Verse:
Hey girl, we know it’s hard sometimes
You feeling lost somehow, cannot see the signs.
It seems lonely, but you got the strength inside to leave it 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, who you are.

Chorus:
It’s time to know yourself. You know you got the strength.
It’s time to love yourself. You know you got the strength.

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 moving on ‘cause life is better when you know who you are.

Don’t follow nobody. You are too somebody.
You’re 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 in to 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:

FOR MORE INFORMATION
visit our website at www.zazi.org

ZAZI SONG
Written and performed by Zonke Z. Dikana
Lyrics were guided by Claudia Potter, Uvive Mangweni, Nicole Bikos and Thandolwethu Sili melwa

ZAZI POEM
Written and performed by King Nova

BACKING VOCALS
With thanks to the University of Pretoria Youth Choir

KNOW YOUR STRENGTH

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.

JHU HIV COMMUNICATION PROGRAMME
SOUTH AFRICA
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, 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.
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 it’s 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. Zazī who you are.

Chorus:
Zazī, it’s time to know yourself. You know
you got the strength. Zazī who you are.
Zazī, it’s time to love yourself. You know
you got the strength. Zazī 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