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Growing Up

A NEWSLETTER FOR YOUNG PEOPLE

Values And The Choices Young People Make

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Growing Up
Growing Up is published quarterly in Lagos by Action Health Incorporated (AHI). AHI is a non-profit, non-governmental organization dedicated to the promotion of adolescent health and development. We serve as an advocate and a catalyst for change in the present poor status of adolescents' well-being by increasing public awareness and implementing innovative education, health and youth development programmes.

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Values And The Choices Young People Make

By Mervis Emelife

Esther is a young lady who had always assumed that she would become a nurse. Her mother was a nurse, and Esther grew up respecting the nursing profession. She was good at mathematics and science, and had no trouble getting into nursing school. Working in a hospital, however made her unhappy. Esther enjoyed working alone, and the hospital was always crowded and noisy with half a dozen things going on at any given time in many of the rooms. Esther loved being outdoors and hated the way her job kept her inside all day. At the end of her shift, she was always too exhausted to do anything else.
Esther decided to make a change. The fact that she was good at her job did not mean she was happy or satisfied with it. She had to consider her values as well as her skills. She then decided to combine her skill in mathematics and science with her love for the outdoors and ended up becoming a surveyor which has made her a happier person.

If Esther had taken time to consider her values before making her initial career choice, she would have easily seen that nursing wasn't for her. It is important for us to examine our values because values reflect the kind of people we like and respect, our favourite activities, the places in which we feel most comfortable and, how we react to many different aspects of our lives.

Okoby had thought that being perpetually “high” on Marijuana was the high point of his life. He had become accustomed to visiting a particular “smoking joint” on his way to school. He had therefore, interacted and made friends with unscrupulous elements within the area. Most times, he would abandon school and hang around with these “miscreants”. His parents didn't know he wasn't in school. One day, he innocently accompanied his friends to visit another friend of theirs; little did he know that they all carried fire arms. On their way to the house, a police patrol team stopped them for a routine check. To his surprise, some small arms (guns) and pen knives were recovered from his friends. All of them were rounded up and accused of being armed robbers. All his pleas of being innocent were rebuffed as they were arraigned for possession of firearms and armed robbery.

Okoby now regrets not focusing on his education and allowing peer pressure to have a better of him. His parents are at a loss and can't comprehend what went wrong. Okoby doesn't know his fate now and he is traumatised.

So many decisions and choices we make are affected by our values. Our choice of friends, whether or not to engage in a sexual relationship, choice of career, mode of dressing, how to treat other people, what cultural traditions to follow and whether or not to engage in activities such as drinking and smoking are all products of our values. It is therefore very pertinent that young people should develop good values so as to make good choices and decisions that would affect our adult lives as the choices we make now would help shape us into the adults we would be. The development of personal standards of behaviour and effective choice-making skills provide young people with a framework for making the decision to abstain from risky behaviours such as sexual involvement and drug use.

What are 'Values' and 'Choices'?

'Values' has more than one meaning. It is the personal measure of worth in terms of beliefs, attitudes, hobbies, principles etc. It is also the material or monetary worth of goods and services. The first definition is what we are more concerned with. Examples of values include: equality, honour, honesty, respect, self-control, responsibility, family-ties, social justice etc. Most young people derive values from family, religious gatherings, community, schools, peers, and the media.

'Choice' is defined as the act of selecting a particular option from a group of options with care after considering certain factors. Everyone has to make choices at one point or another in one's life. Talents and abilities are certainly important but an equally important aspect of success is, knowing what you want and being able to make choices that would lead to achieving that goal. Before you can achieve any goal in life, you have to set them wisely; you would need to decide what is most important and just how important it is.

Some human values

Below are some human values. They are neither wrong nor right in the standard context, but could be right or wrong based on individuals.

- It is important for boys and girls to get an education after secondary school
- Girls should remain virgins until marriage but boys don't have to
- Making lots of money is the most important thing for an adult
- Everyone should have a religion
- Boys who cry are weak
- It would be worse for me to have an STI than to be caught doing drugs
- Daughters should be more responsible for household chores than sons
- A woman should be responsible for raising the children
- The major reason to have sexual activity with someone is because you love him/her
- Everyone should be treated fairly irrespective of their financial status.
- Each individual should be answerable for his/her actions
- Having a good reputation is more important than being wealthy

Importance of having good values

- Values help in decision making.
- Values guide human behaviour and give direction to our lives
- Basic human values promote positive relationships among people
- Values enhance good behaviour, attitudes and feelings
- Understanding our values helps us to resist pressure to conform to other people's values and behaviour.
- If we do not act according to our values, we may end up being unhappy.

Factors that influence our values

Basically, the factors that influence the values we have as young people are narrowed down to our family, peer groups, religious teachings, schools, community and the mass media.

Today, young people are in a state of utter confusion due to the conflicting messages received from parents on one hand and the mass media on the other hand. The mass media such as television, radio, books, newspapers, magazines, billboards and the internet portray individuals as having personal freedom, personal choices and the right to live a free life. Most times, the messages from the media on love, family life and relationships are unrealistic and the values of young people tend to be fine-tuned towards such unrealistic approach to life. This in turn, affects the decisions young people make especially concerning relationship with family, friends and the opposite sex. Parents and guardians on the other hand, emphasize respect for authority, community, responsibility and duty to family. The very concept young people have on sexuality is basically influenced by the family until other factors such as peers and the media come in leaving the young person with a choice on what his/her final values would be.
Religion and culture also influence the values of most young people as a good number of young people would not want to go against the cultural norms and religious teachings they grow up with. The economic and political environment further influence the values people acquire. When education is limited, the traditional values that have been internalized are blindly followed. With more education, young people get greater exposure to new ideas and many existing values are questioned until a balance between old and new values is achieved.

Consequences of making wrong choices

Sometimes, young people do not get their values right and end up making wrong choices either education wise or relationship wise. These wrong choices could be as a result of procrastination, fear of failure, lack of ambition, lack of information, peer pressure and lack of resources. The consequences of the wrong choices may include teenage pregnancy, low mental health, having to drop out of school, dependence for one's basic needs, low self-esteem, myopic view to life related issues and ending up with wrong career.

All these consequences could be avoided if young people set their values right and make informed choices on issues and topics related to their wellbeing and development.

Empowering young people to make informed choices.

Most young people look up to adults either in the family or in our immediate environment for most of our various values. They therefore, expect adults to play certain roles in empowering them to make informed choices. These roles include:

Role Model: An adult should be a good and positive role model who leads by example. Adults should equip youth with knowledge. They should be mentors and guide by example. Adults need to practice what they preach and, make good choices themselves to influence young people.

Encourage & Support: Youth want adults to trust, communicate and believe in the abilities of young people. Adults should acknowledge young people's gifts, skills, and strengths. They should congratulate youth when they do well. Adults should always be encouraging, positive, and supportive. Adults should keep youth involved and safe. Youth look for guidance, not force. This way young people make informed choices based on what they see and not just hear.

Teach/Decisions/Choices: Adults need to teach youth to think critically. They should explain WHY they say what they say. Young people want suggestions, not demands from adults. Adults should tell the truth about consequences of choices, while allowing youth to make their own choices. However, individuals have to recognize their values and affirm them publicly (be able to take a position on the value and defend it). Being clear about our beliefs and values helps young people to make choices that they feel are right. When they are clarified on our values, they are not easily influenced into making wrong decisions, thus they end up making informed choices. Values are not equal and simply reflect different people's ideas, opinions or preferences. Clarifying one's values helps one to make informed and right choices about sexuality related issues. Young people have to learn to support and defend their positions on issues under debate and also learn to listen to and consider opposing points of view as most values are neither wrong nor right. However, if some values allow persons to hurt themselves, others or their values are what they want them to be, in order to make their lives and the world around them a positive place to live in or not.

the world, then they need to examine these values. Young people really need to stop and see whether

Conclusion

Young people are at the foundational and developmental stage of their lives. Providing young people with Family Life HIV and AIDS Education is a priority as it not only empowers them in making positive life choices, but also helps them to boost their self-esteem. It further, provides them with all the facts about drugs, drink and sexual health issues, to help protect them from risks.

