

Young people, enjoy your youth. Be happy while you are still young. Do what you want to do, and follow your heart's desire. But remember that God is going to judge you for whatever you do.  
**Ecclesiastes 11:9**



98.6 FM	Mega	Sunday	3:30 pm
91.3 FM	Capital Radio	Sunday	8:00 pm
96.1 FM	Rhino FM	Sunday	7:30 pm
101 FM	Voice of Toro	Sunday	11:30 am
88.4 FM	Voice of Teso	Friday	7:30 pm
87.8 FM	Radio Paidha	Saturday	7:30 pm
89.4 FM	Nile B/casting	Sunday	7:30 pm
96.9 FM	Radio Rukungiri	Saturday	8:30 pm
103.2 FM	Open Gate	Friday	8:30 pm
106.8 FM	Rock Mambo	Saturday	6:30 pm
88.6 FM	Radio Hoima	Friday	7:30 pm
97.4 FM	Freedom II	Sunday	6:30 pm
92.9 FM	Apac	Sunday	7:30 pm
97.5 FM	Messiah	Saturday	6:15 pm
94.1 FM	Nile FM	Sunday	6:30 pm

Tune in to  
Straight Talk Radio Show

ENGLISH PROGRAMMES

# You can get pregnant anytime you have sex

pregnant. She will only start bleeding (menstruation) after delivering that first baby, if she survives delivery. Pregnancy at 14, the age most girls start their periods is very risky.

## During menstruation

*My friends say if a girl is in menstruation she can become pregnant and other say if she has sex three days after her period she cannot become pregnant. Which is which?*

**Tumusiime FD, Standard HS, Ntungamo**

Some women and girls ovulate while in menstruation. This means that a girl can get pregnant even while menstruating.

## Safe days

*Are there safe days for girls?* **Akurut I, S3, Sir Samuel Baker SS**

No. There are no safe days for girls. Adolescent girls are still undergoing body changes and their cycles are irregular.

They can get pregnant anytime they have sex. Boys can also make a girl pregnant anytime they have sex. Besides, there are no safe days from HIV/STD infection.

## Washing after sex

*Is it true that when you have sex and wash with one litre of coca-cola you do not get pregnant?* **Nabakooza S, S1, Lubiri SS, Kampala**

This is a myth. When you have sex, millions of sperm cells are released. If the sex is unprotected, there is nothing that can stop them from reaching the egg.

## Withdrawing

*Can you make a girl pregnant if you withdraw before releasing sperms?* **Boy 17, Kabarole**

Yes, you can. There are fluids that come out of the penis even before a male releases semen (ejaculates). These pre-ejaculate fluids also contain sperm cells and you can make a girl pregnant even though you withdraw before finishing.

## Journalists for a day

### Early sex and myths about pregnancy have led many young people into trouble.

#### The first time

*Are you likely to get pregnant the first time you have sex?* **E Auma, Busia SS**

