

Not for SALE:  
Young Talk  
is FREE

Sex education for  
primary schools



# Youngtalk

Vol. 10 No.3  
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- Know your rights
- Stay in school
- Delay sex

## Are you a good leader?

A leader is a person who has some people behind him/her. He/she guides others to do what is right.

A leader can be a prefect, a class monitor, a club chairperson or even a sports team leader. A father and a mother are leaders in the family.

A good leader is an example to the people he/she leads. You are a good leader if you do what you say. Being the first to do what you would want others to do.

Young Talkers in Mukono said a good leader is:

- Well behaved and respectful
- Honest: Tells the truth
- Ready to learn. No one knows everything. You can even learn from the children you lead.
- Creative: Finds solutions to problems. You do not have to wait to be told what to do.
- Good listener: Listens to other people's opinions and views.
- Patient: Does not easily get annoyed
- Speaks well: Do not be shy
- Calm: Even when annoyed or disturbed, does not panic or shout at people.
- Impartial: Does not take sides.
- Is understanding: Do not judge others.

If you are a good leader:

- You can get people to do a lot in a short time
- Pupils can listen to you and do what you tell them to do.



A prefect lifts a table while other children prepare to sweep the classroom. A good leader leads by example.



Prefects speak out:

I work with other children I work together with other children. I do not leave them to clean alone. Small children clean the classrooms while bigger ones clean the outside. As a leader I have to be humble, you do not have to just order people around. **Kisakye Godfrey Lweza PS, Mukono, Sanitation prefect**



I forgive some children

Some prefects beat children, but I do not. I just give in their names to the teachers. But sometimes I forgive some children when they plead with me, especially my friends. **Nabukalu Sylvia, 12, P6, English prefect, Mukono Boarding PS**  
**Should a good leader favour his/her friends?**

## Using your power well

Being a leader means you have power. Leadership is one source of power. There are other sources of power such as: money, beauty, talent, education or owning a gun.

But power can be misused. Wrong use of power is dangerous. Young Talkers in Mukono said:

"Some boys use their money to lure girls into sex. They misuse their pocket money by giving it to girls. This can also lead them to steal because they want to please girls. Some girls use their

beauty to have sex with boys." Such misuse of power can lead HIV/STDs and unwanted pregnancies.

Do you know of any other types of power that can lead you into danger? Identify how power can put your life in danger.

Write to Young Talk on P.O.Box 22366 Kampala. Best letters win T-shirts.

# What Young Talkers say about leadership

The *Young Talk* team visited Mukono and Kayunga districts, and talked to Young Talkers on holiday. This is what they said about pupil leadership in their schools.

**I cannot beat a child, they can hate school**

I make sure children arrive at school on time. When they come late, I make them pick rubbish. Some prefects punish children without a good reason. Some beat them unfairly. I cannot beat a child. They can get hurt or drop out of school.

**Walukuli Sam, 14, P7, Timekeeper, Kayonza PS, Kayunga**



**Caring prefects**  
 Our prefects care about children. They make sure all of us have had a break-time snack. Prefects help teachers around. They also help new comers to get used to the school. They do not beat us.  
**Sentongo Michael, 13, P7, Winston Boarding PS, Mukono**



**We report prefects who misbehave**  
 Prefects make us clean the compound. Usually they do not beat us, but if they do, we report them to the teacher and they are also punished.  
**Nabirye Phiona, 12, P6, Walukuba East, Jinja**



**I slap them a little**  
 I gather books, I tell children to keep quiet while in class. I write the names of those who are talking and give in their names to the

teachers. Sometimes I also slap them in the hands.  
**Atwijuka Daphine, 12, P6, Class monitor, Bishop Central PS, Mukono**



**Slapping children, however little it may be, is wrong. Stop it.**

## Why I was chosen a leader:

### Talent

I was chosen games prefect because I am the best in sports. I play netball and I am a shooter. When a visiting team scares the girls, I encourage them and we win the match.  
**Namakula Jackline, 15, P7, Kayunga Girls PS**

### Respect

I was chosen because I respect teachers and all pupils no matter their age, class or sex. I do not favour anybody. I treat everyone equally.  
**Nangoli Yowas, 13, P7, Headboy, Kayunga Girls PS**  
 You can be a leader if you have a good character, are hard working or you have a talent. What are you best at? Use it to help others.

