

Open Talk Magazine



October 2011
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Open Talk Magazine

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....FROM THE EDITOR

Welcome to our very first issue of the Open Talk Magazine published by HALEA. The publication of this issue shows our commitment and fulfils the promise we made to you to put young people at the center of our national development. The magazine you hold in your hands is strictly dedicated to you and all the young people in your life. The magazine in your hands covers a number of issues from real life experiences, leadership, human rights, and education to superstition and witchcraft.

This publication is the handwork of the Humanist Association for Leadership, Equity and Accountability (HALEA) which is a grassroots not for profit, secular organization based in Kampala, Uganda. HALEA is responding to an important need through its efforts to help people help themselves live a better life. Our vision for every person is to live life in all its fullness.

The Open Talk Magazine is not your ordinary talk magazine. It covers serious and RELEVANT themes but more importantly, younger people are given an opportunity to discuss issues and shape their destiny. Surprised? Go a head and read for your self. Young people have tough brains that ana-

lyze issues, make insights into serious challenges and give practical solutions that will surely leave you amazed. At HALEA, we are determined and dedicated to empowering teens against all odds to succeed.

In this publication, there are thoughts from experts who are closely working with young people to give them that much needed support, guidance from the 'been there, done it' expertise. There are columns that introduce the reader to the important subject, critical thinking. Rights of a Child, Superstitions and Witchcrafts and Financial Literacy Education' are such columns that should be read with an open mind. Such columns give the reader a great opportunity to become aware of different ways of looking at life and understand different ways of organizing society. The world can be much better with an empowered population. We will thus continue building relationships one at a time, nurtured in an environment of integrity, love and free thought.

Talking about education, one intriguing question remains: are our children at all levels instructed in such a way that they can think for themselves? Is our education system helping us to create human beings capable of forming their own rational convictions on

every subject? This question is answered in this issue.

To all writers and editorial team, thank you



Kato Mukasa

for the work done. We received hundreds of articles on different themes and the available space could not enable us have them all published in one go. We promise, many of them will be gradually published in our next issues. To HAMU, thank you for getting us started, thank you for firing us up!

The Open Talk Magazine (OTM) is truly open. There are red hot stories and true cold facts that you can't dare miss. This magazine is meant for you. Again thanks to HAMU, the Open Talk Magazine is distributed at zero fees in all the schools where HALEA operates. In addition, the few copies available to the general public have been greatly subsidized. Market price is half the price of what other magazines cost. Our team is self driven and believes in getting things done. We do not contemplate on helping others realize their dreams, we do it. Nice reading.

Kids Having Kids: The Rising Challenge of Teen Pregnancies In Uganda.

By the OTM research team.

Anita Namwanje doesn't know whether to cry or to laugh. She is only 16 years old but pregnant. She has completed a short course in computer training at HALEA Youth Support Centre and received some counseling and guidance lessons to empower her live on. For Namwanje, there is no hope of going back to school since she was indefinitely

suspended for embarrassing the school and her peers when she got pregnant. Her parents and boyfriend abandoned her and she now stays with her aunt who sells local brew in Kivulu slum.

Namwanje is not alone: she is one of the many young girls that become pregnant, drop out of school, get chased from home, become abandoned by their boyfriends or rather man friends and live a very

miserable life as children having kids. These young mothers have no good fortune to continue with school or live a good life. They instead live a life dogged by poverty, disillusionment and self denial. Many turn into prostitutes and continue giving birth to numerous unwanted kids.

'I had wanted to do an abortion, but I feared when I remembered my friend Jane who died of profuse

bleeding having visited a traditional birth attendant' says Namwanje. Abortions are generally illegal and can only be allowed in Uganda only when a doctor considers that the pregnancy is likely to affect the physical, mental or psychological well being of the mother. The maximum sentence for assisting an abortion is seven years and a woman found guilty can be imprisoned for 14 years. The harsh laws against abortion have not stopped teenagers and women from having crude abortions and many have lost dear lives. There were 1,057,093 abortions in Uganda between 1995 and 2000 according to the Global Health Council. Of these, 9,947 ended in the women's death

The World Health Organization records show that more than 8 percent of maternal deaths in Uganda are due to abortion. Without proper interventions, Uganda can expect to lose 78,000 women to pregnancy and child birth complications by 2013. According to the Uganda Demographic Survey, 480 women died due to abortion in 2010 and many of the victims were girls in secondary schools. Recent research shows that there are over 2800 kids born every passing day, 800 of them die before they are one month old and

over 14 women who die while delivering babies in Uganda are below 17 years!

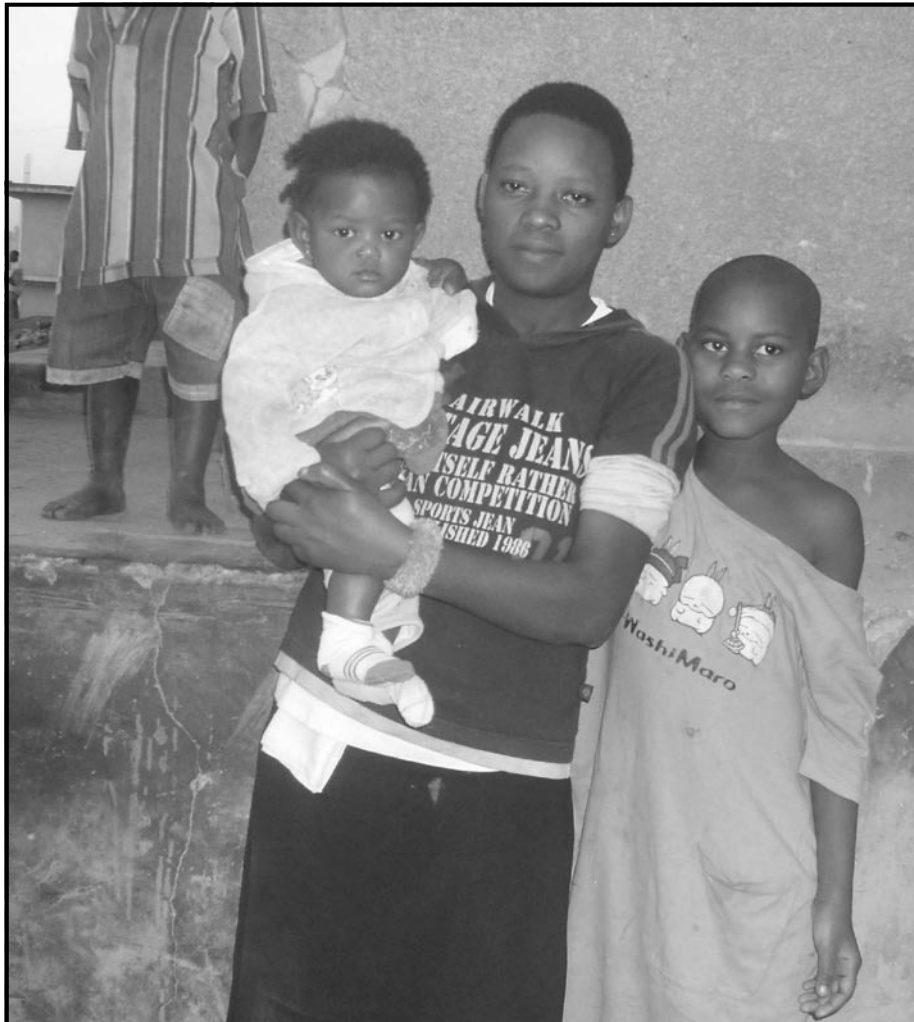
Uganda has one of the fastest growing populations in the entire world. Uganda's population currently stands at 33 million. Ugan-

fore they are 20 years and many of them begin child bearing by the age of 19. The average woman in Uganda gives birth to seven children, thanks to African culture that cherishes having many children. Whereas in the developed econo-

mies such as the United States, Norway, Germany and Canada, a woman gives birth to two children on average, many prominent leaders in Uganda continue to call upon Ugandans to produce many children and make the nation happy!

Reproductive health programmes in Uganda remain at their weakest and many girls and women cannot access reproductive health services including family planning. Sex education is a taboo

and cannot be freely taught both at home and school. Millions of girls are left to do guess work when it comes to matters of conception. There are several myths and superstitions related to pregnancy. In the twenty first century, there are thousands of girls and women who for instance believe that taking aspirin and beer can prevent pregnancy. Others believe that bathing and urinating immediately after sex can prevent pregnancy! Of course we have several religious teachings against the use of condoms



Many young girls have kids they can't take care of

da's population growth rate is at 3.2 percent and it is feared that this figure could double in next two decades. Look at it from this point. Uganda is the third country in the entire world with the highest population growth that doubles every after two decades and to make it worse, ours is an extremely poor and vulnerable population.

Where is the problem?

Recent periodical Reports from the ministry of health indicate that many girls are marrying be-

and contraceptives and their summons are all but rooting for producing more children to fill the earth.

The end result is the ever swelling population that can not even feed itself. Uganda's population has sky rocketed from five million people in 1948 to 32 million people by the end of 2010. It

is now expected that the country could have 89 million people in 2037 and then hit the 100million mark by 2050! More than half of Uganda's population is made up of young people below the age of 24. In effect, this means no savings and no investments; it is a very dependent population.

The increasing rural –urban migration has worsened the teenage pregnancy problem. Many jobless young people are flooding Kampala looking for jobs and survival. Most of these youth are not only unemployed but also unemployable. They have no real training that can enable them create their own jobs or compete to get the few available jobs.



Girls, when you get pregnant , you miss education. Your parents feel sad. Wait to have sex and make your parents happy.

Data from Gender and Labour ministry show that only 8,000 jobs are available for the 390,000 youth who graduate from tertiary institutions yearly. Figures from the

Uganda Investment Authority indicate that of the more than 400,000 qualified people who enter the labour market each year, only 113,000 find employment in the formal sector leaving the rest to try their luck in the already tax burdened informal sector! With no job and no food, many young girls are vulnerable to sexual temptations for survival's sake and before they know it, unwanted ba-



There are a cocktail of solutions to the problem of teenage pregnancies in Uganda. The major



solution is accepting that Uganda's swelling population in its current form is not an asset but a big liability to the economy. Reduc-

ing teenage pregnancies and arresting the exploding population calls for radical and emergency interventions by all stakeholders that really care about the future of Uganda. It begins with each and every one of us.

Political, cultural and religious leaders should play a leading role in passing on the right information to the public. It is clear that a big but extremely poor and vulnerable population can not be



This young mother struggles to feed her byby everyday

babies are always on their way to join the vicious circle of untold suffering!

What can then be done?

fashionable in the twenty first century. A hungry and angry population is a time bomb that will explode and cause irreversible damage to the pearl of Africa. Thousands of unemployed youths are already a menace in Kampala. No business venture is entirely safe. Young people have been selfishly used by politicians to engage in destructive demonstrations and riots that in most cases leave the city burning and property worth mil-

lions of dollars destroyed. Young people demand jobs and it's our duty to create them so that their trickle-down effect will enable many of them pay for goods and services and thereby contributing to economic growth and real development.

