

Words of Wisdom

Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity.
1 Timothy 4:12



Vol. 13 No. 7 July 2006

Special thanks to all **Straight Talkers** who participated in the **SIBLINGS QUIZ**.

Your ideas are great! Keep writing. All those whose letters have been published

win **ST pens or T-shirts**

Congratulations

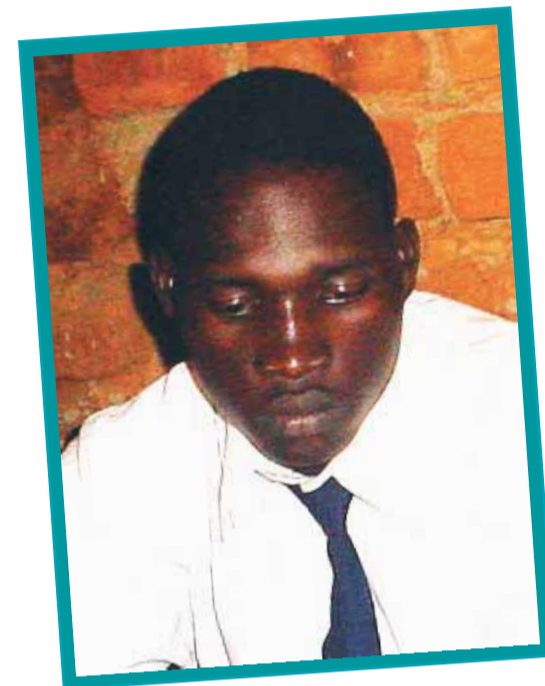
I want to be like you!

Do you have a brother or sister you admire? What do you like about them? Are they good role models to you?

Some brothers/sisters may have good character and behaviours, while others have bad ones. Sometimes we copy certain behaviours without being aware of it. Think about how your sister/brother has influenced your behaviour and how it will affect your life. Is it positive or negative? Learn to keep the good ways you have learnt from them and drop the bad ones. **Straight Talk** team interviewed students of Wordsworth SSS in Makindye, about what they like and dislike about their big brothers and sisters.

She is principled ▼

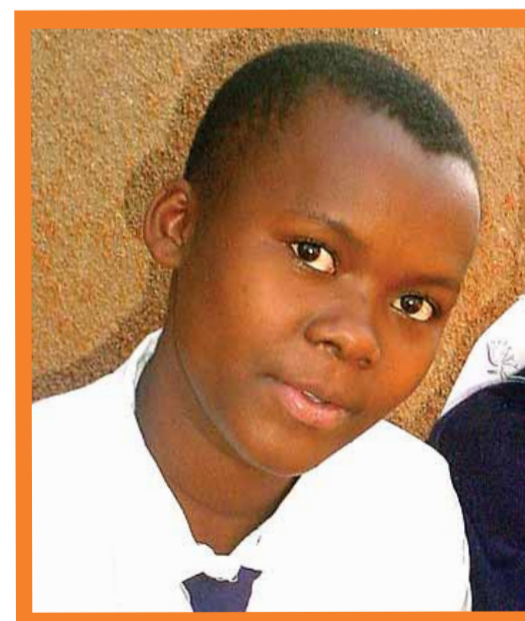
I have an older sister who is very principled. I admire her so much. Once she sets out to do something she accomplishes it. She also keeps her promises. But I do not like her reluctance to revise her books yet she is a candidate. She also does not respect my mother. My mother tells her this and she does the other. I want to be a good example to my siblings by respecting my parents and excelling in education. I encourage them to read their books. I even invite them to my room so that they can see me doing what I preach. I read books whenever I'm free. I also give them copies of **Young Talk**. It has good messages for them. **Samuel Ikoba, S6**



Time management ▲

I have learnt to be God-fearing because of my older sister. She used to take me to Sunday school since I was little. She would ensure that we reach church in time. She is very good at time management and I also keep time. I want my younger sisters and brothers to be well behaved and Godfearing.

However, I hate it when she lives her life recklessly. She refuses advice about protecting herself from HIV/AIDS. She says that 'life is short'. **Patrick Ochero, S4**



Abstinence ▲

My older sister taught me to say no to boys to avoid HIV/AIDS. She says I can be a friend with boys without necessarily having sex. I tell my younger siblings the same to avoid HIV/AIDS. But I hate it when she goes to discos at night, yet she tells me otherwise. She also has bad groups. They love boys, abuse people and lie to parents.

