

MY SELF UGANDA SMART CLUB PROGRAM BOOK ENTITLED “SMART CHILD”

FOR A DRUG AND VOILENCE FREE GENERATION



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INTRODUCTION

The material in this student guide is designed to help you live a happy, healthy and productive life. We live in a complex and challenging world. To succeed in this world and effectively deal with the many problems facing us requires a specific set of skills. We call these skills “life skills.” Surprisingly, these important skills are not usually taught to us in school; they are not usually taught to us at home, in college, or on the job. In fact, they are rarely taught at all. Instead, we are somehow expected to learn the skills we need, and successful live totally on our own.

Some people do learn these “life skills” on their own but not in an organized way. If they them at or miss way. Those of us who are lucky enough to learn these skills have a better chance of becoming happy, healthy and successful. Unfortunately, most of us may go through our entire lives without learning these skills or only partially learning them.

The purpose of this program

- Increase your self-esteem
- Increase your ability to make rightful decisions and solve problems
- Communicate effectively
- Avoid misunderstandings
- Manage anxiety
- Make new friends
- Stand up for your rights
- Say “no” to unfair requests
- Resist advertising pressures
- Resist pressure to use drugs

This book describes who is a smart child and how smart children can become active citizens in their communities, their health information, living a drug free life and how to overcome bad peer pressure

- ❖ A “smart Child” Is a person below the age of 18 years.
- ❖ A smart child doesn’t steal shop-lift.
- ❖ A smart child doesn’t touch or access tobacco, alcohol, sniffing agents, doping or narcotics.
- ❖ A smart child doesn’t vandalize, destroy things that belong to others.
- ❖ Doesn’t bully, mistreat someone physically or mentally.
- ❖ This is a person who always does well to others.



Club board members having their interviews



Smart children attending a seminar



Smart children Vs smart farming



Smart children together with community members participating in My Self Uganda annual marathon

DRUG ABUSE AND VIOLENCE

CAUSES AND EFFECTS

What is drug abuse?

Drug abuse is one of the most serious public health problems facing our country today. Over 430,000 people die each year from cigarette smoking alone. Add to that the number of deaths caused by alcohol abuse, and the total increases to over 650,000.

In terms of the number of people who die prematurely each year, the greatest danger to our society comes from cigarettes and alcoholic beverages. However, most of the media attention tends to focus on so called "hard drugs" such as cocaine and heroin.

Why people use Drugs?

There is no single reason why people use drugs. Instead, drug use tends to be caused by a combination of factors. While the particular causes of drugs use may differ from person to person, researchers have found a number of common reasons. These are listed in the table on the next page

Initial Causes of Drugs Use

The initial causes of drug use and eventually, of drug abuse can be divided into two general types: (1) things in the world around us (2) things within ourselves. There are number of things in the world around us (in our environment) that have been found to be related to drug use. These include having friends that smoke. Drink, or use illicit drugs; seeing or hearing advertisements for cigarette or alcoholic beverages (wine, beer, wine coolers, liquor); watching movies and television shows which make drug use appear exciting and glamorous; and the availability of cigarettes, alcohol, or illicit drugs

Drug Abuse and Violence: Causes and Effects

Common causes of drugs abuse

- Friends who use drugs
- Low self esteem
- Inability of the drug to satisfy their needs
- Desire to look "cool," macho use grown-up
- Positive attitudes toward drug use
- Curiosity
- Belief that drugs will help overcome feelings of sadness, loneliness, bore-dom, anxiety
- Advertisements (for cigarettes or alcoholic beverages)
- Movies and TV shows glamorizing drug use

There are also personal characteristics or qualities that have been found in people who use drugs. For example, people who abuse drugs have positive attitudes and beliefs about drugs. They lack the skills and confidence to resist peer pressure. They think that using drugs will help them look "cool", macho, or grown-up. They think that using drugs will help them overcome feelings of sadness, loneliness, boredom or anxiety. And they have a high level of curiosity about the way certain drugs may make them feel.

Becoming a Drug Abuser

People usually don't become drug abusers overnight. It takes time. The first step involves some period of experimenting the drug usually in social situations like at a party or with friends usually out of curiosity. The following, the first time they try a drug; they may use it only once in a while (less than once a week). After they have used drugs more often and increase the amount of the drug, they use them each time until they are using drugs on a regular basis (once a week or more often). Over time, they increase the number of times they use drugs each week, in some cases to the point of using drugs every day and in higher dosage (amounts).

Steps Leading To Drug Abuse

Step 1: Trying one or more drugs.

Step 2: Using drugs once in a while (less than once a week).

Step 3: Using drugs on a regular basis (once a week or more often).

Step 4: Using drugs in an uncontrolled and excessive way.

