Stay safe during Holidays

The third term holiday comes with excitement because you get time to relax and meet with parents, relatives and friends.

Christmas and the New Year’s day make this holiday more exciting. Young Talkers in Adjumani district share how they spent their holiday. Read on!

Michael Alumai, 16, P7, Magburu PS, says: “I visited my uncle in Moyo district and enjoyed Christmas. I avoided discos, moving at night and drinking alcohol.”

Viola Cirako, 15, Ajugopi PS, says: “I visited my aunt in Kampala and enjoyed city life.

I also visited my friends and had fun.”

The Officer in charge of Child and Family Protection Unit at Adjumani Central Police Station, Amal Sabina says: Holidays are fun but spend them responsibly. Keep off sex and alcohol. Stay at home. If you must go out, tell your parents where you are going.

Avoid moving at night. Help your parents with house work. Invite your friends home. Your parents will be glad to know them. Avoid strangers, lonely places and unnecessary shortcuts especially at night. They could be dangerous.

Be careful when using a taxi. Sit near the driver so you are not isolated. Wait in the designated taxi stages. When you do the above, you reduce the risk of accidents, unwanted pregnancies, defilement, kidnap, STDs like HIV/AIDS and you are able to go back to school the following year.

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My sister is HIV positive but she doesn’t want to take ARVs. How can I help her? Girl, 17, P6, Keyo one PS Adjumani.

Dear reader, Inform your sister that only taking ARVs will stop HIV from multiplying and weakening her body. This will help her grow to adulthood and fulfill her dreams. When a person living with HIV/AIDS takes ARVs every day as advised by health workers, the amount of viruses in their body reduces.

If she doesn’t listen to you, Please ask a counselor or a health worker at the health centre where she is receiving care and treatment to talk to her.

Dr Joel Lwasa, St Charles Lwanga Hospital, Buikwe.

“READING YOUNG TALK HELPS US STAY SAFE.” Pupils of Okangali PS say.

HIV Basics

It is possible to spend your holiday more productively by having a plan.

Delphine Amajuru, Head teacher, Keyo one PS Adjumani says: Make a list of things you want to do during the holidays by day or week. Start with the most important things in the morning when you still have a fresh mind. Balance work and play to relax your mind. Participate in useful youth camps in your community to keep busy.

Seek advice from your parents, teachers and elders. Talk to your parents about school, your worries, your growing body and needs. They will listen. Revise. Don’t throw away your books.
Many young people have big plans for holidays, but these should benefit you, your family, and community. For example, you could learn a new skill or engage yourself in activities that will help you raise school fees. You can learn how to make crafts, farm, or use a computer.

Christmas day, I put on new clothes and take a soda.”

Patrick Amaizaruku, Okangali PS, says: “I plan to build a hut for myself. My mother will provide poles and grass. I’m now too big to share a hut with my parents. They need privacy.”

Gideon Anvule, 16, P7, says: “I always dedicate myself to Jesus Christ by attending church regularly and participating in church-related activities such as youth camps. I walk in the light of God to avoid trouble.”

Most times, children who misbehave during holidays get into problems. You shared some of the behaviours that expose children to danger.

Maridio Domwica, 18, Ajugopi PS, says: “During holidays, some girls have sex in exchange for Christmas dresses. They get pregnant and dropout of school. Some of them get married.”

Isaac Mondo, 12, P6, Agogo Lower PS, says: “Some children escape from home to go and dance. They are defiled by bad people.”

Emmanuel Iranya, 15, P6, Okangali PS, says: “They get a chance to take alcohol as they celebrate big days. Some of them are defiled when drunk.”

Evaline Maridio, 15, P6, Magburu PS, says: “They leave home without informing their parents. Some are kidnapped on the way and sacrificed.”

Editor. This is very bad. Dear Young Talkers, always take care of yourself and stay safe.

Penis size

You are normal. Different individuals, although of the same age may have different penis sizes. This is because people are different and their bodies change at different speeds.

By Dr Joel Lwasi, Buikwe.
Support children with disabilities

Children with disabilities are one of the most marginalized and excluded groups in society. Most of them are not allowed to go to school, play with others or participate in different activities. This denies them of their rights to healthcare, education, and participation. We can help children with disabilities enjoy their rights. They assume that such children are not capable of helping them in future. Some teachers and pupils have negative attitude towards children with disabilities while others complain that they disturb them. This is wrong. We should learn how to handle such children to enable them enjoy their rights.

A special needs teacher in Agojo Lower PS, Susan Aziku says: We have 20 children with disabilities. Most of them are neglected by their caretakers. We are currently immunising children with HPV vaccine. We are encouraging parents to bring their children for immunisation. The vaccines is free of charge. We are currently immunising children with HPV vaccine. We are encouraging parents to bring their children for immunisation. The vaccines is free of charge.

