

Words of wisdom

So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for His good pleasure.

Philippians 2:12-13



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89.4 FM	Nile B/casting	Sunday	7:30 pm
96.9 FM	Radio Rukungiri	Saturday	8:30 pm
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97.5 FM	Messiah	Saturday	6:15 pm
94.1 FM	Nile FM	Sunday	6:30 pm

ENGLISH PROGRAMMES

Straight Talk Radio Show

Tune in to

Is your relationship healthy?

"I was in a relationship with a girl who was nice to me. We used to go on dates. But one day, I found her with a man who used to send her messages and call her late in the night. I decided to end the relationship." **Boy, 18, Nansana, Wakiso**

► We all have relationships. We choose some of the relationships. But others are natural.

For example, you cannot choose your mother, father, brother or sister. This means you cannot choose such relationships and cannot end them.

However, there are relationships we choose. You can choose your friends. This means you can choose healthy relationships.

A healthy relationship:

- Is not based on money or material things
- Is not based on sex.
- Does not pressure into sex.
- Is not forced
- Does not hurt
- Gives you time for your studies
- Does not disrupt your plan to stay safe
- Is caring and not selfish
- Is when there is good communication
- Takes time to study your partner
- Is respectful

► It is good to love and to be loved. But does your relationship fulfil the above? You may weigh it and find out whether it is worth it. If it is not, maybe it is just about time you quit.



Tell me what happened:
Casta Muhwezi left with Godfrey Katende members of HEY-PI, a Youth Centre in Wakiso were journalists for a day at Nansana Wakiso July 11 2006.

I ended a relationship

In 2000 when I was in S3 I had a girlfriend. We had decided to abstain from sex. One day at break time she wrote to me asking for sex.

I called her and told her I was not ready for sex. She told me that lovers have sex five times a week. She said she would chuck me if I refused. But I stood firm and refused.

I went to a counsellor at a youth centre in Tororo and he told me I could go on with my own life without her. I asked him what if I got another girl? He told me to forget about girls and concentrate on my studies.

I went back and told the girl I had rubbed her name out of my mind. Counselling and listening to Straight Talk Radio Show helped me to cope.



Ending a relationship is normal

The girl started writing to me but I do not reply. She may give me HIV/AIDS and STDs. I am abstaining until marriage. **Opedi James S4, Rock HS, Tororo**

► This is what James said in response to the quiz run by Straight Talk on ending unhealthy relationship. We also visited the youth of Health and Youth with Parents Involved (HEY-PI) in Nansana, Wakiso, who interviewed each other on ending unhealthy relationships.

Read more about having healthy relationships on page 2 and 3

Straight Talk thanks everyone who participated. **EACH USED LETTERS WINS A T-SHIRT.**

A healthy relationship does not stop you from achieving your goal. Stay focussed.

Time to call it quits?

You need to take care of yourself. It is unhealthy to stay in an unhealthy relationship that exposes you to risks of any kind.

Unfaithfulness

A boy, who seemed to have good morals approached me. I thought he would be faithful to me. However, later I found out he had another girl. I got annoyed. I thought we were faithful to each other. I have now decided to be alone and continue with my life. **Girl 16, S4, Kyegegwa SS**

Good choice! Unfaithfulness can lead to transmission of HIV/STDs, fights, lack of concentration and other problems.

Is the relationship your priority? Think about your priorities. Do you need to postpone relationships and concentrate on your studies? Be focused. Know what is best for you.

Wrong reason

Why did you enter the relationship? Was it the right reason or it was lust? Did you want money or things? Was it because of what your partner promised you? Was it peer pressure? Was it based on myths? If you find out it was not for love, you could as well end that relationship.

You could have started a relationship using money/gifts to seduce your partner. You could also have been seduced by money or you were after getting money or things. Such a relationship is not healthy. You could rethink whether to continue with this relationship or not.

Ending a relationship pains but it is even worse when a girlfriend drops you. It takes a long time to forget the love relationship you had. I had a girlfriend I loved very much, but she abandoned me. At first she thought I came from a well-to-do family, which was not true. However, I tried my best to provide whatever she wanted.



Journalists for a day: Member of HEY-PI who participated in putting together this issue

But she picked interest in a businessman who had a lot of money. He provided her with all she needed and promised to give her school fees. She lost interest in me. In the end, she told me I was nothing compared to her new boyfriend. **Lubega Oscar, Lunyo Hill SS, Busia**

We start relationships:

- Because of feelings towards someone
- To feel loved and cared for
- To have a sense of belonging

Serve the right purpose

You may have started the relationship for the right purpose, but are you still on track? Does it serve the purpose you started it for or you have fears and uncomfortable about it?

Behaviour

Your partner's behaviour may be unbecoming.

