

**Not for SALE:  
Young Talk  
is FREE**

**Sex education for  
primary schools**

# Youngtalk

Vol. 9 No. 7  
July 2006

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

## Keep clean, look great

**We all want to look nice. This makes us feel good about our bodies. Keeping clean makes you confident of yourself. Your friends can like your company. But they can avoid being with you if you are dirty and have bad smell**

Wouldn't you want to have friends who are clean and smart? Yes, you do!

Keeping your body clean is especially important during adolescence.

Did you know that during adolescence your body starts to produce new smells and new fluids?



Some of these fluids such as sweat may have unpleasant smell.

You need to bath at least twice a day to stay clean and fresh.

In my village there is a girl who sweats a lot in the armpits. Is she normal? How can I help her?

**Kizza Ruth, Charis Academy PS, Mukono**

Yes. She is normal. Use the information in this paper to advise her

**Keeping clean also keeps away germs. This keeps away diseases that you would have got due to poor hygiene.**

### For teachers

Cleanliness boosts self esteem. Encourage your pupils to be smart and clean. Children who are smart feel good and confident about themselves. And other people want to relate to them.

Children who are confident and feel good about themselves perform better in class.

They are not ashamed to ask questions. They also feel free to ask for help and participate in class.



## Journalist for a day

Last month Young Talk team went to Aloi camp in Lira and now brings you interviews between Jane Akwero (left) and Vicky Akello (right). Both are P6 pupils at Aloi PS.

**How do you keep yourself clean and why?**

I keep my clothes clean. This can stop things like



**Jane Akwero (left) and Vicky Akello (right).**

lice from sticking onto my body. When clothes are clean, they do not smell. You look smart.

Cleaning of the teeth is also one way of keeping clean. I do this everyday. Your mouth can smell if you do not clean your teeth. The teeth can rot. I also bathe everyday.

**Akello Vicky**

*In April Young Talk, we introduced a Grand competition and grand prizes for pupils, teachers, schools. See your April issue for details.*

### TERM II GRAND COMPETITION - GRAND PRIZES

I have read this issue of *Young Talk*. What I enjoyed was:.....

.....What I learnt was:.....

My name is.....age..... My school.....

My Young Talk teacher..... *See competition guidelines on pg 4*



**YOUNG TALK IS FOR TEACHERS AND PUPILS IN P5, P6 AND P6**

# Give your body special care



Look at yourself in the mirror

I wash my body everyday. Your body can smell if you do not keep it clean. Like when you play football, you may sweat and the first thing I do when I reach home is to take a bath.

I also don't forget to cut my finger nails and hair. They collect a lot of dirt if you do not cut them. This can make you get germs and you fall sick. **Patrick Awuny, 16, Aloii Primary School, Lira**

## Girls

Girls need to clean private parts daily. Avoid using soap to clean the inside of the vagina. The vagina cleans and protects itself with fluids that come from the body.

A healthy vagina produces sticky, white or clear, and smooth discharge. This does not smell or itch. For girls who have started their menstrual periods, they will also see blood coming out through the vagina once a month. This is normal.

In a girl's healthy private parts, only urine passes through the urethra. If you notice pain when passing urine, blood or pus from your urethra, talk to your guardian/parent and get medical help from the nearest health centre.

## During menstruation

Wash yourself clean. Change pads at least three times a day. Throw used pads in pit latrines. If you use pieces of cloth, wash them. Let them dry well before you use them again. Do not use perfumes on your genital area. They can cause irritation and a bad smell. Use ordinary washing soap that is not perfumed. You can smell if you do not wash regularly. Bacteria can grow on it.

Is it true that if you share knickers with someone who has STDs you also get them? **Scovia Kanyunyuzi, 12, P7, Bunjojo PS, Kabarole**  
It is not good to share knickers and underwear. You can get ringworm, pubic lice and other infections.

Is it true that washing private parts with soap can cause infections? **Musubika Cissy, 14, P7, Day Spring Elementary School, Wanyange, Jinja**  
No, it is not true. Actually it is healthy to wash your private parts with soap and water. But make sure you do not put soap inside the vagina or urethra, in the case of boys.



Pupils of Mbata PS, Kasese. We ask all young people to avoid early sex because it leads to problems.

Some of our body parts have folds and they are privately placed. This means dirt can collect in these places. You need to pay special care to these parts.

## Healthy and clean private parts

Boys and girls, healthy private parts do not smell, hurt or itch or have sores, rashes or funny discharge. Love your private parts and protect them from damage by avoiding early sex.

