



Resources



The materials listed here are resources on adolescent development. Although AHI does not distribute any of these materials, they are available for use within our reference library at the AHI Youth Centre located at 17 Lawal Street, Off Oweh Street, Jibowu, Lagos.

BOOKS

☒ Their Tomorrow Today: A Practical Approach to Coping with Adolescence.
By Fola Richie-Adewusi.

This book provides relevant information and advice for both parents and the adolescent on how to create healthy and responsible adults of tomorrow from the adolescents of today. It also gives information on who the adolescents are, their physiological and emotional development and the influence of the family, peers, media and the society at large on their development.

☒ Simple Ways to Internet Technology: A Practical Handbook.
By Olawoye Femi.

This handbook gives us a brief history of the Internet technology; how to sign-up an E-mail address and how to browse a website. It also shows us the ways to get connected at the Cyber cafe and how to search for information on the web. Young people and adults will find this book very useful.

☒ Status of Adolescents and Young Adults in Nigeria.
By CHESTRAD

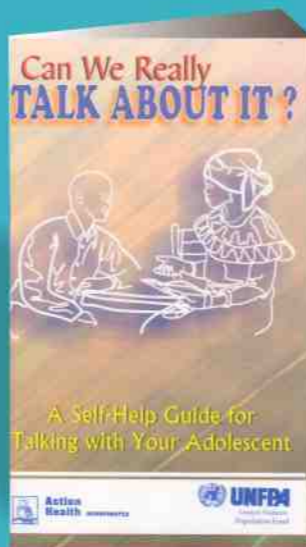
This book documents the current social, educational, economic, health and legal status of adolescents and

young adults in Nigeria. It also assesses the degree of political, legal and social support available to assist the adolescent choose and grow into responsible adulthood.

The book will serve as a vital document to meet the needs of policy, advocacy, research and program activities in Nigeria for the information required in establishing an integrated context for viewing the status of adolescents and young adults in Nigeria.

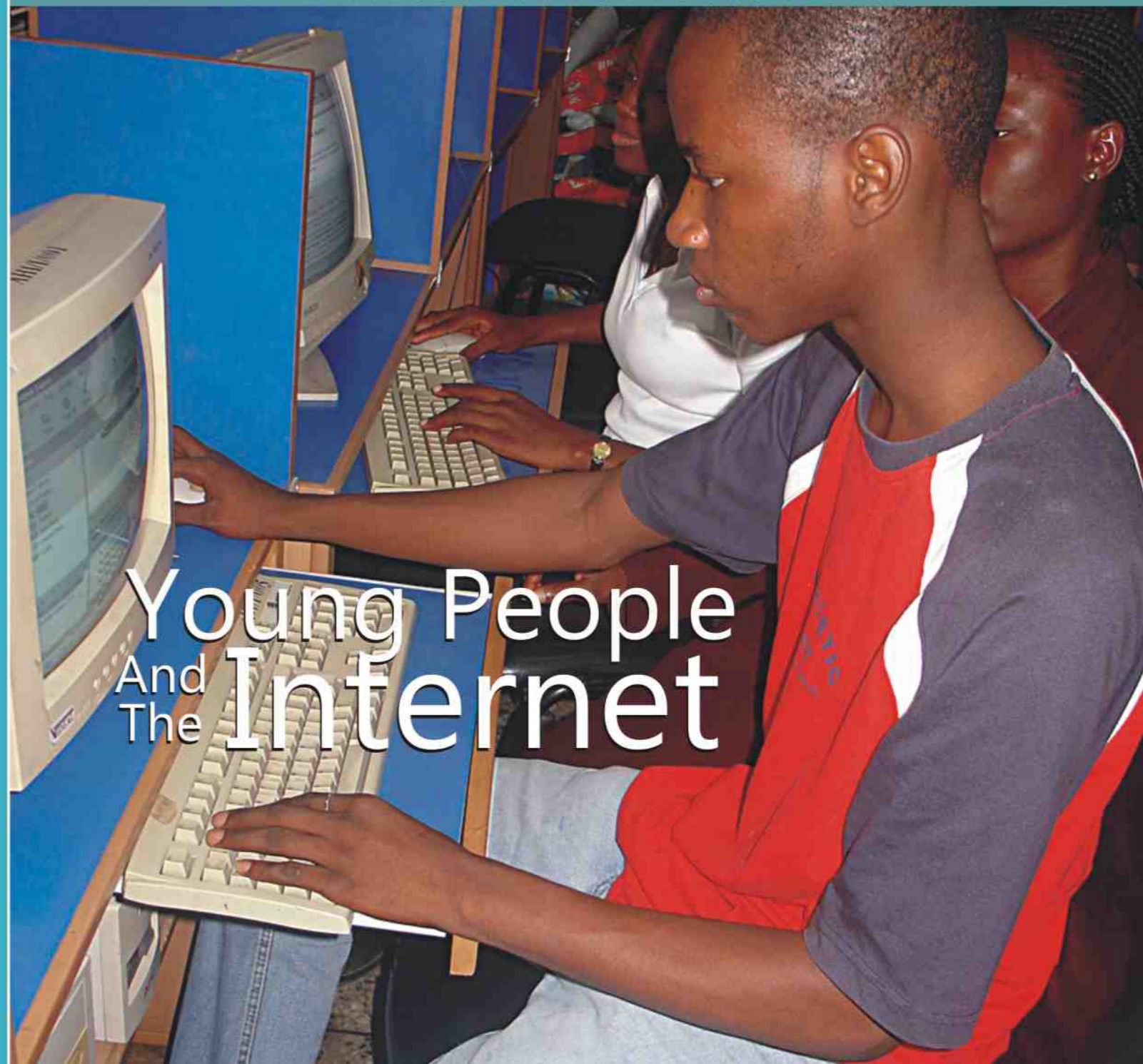
☒ Can We Really Talk About It?
By Action Health Incorporated.

This book aims at assisting parents to develop communication skills that would enhance their relationship with their young people. It provides parents with the necessary information and skills to assist them to freely discuss pertinent issues on sexual and reproductive health with their adolescents. It further enables parents to play their roles as the primary sexuality educators of their

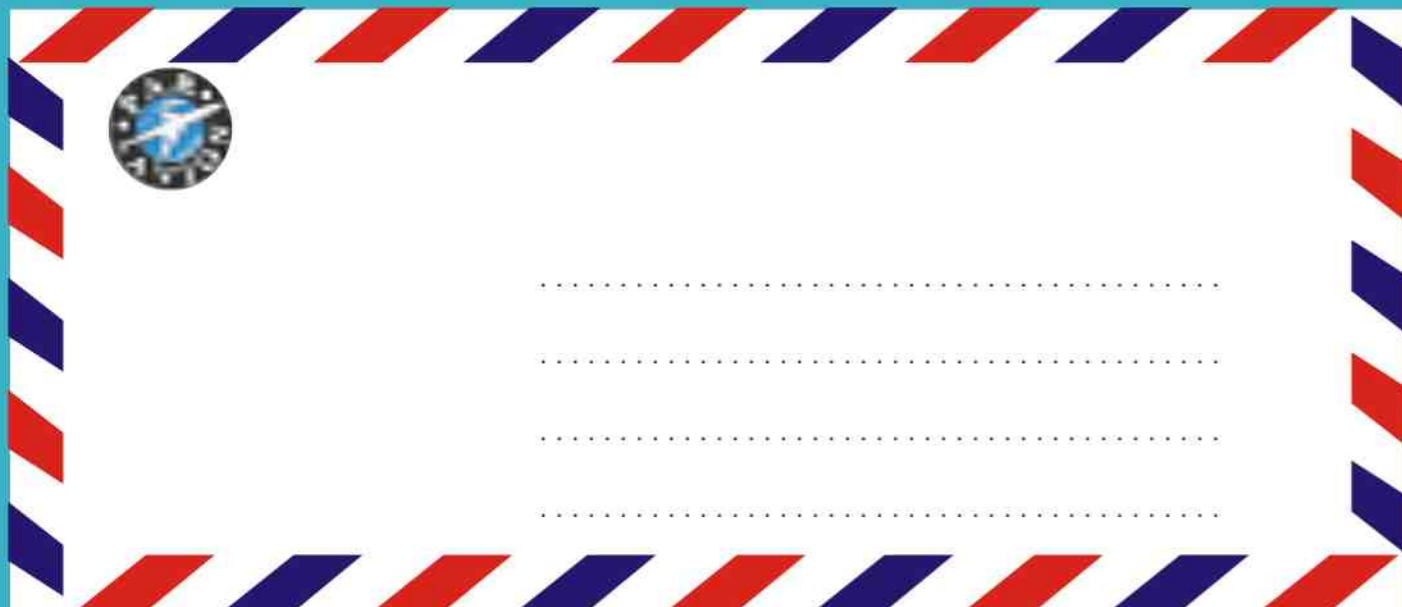


Growing Up

A NEWSLETTER FOR YOUNG PEOPLE



Young People And The Internet



Inside this edition



Lagos State Marks First HIV/AIDS Day page 11



Remembrance For Departed Souls Held page 12



AHI Marks World Health Day 2005 page 10



Health living and your happiness page 13

Growing Up is published quarterly in Lagos, Nigeria 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, healthcare and youth development programmes.