We must find practical ways of stopping teenage pregnancies. Does it harm us when we take sex education to teens whenever they are? Yes abstinence from sex is golden but do we agree that thousands of young people out there are sexually active and have sex without any protection or precaution measures? How can we stop cross-generational sex amidst extreme poverty and unemployment? Is it not the right time that we shunned our cultures that stop us from talking about sex issues before our children and young people? Don't our children and young people have the right to access life saving information? We are sure, you have answers to these crucial questions.

The government of Uganda launched a National Population Policy in 2008. The policy addresses issues such as population quality, enrolment and retention of children in school, reducing infant and maternal mortality and increasing access to family planning services. How far has our good policy worked? What can be done to make the worsening situation better? Let us think and act together.

Girls, choose your friends carefully. Make good friends who will not push you to have sex.

TEENAGER PREGNANCIES; What teens say:

Kibuuka Daniel: Bright Way Hill School

In the real sense, there is no sex-education in our schools and teenagers remain in darkness and it is such ignorance that puts many young people in grave danger. Teenager pregnancies can be avoided if young people are properly informed and know what to do to reduce on our vulnerability.

Gatwech James; 14, P.6, Bright Junior Primary School:

Are there organizations that reward virgin girls? Such organizations may help young girls see the beauty of keeping virginity. Parents should not abandon their children when they get pregnant. School authorities need to understand that pregnant teens can still be useful; they should be given a chance to further their studies after delivering. Rebuking pregnant teens is not a practical solution. Instead all young people need constant guidance and counseling.



Aboula Marline Marcello; 15, P.7, Bright Junior Primary School

An early pregnancy is life ening to young girls. I have ob-that many young g mothers de-by an operation because their are not ready for the task. As a some have developed fistula longer control urine flow. It is one's responsibility to stop teen-pregnancies if we are to have a future

You are still too young to give the baby all the care it needs today and in future. Wait until you had finished school. When you are an adult and have a job

threat-served liver bodies result, and no every a ger bright

Dhatemwa Juma, Kampala Students Centre

Teens are abusing drugs, they are addicted to smoking, alcohol, cannabis and opium. Some abuse these drugs openly and they get high and end up indulging in unprotected sex with both their peers, men and women too old to be their parents. Handling drug abuse among teenagers is a major step towards stopping teenager pregnancies.

Minyako Liza; 15, P.7 Bright Junior Primary School.

Many young people think that having sex intercourse is a sign of maturity and independence. They think it is cool and healthy. Such negative attitude can only be changed through sex education, counseling and guidance.

Nyang John Malek;15,P.7, Sir Apollo Kaggwa Primary School

Young people must learn to say no to men and women who offer them gifts in exchange for sex. We should all say no to early sex and our NO should be a big NO.

Magoola Brian; 13, P.7, Sir Apollo Kaggwa Primary School.

Pregnant girls are treated like outcast in our communities. They are chased from schools and from their homes. They are abandoned by those who made them pregnant.



Teens need to be empowered. Bad groups are dangerous and moving out alone in the night is deadly. Teens need constant advice and care. Pregnant teens need love from all of us.

Sseruyange David, 17, S.4, Kampala High School

Teen often get pregnant due to peer pressure and lack of parental guidance. Teens often think that because others are having sex, it is cool to do so. I have read

‘kids having kids’ and realized that some girls attempt to use contraceptives but due to ignorance, they often make mistakes. To teens I say: make abstinence your castle and be the driver and take control of your life, be in charge of your body, think hard before you say yes to early sex.

Mugerwa Geoffrey, 17, S.4, Kampala High School

Girls, choose your friends carefully. Make good friends who will not push you to have sex.

Young people are exposed to pornography through the print and electronic media. It is easier to access internet and

watch people having sex. News papers carry pictures of people having sex in public places and several films make having sex attractive to young people. Much of the danger is that the said channels simply make having sex a ‘cool’ thing without putting emphasis on safe sex education as well as abstinence.

Kabalangira Alice Peace,13, S.2. Grace Fellowship High School

Teens need to be empowered with sex education. We have no opportunity to learn about sex and pregnancy from our parents and teachers. It is important that these issues are talked about openly.

Towards the Empowerment of Young People in Kampala’s slums

By Jingo Isaac

Kagugube parish is a cosmopolitan area with several people from different walks of life. Kagugube parish also harbors one of Uganda’s largest slums that attract all sorts of people. These people are mainly youthful and stay in very uncondusive social settings. I am in charge of leading young people in this area many of whom are unemployed and out of school. There are also those in school but I have also realized that teens both in and out of school engage in dangerous social behaviors including abusing drugs such as cocaine, heroin and cannabis among others.



I have had an opportunity to be trained as a peer education trainer and acquired relevant skills such as effective communication, counseling and conflict resolution among others which have helped me join hands with other organizations such as HALEA to train and pass on these skills to young people in my parish. I am the youth chairperson of

Kagugube parish (LC .II)which consists of 7 zones namely ;Kagugube zone ,Kitamenyengamba, Kivulu I ,Kivulu II, industrial area ,LDC and National Housing Flats .Majority of the people in my area are low income earners and very poor. With over 80% of the people in my jurisdiction being below the age of 35, there are several constraints that should be addressed if

we are to find a holistic approach that will handle young people’s challenges.

Many young people are out of school and jobless. The number of ‘kids having kids’ is also worrying and some of them drop out of school due to unwanted pregnancies. Some young people are engaged in prostitution, theft and gambling while many are drug ad-

dicts. There are many homes that are headed by young people and indeed there are several young girls in un official 'marriages' simply because they got pregnant and their parents or guardians forced them to get away from home and join men who are responsible for their pregnancies. In addition, there are cases of young people forced into such un holy marriages. As a result, it is never rare to find a young mother of 17 years having two kids and carrying a pregnancy at the same time. Young people in our slums are highly traumatized and this influences them into committing several atrocities including involving themselves into terrible crimes including stabbing people for money, breaking into houses and robbing peoples' property. I have also noticed cases of teenager girls dying due to abortions and young boys being imprisoned for impregnating fellow teens. There are also cases of witchcraft and child sacrifices as most slums have people that are less educated and highly superstitious.

The setting in slum areas is less conducive for young people to stay alive and acquire a good education. There are almost no toilet facilities, limited clean water and very poor housing as many people stay in shacks and very old mud and wattle made houses that sometimes collapse when it rains. Some areas are impassable and uninhabitable when it rains. In these slums, you will easily find over 8 people sleeping in one very small room, this including parents and their grown up children. Parents have little time to address the concerns of their inquisitive teens and leave much of counseling and guidance to teachers and community leaders. Some youth are also sharply divided along party lines and need a uniting factor if they are to achieve developmental goals. These and many factors affect young people and greatly impact on their stay in schools as well as personal development.

A lot remains to be done if we are to empower young people living in slums. Organisations such as HALEA are thanked for having start-

ed on this task though a lot needs to be done in that direction. More ways of reaching out to all the concerned. Parents, teachers, local council leaders, relevant ministry official, young people themselves and other people who can fund youth empowerment programs need to be contacted and brought on board. Young people need an empowering education that can change their lives for the better. As leaders we are always ready to join hands with all those that are interested in empowering young people because they are the pillars on which our bright future stands. My message to every youth and you dear reader is that we should consider the 7P- principles of success in our lives namely; P-purpose, P-potential, P-passion, P-planning, P-people centered, P-persistente, P-prayer. These are basic principals that can help young people realize their potential.

Jingo Isaac is a youth leader Kagugube Parish, Local Council 2, and Founder of Kagugube Youth Development Association.

LEADERSHIP: What young people say:

Nassaka Mariam : Kampala Students Centre

Young people need people who can lead them. To lead young people, you should be wiser than them. You need to be friendly and experienced to be in position to talk to them such sensitive issues like unwanted pregnancies and abortions.

Juliet Nakazibwe: Kampala Students Centre

A good leader should lead by example. It is wrong to elect people who are badly behaved to be our leaders. Teens have this weakness, they are eager to elect bad boys and girls to lead them because they know such people will always support their bad behaviors. Such people can only be leaders to destruction. A good leader should be kind, humble and approvable. He or she must be willing to listen and take advice even from those he is leading.

Namubiru Esther: Kampala Students Centre

Trust should be a major quality of a good leader. If only our leaders would be trusted and resources be put to improve the livelihood of the poor, we would be having good schools, quality health centres, good roads and other services such as water, electricity, and housing. We need leaders who are anti-corruption crusaders.

Beingana Ronald: Kampala Students Centre

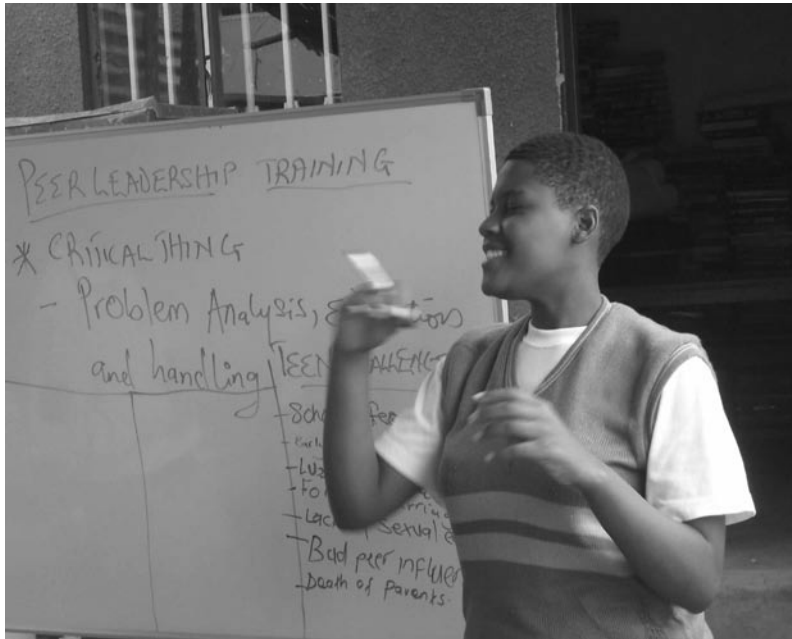
There's a dangerous culture of using violence to attain leadership. Africa in general and Uganda in particular has been plagued by wars because certain people want to get high positions of leadership. Our leaders should know that it is dangerous to use violence to achieve power because people begin to think that attaining power is much important than

preserving a life. We need to have leaders that value life and put life before attaining political power.

Muwumuza Alex: Kampala Students Centre

Leadership should be about making lives of others better. It should be about spotting for opportunities and letting others benefit. I think HALEA's

leadership has given us an example of a good teen's leader. They (HALEA) have motivated us and enabled us to link up



HELEA empowers young people to shape their destiny

and willingness to listen are good qualities of a promising leader.

with teens from different schools and different back grounds. Good leaders should enable others benefit from their services.

