

Not for SALE:  
Young Talk  
is FREE

Sex education for  
primary schools



# Youngtalk

Vol. 9 No.1  
February 2006

- Know your rights
- Stay in school
- Read your books
- Be creative
- Wait to have sex

Young Talk welcomes you to the New Year 2006

Make a decision to stay safe from HIV/AIDS, STDs and early pregnancy. *Young Talk* is your newspaper, the young adolescents between the age of 10-14 years or those in P5-P7.

This year we are putting it in your hands. We come to you and ask you to write what you

want to be in *Young Talk*. In this issue Young Talkers in Mbale, Kabarole and Kasese write about the good and bad things their friends made them do.

Enjoy reading and writing to *Young Talk*.

# What friends made me do



Friends are good for all of us. They can help us in our studies. They also keep us company and make us happy. Friends can also encourage us to do work at home and other good things. But friends can also cause us to do bad things. Do not allow your friends make you do bad things.

## ▶ Good advice

My friend Juma encouraged me to read *Young Talk* and from it I have acquired knowledge on how to stay safe. Wamusayi Rogers, Mbale

## ▶ Escape

One day, my friends took me to a party and they got me a girl. I danced with her and after a short time she told me we should have sex.

I told her I did not have condoms and I was not ready to have sex. She then told me she wanted to tell me something sweet from outside.

When we went out she tried to force me into sex. I made an alarm and people came and started beating her. Mandu Robert, 16, P7, Butta PS, Mbale

## ▶ Sad ending

When I was 13 in P5, in 2001, my friends suggested to take me to a certain shop so that we could make friendship with the shopkeeper.

I told them I did not want. They told me I should leave the school or else they would be beating me on the way home.

These girls were getting things like sugar and sweets from the man without paying.

One time they told me to go with them to the shop. The shopkeeper was hiding inside the shop. They locked me inside and he forced me into sex. I reported the man and he was jailed for 12 years. But I syphilis got treatment for STDs. Girl, 15, Mbale

Read more on  
Young Talkers'  
experiences  
on Page 2



Journalist  
for a day:

A young Talker in  
Mbale writes his  
story

# I helped my friend stay safe

## Avoid sex

During school days I live with my uncle. When he was away his wife would tell me to have sex with her. When I told my friends about it they said, "Oh! You are stupid! You have left sweet things." Three of my friends told me the same thing. But I finally talked to another friend who told me; "My friend we are going through the same experience." He advised me to pray. I prayed. I got a dream telling me to tell my uncle. When I told my uncle, he got up very angry and went to his wife and asked her what she was asking me to do. As she was mumbling, he slapped her. She packed her things in shame and left. My uncle is now married to another woman and who is well behaved. Boy, Butta PS, Mbale



'JOURNALISTS'; The Mbale group of Young Talkers who wrote this newspaper at Butta PS

## She stopped going to discos

My best friend used to pass through the window to go for discos. I told her to stop going to discos at night because they might rape her. She stopped that habit. Mugisa John, 13, P6, Buhinga PS

## He stopped smoking

I had stopped being a friend to Wilson because he had joined bad peer groups and started abusing people and smoking. But two months later he came and asked me to forgive him. He said he had stopped the bad habits. Now we are friends again. Nyaika Benard, Buhinga PS, 11, P6



Young Talkers, avoid risky behaviour. Aboth Mary Jackline Chairperson YT Club and Headgirl Kisoko PS

## I left my friend

I left my best friend. He joined bad groups. They would chew marijuana, take alcohol and have sex. I wrote him two chits advising him to leave the group, but he kept there. I also advised him face to face but he refused. We stopped being friends. I left him but I felt very sad. We are both Muslims. Kusemererwa Ismail, 13, P6, Buhinga PS

## She takes alcohol

I had a friend who joined a group of boys who used to take alcohol and beat girls. When I talked to her about it, she told me to leave her alone. She said "Go away. For us we are okay enjoying alcohol." I talked to my parents who advised me to leave her. But I also told her that we are not friends anymore. She abused me and wanted to beat me. I am happy I left her. Mpanja Lillian, 13, P7, Kamengo PS

## Habits of Highly Successful Teenagers

**A Habit is a behaviour that someone has learnt and does automatically. Do you know that friends can lead you into developing bad habits and good habits?**

In *Young Talk* this year, we will give you advice on how to develop good habits. The tips we will give you include:

1. Taking responsibility for your life
2. Putting the most important things first.
3. Knowing what will come out of something before you start doing it.
4. Knowing that other people have good ideas too and your ideas are not the only correct ones.
5. Listening to people
6. Working with other people to get better results
7. Keeping and making yourself better

**Get into a habit of taking responsibility for your life. Put the most important things first. Do not let your friends mislead you.**

## DICTIONARY

**Acquire:** get

**Alarm:** make a loud noise for help

**Automatically:** without thinking about it

**Critically:** Weighing the advantages and disadvantages of something.

**Experience:** Something you learn by going through it

**Escape:** to become free

**Mumbling:** speaking in a low and unclear voice

**Rape:** force into sex

**Tip:** Advice

## For teachers

Challenge your pupils to keep a diary of what their friends tell them do (they can use an exercise book). Encourage them to share it with their parents or you for advice.

