

GrowingUP

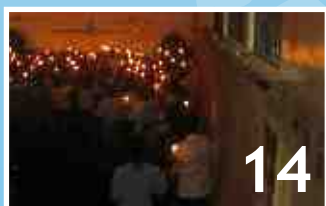
Relationships



in this edition...



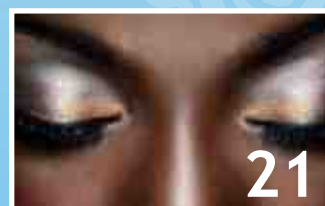
Vox Pop: *Testimonies from Anti-smoking Ambassadors*



News Reel: *Many Lights for Human Rights*



News Reel: *FLHE Evaluation Dissemination Meeting*



Short Story: *Too Late to cry*



GrowingUP

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, health and youth development programmes.

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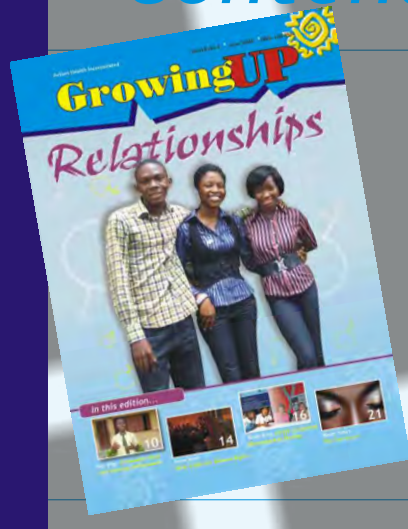
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GrowingUP

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Relationships

By Ajayi Oladipupo

“My name is Oyin. I am twenty years old. Ever since I was little, I have loved reading. I read a lot of books, but my favorites were romance novels. These were mostly European that talked about strong, handsome men who protected women and guarded them jealously. As I got older, I started to crave for such a relationship. When I turned nineteen, I met Siju. We attend the same university. He is so handsome and talented. He knows how to sing and dances wonderfully well. He plays the piano and sings in his church choir. He was everything I ever dreamed of, everything those novels described. He showered me with gifts and got me so confused about my feelings for him. As nice as Siju was, he beats me especially when he finds me with another guy. He does not care if it is a classmate, or just a friend. On his part, he cheats on me and I have caught him several times but I don't mind that at all. Lately, his unruly behaviour has really grown worse and I feel ashamed talking about the situation to anybody. I cannot tell my parents, because we never even talk about such things. Most importantly, they must not know that Siju and I live together since I turned twenty (21) and started my third year in the university. I really don't know what to do, I really don't.”

“George and I were best of friends who both won high schools' social awards. Not until the last month when I paid George a visit to his house. George took my hands as soon as the door closed behind us. My eyes were widely open; he grinned and reached for the switch on the wall. “George”, I said in a weak voice, “Why did you turn out the lights?” “But I want it turned off” George replied, “No” I protested. “I really don't like dark places and it's not the best option for both of us right now”. “Well, deal with it Halimat, I want the light off period! Quit whining like a baby and relate” replied George. At first, I was stunned and confused with this response because I never wanted to lose the friendship we shared. But looking at what was before me, I had to take an assertive

HEALTHY RELATIONSHIPS

We form relationships as soon as we are born with parents, siblings and family. As we move outside the home, school or neighborhood friends may become important. A relationship involves a connection between people and although we come into contact with many people in our daily lives only a few encounters will result in friendships. Some people have a wide circle of friends and acquaintances, and others prefer only a few close friends. You will agree with me that many youth have suffered a great deal of damage by suffering in silence due to lack of negotiation and assertiveness skills. Healthy relationships are fun and make you feel good about yourself. You can have a healthy relationship with anyone in your life, including your family, friends and dating partners. Relationships take time, energy, and care to make them healthy. The relationships that you make in your teen years will be a special part of your life and will teach you some of the most important lessons about who you are.

Below are guides on the various kinds of relationships experienced:

RELATIONSHIPS WITH PARENTS/GUARDIAN

"I hate these stupid rules!": Your relationship with your parents/guardian may be confusing right now. As you grow and change, you have more responsibilities and also less freedom to spend time with other people like friends or dating partners. While you may feel ready to make your own decisions about where and when you go places, your parents/guardian will put limits on you. The reason that your parents/guardian do this, is because they care about you and want to protect you from danger. You may find that you are not getting along with your parents/guardian as you used to.

Here are some tips for how to avoid and handle arguments with your parents/guardian:

Discuss the rules ahead of time and not at the last minute. This way you will be able

to tell whether they will say yes or no before you make plans. Your parents/guardian can also explain to you why each rule is in place. Ask them to give you the chance to explain how the rules make you feel and suggest what you think are appropriate rules. Your parents/guardian may be willing to listen to your ideas and use them when making rules that you both agree on.

Try to remain calm and do not lose your temper when your parents/guardian say no to something you want to do or engage yourself with. You will show your parents that you are responsible and mature by paying attention to details instead of yelling to what they have to say.

Follow each rule that they set. If your parents/guardian tells you to be home at a certain time, stick to it. They may begin to worry about your safety if you are late. By being responsible and by following rules, your parents/guardian may be willing to negotiate a later time in the future, especially if they know that you will follow their rules.



Spend time with your family. Some teens argue with their parents/guardian over the amount of time they spend with their friends. Communicate with each other and make some special family time so that you can all enjoy the time you spend at home. Suggest activities that your entire family will enjoy together.

RELATIONSHIP WITH FAMILY

"My sister is so annoying! She is driving me crazy!": Your brothers and sisters can upset you sometimes. You may get angry if they go into your room, bother you when you have friends around or intrude your private space. Your older brothers or sisters may try to boss you around and tell you what to do. Your younger brothers or sisters may borrow your things or want to be around you all the time. When you argue with your friends, you can go home and get away from them. But, when you argue with a brother or sister, they are in your house and you may feel like you can't get away from them. Talking things out and coming up with rules that you and your brothers and sisters agree on will make living together a lot easier.

Here are some ways to handle an argument and help you to avoid

disagreements with your brother(s) or sister(s):

Go for a walk or go to separate rooms in the house, before you lose your temper in an argument.

Talk to your parents about what is bothering you. Most likely they will be able to give you advice.

Set up your own personal space. Even if you share a bedroom, make a little space (even in a corner of your bedroom). Tell your brother or sister that they need to knock before coming into your bedroom or your special area of a shared bedroom.

Respect your brother or sister's personal space too - whether it is their room or a part of your shared bedroom. They will be more likely to show you the same respect in return.