**Pubic hair** - This is hair that grows around the private parts of girls and boys. Has your pubic hair started growing? Remember the hair holds sweat and other wastes from the body. Keep the pubic hair short for easy cleaning. Use new razor or pair of scissors. Be careful and avoid injuring or irritating the skin. Also remember not to share the razor or scissors with anyone.



## Sharing sharp tools

is one of the ways HIV is spread.

**Armpits**  
Pay special attention to the armpit area when bathing. Just like the private parts, the armpit area has many folds and may sweat more. Trim the hairs in the armpits regularly.

You may sweat more in the private part areas and the armpits. Pay special attention to these areas when bathing.

## Boys

The tip of the penis has an opening for urine and semen. In healthy private parts, the urethra opening only lets out urine and semen. If it produces any other fluid, it is a sign of unhealthy private parts. Get help from a health worker.

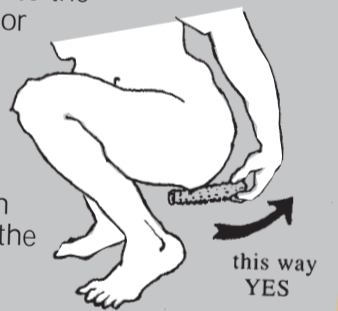
Wash your private parts every day. If you are not circumcised, to clean your penis, roll back the foreskin and gently clean the area. This gives you chance to wash around the top of the penis where some whitish creamy stuff is usually seen. This white stuff is called smegma. Smegma helps the foreskin slide back smoothly. But if smegma collects beneath the foreskin, it can cause bad smells or infection.

Hanging below the penis is the scrotum. The skin of the scrotum has folds, it is hairy, oily and moist. Wash this area daily to keep the dirt from collecting. If this dirt is not washed away it can cause smell.

Wash between the buttocks and anus also. Make sure your finger nails are short and clean all the time

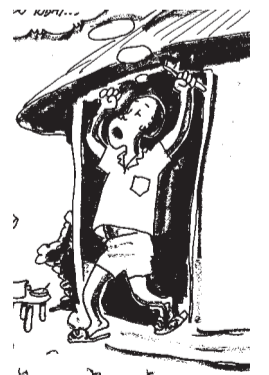
## After the toilet

Clean the anus from front to back to keep germs from the anus from entering the vaginal or penile area. If you clean the anus from back to front, you wipe the faeces into the vaginal or penile area. This can lead to infection around the private parts.



## Teeth

Brush your teeth every morning and after every meal. You can buy tooth brush and paste. You can also use stick and ash to brush your teeth.



## Hair

Keep your hair short and clean. Avoid sharing combs. You may get infected with fungus, ringworms or lice.

Take good care of your feet. Clean between the toes daily. Avoid putting on shoes when your feet are wet. This can lead to a bad smell.

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

No. Pulling of labia which practiced in some cultures does not make a girl ready for marriage. It does not even enable girls to have children. It is a personal choice to pull the labia. Bu pulling it does not have scientific advantages.

**Is it true that virginity causes abdominal pains?** John Emieniu P6, Awoja PS, Soroti

No. It is not true. Virginity does not cause abdominal pain. Virginity is healthy. Wait to have sex. If you have abdominal pain, see a health worker.

**Is it true that if a girl with a lot of pimples on the face had sex the pimples go away?** Ajok Sharon, Gulu Public School

No. It is not true. Pimples come as a result of hormonal changes as one grows up. To reduce pimples, clean your face with water and soap at least twice a day. Avoid bleaching creams on your face. And avoid squeezing the pimples. This could make them develop into wounds which can even make your face swell. Say no to sex and beware of wrong stories about sex.

**Is it true that a girl whose labia have not been pulled cannot get married and she cannot produce?** M N, P7, Kiddawalime PS, Kampala



