

## Inspiration corner

*It is wonderful to feel cool about oneself. But one thing I learnt as a young person is having the right values in life. I also learnt to do things that support the values I uphold. While I kept feeling cool in company of my girl friend, we resolved to abstain from sex until marriage. My young friends, I am happy to share with you that me and my fiancée upheld that promise up to last year when we got married in church. Do not allow someone to force you into sex. It worked for me, it can work for you too!*

**Godfrey Walakira, counselor,  
Straight Talk Foundation**

It is normal for any young person to feel 'cool' or 'hot' about him or herself. This is part of growing up. It makes someone feel his or her worth. But it is important to remember that the things we do in search of happiness should help us to stay safe. Find out what Straight Talkers from Crane High School in Kitintale say about this.

### Attractive look

**Ruth Nakalembe, 16, S4:**

*Many girls feel nice when they attract attention. They put on short skirts. Others prefer armless tops and tight small blouses that show the body.*

*This makes them feel 'sweet'. But this can bring someone problems. Boys can start asking you for a relationship when you are not ready.*

### Having money

**Osiiti Alber, 16, S4:**

*Boys feel powerful when they have money. With money, they can do anything they want. They can go for movies, dance and some boys use money to win girls.*

*The power of money also makes some boys start bullying others. Love for money can mislead. Some boys start lying to their parents in order to get more money. Some can even steal.*

### Having many friends

**Barbara Nankya, 15, S2:**

*I feel great having many friends. Friends can make you overcome problems in life. But I would not be comfortable with a friend who likes doing wrong things.*

*However nice you are, I can end up dropping you. For example, a friend with many boy friends can be dangerous. She can end up misleading you. The boys she has been confusing can also end up beating you for nothing.*

### Being in company of boys

**Sheila Mukalazi, S4 is Assistant Head Girl:**

*I love being among boys. I have learn both negative and positive things by interacting with them. They tell me stories of how they persuade girls into sex and later dump them. This makes me protect myself against boys who are out to exploit girls.*

# Straight TALK

Keeping Adolescents Safe

Vol. 14 No. 5 May 2007

## The Big Question

How can one find the right partner to marry? How would you know that someone is the right partner to marry?

Would you marry someone 15 years older than you? Why or why not?

Straight Talk wants your real life stories. Write to P.O. Box 22366, K'la.

**BEST ANSWERS  
WIN A TERM'S  
SCHOOL FEES!**

# What makes you feel cool?

Straight talkers gave their opinion on what make them feel 'cool'.

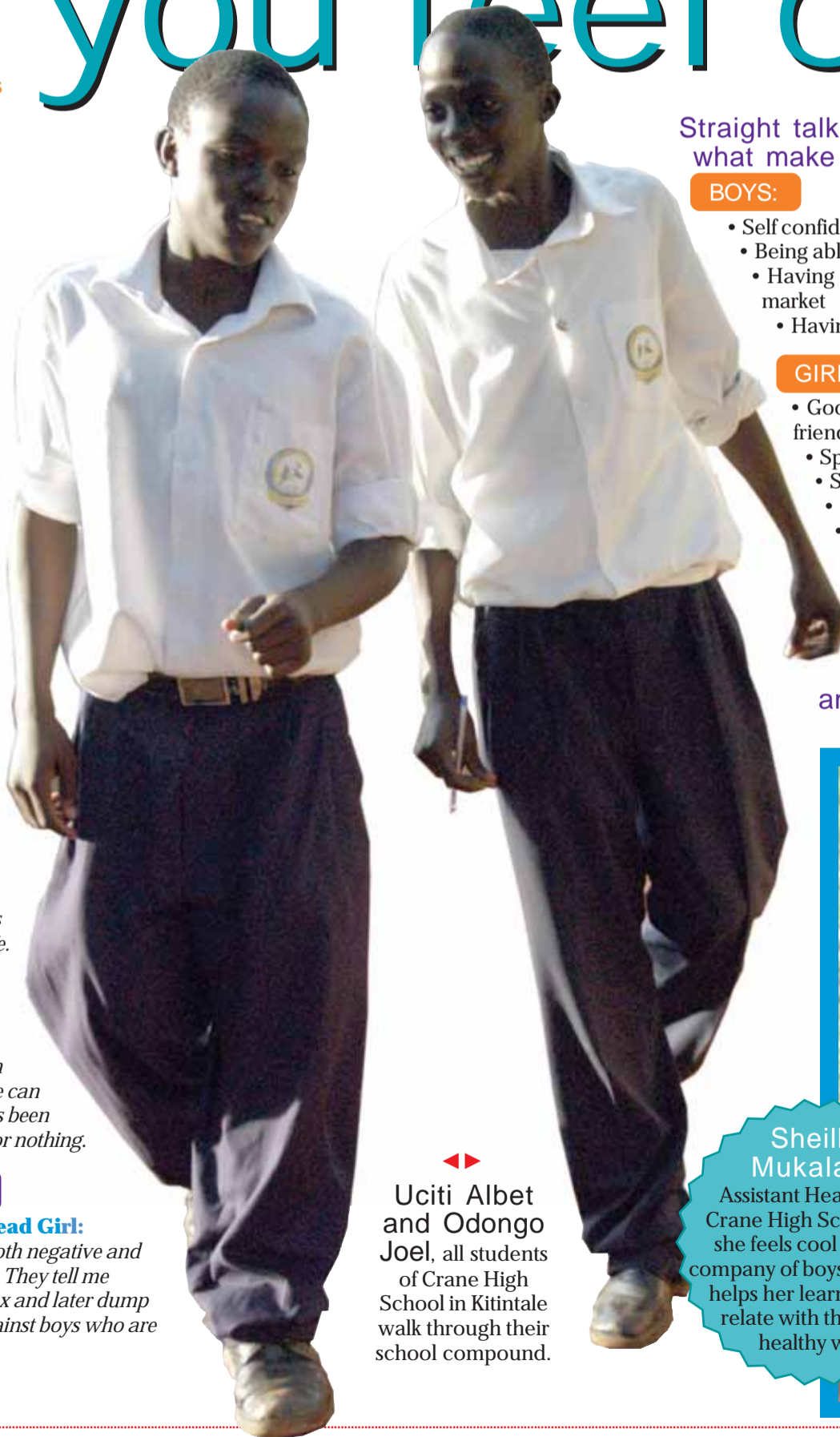
### BOYS:

