

Growing Up

A NEWSLETTER FOR YOUNG PEOPLE



YOUNG PEOPLE & PUBLIC SPEAKING

Inside this edition



Children's Day 2009

Page 7



Training for Student Nurses

Page 8



Outreach Health programmes in schools

Page 8



Universal Total Vision (UTV) team visits AHl

Page 10

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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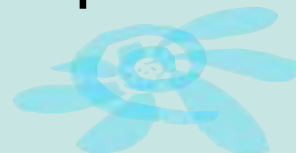
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YOUNG PEOPLE

“Young people of today are the great leaders of tomorrow who would need a lot of confidence and charisma and this is just the right time to build that confidence and prepare for the spot reserved for stars”



7 years old Uche lives in Lagos and had always known that he was going to be made a prefect in his school, but he never imagined that he was going to be the senior prefect. In fact, the whole school was shocked when Uche was announced as the senior prefect. As senior prefect, he had to give a speech at that moment! As he mounted the podium amidst cheers from the students, the butterflies in his stomach multiplied, goose pimples suddenly appeared on his arms; and yet he was sweating all over. Receiving the microphone, he began his impromptu speech but 20 seconds later, he began to stutter and the next two minutes saw some students yawning and hissing while others engaged in discussions with their friends. When the new senior prefect couldn't stand it any longer, he dropped the microphone and dashed off the stage.

Cynthia was invited to speak in front of a large audience. As she walked to the stage, she was filled with overwhelming confidence and a deep mastery of what she was to discuss. The crowd looked very interested and eager to hear what she had to say. As she progressed, the audience leaned forward, smiling and nodding in approval. Finally, the speech ended and a standing ovation followed, with a good number of the audience shouting “Great job!” Just as Cynthia was walking off the stage, she woke up and realized that it was all a dream. Hissing she said, “I so wished it was true”.

At some point in our lives, we must have witnessed a speech being delivered. Some of us might have even delivered one before, maybe in school, at church or somewhere. Public speaking is one of the easiest things to do as it usually just involves you communicating your opinion on an issue to an audience. However, it is one of the most common phobias of young people the world over. Most young people shy away from activities that bring them to the attention of an audience. Many of these young ones have what they want to say, as most of them are very intelligent but how to convert thoughts to words is where the problem lies. Over the years, thousands of people earn their living through public/motivational speaking while others make money by selling books on public speaking and leadership. Often times, when adults make decisions for the youth, the young people have their own opinion but since they can't give voice to their thoughts, they make no contributions and accept things the way they are. There are also some young people who have stage fright but whose chosen career would require them to speak in public such as: lawyers, doctors, teachers, performing artists, authors etc.

AND PUBLIC SPEAKING

By Mervis Emelife



What causes the fear of public speaking?

The fear of public speaking (stage fright) could stem from a whole lot of sources. Stage fright, like most anxiety disorders is believed to stem from a genetic disposition. Thus, some people are prone to stage fright by virtue of their physiology while others are not. For those who are not predisposed to stage fright, it could be a product of their way of thinking as regards the performance and a particular way of trying to handle it well.

Most young people tend to get scared at the thought of getting embarrassed or mocked especially if they imagine themselves forgetting what they ought to say, beating about the bush or mispronouncing words.

They tend to focus on themselves instead of what they are to talk about. They worry about their looks and voice. They worry about what people will think of them and imagine the audience to be predators. Thus, there is a rush of adrenaline to the muscles, the heart pumps harder and faster and all these finally get in the way of a good speech. Some youth get scared that the crowd would realize they are shaky and conclude that they are bad speakers. Thus, they see the performance not as a challenge or an opportunity but as a threat to them which they avoid at all cost.

Overcoming the fear

As someone once said, 'what failures see as stumbling blocks is what great people take as stepping stones'. Now, how do we overcome the fear and move to the actualization of our dreams?

The first step is to practice: If you fail to plan, you are already planning to fail and of course, practice only makes you perfect. The more you practice, the more confident you become. You could start by using a mirror and don't bother if

people would think you have gone mad. Get tapes of lectures, watch the gestures of the speakers and how they emphasize on some points then practice them yourself. If you can practice in front of a mock audience, maybe your siblings or your friends, then do so. They would give you great feedback and tips on how you can be better.

The next step is to record yourself: You could record just the audio or make it a video recording. This helps you become aware of the areas where you need to do more work on. You may notice that you have trouble pronouncing the 'h' sound, 'r' sound or 'ch' sound. If it's a video recording, you could see the areas of non-verbal communication where you would need to do more work on such as your smile or when you have to look serious. Have this in mind, knowing what you need to improve on makes half the battle won already.

Ask people for feedback: Get people to listen to your voice recording or watch your video recording and tell you if they understand what you said. Ask them if you were too fast or too slow. Let them tell you if you made grammatical errors or if you mixed words together. The truth is when you ask people for feedback, they notice and tell you things you didn't see while doing your own assessment.

Then write out your speech: Even when you don't intend using notes for your speech, writing it down helps you improve on your grammar and would show you through when the time to deliver comes. Any thing that is written down is made concrete. If you are typing on a computer with grammar checker, you may identify some areas that you weren't even aware that you are making mistakes, thus increasing your vocabulary in the process. You could also pass your written speech to friends for contribution and corrections.

Tips on public speaking

Now that we have overcome the fear of public speaking, what tips could make us better public speakers?

Speak with clarity: speak with conviction as if you really believe in what you are saying and be very audible. Do not read from notes for an extended period of time although it is ok to glance at your notes infrequently. Speak loudly, clearly and sound confident. If you at any point make an error, correct it and continue with the speech (no need to make excuses or apologize profusely).

Body language: maintain sincere eye contact with your audience and be sure you stand, walk and talk with the appropriate hand gestures and facial expression. If you are making a presentation, don't over-dazzle the audience with excessive animation, sound clips or gaudy colours which are inappropriate for your topic.



Obey time limit: the mistake most young public speakers make is to ignore time-limit. Some go over by a minute or two while others wait till they are practically ushered off the stage. Most times, it's easier to add to a speech than to take out of it, thus people tend to go overboard. If it's possible, have someone in the audience keep track of time for you and give you subtle clues. Keeping to time would help make you a better speaker and will get you more respect from your audience. It's better to leave when the ovation is loudest.

Ensure your words are understood: most presentations are easy to forget because all the speaker is interested in is in communicating something across to the audience without concern whether it is properly digested or not. You have to understand the purpose of the speech, be very prepared, keep the message clear and concise and be very vivid when delivering the speech. As much as possible, keep the language of the speech simple and full of fun.

Understand what you want to achieve: before your speech, understand who you would be speaking to, their interests and values, how they are unique and what they have in common with others. You also have to understand what you wish to communicate and how best to convey your message. Also ask yourself why your target audience should listen to you and try to see the venue before the speech delivery so, you can have it in mind while preparing.

Conclusion

Many young people would sooner or later have cause to give a speech. It could be planned or impromptu and the only way to be prepared is to practice consistently. A good number of us would end up with careers that require us to be in the spotlight and if we are still scared of public speaking; we might end up ruining our careers. Besides, the young people of today are the great leaders of tomorrow who would need a lot of confidence and charisma and this is just the right time to build that confidence and prepare for the spot reserved for stars. Young people should never be afraid of speaking in public as this is the major way we can air our views on issues that concern us.

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POEMS

GIVE US A CHANCE

GIVE US A CHANCE

Young but shy,
Like a bird with potentials but can't fly
One day, I say always I will speak,
Without being shunned

I feel unwanted and discouraged,
Thus putting me in a state of insecurity,
Oh! When will I stop feeling like a midget?
When will I stop being afraid of my own shadow?

