

Inspiration corner

Enid Atuheirwe has an intellectual disability. But she won a gold medal in the Special World Summer Olympics In Ireland. Enid is from Kabale and a P6 pupil at Molly and Paul PS in Makindye. Her dream is to win more medals in future games for people with disability. Watch for her story in the next *Straight Talk*



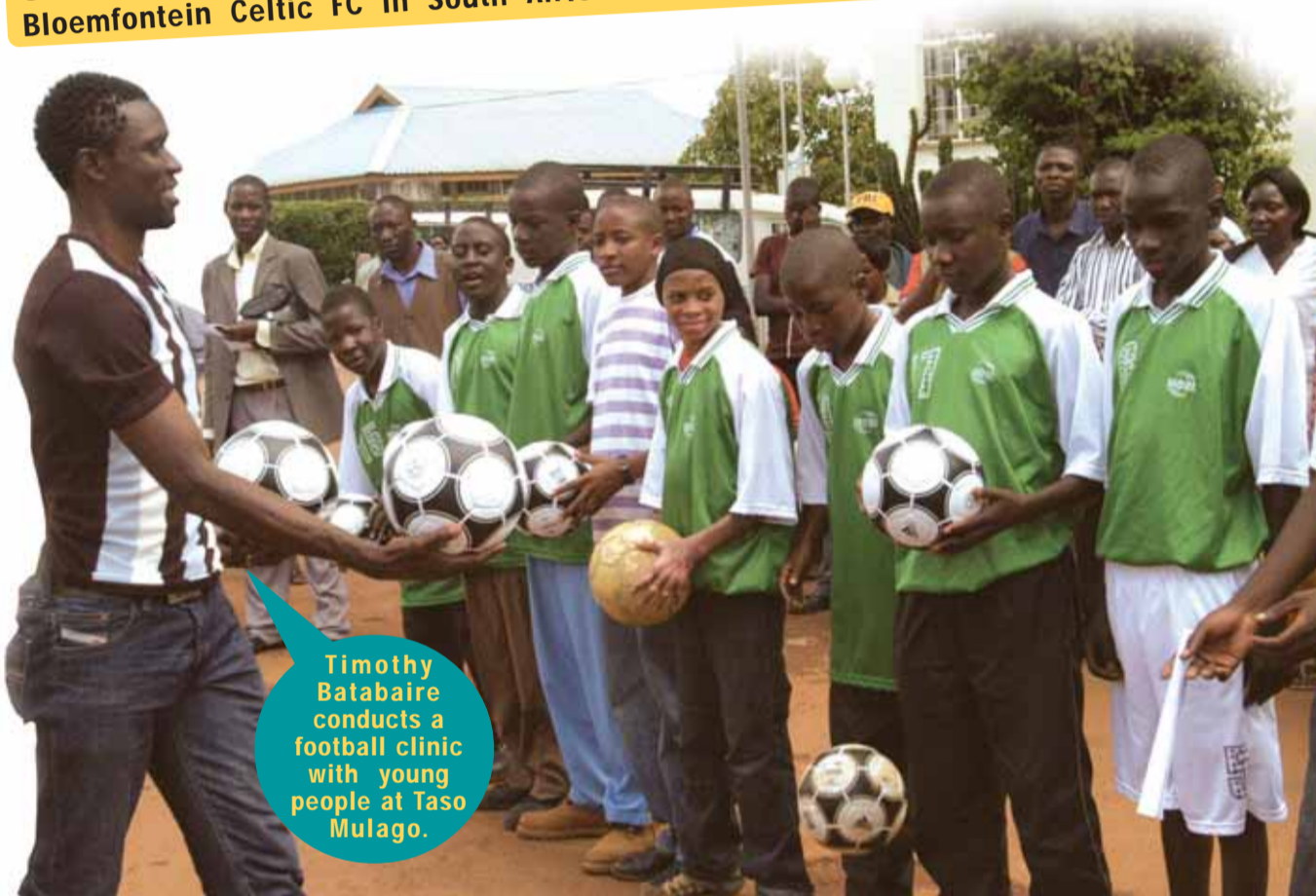
Vol. 14 No. 6 June 2007

The Big Question

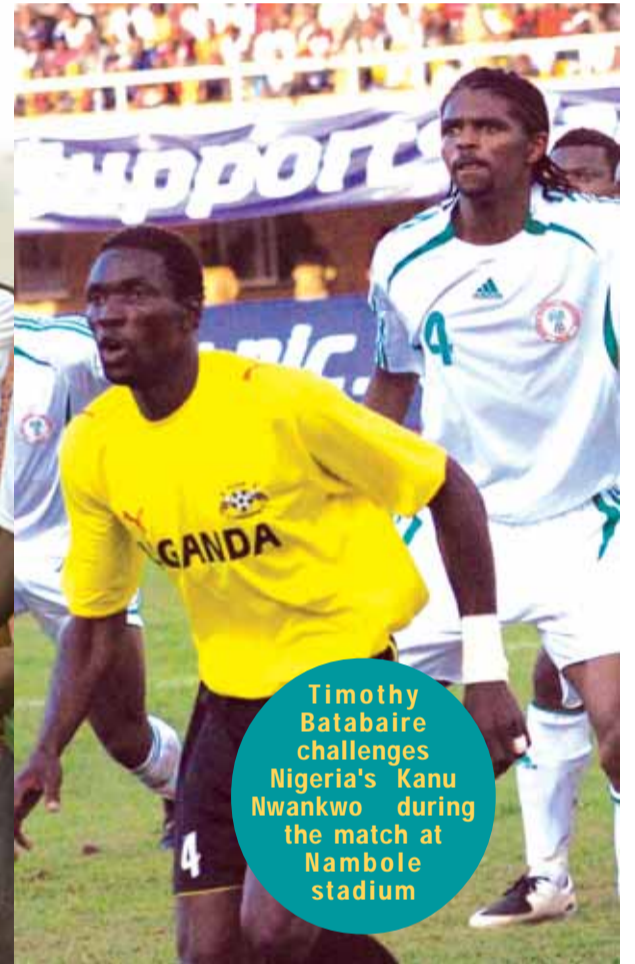
Violence in relationships
Why do people experience violence in their relationships? What sort of violence do they experience? Would you stay in a relationship that is violent? Why or why not? How would you know if your partner is violent or not? How would you handle it?
Send us your honest stories.

WIN A TERM'S FEES.
WRITE TO THE BIG QUESTION,
STRAIGHT TALK, PO BOX 22366,
KAMPALA

STAR PROFILE Name: Timothy Age: 26 years, Football Team: Bloemfontein Celtic FC in South Africa Position played: Defender



Timothy Batabaire conducts a football clinic with young people at Taso Mulago.



Timothy Batabaire challenges Nigeria's Kanu Nwankwo during the match at Nambole stadium

Sports for HIV prevention

Straight Talk Foundation supports the "Sports for HIV Prevention" campaign to fight the AIDS epidemic. The campaign initiated by TASO aims at helping young people avoid behaviors that expose them to HIV/AIDS.

Leading the campaign is Uganda Cranes professional football star, Timothy Batabaire. Did you watch him play at Nambole? Do you know the number he plays? How about the team he plays for? Do you want to know why he is part of this campaign? Yes, Timothy cares and wants you to stay safe. You could become a star like him in future. *Straight Talk* spoke to him and this is his message to all young people:

"I have been able to play football because I am healthy. So every young person needs to stay healthy. Football is watched all over the world and

young people look at the players as role models. That is why I find it necessary to be part of this campaign.

No sex

I have been careful with my life since I was a child. I abstained from sex, concentrated on my education from the time I joined P1 at Mwiri P/S in 1986, throughout my secondary education at Kira College Butiki. I avoided reckless life with girls.

Resisted peer pressure

I know many young people face is peer pressure. But I managed to resist negative peer pressure and joined Makerere University. I did urban planning and completed in 2002.

