Puberty is the process of becoming an adult and is caused by hormones produced in the body. Girls and boys will experience different changes in their bodies during this period.

According to Dr Joel Lwasa, Between the age of 8 and 16 you go through puberty. At this time, your body changes physically, emotionally and mentally from a child into a young adult.

Everyone starts puberty at his or her own time. This is why some of you start developing breasts or start wet dreams before others.

Do virgin girls also get candida?

Candida is a fungus infection that causes infection. It is found in the mouth, urethra, and vagina.

Every person including virgins have candida in the body. Weak body immune system, wearing tight clothing and nylon panties for a long time and poor hygiene make candida active in the body causing candidiasis.

In girls, candidiasis causes itching and a white thick discharge from the vagina. Boys get sticky discharge under the foreskin of the penis or redness on the penis. Some girls get candidiasis before and after menstruation.

Facts: During puberty, Girls start menstruation, their hips widen, develop breast, pubic hair starts to grow, Develop sexual feelings towards boys and pimples.

Boys start wet dreams, their voice deepens, start frequent erections, growth of pubic hair, develop sexual feelings towards girls.

Body changes are normal and healthy, we are enjoying growing up.

SCIENCE CORNER

Do virgin girls also get candida?

Allen, 13, Mwererwe C/U PS.

Candida is a fungus infection that causes infection. It is found in the mouth, urethra, and vagina.

Every person including virgins have candida in the body. Weak body immune system, wearing tight clothing and nylon panties for a long time and poor hygiene make candida active in the body causing candidiasis.

In girls, candidiasis causes itching and a white thick discharge from the vagina. Boys get sticky discharge under the foreskin of the penis or redness on the penis. Some girls get candidiasis before and after menstruation.

Key Messages

- Feel good about body changes. They are natural and normal.
- Body changes are not a sign to start sex or get married.
- Always ask a trusted adult for the right information.
- Talk to your Senior Woman or man teacher, parents or Straight Talk staff about body changes.
- Abstain from sex to avoid risky behaviour.
**Young Talkers share their experiences about body changes**

**Annet, 11, Mwererwe C/U** Says:
The first time I saw my periods I thought I had HIV/AIDS. I got worried. I asked my mother what was happening to me. She told me it is menstruation and it doesn't kill. She bought pads for me.

**Derrick, 14, Mwererwe C/U** Says:
"My friends told me that when you start experiencing sexual feelings you are mature enough to start sex."

**Desire, 12, St Achilles Mwerewe PS,** Says: "when my breasts started growing, I became shy, I stopped playing with my friends because they would tell me I have big breasts."

**Christine Martha, 13, Busikiiri Muslim, PS** Says: "when I grew pubic hair around my private parts I felt shy to bathe with my fellow girls."

**Medrine, 15, St Pius Naddangira PS,** Says: "My friend feels pain during menstruation. A friend advised her to have sex to stop the pain."

**Learn to Love yourself**
Dr. Joel Lwasa, St Charles Lwanga hospital Buikwe Says:
As your body changes you may feel bad and moody. Friends may bully or laugh at you. Learn to love yourself. Think about the things you like most about yourself or the way you look. This will help you worry less about what others say or think about you.

Puberty doesn’t last forever. You will be through it. All adults around you have gone through it. Talk to them about how they managed body changes.

**Editors Choice!**
**Body changes are normal! Not a sign to start sex.** Always ask an adult for the right information.

**Learn to deal with erections?**
I find myself erecting from anywhere for no reason. Boy, 15, Kikusa PS, Kakiri.
An erection is the hardening of the penis that occurs when sponge-like tissue inside the penis fills up with blood. The erection causes the penis to enlarge and stand away from the body. Don’t feel bad. Erections are normal part of growing up. You can manage them by taking a cold bath, avoiding sexual thoughts etc. Erections are healthy and not a sign to start having sex. Reviewed by: Dr. Joel Lwasa, St Charles Lwanga Hospital Buikwe.

**PUPILS OF BUSIKIRI MUSLIM PS, SAY:**
"The Future is in your hands, guard it well."

**Always get the right information about body changes.**

---

You can learn about body changes from TV, Radio, Newspapers, internet, telephone messages, your parents and guardians. But sometimes, the information you get may not be true depending on the source.

**Pubic hair**
Paul, 13, St Pius Naddangira Says:
"My mother gave me an egg to smear around my penis and armpits so that the pubic hair stops growing. I tried but it failed. When I asked my science teacher, she explained that during puberty, hormones tell the hair to grow around our private parts and under the armpits."

**Menstruation**
Justine, 14, Busikiiri Muslim PS Says
"My friends say that there are herbs which girls can drink to stop menstrual blood from coming. I asked my mother and she told me there is nothing that can stop menstruation.