Hellen Nakajubi, 14, S2



Completed school

I have four sisters and I'm the last-born. They always tell me to behave well, concentrate on my books and obey our parents. I admire them because they have finished their studies and they really respect themselves. They tell me to avoid sex and pregnancy before marriage. I'm still young.

Bashira Nankinga, 12, S1

Your sister/brother wishes to be, act and behave like you. But are you a positive role model? Think about it!

Are you a good example?

If you are a good example to your siblings then you are a positive role model. And if not, then you are a negative role model. A role model is someone you admire and want to be like. As an older brother/sister you are a role model to your siblings. You are bigger and have been around a little longer. You are more knowledgeable and exposed. So your sister/brothers may wish to be, act and behave like you. But are your behaviors worth copying? Can they keep your little sisters/brothers safe?

You need to:

- Guide your siblings in the right direction
- Advise them when they have a problem
- Protect them from risky situations/behaviours that might lead them to HIV/STDs and unwanted pregnancies
- Teach them new things that will make them grow into responsible persons
- Care for them
- Relate with them as a caring big brother/sister.

Remember, the way you conduct yourself may be exactly what your young siblings would copy. Be a role model.



▲ **Drago S., S6, Chairman ST Club, Wordsworth SS**

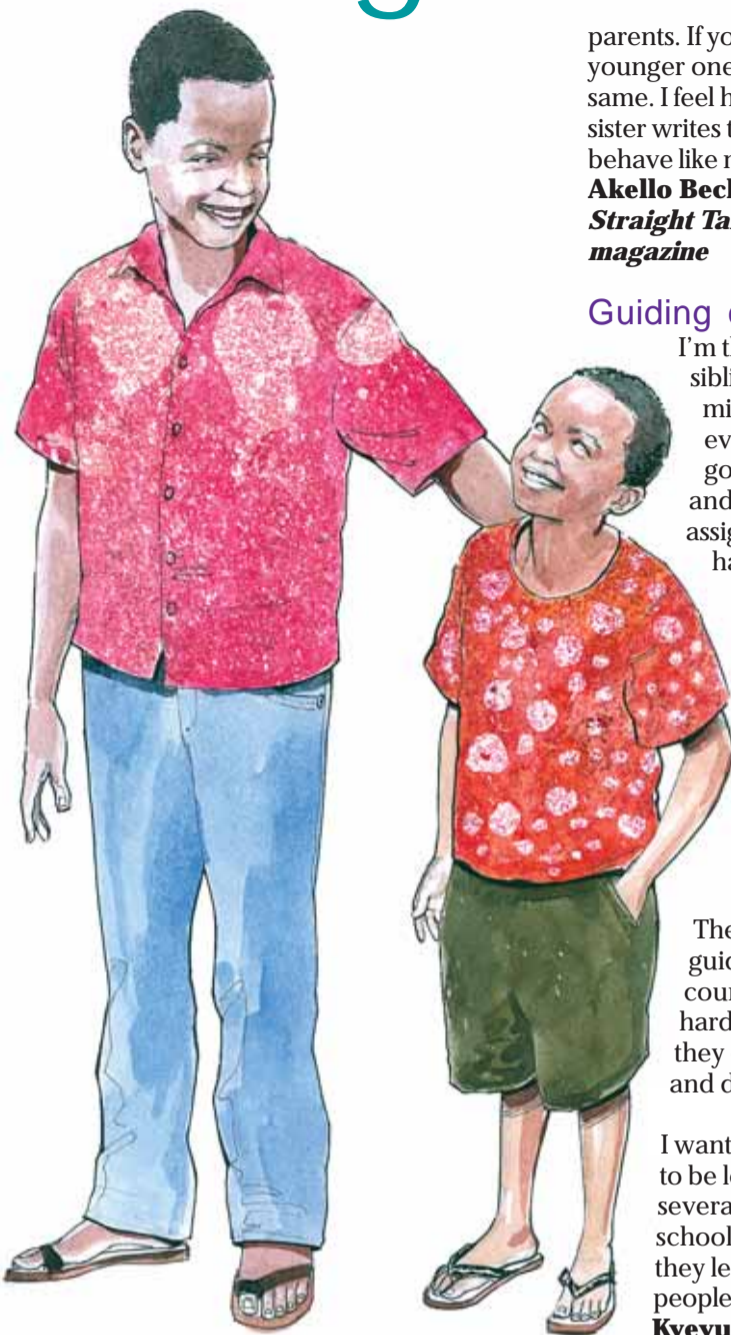
If you are the first or only child...