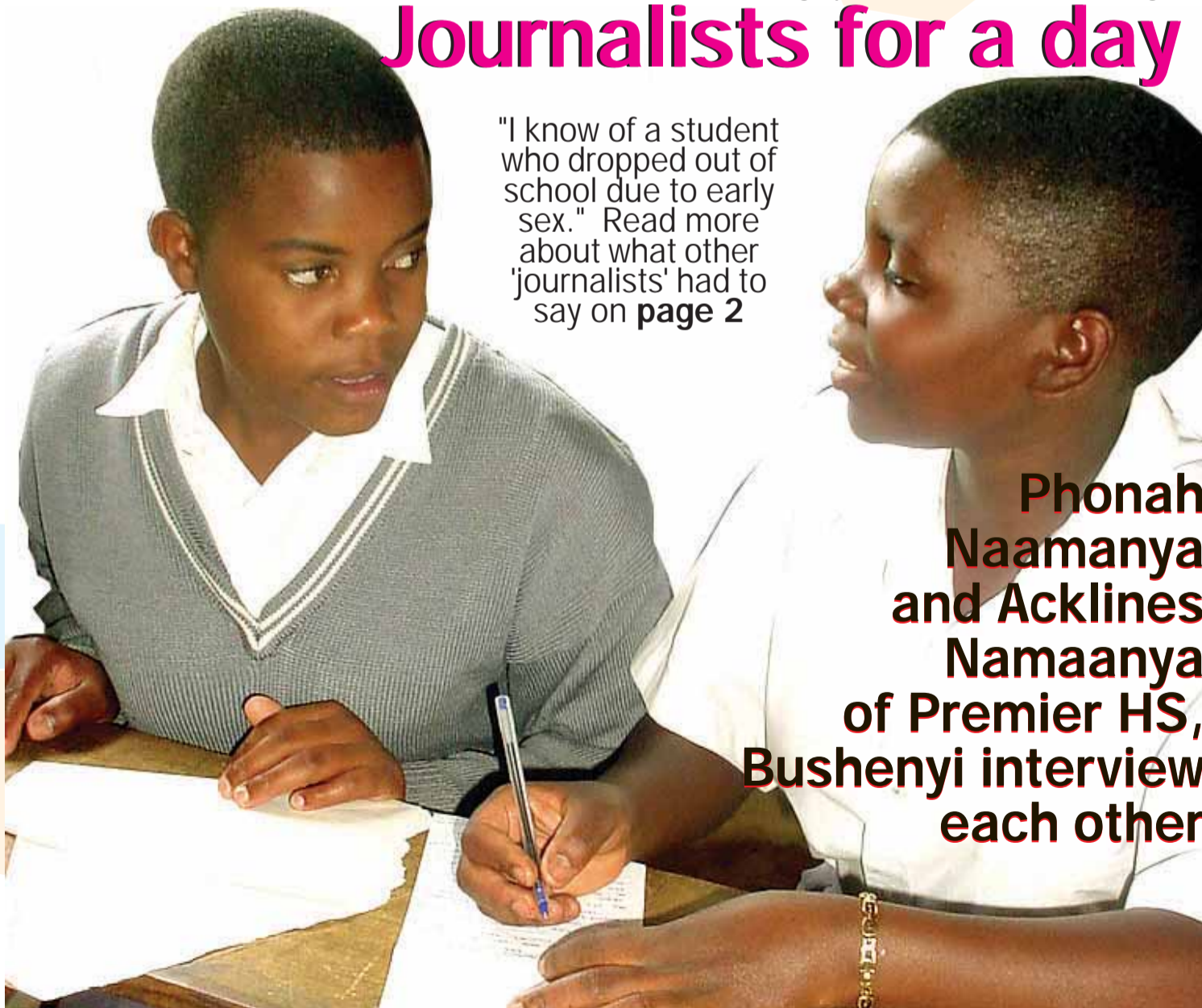
Yes. A girl can get pregnant the first time she has sex. A boy can also make a girl pregnant the first time he has sex. Pregnancy is not determined by the number of times one has had sex, but whether the girl is ovulating. Ovulation is when a female's ovaries release an egg to the fallopian tubes in preparation for fertilization.

#### Before the first period

*Is it true that if you have sex with a girl who has not started menstruation, she will not get pregnant?* **Okello E**

No. She can get pregnant. Before a girl menstruates for the first time, an egg is released from the ovaries. Your sperm cell can fertilise that egg before it gets out of the body, making her

