

Not for SALE:
Young Talk
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Sex education for
primary schools

Youngtalk

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

My goal this year

Welcome to the New Year! For many people, new year comes with new plans. This means thinking over what you did in the old year as you set a goal for the new year. A goal is something that you plan to achieve. Writing as 'journalists for a day', a group of *Young Talk* readers put down their goals for the year. Read on. Find out if what they have put down is similar to what you have in your mind.

I want to get first grade

Nakabugu Mable, a P7 pupil at St Agnes PS Kayunga: I want to get 1st grade in P7. I plan to start waking up early. I used to delay in bed. I am ready to change this so that I reach school early enough to revise before class. I want to be more serious in class. I will not make noise with the rest. I have decided not to worry about friends who talk ill about me. Some friends backbite me when my parents bring me things like food and books. This used to disturb my mind. It affected my reading. This year I will ignore such things so that I can read hard.

What can help you achieve your goal

- Discipline
- Hard work
- Support from good friends.
- Learn to have interest in what every teacher is teaching.
- Ask for help when you need it.

Goals can change

If you want to change your goal, do not think you are confused! It is OK. Share your new thoughts with helpful friends or your parents, guardians or teacher. They can help you.

Key Messages

- Always have a goal
- Work hard towards your goal
- Girls and boys need to be given equal support in everything they do

Nakabugu Mable, a P7 pupil at St Agnes PS Kayunga

Girls and boys are equally clever!

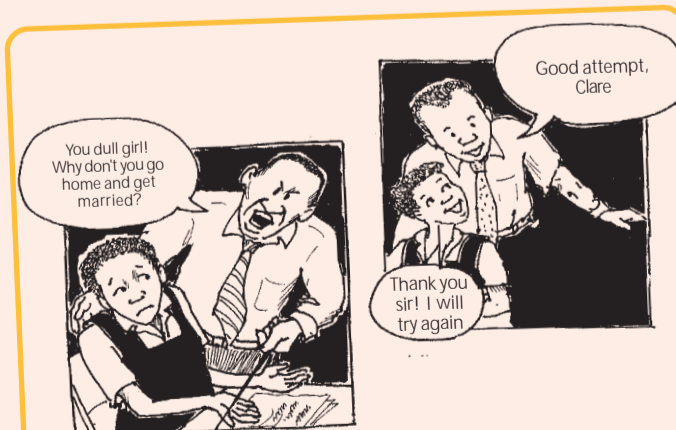
The 2006 PLE results released in February show that boys did better than girls. But it does not mean that girls are not clever. NO!

Girls and boys are equally clever. The problem is that girls are not given equal chances with boys.

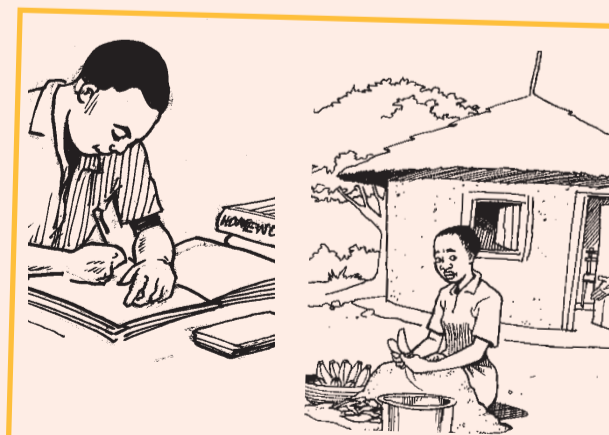
Many girls spend their time doing domestic work. This gives them little time to revise.

Parents, please give girls more time to revise, the same amount as boys. Given equal support, girls can do what boys do.

People also discourage girls with harsh words. They tell them to marry when their breasts grow. They want brideprice. Pupils and teachers, do not allow bad talk and actions that make girls perform poorly.



The picture on the left shows a teacher speaking badly to a girl child. He is telling her to get married because she has made a mistake in her classwork. The picture on the right shows a teacher encouraging a girl to keep learning.



A boy doing his homework while a girl peels matoke. Is this justice? No. Let them both do domestic work and read in equal amounts. Then they will perform equally well.

