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Open Talk Magazine

Dare to think

Issue 30 June 2014

SHOCKING!

Ushs 3,000/=, US\$1

HIV-AIDS INFECTION ON THE INCREASE; THE ABSTINENCE GOSPEL IS FAILING AS TEENS DEMAND SEX EDUCATION



INSIDE THIS ISSUE: THE TOP STORIES:

- The story of Kakyo Grace: I was defiled, impregnated, infected with HIV and abandoned at 13 years!
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Editorial

FROM THE EDITOR-
KATO MUKASA

And finally it is true that HIV AIDS is taking its toll on young people than ever before. It is also true that our schools and parents still do not want to open up about sex and sexuality and they prefer keeping their children in the dark than dare to talk about sex matters with them. It is also true that schools are expelling students for coming to school with condoms!

Just recently, the Executive Director of Kampala Capital City Authority revealed that the estimated number of people infected with HIV in the city total to 175,000 representing 9.8% of the people getting treated at KCCA clinics. According to the 2011 National HIV Indicator Survey, the prevalence rates among Ugandans between the ages of 15 to 19 are going up. It now stands at 7.3% and higher in women at 8.3% up from 6.4% in the 2004-2005 survey. HIV AIDS has cleared both the married and the unmarried and to the youth, it is now clearing them with a vengeance just like that of a bush fire.

The number of new infections has risen from 124,000 in 2009 to 128,000 in 2010 and approximately 145,000 in 2011. The worst news is that it is young people, our teens getting more infected on a daily basis yet the future of this land is in their hands. Fine, we do not want to tell them all about sex but they are having it and getting infected with the deadly HIV virus apart from getting unwanted babies. Dr Kihumuro Apuuli, the Director General Uganda Aids Commission, told the media recently that if new infections continue to rise, the HIV burden is projected to increase by

more than 700,000 over the next five years. He said about 25,000 babies will be born with the infection each year. That is another cause to worry and we must start taking action to stop the looming doom. It has been reported too that over 400 people are infected with HIV daily and majority of them are young people!



Kato Mukasa

Fellow parents, there is a cause to worry; teens are abusing drugs as if it is a competition with a reward in the waiting. We must make hay while the sun is still shining. A recent study reveals showing facts about young people and their reckless lives. The study "High risk study among slum youths in Kampala City" was conducted by Uganda Youth Development Link (UYDEL) among 1,134 individuals in selected slums in Kampala. The study found that 46 per cent of the youths aged between 12 and 18 take alcohol while 42 per cent had their first sexual intercourse at age 14. "High-risk youth living in the slums of Kampala report a high prevalence of HIV and HIV-related sexual risk practices as well as sexual victimisation. These results provide evidence that increased comprehensive and multi-level prevention and intervention services focus on this vulnerable population in trying to delay their alcohol use and address the underlying determinants of substance use to reduce the spread of HIV/Aids," the report observes. Ms Monica Swahn, professor of epidemiology at Georgia State University in the US, who presented the findings of the

study, said there is a link between alcohol consumption and sexual activities. "When people drink alcohol, their judgment is clouded which means more sex, more sexual partners and a high possibility of no condom use. Thirty seven per cent have not used condoms with their partners in the past three months. This increases chances of getting HIV," Ms Swahn said

HALEA is dedicated to serve the youth and especially teenagers in Kampala's slum areas. Our research shows that teens with HIV have no space at school. They live in fear and self denial. They cannot take their drugs because they fear to be victimized and ostracized! We cannot afford to continue emphasizing the abstinence gospel when the naked fact is that teens are having sex without any protection. As we all know, the number of death left behind by HIV AIDS are still as fresh in our minds as yesterday. We cannot afford to relax when our children are at risk. It is good to strike while the iron is still hot, time to act is now, today and not tomorrow, I am pretty sure, mark you, that we can do something to save our children from unwanted pregnancies and HIV AIDS.

In this publication, we are talking exactly about that. Teens are calling for the teaching of sex education in their schools. Teens with HIV AIDS are speaking out and calling for help. Teens are freely giving their views about abortion, the relevancy of the death penalty, religion, and the Anti Pornography Act among others. There is a breath taking story of a teenager mother who was defiled, impregnated and infected with HIV AIDS and abandoned. Grace Kakyo is crying out for help. There are also very interesting articles to read, please read what Mr. Leo Igwe, Ms. Suzan

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Nambejja and Mr. Lukyamuzi Joseph have to say. Please do not dare miss reading the Sex Talk Column, it is informative and refreshing.

In my simple life of research and writing, teaching and talking to people especially teens, I have discovered one open secret; nothing succeeds like daring to talk about sex before young people. They are too inquisitive and in most cases misinformed about the basic realities in regard to sex and sexuality. And this therefore means that without the basic information, teens are bound to make the wrong decisions and in turn ruin their virgin lives.

Again thanks to HAMU and the people of Norway, the Open Talk Magazine is back to give you a fair coverage of important issues with a rational touch. Thanks to team HALEA, the OTM is growing stronger and the number of articles we receive are increasingly overwhelming and it is only the very best that can feature in these pages. Our promise remains; we shall continue serving you beyond self. Our dear readers, as a humanist, allow me say that you are the salt and light of the world and life, being the only one we have, we need to take any opportunity whenever it strikes and save the young ones from oblivion. It is through the young ones that we are assured of the best out of the next generation. Take action, save the world. This issue of the OTM is much bigger and better. Nice Reading.

Kato Mukasa is the Executive Director of HALEA Youth Support Centre. He has served young people for over 15 years. He is a Human Rights Advocate and Activist, an Economist and a trained Lawyer.

HIV RATES AMONG TEENS RISES IN UGANDA: STOP PRETENDING, THE ABSTINENCE GOSPEL HAS FAILED MISERABLY! Writes Kato Mukasa

Over the years Uganda has been praised for a brave fight against the deadly HIV AIDS. In the early 90s, the president and the first lady hit the road sensitizing the people about SILIM (HIV AIDS as was then known) and we saw the birth of powerful organizations such as The Aids Support Organization

(TASO) that were much involved in preaching the ABC gospel meaning the emphasis was put on Abstinence, Being faithful to your sexual partner and using Condoms if you are to have sex intercourse with a person whose health status you do not know etc. In the late 80s, a famous musician, the late Philly Bongole Lutaaya come out boldly and announced to the world that he had HIV AIDS and composed music that sensitized the population about the disease, the need to help the victims cope with it rather than stigmatizing them and he went an extra mile visiting schools and making concerts that targeted the youth – in effect saving thousands of young people from getting infected with the dreaded disease. I must confess that as a teen in the 90s, Philly Bongole's message

and the sensitization campaign mounted by organizations such as TASO helped me play it safe and escape the SILIM trap. If such aggressive campaign against HIV was missing, the world we serve would have missed the contribution we have made.

It is a different story today. Whereas Uganda registered the lowest rate of infection of 6.4% in 2006, today, 7.2% of Uganda's population is living with HIV meaning over 1.4 million people have the disease which include 190,000 teens (read young people), and 150,000 new infections are diagnosed each year. In 2011 alone, it was reported that over 62,000 people died of HIV AIDS! Whereas the life expectancy of Ugandans has increased from about 45 to 55 years today, the numbers of people getting infected with the deadly virus is increasing more so among young people. So far, 1.1 million people have been orphaned by the epidemic and Uganda has the worst case of child headed families. The sad news is that many teens are born with HIV and are not aware of their predicament! Now, just imagine what happens when they



Kato Mukasa speaks out

SHOCKING !

get lovers and start enjoying sex, which they often have even when our society keep pretending that young people are not having sex, oh yes, they have it and more often than you would imagine.

Today, there are schools suspending students because they were found with condoms in their suit cases, some of these students were above 18 years anyway. In the Daily Monitor of 30 May this year, one of the shocking story was: **"300 students suspended over condoms in the dormitory"** The school is Ibutje Secondary School in Apac District, so in such a school, even keeping a condom in your suit case is a crime! Surprisingly, the headmaster of the school, Mr Benard Opio, accused the students of having unwanted gadgets.

Just imagine, logically, a qualified teacher is terming condoms, unwanted gadgets, whatever that may mean, Opio should explain further because if research is showing that people do not want to use condoms, is it not because the Opio's of this world have made the youth believe that condoms are unwanted gadgets? This iron fist Head teacher is reported to have said that the affected students were suspended for indiscipline and would report back with their parents.

Remember, this is not a primary school, it is a secondary school with most of its students well over the age of 18, meaning, they are legally expected to be sexually active thus denying them a chance to know how condoms look like is a violation of their fundamental right to life and suspending them from school is another denial of their right to access education. Thus as the school leaders of Ibutje Secondary School continue to bury

their heads in the sand pretending that students are not having sex, the reality is that they are actually busy having sex and worst of all, unprotected sex! Can we then expect such school authorities to allow the teaching of Sex Education in their schools? Does it mean that mere possession of a condom means having sex?

According to the Daily Monitor



Gunnar Olafsen trains Young People

(2012), '400,000 suffer HIV/AIDS in education system', the implication of the message there in is to the effect that almost a quarter of people living with HIV in Uganda are part of the education system - either students or staff. That is much worrying and we have all the reasons to be very worried especially because we are aware that students are having sex

with fellow students and at the same time some staff members are having sex intercourse with their students. Of course we are

also aware of the 'sex for marks' trend that has taken over most high institutions of learning but we cannot also forget the cross

generation sex that is sweeping our education institutions like the hurricane .

According to PlusNews (September 21st 2012) 'UGANDA: Condom use infrequent despite rising HIV rates', Only 39 percent of young people aged 15 to 24 know all the necessary facts about how HIV can be prevented, suggesting a lack of clear sex education. Good reader, this is very sad information to share to say the least. I have written in these very pages over the years about the need to have clear sex education extended to our schools but the policy makers are still looking the other side ignoring the reality and choosing to keep the sex talk to 'adults' only.

The sex education I am talking about is more than talking about sex intercourse, it goes beyond the penis and the vagina as some conservatives want the world to believe. I am talking about sex education that includes the use of condoms and other contraceptives in order to avoid HIV and unwanted pregnancies among others. It is about access to reproductive health services and HIV AIDS information and treatment.



Teens speak out

parents and guardians who want to get rich quick through the gifts given by the sex obsessed men that are keen on having sex with

It is a fact that Ugandan women tend to marry at an early age, that is to say at the age of 15 years, our girls are forced into marriage by their greedy and ignorant

SHOCKING !

teens whose sex organs cannot even handle the sex appetite of such sex perverts! The end result is having 'children having children', teen mothers with fistula problems and worst of all, teen mothers having HIV AIDS. If you doubt such analysis, how then do you explain the fact that HIV prevalence is 5.4 percent in women, compared to 2.4 percent amongst men. Simply put, if marriages are still arranged for our girls in the name of Allah, Mohammed and our retrogressive cultural beliefs and practices, then women are at a high risk of contracting HIV AIDS than men and the figures are not likely to change soon.

Whereas we had made positive strides in the fight against HIV AIDS, the preachers of the message went too far off the reality, they did emphasise abstinence whenever they meet teens and dare to open up about sex. They pretended not to understand whenever we said that teens are sexually active as early as 12 years and therefore they need more information rather than the idle abstinence talk.

As an organization working among teens, we dared to open up to sex talk in the schools we operate in and we met stiff resistance at first. We were given all sorts of names and generally perceived as people who wanted to encourage teens to have sex because we dared to tell them the need to use condoms and other contraceptives such as pills etc to avoid unwanted pregnancies. We were aware of men having sex with school girls as young as 11 years and we knew that the practical solution remains telling the teens how to protect themselves while having

sex because surely, stopping them from having sex would be like telling a camel to pass through the eye of a needle; many teens are addicted to sex.

What is worrying is the fact that the number of teens having unprotected sex is extremely high. According to UNAIDS (2011), the number of Ugandans using condoms is extremely low at 13.7% yet more men are having more than one sexual partners. It is also reported that availability of condoms does not even match the number of people who want to use them. That teens are not allowed to have sex, and that parents and schools are playing

are in fact busy having sex and getting infected with HIV AIDS. By discouraging the use of condoms and other contraceptives such as pills, religious leaders and the born again crusaders are burying their heads in the hot sand. Teens no longer care much about what you preach; they pay attention to their instincts, body changes and feelings and can rarely control themselves especially from 16 years onwards. They listen to your preaching and they think it good but they understand it as a theory and they will therefore obey their bodily feelings as a matter of practice. The bottom line is, teens are having sex and getting pregnant and getting infected with

sexually transmitted diseases including the dreaded HIV AIDS.

Legally speaking by discouraging the use of condoms and only preaching the abstinence gospel, many stakeholders are criminally liable for avoiding to speak the truth, promoting lies and denying young people a chance to choose the very best practical approach to saving their lives.



