

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

**Sex education for
primary schools**

Youngtalk

Vol. 9 No.9
September 2006

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

HIV is still with us

HIV is still a problem in Uganda. Many people have died of AIDS and many others are sick. Some of you are looking after sick brothers, sisters, parents/guardians. This is very sad. The number of people getting infected is rising again, especially among girls. For every nine girls there is one boy infected with HIV. This very bad news!

In the past, Uganda was praised for managing to reduce the spread of HIV. But in the past five years, infections are not going down anymore. We need to change the situation and save our generation.

You can help reduce HIV infection by:

- Delaying to have sex
- Staying in school
- Saying no to early/forced marriage
- Avoiding alcohol
- Reading *Young Talk* to learn how to stay safe
- Saying no to bad friends
- Saying no to false beliefs about sex
- Being satisfied with what you have
- Changing the way we view boys and girls in society

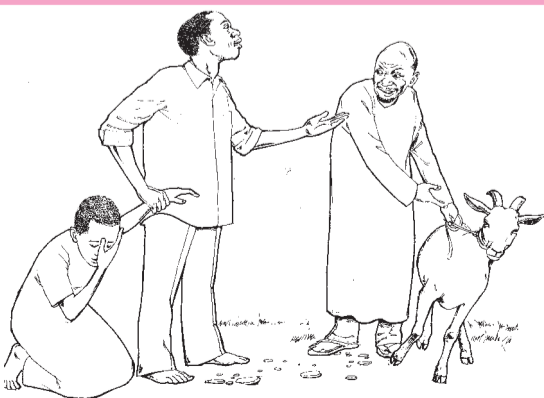
Young people are more at risk of getting HIV. Their bodies are still young and can easily suffer

Quiz

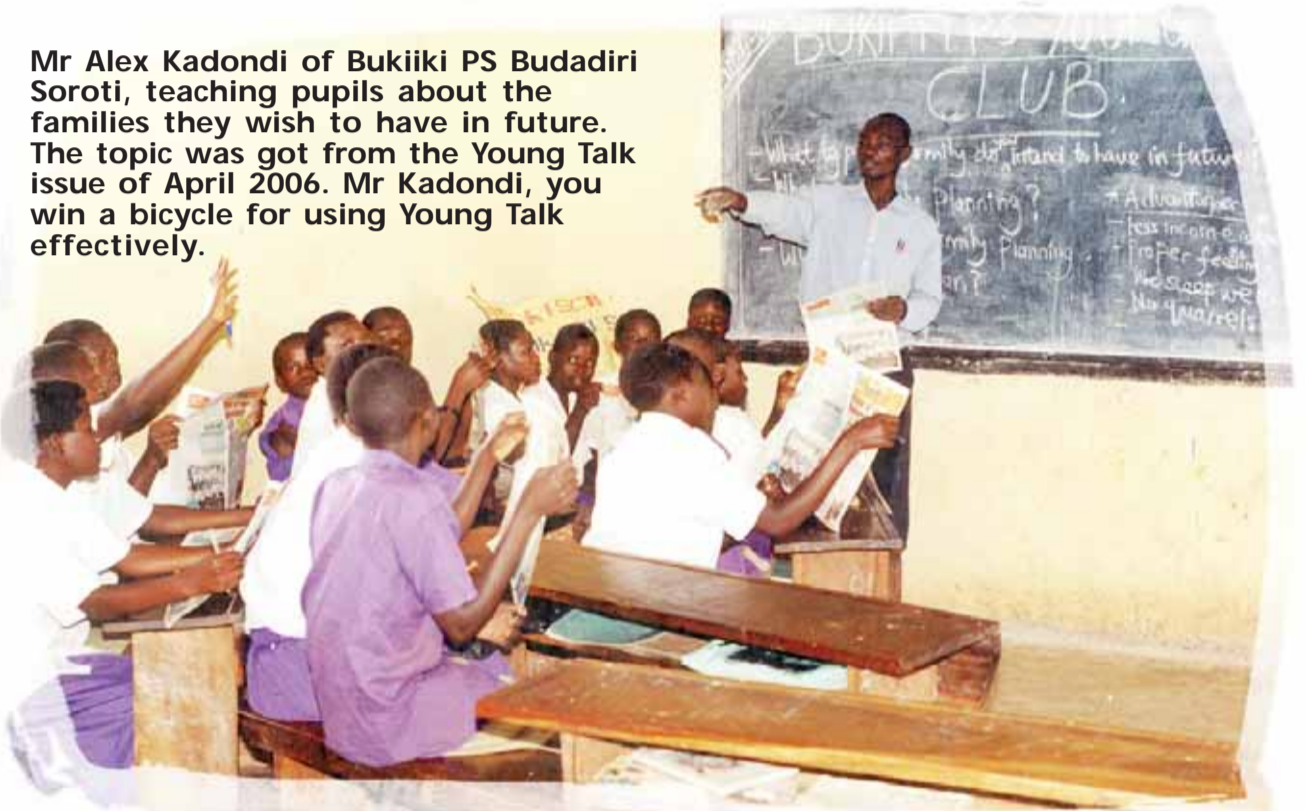
What do you think is happening in the picture? Discuss with your group how it relates to HIV infection? Look around your home, school or community.

