HIV BASICS

Is it true that when you are testing for HIV, they get blood from the little finger of the left hand?

Mukiibi Cyrus, S2, St Stephen SS Bugiri?

This is not always true. They can get blood from that finger or from any other finger or the upper part of the arm but that depends on what the laboratory person wants. Remember the amount of the blood they need is very little so getting from that finger is okay. Testing for HIV is a life saving decision that everyone should take. Test at least after every three months. It's free in all government and some private hospitals. Counselor; Stella Magomu

How do you relate with your teachers?

Term one is coming to an end! Congratulations to those who made it to the next classes. If you did not, give it another try and work harder. Remember, winners never quit!

In this issue of Straight Talk, we discuss teacher-student relationships. In 2015, we got concerned because many of you wrote to Straight Talk sharing how you or your friends are in love with teachers, how some teachers bothered you with sexual advances or made girls pregnant and abandoned them. Some of you wanted to know how to avoid falling prey to teachers who do not respect their code of conduct. Read on!

Got pregnant?

Christine, Makerere SS, Kampala, says: "My friend was expelled from school after being impregnated by a teacher. The teacher abandoned her. She told me she wanted to hang herself."

In love

"I am deeply in love with a teacher. But all I fear is what my fellow students will say when they get to know about it. What should I do?"

P. Nakagwa, 17, Kinaawa HS

A study conducted by UNICEF and the Ministry of Education, Science, Technology and Sports in 2012 indicated that 82% of secondary school students had experienced sexual abuse at school. Of those who experienced sexual abuse at school, 67% of them said the perpetrators were male teachers, 22% fellow students, 5% female teachers and 6% non-teaching staff.

Kenneth Lukwago, a teacher at Makerere College Kampala, says: "It can be tempting to enter into a relationship with your teacher especially when you are assured of gifts, money, special treatment and free marks. It can seem exciting and make you feel attractive and important. However, no gift or amount of money is worth the price you will pay for this relationship. None of these gifts or favours is really free. After some time, the teacher is likely to ask for "payment" for the gifts he or she provided."

Before you fall in love with your teacher, think about the consequences you are likely to face."

You have the power to say NO

• You may think sex is a powerful and uncontrollable force that just happens, like rain or thunder. But sex is a deliberate decision. When you have sex, it is not nature overcoming you. It is you who makes a decision. Falling in love with your teacher is dangerous.
• It puts you at risk of pregnancy and sexually transmitted diseases including HIV/AIDS.
• It disrupts your studies
• You become the target for anger of the wife or the husband who might end up attacking you
• You lose respect among your peers and in society.
Healthy teacher-student relationship improves performance

Students spend most of their time at school. It is wise to establish and maintain a healthy relationship with your teachers.

Florence Oket, a Senior Woman Teacher at Pope Paul VI SS Nwoya, says: “A healthy teacher-student relationship is where you interact with teachers freely, you respect them, consult them for guidance, ask questions, turn down sexual advances and explain to them why you think it is not the right thing for you to do.”

Ojok Isaac, 18, S4, Pope Paul VI SS Anaka Nwoya says: “When I was in primary, a student teacher tried to con me. I reported him to my parents. They came to school and met this teacher and the head teacher. He asked for forgiveness. He got ashamed and stopped coming to school.”

Teachers, play a role of a parent and serve as role models. Guide your students and talk to them frequently.

My trip to America was fun

In July 2015, three children from Uganda and I attended educational meetings in Washington District of Columbia, USA. We were led by Fiona Nampungu from the Bank Information Centre (BIC). We were joined by children from Albania and India. We met the Directors of BIC, the World Bank and officials from the USA Government. We talked about the World Bank Safeguards review process which did not involve children. This meant that our rights were likely to be violated if any projects of the World Bank went wrong. We also met the staff of the Inspection Panel, a branch of the World Bank Group that deals with complaints arising from World Bank funded projects such as the Naminya Resettle-

Elvis (in specs) and participants from other countries

Multiple partners expose you to HIV

In Straight Talk December, 2015, we asked whether you or your friends have more than one partner, the reason for having many partners and the risks involved. We received number of responses from you. We appreciate your contribution.

Basirika Janet, 20, Kabowa HSWakiso says: “Some students get many lovers to provide Vaseline, airtime or pocket money. When you ‘play’ guys, they may hurt you or even kill you.”

Ojak Emmanuel, Pope Paul VI SS Anaka Nwoya says: “Some boys get many chicks for prestige or to prove that they are handsome. But some of those girls have sex with guys who have the money. It puts their life at risk of HIV.”

