

Not for SALE:  
Young Talk  
is FREE

Sex education for  
primary schools

# Youngtalk

Vol. 9 No. 6  
June 2006

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

## The truth about sex

Your body **DOES NOT** need sex to grow. It is **right** and **healthy** for boys and girls to wait to have sex.

I have never had sex and I am proud of it. But some people say virginity causes harm to boys. **Ngobi Peter, 15, P7 Mayuge PS**  
Congratulation to Ngobi and all *Young Talkers* who are not having sex. Keep it up.

Like Ngobi, you hear many false stories about sex. These stories can mislead you into early sex.

**Be careful** with what you hear from your friends and other people.

**NOT** having sex does not harm your body in anyway.

Not having sex **PROTECTS** you from getting HIV/AIDS, Sexually Transmitted Diseases (STDs), and early pregnancy.

Is it true that when you play sex many times your breasts become bigger? **Sylvia Kobusingye Bojonjo PS, Kibito, Kabarole**

No! Sex does not make your breasts grow bigger. That is a myth. Breasts grow as a result hormonal changes in the body.

What have you heard about sex? Talk to your parents/guardian, teacher or religious leader for advice. So that you are not misled into early sex. **Say No** to early sex.



### Journalist for a day

**Having a boyfriend or girlfriend does not mean having sex**

*Young Talk* travelled to Moyo and worked with John Mawa and Sharon Asio of Moyo Town Council PS. They were the *Young Talk* journalists for a day. John interviewed Sharon. This is what Sharon says: *There are friends who may make*

*fun of you when you don't have a boyfriend. But I know such things can lead to sex. I know people who have left school because of early sex and pregnancy. I do not want such a thing to happen to me.*

*Avoid friends who encourage you to have sex. The talk that practice makes perfect is wrong. I better finish my education first. I do not want my parents to lose trust in me.*



Sharon Asio and Joseph Mawa, pupils of Moyo Town Council PS

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 P7



# Beware of false stories about sex

## You can get HIV the first time you have sex

Is it true that if you play sex once you get HIV? **L Nakku, 14, P7, Day Spring Elementary, Jinja**

Yes. Having sex once is enough to expose you to HIV. If your vagina gets in direct contact with infected fluids like blood, semen (fluids from penis) you can get infected. You do not need to have sex many times to get HIV. You do not even need to have sex for a long time to get HIV. The best protection from HIV is abstinence. Wait to have sex.

## Sex does not need practice

Is it true that sex needs practice? **S Rukanda, 15, P6, Allied PS, Buteraniro, Mbarara**

No! Sex does not need practice. Everybody is born with a mind that naturally knows what to do when the right time for sex comes. That is why even people who have remained virgins for over 30 years have sex without any problem.

## Urinating after sex does not prevent pregnancy

Is it true that if you urinate immediately after sex you can prevent pregnancy? **P Naisuna, 12, P6, Victoria Love Child PS, Jinja**

No! When you have sex the sperm goes to a different part of the female body, not to the bladder which stores urine. Urinating after sex cannot prevent you from getting pregnant.

## Early marriage is bad

I have a step father who advises me to marry his friend. **Girl, 13, P7, Jinja Elementary**

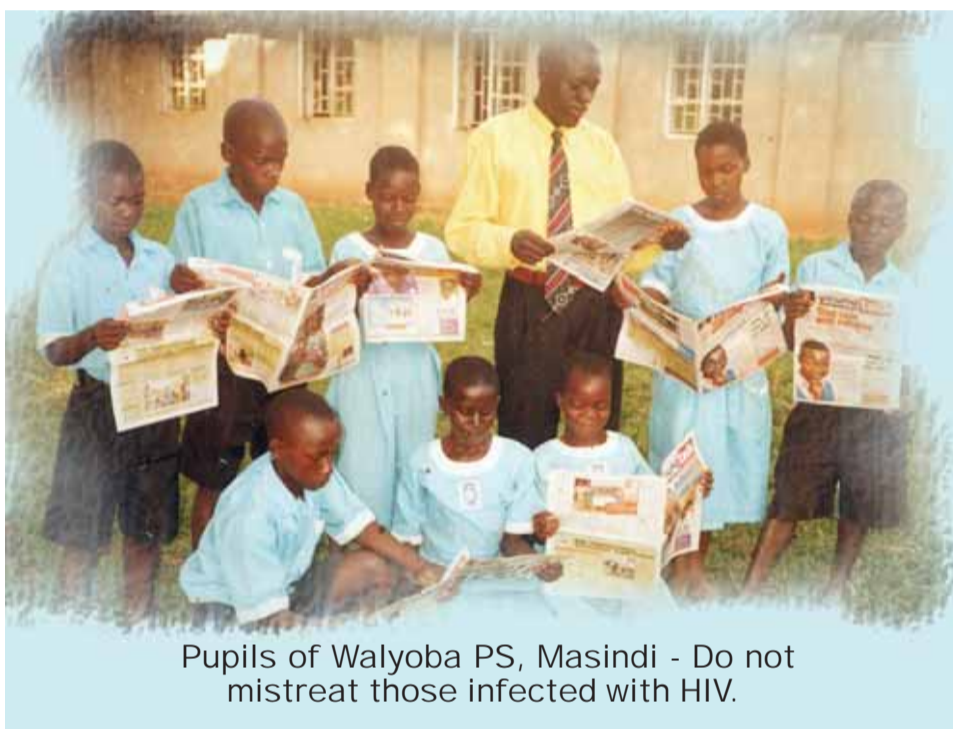
Early marriage is wrong. Your body is still too young for sex and child bearing. Young people get a lot of problems during delivery. Many lose their lives due to early child birth. You can also get exposed to HIV/AIDS. Talk to adults whom your step father can respect. This may be your teacher, religious leader, and a relative. Look for help.