Girls, get immunized to prevent cervical cancer

Cervical cancer is one of the leading causes of death among women world over. In Uganda, for every 100 women that suffer from cancer, 80 of those suffer from cancer of the cervix.

Cervical cancer is caused by Human Papilloma Virus (HPV). It is transmitted through unprotect sex.

Jackline Lalam, Nurse, Adjumani Health Centre IV says: We are currently immunising young girls in P4 and those out of school aged 10 to protect them from cervical cancer. Girls, you should not miss out on on this opportunity of receiving HPV vaccine. The vaccines is free of charge. Abstaining from sex and receiving HPV vaccine will help you avoid cervical cancer.

Pupils of Keyo one PS in Adjumani being vaccinated against HPV virus.

Anzovule Gideon, 16, P7, Ajugopi PS, says: “I move by the help of a wheelchair. My brother in P4 pushes me to and from school. Some times, he refuses saying I’m heavy. Whenever he refuses, I don’t come to school. My performance is not good because I don’t attend school regularly.”

Helping others is good

The headteacher of Okangali PS, Irene Drakamute Baru says: Be useful to others. Everyone whether poor or rich needs help. You can help others by:

• Talking to someone

• Giving good advice to someone

• Giving others materials things such as books, clothes and food, helping with school work.

If you need help, ask for it.

Benefits of helping

• You make many friends

• Other people help you willingly when you are in need

• You feel happy and useful

For teachers

Dear teachers, Create an inclusive classroom where all pupils are respected. Counsel them to make them comfortable. Encourage them to participate in activities like physical education. Learn to handle them instead of complaining about their challenges.

Encourage pupils to help each other especially in class. This helps them to interact with each other well. Let them know that helping others is good.

Use a language that prioritizes the pupil over his or her disability. Disability labels can be stigmatizing and can lead to discrimination that pupils are disabled are not as capable as those who are not. It is better to say “The pupil who has a disability” rather than “The disabled pupil” because it places the importance on the pupil, rather than on the fact that the pupil has a disability.

Advocate for facilities such as latrines, classrooms and instructional materials to cater for children with disabilities. By Susan Aziku, special needs teacher, Agojo Lower PS, Adjumani.
How can I avoid pain during menstruation?
Esther Anyakun, 13, P6, Kangole Girls PS, Napak
Dear Esther, Girls experiencing pain during periods can relieve them using remedies such as warm water and physical exercises. If these are not satisfactory, seek help from a health worker.

Is it true that if a boy does not erect he is impotent?
Simon Longoli, 15, P7, Loodoi PS Napak.
Dear Simon, Impotence is the inability to sustain an erection to allow sexual intercourse. It is too early for a young boy to judge. However, when you are older it persists, talk to a health worker so that the right conclusion can be reached.

Is it true that if you are a girl and you do not pull you will not produce?
Gladys Marakole, 16, P6, Okangali PS Adjumani.
Dear Gladys, Pulling or labia elongation is a traditional practice by some ethnic groups in Uganda. It has no effect on one’s ability to have children. You can still produce even when you did not pull.

Why do children fail to come to school every day? What can be done to make sure that you attend school regularly?
Send your letters to PO BOX 22366, Kampala

The Day of the Girl Child

On October 11, 2017, Uganda joined the rest of the world to celebrate the International Day of the Girl Child. This day highlights challenges that girls face while growing up.

The national celebrations took place in Kanungu District under the theme: Girls’ Progress = Goals’ Progress. This means that when girls enjoy their rights, there will be development in their family, country and the whole world. During the celebrations, the Minister of State for Youth and Children Affairs, Honourable Nakwala Kiyangi, encouraged everyone including parents to play their roles towards improving the lives of girls.

The girls present at this function called for an end to corporal punishment, elimination of harmful cultural practices like female genital mutilation and child marriage.

Dear Gloria, You should stay away from such bad friends who have negative influence on you. Early sex lead to unwanted pregnancies, HIV/STDs school dropout. Delay sex and stay in school.

Dear Benard, Girls’ bodies produce a hormone at puberty called estrogen. This hormone is responsible for all the changes they experience during that period including breast growth. Boys do not have this hormone.

Dear Winnie, Menstruation periods start anytime during puberty. They can be delayed for some girls. Please seek medical advice if you don’t start your periods by the age of 16 years.

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Counsellor: Dr Joel Lwasa, St Charles Lwanga Hospital Buikwe.

Absenteeism is a big problem that continues to affect the performance of many children.

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QUIZ

Girls and boys have the same rights.

PUPILS OF MAGBURU PS SAY: GIRLS AND BOYS HAVE THE SAME RIGHTS

PUPILS OF AJUGOPI PS ADJUMANI SAY: SCHOOL LIFE IS GOOD

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