**It is part of growing up.**
The skin under the armpits is very delicate. The hair under the armpit and pubic hair holds sweat and other body products away from the delicate skin. Developing hair around your private part is not a sign to start sex. Wrong information will mislead you to make wrong decisions.

**Be wise like Justine and Paul. They said NO to wrong information.** Always ask an adult when you are not sure about what you see, read or hear.

---

**Catherine and Maureen of BT Academy Sentigi Say:**
"Early pregnancy is a shame. Wait to have sex."

---

**Boys, know your body**

---

---
Stop Abuse Against Children

In 2015 the Parliament of Uganda passed the Children’s (amendment) Bill 2015 into a law. The Law that replaced the old law, the Children’s Act, 1997, which focused on the basic needs of the child, such as the right to food, shelter, education and health.

The revised children’s law gives children more care and protection. It protects children from abuse and exploitation from harmful cultural practices like early marriage and female genital mutilation. It also protects a child from child labour and harmful employment such as work that exposes a child to physical, psychological and sexual abuse.

It further provides the right to access child protection services and addresses issues such as sexual abuse, child sacrifice, child labour, child trafficking.

The new law also stops corporal punishment in schools. Anyone who breaks this law, will be imprisoned or asked to pay a fine. Despite the new law, child abuse is on the rise. Children in Wakiso shared their stories with Young Talk. Read on!

Annet, 14, almost lost one of her ears and is nursing painful injuries.

Bravo! to Pupils of Kikusa PS who all feed at school, thanks to the support from their school and Save the Children, they now have a school garden.

Sylvia, 15, St Achilles Mwerewe PS, says: My uncle’s wife used to drink alcohol and beat us. We would do a lot of work and not come to school. We ran away.

Statistics from the Ministry of Gender, Labour and Social development (MGLSD) for the period January-June 2018 indicate that out of 940 child abuse cases received at the call centre, 207 were from Wakiso District representing 22 out of 100 children.

Grow Your Own Food, Fight Hunger

Bravo! to Pupils of Kikusa PS who all feed at school, thanks to the support from their school and Save the children, they now have a school garden.

Some children miss lessons, dropout of school or even get gifts from strangers who can defile them in exchange for something to eat.

Muesigwa Magaret Headteacher, Kikusa PS, says: All children feed at school. Children cannot learn well when hungry. When you have a healthy body, you will have a healthy mind.

For Teachers

Help pupils deal with body changes safely:

- Have the right information on puberty and share it with your pupils. Use Young Talk to discuss body changes. Identify doctors, counselors or parents to talk to your pupils.

- Be mindful of your language when talking about body changes. Avoid words that may stigmatize pupils.

- Encourage every pupil to participate. Talk to children about personal hygiene like bathing, shaving, washing clothes and beddings and use of deodorants to stop bad body odour.

- Namatovu Florence Senior woman teacher, St ,Pius Naddangira PS.

HIV Basics:

What are ARVs?

Zaituni, 14 PS, Busiki Muslim PS, says:

ARVs are medicines given to people living with HIV/AIDS. They do not cure HIV but they help them stay healthy and strong.

If you start taking ARVs, take them every day as advised by a health worker. If ARVs are abused, they will fail to work.

Dr. Francis Mawanda, Mengo Hospital.

The Pupils of Mwerewe C/U SAY: We are friends and we always support each other with classwork.

Pupils of Kikusa PS encourage their fellow Pupils to concentrate on their books and work harder.

Free!

Report Child Abuse

Call 116
Young Talk June - August 2018

Dear Patricia,

Sharon, 13, Irene, 14, Kikusa, C/U
Children from various schools gave development partners.

It was organized by the Ministry of Gender Labor and Social Development with support from stakeholders in observing children’s rights.

Children expressed concerns over the current kidnap cases, increasing child marriages, bribing of police officers who handle child abuse cases and violence.

Children from various schools gave their different interpretations on what child rights are, and what should be done by the government and other stakeholders in observing children’s rights.

This year’s national celebrations for the Day of the African Child took place in Kibaale district, under the theme “Leave No Child Behind.”

It was organized by the Ministry of Gender Labor and Social Development with support from development partners.

Children from various schools gave

Day of the African Child

Is it true that HIV attacks only the white blood cells of the body?
Fred, 12, Busikiira PS.
Dear Fred, the human immunodeficiency virus is found in every living cell of an affected person. However it causes the body to kill all infected white blood cells, making the body unable to fight against common infections like tuberculosis, diarrhoea etc.

If a girl carries out an abortion, can she have babies in future or is that the end of her reproductive life?
B.M, 15, Sentema Quran PS.
Dear BM, abortion is very dangerous. It can affect the uterus causing miscarriages or barrenness. Some people who abort fail to have children in future. Abortion is a crime in Uganda. It can earn a person imprisonment. Abstain from sex until you are ready for marriage.

