

Words of wisdom

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Romans 12:2



Vol. 13 No. 11 November/December 2006

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	11:30am
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

Straight Talk Radio Show

Tune in to

ENGLISH PROGRAMMES

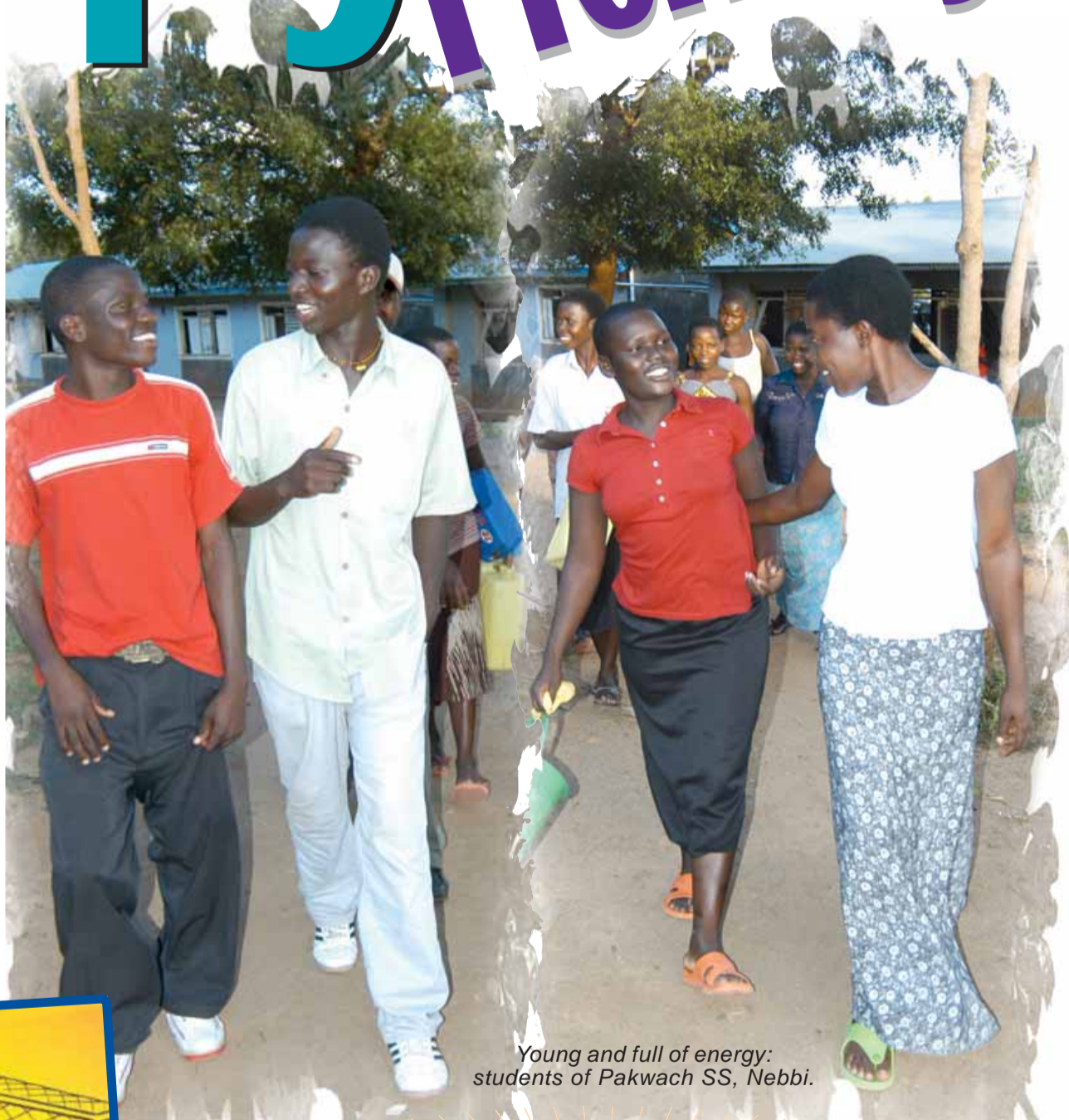
Happy Holidays

Have fun!

Play, listen to music, visit friends, dance, and enjoy yourself.

But stay in control!

