

Not for SALE:  
Young Talk  
is FREE

Sex education for  
primary schools

# Youngtalk

Vol. 9 No. 10  
October 2006

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



## Speaking out on radio in Karamoja

SP Lawok, 13, P7, of Naitakwa PS, Moroto, gives his opinion. He is one of 20 young people trained by Straight Talk to talk on radio in Karamoja.

Listen every Sat and Sun at 6 pm on Karamoja FM and Veritas. Straight Talk's radio show in Nqa'karimojong is funded by:



## When to say

# NO

## to an adult

It is good manners to respect and obey elders.

But what if an adult wants to do something that will expose you to dangers like HIV/STDs, pregnancy and marriage You need to say NO!

Always ask yourself: "Am I going to be safe if I do what this adult wants me to do?"

Being safe is more important than being obedient, respectful or helpful.

### Brave girl: true story

Maru Akello is 14. She is in P7. But she lives with her grandfather who has always wanted her to get married. Akello **said no to early marriage**. She wants to become a teacher.

Her grandfather wanted her to marry a man called Oloka. Oloka gave her presents like text books, **but she refused them**.

One evening Oloka waited as she returned from school. He grabbed her books and sandals and told Akello to get them from his home.

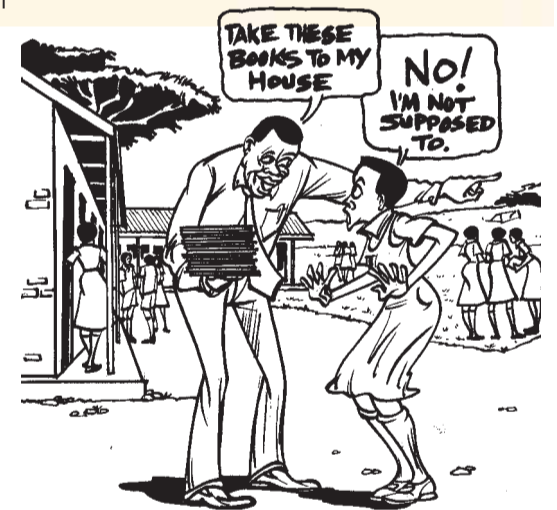
Akello **refused to follow Oloka**. She walked away, ready to leave the books and sandals. Oloka ran after her and touched her breasts. **She pushed him away**.

He jumped onto her. She **fought with all her energy**. He got a stick from the bush and beat her. She **cried for help**, but there was no one to rescue her. She **struggled** and grabbed the stick!

Oloka got a panga. She hit his hand and he fell. As she tried to run, Oloka got up, kicked her in the eye and she fell. She

kept shouting. Finally, Oloka ran away.

**You can be like Mary. Never give up!** True story adapted from *The New Vision* 8 Aug 2006



## If you find yourself in a situation like that of Akello, do like her: refuse, shout, fight, run



Say no strongly and shout for help.

Fight with all your energy. Hit them in the private parts and run away.



Run away from the person as fast as your legs can take you.

Prevention: avoid being alone with someone of the opposite sex.



# How to say NO

One day as I was going home, I found an old woman. She said she loved me. She bought me things to eat. She also asked for sex but I refused. She said she would get people to kill me. What can I do? MT, 15, Lady Sylvia PS, Masajja.

Stay away from this person and tell a trustworthy adult right away. Do not go to the woman's house. Walk home from school using a different way.

Say "no" to adults who make you feel uncomfortable with their requests or touches. If someone gets too close, say "no."

**Make it more than NO. Say:**  
 "No thank you. That will destroy my future."  
 "I cannot."  
 "What you want is against the school rules."  
 "Please keep away from me."  
 "Please stop. I don't like that."  
 "That is not fun."  
 "I will report you."



Safety friends: never go alone. Go and return with friends

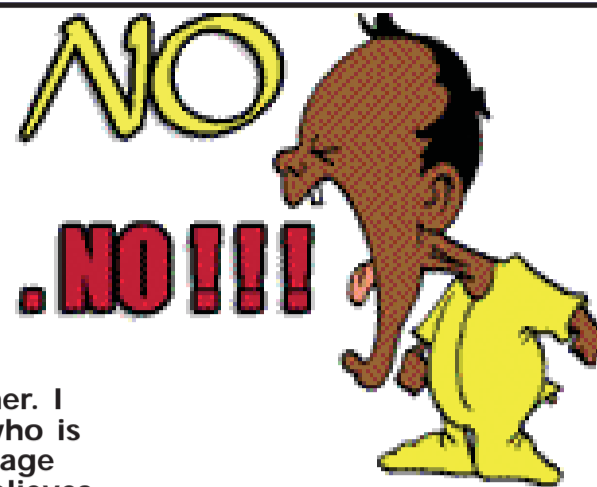
## Key messages

- Say no to adults who want to lure or force you into sex
- Move in a group for protection
- Avoid moving alone at night
- Say NO to gifts from people who may ask for sex in return
- Shout
- Run

- Fight
- Report people who bother you to an adult you trust



## Use a clear and forceful voice



My parents died when I started P7. I live with my stepmother. I have a close relative who is pushing me into marriage and my stepmother believes in him. What can I do? BS, P7, 13, Parent PS, Iganga

Sorry! It would be very wrong and risky for you to get married at 13 or even 14, 15, 16, or 17. Marriage is legal at 18. Ask a teacher to talk to your stepmother. Keep saying no.

Early marriage is a wrong tradition.