Decide ahead of time how you are going to share the phone (if you have to share one). For example, you can figure out separate times when each of you can talk to your friends.

Take turns with the television. Talk ahead of time about what shows you

want to watch, then take turns watching your favorite shows if they are on at the same time.

Now that you have some ideas on how to avoid disagreements, you may want to think about how to work on building a healthy relationship with your brother or sister. Talking about the things that are bothering you in a calm way really helps. Doing things together, like playing games or watching a movie will give you a chance to talk to each other and enjoy the time that you spend together too.

RELATIONSHIP WITH FRIENDS

"Why should I do what YOU say?": Friendships can be complicated at this time in your life. You may be making new friends while you are trying to keep old friends. One thing that can make any relationship complicated is peer pressure. Peer pressure is when you choose to engage yourself in behaviours/activities you usually *wouldn't* engage yourself, or you stop doing things that you normally *would* do because you are worried about what your friends will think. Some friends may pressure you to engage yourself in awful behaviours because "everyone else does," such as making fun



of another person. One of the biggest challenges that you may have to face is standing up to a friend.

Here are tips to help you handle a disagreement with a friend:

You always have the right to say "no" to your friend whenever you want to. In a healthy friendship, you should not be afraid of losing a friend because you say "no." Good friends should respect your right to say no about anything and not give you a hard time. It is important that you show your friend the same respect when they say no to you.

If you and your friend disagree about something or have an argument, it does not mean that you have an unhealthy relationship. You do not always have to agree with what your friend has to say. As long as you and your friend can speak to one another and listen to what each person has to say, you should be able to work through a disagreement. Healthy friendships involve trust and being able to respect each other's differences.

The friends that you make and the relationships you develop will help you learn a lot about yourself. Your friendships may be the most important thing to you right now. You will find out what things you like to do together but more importantly, you will learn about

the kind of friends you want to have and the kind of friend you want to be to others.

DATING RELATIONSHIP GETTING STARTED

"A boy that I like kissed me at the dance... Are we dating now?": Dating means when two people meet at a specific time or place for leisure. When children become teenagers, they spend more time with their friends and may begin to date and visit. Young people date for a number of reasons. These include:

- Socializing and developing communication skills
- Establishing friendship
- Companionship
- Sharing experience
- Studying together
- Getting to understand each other better

There is no best age for teens to begin dating. Every person will be ready for a dating relationship at a different time. Different families may have certain rules about dating too. When you decide to start a dating relationship, it should be because you care about someone and not because you feel like you have to have a boyfriend or girlfriend. A dating relationship is a special chance to get to know someone, share your thoughts and feelings with each other, and do activities together. Healthy dating

relationships should start with the same ingredients that healthy friendships have, such as good communication, honesty, and respect. As with all relationships, it may be tempting at first for you to spend all of your time with your friend. But, making special time to spend together means that you will be able to work on having a healthy relationship with the person you are dating and with other people in your life, like your friends and family.

You should NEVER feel pressured to do something that you don't want to do. S/He should always respect your right to say no to anything that makes you feel uncomfortable. It is important that you are both clear with each other about your values and your limits. By talking about how each of you feel about a lot of things, you may avoid getting into situations where you are pressured into making a decision on the spot about something very important.

Here are some tips for starting a healthy dating relationship and ways to stay safe:

Get to know your date by having a telephone conversation or discussion at school before you accept to go on a date with him/her for the first time.

Go out with your date to a public place the first few times you are spending time together e.g. the movies, a picnic, the mall, a walk, etc.

Be clear with your date about what you feel comfortable doing and what time your parent(s) or guardian(s) expect you to be home.

Tell at least one friend and especially your parent(s)/guardian where you are going, who you will be with, and how to reach you.

Dating relationships can be a fun and exciting part of your life. They may be a little confusing, especially if dating is new to you. Once you know that the person that you like, likes you too, you may be unsure of what to do next. You can start by learning about what makes a dating relationship healthy. The most important thing to remember is staying safe, especially when you begin to date.

SAFE PRACTICES/BEHAVIOUR FOR DATING

1. Set limit: Set limits for yourself and in your relationship

Know how physically intimate you are prepared to be with your partner

2. Communication: This is the key to a satisfying relationship

Discuss your limits with your partner

Find out your partner's limits

Both of you are responsible for keeping to the limits you have discussed.

Do not guess at what your partner wants - ask him/her, if your partner says "no" he/she means "no"

Discuss where to go on a date, choose a mutually acceptable venue and activity.

3. Being assertive: Make your decision about setting limits and stick to them

Avoid being passive, especially as men interpret passiveness for permission

4. Go to places where you can participate in a variety of outdoor activities

Go on a group date if you don't feel comfortable alone with your date

Leave the situation if you feel uncomfortable

Make personal plans or arrangement about how to get home if necessary

Do not go on a date without having some money of your own

5. Respect your partner: Respect your partner's values and decisions about limits set, likes and dislikes

6. Alcohol and drugs: Avoid the use of drugs and alcohol because they increase your vulnerability to sexual abuse.

7. Avoid pornography, sexually explicit films e.t.c.

SKILLS FOR HEALTHY DATING

Negotiation: Negotiation involves the use of creative problem solving skills in conflicting situations. It is a discussion aimed at reaching a peaceful agreement between two or more people. People need to negotiate in many situations such as when going on a date, when making sexual decision. To negotiate, one needs to possess good information on effective communication skills, values clarification, positive self-esteem, careful observation of the other person, use of positive body language and most importantly assertiveness skill.

Communication: It is important to be able to communicate both on a one-on-one basis and together as friends. Communication is not just about the words you use, but also about the way



you're speaking and your body language. It is key to establishing and maintaining relationships, and is an active process that involves listening, questioning, understanding and responding.

Assertiveness: Assertiveness is being able to speak up for what one wants or saying exactly how we feel about certain situations. It involves an understanding of the fact that every individual has the right to stand up for what he or she wants or believes in, and being able to demonstrate this, without infringing on the rights of others. It is not necessarily inherent in human beings, it is a skill that can be acquired and built. A lot of people construe assertiveness as being able to firmly say 'NO'. On the other hand; it may also be the ability to say 'YES' to who you are and what you stand for. Assertiveness is discussed a great deal, because it is a very important skill. However, many people if they want to, will admit that they have been in situations which they could have prevented if they had been assertive.

The Assert Formular

A: Attention Get the other person to agree to listen to you. Find the right time, place or methods which help them focus on you.

