Esther (not real name), got pregnant in 2017, she was only 12 years. The man who defiled her had three wives and she was to be his fourth. The man used to buy her knickers and chapati. Esther got pregnant and dropped out of school. Her parents married her off.

"Life was so difficult. I had to be reminded to go for antenatal care. At the clinic everybody would look and laugh at me, It was hell. I failed to push the baby so I was operated. When I gave birth I always forgot I had a baby and would play until someone reminded me to go and breastfeed. My co wives also used to mistreat me. I went back to my parent's home."

Available information from a Health Survey between June 12 and December 18, 2016, indicated a 1 out of 100 increase in teenage pregnancy from 24 out of 100 girls in 2011 to 25 out of 100 girls in 2016.

According to Dr Lwasa, children born to young mothers are at a high risk of death and sickness. Teenage pregnancy affects both boys and girls, but girls are most affected.

Namutebi Rose, Head teacher, St. Joseph Wabiyinja PS, Wakiso says:
Every year we lose some girls to pregnancy and early marriage. Some girls are forced to get married by their parents. Others are defiled and dropout out of school.

Imagine every year, 15,000,000 girls are forced to get pregnant and married in the whole world.

Emmanuel, 13, Kiziba Mixed PS says: "My friend was 15 years old when she dropped out of school because she was defiled and impregnated by an old man. Her parents sent her out of home she, went to the man's home and he also sent her away. She is now a beggar."

This is sad, parents It is your responsibility to protect children from all kind of abuse.

Girls of St Mathias Bananywa Wakiso say: "We are proud virgins."

Pregnancy does not mean marriage. When pregnancy happens:
• Talk to you parents and do not be shy to tell them the man who abused you.
• If you fear your parents, ask a trusted adult to talk to them.
• Make your pregnancy safe, test for HIV, attend antenatal care regularly and deliver at the health centre.
• Request your parents to take you back to school.

Remember you can still go back to school and have a bright future.

Key Messages

Editors Voice
Be wise! Abstain from sex, early sex leads to STIs/HIV, death and school drop out. Delay sex and stay safe. Wishing you a merry christmas and a happy new year.

Quiz
What makes you happy and Why? Write to us and send your letter to Straight Talk Foundation, PO Box 22366, Kampala or SMS on 6300
The troubles of Teenage Pregnancy

In October, Young Talk Visited Masulita and Namayumba Sub counties in Wakiso District, to get your stories on teenage Pregnancy. Read on!

Death
Esther, 15, St Joseph Wabinyinja PS, Says: “I have a cousin who loved going to discos. She never listened to her grandmother, she was defiled, she got pregnant, her grandmother died and she was left on her own.

HIV/AIDS
Umar 14, Mmanze PS, Says: “My friend got pregnant when she was 13 years old. She contracted HIV/AIDS, the baby is also infected.

Suffering
Maria, 13, Kiziba Mixed PS, Says: “Lovita my friend fell in love with a builder who deceived her with gifts. She was 12 years and in P6. She ran away from home.

Sugar Daddy
Zainah, 14, Kyengeza Muslim PS, Says: “A friend of mine had sex with a shopkeeper. She got pregnant but failed to push the baby. She was operated.”

We all have a role to play in ending Teenage Pregnancy
Each one of us can do something to stop teenage pregnancies. Let’s look at what we each can do:

Parents: Take the responsibility of protecting children against any form of abuse. Do not accept bride price for your young daughters below 18 years. “Be watchful. Defilers can often be people you know.”

Children: beware of people who pretend to help you yet their intention is to hurt you. Do not accept gifts in exchange for sex. You can shout for help. Avoid lonely places, walk in groups and avoid walking at night.

Men and boys: Do not have sex with young girls and speak up against the practice.

Police: Always arrest and take the abusers to court. The defilers’ detestment is a capital offense. You will rot in jail.

Parents, take your kids to hospital. The girls are mainly brought to hospital by their parents. Most of them are operated on because their pelvic bones are not mature and therefore, they can not push the baby. We mostly refer them to bigger hospitals that are adequately equipped.