Teens in an HIV Play

it safe to the extent that they will not allow showing teens how to use condoms, many teens continue to have unprotected sex between themselves, teachers and members of the general public thus increasing their vulnerability. Thank you very much for spending billions of shillings on huge billboards demanding that young people should delay sex until marriage. Thanks to the first lady who has been the champion of abstinence without informing us when she became sexually active. With all your efforts, allow me tell you that more teens will not take your abstinence gospel and

Think about this. There are teens having HIV AIDS at school but fear to reveal their health status and cannot openly take drugs. Our recent one on one health survey among teens in 10 schools within Kakugube parish, in the central division of Kampala district revealed that 68 (6%) out of 1200 teens in schools confessed that they knew they had HIV AIDS. We suspect the number to be higher than that because the highest number of respondents 712 (59%) revealed that they did not know their health status. This therefore left only 35% of the respondents who knew their health status. And

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that is worrying, majority of young people do not know their health status yet they are sexually active. Aware that the number of teens having unprotected sex as well as those born with HIV is high, it is not farfetched to assert that many teens are having HIV AIDS and spreading the virus without even knowing it.

HALEA works in one of Kampala city's division (Kampala Central Division) where teenage pregnancies are at their highest. According to the Daily Monitor of May 25 2014, Ms Brenda Kyeyune, a Behaviour Change Communication and Marketing Specialist at Marie Stopes Uganda provides the following information:

"According to the State of the World Population Report 2013, 20,000 girls below age 18 give birth in developing countries every day. Of the 7.3 million girls below age 18 who give birth each year in developing countries, two million are under age 15. In addition, each year, 13.1 million children are born to mothers aged 15-19 and worse still, this age group accounts for as many as 3.2 million unsafe abortions annually in developing countries.

In Uganda, one out of four girls between the ages of 15 and 19 are pregnant or have had a baby. Looking at maternal health, girls who become pregnant before 15 have double the risk for maternal death and obstetric fistula than older women. Girls who become pregnant at 15 or younger are more likely to experience premature delivery, low infant birth weight, perinatal mortality and health problems with their newborns. Teenage pregnancy

creates a negative impact on the health and education of the girls but also the future economic productivity of a nation. For instance, the UN estimates that Uganda's productivity would be \$15 billion higher if teenage girls delayed pregnancy until their early 20s, got a skill and worked.

One of the main reasons that teenage girls get pregnant is lack of access to youth-friendly services including family planning services. According to the United

to get pregnant but lack access to family planning services and information, and nearly half of the poorest women say their most recent pregnancy was unplanned. This has subsequently led to a high total fertility rate of 6.7 children per woman. This is true to many teens and many families in Uganda who have always confessed that their first born babies were unwanted, unintended.

The Way forward



HALEA Teens in a HIV AIDS play.

Nations Population Fund (UNFPA) modern contraceptive use among adolescents is generally low, and decreases with economic status, with fewer than 5 per cent of the poorest young women using modern contraception. In most cases, young women often find it hard to negotiate safer sex with their male counterparts due to social norms and attitudes, health service provider attitudes as well as unclear policies that restrict young people from accessing family planning services."

This therefore clearly explains the failure of the abstinence gospel which had been popularized at the expense of condom use.

Research shows that in Uganda, contraceptive use is still low at only 24 per cent; there is a high unmet need of 41 per cent, meaning one in four women don't want

President Museveni and his government are aware of the predicament before us, it is no good to simply praise a large population that can not feed itself even when we have the best soils in the world. Aware of this danger, President Museveni pledged, on behalf of the government of Uganda, to ensure an enabling policy environment to allow Ugandan women to exercise their family planning choices by; increasing the financial investment into family planning; strengthening the service delivery; and sensitising particularly peasant women about child spacing for the good health of the babies and the mothers. Specifically he committed himself to: increase the government allocation for family planning supplies from \$3.3 million (Shs8.25b) per year to \$5 million (Shs12.5b) per year for the next 5 years, mobilise an additional \$5 million from donors and prevent stock out of family planning supplies by; strengthening the National Medical Stores to improve distribution of reproductive health supplies/commodities to public and private health delivery units. Now all this appears to be refreshing information to read but it will be in vain if young people are denied a chance and a right to access contraceptives especially pills, postinor tablets

and condoms.

It is vital that we stress the importance of condom use and mount an aggressive campaign that will promote the use of condoms even among teens. It is important to increase access to contraceptives such as condoms and pills and make them available to young people, and yes this includes teens in high school and tertiary institutions. Telling young people the importance of condoms and pills and advising them on where they can get them does not in any way imply that one is telling them to go have sex; it is an empowering strategy that will save our children from contracting the dreaded HIV AIDS, other STDs and unwanted pregnancies among others. We must be mindful to the fact that young people have a right to information and a right to access health services. Therefore any religious leader, school administrator, parent or guardian or local leader who denies young people such a right can be legally

prosecuted. Furthermore, people living with HIV have rights too: right to health, dignity, freedom of expression and movement, privacy, confidentiality and informed consent hence no teen should be denied his or her right because she has HIV. Teens with HIV should be availed with ARVs and given all the care they need.

It has also been suggested in these very pages before that we need to repackage our information and sex up our approach when passing on reproductive health education to young people. We strongly recommend provision of contraceptives including condoms, coupled with edutainment meaning, combining education with entertainment a journey HALEA's edutainment team has started. There is a need to provide free HIV testing and counseling at schools at least twice in a term and finally establishment and promotion of toll free hotlines as well as youth spaces or corners in

health facilities and communities especially in the slum areas is paramount.

Finally, it is very important that we mobilise the girl child and more women to access family planning services and ensuring there is no stock out of commodities. Why should we emphasize only condom use for men and avoid telling young people that there are condoms for women too? Please, let us involve men in this whole family planning agenda as well as increase advocacy for innovative initiatives that increase access to family planning services to rural and vulnerable groups but most importantly to young people in schools and especially in slum areas.

Kato Mukasa is the Executive Director of HALEA Youth Support Centre. He has served young people for over 15 years. He is a Human Rights Advocate and Activist, an Economist and a trained Lawyer.

DEFILED, IMPREGNATED, INFECTED WITH HIV AND ABANDONED AT 13 YEARS. HERE IS THE STORY OF GRACE KAKYO

A troubled Childhood

My name is Grace Kakyo, I am 18 years old female Ugandan teenager living with HIV-AIDS. I am also a single teen mother of 2 children: Nassolo Gift (3 years) and Byamukama David. At the moment, I stay with the youngest boy, David, aged 1 year and 3 months (as at 30th may 2014). I was born in Fort portal district, village in 1998. My family was polygamous and my mother passed away when I was about 6 years. Thus I spent much of my childhood in the hands of a step mother who treated me harshly much of the time. Whereas I had

enrolled in primary one in 2002, a few years before I did.

I always lacked even the basic necessities such as uniform pencils and books as well as food that teachers kept on chasing me out of classes that I was forced to drop out of school in 2002.

Coming to Kampala City

When I dropped out of school, none of my relatives bothered to take me back to school. After all, all my other siblings were already out of school having dropped out



Grace Kakyo

In June 2002, my paternal aunt, came to our home and suggested to my father that I should come with her to Kampala to help her manage her bar business and promised to get me a better job in town that would enable me have a better future. I was so excited that I spent the entire night fantasizing, dreaming about Kampala city a city that I had never visited but I had heard a

lot clothes, nice shoes and eating regular meals and being happy and free from my cruel step mother and my 'I do not care' father that throughout the night, I kept on turning on my cotton made mattress until day break.

It was my first time to enter a car and travel in it. As child, I had played in spoilt cars in the school compound I had never entered and travelled in a moving car. Everything was new, the road and the trees, buildings, people etc on the road was moving, running fast that I was forced to ask my aunt if the car was not about to crash!

Life in Kampala City:

Kampala city life was different from life. There were many buildings, tall buildings many people, many cars, many shops and many bars. I worked in my aunt's bar located in Makerere Kivulu. The bar was only one room which also doubled as our bed room by virtue of a curtain that separated the bar (sitting room) from the bed room. My aunt had 4 other children and she complained of having a large family in a small room.

We sold all sorts of alcohol, from local brew to brewed bottled beers and we worked most of the night that I spent most of the day time feeling sleepy yet there was no chance to sleep even during the day. Day time was used to prepare the local brew and to clear the glasses, utensils, wash clothes as well as keeping the bar clean. In a space of about 6 months I was too exhausted with the bar work that I was no longer very useful to my aunt. I was

sleepy and sluggish much of time. I was also tired of the numerous bar men who kept on fondling my breasts and buttocks as a served them alcohol in the night.



Grace with her Baby

Noticing my exhaustion and disappointment, my aunt got me another job I was to work as a house maid at the home of a shop keeper. The shop was located in Makerere Kivulu. I was excited at the mere thought of leaving the bar and working for a man who had a shop. For sure I knew that

I am Defiled and Impregnated

I was a house maid at the new home. This was a two roomed house with the shop occupying the front room and the bed room /sitting room taking the last room. My boss was a married man with 3 children. My work was to fetch water, keep the home clean, wash clothes cook food and do any other task especially as asked by the lady of the house. At night, I slept in the shop while the rest of the family shared the room.

Then this day that I will never forget in my life happened. The lady of the house lost a relative and went for burial.

She spent there a long time. Meanwhile, I stayed with my boss and I continued doing my domestic chores, preparing his food, washing his clothes and during other chores as and when he demanded.

And this terrible incident happened.



Grace with her Merchandise

whereas I could do a lot of work during the day, I would have enough time to sleep in the night and yes, I had missed sleep for many months and the thought of catching up with my sleep made me feel so happy.

One terrible night, my boss approached me and forced me into sex with him. Whereas I tried to plead with him and resisted, he over powered me and forced me into sex. It was my very first time to play sex, it was very painful and I was bleeding throughout the night. The next days he bought for me tablets to stop the bleeding but at the same time he continued

forcing me into sex until when his wife come back. I was scared so much that I did not share my grief with anyone. I suspected no one would help me and besides, my boss had promised to kill me- he had a dagger kept in the house- if I dared to inform any one about the

forced sex.

I knew nothing about sex, HIV-AIDS and pregnancy. No one had told me about these things though I had heard about a disease called "silimu" that people got out of playing sex. I did not notice that I had missed my periods because they had never been regular after all.

A few months after the forced sex, I begun falling sick, feeling malaria every time, throwing up and feeling exhausted. I did not notice that my stomach was bulging, that my breasts were growing rapidly and my entire body was expanding. Other people noticed. The lady of the house noticed and my aunt noticed too. They told me I was pregnant and demanded to know who was responsible for my pregnancy. I was scared! I told the man responsible for my pregnancy to take care of me and he instead denied responsibility. He said I had lots of boys friends I was having sex with and he was therefore not responsible for any pregnancy.

I was immediately thrown out of his house, my aunt refused to take me in saying I should go back to the man responsible for my pregnancy. A merciful lady named maama Doreen took me in and started caring for me. She had a large family of 5 and she is a single mother. They stay in a single rented room. She agreed to give me food and take care of my pregnancy.

We started to go to Mulago hospital for antenatal medication, during such checkups, I was discovered to

be HIV positive and this sad news terribly devastated me. I was in disbelief that I had got that dreaded "silimu" and I was carrying a child at the same time. I spent several



Grace at her Wooden House

months in self denial, crying day and night not understanding why such misfortune had to occur to me.

Finally the baby was delivered and it was HIV negative. Surprisingly, the man responsible for the child started to claim it. I refused to give it to him and he organized and



Inside Grace's Wooden House

took away my baby girl. A day that my child was lost is the same day that man shifted from Kivulu and relocated somewhere in Masaka. I have never seen my baby girl again. I miss her a lot.

It was that time when another elderly man begun seducing me with money and before I knew it I was having sex with him and I became pregnant. This man too run away from me once I told him I was the second pregnancy was terrible. I was always sick. The medical personnel blamed me for getting pregnant again. They reasoned that I had put my life and that of the unborn in great danger.

I was lucky to deliver the baby successfully. However, I never regained my strength as before. I become very weak. I had already secured a wooden house/box in which I stayed. It

was so small, with no aeration and it could flood whenever it rained.

Maama Doreen could not fully support me, she was also struggling to support her children and my burden to her was becoming too much. My second baby has been too weak, even now at 1 year and three months; he can neither stand nor crawl. He is too weak and always sickly. Doctors say he is free from HIV-AIDS but I wonder why he is such a big weakling.

HALEA Discovers Me and a New Life Chapter Opens

It was in Jan 2013 when HALEA officials got to know about me. They were doing research on young mothers in Kagugube and

they discovered me. My story moved them and they started helping me. They encouraged me to take my drugs regularly, they have always provided me with transport money to go to the hospital, and they have paid

for my lunch, rent and given me clothing and other utensils to keep my child healthy.

HALEA members also contributed some capital and I started the business of vending sweets and bananas. Though I earn too little but I have hope that HALEA cares for my well being. Whereas I luck so much, HALEA is paying rent for my newsingle room, it is far better than the wooden one I stayed before. At one time, I could no longer take tablets because I lacked food and whenever I could take them without food, I could get more sickly. I did explain to HALEA staff my challenges and they offered to pay for me a plate of food every day at a nearby restaurant. This has enabled me to regain my health because I can now easily take my drugs. My child, David is also gradually gaining some energy and I do hope that even when he has taken long to do what children of his age do, I now live hoping that he will not die; he will live to grow into a healthy man. I need more capital to inject in my business, I also need to go back and study hair dressing hoping to make a beauty salon of my own. HALEA has taught me book keeping, so I now know how to manage a small business. Please help me to raise money to enroll for a course in hair dressing and please also help me raise money to start a beauty salon. I do believe that once I have the necessary skills and capital, I will be able to manage on my own and I will also be able to raise my two children successfully. This is my kind appeal to dear readers of the Open Talk Magazine.