Are there practices you think make it hard for young people to abstain and avoid HIV/AIDS? How can you avoid these practices?

Write to *Young Talk* on P O Box 22366, Kampala and win T-shirts, stickers, copies.



Mr Alex Kadondi of Bukiiki PS Budadiri Soroti, teaching pupils about the families they wish to have in future. The topic was got from the Young Talk issue of April 2006. Mr Kadondi, you win a bicycle for using Young Talk effectively.



Dear teachers, you too can use Young Talk as a teaching aid. Encourage your pupils to keep reading and participating in Young Talk competitions. There is a lot to learn. Get your copies monthly from Post Office or the District Education Office. You too can win.

injuries during sex. These injuries become openings for HIV to enter the body..

Continue saying No to early sex or STOP if you have already started having sex. You will have a big price to pay, if you engage in early sex instead of concentrating on your studies.



- HIV is real and it has no cure.
- Delaying to have sex is the best way to prevent HIV infection.
- Never trust anyone who tells you they do not have HIV.
- You cannot look at someone and know that they have or do not have HIV

Competition Winners

19 Pupils

5 Teachers

5 Schools



Winners came from the following schools:

1. Banunule PS, Kampala
2. Kirima PS, Ntungamo
3. Crane School Namanve, Mukono
4. Rwankora PS, Ntungamo
5. Buhara PS

Turn to page 4 for names of the winners and the prizes won.

Congratulations!