S: Soon, simple and short Speak up as soon as your rights have been violated. Look the person in the eye and keep comments brief and precise.

S: Specific behavior: Focus on the

behaviour that compromised your rights not the person. Tell the person exactly what behavior disturbed you.

E: "Effect on me" share the feeling you experienced as a result of the person's behavior.

R: Response: Describe your preferred outcome, what you would like to see happen instead and ask for some feedback on it.

T: Terms: If all goes well you may reach an agreement on how to handle the situation in future, agree to disagree or simply come to a compromise. Even if no agreement is reached, you have asserted yourself with dignity.

FACTORS THAT ENHANCE HEALTHY RELATIONSHIPS

Finding love and maintaining a healthy relationship can be challenging for everyone. You have to have a balance of love, patience and self-esteem to really make it. The following items are the basis for a healthy, loving relationship. Even just one person's efforts can make a big difference in a relationship. By focusing on these elements, your relationship is sure to thrive for years to come.

Honesty: Honesty is one of the most basic of all elements to any healthy relationship. A deep and loving honesty between two people says, "No matter what happens, you will always know the true me." This feeling allows true friends to open up and be the best they can be with each other.

Forgiveness: Friends who can't make up will break up. As simple as this sounds,

without forgiveness in a relationship, old hurts often resurface and neither person is truly able to let go of the past.

Communication: Friends need to learn how to talk through both easy and challenging issues. Disagreements are a part of every relationship. To get through them, friends have to learn to respect their different ways of communicating.

Trust: Trust is like honesty in that it deepens over time. Friends who are able to trust each other don't have to deal with insecurities between each other. They're able to speak freely and be themselves.

Similar Values: This means that when you make major decisions in life, you two fall close to the same line. You may disagree about some issues, but the friends that are the happiest agree about the big subjects like education and career aspirations.

Patience: If you can deal with your friend's issues and his or her imperfections with patience, you have the bond to make it through the rough times. Friendship doesn't end because there are problems; they end because people quit trying to work those problems out!

Passion: Friends who have passion for each other are able to sustain their love.

While this may ebb and flow over time, the genuine passion for each other is at the heart of all lasting relationships.

Remember that healthy relationships are about feeling good about who YOU are and feeling SAFE with another person. You have the power to create healthy relationships all around you just by paying attention to who you are inside and what makes you happy. By getting to know yourself, it will get easier to recognize the differences between healthy and unhealthy relationships. Communication, trust and respect are the key ingredients for healthy relationships.

Charge to adolescents

Due to the developmental stage of adolescents, it is often difficult for you to understand your feelings because these feelings fluctuate; hence you may confuse infatuation with the feeling of love. Adolescents need to be able to identify and recognize positive loving feelings of complete and unconditional love in order to make responsible decisions about ways of expressing these feelings without necessarily having sexual involvement.

REFERENCES

Comprehensive Sexuality Education Trainers' Resource Manual by AHI

False friends and True Strangers by Nancy Rule
A smart girl's guide to boys by Nancy Holyoke

A smart girl's guide to friendship troubles by Patti Kelly Criswell

Youth Skills Development Programme 2011

Action Health Incorporated (AHI) is a non-governmental organization dedicated to the promotion of youth health and development. Our office is located in the Jibowu-Yaba Area of Lagos Mainland.

As one of our strategies for ensuring total youth development, in 1993 initiated the Youth Skills Development Programme. This is a salaried one-year internship programme that engages fresh secondary school leavers aged 16-19 years, to serve as Youth Programme Assistants within the organization. The programme provides them the opportunity to develop the core competencies and skills required for transition from adolescence to a healthy and productive adulthood with particular focus on the following competencies:

- Self Organisation and Time Management
- Interpersonal Communication & Public Speaking
- ICT Proficiency and Office Administration
- Personal Health Management
- Personal Health Management
- Community Development Activities

Participants in the upcoming programme will have the opportunity to work at AHI from December 2010 -

December 2011 and certificates will be issued to them on successful completion of the programme.

Requirements

Eligible applicants should:

- Be between 16-19 years old;
- Have a minimum of five (5) O' Level Credits including Mathematics and English Language in the SSCE; or NECO
- Demonstrate creativity and ability to use initiative;
- Must be committed to working full-time from December 2010-December 2011;
- Live within close proximity of the Jibowu -Yaba Area of Lagos Mainland.

How to Apply

Interested applicants should apply online by visiting Action Health Incorporated's website (www.actionhealthinc.org) and complete the provided application form or send in your application letter to: The Executive Director, AHI (Indicate 'Youth Assistant' at the top of the envelope)

All applications must be received not later than 29 October, 2010. Shortlisted candidates will be contacted by email and mobile text messages therefore, applicants are advised to check their emails regularly. When called upon, you will be required to come along with copies of your certificates and a reference letter from your school principal.

Poems

Sweet Tongued

You are so sweet that you make sugar jealous,
So cool that ice feel hot, bright that you make the
moon hide,
Believe me when I say 'you are a beauty' - all were
his words.

Best of smiles he gives me.
The warmest of hand shake I get
He was humble and hates trouble
So loving, I thought to myself.

Alas, the gentle man was out for something
Only for me to fall victim of his sweet tongue,
In his quest of filling a gap,
I ended in acrimony and mishap!

Oladipupo Ajayi (18 years old)

Who am I ?

To be assertive is to tell others
Who you are,
To not allow them to tell you,
Who you are and who you are not

Don't allow others to fumble around, jumble and
bumble you down.
In your assertive given life so you stumble around
like a clown.

And so treat you without respect, because they don't
expect you want it.
You have to assert your own wants to affect, perfect,
and wear your own pants.

Tell anyone your rights
And let every one know,
Asserting what you expect
Never allowing any more disrespect.

Cyntia Igho (16 years)

Agony of a Teenager

I am a girl of sixteen
With just a boyfriend
I couldn't just say no to him
As he was all over me

Yes we did it
Disregarding our early ages
I got pregnant
But he denies it

I didn't know what to do
So I sought peers advice
Abortion is pronounced as the lasting solution
I had it
And it was successful

But wait!
I've lost my weight
I've been having diarrhoea
And itchy skin
For some months now
And this...ugh...ugh...persistent cough
What is this?

Oh my God!
The Doctor said I have it
I am HIV positive
How do I tell my parents?
How will I gain love and acceptance?
Why me?

Now, I no longer have a home
All I do is roam
All around the street
Can't even afford a healthcare
Am I going to Die? Someone please Help!