People look down on me.
Because I am shy and nervous
When will I summon up courage?
To mount the podium and speak out?

To prove to myself
That indeed, I can be an orator
Encouragement, I need
To overcome this challenge

Practice, they say makes perfect
I shall practice to be the best
Only the best is good for me
Watch out folks; an orator is in town

By Mary-Ukpa (15 years old)

YES, YOU CAN!

How many times have you had
Great ideas and sat silently?
Ideas that would have taken you higher.
But nervousness and fear overwhelmed you

Time and time again, you are called
To make a speech and improve yourself
Often times, you prefer staying away,
Than making an attempt

Get the courage and speak out
Overcome nervousness and fear
Practice your speech diligently
And become a motivator

Being a good speaker is sheer gold
It breeds confidence and success
At public functions, you are the king
Oh! Yes. You can be king.

By Christabel Chidiebere (16 years old)

THE UNVEILED CHILD

Nervous and frightened she stood,
As she looked at the crowd
Filled with expectant faces,
Waiting for her downfall
And jesters ready for a good laugh

She felt a fool, just standing there
When given the opportunity to prove herself,
She felt torn and distressed
Knowing this was more comfort than home
Where his family ridicules her at intervals

Maybe an encouragement could do the trick
But no body offered
Why should I care, she said to herself
When nobody listened or appreciated me
I will just do what I am good at doing
And that is GIVING UP

Adults, encourage young people
For a better tomorrow
Parents, appreciate your wards
Give them a chance to prove themselves
As they are the LEADERS OF TOMMOROW

By Chidiebere Amarachi (15yrs old)

SPEAKING OUT

There used to be a time in my life
When I couldn't stand before a crowd
I hated to see all eyes feasting on me
Then, my knees would wobble and I'll break down

Whenever, someone climbed the podium to speak
I always sat, watching in awe of them
I wondered the sort of magic they used
That made them so confident of themselves

One day, I summoned enough courage
And talked to my school's counselor
I told him I was petrified by attention
And never knew how to face an audience

He talked about confidence and self-esteem
Then gave me a book on public speaking
He said, the crowd would not bite me
But respect me for standing out

Gradually, I came out of my shell
Practicing for days in front of a mirror
Now, my main source of livelihood
Is standing on a podium and speaking out loud.

By Mervis Emelife, Lagos

Cartoon

LAST MONTH WHEN KATE WAS ASKED TO GIVE A TALK ON HIV/AIDS, SHE WAS SO NERVOUS AND STAMMERED ALL THROUGH.

SHE'S NOT USED TO PUBLIC SPEAKING.



EXACTLY. ANYWAY, SHE HAS NOW OVERCOME HER FEAR AFTER I GAVE HER TWO MAGICAL WORDS.

INTERESTING, YOU HAVE SOME MAGICAL WORDS THAT CAN OVERCOME FEAR OF PUBLIC SPEAKING?



OF COURSE, YES.

WONDERFUL! WHAT WORDS?



"BE RELAXED" I TOLD HER TO DO JUST THAT WHENEVER SHE IS ENGAGED IN PUBLIC SPEAKING AND THAT DID THE TRICK.





NEWSREEL



CHILDREN'S DAY 2009

Children's day is celebrated annually in many countries of the world. The day provides an important reminder of how parents and other adults should value and treasure children. AHI was not left out on May 27, 2009 as series of programmes to mark the event were organized.

This year's celebration aimed at helping young people understand that they are the future of the nation and the need to prepare adequately for responsible adulthood and for the parents, teachers and other adults to see child development and welfare as a concern and responsibility for all.

The event tagged, "**Leadership Roles**", featured various lecture presentations aimed at enlightening children on what is expected of them in the society and what it takes to be a leader.

Other highlights included song rendition, drama presentation, riddles and jokes all performed by young people from various secondary schools in Lagos State.



TRAINING ON YOUTH-FRIENDLY HEALTH SERVICES AND POST-ABORTION CARE

The capacity of healthcare providers to provide youth-friendly sexual and reproductive health information and services including post-abortion care to young people in Lagos State was built with the training of twelve (12) providers from June 15-19, 2009 at the AHI Youth Centre.

The programme's objectives were basically to improve the knowledge, skills and attitudes of the healthcare providers in the key concepts and methodology required in providing youth-friendly health services and effective post-abortion care as well as to increase access of healthcare providers to resource materials required to effectively establish and provide youth-friendly sexual and reproductive health information and services.

Various methodologies including group work, role play, brain-storming and discussions segments were incorporated in the training.

The training was facilitated by AHI with support from Ipas Nigeria (International Project Assistance Services).



Group photograph of participants and AHI officials



A cross-section of participants at the training

TRAINING ON HUMAN SEXUALITY AND ADOLESCENT FRIENDLY HEALTH SERVICES FOR STUDENT NURSES

Forty-two (42) student nurses divided into two (2) batches were trained Adolescent Friendly Health Services from May 4-14, 2009. The capacity building workshop which took place at the AHI Youth Centre aimed at promoting learning in adolescent health services in order to improve the quality of care to adolescent clients. It was geared towards giving the health providers a better understanding of what constitutes Adolescent Friendly Health Services in order to improve the quality of services provided.

The 2 weeks programme was conducted in collaboration with the School of Nursing, Lagos University Teaching Hospital (LUTH). It covered areas such as; Introduction to human sexuality; Sexuality across life span and sources of sexual learning; Overview of adolescent sexual and reproductive health Sexual attitudes and values clarification; Adolescent sexual health and sexual rights; STIs/HIV/AIDS; Teenage pregnancy/pregnancy options counseling; Sexual abuse; Sexual orientation and implication for service delivery; Client Flow Procedure/Follow-Up and Referrals including Home Visits; Assessing AYFHS: Data collection methods; Contraception; Breast and Testicular self examination and other related topics.

Interactive and participatory techniques were used during sessions to facilitate effective learning and role play, group assignments, demonstration, experience sharing, case scenarios and case studies were incorporated into the training. Participants had the opportunity to express their thoughts on issues discussed.



Some student nurses with their AHI facilitators



Participants in one of the training sessions

OUTREACH HEALTH PROGRAMMES IN SCHOOLS

To equip young people with the knowledge and skills they require to successfully make the transition from adolescence to adulthood, AHI organized some outreach programmes to Morocco Junior High School and Igboji Junior College, Yaba on June 8, 2009.

The Health Talk which centred on **“Risky Adolescent Health Behaviour”** had JSS3 students and the PTA Health Counselors in attendance.

Areas such as the need for young people to be responsible towards themselves and their friends and to always inform each other on the consequences of drug abuse; ways of preventing drug abuse were highlighted. Issues of teenage pregnancy, STI/HIV/AIDS and how they affect the growth and development of young people were brought to the fore by the Resident doctor, Dr. S.T. Abdulsalaam. The students used the opportunity afforded by the programme to ask questions on some of the health challenges they have been facing. These, were duly answered by the facilitator.

At the end of the programme, various Information, Education, Communication (IEC) materials were distributed to the participants.



AHI facilitator at Morocco Junior High School sensitizing the students on risky health behaviour



IEC materials being distributed to the students during the exercise

BOOKS FOR YOUNG PEOPLE LAUNCHED

On June 18, 2009 most first time visitors to the University of Lagos would have been taken aback by the long queues of vehicles trying to gain entrance to the main gate of the institution. This was because people from all walks of life turned up en masse to witness the launch of four (4) books written by Prof. Akachi Adimora-Ezeigbo, a Professor in the Department of English, University of Lagos.

By 11.00 am, The Afe Babalola auditorium was filled to capacity. Most of those present were fellow lecturers, students, representatives from the business world, and representatives of Anambra state government, Federal and State Ministries of Education as well as the media, traditional rulers and representatives of CSOs/NGOs.