From One to Several Drugs

Experts tell us that people start with some drugs and go on to use others. Most people start with alcohol and tobacco, then try marijuana, and later begin using cocaine and other “hard” drugs. Because drug abusers usually start with alcohol, tobacco, and marijuana before using other illegal called “gateway” drugs using any of these substance increases your risk of becoming a drug abuser.

MAKING DECISIONS

More on Making Decisions

As you get older, you will need to make more and more decisions on your own. Some of these will be simple (what to wear or what to eat). Some will be more complex (going to a party where drugs will be available). The simplest choice can be decided based on what you like. Other decisions can be harder. It may even be necessary to obtain advice or information from others. Last year, you learned a method of making decisions that can help you with some of the more important decisions you may be faced with. This year, we will review the decision-making methods you learned last year, and we will show you how to apply them to the situations you may come across in your own life.

The 3 Cs of Effective Decision-making

Step 1: Clarify the decision to be made (what is the decision that you need to make).

Step 2: consider the possible alternative (think about the different things you might decide to do) and the consequences of choosing each alternative; collect any additional information needed. (If you are trying to solve a problem, think of as many solutions as possible).

Step 3: choose the best alternative and take the necessary action and be sure to follow through on your decision.

BODY CHANGES IN GIRLS

Body changes in girls can start anytime between the ages 9-15. This is called puberty. During puberty you experience a range of social, emotional and physical changes. This is natural and normal part of life-every girl goes through it. Some girls begin puberty earlier/later than others.

Some changes that girls experience during puberty:

- ✓ Your breasts and genitals will grow
- ✓ You will begin to menstruate
- ✓ You will grow pubic hair
- ✓ You may grow hair in the armpits
- ✓ Your Hips may grow broader and round
- ✓ Acne/pimples may develop
- ✓ Mood swings (strong feelings of different kinds, for example, (joy, sadness, sensitivity and anger.)

Always remember

It is your right to get information about your body and health

Keep your body clean, Good personal hygiene is one of the ways to help you feel comfortable with these changes.

The body changes differ from person to person. Some girls have bigger/ smaller breasts than others.

Menstruation and growth of breasts are normal and not harmful. Don't be embarrassed. They are NOT signs to start playing/ having sex because you can get pregnant! Motherhood calls for a lot of responsibility.

It's normal to have a clear and whitish fluid from your vagina. It is natural and it keeps your body healthy. If it changes the color/smell and it itches, seek medical attention as you may have an infection

Beware of wrong information! Always look for right information before making any decisions.

If you are worried or have any question about body changes talk to a trusted adult, peer educator or visit a health centre for more information.

BODY CHANGES IN BOYS

Body changes can start anytime between 10-15 years. This is called puberty. During puberty you experience a range of social, emotional and physical changes. This is natural and normal part of life-every boy goes through it. Some boys begin puberty earlier/ later than others.

Changes that boys experience during puberty

- ✓ Your testicles and penis grow bigger
- ✓ Growth of pubic hair
- ✓ Many grow hair in armpits and chest.
- ✓ Your voice may deepen
- ✓ Erections may become frequent
- ✓ Your testicles begin to make sperms that swim in sticky colorless liquid called semen.
- ✓ Wet dreams occur. This is when a boy releases semen when he is sleeping
- ✓ Mood swings (strong feelings of different kinds, for example, (joy, sadness, sensitivity, and anger.)
- ✓ Acne/pimples may develop
- ✓ Broadening of muscles and increase in muscles and increase in muscles and in muscle size

Always remember

It is your right to get information about your body and health.

- ✓ Keep your body clean. Good personal hygiene is one of the ways to help you feel comfortable with these changes.
- ✓ Wet dreams and erections are normal and not harmful. Try not to be embarrassed about it. They are NOT a sign to start playing/ having sex because you can make a girl pregnant! Fatherhood calls for a lot of responsibility.
- ✓ The changes differ from person to person. Like any body part, penis size varies from person to person.

Beware of wrong information! Always look for right information before making any decisions.

Always be comfortable about your changing bodies

If you are worried or have any questions about body changes talk to a trusted adult, peer educator or visit a health centre for more information.

HIV and AIDS

Definitions of HIV and AIDS

HIV- is Human Immune Deficiency Virus.

It affects and weakens the human immune system and later someone gets the opportunistic infection causing AIDS.

AIDS- Acquired Immune deficiency Syndrome.

This is the combination of illnesses that arise as a result of the weakened immune system.

How is HIV transmitted?

- By having unprotected sexual intercourse with an infected person
- Mother to child transmission (during pregnancy, delivery and breastfeeding)
- Through unsafe blood transfusion
- By sharing unsterilized sharp instruments i.e. scissors, needles, razorblades and other safety pins.

How can one know that he/ she have HIV?