## Dictionary:

- Buffoon:** Funny person
- Corporal punishment:** Punishment by beating.
- Counselling:** Giving advice to a person who has a problem.
- Crime:** Something against the law
- Lure:** To tempt
- Snack:** Simple meal/ eats

## For teachers

- Prefects act on the power you give them. If you allowed them beat others, they would do exactly that.
  - Sometimes prefects take advantage of the power and freedom you give them and misuse their authority.
  - But you also know there is a clear policy against corporal punishment.
  - Children need to be counselled out of the wrong they have committed, not beaten.
  - Properly guide the prefects on punishments they can administer and supervise them.
- Ms. Hellen Onziru Torath, Inspector of schools, Kitgum**



**Ms. Onziru Torath**

## Respect your leaders

Sometimes pupils abuse me. They roll their eyes saying I look like a buffoon. Boys can be big-headed especially if they have to scrub the latrines. Some run away and others try to kick-box me. I tell them, "Try me and we will see who is stronger."  
**Namyalo Florence 14, P7, Sanitation prefect, Kayunga Girls PS**

**Disrespecting your leaders is wrong. Leaders helps you to bring order and carry out tasks fast. Co-opreate with them to make your life easy.**

## Club Discussion

In your Young Talk Club discuss:

- What these Young Talkers have said.
- If you are a leader, what kind of leader are you?
- What kind of leaders would you want to have?
- How do your leaders treat boys and girls?
- How would you want your leaders to treat you?
- Leaders, how would you want those you lead to treat you?

## Living positively with HIV

**Kamoga Vincent 13, P4, Kaweri PS, Mubende.**

I tested HIV positive in 2001. I was falling ill all the time. My father had died in 1999. My mother was also very sick. She died in 2003.

I feared, I thought I was going to die. People used to say if you have HIV you die.

But Nurse Mbabazi counseled me. She told me if I took my drugs, I would not die. She told me to visit the hospital every Wednesday. I was advised on how to live positively. She told me not to share sharp instruments or toothbrushes,

and to abstain from sex. I do not do any of these things because I might pass on HIV to other people.

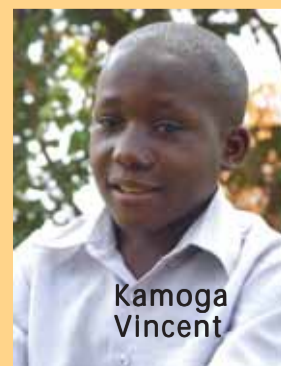
I enjoy eating sweet potatoes and fish. I also eat lots of fruits. I do some work at home, play and rest. I rear rabbits, from which I get money to buy some food and fruits. My aunt buys the rest.

I started taking ARVs in 2005. (ARVs are drugs given to AIDS patients to boost their immunity. This helps them live longer). I get them from Mubende Hospital. I also take septrin everyday. My younger brother also has HIV. He

also takes septrin. I do not find it hard taking medicine. I am used.

Fellow pupils know I have HIV, but they love me, play with me and share their eats with me.

I live a normal life. I study hard and want to be a doctor. I want to help people who suffer with



**Kamoga Vincent**

- disease. It is painful to be ill without any help.
- Many children today are born with HIV
- If you doubt your whether you have HIV or not, visit the nearest health centre for more advice
- Even when you have HIV, if live in a healthy way, you can live long
- HIV is not transmitted by playing, sitting or eating with a child who has HIV. Support children with HIV

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

your partner. The best way to prevent HIV is by not having sex. When you grow up you can test for HIV and use condoms.

**Why is it that when a mosquito bites an infected person and the same mosquito bites an uninfected person, will that person get infected with the virus?** Achan V, Buhinga PA, Kabalore  
No, a mosquito does not cause infection. Mosquitoes do not inject blood when they bite therefore you cannot get HIV as a result of a mosquito bite.

**Why is it that when I am passing urine, it is painful and it is little?** Chifuko M, 13, P7, St Jude Busia  
You could be having a Urinary Tract Infection (UTI). If you have ever had sex, you could be having a Sexually Transmitted Disease (STD). You should visit a health centre for proper check up.

**Is it true that when you have sex, the size of your breasts will increase?** Nambozo M, 13, P6, St Jude PS, Busia  
No, not at all. Breasts are inherited. Some are naturally big and some are small.