Furthermore, young people need adult assistance to deal with the thoughts, feelings and experiences that accompany physical maturity. To this end, all stakeholders like parents, youth workers, the media, and religious leaders should engage their children and young people in discussing these issues frankly and relevantly, in order to empower and facilitate their learning. Whatever decisions we make now would eventually help to shape us into whoever we would be in the future, thus great caution has to be taken to ensure that the values young people have are the right ones that would help in creating a very stable, independent and responsible adult as well as aid in making the world a better place.

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POEMS

Her Values

She was determined to have an education
So that her life would have a solid foundation
But her friend was more interested in having fun
And urged her to quit acting like a nun.

Her parents were not very well-to-do
As they could hardly afford to buy food
But then, she was an intelligent young chap
And her education was her first choice.

But, as she moved higher educationally
She began to lose her focus morally
Peer pressure destroyed her strong determination
That she lost total focus on her education

The values she was taught at home
Were lost, as pleasure bid her 'come'
At the end of the day, she lost out
Woe still, she is now a school drop-out

Young people, always have a vision
Focus diligently on your mission
Get used to good values
These breed good choices and virtues.

Mervis Emelife (17 years old)

Oh! What a choice!

Remembering my days in penury
Sadness floods my memory
From the beginning of my life
To the summer of my days
Through to the present day
My existence is fraud with regret.

Considering my types of values
I regret ever making some decisions,
My mind is in turmoil
Over my wrong choices
My very existence has been shaken
Oh! If only I had known

Come out of this mess, I must
Where I had gone wrong, I know
Rehabilitation, is my choice
To correct the mistake
It's never too late for me
Being a success is a must.

Ajayi Oladipupo (17 years old)

Believing in oneself

What do you value?
What do you treasure?
How do you measure?
The value of your choice
Life is full of choices.
Your vision is your goal
Stay focused on your gold

Negative peer pressure, you abhor
Good friends, you must uphold
Making good choices
Determines your success
Believing in oneself
The beginning of greatness
Hard work maketh success

Lawrence Chukwuma (19 years old)

Priceless!!!

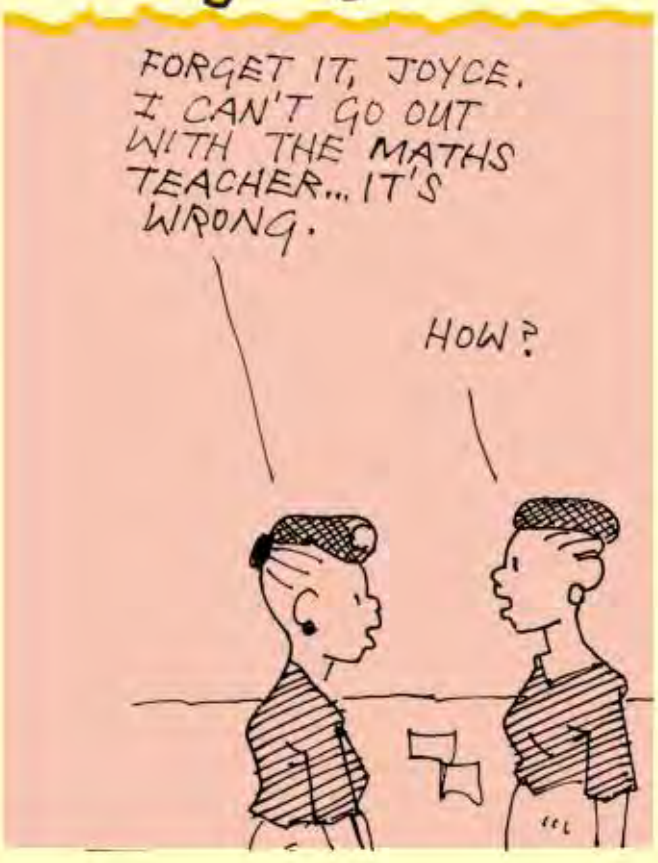
My values, my treasure
So expensive, so precious,
Not even the purest of diamonds can replace,
My decision comes from my values
Good values are priceless

Cherished are my values
Affecting every choice I make,
My tomorrow is my vision
Education is my priority
Nothing stops my success.

Informed choices, I make
Negative peer pressure flee
Teenage pregnancy, an abomination
Drug abuse, a distraction
Good values, my success.

Enoh Francis (18 years old).

Cartoon


FORGET IT, JOYCE. I CAN'T GO OUT WITH THE MATHS TEACHER... IT'S WRONG.
HOW?

IT'S AGAINST MY VALUES OF INTEGRITY AND HIGH MORAL STANDARD.
FORGET VALUES, MY FRIEND. THINK ABOUT WHAT YOU STAND TO GAIN INSTEAD.

WHAT?
IF YOU ACCEPT TO GO OUT WITH HIM, YOU'LL PASS HIS SUBJECT... ARE YOU NOT INTERESTED IN GETTING GOOD MARKS AND A GOOD GRADE?

NO, THANKS. I'M INTERESTED IN WORKING HARD TO GET A GOOD GRADE AND KEEP MY GOOD NAME!
D.D.

NEWSREEL

VACATION SEMINAR 2008

The 2008 vacation seminar was held from the 8th-12th of September at the AHI Youth Friendly Centre. It aimed at building young people's capacity in various skills such as Public speaking/Effective communication, Personal and leadership skills, self and time management skills, Goal setting as well as Sexuality education.

A total number of 47 young people participated in the seminar made up of 21 females and 26 males, mostly between the ages of 14-19years.

Participants were divided into three different groups so as to make the sessions more interesting. To this end, participants were given the opportunity to showcase a variety of talents like singing, dancing, acting, poetry and comedy.

The sessions were facilitated by AHI Youth Assistants and Youth Interns. The resident doctor, Dr. Coker took the participants on the core competences of being a good leader; she guided them on various leadership skills that can serve as guides to being good leaders.

The sessions were very interactive and participatory. They were given take - home assignments to help them put into practice what they had learnt.

For the benefit of those young people who couldn't attend the seminar, an outreach programme was organized as participants used the opportunity to sensitize other youth around Jibowu, Fadeyi and the surrounding suburbs. Various IEC materials such as pamphlets, Newsletters dealing with some of challenges young people face were distributed.

Group work by young people during the seminar

AHI PARTICIPATES IN NGO MARKET PLACE

The NGO Market Place, roundtable and exhibition was organized by Development Alternatives and Resource Centre (DARC) in collaboration with The Ford Foundation from September 11-12, 2008.

The event which was held at the Eko Hotel and Suites aimed at equipping and building capacities of Nigerian NGOs in proposal writing and grant seeking basics. The NGO open market round table and exhibition was also designed to bridge the gap of disquiet in the general public (private and public sector) about the relevance, professionalism, ethics and development impact of Nigerian NGOs.
Facilitated by The Foundation Centre, a US based organization, the programme featured a paper presentation on supporting NGOs as strategic partners for economic and social change in Nigeria. It also featured questions, comments and challenges encountered in project implementation.

The Proposal Writing Basics centred on the processes involved in proposal writing such as planning, research, writing and communication.
Such issues as information gathering, project concept and relevance to mission, time frame, outcomes and cost, documenting organization history of past accomplishment, providing evidence of registration, demonstrating partnership, collaborative initiatives with similar organization, prove of expertise in managing money i.e providing a financial statement of the organization and details of the Board of Directors providing strategic planning and oversight were highlighted.

Others included researching for potential funders, preparing the proposal, content of the proposal and follow-up with funders. Issues such as how to find grant seeking resources, finding funding partners, sources of revenue for reporting public charities, institutional grant makers aimed at building credible non profit organizations

Various comments which bordered on the role of NGOs in nation building were made during the round table discussions notably:

- NGOs call attention to areas the traditional institutions do not look at.
- NGOs should have a regulatory frame work
- To validate the work of NGOs, funders ought to have a strategy for appraisal and assessment
- There is a need to support NGOs to build institutional capacity i.e. to have an office space to ensure sustainability.
- There is a need to have policy guiding NGO's work and monitoring.
- There is a need to review a broader framework as the CAC regulation is not properly implemented.

- NGOs lack marketing and social development skills
- Need to strengthen the Nigerian network of NGOs so that NGOs can have a mouth piece and gain credibility.