One partner, test first

Now I have a partner with whom I have tested for HIV. I am faithful to her. Do not look at the physical beauty of people and think they are fine. Go for an HIV test first. You do not have to sleep with many

people to prove who you are. You cannot be a hero by having many partners.

Respect for parents

Our parents do things that make us better people. My grandmother used to make me banana fibre footballs, which helped me develop football skills. I played for SC Villa, then moved to Bloemfontein Celtic FC in South Africa. And now I am playing for my country!

Godfearing

Remember that "the fear of the lord is the beginning of wisdom". God created us for a purpose. That is why we should protect ourselves to help other people in society. God gave me a football talent. I want to use it to help other people"

You have a talent. Can you use it to help other people? Think about it.

Do you understand sexuality?

Read about the difference between sexuality and sex inside.

Sexuality is more than what you do with another person sexually. This means that sexuality is not only about having sex, or taking part in sexual behaviors. It is about who you are and how you feel as a person.

Sexuality involves:

- being male or female and how you feel
- your life span from childhood to adulthood

What is Sexuality?

- your physical and emotional needs such as the way you move, speak, act and feel about other people
- love, affection, intimacy and belonging
- your attitudes, feelings and expression
- reproduction, pleasure
- cultural/religious influences

- self image/respect
- These are all parts of who you are from the time you are born until you die.**

Remember that our sexuality is a natural and healthy part of who we are. It's not about what you do. But it is about who you are and how you live without exposing your life to danger.



Sexual feelings

Naturally we all have feelings. Feelings are a reaction of the mind and our attitude towards different situations. These feelings eventually become obvious through what we see, hear, think and do.

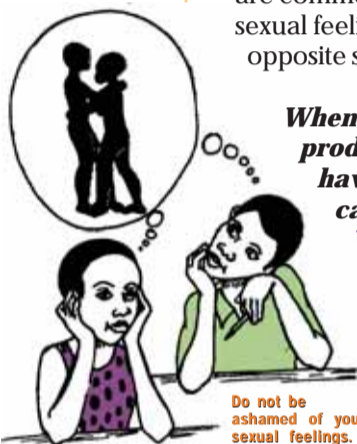
Some feelings can be sparked off by a person's appearance, thoughts or words, sense of humor, personality, 'likeability' or intelligence.

Feelings can be positive or negative. They can also be mild and short-lived, while others are strong and take long to go.

The ways in which we deal with feelings depend on our characters,

values and principles. Feelings such as love, anger, fear, jealousy or anxiety can be strong.

In this issue, we look at feelings that are common to all adolescents: sexual feelings or attraction to the opposite sex?



When I think about a girl, I produce sperm without having sex with her. What causes that?

Walitani Rogers, 15, S1, Kabaale sanje SS Rakai
Oh, that must be scaring. But it is normal. It happens to many boys as they grow.

Do not be ashamed of your sexual feelings. It is normal.

Like all feelings, attraction is sudden. It happens without thinking about it. Some unidentified force pulls you

towards a person and makes you like them or want to be with them. When this happens we want to turn these feelings into actions or words.

However, what attracts one person to another may not always be sexual. Sex may only be a secondary consideration.