Matovu Augustine: S. 3, Grace Fellowship High School

Innovation is the mother of all progress. I expect our leaders to be creative, to be able to make those important decisions that can help us develop. Good communication skills, being humble and the ability

TIT BITS:

GIRLS SCHOOL CLOSED OVER DANCE

All teens know how important dancing is to them. However when school authorities of Bwongoyera girls school in Ntungamo district refused the girls to dance with boys from neighbouring Muntoyera school, the girls went on a sit down strike and later resorted to a riot where school property was destroyed. It began when the Muntoyera boys sneaked into the girls only dance and the girls welcomed them. During the sit down strike, the girls refused to eat food and talked to teachers while attending lessons. Just imagine a classroom where all students decide to become mute and can not respond to any of their teachers' comments and questions. HALEA learnt that the students would not be allowed to dance with the boys simply because, the school's foundation body, West Ankole diocese had banned such dances in all the schools. The school was closed on Wednesday 13th July and all girls sent home. The Ntungamo District Education Officer, Mr. Charles Bakaine who ordered the school closure on behalf of Ministry of Education, said they had information, the Muntoyera boys wanted to cause harm to teachers and administration. Talk about the power of dance!

Uganda should stop court martialing civilians

The Human Rights Watch (HRW) has requested the government of Uganda to stop prosecuting civilians using the Military Court. More than 1,000 civilians have been court martialled since 2000 even when the constitutional court already ruled that military court can not try civilians with common crimes. The HRW noted that the military courts in Uganda do not meet international legal standards for independence and impartiality and have in the past

handed out severe punishments, including the death penalty. At least 341 civilians are currently awaiting trial by the military courts.

QUOTES

People don't elect presidents who tell them to sacrifice. They elect presidents who solve problems so they don't have to sacrifice. -----

Newt Gingrich, Former U.S House speaker and Senior Fellow at the American Enterprise Institute

"Politics depends on our ability to persuade each other of common aims based on a common reality. It

involves compromise, the art of what is possible and at some fundamental level religion does not allow for compromise. It is the art of the impossible. If God spoke then followers are expected to live up to God's edicts regardless of the consequences. Now to base one's own life on such uncompromising commitments may be sublime, but to base our policy making on such commitments would be a dangerous thing....." **President Barack Obama on why politics and religion should not mix**

OUR DEBATING CLUBS:

Kabahweza Margaret, Bright Way Hill School

When the debating club was introduced in our school, I quickly joined and we have since then discussed several topics that have opened up my mind to fresh ideas. Members of our debating club are very hardworking and tolerant to each others views. They are great listeners too.

Akok Peter; 14, P.7, Sir Apollo Kaggwa Primary School

Our debating club has provided me with an opportunity to learn public speaking skills. It has also made me a more disciplined, tolerant and polite person. With the debating skills, I can now answer my comprehension questions correctly. How I wish that every pupil/student was part of the debating club and every school supported debating clubs.

Muwonge Jonathan; 13, P.7, Bright Junior Primary School



Bright Junior's Debating Club in action

Before I joined the debating club I could not stand in front of people and express my self well; having got public speaking skills, I am now the speaker of my school's debating club. I am confident that I am capable to become tomorrow's member of parliament or president.

Abbi Robinah: 13, P.7, Bright Junior Primary School.

My debating club has made me confident and popular. I have won certificates and featured in news papers. My reading skills have also improved; I now read news during assembly, thanks to my debating club.



Bright Junior's Writing Club.

Dushime Gemini: Bright Way Hill School

Thanks to HALEA'S peer leadership training given to our debating club; my ambition to become a pro bono lawyer is now more eminent. I want to stay in school, read hard and become a lawyer that will deliver justice to the helpless poor whose justice is often delayed and denied.



Sir Appolo Kaggwa's Writers' Club

REAL LIFE EXPERIENCES

WHEN I BECAME A LAUGHING STOCK;

By Magomu Emma; 12, P.7, Sir Apollo Kagwa Primary School.

My roughest time in school was when I was caught stealing milk. The milk belonged to Nyariji Daniel; he had left it in his desk. I got tempted because I was thirsty, first I looked around the class to confirm anybody's presence, when I confirmed nobody's presence, I stretched out my hand and grabbed the milk. I hid it in my pants and pretended to be looking for an ink pot. Nyariji came and was surprised not to find his milk there, he asked me and I started searching for the thief even if I knew him- of course I was the thief. I saw an empty milk packet under Guma's feet so I blamed Guma. Guma tried to argue but the whole class was accusing him. While I was still walking away, the "milk bender" fell through my pants just in front of the entire class. I felt so ashamed and become the laughing stock. Confused and looking for a consoling solution, I got a Bible and looked for poetic books. I found psalms; I read the whole chapter fifty one. When I was done I swore never to steal again. Up to now I still live to my promise.

WHEN I WAS MADE TO CONSULT A WITCH DOCTOR

By Kyomuhendo Shirley; 13, P.7, Sir Apollo Kagwa Primary School.

Life has never been a straight line; it is full of opportunities and challenges. There is this day I will never forget in my life. I was made to consult a witch doctor. My brother woke up one morning very ill, he was as hot as burning charcoal. We were all alone since our mum had already gone to the market. He told me that he was feeling cold. I decided to get all the blankets in the house to provide warmth to him. Just imagine a mountain of blankets and bed sheets on top of my brother yet the shivering never ceased. He then had terrible hiccups and he begun bleeding from the mouth, he had bitten his tongue terribly.

I decided to call my mother from the market. She told me that she would arrive at home soon. After some time my mother reached home and she saw my brother's situation. She was shocked! She then sent me to a witch doctor that lived near our house. I run, called her and she came with me. The witch doctor saw my brother's terrible situation and decided to help him. When she applied the medicine, my brother stopped shivering and his temperature also reduced. A few hours later, he then died. Today, I am still puzzled whether or not witch doctors are people we should rely on.

MY ROUGHEST TIME AT SCHOOL

By Bulyaaba Faith., 15. S.3 student at Bright Way Hill School

The following day being a Saturday, Kezia, Tracy and I planned to escape from school to go and paint the town red. Little did we know that we were soon to be found out by the school administrators and face the music. Kezia was the naughtiest in the group, she convinced us to escape at night to go to the nearest dancing club around town and take some alcohol. At first, I refused to accept her suggestion because I was stone broke and thus like a Church mouse, I completely had no money with me. She further convinced me that I should not worry about that since her parents had oiled her with some Benjamins (meaning dollars) in the last one week and therefore she would be the one to foot the bill. Assured about the availability of Mr. Bumali (the Islamic version of referring to Money among some people in our locality), I was ready to have fun in its totality.

That Friday evening, as it was coming to pitch darkness, the three of us left school and by nine thirty (9:30pm) we were already in the city club dancing ourselves lame. We danced trans-night and I could not even remember that I was not at school but actually in a club enjoying my self silly. That Saturday morning, we had to have our way back to school feeling tired and sweating all over. Upon reaching our dormitories, rumour had spread- life a bush fire - all over the school that we had escaped and that the administrators were on a serious hunt for

the three of us. We were hunted and haunted specie.

I then realized that my life was at a stake since all the possible excuses I thought of telling the administrators were all flimsy. At around eleven in the morning, the Head Prefect came to my dormitory and told me the already expected bad news- that the headmaster had sent for me. I started panicking; I was trembling all over as if I had caught a fever. In a myriad of thoughts, the only alternative left to me was to gain Dutch courage. I had to carry the bull by its horns, go and face the music in the office.

Upon reaching the headmaster's office, I sensed danger and knew that something bad was to happen to me, at least going by my sixth sense; I smelt a rat and I knew that danger was just around the corner. I was worried. I expected an expulsion from school and the least punishment as a suspension bearing in mind that the headmaster was such a moralist who never tolerated nonsense.

Meanwhile he ordered me to explain to him where I had been the previous night together with my friends. Despite my friends' caution not to reveal any information to the headmaster, I could not stomach it any longer and so I decided to let the cat out of the bag. I narrated the whole story to him.

Having narrated the whole story, he gave me several hot slaps on the face and cautioned me such illegal acts as he barked to me, 'Faith, you are becoming a notorious criminal and as a matter of fact, next time you fall a victim of indiscipline, you shall be expelled there and then'. I

felt guilty and only replied 'I am sorry sir, I promise to change for good'.

After some minutes of dead silence in the office, he asked me to get out of his office which to me was a very big relief. Barely had I moved outside when a classmate approached me. This fellow, Anna started counseling me and lectured me about good and bad friendship. She explained to me how bad company was a precursor to evil and warned



Doing acobatics may earn you money

me about the dangers of night discos especially when girls are all out on their own.

By evening, I had taken it upon myself to become friends with Anna who to me turned out to be a source of inspiration. It was not any longer of great doubt as to why I had to close that chapter of friendship with Kezia and Tracy. For the next three weeks at school, not only my fellow students but also the administrators had begun crediting me for my effort to behave well. I changed for the better and I am always grateful to Anna for the good and refreshing advice.

Bulyaaba Faith., is a 15 years old teen in Senior 3 at Bright Way Hill School

When I was accused of theft at school

By Atuhiire Daphine

School life can be confusing especially when a person you take for a friend turns against you. Some time back this year, I had an experience that changed my perception about people we take for friends. I was in class one Monday morning with this girl I took for a friend. She gave me her bag and left for the toilets. On coming back she told me to check through her bag and give her a red pen and pencil. It was our mathematics lesson then.

A few minutes later she asked for her bag and I did pass it on to her. She checked and in a flash of second, she was up and yelling at me for having stolen her money. I pleaded with her and requested her to check again more carefully for I had not even known that her bag contained money

because I had surely not checked it. This shouting girl called me all sorts of names and told every one who cared to listen to her that I am a notorious thief. I cried bitterly but soon realized that crying alone would not save my image. I labored to explain to fellow students that I am not a thief but it appeared as if every one had declared me a national thief.

I learnt my lesson and stopped keeping fellow student's property. I have also stopped associating with students whose character I do not know properly. I am learning to choose friends selectively because, some seemingly good people can be as dangerous as serpents.

Atuhiire Daphine is a 13 years old teen in Senior 1 at Makerere High Way.

TEENS BULLYING TEENS:

A teenager personal experience:

Nabulya Gertrude: Kampala High School

I was all smiles as I embarked from a boda-boda motorcycle to go through the big gate of Bright Light Academy. This had been my dream school and here I was with my property- anew vita form mattress, a metallic suit case, a basin and a large blue polythen bag that contained my other items. At the headmaster's office, I was allocated Kulubya dormitory, a small and narrow dormitory with many beds. As I laid my bed, a group of six girls surrounded me and ordered me to give them all edible things and cash that I had in my suitcase. Still puzzled, a brown girl slapped me hard on my right cheek as others pushed and kicked me. Like a kicked heap of potatoes, I fell on the floor and covered my face with my palms as the beating continued. I cried loudly and harbored bitterness in my heart as I wondered why they had to treat me that way. No one came to my rescue; other small girls in the dormitory simply looked on terrified. Tears, hot tears flowed like a stream of water running down my cheeks and my beautiful eyes were becoming red hot. The bullies took my ground nuts, simsim paste, bread and shs.50, 000 that had to take me through the term. By the time they were done with me, it was a quarter past mid night.

'Wake up bush baby, wake up bush baby' I heard voices of shouting big girls at five thirty in the morning. In a matter of seconds, my blanket was gone and I felt frozen and deafened with dejection. I was ready to go to class at six

that morning but as I moved out, one of my tormentors blocked my way and ordered me to go direct to the Mentor because I had a case to answer. 'This time, you will eat your heart out; follow me.....' she shouted as she moved almost running towards the Mentor's office at the main hall. I was scared. I was



Teens need a good learning environment

later to learn that a Mentor was a teacher in charge of discipline.