You can only know your HIV status by taking an HIV test

Risk behaviors which exposes one to get HIV

- Having multiple concurrent sexual partners
- Using drug and substance abuse
- Having unprotected sex
- Sharing sharp instruments
- Engaging in transactional sex (sex for money and gifts)

Ways HIV cannot be transmitted

Sharing combs, towels or clothes, latrines or toilets

- Hugging
- Playing sports with infected persons
- Sharing eats with infected persons using the same plate.
- Shaking hands or holding hands.
- Through mosquito bites, bedbugs or any other insects or animals

How can one protect him/ herself from HIV INFECTION?

How can one protect him/ herself from HIV INFECTION?

- Avoiding having unprotected sex
- Take an HIV test with your partner
- Being faithful with one sexual partner
- Use condoms consistently and correctly
- Avoid sharing unsterilized sharp instruments.
- Avoid risky traditional practices such as tattooing with unsterilized blades or skin cutting to insert herbal medicine
- Get accurate information about HIV from health newsletters such as straight and young talk Papers

Importance of taking an HIV test

- Know your status
- To protect yourself and others from HIV
- Plan for the future
- Put your mind at rest
- Helps you make rational life changing decisions such as baby or not

How to positively with HIV infection

- Seek counseling from a qualified HIV
- Counselor to help you cope with HIV infection
- Get treatment for any infection/ diseases as soon as possible.
- Keep off drugs and alcohol
- Eat a balanced diet
- If you are to have sex, always use a condom to prevent re-infection and contracting other STDs.
- Join a club of young people living with HIV to share experiences, challenges and there way solutions.
- Don't feel sorry for yourself; try to get involved in various activities that you are comfortable with you are comfortable with.
- Open up to people who you trust and know that they will support you.

Where can one get HIV related services?

All health centers

It's your right to access information and services on HIV/ AIDS.

For more information talk to a trusted adult, peer educator or visit a health center.

What is menstruation?

Menstruation is a monthly bleeding of females from the uterus through the vagina it occurs during puberty (9-16) and continues until menopause (when a woman stops producing eggs)

How it occurs

When the lining that had been built in the uterus in form of a sac to protect a baby is shed off along with unfertilized egg in form of blood

What to note about Menstruation

- The normal days for menstruation ranges from 3 to 7 days
- Menstruation is normal, every female goes through it
- When you start menstruation it means you can get pregnant
- It's important to keep clean during menstruation
- You may get signs that your menstruation is about to start, for example; backache, headache, menstrual cramps (pain), breast tenderness.
- Menstruation does not stop you from doing your daily activities like going to school, house work or doing sports.

Managing menstruation

- Always use sanitary pads to absorb the blood. You can make your own pads with a piece of clean cotton cloth, these pads can be used again but remember to wash again with soap and water after use.
- Girls can reduce the pain by doing exercise, taking pain killers or using warm water against the lower abdomen. But if the pain persists, go to the nearest health centre

Always remember

It's your right to access information and services on menstruation

For more information talk to a trusted adult, peer educator or visit a health centre.



Smart girls raising their voices against drug abuse



MSU staff with smart children in a community cleaning activity



Smart children feel happy after their mentorship and fun time

PREGNANCY

How does pregnancy occur?

- Pregnancy happens if a female and male have unprotected sexual intercourse and the sperm from the male's body meets an egg in the female's body. This is called fertilization.
- Female eggs are released once a month. If the eggs meet a sperm and become fertilized it will normally attach itself in the womb and it will take nine months for a baby to grow in the womb.

What are the signs of pregnancy?

- Early signs of pregnancy differ from persons
- The signs may include:
 - Missing your menstruation
 - Nausea, vomiting
 - Swollen and tender breasts
 - Change in appetite
 - Dizziness,
 - General body weakness and unusual tiredness
 - Mood swings

What should I do if I think/ suspect I am pregnant?

- Take a pregnancy test
- Talk to someone you trust, seek advice from a health care provider.

I am pregnant what should I do?

- Visit the health facility
- Talk to your boyfriend/ partner about the pregnancy if you want to.
- Talk to a trusted adult or your parents/ guardian if you need their support
- Start attending antenatal to monitor your health and the baby
- Take an HIV test
- Eat a balanced diet e.g. fruits and eggs (ask for more advice at the antenatal clinic)
- Sleep under a trusted mosquito net to avoid malaria

Remember

- Give birth at a health facility
- Getting pregnant is not the end of life
- Government policy allows you to go back to school
- Both boys and girls are responsible for pregnancy
- Avoid situations that may lead into getting pregnant again like unprotected sex.

It's your right to access information and services on pregnancy

Many girls in Uganda suffer from complications of child birth as a result of Teenage pregnancy. This may lead to;

- Your Bladder may get damaged
- Damage of the uterus
- Your Birth canal might be too small for the baby which can lead to complicated labor
- Dropping out of school
- Being chased away from home
- Death of the mother and/ or the child

How can one avoid teenage pregnancy?