- female circumcision
- stopping girls from schooling
- early sex

## Test your ability to say no

Take action: Do not wait until something wrong happens for you to practice your NO. Talk to your parents/guardians for guidance.

You can role-play with your brothers/sisters or friends on how to say a strong NO.

## For teachers

It is good to encourage pupils to respect and obey adults. But you also need to teach them when they must say NO.

Give them safety tips like moving with friends in whose company they feel safe.

Your pupils believe and respect what you say. Never make sexual advances to them. Respect your professional ethics.

\*\*\*\*\*

Good news! *Young Talk* has wonderful prizes for teachers who promote its

use in schools.

Ms J Ochiro, Banunule PS, Kampala and Luwum J of Crane School, Wakiso have already received their phones.



J Ochiro with headmistress VK Nabetta

The other mobile phone winners are A Mugume, Buhara PS; F Maningi, Rwankora PS, I Nahamya, Kirima PS.

## Prize giving ceremony

It was fun giving prizes to the *Young Talk* grand quiz winners. Banunule PS in Kisugu, Kampala was the best overall winner. Nine pupils won T-shirts, rulers and pens: One won a bicycle. Four won schoolbags. Four won watches. The school wins sh2 million.

The winners sang in excitement and said their teacher explained to them the instructions very well. They patiently waited for the three months to end and sent in their quiz before the deadline. Congratulations to all the winners! Naima Isa, Quiz coordinator

## Bananule winners



## Journalists for a day



Journalists are people who write newspapers. These bright pupils from Mityana worked as journalists for a day for this *Young Talk*. They advise fellow *Young Talkers* to stop fetching water at night, to listen to good advice and to report to police if you are being forced to marry.

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

**Is it true that when a girl eats sugar canes when she is menstruating the period days increase?**  
Kabughu M, 14, P7, Ibanda PS, Kasese

No, it is not true. The diet does not influence the length of the period. There is no reason to worry about what you eat.

**We are twins. I have started developing hairs around my private parts but my sister has not. What causes that?** NS, 12, P7, Ociba PS, Arua

Different people develop at different times much as you may be twins. This is because other than the genes that you share, there are other factors that influence your development. If she is worried, she can visit a qualified health worker.

**Is it normal for a girl of 16 not to have started menstruating?** B Peace, Rweigaaga PS, Bushenyi

Different people start experiencing menstruation at different times. Usually, menstruation starts at 13 - 14 years of age. If you are 16 and have not menstruated, you can visit a health worker.

**I have pimples yet my 16-year-old friend does not have. She advises me to wash my face with my knickers. Can this work?** Ninsiima M, Bunjojo PS, Fort portal.

No, it will not work. Pimples are one of the skin changes that come with growing up. For some people, pimples may be few. For others, they may be many. Just wash your face with soap and clean water. With time the pimples will disappear.

**I have a friend in S1. Her mother died and her father does not have enough money to pay her fees. She stays with her aunt who gives her a hard time. She tells her to get married. What can I do to help her?** Mukankusi N,



kandula

**13, P7, Seeta PS, Mukono**  
Forced marriage is child and sexual abuse. Advise your friend to talk to a trusting and understanding relative or a teacher. She should not marry.

**Is it true that a girl who has reached adolescence can even marry that day?**

Mukimba E, 11, P5, Gamatui Girls Boarding Sch, Kapchorwa

No. Adolescence does not happen in one day. It takes years to experience the changes that come with growing up. There are many changes to your body, mind and emotions during adolescence. You become an adult slowly. Adolescents are still growing. They are not fully grown and ready for marriage.

**Is there any solution to avoid pimples and menstruation? I am tired of them.** Basirika M, P6, 14, KCC Ps, Kampala

We understand. Pimples, especially, can be tiring. But menstruation and pimples are normal. They come with growing up. Every girl goes through this. Try to appreciate this and cope with the situation. Talk to a teacher or counselor.

**Is it true that circumcised boys cannot get infected with HIV/STDs?** A Omari P5, 13, Chico Estate PS, Kakira

No, it is not true. Circumcision may reduce the risk of HIV/STDs a little but a circumcised male can still get infected. At 13 abstinence is the best protection against HIV/STDs. Please do not start sex now.

**Can a woman infected with HIV produce a normal child?** B Millicent 14, P6, Kanyashande PS, Kayonza, Kanungu.

Yes, it is possible. If a pregnant woman has HIV, she may be lucky and deliver a baby with no HIV.

There is also a program called PMTCT (prevention of mother-to-child transmission). Under PMTCT, there is a medicine that helps to protect the baby. That is why pregnant women need to test for HIV.

**Why do boys get erections?** Murungi M, 11, P6, St. Jude PS, Fortportal

It is due to the influence of male hormones. It may happen without any obvious cause. The penis is erect



Thank you *Young Talk* for giving us tactics against sugar daddies



Young Talkers of Bugoodo PS and their patron Mr. D Ntuyo Kalinaki



We keep our bodies and our environment clean. Pupils of Joy PS, Entebbe, Wakiso

because it is filled with blood. It is normal and healthy.

**I have a friend who advised me to have sex with a girl. What can I do?** Eruku X, 14, P5, Ogobai PS, Kaberamaido

Early sex has big dangers such as early pregnancy, HIV/STDs and prison for boys. Make your own decisions. Do not depend on friends all the

time. Watch out for negative peer influence.

**I have a problem. When I was in class, a girl touched me on my penis. What do I do?** Kisakye J, 13, P6, Buhanka PS, Hoima

Tell this girl that you do not like what she is doing. If she does it again, report her to your teacher.

Counsellor, Dr M Mulwooza