The event featured poem recitation, cultural displays which were followed by the citation of the author and the reviews of the four books.

The books namely, '**Trafficked**'; '**Heart Songs**'; '**My Cousin Sammy**'; '**Fire from the Holy Mountain**' were all reviewed by Dr. Ben Nweke, Dr. Beatrice Okechukwu, Ms. Ofure Aito respectively. They were of the opinion that the books not only educate but entertain the readers through the author's satirical and lyrical style. Furthermore, her artistic ingenuity is made manifest in the books and they therefore, recommended these compelling books to young people. The author was described as not only a remarkable and prolific writer but a woman of substance. All the special guests extolled the outstanding qualities and accomplishments of Prof. Akachi Ezeigbo in launching four books at once.

Earlier, the author had called on the Government to encourage writers by discouraging piracy as well as giving grants to writers. She also called on public /private partnership so that more libraries can be set up to improve the reading culture among young people. She lamented the inability of writers to access their royalties on time and vowed to continue writing as long as God continues to keep her.

Various donations were made by the Chief launcher, Special Guests, representatives of State Governments, representatives of various Ministries and Parastatals as well as individuals. Some of the publications are available for use at the AHI Resource Library.



AIDS CANDLE LIGHT MEMORIAL

Action Health Incorporated (AHI) on May 18, 2009 joined the rest of the world to commemorate the AIDS Candle Light Memorial at the AHI Youth Centre.

The theme for this year's event was "*Together, We Are the Solution*".

It was an opportunity to raise awareness and decrease the stigma related to HIV/AIDS. It also aimed at remembering those who have died of the disease as well as show affection and solidarity with those infected and affected by the scourge.

The Candlelight was also much more than just a memorial. It provided opportunities for leadership development and improvement of mobilization skills. The event featured a lecture tagged, "*HIV STATUS.....KNOWING AND CARING*" and facilitated by AHI Programme staff. This dealt basically with the importance of knowing your status; how to support and care for an infected person as well as prevent the spread of the disease.

Song and drama presentations, riddles and jokes depicting the need for healthy living were incorporated in the event which attracted students from various secondary schools around Somolu/Kosofe/Mainland Local Education District of Lagos State.

Participants were opportune to ask various questions on HIV/AIDS which were duly answered by the facilitator.

The AIDS Candlelight Memorial which started in 1983 takes place every year and is commemorated in 115 countries hosting local memorials that honor the lost and raise social consciousness about the disease. With more than 33 million people living with HIV today, the Candlelight continues to serve as an important intervention for global solidarity, breaking down barriers, and giving hope to new generations.



PHOTO REPORT

TEAM FROM THE UNIVERSAL TOTAL VISION (UTV) VISITS AHI

Action Health Incorporated (AHI) on June 18, 2009 hosted a team from the Universal Total Vision. The visit aimed at familiarizing themselves with AHI activities and to seek AHI's support in the forth coming International Children's Film Festival to be hosted by Nigeria in 2009.

The proposed festival will give African children the opportunity of raising a united voice for global peace through their films as well as bring together children within the age bracket of (6-16yrs) in various schools in over 16 African countries.

Members of the team were later taken round the AHI facility.



Dear Diary



MONDAY

I woke up with anxiety mixed with fear as a result of the event the previous day while returning from Amarachi's house. I saw a poster for a poem audition/ competition at the secondary school level. It was an opportunity to showcase my talent. I had written several poems and this seemed to be a launching pad into my writing stardom. All night, I kept pacing and day-dreaming about seeing myself reciting my poems on a lit stage with shouts and jeers from a laudable audience. The excitement on my face could be read as mum stared suggestively at me. Unable to resist my obvious glow, she asked what the excitement was all about after breakfast. I told her and she wished me all the best. At school, I was bubbling and before long, Amarachi and Ozoma started sending suspicious looks at me. I finally let the cat out of the bag and they expressed their hopes. Amarachi suggested I call up the organizers to indicate my interest. Goodness me! I almost forget that.

TUESDAY

This morning, I was told had traveled on a business trip, so I asked mum to make the call but she insisted on my doing it myself. As the phone rang, I fidgeted considering what and how to address the receiver. I suddenly became blank as the phone rang incessantly and I hung up. Thank Goodness, I would have messed up myself at the first impression. Mum promised to call again as I hurried off to school. Today was burdensome with lessons. Finally I got talking with Amarachi who asked for the outcome of the call. She suggested that I review my poems and inform Mrs. Nweke, the Literature teacher for her to assist me in preparing for the audition. I was grateful to have such a thoughtful friend. We agreed to meet at our break time the next day.

At home, I asked mum if she made the call through to the organizers and her response was positive. Shockingly, the audition was to be held that weekend instead of the two weeks stipulated date. I had the shortest possible time to prepare as anticipated. I quickly did my assignments, brought out my files to retrieve the poems. After much deliberation, I chose a poem titled, **'TEENS AND PUBLIC SPEAKING'** because of the concept behind it. The words were figuratively employed. I slept off while reciting it.

WEDNESDAY

While leaving for school, I tucked the poem into my bag. My concentration was between the lessons taught and the poem and my meeting with Mrs. Nweke. During break, I found Amarachi and Ozoma chatting about an upcoming debate in which Ozoma was the supporting Chief speaker. I wished her all the best as we hurried up to see Mrs. Nweke who was at her desk powdering her face. I intimated her about the audition and she offered to take me on the grooming exercise. She spared an hour to

orientate us on factors that enhance good public speaking, carriage, voice tone, eye contact and confidence. I decided to practice more at home.

THURSDAY

I woke up a little late because I rehearsed all night, but I was able to get ready for school. At break, Amarachi and I went to meet Mrs. Nweke who helped us on diction, facial/ body gestures with stage movements. I had memorized the literary piece which I recited over and over again. Amarachi stood by me all through with timely encouragement. At home, I stood before the mirror and recited my poem repeatedly before retiring for the night.

FRIDAY

After break, I dazzled Mrs. Nweke with my rendition having mastered all that she taught me. She was proud of me and promised to attend the audition with me. We made arrangements on how to leave the next day. Dad called me to ask about my preparation. We chatted happily for over thirty minutes as I recited my poem before him. He encouraged me and there was nothing more on my mind than to make everyone proud of me. I arranged all I needed for the next day.

SATURDAY

The sound of rain drizzling woke me up. The reality of the day crept in as fear began to mount in my throat. I got dressed for the day and got to school looking both excited and nervous. I knew I could control my nervousness at the appointed time because I was adequately prepared. The Hall was beautifully decorated and it was filled to capacity as most students wanted to witness the audition. Soon the show started and one by one we were called to make our presentations. When it got to my turn, the excitement that crept into me was indescribable. I mounted the stage, received the microphone and showed them the stuff I was made of. It was applause upon applause that greeted my every recital. At the end, it was congratulation galore for me and Mrs. Nweke, Amarachi and my colleagues were very impressed with my performance. I couldn't wait to get home.

SUNDAY

I woke up early and got dressed for the service. The service was rather long because it was a 'Thanksgiving day'. We eventually got home and to my surprise, mum handed me a new pair of shoes and Jean skirts. It was later that dad explained to me what that was all about. Mrs. Nweke had briefed mum on my exploits during the audition and mum and dad decided to reward me for making them proud. Later in the evening, Amarachi came to the house and what she told me ----- Check it out in the next edition.