More than 50 NGOs (Ford Foundation grantees) whose focus include development finance, and Sexuality and Reproductive Health took part in the exhibition. Other participants included the international communities, government officials and corporate organization

The exhibition show-cased some of Nigeria's most effective NGOs and their work in order to increase appreciation of their services to development and to encourage cross-sector partnerships and funding. It also promoted interactions between the organizations and created a learning environment for NGOs to build on each others strength and achievements.

The events brought to the lime light the role of NGOs, show casing their achievements, encouraging partnerships across public and private sectors.

CLINIC HEALTH DAY 2008

The AHI Clinic Health Day was held on September 26, 2008 at the Youth Friendly Centre. The programme aimed at educating young people on some of the Sexual and Reproductive Health challenges they face.

The Resident doctor, Dr. (Mrs) Coker facilitated a session on ***"Let talk about sex"***. The interactive session was not only interesting but informative and educative. She stressed the importance of abstinence as well as tips on abstinence. She admonished young people to stay away from sex since it is the surest way to prevent contracting STIs.

The programme was an avenue for participants to learn a lot and ask questions on abstinence and sex as a whole. Some of the questions asked were:

- If a girl is forced to have sexual intercourse, will she still be a virgin?
- How will you know if a boy is a virgin?
- How can you cope with sexual pressure?
- Is masturbation unhealthy?

These questions were duly answered by the Health provider and the Resident doctor.
More than 36 young people participated in the programme.

The day came to an end with a drama presentation on '***abstinence***'. This also focused on how young people can abstain from sexual intercourse and ways to prevent other Sexually Transmitted Diseases (STDs).

An interactive session during the Clinic Health Day

LASPOTECH MARKS NAPAS WEEK

Students of the Lagos State Polytechnic, Isolo on August 20, 2008 organized a lecture to mark the National Association of Polytechnic Accountancy Students' week (NAPAS) celebration at the School Auditorium, Lagos.

The lecture, titled, ***"Drug and Relationships"*** was facilitated by representatives of AHI. It aimed at enlightening participants on the health and legal consequences of people who indulge in or get addicted to drugs as well as know the reasons, risks and rules of dating.

Miss Felicia Omidoyin, a representative of AHI, defined '*drug*' as any substance that causes physical and/or mental changes in the body. She mentioned other substances that affect the chemistry and function of the body and which cause changes in behavior to include marijuana, alcohol and coffee. The signs exhibited by those who abuse drugs were also highlighted, which include possession of drugs, odors of drugs and strong smell of perfumes and scents for cover up, signs of physical deterioration, memory lapses, short attention span, difficulty in concentration, poor physical coordination, unhealthy appearance, indifference to personal hygiene, and changes in behavior (increased absenteeism from school, lying, cheating, isolation from friends and family members, fear of others).
Finally, relationships; why people date; risk and general rules of dating were discussed.

More than 150 students attended the programme and

Students listening to a lecture on drugs and relationships

TRAINING OF NYSC MEMBERS

NYSC members and AHI facilitators after the training

In line with Action Health Incorporated's (AHI) commitment to increasing young people's capacities to make informed and responsible decisions about their sexual and reproductive health and development and for adults to be able to provide them accurate information on these issues, AHI, between October 8-15, 2008 organized a training workshop for members of the National Youth Service Corps (NYSC) posted to Somolu L.G.A.

The training which took place at the AHI Multi-purpose hall was facilitated by Programme staff of AHI and was attended by more than forty (40) Corps members. Topics discussed at the training included; ***'The Introduction to Human Sexuality'*** which was basically to help participants understand what Sexuality is and to improve their comfort levels in discussing such issues; ***'The Overview of Adolescent Health in Nigeria'*** aimed at reviewing the status of adolescent health in Nigeria, the major issues of concern, why young people are vulnerable and the way forward. Other topics discussed bordered on *Sexual Attitudes and Values Clarification* as well as STIs/HIV and AIDS.

At the end of the training, participants were taken on a tour of the facility.

A cross section of Youth Corpers during the training

My Question-3 in 1 Service
Go ask your Questions

MyQ a 3 in 1 service that provides accurate and non-judgmental answers about Reproductive Health and HIV/AIDS issues for young people:

To get answers to your questions:

- Send a text message to **38120 on MTN** mobile free of charge
- Call **08027192781** on Celtel mobile
- Email your questions to **MyQ@learningaboutliving.com or go to www.learningaboutliving.com/MyQ.**

MyA is a monthly competition for young people to win prizes by answering a monthly question. Each month, 10 winners will be picked from the qualified entries and given airtime sponsored by **NACA**.

Special Report

AHI COMMISSIONS "THE AHI RESIDENCE"

A landmark achievement was recorded on July 8, 2008 when Action Health Incorporated (AHI) commissioned ***"The AHI Residence",*** an ultra-modern, affordable and secure guest facility providing comfortable accommodation and personalized service.

The commissioning which was carried out by Dr. (Mrs.) Tokunbo Dabiri, the Special Adviser to the Lagos State Governor on HIV and AIDS and the representative of the NACA Director General, had Dr. Kole Shettima, Regional Representative, the MacArthur Foundation; Dr. Babatunde Ahonsi, Ford Foundation, West Africa; representatives of various NGOs; members of the Board of Trustees of AHI; the media, and community leaders in attendance.

In her key note address, the Special Guest of Honour stated that the development of the facility was a victory for Nigeria and a demonstration of good leadership. She said it was a role model achievement worthy of emulation. She therefore charged AHI to continue to focus on Adolescent Sexual and Reproductive Health programming while mentioning public-private partnership as a way forward in SRH programming.

Dr. Kole Shettima of The MacArthur Foundation commended AHII for their work in empowering young Nigerians to safeguard their sexual and reproductive health.

In his remark, Dr. Babatunde Ahonsi of The Ford Foundation said that with the completion of the project, AHI had demonstrated once again that it can be self sustaining by broadening its resource base. He challenged AHI to increase long term sustainability, to pay the price of success and to create as many AHIs as possible.

In her address, The Executive Director, AHI, Mrs. Nike Esiet, traced the history of AHI to its beginning in 1989. She said the organization was founded to address the challenges faced by young people with regards to their Sexual and Reproductive Health. She further stated that AHI in 2002 acquired landed property adjacent to its current office complex and it was initially acquired as an outdoor activity centre for youth; however, the plan was catalyzed in 2004 when government's approval for the development of the property was secured to provide a safe and affordable 18-room residential training facilities for youth development. With funds from a Special Award Grant received from The John D. and Catheirne T. MacArthur Foundation in 2007 and income from AHI's investments in the stock market, the physical brick and mortar construction of the five-storey building was completed while The Ford Foundation contributed toward the activation and enhancement of the facility. She appreciated the Lagos State Government for their enabling environment and support in AHI's work.

The Award of Excellence was presented during the ceremony to The MacArthur Foundation and The Ford Foundation for their outstanding commitment and support for youth Sexual Health and Rights in Nigeria by Rev. (Dr.) Chris Omeben, a member of the Board of Trustees, Action Health Incorporated (AHI).

"The AHI Residence" is an 18-room bed and breakfast facility located in the heart of Lagos Mainland and easily accessible to other parts of the city. The facility compliments the training and meeting rooms at the adjourning Action Health Inc (AHI) office complex. The rooms are equipped with telephones, internet access, LCD flat screen TV with movie/satellite channels, mini-fridges and are fully air-conditioned for comfort. Other amenities include complimentary guest tea and coffee tray, full buffet-style breakfast inclusive in room rate, fax and copy facilities. The facilities are ideal for use by corporate organizations, civil society organizations, international development partners and academia for training workshops, seminars and business meetings.

"The AHI Residence" was built from AHI's institutional income and support of her key partners: The John D. and Catherine T. MacArthur Foundation's Special Award Grant 2007; The Ford Foundation, and; The David and Lucile Packard Foundation.

We AHI
esidence

Dear Diary

MONDAY

It's Monday morning, after a lovely weekend of excitement and relaxation, I will have to go through another week of waking up early so as not to be late for school.

