Abstinence means to do without something. You can abstain from alcohol or sex. Both boys and girls can decide not to have sex without anything bad happening to them. When Young Talk visited Koboko district, Young Talkers shared the benefits of saying NO to early sex. Read on.

"You do not get diseases that are got through sex such as HIV/AIDS." Agele Sam, 13, P7, Nyangilia PS, Koboko

"You perform well in class because you don’t waste time on men or women." Aseru Gloria, 16, P7, Mondrugoro PS, Koboko

"You avoid becoming a mother or father when you are still young." Allah Faiza, 15, P7, Abele PS, Koboko

"You avoid early marriage and enjoy life." Baiga John, 14, P6, Mondrugoro.

"You have no fear of being imprisoned for defilement." Denaya Patrick, 12, P7, Abele PS

"You avoid death caused when a young girl is giving birth." Asibacuya Gladys, 15, P7, Mondrugoro PS, Koboko

"You avoid being a sinner. Sex before marriage is a sin before God." Nyara Moris, 18, P7, Mondrugoro PS, Koboko

"You avoid marriage and become an important person in future." Akandru Margret, 4, P7, Abele PS Koboko

"You are respected and loved by your parents, teachers and friends." Awezi Samuel, 14, P5, Nyangilia PS, Koboko

"You prove that your body is special. You can’t let anyone misuse it." Sijali Susan, P5, Nyangilia PS, Koboko

"You don’t get old quickly." Lumagoafari, 15, P6, Mondrugoro PS, Koboko

"You avoid being a sinner. Sex before marriage is a sin before God." Nyara Moris, 18, P7, Mondrugoro PS, Koboko

Editor: Dear Young Talkers, thank you for your brilliant ideas. Always say No to early sex to stay healthy and complete your studies.

Dear teachers, help your pupils to choose to abstain for now. Your pupils may not be sexually active but you need to teach them about abstinence and STDs. The information will help pupils make healthy decisions to stay safe from STDs and early pregnancies.

John Bosco Wadiri, teacher
Abele PS, Koboko

\begin{itemize}
\item Abstinence is the best protection against HIV/STDs and early pregnancies.
\item STDs are the major cause of infertility.
\item Abstinence does not cause any sickness.
\item You will not develop a rock in your private parts if you abstain.
\item Abstinence means you respect and love yourself.
\end{itemize}

Do not be misled, sex does not need practice. When you grow up and get married in future, you will know what to do.
**Sad stories of early sex**

In July this year, Young Talk visited Koboko district to get stories on the dangers of early sex. Read what young Talkers said.

**Dropped out**

**Ezatiru Gladys, P6, Nyangilia PS** says: "Last year, a P6 girl got pregnant and ran away from school. She would be a candidate this year."

**Death**

**Dudu Muhammad, 13, P7, Abele PS** says: "My friend was deceived by a soldier and she got pregnant. The soldier left her. The girl’s parents chased her away from home. She killed herself."

**Forced marriage**

**Dralema, George, 16, P7, Abele PS** says: "A14 year old boy made a 9 year girl pregnant. He was forced to marry her."

**Sorry about that. Dear young Talkers, you have the ability to avoid trouble. pregnancy does not mean marriage. The best thing to do is to ask for your parents’ forgiveness. When you give birth, ask them to take you back to school. Boys and men do not marry young girls and speak up against the practice. Girls, Join good peer groups. Parents: Do not accept bride price for your young daughters. Leave them in school.**

**Arrested**

**Dralema, George, 16, Dralema, George, 16, P7, Abele PS** says: "I heard over radio that a head teacher of a certain school defiled 15 P7 girls and he was arrested when one of the girls reported him to Police."

**Wow. That was a wise girl. Always report people who force you to have sex or abuse you in any way and stop suffering silently. You can report to Police, your teachers, parents, a trusted relative, LCs, Child and Family Protection Unit , Raising Voices, ANPPCAN, Straight Talk Foundation and Sauti.**

**PEP can prevent HIV**

Sometimes, ARVs are given to people who have no HIV in order to protect them from the virus. For example boys and girls who have been defiled can be given ARVs. This is called PEP.

- PEP prevents ONLY those without HIV from getting the virus.
- PEP will only work if you take it three days from the time you are defiled. The earlier you get PEP the better. If defiled, first get PEP before you report the case to Police.
- PEP prevents ONLY those without HIV from getting the virus. It is found at all health centres and hospitals that have ARVs. Girls will also be given medicine to prevent pregnancy.

"Fear God. Sex before marriage is a sin." **Amina Faiza, 14, Nyangilio PS, Koboko.**

"Listen to your parents’ good advice." **Bintu Hope, 8, P4, Abele PS**

"Avoid alcohol and watching bad movies." **Hawa Mazirau, P7, 14, Mundrugoro PS**

**Dudu Muhammad, 13, P7, Abele PS, Koboko says:** "Say NO to gifts you have not worked for like money. I help my auntie to sell slippers over the weekend. She pays my fees."

"Have good friends who can advise you to stop or avoid doing bad things." **Sadia Faida Nyangilia PS, Koboko**

"Avoid bad touches. Report to your teachers and parents people who touch your breasts or private parts." **Agele Sam, 13, P7, Nyangilia PS.**

**Managing abstinence**

It is possible to say NO to sex and remain a virgin. A virgin is a girl or boy who has never had sex. Some of you shared what children like you can do in order to abstain from sex.