Young People and the Millennium Development Goals: Creating Opportunities for Involvement

Special Guest of Honour:
Hajia Amina Mohammed Az-Zubair

Senior Special Assistant to the President
Millennium Development Goals

Categories - Music, Poetry & Drama

Rules

1. Each school can only submit one entry per category and each entry (script) must be typewritten. The school principal must certify all entries.
2. The music, poetry and drama entries must be original and reflect the theme of the event.
3. All music entries must be accompanied by the script and the CD/Tape on which music is recorded.
4. All entries must have the name of the scriptwriter on them.
5. All participating schools must attend a one-day training workshop on 1st and 2nd June, 2009 at the Multipurpose Hall, Action health Incorporated.
6. Participation in the workshop is a prerequisite for participating in the competition
7. Submission of Entries closes on Monday, 31st August, 2009.
8. Entries will be short-listed and short-listed schools will be notified.
9. A panel of judges will select winners in each category.

Eligibility: The competition is open to all secondary schools in Lagos State



Grand Finale
Saturday
November 14, 2009

Venue
Main Auditorium,
University of Lagos, Akoka, Lagos

Time
8:00am
Prompt

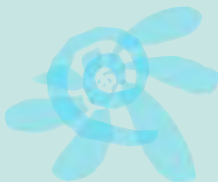
For further information, please contact: TFL Planning Committee, AHI Youth Center - 17, Lawal Street, Off Oweh Street, Jibowu, Lagos. Call: Nelly on 08028279185 or Derin on 08023270809 or 08025185295; Email: info@actionhealthinc.org

BODY AWARENESS

Body Image

Body image refers to the way a person feels about his/her personal appearance. People have differences in their physical appearances; some of these differences are in terms of:

1. Size/shape of the body
2. Height
3. Race/ethnicity
4. Colour of the skin, eyes and hair



Some of these differences may be valued while others may not. For example, being tall may give a male more prestige among his peers. A short man may then feel bad about his body, yet he cannot change his height. In some cultures, a person with lighter skin colour may be given more privileges than someone with darker skin. Someone with a dark skin may then try to lighten his/her skin in order to feel better.

Individual Uniqueness

The rate of growth and development is different for each person because each person has his or her own personal genetic disposition and is influenced differently by various factors.

Factors influencing growth and development include:

- Genetics- the genes you inherit through your family determine body shape, size and colour.
- Environment-cultural norms about how a body should look, traditions that alter the body or skin and the hard life that weathers the body, all can influence how a person looks.
- Nutrition-good nutrition can influence everything about a body from its size to the texture of the skin.
- Hormones-our hormones influence size and development, especially during puberty
- Health-the health of a person is especially important in influencing body size, skin and hair.

appearance are inherited from parents or grandparents; this is called heredity. Examples of traits usually inherited from parents or grandparents are skin colour, hair, eye colour, shape of the body, height.

Our feelings about our body affect our attitude e.g. a positive self-perception such as loving oneself and one's physical appearance makes one happy and encourages one to take care of one's self. A person's attitude towards him/herself also influences other people's attitude towards that person. A positive self-perception will make other people show and express likeness as well as acceptance. People tend to be attracted to those whom they consider beautiful. Physical attraction should not be the only parameter for choosing friends. Other attributes like personality, values, intelligence, interest, and talents should be considered.

People with physical disabilities are human beings that have the same feelings, needs and desires as people without disabilities. Unfortunately, some people make persons with physical disabilities feel as if they are different and that difference may be translated in ugliness or non-acceptance. It may be harder to have a good body image if we treat a person with disability as if he/she is different.

The physical appearance of both boys and girls changes at puberty. The age at which a boy/girl reaches puberty varies, therefore a female child/adolescent of 12 years may have the body of a little girl whereas, another girl of the same age may look like a mature 17 year old. Some of the changes that occur at puberty make us self-conscious about the way we look. With so many physical changes occurring, it can be hard to feel comfortable with our bodies. Below is a chart that shows some of the body changes that occur. Any of these changes may cause us to feel self-conscious about how our body looks and works.

Some of an individual's physical attributes and

Physical Changes That Occur At Puberty

BOYS	GIRLS
<ul style="list-style-type: none"> ○ Enlargement of the testes and penis ○ Growth of underarm, pubic and facial hair ○ First ejaculation ○ Gain in muscular strength ○ Growth in body height and weight ○ Voice changes ○ Body shape takes on characteristic adult pattern ○ Skin problems (acne) may develop 	<ul style="list-style-type: none"> ○ Onset of menstruation ○ Breast development and growth of pubic hair ○ Increase in body height ○ Weight gain ○ Voice changes ○ Body shape takes on characteristic adult pattern ○ Skin problems (acne) may develop

Reference:

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

Public Speaking Manners – Etiquette Issues

There are always two distinct roles at play when speaking. The audience has a passive role and the speaker has an active one. This is an essential dynamic. Audience and speaker communicate well with each other to the degree that they both understand and respect this dynamic. They are not to be confused or interchanged.

(a) Creating a sense of space and place is also the speaker's responsibility. Making visual and tactual contact with room, distances, volumes, shapes, light, objects, furniture, ourselves, others...etc. It anchors our focus in the physical world, which has the grounding effect we desire.

(b) Presentations, scores of actions, and everything in a public performance must possess a forward and revealing quality. Speakers must reveal not hide. Any attempt to hide disrupts and ultimately breaks down communication.

(c) Always make sure your energy is free to operate in the direction of your choices. In other words provide more energy than you think you need. Choice and actions is where we discharge our energy. The more clear the choice the easier it becomes to commit. The more the two will interact and feed each other, the better the chances to succeed.

(d) Beware of apology, self-pity, journalizing, dramatizing, mocking, demeaning, and explaining as visible means of communication. It usually spells disaster. The same goes for any form of making wrong onto the audience. The same applies to overt or covert anger. These are traps and/or very poor choices. Sometimes a speaker simply does not realize that his or her performance contains these forms of expression. He or she should become aware of the devastating affect it has on an audience. The only exceptions naturally are when the speaker who apologizes, explains or views himself as a victim or comments on his behavior as a way to illustrate, entertain or make a point.

(e) A speaker always dominates or controls the scene or stage and the audience. He or she does so through skill, actions, technique (which is the execution of actions) and his/her ability to believe in what he or she is doing. A speaker-audience relationship is a dynamic, which has to be understood and respected well to avoid problems. It is the speaker who is in control and commands attention, not the other way around.

(f) Avoid catering to an audience, or try to draw them in artificially. They will turn their backs on you. Be watchful of moods or attitudes. You may wish for your speech to feel good and that's legitimate; try to accomplish that through genuine actions not an attitude. An attitude is always the result of something. It is a second rate choice unless we intended the attitude as entertainment. If you play the mood it will spell backward: DOOM.

(g) When a speaker makes a mistake he or she mustn't draw attention to it. Simply move on. When a speaker gets tense, shy, uncomfortable, anxious and so on, he or she must simply hide it by:

- Committing to his or her actions
- Doing nothing.

If we get tense or nervous it's not the audience's fault. There are effective ways to remedy it quickly and without being noticed.

REFERENCES:

- www.publicspeakingtip.org/public-speaking/children-learn-public-speaking (accessed 10/06/2009)
- <http://www.haven-oakland.org/speakersbureaupacket.pdf> (accessed 12/06/2009)
- www.ezinearticles.com/public-speaking-manners/Eric-Stone (accessed 15/06/2009)



CHILD MARRIAGE IS NOT JUSTIFIED: Child marriage and the betrothal of girls and boys shall be prohibited and effective action, including legislation, should be taken to specify the minimum age of marriage to be eighteen years and make registration of all marriages in an official registry compulsory.



