

ZAZI

KNOW YOUR
STRENGTH



KNOW YOUR STRENGTH

ZAZi = Nguni word =

“know yourself”

Reminds women to use **inner strength**, to look inside themselves, know their strength, their value and what it means to be really true to themselves so that they can overcome adversity.



The Key

Is designed in the shape of a symbol for **women**. The key **encourages** women to unlock their **strength, power, self-confidence, knowledge**, to know themselves and what they stand for and to **support** each other.

The colour green

Symbolises a **new** season, new beginnings, re-birth and regeneration. Green is the international colour for **protection** of **women** and **children**.

Giving young women a green bangle or a scarf reminds them to **use their inner strength** to guide their decisions.

ZAZi

Song and Music Video

ZAZi, is written by the amazingly talented singer **Zonke**, poet **King Nova** and supported by the **University of Pretoria's Youth Choir**. The music video is directed by **Tebogo Mahlatsi** with creative conceptualization by **Joe Public**.



Each scene in the music video depicts and reveals stories of young women who know themselves as a true compass of themselves. Young teenage girls support each other to resist the advances of an older man. A young woman is supported by an older woman for her decision to use condoms and contraceptives to prevent pregnancy, HIV and sexually transmitted infections. A young woman draws on her inner strength to walk away from a violent and controlling boyfriend.

Beyond the themes in the song **ZAZi** will promote safe and healthy pregnancies, including exclusive breastfeeding for the first six months. It will encourage women to have a healthy lifestyle and to check for breast and cervical cancer.

Get Involved!

Become part of the **ZAZi** movement **support women and girls** in your community. **Tie a green knot**, give someone a green bangle, scarf or wear something green as a **symbol of strength** and **togetherness**.

Mothers, fathers, aunts, grandmothers, teachers, communities, places of worship and the media have conversations with young women to shape the next generation of women leaders within society.

Form **ZAZi** groups in your **community** where women can come together to learn from each other and share their experiences.

Local **choirs** perform the **ZAZi** song to remind young women that they have the strength to make decisions that work for them.

Local **poets** write poems that inspire women to know their strength, draw on their strength and become part of the **ZAZi** movement.

Local **artists** and street artists get involved by developing murals on open walls that depict images and stories of the strength of South African with the **ZAZi** logo.

Your **organization**, company and school can become part of **team ZAZi** by logging onto the **ZAZi** website, www.zazi.org.za, on **facebook** and **twitter**.





Team

ZAZI has been developed under the leadership of the Department of **Women, Children and People with disabilities** with the support of the **USAID/JHU** HIV Communication Programme and PEPFAR.

The campaign is a partnership between the South African National AIDS Council (**SANAC**), the SANAC **Women's Sector**, the Department of **Women, Children and People with Disabilities**, the Department of **Health**, the Department of **Social Development**

Verse:

Hey girl, we know its hard sometimes
You feeling lost somehow, cannot see
the signs. It seems lonely, but you got the
strength inside to leave all behind
'cause you know who you are

Don't know where to go, vision's getting
blurry, don't see nobody to turn to. Look
inside yourself, you'll know what you're
about, just let it show, **ZAZi** who you are.

Chorus:

ZAZi, its time to know yourself. You know
you got the strength. **ZAZi** who you are.

ZAZi, its time to love yourself. You know
you got the strength. **ZAZi** who you are.

Verse:

Your choices matter whether big or small.
No it don't take that long to look inside
you. So keep it going, just keep it moving
on cause life is better, when you know
who you are.

Don't follow nobody. You are too
somebody. Your voice has a sound just
turn it up loud.

Chorus:

Additional lyrics under chorus:

You matter let nobody say, you don't
Look inside you, and you'll know you got
the strength in you (x2)

Poetry:

*"You symbolise the strength of every
woman who has ever walked this road
The strength of feet planted as firm as a
million trees to bear this life's load
As strong as these knots that have
reminders wrapped into them*

*This green reflects wisdom, strength,
greatness and hope*

*This rope, connects us to survival, and
sisterhood*

Because we never walk alone

*Love you, until you feel you, until you
find you*

Calm, in any storm

Know yourself as the true compass

Where blessed beginnings are first born

*Claim yourself, Crown Yourself and know
yourself as a new day*

*Where the sun awaits in wonder, to reveal
a blank page*

Chorus:

ZAZI celebrates the strength of South African women. It promotes self confidence amongst women so that they can draw upon their own strength to make positive choices for their future. It encourages young women to resist peer pressure and define their own values so that they can prevent unwanted pregnancies, HIV, have a safe pregnancy and healthy baby when they choose to fall pregnant. The campaign calls upon young women to know their rights and what they are capable of, stand up for themselves and to have the strength to define what they think is right.

ZAZI SONG

Written and performed by Zonke Z. Dikana
Lyrics were guided by Claudi Potter, Uviwe Mangweni,
Nicole Binikos and Thandolwethu Silimela

ZAZI POEM

Written and performed by King Nova

BACKING VOCALS

With thanks to the University of Pretoria Youth Choir

FOR MORE INFORMATION

visit our website at www.zazi.org.za