- Self confidence
- Having expensive phones
- Being able to tell good movie stories
- Having designer clothes and latest boots on market
- Having a girl friend
- Having money
- Being reserved

### GIRLS:

- Good body structure
- Having many friends
- Attractive walking style
- Speaking in a way people admirer
- Short skirts and small tight fitting tops
- Being bright in class
- Having boy friends
- Self respect
- Good hair styles

What is your own opinion? What do your friends think? Discuss among your selves



◀▶  
Uciti Albet and Odongo Joel, all students of Crane High School in Kitintale walk through their school compound.



Sheilla Mukalazi, Assistant Head girl at Crane High School says she feels cool being in company of boys because it helps her learn how to relate with them in a healthy way. ▶

# Feel cool but play safe

It is normal to express yourself in a way that gives you a sense of fulfilment.

But avoid indulging in things that can affect your life negatively

### Smoking and drinking

Many boys smoke and drink because they think it makes them feel like adults.

They say it makes them feel courageous yet in actual sense it gives courage to do wrong things. I also know that smoking affects our health.

**Sharif Murungi, S3, 17.** ▼



### Designer clothes and shoes

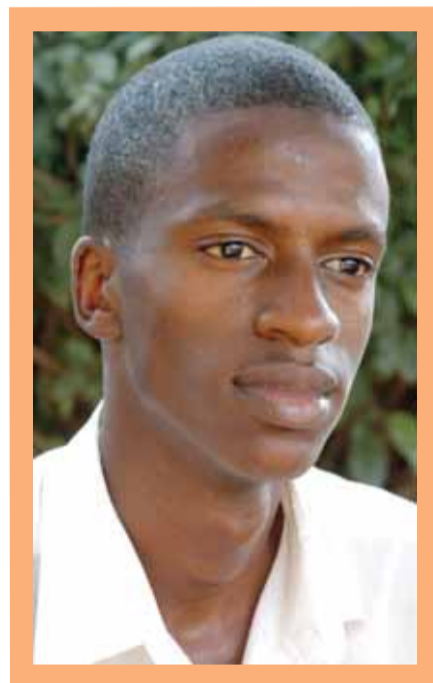
Many boys look for expensive clothes as a source of power. They like designer clothes, shoes and caps. Most boys want clothes from designer firms such as Sean John and Phart Farm. They like over size shoes. Others like curled hair. Some want to put on expensive golden necklace like musicians and movie stars. Boys see most of these things in movies.

This can make someone become too demanding to his parents and even become a thief if their parents fail to provide. Others even start selling their personal belongings such as blankets to raise money for such material things. Someone can end up dropping out of school because of that.