Is it good to visit the bush as our aunties tell us to and if we do not we shall never produce?
Mwerewe C/U, PS Gombe.
Dear Betty, visiting the bush doesn’t not affect your future ability to have children in any way.

I have friends who are not interested in learning, but only in abusing teachers and fellow pupils. How peacefully can I avoid them?.
Tonny, 14, Busikiira Muslim PS.
Dear Tonny, thank you for being a good pupil. Be bold and tell your friends to stop abusing teachers and fellow pupils because it is bad manners. If they refuse, report them to their parents and avoid them. When they change and stop abusing teachers, become their friend again.

COUNSELORS:
Dr Joel Iwasa, SI Charles Lwanga Hospital Buikwe.

Is it true that when you have sex with your age mate, you do not lose your virginity?
Douglas, 14, Kikusa PS, Wakiso.
Dear Douglas, This is not true. A virgin is a girl or boy who has never had sex. The moment you have sex even with your age mate, you stop being a virgin. Respect your body. Say No to early sex.

I have a friend who is an orphan. Her mother brings men home.
These men ask my friend for sex. How can I help this friend of mine?
Patricia, 14, Mwererwe C/U, PS.
Dear Patricia, advise your friend to tell her mother that the men she brings home are asking her for sex. If the mother does not help her then advise her to talk to one of her close relatives to talk to the mother.

My friend said if I apply shoe polish on pimples they get cured is it okay?
Irene, 14, Kikusa C/U PS.
Dear Irene, never put shoe polish on your face. Shoe polish does not have medicine to cure pimples. Polish is made of strong chemicals that may affect your skin. Wash your face with clean water and soap everyday to control pimples. If this fails, see a doctor.

My aunt told me not to throw used pads in latrines and not to hang my knickers under the sun saying that I will not produce.
Sharon, 14, St. Achilles Mwererwe PS.
Dear Sharon, this is not true. Dispose off pads in an environmentally friendly and hygienic way. Hanging your knickers under the sun is as beneficial as ironing them because it kills bad germs.

If all fails she should report to the LCs because those men might defile her and infect her with HIV or impregnate her.

Say No to early marriage, Yes to education.
PUPILS OF ST ACADEMY PS, WAKISO SAY.

Girls of Sentema Quran PS say: “We are proud to be virgins, the decisions you make today will determine your future. Stay focused.”

Do not worry about what people are saying. Some people can be fat when they are young but as they grow up they become small naturally. Poor feeding, worries or sickness can also cause weight loss. You can never get HIV from drinking alcohol. However, alcohol is not good because it affects the liver, loss of appetite among other problems.

Polish is made of strong chemicals that may affect your skin. Wash your knickers under the sun is as beneficial as ironing them because it kills bad germs.

Is it true that when you drink alcohol especially to kill problems.
People are pointing fingers at me that I am losing weight and people are pointing fingers at me that I am HIV positive. I have never had sex with anyone. I used to drink alcohol especially nguli. Does that mean that one can get HIV from alcohol?

Boy, 13, St Pius Naddangira PS.

Is it true that when you drink alcohol especially to kill problems.
People are pointing fingers at me that I am losing weight and people are pointing fingers at me that I am HIV positive. I have never had sex with anyone. I used to drink alcohol especially nguli. Does that mean that one can get HIV from alcohol?

Boy, 13, St Pius Naddangira PS.

If all fails she should report to the LCs because those men might defile her and infect her with HIV or impregnate her.

My aunt told me not to throw used pads in latrines and not to hang my knickers under the sun saying that I will not produce.
Sharon, 14, St. Achilles Mwererwe PS.
Dear Sharon, this is not true. Dispose off pads in an environmentally friendly and hygienic way. Hanging your knickers under the sun is as beneficial as ironing them because it kills bad germs.

If all fails she should report to the LCs because those men might defile her and infect her with HIV or impregnate her.

My aunt told me not to throw used pads in latrines and not to hang my knickers under the sun saying that I will not produce.
Sharon, 14, St. Achilles Mwererwe PS.
Dear Sharon, this is not true. Dispose off pads in an environmentally friendly and hygienic way. Hanging your knickers under the sun is as beneficial as ironing them because it kills bad germs.

If all fails she should report to the LCs because those men might defile her and infect her with HIV or impregnate her.

My aunt told me not to throw used pads in latrines and not to hang my knickers under the sun saying that I will not produce.
Sharon, 14, St. Achilles Mwererwe PS.
Dear Sharon, this is not true. Dispose off pads in an environmentally friendly and hygienic way. Hanging your knickers under the sun is as beneficial as ironing them because it kills bad germs.