malinga



The Rotary Family Health Day outreach campaign is an annual three-day event, which is held in November with the aim of bringing crucial health services to communities worldwide.

The campaign is the brainchild of the Rotary Club, which is an international non-political and non-religious humanitarian organisation that is comprised of business and professional leaders. They partner up with government and other non-governmental organisations (NGOs) to promote integrity and advance goodwill, peace and understanding in the world.

During the three days of the campaign, crucial health services, such as health education, health screening and testing for a variety of conditions such as HIV/AIDS, blood pressure, TB, diabetes, Hepatitis B and C, and several cancers are taken to different communities for free by qual-



ified medical personnel. Since its inception in 2011, the campaign has reached more than five million people and over 11 million free health care services were provided.

In South Africa, the Department of Health has been in partnership with the Rotarians and other stakeholders for the past eight years to reinforce the importance of regular health screening and testing. This is helpful to individuals as it helps them to detect preventable and manageable diseases early to save lives and reduce avoidable treatment costs.

According to the Rotary Action Group website, the Family Health Day campaign has helped bridge the gap of access to health services. *“By using dynamic large-scale health care programmes, we save and improve the lives of children and families who lack access to preventive health care and education,”* reads one of the quotes on their website.

During the virtual launch of the 2021 Rotary Family Day, Dr Thembisile Xulu, who is the CEO of the South African AIDS Council (SANAC) said that the programme remains

*“By using dynamic large-scale health care programmes, we save and improve the lives of children and families who lack access to preventive health care and education,”*

one of the most unique conduits to reach disadvantaged communities with these quality health services, especially to people with disabilities. *“In remote areas, people with disabilities endure most of the lack of adequate social,*

*economic and health services. The programme gives us an opportunity to change the narrative by ensuring that access to quality care, treatment and support is improved,”* said Dr Xulu.

This year, the Rotary Family Health Day campaign took place from 12 to 21 October 2022. Communities and individuals could check on the websites of the Department of Health and the Rotary Action Group for information on where the services would take place.



# DO YOU KNOW THE PROPER GRIEVANCE PROCEDURE TO FOLLOW AT DALRRD?

By Matsepo Malatswane

Every workplace has its own procedures and processes to deal with grievances, with the objective to resolve them amicably. The public service has an official process for dealing with a complaint raised by an employee against their employer regarding treatment believed to be wrong or unfair; it is called a "grievance". Members of staff are obligated to follow grievance procedures as an internal dispute resolution mechanism by having the matter addressed in an official and procedural manner.

A grievance may be defined as any feeling of discontent, unfairness, or injustice which an employee may have in respect of his/her working conditions, against his/her manager or supervisor, or a fellow worker, which is brought to the attention of management.

In the Department of Agriculture, Land Reform and Rural Development, there are seven officials at the National Office and three at the Office of the Chief Registrar of Deeds who are tasked with handling or managing the grievance processes.

When an employee raises a workplace grievance, managers are expected to take the matter seriously, whether the grievance is valid or not. This is because the grievance could have a negative effect on the complainant. Failure to act on the grievance could result in a decline in staff retention numbers as disgruntled employees leave the public service.

The types of grievances raised in the workplace typically stem from interpersonal issues, such as discrimination, bullying and harassment, as well as discontent regarding salary, benefits, workload and working conditions.

It is advisable for employees to follow the grievance procedures that are outlined in the grievance rules for the public service, which is accessible to all public servants.

**Steps to be aware of when seeking to lodge a grievance:**

**1. Step 1:** Raise the issue informally with the employer.

**2. Step 2:** Raise the issue formally with a grievance form.

**3. Step 3:** A grievance investigation should take place.

**4. Step 4:** A grievance hearing may be required to review the evidence and for a decision to be made.

In terms of the procedure, the department has 30 days to deal with the grievance. Employees are given a timeframe to lodge a grievance, which must be lodged with the employer within 90 days from the date on which the employee became aware of the act or omission which adversely affects him or her.

Grievance forms can be found on the intranet under [Directorates>Employee Relations>Grievance Rules>Grievance Rules for salary 1-12/ SMS members](#).

After completing a grievance form, an employee should email it to the designated employee (Director: Employee Relations) at [ERComplaint@dalrrd.gov.za](mailto:ERComplaint@dalrrd.gov.za).



**GRIEVANCE PROCEDURE**

# DALRRD AGENCY, ARC, TO REVIVE THE CULTURE OF RSA INDIGENOUS FOOD CROPS

By Rony Moremi

Every nation around the world gains its uniqueness from traditional and cultural practices and food inevitably plays a pivotal role in that. Native or endemic food crops differentiate one country from the other because of the existence of fewer, if any, universal food crops.

The planting and consumption of unique South African food crops has been on the decline and this has prompted the Department of Agriculture, Land Reform and Rural Development (DALRRD) agency, the Agricultural Research Council (ARC) to begin conducting the feasibility of reversing this scenario by making the food crops thrive once again.