HALEA APPEALS FOR GRACE KAKYO'S FINANCIAL SUPPORT

Dear Readers of the Open Talk Magazine, this is a humble appeal to you all. HALEA members are indeed struggling to keep Grace Kakyo and her child alive. We are cash strapped yet we feel the desire to help this one girl regain her stolen future. Our desire is to take her back to a vocational school to study hairdressing and beauty therapy and then give her equipments that will enable her start a beauty salon. Please help HALEA help this young mother by making a contribution .We need to raise at least **4,000** (Four Thousand dollars) to give Grace Kakyo her life back. Every dollar, every shilling



Kato Mukasa, Grace Kakyo and KSC Teens

counts. Please send your financial support to the following account details and indicate that the money sent is for **GRACE KAKYO**. Use the following account details:

Account Name: HUMANIST ASSOCIATION FOR LEADERSHIP EQUITY AND ACCOUNTABILITY (HALEA)

Accountnumber: 2110002000084.

Name of Bank: POST BANK UGANDA

Address of Bank: PLOT4/6 NKURUMAH ROAD.

P. O. BOX 7189 KAMPALA

UGANDA

Bank Swift code: SBICUGKXXXX :

Bank IBAN number: UGPBUGKA

HIV CONFESSIONS

TEENS WITH HIV SPEAK OUT

Teen No.1: Apio Alex.

My name is Apio Alex (Not real name), I am in form 3 and I have HIV. I was born with the disease 14 year ago. As a child, I regularly fell sick. My mother and father died before I was 6 years. I grew up with my uncle who did not disclose to me my health status. In primary six I got herpes Zoster (kisipi), I never knew that it was an indication of HIV AIDS. When my uncle took me

to the university hospital, they advised that I should test for HIV, I was found positive and my status already but was hesitant to let me know.

From then on, I was put on ARVs and I joined the Paediatric Infectious Diseases Clinic (PIDC) at Mulago. My life improved greatly and I got the drugs free of charge. Recently I tested and my CD4 count was good.

The main challenge I have is that I cannot take my drugs at school as none of my classmates, teachers or even friends is aware of my being HIV positive. I fear exposing my status because I know that I will be hated and discriminated. There is no teacher in charge of health issues at school. I fear to simply go and tell the head teacher that I am HIV positive and I need special attention. I always have to wait until I go back home to take my drugs. Even when I do not

THE DANGERS OF DRUG ADDICTION AND HOW YOU CAN DEAL WITH IT.

By Suzan Nambejja.

take the drugs the required time, I nevertheless ensure that I take them. I want to become a medical doctor and cater for HIV patients. My thanks to HALEA for giving me this platform to share my secrets.

Teen No.2: Amito Brenda:

My name is Amito Brenda, I am 18 years old, a student in s.6 within Kagugube parish. I discovered that I have HIV AIDs four years ago. I guess I got it from the first boy friend I had, a man who was about 8 years my senior. I was in senior 2 then, young, pretty and naïve. I did not know much about HIV and condom use. I have come to accept my health status and I take my drugs regularly.

I have not disclosed my HIV positive status to anyone including my current boy friend. I fear to come out and share my health status to the public because I know fellow peers will want to avoid me.

Whereas I am having sex with my 22 year old boy friend he is HIV negative I have always insisted that we use a condom. I love him so much that I do not want to lose him yet I also fear to tell him I have HIV. My boy friend wants to marry me and we have children. I am puzzled because this means I will have sex without condom. I will then have to infect him yet I do not want to give him HIV. I do not know exactly how to go about this situation. I will need advice from the O.T.M readers.

I thank HALEA for the sex education, the debates and essay writing activities done in our schools. Your counseling and advice has always enabled me to remain strong. How I wish I knew all about sex, sexuality and protection measures before I started having sex. I am still hopeful that I will live for another 30 years, become a journalist and work towards the betterment of our country.

The media is awash with stories of soldiers shooting one another or civilians to death and immediate cause given has always been one: that such culprits did such heinous crimes under the influence of drugs. Whereas there are several reasons why a soldier may misuse his gun, as a social work who has worked closely with soldiers and their families, I find it vital to handle the issue of drug addiction in an attempt to raise more awareness about it and contribute in reducing cases of violence that are influenced by drug addiction. The word “addiction” is derived from a Latin term for “enslaved by” or “bound to.” It therefore implies that a drug addicted person is enslaved by the drugs, he is so much dependant on the drugs and can ‘not’ do anything without relying on the drugs.

Addiction involves craving for something intensely, loss of control over its use, and continuing involvement with it despite adverse consequences.

Addiction changes the brain, first by subverting the way it registers pleasure and then by corrupting other normal drives

such as learning and motivation. We should also note that although breaking an addiction is tough, it can be done.

We further note that addiction exerts a long and powerful influence on the brain that manifests in three distinct ways: craving for the object of addiction, loss of control over its use, and continuing involvement with it despite adverse consequences. We should then also understand the various forms of addictions. Addition may not only mean drugs in the very sense of the usual drugs we have known. For many years, experts believed that only alcohol and powerful drugs could cause addiction. Neuro imaging technologies and more recent research, however, have shown that certain pleasurable activities, such as gambling, shopping, and sex, can also co-opt the brain.

The scientific consensus has changed since then. Today we recognize addiction as a chronic disease that changes both brain structure and function. Just as cardiovascular disease damages the heart and diabetes impairs the pancreas, addiction hijacks the brain. This



Teens under drug Influence

DRUG ADDICTION

happens as the brain goes through a series of changes, beginning with recognition of pleasure and ending with a drive toward compulsive behavior. All drugs of abuse, from nicotine to heroin, cause a particularly powerful surge of dopamine in the nucleus accumbens. The likelihood that the use of a drug or participation in a rewarding activity will lead to addiction is directly linked to the speed with which it promotes dopamine release, the intensity of that release, and the reliability of that release.

We should note that drug abuse is not about taking too much alcohol, smoking Bhang or marijuana etc, it is also about drug misuse. Even taking the same drug through different methods of administration can influence how likely it is to lead to addiction. Smoking a drug or injecting it intravenously, as opposed to swallowing it as a pill, for example, generally produces a faster, stronger dopamine signal and is more likely to lead to drug misuse.

How then can we overcome an addiction? Determining whether you have addiction isn't completely straightforward. And admitting it isn't easy, largely because of the stigma and shame associated with addiction. But acknowledging the problem is the first step toward recovery. To establish whether or not I am addicted, you should ask yourself the following questions: Do I use more of the substance or engage in the behavior more often than in the past? Do I have

withdrawal symptoms when I don't have the substance or engage in the behavior? Have I ever lied to anyone about my use of the substance or extent of your behavior? Again check yourself for these common signs: are you neglecting your responsibilities at school, work, or home (e.g. skipping work, neglecting your children) because of your drug use. Are you using drugs under



Teens in a drug abuse play

dangerous conditions or taking risks while high, such as driving while on drugs, using dirty needles, or having unprotected sex. Is your drug use getting you into legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit, misusing your fire arm etc? Or is your drug causing problems in your relationships, such as fights with your partner or family members, an unhappy boss, or the loss of old friends? If your answer is yes, then you are addicted and you need help.

Don't try to go it alone; it's all too easy to get discouraged and rationalize "just one more" hit or

pill. Whether you choose to go to rehab, rely on self-help programs, get therapy, or take a self-directed treatment approach, support is essential. Recovering from drug addiction is much easier when you have people you can lean on for encouragement, comfort, and guidance. You can help yourself by speaking up about your addiction but avoid self blame. Share the challenge with your family, friends

and associates, better still seek counseling from the social workers, gradually you will be helped to get off an addiction. Yes, getting off drugs is a gradual process but can be successful if you are committed to get off an addiction. Remember to take care of yourself.

Suzan Nambejja is HALEA's Treasurer. She is a teen's counselor, a social worker and an IT Expert who has worked with HALEA in different capacities since 2008.

**JOIN
OPEN TALK
DEBATES
ORGANISED
BY HALEA AND
SUPPORTED BY
IHEU**



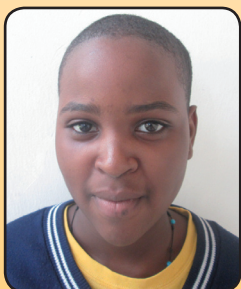
TEENS DISCUSS SEX EDUCATION

Atim Noela Immaculate, Bright Junior School, P.7



Education is the continuous discovery of a person's ignorance. If children are taught about sex, the rate of teens involved in early motherhood is threateningly very high. Thus telling teens about sexuality and sex in general is an empowering tool. As a result of sex education, teen's pregnancy will reduce and the spread of STDs and AIDS which has no cure will equally reduce. Preventive measures will be followed and used by teens, schools should teach about sex because parents and many media houses fear to talk about sex and some parents are equally not informed. So I say yes, teach us about sex so that we can avoid the dangerous that comes to us because of ignorance.

Nakiganda Desire Mirembe; Bright Junior School P.7



Parents should teach their children about sex because they are the ones to blame not teachers if their children don't follow safe sex practices and especially if the teens become pregnant. What is wrong with us knowing about our reproductive systems, knowing how to avoid unwanted pregnancies and how to handle sexual advances from lustful men and especially how to say no to unwanted sex. Once one is told all about sex, one is able to keep his or her body clean; one can get self esteem and will be able to handle

all the challenges that come along with adolescence.

Gabriel lucky Noel; Bright Junior School P.7



No thank you, please do not teach us about sex, we are simply young children who know little about sex and we should not know much until we get married. No sex education should be taught at school because that is not what we are in school for. If teachers teach Teens about sex this will open up the teens minds and end up defiling and raping others while at school. It's the parents job to teach their kids about sex because different cultures have different myths about sex therefore it shouldn't be taught in schools. Teens are very stubborn people, what will happen if they demand for a practical sex lesson, will a teacher undress himself or herself to demonstrate? And so my argument remains valid, spare us the sex education because we do not need to know all about sex, once we are ready enough to practice sex, then teach us all about sex and sexuality.

Muzaaya Bosco Hillary; Children's Corner Junior School



Who says we do need sex education? Look around our community and see how many young mothers we have struggling to make ends meet. They got pregnant because they never knew when they can get pregnant, how

they can negotiate for safe sex and how to say no to un wanted sex. Teaching us sex education will go a long way in saving lives. Through sex education, teens are taught and encouraged to abstain from sex, it also discourages sex abuse among teens, help teens to obtain good values and morals which help them in future to become good citizens of the country.

Muzaaya Patricia Children's Corner Junior School



Sex is a masculinity or femininity of an organism or a living thing. Or it is the fusion of male and female to form a reproductive organ. But we should equally note that sex education is far beyond teaching about how to have sex as some ignorant people want us to think. Yes I agree, sex education should be taught because all of us know that we are in the universe because of sex. There is no miracle about getting on another, once two people play sex and once the woman is ready to conceive, then a baby is the end product. So sex is a valuable thing and this is why I credit it for being taught in schools.

In my view the teachers who teach about sex education should be precise and reveal the virtue of it and the demerits, though sex is part of life, those teaching us about sex education must be cautious and have a carefully designed approach. They should give it a credit where it is deserved and avoid making exaggerations. Thanks to sex educators, what could we have known without you because some of our parents are

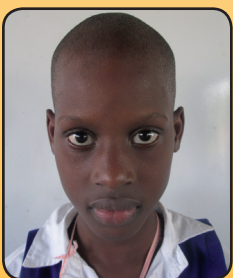
SHOULD SEX EDUCATION BE TAUGHT IN SCHOOLS ?

shy on teaching us about sex. Many teens know nothing about sex yet their parents do not want to share a thing with them. A friend of mine called Winnie told me how she asked her mum how people play sex, and how a girl can really get pregnant and what her mother could advise was to simply tell her to go and consult her teachers, just imagine that! So please give us sex education at school.

Sex is so important in schools when its taught to students, they will know more about sex and be aware to avoid sex deviation like masturbation and even sex abuses like forced marriages, early marriages, rape and defilement due to that technology got at school about sex. I encourage all schools to come and join HALEA and be part of the Open talk activities.

In my conclusion, I thank HALEA for the Open Talk programme which involves debates and essay writings, thanks to HALEA for having put that information in place in regard to sex education which has helped us in many ways especially sharpening our understanding about sex and sexuality, knowing effects and the right value of sex. Please give us more empowerment through sex education, allow me also thank my school administration of Grace Fellowship for being co-operative with HALEA.

Makula Humera, Children's Corner Junior School



Last term with the support of HALEA Youth Support Centre, we held a Debate in my class room on the topic, "Should sex

education be taught in schools?" I must admit that on the surface when the motion was introduced to us by the teacher, it really looked flat, grey and boring but wait a minute! It turned out to be a thrilling experience hearing the boys and girls taking the sides. I am being open-minded on this preposition that it should be taught in schools as I make a random mention of the reasons as follows.