Faseyi Adeola (18 years old)

CARTOON



Have Fun! Get Loaded!

Attend our Summer Break Program (July - September)

FEATURING:

Discussions on Sexuality Education ■ Movie Playback ■ Interactive sessions,
Students' presentation ■ Songs ■ Games ■ Drama ■ Dance

*** Mondays - Fridays: 1pm**

To join our on-line community on TeenZone, Facebook, Twitter, Flickr and
YOUTUBE visit our website: www.actionhealthinc.org

**Action
Health Incorporated**

17, Lawal Street, off Oweh Street, Jibowu, Fadeyi, Lagos.
Tel: 08033955173, 08028279185

Vox Pop

Testimonies By Anti Smoking Ambassadors

My name is TEMITOPE TAIWO an SSS 2 student of Bishop Ajayi Crowther Memorial High School Bariga, Lagos. I really caught fun with the youth smoking prevention campaign



project. My being an ambassador earned me the respect from my fellow students and I was charged with the responsibility of being a role model to other students. I was opportune to educate a classmate of mine who started smoking at age 7. He was willing to quit and I had to guide him all through the process and he still needs help because he finds it difficult to quit. Outside educating my classmates, I have an account on facebook where I put the information about cigarette smoking on my profile status regularly. It attracted the comments of many people from within and outside the country. I put the picture that shows the side effects of cigarette smoking in my profile picture, and the parts of the body that are affected by cigarette smoking. Some people got changed while some challenged me about the activity. Although there are challenges, one of my seniors in school almost bullied and mocked me, this made me feel embarrassed and I almost wanted to quit but my teacher encouraged me and I don't regard being an ambassador with the number of peers I have affected positively.

My name is IMAM MUYIDEEN, an SSS 2 student of Bishop Ajayi Crowther Memorial High School 1 Bariga, Lagos. I thank God for taking me through the project. The activity was exquisite and fascinating. I shared with my peers the effects of cigarette smoking like cancer of the lung and liver. Some of them expressed their fears about the influence their parents who smoke have on them. I had a special experience with someone I reached outside school. It's my neighbor who used to smoke 5 sticks a day, but when I told him about the effects of cigarette smoking, he decided to stop, then he reduced it to 3 then



land then said it was not easy to stop it because of nicotine content. But he has stopped smoking cigarettes now. Interestingly, a senior student in my school beat me up because he did not want me to reach him with the information since he was not smoking. Then, I told him the information is on prevention of cigarette smoking and to empower him with the skills he will need to resist the pressure to smoke. My involvement in this project as an anti-smoking ambassador has made me popular in my school and I am opportune to be among the people that are restoring the dignity of the young people in schools. The school principal commended our activity in the school. My peer groups were very good. They cooperated and listened to my opinion especially those in SSS 3 classes.

I am CHARITY AKPELU, an SSS 1 student of C.M.S Girls Senior Grammar School 1 Bariga, Lagos. My peer education activities focused on the negative effects of cigarette smoking, how individuals' values and self esteem can help resist cigarette smoking/negative peer pressure. I was able to reach 80 peers during the period of this programme. An example was one of my brother's friends who usually visits us at home and smokes cigarette. I seized the opportunity as an ambassador to speak with him on some of the contents of cigarette smoke and the effects of cigarette smoking to his body. He was baffled by my courage and felt so ashamed of himself and promised to quit smoking which he eventually did. As an ambassador, I have been empowered. I used to be a shy person who used to look down on herself but this activity has helped me build my self esteem and public speaking skills. The most challenging was speaking with the SSS 3 students, because of the difference in class level; they sometimes walk out on me, abuse me and never want to listen. I was not discouraged; instead, I linked up with one of the school prefects that was in the same class level with the SSS 3 students and she helped me tremendously. Overtime, the students became more eager to participate in the weekly quiz competition and won lots of prizes. I feel very good about the project because it created awareness to the students on cigarette smoking and also helped the anti ambassadors in terms of self esteem and values. It has also empowered the school



students to also reach other people outside the school.

I am PHIDELIA UNIFOH, an SSS 2 student of C.M.S Girls Senior Grammar School 2, Bariga, Lagos. When I was told I would be participating in a training of anti-smoking ambassadors, I was not comfortable with the information because I thought it was not necessary and it does not have any academic gain. I used to be shy; I didn't like associating with people. I never knew I was wrong until I participated in the training and was taught so much about cigarette smoking and its harmful effects on the body. After the training, I was able to educate my peers about underage smoking and the harmful effect of cigarette smoking to the body. I encountered lots of challenges but I was able to overcome them. I was able to manage my time well, as I did not allow the activities to disturb my academics. The program has really helped me to meet a lot of students and mentor some students. In addition to the peer to peer activity was the weekly quiz competition. It was educative and very participatory. It made students attend morning assembly to enable them participate and answer questions on the assembly. The information pamphlets were very useful especially the diagram on the effects of cigarette smoking on the body parts. To me, it was my own way of giving back to the society by educating young people and preventing the early initiation of young people. So far, I reached 50 young people in school and a host of others in my neighbourhood.



My name is MATTHEW ADEBAJO, a JSS 2 student of St Luke's Junior Grammar School 2, Bariga, Lagos. My experience during this project was awesome. As an ambassador, my peers listened to me and I interacted politely with them. I was able to reach 80 peers in my school with the information on youths smoking prevention. Although I was once mocked when I tried reaching a student in JSS3, himself and his classmates mocked me and made jest of me by calling me names such as "brother smoking", I felt bad but I had to continue with my responsibilities as an anti-smoking ambassador. Over all, I have gained a lot from the program. I have been empowered with information on cigarette smoking and life

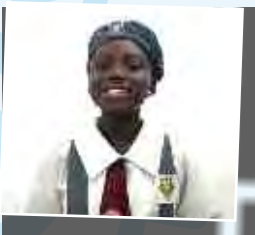


Vox Pop

skills. I have also been able to share the information with my family and neighbours. The Youth Smoking Prevention project is a good project that should not end. It should be extended to all schools and every young person should benefit from the project. All the students and teachers in my school are grateful to AHI for this initiative project!

