

Words of wisdom

"The soul is made for action and cannot rest until it is employed. Idleness is its rust..." So, you need to keep doing some kind of work, so that the devil may always find you employed.
St. Jerome



Journalists of the day: Janet Kamakune and Anette Kobugabe of Lyamabwa youth group discussing.

Spend time gainfully

Hello

readers, this is a new year of action. Kick idleness, boredom and laziness out of your life! Idleness makes you weak and miserable. Idleness leads to poverty! Idleness may lead you to making wrong choices. Make a plan to keep busy this year!

Recently, **Straight Talk**

visited ST Clubs in Kabarole and Kasese districts. We discovered that idleness is a big problem among young people. Many of them end up in risky behaviour. That is dangerous! Fight idleness. Check how you spend your free time.

Having leisure time is fun. It allows you some time to relax! But you need to relax safely.

Know the true value of time, snatch, seize and enjoy every moment of it. Time is money. Never postpone something you can do today to tomorrow.

parents/teachers/friends and make your day interesting, productive and safe.

Use your time constructively to be able to achieve your future goals.

GAINFUL ACTIVITY "I pick cotton to raise school fees."
Robert Bwambale 16, S2, Rwenzori High School, Kasese

Work out a plan with your

I spent my holidays productively



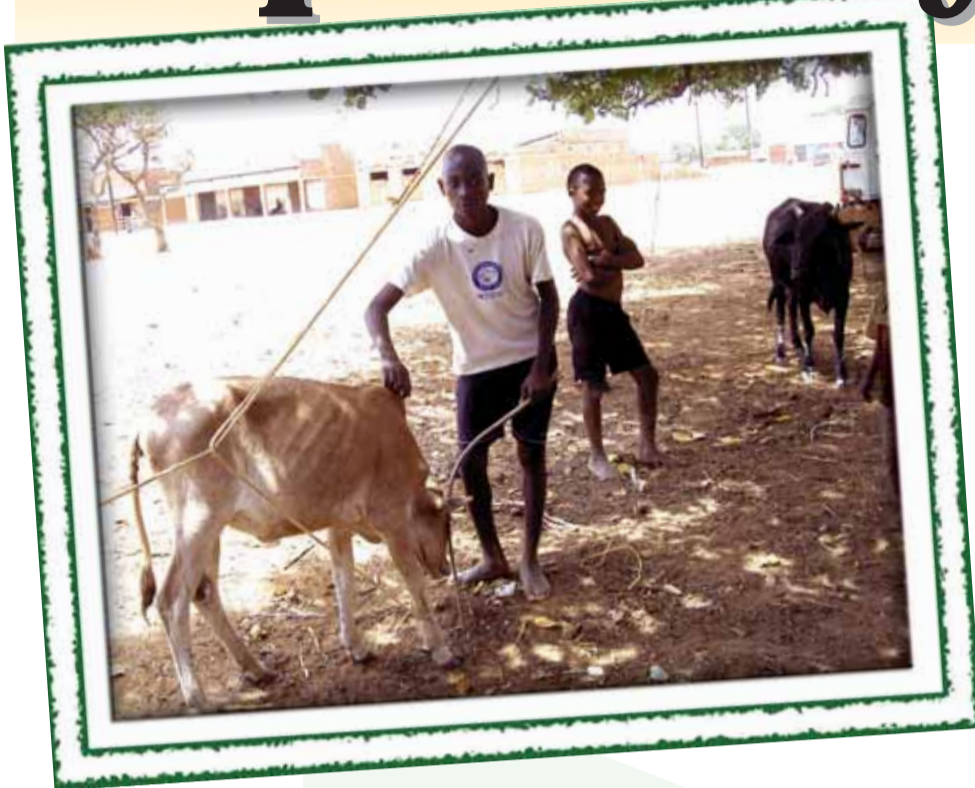
"Basing on the skills I acquired from school and **Straight Talk** newspapers, I spent my holiday productively. I was employed in a bookshop to do computer work. I even taught my boss how to use a computer. I went for an HIV test and tested netive. I organized an AIDS awareness seminar and invited peer educators and health workers to sensitise people in my home area. I also sang in our church

choir. Sometimes I preached the word of God. I visited many churches in Kampala. I would also spare time to talk with my parents. Most important of all, I earned some money to support myself for further studies."