◀ **Joel Odong, 16, S4**

### Good body but self respect

Having a good body structure makes a girls feel confident. Having a clear waistline and attractive hips makes girls feel good. But Self respect gives someone power. This makes other people respect you. It also gives self esteem. **Ruth Nakalema**



### Good walking style

Some girls change their walking style, from normal to "cat walk" and "force the bums", just to be noticed. Others expose body parts such as breasts. But by exposing her body parts, someone is not keeping dignity. A man may get interested in you just for sex. I know a girl who changes boy friends a lot.

Sometimes she even approaches boys for relationships, but later the boys call her a cheap girl. Girls should know that sometimes boys want to test our minds. **Annet Nanyiti, S4 Crane High School**



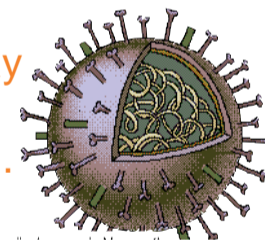
### Rape is a crime

There is a group of boys who send one of the members to befriend a girl. They make sure that she gets used to them. Then the one who befriended her takes her out one day. They 'booze' her so that she gets drunk.

After she gets drunk, They take her to an isolated place where the boy who invited her will have sex with her. Later, he invites each of his friends to take turns raping her. The worst is that after this, they tarnish her name. **F A, an S6 student from Soroti**

**What you have read above is a criminal behaviour. It is rape. Anybody who does that should be reported to police. Girls, beware of such boys.**

**Living with HIV:** There are many people living with HIV today. They may be in your, school, home or community. We need to give them love and care. It is also important that people with HIV show positive attitude towards themselves and others. People living with HIV and AIDS are important in society like any other person.



I tried to commit suicide after I tested positive in 2002. This was after my mum passed away. My father had died earlier. I thought the world had come to an end. But counseling at Paediatric Infectious Disease Control (PIDC) has changed my life. Now I am on ARVs. I feel fine. Even friends who deserted me that time now have come to understand and support me. Many relatives and people in school also give me support. I have a dream to become an artist. I am already earning some little income from painting work.

During my free time I enjoy watching movies and listening to music. There is a song which says "I can't live without you". It is about love. It brings the feeling of being loved. I have a girl friend but I have not tested for HIV with her. I do not even intend to have sex with her. She simply gives me company. I am not interested in a sexual relationships. If I am to marry, I will look for a girl who is HIV positive. This can give chance for me to share



my feelings with someone who has the same health problems like mine. There are some HIV positive young people who say it is better to marry someone who is HIV negative. I think it is wrong. They think they can have a chance to get a HIV negative child. But they forget that they can infect their partner, re-infect themselves and also get an HIV positive child. I also think it is wrong before God to infect someone knowingly.

My advice to young people is that those who are HIV negative should thank God and keep themselves safe by abstaining from sex until marriage. But they should test before marriage. Those who are positive should live positively. For me I make sure I take my drugs as the doctors have instructed. I am abstaining, I neither smoke nor drink

◀ **Godfrey Senkubuge, one of the HIV positive young people getting services from PIDC, Mulago hospital**

# Stick to the right values

**Good values are beliefs and practices that help someone grow up with good morals. Values help someone to do something he or she believes is right and is important for the future.**

## Remember your parent's expectations

- They may appear strict, but our parents expect the best from us. Their interest is to protect your life and future.
- Show them that you take their views seriously
- Explain to them why you do certain things.
- Learn to apologise if you hurt them.
- Be open. Let them know that you are not a secretive child
- Always respect them
- Be patient with them and yourself

## Respect for opposite sex

In search of power, some boys find themselves treating girls in a disrespectful manner. That is wrong. Here are some characteristics of boys who respect girls

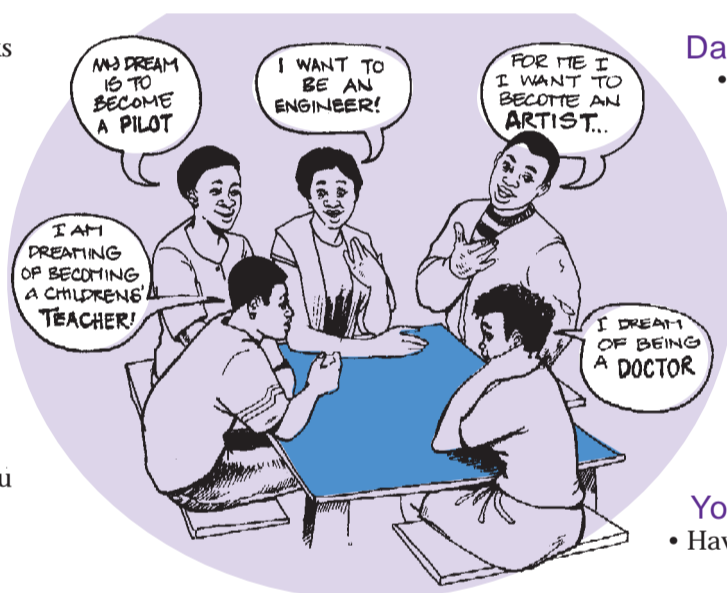
- They do not stare or whistle at girls because of their dress, looks or style of walking
- They do not bully girls to make them feel shy
- They avoid spreading rumours about girls
- They respect a girl's No.