Do not regret if you are the firstborn or born alone. You can still have role models. Your friends or cousins can be your role models. Learn positive things about them when you interact with them.

Remember, you can also learn from your young siblings. They have a lot of good qualities you can learn from. You cannot be perfect in everything. Try to talk, listen and learn from them.

Encouraging little sister ►

I'm the first-born. We are only two children. I always dress decently so



parents. If you abuse them, your younger ones will do exactly the same. I feel happy when my little sister writes to me saying she will behave like me. I feel like a 'hero.'

Akello Becky, 18, S6, Editor Straight Talk Club school magazine

Guiding cousins

I'm the eldest at home. My siblings are too young. I miss the love, guidance even games and jokes that go on among brothers and sisters. When I'm doing assignments, I face a lot of hardships since there is no one to consult.

But I have friends with older sisters and brothers. I also have older cousins. From them I have learnt to work hard, family dialogue and having a goal in life.

They are exemplary in guiding, caring and counseling me in times of hardships. But I hate it when they engage in sexual acts and drink alcohol.

I want my sisters and brothers to be leaders like me. I hold several leadership roles at school. Through leadership they learn to relate with their people.. **Alvin Godfrey Kyeyune, S6**

that my sister can also do the same. It's not easy being a first born since you are expected to be exemplary. I try to stick to my principles to remain a respectable lady. My young sister also encourages me when I'm disappointed. She is a nice girl.

She sticks to her principles too. Even the friends she invites home are nice and born again Christians like mine. I like the way she jokes to make me happy when I'm sad. But sometimes she insults me for being too strict on her. She says I act like a perfectionist. But I think if I have to groom her into a well-behaved young lady with morals, it is the right thing to do.

Big sisters/brothers, respect your



Good company from sibling

I'm the eldest. I love my siblings so much. They are playful and give me good company. I teach them to respect elders and to make good friends who will help them in future. I help my parents with work at home, dress up decently, pray and I'm honest with my friends and teachers. **Aisha Nakintu, 18, S6**

Managing periods

My sister told me that when I clock 14, I would start my periods. If it was not for her, I do not know what I would have done.

Dorcus Tino, 15, S2 ▼



When older siblings are bad role models



Coning girls ▲

I do not like my brothers. They deceive girls. They con them, then come back laughing saying, 'I have finished her.' When girls refuse they abuse and humiliate them.

They also steal money from home to buy things for their girlfriends. Infact, I do not like boys because of what I see from my brothers. Even my little sister is behaving badly.

People tell me that she is in love with boys. When I caution her she abuses me and I leave her. I do not even tell my parents.

My elder brothers will abuse and even beat me. I'm abstaining from sex until marriage. I also obey my parents. I visit my aunties during holidays. They give me good advice. **Sara Nabatanzi, 14, S2**

Watching 'dirty' movies

What I hate about my older sisters and brothers is that they waste a lot of time watching 'dirty' films. They also have bad groups and dress indecently. I want to be remembered for dressing decently, being God-fearing and respecting my parents. **Hellen Mpoibwoine, 18, S5 ▼**



My role as a sibling is to...

Straight Talk run a quiz about the role of a big brother/sister and whether they are good examples to their siblings. We received 245 letters. Congratulations to all who wrote in! Keep writing. Most readers said their role is to teach their siblings to be respectful, responsible, God fearing and helpful to their parents. Also, they give them advice on personal hygiene, relationships and discipline.

Encourage personal hygiene

I educate my siblings about personal hygiene. I discourage them from idleness and joining bad groups that might lead them into early sex.