Kyangwa Moses, Chairman Anti- AIDS Club, Kaliro College School



I spend my time well



We are holiday makers. We meet every Wednesday and have an adolescent talk on matters concerning our future. We call upon fellow adolescents to join us and continue reading **Straight Talk** and **Twogere Kaati**. **Bukuya Straight Talk Club, Kasanda Mubende**

"I wake up in the morning and go to the borehole to fetch water for home use. Then I have breakfast and go to look after our cows as I play football. I love football so much. It helps me not to be idle. Afterwards, I take the cows back home and have lunch, bathe and rest a bit. In the evening I help with any work at home. I do not like being idle. It may cause me to do wrong things like abusing people". **John Kokas Opejo, Kumi Township**

Dangers of idleness

Idleness can lead you into:

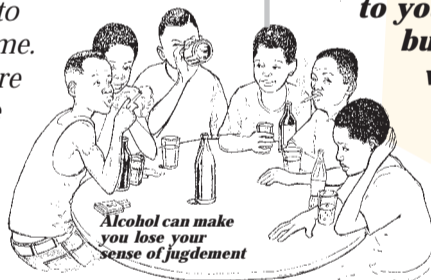
- Joining bad groups
- Drug abuse including alcoholism and cigarette, smoking
- Early sex
- Stealing

I'm in a group that advises me to smoke, drink alcohol and be like them. If not they will kill me. What can I do? **B Atuhwere, 14, S2, Kihihi High School, Kanungu** Leave that group and join another one that supports your goals. If the threats continue inform a teacher or your parents about it.

I'm abstaining. I love swimming, dancing, visiting friends, watching flicks, reading novels and going to picnics to spend my free time.

But my friends are discouraging me from doing so. They say that I should instead get a boyfriend to give me money and everything I want. But I'm a virgin and I do not feel like getting a boyfriend. My parents provide me with everything I need. I'm confused.

A Tushemerirwe, Sacred Heart



SS Mushanga, Mbarara

Your friends are misleading you. Ignore their advice. Stick to your plan of keeping busy in a constructive way. Continue abstaining.

The way you behave now determines what you become in future. Choose friends who support your goal. Make healthy choices.



Smoking is harmful to your health

Do first things first

As a young person, you have so many of things to do. Infact you do not have time to be idle. Idleness is a bad habit. It can destroy your plans and make you live a life of regrets!

Learn to prioritise your tasks. To prioritise means doing important things first. If you prioritise things you:

- learn to balance your time well
- become a high performer
- take control of your life

Make a plan of your daily tasks. Begin with the most urgent ones. Planning your activities is a good habit.

For example, you may have tasks such as: watching a football match, reading for a test, washing your uniforms and going out with friends. Which of these do you think should come first?

Reflect on yourself and how you spend you time? With whom do you spend it? How have you benefited? Do your parents approve of the way you spend your time?

Think about your life. It is not too late to change. Learn to exhaust yourself with productive activities. Find a balance between school, work, friends and everything else.

Do not give excuses for doing bad things.

Stand as an individual who can make safe decisions on your own.

Make it a habit not to make excuses.



Peer to peer advice

Fellow students avoid early sex. It has no profits apart from reducing your chances and potential to pass exams well. **R Mukiibi, 19, S4, St Leonard's SS Maddu, Mpigi**

Fellow adolescents, give your lives to God, master of everything. You will be guided by the Holy Spirit to resist all the temptations of the body. Read (Galatians 5:16-25) to help you stay safe. **M Kyangwa, Kaliro**

Dear students, having friendships does not mean sex. You can share and discuss other things. **W Nfitumukiiza, Light College of Business Studies & Vocational School, Ibanda-Mbarara**

Please youth, know that every problem has a solution. Take every step at a time till you come up with the best solution to your problem. Believe in yourself and be the person of yourself. Do not feel shy if you have a problem. There are people to help you. Trust in God for any problem you may have. **C J Omuron, 17, Chairperson ST Club, Soroti SS**

Girls should compete with boys in being presidents, vice presidents, managers and directors of different companies. We should not leave these positions only to men who end up mismanaging them. **Hadijjah M.J, Kololo SS, Kampala**



We are happy for the continued supply of Straight Talk newspaper. Before, we used to rely on materials from the counselling and guidance department. ST Club Kayoro SS Busia

QUIZ

Your letters will go into a raffle for prizes. Wait and see!