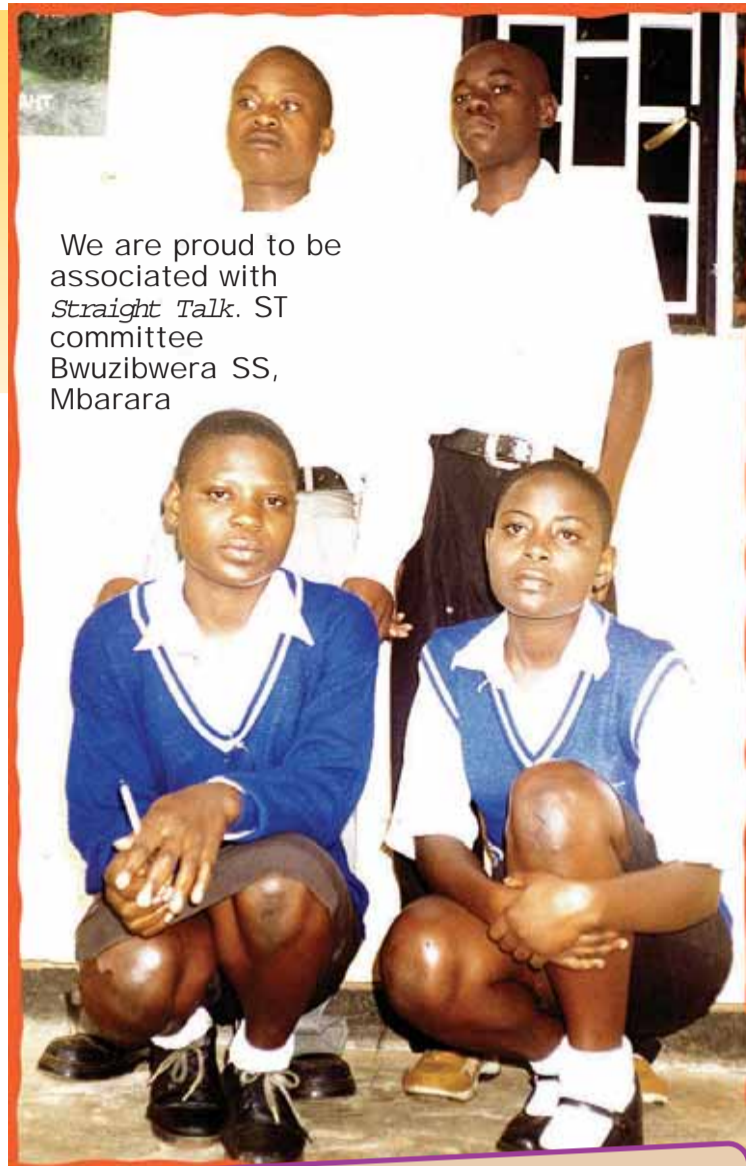
"I know of a student who dropped out of school due to early sex." Read more about what other 'journalists' had to say on **page 2**



**Phonah Naamanya and Acklines Namaanya of Premier HS, Bushenyi interview each other**

# Stories of early sex

**Straight Talk traveled to Sheema Premier School in Bushenyi, where ST club members worked and had fun as journalists for a day. Students interviewed each other on stories of early sex.**



We are proud to be associated with *Straight Talk*. ST committee Bwuzibwera SS, Mbarara

## Deceived by money

A girl who comes from a poor family was deceived by a boy. He told her he would pay her school fees. He asked for sex and she became pregnant. She was sent from school and her parents also chased her from home. She is now selling pancakes in town with her baby on the back. I would advise her to apologise to her parents and go back home. **Kituntu Kenneth, interviewed by Mugume Barbara, 17, S4**

I know a girl who got pregnant while looking for school fees from a sugar-daddy. She was chased from school. She tried to abort, but after the abortion her parents refused to take her back to school. She is now a housegirl. **Tumwine Asaph, 16, S3, interviewed by Nabaasa Edson**

I know a girl who was in S2. She lacked basic needs like pads. She got a man who promised to meet her needs after having sex with him. She became pregnant and dropped out of school. She now works in a bar. I advise teenagers to avoid early sex and engage in income generating activities. Girls should not be tempted by small things. **Nabaasa Edson 21, S4 interviewed by Tumwine Asaph**



ST club of Premier HS who participated in *Straight Talk's* 'Journalist for a day'. They wrote all the stories on this page.