**Is it true that when a woman has HIV, she produces children with red eyes?** Asiimwe A, 13, P6, Endiizi Elevate Nursery and PS, Isingiro  
No, people have red eyes as a result of sickness, taking in drugs substances or inherited, but not due to HIV. In fact today many HIV positive mothers give birth to very healthy babies without any infection.



It is through *Young Talk* that I have had sex education. It has helped me abstain from sex and concentrate on my books. Muto Mushabe 15, P6, Kakira P, Bushenyi

**Is it true that when you have sex using a balloon you cannot get HIV?** Tusiime J, P5, Buhinga PS  
John, this is wrong. Balloons are made for another purpose and not for sex. It can easily slip off your penis and you get infected or infect

**Why is that teachers do not want children to speak their mother tongue at school. Most of the children do not know how to read and write in their languages.** JJ Adiko, Victory PS, Malaba  
It is good to use your mother tongue and when you learn it well you learn, other languages better. Today the Ministry of Education and Sports aims at teaching in pupils' mother tongue up to P4 and use English for upper classes. However, teachers also want you to learn English by reading, writing and speaking it since it is the examination language.

**Is it true that when a woman is breastfeeding, she does not get her menstruation periods?** Muhangi H, 14, Hanny PS, Mbarara  
Constant breastfeeding can delay menstruation after a woman has given birth. But after some time, she will menstruate again.



We like *Young Talk* so much. Joseph Biizimana and Sempijja, Kyeinakitaka PS

**I have a boyfriend who is always telling me to prove to him that I love him. What can I do, I do not want to lose him.** MB, Kirimbi P7, Parents Sch, Kiboga  
If he loves you and you love him talking together, sharing jokes and being friends is important for the time being. You don't have to prove love by having sex with him. Sex does not equal to love. You do not have to spend or do something beyond your means and liking to prove that you love him. A person who loves you accepts you the way you are and does not ask for proof.

**Is it true that when a young boy has sex with an older girl his reproductive system will get damaged?** Katumba D, Kakutu PS, Paliisa



Thank you very much *Young Talk* for your guidance and counselling. The YT club of Mushanga Day and Boarding PS, Bushenyi with their teacher Mr. Tumwine Denis



The school choir of Kyamukooma PS, Mubende singing about AIDS. They are with their teacher, Mr. Benson Mweigye

No, it is not true. But at your age avoid having sex. Remember HIV and other STDs still exist. You can make her pregnant yet you are not ready. And you might feel bad after having sex because you did not have it at the right time. Think about what will come after having sex and then decide.

**My friends tell me that I smell even when I am not in my periods, they tell me to visit my senga, what can I do?** NM, 13, P7, Kamuli Parents Baptist  
Some adolescents of your age sometimes have an unpleasant smell. This may go away as one grows. You can use natural herbs. Your parents normally know them so try to ask them. Try also to wash properly and regularly. You may also

use some deodorants if you can afford. But herbs and regular washing does well.

**Last month I had my periods twice, Am I normal?** Kyomugisha L, Kibengeya PS, Hoima  
You are very normal. There are some people who have short cycles, while others have long ones. A cycle is the period between one menstruation period and another. You could be one of those who have short cycles, who can menstruate twice a month. But also at your age periods are still irregular. They may stabilise when you grow older.  
**Counsellor:**  
**Henry Nsubuga**



We enjoy reading *Young Talk*. Pupils from Mukono district: Left-Right Namayanja Maroline 11, P6, Victor's Junior Christian Sch, Gitta Ivan, 11, P5, Mukono Boarding Sch, Genza Sandra, 13, P5, Our Lady Junior Sch, Mirembe Sandra, 13, P7, Kazo Parents Sch, Kampala and Nakatudde Layita 13, P6, Mukono Boarding Sch.

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Plot 4, Acacia Avenue, Kololo, P. O. Box 22366, Tel: (0312) 262030/1,041 530008 Kampala (U), Fax: 534858, E-mail: strtalk@straight-talk.or.ug, strtalk@imul.com, Director: C. Watson, Deputy Director: T. Agutu, Editorial Manager: B. Kagoro, Editors: E. Kimuli, G. Awekofua, Designers: M. eB. Kalanzi, Gb. Mukasa Printer: The New Vision. *Young Talk* is funded by DANIDA, DFID, Ireland Aid & SIDA.  
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