

Not for SALE:  
Young Talk  
is FREE

Sex education for  
primary schools

# Youngtalk

Vol. 9 No.7  
August 2006

- Know your rights
- Stay in school
- Wait to have sex

Greetings from, St Mary PS, Nakapiripirit, Karamoja



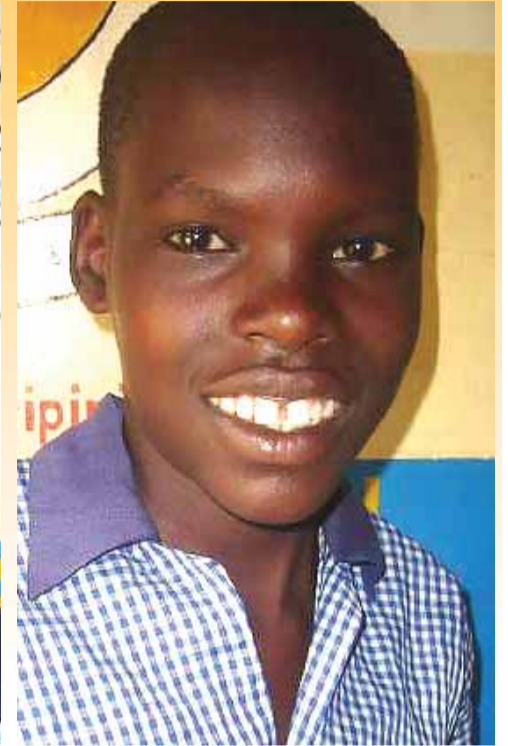
Lokol Lilly, P5, 11 years old



Lomongin Santina, P7, 13 years



Korobe Evelyn, P7, 13 years.



Muya James, P7, 14 years.

## Are your brothers, sisters good examples?

**Your brothers and sisters can shape your behaviour. Just think about what you hear or see them. Is it good or bad?**

Does their behaviour make them good at their studies. Do the things they do get them in problems with your parents or teachers?

Choose only those things that are healthy, safe and good for your life today and in future.

Before doing something your brothers and sisters are doing, stop and think about it. Is it good or bad?

If you are not sure, ask your parents/guardians, teacher or an adult you trust. What have you learnt from your brothers and sisters? And what is it that you like about your brothers and sisters? Younger talkers were asked these questions and this is what they said:

### Cleanliness

I always see my sister bathing daily. She is smart. I have also learnt to be like her. **Gwoyita Susan, Magala Memorial PS, Kampala**

### Managing periods

I have a sister who is in S1. One day I saw her washing a piece of cloth, which had blood. I asked her what she was doing and where the blood was coming from? She told me that she uses cloth during MP (menstrual period). Then she taught me what to do when I start my periods. **Grace Namusisi, 13, P6, Wambabya PS, Hoima**



## Competition news

All the three sets of the competition questions were sent out in May, June and July Young Talks. The deadline was extended from 31 July to 15 August. Look out for the winning young talkers, teachers and schools in the September Young Talk.

The prizes for young talkers, teachers, schools include bicycles, clocks, watches, There are also bicycles and phones for teachers and schools.

## ◀ For teachers

Encourage your pupils to put in practice what they are taught at school and read in *Young Talk*. This can make them good examples to their brothers and sisters. They can teach their brothers and sisters the important facts of life, How to stay safe from HIV/STDs and early parenthood. Encourage them to be good ambassadors of your school and *Young Talk* in their homes and community.



# What I have learnt

My brother has good behaviour. He always greets people. I have copied some of his behaviour.  
**Brenda Nampala, Webstar PS, Mukono**

I have from my brothers and sisters that smoking and taking alcohol is bad. And I have also never seen my brothers and sisters fight or steal.  
**Muya James, 14, P7, St. Mary's Girls PS, Nakapiripirit**

I see my sisters gossiping and they do not respect elders. This is not good.  
**Lilly Lokol, P5, 11, St. Mary's Girls PS, Nakapiripirit**

I have my elder brother who is 17 years. He goes to church every Sunday and I always go with him. He sings in the church and I have also started singing.  
**Deus Byamukama, 15, PS, Wambabya PS, Hoima**

## Bad example

I'm not happy with what I see from my brothers and sisters. My sisters got pregnant. My brothers have made girls pregnant. They have dropped out of school. These things have not helped me at all.  
**A S, 14, P7, St. Jude's Junior School, Pallisa**

Sometimes the things you hear and see from your brothers and sisters are bad. You have the ability to choose what is good for your life, studies and future. Ignore the things that are not helpful or risky. You can find role models in your community. This could be a neighbour, cousin or classmate. Make a difference in your life.