TRUSTEES

Dr. Adebunmi Odiakosa
 Rev. (Dr.) Chris Omeben
 Dr. Adebola Okoisor
 Dr. Uwem U. Esiet
 Mr. Yemi Ogunbiyi
 Mr. Olu Lutherking
 Mrs. Nike O. Esiet

PRODUCTION TEAM

Editor-in-Chief
 Nike O. Esiet
 Editorial Team
 Bunmi Adeniyi
 Francis Akpan
 Contributing Writers
 Feyi Fowowe
 Tosin Oyelade
 Page Design
 Action Health Incorporated

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 Christopher Adeboye, Kudirat Adetutu, Ajoke

AHI's Youth Centre is located at 17 Lawal Street, Off Oweh Street, Jibowu, Lagos, Nigeria.

All correspondence should be addressed to:
 The Editor, Growing Up,
 Action Health Incorporated,
 P.O. Box 803,
 Yaba - Lagos.
 Tel: 01-774-3745
 E-mail: info@actionhealthinc.org
 Website: http://www.actionhealthinc.org

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Young People And The Internet

By: Feyi Fowowe

Few years ago, the world was just one large globe consisting of people of different races, cultures and interests. It was a place where people had to travel long distances and spend huge amounts of money in order to experience the lifestyle and participate in the social and economic activities of these societies. Although, few who had the resources were able to do this, many, especially young people lacked the opportunity. However, today, the story has changed thanks to the Internet which allows people of all ages, colours, creeds and countries to freely share ideas, stories, data and opinions.

The Internet is a global network of computers which offers unlimited information of every kind, both educational and recreational. It is unlike all the other communication media anyone has ever

encountered. Although the TV, radio and print media offer some information, this information is limited both in content and quality compared to that offered by the Internet. Increasingly, news becomes available on the Internet before it is available on other media and those who don't have access to it are losing ground in keeping abreast of or with current happenings around the world.

Who Invented The Internet?

Many people wonder how the Internet came into being. Unlike the telephone which was invented by Alexander Bell and the phonograph invented by

Thomas Edison, the Internet was not invented by anyone. Its uniqueness which was perhaps based on the fact that it is the product of several years of research. It has been around for over twenty-five (25) years. It began as a United States Department of Defense Project designed to create a nationwide computer network that would continue to function even if a large portion of it were destroyed in a nuclear war or natural disaster. It was derived from the words "interconnected network" which simply means a collection/group of computers that are linked with another for the exchange of information. The network later evolved and was used primarily by academic institutions, scientists and the government for research and communication. The appeal of the Internet to these bodies was obvious:- it allowed disparate institutions to connect to each other's computing systems and databases as well as share data through the E-mail. Beginning from 1992, the Internet began witnessing an astonishing expansion, the U.S government began pulling out of network management, and commercial entities offered Internet to the general public for the first time.

What's The Big Deal About The Internet?

"What's so special about the Internet?", you may wonder. Perhaps a good answer to this question lies in the fact that the Internet has turned the world into a global village with the number of users worldwide running into tens of millions. This fact is not as staggering as the numerous tasks and activities that can be performed via the Internet. The following are some of the ways the computer is being used:

Finding People: It has been said that people are one's greatest assets and now more than ever, you have an opportunity to locate old school friends and acquaintances that you might have lost track of over the years. Moreover, you have the opportunity to

meet and make new friends from all over the world via the Internet. You can chat with others about various issues ranging from culture to religion to politics and economics and learn from the diversity of views expressed by other Internet users. You can also meet people who share the same interests as you and form genuine friendships with people from other tribes and societies. This not only makes you a well rounded individual, it also gives you an opportunity to positively influence the world.

⌘ Education: The usefulness of the Internet in the area of education cannot be over-emphasized. In view of the wealth of opportunities that the Internet provides to students, it is painful to know that many students in Nigeria today do not have the finances required to access the Internet. Even when such access is available, many students misuse the Internet.

⌘ Projects and Assignments: The Internet can help with assignments, group work or class projects. It is an avenue for you to carry out research and learn about any topic of interest. For example, by using search engines such as google, you can get information on almost any topic you wish to learn about. The Internet also gives you the opportunity to apply for international scholarships in foreign universities and secure admission abroad with less effort than it takes using paper application post. Many universities, colleges and institutes now conduct their examinations via the Internet to facilitate the admission process. By assessing the Internet, you are not only trying to reduce the stress you go through accomplishing your educational pursuits, you are also likely to exploit the vast opportunities that are available for students.

⌘ Job Searches: The Internet is an incredible tool for finding a job. This not only applies to job seeking graduates, it also applies to students, especially those who have completed secondary school education and are seeking admission into higher institutions or are undergraduates already. It is a useful, powerful and economical way to search for jobs through



Young people gathering information from the internet

websites that are especially designed for such purpose. You can even publish your own resume online, for prospective employees through such websites, and contact organizations that keep database of qualified personnel.

⌘ Investing: Through the Internet, you can do financial research, buy stock and invest money. In an age when a lot of emphasis is being placed on investments, you too (through the help of a professional or adults of course) can learn more about the stock market and investments and even invest in companies within and outside the country.

⌘ Marketing & Sales: The Internet is a platform for the sales of goods and services. You can order for various commodities ranging from books, jewelry, clothes and other consumer goods through the net. Many companies are therefore selling products over the net. This is done through a website which enables people to browse online and pay for stuffs on the net. Some of these companies may request that you pay using credit cards and payment may sometimes be made to a representative in your home country. After payment must have been made, the goods are then sent to you. This means that people no longer have

to travel long distances to sell or buy goods but can carry out all their transactions wherever they are, as long as the place has Internet connection.

The Internet: A Blessing Or A Curse?

Various debates have emanated concerning the role that the Internet plays in our world today. While many do not doubt its obvious usefulness and positive dimension it has brought into the way we live and conduct our activities, they frown at the way in which many people, especially young people use the internet for negative or destructive purposes such as "The Advance Fee Fraud" popularly called 419 scam, identity theft as well as chat room and Internet predators. The Internet, unlike various other communication media, does not have central authority, which controls it. Beyond the various governing boards that work to establish policies and standards, the Internet is bound by few rules and answers to no single organisation. Due to this, it provides a fertile ground for all sorts of fraud to thrive. In relation to the young people, it has negative implications because many people post or transmit pornographic material via the Internet. Many young people are therefore exposed to such materials when they visit sites baring or displaying them. Furthermore, these young people learn about sex through these websites, which say little or



nothing about how young people can abstain from sex or coping with sexual pressures. Visiting many cyber café's today, it is apparent that many young people, including those under the legal age of 18 browse the pornographic websites with little or no restrictions, instead of using the sites for other useful purposes as described above.

Thus, rather than use the Internet to browse pornographic websites or as an instrument for fraud, you can put it to more productive use. The Internet is limited only to the user's vision and creativity, and as the Internet grows, new and innovative uses will surely follow.

Advantages Of Using The Internet

As stated earlier the list of uses to which the Internet can be put is inexhaustible. Also exploiting and utilizing the resources available through the Internet has greater advantages than resources from other sources. The following are the advantages of using Internet resources.

⌘ Information available on the web is extensive and expansive. Many organization have therefore developed their websites, enabling customers and other interested person to access as much information as they require about the organization.