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Who is a friend?

A friend is someone who likes the same things like you. Someone you can trust and depend on. A friend can be a girl or a boy. In life, we all need friends to play with, help in good and bad times, give company, help in class, talk to or learn good things from them.

Asekenye Esther, teacher Buloba PS Wakiso says: **We all need friends but be wise and get good friends who will not put you in trouble. You can tell a good or bad friend by looking at their actions or behaviour.** For example a bad friend will advise you to escape from school while a good friend will get concerned when you don’t come to school.

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Young talkers shared what good and bad friends do.

“Agood friend tells not to take alcohol or get gifts from strangers.” Omara Daniel, 13, P7, Kotido PS

“A good friend supports you, especially in hard times, is kind and has respect for you.” Amviko Sharon, Arua Public PS

“A good friend does not fear to be known by your parents.” Kaziba Hamisi, P6, Bugobo Butambula PS, Bugiri

It is good to take your friends home. Your parents will not be happy with you if they get to know that you have a friend whom you fear to bring home. They will think you are hiding something. Your friend can put you in danger.

**Bad friends**

“A bad friend tells you to do bad manners. My friend’s friend told her that she should enjoy sex with her boyfriend. My friend fears that her parents may beat her.” Gimbo Sarah, P7, 13, Namirembe PS, Budaka

That is a bad advice. Young Talkers, before you do what your friends asks you to do, ask yourself these questions. **Will the results be good or bad?**

How will it affect my studies? How will my teachers and parents feel? Do not allow friends to force you do what is bad for your health, studies and future.

I don't have lunch at school. Whenever I take my ARVs when I'm hungry, my body becomes weak. What should I do? Boy, 14, KCCA PS, Kampala

Sorry about that. Many children living with HIV stay hungry at school yet they have to take ARVs every day to stay healthy and strong.

Dr Mariam Nabwire says: Since your school does not provide lunch, pack some food from home to eat before taking your medicine. Some medicine are strong and if they do not find food in the body, they will make you feel weak. Your body needs food to help the medicine work well. It will also help to stop side effects from the drugs, like nausea and diarrhoea.

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Young Talk Sept - Dec 2015

**Dear Young Talk**

Why is it that many sugar mummies who defile boys are not arrested? Mwebaze Ben James, Luwafu Junior School, Wakiso

Dear Mwebaze, do you know of a sugar mummy who defiled a boy and was never arrested? This could be because no one reported the matter. If you and other child you know is defiled, report to Police, parents, LC or teachers. Do not keep quiet. You have a right to violence free childhood.

Our teachers always tell us to pull. What is the use of pulling? Naboosa Caroline, Homecare Preparatory Kabale.

Pulling or visiting the push is when the girl stretches the inner lips of the vagina. It is a cultural practice of some tribes in Uganda. Girls pull at puberty. Some say it makes sex enjoyable when they grow up and get married. However, there is no scientific proof. No one should force you to pull. Nothing bad will happen to you if you do not pull.

Is it true that if I play with a boy or seat near him I can get pregnant? Nabwire Easther, Madibira PS, Busia.

No. That is not true. You will only get pregnant if you have sex with him. Avoid playing or sitting with boys in lonely places. They may force you into sex and you get pregnant.

Is it bad to use toilet paper during menstruation? Kagoya Sharifa, Waluwerere PS, Bugiri.

Yes. When you use it, you have to change many times to avoid staining your dress because toilet paper does not absorb blood released during menstruation. Toilet paper can also enter your private parts and cause infection and irritation. If you have no money to buy pads, make your own pads from clean cotton cloths.

What is child trafficking? Lokol Jeremiah, P7, Naitakwea PS

Child Trafficking is a type of kidnapping that involves the abduction of children with the intention of selling them to other people for purposes of forced labour and sexual abuse.

What causes a bad smell during adolescence? Denaya Patrick, 12, P7, Abele PS, Koboko.

It usually starts with poor hygiene. Bathe regularly using soap and wear clean clothes especially the underwear. Shave your armpits and private parts.

Counselors: Stella Magomu and Dr Stephen Watiti, Wailiti Foundation

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**Know Your Body**

What causes fistula? Acan Eunice, P6, Purongo Hill School, Anaka

Fistula is an injury pregnant girls and women get when they fail to push out the baby. The baby’s head tears the vagina and creates a hole between the vagina and the bladder or rectum. As result, urine or faeces flow out without stopping. Young girls are at high risk of fistula because their bone around the vagina are not yet fully grown.

Every year, 1900 girls and women in Uganda get fistula. About 200,000 women and girls in Uganda are living with fistula.

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**PLEASE ADVISE**

Ayoo’s friend

My friend tested for HIV and she was found positive. She has now refused to come to school. How can I advise her? Ayoo Keven, P6, 16, Orwanyuge PS

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**Quiz**

Hello young takers, have you started getting body changes? Tell us how you felt the first time you noticed a body, which body change was it and what did you do about it?

Send your letters to PO Box 22366, Kampala.