I got up at 6.00am, had my bath, prepared for school and ate my breakfast. I rushed upstairs to say goodbye to my parents who were also preparing to go to their offices and off I dashed to the bus stop to wait for my school bus.

My friend, Blessing was already in the school bus when the bus arrived, so I sat next to her. I told her how I enjoyed my weekend.

After the morning assembly, my class teacher asked us to submit the assignments she gave us for the weekend, then she distributed the assignment book to us in such a way that no student would have his /her book because we were to mark the books given to us. Lucky sat next to me and he had my assignment book. He changed one of my wrong answers to the right one thinking that he was doing me a favor. I was not pleased with what he did because it was an act of dishonesty and 'honesty' has always been one of the key values in my family, so I reported to the class teacher and she scolded him for his dishonest act.

It was closing time, and the school bus picked us to our different homes.

I narrated what happened in school to my parents after supper and my dad and mom felt very proud of me.

TUESDAY

I woke up at 6.00am as usual and prepared for school. Today was my cousin's birthday, so I rushed downstairs to remind my mom who was busy preparing our breakfast in the kitchen. I informed her about going to the birthday party after school hours but she instructed me to come back home after school. I argued with her and even went to tell my dad but he said I should obey and respect mom's instruction. I was not pleased with this. However, I took my food and went to school and subsequently told Blessing about it, but she said if it was her, she would disobey her parents. I could not do that and when it was closing time, I went home.

When I got home, I met my mom which was very unusual, she told me to finish my lunch on time so as not to be late for my cousin's birthday. I was very happy. I was rushing to my room to go and dress up when she called me to follow her to her bed room. There she gave me a new dress. She said she wanted me to wear the new dress to the party that was why she instructed me to come back home after school. I was simply ecstatic.

My mom, my siblings and I got to the party when it was about to start. I saw two of my schoolmates at the party and I was very happy. I was feeling big and important in my new dress and I made a lot of friends during the birthday party. By the time we got home, I was very tired; I just took my bath and off to my bedroom.

WEDNESDAY

When I eventually woke up, I rushed to the bathroom and quickly dressed for school. I pleaded with my mom to pack my food so that I would not miss the school bus. Dad came down to the dining room for his breakfast and I thanked him. During the break time in school, my school mates whom I met at the party came around me and we talked about how we enjoyed the party.

After break time, the class teacher announced that we would have mid term test on Thursday and Friday, he then advised us to read our books and prepare for the test.

When I got home, I washed my school uniform and I went straight to prepare for the mid-term test. At 7.00pm, we ate supper and my favorite program show on TV was being aired, but since I hadn't finished reading my book, I had to 'struggle' with my inner self to forget about the program and read my books. I read my books till 9.00, and then took my bath and went to bed.

THURSDAY

I woke up earlier today, at 5.30am, so as to go through my books before preparing for school.

After the morning assembly, my class teacher asked us to put away all books because the test was about to start. During the test, Lucky brought out a piece of paper and cheated, but he wasn't smart enough as he was caught by the teacher. After the test, I asked him why he cheated, and he replied that he wanted to pass his exams since he played football the previous day and by the time he wanted to read his books, he fell asleep. I told my dad what happened in school today; he said we should be serious with our education.

FRIDAY

I woke up at 5.30am so as to prepare for the remaining test. I read my book before preparing for school. After the closing hour I was pressed, so I rushed to the toilet and before I came back, the school bus had already left, so I trekked to the BRT bus stop because I had no choice than to transport myself back home. On my way to the BRT bus stop, a guy came to me and told me how much he would appreciate if we could be friends. This was the first time a male would come to me to tell me such but I replied that I would have to seek the consent of my mom before having any boy lover. He made fun of me and said that I had not yet mature. Inside the BRT bus , an elderly man was standing and I had to vacate my seat for him as a sign of respect.

SATURDAY

I woke up at 8.00am and did the general cleaning of the house with my siblings; we washed our clothes and prepared the breakfast. While my siblings and I were preparing to go out to make my hair, uncle Tope entered the sitting room. I announced his arrival and we all rushed to hug him. We love uncle Tope because there is no dull moment with him and he buys us different gifts.

By the time we came back from the salon, mom had already prepared pounded yam which is one of my best delicacies. After, eating, Uncle Tope took us to the beach and we rode on horses. It was a lovely experience and by the time we got home, supper was ready.

Today was a memorable day because of my horse riding experience.

SUNDAY

We went to the morning service which starts by 7.30am. in the youth session of the church and the youth leader said anyone who could recite some memory verses from the Bible would be given a price. Five young people came out. I was able to recite 8, but the prize eventually went to another person who recited 10. I was not happy and on our way home, my uncle asked me why I was not cheerful and I narrated what happened in the youth session. He promised to buy my sibling and I, a book titled, "Book of the Bible story".

When we got to the gate of our building, my dad asked me to alight and open our gate. As I was about to open the gate, behold I saw the guy I met on the way to the BRT bus stop on Friday. He smiled at me and was coming towards me. What happened next I will let you know in the next edition.

Body Awareness

Fruits: *The Right Fuel In Our Tanks*

Do you suffer from any health complications that call for certain restrictions in your food intake? Or are you taking care of a loved one with feeding problems? Or, perhaps, you often do not have time to eat a healthy meal? Any of these situations can put one at risk of developing malnutrition without even realizing it. Your body needs a certain amount of nutrients to sustain its normal functioning. Essential nutrients are usually obtained from eating a well-balanced diet-less fat and sugar, some protein-rich foods, more vegetables and fruits and lots of starches and grains. Each of these food groups mentioned offers specific nutrients to meet the body's nutritional demands.

Fruits help to cleanse the **body**, especially those with high acid levels. Fruits are one of the oldest forms of food known to man. **Fresh** and dry fruits are the natural staple food of man. They contain substantial quantities of essential nutrients in a rational proportion. They are excellent sources of minerals, vitamins and enzymes. They are easily digested and exercise a cleansing effect on the blood and the digestive tract. Persons subsisting on this natural diet will always enjoy good health. Moreover, the ailments caused by the intake of unnatural foods can be successfully treated by fruits. Fresh and dry fruits are thus not only a good food but also a good medicine.

Fruits have highly beneficial natural effect on the human system. Some of the main physiological actions of fruits are as follows:

•**Hydrating Effect** - Taking of fruits or fruit juice is the most pleasant way of hydrating the organism. The water absorbed by sick persons in this manner has an added advantage of supplying sugar and minerals at the same time

•**Diuretic Effect** - Clinical observations have shown that potassium, magnesium and sodium contents of the fruit act as a diuretic and dieresis - frequency of urination is considerably increased when fruits and fruit juices are taken. They lower the urine density and thereby accelerate the elimination of nitrogenous waste and chlorides. As, however, fruits contain a very low level of sodium, they make a valuable contribution to a salt-free diet.

•**Alkalinizing Effect** - The organic acids of the salts in fruits produce alkaline carbonates, when transformed within the organism, which alkalize the fluids. All fruits promote intestinal elimination. This keeps the body free from toxic wastes which creep into the blood from an overloaded, sluggish intestinal tract. The carbohydrates of fruits are chiefly in the form of sugar, dextrin and acids which are easily digestible and are completely absorbed. Hence, they are very useful for sick and invalids for quick energy and heat.

•**Mineralizing Effect** - Fruits furnish minerals to the body. Dried fruits such as apricots, raisins and dates are rich in calcium and iron. These minerals are essential for strong bones and good blood respectively. Some fruits, like custard apple, furnish calcium to the extent of 800 mg. per fruit, which is sufficient to meet our daily requirement of this mineral.

Below are some common fruits that are useful in our homes

Oranges are highly valued for their vitamin C content. It is a primary source of vitamin C. This wonderful fruit has more to offer nutritionally than just this one nutrient, containing sufficient amounts of folacin, calcium, potassium, thiamin, niacin and magnesium. Most of the consumption of oranges is in the form of juice. Eating the whole fruit provides 140% of the recommended dietary allowance for vitamin C, less than the juice, but with more fiber, which is not present in the juice

The banana is one of the oldest and best known fruits of the world. It is delicious and seedless and is available in all seasons at a price which is within everybody's reach. Its thick covering provides an excellent protection against bacteria and contamination. The mature fruits vary in sizes and may be greenish, yellow or reddish in color. Banana constitutes almost a complete balanced diet in combination with milk. It contains a high grade protein, which includes three of the essential amino acids. Banana and milk supplement each other in an ideal manner and provide all the needed nutrients to the body.