'You are a thief my girl. There is a case here against you and I will soon forward you to the headmaster.....'shouted the Mentor, a lady whose voice would compete with that of a man. 'But I am innocent I just come yester.....'The sentence was never completed, the Mentor shouted me down and ordered me to leave her office in a strong bitter voice that made me as silent and cold as a grave. I was scared stiff. I don't remember learning any thing in class that morning. My heart pumped harder and faster that I feared it was coming out. My stomach rumbled and I developed a running stomach. I was sneezing as if I had been infected with bird flue thanks to the paramount fear that had taken control over my body and mind.

By the time I was called to go to the headmaster's office, I was in a sorry

state that any one would easily identify me with hard core criminals. The headmaster's letter demanded that I should produce my parent the next day. My mother would not believe me when I explained the ordeal that I had passed through in the few hours I had stayed at my new school. We were at the head-

master's office very early. Students alleging that I had stolen their property were assembled. To my surprise, it was the same bunch of the six girls that had not only teased, robbed and beaten me, who were now framing me as a thief.

I was lucky to be given a chance to defend my self. I

narrated the entire bullying ordeal. I in turn requested the H/M to summon some of the young girls in our dormitory to testify. The two girls summoned spoke in my favour and I was relieved. The bullies were asked to account for their deeds and their leader, a fat brown girl with big eyes confessed thus: 'We did it as part of our initiation culture, all of us had to go through it when we joined this school...' The H/M was furious. The girls were suspended, their ring leader was expelled and the Mentor was blamed and cautioned. I felt victorious but still worried. I could not imagine how the suspended girls would treat me once they resumed their studies. I pleaded with my parents to switch schools. I left the school of my dream happy that finally the bullying giants had been punished.

Nabulya Gertrude: is a 16 year old student in Senior Four at Kampala High School.

SURVIVAL STRATEGIES IN SLUM AREAS

What teens say:

Birungi Joan: Kampala Student Centre

Housing facilities in slum areas are in very poor condition. In Kivulu slum area, many people live in shacks made from tins. Others live in small rooms made of reeds. There are no good toilet facilities and faeces are littered everywhere. As responsible teens, we need to engage in garbage collection and burning during our holidays. We can also form a team that will move around slums teaching slum dwellers how to keep proper sanitation.

Nakanwagi Jalia, Kampala Students Centre

I have observed that most parents are reluctant to have their children immunized because of some traditional beliefs that immunization leads to death of infants. As enlightened teens, we need to utilize our holidays by teaching our parents in slums that immunization is part

of primary health care and very good for our young brothers and sisters.

Namyalo Violine, 15, S.3, Grace Fellowship High School

Since no one is assured of real security in our slums, spending more time indoors and at home

is a good way of avoiding trouble. If you are lucky to have a television set at home, once you are done with household

chores,

please spend much of your time watching developmental programs on TV.

Nassolo Maureen Jovia: Kampala Students Centre.

Our role as young people is to ensure that we work as change agents in our localities. We should be examples to the many uneducated folks

in our slums. If you find faeces littered here and there, it does no harm telling the people about the dangers of such a habit and then you clean up the mess with the help of the people around you. There are some people in slums who fear to sleep under a mosquito net because they believe

that the net is not good for their health. Other people don't wash their hands after visiting the toilet. It is our duty as trained teens to ensure that people in the slums where we live learn about health matters. Making our slums better begins with you and me.



Don't simply sit, do something



Car mechanics earn good cash



Seeling G-nuts can earn you money

Joel Ssebaggala ; Kampala Students Centre

Teens in slums are vulnerable to unwanted pregnancies. Dear girls,



You can polish shoes for a living start to refuse gifts from strangers. Avoid rape by not walking alone especially when it is dark. When you are raped, ensure that those in

authority know and the culprit is arrested and punished by the law.

Parek Jok Madut; 14, P.7, Sir Apollo Kaggwa Primary School

During holidays I go back home to Sudan and live in one of the slums there. Like in Uganda slums are hard places to call home in Southern Sudan. I however make and sell chapatti and this earns me lots of money. I also collect dirty bottles, wash them and sale them for profit. Teens can utilize slums by making themselves busy. Crime rate and prostitution is very high in slums. I have heard of a certain Ghetto President in Kampala's slums. I wonder whether he is involved in empowering vulnerable teens in slums. Young people must avoid all such groups that can lead them into committing crimes. It is possible to make money when you spend your holiday in a slum area. Just be creative.

Awal Suzie John; 14, P.7, Bright Junior Primary School

Slums are difficult places for teens

to live in. My aunt lives in one of the slums in Juba. She left her daughter home alone when she went to the market one day. My cousin was raped and got pregnant.



Young people can sell fruits and fast foods

My aunt was interested in having her daughter continue with her studies, so she had her go through an abortion and she died. Parents must devise means of protecting lives of their children and should take care of them even when they are pregnant.

Kyomugisha Sharon; 14, S.1 Makerere High Way

Teens should learn to be productive during holidays. Because slum areas are usually dirty, we need to be involved in sweeping the compound and boiling drinking water to avoid water born diseases.

Katwesige Juliet; 14, S.1 Makerere High Way

Dear fellow young people, spending time with good company is what you need to avoid troubles associated with living in slums. Ensure that you do not walk a lone in the night because you may be raped or even killed

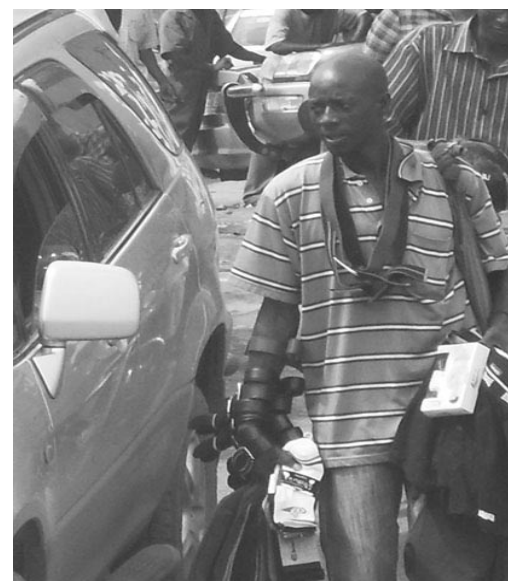
by the men who abuse drugs such as alcohol and cocaine.

Niwandinda Angel; 13, S.1 Makerere High Way

Slums such as Kagugube, Bwaise and Kattunga are danger zones for young girls since we continue hearing several cases of kidnap, defilement and rape. Teens should always communicate with their parents to ensure that men who abuse them are dully punished.

Nassolo Alice; 14, S.1 Makerere High Way.

There are many prostitutes in slum areas. Young girls are easily tempted into prostitution because of their love for money and good life. Girls, let us respect our good bodies and avoid indulging into prostitution. There are several health and better ways of earning money than prostitution.



You can still sell belts, socks and other under garments



Hawking second hand clothes can earn you cash.

SUPERSTITIONS AND WITCHCRAFT.

HAVING DREAMS AND REALIZING THEM by Deepmala

In my childhood, I heard about the discrimination that my mother had to go through because of being born in a family whose traditional occupation in Hindu caste society was scavenging human waste. She was married off in her childhood. She did not want to work but was forced by her parents in law to follow the traditional occupation of cleaning night soil and carrying it to a deserted place. My father never wanted my mother to do this work. This happened when he was traveling to look for a job.

When he returned home after a month, to his utter disappointment, he found my mother doing the 'work'. My father objected to this but his parents were adamant that they could not feed an unemployed daughter –in- law. Angry at their response, my father revolted and started living at my mother's parents' house. Instead of cleaning toilets and carrying night soil, my father got her a job of domestic work at the home of several families in Mohammadabad. My father is working with a hospital but my mother still works as a domestic help. However she is happy with it as she has escaped from a disgraceful profession.

We are five sisters and three brothers. Being the eldest I have to take care of all my siblings, and do all the domestic chores as well as go to school. As a result I practically dropped out of school. But before I ended up becoming completely illiterate, I came in touch with the Social Development Foundation (SDF) (an IHEU- supported humanist organization working in North India-Ed.) which helped me to restart my education. SDF was working in Mohammedabad for the liberation of the community from the profession of scavenging and raising the issue of their rights. I felt that given an opportunity to study, I would be able to do justice to my self and therefore I accepted their offer. Since then I have never looked back.

Because of my association with the SDF, I have received unprecedented opportunities including attending leadership development programmes and meetings with activists across the country. These visits have exposed me to various new realities of life. Today I am strong in my convictions and ideas and want to fly high.

But then success has a price. As long as I was a docile, domesticated child, my parents were happy for me. But today thanks to the SDF and its founder, Mr. Rawat, I am developing and growing stronger. And this makes my family insecure, since I'm challenging established myths and ways of doing things. We are chained by our rituals and cultural practices.

I have discovered that girls like me get our families and community's support only when there is an 'outside' threat, that is, a danger from a source outside our community.

But there is unanimous suppression when the challenge is from within. My parents would feel happy if I followed



Deepmala

the social norms, got married according to their choice and played the role of a mother and obedient wife. Though my parents claim that they treat me like my brothers, the fact is that no boy will cook at home, take care of the siblings and follow the dictates of the family like a girl. And his not doing all these things isn't considered 'abnormal', but if a girl doesn't follow these customs; she is likely to be viewed as a bad character and uncultured.

I know there are a lot of challenges for a Dalit girl. As she decides the course of her future action, there will be caste people targeting her, there will be her own community's cultural moral police who will question her dignity and integrity, but those who have decided to dedicate themselves to social justice must break these chains. They cannot remain bound to old ideas.

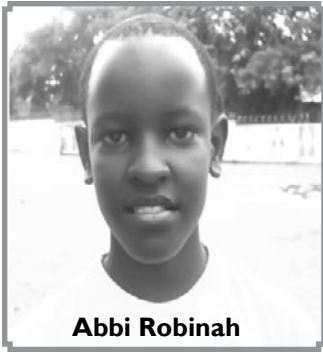
I believe if the family is hindering ones growth then there is no point in clinging to it.

Why should girls like me be enslaved inside the house and pretend to feel happy whenever there's a visitor? I have a right to be angry and unhappy. In this age, when we should be using science for our modernization, I feel pity for those parents who remain mired in superstition and traditional beliefs. They kill their daughters' freedom and feel a shamed when she goes out, and they create obstacles to her emancipation. They believe that girls like me are meant only to marry and rear children. But we must challenge this notion. I'm ready to go ahead if given a chance. I want to study and become a role model for my own community so that I can work for social change. I can only say that everyone can achieve something worthwhile, given an opportunity. We must dream and work for a world where there is no discrimination based on gender, caste, religion or region. Let us aim high to develop a Humanist world, full of life and liberty. Let there be equal opportunities for all so that there are no racial prejudices and hatred in our minds.