Youth Skills Development Programme

The Youth Skills Development Programme was initiated by ACTION HEALTH INCORPORATED to afford young school leavers awaiting admission into institutions of higher learning, the opportunity to work within the organization and acquire skills in the following areas:

- * Micro-computer Operations
- * Office Administration
- * Public Speaking
- * Community Development Activities
- * Personal Health Management
- * Self-Organization & Time Management

Participants in the programme will have an opportunity to work for one year by the end of which, they will be more equipped to plan and take charge of their lives. Certificates will also be issued to successful participants at the end of the programme.

REQUIREMENTS

- Applicants should be between 16 - 19 years
- Should have passed their SSCE with a minimum of five (5) credits including Mathematics and English Language.
- Must demonstrate creativity and ability to use their initiative
- Must be committed to working full-time from November 2009 - November 2010
- Membership of the Health and Life Planning club while in Secondary school will be an

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 your application letter. Submit on or before 30th October, 2009

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



Dear Aunty

1. Why does government legalize abortion in hospitals?

Presently in Nigeria, abortion is allowed to take place when a pregnancy can endanger the life of a mother if the pregnancy is allowed to continue i.e. for therapeutic reason. Before it is allowed, the decision to carry it out must have been supported by more than one doctor. Though there have been calls/ demand that government should legalize it such that whoever is pregnant but feels that the pregnancy is unwanted can get it terminated. Termination of pregnancy like any operation carries some risks. The risk could be reduced if carried out by trained and competent persons in a proper environment.

2. Why do some parents encourage their adolescent girls to do family planning?

Presently there is no data to support the extent to which parents support their adolescent daughter(s) to use birth control methods. But parents may support their daughter(s) to use birth control methods to prevent her from having unwanted pregnancy if the parent realizes that she is sexually active and having pregnancy may truncate her future aspirations; when parents especially mothers support their daughters to use birth control, it's done discreetly.

3. Can family planning prevent one from contracting sexually transmitted infections?

Family planning methods or otherwise known as contraceptive methods or birth control methods are many and they are solely to prevent unwanted pregnancy. It's only male and female condoms that serve dual purposes of preventing pregnancy as well as protecting users from contracting sexually transmitted infections.

4. How can one know that he/ she has an STI from the signs and symptoms that he/ she has?

Sexually transmitted infections are many and each has peculiar signs and symptoms but the following signs and symptoms are common to all:

- Discharge with offensive odor from the penis or vagina.
- Pains during urination.
- Lower abdominal pain.
- Rashes, sores or blisters in the genital area.
- Itching of genital area.
- Enlarged lymph nodes.

Apart from presenting signs and symptoms, one can also know that he/ she has an STI through laboratory investigations. And this gives more confirmation than signs and symptoms. It can also tell the type of drugs to use.

5. How long can an HIV patient live?

An HIV patient is better referred to HIV positive or person living with HIV and not HIV patient. An HIV positive person can live as long as his/ her immune system can keep the viral load at a very low level such that the general wellbeing improves and he/ she does not fall sick and can cope with his/ her daily activities. This is possible through the use of antiretroviral drugs and positive living; that is good nutrition, good hygiene, and not catching other diseases such as diarrhea, tuberculosis and other infections.

6. Can you tell me if I am still a virgin or not? Somebody raped me through my anus and I want to confirm if I am still a virgin?

The definition of virginity is the breaking of the hymen through penetrating the vagina by a penis. However the definition of virginity is not that simple now, one of the definitions being--- " a state of being pure, unsullied or untouched". A person who has penis in the anus cannot be described as "untouched" or "unsullied" even though the hymen may be intact. In the strictest term, you have not had vagina penetration by the opposite sex, therefore in the past you would be described as a virgin.

7. My cousin molested me when I was young. Now I'm sixteen and each time I see him my feelings towards him is that of shame. My parents do not know about this and that makes it difficult to deal with as I hurt inside.

You owe it to your self to find someone you can talk to and work with to help you understand and resolve your feelings, as well as protect yourself. Clearly, you are angry, hurt, and perhaps, fearful, and these powerful feelings are translating into hate. It is understandable since your feelings are most likely the direct result of your molestation; however these feelings can be destructive to you. That is why it is so important to get the help you need and observe so that this doesn't interfere with living your life in a rich and satisfying way. Many women and men have been molested by family members, and more people than we realize have been able to find assistance they needed. This assistance has made a good difference in their ability to live loving, productive and satisfying lives.

Young people are encouraged to direct their questions to:

**The Editor, "Growing Up"
17, Lawal Street, Off Oweh Street,
Jibowu, Yaba, Lagos.**

OR

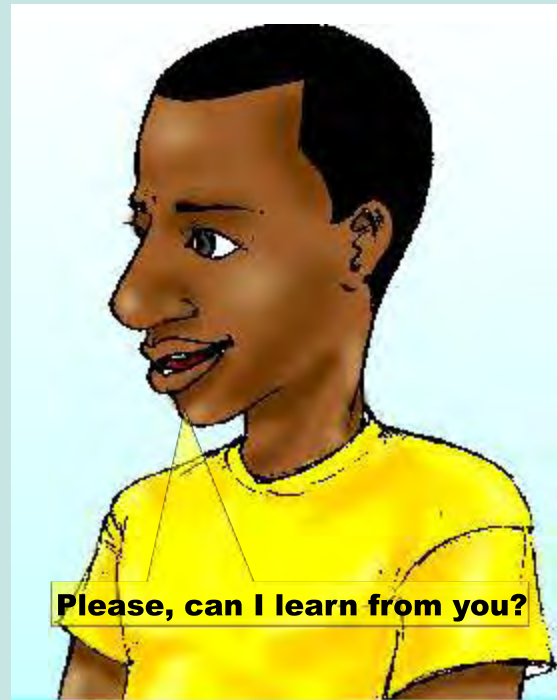
e-mail: info@actionhealthinc.org

Cartoon 2

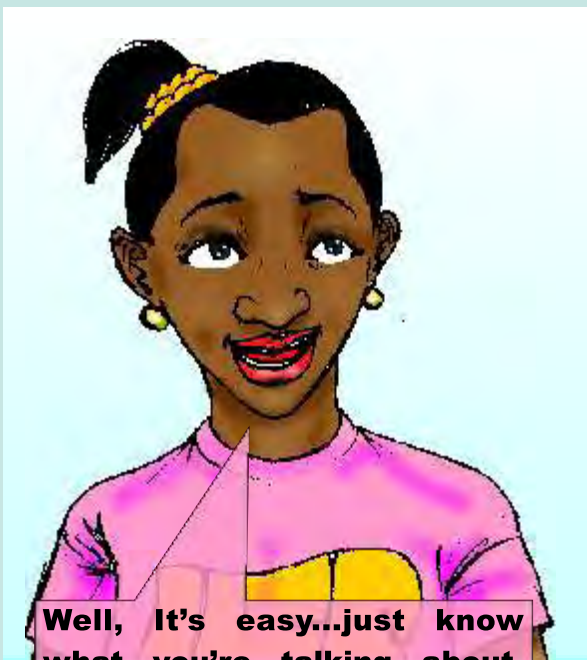


Temidayo, Wow, I heard your speech in front of the whole school, it was great, and the crowd didn't even scare you.