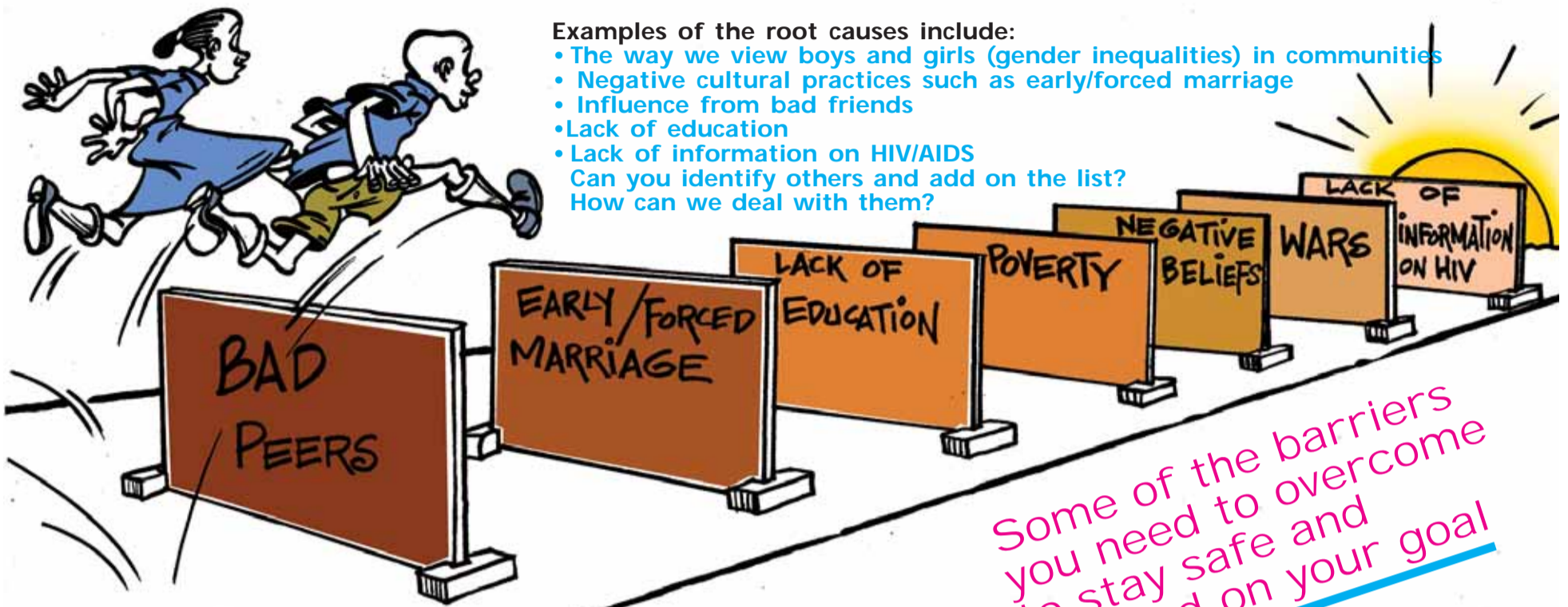
Dealing with HIV root causes

Root causes means factors or practices that may lead to something. There are many factors that lead to HIV/AIDS. Some of them result from the choices we make as individuals. But others are due to pressure from our peers, parents, community and culture. These pressures drive young people into early sex, which results in HIV. We have to uproot these causes to fight HIV/AIDS.

Examples of the root causes include:

- The way we view boys and girls (gender inequalities) in communities
- Negative cultural practices such as early/forced marriage
- Influence from bad friends
- Lack of education
- Lack of information on HIV/AIDS

Can you identify others and add on the list?
How can we deal with them?



Some of the barriers you need to overcome to stay safe and focused on your goal

Useful solutions

Once HIV gets into your body it cannot get out. AIDS has no cure. Find ways of dealing with the root causes and avoid early sex and HIV/AIDS.

- Choose your friends carefully. Avoid friends who tell you to have sex.
- Report to your teacher, LC or Police anybody who tries to force you into early marriage. Forced marriage is an abuse of your right as a child.
- Education is your right. You can benefit from the UPE programme and get knowledge and skills on how to stay safe.
- You alone cannot change the negative cultural beliefs and practices in the community. But

you can make a difference for yourself if you stand by what you believe in.

- Those in the war situation may face many difficulties including defilement. Try to move in groups to be safer.
- Read *Young Talk* for correct information on staying safe. Also, listen to advice from your parents and teachers.

Do you think poverty is an excuse to have sex? This can be a good topic for debate. Talk to your teacher and see if you can discuss in your club.




ABSTINENCE THE FIRST CHOICE: Young people can avoid HIV infection by saying no to sex. YT club of Bujuzya PS, Mbarara

Spot the difference




Look at the two pictures with your friends and identify the differences in them. There are over 10. You can also write a story about what you see in the two pictures and compare. This improves your English and writing skills.




 Is it true that if someone uses soda to wash private parts it prevents HIV infection?
Tusiime Caroline, 15, P7, Mushanga Day and Boarding PS, Bushenyi


NO! Soda does not prevent HIV infection. Abstinence is the best protection against HIV. Besides, soda is acidic. It can cause wounds in your private parts.

 I'm in love with my classmate. I'm not studying well due to shyness. What can I do?
K R, 11, P5, Chico Estate PS, Kakira, Jinja


It is normal to have feelings for someone of the opposite sex. However, do not let these feelings disorganise you from studies. Talk about your feelings with your friend. Spend time discussing general issues to overcome shyness.