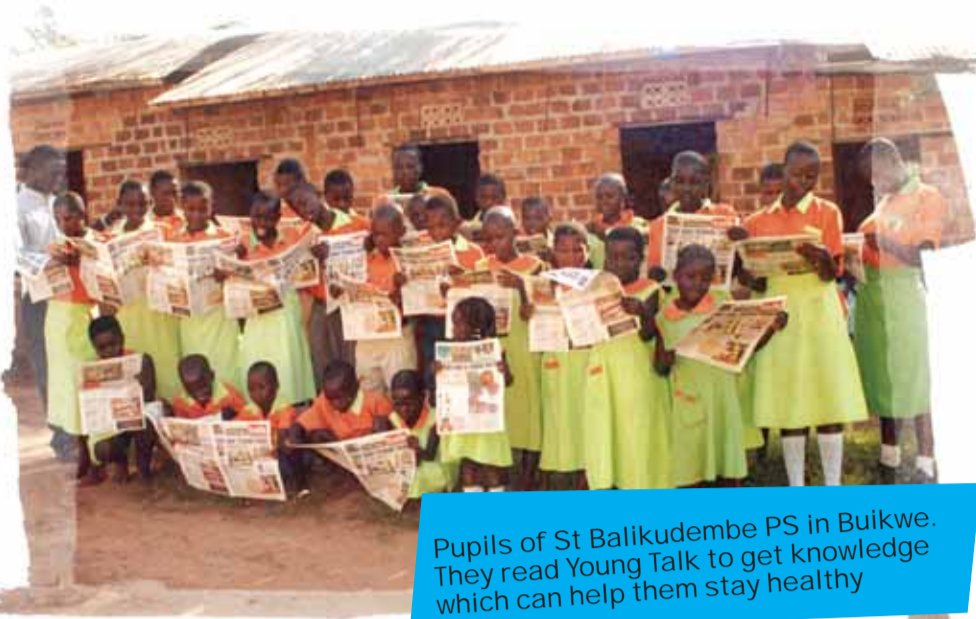
Sida Grace, a P6 pupil at Busembatya PS in Iganga

**A friend has been forced into sex with an old woman but he has never told his parents. What can I do to help?** Johi Mark Mukasa, P7, Kiddawalime PS, Kampala

You need to encourage your friend to talk to his parents or a close relative he trusts. He may also talk to a counsellor, nurse, community development worker or a teacher for help. He can get counseling. What this woman did is against the law. She can be imprisoned for it.

**When I go to the market, I meet girls who say they want to have sex with me. I do not know them. What can I do?** J O, P6, Siwa P/S Tororo.

Report this matter to your guardians. You also need to tell these girls openly that you do not like what they are telling you. Let your no be a no. Also avoid moving alone.



Pupils of St Balikudembe PS in Bulikwe. They read Young Talk to get knowledge which can help them stay healthy

**I have a friend who is a boy but he has big breasts. He is worried. What can I do for him?** Selegio Karugaba, P7, Mukole PS, Kyenjojo

Having big breasts in a boy is not abnormal. This happens because of excess secretion of growth hormone during puberty. Tell him to be happy with his body. But if he is too bothered, he can visit a health worker for counseling and guidance.

**My pubic hair has started growing. I have**

**also started getting wet dreams. I have friends who are saying I can leave school and get married.** Boy 15, Alema Ps, Adjumani.

You are still too young to get married. Getting wet dreams and growth of pubic hair are normal changes which take place during puberty. They do not mean you should get married. At your age it will be very difficult for you to support a family. Abstain and continue with your education for a better future.

**There is a boy who wants to have sex with a girl who is my neighbour. What can I do for her?** H A, 11, P5, Bweyale PS, Masindi

Inform her that early sex can ruin her future. She can get pregnant and drop out of school. She may also get STDs such as HIV. Let her abstain from sex and continue with education. Let her inform the boy that he can also be imprisoned for defilement. Advise both of them

**I am an orphan but my mother wants me to get married. What can I do?** S T, P7, Bubangizi PS, Bushenyi

Talk to a relative that you trust. You may also talk to a trusted teacher or a church leader. Make sure it is someone your mother can listen to. Be strong hearted. There are many other young people facing this kind of problem. You are still too young for marriage. Education is the best thing for your future

**Counsellors:**  
Arach Anna Agnes and Lapat Geoffrey, FPAU, Lira Branch and Dr Edith Nakku, Mulago Hospital



Pupils of St Agnes Preparatory PS in Bushenyi. We ask all pupils to make use of the good information they get from Young Talk

**COMPETITION GUIDELINES**

- Fill in the competition coupon on page 1
- Cut it out and keep it safely. Wait for the June and July issues. Fill them out too.
- For schools to qualify, they must send at least 20 entries from different pupils.
- To enter the draw send to *Young Talk* three coupons from the May, June and July issues at once.
- Only P5 - P7 pupils can participate and enter (choose) their *Young Talk* teacher and school for the draw.

Closing date: August 18

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