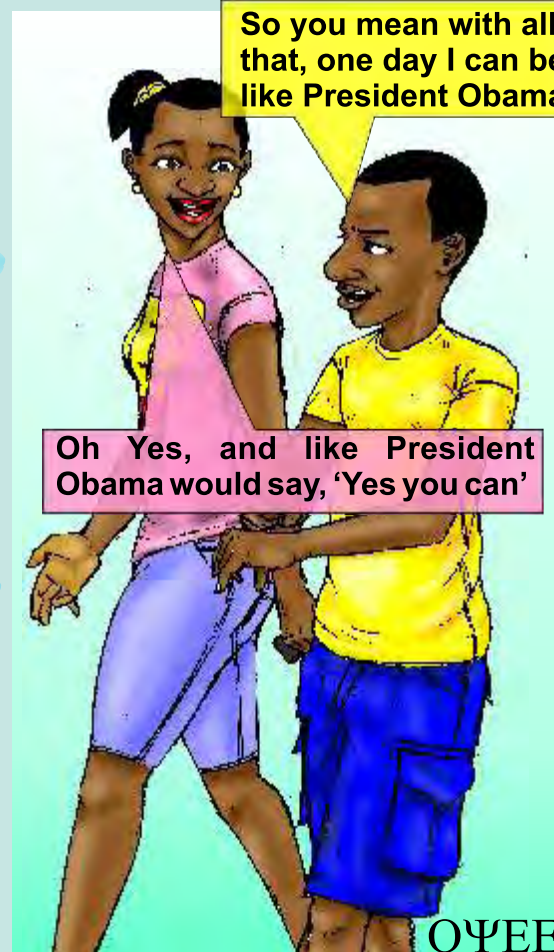
Ofcourse not, I have no problem with public speaking.



Please, can I learn from you?



Well, It's easy...just know what you're talking about, believe in yourself, the people you are talking to are just as Human as you, so do not get nervous...breathe in and out, smile and the rest is history.



So you mean with all that, one day I can be like President Obama

Oh Yes, and like President Obama would say, 'Yes you can'

OYEE

True Life Story

OH YES! YOU CAN

When I was younger, people used to compliment me saying I was intelligent. They also used to tell me that I was a beautiful girl. But, because of my background, I saw all they said as flattery. You see, my father happened to be a man with strong traditional views on gender. He strictly believed that women and girls didn't have the right to be heard and that they were worthless.

In the house, he always made decisions for my mother, sisters and I. Only my brothers were allowed to contribute when decisions needed to be made. Sometimes, those decisions were to our detriment but we dared not speak out because Papa would say, we have grown wings and now think we are wiser than the men in the house. I thus grew up with low self-esteem and serious lack of confidence.

To my credit, I was a brilliant and intelligent pupil in school but, whenever I didn't understand what we were being taught, I never asked questions because the mere thought of people looking at me or considering my question as stupid was enough to keep the question stuck in my throat. There was this man who used to teach us History and I always wondered where he graduated from. All the man ever taught was rubbish as he was fond of mixing things up. I used to read ahead of the class, so I knew the real facts but I was never so courageous as to confront the man and his teachings.

When, I got to my final class, I was surprisingly made the head girl of my school. Many teachers and students felt I deserved it because of my academic record, while some were of the opinion that I lacked the charisma that came with the post. On my part, I was terrified and didn't know what to do. I never punished any student and the junior students began taking me for a ride. As head girl, I was supposed to have a weekly discussion class with the school girls, but I pleaded with other female students to help me out because I couldn't imagine myself standing and talking to about 300 girls.

The school's counselor noticed how shy and reserved I was, and how this affected my performance as senior prefect. She called me one day and bombarded me with questions. Judging by my response, she concluded that I had a lot to offer the school but I lacked the confidence to do so. Mrs. Irogherior then told me that I was selected as head girl so I could positively impact on the students and learn a few lessons myself. She also schooled me on how to act in different situations and gave me a book on public speaking and leadership.

When I left her office, I had a burning desire to change my ways, be more outgoing and lead students aright. That weekend, I cut my hair because I knew that would attract the attention of students and teachers alike. I digested the suggestions and ideas I had gotten from the book and got myself prepared for a whole new life. All through the weekend, I practiced speaking to an audience using Mama's mirror to perfect my non-verbal language.

The next Monday, I walked into the school with my shoulders held high and a cool air around me. I greeted everyone with a cool smile and new found confidence. People were so surprised to see shy little Maureen looking so beautiful and confident. While assembly was on, I climbed the podium and gave a - two minute speech on gender inequality. The thundering applause I got after the speech even boosted my self esteem the more. In class, Mr. Oni taught us Pre-colonial administration and I asked two questions to clarify what I had in mind. During break, I didn't sit back in my corner but mingled with my classmates who didn't hide their surprise at the new me.

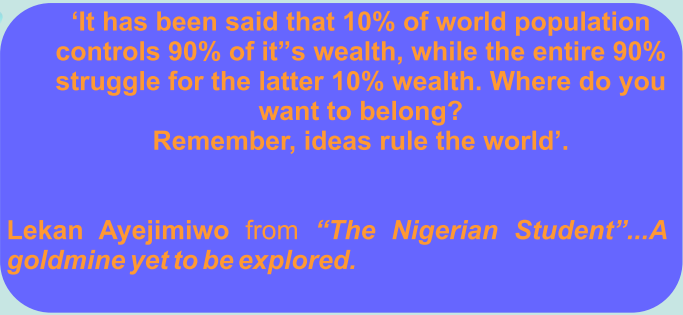
On Wednesday, at the school hall, I gave a lecture on how young people could cope with peer pressure. I liked the response I got and decided the stage held an attraction for me after all. I rushed to my counselor's office, hugged her and thanked her for helping me get out of my shell.

The next Saturday, father announced that only the boys in the house would proceed to the University and that I was to get a job after my final exams. To everyone's shock, I stood up and told him that I had as much right as my brothers to further my education and become an attorney. He asked me to shut up but I insisted that I had every right to be heard. Fortunately, he didn't flog me but said I would have to look for means to sponsor my education.

Four years down the line, I am in my third year in the University holding the post of Vice President of the Students' Union Government. I pay my way through school with the money I get from being a motivational speaker. Public speaking not only helps in my office as V.P. of the S.U.G. but also prepares me for the journey ahead as a lawyer. I have also matured into an intelligent, confident, beautiful and talented young woman who is never scared of making mistakes and of what people might think of my speeches. I have learnt that if I prepare well, I would deliver well. I also discovered that people take you just the way you take yourself. Now, the attention I once detested is what I now crave.



**FOOD FOR
THOUGHT**



"It has been said that 10% of world population controls 90% of it's wealth, while the entire 90% struggle for the latter 10% wealth. Where do you want to belong?

Remember, ideas rule the world'.

Lekan Ayejimiwo from "The Nigerian Student"...A goldmine yet to be explored.



CAREER GUIDE



Do you want to be a Food Technologist?

Food Technology is a multi-disciplinary programme which combines food science, microbiology, and engineering education for food and related industries. Food Technology is a discipline concerned with all technical aspects of food, beginning with harvesting or slaughtering, and ending with its cooking and consumption. It uses engineering, biological, and physical sciences to study the nature of foods, the causes of deterioration, the principles underlying food processing, and the improvement of foods for the consumption of the public.

Examples of the activities of Food Technologists include: the development of new food products, choice of packaging materials, shelf-life studies, and evaluation of the products by trained experts or potential consumers. In the Universities, these experts are sometimes referred to as Food scientists or Food engineers.

THE JOB

Increasingly, food technologists, food engineers, and other are being referred to as food scientists. However, Food Technology can be broken down into well-defined topics and Food technologists may be called after their specialist areas. These topics include:

Food Safety: Analyzes the causes, prevention and communication dealing with food-borne illness.

Food microbiology: Studies the positive and negative interactions between micro-organisms and foods.

Food preservation: Studies the causes and prevention of quality degradation.

Food engineering: Analyzes the classical unit operations in engineering applied to food manufacturing.

Food product development: Analyzes the invention of new food products.

Sensory analysis: Studies how food is perceived by the consumer's senses.

Food Chemistry: Analyzes the molecular composition of food and the involvement of these molecules in chemical reactions.

Food Physics: The study of physical aspects of foods (such as viscosity, creaminess, and texture).