I am MATTHAIS ISAAC, a JSS 2 student of St Luke's Junior Grammar School 1, Bariga, Lagos. I was able to educate over 40 students during this project with the smoking prevention information. One unique experience was on the day I was called to speak to all the students on the assembly about the harmful effect of smoking on young people. I was very happy because it was the first opportunity I ever had to speak to a lot of students. During the assembly talk, I spoke about the contents of cigarette smoke and their effects. The programme made a lot of young people who are passive smokers exercise their rights to no smoking in public places. I experienced so many challenges, once I was asked a question I did not know how to answer on the concentration of nicotine in cigarette by a friend of mine. Although I didn't know the answer I openly made him know the truth but further informed him that the concentration was the issue but the addiction to nicotine was dangerous even in a small tiny proportion. The peer education activity has impacted my life. I have also talked to my family members and neighbors. Formerly, I normally use chalk and paper to mimic smoking but with the information I now have on cigarette smoking, I have made the decision not to smoke cigarette at all. I am happy about the quiz competition activity because of the information the students now have. The students usually read the information pamphlets during prep time in school and this is because they want to answer the quiz questions correctly to win the prizes. The project is worth it and the government should extend this project in other schools. I also appreciate the efforts of AHI.

My name is ARIKE SAMUEL, a JSS 2 student of Immaculate Heart Comprehensive High Junior Secondary School 1, Maryland, Lagos. The youth smoking prevention campaign program was very good. The students in my school cooperated



very well with me. I also had fun in the process of meeting and educating people. The students understood all I taught on values, self esteem, the reasons they should not smoke and even not to stay near someone smoking.. They also understood the differences between passive and active smoking.. I was able to reach over 50 peers. Before the training, I use to pass by a joint around my school where people smoke and felt nothing was wrong, but now I do move away from the site to avoid inhaling their smoke. Also, I tried educating someone who I felt could help talk to them in the language they understand about the dangers of cigarette smoking and the reasons they should not smoke. At first I thought the program was going to be boring but later it was much more interesting and I was willing to educate my peers even after school. The quiz competition was very good because many students were always excited to participate and win prizes. Those who won prizes were always excited and influenced more students to participate. The project is a very good one. I give kudos to AHI and the Lagos State Ministry of Education for bringing this project to my school. Though it is believed that most young people in the JSS have not started smoking, this project has provided a more realistic situation within the school environment where classmates/schoolmates have started smoking..

My name is ABOLADE OLAJIDE, an SSS 2 student of Immaculate Heart Comprehensive High Senior School 1, Maryland, Lagos. The peer to peer activity was educative and the students were very cooperative. I was able to reach my target peers in my school. I talked to my peers on the effects of cigarette smoking. During one of my activities, I met a female student who smokes cigarette and said it is not easy to stop smoking. I advised and encouraged her on how to stop gradually by reducing the number of cigarettes she smokes per day and ensuring she is not always with friends who can easily influence her to smoke. She was ready to quit and I had to lead her all through the process and I discovered through regular follow up with her that she has started practicing what I told her. In all, the activity was fantastic. The quiz competition made students regular at the assembly; it also increased their participation and interest in the project activity. The project has been worth the while and I will like to see more of it.

I am BIOLA ADEBAYO, an SSS 2 student of Immaculate Heart Comprehensive High



Senior School 2, Maryland, Lagos. Before the project, I didn't know anything about cigarette smoking but with the information received at the training, I was empowered and was able to reach out to my peers with information on the effects of cigarette smoking, the contents of cigarette smoke and the reasons why young people should not engage or stay around cigarette smoke. I also educated students on how to build a high self esteem as it will help to resist the pressure to cigarette smoking by friends. I used a friendly approach to reach them though some of the students did not want to listen but with the friendly approach, I was able to gain their attention and confidence. The quiz competition activity was good as it gained students' interest on the subject matter. Overall, the project was good and though it is coming to an end; I will continue to reach other people that do not have the factual information on cigarette smoking.

My name is TAOFIK ONIPEDE, a JSS1 student of Immaculate Heart Comprehensive High Junior Secondary School 2, Maryland, Lagos. My activity as an anti-smoking ambassador was very interesting. I educated my peers on the forms of cigarette smoking, types of smoke, the similarities between active and passive smoking, the contents of cigarette smoke, the reasons why youth smoke and the same effects of cigarette smoking on the body. It was quite amazing how young people react to basic health information that would benefit them. An example was a male student in my school who felt reluctant to listen to me because he said he doesn't smoke and so does not need the information. Also, one of the female students in my school who displays an unserious attitude tore the pamphlet I gave to her. I had a challenge with a classmate of mine who wanted me to always repeat myself whenever I talked to him. All these challenges were resolved as the awareness of the program increased within the school through the introduction of the assembly quiz competition. Through the quiz activity, students were able to participate and learn from the information shared. Furthermore, the students were always happy because of the prizes they won. For me, my participation has improved me especially in my science subject. I am able to make more contributions in class. The organization has done a lot for the young people as they have provided information to make informed choices. I would suggest that more awareness should be created around underage smoking.



**ACTION
HEALTH** Incorporated *Presents*

17th Teenage Festival of Life



Theme:
A NEW NIGERIA:
Change starts with me

SUB-THEMES

Sexual and Reproductive Health

Ethical Behaviours

Meritocracy

Quality of Education

Categories - Music, Poetry & Drama

Rules

1. Each school can only submit one entry per category and each (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 on which music is recorded.
4. All entries must have the name of the scriptwriter on them.
5. Submission of Entries closes on Wednesday, 30th July, 2010.
6. Entries will be short-listed and short-listed schools will be notified.
7. 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 13, 2010

Time

8:00am
Prompt

Venue

Main Auditorium,
University of Lagos, Akoka, Lagos



For further information, please contact: TFL Planning Committee, AHI Youth Center - 17, Lawal Street, Off Oweh Street, Jibowu, Lagos. Call: Nelly on 08028279185 or Ayo on 07056674873; Email: info@actionhealthinc.org

Sunday

I went to church alone today, Dad and Mum had a function with a couple of friends outside town and I was all alone at home. I woke up quite late looking dull, had my bath, dressed up and prepared for church. I got on my way---thinking "I wish I had a sister or even a brother, I wish mum never had all those miscarriages, God please give me a little sister". I was still deep in thought when I heard a voice close to me saying something; I wouldn't have looked up if he had not shouted into my ear. I smiled and looked up to him, he introduced himself as Seyi and said he was on his way to the gym, he also said he wished he could go with me to church that he was new in the area and needs a friend. I agreed to be his friend, we exchanged numbers and we parted. I got a call from Tammy letting me know that she was already around; I had invited her to church earlier. I went with my friend Tinuke to welcome her and I was surprised to see her holding the latest model of a blackberry phone. I never knew Tammy had a phone let alone a blackberry...wow! She's a 'big' girl! Well, maybe she just got it. Later during the service I got a gift for inviting someone to church and Tammy also got one for coming with me.