We love *Young Talk*. It has messages, which are important for our health - Pupils of Misenyi PS, Sembabule



## ► Know and accept your body

**What About Erections?** Many younger talkers write to Young Talk about erection. Do you also have a question about erections? **Read this**

An erection is what happens when your penis hardens. It becomes bigger and stands out from the body. When an erection happens the penis fills up with blood.

**Have you reached puberty?** You may start to notice erections occurring more often now. This is perfectly normal. An erection can happen at any time. You can get many in one day or none at all.

**When you get an erection it is usually only you who notices it.**

**An erection lasts a short time**

**Erections come and go by themselves.**

**Remember that getting an erection does not mean having sex.**

My friend told me that when his penis erects he feels pain when urinating. This makes him fear that he might have suffered from STDs. What advice do you give him? **Jackson Babigumira, 12, P5, butare PS, Ntugamo**

A you having pain or problem with your penis like Jackson's friend?

Talk to your parents/guardian and ask them to take you to the health centre.

## ► Habits of effective young talkers

**Are you a principled Young Talker?** Being principled means sticking to the guiding rule for personal good behaviour. Examples of principles include being hardworking, honest and responsible for your actions. There are many principles.

Being principled can never fail you. Everyone can be principled, rich or poor, king or peasant, male or female. **Principles are free.** They are not bought or sold. If you live by them, you can excel. If you break them, you can fail.

You have to be determined to live by principles, especially when you see people close to you doing wrong things. **Make your life principled-centred for brighter future.**

If your brothers and sisters are not good examples, identify principles that can help you stick to doing right and safe things. For example not telling lies and abstaining from sex. **Now follow that principle and don't look back.** Keep going.




Talk with your friends, teacher, parent/guardian or club members about principles that can help you to stay safe.




Pupils of Kasese Muslim PS - Stay in school and study hard.




**DEAR**  
**Young TALK**  
P.O. BOX 22366 Kampala

 My friend has white things like posho inside the skin of his penis. What would that be? J Mulindwa, 16, Mubende Tiger Army School

The white things inside his penis are probably just normal discharge (smegma). Your friend (and all other young boys) need to wash the head of the penis everyday when bathing. Roll back the foreskin on the penis and wash with water gently everyday. (For more information about how to clean your penis read Young Talk July).

 My daddy died of HIV. But some people in our village say that I also have HIV. I want to go for an HIV test but I do not have money. 13-year-old boy, Jinja


The fact that your father died of HIV does not mean you have HIV. Many children born to parents with HIV do not have HIV infection. But it is true that some children who are born to parents with HIV also have HIV. Talk to your guardian or an adult you trust about your worries. If you need to have an HIV test you should do it after consulting with your guardian. Go with them to the clinic. Pediatric HIV clinic in Mulago Hospital provides counseling specific to children like you. It is only the doctors that you should believe as regards your health or HIV status not the village people.

 My sister always tells me that when she is in her periods her breasts become big. Salima H, P6, Muslim PS, Kasese


Some people get slight breast enlargement during periods. There may also be some other changes like increase in pimples on the face and extra sweating. Not everyone gets these changes. So you should not use them as measure of who and who is not in her period!). Some people do not feel anything during their periods.




Pupils of Victoria Nile School, Jinja happily share views in Young Talk. We have learnt good skills that have enabled us to stay safely in this wide wild world. Special mention to our Young Talk coordinator Mr Gwambuga Gerald.

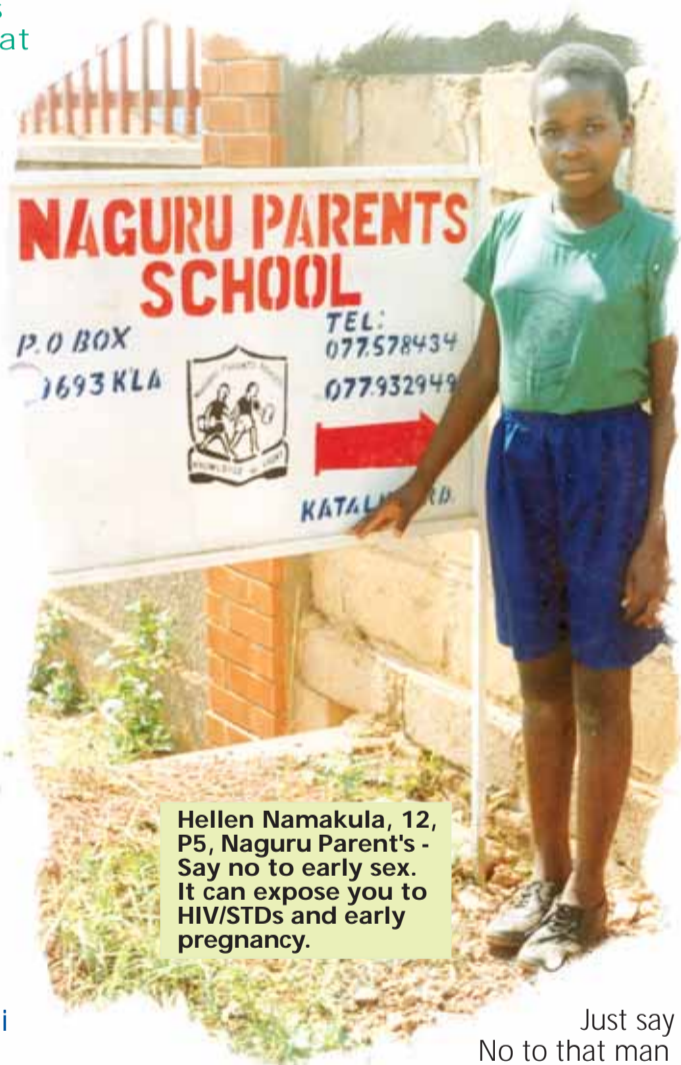
 My voice has changed. What is happening? Emmanuel Asingwire, 13, Ngaara Parents School, Mbarara