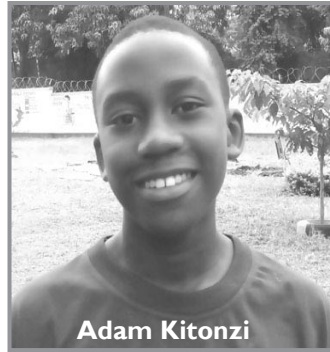
Ms Deepmala is a student of Class X11 and working closely with the Social Development Foundation, Delhi, India. This article first featured in the International Humanists News, November, 2008. Does it inspire you to dream big? Write to us and let us know.

PICTORIAL

Up and coming writers



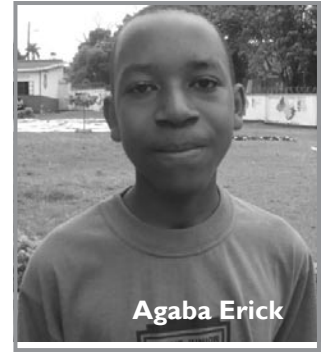
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Adam Kitonzi



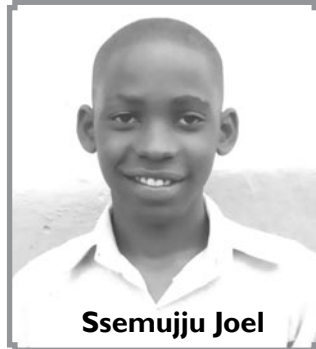
Aboula Marline



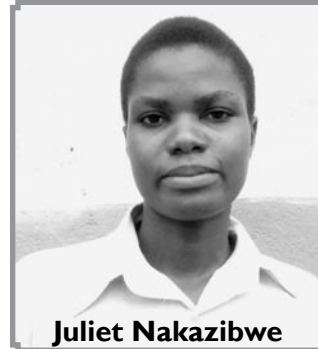
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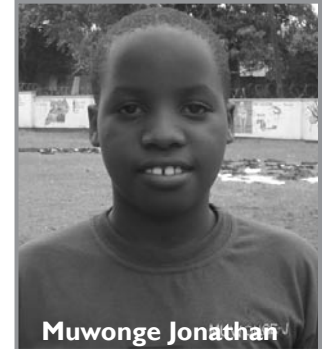
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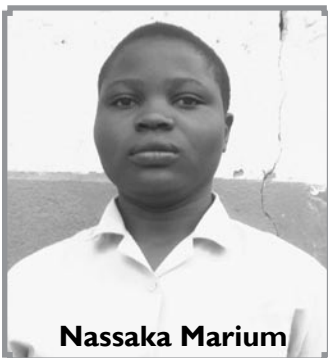
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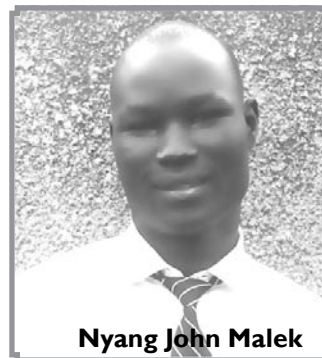
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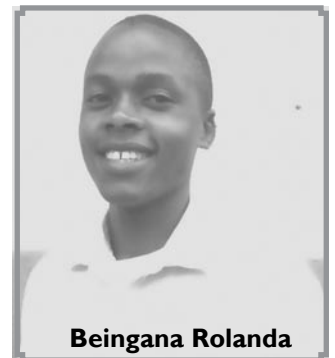
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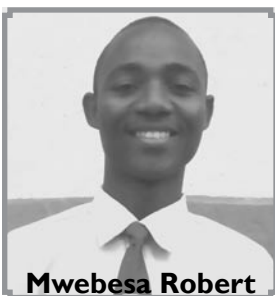
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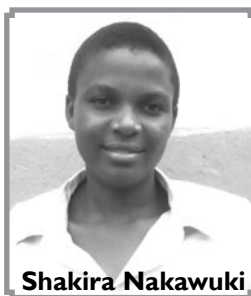
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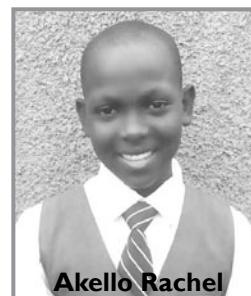
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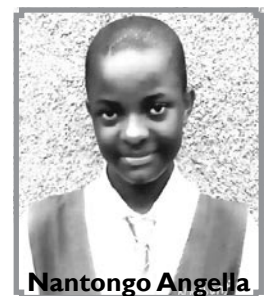
Shakira Nakawuki



Suzie John



Akello Rachel



Nantongo Angella



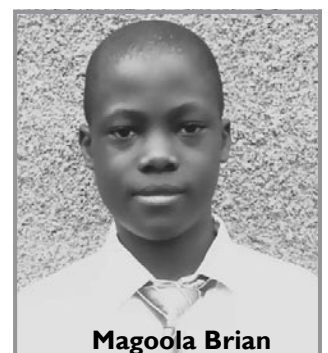
Kyomuhendo Shirley



Kigenyi Zainah



Akok Peter



Magoola Brian



OF RETROGRESSIVE AND OPPRESSIVE CULTURES IN UGANDA

Kato Mukasa

Every people have their culture and we are always proud because we think that certain aspects of our cultures differentiate us from others. But what is culture? Sociologists, anthropologists, totalists and mentalists all define culture in different ways but all contend that culture involves: beliefs, norms, behaviors, shared ideas, knowledge and values. In other words, the way people feed, dress, sing, bury the dead and share feelings greatly express their culture. Culture is a configuration of learned and shared patterns of behavior and general meanings and understandings concerning the value of things, ideas, emotions and actions. Thus culture becomes a total way of life of a given society.

Practically speaking, culture should be dynamic and keep changing from society to society and indeed, some aspects of a given culture change overtime. There is nothing like a one Uganda culture and it is wrong for people beyond Uganda to associate our country with certain 'bad' cultural practices of a given society.

Let us scan through some cultural practices here and the onus will be upon you to brainstorm whether or not we still have room for them in this Twenty First Century. In Buganda, after burial some families still dedicate about ten days for a funeral rite known as okwabya olumbe. It is a great ceremonial feast where all the clan elders and many relatives, in laws and friends attend. There is no income generating activity or work done at all apart from a lot of eating- sometimes eating all food and animals left by the deceased. Drinking, dancing and unrestrained sexual intercourse among people present resulting into many un wanted children and spread of sexually transmitted diseases including HIV.

I have witnessed a cultural trait among some families in Buganda where, after a woman giving birth, the after birth (the kigoma) is buried near the door way and the reason for doing so is to remove it from

the reach of those bad people who might employ it for evil purpose such as killing the child or making the mother barren. Still, there are some women who do not eat special delicacies such as chicken, eggs, grass hoppers and fish be-

small quantity of the mixture from the dead man's hand and eat it!

The Batooro, like the Baganda and their Banyankole neighbors practice blood brotherhood also known as 'okutta omukago'. The blood brother hood can be made

between man and man or man and woman. The main ingredients of the ceremony include coffee berries and a knife. The participants take coffee of one another's blood from a cut made just below the navel. Once this is done, the two become blood brothers and then take an oath which is made in presence of respected members of society.

I have heard teens talking about having a blood brother hood despite the existence of many deadly diseases that can easily be spread through blood sharing.

The Bagishu, Bakonjo and the Bamba share a common initiation ceremony known as circumcision. All male children can become men only when they are circumcised. This cultural practice is gradually diminishing among the Bakonjo and the Bamba but it is still very much cherished among the Gishu. Because the entire circumcision process is psychologically stressing and physically painful, I know



Don't be duped: These things can't solve your problems

cause such foods are supposed to be eaten by men! They are men only foods!

Among the Banyoro, it is believed that if a person died with grudges against anyone in the family, to stop the ghost from coming out of the corpse to haunt and destroy those people with whom the deceased had a grudge-the dead person's mouth and anus is stuffed with clay! Still among some Banyoro, when the head of a household dies, some grains of millet mixed with sim sim are placed in his right hand. Each of the dead man's children is required to take in his lips

of some Gishu men who resorted to hospital circumcision and shunned the cultural one.

It is still asserted that in some Bantu families, during the wedding ceremony, the bride is accompanied by her aunt to the bedroom where the groom first has sex with the aunt before proceeding to have it



Back cloth and gourds are hot items

with the bride. This is done so that the aunt can prove the potency of the groom but she is also expected to watch and listen to the sexual intercourse between the groom and her niece and then advise both the bride and the bride groom on bedroom matters.



Smoking the pipe / emindi can't make you rich.

Women inheritance is a common thing in different parts of Uganda regardless of the soaring rates of HIV infections. Women are still regarded and treated as men's prop-

erty and have no right to own land. Women and girls are still forced to marry men because of the bride

wealth the girl's family would get once the deal is sealed. Among some cultures, it is normal practice for a woman to have sex with her in laws and even have children by the twins. The Bakiga are a very polygamous people and

the number of wives owned by men is only limited by the availability of land and bride wealth requirements. Animals obtained through bride wealth are used to obtain wives for the girls' brother or father thus the Kigezi area is one of the highly populated places in Uganda.

Then there are twin ceremonies practiced among the Baganda, the Basamia- Bagwere among others. As a twin, I was told that the purpose of the twin ceremony – here referred to as okwalula abalongo - is to wash off any taboos that accompany the birth of twins and thus it is important to cleanse them. I know that during this practice, people gather in to face darkness and dance and

sing obscene songs and sometimes there is unrestrained sexual intercourse among close relatives.

These and many other cultural practices still exist in Uganda. Sadly, many people including the educated still cherish them and continue promoting them at the expense of the minority mainly women, girls and children. Do we still need to honour these cultural practices? Read more about related cultural practices, witchcraft and superstitions in our next issue and please to not hesitate to fire back. Kato Mukasa Is a member of the Humanist Association for Leadership, Equity and Accountability (HALEA)_

A CALL FOR SUPPORT

Support HALEA's forgotten Mothers' Project. This is a project aimed at empowering teen mothers to earn a living, learn income generating skills and go back to school.

**For Information,
Contact:**

+256 - 751 - 420810

Email: haleauganda@gmail.com.

UGANDA'S EDUCATION SYSTEM NEEDS AN OVER HAUL

Kisa Musa Kasonsole Kaggwa.

Dear editor, I have had the duty of collecting and editing material submitted from students of Kampala Students Centre. I have realized that indeed many students are calling for a more relevant and practical kind of education if their dreams are to be achieved.

I had the opportunity to be trained at Makerere University and in the Norway and I am fully aware of what a practical and relevant education curriculum ought to be. In Uganda, we are teaching our learners a lot of stuff that is practically irrelevant to them given the current market demand. Many subjects on our national curriculum were designed to suit learners of the 1960's and 70's and thus have been over taken by events.

A lot has been said about unemployment especially among college and university graduates. Uganda is said to have the world's highest youth-unemployment rate. The African development indicators (2008-2009) shows that 83% of Ugandans between the ages of 15-24 are unemployed and yet Uganda's youth account for almost 80% of the total work force. The Gender and labour ministry's figures show that only 8,000 jobs were available for the approximately 390,000 graduates. Data from the Labour department shows that the current labour force is estimated at 9.8 million, 75% of whom are below 40 years of age.