Monday

Had to hurry, because Dad was to drop me off at school. We left the house early enough to beat traffic but then we had a punch. Dad was devastated as I was, I almost cried but I summoned up courage. Dad called his mechanic who was probably still on his bed, but then he came around, fixed it for us and we started out again. Dad dropped me off at school but I was already late, I knew I wouldn't escape Mr. Tikolo's punishments this time. I got to class late so I already missed a class, but Tammy already copied the notes for me because I lent her my Economics note. I didn't go to the cafeteria for lunch break, so Ozomma and Khadijat came looking for me. They found I and Tammy solving a Maths question and they joined. I got home quite late and famished, so I got myself something to eat, had my bath and ran off to bed, thinking Seyi didn't give a call today.

Tuesday

Got a good morning text from Seyi...smiled and hurried off to school. Agnes sent a letter through a junior student to me that she was back from the village where she had gone for her dad's burial, I showed it to Khadijat, Tammy and Ozomma and we all agreed to check on her on our way home. We met Agnes outside her house, she was very happy to see us, she hugged us and started crying, we all cried too, because our once bubbling Agnes was now a shadow of herself, she had lost weight and was looking pale. Ozomma consoled her and assured her that we would support her as friends and she can depend on us. Then she explained how her mother was made to suffer, her hair was shaved, she was starved and how she was made to sleep in the same room with the corpse for seven days!!! She further talked about how the death of her father has made her and siblings slaves in their own father's house, as they are not entitled to anything because they are all girls. She then said she wasn't sure if she was coming back to school. We pleaded with her to come back at least the last school fees her dad paid has not expired yet. She agreed to come next week Monday and we parted.

Wednesday

Seyi's call woke me up this morning, he said hello and wished me a great day ahead, I thanked him, and then he hung up. I and Tammy joined the Health club where we discussed 'Dating', we were surprised to know that such topics were discussed but we later found out that the club doesn't only discuss health topics but also discuss issues affecting adolescents generally. We were enlightened about possible places where we can go for dates and some appropriate behaviors for dating like setting and communicating your limits, being assertive and respecting each others values and decisions. Thinking back to the discussion with Agnes yesterday, her family still lives in the ancient tradition. God please don't let me face same. I feel so sorry for her...

Thursday

Ozomma informed I and Tammy at the close of school that she had sent a letter through Agnes's neighbor who also attends our school that we would be expecting her on Monday and that we miss her a lot. We thanked her, and bade one another goodbye. On my way home today, I got mum some fruits. I usually do that when I want to get something back from her. Immediately I gave her she asked what I wanted and I told her that I would like her to lend me her pink bag to church on Sunday. Surprisingly she said I can have the bag to myself. Mum...she's so unpredictable! Later that night mum caught me talking to Seyi on phone and she requested to know who he is, I told her he is a new friend and she enlightened me more on keeping healthy relationships and setting limits.

Friday

Health club members presented a song titled "my future" at the assembly, I and Tammy were proud to be members. The principal addressed us and we all went to our classes. School closes early on Fridays so we were quick to go home. I bade my friends good bye and ran off to my aunt's hospital just across my school, I met her attending to a girl of my age and on asking about the girl she narrated how the girl was raped by her date and she warned me never to go on a date with a stranger or have a date in a lonely area. I nodded and asked if I could talk to the girl, she said I should let her rest and I promised myself to come back to check on her tomorrow. Seyi offered to take me out to see a movie but I have not consented to it. I think I need to ask mum.

Saturday

As at the time I woke up this morning, I was feeling really weak, mum helped with some of my chores and I loved her more. I didn't go for rehearsals today rather I went to see the girl at the hospital, she was feeling a lot better now and we gisted a lot...you want to know what we talked about? Find out in the next edition!

NEWS REEL

School Quiz Competition

As a continuous effort to engage young people in Peer-to-Peer Education, AHI organized an 8-week School Quiz Competition for the 10 schools implementing the Youth Smoking Prevention Campaign Programme. The quiz competition took place every week. The activity involved writing out questions on Cigarette Smoking and Prevention on the school

notice board and allowing students send their answers into the quiz draw box. The students' answers are reviewed for correct answers only by coordinating teachers before the assembly draw on Friday. The activity was always fun as 15 lucky winners were drawn from a pool of correct answers by ballot and announced on the assembly ground to receive gifts of exercise books and tee shirts. Every student looked forward to

the day with heightened enthusiasm. The students have benefited immensely from this activity as it increased their awareness of the basic factual information on the health implications of smoking, built their capacity to prevent the initiation of early cigarette smoking and increased access to I.E.C materials on cigarette smoking prevention.



Some of the winners during the school quiz competition



Mrs M. K. Akorede, Principal Bariga Jnr Gram. Sch. presenting a gift

Many Lights for Human Rights

The International AIDS Candlelight Memorial Day is traditionally commemorated at Action Health Incorporated (AHI) every year. The 2010 edition has the theme "Many Lights for Human Rights" and was held Monday 17 May, 2010. The youth centre based programme focused on creating awareness on the rights of people living with HIV and AIDS as well as putting an end to stigma and discrimination. The presentation also updated the knowledge of the young people on HIV and AIDS issues, basic human rights for people living with HIV and AIDS (PLWHA) and capacity building to support and care for PLWH/A. Other fun activities of the day include the making of red -ribbons, quiz competition on HIV and AIDS, games and jokes. The session was very participatory as it revealed the negative



Cross section of students at the AHI Youth centre.

impacts of stigmatization and discrimination and proffered practical solutions to them. Candles were lit in honor of those who have lost their lives as a result of AIDS, discrimination and

stigma from the society, family and friends. A total of 105 young people from 35 schools in Somolu, Mainland, Bariga and Kosofe Education Districts attended the programme.