Among its domain of knowledge and action are design of machinery and processes to produce foods and pharmaceuticals; design and implementation of food

safety and preservation measures in the production of foods; biotechnological processes of production of foods and pharmaceuticals; choice and design of food packaging materials; quality control of foods and pharmaceuticals; heating, chilling, freezing, transport and storage of foods; chemical and biochemical aspects; and the sustainable technologies in food processing.

PROSPECTS/ OUTLOOK

Most Food Technologists end up working for food producing companies such as Indomie Food Company, Milo Food Drink, Cadbury Plc. Others Food Technologists specialize in consultancy.

Apart from the Food industry, the main employers of Food scientists are the sensory analysts and food engineers. Some food technologists with much experience are employed as teachers in higher

institutions, where they lecture various courses and some work as cooks in various organizations and parastatals and also as self employed, running a catering school.

Food technologists often begin their career in food laboratory, or as research assistants in laboratories. After substantial experience they may be promoted to project leaders, programme managers or to management or research positions, but prospects vary with different employers. A food technologist with a Bachelor's degree may have

limited promotion prospects. Postgraduate qualifications are helpful. More senior positions are less likely to involve laboratory work.

QUALIFICATIONS

Secondary school: relevant subjects include Mathematics, English Language, Chemistry, Biology and any of these Physics, Economics and Agricultural Science

References:

- The Magazine For The Victorious Youth Of This Generation Vol.9 No_1
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- www.dailylearningtips.com/careers/careers-food-technology.html
- www.indiaedu.com/career-courses/food
- www.dclm.org

Skills & Personal Qualities

- Physical mobility
- Communication skills
- Flexibility and adap tability
- Initiative
- Logic
- Methodical approach
- Problem solving ability
- Stamina
- Team work
- Technical/scientific ability
- Zeal/passion





OLAIDE ADESOPO (2009 One-Day Governor of Lagos State)

Dreams, they say die hard, but dreams will always be dreams unless they are backed by action and a burning determination to bring them to reality. On April 8, 2009 at the Adeyemi Bero Auditorium, Ikeja, Lagos, the yearnings and aspiration of a sixteen year old Senior Secondary School girl (SS3) came to fulfillment as she became the **2009 One-day Governor of Lagos State**.

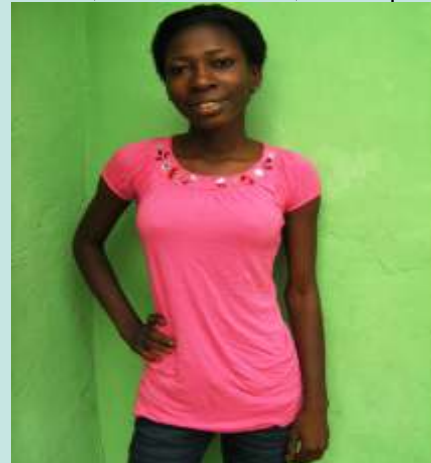
Her incredible spelling capabilities had not only won her fame and success but had actually paved the way for her to further her education; take decisions that would be incorporated in the development of the state, of course, with the assistance of the executive council and of the governor's special advisers as well as have the opportunity to travel overseas for a youth exchange programme.

Olaide Adesopo is a native of Obokun Local Government Area of Osun State. From 2002-2003, she attended Ajenifiya Primary School, Ilupeju and from there, proceeded to Estate Senior Grammar School, Ilupeju where is presently, an SS3 student. She is the third child of Mr. Adebowale Adesopo (father) who is a local repairer of sewing machines and Mrs. Bisi Adeposo (mother) who is unemployed. The inevitable success wasn't easy for the young virtuoso as she faced a lot of challenges on her way to success. According to her, "the distance from my home to school was far and some days I had to trek to and from school", she quipped.

Still savouring the sweet taste of success after she was adjudged the **2009 winner of the Spelling Bee Competition** organized by The Lagos State Government in collaboration with the New Era Foundation, a non governmental organization founded by Mrs. Oluremi Tinubu, wife of the former Governor, Bola Ahmed Tinubu, Olaide attributed her success to her mother's unflinching support and her



determination to succeed as well as her fervent prayers to God. She said she was encouraged by the success of Daniel Osunbor who won it in 2008 and vowed to emulate it by religiously reading the dictionary she had borrowed from her friend and looking out for new words. According to her, "if Daniel could do it, I could do it also", she emphasized.



She re-iterated the fact that students from public schools can always compete favourably with those in private schools, if only they are empowered and motivated. She called on the Government to provide necessary facilities and quality teachers as these would facilitate development. She also charged students to take full advantage of government's innovative policies and pay attention to their studies as well as being obedient to their parents and imbibing the finest qualities of discipline and honesty.

On the prospect of going overseas for a Youth Exchange programme, an overwhelmed Olaide thanked the New Era Foundation and the Lagos State Government for giving her such an opportunity. She plans to become a Chartered Accountant in future and for her efforts, The First Lady of Lagos State, Mrs. Abimbola Fashola presented her with a cash prize of N250, 000, and a Laptop from Omatek Computers.

Who says being a winner is no big deal?

The Spelling Bee Competition is designed to provide a forum for academic excellence among students in the state public schools. It provides opportunities for pupils' wholesome growth and development. It also provides a platform for students to showcase their talents and inculcate in them the culture of healthy rivalry for better academic performance. Fifty-seven senior secondary school students in fifty-seven Local government areas in Lagos state took part in the competition.

Previous winners include Ebuka Anisiobi (2001), Otit Ovwuwhore (2002), Emmanuel Aiyenitaju (2003), Tolulope Esan (2004), Oyetade Ajao (2005), Abundance Ikechukwu (2006), Maryam Busari (2007), Daniel Osunbor (2008).

Personal Hygiene

Hygiene facts for life

(A) Illnesses can be prevented by washing hands with soap and water after contact with faeces and before handling food.

- Washing hands with soap and water removes germs from the hands. This helps to stop germs from getting onto food or into the mouth. Soap and water should be easily available for all members of the family to wash their hands.
- It is especially important to wash hands after defecating, before handling food, and after cleaning the bottom of a baby or child who has just defecated.
- Children often put their hands into their mouths. So it is important to wash a child's hands often, especially before giving food.
- A child's face should be washed at least once every day. This helps to keep flies away from the face and prevent eye infections. Soap is helpful for washing, but not absolutely essential.

(B) Illness can be prevented by using clean water.

- Families who have a plentiful supply of safe piped water, and know how to use it, have fewer illnesses.
- Families without a safe piped water supply can reduce illnesses if they protect their water supply from germs by:-
 - Keeping wells covered.
 - Keeping faeces and waste water (especially from latrines) well away from any water used for cooking, drinking, bathing or washing.
 - Keeping buckets, ropes and jars used to collect and store water as clean as possible (for example by hanging up buckets rather than putting them on the ground).
 - Keeping animals away from drinking water.

Families can keep water clean in the home by:-

- Storing drinking water in a clean, covered container.
- Taking water out of the container with a clean ladle or cup.
- Not allowing anyone to put their hands into the container or to drink directly from it.
- Keeping animals out of the school.

(C) Illnesses can be prevented by boiling drinking water if it is not from a safe piped supply.

- Even if water is clear, it may not be free from germs. The safest drinking water is from a piped supply. Water from other sources is more likely to contain germs.

- Boiling water kills germs. So, if possible, water drawn from sources such as ponds, streams, springs, wells, tanks or public stand pipes should be brought to the boil and cooled before drinking. It is especially important to boil and cool the water which is given to babies and young children, because they have less resistance to germs than adults.
- If boiling is not possible, store drinking water in a closed or covered container of clear plastic or glass, and leave it standing in sunlight for two days before using it.

(D) Illnesses can be prevented by keeping food clean.