Ways of Selecting Fruits

All varieties should be firm, heavy for size, and have fine-textured skin. Look for fruit that is firm and heavy for its size, with bright, colorful skins. Skin color is not a good guide to quality. Fruits may be ripe even though they may have green spots. Avoid fruit with bruised, wrinkled or discolored skins; this indicates the fruit is old or has been stored incorrectly. Citrus fruit peel may vary in thickness, depending on weather conditions during the growing season. Thinner skins tend to be juicier than thick skin fruits.

Ways of Storing Fruits

Fruits can be stored at room temperature, in the refrigerator without plastic bags or in the crisper drawer for up to 2 weeks. Fresh-squeezed juice and grated peel or zest may be refrigerated or frozen, but whole fruits should not be frozen.

References

Discovery.health.com (Accessed) 23/07/08
webmaster@asiaonlinerecipes.com (Accessed) 22/07/08

WATCH YOUR MANNERS

SUITABLE BEHAVIOURS FOR DATING

Have you ever wondered why young people get kidnapped, raped or encounter misfortune when they go out on dates? Well maybe they were ignorant about the loops to look out for and attitudes to upgrade when going on a date or they knew but didn't just apply them. Guess you're lucky reading this because it's my topic for this version.
I once asked a female classmate of mine to come on a weekend date with me and all she did was to stare ridiculously at me and ask if I was a lesbian but the irony of the whole issue was that she was the one who seemed and acted funny.

To start with what does "DATING" actually denote?
Dating depicts two or more people going out to a particular place at a given time for the purpose of having fun, relaxing and learning. This could involve same or opposite sex. While in some other school of thought, dating could mean a relationship between two or more people who are passionately attracted to each other. This does not necessarily involve sexual intercourse, but the relationship can last for as long as desired. These days young people date for various reasons like socialization and learning, creating and maintaining relationships, studying together, getting to know oneself and others better and for companionship.

Now **where are the proper venues where young people can date?**
Young people can attend school functions like sports competition, quiz and debate competition for the purpose of learning, this kind of dating is quite accessible in school. Recreational centers like the museum and zoo are fun places to go to for dates. Most young people prefer to stay at home either for a tea party or lunch, its okay if that's how you feel. Most people go on social outings like birthday parties, graduation ceremonies or relax at the beach, better still get a nice treat from fast food joints.

What are the appropriate behaviors?

Communicate

This involves you, the person you are going out on a date with and other people like your parents, guardian and older ones around you. It is necessary to create a good rapport with your date. Get to know who your date is very well, so you'll know how much you can tolerate him or her, have an idea on the venue for your date to be sure it's a safe place to go and know the actual time you're going to spend out and don't forget to set limits for yourself and you should also know your partner's limit. You should be able to convey this well to your partner before going on a date.

Inform them
Bear in mind the importance of informing your parents, guardians or older ones about the venue and time for your date incase you get into trouble or need help so you can be easily reached.

Make plans
Don't forget to make personal plans for yourself like having a sufficient amount of money on you; it can be risky to hope on a partner considering the fact that things may turn out awkward and you'll be left with no option than to take care of yourself.

Respect
You should respect your partner's values; know his or her likes and dislikes so you don't end up offending your partner.

Mind what you take
Most young people end up getting drugged on dates through various means, either in food or drinks and this could lead to one being sexually abused or worse still raped. Make sure you don't take an already opened drink. Apart from being drugged without one's knowledge, you should avoid taking drugs and alcohol as this could make one prone to being sexually abused.

What is your kind of movie?
Be careful about watching pornographic movies as this increases one's sexual urge and could also lead to engaging in unintended sexual activities or rape.

Others
Be careful about the kind of places you go, make sure you're at least familiar with the venue of the date and that the place is not isolated. Watch out for your instincts.
Dating can be very interesting and benefiting if you take these necessary steps.
Remember, always watch out for those loop holes, and don't get caught unawares!!!

REFERENCES

- ***"Chicken Soup For The Teenage Soul"***--------By Jack Canfield, Mark Victor Hansen, Kimberly Kirberger.

- ***"Comprehensive Sexuality Education Trainer's Resource Manual"***------By Action Health Incorporated (AHI)

True Life Story

"Oh! See What A Moment of Escapade Has Done To Me"

Segun caught my eye from the first day we started secondary school. He was always looking so handsome even though the boys wore the same uniform. Everyday after school he and his boys would 'hang out' in a corner in the school yard. They would talk about all sorts of things and sing the latest music from abroad. In fact, one of Segun's relatives was in America so he always had the newest sneakers and T-shirts to show off to everybody. All the boys respected him because he was a no nonsense kind of guy. He was always so witty. If you tried to make jest of him, he would answer you back. It was because of this that nobody tried to do anything to him.

I was the complete opposite. I admired his confidence from afar. In class, I was quiet. I had big dreams of becoming a successful businesswoman. I was already taking note of some of the needs in my community so that I could create business solutions to these challenges. I made sure I was reading about all the successful businesspeople in Nigeria and beyond. I read about Aliko Dangote, Mrs. Adedayo of Tasty Fried Chicken, Oprah Winfrey, and the like. Some of my classmates made fun of me for being 'too serious'. In fact, some of those who made fun of me were in Segun's crew. When I first got into secondary school, I used to go home and tell my mother about all the things they would say to me. She would say, "Mary, you don't need to worry about that. You are going places, my dear. Don't mind them. Right now they are the ones laughing, but soon you will be the one laughing. Just stay focused." That is what she would say. In fact she loved to repeat that "just stay focused" all the time. I tried my best to follow my mother's advice. I strived hard to be among the best in my class. But sometimes, it was hard to stay focused. I could not help but consider some of what my mates were saying. Maybe I was just a little too serious. I mean I was not even in the university yet and I was already trying to figure out what I was going to do after it. Maybe I should just take it easy.

As soon as I let this thought creep in, I began to slack a little bit. I would not read as much over the holidays. I started listening to some of the other girls who said that I was worrying too much about being successful in the future. After all, all I needed to do was to make sure that I got married to a successful man. They said that I could still get everything I would have gotten as a successful woman except that I would not have to do any work. My parents began to notice my laid back attitude and my mother would say, "Mary is everything okay?" I would always answer back, "Yes, mommy. Everything is fine." Deep inside, however, I knew things were not perfectly fine. I had decided that my parents did not and could not really understand what it was like to be in my position. Why could I not enjoy life and still be successful later? I started taking more advice from my mates. They seemed to get what I was going through as opposed to my parents. They also gave me more of the answers that I wanted to hear. I was tired of waiting for the future to enjoy life. I would enjoy it now. After all, I was not doing anything bad. Soon after, I began waiting around after school just to 'hang out' in the schoolyard.

One day when I was hanging out, I noticed Segun's crew approaching me and my girlfriends. Segun was leading the pack and all my girlfriends were giggling beside me because everyone thought he was handsome. He came up to us and said, "Hey Mary, how are you doing? I told him I was doing fine and he simply said okay and left. After that, Segun started coming up to say 'hi' to me almost everyday after school. He would always say, "What's up?" in this cool nonchalant way and he would stare directly at me no matter how many people I was surrounded with. One day, he even walked me to my bus stop. I could not believe it. One time when we were walking, he said, he had a difficult question to ask me. Then, he looked me in the eye and said, "Mary, would you be my girlfriend?" I stopped dead in my tracks. The look in his eyes seemed really genuine. He explained that he really admired my attitude and that he liked me because I was a good girl. I couldn't resist this handsome guy. The hottest guy in school just asked me out and he admired the fact that I was a good girl. I gave him a quick 'yes' for an answer and from then on, people did not bother to take the time to say my name anymore. I was now Segun's girl.