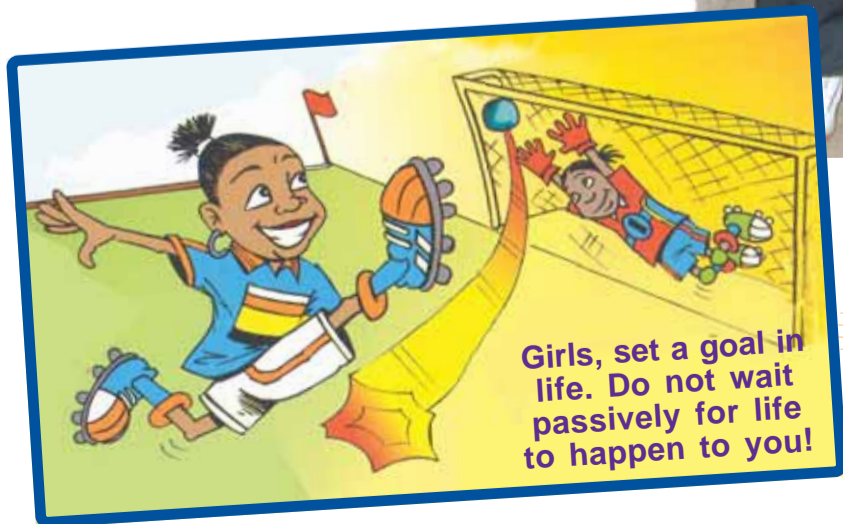
Avoid alcohol and drugs. Abstain from sex or test together for HIV and always use condoms.



Young and full of energy: students of Pakwach SS, Nebbi.

Spend your free time well. Balance fun with helping your family. Discuss your vacation plans with your parents/ guardians and introduce your friends to them.

Watch out for peer pressure



Girls, set a goal in life. Do not wait passively for life to happen to you!

My vacation plans

O-level and A-level candidates are looking forward to the long vacation. Do you have wonderful plans for the vacation such as getting a job, visiting, hanging out with friends and others? Have you thought about doing something productive? *Straight Talk* team talked to some candidates from Kalangala, Gulu and Nebbi districts about how they plan to spend their time. Also, students of lower classes talked about how they will spend their holidays.

I will help my parents with domestic work, play football, watch films, but also revise my books. **Robert Okello, 16, S2, Gulu SS** ▼

Doing house work ▼



I will spend my time doing some work at home. I will also watch educative movies and visit friends. **Winnie Namakula, Head Girl, Serwanga Lwanga Memorial School, Kalangala**

Helping in the gardens ▼

I will help my parents in the gardens during holidays. I will also keep revising because breaking from school does not mean I should leave reading. Being a Seventh Day Adventist, I will also make sure I go for prayers on Saturdays. **Grace Tusuubira, Head Boy, Serwanga Lwanga SS, Kalangala**



Go for HIV testing ▼



I will do some work which can earn me money. I also plan to go for HIV testing at Gulu Youth Centre. **Vincent Labongo, 16, S1**



After exams I will be free from waking up early, bathing cold water, over-reading until midnight and missing meals! I will also be free from teasing from classmates when I say a wrong answer in class. **Oyenye-both Charity, Pakwach SS, Nebbi**

Watching movies ▼



I will watch movies. I like horror and Nigerian movies. They are educative real life experiences. I also plan to attend a youth conference on abstinence. **Winnie Nasali, S5, Serwanga Lwanga SS**

Visiting friends ▼

I plan to visit friends but I will avoid odd hour visits. I will also help my parents with domestic work. **Sarah Nakiyaga, Serwanga Lwanga SS**



Computer Training ▼



I will grow egg plant and potatoes. I will also lay bricks to raise money for my school fees next year. If I get money, I will go for computer training. I will also visit Gulu Youth Centre for counseling on how to stay safe. **Odong Alfred, 15, S1 Gulu SS.**

Cool Plans

Beatrice Bainomugisha, *Straight Talk* counsellor, talked to students of St Joseph's Nsambya about what they are looking forward to during vacation. This is what they had to say:

- No more curfews
- Changing my wardrobe
- Try out on relationships
- Going to test for HIV
- Roaming places in town
- Hanging out with friends
- Getting a job
- Cutting weight
- Not being answerable to anybody
- Sleeping with no bells to wake me
- Being bossy and having a say
- Wearing makeup and being ladylike

What do you think about these plans? Most sound cool. But stop and think about their consequences. Are they all worth trying out? Do you have similar plans? Will they help you achieve your goals in life?

Freedom misused: stories from Pakwach SS

When I was in S3, my parents allowed me to stay in a hostel. I was free to manage myself. But I forgot what brought me in the hostel. I joined bad groups.