I also advise them to be responsible persons. I love them equally. And I'm patient with them when giving advice. I'm not sexually active. So I discourage them from such acts.
James Madol, Kyangwale SS, Hoima

I'm ever clean. My siblings are also clean. They follow my choice of colour when buying clothes. They want to be like me.
Dambya Margaret, S5, Pimbasa SS, Kampala

Discourage alcohol and drug abuse

I advise my siblings not to drink alcohol, avoid bad peer groups, smoking bhangyi and to abstain from sex until they are mature enough. I wash their clothes and bathe them to maintain hygiene. We also go to pray on Sabbath together.
Aziz Michael, 16, Bululu STC, Kaberamaido

Promote discipline

I have four brothers who are quite young. My role as an elder brother is to command discipline and academic excellence. I want them to be useful persons in the family and the nation. I advise them to respect parents, teachers and other elders. I encourage them to be



Acio Sarah and Akwele Cathy, S3, Pimbasa SSS, Kampala

principled in life and be men worth their name. I cannot drink wine yet preach drinking water. I practice whatever I tell them.
Bakampa Brian Baryaguma, City View HS

Direct and educate

My role as a big brother is just to direct, educate and advise them on the dangers of HIV/AIDS. I tell them disadvantages of early sex. I also ensure that they participate in home activities.
Opio James, c/o Rhino FM, Lira

Prevent fights

I have to ensure that they go to school everyday and do not use bad language. I listen to their views, find out what they know and do not know. Then I advise them accordingly. I make them play

materials to avoid fights among themselves. I also clean where they play from to avoid injuries.
Waca Jimmy, 17, S3, Otuke SS, Lira

Respect them

I respect them so that they respect me too. I teach them in a good way so that they listen, learn and stay safe from bad behaviour.

Adong Gloria, S2, Apala SS, Lira



Wathum Oscar, 16, S4, pakwach SS, Nebbi

Advise on boy/girl relationships

I have two young brothers and a sister. They are all in secondary school. As a big brother, my role is to advise them on matters of boy-girl relationships. These days the world is crazy. So I have to tell them about healthy relationships. I tell especially girls to be contented with what they have. I do not roam around looking for girls. I'm very hard working on my books. I wake up early, do some work before going to school. My siblings do the same.
Musimenta Fredrique, Kitabi Seminary, Bushenyi

Discourage sex for money

We are orphans. Our father married another woman and migrated. So as a big brother I have to work hard to provide for the family in terms of food, school fees including myself. I work hard during weekends and holidays to earn money but also to keep busy. I tell them how we can work to get money for our basic needs. I discourage them from getting money through sex, which can lead to HIV/AIDS.

Bitswamba Selly Kathungu, Margharita Peak High School, Kasese

Habits

Become a change agent
You have the power within you to rise above whatever may have been passed down to you. Even if you have nobody to look up to, you can become a change agent and create a new life for yourself. Your success or failure depends on you.

Engabu condoms - safe and high quality!

Are you sexually active and want protection?

Your life is valuable! So you have to protect it from risks of HIV/STDs and unwanted pregnancies.

Government has relaunched *Engabu* condoms. The condoms have been tested and proved to be of a high quality. Government has ensured that *Engabu* condoms and other imported condoms are safe. That is why a condom testing machine was bought.

People have a choice whether to use the free *Engabu* or buy the other types. They are equally safe. At the moment there is branded and non-branded *Engabu* condoms. Soon there will be *Lifeguard Pink* condoms to be distributed free and

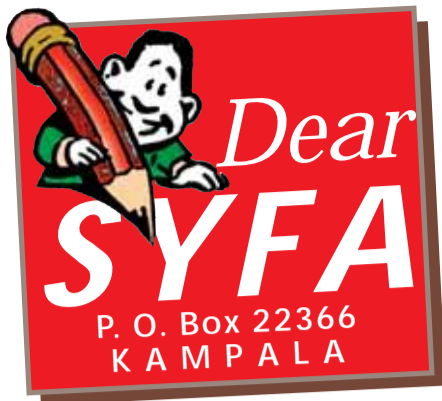
will be accessed in most places in the country. Distribution of *Engabu* condoms started in May, mainly at the health units and a few other points like boda boda stages.

Vasta Kibirige,
National Condoms Coordinator, STD ACP, Ministry of Health



Discover Did you know that the first and last letters of the different continent names are the same?