Things changed very quickly between Segun and I, once I agreed to be his girlfriend. Segun became a lot more forward with me and everyone respected me so much more than before. I was living the life. One day, he invited me over to his place. He said it was not until late before his parents would get home and that we could spend some quality time together. I should have known better. I really should have. We were just watching TV wrapped in each other's arms when things started heating up. Next thing I knew we were in a passionate kiss and then the passionate kiss turned into other passionate things. Before I knew what was going on, clothes were coming off and then ------. My body was doing all the thinking for me. When it was all over I could not believe what I had done, indulging in unprotected sex. I had given up my virginity to a guy who a couple of months ago barely knew my name. We were so caught up in the 'passion' that we did not have the good sense to stop. I grabbed my things and quickly headed out. I tried to erase this night from my memory and pretended as though everything was normal. I simply told Segun what had happened could never happen again. He said that he was okay with that but after this, he did not look at me with quite the same amount of curiosity as before. I could see him out of the corner of my eye staring at some other girls when he was right next to me. Can you believe that? He disgusted me but there was no way I was going to give up my status as Segun's girl even if he turned out to be a jerk.

About one month later, I started feeling ill with abdominal pains. I went to see the doctor at a youth clinic and she suggested taking a pregnancy test. I was vehemently

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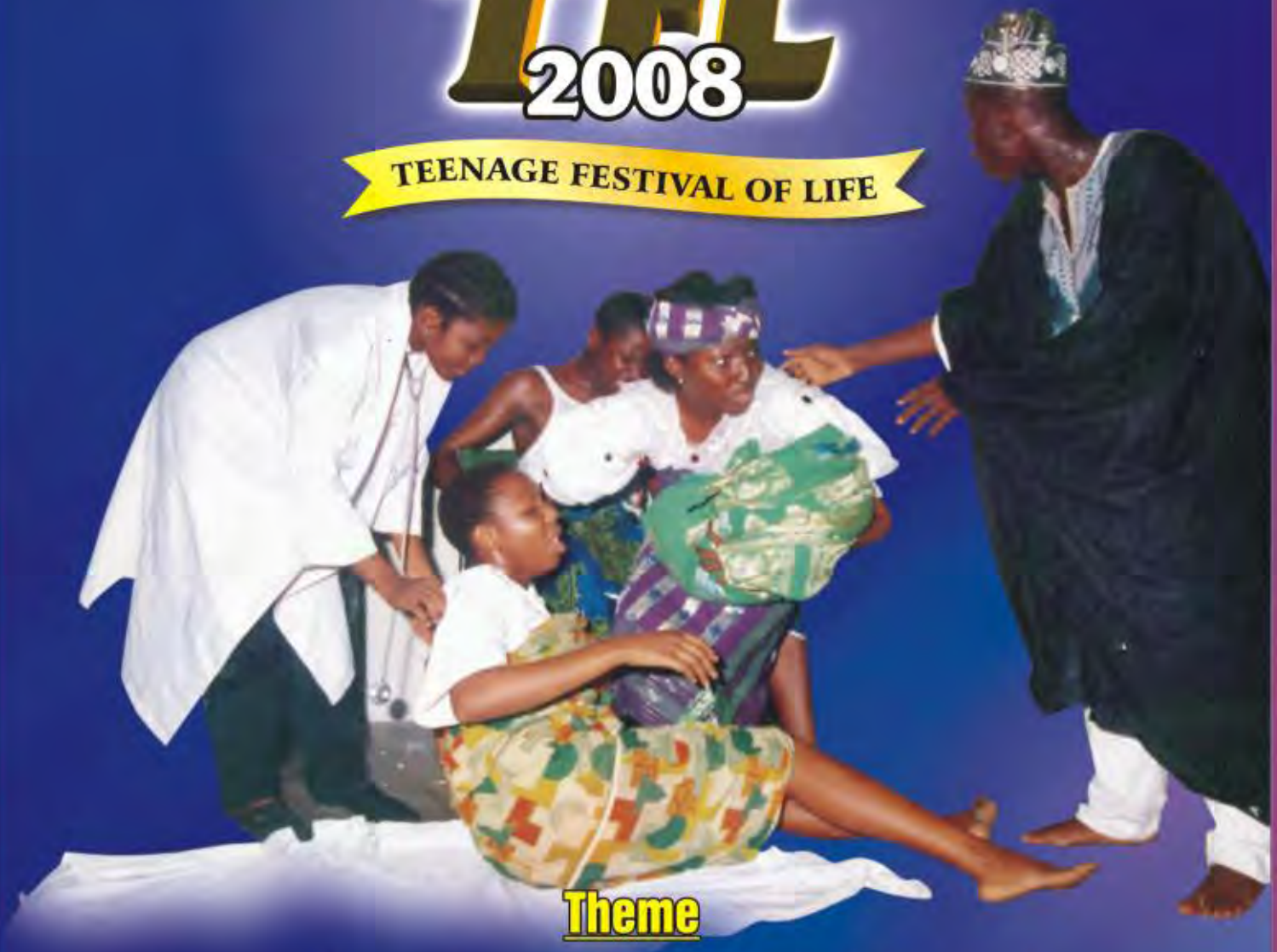
Action Health Incorporated

TFL 2008

TEENAGE FESTIVAL OF LIFE



Theme

Ensuring Our Rights: Addressing Harmful Sexual Health Practices

Venue

Main Auditorium
University of Lagos
Akoka, Lagos

Date

Thursday,
November 6, 2008

Categories

Songs | Poems | Drama

Rules

[1]Each school can only submit one entry per category and each entry must be typewritten. The School Principal must certify all entries.
[2]The song, poem and drama entries must be original and reflect the theme of the event.
[3] All participating schools must attend a one-day training workshop.This is a prerequisite for participating in the competition.
[4]The competition is open to all secondary schools in Lagos State.
[5]Submission of entries closes on 29th August, 2008.
[6]A panel of judges will select winners in each category.

For further information, please contact: TFL 2008 Planning Committee, AHI Youth Centre
17, Lawal Street, off Oweh Street, Jibowu, Lagos. Telephone: 01 774 3745; Email: info@actionhealthinc.org

ACTION HEALTH INCORPORATED

2009 Youth Skills Development Programme

As one of the strategies geared towards ensuring total youth development, Action Health Incorporated (AHI) initiated the Youth Skills Development Programme, a one-year internship programme that engages young secondary school leavers aged 16 – 19 years to serve as Youth Programme Assistants within the organization. The programme is designed to provide youths the opportunity to develop several core competencies and skills required for transition from adolescence to a healthy and productive young adulthood. Specifically participation on the programme will enable the young people to develop core competencies in areas that include:

§ Self-Management
§ Interpersonal Communication
§ Career-readiness
§ Personal Health Management

Participants on the programme will have an opportunity to work at AHI from November 2008 - November 2009. Monthly enumeration will be given to participants and Certificates will be issued to successful participants at the end of the programme.

REQUIREMENTS

§ Applicants should be between 16 - 19 years
§ SSCE result should include a minimum of five (5) credits including Mathematics and English Language
§ Must demonstrate creativity and ability to use initiative
§ Must be committed to working full-time from November 2008 - November 2009
§ Proximity to youth center (for interested candidates outside Somolu, Mainland and Kosofe LGAs)

To apply, write **"Youth Assistant"** on the top left corner of the envelope and attach photocopies of your credentials, a letter of reference from your school principal and submit your application on or before **9th November, 2008**

SEND YOUR APPLICATION TO:
The Executive Director
Action Health Incorporated
17 Lawal Street Off Oweh Street
Jibowu, Lagos.
P. O. Box 803, Yaba, Lagos.
Email: info@actionhealthinc.org

...Do not miss this one in a million opportunity!

YOUNG ACHIEVER

Kikelola Chinonyerem Ehuriah

(A Reward For Hard Work)

"I will be honest; my greatest academic dream came true at the Covenant University in 2006. I shook hands with (Bishop David Oyedepo) and I haven't stopped smiling since. This has made me to believe in the adage that says, 'He, who wants to lead the orchestra, must turn his back to the crowd'. The overwhelming sense I had that day, was that of happiness". These were the assertions of Kikelola Chinonyerem Ehuriah, the proud 'Best Graduating student of Accounting' and a First Class Degree holder in Accounting from the Covenant University, Nigeria.

