

Hear Me out!

Adults in the room, it is time to listen

Issue No. 4

June 2025

Starting 1 July, children and teens across South Africa are invited to raise their voices in the "Hear Me Out" competition. This national call-out is about one thing: making sure children and teens are heard and seen.

We're inviting children and teens to share what helps them feel safe enough to speak up. What do they wish your family, teachers or caregivers really understood about their world? And when life gets tough: how should adults show up?

Children and teens share their truth through a rap, drawing, voice note, letter, video, poem, whatever speaks to them.

Weekly cash prizes of R 2 000 up for grabs.

To enter, WhatsApp your entry to 0600 411 111, or ask a local organisation to help you. Want to increase your chances? Share your submission on social media and tag us with the hashtags **#HearMeOut #HoldMyHandSA**

Scroll down to explore, engage and help us hold hands for change.

Hold My Hand Hear Me out!

Got something to say to the adults in the room? Say it your way & win!

Are you between 0 and 18?
Got big thoughts, wild dreams or hard truths about growing up?

Send us your truth as a:

- * Drawing or painting
- * Rap, voice note or song (30-90 sec)
- * Story, letter or poem
- * Short video (max 90 sec)

What to talk about?

- * If YOU ran South Africa for a day what would you change?
- * Your perfect day
- * One thing adults just don't get about being young today
- * Share what your parent or caregiver does that really helps you

When?

1 July – 8 August 2025

How to enter

WhatsApp your entry to 0600 411 111

Or enter through your school or local organisation
To increase your chances, post your submission on socials, tag us and #HearMeOut

**Three entries
win R2 000 every week!**
Struggle with submitting?
Ask a local organisation to assist.

www.holdmyhand.org.za

0600 411 111

[d](#) [f](#) [@](#) [in](#)

@holdmyhandsa

**hold
my
hand**
Action for Children and Teens

Submit Now

South Africa must reframe how it sees young people

By Bontle Motatsa (17)

Too often, young people are seen only through the lens of what's going wrong: rising dropout rates, mental health crises, violence, unemployment. We are seen as problems to be fixed, risks to be managed, or passive recipients of adult plans. But when do we get to be seen for who we are and what we as young people are doing right?

Across South Africa, young people are showing up in ways that deserve to be recognised. We are leading peer dialogues, running youth-led feeding schemes, standing up for our rights, mentoring younger children, creating safe spaces online and offline. We are not just waiting for change. We are trying to be the change this country needs. We are often doing this with little support, limited or no resources, and it's barely acknowledged by those making decisions.

This is why the National Strategy to Accelerate Action for Children (NSAAC), soon to be approved by Cabinet, matters so deeply to children. Not only because it's about us, but also because it's a chance to reframe how society sees and engages with us. It is not just another document. It tells government departments, the private sector, and civil society that collaboration is not optional, it's imperative. If we are serious about changing the story for children and teenagers in South Africa, we must start by involving them genuinely and consistently. It is a call to reframe how we see young people, not as recipients, but as partners in building a safer, stronger South Africa.

This Op-Ed was originally published in The Mercury, IOL, 17 June 2025

[Read Full Article](#)



News From our community



Iron: fuelling the brain & body for a better future

Earlier this month, we hosted a webinar unpacking the role of iron in maternal and child health. The session offered practical insights and tools to help integrate iron interventions into everyday programmes - from antenatal care to school nutrition. If you missed it, watch the replay now.

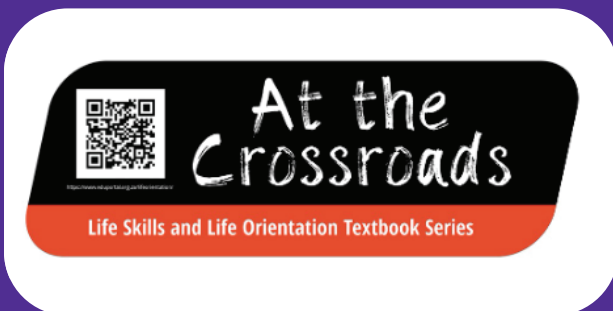
[Watch Webinar](#)



SACC puts children first

At the recent National Prayer Day, the South African Council of Churches made children their focus and we were there. Reverend Molo called on everyone to "Imagine, as we build this future, that every child had enough love, food, safety and brain power. Together, we will change our future."

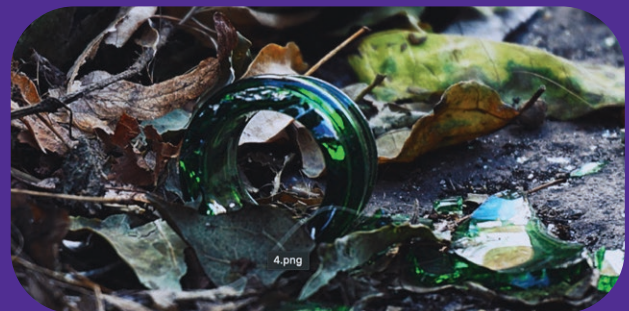
[Watch Stream](#)



New LO curriculum

On 13 June, the Department of Basic Education launched the new LO curriculum At the Crossroads. The textbook series covers Life Skills for Grades 4-6 and Life Orientation for Grades 7-12, and includes teacher guides per grade. The curriculum is full of real-life topics and thoughtful questions to get young people talking and thinking. We encourage all our partners to use this resource to inspire their programmes and support children and teenagers as they grow and make choices.

[Download Here](#)



"I want to be free from this"

"I used to dread weekends."

Zama and Reabetsoe's stories are raw and real reminders of how alcohol harm is scarring South Africa's youth. But their courage also shows us the path to healing and why we must act now.

These are stories we all need to hear and act on. Because hope starts with listening.

[Read Article](#)

Our community

Meet some of our new community members!

We're growing, and it's beautiful to see more hearts and hands joining the journey.

With Mandela Day coming up on Friday 18 July, why not take a look at what our partners are doing and see how you can lend a hand, not just for one day, but all year round.



Mikhulu Trust

Mikhulu Trust supports all parents to develop positive, nurturing and stimulating relationships with their young children.



Hope-Hear

Hope-Hear invests in South Africa's human potential by focusing on brain development in the first four years of life.



CHAI

The Clinton Health Access Initiative (CHAI) is a global health organisation that partners with governments and the private sector to build strong, self-sustaining health systems and improve lives in low- and middle-income countries.

Join Our Community



Stay connected

Get the latest updates, inspiring stories, and ways to make a difference by following us on social media.

Together, we're creating a brighter future for South Africa's children and teens. Thank you for holding hands with us on this incredible journey.

Want to share your latest news?
Drop an email at news@holdmyhand.org.za



Together, we will change our future.

Thank you for being a vital part of our mission to put children at the center of our future. Your involvement makes all the difference!