 There is a boy who touches my breast and buttocks in class. I fear to report him because he stays near our home.
NP, Bishop Brown PS, Kayunga

Tell him boldly and firmly that you do not want him to touch you. Be assertive and state what you feel. You have to tell your parents about this boy to stop him. If you cannot, inform a trusted adult and ask them to talk to your parents.

 Is it true that when you urinate in fire you grow pubic hair?
Ruremire Assa, 15, P7, Kibingo II PS, Ntungamo

That is not true. Pubic hair growth is due to hormones in our bodies. It is one of the body changes experienced during puberty. Other changes include breast enlargement, menstruation and deepening of the voice among boys.

 My sister has many boyfriends. I told her about the risk of HIV/AIDS but she does not listen. What advice can I give her?
Baluka Doreen, P5,



Hellen Namakula, 12, P5, Naguru Parent's - Say no to early sex. It can expose you to HIV/STDs and early pregnancy.




We thank *Young Talk* for recognizing us as important pupils of Uganda. St John's Church School wishes success to all for starting the third term. Remember to respect your teachers, read *Young Talk* and your books, and say no to wrong things and yes to good things. *YT Club of St Johns School, Kasese*



sign of HIV. Is it true?
Kwagala B, P7, Nansololo PS, Kaliro, Kamuli

When you pass urine and feel pain is a sign that you may have an infection. But it is not a sign of HIV. It is important that you get medical check-up immediately before the infection spreads to other parts of your body.

 My class teacher is a friend of my parents. He always asks me to visit him. What should I do?
Girl, P6, Karangara PS, Kanungu

Tell your parents or an adult you trust about it. There are many cases of defilement from people known to a child's parents. Refuse going to his place home. Tell him that you will report him if he insists.



We are proud to be *Young Talk* members. For the great things *Young Talk* has taught us, may God bless Straight Talk Foundation.
YT Club of Angwecibange PS, Dokolo Lira

Namirembe Boarding PS, Mbale
Tell her that HIV/AIDS is for real. It has no cure. If she refuses to change her behaviour, inform an adult who can talk to her. Many people in Uganda are at risk. Girls are at a higher risk of getting HIV.

So she must be careful. Advise her to go for HIV counseling and testing. Tell her that you love her and you want the best for her.

 My friends say that when you pass urine and feel pain it is a

 How does a person with AIDS look like?
Waira Joel, 11, Jinja

It is difficult to know that a person has HIV/AIDS unless they take an HIV blood test. A person with AIDS may develop some illnesses when his or her body cannot fight infections any longer. But these illnesses can also affect people without HIV. So it is wrong to say that a person has HIV by just looking at them.

Counsellor: Dr Sabrina Kitaka, Mulago Paediatric Infections Disease Clinic

Competition Winners

Winners were drawn from these SCHOOLS

1. Banunule PS, Kampala
2. Kirima PS, Ntungamo
3. Crane School, Namanve, Mukono
4. Rwankora PS, Ntungamo
5. Buhara PS

PUPILS

Bicycle winners

1. Kihunde Jackie
2. Bagenda Gabriel
3. Tayebwa Eli
4. Kebirungi Immaculate
5. Adong Teddy



Bag winners

1. Asedu Eunice

2. Kehoda Christia
3. Amony Alice
4. Katusiime Edidah
5. Mwaka ema
6. Nanyonga Gorret R
7. Katusiime Moreen



Watch winners

1. Nanozi marlam
2. Kakumba Herman
3. Kyamuhangire Zula
4. Naturinda D
5. Aisha Katusabe
6. Twinojuni Edison
7. Aciro Beatrice



TEACHERS

Mobile phone winners

1. Mr. Mugume Alfred
2. Mr. Luwum Moses
3. Maningi Fabias
4. Mr. Nahama Ishmael
5. Madam Jenifer Orochi



NOTE: PRIZES WILL BE DELIVERED TO ALL WINNERS. CONGRATULATIONS.

READ YOUNG TALK FOR MORE COMPETITIONS AND PRIZES TO BE WON! GOOD LUCK!

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www.straight-talk.or.ug