

ANA'S STORY



I won't forget what has happened in my life. I haven't got a husband because my husband died in Johannesburg. I met a man with no wife. I stayed together with him at Kwa-Mashu with his children and his grandchild. But he didn't like my children, saying they finish food. He refused to have them written in the file for the house and to get them a permit.

I stayed being worried about my children. He called my children snakes. He once said, "I won't grow these snakes which are going to hit me tomorrow."

One day when I was at work in Montclair, one of the women told me about Lindelani. Then the following Saturday we went there and got a site for myself. The following Sunday I bought some building materials at Micro Timbers. I haven't got money to buy corrugated iron so I have to stay in this little house of boards.

One day rain came and flooded and the water got into the house. I woke up at night. Idug drains inside my house so that the water must go out. The side of the house came off and the roof was off with the wind. And now it's still like that because I am trying to buy the stuff to build a roof. The sides of the house, I'll make from mud. Every Saturday and Sunday I do this work. ■

CONTRACEPTION CHART

The Health articles in previous SPEAK's have looked at the different forms of contraception in detail. The table here gives a summary of the different contraceptives. If you would like more details on these methods please write to SPEAK.

The most commonly used methods of preventing pregnancy are often not safe for our health. We are forced to choose between these uncomfortable or harmful side effects and unwanted pregnancy.



**WE
DEMAND ...**

In the long term we must demand safe forms of contraception for women. But in the meanwhile we must know what different methods are available and how they work on our bodies, so that we can choose the method that suits us best.