With such a huge challenge of unemployed, under employed and unemployable young people, all stakeholders must strive to look for practical approaches that can help save this country from this time bomb called unemployment. Part of the solution remains with what we teach at school.

Thanks to organizations such as HALEA and programs like PIASCY. Students at Kampala Students Centre are gradually getting educated in sensitive issues such as adolescent reproductive health, life skills and financial literacy, peace, conflict management, patriotism and entre-

fields have had the patience, good fortune, insight and good experience which is necessary to make them credible when they wish to commend something new to other people'.

That is our huge responsibility. The home has now been pushed in the background with its limitations on scope of values, income, class, location and time. Indeed, many parents today have little time for the actual empowerment of their children. This is their responsibility too but they have instead shifted the entire burden to teachers, non governmental organization and the world's becoming a global village.



Kampala Students Centre team in a HALEA Workshop.

preneurship from a practical point. We are teaching our students how to create jobs using the little resources available and with many teenager mothers amidst us, the trickle down effect from this kind of training will be of much help to them.

Emphasis should also be put on sports development not as a leisure activity but as a source of great income and good health. Lets us think of the numerous jobs the sports industry can create for millions of young people globally. The school can be a good starting point for an empowered generation of young people. The great scholar, J.G Owen observes; ' if education improves, develops, changes or differs in any way from decade to decade, it is because particular people in particular

It is on this that we are called to be co-managers on the curriculum. The challenge remains with the very slow to adopt to change governments we have in Africa- Uganda inclusive. As progressive teachers, we need to make practical education relevant even when the authorities above us are still dragging their feet. Under such circumstances, it's our duty to take the bull by its horns and we begin to gradually pass on relevant subjects to our learners hoping that other stakeholders will find us on the way. Let's move on.

Kisa Musa Kasonsole Kaggwa is a poet, educationist, and member of HALEA.

HALEA AMBASSADORS

Become a HALEA AMBASSADOR:

Spread the word about HALEA activities on your campus/school!

HALEA ambassadors provide vital outreach and information about HALEA to students and fellow peers at their schools/campus. A HALEA ambassador uses the knowledge and experience they gain(ed) as a HALEA trainings' beneficiary to become an effective mobiliser, organizer and spokesperson on campus or at their schools. They utilize the power of HALEA programs to get more young people empowered and be able to reach their desired destiny.

What does an ambassador do?

HALEA ambassadors serve as liaison between prospective HALEA students and HALEA office. Thus, they have the important role of being the face of HALEA on their campus/ school. The ambassador will make a ONE year commitment to help promote HALEA

programs/activities by:

- Attend HALEA empowerment trainings
 - Represent HALEA at least three times a year at a school function or fair.
 - Distributing HALEA materials to interested departments and students around their schools/campus.
 - Becoming a peer educator and pass on skills gained through HALEA trainings.
 - Speaking about the HALEA experience to student groups and classes
 - Answering student inquiries about HALEA programs
 - Communicating with the HALEA head office to discuss promotions, events and details of upcoming programs and details of upcoming programs
- #### What are the benefits of being an ambassador?
- Free membership to the HALEA Membership Training Program

- A source of mentorship and professional skills building
- A great opportunity to sharpen your public speaking, critical thinking and communication skills.
- Students may receive a strong professional recommendation from HALEA staff based on their level of commitment, initiative and leadership.
- A great resume builder!
- Through working as a HALEA ambassador, you can expect to gain and develop many skills including your effectiveness as an agent of positive change, your ability to manage work and your ability to assemble seemingly impossible endeavors through careful planning, delegation and creative improvisation.

Interested? Contact HALEA Head office on this address and get the details; Plot 273/274 Gaddafi Road/ Makerere Hill Road next to LDC. Tel: +256-312-291-427 or +256- 751- 420-810. Email;haleauganda@gmail.com.

ADVERTISE WITH THE OPEN TALK MAGAZINE

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- (a) Learning Institutions ----- Ug. Sh. 100,000/=
- (b) CSOs Membership ----- Ug. Sh. 200,000/=
- (c) Corporate Membership ----- Ug. Sh. 500,000/=

To support or join HALEA, please call: +256 - 751 - 420810 / 0772 - 576635.

CHILDREN'S RIGHTS: TAKING THEM SERIOUSLY WITHOUT SPOILING THEM

Sonja Eggerickx

All over the world it is considered normal for women to give birth to children. It is also normal to view children as the future of a family, a village, a town, a nation, the world even. It is therefore hard to understand why children had to wait until November 20 1989 for the Convention on the Rights of the Child to be accepted by the United Nations.



Sonja Eggerickx

I live in a rather wealthy western European country Belgium. We have separation of religion and state. Child labor is forbidden by law, although there are infringements. We have strong legislation against child abuse and any form of violence against children. All children are guaranteed schooling until the age of 18. We have a special telephone helpline for children where they can ask for information, for help, or a talk about their problems. A coalition of organizations works for children's rights and for some years there has been a civil servant with special responsibility for children's rights.

Of course, Belgium children on average enjoy a much better life than millions of children in the non western world. But there is a gulf between theory and practice. To begin with, there is a difference between social classes, the rich and the poor. Of course it looks irrelevant whether you wear clothes from an ordinary shop or from a very well known, exclusive and expensive one. But in reality it is not! Children are teased because of their poor, vulgar clothes; they don't belong to the group of those who are considered the elite. Exclusion occurs for other reasons, such as racism, discrimination against immigrants (even if they are third generation and have Belgian nationality), against refugees - in brief against everyone who is not lucky enough to belong to the right group or, by extension, who is not tolerated or labelled as good and useful, by that elite.

One out of the ten Belgian children is a victim of some kind of abuse. Child abuse is the second most common cause of child deaths; and more than 80 per cent of child abuse happens in the family. That is one of the reasons why many cases of violence are not reported; children don't want their fathers or mothers to be punished nor do they want to be separated from their parents. Nevertheless, statistics still show that children living in Belgium live a better, happier life than millions of other children. But children don't live in statistics; they live in real life. That means that those who are discriminated against really suffer. Belgian children not only have a right to education; they have an obligation to undergo it. In practice we see that the more academic education, preparing children for high schools and universities, attracts mainly white pupils, children from the upper and middle class. Vocational schooling leading to manual labour is mainly for poorer groups, the immigrants (no matter how long in Belgium) whose roots are not Belgian, nor even European, or who come from the new EU members in Eastern Europe. Although everybody will tell how important manual work is for the economy of a country, vocational schooling is in practice considered inferior; in addition, girls from this disadvantaged group tend to be sent to school where they are prepared for traditional 'women's work'. Their freedom to leave their homes is often restricted, so that, as a result, their opportunities

to mix and play with native speakers of the language are limited, and then they learn the language less well. All schools are officially gender mixed, but the schools that teach housekeeping skills have few male pupils and are thus an obvious choice for parents who want to keep their daughters apart from boys.

So while we have laws that attempt to give equal opportunities to all children, the practice is different. Of course, it seems logical that parents should be able to choose a school for their children, and I am not suggesting that the government make that choice, but there is still a long way to go to make both parents and children aware of their freedom and the possibility of moving away from a conventional model.

Let's have a look now to the average Belgian children, and I presume that it is about the same in other western countries. They have enough to eat, live in decent houses, have beds, parents and toys and go to school from the age of 3 until 18. They can make choices about what to wear and what to eat and have access to a range of information, including information about their own rights. Most children are wanted by their parents who have usually chosen to have only one or two off springs, a family of more than three being exceptional. Parents read books and watch Television documentaries about good education. They all want to be the best parents in the world. They try really hard. Often both parents have a job outside home, and after

they pick their children from nurseries or schools. They arrange for the children to attend after school music classes, sport clubs or other improving activities.

Parents and children are stressed because they have to run from one activity to another, and of course children do protest. Sometimes they are just hanging around at home. Just hanging around is seen as negative; parents want their children to play and they buy them a lot of toys. But they also want their play to be constructive, so they buy educational toys that develop particular skills in the children. Unfortunately, this removes all initiative on the part of the children. The result is very spoiled children; little princes and princesses who are totally egocentric. In some cases this may be an exaggeration, but it is not completely untrue. I want to plead for the right of children to be bored! Nobody likes to be bored, of course, but it is great stimulus and opportunity to find something to do for oneself. The child learns to make choices: perhaps to learn that it can be enjoyable to spend time with others and that if more people are involved in doing things together, everyone needs to agree rules. Children also have the right to fall and hurt their knees, or even break arms or legs. They need protection from real dangers, of course but need to discover for themselves the limits of behavior. They are so overprotected that play is no longer fun: their expensive clothes could become dirty or worse torn and of course could hurt themselves. But by exploring your possibilities, you learn to accept that you are not necessarily good at everything you would like to do; by planning with others you can plan responsibility towards them; you also learn that in

order to be respected you have to respect others in turn. Of course some children would try to bully or terrorize others and then adults should intervene, they should ensure that the children do not imitate the grown up world! But at the same time, children must learn to live with frustrations, victories and defeats. And every adult knows that this is part of life. We often apply double standard: we



Children have rights too.

apply beauty contests for babies and children. They are dressed as mini-starlets. Fashion models sometimes start work when still only 13! And yet at the same time we are afraid that people might think teenagers older than they really are. And those who ape the dress and behavior of their elders are condemned by public opinion, yet at the same time there is no opposition to the exploitation of human beings for commercial ends. Then there is the problem of teenage mothers, when we allow youngsters the right to explore and give expression to their sexuality, it is absolutely necessary to give them sufficient advice to lead them to behave responsibly and they must also have access to contraception. And finally I come to education, it is indeed necessary for all children to be educated not only in schools but also at home. They need

to be educated on how to behave towards others and how to care about them, they must learn the meaning of solidarity, empathy and respect for others. They must learn that children have rights but also limits to their freedom. They must learn that in society there not only rules to regulate questions of life and death, but also everyday rules which can sometimes look silly or absurd, but which can

in fact make life more workable. We have to teach our children that only tolerance will lead to democratic and humane society and that it is sometimes necessary to allow people to be extravagant or simply to behave in ways different from those that are called normal, provided such behavior does not endanger others.

Education is a never ending struggle to impart rules values and

norms without forcing their acceptance, to provide a framework for building a life that feels comfortable and allows space for others; we have to improve children's rights all over the world. Respecting children's rights doesn't mean spoiling children. We don't want them to grow up as selfish, irrational adults, who think only about themselves and neither care about others nor struggle for a better society. But we must also protect them from abuse and from being made to work like adults. We must not ignore their own wishes and needs. The children's treaty is there; it's our duty to make nations, people and individuals respect it.

Sonja Eggerickx is the President of the International Humanist and Ethical Union. This article first appeared in the International Humanist News, February, 2010.

FINANCIAL LITERACY COUNTS

Here is why financial literacy education counts Writes Kato Mukasa

There is a very important type of education which most people have not had an opportunity to learn yet it has a great impact on whether or not we live a good life here on earth-the only life we are very sure of. This is financial literacy. We are experiencing a hard financial time the world over. The economy is really stupid. Things have gone so much out of control that even big economies such as the USA are facing financial hardships. Countries are highly indebted and can not even afford to service their loans. Uganda is part of countries failing to service loans globally. Poverty is the main song every where and many people appear to have given up on living a good life.