Sex education should be taught in schools because it prevents HIV/AIDS. In most cases girls should not be blamed for the rampant spread of HIV/AIDS. We girls quite often do not leave within our means and always want to belong to a high class and as a result we do just anything with anybody to attain our desires; talk about cross generation relationships (sugar daddies). Therefore teachers in schools should be credited for the sex education in schools because once you give us such an education, then we are empowered, we exactly know when and how to say NO to any sexual advances and that can only be a result of sex education.

Sex education should be taught in schools because; it makes a boy and girl child to have a good human nature because they will grow up loving and respecting each other for what they are and not because of the sex they are. In comparison to the life of our ancestors, life is far more different today than it was 100 years ago. At the age of 15 today, a girl or boy in school is trying to make her life prosperous unlike in the past when he/she would be having four off springs. And yes, teens are having sex for the fun of it and they deserve to be taught all about sex to avoid the dangers of blind sex.

Sex education reduces death rates of the youth in schools today. The youths are dying each day leaving the world too early before reaching their aging stages as our ancestors in the past. Therefore, due to sexually transmitted diseases like Candida, Gonorrhea and HIV/AIDS, students and pupils die. Sex education in schools increases obedience of the boy and girl child towards their parents and their tendency to strive to live independent lives yet in reality a world of independence is merely a desire which can be attained through an empowerment.

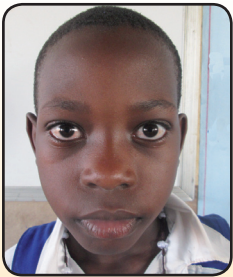
Sex education in schools makes a girl and boy child to want keep their virginity. HALEA has always stressed the need to abstain as number one priority and encouraged those who are mature enough to have sex to always be protected when having sex. I would think that we ought to be thankful for all that we have got instead of working hard at losing it when we still have a chance. Sex education also teaches that we shouldn't forget to consider that all we wish to do in the name of fun, friends will still exist even when we are through school. Therefore, sex is fun but it can wait!. Sex education also increases or improves on ones dignity. This is mainly on the side of a girl; a girl is dignified and always so because a sense of dignity ought never to abandon a woman.

Sex education makes a youth to be humorous and witty, but within the limits of decency and correct behavior, youths think twice before they go beyond boundaries. This is through dignity and therefore decreases the act of rape. Sex education in schools leads to success in the way that youths settle on books and therefore become successful in

SHOULD SEX EDUCATION BE TAUGHT IN SCHOOLS?

the future. Success can be defined as achieving something you want and have been trying to do or get, there's no short cuts to success, you need to succeed but only one thing can let a youth down, that is early sex. Sex education prevents early pregnancies in girls. In this case, teachers teach the outcomes of sex and such information is good enough to discourage the young youth from playing sex or to play it safe if they must. Please give us more sex education always.

Nalubega Joan Children's Corner Junior School, 10 years, p.5



I don't support teaching sex education to us children because some children will get excited and start to learn bad behaviors and start wanting to play sex. For example because TV stations air sex oriented movies, many teens want to venture into what they see on TV. Children learn bad ways of wearing miniskirts and provocative dresses which leads to lack of respect for the adults. It leads to ridiculing of teens mostly among girls, please teachers, delay giving us this thing called sex education; I feel I am not ready for it.

Mugerwa Samuel; Children's Corner Junior School, P.5



I support sex education because it helps children to avoid diseases such as AIDS, it helps them to learn more about sex, and children will avoid sex. It must be taught in schools because helps them to know more about sexually related diseases, to

protect themselves from HIV/AIDs. Furthermore, it helps children get good future by empowering children with tactics to avoid rape, thanks to HALEA for the trainings they have given, many teens can now avoid unwanted pregnant.

Nakafeero Faiza; Children's Corner Junior School, P.5, 9 years

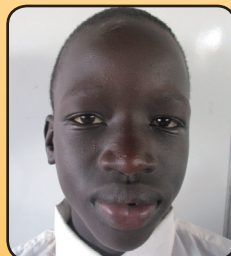
Sex education should be taught in schools but emphasis should be put on only the disadvantages of sex and not on the



advantages of sex because children once taught the advantages of having sex, they will want to exploit such advantages and end up in trouble. Sex education should therefore emphasize on issues of reproductive health such as how girls get pregnant, how to avoid such pregnancies, how to be assertive and say no to sexual advances and the dangers of having sex especially unwanted pregnancies and diseases like HIV. It is bad for children to have sex and it should be for people beyond 18 years of age and especially for those who are in marital relationships.

Toor David, Children's Corner Junior School,

Sex education is good and should not only be done by teachers but by parents too. Through parents and



Teens talks, I am sure that rate of abortion among teens will reduce, Teens learn the importance of not engaging in early sex, creates a good relationship between the Teen and the parent because

they can be closer to each other, parents can get time to talk about sex with their children. My thanks to organizations such as HALEA that have given us a platform to share views with our parents, teachers and elders.

Mwolobi Deborah; Grace Fellowship Primary School P.7

I agree that sex education should be taught in school because of my following reasons. Sex education promotes self



control as it helps children to have control of themselves most especially during adolescence period. Sex education helps children to maintain their emotional and personal feelings even though they are in the stage of adolescence.

Furthermore, if the children are taught about sex they can be able to behave well in public and how to handle their body changes. If a girl is in her menstrual period she will know how to conduct herself not ending up by sitting badly, spoiling her uniform because of padding herself wrongly or know the value in bathing regularly.

Some of our parents are ignorant about sex and others are shy to talk about sex with their children and since they are shy they don't teach their children with such things and yet it is very important for our lives. Sex education has several other advantages: It enables the teens to know how body parts work; sex education helps children to know the way each body part works and how to protect them especially our private parts.

A teen who is empowered with

sex education knows more about sex than someone who has not been learning sex education and he or she has a lower chance of getting sexual diseases like HIV/AIDS, syphilis than that one who doesn't know just does it in as to whom it may concern way and carelessly. This is so because such a trained person knows the power of rejecting sexual advances and the value of contraceptives once he or she is ready for sex.

Kanyunyuzi Gladys; Kampala Students' Centre



In our communities, the playing of sex has increased which has also led to increase in HIV/AIDS among young people. Through playing sex, HIV/AIDS has killed many people in our communities which lead to reduction of the population in our country. Therefore sex education should be taught in schools in count of the following reasons

In providing sex education, many people have got employment because it is largely health professionals and counselors who go to schools to give us such information.

Teens that have been empowered through sex education can avoid the problems about sex, and therefore they know all the basic means to protect themselves against HIV/AIDS.

Through sex education, many teens are staying in school and are living longer because they no longer play sex recklessly since they are aware of STDS hence they know how to protect themselves against HIV/AIDS. Finally I am advising the younger

ones and others to protect themselves when they are playing sex and to attend sex education sessions whenever they are organized so that we can stay longer in our life, this one life we have, remember, life has no spare.

Nanteza Zulaika; Kampala Students' Centre



Sex education is the education where students or people are taught about sex advantage and disadvantages through getting skills. Sex education should be taught in school in order to make students to know its advantages and disadvantages which can help them to plan for the future through abstaining which controls diseases (sexually transmitted diseases) like gonorrhea, AIDS and many others.

If students are taught about sex it also controls or reduces on number of youth who die of sexually transmitted diseases and it reduces on number of youth who practice abortion.

Sex education if taught also controls over population because population now days is increasing because of students who practice sex at an early age and after that they end up getting pregnant which increase on the population after giving birth. Remember, Uganda has the fastest growing population rate in the entire world, so we need to have sex education.

Therefore sex education should be taught in schools to help students in their dangerous years, that is to say, the sexually active years of adolescents especially from fourteen years up to twenty five

years and it affects students very much, it is therefore valuable to teach teens disadvantages and advantages of sex such that they can be able to control themselves and it will control all above problems which are caused by sex ignorance, please teach us more about sex and save our lives.

Balisanyuka Robinah; Kampala Students' Centre



Sex education is the one taught concerning the sexual changes in life. It should be taught in schools to enable students acquire knowledge about the sexuality changes of life like how to control themselves during the adolescence age.

Sex education is good to students if taught in school to enable them to be straight forward and continue with studies. Sex education helps the girls and boys to abstain for a better future marriage and to prevent the rate of abortion after getting pregnant and eventually become school dropouts.

Sex education should be taught in schools because parents spend little time with their children which takes them long to teach them about sex and fill shy telling their children things they refer to as vulgar and obscene.

Sex education is good to students in that it helps them to relax their minds if stressed and enable them create friendship from each other. Sex education helps students to understand and learn the norms and customs of their ancestors according to their tribe. Therefore it's not bad to provide sex education in schools.

Nabwami Winnie ; Kampala Students Centre



Sex education is the type of education which is provided to students through their teachers or parents teaching them

how to handle sexual advances, how to know their reproductive systems, how to handle sexual crimes such as defilement and rape and how to avoid pregnancies among others.

Sex education should be taught in schools because of the numerous advantages it brings about. Sex education helps students abstain from sex. The bad thing is that most schools concentrate on academics geared towards passing exams and shy away from teaching sex education. The results are bitter as the majority teens end up with

unwanted pregnancy for girls and results into lead abortion.

Sex education should be taught in schools because it decreases the population number since teens will be aware of tactics to avoid pregnancies and in effect this will reduce the number of school drop outs in the country and many children will attain their dream careers. All in all sex education should be taught in schools for the good of our nation.

Nanyanzi Fazirah; Kampala Students Centre



Sex education should be taught in schools because sex is part of life so students should be taught how and when to practice this

act. My friends who are against the teaching of sex education

argue that such a step will promote immorality but I disagree because instead the teaching of sex education can only enable teens to know how to tame their sexual feelings until when they are ready for sex.

Many students fail to control their feelings because they do not know anything about it and they think that sex is just a game and after playing sex; they face a lot of problems. Teaching sex education will reduce the number of school drop outs because once teens are empowered, they have means to avoid unwanted pregnancies.

So far through the teaching of sex education, I have come to learn that If sex education the value of being faithful to your partner, using condoms and the need to abstain from sex. After acquiring this knowledge, I have been able to share it with fellow peers and this I believe will save many teens from getting infected with HIV and having unwanted babies.

ABORTION DEBATE CONTINUES AS TEENS GIVE THEIR VIEWS

SHOULD WOMEN/TEENAGERS HAVE A RIGHT TO ABORTION?



Ntale Marvin; Bright Junior School

Abortion is the removal of the premature baby from the uterus

or womb. The teens should not have a right to abortion because abortion leads to death, reduction in the population and other complications. Yes, I heard the arguments for abortion during a debate HALEA organized in our first term but I remain unconvinced that abortion should be allowed.

Just imagine if I was aborted, would the world have known my ideas? Do not you think you would have missed my contribution? Most importantly, why should a person go ahead to conceive if she is not ready to have sex and bear a child, sex should be for adults and the end result is clear, it is mainly pregnancy hence abortion should not be allowed, if you do not want to have a child, then abstain from sex. This I think is a very simple thing to do, you do not want a child, please do not play sex, period.

Kenema Jackline; Grace Fellowship Primary School

No, no woman should have a right



to abortion. First of all abortion is bad to teenagers and women and they should not practice

it because if you are teenager or woman that means that your mature and you can differentiate between right and wrong. If you play sex and you enjoy it; the results out of enjoying your sex are clear because a sexually active person can get pregnant and the result is normally abortion which in most cases results into death.

Medically we have been told that

crude doctors can rupture the uterus and one may fail to conceive again. By the time you want to get a baby, you will fail to have one and this may lead to family break up. In our last HALEA debate, I heard debaters arguing in support of abortion saying that pregnant girls are chased out of school, that their future is ruined that no man wants to marry a second hand woman etc but my question to such is: have not you seen the many young mothers HALEA has taken back to school; are they not attaining their education while their babies are safely at home? Who says that men do not want second hand women, how about men who buy prostitutes? If you are talking about second hand women are prostitutes to be termed as a million hand women? Who cares about a first hand, second or million hand women? I believe it is about maturity and experience that men look for in women not virginity and all that crap many supporters of abortion use in their naïve defense of a crime to humanity. Abortion leads to death, if you are still a young girl you should not enjoy sex because your uterus is still small for a baby to grow inside it.

If you are a woman I am giving you advice if you enjoy sex and get pregnant don't lose hope, just wait after nine months and you produce your bouncing baby because it is not good to abort a human being. I am giving advice to my fellow little girls by saying that the best way to keep yourself and your virginity is by abstaining from sex until marriage; let's leave sex to our parents and elders. Everything has its own time and sex too has definitely its right time, do not be

deceived to have it when you are not ready, you will have plenty of sex when you grow up and get married.

Nakayi Esther; Children's Corner Junior School



Abortion is the process by which a person forces the un born baby to come out from the womb. This

is mainly done by the teenagers who are sixteen years to nineteen years and are mostly in schools. They mainly have reasons to abort since it's not good for a student to get pregnant from the school, we all know that our school rules are harsh to pregnant girls, therefore the immediate solution is always abortion.