CA, 17, Hornby HS, Kabale says: “I have five boyfriends. The one I love most has other girlfriends. The one I don’t love so much bought me a phone. I feel like chucking him but again, he has the money I need.”

Counselor Stella Magomu says: Having multiple relationships exposes you to STDs and unwanted pregnancies as it involves a network of many people who may be known or not known to you. It also brings conflicts amongst people and this leads to immoral acts of physically hurting one another. Focus on education then you can have or get married to only a single partner after testing for HIV in future.

Teachers Corner: Respect your code of conduct

By the very nature of our work, teachers interact with students on a daily basis. However, sometimes dealing with individual students can cause problems such as teachers falling in love with them and vice versa. You can avoid such temptations.

• Always deal with individual students in a public place such as a staff room, in class, or on the compound. Avoid temptations.

• If possible, meet a group of students rather than an individual. This acts as evidence as to what transpires during the meeting. It also discourages a student who might have hidden motives.

• Always talk to students in school or in an academic environment in order to stay professional. Meeting in a bar is totally out of the question because this facilitates unprofessional behaviour.

• Communicating with students through social media like Facebook reduces the professional touch and paved way for an improper relationship.

• Document all dealings with students so as to keep track of your interactions.

• Meet students only during the day

Part 3 C of the Teachers’ Code of Conduct says: The teacher shall not sexually molest, harass or have a sexual relationship with the learner.

By Ronald Omara, Education specialist

REPORT ANY FORM OF ABUSE TO: District Probation and Welfare officers – at all district headquarters. • Child and family protection office – at all police stations in Uganda • Non-governmental organisations like FIDA, ANPPCCAN, Action aid, Hope After Rape and Raising Voices.
Meet the 2015 Red Card quiz winners

The year 2015 ended well for the two pupils and three students who emerged winners of the annual Red Card Essay writing competition. The quiz was about ways students sneak alcohol into school and what can be done to stop them from sneaking alcohol into school. Kagimu Marvin Charles of St. John Bosco Seminary Hoima who was the overall winner walked away with a laptop. The other four winners received smartphones. They included; Alum Nancy Okuk of St Mary's SS Aboke, Busingye Emmanuel, St Mary's College Rushoroza, Suubi Martin, Kagimu Marvin, and Kuries Byabunza.

When people discover that they have HIV, they lose hope. They stop studying or doing productive work just because they think they will die soon.

Josephine Nabukenya Tumusiime, 20, was born with HIV but she leads her life with a purpose. Josephine is at University. In this issue, she shares how she is helping young people stay in school or improve their livelihoods.

She says: We formed a group called Young Generation Alive. It started in 2003 with five children. I’m among the founding members. Currently, the group has got 207 members. We have grown into adolescents and youths who plan and implement our own activities such as community service, school and community outreach, Internal and external empowering trainings, peer to peer counseling, sports, Music Dance and Drama and fundraising events. We also fundraise money to pay school fees for needy members.

We want to be independent. We create opportunities for ourselves so that we can stop being on the receiving side. Fellow young people, learn to be creative and innovative. Do not discriminate and look for available jobs. Know where you came from, where you are and where you want to be. What have you been through, where are you now and what you would love to see yourself in the coming 5-10 years? Hard work will reward you!

Because of hard work, I was selected to be the Queen of England’s Young Leader 2016 representing Uganda. With this award, I am doing a course from the University of Cambridge and I will be going to UK to receive my award from Her Majesty the Queen of England.

Winners pose for a group photo

Alum Nancy makes a call using the phone she won

Know your body:

What causes white things in the penis of uncircumcised boys which look like Posho? Thiek Akech, Nile High School Mukono.

Dear Akech, the white substance could be a result of not washing under the skin of the penis. Boys, it is wise to pull back the foreskin and clean it if you are not circumcised. If the colour is yellowish or green, and smelly, you need to see a doctor for medical examination. Be encouraged to go to the nearest health center for safe male circumcision.

Counselor, Stella Magomu.

Fairways PS Kampala and Atulinda Mathew, Kampala Quality PS. The winners received their prizes at a colourful ceremony that took place in November 2015 at Straight Talk Foundation’s Head Office in Kampala. Kagimu Charles who was the overall winner said: “You have simplified my life. The laptop will help me do my assignments. I will use the laptop for research.”

Your alcohol question answered

At what age can person who takes alcohol die? Mumbere Chrispus, S2, 14, Kyambogo College. Kampala.