Muhwezi Casta says, "I had a girlfriend and we were much in love. She however liked clubbing and drinking alcohol. One day I found her in company of a man who was touching her body. I decided to end the relationship. Right now I am without a girlfriend." **Interviewed by Katerega Godfrey**

Poor communication

Communication is very important in a relationship. If there is no proper communication between you and your partner, you may not be able to continue with the relationship.

You lose touch

I had a girl whom I asked for a relationship in 2002. She was in S1 and I was in S2. One term later she went to Kampala, but good enough I had not had sex with her. But recently she stormed our school and she said she still loved me. What should I do? **Dila Thomas, chairman ST club, Dr Obote College**

You need to ask yourself whether you still love her and whether you are still interested in the relationship. You could talk about what you would have decided. If you are uncomfortable, continuing with the relationship, it is normal.

I had no time for her
Mutebi Ismail says, "I ended a relationship. I did not have time to visit my girlfriend. She kept calling me but I did not visit her. I think she gave up thinking I got another girl. I sometimes think about her but cannot go back because it has been sometime and she might not tell me exactly what has been happening in her life since we parted. She could even be married by now." **Interviewed by Nalule Gorrety**

Time

Relationships need time. You may not be in position to sustain the relationship. Also remember, there is time for everything.

Unrealistic demands

Goretti says, "I had a relationship with a boy who had dropped out of school. However when I wanted to join an institution after my 'O' levels, he could not pay for my further studies. I dropped him. He was very much disappointed in girls." **Interviewed by Mutebi Ismail**

A successful Straight Talker controls his/her life

- Improves relationships with other people
- Is principled
- Makes smarter decisions
- Gets along with parents
- Overcomes addiction
- Defines values and what matters to them most
- Gets more done in less time
- Increases self-confidence
- Finds balance between school, work, friends, and everything else
- Is happy

Decision making

Being in a healthy relationship is a decision you can make. Decision making is a very useful life skill.

- Think critically about the advantages and disadvantages of the relationship.
- Does it support your studies and goals in life?

What do you think?

Amidst the many activities, thoughts and pieces of advice going on in your life, you can: Stop! Think! Make a healthy decision!



We love Straight Talk and our message to fellow students is that we should be aware of the big lion, AIDS. We are the pillars of the nation: **Members of Straight Talk Club, Riverside HS, Busia**

Club Activity:

What would you do if you reached crossroads of life?

Discuss

Coping with breakup

I ended a relationship with my girlfriend. I feel bad because I still love her. Also my friends have told me if I stay without a lover, I will not produce in future. **Otelu Moses, Uganda Martyrs Voc. Inst, Soroti** **Moses, it is not true that being without a lover can cause you to fail to produce. For now, concentrate on your studies. In future when you get a partner, you will be able to have children. One of the leading causes of failure to have children is Sexually Transmitted Diseases. Wait to have sex.**

- Most teenage relationships do not result into marriage. You are still young and may meet many other people before you are ready for marriage.
- You may separate and loose touch with your partner
- Your interests could change: You do not have much to talk about or share any more.

Ending a relationship can be hurting. You could still be having feelings for that person, but sometimes it is totally over. This



Joining educative clubs can help you heal

is normal. Here are some tips that can help you cope.

Seek counselling
Gana Farouk says, "She never wanted to see me again. I joined a youth group called HEY-PI and I received counselling." **Interview by Mugalula Paul."**

Join constructive clubs
Mugalula Paul says, "I now spend my free time at HEY-PI youth centre where I get counselling. But sometimes I feel like going back to her and I think she still loves me too." **Gana Farouk**

Time heals
She later wrote a letter in red ink saying she had chucked me. I cried, tried to reconcile with her in vain. I felt bad and humiliated for being dropped. She spat whenever she came across me. I told myself I could not cry for spilt milk. Gradually, I managed to put her off my mind. **LO, Lunyo SS**
Keep yourself busy, with time you will forget about your partner and get on with life.

Do not rush into a new relationship
Now I have another girlfriend who has helped me forget about the past. **Muhwezi Cast**
Rushing into another relationship is dangerous. You could end up with a wrong person. You need to give yourself time to heal before entering another relationship.

You can get on as friends
Even when you separate with someone, do not behave in a bad way towards each other. You do not have to become enemies. You can remain friends.

Do not blame yourself
Forgive your partner and yourself if it was your fault and get on with life. Next time it would be better.

Reflections

"All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him (or her), it will not change you.

The only thing blame does is to keep the focus off you when you are looking for external reasons to explain your unhappiness or frustration.

You may succeed in making another feel guilty about something by blaming him (or her), but you won't succeed in changing whatever it is about you that is making you unhappy." Wayne Dyer.

Comeback is dangerous

I had a boyfriend but we separated because of his bad character. But whenever we meet he suggests we resume our relationship and demands for sex. He is ever promising me heaven on earth. I am worried because we separated three years ago.