Indigenous food crops are divided into three categories, namely grains (pulses and cereals), vegetables (leafy and tubers) and fruit crops.

Examples of grains are, *Sorghum bicolor* (Sorghum, mabele thoro, amazimba, amabele) and *Vigna unguiculata* (Cowpea, dinawa, dinaba, munawa, imbumba, koertjie).

Leafy vegetable crops are *Amaranthus* spp. (Thepe, vowa, umfino, imbuya, hanekom, umbuya) and *Cleome gynandra* (Cleome, spiderplant, lero-

tho, murudi, amazonde vingerblaartee, ulude) are consumed as morogo, other indigenous tuber and root crops are, *Manihot esculenta*, commonly known as cassava (Muthupula, mutumbula, umdumbulu, ntjumbulu) and *Colocasia esculanta* (Amadumbe, amadoembie, marobe).

Fruit crops are *Ximenia caffra* (Sourplum, grootsuurpruim, amanumbilo, letshidi), *Englerophytum magalismontanum*, (Stem fruit, mohlatswa, munombelo, amanumbela, umnubela, stamvrug) and *Sclerocarya birrea* (Marula, iganu, morula, mufura, umganu).

DALRRD has developed a National Strategy for Indigenous Food Crops with the objective of promoting sustainable production practices of indigenous food crops and supporting their research and technology development.

Unfortunately, consumption and production of indigenous food has been decreasing leading to crops such as sorghum and millet to lose their status as staple crops and being replaced with other exotic crops, such as wheat and rice. Owing to the decline in consumption and the production of these foods and crops, studies are being conducted to develop cultivation practices that are sustainable, improve cultivars and analyse nutritional composition.

Indigenous foods have good nutritional value and have the potential to address food security challenges because they have always been part of subsistence food production. These



Indigenous food

crops are adapted to diverse conditions, including dry climatic conditions. According to a study conducted by the Agricultural Research Council, Vegetable and Ornamental Plants Institute (ARC-VOPI), indigenous leafy vegetable crops, such as *Amaranth* spp, *Corchorus tridens* (commonly known as Jew's mallow, ligusha, thelele) and *Cleome gynandra* (Cleome, spiderplant, lerotho, murudi, amazonde, vingerblaartee, ulude) are important sources of food and nutrients. A key finding of the study was that these indigenous food crops have more nutritional value and contain significant levels of calcium, iron, protein, fibre and vitamins A and C than exotics.

Organisations such as Indiza Foods/ House of Indiza, promote South African indigenous foods, they also sell South African indigenous teas, such as Artemisia herbal tea (lengana, umhlonyane), buchu herbal tea and honey bush tea.

To find indigenous food recipes, Indiza foods has two cookbooks on South African indigenous foods. Visit their website at <https://www.indizafoods.co.za/indigenous-food/> to get some of the indigenous food recipes collected from various provinces in South Africa.



# WHY OCCUPATIONAL HEALTH AND SAFETY MATTERS IN THE WORKPLACE

By Mphahlela M Rammutla

In her exclusive interview with the DALRRD news, Khethani Ngobeni, who is the Deputy Director: Occupational Health Safety in the department, warns that the non-compliance of any building is a disaster waiting to happen.

Sis K, as she is known in the department, said that an emergency does not know a day or time to break out, but preparedness strategies must be intact at all departmental buildings.

She said it is the role of the Subdirectorate: Occupational Health and Safety (OHS) to ensure that the workplace environment conducts regular occupational health risk assessments to identify, among others, poor structural conditions of buildings and electrical, chemical, biological, physical and psychosocial risks. Occupational Health and safety assessments are key responsibilities of this sub-directorate and regularly inform OHS practitioners to conduct oversight visits to all departmental buildings to assess and determine the level of compliance in accordance with the OHS Act and its Regulations.

*“The department is guided by Section 7 of the Occupational Health and Safety Act, 1993 (Act No. 85 of 1993) to develop a written policy concerning the protection of the health and safety of the employees at work, including a description of the department and the arrangements for carrying out and reviewing that policy,”* added Ngobeni.

The Occupational Health and Safety Act is in line with international standards; it holds that employees and employers must share the responsibility of ensuring that workplaces are safe and enjoyable. According to the



**Deputy Director: Occupational Health and Safety, Khethani Ngobeni**

Act, an employer shall provide and maintain a workplace that is safe and without risk to the health of their employees and comply with the provision of the Act. As an OHS expert, Ngobeni emphasises that communication is key in improving workplace safety and it encourages employees to report any faulty systems and conditions that require interventions.

She gave us a glimpse into exciting developments that are in the pipeline and said that her subdirectorate will be looking forward to conducting emergency drills in all provinces. In addition, awareness campaigns to educate employees on the do's and don'ts during natural or man-made disaster situations will be rolled out. Ngobeni emphasised the importance of all DALRRD employees' participation in emergency drill simulations to enhance preparedness, response plans and procedures and systems for all hazards that may be associated with the work performed in the department.