Voice changes are part of body changes that happen in adolescence. Do not be embarrassed or feel bad about the change in your voice. It is normal. The other changes that you may experience at this time are growing bigger in body. You may have growth of hair in the armpit and pubic area. These changes are normal and are part of growing up.

 Is it bad if in future I get married to a man who is a virgin when I'm also a virgin? Jane, P6, Kasenyi PS, Mubende


No Jane, it is not bad. It is actually very good for people to discover about sex together. Being a virgin means both of you have been very responsible with your bodies and health. However, whether your husband to be is a virgin or not, you both need to have an HIV test done before you get married.

 There is a boda boda man who usually gives me money for lunch. When my friends learnt, they reported to the headmaster. The headmaster beat me seriously. The man is continuing to give me money. What can I do? J N, Mubende Tiger Army PS



Hellen Namakula, 12, P5, Naguru Parent's - Say no to early sex. It can expose you to HIV/STDs and early pregnancy.

Part of the changes men go through at the very age you are in (11-19) is an increase in penis size. Other changes include hair growth in armpits, deepening of voice. These changes don't occur all at the same time in everybody. Each one of us is unique. Your penis will grow bigger as you grow, do not worry about it. Do not listen to people who may tell you that it is small.


 Is it true that when you have sex your penis increases? P6 pupil Railway PS, Kampala

No. The penis size does not increase when you have sex. There are many people who will tell you this lie. Your penis will increase in size as you grow just like your other body parts. Actually having sex especially at an early age exposes you to HIV/STDs. Do not have sex until you grow up, finish school and find a good partner with whom you will test for HIV and other diseases before you have sex.

Dr Edith Nakku, Mulago Hospital

**Special thanks go to Mubende Tiger Army School. Thank you for writing to Young Talk. You win a football and netball.**

Just say No to that man and his money. You can see the results of his actions in your life already. The next thing he will be saying is that 'what do you think the money I have been giving you is for? He is trying to lure you into sex. He has got you into trouble at school already. Report him to your parents and guardians. Your life is more precious than the money.

 My penis is very small. What can I do? 13-year-old boy, Kayamyumbe PS, Kyotera, Rakai

Small compared to what? You do not need to do anything because there is nothing wrong. Accept your penis as you accept other parts of your body. It will grow as you grow

**Guaranteed Success with Pass PLE**

Pass PLE is expertly designed to cover the whole range of potential PLE questions. With the practice gained from Pass PLE, doing exams becomes much easier.

Build your child's confidence as you identify and eliminate weaknesses.

All the best candidates use Pass PLE!



Jonathan Maraka best candidate Budo Junior  
Nakiyemba best candidate Namagunga Girls Boarding Primary School  
Jennifer Atim, second best candidate from Green Hill Academy  
Sonia Kasabiti best candidate Uganda Martyrs Girls Primary

**Pass PLE is back**  
Don't miss Pass PLE every Thursday  
Only in



THE NEW VISION  
UGANDA'S LEADING DAILY

Publisher:  
**STRAIGHT TALK FOUNDATION**

Plot 45 Bukoto St., Kamwokya,  
P. O. Box 22366, Tel: (0312) 262030/1,  
041 530008 Kampala (U), Fax: 534858,  
E-mail: strtalk@straight-talk.or.ug,  
strtalk@imul.com, Communications  
Director: Cathy Watson, Programme  
Director: Anne Akia Fiedler,  
Editors: T. Agutu, B. Kagoro, E.  
Kimuli, G. Awekofua,  
Designer: Micheal eB. Kalanzi,  
Printer: The New Vision,  
Young Talk is funded by DANIDA,  
DFID, Ireland Aid & SIDA.  
www.straight-talk.or.ug