⌘ It is easier to access information on the web more than most other sources of information. Information on the web is not limited by physical location, time or distance from the source of information. Thus, web information can be accessed from anywhere that one can hook up a computer to a phone line and other ways.

⌘ Furthermore, information on the web is usually free.

(Contd on page 20)

POEMS



Oh! Precious Time

What could be more precious than thee?
Gold, Silver or Diamond
I tried to find but couldn't see,
Until I realized time is everything.

As day and night pass away,
They determine where your life stays,
I tried turning the night into day,
Until I realized time is everything.

Time waits for no one,
It keeps moving like a rolling stone,
I kept thinking it could be stopped by friction,
Until I realized time cannot be stopped.

Time wasted is not time gained,
It's like turning the sun into rain,
I tried but it was all in vain,
Until I realized time waits for nobody.

By Famakinde Damilola, 19 years old.
(Yaba College of Technology)

Negative Peer Pressure

I, Adolescent, the believing stage
I fell into the hands of peer pressure.
He used his striking and sweet words to deceive me.
He sent me to the world of mysteries
and kicked me into a troublesome spot.
He said he loved and cared for me
and inflicted on me a huge stomach called pregnancy.
Out of ignorance, he made me a teenage mother
and I went and sought help from abortion.
Out of ignorance, I went to the quacks
Who led me into the kingdom of HIV/AIDS.
I wished I had listened to abstinence, my true friend
and be very assertive and uphold my self-esteem.
All these wouldn't have happened to me.
Out of ignorance,
I fell into the pit of peer pressure.

BY Isiaka Adetutu (18 years old.)
Growing Up June 2005/p 6

A Friend In Need

Someone to be there when the storms of life rage,
Someone to lean on when you are falling,
Someone to help when you are in distress,
Someone to console you, when a setback sets in.
A friend in need is a friend indeed
Believe me a friend is a rare gem.

Someone to be there when needed most,
to support you all the time,
Someone to confide in you when betrayed
Someone to rely on when you are far away
A friend in need is a friend indeed
When hope is almost lost,
and your morale is low,
words of encouragement become the order.
Believe me, a friend is better than silver and gold.
Support and understanding mean so much,
When you are confused.
Someone who appreciates you for what you are,
A friend in need is a friend indeed
Believe me a friend is a rare gem

Toluwalope Adesokoba (19 years old.)

Dare to take a risk

If you don't dare to take a risk
You'll never get ahead
To laugh is to risk appearing a fool
To weep is to risk appearing sentimental
To reach for another is to risk involvement
To expose your feelings is to risk exposing your true self
To place your ideas, your dreams, before a crowd,
Is to risk their loss
To love is to risk not being loved in return
To live is to risk dying
To believe is to risk despair
To try is to risk failure
But risks must be taken
Because the greatest hazard in life is to risk nothing
The people who risk nothing,
Do nothing, have nothing and are nothing
They may avoid suffering and sorrow
But they cannot learn, feel, change, grow, love, live
Chained by their attitudes,
They are slaves,
They have forfeited their freedom
Only a person who takes risks is free!

By Efunuga A.J

www.actionhealthinc.org

PHOTO REPORT

Forum For Ford Foundation Vice President's Visits

On 16th May, 2005, AHI hosted the Ford Foundation's Vice President, Dr. Natalia Kanem. Accompanied on the visit were Dr. Adhiambo Odaga, the representative of the Ford Foundation in West Africa and Dr. Babatunde Ahonsi of the Ford Foundation Office for West Africa. During the visit which was her first to AHI, she was taken round the various units of the organization and she met with AHI's Board of Trustees.

Also, as part of activities for Dr. Kanem's visitation, a forum on "Youth Perspectives on the Challenges of Growing up and Preparation for Productive Adulthood" was held. Young people at the forum comprised peer educators from various NGOs such as Health Matters International (HMI), Community Life Project (CLP), Youth-To-Youth Initiative, Nigeria Youth AIDS Programme, Pathfinder International, Development Research and Action Network (DRANET), Youth Action Rangers of Nigeria (YARN) and Action Health Incorporated (AHI).

The forum's discussions facilitated by Ms. Feyi Fowowe, a former AHI Youth staff and currently an Economics Undergraduate of the Obafemi Awolowo University, Ile-Ife

were aimed at highlighting the challenges of growing up and proffering solutions to the various challenges young people face. The challenges highlighted by participants included inadequate access to qualitative information especially around sexuality issues, parental pressure, poverty, negative media influence and peer pressure etc.

Participants also proffered some solutions which included, the need for reorientation of the religious leaders on sexuality issues, vocational skills training, the media promotion of good moral values and positive information, more community-based youth oriented programmes and the training of parents on how to communicate with their children on sexuality issues, etc.

Dr. Natalia Kanem expressed her appreciation to the young people who attended the meeting especially for coming out boldly to make their perspectives about the challenges they face while growing up known.

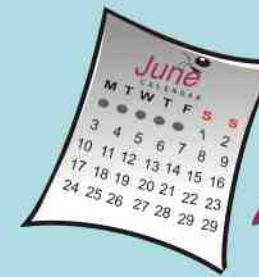
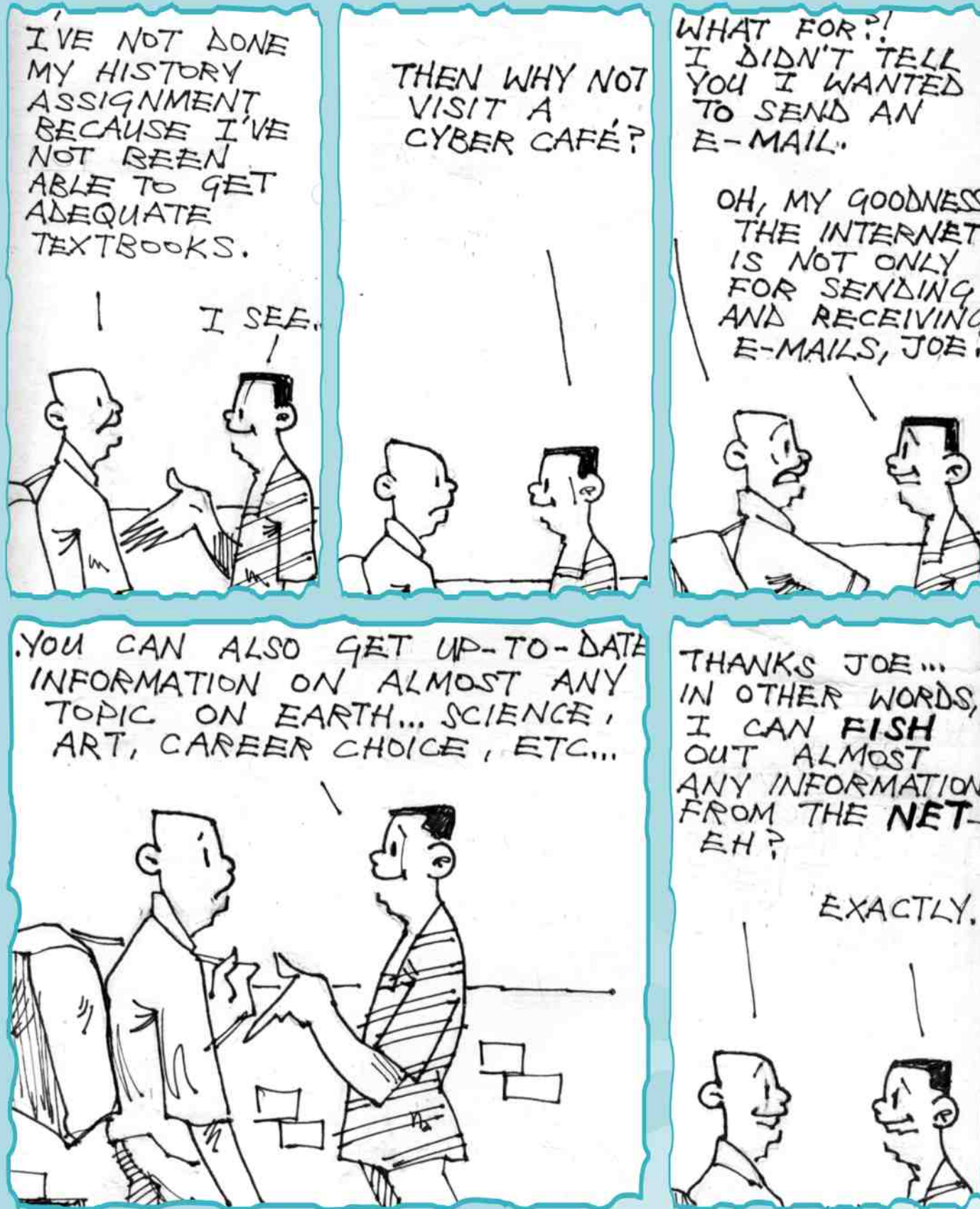
According to Mr. Christopher Adebayo, AHI's Youth Assistant and one of the young people who attended the meeting, "Dr.