We used to escape from the hostel especially on Friday night and come back on Sunday. I never suspected that my parents would know. But when they learnt of it, they brought me back home. I missed my friends and the boarding bit of it. It was my fault. **Susan, 19**

My parents trusted me a lot. I was free to do anything. One Saturday evening, my friends invited me to



This is not cool at all. It's not cool at all to drink and hang out with guys way older than you. Getting drunk is not cool.

a disco. I escaped without my parents' permission. It was my first disco. We took alcohol and I ended up losing my tooth. From that time my parents stopped trusting me. **Keuber Festo, 18, S4**

During holidays my father told me to ferry timber from 5kms away. I did not do the task. He was angry with me. The next day we were supposed to work in the garden but I dodged.

When I was returning to school my father gave me only school fees with no pocket money or things to eat. I suffered at school and this changed me. I never disrespected my father again. **Gwoktho M, 19, S6**

Balance fun with responsibility

Whatever plans you may have for your long holidays, spend it safely.

Respect your parents, help with work at home, and obey the family rules. Do not create misunderstandings with your parents.

Resist pressure from your peers. Invite your friends home so that they meet your parents.

Be faithful to yourself. Do not do things you do not want to just to please your friends.

The truth is: when things go wrong, it will be your parents to care for you.

"I like being free. I like freedom to move out with my friends to discos, chilling with girlfriends without any restriction from my parents".
Chida Tom, S6, Pakwach SS



Falling in love happens. But do not scare your parents by recklessly having sex or losing focus on your studies.

OK! We understand! Naturally you have an inborn desire for independence. Adolescence is a time when you want freedom to spread your wings.

Some parents respect this. They give you freedom to make choices. They value your thoughts and feelings. But many parents struggle with adolescents. They have many worries already. So take it easy on them!

When you get freedom, enjoy it while maintaining self control! Are you ready to face the consequences of the choices you make?

- Stick to your values.
- Avoid tempting situations.
- Have principles that guide your behaviour. If you do not like something, do not do it.
- * Set your own goals and continuously review them
- Balance having fun and work. Think about the outcomes of that fun. Is it worth it?

Our daughter has changed so much. Yesterday she was rude. Now she is still not home. It is late! I am so worried about her.