## Girls

- Do not exploit boys for money and gifts.
- Be straight with boys. Do not behave in a way that makes them feel that you want a relationship with them when you do not.
- Avoid rumours about boys



**It is normal to experience love, but we need to exercise self restraint in order to avoid negative effects. Getting children we are not prepared for can be a frustrating experience.**



## Dangers of alcohol

- Alcohol affects the mind. For example, a boy who used to respect his girl friend can force her into sex under influence of alcohol. There is greater risk of ignoring condoms under influence of alcohol.
- It can make you fail to relate well with friends.
- Alcohol affects our health in many ways.

## You can avoid alcohol

- Have a positive attitude that

you can stop it and develop the will to stop it.

- Avoid friends who persuade you to drink. When you take a decision, do not allow them force you

It has been found out that 14% of young women who had sex in the last one year did so either because they took alcohol or their partners had taken alcohol. This is dangerous! Alcohol is not cool for both boys and girls. This is according to the 2004/5 HIV and AIDS sero survey

## Enjoy hot feelings mindfully

It is normal to feel 'hot' or 'cool' about yourself. However, always remember that the way you express yourself can affect your life either positively or negatively. The choice is yours!



All human beings want to feel their best because it helps them become confident and create self esteem. However, the means we use to feel hot as young people can reverse the effects in our life. For example, young people feel cool about certain body structures, getting a boyfriend or girlfriend, getting expensive funky phones, adopting certain hairstyles, designer cloths, and shoes. But always think of how they affect your destiny.

## Here are some tips that will help you enjoy hot feelings in a responsible way:

- Take care of your life. Whatever you do, be responsible for the results.
- Reflect on whether your behaviour to feel hot will enable



**Straight Talk Senior Counselor Beatrice Bainomugisha talks to an adolescent**

you to become that person you want to be. Always begin with the end in the mind.

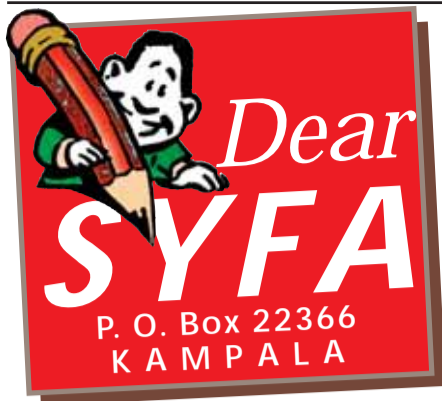
- Prioritize. It might be cool to have a funky phone. It will make you feel hot, but is it a priority in your life now?
- Your attitude towards others should not make them feel inferior.
- Try to understand others before you can be understood. Learn to listen to others without bias
- Work together with others you share values. You will feel much more useful and on top of the world as a group rather than as an individual.
- Get some time to relax and reflect on your missions and goals. Find out whether you are on the right track or lost. This helps you to learn new things that will enable

you achieve your goals.

Feeling hot starts with thoughts, and may end with an action. The actions can determine your destiny. What do you want your destiny to be? The decision is yours!

## Covey Sean who loves adolescents wrote this:

- Sow a thought and you reap an act.
- Sow an act and reap a habit.
- Sow a habit and you reap a character.
- Sow a character and you reap destiny.



Muganza Ronald Masaka SS

**Friendship**

*I want to get a good friend, how can I get one?* **Kalongo Sonia Kampala SS.**

A friend should be someone who supports your values. He or she should be someone who loves and also respects you. A friend should also be someone who can guide you when you go wrong. Someone who is sincere.

**HIV**

*How long does HIV take to enter the body after sex?* **J. Muhindo, 16, S1, Kitholhu SS, Kasese**

HIV enters the body during sex, not after. But there is what they call window period. This is the time between infection and the time someone tests HIV positive. Doctors have found out that it takes about 6 weeks for someone to test positive from the time of infection.

