Nthabi THE M.C.

HEALTH TALKS
SEXUAL & REPRODUCTIVE HEALTH

THE TALK NOBODY ELSE WILL GIVE.

Nthabi talks to young people the way they talk to each other: straight, warm and without shame. Every talk is age-appropriate and can be shaped with your Life Orientation teacher or programme lead first.



TOPICS

- Consent & respect
- Healthy relationships
- HIV & U=U
- Contraception
- Teen pregnancy
- Peer pressure & alcohol
- GBV & where to get help
- Mental health

FORMATS

- 30 or 45-minute talk
- 1-hour talk with Q&A
- Half-day workshop
- Panels & facilitation

FOR

- Grades 8 to 12
- Campuses & youth days
- Community groups
- Workplaces

WHERE SHE HAS SPOKEN

- MC of the Western Cape World AIDS Day celebration (Department of Health & PSH)
- Youth Sector chairperson, Western Cape (SANAC workshop)
- National Department of Health & PEPFAR implementation meeting
- "A day in my life as a sexual health expert": 703K views on TikTok

BOOK A TALK

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