## Deceived by marriage promise

My sister got pregnant in P6. She had a boyfriend who promised to marry her. He took her to Mbarara where they spent a year. She was not going to school. They returned to Kabohwe when she was pregnant. Our dad chased her from home. She went to Ishaka slums and she gave birth by caesarian section. Our father later allowed her to return home. **Girl interviewed by Naamanya Phiona**

## Acquired HIV

We were in S1 when my friend was getting money from cyclists in town. She was 15. I warned her against it but she continued. She became pregnant. She was operated but the baby died at delivery. She later discovered she was HIV positive. She is down with AIDS. **N Agnes, S4**

## Died while aborting

A friend was made pregnant by a fellow student. When she discovered she was pregnant, she ran away from school. She died while carrying out an abortion. The boy was taken to prison and forced to pay sh. 500,000 before he was released. Teenagers should learn to make good decisions, avoid bad pressure and pass their leisure time in productive activities. They should also listen to 'Straight Talk Radio Show.' **Katsigaire Pastori**

## Made to pay for gifts

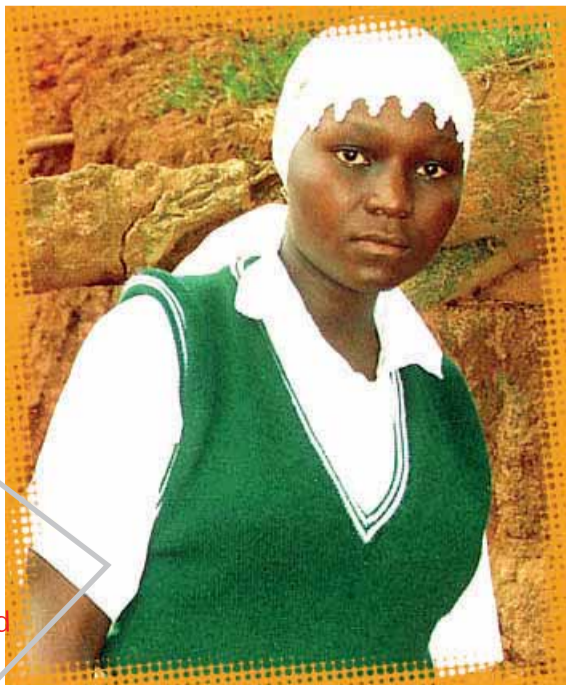
My friend who was in S2 used to receive gifts from an old man. The man demanded for sex. She became pregnant and was expelled from school. The man denied the pregnancy. She disappeared from home and worked in Kampala as a housegirl.

When she was about to deliver, she returned home but was chased away by her father. She went to live with her grandmother until she gave birth. Her baby died at birth and she was also about to die. She is now a beggar in Mbarara town. I would advise her to seek counseling so that she can live a normal life. **Naamanya Phiona interviewed by Naamanya Ackline**

A girl called Irene got a sugar daddy who used to give her gifts. He demanded for sex in return. She became pregnant. She is now selling local brew. I advise her to ask her parents for some land to grow vegetables and get some money to go back to school. **Artamanya Kenneth, S4**

## Chased from home

My cousin was chased from home when she got pregnant. The boy responsible disappeared to Kampala. She is now moving up and down looking for where she can get help. She made a wrong decision. **Peace Kemigisha 18, S4**



I have a friend who got pregnant at an early age. I advise fellow students to delay sex. **Namiro Hanifah 16, S2, Northroad College School, Kampala**

# Pregnancy doesn't mean marriage

**Everyone makes mistakes. However, one mistake should not lead into another. When you make a mistake, learn from it.**

Getting pregnant does not mean getting married. Many girls drop out of school because of pregnancy. They never go back to school. Many times they are forced to marry. This is not right. Beatrice Bainomugisha, a counsellor says one mistake should not lead into another. When a girl gets pregnant she:

- Should not abort
- Needs to seek counselling and guidance, first from school and other trusted elders.

- Needs to go back to school after delivering.
- You can get a school nearby home where you can easily go back and breastfeed your child.
- If you are not supported by your family, you should find some work and earn some money for your school needs.
- Revisit your goals in life and start afresh.