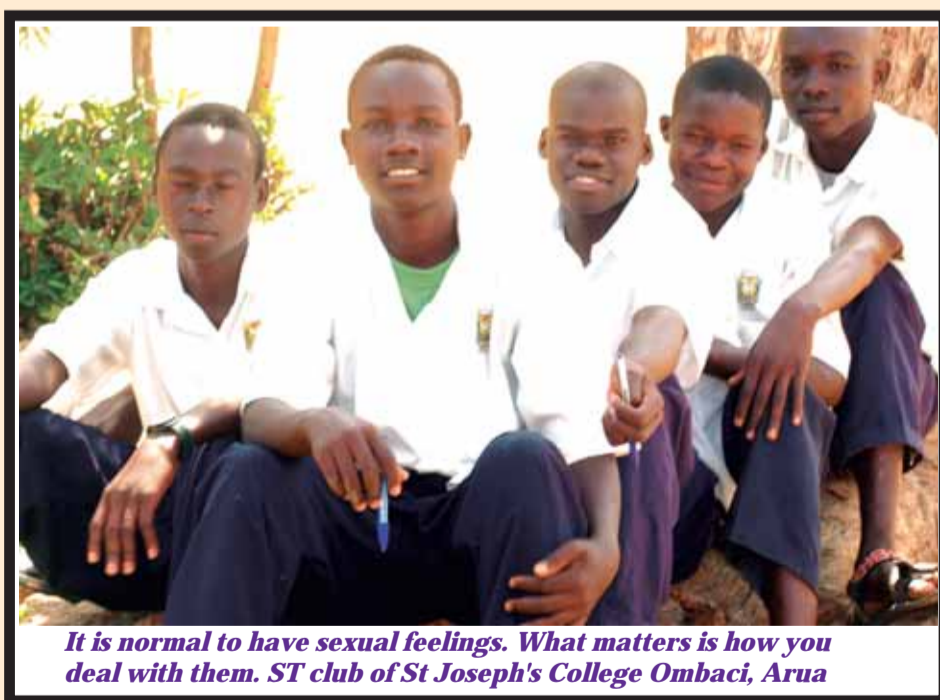
If someone of the opposite sex tells you that they are attracted to you, it does not mean that they are in love with you. Feelings of attractions do not mean that a relationship has to develop. If you are attracted to someone who does not feel the same about you, there is no need to hate or pressure that person.

Accept that each human being has different feelings and we should not impose upon them what we feel. However, sometimes attraction may lead to feelings of love. You need to handle them carefully not to hurt yourself or the one you love.

Healthy sexuality

Healthy sexuality is positive, enriching and about how we communicate, accept and give love. It means having the ability to enjoy and control our sexual and reproductive behaviour without guilt, fear or shame.

Sexual expression



It is normal to have sexual feelings. What matters is how you deal with them. ST club of St Joseph's College Ombaci, Arua

Sexual expression is a form of communication through which we give and receive love.

It ranges from sharing fun activities, feelings and thoughts, warm touch or hugs, to physical intimacy. Relationships throughout life.

Sexual expression may include:

- not having sex
- being close to your partner without having sex
- communicating your feelings freely with your partner

Sexual expression is more than just having sex.

Normal

Do not suppress your feelings and think that they are wrong. Feelings are part of you.

You have a right to:

- feel in control of your body
- understand and express your feelings
- choose how you will express your sexuality with respect for yourself and others
- choose whether you will be in a relationship, and the kind of relationship it will be.

Responsibilities

You have a responsibility to respect and protect your body. Do not have sex just because you have sexual feelings. Feelings can be controlled. You have a responsibility never to hurt anyone through sex.

Safe choices

Sexual expression helps you to feel good and stay healthy. It is about knowing your goals and learning how to achieve them without getting in danger. It is all about making and keeping choices true to yourself. You need

to learn how to express your feelings safely and take care of yourself.

Some adolescents told us how they express their sexual feelings. Here are their stories:

Kissing and hugging

Sexual feeling makes me feel like having sex. When I am feeling sexy I fail to express myself to my girlfriend. I become very excited and get an erection.

I express myself by kissing, hugging and telling my girl friend sweet words.

A D, 17, S4, St. Joseph's College Ombaci, Arua

Hold a pillow

Sexual feelings make me feel unsettled. I move from place to place and feel like being in a boy's company.

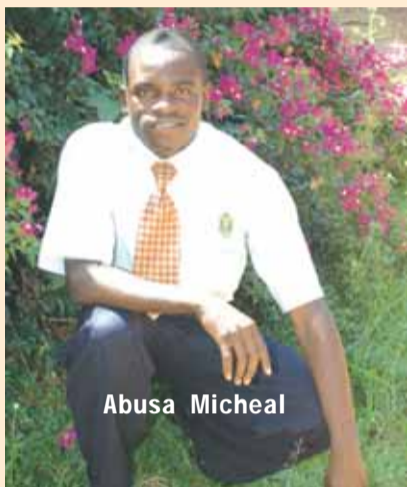
My breasts become hard and my vagina sweats a lot. If the feeling is too strong I hold a pillow and imagine it is my boyfriend. At times I wash my vagina with warm water to cool it. To avoid sexual feelings, try to keep busy. FJ 16, S3, Aringa SS Yumbe

How do sexual feelings occur?