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Growing Up June 2005/p 7

Cartoon



Dear Diary

Tosin Oyelade

Monday

Though the story the lady at the hospital told had initially shocked me, her words kept lingering in my mind. According to her, she was attacked by hoodlums in a bus she took on her way back from the coaching centre. She said that they collected all she had on her and then tried to rape her in the bus. She revealed that when she realised their intentions she started screaming. The hoodlums, then got nervous and pushed her out of the bus. She was fortunate to have landed on the soft side of the road, hence the bruises all over her body. I felt so sorry for her and tried to console her. Not long after she told me her story, her mother

Tuesday

I was still surprised by what the lady had said and wondered how people could be so heartless I tried to imagine the scene and how she had been so unfortunate not to have got rescued along the way, in this over-crowded city of ours.

When mum came, I told her about the lady and her plight. She felt sorry for her and consoled her but thanked God that they didn't rape her. She then counseled the two of us to be very careful and always watch the kind of vehicles we board. The lady felt a bit relieved after the talk and wanted some rest, so we excused her and returned to my sister's bed. After

Wednesday

I woke up a bit late and found my sister already awake looking very healthy. Soon after, the doctor came in and said she would be discharged later on in the day. It was really nice to hear that as I was tired of going to the hospital daily. I felt sorry for Kemi, the lady because I knew that she would have to stay a little longer. I hoped that she would get well soon. As we were preparing to leave the hospital, it dawned on Kemi that she was going to be lonely and she started crying. I could do nothing to ease her pain other than reassure her that I

Thursday

I woke up very tired and feeling too lazy to stand up due to the vigil kept at the hospital, but I just had to get something done. I had to prepare breakfast for my parents before they left for work, I had to tidy up my

room and my parents' as well as do the laundry. After completing these chores, I needed to relax so I went to the video club to rent a movie. My friend whom I had not seen for a long time came visiting and we watched the movie together. It was fun recalling the things we did in our junior secondary school days. I used the

Friday

To show my seriousness towards furthering my studies and to actually begin intense preparation for my JAMB examination, I went to buy some books. After I had gotten all the resource materials that I needed, a guy whom I had never met came up to me and politely asked to take me out to lunch. I was taken aback at such a generous offer from a total stranger. My initial reaction was to decline the offer but there are men who never accept "NO" for an answer and come to think of it, I was hungry. Since he continued to insist taking me out to lunch so I accepted. I was happy that I wouldn't rush home to eat since I still had some other places to visit but at the same time I was scared not knowing what his next action might be. When I got home I told my mum about the guy, and she advised me to be very careful with guys because they could be so desperate and

Saturday

Saturdays are sanitation days in our home and so my parents always insist that everyone does one house chore or the other. As usual, I was involved in the general cleaning exercise as well as the cooking and the serving of food and this made me to be tired. I took my siesta and when I woke up I did some dry-cleaning. I then went to the sitting room to listen to news on the television. I had to sleep very early since I wanted to wake up early the following day so as to prepare for the next day's

Sunday

It rained heavily this morning and I woke up late, this put me in a bad mood. I wasn't particularly in a good mood as I would have loved to get to church early. It was very cold so my Mum insisted that I wear a sweater over my dress to keep me warm. I hit the road hoping to take a taxi to church when all of a sudden someone shouted my name. When I turned around, what I saw hit me like a bomb. I will fill you in, the next edition.



NEWSREEL

AHI Marks World Health Day 2005

On April 7, 2005, AHI joined the rest of the World to mark the World Health Day, the theme of this year's celebration was "Healthy Mothers and Children". It reflected on how to make every mother and child count, as governments and the international community need to make the health of women and children a priority. It was also a unique opportunity to raise awareness on the ill-health, poor nutrition and inadequate health-care suffered by mothers and children worldwide as well as the need for all to make efforts to ensure life and good health among them. It was an occasion to compel all stakeholders to learn about, plan for and undertake sustainable activities that aim to improve the survival, health and well-being of mothers and children.

Highlights of the celebration include a drama presentation titled "Health is Wealth", by young people. The celebration/programme featured educational sessions on drug abuse, HIV/AIDS/STIs, breast/testicular examination as they relate to the theme as well as essay competitions on various



health-related topics.

A total of 116 young people comprising students and out-of school youth took part in the programme. At

"Growing Up" Vacation Seminar

As part of a capacity building programme for young people and to continually engage them in productive ventures especially during the holiday period, a seminar tagged "Growing Up" was organized by AHI.

making, drug abuse, teenage pregnancy and HIV/AIDS/STIs.

The session also provided some insight into parent-child communication and how it can aid in a child's

The seminar which was conducted in three (3) batches ran from April 12 27, 2005 and was held at the AHI Youth-centre. A total of eighty-five (85) young people were in attendance.

The seminar comprised group discussions and role-plays on sexuality and reproductive health issues, all aimed at inculcating in youth, the positive values that would aid their development. Some of the topics treated were pubertal changes, goal setting, decision



Some of the participants pose for a group photograph

Lagos State Marks First HIV/AIDS Day

History was made on April 27, 2005 as the Lagos State government marked the 1st HIV/AIDS Day. The event which was incorporated into the Lagos State Public Health Week featured lectures and exhibitions by various non-governmental organizations (NGOs).

The Lagos State Commissioner for Health, Dr. Leke Pitan declared the seminar open. In his speech, he pointed out that some of the factors contributing to the spread of HIV/AIDS included poverty and ignorance among others. He then promised to release more funds to the Lagos State Action Committee on AIDS (LSACA) which would enable it to support NGOs working in the field. He also said that Lagos State already has about 25 Voluntary Counselling and Testing Centres (VCT) and is adding four (4) new centers where Anti Retro-viral drugs (ARVs) can be got. He listed the VCT centers to include: Lagos General hospital (Chest clinic), Domare Primary Health Centre, Panti-Epetedo, Primary Health Centre, Oto-Edo, Lagos State University Teaching Hospital, Ikeja, Mainland General Hospital, Orile Agege Primary Health Centre, Sango Primary Health Centre, General Hospital, Epe, Apapa Comprehensive Health Centre, Primary Health Centre, Abadia, Ikorodu Primary Health centre, Nigeria Police Medical Service, Obalende Primary Health Centre, Isolo General Hospital, Oshodi Primary Health centre, Ikotun- Igando Primary Health centre, Surulere General Hospital, Gbaja Primary Health centre, Ojo Health clinic, Ajeromi-Ifelodun General Hospital, Ajegunle, Badagry Health centre, Kirikiri Health centre, St. Theresa's clinic, St. Joseph's clinic and Tolu clinic.

Earlier, representatives from various NGOs such as



The Lagos State Commissioner for Health, Dr. Leke Pitan welcoming participants to the event while other dignitaries listen.

Youth Action Rangers of Nigeria (YARN), the Catholic community, the Muslim community, Foundation AIDS Alliance, Action AID etc all acknowledged the efforts of LSACA for not only creating awareness on the prevalence of HIV/AIDS in the state but actually supporting and caring for PLWAs. Mr. George Ibikunle, representing Foundation AIDS Alliance specifically said that Lagos State was setting the pace in the fight against the spread of HIV/AIDS and called on the government to release more funds to LSACA to support youth led groups in the state.