*Why are more girls getting infected with HIV than boys?* **Mungunuti Jane, S1, Nebbi progressive SS**

There are many reasons. Girls private parts have a wider surface area for contact with body fluids. This puts them at a higher risk, moreover, the body cells are

premature, and can easily get injured during sex. Girls face great social pressure than boys. For example, more girls are forced to marry earlier than boys.

*Is it true that if you play sex with someone infected with HIV but you wash yourself with soap and water immediately you avoid being infected?* **Faith Kagoyire, St Lawrence SS, Mityana**

No! This is not true. When an infection occurs, it happens the moment the body fluids such as blood, semen or vaginal fluids from an infected person gets into contact with similar fluids from another person.

**Infertility**

*What makes people become infertile after they had already developed sperm?* **Omoi Stephen, S2, 15, Bukedea Lifeline Straight Talk Club**

There are various causes of infertility. A common but preventable cause of infertility is sexually transmitted infections (STIs). The simplest thing a young person can do is to abstain or use condoms all the time. Testing before getting involved in sex is one other way of keeping oneself healthy.

**Relationship**

*I love my girlfriend so much. But when she finds me talking to other girls, conflict starts between us. I don't want to lose her. What can I do?* **R M, 18, S5, Buloba SS**

Tell her why you talk to other girls. Your girl friend may be feeling jealous. This is normal. Learn to



Nansamba Rosemary, Kyagambidwa SS, Lukaya.



Students of Vision High School, Kawempe. Feeling cool while staying safe

discuss problems openly with her.

**Menstruation**

*I have a problem in my stomach during menstruation. Could it be HIV sign?* **Jaliah Nanteza 20, S3, Lwemiyaga SS, Masaka.**

During menstruation, girls may get pain in their lower abdomen. This is normal for most girls. It happens mainly because the walls of the uterus are contracting to push out bad blood. You can take some pain killers like panadol. However, if you are worried about HIV infection, take an HIV test.

*I feel pain when menstruating. I also develop wounds around my private parts during and after menstruation. This problem started when I was still in P6. It worries me.* **N Z, Namutamba Central High School, Iganga**

Lower abdominal pain during menstruation may be a result of the uterus pushing out the bad blood. This is normal. But wounds may be due to lack of hygiene. Prolonged use of the sanitary towel may cause this. It is advisable to change pads at least twice a day. It can even be more than that, depending on how heavy the flow is. But you can see a medical person about this.

**Body changes**

*Can a girl who has no breast get pregnant?* **Bwambale Kaheru, Fort Portal SS**

Yes. Breast development is one of the signs of sexual maturity, other signs include growth of pubic hair and changes in the body shape and size. For many girls, breast development starts when they are about 10 years. But a girl can develop eggs when some of the outward signs of maturity such as

breast are not seen clearly. If such a girl goes for sex with someone, she can get pregnant.

**Religion**

*I am a born again. I preach to fellow young people in school. But there is a teacher who is against this. What can I do?*

**Orjem Ngabiloyotho, 18, S4, St Thomas SS, Kigoro-bya, Hoima.**

Share your feelings with someone you think the teacher can listen to. He may change. This may be a teacher in the school, a religious leader or any other person you feel the teacher respects. But try to find out whether the mistake is yours. For example, find out if you have been doing that at wrong places and at wrong hours.

**Sexual feelings**

*If I imagine that I am playing sex with a girl and unknowingly release sperm, do I still remain a virgin?* **Tabula Abdullaziz, S2, 16, Equatorial College, Kampala**

Virginity is broken when there is penetrative sex. You are still a virgin if you did not have penetrative sex.

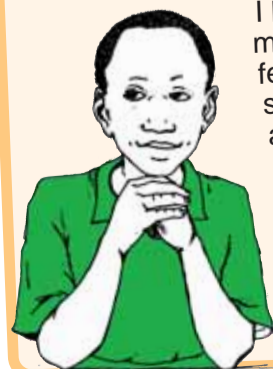
*Is it true that when you enjoy sex you look nice?* **H Scovi, S1, Junction Star, Masindi**

That is a false story which can mislead someone into sex. Somebody's look may change as a result of general body growth, not sex



Counselor Dr Sabrina Kitata, Head of Adolescents at PIDC, Mulago

# Advise Fridausi



I have a friend who comes from a poor family. She met a man who promised to provide her with school fees. But later this man made her pregnant. She was sent away from school. Her parents also sent her away. She suffered with the pregnancy and could sleep hungry sometimes. One day she asked me for advice, I told her to go to her parents and apologise but she refused. She said her father will cut her into pieces if she returned home. What can I do to help her? **Katusiime Fridausi, Namungona High School.**

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