## You are not hopeless if you do not have a boyfriend

A friend told me to love boys. But I told her that I am still too young to love boys. She told me that I'm foolish and stupid.

**Jackline Nakyelwe, 12, Little Stars PS, Bwaise, Kampala**

Your friend seems to be asking you to start a sexual relationship with boys. This is wrong. There is love which exists among human beings whether they are your relatives or not. So you can love a boy just like you love your brother. Do not let friends mislead you into sex. There is love that exists between husband and wife. You are too young for that. Concentrate on your studies.



Pupils of Walyoba PS, Masindi - Do not mistreat those infected with HIV.



Pupils of Kisokarera PS, Kisoro singing. You can use songs and drama to educate fellow pupils about the facts and dangers of early sex.

## You can get pregnant if you have sex during menstruation

Is it true that if you have sex during menstruation you can get pregnant? **Charity Musimenta, 15, P7, Bunjojo, PS, Kibito, F. Portal**

Yes! You can get pregnant. Some girl's bodies release a new egg during menstruation. This means such a person can get pregnant during menstruation. And sex during menstruation does not protect from HIV/STD. Wait to have sex. Many other young people are waiting.

## Sex is not a sign of maturity

My friends always try to convince me that sex is a sign of maturity. Is it true? **Mugwaneza James, 13, New Bweyale Parents school.**

No! Sex is not a sign of maturity. Do not believe in such friends. You are too young to have sex. Wait.

## Habits of effective young talkers

Develop the habit of talking to a responsible adult about what you hear from other people.

This will help you learn the truth and avoid being misled into wrong behaviour.



Girls can get HIV or pregnant anytime they have sex. Boys also can get HIV or make girls pregnant anytime they have sex. The best way to protect yourself from pregnancy, HIV/STDs is to wait to have sex.



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

**Is it true that parents with HIV can give birth to children with HIV?**

Faizo Mwesigwa, 13, P5 Malaba PS, Tororo

Yes. An HIV infected mother can give birth to a baby who has HIV. The baby can be infected when still in the womb. Also, the baby may be infected at birth and during breast feeding. However, in Uganda now, the chance of children being born with HIV is reduced. There is a service called Prevention of Mother To child Transmission (PMTCT). Pregnant mothers should ask about PMTCT from health centres near them.

**Some people say a girl in her periods should not shake hands with boys. Why?** Fatuma Yakubu, 15, P6, Kasese Muslim PS

That is not true. There is nothing wrong with a girl in her period shaking hands with boys.

**My sister has been found HIV positive. What can we do to help her?**

BK, Bumwale PS, Mbale

Help her understand that being HIV positive is not the end of the world. Show her love. Help her get counselling on how to live a healthy and meaningful life. Being HIV positive is not the end of every productive activity she has been doing. Help her to find out where to get ARV services, like Mbale hospital. ARVs are drugs that help people live healthier and longer. Always remind her to take her drugs when she starts receiving treatment. She is a useful person like anybody else. Make sure she eats well.

**Some people say that it is bad for a girl to ask her father for money to buy pads or knickers. Whom should I ask if I have no mother or aunt?**

Gorret Malujja, 15, P7, Makigulube PS, Nakaseke

There is nothing wrong with asking your father for knickers and pads. It is your right to be cared for by your father. Your father has the responsibility to meet your needs. Ask your father for money for pads and knickers. Many girls like you ask their fathers for pads and knickers.

**Why do some people undergo menstruation but they cannot produce?** Agnes

Katusime, 14, Nyinga PS, Masindi

There are many causes. But the leading cause of failure to have children among women and men is STD infections. The infection may



Pupils of Omungyenyi PS, Ntungamo



Pupils of Malaba Progressive PS, Tororo



Pupils of Nakandula PS, Kiboga

cause blockage of the fallopian tubes. This may prevent pregnancy from occurring though menstruation takes place. But some women may not produce because their husbands are infertile. Both men and women can be infertile.

**My sister sometimes denies me food because I have ignored her advice to get married. I live with her because I have lost both parents. What can I do?**

BT, P6, Iryaruvumba PS, Kisoro

Get help. Talk to someone who will listen to you. This could be an aunt, uncle, teacher, religious leader or LC for children affairs in your village. You are too young to marry. That is why the law of Uganda says marriage is to be between man and woman (who are above 18) who have willingly agreed to marry.

**Is it true that a girl below 10 years can get pregnant?** Durton

Nuwarinda, Allied PS Mbarara

Yes, a girl below 10 can get pregnant if she has sex. Besides getting pregnant, she can also get HIV/AIDS. For protection from pregnancy and HIV, abstain from sex.

Counselor:  
Jerolam Omach,  
Straight Talk Foundation



**World AIDS Day competition**

How much do you know about HIV/AIDS, its prevention and care.

**Question:1(a).** What problems do children infected or affected by HIV face?

(b). Suggest how these problems can be solved.

**Note:** All essays must be written in English. Essays should not exceed 300 words. The best essays will win prizes. The essays may also be published in local newspapers.

**Deadline**

Send your essay to Uganda Aids Commission (UAC) not later than 30 Sept 2006

**Send to:**

The Director General, Uganda AIDS Commission,

Attention Coordinator Advocacy and Public Relations P.O BOX 10779, Kampala, Uganda  
Tel, 041-273538; email: uac@uac.go.ug

**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: July 31

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