Born August 6, 1983, she hails from Umuahia, Abia State. She attended LASU Staff School, Ojo, Lagos from where she proceeded to Federal Government College, Ijanikin and by 1999 she had passed out in flying colours. It was not smooth sailing for her as she had to wait for three years before gaining admission into the tertiary institution. When eventually, she got admitted to read Accounting at the Covenant University, she knew she had to work hard and be focused and committed to recover the lost years. According to her, 'God is responsible for my First Class degree by making me realize that I had lost 3 years before getting into the university and that I had to recover that by being committed and develop my spiritual life'.

'Kike' as she is fondly called by her admirers, faced many challenges while growing up yet she never ignored the fact that she had to work hard and stay focused to achieve her goals in life. She lost both parents while she was young, first her mum at the age of 14 then her dad. These were trying period for her as it was her responsibility to take care of her siblings while her elder sister was in school and when she eventually got into the University, she was constrained financially. To her, ***'where there is a will, there is always a way'*** and to sustain her self in the Campus, she had to start a small venture which helped to cushion the effect of economic reality at the time.

When she eventually graduated in 2006, she did her National Youth Service (NYSC) with Zenith Bank Plc. (Correspondent Banking Department). She is presently working with Chevron Nig Ltd as an Account Payable Analyst.

Kikelola who gets to discuss issues affecting young people in her locality such as career focus and lifestyles feels that she has impacted positively on them. Issues such as 'where we are now, where we are going and how we intend to get there' have become a regular topic in such forum.
She considers God as her source of strength stating that every time she feels like giving up He bestows her with His strength and Bishop David Oyedepo as her role model for his discipline, determination and wisdom; Pastor Bimbo Odukoya, a mentor for her ability to apply spiritual wisdom to reality as well as Nelson Mandela for his resilience and passion and selflessness.

The amiable lady who likes to read, watch movies and take photographs of people and landmarks encourages young people to take bold steps and make informed choices so as to realize their dreams and break away from the shackles of poverty. To her, the solution is in being hard working, focused and prayerful.

"Kike" receiving her award from Bishop David Oyedepo, Chancellor, Covenant University

Career Guide

CHOOSING A CAREER

Career choice is about the most important decision every individual has to make in life apart from the choice of a life partner. While some may decide not to marry, everyone has to choose a career to enhance a successful and happy future life.

WHAT IS A CAREER?

In brief, a career is that which we do for a long time during which we occupy different positions, do different jobs on the same line. In the civil service i.e. occupying various positions and doing various jobs in the civil service. Another good example is taking soldering as a career. You can occupy different positions and do various jobs for the armed forces during your period of service in the armed forces.

OBSTACLES TO A REALISTIC CHOICE OF CAREER

There are lots of things to avoid and lots of things to put in place in order to choose our career correctly. Some of those things are highlighted below:

•CHOICE OF SUBJECTS

We need to choose subjects that are required for entry to an institution where we hope to pursue our career. Failure to choose our subjects correctly may constitute a hindrance. Such hindrances may be delay in getting admission or accepting something close to that e.g. nursing as a substitute for medicine, teaching instead of mass communication.

•INADEQUATE PERSONNEL AND FACILITIES IN SCHOOLS

In many schools there are teachers to teach essential subjects. In some schools there are no facilities to teach some subjects which students may require to pursue certain careers. Situations of this nature may hinder a realistic choice of career. E.g. lack of science laboratory may hinder students' success in science oriented careers.

•PARENTAL PRESSURE

Some parents put pressure on their children to pursue certain careers irrespective of the child's interest. Parents do that sometimes to meet a pressing social or material need. Sometimes it could be an attempt to make certain occupation a family occupation. If the child is not interested, it could constitute a problem.

•LACK OF INFORMATION

In many circumstances lack of information about ourselves and the job we intend to
do can pose a problem. If we don't have required information about ourselves and about the job, we may choose wrongly, thus leading to lack of satisfaction on the job.

•SOCIETY'S RATING OF OCCUPATION

The societies have their rating for various occupations. Generally, the society rates occupations either good or bad based on the fringe benefits attached to such occupations. Fringe benefit does not matter to some people. What they want is job satisfaction. The way the society rates an occupation may influence our choice.

•PEER PRESSURE

Peer pressure is a very strong influence in the choice of a career by young persons. Most times adolescents do not want to be different from their peers. They have play group, study group and even belong to the same society in the school. If such closeness and desire to conform to the group interest influences the choice of subject, the adolescent may be misled in the choice of career.

•INSUFFICIENT AND TRAINED COUNSELORS IN THE SCHOOL

The issue of career choice should tell much on the counselor who should give professional assistance to students and their parents. It is obvious today that many of our secondary schools do not have personnel in this category on their staff list. Students and parents are left alone to do it their own way.

•INFLEXIBILITY

When a student fails to be flexible in the choice of career, it makes the work of the counselor difficult. It often results to delays, failures and lack of satisfaction, students who decide to go their own way after proper counseling show that they are rigid and so would rather stick to their own choices rather than take to other suggestions

•POOR TEACHING

The teaching/learning situation helps a great deal in making the child choose a career realistically. Poor teaching kills the interest of students in some subjects that may be vital for careers they want to pursue. There are a lot of untrained teachers in our secondary schools today who kill students' interest in their subject for lack of expertise in teaching and poor teaching method.

•ABILITY

When a student has genuine interest in a career, consideration should also be given to the student's ability to cope with the subjects required to pursue the career. Where both are at variance the student should be humble enough to accept the guidance of a counselor.
However, remedial help could be organized to assist the child improve his/her academic ability in such subjects.