In a presentation at the event, a representative of the Lagos State AIDS Control Agency (LSACA), Dr. Olusegun Ogboye gave an update on the activities carried out by the Agency, which he said included; supporting NGOs to implement community driven interventions such as the training of health workers in various LGA; providing funding for 41 Civil Society organizations (CSOs) and 11 line ministries from their HIV/AIDS Funds; training of 450 staff of CSOs on community mobilization/proposal writing/ financial reporting; production of a quarterly newsletter and the development of a website as well as the sensitization of the Lagos State House of Assembly members and senior civil servants amongst others.

He went further to mention the collaborative efforts of Action Health Incorporated (AHI) and the Lagos State Ministry of Education in the integration of Family Life and HIV/AIDS Education (FLHE) into the school curriculum.

The highpoint of the evening was the exhibition by various NGOs working in the field of sexuality and reproductive health. AHI wasn't left out as various



A young person at the AHI's exhibition stand

(Contd on page 12)

(Contd from page 11)

resource materials published by the organization were showcased. The HIV/AIDS Day celebration was attended by the Permanent Secretary, Lagos State Ministry of Health (LSMOH), Dr. Jide Idris; Chairman, House Committee on Health, Hon. Dr. S. B. Adejare; The Chief Executive Officer of LSACA/Special Assistant to the Governor on HIV/AIDS, Dr. Aderemi Desalu; The Medical Director, Department of Training, Ministry of Health, Dr. Oyekan; Professor Elebute of Lagoon Hospitals; Mrs. Nike Esiet, Executive Director, Action Health Incorporated and representatives of various

Remembrance For Departed Souls Held

AHI joined the rest of the World on May 19, 2005 to mark the International AIDS Candlelight memorial. The event took place at AHI's Youth Centre and was well attended by secondary school students and out-of-school youth.

This year's event which had as its theme, "Turning Remembrance Into Action" and the sub-theme, "They were once like us" focused on honoring the memory of those lost to HIV/AIDS as well as showing support for those living with the virus. It also focused on creating awareness on the prevalence of HIV/AIDS and of mobilising community involvement in the fight against the pandemic. A minute of silence was observed in honor of those who died of HIV/AIDS.

Furthermore, the need for responsible living and positive decisions about their sexuality was reiterated as the young people were engaged in discussions on the benefits of self-esteem, assertiveness and abstinence in their overall development.

Highlights of the occasion included the rendition of a song by the young people as candles were lit, a quiz



Young people with lit candles observe a minute's silence for the departed souls

competition on HIV/AIDS' and other related issues, the myths surrounding it and the correct information. This was aimed at appraising the knowledge of young

AHI COMMEMORATES WORLD NO TOBACCO DAY

In 1988, the World Health Assembly declared May 31, a World No Tobacco Day (WNTD) to encourage smokers to give up the habit and raise public awareness on the health impact of Tobacco. The World No Tobacco Day (WNTD) was celebrated across the world with campaigns and other activities.

AHI wasn't left out in this year's celebration. This year's edition which was marked on May 31, 2005 witnessed a large turn out of young people made up of mostly in-school and out-of-school youth.

The event aimed at creating awareness among young people on the dangers of smoking, promoting positive values and positive peer pressure and inculcating in youth the habit of making good decisions in their daily activities. The event with the sub-theme, "Be Wise" focused on the ability of young people to make the right decisions and influence one another positively with respect to doing away with harmful habits like smoking.

Highlights of the activities carried out to commemorate the day included interactive sessions on the harmful effects of tobacco, song presentations depicting the effect of tobacco on our health and environment, role plays and riddles and jokes amongst others.

2005 Children's Day Commemorated At AHI

The 2005 Children's Day was celebrated at the AHI Youth Centre with pomp and pageantry. The event whose theme was, "We Are The World" focused on the Rights of a Child and how Parent-Child Communication helps in the development of the child.

The May celebration aimed at increasing the awareness of parents and children on the rights of children, equipping young people for a better tomorrow and helping them make a successful transition from adolescence to adulthood, as well as increasing the knowledge of young people about their sexual life and reproductive health.

Highlights of the activities at the Youth Centre included lectures, a debate on "Parents Permissiveness Helps in the Development of a Child", talent show, song and drama presentations and poem recitations. The winners in these competitions were later presented with various prizes.

A total of two hundred and ninety-eight (298) young



Healthy Living And Your Happiness

Happiness may be defined as a feeling or expression of pleasure or a satisfying experience. It is also a state of your well-being and contentment. The desire for happiness cannot be underestimated. Happiness is produced by our perceptions and thoughts about our life and what happens to us. We are not upset or made happy by events, but by our reactions to events. The pursuit of happiness involves finding ways to gain control over our state of mind ----- the ultimate source of happiness.

The good point is that you can actually cultivate a happy outlook on life if you are determined to be happy. Here are some tips for your happiness:

☞ Think more positively:

When you focus your attention on positive thoughts, ideas and images, you feel better. You can achieve this by re-programming your mind and body for success through positive habits. Once you have learned how to think more positively, you can ensure continued success by creating a daily happiness ritual and doing it everyday. This requires regular practice to become ingrained in your behaviour.

☞ Make a list of things you have accomplished in life and count your blessings:

We are energized when we see ourselves through the eyes of accomplishment. Also, choose "accomplishing symbol". This should be something you normally do each day. Your symbols may be your teeth, washing your face, having breakfast etc., Remember, it is something you are already doing, not something you think you should be doing. Whenever you do this, you can start to enjoy that sense of accomplishment. Don't compare yourself to those who seem to be happier and have more as you will end up being miserable. Focus on the fulfilled desires and count your blessings.

☞ Exercise your body:

Walking, jogging and massaging your body will

definitely cheer you up no matter how bleak your mood is. Thirty minutes of aerobic exercises, three to five times a week will make you feel good, as your blood will circulate better and your body will be kept in good working condition. One of the best cardiovascular exercises is walking as it can actually make you smarter and younger.

☞ Try to reach out:

Do something that will benefit others for example, volunteering to help a disadvantaged child or the less-privileged members of the society or participating in a community project. People who focus on others are happier. When you indulge in compassionate acts, you feel better about yourself and always endeavor to protect the rights of others. This aids in the survival of the society in which we live.

☞ Be confident:

Try to perfect your posture. Before you can straighten out your head, you have to straighten out your body. People with poor self-esteem tend to roll their heads and necks forward, while confident, happy people typically take big steps and stand up straight.

☞ Get close to a friend:

There are few better remedies for unhappiness. Getting into an intimate friendship with someone who cares deeply about you helps a lot. Again, confiding in others is good for the body as well as for the soul.

☞ Try to be thankful:

Being polite and showing gratitude for favours and your general well-being will help you feel better and make you more optimistic.

Reference:

"Happier tomorrow today" by Bola Richte Adewusi
Web Resource- Adapted from <http://health.village.com/mind/body/mh/happy>
Happiness is produced by our perceptions and thoughts about our life



True Life Story

"Being A Teenage Mother Is No Fun"

After reading my story it is very likely that you would condemn and chastise me. I won't blame you if do so. I did what I did because I wanted to be popular, but ever since the scales fell off my eyes, I have not stopped blaming myself, but life must go on.

My name is Ekrimpe (not real name), a native of Edo state in Nigeria. I was born into a family of four (4) and as the last child, I was shown so much love and care that I developed into a beautiful, brilliant and loving girl. All through my primary school days, my teacher and friends loved me. I was given a scholarship into a

girls secondary school in my area, and after my J.S.C.E, I came out in flying colours.

I had always dreamt of becoming a banker, but my parents felt I would do better in the sciences since they wanted me to be a doctor. After much consideration I was left to my choice, so I headed for the commercial class, little did I know I was heading for trouble. In the class, I got a new friend, Linda (not real name). She was a very

intelligent girl and this was what attracted me to her. Linda and I were always seen together reading, playing and doing assignments. One faithful day, Linda wasn't in school, I was alone and had no one to talk to or play with. I therefore occupied myself by reading a novel. Just when I was beginning to enjoy the novel, I was tapped from behind. As I turned to know what or who it was, a fair-complexioned girl apologized and introduced her self as Mimiloto (not real name), she asked me if I was having a conversation with the spirits sitting alone under the tree. I laughed and told her why I had to sit alone so she offered to keep me company. I really enjoyed having her around, and ever since then we became

friends.