Write to ST Money Quiz, PO Box 22366, Kampala

Have you ever had a relationship for money and things?

Have you ever offered or received money to get a relationship? What did you give or get exactly?

Tell us the story of your relationship.



H Negesa, 17, Rainbow High School Budaka

Discover

Did you know that penguins are very faithful and helpful creatures?

Faithfulness

It is true. Once a penguin finds a mate, they usually stay together for years for as long as they have chicks.

Positive choices

When looking for a mate the male penguin makes a loud call and walks about to attract a female. When he finds one, they bond with each other by touching necks and slapping each other on the back with their flippers. They also "sing" to each other so that they learn to recognize each other's voices.



Helping each other

As soon as the egg is laid (penguins lay one or two eggs at a time), the female runs out for dinner, leaving the male to watch the nest. When the female returns, it is the male's turn to head out for food, leaving the female with the egg. It can take up to two weeks for him/ her to come back.

Effective communication

When the chick hatches, it immediately starts calling so that its parents will learn to recognize its voice.

Parent-child interaction

Once the chick is strong enough, parents head for the ocean at the same time. The chicks are left in a group together (sort of a daycare). When the penguin parents return with food they recognize their chick by its voice.

Club Activity: Discuss what you learn from the penguin story. What values or skills do you share in the story?

Rock Point 256 is a radio drama: enjoy and learn

Question: What are the consequences of teenage pregnancies? Write your responses and mail them to Y.E.A.H P. O. Box 8734, Kampala, Uganda. Catch Rock Point 256 in English on KFM on Sundays from 7:00-7:35pm and on Voice of Teso on Saturdays from 6:00-6:30 pm. For other languages, check Radio Simba, Buddu FM, Radio West, Voice of Kigezi, Mega FM, Lira FM and Voice of Toro.



I'm a straight talk member in my school. But sometimes I get worried about HIV testing because



if I test HIV positive, I may kill myself. Advise.

B Hamson, Kinkiizi High School

Having fears before taking an HIV test is normal. There are many people who have picked courage and tested. Some of them have tested positive but are living positively with the help of counselling. Go for a test in a proper testing center like AIC, where you will be counselled on how to deal with the negative or positive results.

Sex demands I love my girlfriend so much. But sometimes she

puts me under pressure to prove my love by playing live sex with her. Yet I do not want to spoil her future by making her pregnant. What should I do?

Yakhut B, 18, Tank Hill SSS, Pallisa

You are doing the right thing. Having sex is not proof that one loves you. Stick to a no and explain to her exactly how you feel. Remember early sex leads to STDs/HIV. Keep saying No.

Student-teacher relationship I'm in love with our mistress. She normally asks for sex. But I fear I might get HIV. She says that if I do not have sex with her, she will leave me. Yet I do not want to leave her.

Godfrey, Iryaruvumba High School, Kisoro

Though you did not

mention your age I am sure this is a sugar-mummy to you. Such a relationship makes it difficult for you to negotiate for safer sex and you may end up getting infected with HIV/STDs. It is better to have a relationship with someone your age with whom you can communicate at the same level.

Trust

My boyfriend wants to have sex with me but I fear pregnancy and STDs. I want to tell him about my fears. But I'm afraid he will

think that I do not trust him. I love him dearly and I do not want to lose him. So what should I do?

Namutosi R, University High School, Mbale

You are right to fear pregnancy, HIV/AIDS. You have a future plan for. Be open and tell him your fears and how you feel about his sex demands. If he insists leave him because he does not respect your feelings. You will get a better partner.