Be a young person with a goal

I want to avoid bad peer groups

This year I want to avoid bad peer groups. Last year I had a bad peer group. They were lazy. I was also not as serious as I was supposed to be. Since I have finished primary, I want to get friends who are hard working. I want to compete in class. I need to work harder in order to have a good future. I also want to help my country when I grow up. **Brian Kasajja, Winston Boarding PS Kampala**



Avoid misleading friends

Sometimes we have friends who can mislead us. My plan is to work hard in P7 and think before acting on any information or advice I get from friends. I will also avoid quarrelsome friends, especially boys who like fighting. **Satra Nabulime, P6, Kampala Academy**



I plan to improve in mathematics

This year I want to improve in mathematics. My dream is to become a medical doctor. So mathematics is very important for me. I have been making some mistakes in mathematics. From this year I want to work harder. I want to avoid friends who discourage others from reading. I will make sure I avoid any behaviour which can lead to things like early pregnancy. **Priscila Nambooze, P6, Sir Apollo Kagwa PS, Old Kampala**



I plan to maintain my virginity

I plan to continue abstaining from sex to maintain my virginity. Prosperity is one of my aims so I will work hard in class. Since I am going to join secondary school I also want to make new friends. I will make sure they are good friends. **Victor Nsereko**

I plan not to avoid class this year

Last year, I used to avoid class whenever a teacher I do not like entered the class. That was wrong. I want to change this. I will always perform poorly in class if I do not change. My parents will not be happy if I do poorly. I have to work hard to make my parents proud. **Rukia Nantongo, 10, P6, City Parents School**



Know yourself well

This means knowing what you are good at and what you are weak at. It also means having the will to improve. Think about whether you are moving on well with your plans or not. Knowing yourself helps you to improve.

Act on your plans. Do not just talk. Maintain your hope. When something goes wrong, do not give up.

If you fail in class or miss the grade you planned to get, the best to do is to think of why things went wrong. Correct the mistake.

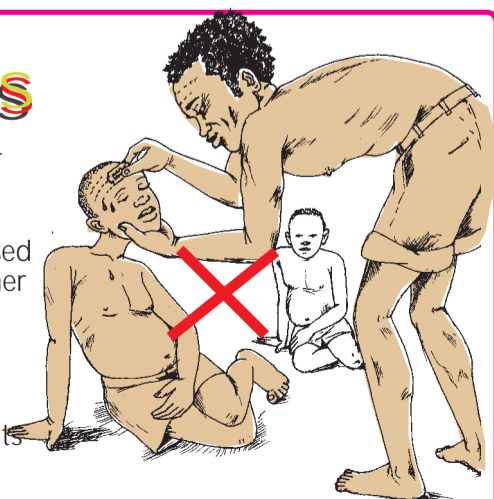
For teachers

- Teachers, your care is key to the success of every pupil
- You need to help pupils develop goals. You also need to guide them as they work towards their goals.
- Help pupils to avoid words, behaviours and actions which make girls feel less able to do what some people think only boys can do.

Avoid sharing blades

HIV lives in blood. If your skin is cut by a knife, razor or other sharp objects that have been used on another person, you are at risk of getting HIV. Never let someone use on you a razor that has been used on someone else. Children should go to saloons together with adults, not alone.

Some cultures cut skin as part of traditional treatment. Other cultures cut skin as a tradition or decoration. If skin cutting is part of your culture, talk to your parents about safe skin cutting practices. Your family should only use tools that have been boiled. Boiling kills the virus. Do not let yourself be forced into getting cut.



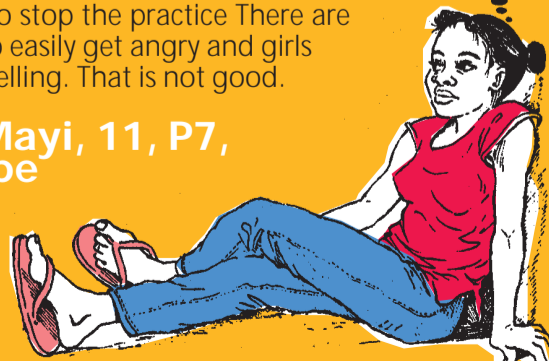
Such are cuts which can put someone at risk

Star advice

I advise boys to stop teasing. Many tease their friends who they think are weak. They call big girls 'mama'. They make fun of girls in their periods. This is bad.

Teasing makes people fear to come to school. It makes others fear to talk or play with the rest. This year I want friends who do not tease. I advise those who tease others to stop the practice. There are also boys who easily get angry and girls who like quarrelling. That is not good.