**We have formed a Straight Talk Club: Members of the newly formed St. John's SS club, Ikumba, Kabale**



## Begin with the End in Mind

**When you decide to do anything in life, you need to first think about it critically.**

For everything we do, there is a result or an outcome. Some people set out to do those things without looking at the outcome and end up regretting what they did.

A teenager with a vision in life has to have missions and goals. Set your goals in life at the earliest time possible. If you have not yet set them, you can do it now.

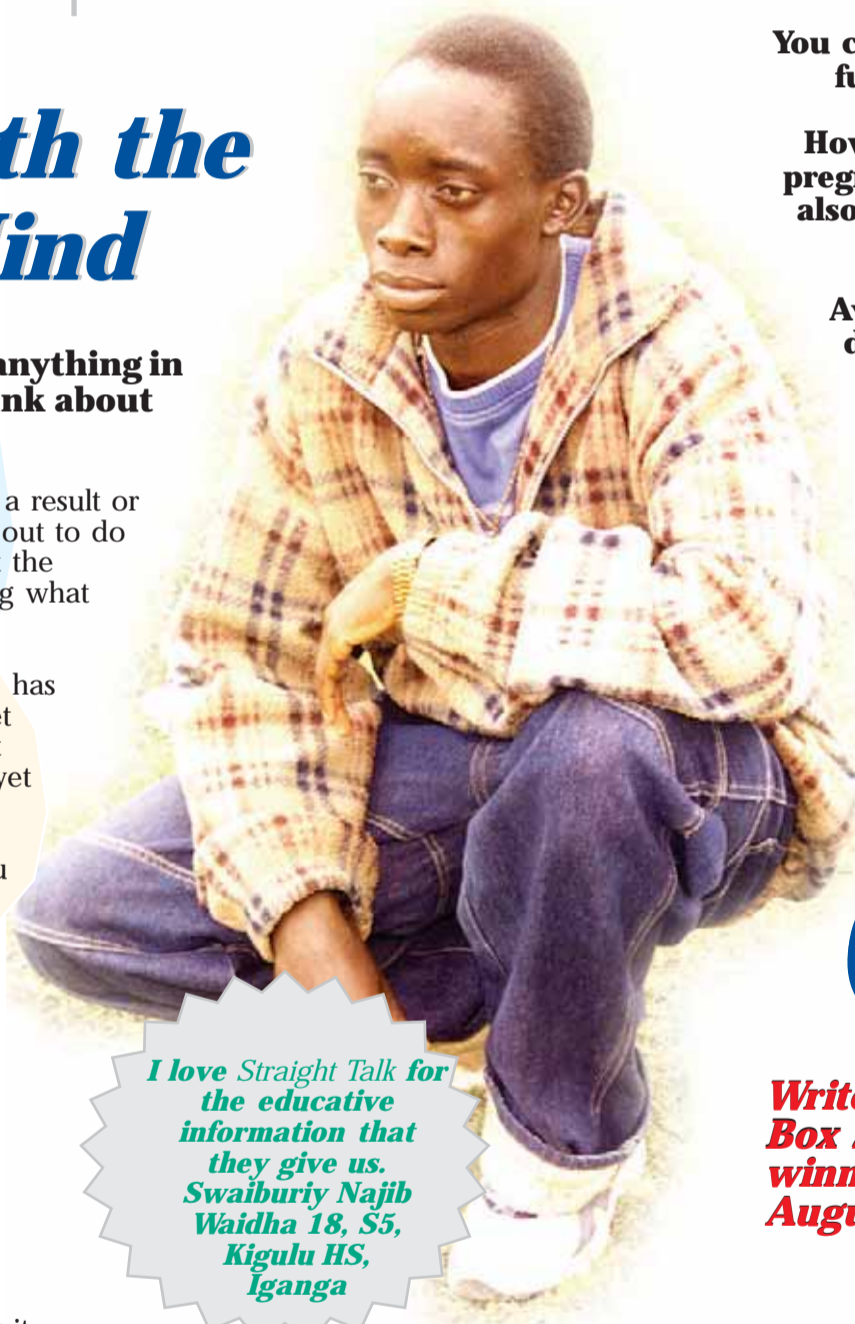
Take time to visualise what you want to become in future and start working towards it.