Incest

My dad always asks me for sex. I cannot tell my mum because he might refuse to pay school fees for me. What can I do?

Girl, 14, Sacred Heart SSS, Kabwohe-Bushenyi



This is called incest and not acceptable in our society. Talk with a female counselor in your school or a trusted Auntie and ask them to talk to your father. Do not keep quiet. This sexual abuse and is punishable by law.

Gifts

There is a boy who used to give me gifts but I refused them. But my friends told me that I'm mad to refuse his gifts. I'm not ready for sex.

Nakitende V, North Road College, Kawempe, Kampala

If the gifts are attached to having sex in return, refuse them. This shows that he is interested in sex and does not respect your feelings. Remember that early sex leads to pregnancy, HIV/STDs. Stay safe.

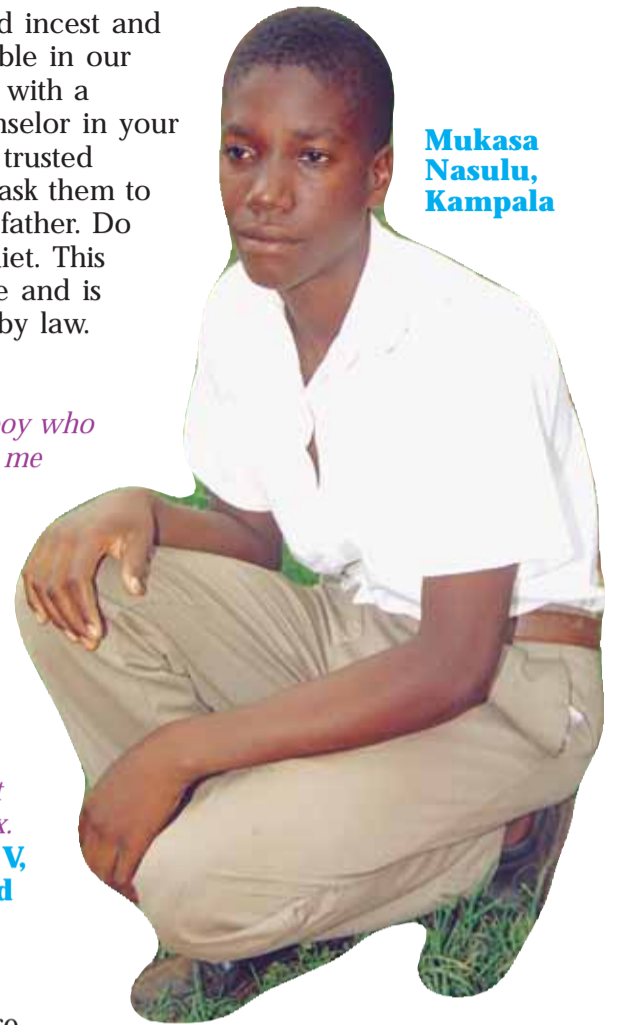
Sex and age I always hear and read that sex should atleast begin at 18 years. But many times students reach 18 years when they are in S2 or 3.

Should they have sex in such classes?

Turyamureeba A, Kinkizi High School, Kanungu

No, they should wait to have sex even after 18 years, until they complete studies and are married. Although, at 18 a person is believed to be an adult, it is better to wait a little longer, to avoid risks of HIV/STDs.

Boys always say that sex has no age limit. Dear Straight Talk what do you say?



Nyangoma H, Straight Talk Club member Bundibugyo Progressive SS

Both boys and girls should wait to have sex until they are mature enough to handle the consequences of early sex. Early sex leads to unwanted pregnancy, HIV/STDs, early parenthood, school dropout and imprisonment.

STDs

People always say that almost everybody has syphilis. What causes it and what are the signs of this disease?

Lukenge R K, S4, St George's SS Masaka

Syphilis is a sexually transmitted disease. It is acquired through sex with an infected person. One of the signs of syphilis is a painless sore on the genitals. It is not true that all people have syphilis. Abstain or always use condoms properly and consistently

Councillor: Dr Alex Kakoraki

QUIZ

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 on P O Box 22366, Kampala. Look out for the winning letters in the ST issue of August 2006.

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