A month later she introduced me to her friends popularly known within the school as the "loco mamas". Although the name sounds crazy I found it interesting, soon I became part of them but that did not disturb my academic record initially. Then one day Mimiloto brought a camera phone to school and told me it was hers, and that it was given to her by her 'Sugar Daddy'. I was shocked to hear that from a girl of my age (15yrs). I had no male friend not to talk of a Sugar Daddy. That was when I should have

withdrawn myself from her knowing that she would be a bad influence on me but I didn't and instead I envied her and later got to know that the phone costs a lot of money. Gradually I started going out with her to parties.

While we were still waiting for our results after the third term examinations, Mimiloto invited me to a night party. She told me it would be fun and that I would meet with people from all walks-of-life, and also

get to wine and dine with the rich and famous guys in town. I thought of it as a nice idea and wanted to go, but with the kind of parents I had, I knew it would be near impossible to go for a night party. I told her I could not go and my reasons, but like an evil genius, she came up with a plan. I was so happy she took me out on a shopping spree and bought me some provocative clothes.

When I got home I started putting my plans together, luckily for me, my sister who shared the same room with me had gone back to school, so I got dressed and when I looked in the mirror I saw a different me. The new clothes that Mimiloto had bought for me made me look very attractive. Quickly I put two

(Contd on page 22)



Dear Aunty

The "Dear Aunty" column treats questions young people ask about their reproductive and sexual health concerns. You too can write in and let us know what your concerns are. You are assured of confidentiality, as your real names will not be published. Send your questions to: The Editor, Growing Up Newsletter (Dear Aunty Column), Action

Q *My friends say that if I remain a virgin too long, I will develop illnesses and abnormalities.*

This is not true. You can stay a virgin all your life without bad effects or harm to your health. Whether you are a boy or girl, you should be the one to decide when to lose your virginity. Don't let other people decide for you or pressure you into it. It is perfectly normal if your decision is to remain a virgin until you get married. It makes you have a good feeling about yourself and you will be

Q *Is it possible to abstain from sexual intercourse after one has become sexually active?*

It is possible. What you need to do is to make a conscious decision about it and seek counselling from a health provider on how to effectively practice

Q *I heard that a girl can loose her virginity through sports. Is this true?*

This is not true. Virginity can only be lost through sexual intercourse. Playing sports is good for girls, and it can't cause them to lose their virginity. What could happen to girls who play sports is that their hymen could stretch or even break but this does not mean they are no more virgins if they have not had sexual intercourse.

Q *Is it true that the vagina is only for the pleasure of men?*

This is not true! It is part of a woman's body. It is her's and hers alone! The vagina is the passage for the foetus during childbirth and blood during menstruation. It also receives the penis during sexual intercourse. Don't let anyone touch it if it makes you feel uncomfortable. It is just like any other part of your body but it is a very

Q *Is drinking a good way of forgetting one's troubles and overcoming depression?*

Alcohol seems to numb the brain and make problems less soon after it is taken. Alcohol is not a good way to cope with feelings of sadness and depression. Infact, alcohol falls in category of drugs that are called 'depressants' because it slows down the brain and other organs in the body. Alcohol and other depressants actually make depression worse. In addition, they

simply help someone avoid coping with the problem that is making them depressed. As a result, alcohol can become a crutch when problems arise. People can become so addicted that they cannot face life without it. This makes the problems even worse.

Q *Does sexual intercourse cure menstrual cramps?*

No, sexual intercourse will not cure menstrual cramps. This is just a myth that young people pass around. You can take the following measures when you have menstrual pain:

- Place hot water bottle on your stomach.
- Drink plenty of warm water.
- Engage in simple exercise and avoid lying down doing nothing
- Feel good about yourself that you are growing.
- Use mild analgesic e.g. paracetamol.
- Avoid constipation by taking fruits and vegetables.

Q *Does accumulated sperm cause headache, backache, madness, impotence, abdominal pain and acne?*

No! Even though your testicles produce millions of sperm, it is impossible for too much sperm to build up and cause problems. In addition, sperm cannot move around to different parts of your body.

Q *If a boy does not exercise his penis through sexual intercourse, will it stop functioning and decrease in size?*

No! Sex is not an exercise for the penis. Your penis does not need exercise. It will work just fine without any sex at

Q *What is the ideal material to use for menstrual bleeding? Cloth pieces, sanitary pad or toilet roll?*

Sanitary pad is good. It absorbs blood well and makes one comfortable. Also there is no fear of it tearing and it is made under sanitary conditions. Not all girls can afford it so they can use clean cloth pieces. Some girls use tissue paper. This could cause infection. It also becomes wet easily thereby making one uncomfortable.

(Contd on page 16)

Q *What can one say to a boy who is bothering one for a relationship?*

There is no fixed time to go into a relationship with the opposite sex. But you need to think very well because it is a key decision in life. Always try not to make a decision when you are under pressure because you are likely to end up not making a right decision.

If you go into a committed relationship now when you are still in the secondary school, you may not make the right choice. After you leave secondary school and get into tertiary institution, your choice is likely to change.

Both physical and emotional maturity are essential in maintaining a relationship. You also need to ask yourself if you are ready to cope with the challenges of a relationship with the opposite sex.

It will be good for you now to learn how to build a healthy relationship and also sustain it. This will go a long way in helping you to make a good choice of partner in the future.

In a polite but firm manner, let the boy know your



Learn To Use The Internet

information, this is referred to as "Networking".

How the Internet Works:

Once you start using the Internet, you gradually become a part of the network where you gain access to wealth of information available from different areas on the network and are in a position to put your own information or advert on the network for other people to access.

Before you access the Internet, you should be familiar with what computers can do, how they work and their capabilities in information technology. The debut of the Internet has really made this world a global village as words can travel faster than the speed of sound. The Internet is also referred to as the information superhighway as it is faster than any other travel system. We can send and receive information within a second from anywhere in the world. The Internet allows information to flow through many inter-connected computer networks. When a computer is interacting with another one by way of sharing

Q *What is window period?*

It is the time between the moment when HIV enters the body and the moment when the test can detect the antibodies to HIV. Usually this is between 3-6 months. This means that for 3-6 months after infection, the test may not be able to tell the person whether or not he or she is infected.

During this period, the person is infected with HIV and can infect others. However, if the test is done during the window period, the result will not show HIV antibodies even though the virus is there. However, there are some tests that are now available which can detect HIV within

Q *I always have body itching after bath. What can I do?*

Some people do have itching after bath. This could be due to impurities in the water used or reaction to chemical substances that may be present in the water. It may also be due to cold allergy. You can use antiseptic soap or add antiseptic lotion to the water. You can make use of warm water instead of cold one.

How to get connected at the Cyber cafe:

Many young people who don't have a Personal Computer (PC), have access to a Cyber café. The cyber café allows them to connect to the Internet so that they can conduct research as well as send and receive emails.

When you get to the Cyber cafe, all the protocol to get connected will have been made. All that is required of you is to pay and perhaps fill in some information and you get connected.

We are going to use Yahoo Website as an example because it is one of the most popular sites today.

Steps to take to be connected:

Step 1: Double-click the Microsoft Internet Explorer Icon button at the bottom left-hand side of your window, a home page will display.

Step 2: Look at the space provided for you on top of the page, type-in the address of your particular

Locator eg, www.yahoo.com, www.hotmail.com etc., the press "Enter" key on your keyboard to ask Microsoft Internet Explorer to find you that particular website.

Step 3: Click "mail" text inside the circle provided among those lie-up circles just under the yahoo! Mail text. This is the home page where you can have access to your personal Electronic Mail popularly known as "e-mail" where you can send and receive your mail messages, cards, pictures, etc.,

Using e-mail:

Using electronic mail ("e-mail") to keep in touch and contact people about research activities and ideas offers many advantages over other methods such as the postal service or telephone. E-mail can provide you with the advantages of a letter, with the opportunity to draft and edit a message, and the advantages of a telephone, with the opportunity of a speedy reply. In addition, an e-mail message can be stored for future reference. It is also possible to set up e-mail groups to foster discussion around a particular topic.