In Uganda things are even worse. Since January 2011, our economy has been at its worst. By July, our run away inflation had swollen to 18.7 percent, the highest Ugandans have witnessed in many years. Can you imagine we have had to buy a simple kilogram of sugar at a whopping shs.7000? We have witnessed demonstrations 'from walk to work' to medical and university personnel strikes as well as teachers putting down their tools to protest working for low pay. Money is not enough and will never be enough anyway. This is why financial literacy education counts in this century. It is important that all of us exactly know how to take charge of our financial situation so that we all make the right financial decisions that will make our financial confidence soar.

It's rather challenging to say that millions of people do not know the art of managing money. Yes, you can have the opportunity to get money but there many chances that you do not know how to manage your finances. Many people know nothing about saving and investing even when they actually struggle to

save and invest. Millions of people work their entire life and reach to the retirement point having noth-



Be productive to get money

ing to show for the many years they spend tirelessly working. Recent studies in America indicate that 8 out of 10 parents have no idea about financial literacy and thus have nothing to tell their children when it comes to financial matters even when it they want to pass on financial literacy education to their

children. This applies to millions of teachers too who have nothing to offer their students. Surely, you can't offer what you don't have.

The lack of financial education for children has been a great concern in the developed countries and many are now struggling to bring financial education to the school, curriculum. Members of parliament in serious nations are influencing their governments to take the issue of financial literacy seriously and are encouraging its teaching to the general public as well as young people in school. Financial literacy is very important to all of us because we are now in a complex financial world of store cards, mobile phone tariffs, credit agreements and financial marketing among others. In this crazy financial world, there are several financial jargons that we all need to know, whether we want it or not because they matter. Financial education is such a very



Gambling will make you poor.

important thing that we can't afford to ignore it. Surprisingly, our government has never budgeted for it and all our other leaders have not come out strictly to point out such a great omission. Perhaps

they do not know a thing about financial literacy. This is doubtful. It is debatable too.

In a country where 80 percent of wealth is owned by 20 percent of the population and thus 80 percent of Ugandans have one common song: poverty. Financial literacy is a gateway to the economic empowerment of the people. A financially empowered people know the value in saving and investing. They do not simply consume or invest, they do so wisely. They really know the value of money and budgeting for

their homes to avoid living in perpetual debts. Our leadership has always emphasized borrowing as a means of getting out of poverty. But borrowing alone has never got people out of poverty. The borrowers must be empowered with financial literacy. Several programs have been initiated and many people, especially youth have been given money to start their business but 90 percent of their businesses have failed. Programs such as Entandikwa and Youth Entrepreneurship Scheme (YES) failed miserably and government lost lots of tax payer's money. It appears no lessons were learnt. We have a society of perpetual borrowers who are trapped into huge debts that many salaried workers spend much of their time chasing after money lenders to get additional consumption loans

or running a way from debt collectors. Court bailiffs are having a full harvest selling off several properties of bad debtors. Uganda is also one of the 10 highly indebted poor countries. Millions of Ugandans



Young people in the Transport Sector make money

know nothing about investment. Our society wrongly continues to hold the out dated belief that a student who gets a university degree will automatically get a good paying job. This



Avoid idling groups

is what our schools and universities are teaching even when the reality is that real money has long moved from jobs to businesses. Successful people are managing their own business and creating more jobs rather than looking for jobs! The world has changed to the extent that business can also be done

on-line.

In my book 'How to Start that Business: A Handbook for Successful African entrepreneurs, 2007, I point out the Ten Cash Commandments that will help you be financially redeemed.

These are: 1; Know your financial status. 2. A void making impulse purchases. 3. Have a budget and stick to it. 4; Live within your means. 5. Save, save and save. 6. Avoid keeping up appearances. 7. Clear your bills before shopping. 8. Pay your taxes promptly. 9. Use credit card wisely and. 10. Fulfill your financial obligations. Those were

2007 commandments that will still save you even today. You can as well add these ones: 11. Invest in items that increase your income. 12. Always read the contract before you sign it. 13. Cal-

culate your saving or return on investments regularly. 14. Free your mind from cultural and religious dogmas that keep you poor. 15. Learn how to budget money. Good people, financial literacy is a very wide subject that can not be exhausted in a single article. These and many other articles will be part of the Open Talk Magazine. Keep your ear on the ground.

Kato Mukasa is an investment and success counselor. He is a financial literacy coach, trainer, mentor and author.

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TIPS ON HOW TO PREPARE FOR EXAMINATIONS

By Dut Marial, 14, p.7 Bright Junior Primary school

Psychoanalysts have revealed, through various studies that the details of what we learn tend to fade away except when they are repeated regularly. So revision is a very important aspect of preparation for examinations. The teens should start their revision in good time, about eight months before the examination period.

The teens should not revise one subject for the whole week and then another in the following week. They need to revise a little of each subject at a time. The teens may revise two subjects per day but covering all subjects within a week. They shouldn't only rely on reading the notes given by the teacher but they should work out the questions which provide valuable practice for the examination.

After reading alone for hours, involve yourself in a discussion with other pupils. The teens should avoid revising for many hours in the late evenings, especially if you have an examination the next day because the brain needs enough rest in order to function well. In order for the teens to get the best value out of revision books, topical notes provided in the revision books must be read regularly.

The teens should also attempt to answer the questions set out in the sample papers at the revision

books. They should revise the variety of past papers which will help them get used to answering questions and help them to develop understanding, skill and confidence when answering questions in the examination. They should also consult their teachers or parents on some of the more difficult questions.

Start out with the questions that you can answer easily and then move on to the ones that you find

why do we fail examinations? You will surely pass.

Dut Marial is the head prefect of Bright Junior Primary school, he is 14 years old and a Primary Seven candidate.

Mwebasa Robert Akiiki.

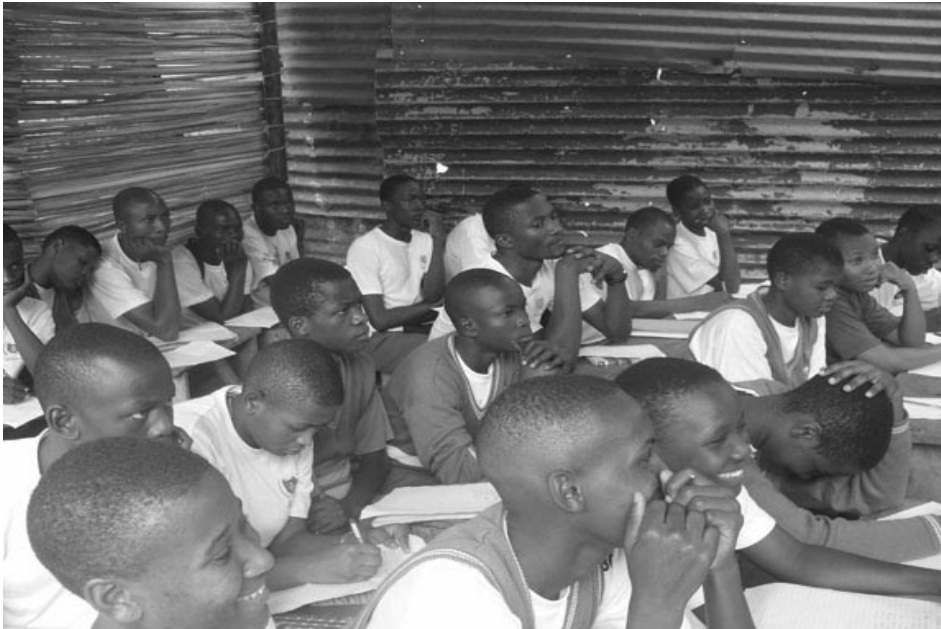
As a student leader and a student at the same time I have observed that students have weird ways of preparing for examination, and so many students approach exams as

if they are in for a losing battle.

Some students believe in witchcraft and as such some visit witchdoctors to give them wisdom and fetishes to pass exams. Others resort to endless prayers and fasting hoping to

get miracles and pass exams even without serious revision. And there are those who will enter the examination room with papers written on with possible answers. Such students are in most cases caught red handed and disqualified.

I have come to learn and accept that passing an examination is a personal decision one makes and vows to excel. A belief that you can excel against all odds is a big step towards excellence in any examination. A positive attitude will force you to plan how to revise effectively, consult teachers and work with fellow students to learn



Bright Hill Way students attending a HALEA Workshop

out to be difficult. In that way, you should find time to attempt the harder questions. All your answers should be written in blue or black ball point pen or ink only; diagrams may be drawn in pencil.

In addition to that, it does not matter in what order you do the questions in both sections. There is sufficient space on the paper for answers. Remember to read the instructions on the front page of the examination paper and make sure you understand them. Finally, spare time at the end and check your work before you hand it in for marking. So if all is fulfilled then

what you do not know.

A student preparing for an exam must be smart, that is you need to keep your body clean by bathing regularly and put on school uniform because without it you will be denied entrance into the examination room. Remember discipline is a huge step towards success. It is important to do all the assignments on time and ensure that teachers concerned mark them and advise you accordingly.

Developing a personal reading time table is important. A serious student should not be reminded when to revise, you must be your own time keeper. Discussions with fellow students are important. However, it is vital to discuss with people that are more knowledgeable than you in

certain subjects so that you can really benefit. Otherwise two blind people can not get out of a ditch. A candidate must be very careful during examinations. Sneaking out of school with out permission can be dangerous. I know of a student who escaped from school during exams and got arrested for idle and disorderly in the city centre. By the time he came back, the exam had already begun one hour ago and he was disqualified. He failed to raise points to join university because he scored an O in economics.

Once in the examination room, it is important to avoid panicking. Read through all questions before you choose what to answer. Relax and make a work plan for points that will guide to answer the questions. When you are done with answering the questions, do not simply sit there and say 'it is finished', you should

read through all your answers and make more additional points that you might have forgotten.

Lastly, do not forget to write your name and please write it well. Always remember, passing an exam begins with you and have a positive attitude. Be convinced that passing is within your reach and that success is your middle name. You will definitely succeed.

Mwebesa Robert Akiiki is the Head

please read through all your answers to prove that what you have written is correct.

Change Your Attitude and Pass Your Exams

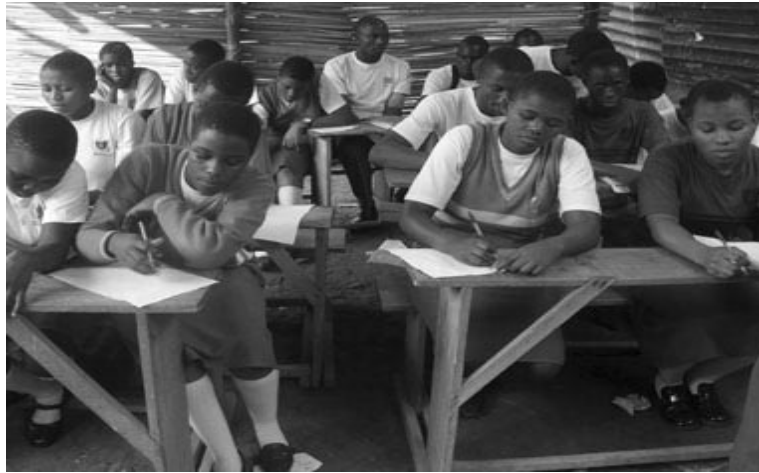
By Priscilla Henrietta S.1 Makerere High Way

'Exams are hard' is a popular saying or song among many learners. My previous experience taught me that there is no hard examination if a candidate is well prepared for

it. During my primary seven, some time last year, I had become a senior classroom absentee and was more interested in playing and sleeping. I used to reach school at break time and teachers repeatedly caned me and I guess, they reached a point and felt that beating me would not make me change.