## Key messages:

- Think critically about what your friends want you to do.
- Ask: What will you get out of it.
- Speak out. Say what you want to, clearly
- Make decisions that will help you stay safe and keep in school.
- If you are not sure of the results, talk to an adult.



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

Thank you Straight Talk Foundation for the copies of *Young Talk* you send every month. Please continue. YT Club members of Nakigo PS, Iganga

**Can I get AIDS if I eat with a person who has HIV?** Aijula A, Mbarara St. Martyrs school

No. HIV is transmitted through blood, vaginal fluids and semen exchange. And from a mother to a new born baby, at birth or through breast milk. The main way of HIV transmission is through sex.

**My friends are forcing me to have sex or I get out of their group. What can I do to stay with my friends?** Drami K, Bombo Army PS  
You are too young to have sex. You can get HIV/AIDS and other STDs. Good friends do not force each other to do things they do not want. Leave the group. You will get better friends.

**There is a friend who wanted to befriend me but I refused. He said he would give me sh. 20,000 pocket money. What can I do?** Nyanyuma H, 14, P7, Parents' Sch, Bundibugyo  
This is not a true friend. He is using money to confuse you. Stick to your principles and continue saying NO.

**I have heard that when a person is on ARVs the HIV viruses stop reproducing. Is this true?** Nahwera Nyanwa D, Junior Sch, Bushenyi  
It is true, if someone starts on ARVs, at the right time. For some people it could be too late for ARVs to work. But even when someone is on ARVs, he is not free from HIV/AIDS.

He/she can still pass it on the virus to another person. A person also has to be on ARVs for life. If he

stops, the virus will start reproducing very fast and make them very ill.

**If a woman has HIV and she is pregnant, can she produce a healthy baby?**

Naluwugge A, P6, Kayayumba PS, Rakai  
It is possible with the use of a service called Prevention of Mother To Child Transmission (PMTCT). With PMTCT, a pregnant mother takes some tablets when she is about to give birth. These services are available in all government hospitals.

**I can see that hair is growing in my armpit and around my penis, but I do not want it. What can I do?** OAG, Hillside Annex Mixed PS, Lira

That is a normal physical change. Every person goes through it during adolescence. You have to accept it. It shows that you are growing. Keep good personal hygiene by cutting your hair low using a pair of scissors. Also, bathe regularly.

**I have a friend who likes playing with girls. I advise him not to, but he**

**does not listen to me. What can I do? Can I leave him?** Okello J, YT Club member, Railway PS, Kampala

It is normal for a boy to play with girls as long as their games do not lead to having sex.

**Is it true that when you use condoms you can avoid AIDS?** Mukombe B, 15, P7, Jinja Main Street PS  
Yes. When used properly and always, from right sources and not expired, condoms offer protection against HIV.

**I have a friend who is an orphan and also is HIV positive. But her aunt brings her men to have sex with them. How can I help**

**her? Girl, P7, Nakigulube PS, Luweero**  
That is very bad. Look for somebody older than you to talk to her aunt. Your friend needs to talk to a teacher or a counselor.

**When I see my girlfriend, my heart beats fast and I feel like having sex, what causes that?** EC, 12, P7, Pioneer PS, Soroti  
You are experiencing sexual feelings. This is normal. But it does not mean that you should have sex. At 12, you are still too young. Concentrate on your studies and play games to take your mind off sex.

**While at the PIASCY assembly our teacher Mr Nsabiynva Benon told us to delay sex but my brother tells me to have sex to test my penis. Is this dangerous?** AN, 13, P7, Iryaruvumba PS, Kisoro  
Yes. Early sex is dangerous. It can lead to unwanted pregnancies, STDs/HIV/AIDS. Take the advice of your teacher to delay sex. You do not have to test your penis. You are normal. Your brother is misleading you. You get diseases through the penis if you have sex.

**When I was in class, a girl touched my penis. What can I do to avoid her?** Kisakye J, Buhanika PS, Hoima  
That is a bad touch. Tell her not to do it again. If she continues, report her to the teacher, parent or guardian.

**I live with my aunt who hates me. She gives me a lot of work while her children do nothing. Girl, Kalonga PS, Mubende**  
Talk to somebody older than you, whom you trust. This may be a teacher or a relative. This person can talk to your aunt on your behalf.

Counsellor: Dr. Alex Kakoraki

## QUIZ

- HAVE YOU EVER BEEN OFFERED MONEY FOR SEX?
- WHO GAVE YOU THE MONEY?
- WHAT DID YOU DO?

Write to Young Talk Money quiz P O Box 22366, Kampala

**WIN A PRIZE**

## Headteachers! Renew your PO Box

It is a new year. So Post Office needs you to pay for your PO Box. Rush now. A school without a PO Box does not easily get *Young Talk*.



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[www.straight-talk.or.ug](http://www.straight-talk.or.ug)

We thank you for the educative messages through *Young Talk*. Nakabugo Mwajuma 12, P6, on behalf of pupils of Namuwongo Community Muslim PS, Kampala Hillside