The girls are mainly brought to hospital by their parents. The men fear to be arrested. Unfortunately most of the cases are incest, father or close relative who are not reported for fear of shame.

Saying: “Most of the mothers who come here for antenatal care are young girls between 12-16 years. In a month we receive between 10-20 cases. Most of them are operated.”

Massage from Police
Grace Musoke, the Officer in charge Kakiri Police station Says: “Cases of teenage pregnancy and child marriages are common. But most children and parents do not report because of shame or fear. If you are abused, report to police. When you report, the defiler will be arrested. Young boys too who impregnate girls will be arrested and jailed.”

For Teachers
Support pupils to go through adolescence safely
Help them to be sexually responsible. Be available. Answer questions and give guidance to help them make safe decisions.

Help both boys and girls to set goals and respect their bodies, feelings and values. Emphasize that virginity is healthy and safe, and does not cause harm.

Let your pupils know that sex comes with responsibility. It is not a choice to be made lightly. Teach your pupils that early sex is a crime and does not make them adults powerful or heroes. Sex is best within a caring committed relationship of marriage.

Encourage pupils to report any abuse to a trusted adult like parent, teachers, religious leaders, police and Local Council members. Encourage them to talk to as many people as they can to get help.

New words. INCEST: Means sex between people who are closely related.
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 Masulita and Namayumba shared how they plan to spend their holidays. Read on!

Join a band group
Umar, 15, Mmanze PS, Says: “This holiday I plan to keep myself safe and busy by joining a band. My mom promised to enroll me in one of the band groups in my village.”

Revising
Steven 14, Namayumba C/U PS, Says: “I plan to help my parents with home chores. I will also make sure I abstain from sex and stay safe from bad groups and also revise my books.”

Alexander 14, and David, 12, St. Mathias Banaywa PS, Say “We will help our parents harvest maize and beans. Watch TV and read our books”.

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

Apudu Jennipher, Teacher, Kiziba Mixed PS, 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.

Weaving Baskets
Rashida, 13, Mmanze PS, Says: “During the holiday I will be weaving baskets to save money for my school requirements for next year and also buy a Christmas dress.”

HIV Basic
How is HIV transmitted?
Whitney, 14, Namayumba C/U PS.
HIV is the virus that causes AIDS. HIV is mainly transmitted through unprotected sex with someone who has the virus. It can also be through unsafe blood transfusion or sharing sharp instruments contaminated with HIV infected blood.

A mother who is infected with HIV can transmit it to her baby when she is still pregnant, while giving birth or when breastfeeding the baby. Abstaining from sex reduces your risk of contracting HIV/STDS. Dr. Joel Lwasa, St. Charles Lwanga Hospital Bukikwe.

Happy 2019
Revising
Julius 13, Namayumba C/U PS, Says “During the Christmas holiday I plan to travel to Rwanda to see my grandmother. I last saw her when I was a baby. So it will be nice seeing her again.”

Benitah 12, St. Josaph Wabinyinja PS, Says “This holiday, I will travel to Kampala; it will be my first time going there. I hear it is a big place with many cars.”

HIV and other diseases.
The Uganda Blood Bank collects blood for transfusion, tests it for HIV and other diseases before it is given to anyone. The blood which has HIV is thrown away.

Blood transfusion refers to giving of blood from one person into the body of another person, who needs blood. This is done by trained health workers in a health facility.

Blood Transfusion is one of the ways that HIV can spread. When a person has HIV in their blood, and if they give that blood to someone else, then that person will get HIV.

In Uganda, all blood that is given to people who need blood is checked for HIV and other diseases.

The Uganda Blood Bank collects blood for transfusion, tests it for HIV and other diseases before it is given to anyone. The blood which has HIV is thrown away.

Pupils of Kiziba Mixed PS, Say “Education is the way to success.”

Science Corner
How safe is Blood transfusion?
Innocent, 13, Kyampisi, PS, Wakiso.
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Blood Transfusion is one of the ways that HIV can spread. When a person has HIV in their blood, and if they give that blood to someone else, then that person will get HIV.