But even when most teens want to shy away from the reality and fear to tell the truth, many of them support it and I therefore support abortion from a rational point of view. Remember that most schools hide sex education from the teens and many parents are not willing to talk about sex with their children. Teens are left to assume and guess all about sex and whatever they do is done in ignorance. Who do you then blame? Do you blame the teen who was denied the right information or the parent and the teacher who neglected his or her duty? Abortion should be done by the teenagers because some of them have sex while they are still young by not knowing the outcomes from what they are doing but only enjoying the pleasure derived out of sex. Since

most students today are growing rapidly, like mushrooms, you will find a girl of 12 looking like that of 20 years and these shameless men will want to have sex with her. Most of them are being raped by men who are above their age and this result into pregnancy when the only solution to the girl is just abortion because of not knowing the father of the un born baby.

Ignorance is the worst enemy to many young people and it appears as if they is a deliberate move to deny young people their right to know all about sex. I have discovered that most students and especially teenagers today do not fear AIDS but only fear carrying a baby in their womb so that's why abortion has increased among teenagers because most of them play sex thinking that for them they are still young and can never get pregnant forgetting that once you start menstruation, you are ready to become pregnant. Now that you have not supported sex education, allow teens to abort so that they can continue with their education.

I conclude by saying that teenagers have a right to abortion because most of them don't fit into marriage since they are too young yet they are having sex with mature men fit to be their grandfathers. It is good for teenagers to abort because most of them do not have what it takes to care for children. I support abortion because it will save us from having children abandoned in hospitals, babies thrown in dustbins and toilets and many babies left alone on the streets, thus give us abortion and save us from the pain of growing up in an un-loving environment.

UNDERSTANDING SUPERSTITIONS IN OUR LOCAL SETTING

SUPERSTITION: WHAT ARE THE MOST COMMON SUPERSTITIONS IN YOUR LOCALITY? JUSTIFY WHY YOU THINK THEY ARE TRUE OR FALSE.

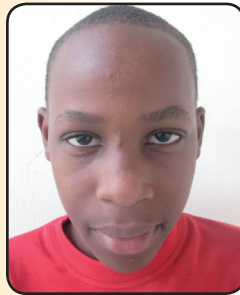


**Asasira Alvin,
Bright Junior
School**

Superstition can be defined as an event, a belief or practice that

people practice and do believe that it can lead to another phenomenon or occurrence and can therefore explain a mystery of a circumstance yet in practice such attributed thing is without any linkages between the event and what is believed to have caused it. I know that most people believe in them so much especially in slum areas but some other people like me do not care. The most common superstition in my area could be a "ghost". A ghost is said to be an appearance of a dead person. Ghosts are suspicious to me. At times I think that ghosts really do exist, the reason is that I have heard many people saying that if you are possessed by ghosts you speak weird things about humanity and have seen such in many people. Witchdoctors also use ghosts to confuse people that they can help them with their problems and I have ever seen that one. I have also heard that madness is also an influence of ghosts but according to me madness is caused by meningitis or brain damage and thus everything to do with superstitions are all lies.

Kasaija Sharif Ramathan, Bright Junior School



I have heard b a c k w a r d people saying that when you meet a woman early in the morning, then you will have a bad day.

Others think that a woman in her periods is not worth to lead prayers because God will not listen. I have heard that when twins are born, they have to pass through certain rituals or they will die or even burn their parents. Some people fear shaking hands with people of certain backgrounds saying that they can inherit their problems and misfortunes, all these are false fallacies and mere superstitions that have no basis. Can you imagine that some people believe that the dead can walk again; how on earth can that one be practically possible?

Another superstition is gargoyles they are a major part of gothic architecture and are present on churches all around and they were considered a symbol of protection that would drive away evil. People believe that these gargoyles would come live at night and perform their roles as protectors. The other superstition is getting an evil eye. One who gets the evil eye will be subjected to physical and spiritual harm and may as well result in death. All these are myths and falsehoods that have no basis and should be shunned.

POETIC CORNER

Poems extracted from Kato Mukasa's Anthology - "Because I Love this Land"

Life – Kato Mukasa

*Hah! Hah! Hah! Hah!
Life! Life! Life! Life!
What is life, who knows?
Is it what you make it,
Or how you make it?*

*Struggle, scuffle, strive to thrive
and survive
Bad, boring, beatings, ballistic, or
bombastic?
Merry making, joyful, excitement
or realistic?
Confinement, imprisonment, or
refinement?*

*Hah! Hah! Hah! Hah!
Life is beautiful-wild
Life is green, sometimes greener
Life can be good even for a
cleaner
Life can be mean even for a
planner
Life can be joyous for the poor but
Dull, hectic, boring, annoying to
the rich
You live it once, you lose it once
Life can be sweet and you enjoy it
Surely, life is what you make it!
Oye! Oye! Oye! Oye! Oye! Oye!*

Reasons why I will miss Heaven

By: Kato Mukasa

*I refused to agree
That happy are the poor
For heaven belongs to them
I refused to cooperate
With fleecing pastors
These bigamy specialists
That defile the little ones
On God's table
I refused to close my eyes
During the Christmas prayers
Because that greedy pastor
Was about to pocket the
offertory*

RELIGION:

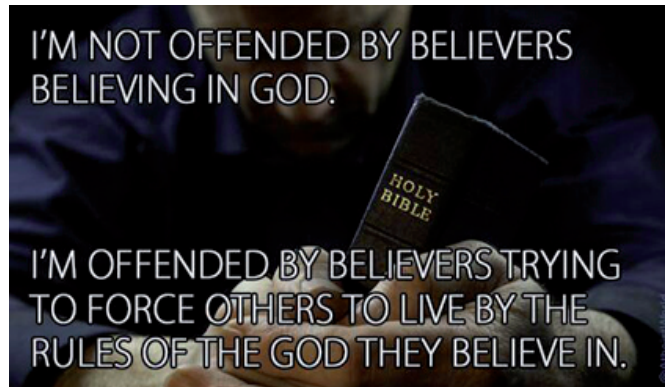
WHAT IS THE MEANING AND PURPOSE OF RELIGION? CAN SOMEONE BE GOOD (TO HIM/HERSELF AND OTHERS) WITHOUT BEING RELIGIOUS?

Namyalo Viola; Grace Fellowship High School, Form 6

Religion is a strong divine belief that one has towards something. In Uganda we have got various religions for example Christians who believe in God, Muslims who believe in Allah other people have their divine belief in small gods for example Muwanga, Mukasa and others. These gods are common to Baganda in Uganda but are as well applicable to many other Africans. These religions were introduced by the foreigners and Islam was the first to be introduced followed by Christianity. However, the Africans were found with their culture/religion and they could worship their ancestors. These religions were introduced to Africans not because the Europeans wanted the Africans to know more about their God, but they aimed at softening the heart so that the Europeans can take Africans land and other properties. Remember, religion emphasized being meek like a sheep, allowing a man to slap you on the right and you immediately turn your left eye.

An eye for an eye was discouraged even when the same bible talked about the same. Through emphasizing forgiveness, trusting God, obey God's commandments, following all the Bible and Quran, Africans' hearts were softened and that explains why the foreigners managed to exploit Africans. Just imagine if the Europeans never psychologically defeated Africans, what would have happened to their colonization mission especially because Africans were more in terms of numbers and were physically much more

stronger than the weak colonizers. So religion played its major role hence the famous saying in history that the flag followed the



cross and religion was symbolized through the cross and the flag meant colonialism.



Namyalo Viola speaks out

Who says religion is totally bad? Not me anyways. Religion is good because it has helped in maintaining peace, law and order since religious people know that once they break the Ten Commandments they will go to hell. Though they do not pause to ask how hell looks like what

should be found in heaven as well as the exact location of hell and heaven, no one wants to answer these important questions with the finality they deserve. Religion gives hope and nothing but hope. A part from that there is nothing else. However religion also opposes its self that is to say, the bible talks different things while the Quran also talks different things about the same issue for example Christians say that Jesus is the son of God while Muslims say

he is just a mere prophet of Allah that was called Nabbi Isa. Muslims argue that because God is a spirit, it does not produce yet Christians argue that Jesus is the son of God! So the question remains, how can a holy spirit produce a child? Is it not true that producing a child is through sex and playing sex alone or it is through artificial insemination whereby a sperm is added to an ovum? So how practical is the argument that someone can conceive without having sperms joined with ovum? There you are, you may not clearly understand the arguments behind some of these religious mysteries and many people go on believing blindly. Now that HALEA has exposed me to critical thinking in the last six years, I am able to pause and ask these questions, absolutely in good faith, nothing but good faith.

Believe it or not religion has its good side, many of us have been brought up by religious leaders and they have struggled to take care of us especially in the orphanages where most of us stay. But religious leaders are not very clean either, many of them

are tainted with sex exploitation stories as they force girls below 18 years into sex, many are caught red handed with married women and many steal from the very people they claim to be serving. That is very ironical, how can a person who claims to be holy again exploit those he or she is serving? We also know that some religious people hide behind religion to do business; some have opened up schools, hospitals and orphanages not to help the poor but to enrich themselves.

Thanks to HALEA to let us openly talk about what happens in our lives. It hurts me to see religious leaders raping girls, sodomizing teens and children under their care, swindling monies meant for the poor yet they pretend to be holy. Yet people like Mr. Kato Mukasa who do not identify themselves as being religious (but as freethinkers or humanists) have helped us greatly especially through enabling us stay in school as well as promoting our talents and above all taking us through open talks that have opened to us the doors of critical thinking, logic and independent reasoning. I do believe that humanists are doing a great job, they do not need to impose their ideas on anyone but they always invite us to reason through all the beliefs we have and the decisions we make, they do not give us false hope like some religious leaders. Get me right, I am not against religion or religious leaders but I would rather emphasize that religious leaders should not take their sheep for granted, they should always allow us to reason independently and give us room to ask the hard questions without intimidation and biases.

It will be a falsehood to say that religion is bad. This is where I disagree with some headline

atheists who want to say that everything about religion is false and deceptive. There are several people you meet and because they are religious, they try hard to act well and I sometimes wonder what

religious people do? We all fear to ask questions because we know that religious people will hate us, they will take us for infidels hence this stifles critical thinking, independent reasoning and analysis of issues. Religion instead causes paralysis of issues because we fear to annoy the people who promote religion.

I am happy that HALEA has enabled me develop a critical mind and avoid following issues blindly. The six years I have spent working closely with HALEA as a peer leader has been well utilized, I believe I can reason more

critically than before and without the exposure to HALEA's services, I would not be able to reason rationally as I do today. It is the blind faith killing development in Africa and thanks to religion and its million dogmas; many Africans are still backward enslaved in massive poverty. Many people believe in a certain kind of God, and there are so many gods in the world. For starters, the Hindu, the Buddhists, the Muslims, the Sikhs, the Christians and the Traditional Africans have different versions of GOD and they are all convinced that they all have the right GOD. Which God is then the true God? Religion alone will never answer such a question, one must think logically and independently to find a genuine answer. Yes, people believe in God, but when you tend to ask them the reason as to why they do so they can't answer logically and convincingly. So being good in a society does not depend on religion but it depends on your personality, vision, aspirations in life and character.

Namyalo Viola [18 years] is an HSC student of Grace Fellowship High School and has been a HALEA Peer Leader for six years.



A screen capture from the British Humanist Association's "That's Humanism!" video series, courtesy of British Humanist Association.

would have become of them if they were not spiritual or religious at all! Yes, because religion gives hope, some people will not steal or kill because they fear to go to hell and not these earthly prisons, that way, religion helps to create order, calmness and peace in society.

Above all, religion helps in keeping law and order, but leaves many people with a low thinking capacity. What I mean here is the



fact that religion promotes so many falsehoods and dogmas which can never be questioned. For example who dares to question why Muslims face in a certain direction while praying? Why do Catholics have to worship idols? Who dares to question all the miracles which

DEATH PENALTY REVISTED

SHOULD DEATH PENALTY BE USED AS A FORM OF PUNISHMENT?

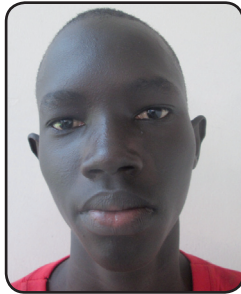
Gatkek David; Bright Junior School.

Death penalty by definition is the punishment of being killed for an “aggravated crime”. Please take note of the term aggravated crime, not every crime is punished by death penalty. There are specific crimes such as murder, rape, defilement and treason which are legally punishable by death. The question at hand is, should we maintain the death penalty? I strongly say yes and I will stand to support it forever because of the following reasons.

In the first place it should be noted that God Himself instructed the leaders of Israel most especially Moses to punish those who went against what God had told them to do by death. To back up that evidence, let me give you some biblical verses which talk about this and I am glad that Exodus 21:12-17 has almost exhausted it.

It should be noted that he who strikes a man so that he dies shall surely be put to death and he who curses his mother and father shall surely be put to death and there are many biblical verses that talk about punishment by death of which I cannot write all here.