They are some key tools and skills for the effective management of online communication, they are:

- ☒ Address books
- ☒ Folders
- ☒ Automatic mail filters
- ☒ Chain letters and virus warnings

Finding information:

Navigating the Internet may seem like a daunting task to newcomers, and some users are so overwhelmed that they never explore the full range of Internet tools and resources, which could assist them professionally. Finding useful information on the Internet requires a combination of familiarity with the search tools and resources available, a grasp of search strategies and language, and persistence. Finally, remember that the Internet cannot provide all the resources you will need for research. For most research topics you will also need to use printed and other media. For some research topics you might find that few Internet resources are available. The library, information service or resource centre of your academic organization can provide many

information sources and services and it is often best to check there before looking for Internet resources.

Useful tips in searching successfully

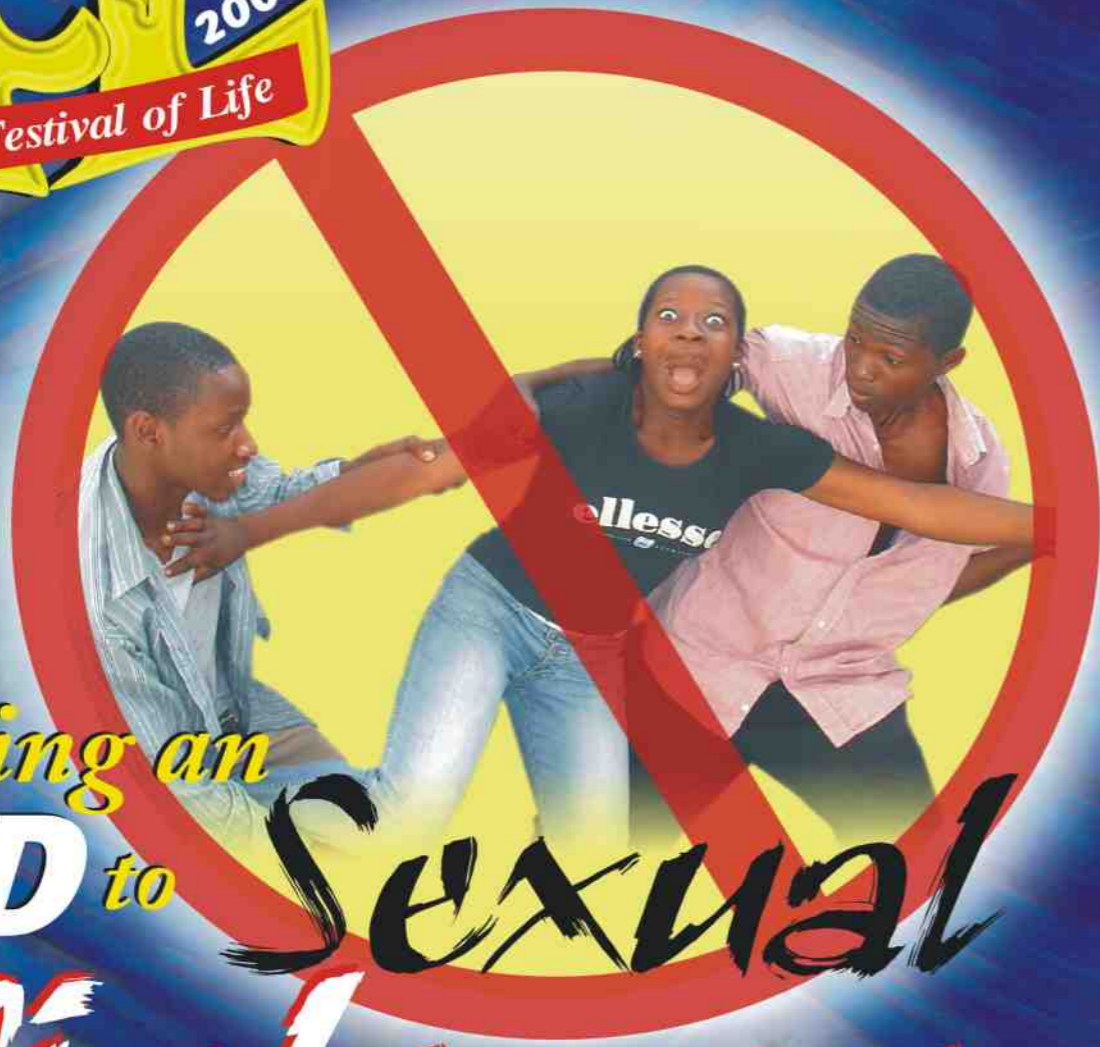
To search successfully you will need to think about:

- ☒ What words might be used to describe your topic, including:
 - ☒ Synonyms as associated words
 - ☒ Words which can be used excluded
 - ☒ Words describing related ideas.
- ☒ Whether you wish to limit the search:
 - ☒ By language for example, only including English Language materials
 - ☒ By date for example, restricting the search to materials produced after 1996
 - ☒ By form for example, only searching for journal articles or theses
 - ☒ By output for example, searching selectively rather than comprehensively
- ☒ What sources to use for searching:
 - ☒ General sources such as:
 - ☒ Encyclopedias
 - ☒ Newspapers
 - ☒ Subjects-specific sources such as:
 - ☒ Monographs
 - ☒ Journals
 - ☒ Databases

There are several starting-points for a search. Which you choose depends on your prior knowledge of the topic for which you are searching. As you continue to search, keep rethinking your approach to searching. What you find may suggest other ways to describe the topic or the need to include other sources. It may also help you to search for related topics that might lead you to the one you really want.

Below are some of the resourceful websites where young people can get information on sexuality and reproductive health issues:

- ☒ www.education.indiana.edu
- ☒ www.citykids.com
- ☒ www.speakeasy.org/plaintalk
- ☒ www.ippf.org/mezzo
- ☒ www.betterbeginnings.org
- ☒ www.unicef.org/voy



Putting an END to Sexual Violence

VENUE: Main Auditorium, University of Lagos, Akoka, Lagos.

DATE: 10th November, 2005.

CATEGORIES: ■ Songs ■ Poems ■ Drama ■ Poster Design/Artwork

RULES

- Each school can only submit one entry per category and each entry must be type written. The school Principal must certify all entries.
- The song, poems, drama and poster design/Art work entries must be original and reflect the theme of the event.
- All participating schools must attend a one-day training workshop.
- The competition is open to all secondary schools in old Somolu, Kosofe and Mainland Local Education Districts.
- Submission of entries closes on Friday 5th August, 2005.
- A panel of judges will select winners in each category.

WIN Trophies and other attractive prizes

Career Guide

DO YOU WANT TO BE AN ARTIST?

Artists, create pieces of work, such as paintings, drawings, and illustrations that they intend to sell. Some pieces of work-for example, portraits, landscapes, or illustrations-may be commissioned by clients. Other pieces of work are produced solely from the artist's own imagination and idea. Artists have usually studied fine art and sometimes illustration as well.

The Job

Artists may draw, paint or do both. They may work in oils or watercolors, pen and ink, or in a variety of media. Some decide to specialize in particular topics, such as landscape, still life, or portraiture.

The finished work may be preceded by sketches. Artists spend a lot of time in developing ideas and rejecting several attempts before they are satisfied. Artists specializing in illustration have to show their sketches to clients for approval. These may be rejected or changes may be requested-in which case the artist will have to accept criticism and possibly begin all over again.

Fine artists are concerned purely with self-expression. They create work that they personally feel the need to produce. The hope is that people will eventually buy these pieces of work because they like and want to own them. They do not work under time limits and budgetary restrictions, as do designers and commercial artists. Yet they must still produce enough work to make a living. They must be able to promote their art, approaching managers of galleries and exhibitions to persuade them to display pieces. They must also develop business skill and be able to price work realistically, according to the number of hours they have spent on it.

Artists who have chosen to become illustrators work for clients such as publishers or individual authors

who need an illustration to accompany written text. They have to meet with the client, try to establish what is wanted, or, if the client has no ideas, make some suggestions and then produce sample ideas. They also usually have to be able to put a price on their work, although they may be more often in the position of having to decide whether or not to accept a commission at a stated fee.

Artists usually work long hours-for as long as they feel inspired to continue or to meet a deadline. They spend much of their time alone. Many work from a studio in their own homes. Others rent suitable premises, sometimes working in a type of small cooperative with other artists.

They need to be able to organize their finances. Not only do they have to make a suitable charge for their work, but they also have to buy materials, even when they have not earned any income for a period. They may have to pay rent.