- **Have you ever had sexual feelings? • What sparked it off? • How was it like?**
- Straight Talkers in Yumbe and Arua districts share their experience about sexual feelings:

It is normal to experience sexual feelings. But for different adolescents they may occur differently and the way they handle them may differ. Some young people from St. Joseph's College Ombachi, Arua, Aringa SS and Yumbe SS told us their experiences:

I have sexual feelings when my penis erects and I start thinking about my girlfriend. I express my sexual feeling



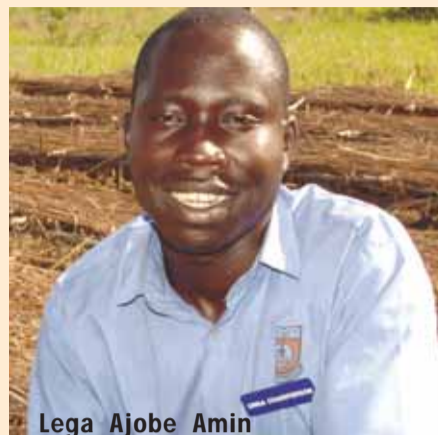
Abusa Micheal



Acile Denis

*by having sex with my girlfriend. But when she is not there I endure the pain. I control my feelings by avoiding being so close to my girlfriend, play games and read books. If you allow to be driven by your sexual desires you can land into problems. **Abusa Micheal, 18, S5***

Sexual feelings is an emotion, which makes someone feel sexy. I know that I have sexual feelings when I fail to talk to my partner normally. I get excited, my penis erects and I am unsettled. I express my sexual feeling by kissing, romancing, hanging out and telling my partner sweet words.



Lega Ajobe Amin

*But I can also control these feelings by playing football. Lying on my stomach has also worked for me. **Acile Denis, 17, S4***

*Sexual feeling is having desire to have sex and fantasize sex images. I get sexual feeling when my penis erects and this happens after seeing girls breasts and bums. I express my sexual feeling by washing my penis and romancing it with very cold water. This makes me feel good. I control it by avoiding girls and exercising press up ten times. **L A Amin 19, S4***

*Sexual feelings are a desire to have sex with someone. I get sexual desires when I miss my boyfriend. I control my sexual feeling by washing my vagina with cold water, read books, fetch water and clean around the compound. I advise the youth not to be driven by their sexual feelings. This can lead to STDs and HIV/AIDS. **Driciru Halima, 15, S1***



Driciru Halima

How Straight Talkers handle sexual feelings

Bathe cold water

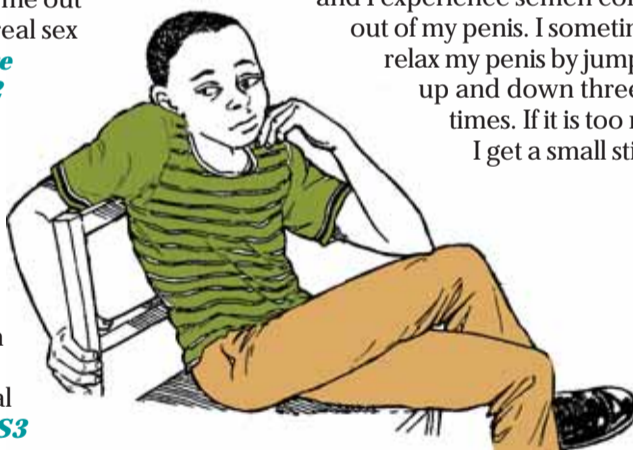
I control my sexual feeling by reading my books, group discussion and playing games. At times I tie my penis with a small thread, leave my trouser loose and also bathe cold water. **OD, 17, S2**
Editor: Tying your penis can hurt you. Please stop it.