However, in addition to that I can only talk about Sodom and Gomorrah who God punished because of their immorality. I believe whoever knows about



this story knows the kinds of immoralities these people were punished for. First and foremost, these people practiced homosexuality which countries

in the current century are crying for as a human right. To be frank, what should be done to such kind of people in our society who go an extra mile to even break the laws of nature? Yes, I call

it the law of nature, because for those who push human rights down our throats, my question is; who has ever seen two bulls mating with one another? Do we then say that human beings are denser than bulls who cannot mate among themselves? Then if animals that are not as intelligent as we are cannot do that, who are we then to do it? As for me, death penalty is the most appropriate punishment for such crimes and even when some of my colleagues argue for rights and are against the death penalty, a person who has sex with another person of the same sex should be given a death penalty.

Furthermore, in some African traditional societies death penalty did exist. For example the Igbo people of Nigeria could throw a man who was thought to have committed a sacrilege into the Evil forest where he was to stay there until death. In my perspective, in order for peace to dwell among us, we should employ the death penalty so that where it is necessary. A person who has committed murder should as well lose his life for taking somebody's

life. With this, there will be reduction in crime rate and after all we shall have peace in our troubled world as we eliminate wrong elements amidst us.

Nalumansi Victoria; Children's Corner Junior School, P.7, 13years,



I am against the barbaric death penalty. In Uganda, it is common practice to blackmail innocent people, and

many end in jail for crimes they never committed. We have read stories of people imprisoned for over twenty years only to be discovered innocent and if such were to be executed, they would have died in vain. Besides the law is redundant because the president has not signed for any death row convict for the last 10 years meaning that people on the death row are there suffering psychologically expecting death any time thus it is better to scrap the death penalty because even when people get killed, crime rate does not go down but instead some people will always want to revenge on those who killed their loved ones.

Our constitution is clear, we all have a right to life and logically speaking, killing a person because he killed another person does not bring the dead person back and worse still, it does not stop others from killing fellow human beings.

For those arguing in support of the

death penalty, what is the purpose of imprisonment/ Is it not to make people change their bad ways for the better? How can a dead person learn from his or her mistakes? What if this person was imprisoned for 30 years and in the process is meant to lose all the good things of life he would have enjoyed if he was outside prison. Don't you think once such a person is out of jail, he would be more repentant and sorry for his crimes than when he is simply killed?

How about those people who go to visit a murderer who is in prison for 30 years? I believe who ever goes to visit a death row inmate will feel sorry and would want to avoid getting into the same predicament as the prisoner. An eye for an eye is an outdated version of thinking in the 21 century, instead people should be helped to reason independently and assess right from wrong. After all, we always say that two wrongs will never make a right, thus killing a murderer will never stop another murder to be committed, it is better to change people's mindset so that we begin treating any form of violence and a backward way of settling scores, the governments should strive to empower people economically so that the scramble for resources is minimized and people should be taught the value of valuing life, killing a murderer is one indicator that the state does not value human life, let us call upon our good president to avoid signing papers to kill death row convicts, let us call upon our Parliament to amend the constitution and the Penal Code to remove the death penalty. I thank you.

RIB CRACKERS

THE RIB CRACKERS

A pregnant woman was in the labour room, when the baby's head came out and the baby asked:

BABY: Is this Uganda?

NURSE: Yes.

BABY: Is Museveni still the president?

NURSE: Yes.

BABY: Is Mbabazi still denying that he does not want to be Uganda's next president?

NURSE: Yes he denies.

BABY: Are members of Parliament still dodging sessions and sleeping before Museveni?

NURSE: Yes they do.

BABY: Are rebel MPs still in Parliament?

NURSE: Yes.

BABY: Has Kony ever been captured?

NURSE: No

BABY: Is Lukwago still in politics?

NURSE: Yes

BABY: I heard Olara Otunu didn't vote himself in the presidential elections, is it true?

NURSE: Yes.

BABY: Is Olara Otunu still taken as a serious Politician?

NURSE: Yes of course, he is the boss of UPC.

BABY: Has Kato Mukasa gone to Church at least once in this New Year?

NURSE: Not that I know

BABY: Is Pastor Namutebi still collecting money from people

NURSE: Yes, and More Money than before.

BABY: Are people still drinking water from pastor Kakande's church?

NURSE: Yes of course, it is very holy water you know. People are getting healed.

BABY: Are pastors still claiming to cure HIV AIDS, and resurrecting the dead?

NURSE: Yes of course, they are even doing more miracles than those ones.

BABY: Are Christians still blaming King Mwanga for killing the Uganda martyrs?

NURSE: Yes of course, Mwanga killed God's people, innocent boys and men.

BABY: Are people still believing that there is a Heaven and Hell somewhere?

NURSE: Yes of course, that is why we worship God, the only God in heaven.

BABY: Do these faithful still believe that there is a big GOD and a Small god?

NURSE: Yes they do.

BABY: Is Andrew Mwenda and his friends still mad at the Anti Homosexuality Act?

NURSE: Yes. They have even gone to court to challenge the law!

BABY: Is it true that some Muslim women are against the Marriage and Divorce Bill?

NURSE: Yes. Nothing should stop their men from marrying many women.

BABY: Aaaaaaaah!!! THIS IS THE LAST ONE.

BABY: Are mad men still undressing Women in the name of the Anti Pornography Act?

NURSE: Yes, Women no longer wear skimpy skirts and dresses. They wear kanzus only.

BABY: I WANA BE BORN IN ANOTHER COUNTRY, I DON'T LOVE UGANDA.



TEENS' TAKE ON THE ANTI PORNOGRAPHY LAW:

I SUPPORT THE ANTI PORNOGRAPHY LAW: Katushabe Sophia; children's Corner Junior School, P.7, 13 years,



Sincerely, I am tired of seeing half naked women, girls in too revealing clothes; see through dresses and

women who do not respect their age and bodies. I do really support the Anti Pornography Law that was passed recently and signed by our president Yoweri Kaguta Museveni trying to reject pornography ensure that morality is restored and sanity prevail in Uganda . Whereas my classmates on the opposing side do not support the new law, the law on the other hand has come to reduce on the rate of rape and the occurrence of unwanted pregnancies.

Another issue is of miniskirts where ladies tend to walk while revealing their thighs in extremely short skirts. I have seen women who show off their undergarments including the G-strings and are happily moving around showing off their underwear before children. In one of our debates in first term, one speaker said that a min skirt is good enough if it can cover the subject matter, meaning that once it can cover the private parts, then it is good enough. I say that that is never good enough. We do not want to see our mothers' big

buttocks, the thighs and breast surging out of clothes in the name of human rights! If that is the case, then your human rights can wait. Now let me talk to our mothers directly, dear mother, whereas you have a right to put on miniskirts please mind when and where you put on your skimpy dress, no one will give you respect for showing us your thighs, aging breasts and buttocks, yet by dressing decently, you will always earn our total respect. How can a mother worth her name become a source of discomfort and a laughing stock in the public? Please put off those skimpy clothes so that you can keep off the skimpy dresses, the dresses you are wearing are meant to be mine, so why do we keep on competing for the same dresses?

I have heard some boys denying that they are strong enough to be sexually enticed by women and girls in skimpy dresses but that is a lie. If these very men can even rape babies of a few days old, how can we be sure that they will not rape a woman or defile a girl who is indecently dressed? Can I therefore be right to say that indecent dressing has contributed to the ever increasing spread of HIV/AIDs in the community?

So, I support the Anti-Pornography Law because it will help us avoid the too much pornography spread through the internet and it will reduce on adultery whereby most married men are seduced by women who dress skimpy cloths.

Furthermore, it will also reduce on the rate of rape and defilement within the country whereby most men were using this as a privilege. Finally, it will help to reduce on the rate of prostitution within the country whereby most people won't feel so free to expose their bodies to the public and as you know, prostitutes can only sell their stuff through showing it off, minus the revealing clothes, there will be no serious prostitution and for those of us who hate prostitution, we shall jubilate hence we all need to support the law.

I SUPPORT THE ANTI PORNOGRAPHY LAW Soki Hannah; Kampala Students' Centre



Frankly speaking, I do not like putting on very long skirts because I am not a nun, I am youthful

and beautiful. That said, I hate putting on very short dresses too because given the society in which we are, it can promote sex related crimes such as rape and defilement. Whereas the law does not define exactly what a mini skirt is, I believe that it is not proper to dress in a very short and revealing dress especially if you study and stay in slums as I do. People here lack discipline; they can undress you and worst still rape or defile you. So to be on a

safe side, it is better not to provoke the devil and dress decently. Our culture teaches us as women to be humble and decent people, it is better to preserve our dignity as women. The Anti-pornography law will also preserve the culture of different people whereby people had abandoned dressing in the indecent attires brought about. Culture had also lost all the respect because people would still attend cultural ceremonies dressed in skimpy cloths.

The Anti –pornography law will also help reduce on the rate of fornication within the country because most women especially in courtship dress indecently whenever they are going to meet their partners. The Anti-pornography law will also control breaking up of marriages whereby most men have mistresses who seduce them by dressing indecently.

Let us face it, the existing law on pornography was very weak, it only penalized trafficking in obscene publication hence a need to have another law. Children have been watching pornographic movies, these so called blue movies without any law restraining them. We have seen some entertainment groups promoting nude dancing and the so called ekimansulo has promoted sex crimes against children as lustful men rape them and defile children after the nude shows.

In some schools, girls wear very short dress and they entice their teachers who can not concentrate because instead of teaching, they are enjoying viewing the thighs of the young ones. Besides, many televisions air out movies and programs that show the playing

of sex regardless of the fact that children are watching the same movies. There are some news papers such as the Redpepper which are always promoting pornography through showing us nude pictures yet all these are done and there is no law to restrain such sex perverts. So we really needed the law in place to stop all these sexual crimes.

We do not need to joke about the safety of children, pornographic materials are all over the place and do corrupt the moral fabric of our society. Children grow up wanting to play sex because they see others doing so and in turn they end up getting unwanted pregnancies and STDS. Let us support the law, it is good for us all.

HERE IS WHY I OPPOSE THE ANTI PORNOGRAPHY LAW: -

Nalubega Sumaiya, Bat Valley Primary School

The debate about the new law on pornography is very hot. Many of my classmates support the law without out seriously thinking about the law itself. I beg to differ; I am totally opposing the law. I will begin with the same Bible these guys have been quoting, let me ask a question, if showing of some of your body parts such as thighs and breasts is too bad, why did Allah create Adam completely naked?

Who does not want to make a fashion statement? Who does not want to see something good on a human body? How many men will pass by a nice looking woman without turning to look at her again? It is only natural that we all want to show the good that we have and we all want to see the good that others have. Why then

do you blame an innocent woman for showing off her good round breasts or shaped buttocks or a nice waist? Do you expect women to show the beautiful features on their bodies while putting on Gomes or max and very long dresses?

Let me remind all that I understand Uganda is a secular country meaning we do not have a state religion, why then should a catholic priest- Fr. Simon Lokodo the one to bring about a law as if this is a catholic church? Laws against dressing should be majorly applicable in religious settings and not in a free country such as Uganda. Article 7 of the 1995 constitution states that Uganda should not adopt a state religion, so please do not impose laws on us that are solely drafted following religious codes.

From the Interschool debate we had at Children's Corner last March, I realized that the law is not perfect, it has many gaps that must be addressed. How does that law define explicit activities or conduct, how does it define a miniskirt, how long or short should a miniskirt be?

Some women have large breast that can not fit into the small size bras that we have on the market, so why punish a woman for revealing part of her good breasts. What is too wrong in seeing a woman's thighs yet in Mulago hospital ,male doctors are the one who help our mothers to deliver babies? Should we then say that male doctors should be banned from helping women deliver babies since they see women's viginas and thighs in the process of delivering babies?

The law is backward because it

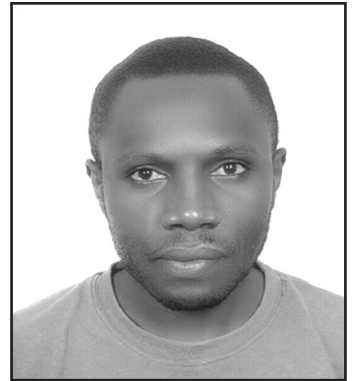
simply reduces men to animals that cannot properly think and make good decisions, so the law wants us to believe that our fathers are too weak that once they see breasts and thighs, they simply resort to raping women and defiling girls. Since the law was passed, many women have been publically humiliated, undressed and beaten up by stupid men who cannot reason things through.

It is not even clear whether or not the law is meant for adults or young people. Why should a fair law stop mature people from watching blue movies, watching sex movies on the internet or dressing as they want if they are going to cinema or to have fun at the beach? This means that the law is against personal liberties and in effect it promotes discrimination against women because it targets women than men when it comes to dressing. If women can dress badly, do we want to say that men cannot dress badly? Why then do we have a law that targets women only? Are we saying that women are less human than men? I have seen boys and men wearing very tight T shirts, tight jeans and some even show off their under wears, so why do we only target women if the law is good?

So even when there are so many people supporting the law, I cannot support it because it will kill our businesses and cripple the economy, think about people in the entertainment business, people own fashion shops, people who sell movies, performers and artists that will lose revenue because of this unfair law. For the good of our nation, you should all join me and we oppose this Anti Pornography Law, it has no good in it.