There is no specific age that is stated that alcohol may kill someone. Avoid early alcohol drinking, focus on your studies for a bright future.

By Counselor Stella Magomu

THE POSITIVE DIARY

Leading a life of purpose with HIV

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We have grown into adolescents and youths who plan and implement our own activities such as community service, school and community outreach, Internal and external empowering trainings, peer to peer counseling, sports, Music Dance and Drama and fundraising events. We also fundraise money to pay school fees for needy members. Some of the fundraising activities we do are car washes, Night fun events where we entertain people who may have bought tickets.

We want to be independent. We create opportunities for ourselves so that we can stop being on the receiving side. Fellow young people, learn to be creative and innovative. Do not discriminate and look for available jobs. Know where you came from, where you are and who you want to be. What have you been through, where are you now and what you would love to see yourself in the coming 5-10 years? Hard work will reward you!

Because of hard work, I was selected to be the Queen of England’s Young Leader 2016 representing Uganda. With this award, I am doing a course from the University of Cambridge and I will be going to UK to receive my award from Her Majesty the Queen of England.

Straight Talkers, Do you have questions for Josephine? Send them to PO BOX 22366, Kampala

Students of Rusekere HS Kabarole say: If you are not abstaining, stick to one chic or guy.
### Advice to Babu

In Straight Talk December 2015, Babu from Luma Eastern College Busia said, I stay with friends who like having sex a lot, and always talk good things about sex. How can I avoid giving into peer pressure? Most of you advised Babu to leave that group. Straight Talk commends you for the brilliant advice. Read on.

Tiondi Bosco, 17, S5, Biyaya SS, Adjumani says: “If you dislike their conversation about sex, tell them that early sex is not good for them and suggest to them better topics.”

Nanyak Julie, S2, Muslim HS, Kampala says: “Get new friends whose focus is on academics and other important things.”

Walugembe Qrish, S2, Rahamah Muslim HS Kitetikka, Wakiso says: “Babu, stay away from that group. Advise your friends to stay away from sex and also stop talking about sex.”

### Quiz

Hello Straight Talkers, are you doing something to improve your life and that of other young people in your school or community? Share what you are doing and how it has helped you and other young people. Send your letters to 22366, Kampala.

### Is it true that if you are circumcised from the hospital you can’t make a woman pregnant before three years elapse?

Emmanuel, 16, S3, Buhobe SS, Busia.

Dear Emmanuel, that is not true. Circumcision is recommended for its health benefits for example it reduces the risk of getting sexually transmitted diseases and also hygiene purposes. It doesn’t prevent you from making a girl pregnant. You can still make a girl pregnant even before 3 years elapse.

Counselors: Stella Magomu and Dr. Alex Kabaraki, Murchison Bay Hospital Luzira, Kampala.

### Correctly every time you have sex.

like HIV. If you are not abstaining, use condoms correctly every time you have sex.

### My girlfriend is forcing me to go far an introduction at her parents’ home but I’m not willing to do so. What can I do to make her happy?

Vincent, 17, S3, Comboni College Kiryandongo.

Dear Vincent, allowing your girlfriend to introduce you to her parents may force you to dropout of school and get married. Talk to your girlfriend and explain to her why it is important for you to first concentrate on your studies. If she does not listen to you, ask a friend you trust to talk to her. Marriage is a very important decision that needs a high level of maturity and own decision on choice of a partner at the right time. Are you ready to become a husband and a father now?

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### I used to take family planning pills during menstruation to reduce pain. My friends say I will not produce in future. Aren’t they 100% safe?

Dear Hillary, it is also stop talking about sex. "

Friends to stay away from sex and that group. Advise your other important things."

Wakiso says:

Students of St Mary’s SS Nsimbya, Bundibugyo: “Say NO to early marriage. Focus on education.”

Dear Ronald, these two are important. Talk to your parents or an auntie you trust to help with the child while you go to school. Work hard because you have a child and studies to take care of. Live your life responsibly to avoid more children when not prepared including infections like HIV. If you are not abstaining, use condoms correctly every time you have sex.

### Condoms are meant to protect people from STDs and unwanted pregnancies. Why aren’t they 100% safe?

Mangeni Hillary, 17, S3, Masaba College, Busia. Dear Hillary, it is true condoms are meant to reduce the spread of STIs/HIV and the risk of someone getting pregnant. However, condoms may not be 100% safe if you do not use them correctly whenever you have sex. You can get information on correct condom use from a nearby hospital, TASO, Reproductive Health Uganda, AIDS Information Centre, Marie stopes and Bugiri Youth Centre.

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