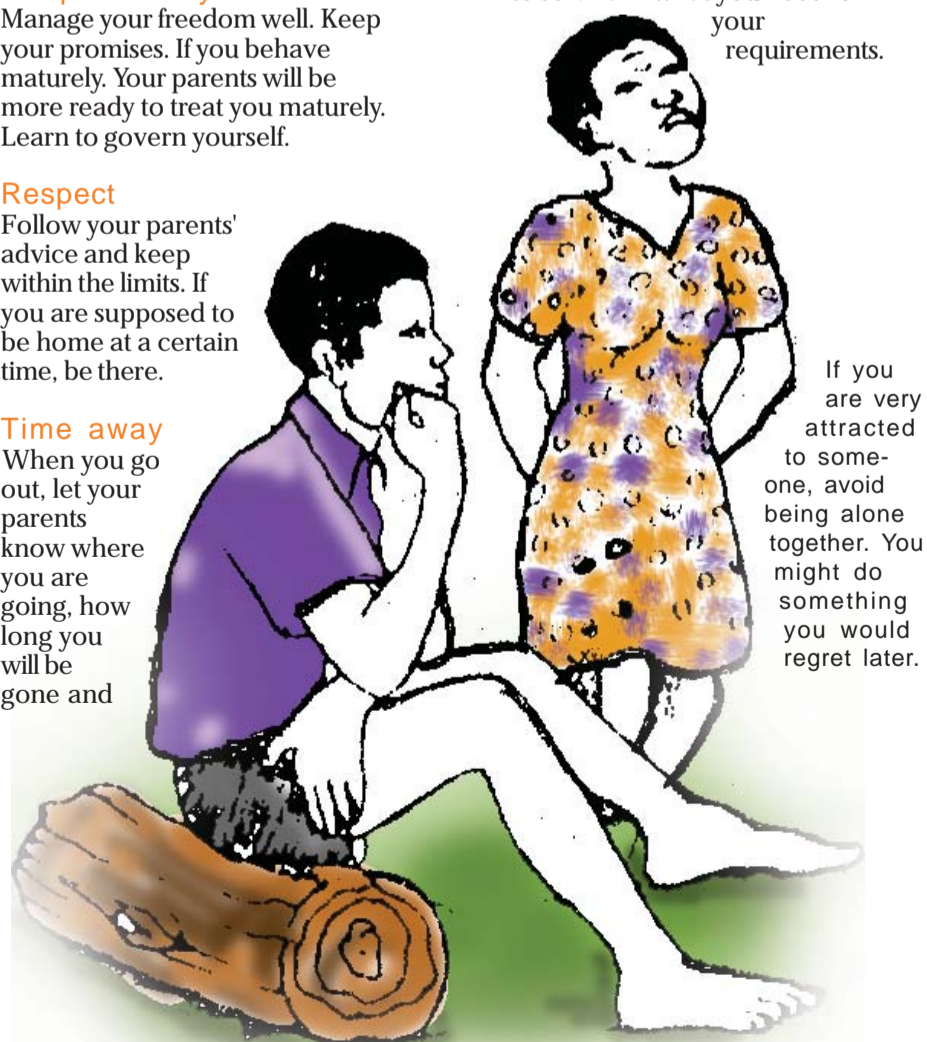
Keep within limits

Talk with your parent/guardian about your vacation plans. Try to understand the reasons behind family rules. It is easier to follow rules you understand.

- **Responsibility**
Manage your freedom well. Keep your promises. If you behave maturely. Your parents will be more ready to treat you maturely. Learn to govern yourself.
- **Respect**
Follow your parents' advice and keep within the limits. If you are supposed to be home at a certain time, be there.
- **Time away**
When you go out, let your parents know where you are going, how long you will be gone and

where they may reach you. Discuss with your parents, rules for visits by friends. If they discourage your company with a friend, find out why they don't like him/her. He or she could be of bad influence.

- **Work around the home**
Help without being asked. Do the task as expected. Do not wait to be chased around.
- **Part-time jobs**
Get a part-time job. All families need financial help. Grow vegetables and fruits. Make crafts to sell. Earn what you need for your requirements.



Get on with parents

Mrs Rose Ayereyo, a mother of six, says:

"I talk with each child in holidays. We talk about their plans and what I expect them to do. We also talk about the dangers of early pregnancy for boys and girls. I am a widow. I have a lot of responsibilities. So we have to avoid risks. I try to be friends with my children. I also know friends of each of them. I have to know which friends they are visiting and bringing home. I discourage them from friends with bad character. I distribute tasks equally among my children. Boys and girls can do any house chore."



You may feel you are grown up and do not need regulations from your parents. But you are under your parents/guardians' care and need boundaries. You should not stretch your limits too far. Things may get out of hand. It is your job to prove to your parents that you can manage freedom without getting into danger.

"Why are parents strict to their kids in secondary but relax when they join university and yet that is where most temptations are?"

Omia E, Pakwach SS

Good question. When you are in secondary, parents have control over you. At university, they no longer see you everyday. You have to manage. And guess what? Many young people do not manage. They get HIV or get unwanted pregnancies at university. How sad and risky!

So spend some time to think of how you will stay safe now and in the future. Prepare now for the freedom you will get later. Your parents will not always be there to control you. Develop control inside yourself.



Journalists for a day: students of Pakwach SS in Nebbi answered many of the questions on this page.

Virginity

My friend had sex when she was five years old. Now she is 16. Is she still a virgin? A Justus, S4, St Benedict High school, Tororo

No. Virginity is lost once a person has penetrative sex, no matter how old that person is. But your friend can abstain from sex and stay safe although she lost her virginity at an early age. She was defiled, but she needs not to blame herself for what happened. *By Okum Mudashiri and Christian Bosco, Pakwach SS*

I'm an athlete. I run and play volleyball and football. People tell me that I will lose my virginity. Is it true? Mukesha M, S5, St Gertrude's Girls Voc School, Kisoro

No, you lose virginity when a male organ penetrates the female sexual organ. Sports activities are important for physical fitness and also occupying your mind instead of thinking too much about sex. So stay an athlete and keep your virginity. *By Amony Patra Eunice and Ewoktho Majid Junior, Pakwach SS*

Sex

I always hear that sex should wait at least until 18. But many times students reach 18 when they are in S2 or S3. Should they have sex in such classes? Katusabe J, S1, Kalegete Memorial Academy, Hoima

When to have sex is not determined by age or the class you are in but rather by a number of things you should ask yourself. Is it the right time, right person, right purposes and are you ready to handle the consequences? If you don't have good answers to these questions, even at 20 you still should not have sex. *By Munduru Mercy and Oyengboth Charity, S4, Pakwach SS*

Pain and pus

I felt some pain in my penis. When I pulled the foreskin, I found some pus and blood and even some bruises on it. After three weeks I pulled my foreskin again and nothing was there. But some times it itches. What could this be? E G, 16, St. Pius Vocational Training Institute

This sounds like a hygiene problem. Remember to always wash under the foreskin of your penis every day. You also need to go for a medical checkup from a qualified health worker in case it was an STD.