Nakito Mayi, 11, P7, Kawempe Muslim PS



DEAR
Young TALK
P.O. BOX 22366 Kampala

What makes a girl get married at early age? F Nalyali, P7, Namirembe PS, Pallisa

There are many reasons why girls get married at an early age. Some are forced by parents who are interested in material

things like money and cows. Some are misled by peers. You can avoid getting married early by staying in school. Talk to your parents and relatives about the benefits of keeping you in school. Abstain from sex to avoid early pregnancy.

I made a mistake and was caught having sex with a boy. Now in the village they call me 'malaya'. There is a boy in our village who asks me for sex. I have been refusing but he keeps calling me 'Malaya' also. I know I made a mistake once but I hate the nickname. MN, 15, Ngereko PS, Masaka
People may call you names but the important thing is that you realized that you made a mistake. Avoid repeating the mistake. Ignore those people. Tell that boy to leave you alone. Talk to people who can support you. They can advise the people calling you names not to disturb you. You are not a "malaya". We can learn from our mistakes.

Do condoms make a young girl become a prostitute? HN, 11, P5, Kakira

No. But people may refer to young girls who use condoms as prostitutes because young girls are not expected to have sex. It is adults who are expected to use condoms. Young girls are expected to abstain from sex until they are ready for the results of sex such as pregnancy.

What are Sexually Transmitted Diseases (STDs)? W Kisule, P5, Vovak PS, Wakiso

These are diseases we get if we have unprotected sex with an infected person. Examples are genital herpes, gonorrhea and syphilis. Genital herpes is a type of STD which has no cure. If you had sex and you start to feel pain after urinating, have wounds around the sexual organs, or have pus coming out, seek treatment

Is it true that when a boy plays with a girl for a long time she can develop sexual feelings? O Kobusingye, 15, Kibingo PS, Nyakyera, Ntungamo

During adolescence, many changes take place in our bodies. Some of these changes draw us to people of the opposite sex. We therefore want to spend time with them. While it is fine to play with them, we need to be careful. If the play involves touches or words which can make someone start to feel like having sex, avoid them. They may lead to sex and unwanted pregnancies.

Can a 9-year-old child get pregnant if someone rapes her? R Nalule, Main Street PS, Jinja

Yes. As we grow into adolescents, our bodies start experiencing changes such as menstruation. If a girl's body has started producing eggs, and she has unprotected sex or is raped, she can become pregnant. Usually, menstruation is the sign that a girl has started producing eggs. But remember that production of eggs starts before menstruation. So, if a girl's body has started producing eggs before nine, she can get pregnant even if she has not experienced menstruation.



L-R: L Nabwegamo and K Naluwooza from Wakaayi PS, Luwero

There are girls who read love letters in school. What can I do to stop them? H Jurua, P6, Ayiova PS, Vurra, Arua

Advise them to stop wasting study time. Reading and replying love letters appears fun but it can take your study time. This can make you fail. It can also lead someone into early sex. Discuss the dangers of early sex with your friends.



Pupils of Nicaragua Day and Boarding PS, Mityana, reading Young Talk



Pupils of Katala PS, Bugiri, pose for a photo with one of their teachers

I heard that my father died of HIV. This worries me a lot. A N Kakindu PS, Mubende

Sorry for the loss of your father. Are you worried that you have HIV? Take an HIV test to clear that worry. You may not even be HIV positive. But even if you are HIV positive, there are counselors at the testing centre who can help you to live a better life after testing.

I have a friend who is a girl. Her male friend in the neighborhood asks to kiss her when she visits him. She also finds it difficult to refuse to go there because their parents are friends. Yet she fears to tell her parents. A J, Rukungiri PS

A.J, thank you for showing concern for your friend. Everywhere, there are some boys who behave like that. Boys demanding for sex and other things that go against girls' values is disturbing. Even if the

parents are friends, the next time it happens, advise her to tell the boy how she feels. If he does not change, let her tell both his and her parents about it.

I am 13 but I have not started menstruation. I do not even have breasts. Now my friends say I may not produce. When shall I develop them? J K, 13, P5, Kamuroli PS, Kasese

Not all girls start menstruation or develop at the same age. You will develop them in the next one to three years. Most girls do not menstruate until age 14. Do not worry, you will produce.

There is a girl who I think about all the time. I want to fall in love with her. TS, 14, P6, Buhanika PS, Hoima
At your age it is normal to have feelings for somebody. What matters most is self control. You can be friends with this girl. You can even tell her how you feel but always have self control. Many young people go through this kind of experience but they manage to control themselves. Lack of control has led some people into early sex which has negative effects.



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