ANTI HOMOSEXUALITY ACT, ANTI PORNOGRAPHY ACT AND A CHRISTIAN UNIVERSITY SUSPENDING PREGNANT GIRLS. UGANDA ON ROAD TO PURITANISM.- Joseph Lukyamuzi.

If there have been troubling moments for human rights activists and liberty promoters in Uganda, the recent times indeed are a cause for worry. Not when you see a country that once had all the hallmarks of tolerance and compassion head for bigotry and open legalized segregation of the marginalized sections of its society.



In Uganda enacting an anti gay law that seeks to make its citizens spy on one another's sexual ways, the country earned International publicity just like we have always earned it through the AIDS scourge, Kony vs Government war and the brutalities and human rights observations involved. We are now in the spotlight again after a movie titled 'God Loves Uganda' was released. In God Loves Uganda, it's shown how the American Evangelical ultra Christian churches are actually behind the new anti gay legislation in Uganda.

While most of the masses were still baying for the blood of homosexuals after being driven into the 'hang the gays frenzy' by religious leaders of all sorts and clueless and opportunistic politicians, the President first gave them some hors d'oeuvre in the form of the Anti Pornography Act. However the anti pornography act wasn't concerned with only nude images per say but it also illegalized any form of dressing considered indecent to 'African culture'...whatever that is because Africa is a conglomeration of many ethnicities cultures.

The Anti Pornography Act outlawed any kind of dressing that could expose breasts, buttocks, umbilical cord, thighs e.t.c. A day into its signing and hoodlums downtown Kampala were already undressing women deemed to be putting on mini skirts. So there we were, women who had been part of the hang the gays crowd found themselves on the receiving end of intolerance and irrationality even before the gays could face the music. Funny enough is that the Minister of State for Ethics who oversaw the enactment of this ridicule into law comes from an area known for not wearing clothes as a tradition. Not to sound ambiguous is to say that Fr. Simon Lokodo comes from an area where being naked is normal.

Like the saying goes, that a rising tide raises all vessels on the sea, whether big or small. This then was the time, when 'moral enforcement' momentum was still hot for those who had always desired to force their religious doctrines on others. Uganda Christian University (UCU) therefore decided to expel pregnant female students from its Kabale campus. UCU is a prestigious university owned by the Church of Uganda with its main campus in Mukono.

26 pregnant students were suspended for being pregnant yet their profile file records showed they were single. According to the university authorities, they took the decision in line with the university policy that outlaws fornication and that as such pregnancy showed that these girls were into fornication since their files officially indicated they were unmarried. So one can see the dilemma that the Ugandan woman still faces. The Anti pornography law and the UCU case border on sexism for they are only meant to target the women while the men go untouched.

Some Lukyamuzi can freely walk into the city wearing any sort of shorts that expose my thighs while its risky for a lady. I can wear an open shirt that fully exposes my chest and the hairs on it while a woman wearing a similar outfit exposing her breasts would be risking the society's fury.

In the UCU case, the boys or men at the university can fornicate for there is no remaining sign to show what they did, while the poor girls and women have to bare the brunt of the university authorities like an adolescent girl facing high school authorities.

The university if it indeed had rationale and the compassion of Jesus whose ideals it claims to espouse would have probably engaged these mothers of this world in counseling but not just suspending them while others who probably were in a similar situation but were not true to the world aborted their babies and still continue to sit in the lecture rooms of the university.

Its indeed out of such irrational acts that religion seems a mockery of the values it purports to espouse. For a religion that doesn't show love and sympathetic concern to those in need of it is a sham. Many a times when Christians embark on some moralistic agendas, the informed and curious will always ask themselves whether the Jesus they champion would have handled matters that way. As for Uganda, it's an uphill task to put its people's ways of thinking back on the right track. Kudos to those who take the risk to do it day in day out.

Lukyamuzi Joseph is the Assistant Project Manager at HALEA, a free thinker and a Human Rights Advocate.

MEMORABLE EXPERIENCES

HOW I BURNT A NEIGHBOURS BABY!

Lara Mwende; Kampala Student's Centre S.4



One day as I was babysitting my mom's friend's daughter the worst thing happened.

As I was sleeping with it, it woke up and started crying, I tried to calm it down, alas, it refused and the first thing that run through my mind was that it was hungry. So I went

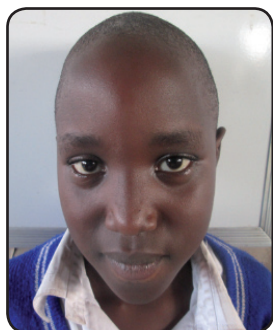
to look for milk so that I would give the baby. When I came back I put it on the bed and went to light the stove after lighting it I put the milk down, because I was still young I put the stove with the milk near to the baby's bed. As the milk was boiling someone called me outside. It was a friend of mine, as I was still talking I heard the baby crying at high pitch. I rushed back into the house and to my surprise the baby had fallen into the saucepan of boiling milk screaming it's head off.

I got as scared as a grass hopper but I had to find a solution, I picked the baby out of the saucepan and

tried to calm her down thinking of what the mum was going to do to me. As they say speaking of the devil brings the devil ,her mum arrived. My friend, I was so scared but I had to get as brave as a king and tell her what happed. When she saw the baby laying on my lap looking like a rotten tomato she got shocked and asked me what happed I told her the whole story and because she knew I had not intended it, she did not beat me but she instead took the baby to hospital. Today, when I see the boy's scars', a blame myself for my being negligent. Surely, that was my worst experience ever.

AT 11 YEARS, I HELPED MY TEAM WIN A TROPY

Mbusa David; Kampala Student's Centre S.4



In life, we tend to pass via particular memorable events that we can't ever forget until we leave the

earth or die. Now that I know that there is only one life, I take every happening in my life as important but I do not forget those that are most vital in my life. The most memorable event in my life is when I had my first chance to play for my primary school's junior team. I was so happy to be selected amongst the first eleven footballers of our school junior team.

Our team coach decided to trust me in leading the striking line or attacking system in the game. By that time, I was 11(eleven) years old and I was in my primary four (P.4) and I was the youngest player in the team since other players were exceeding the age of eleven. The match started and we were playing against a winning school called Infant Preparatory School in Kasese District.

We used a four, four, two (4, 4, 2) formation on the pitch. I had an assist from my midfielder, I controlled the ball and it was our first goal in the seventy sixth minute. The opponents equalized after ten minutes of our score but we fought hard to win this game and suddenly, the opponents' defender fouled our winger inside

their box and the referee awarded a penalty to us. The team captain chose me to take the penalty kick and I made it a 2-1 lead against the rivals.

I was so excited that even I could not believe that I made it. And even now I still remember this memorable event especially because I helped my team win a trophy when I was the youngest player on the pitch.

MY BROTHER'S WEDDING CEREMONY IS ALWAYS ON MY MIND

Adong Angellah, Kampala Student's Centre S.4



It was 10 may 2002 when my brother was organizing the wedding. He was marrying his longtime

sweet heart .I will never forget that day because our home become a bee hive of activities. The home people began by cleaning the compound, slashing, mopping houses, washing the clothes and erecting the tents. For the first time, you could not trace even a fly around the house, every corner was exceedingly clean.

Early in the morning, the bridegroom woke up and bathed, did the makeup and dressed for the prayers. He was too smart for the wedding that at first I could hardly reorganize him. A nice Prado and several cars were waiting for him. At the church, it was all smiles,

everyone was happy, we were all dressed like kings and queens, and it was our day to enjoy life.

The bride was brought by her father and handed over to my handsome brother. The priest conducted the prayers and the rituals were done and before I knew it, the two were pronounced husband and wife and we were back home to the romantic music and the nice eats. I enjoyed the cake more than anything else.

It was my very first time to eat a wedding cake because my father could always not allow us to attending weddings arguing that it was all for our safety's sake. What I enjoyed most was the moment of the groom serving a cake to the bride who pretended not to know how to open her mouth and later on how to chew a cake. Meanwhile the groom was on his knees begging the bride to eat the cake. I enjoyed the moment because I saw my proud brother being reduced to a beggar in the name of love!

ANNOUNCEMENT

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BOKO HARAM: HOW POLITICAL ISLAM HAS UNDERDEVELOPED NORTHERN NIGERIA

BY LEO IGWE

When the drafters of the 1999 Constitution of the Federal Republic of Nigeria enshrined in section 10 that “The Government of the Federation or of a State shall not adopt any religion as State Religion,” they envisaged the divisive and polarizing nature of mixing faith and politics. They knew that for a religiously pluralistic entity like Nigeria to survive and develop, thrive and flourish, the state must be neutral in religious matters. Unfortunately, subsequent state actors in Nigeria have ignored this crucial constitutional principle to the detriment of the Nigerian nation. Segments of the Nigerian Federation or state have continued to mix religion and politics in ways that have undermined progress, unity, tolerance and development across the country.



Leo Igwe

In particular, political Islam rules in the Muslim majority states in the north. Contrary to the constitution, sharia is the state law, Islam is the state religion, and jihad is a way of retaining, restoring, or securing the Islamic political status quo. Politics is driven not by attempts to grow the economy, alleviate poverty, or tackle unemployment but by the so-called struggle to establish an Islamic state. Politicians from these northern states regard political Islam as a necessary qualification for participating in the Nigerian state.

Any attempt to understand or address the menace of Boko Haram and the threat of Islamic extremism in contemporary Nigeria must consider seriously the phenomenon of political Islam and how it has undermined the development of northern Nigeria and the realization of a free, equal, peaceful, tolerant, and democratic society. It is important to acknowledge the other factors responsible for a lack of development in northern Nigeria, but for now let's focus on political Islam.

Political Islam in northern Nigeria predates Nigeria's independence. The quest for sharia, sometimes through violent means, is not new to the country, but rather has been going on for centuries. Traders and jihadists from North Africa introduced Islam to

Hausa states in northern Nigeria around the ninth century. But in 1804 a Fulani preacher, Sheikh Usman danFodio, unsatisfied with the way Islam was practiced in Hausa kingdoms, launched a jihad. Dan Fodio's jihad was not merely a non-violent struggle on the part of Allah, as many would have us believe. It was a military expedition that led to the establishment of the Sokoto Caliphate—an Islamic theocratic state governed with a more strict interpretation of sharia and Islam. This was the political and religious climate in northern Nigeria when the country gained independence in 1960. So Nigeria inherited a jihadist Islam. The specter of political Islam has since ominously haunted the project of nation-building and development.

There are actually two versions of political Islam competing in post-independence northern Nigeria. We have the political Islam of the state establishment and the political Islam of non-state agents. The former is characterized by state enforcement of sharia law, as is currently the case in Zamfara, Kano,

Sokoto, Yobe, Kebbi, Katsina, and Jigawa states. It uses the state machinery to legitimize itself and is funded with state money.

But there is also a non-state political Islam which is championed by Islamist groups like Boko Haram, Maitatsine, and other sects that exist in the region. Self-appointed preachers, scholars, or teachers lead their



The Leader of Boko Haram

campaign to establish an Islamic state in Nigeria. They mobilize and seek legitimacy by criticizing the political Islamic establishment, by pointing out the corrupt nature of sharia as implemented by this establishment, and by portraying themselves as reformers or Mahdis. They sometimes use violence to communicate their message and register their demands. Boko Haram is the latest face of non-state political Islam in Nigeria.

Both versions of political Islam are alienating and antagonizing, turning northern Nigeria into a religious battleground pitching Muslims against Muslims, and Muslims against Christians and other religious minorities. No society can achieve meaningful development under this climate of fear, hatred, and mistrust.

To develop and prosper in the contemporary world, northern Nigeria must dismantle the structure of political Islam and separate mosque

BOKO HARAM

and state. Politicians should de-establish Islam, stop state enforcement of sharia, and end the legalized discrimination against non-Muslims. The government of Katsina is using state money to build mosques and pay imams as part of its sharia implementation program. And the sharia police in Kano have destroyed goods belonging to Christians in the name of enforcing sharia law in the state. It is not the duty of the state to enforce Islamic laws, finance the building of mosques, or sponsor religious pilgrimages to the Holy Land.

The state should instead focus on guaranteeing the equal rights of all citizens to profess their religion or belief and providing an enabling environment for local and foreign investments. The people in northern Nigeria should value a state that is religiously neutral; a state that can uphold the rule of law, of civilized, secular, human rights-compatible laws. People are likely to invest and contribute to the development of a state or country where they are treated with dignity and respect—where their full human rights are respected and where they can access justice.

There is also an urgent need to improve the quality of education in the region. According to Unesco, northern states have among the lowest literacy

rates in the country. Development depends on information and learning, and any society that wants to develop must take education seriously. To combat underdevelopment in northern Nigeria, mixing education and Islamic indoctrination must stop. Schools should no longer be an extension of mosques and Quranic learning centers. The people of the North should ensure that "Boko" (Western education) is no longer "Haram" (sin) in Muslim majority states. The much talked about development in southern Nigeria is mainly due to the spread of 'Western' education which many people in the Muslim majority states have been brainwashed to regard as Haram. The disgusting paradox is that the Muslim elite



The Boko Haram Massacre

in the north send their children to the best schools in Europe and America while at the same time promoting Boko Haram ideology and other anti-Western rhetoric in the region.