In Uganda, all blood that is given to people who need blood is checked for HIV and other diseases.

The Uganda Blood Bank collects blood for transfusion, tests it for HIV and other diseases before it is given to anyone. The blood which has HIV is thrown away.

Blood transfusion
Hospitals receive blood from the Blood bank after it has been tested. In this way, the blood that is given to patients is safe, and free of HIV.

Pupils of Kiziba Mixed PS, Say “Education is the way to success.”
Can I get vaginal infections if I sleep at night while putting on my knickers? Resty, 14, Namayumba C/U PS.

Dear Resty, It is not true that knickers cause vaginal infections. It is not true that sleeping in them would cause infections. There are some infections like fungal infections which may find it easier to grow on your skin when it is wet and damp. This can be prevented if you regularly change your knickers and wash them, putting them on when they are dry.

Why do some people have big penises when they are still young? Haruna 14, Kyengeza Muslim PS.

Dear Haruna, the size of the penis like other parts of the body e.g. the head varies from person to person unless of course one has an abnormal swelling!

What causes bad smell during adolescence? John, 14, Mmanze PS.

Dear John, bad smell usually starts with poor hygiene. Bathe regularly using soap and water and wear clean clothes especially the underwear. Shave your armpits and private parts.

What virus or germ causes yellow fever? Sylvia, 13, St Mathias Banaywa PS.

Dear Sylvia, yellow fever is caused by the yellow fever virus, which is spread by a type of mosquito known as Aedes aegypti.

Are there condoms designed for women? Alex, 15, Kyampisi PS Namayumba Wakiso.

Yes, there are condoms designed for women. In Uganda they are available in health centers that provide family planning services. Remember both condoms for female and male are designed for adults not for you. Delay sex until you are mature and finished school. Early Sex will expose you to Sexually Transmitted infection/HIV. You will impregnate a girl and be taken to prison and dropout of school.

Does Panadol, tea leaves, water and a herb called "lutoto" prevent infection after sex? Violin, 14, St Joseph Wabinyinja PS.

Dear Violin, these are all myths. What prevents pregnancy is abstinence from sex or use of contraceptive measures used in family planning for adults.

Can a girl get pregnant if she urinates immediately after having sex with a boy?" Anthony, 14, Kiziba mixed PS, Masulita.

Dear Anthony, that is not true. Yes, a girl can get pregnant. You have to understand that, the urinary and reproductive systems in a girl and boy are different systems. They are near each other, and share the same tube, the urethra (urine tube). But, they are different systems. So, if a girl passes urine after sex, it does not wash out the sperms, which have entered the vagina.

Is it true that if you skip a month without your periods it means you are pregnant yet you have never had sex? Florence, 14, St Joseph Wabinyinja PS.

Dear Florence, it is not true. As you grow, periods may become irregular due to some reasons for example stress, change in environment, diet. But they will normalise as you grow.

Counselor: Dr. Joel Lwasa, St Charles Lwanga Hospital Bwikwe.

Know Your Body

Why do girls have water in their vagina? Girl, Kyampisi 15, Wakiso.

That water is also called vaginal fluids. It has several purposes, like cleaning and moistening the vagina and helping to prevent and fight infections. Normal vaginal fluids are clear or whiffy in colour. The following may indicate a problem:

- Bad smell
- Change in colour (like greenish, greyish)
- Looking like spoilt milk
- Vaginal itching, burning, swelling, or redness.
- Vaginal bleeding that is not during menstruation period. If one of these signs or more are seen, seek advice from a medical worker.

ESSAY COMPETITION????

“Christmas is here, the holiday is going to be long and exciting. Write a composition of not more than 200 words about how best you plan to spend the long holiday. Please write and send to Straight Talk Foundation, PO BOX 22366, Plot 4 Acacia Avenue, Kololo, or give your essay to Save the Children staff. The best essays will win school bags from Save the Children.”

Save the Children