He is now married but is working and is well off. I am a student who hardly gets school fees, but what shocked me

is he promised to pay my school fees. He is also promising to marry me but I do not think this is the right choice. **Nabirye Phina S3, Namutumba Central HS, Busembatia**

Be careful about going back to your partner after some time. He/she could have gotten another partner and they have had sex. You can get infected with HIV/STDs.

A healthy relationship means:

- Not rushing your partner into anything
- Not letting yourself be rushed into anything
- You do not need to have sex to prove love or maturity
- Learning from your mistakes
- Using protection



We advise fellow students to obey their parents. This will help them achieve their future goals.



My dream is to become a journalist: What about you? **Aheebwa Tulisingura Alinkoma Julius, peer educator.**

A parent's word

When we were young, people used to die because of old age, but today it is not the case. Young people, including students are dying of HIV/AIDS. I would like to advise all students and all young people to stay safe by abstaining from sex or using condoms. This will also help them avoid early pregnancies. I know of girls who got pregnant during our school days in the 70s. Some of them died while trying to abort. Others do not have jobs and are not married up to now. Life is hard for them. Avoid unprotected sex. Wait until you are old enough to get married. **Mwesigye David, 40, Director, Uncle DAU Investments, Nansana Yesu Amala, Wakiso District**



Counsellors for this issue: The youth at HEY-PI, Member of Health for Youth with Parents Involved at Nansana after answering questions from Straight Talkers on July 11 2006

Small penis

Is it true that a boy with a small penis cannot make a girl pregnant? SN, Mukono.

No it is not true. The size of a penis does not determine the availability of sperm. Any boy, no matter the size of penis can make a girl pregnant if they have unprotected sex.

Education

I have a girlfriend who loves me very much yet she is not well educated. LB, 17, Chairman ST Club, Lutuku Community Polytechnic, Sembabule

Do you love her too? You can encourage her to go back to school. There are also vocational schools and acquire skills.

Breasts and pregnancy

Is it true that if a girl of 15 years who has not developed breasts, if she has sex, she can get pregnant? Sewanyana T, Global SS and Voc, Mubende

Yes she can get pregnant as long as she has sex. Girls can ovulate (produce eggs) even when they do not have breasts.

Condoms and virginity

Is it true that when you have sex with a condom the hymen does not break? Bugambiro R,

17, S3, Kaikolongo Seed SS, Masaka

This is not true. As long as you have penetrative sex, you lose your virginity.

Multiple partners

I have a friend who changes girls like nothing. Whenever I try to advise him, he tells me life is short. P Katushabe, 18, Wellstar Bright SS

Your friend stands the risk of getting HIV/STDs and unwanted babies. Advise him to test for HIV and use condoms. He should focus on his studies and get involved in safe activities like sports, and Straight Talk Clubs. He will then have less time for girls.

Virginity

I am a born again Christian who is a virgin. But, how would I know that my wife is a virgin? Akil M, Kampala

Congratulations on keeping your virginity. It is hard to know whether someone is a virgin or not. The best thing is to ask your wife about it and trust her. An HIV test before marriage is advisable.

Fellow youths, if you have a chance of studying, please use

it. Tuhumwiine Lydia, 16, S3, Equatoria college, Namuwongo

Pimples and sperm

Is it true that having many pimples means you have too much sperm in your body? Kimbugho M, 17, S2, Rwenzori Pride Voc Sch, Kabalore

No, it is not true. Pimples are normal body changes during adolescence. Wash your face with clean water and soap to reduce pimples.

Sugar mummy

I have a sugar mummy, who is a widow in our village. She always touches my private parts and gives me sweets and glucose. Should I have sex with her? 17, S2, BM, Rwenzori Voc S.

It is very dangerous to have sex with this woman. She could be having diseases that she can pass on to you. Say no to her gifts.

Sex demand

I have a boyfriend who promised to marry me. But he wants us to have sex before marriage. Should I give in to him or not? Buregye M, 17, S3, Kakolongo Seed SS, Masaka

Sex before marriage can lead to dangers like early pregnancy and dropping out of school. If he loves you, he should respect your position and wait for you. If he cannot, then he is not worth being your husband.

Can a girl who loses her virginity through riding bicycles and climbing trees still be called a virgin? Matubale P, 18, Mvura SS, Arua

Climbing trees or riding bicycles do not cause loss of virginity. A person only loses virginity when he/she has penetrative sex. Some girls are not born with hymens. Some lose it due to a number of things. But this does not mean loss of virginity. One is a virgin until the first time they have sex.

Sex demand

Is it true that you can get pregnant if you had sex, eight days after your menstruation? Awinyi E, Busia SS

You can get pregnant anytime you have sex. Some people ovulate even during menstruation. Abstain from sex or always use condoms to avoid unwanted pregnancies, HIV/STDs.

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Publisher: **STRAIGHT TALK FOUNDATION**
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