- Germs on food can enter the body and cause illness. But food can be kept safe by:-
 - Making sure that food is thoroughly cooked, especially meat and poultry.
 - Eating food soon after it has been cooked, so that it does not have time to go bad.
 - If food has to be kept for more than five hours, it should either be kept heated or kept cooled.
 - Keeping food-preparing surfaces clean.
 - Keeping food clean and covered and away from flies, rats, mice and other animals.

(E) Illnesses can be prevented by boiling drinking water if it is not from a safe piped supply.

- Even if water is clear, it may not be free from germs. The safest drinking water is from a piped supply. Water from other sources is more likely to contain germs.
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- If boiling is not possible, store drinking water in a closed or covered container of clear plastic or glass, and leave it standing in sunlight for two days before using it.

Reference:

- **'Facts For Life – A Communication Challenge'**; published by UNICEF/WHO/UNESCO in partnership with many world's leading medical and children's organizations.

CROSS WORD PUZZLE

By Abdul Azeez Oguntoyinbo

Check out the terminologies associated with Public Speaking. Do justice to them. Good Luck!

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

COURAGE INTERACTIVE FACILITATE POTENTIAL FASCINATE CONDUCT
DEVELOP TEAMWORK IMPACT

COURTEOUS FOCUS BOLD REPRESENT ADMINISTER ACCURACY
PARTICIPATE GIGANTIC TOUR

D	V	R	E	D	N	E	T	N	O	C	R	E
C	O	N	S	U	L	T	A	N	T	E	F	H
G	E	N	D	V	O	C	A	T	E	S	X	R
M	V	S	T	O	Q	A	R	T	M	T	H	E
R	I	P	M	E	N	T	N	R	G	D	B	H
E	T	E	L	M	V	U	A	H	S	F	D	C
V	A	A	N	A	L	L	E	A	R	N	E	R
E	V	K	M	O	N	L	V	O	O	P	A	A
I	O	E	V	M	C	N	D	B	F	H	V	E
H	N	R	T	X	S	W	E	Z	U	V	J	S
C	N	U	R	T	U	R	E	R	S	V	O	E
A	I	X	P	R	E	D	A	E	L	W	I	R

MENTOR VOLUNTEER CONTENDER PLANNER CONSULTANT ACHIEVER SPEAKER
RESEARCHER TEACHER LEARNER LEADER ADVOCATE INNOVATIVE

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.

BOOK REVIEW



Title: **"YOUTHS TO THE RESCUE OF A NATION"**
ISBN: 978-978-48100-4-3
Author: Chinedu Demain Ogueri
Year of Publication: 2008
Pagination: 170 pages
Reviewer: Godwin Jeremiah (19 years old)



'YOUTHS TO THE RESCUE OF A NATION' is a book for all Nigerian youth as well as youth all over the Globe. It is a timely contribution to the socio-economic and political developments of Nigeria.

The book is timely due to the current repositioning of Nigeria in order that she might be among the twenty best economies by 2015.

It spells out all that youths need in order to become an instrument of change in this nation. It also pinpoints several ways Nigeria can overcome obstacles that are preventing her from the realization of the dreams and aspirations of her founding fathers. The need for youth involvement in the socio-economic and political decision making processes are also highlighted.

This book begins with series of community surveys across Nigeria right from its independence till the present developmental stage.

The language used is such that young people who are future leaders of our great nation can easily understand as well as develop strategies to put in place, so as to become instruments of change for Nigeria.

The chapters list the various assets that youth can use to develop their capacity and reduce the rate of unemployment.

The book shows clear evidence of the young author as a knowledgeable youth with enthusiasm for active participation in nation building. Worthy of note is his excellent use of language and mature presentation of his position on critical issues. The contents of the book demand that every forward-looking person desiring the development of Nigeria should read this book thoroughly.

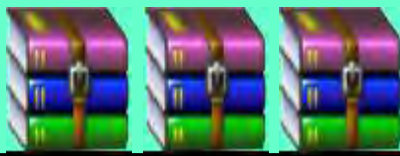
Many of the recommendations contained in this book will serve as reference materials for policy-makers. It will also generate the needed awareness of the roles of young people in nation building because it will increase citizens' awareness of new possibilities and create the desire for innovation and improvement with youths as the centre point.

This book is a must read for anyone who wants to see the definite development of Nigeria and Africa as a whole.

The book is basically for young people and a motivational context for Nigeria youth towards a greater Nigeria



HIV-RELATED STIGMA AND DISCRIMINATION ARE PERVERSIVE AT ALL LEVELS: People living with HIV should experience "the full human rights and fundamental freedoms". Government have an obligation to promote laws and policies that create a safe and secure environment as well as to protect the rights of people with HIV to make free and responsible sexual and reproductive health choices.

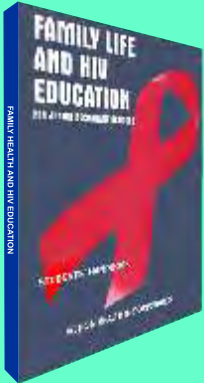


RESOURCES



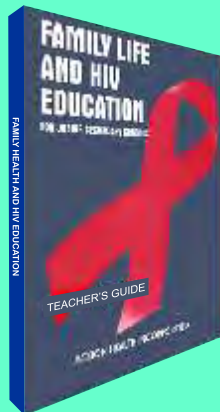
The materials listed here are resources on adolescent development. These materials are available for use in the reference library at the AHI Youth Centre at 17 Lawal Street, Jibowu, Yaba, Lagos

Books



Family Life and HIV Education for Junior Secondary Schools Students' Handbook by Action Health Incorporated

Family Life and HIV Education Students' Handbook is developed for use by student at the Junior secondary School level as a supplementary text with factual information on the Family Life and HIV Education (FLHE) Curriculum. It is organized around the five key concept in the approved FLHE curriculum to help young people learn about their bodies, physical and emotional changes that occur during adolescence; presenting how young people can acquire skills including steps to take in setting sexual limit and ways of refusing unwanted sexual advances; exposing young people to issues around HIV infection and prevention and encouraging young people to discuss relationships with family and friends, as well as addressing the social and cultural environments that influence the way they learn about and express their sexuality. Where appropriate, the handbook contains stories, illustrations, pictures and cartoon that will help the students understand the topics better.



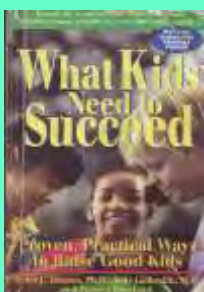
Family Life and HIV Education for Junior Secondary Schools Teachers' Guide by Action Health Incorporated

Family Life and HIV Education Teachers' Guide is a comprehensive, easy-to-understand guide for use by teachers in junior Secondary Schools who have the responsibility for classroom delivery of the Family Life and HIV Education (FLHE) Curriculum. This publication is not a textbook but rather a "how to do" guide for teachers. The guide encourages teachers to be creative, reflective and observant of the reaction and general demeanor of young people during classroom interaction, as well as creating an enabling environment for learning. Each chapter in the guide is divided into the following sections for effective delivery of the FLHE curriculum: lesson objectives, teaching aids, activities and evaluation questions. Teachers are encouraged to supplement with appropriate content-based textbooks, the FLHE curriculum and the Family Life and HIV Education Students' Handbook.



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"WHAT KIDS NEED TO SUCCEED"

By Peter L. Benson, Ph.D., Judy Galbraith, M.A. and Pamela Espeland

The book is for kids. It highlights *developmental* assets including family support, a caring neighborhood, self-esteem, and resistance skills that kids need. Based on groundbreaking nationwide studies, *What Kids Need to Succeed* spells out 40 assets, good things every young person needs in order to succeed.