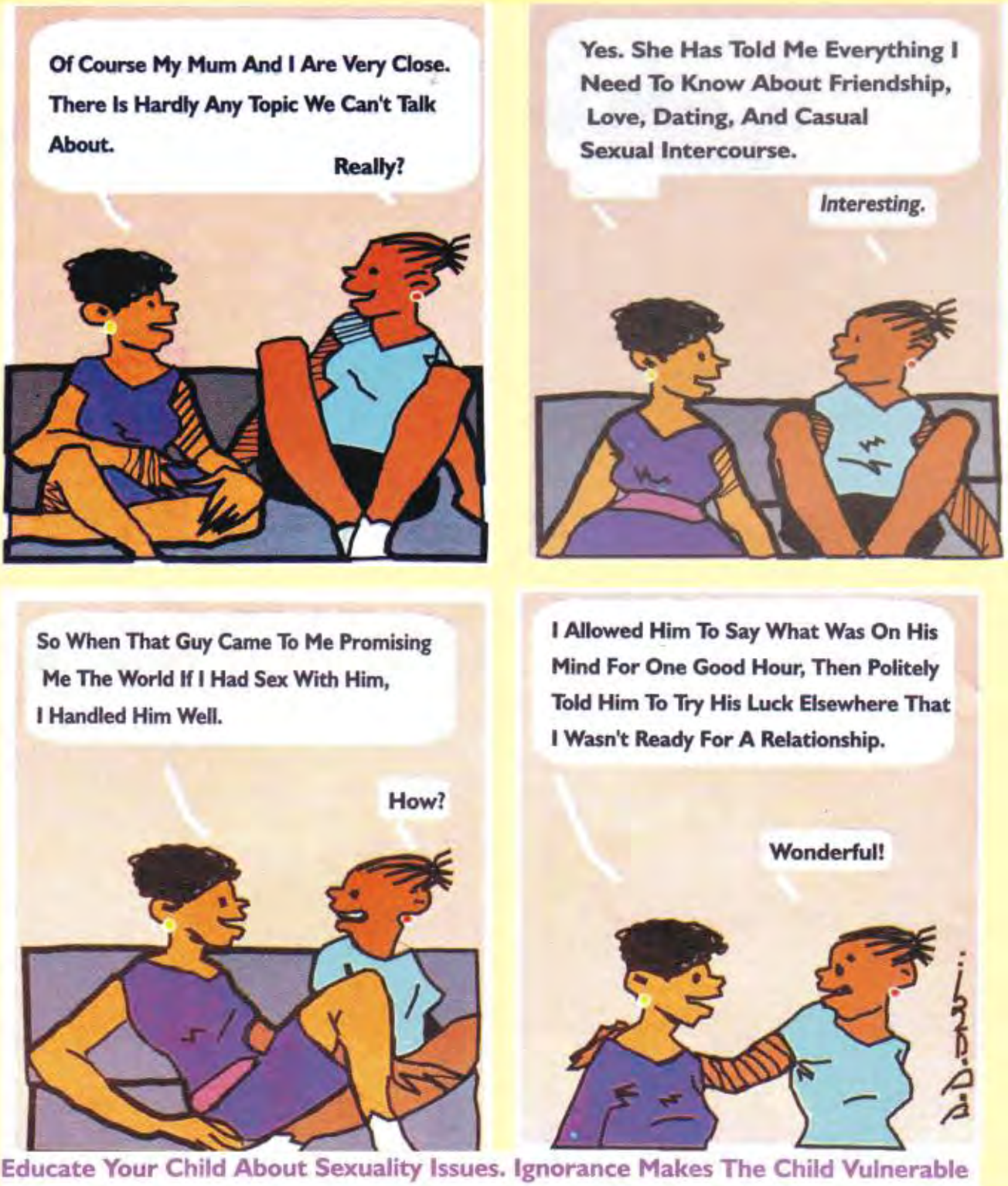
•FRINGE BENEFITS

Fat fringe benefits have attracted some people into careers which later turn out to be unsatisfying. It should be noted that a person may enjoy fantastic benefits yet could still not be satisfied with the job. Job satisfaction entails a lot of things besides fringe benefits. It is more rewarding to engage in a career that one enjoys doing.

REFERENCE:
"Career Guidance for Nigerian students"
By Mopelola Omoegun and Benjamin Buraimoh

opposed to the idea. There was no way I was pregnant, I thought. I only indulged in sex once and I was still a teenager. How wrong I was because the result showed that I was not only pregnant but I was infected with Sexually Transmitted Infection (STI). What was I to do? I had not even completed my secondary school education. There was only one place I could go and my parents at the end of the day were very- disappointed and annoyed with me. They told me about the fact that they had struggled so much to give me a better life and now those efforts seemed worthless. I had squandered all their hard work for a quick moment of pleasure with a boy who could not even keep his eyes on one girl.

So here I am pregnant and alone. Segun is gone. (Pregnancy was definitely not part of Segun's definition of his girl). I wish I could just forget that mistake but I cannot. I am constantly reminded of it by my protruding stomach. I now have to be prepared to be a mother first and everything else second. All dreams of being a successful businesswoman have to be put on hold. If only I could turn back the hands of time. I would be more focused on my education.

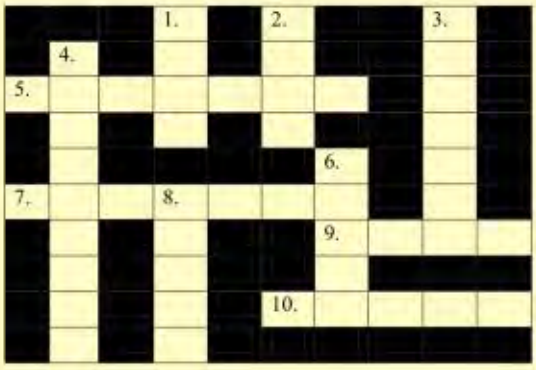


Educate Your Child About Sexuality Issues. Ignorance Makes The Child Vulnerable

BRAIN TEASERS

By Francess Chukwura

Hi, I have something really exciting and brain teasing in this edition. Sure you can't miss this.
Clue: The following words are the basic human values and also the sources of those values. All you have to do is search for the synonyms of the listed words. Instructions remain the same.
Play smart guys!!!



Across

5. Trustfulness (7)
7. Society (7)
9. Responsibility (4)
10. Parent (5)

Down

1. Age group (4)
2. Kin and____ (4)
3. Esteem (7)
4. Village (9)
6. Press (5)
8. Promise keeping (5)

Answers

1.reep
2. htik
3. tcepser
4. ytinummoc
5. ytsenoh
6. aidem
7.erutluc
8. tsurt
9. ytud
10. yddad

CROSS WORD PUZZLE

By Lawrence Chukwuma

Hi folks,
These are some of the States in Nigeria. Try these for size. Good luck!

A	U	G	U	N	E	B	O	N	Y	I	I	B	A	D
G	P	L	A	T	E	A	U	A	B	E	O	K	U	O
O	S	H	O	T	I	N	A	D	O	G	O	M	B	N
A	W	K	U	Y	U	H	Y	O	P	F	R	O	I	R
K	A	S	T	I	O	S	P	J	O	U	N	A	L	O
A	Y	S	U	R	O	B	K	O	L	A	G	U	T	B
S	H	T	U	G	D	O	T	S	K	A	D	U	N	A
T	H	I	A	B	I	A	S	M	I	L	Y	O	U	N
I	G	L	I	E	N	G	L	I	O	Y	O	U	L	I
N	O	B	E	N	U	E	J	I	S	B	O	O	T	S
A	D	U	T	I	N	A	T	I	U	J	I	N	H	D
L	A	W	I	N	S	E	F	H	N	i	O	N	D	O

- Lagos
- Abia
- Borno
- Delta
- Kaduna
- Plateau
- Enugu
- Kano
- Oyo
- Anambra
- Ebonyi
- Kastina
- Ondo
- Osun

RESOURCES

The materials listed here are resources on adolescent development. These materials are available for use in the reference library at the AHI Youth Centre at 17 Lawal Street, Jibowu, Yaba, Lagos

Books

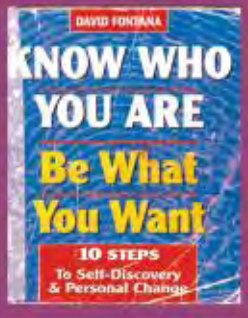
(A) "Comprehensive Sexuality Education: Trainers' Resource Manual"
By Action Health Incorporated (AHI)

This manual provides a step-by-step guide to teaching sexuality education. It provides instructional material for teaching topics under the six key concepts of comprehensive sexuality education (i.e. relationships, human development, personal skills, sexual behaviour, sexual health and sexuality, society and culture). Educators and other sexuality professionals will find this manual a complete resource in teaching young people about sexuality.

(B) "Choices: A Teen Woman's Journal For Self-awareness and Personal Planning"
By Mindy Bingham, Judy Edmondson, and Sandy Stryker

This is a visually engaging and informative book written for young women 13-20 years of age, about which older women exclaim, 'why didn't this exist when I was growing up?'

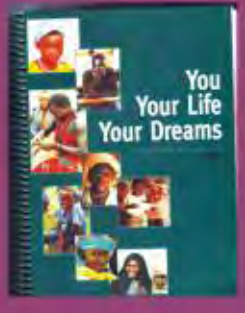
It addresses the myths and hard realities the young woman will face in entering adulthood, and details the critical and inevitable CHOICES she will make either deliberately or by default. It helps her recognize her future need to be an independent, self-reliant and productive human being, and convinces her that she can control her future options.



(C) "**Know Who You Are- Be What You Want"**
By David Fontana

David Fontana utilizes a series of exercises and examples, interwoven with his own insights, to illustrate how we can discover our true nature and recognize the patterns of thought that make us unhappy. Then we can change these negative patterns into positive ones, using this knowledge to affect every aspect of our lives.

The book is the fruit of the author's 20 years in counseling and a beacon of hope to all who desire enlightenment on the road towards personal development.
It will enable you to recognize the power to change; get rid of guilt; take charge of your life and learn from others' examples.



(D) "You, Your Life; Your Dreams (A Book For Adolescents)"
Developed by Family Care International and Straight Talk Foundation in collaboration with the German Foundation for World Population.

The book was written for adolescents, aged 14 to 19, to help them cope with some of the many challenges and decisions they face as they move from childhood to adulthood. It offers factual information about the changes that occur during this time of life, and about a range of other issues, such as: how to stay physically and emotionally healthy, how to avoid sexually transmitted infections and unwanted pregnancy, how to handle pressure to have sex, and how to avoid drug and alcohol abuse. It also offers advice on getting along with their parents and friends, handling romantic relationships, setting goals, doing well in school, and coping with setbacks that they may encounter along the road to adulthood.