The OHS team follows procedures

to assess every new office acquired through the Department of Public Works and Infrastructure (DPWI) acquisition processes.

*“We visit the property as the Subdirectorate: OHS, Facilities Management and the Physical Security team to assess the level of compliance. The structure or building must not deprive anyone who wants to access the building regarding ramp and staircases, ablution facilities, reception counter, lifts and lights according to the Regulations,”* said

Ngobeni.

According to Sis K, a similar procedure is used during departmental events where a temporary structure is required to accommodate community members, officials and political principals. Structures such as tents or marquees will require a structural engineer to assess their safety and to provide a Certificate of Compliance (COC).

The Subdirectorate: OHS is in the process of finalising appointments and coordinating training through the Directorate: Human Resource Utilisation and Development (HRUD).

*“A safe working environment creates a healthy mind, and remember, safety is everyone's responsibility,”* Khethani concluded.



## DIABETES IS PREVENTABLE

By Matsepo Malatswane

Diabetes is a condition that impairs the body's ability to process blood glucose, otherwise known as blood sugar. There are several types of diabetes that have various treatments. Diabetes affects the way the human body produces and regulates insulin, the hormone that regulates blood sugar and the way it metabolises carbohydrates. It can result in higher levels of glucose in the blood stream, which consequently accumulates in urine.

This condition affects almost 10% of the global adult population, with numbers on the rise. Some forms of diabetes are caused, in part, by lifestyle choices. Studies suggest the more widespread unhealthy eating habits are within a country, the more citizens are diagnosed with this life-altering disease. Often, there are no symptoms of diabetes. When symptoms do occur, they include excessive thirst or urination, fatigue, weight loss or blurred vision.

Diabetes is preventable and it is advisable to take good care of one's health by reducing the intake of sugar and refined carbohydrates in one's diet. Examples of refined

carbohydrates include white bread, potatoes and many breakfast cereals. Sugar consumption should be limited and complex carbohydrates such as vegetables, oatmeal and whole grains should be eaten instead.

Smoking can contribute to insulin resistance, which can lead to type 2 diabetes. Quitting smoking has been shown to reduce the risk of type 2 diabetes developing over time.

### Tips to help prevent diabetes:

- Avoid large food portion sizes as smaller portions can help to reduce insulin and lower blood sugar levels and decrease the risk of diabetes. Eating too much food at one time has also been shown to cause higher blood sugar and insulin levels in people at risk of diabetes.
- Aim for 30 minutes of physical activity per day. Taking a walk, dancing, lifting weights or swimming for 30 minutes, five days per week, is ideal. If you get no or little physical activity—and you sit for most of your day—then you lead a sedentary lifestyle, and it is time to start moving.
- Drink water: Drinking water instead of other beverages may help control blood sugar and insulin levels, thereby reducing the risk of diabetes. Sticking with water most of the time helps a person avoid beverages that are high in sugar, preservatives and other unnecessary ingredients.
- Eat fibre: Getting plenty of fibre is beneficial for gut health and weight management. Consuming a good fibre source at each meal can help prevent spikes in blood sugar and insulin levels, which may help reduce one's risk of developing diabetes.

People living with diabetes are encouraged to eat food such as Greek yoghurt and nuts which are satisfying diabetes-friendly snacks. Nuts help regulate blood sugar. Eating almonds slows down the blood sugar response; this is true for any food high in carbohydrates. Walnuts are also a beneficial snack owing to the fibre, protein and healthy fats that help manage hunger and blood sugar levels. However, nuts should always be eaten in moderation.



# LET US HONOUR OUR CHILDREN ON NATIONAL CHILDREN'S DAY

By Matsepo Malatswane

National Children's Day takes place on the first Saturday of November each year. This year it will be on 5 November 2022. Children's Day is a commemorative date celebrated annually in honour of children. The aim of the National Children's Day celebration is to highlight progress being made towards the realisation and promotion of the rights of children.



The day is celebrated to honour children globally aiming at protecting

them from working long hours in dangerous circumstances and allowing them access to education. On this day, activities and games are set up for children to participate in. Different organisations may also hold workshops for children to learn about human rights, their rights as a children, their responsibilities and living sustainably.

While we celebrate this national day, let us bear in mind that children also have rights that we must pay attention to as adults. Children's rights include the right to health, education, family life, play and recreation, an adequate standard of living and to be protected from abuse and harm. Children's rights cover their developmental and age-appropriate needs that change over time as a child grows.

Children need special rights because they need extra protection that adults



do not need. The United Nations Convention on the Rights of the Child is an international document that sets out all the rights that children have—a child is defined in the convention as any person under the age of 18.

Children's Day is a reminder that every child deserves an education, nurturing and the best possible resources. They are the building blocks of the nation and, therefore, the future of the nation depends on how well they are raised.