NEWS REEL

5th National Conference on HIV/AIDS



Participants Role-Playing Parent-Child during the Session

The 5th National Conference on HIV/AIDS, with the theme: "The Nigeria HIV Response: Ownership and Sustainability" and sub-theme: "Closing the Programme Gaps" was organized to review stakeholders' response activities since the last conference in 2004. At the conference, Action Health Incorporated (AHI) organized skills building/outdoor session titled: Communicating with young people about Sexuality. The session was aimed at improving adult-youth communication around issues of sexuality. The delegates who participated in this session were a mix of young people, NGO programmers,

representatives of Faith-Based organizations, and stakeholders in adolescent sexual and reproductive health programming. It was an interactive session in which the delegates were divided into four working groups. Role-plays formed the major methodology employed during the session. AHI was also involved in 2 oral presentations during the conference. The first, "HIV Testing among Young People; Implications for Sexual and Reproductive Health", was a paper sharing findings about young people that have attended the AHI Youth Friendly clinic over a period of 5 years (1999-2003). According to the paper, factors influencing the uptake of HIV testing among young people include the experience of sexually transmitted infections, and previous sexual activity(ies). Recommendations included the involvement of young people as

stakeholders in all HIV and AIDS programming and establishment of more youth-friendly clinics to enhance the national response to HIV/AIDS especially as it regards young people. The second paper was titled 'Sexuality Education, A Must in the Control of HIV Pandemic'. The presentation was aimed at promoting support for school-based implementation of FLHE curriculum using 2 specific objectives: providing an update on young people's SRH behaviour including HIV prevalence in Nigeria, and sharing lessons learnt in the school-based FLHE curriculum implementation in Lagos State. The African Regional Sexuality Resource Centre (ARSRC), a project of AHI, had an exhibition booth through the period of the conference. The participation of ARSRC at the conference is in line with her aim of promoting a better understanding of human sexuality in Africa especially as the conference is related to one of African Regional Sexuality Resource Centre's (ARSRC) thematic focal areas-Sexuality and HIV/AIDS. Besides, the generality of the conference revolves around other thematic areas: adolescent access to sexuality education as well as violence against women and girls which are intricately related to factors compounding the vulnerability of young women, a major driving force to the spread of HIV/AIDS.

Upholding Child's Right

On Thursday, 27 May, 2010 Action Health Incorporated (AHI) organized a Children's Day program at the centre for students of schools around Somolu, Kosofe, Bariga and Mainland Education Districts. The purpose of the celebration is to encourage and educate young people on their rights and to uphold their rights in order to improve their health status and development. One of the

day's presentations focused on the concept of Child Rights and Child Abuse. The discussion with participants also threw more light on how to help children deal with the incidence of Child Abuse and Exploitation. A short video playback titled "They Call Me Dog" was viewed by participants. The movie increased participants' understanding through discussions. Other activities include drama presentation, games, poems

recitation, riddles, songs, jokes, etc. The day was more glorious as many children had the opportunity to see themselves cut the celebration cake. Refreshment and Information Education and Communication materials were provided for participants.. The event was rounded up with song rendition titled 'We are the World' by Michael Jackson. A total of 88 young people were in attendance.



Students Celebrating Children's day at the AHI Youth Centre

NEWS REEL

Gender, Sexuality, History And Culture In Africa

The Africa Regional Sexuality Resource Centre (ARSRC) co-sponsored and participated at the 3rd annual international colloquium organized by the Gender Studies Group, University of Lagos, Nigeria with theme: *Gender, Sexuality, History and Culture in Africa*. Drawing from the felicitation message of Marjorie K. McIntosh, Distinguished Professor of History Emerita, University of Colorado at Boulder, USA, the colloquium brought together scholars interested in issues of gender and sexuality within African contexts, topics that are just beginning to receive careful academic study and people dealing in practical terms with the kinds of problems that grow out of human sexuality and gendered definitions. In her goodwill message, the Executive Director of Action Health Incorporated said that sexuality issue has gained considerable ground globally, both as a public health issue and as a focus of research in the social sciences in the last three decades. Sexuality plays a



Cross section of participants at the colloquium

major role in interactions and power relations between genders. Gender involves both women as well as men. Hence understanding gender means understanding opportunities, expectations, responsibilities and constraints as they affect both men and women in any given society. Understanding sexuality enhances comprehension of gender and these issues are intersected with culture,

ethnicity, race and power. All these, she stated reveal the utmost need for a forum to explore the intersections between sexuality, gender, history and culture to assess the impacts of these in the society. Scholars at the colloquium were drawn from various universities within the host country, Nigeria as well as countries such as Cameroun, India and South Africa with 67 thought provoking papers received and 52 presented.

FLHE Evaluation Dissemination Meeting

The Lagos State Ministry of Education in collaboration with Action Health Incorporated organized a dissemination meeting for stakeholders in the education sector on 15 June 2010 at Adeyemi Bero Auditorium, Alausa, Ikeja. The LSMoE amongst other implementing state in Nigeria has the additional distinction of being the state where the longest running systematic impact evaluation of classroom teaching of the Family Live and HIV Education (FLHE) has been carried out from 2003-2009 conducted by Philliber Research Associates, an external evaluation consultant from USA, with support from AHI and the Lagos State Ministry of Education. The impact evaluation was integrated from the outset of the programme into its basic design and implementation starting with the formative research and needs assessment conducted in 2002. The findings from the 5-year evaluation of the Family Life and



L-R: Mrs S. Amosu, Director Private Education and Special Programmes, LSMOE, Mrs J. Ojoshipe, Director Finance and Admin, LSMOE, Dr (Mrs.) F. A Dabiri, CEO LSACA/SSA on HIV and AIDS during the FLHE evaluation meeting.

HIV Education curriculum implementation in Lagos State public junior secondary schools suggest strongly that it is having a positive impact on the benefiting students especially since those who were exposed to the curriculum responded more positively than an earlier unexposed SSS1 cohort around; (a) knowledge of sexuality and reproductive health issues; (b) gender equitable attitudes; (c) the ability to say no to sexual intercourse if

asked by someone they liked; (d) boys being less likely to pressure girls to have sex with them and; (e) girls' ability to say no to boys in intimate situations. Funding for the evaluation project was provided by John D. and C. MacArther Foundation.



Q I am a 17 year old girl and no guy has ever asked me out on a date or for a relationship. My friend says that I am under a curse and that it is abnormal. Is this true?

A You are perfectly normal and should not focus on what other people might think of you. There are many other girls like you who are not in any relationship. It gives you the opportunity to stay focused on your educational aspirations. Nevertheless here are a few tips that can help you in making healthy friendships; be friendly, be interested in others, be yourself, be a good listener, and don't try to be someone else. You are unique and special and I'm sure you will find a right match someday.

Q I am a 16 year old girl and many boys want to have a relationship with me. I am scared because of the consequences of engaging in early sexual intercourse. I have tried many times to discourage them but I have not been successful. I stopped wearing make up for over a year now but to no avail. I am so confused, what should I do?

A It's natural for boys to want to date a girl they find attractive. If you are not ready for this, make your stand known politely and let your body language and action convey your decision(s). Many boys feel that girls mean "yes" when they say "no". But once you communicate your stand to these guys let them know you are serious and don't pay any attention to them. Keep yourself engaged in positive activities and they will soon respect you and your stand.