Condom use

People say that condoms are not 100% correct. Suppose I use three condoms at ago, won't I

get extra protection? Okware T, 16, S2, Universal HS, Bugiri

No, this is wrong. If you use more than one condom at the same time, they will all peel off and expose you to risk of infection or even making someone pregnant. Condoms will provide you protection if you correctly use one each time you have sex.

For how long does a condom work? Kakembo I, 15, Kabaale Sanje SS, Rakai

A condom works for only one round during sexual intercourse. After ejaculation, it should be immediately removed and thrown away in a pit latrine. *By Omia Francis, Chida Tom and Berocan Susan, Pakwach SS*

Help

I had a friend since S2. After S4, he came to my guardians to ask them if they can let him pay tuition for any course I want to study. My guardians refused and yet I'm struggling on my own to get school fees. What can I do? Tazi C, Koboko Tech. School

You need to find out from your friend why he is interested in paying for your tuition. Many times people will do this in exchange for a favour, usually sex. Your guardians were right to refuse his offer. Think of other ways of raising money for your school fees such as cleaning your neighbour's compounds, fetching water or any other extra work during the holiday.

Sex demand

I fell in love with a boy who was older than me. When he demands for sex, I tell him that I'm still young. He says that there is no girl who is young for sex. I do not want to lose my virginity. Uwera L, S2, St Gertrude's Vocational Girls School Kisoro

You should not be forced to do what you do not want. This boy is selfish. He wants to ruin your future. Sex is for adults who are ready to face the consequences. If he really loves you like you love him, he should be patient and wait until you are ready. Stand by your principles and values. Do not give in.

the time of sexual intercourse, the viral load was not high enough to infect the other, or at the time of testing one is in window period. Infection is a matter of chance.

Pregnancy

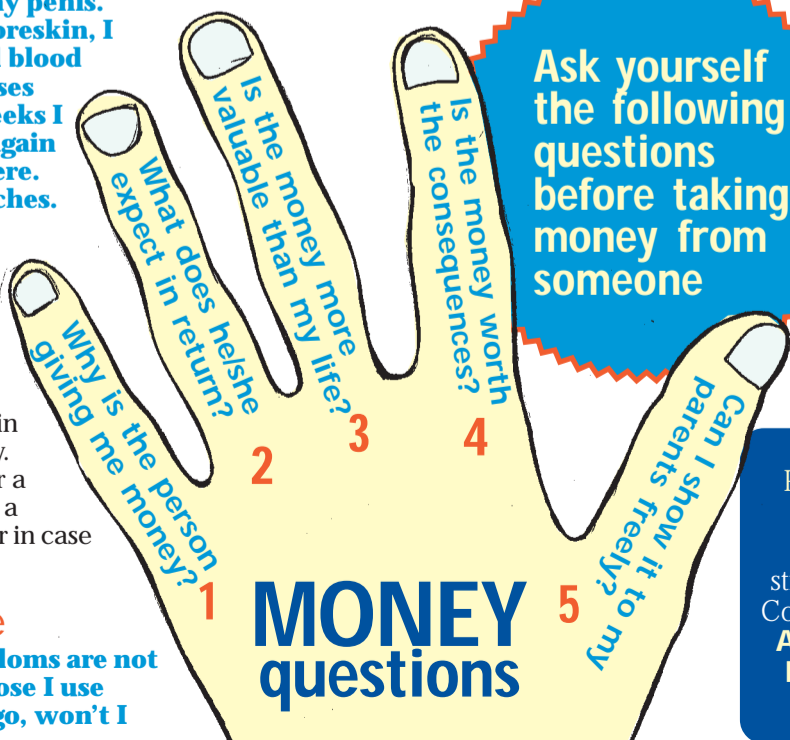
Is it true that when you take four tablets after having sex, you do not get pregnant? Musana E, S1, Tororo Community SS

I don't know which tablets you are referring to. But if you have unprotected sex, and have not been using any contraceptive method you could get pregnant. Abstain or always use condoms.

Additional counseling by: Patricia Nansamba Wamala, Straight Talk trainer



Ssegirinya Ivan S5, Entebbe Parents SS. Straight Talk fan.



Discordance

Is it possible for a husband to test HIV positive and the wife HIV negative? If yes, why? Turyamureeba V, 18, S5, St Paul's Seminary Kabale

Yes, it is possible for one partner to test HIV positive and the other negative. This can be due to a number of reasons. Maybe at

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45 Bukoto St., Kamwokya, P. O. Box 22366, Tel: 031-262030, 031-262031 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: **M.eB Kalanzi, G.bM**
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