- Abstinence from sexual intercourse is the safest way to avoid teenage pregnancy and STIs as well
- Rush to take an emergency contraception as soon as possible (Within a period of 72hrs)
- Use condoms correctly and every time you have sex
- Visit a health centre to find out more about contraceptive methods available
- Get more information by visiting a health centre or Talk to a trusted adult on how you can avoid teenage pregnancy.
- Read Straight/ Young Talk for more information
- Listen and watch health talk shows on radios and Television.
- Learn about family planning

Note: A girl can get pregnant if she is having sex for the first time.

- A girl can get pregnant if she plays sex while standing
- If a girl plays sex immediately before/ after her menstrual period, she can get pregnant.
- A girl can get pregnant if she has sex while swimming, bathing or washes her vagina after sex

Both boys and girls are responsible for avoiding teenage pregnancy.

For more information talk to a trusted adult, peer educator or visit a health centre.

SEXUALLY TRANSMITTED DISEASES/ INFECTION

How does one get STIs?

Sexually transmitted infections (STIs) are infections passed primarily when one has unprotected sexual intercourse with someone who has an STI. STIs can be transmitted during vaginal, oral, and intercourse. Some STIs are curable while others are not like; HIV, HPV or hepatitis B. Some STIs can be passed to a baby during childbirth, or via breastfeeding. Some STIs don't have any sign or symptoms.

Common STI

Chlamydia, Gonorrhea, Syphilis, Herpes, HIV, Hepatitis B, HPV (a virus that causes Cervical Cancer), Genital warts,

Sign and Symptoms of STIs

- Itching in the genitals and / or burning pain on passing urine.
- Unusual smell from the genital
- Wound, rashes, bumps or blisters on/ in your genitals
- Warts on or around genitals' and anus
- Vaginal bleeding that is not your regular period
- Discharge or pus from the genitals (could be green and yellow)
- Pain deep inside your vagina/ penis when you have sex
- Swollen testicles

Note: Some STIs don't have any sign or symptoms

What do you do when you suspect you have an STI?

- Abstain from sex
- Use a condom correctly and every time you have sex
- Visit a health centre for testing and treatment
- Talk to your partner about diagnosis and treatment
- Take medication as instructed by the health worker.
- When treatment is over go back to the health center to make sure you are cured.

What happens if you don't treat an STI?

- Untreated STIs may lead to serious health problems including failure to have children (infertility) and cervical cancer
- Passing it on to the unborn baby
- Untreated STIs can increase your risks of getting
- HIV (The sores caused by some STIs make it easier for HIV to get into your blood)
- Untreated STIs can lead to serious health problems which may cause death

How do you avoid getting an STI?

- Abstain from sex.
- Condoms protect against most STIs, use them correctly every time you have sex.
- Get right information about STIs from health centers, Straight/ young Talk and Health Talk shows
- If you had unprotected sex, rush to health centre's for the medicine that can protect you from HIV infection happening (PEP) within 72 hours

Remember.

It is your right to get information about sexually transmitted infections and treatment.

Having many sexual partners at the same time increases your risk of getting STIs.

Although **Candida** is listed as STI, there are situations when it can develop without necessarily having sexual intercourse i.e.; poor hygiene and during pregnancy

For more information talk to a trusted adult, peer educator or visit a health centre.

PEER PRESSURE

Recognizing Persuasive Tactics

In order to avoid being influenced to do something that you may not want to or that is not in your best interest, it is necessary to be able to recognize the things that people may say or do to get you to do what they want. These are called persuasive tactics. Here are some common persuasive tactics. Learn to recognize them whenever you see someone using them.

FLATTERY: telling a person nice things about himself/herself.

Logical Reasoning or Presenting

Facts: giving scientific proof or well known reasons

Appeal to Authority: suggesting that a respected person behaves in a certain way or has a particular point of view.

Promise of Reward or Punishment: suggesting you will be well like if you do something.

Persistence (nagging): continual requests to do something.

Ways of Saying “No”

Simple No: “No.” or “No, thanks.”

Tell It Like It IS: “No, thanks. I’m in a don’t smoke”

Give An Excuse: “No, thanks. I’m in a hurry right now. I’ve got to go”

Changing the Subject: say no and start talking about something else

“No, thanks. Hey did you see the game last night.”

Broken Record: Repeat “no” over and over, or variations on your no response

“No, thanks”

“No”

“No. I’m not interested”

Walk Away: Say “no” and walk away

The Cold Shoulder: Ignore the other person

Avoiding The Situation: Stay away from any situation where you are likely to be pressured to smoke.

This book costs \$5 and all revenues from it goes back directly to the ministry work to create more awareness campaigns and preventive measures on alcohol and other substances.

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