This hypocrisy must stop. The people of northern Nigeria must wake up now to the reality of political Islam and its discontents, borrowing a page from the playbook of the founder of modern Turkey, Mustafa Kemal Atatürk, to transform northern Nigeria into a modern, secular, and democratic region. Source: **The Herald [Published in the OTM on an AAI request]**

LET'S TALK ABOUT SEX AND SEXUALITY.

What You Didn't Know About Your Boobs Research Done by OTM Team

Did you know the left boob is usually bigger than the right boob? Meet amazing fact about people's favorite part of the body, the boobs! World's biggest boobs are a size 38Kgs

In early 2009, Sheyla Hershey of Brazil was awarded the Guinness

World Record for having the largest set of breasts. After nine surgeries

and more than a gallon of silicone, her breasts are a size 38KKK.



Teens openly talk about sex

The left breast is usually larger

No two breasts are exactly the same size, and it is usually your left breast that is bigger than the right side. However, often the difference is so slight you'd never notice they are of different sizes. Nipples also come in varying sizes, not only that, they also point in different directions.

Breasts are the first thing men notice in a woman

Research conducted at the Victoria University of Wellington showed that breasts are often the first thing men look at, and for a longer time than other body parts. Nothing to be ashamed of since another study said that staring at women's breasts for just minutes a day can improve a man's health and add four to five years to his life.

Men can lactate too

It's exceptionally rare, but since men possess mammary glands just like women do, they have the capacity to produce milk. When male lactation happens, it's usually because of hormonal treatments for diseases like cancer.

England is the country with biggest breasts in Europe

A survey made by bra maker Triumph found that British women have the biggest boobs in Europe. More than half of women in that country wear a size D cup. Denmark scored second while Holland was third. On the other hand, Italian women had the smallest breasts where 68 percent had a size B.

The average breast weighs one pound

The average breast weighs about 0.5 kilograms (1.1 lb). Each breast contributes to about 4-5% of the body fat and thus 1% of the total body weight of an average woman.

Breasts get fat

In your 20s, your boobs are made up of fat, milk glands and collagen — the connective tissue that keeps them firm. But as you age, the glands and collagen shrink and are replaced by more and more fat.

Instead of making your bra size go up, however, the added flab can send breasts down, closer to the floor, if you catch our drift.

Breasts augmentation may lead to suicide

Women who get breast implants are at least three times more likely to commit suicide, a risk that increases with time. As the August 2007 Annals of Plastic Surgery reported, it's unlikely that silicone toxicity causes the correlation. It's more probable that women who undergo breast augmentation are more apt to have an underlying psychiatric problem that predisposes them to suicide.

Breasts implants can also save you from death

Big breasts miraculously saved an

States have breast implants. It's number one cosmetic procedure requested by women, topping rhinoplasty and liposuction. The average age at which a woman gets implants is thirty-four.

In China, you can major in Bra Studies

In Hong Kong, you can get a degree in Bra Studies from the Hong Kong Polytechnic University where they teach you how to design and build a bra. Recently, the students exhibited their designs at the ACE Style Institute of Intimate Apparel at the ITC Resource Centre.

Facts You Didn't Know About Your Penis

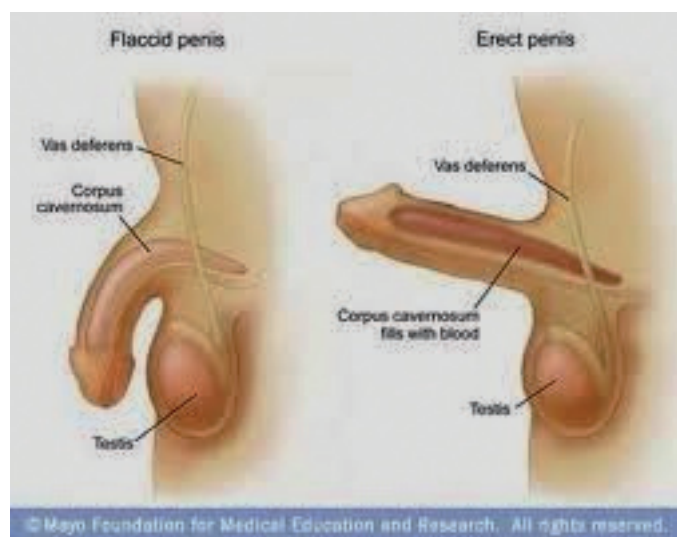
Fact 1: Smoking can shorten your penis by as much as a centimeter. Erections are all about good blood flow, and lighting up calcifies blood vessels, stifling erectile circulation. So even if you don't care all that much about your lungs or dying young, spare the little guy.

Fact 2: Doctors can now grow skin for burn victims using the foreskins of circumcised infants. One foreskin can produce

23,000 square meters, which would be enough to tarp every Major League infield with human flesh.

Fact 3: An enlarged prostate gland can cause both erectile dysfunction and premature ejaculation. If you have an unexplained case of either, your doctor's looking forward to checking your prostate. Even if you're not.

Fact 4: The average male orgasm lasts 6 seconds. Women get 23 seconds.



Israeli woman from death at the hands of a Lebanese paramilitary organization. The incident occurred during a Hezbollah rocket attack. The victim got a boob job two years ago. During the war, she was wounded in the chest by shrapnel but survived because of her implants. While the patient is fine, the implant, unfortunately, did not survive.

Breasts implants are the number one cosmetic surgery in the US

Two million women in the United

Fact 5: Circumcised foreskin can be reconstructed. Movable skin on the shaft of the penis is pulled toward the tip and set in place with tape. Later, doctors apply plastic rings, caps, and weights. Years can pass until complete coverage is attained.

Fact 6: Only one man in 400 is flexible enough to give himself oral pleasure. It's estimated, however, that all 400 have given it their best shot at some point.

Fact 7: There are two types of penises. One kind expands and lengthens when becoming erect (a grower). The other appears big most of the time, but doesn't get much bigger after achieving erection (a shower).

Fact 8: German researchers say the average intercourse lasts 2 minutes, 50 seconds, yet women perceive it as lasting 5 minutes, 30 seconds. Thus remember, you can have sex for a short term and get HIV AIDS or unwanted pregnancy that can affect your entire life.

Fact 9: Better-looking men may have stronger sperm. Spanish researchers showed women photos of guys who had good, average, and lousy sperm—and told them to pick the handsomest men. The women chose the best sperm producers most often.

Fact 10: No brain is necessary for ejaculation. That order comes from the spinal cord. Finding a living vessel for said ejaculation, however, takes hours of careful thought and, often, considerable amounts of alcohol.

Fact 11: The most common cause of penile rupture is vigorous masturbation. Some risks are just not worth taking. Masturbation is therefore a dangerous sexual habit you should avoid.

Major Facts You Didn't Know

About Vaginas The Vagina Cleans Itself

A woman's genitals are designed to clean itself—meaning, douching is completely unnecessary and can actually do more harm than good. After menstruation, it cleans itself out and continues to do so throughout a woman's monthly cycle. It also will clean itself out after sex! This helps prevent yeast or bacterial infections. However, if more bacteria or yeast are introduced than the body can handle, an overgrowth can occur. This usually can be easily treated with over the counter creams or doctor prescribed antibiotics.

You Are What You Eat

A healthy vagina has an odour, but it is usually not very pungent. A yeast or bacterial infection can make it smell more pungent, but a funky smelling peach doesn't always mean an infection. Many of the things a woman eats will affect the way her genitals taste and smell. For example, eating lots of pineapple and sweet fruits will make it taste and smell sweeter (which can be great for oral sex), but vegetables such as cabbage or asparagus can give it a more off putting scent.

The Vagina Can Actually Fall Out!

Vaginal prolapse is when the uterus, ovaries, fallopian tubes or vagina (or a combination of all of these) moves downward from its natural place in the body. This condition is common following surgeries such as hysterectomies, but can also happen without any prior event. In severe cases, this medical condition will cause the inner tissues to protrude through the vaginal opening.

Female Ejaculation Does Exist

Women in addition to men can ejaculate varying amounts of fluid during orgasm. Many women are able to produce very large amounts of fluid! Some skeptics report that the ejaculate that comes from a woman isn't actually ejaculate at all, but urine. However, science has found that the components of female ejaculate are separate from the components of urine are very different and while the fluid does come from the paraurethral ducts, it does not come from the bladder.

The Vagina Can Double In Length When A Woman Is Aroused

How long a vagina is varies from woman to woman. Some women have very small, short canals while others have very long ones. The average size in an unaroused woman is 8 – 10 centimetres long, but during arousal, this number can increase and may even double! So guys, make sure your lady is aroused before penetration, because you'll go a lot deeper and she'll be a lot more comfortable during sex.

The Vaginal Muscles Are Extremely Powerful

All women have the ability to use their vaginal muscles also called the PC muscles during sex. These are also the same muscles a girl uses to stop the flow of urine, and they can be strengthened through exercises like Kegels. You might not think that these muscles would be very powerful, but they are! However, early sex and early pregnancy can weaken the vaginal muscle leading to fistula problems.

Source: damajority.com

SEX IS NOT LOVE

By Matovu Derrick

Many people have fallen victim of disappointments because of not differentiating lust from love. If a lie is told more than the truth, it becomes accepted as though it is truth. Lust is a very strong desire for something and can either be sexually oriented or for the purpose of possession. This desire goes beyond just liking or wanting something. Therefore sex will be done as a result of this deep desire to possess something or to sleep with a man or woman without genuine love for them. This strong desire drives a person to impress you with all it takes in order to fulfill their desires.

Lust is all about taking but love is all about giving. The simple test of the two lies in the fact that lust is satisfied by what it receives whereas love is satisfied by what it gives. A lustful person will do everything targeting what they can get from you while a person in love will do everything to give to you. With lust, it starts with giving but giving is done only as a bait or a trap to make you soft enough for him or her to ask and easily get what they really wanted from you in the first place.

You find someone being nice to you, saying the right things you want to hear and giving you nice things. Such people will wait as long as it takes to get you prepared for them to start demanding from you. If he wants to sleep with you he will do everything so that when he asks you to sleep with him, you feel too guilty to say no, and you just give in; that is not love! There's also a deception that without giving your body to someone, they can't truly know that you love them. Love is so pure and selfless. True love waits and is willing to sacrifice. Having sex before you are 18 years is a sign of being lustful. Regard lust as a warning sign of danger ahead. Lust is selfish. A man will only think of his own advantage or interest. Lust is impatient. It has no ability to wait for the right time. Lust is unkind. One is likely to become like a beast and rape a woman he claims to love! Lust is not lusting; it is a platform for evil; it's easily provoked; lust produces hate; it's envious i.e. jealousy is produced by one desiring something that is not his or hers. Lust shows off; lust is proud. Love is always humble while lust always exalts itself; therefore it's our responsibility to internationally fill our minds with thoughts that empower us against lust and sex abuse.

RESISTING TEMPTATION

Blessed is the man who endures temptation. Each one of us is tempted when he/she is drawn away by his/her own desires and enticed. Then when desire has conceived, it gives birth to

sin; and when sin is full-grown, it brings forth death. Temptation comes to everyone but the issue is what you do when it comes. Temptation is anything that lures you into doing something that you would not have done, including sexual immorality. To flee temptations, you ought to stay away from people, places and situations in which you may be tempted. Pornography means books, magazines, films/movies etc with no artistic value which describe or show sexual acts or naked people in a way that is intended to be sexually exciting. Pornography is disastrous, whether it's very detailed or not avoid getting addicted to watching pornography.

MEN LOVE SEX AND WOMEN NEED LOVE

Sex is a given gift to humanity. It is restricted to a man and woman who are committed to each other in marriage. The focus of some men is in the skirt not what is in the heart. Be sensitive that some men come to adventure your nature not generally for real love. Not everyone who comes in the name



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of love means it. Men have a lot of deceptive thoughts and beliefs about women for example their stature, height, figure, tribe, color and beauty. It has been said that a man needs a person and place to have sex but a woman needs a reason for having it. Say NO to that mess. Some women have been victims of this kind of mess but it's my sincere belief to see a generation of bold and determined ladies of dignity that will say no to sexual sampling before marriage and outside its bounds. You must be aware of such men whose intentions are to use you; they are not faithful or serious. That is why when it comes to a relationship, the greatest percentage of their thoughts is filled up with tactics of how to have you and not how to love you. That is why I say that men love sex and women need love.

If a man says he loves you so much, then he must protect your sexual dignity. Women must also learn that the best way to make a man happy is not by sleeping with him. Some are deceived that the best way to show affection is through sexual intercourse. Some think that sex is a way of sealing the relationship to make it permanent. Intercourses do not prove that love is genuine. It has its place in the marriage institution. Think about it like this when you are driving forward on a road and you engage the reverse gear before its time, you will CRASH. Finally, even when you are 18 years, mind about your life, have protected sex, and always use a condom to avoid contracting HIV-AIDS and unwanted pregnancies.

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