Training

Some artists have degrees in fine art. Courses are held in universities, colleges, and schools of art. Subjects studied include art history, critical theory, and the work of well-known artists, in addition to practice in



(Contd on page 20)

art itself. Students spend much more time in studios working on assignments and directed project than at lectures. At the end of their fine art course, students usually hold a show of their work to which dealers and gallery owners are invited.

Prospects/ Outlook

Very few artists make a living just from selling work. Many earn some income through part-time teaching while others undertake some commercial art commissions, such as illustration work, sign writing, or scenic artist work (painting the backgrounds for theatre sets).

To be a really successful artist demands great talent but this is not enough. The talent has to be recognized. Many artists owe their success to dealers who bought some of their early work or to a gallery owner who gave them exhibition space. A lot also hinges on good press reviews following an exhibition.



Young People And The Internet

(Contd from page 5)

You find the information you want and then print it out on the printer attached to your computer or save it to a local computer file.

- Web information is usually up-to-date. Authors of web information can therefore update it much more easily than authors of printed books. Furthermore, reader can engage with the authors of web information.
- Readers can easily organize and save information from the web, without having to search for it again, and they can therefore save web information in computer files where the information can often be modified or integrated with other information.

searches until you effectively find what you want. Often, you will find the same or similar information across several different websites.

- Also, information may be false or erroneous. There is no controlling body over the content of the

For the Internet to serve you and for you to get the most out of it, you have to maximize its advantages. You have to take time out to visit websites and browse for information, rather than spend all your time talking with friends.

Internet and anyone may pose as an expert. When using internet certain information may be missing as the information produced mayn't be as explicit as the information you get from textbook, for instance, information in book is usually conveyed in some larger context, i.e., the book explains how the information is used in a

broader perspective and how that information relates to other associated topics. When using the web, background information may be missing.

Disadvantages Of Using Internet Resources

- Sometimes, it might take time to find exactly what you want. You must therefore narrow down your

Profile of a Role Model



"Tough times don't last, but tough people do". This adage appropriately captures the exploits of Mr. Olusola Adeleye in the painting profession. For somebody who lost his father at an early age and who lived in a tough neighborhood where illicit drugs, gangsterism and prostitution held sway, life for him was a challenge as he had only his mother to run to in order to fulfill his ambition.

Born in 1971, Mr. Adeleye hails from Afijio Local Government Area in Oyo State, Nigeria. Being the last child in the family of four (4) boys, he didn't have any other option than to emulate his elder brothers who had set the pace in their educational pursuit.

The young Sola attended the Surulere Baptist Primary School, Surulere from 1977-1983. Thereafter, he went to Government College, Lagos from 1983-1988. On completion of his secondary school education, the urge to forge ahead increased. He then got admitted into Yaba College of Technology to study Fine Arts where he obtained an Ordinary National Diploma Certificate (O.N.D) between 1991-1994. By 1997, he had bagged a Higher National Diploma (H.N.D) in Painting from the same institution.

"Solay", as he is fondly called by his admirers is the Treasurer, Society of Nigerian Artists. His talent had been spotted early in life when he took home the Best Fine Arts Student award at Government College, Lagos. He has on several occasions showcased his works at various exhibitions, which include:

- The United States Information Service (U.S.I.S) Exhibition in Ibadan, Oyo state 1995
- Heritage Exhibition, Lagos 1999
- Romance With ILIAD (WAMGBOJE ART GALLERY), Victoria Island, Lagos 2000
- Second International Book Fair and Art Exhibition. JAZZ 38 International Centre, Lekki, Lagos 2000
- Eko LE' Meridian Annual Art and Craft Exhibition, Lagos 2000.
- Expression- Inner Release Exhibition National Museum, Onikan, Lagos 2001.
- Lagos Under the Stars Exhibition (1), Eko Hotel, Lagos 2001.
- Save A Life Today, Didi Museum 2002.
- Lagos Under the Stars, International Piano Centre, Lagos 2003
- Feeling Blue Exhibition, National Museum, Onikan, Lagos 2003
- Annual Art and Craft Exhibition, National Museum, Lagos 2004

He also attended several workshops on Art and Craft in and around Nigeria. Mr. Olusola Adeleye has been doing some high profile commissioned jobs for such organizations as; Shoreman Group, Shell Petroleum Development Company, Multi choice, Nigeria , Nigerian Telecommunications Company among others.

The studio artist said his role model has always been Mrs. Lara Ige Jack, a Senior Lecturer at the Yaba College of Technology for her style of painting, pointing out that her sex was not a barrier as her works could compete with any other in the world.

His advice to young people who wish to choose a career in Fine Arts is to first have the conviction that it is their calling , pointing out that laziness doesn't

(Contd on page 22)

(Contd from page 21)

have a place in the profession. Commenting further, he said they should be innovative, hardworking and diligent as their job prospects are very bright. According to him, " they could grow up to own their own gallery (curator), become art critics or consultants, work in advertising agencies as

illustrators, graphic artists, layout or cover designers. They could take to teach Fine Arts in schools or become studio artists". He advised them to always go the extra mile towards achieving their ambition as only those who are focused attain their goals.

True Life Story

(Contd from 14)

pillows on the bed and covered them with my blanket, switched off the light, locked the door and quietly sneaked out through the window. The "loco mamas" were already waiting outside for me, so I jumped into the Jeep and off we went.

Getting to the party I met this guy who introduced himself as Lapepper, the son of a very popular, rich and well-respected man in the community. He was a tall, handsome, and a well- built young man. I liked him immediately. After the party I gave him my

address, whenever my parents were not around he would come visiting. He often took me out to expensive restaurants and bought me gift, which I hid away from my parents, I felt on top of the world. Later, he invited me to where he lived. At first, I objected but later agreed and we fixed a date. On getting to his house, I couldn't believe my eyes, the house was a well-furnished one, he offered me a drink and we got talking. He said

he loved me and wanted me to have sex with him. I was scared of getting pregnant so I refused initially, but then I didn't want to loose him and so I gave in to his demands. That was another mistake on my part.

After the whole incident, I told my friends who hailed me and celebrated. Although I looked happy but within me I was scared, I had series of questions running through my mind but I pretended I was happy. Throughout the month I was always checking the calendar, whenever there was a discussion and some one mentioned some thing on pregnancy my

heart skipped, but fortunately for me, I was in class one day when a class mate called my attention to the blood stain on my clothes, I was so happy, I bled for a day and a half. I wasn't bothered as a popular musician said "nothing dey happen", but unluckily for me something started happening on the 2nd, 3rd, month as I did not see my period.

One fateful morning I woke up and was very ill, my mum had to take me to the hospital. A test was carried out, and there and then it was confirmed that

I was three months pregnant. My mum couldn't believe her ears, all that came out of my mouth was that it was just once. My parents were disappointed in me and I felt ashamed of myself. My father was worried about his reputation and they were anxious to know who was responsible for the pregnancy, I told them it was a guy named Lapepper and I was asked several questions which I answered; at the end

of it all I had to take them to his house. On getting there, I had the greatest shock of my life, I found out that Lapepper was just the house-help to Chief Matuntun (not real name) and his real name was Segun.

My world came crumbling down that day. Today, I regret ever knowing Mimiloto, Lapepper and the Loco Mamas. Although my baby is now two years old, I've not been able to go back to school, instead I now learn a trade. Anytime I go down memory lane ,tears roll down my cheeks because I have not been able to achieve my dream of becoming a Banker or that of my



I would like to express my profound gratitude to AHI for the immense contribution your newsletter is making in the lives of young people like me. I would also like to congratulate you in arrears on the celebration of the 15th year anniversary of AHI. Keep up the good work.

Okeyanju Oluwakemi
Lagos.

Thank you so much for the copies of the newsletter you have been sending to me. I really appreciate them as they have been so informative and educative. My life has really changed for the better.

Dorcas Joshua
Port Harcourt

I am a girl of 14 years in Akoka High

School. I am a regular reader of your magazine and since I have been reading the various editions, there have been positive changes in my lifestyle. Cheers!

Rafiat Hassan
Lagos

Thanks for the newsletter you have been sending to me. The articles there are enlightening. I can't stop reading them. Keep up the good works you are doing for young people.

Ursula Nnabueze

Editors Note:

We appreciate your kind words and are glad that you have learnt so much from reading the newsletter. We would also enjoin you to send in your poems, true-life stories, and other