You need the 'end in mind' because:

- 1- You are young
- 2- You are free

This means you have a whole life ahead of you. What you want to do with your life is entirely into your hands.

Before you think of having sex think of the result and whether it will enhance your future.



**I love Straight Talk for the educative information that they give us.**  
Swaiburiy Najib  
Waidha 18, S5,  
Kigulu HS,  
Iganga

**You can have a second chance to revisit your future goals, when you are pregnant.**

**However, remember, by the time you get pregnant, or make a girl pregnant, you may also have acquired diseases like HIV/STDs. Some of these are incurable.**

**Avoid unwanted pregnancy, HIV/STDs by delaying sex or using condoms correctly every time you have sex.**

# QUESTION

Do you have young brothers/sisters?

What do you think is your role as a big brother/sister?

What kind of role model are you to them?

**Write to The Editor, Straight Talk, P O Box 22366, Kampala. Look out for the winning letters in the ST issue of August 2006.**

## Rock Point 256 is a radio drama: enjoy and learn

Station	Day	Time	Language
KFM 93.3 FM	Sundays	7.00-7.35pm	English
Radio Simba 97.3 FM	Sunday	7.00-7.35pm	Luganda
Buddu FM 98.8 FM	Sundays	6.30-7.05pm	Luganda
Radio West 100.2 FM	Saturdays	2.10-2.45pm	Runyankole, Rukiga, Runyoro, Rutooro
Voice of Toro 101 FM	Saturdays	6.15-6.50pm	Runyankole, Rukiga, Runyoro, Rutooro
Voice of Kigezi 89.5 FM	Saturdays	3.00-3.35pm	Runyankole, Rukiga, Runyoro, Rutooro
Voice of Teso 88.4 FM	Saturday	6.00-6.35pm	English
Mega FM 102 FM	Thursdays	5.30-6.05pm	Luo
Lira FM 95.3 FM	Sundays	6.20-6.55pm	Luo
Kiira FM 88.6 FM	Saturday	12.00-1.00pm	Luganda

ROCK POINT  
256

Hi, I'm LILLIAN...  
THE ROCK POINT GIRL!  
TUNE IN AND ENJOY  
ROCK POINT 256 ON  
THESE RADIO  
STATIONS



For more information, write to Y.E.A.H P. O. Box 8734, Kampala, Uganda. You can also call on Telephone 031 263941 or visit them on Plot 58 Kiira Road.

### Big breasts

*I am only 16 but have big breasts. When I see my friends with small breasts I feel out of place. I feel like reducing my breast.*

*What can I do?* **C O, Comprehensive College, Kitelika, Wakiso**

You should not feel ashamed of your breasts. The size and shape of breasts are determined by genes, inherited from parents. Your breasts may also change with weight gain or loss. However, the size of your breasts has no effect on whether you will be able to breast feed or not, which is the primary function of breasts. Appreciate yourself. You are normal.

### Abortion and infertility

*If a girl carries out an abortion, can she have babies in future or is it the end of her reproductive life?* **Janan Luwum SS, Kampala**

Carrying out abortions in Uganda is criminal. So those who do it normally carry it out under unsafe conditions and by unqualified people. This exposes one to infection, severe bleeding and sometimes damage to the genital tract and reproductive organs. If you are lucky not to die from these complications, you may in future fail to produce.

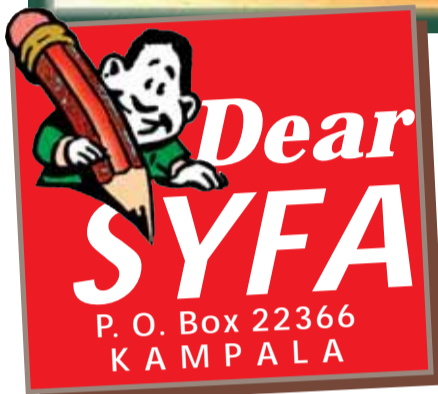
### Pain

*I am 18 and a virgin. I have pain around my testicles and the waist. I have always been advised by my friends to get a partner and have sex,*

*saying it is as a result of excess sperms.*

**Balyejususa M, S3, Green Fields HS, Iganga**

It is not true that not having sex causes backache and pain around the testicles. What your friends are advising you to do is wrong and is known as peer influence. Having sex at your age will only expose you to sexually transmitted diseases, HIV inclusive. It is important that you visit the nearest



We advise fellow youths to stay safe, respect elders and be God loving people, St club, Standard HS, Lira

month. If not taken as required you will get pregnant.