I control my sexual feeling by washing my private parts with cold water and copying notes. If I am at home, I do house work to keep busy. **Dawa Shamia 16, S3**

I control my sexual feeling by

running around. Sometimes I help my sperms come out instead of having real sex with a girl. **Abujere Muhamad 16, S2**

I control my sexual feeling by laying down on my bed or wash my vagina with cold water. Fellow youth learn to keep busy to control your sexual feelings. **N B 16, S3**



Sexual feelings make my penis erect and I experience semen coming out of my penis. I sometimes relax my penis by jumping up and down three times. If it is too much, I get a small stick

and whip it slowly. **A M S5, 18**
Editor: Whipping your penis is too much. Please do not hurt yourself.

I control my sexual feeling by washing my vagina with cold water. I also call my friend just to say hullo. This relieves me a lot. **C Z, 16, S3**

Recite the alphabet

I control my sexual feeling by getting busy doing home work. I also recite the alphabet starting from z. This has helped me alot. I also participate in sports. **Alemi Emanuel, 18**

Avoid being alone

I control my sexual feelings by

avoiding loneliness. Loneliness tends to make it worse. I also read a book or play football. Sexual feelings can put you in trouble, if not controlled. **Moronga Rapheal, 20, S6**

Holy Book

I read the Koran, avoid girls, play football or keep busy with home

work. If you control your sexual feelings, you can excel in class. **Mubarak Idi 16, S3**

Play games

I control my sexual feeling by playing football and staying away from girls. Sexual feeling can make you fail to concentrate. **Acidri Muhamed, 18, S.5**

Vocational skills corner

Do you have a vocational skills? Are you involved in any business or income generating activity? What made you start that activity? How has it helped you? Write your experience to Straight Talk, P O Box 22366, Kampala. Send your photograph while at work. Best stories win a T-shirt.



Jogging and jumping

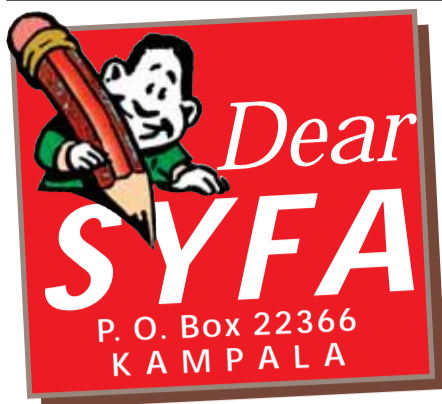
I control my sexual feeling by lying on my back and playing with my penis. I also go jogging. Avoid early sex you may regret. **T M 19, S4**

Sexual feeling causes an erection. When I get such feelings, I feel like having sex with a girl. I also

let my sperms come out on their own, if I cannot find a girl to have sex with. But sometimes I jump up and down ten times to cool down. **B E 15, S1**

When I get sexual feelings, my penis erects. And when I see a

girl's bums shaking, it gets worse. I feel like jumping on her. But I control it by letting sperms come out freely. Or I hit my knees hard to reduce the feeling. I also avoid blue movies and chase away girls who shake their bums near me. **S H, 16, S3**



HIV Stigma

I am in S2, very thin and small. My friends fear staying with me. They say I have HIV. I fear testing because I may be having HIV. What can I do to regain full happiness with my friends?

Opio Morris, Amolator SS

Sorry about the way your friends are treating you. Use this as an opportunity to sensitise them about how HIV is spread. Being small or thin does not mean one has HIV. This is very wrong. They may not be knowledgeable. Staying with someone who has HIV does not lead to HIV infection. One needs to go for an HIV-test to be sure of his or her HIV status. Do not fear to go for HIV testing. Knowing your HIV status helps you to know how to protect and plan for your life better. Talk to a counselor in your school or your parents for more information about HIV testing.



Birungi Zuura, Mpanga SS, Fort-Portal

Paternity test

A boda boda man impregnated a girl but the girl said I was responsible. Is there any machine, which can be used to tell the father of the baby?