No trust

I have a boyfriend who studies in Kampala. We have agreed to abstain but I'm worried. I do not know his characters while in Kampala. He is friendly to many people including girls. When I ask him he tells me that I'm the only one he has. I want him to marry me in future. AK, Kinkizi HS.

Trust the boy. Ask him if he truly loves you and know the truth. Being with friends who are girls does not mean he is in love with them.

Peer pressure

I have never had a girlfriend but my friends tell me that I'm abnormal. Kiwalabye Fredy Okello, standard HS, Lira

Not having a girlfriend does not mean you are abnormal. What you have to do to such a group is to abandon it. You are odd man out. Your oddness is healthy and will help you progress in your studies and have a bright future. Adolescence are years in the wilderness. We face many challenges. To reach the top, escape temptations like having a girl



Thank STF for your educative messages, Mbusa Leusi, Moroto HS, Moroto

friend when you are still young. Remember that for 40 years Israelites were in the wilderness. Those who disobeyed the rules never reached the Promised Land. Know and stick to what you want to be. Stay safe from HIV/ STDs and unwanted pregnancy.

Sexual feelings

My body forces me to have sex but I fear to have sex. What can I do? Kwesiga Caleb, 19, Kihhi High school, Kanungu

It is normal to have sexual feelings. But it does not mean having sex. Abstain from sex, you are still young. It is wrong to have sex at an early age.

Sex with a married man

I have a boyfriend who has a wife at home. He told me if I refuse to have sex with him he will go to a witch doctor. Adong Dorcus, Standard HS, Lira

Do not get threatened by this man. Do not allow having sex with him. Stay safe until the right time after your studies and after getting the right partner. He is not the right person for you. He is married and you are not. We advise you to end the relationship. Avoid isolated places with him. Report him to your parents or a responsible adult.

Cheating

I'm in love with a girl and she loves me too. But whenever she goes to school she does not communicate to me. Yet she very well knows my telephone number. I'm suspecting that she has another boyfriend. But whenever I'm with her she treats me like I'm the only one. Ojukul Albert, c/o Gulu University

Albert, talk to her about how you feel and ask what her real problem is. Maybe she wants to concentrate on her studies or they are not allowed to make calls at school. Try to find the solution together and have a better relationship.

Forced marriage

I have a brother who always tells me to marry. I'm not old enough to marry. What can I do?

Obote Jimmy, 16, Adyaka, Lira
No body has a right to force you to marry against your will. Besides you are still below 18 years and therefore a child. The 1996 Constitution and the child statute protects children against forced marriage. Inform the authorities if they continue putting you on pressure.

Answered by peer counsellors of Kojja Straight Talk Club, Mukono

Journalist for a day



Journalists for a day - Kojja SS students discuss how to answer the ST reader's letter



Thanks for sending us your educative papers. Abstinence is the best weapon for success. New Styles SSS, Kampala

CHILD ABUSE HELPLINES



Uganda Child Rights NGO Network in collaboration with Uganda Telecom Limited (UTL) have introduced a toll-free helpline for children vulnerable to abuse. Call lines: 0800-111-222 and 0800-111-333, and report any child abuse incident.

For more information about the helpline call: 041 543548/ 532131, e-mail address: ucrnn@utlonline.co.ug, info@ucrnn.org

Word AIDS Campaign Essay Competition

As an activity to mark this year's World AIDS Day, the Ministry of Education in conjunction with Uganda AIDS Commission (UAC) and other partners have organized an essay competition for secondary schools students. Below are questions and guidelines for the competition.

O- Level

- 1) Despite increased awareness about the dangers of HIV/AIDS, many children and adolescents are still getting infected. Why?
- 2) Suggest solutions to the spread of HIV/ ADS among children and adolescents

A- level

To what extent do you think the HIV prevention interventions being advocated for can prevent and protect children and adolescents from HIV?

Note

All essays must be written in English.
O' Level: Between 400 - 500 words.
A Level: Between 600 - 700 words
Deadline: 30th Sept 2006

Send to: The Director General, Uganda Aids Commission. Attention: Coordination Advocacy and Public Relations, PO BOX 10779, Kampala, Uganda. Tel: 041-273538. email: uac@uac.go.ug

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