I sat for pre mocks exams and scored aggregate nine in mathematics, science and social studies. It was only English that I managed to score credit five. I was a total failure. On top of caning me before students, my teachers and parents offered counseling and career guidance and this changed my whole attitude towards studies.

I resorted to work hard and pass my exams for a better future. I cut off the bad company I had. I attended all lessons on time and copied all the missed notes. I consulted teachers regularly. Come final exams, I was more than ready to pass them and yes, I passed in better grades and I realized that a change of attitude, in this case a positive attitude towards studies can yield rewarding results. Nothing is impossible once your mind is ready and willing to achieve it.



Noting down Important issues

prefect of Kampala Students Centre. He is 19 years old and a Senior six candidate.

What Other Teens Say:

Nabbanja Aisha; Kampala Students Centre

Panic is a leading cause of failure. Fearing an exam is the fast step to failing an exam. Students preparing for exams are advised to use past papers and get to know the kind of questions that are usually asked. Once you practice and get used to answering standard questions, you will surely pass any exam.

Mazerere Andrew: Sir Apollo Kaggwa Primary School

Teens should take extra care when answering exams. It is advisable to read the question thrice and think about the answers before you start to write your answer. Once you are through with writing your answer,

Human rights and peace in Africa

By Leo Igwe

PEACE does not just mean the absence of war but also a situation where human beings enjoy their full human rights. Human rights are inherently connected to peace and conflict prevention. The quest for human rights is actually the quest for peace. And the denial of human rights is an open invitation to conflict.



Wars break out when rights are not protected; due to the systematic abuse and violation of human dignity by state or non-state actors. So upholding human rights is critical to conflict prevention and peace in any society. The drafters of the Universal Declaration of Human Rights underscored this connection when they said:

‘Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world; Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people; Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law.’

Just as the Universal Declaration of Human Rights was a response to the horrors and devastations caused by the World War II, the

African Charter on Human and People’s Rights came into being as a result of the quest by African leaders and people for peace in the region. The African Commission on Human and People’s Rights (ACHPR), based in Banjul, is the regional body that promotes and enforces the provisions of the human rights charter.

In the aftermath of independence, peace eluded many states across

many people exist in conflict situations because their rights are flagrantly violated by state and non-state agents.

Many African nations are failed states. So many individuals and groups are forced to take the law into their hands and seek to achieve through violence the peace, which the state has denied them. Many people resorted to wars and conflicts because Africa lacked ef-



Many women in Uganda need empowerment.

the region. In fact, since independence, there is no country in Africa that has not been touched, threatened or torn apart by wars or conflicts. Many generations of Africans in Somalia, Sudan, Congo DR, Angola and Uganda, among others, know nothing but war and conflict. In the 90s, Africa was the most war-torn continent. But wars and conflicts are not all about shooting guns or dropping bombs. People can be killed or harmed without firing a shot. In Africa,

fective mechanisms to compel states to fulfill their obligations to the citizens. Africa lacked structure to guarantee and deliver sustainable peace to the people.

There were no regional bodies where individuals or groups could go to register in a civil manner their concerns and grievances. There were no organs or agencies or

institutions where people could go to seek redress. Africa lacked the human rights space where states could be held accountable in terms of their human rights commitments. So the ACHPR came into existence to fulfill this important mission, fill in this human rights gap and deliver the peace dividends to the people.

African countries participate as state parties. They deliver periodic reports, highlighting some measures they have taken to fulfill

their obligations under the charter. Non-governmental organisations (NGOs) took part as observers. NGOs with observer status make statements during the two sessions of the commission held (formerly May and November) in April and October every year. They bring cases of human rights violations to the attention of the commission.

As we know, justice in critical to peace. Sometimes people take up arms to protest injustice. In situations where individuals or groups, for some reasons, are denied justice within their local, domestic or national justice system, such cases are brought to the ACHPR for proper adjudication. These are cases which, if left unaddressed, would result in conflicts. So, peace continues to elude many African women, children and elderly persons due to religious fanaticism and superstition. Many churches in Africa are prosecuting war against alleged witches and wizards.

People can actually refrain from violence when they know that there is a body that can take their case to the highest level, and ensure that their voice is heard and that justice is done. In most cases, people tend to give up arms and embrace peace when they can access justice without resorting to armed rebellion and conflict.

Promoting human rights can be an effective way of achieving peace in Africa.

Leo Igwe wrote from Oslo, Norway. He is the IHEU International Representative, Africa. He comes from Nigeria.

KNOW YOUR RIGHTS AND THE LAW

By Namagembe Doreen

Welcome to the Human Rights column. In the world of criminals and oppressors, many wrong doers go unpunished even when courts of law do exist simply because the victims do not know their rights and how to have them respected. Being empowered is abroad thing but knowing your rights and the law is part of getting empowered. This column invites your complaints and legal advice obtained from the best legal brains in the country and abroad will be given to enable you have a clear path of getting out of that challenge. Don't hesitate to get us informed about that injustice. Let us know and we shall get you informed and empowered.



Doreen

This column will be a voice for the many people that do not have one. It will enable them to share their stories with the masses, to change their lives for the better. At HALEA, we hear so many disheartening stories every day about the injustices individuals face and we find it hard to simply sit back and do nothing while people suffer all types of abuses. This is why this column has been created so that things can change and people will not have to continue suffering in silence, after all, we now know that silence is no longer golden.

In this issue I am handling 'women's human rights'. This is just but an introduction following the numerous ways through which thousands of women's right are violated globally.

1945: The United Nations charter preamble re affirms the fundamental human rights as among others including the equal rights of men and women.

1948: Article 2 of the Universal Declaration of Human Rights proclaims that every one is entitled to all the rights and freedoms set forth in that declaration without distinction of any kind as race, color, and sex etc.

1954: The UN general assembly recognized that women are subjected to ancient laws and practice inconsistent with the declaration and called on governments to abolish them.

1963: The UN general assembly noted continued discrimination and called for a draft declaration on the elimination of all forms of discrimination against women.

1976-1985: These were the years declared by the United Nations as United Nations decade for women.

1979: The UN general assembly adopted a completed draft Convention on the Elimination of all forms of Discrimination Against Women (CEDAW)

1985: The End of Decade World Conference on women was organized in Nairobi Kenya at which the forward looking strategies for the advancement of women as unanimously adopted. From then on, UN system really started to work on women's issues and concern.

The Universal Declaration of Human Rights states:

Article 1: All human beings are born free and equal in dignity and rights.

Article 3: Every one has the right to life, liberty and security of a person.

Article 5: No one shall be subjected to torture or cruel, in human or

degrading treatment or punishment.

Article 6: Everyone has a right to recognition every where as a person before the law.

Article 18: Every one has a right to freedom of thought, conscience and religion. This includes freedom to change one's religion or belief.

These are among the many existing laws that illustrates why women's human rights must be taken seriously. Ironically, the rights of many women are not respected even by those who know the law. As stated earlier, this column is purely intended to empower you. Do not hesitate to share with us.

Namagembe Doreen is a Lawyer in training, a human rights defender and a member of HALEA.

What Young People Say About Their Rights

Kigenyi Zaina Nakiganga: Bright Junior Primary School

Extreme poverty and belief in backward cultures is a major cause of rampant abuse of children's rights. There are parents who force their daughters into early marriages because they want to get money and dowry from rich old men. There others who have taken their children to witch doctors as sacrifices to get wealth. It is important that people are sensitized that marrying off young girls and sacrificing children cannot lead to real wealth but giving them a chance to live and get good education guarantees both the parents and the children a bright future.

Muwonge Kenneth: Kampala High School.

There are several ways through

which older people violate rights of young people. Some parents chose to deny us food and a child will starve for days. This is mainly done by stepmothers. Some children fall sick and parents refuse to take them for medication. Some will say they don't have money but they are government hospitals where some drugs may be given to a sick child to get better. I have also seen children below ten years doing hard labor including fetching jerry cans of water and crashing stones for sale.

Kyobe Jackson: Kampala High School.

There are several cases of sexually abused children by people who are supposed to be their protectors. Some children have been defiled by their own relatives including uncles, teachers and guardians. Children's rights must be protected and defended by all.

IT'S YOUR TURN

Do you have anything interesting to say to our readers? Have you had a personal experience that has shaken your belief in certain oppressive religious and cultural practices? Is there anything going on where you stay/work or go to school that you think others would like to hear about? Are there organizations out there that have helped in turning your life around for the better? Then do send to the OTM at halcauganda@gmail.com. Your write up of not more than 1000 words, and subject to suitability, we will publish it.

ENGLISH WORD SEARCH AND SPELLINGS by Ronald Kiyimba

You get worried how your child will spend his free time at home, worry no more I have authored a book: **English Word Search and Spelling**. This book will certainly keep your teen productively busy. It presents the vocabulary lively. It makes learning to read and understanding spellings fun, exciting, satisfying and worthwhile. The book is designed to stimulate pupils' brains and capability in their search for the vocabulary. They help children become good and interestingly faster readers in style! Through the Open Talk Magazine, educative and entertaining puzzles will be featured to help your child learn faster, better.



Test your brain now!

Instruction:

The words in this puzzle may be forward, backward, up, down or diagonal. They are always in straight line and never skip letters. You may use some of the letters more than once. Get a pen or pencil and find a word in the grid, circle the letters and cross the word off the list. It is advisable for the child to search for these words in the presence of either parent or teacher for assessment purposes. This puzzle suites learners between 8 and 12 years.

Be a winner!

Word Search Exercise No. 1

B	E	D	E	S	A	E	P	Q	A	RESPECT
P	D	R	E	A	D	Y	N	I	D	INSURE
A	S	E	M	P	B	E	I	N	Y	CLASS
N	M	S	E	Y	E	Q	O	S	O	SEEN
S	D	P	A	S	T	A	C	U	F	READ
M	A	E	T	S	A	D	C	R	B	EXCEL
A	E	C	M	A	D	A	M	E	V	SEED
B	K	T	O	L	L	E	B	N	K	SEEM
C	E	E	X	C	E	L	K	C	E	TALL
N	Q	V	Y	A	D	G	B	Q	A	STEAM

Ronald Kiyimba is social worker and trainer and HALEA member and Circulation Manager. He can be reached on +256- 782-558-044

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- ☛ Donation for securing HALEA'S future
- ☛ Donation to Halea's campaigns (Teens Empowerment, Young Mothers Projects, Human Rights Programme, Rights of Humanists, Religion-State, Separation Issues.

To Support HALEA Please call

Office: 031-2-291-427, mobile: 0772-576-635 / 0751- 420- 810.

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Or Transfer or Deposit money on HALEA Account No. 2110002000084. Post Bank Uganda Ltd.

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