Otinga Sam, Pallisa SS

Yes, there are machines, which can be used to tell who the father of a baby is in some hospitals. However basing on the girls claim and your concerns, it's possible that you had unprotected sex with her and could have made her pregnant. It is only fair that you accept the responsibility that comes with making someone pregnant. If you have doubts, please talk to the "girl" she will explain. You could later go to hospital and do a paternity test to confirm the real father of the child. Remember unprotected sex can lead to life threatening infections like HIV.



Adiga Francis, St. John Bosco PTC Lodongo, Yumbe

Candida

I have been suffering from candida. My friends told me that if I don't treat it I will not cure. Is it true? A.E.S.2, Maracha SS, Arua

Candida is a fungal infection that affects people when the immunity is low and they are stressed. If not managed well candida can cause a lot of discomfort. Visit a health



Read Straight Talk and avoid HIV/AIDS. Anti-AIDS Youth Club of Itula SSS, Moyo.

worker and get advice on how to manage it.

Is it true that when you have sex and immediately after wash your vagina with one litter of coca-cola you do not get pregnant? Butema Irene S2, Bududa SS, Manafa

No my dear, that is not true, you are at great risk of getting pregnant as long as you have had unprotected sex. Think about why, when, where, with whom, the consequences before you allow having sex with anyone.

Pregnancy

Is it possible for a boy of 12 years to impregnate a girl? Akampa R. Tanbull, Muntuyera High School

Yes its possible, today boys and girls mature quickly because of a number of reasons. Wait to have sex to avoid early pregnancy.

Incest

I am in S1, I played sex with my cousin brother and got pregnant, I don't want to abort and leave school. What can I do? F J, Busoga High School

Thank you for being strong and refusing abortion. We all make mistakes and sometimes we have to learn from them. Having sex with your cousin was a big mistake and abortion is risky. You have made a right decision to refuse. Take courage, you will go through it. Talk to a counselor in your school about this. Also, inform your parents or guardian. After delivery, do not fear to go back to school if your parents or guardian agree to pay your fees.



STF Trainer and Counselor, Godfrey Walakira.

Sexual abuse is criminal!

My stepmother always forces me to have sex with different men. When I refuse she beats me because the men give her money. She said if I tell my father she will kill me. What can I do?

N O D, Light College Katikamu

I am so sorry about this terrible sexual abuse your stepmother forces you into. You have to end it. Tell your father, teacher or any adult you trust. Your life is at great risk if you continue being sexually abused.

Our parents failed to pay our school fees and a family friend is helping to pay our fees. But he is demanding for sex yet he is HIV positive. Can we allow or leave school?

Amune C. and Omudeck, St. Benedict High School, Tororo

You cannot allow. Sorry about the difficulty you have to go through to

raise school fees. It's a big challenge for many young people. But having sex for school fees exposes you to many great risks. There are safe ways to money for fees without taking risks. Do small jobs or businesses or find out an organization in your community that can support you financially.

These two letters are very distressing. Such abuse is criminal. Young people suffering such problems can call STF counsellors on 0772433865 or 0772594937 during working hours for help.

Also call Naguru Teenage Centre toll free number: 0422222

Advice to GMJ

Last month we asked you to advise GMJ who said: I made my girlfriend pregnant and yet we are both schooling. She wants to have an abortion which is forbidden in my clan. What can I do to save her future and mine? GMJ, St. Dominic Savio SS, Masaka

G.M.J, don't fear to tell your parents. Tell them the truth when they are in good mood. Ask for forgiveness and admit that you made a mistake. It will be their responsibility to go to the girl's parents to plead on your behalf. Please take good care of your partner. Be close and support her. Kwany Dan, Gulu Central HS

GMJ, advise your girlfriend not to abort. It is not allowed in the Bible. Let her deliver her baby. After, she can resume her studies to lead her to a bright future. Please provide the necessary needs for the girl so she can have a healthy baby. Ocokoru Beatrice, Nyangilia SS, Koboko
Congratulations! You win ST T-shirts .



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