### Condom use

*Suppose I am having sex and the condom slips off and remains in the girl's vagina, what can I do?* **Tumusiime J, S2, St Paul SS, Bukida, Kabale**

The girl should insert two fingers into the vagina and pull out the condom.

- If this fails, seek medical care.
- For a condom to get stuck in the vagina shows that it was not used well. Read the instructions on the pack before using condoms. Using them wrongly will expose you to unwanted pregnancy and STDs like HIV.

### Learning

*I read hard but can not*

- health unit and seek the health workers' care and advice about the pain you are having.

### Menstruation

- *My friend told me that once I skip my periods, I am pregnant, yet I have not had sex. Does this mean I am barren?* **Kabalisa I, Kinyara SS, Masindi**
- You can only become pregnant if you have sex. Many adolescent girls may miss their periods from time to time due to stress and changes in environment. Irregular periods may occur with infections that cause fevers, weight loss, changes in environment, or increased physical or athletic activity. However, you should seek medical attention if you miss your periods for more than four months.

### Pregnancy prevention

- *Is it true that when you take four tablets after sex you do not get pregnant?* **Agwicho A, 20, S4 Olomet SS Kaberamaido**
- The only tablets that can prevent one becoming pregnant are contraceptives. These should be prescribed by a health worker after examination and are taken on a regular basis throughout the



Abstinence is our key. Members of ST Club, Tororo Community SS

*understand very well. What can I do?* **TL, 18, S4, Rutaka SS Kisoro**

Don't give up. Some people take long to understand some issues. However, if they read the information more times and consult others who have understood it better, they eventually understand and learn. Asking your teachers to go over the subject more slowly and explaining to you what you have not understood will help. Also forming discussion groups with other students who know the subject better will assist you learn from them what you didn't understand.

### Unprotected sex

- *I have a girl I really trust. We have ever had sex using a condom but the last time we had unprotected sex. Should I continue with unprotected sex with her or not?* **Okonkwo, 16, S4, Uring SS, Nebbi**
- You are still very young to be engaging in sex and worst of all unprotected sex. You are at risk of impregnating the girl and ending up with an unwanted pregnancy. Both of you are also at risk of getting STDs. Concentrate on your studies, abstain and leave sex for a time when you are older, married to a partner with whom you have tested for the HIV.

### Masturbation and virginity

*My friend says whenever he desires to have sex, he masturbates. He says he fears STDs and pregnancy. Is he still a virgin when he is doing this?*

**Bithaghalere G, 17, S3 Royal ranges SS, Kilembe, Kasese**

As long as your friend has not yet had penetrative sex with anyone he is still a virgin. One loses their virginity if they are engaged into penetrative sex with another person.

**Counsellor: Dr Edrine Namayanja**

Publisher: **STRAIGHT TALK FOUNDATION**

45 Bukoto St., Kamwokya, P. O. Box 22366, Tel: 0312-262030, 0312-262031 041-530088 Kampala (U), Fax: 041-534858, E-mail: strtalk@imul.com, strtalk@straight-talk.or.ug, Web: www.straight-talk.or.ug Communications Director: **Cathy Watson,**

Programme Director: **Anne Akia Fiedler,** Editors: **Teopista Agutu, Betty Kagoro, Edith Kimuli, Gilbert Awekofua.** Designers: **MeBK, G.bM,** Funded by **DANIDA, DFID, Ireland Aid, and SIDA** Printer: **Vision Printing**