Q I have been dating this guy for the past two years without him demanding for sex, but suddenly he started pestering me. I love him and I don't want to lose him but the way things are turning now, I'm scared of losing him, what should I do?

A Sex isn't everything in a relationship. You can love someone without having sex with him or her. You don't prove your love with sex. Sex can be wonderful in a trusting relationship but if one doesn't want to have sex then it is not an act of love at all. A relationship is the interaction between two or more people. It varies in intensity, type and commitment. The foundation of every relationship is communication- without it no healthy relationship can exist. If you decide freely whether to have sex or not, think very carefully before you act. This is one of the most important decisions in your life because the consequences can be good or bad.

Q I am not ready to give in to sex, but my boyfriend tells me that sexual intercourse would make the affection we have for each other grow stronger. Is

this true? Is there any relationship between sex and love?

A Having sexual intercourse alone does not make good relationship. You can love someone without having sexual relationship with him. You don't prove your love with sex. Sexual intercourse can be a wonderful thing in a loving relationship. But if one person doesn't want it, it is not an act of love to force that person to have it. If you do not want to have sexual relationship with your boyfriend, please do not be pressured to doing it. He must respect your decision if he can't, then he doesn't love you like he claims. Build your communication, assertiveness and negotiation skills and try to speak to your boyfriend again about your feelings. If he will not listen, you may need to reconsider your staying in that relationship.

Q Can a boy or a girl express love by having sex?

A When two people truly love each other, they do not have to prove it by having sex. There are other ways of expressing love, besides having sex. A caring, loving concerned partner would not insist on having sex to demonstrate love and affection. No one should be forced into having sex. Both partners need to make a sensible decision, as any irresponsible action could end in regrets such as having unwanted pregnancy, and putting an abrupt end to the education and career of the girl. It could also affect the boy's future, if he is forced to take responsibility for his action.

Q I have been going out with my boyfriend for nearly four years and we are both approaching the engagement decision. We get along great and never lose the ability to have fun and laugh together. The only problem is that while he wants to engage in intimate activities often (we are still both virgins), I am not that interested. I love him, but I still don't get physically turned on with him as I do while fantasizing about other guys. Is it wrong to marry someone whom you don't feel passion for?

A First of all, it sounds like you and your partner are in a healthy relationship. You have qualities that many sexually passionate relationships are missing. You have been together for four years, so it's likely that you know by now if you're well suited in terms of interests, values, lifestyles and personalities. Ask yourself; does this relationship enhance who I am or diminish who I am? Do I genuinely like my partner? Do I respect and even admire my partner? Think about the qualities and characteristics that are essential, reasonably important and luxuries in your ideal relationship. Loving someone and being happy have more to do with you than the other person. When the time for commitment draws near, many people's fear begin to surface and demand attention. Talking with someone may help, often older, wiser family members, or counselors can help you sort out your feelings.

SELF HELP GUIDE

Interpersonal skills: *Effective skills for building relationships*

Communication is an effective skill for building relationships. Communication involves almost every aspect of our interactions with others; for this reason, communication and relationships are inseparably connected. You can't have a relationship with someone without communicating with them. Communication involves how we express our thoughts, ideas, and feelings to others, including what we say and how we say it. But when we communicate with others, we also communicate attitudes, values, priorities, and beliefs. No matter what we actually say to other people in words, we also send messages about what we think of them, what we think of ourselves, and whether or not we're being sincere and genuine in what we say. Our non-verbal communication -- those things we don't say with words, but with our gestures, our facial expressions, and our attitude -- speak volumes. Most often a times, lack of effective communication causes conflicts in relationships.

Conflict in a relationship is virtually inevitable. In itself, conflict isn't a problem; how it's handled, however, can bring people together or tear them apart. Poor communication skills, disagreements and misunderstandings can be a source of anger and distance, or a springboard to a stronger relationship and happier future. Next time you're dealing with conflict, keep these tips on effective communication skills in mind and you can create a more positive outcome.

Here's How:

1. **Stay Focused:** Sometimes it's tempting to bring up past seemingly related conflicts when dealing with current ones. Unfortunately, this often clouds the issue and makes finding mutual understanding and a solution to the current issue less likely, and makes the whole discussion more taxing and even confusing. Try not to bring up past hurts or other topics. Stay focused on the present, your feelings, understanding one another and finding a solution.
2. **Listen Carefully:** People often think they're listening, but are really thinking about what they're going to say next when the other person stops talking. Truly effective communication goes both ways. While it might be difficult, try really listening to what your partner is saying. Don't interrupt. Don't get defensive. Just hear them and reflect back what they're saying so they know you've heard. Then you'll understand them better and they'll be more willing to listen to you.



3. **Try To See Their Point of View:** In a conflict, most of us primarily want to feel heard and understood. We talk a lot about our point of view to get the other person to see things our way. Ironically, if we all do this all the time, there's little focus on the other person's point of view, and nobody feels understood. Try to really see the other side, and then you can better explain yours. (If you don't 'get it', ask more questions until you do.) Others will more likely be willing to listen if they feel heard.

4. **Respond to Criticism with Empathy:** When someone comes at you with criticism, it's easy to feel that they're wrong, and get defensive. While criticism is hard to hear, and often exaggerated or colored by the other person's emotions, it's important to listen for the other person's pain and respond with empathy for their feelings. Also, look for what's true in what they're saying; that can be valuable information for you.

5. **Own What's Yours:** Realize that personal responsibility is a strength, not a weakness. Effective communication involves admitting when you're wrong. If you both share some responsibility in a conflict (which is usually the case), look for and admit to what's yours. It diffuses the situation, sets a good example, and shows maturity. It also often inspires the other person to respond in kind, leading you both closer to mutual understanding and a solution.

6. **Use "I" Messages:** Rather than saying things like, "You really messed up here," begin statements with "I", and make them about yourself and your feelings, like, "I feel frustrated when this happens." It's less accusatory, sparks less defensiveness, and helps the other person understand your point of view rather than feeling attacked.

7. **Look for Compromise:** Instead of trying to 'win' the argument, look for solutions that meet everybody's needs. Either through

compromise, or a new solution that gives you both what you want most, this focus is much more effective than one person getting what they want at the other's expense. Healthy communication involves finding a resolution that both sides can be happy with.

8. **Take a Time-Out:** Sometimes tempers get heated and it's just too difficult to continue a discussion without it becoming an argument or a fight. If you feel yourself or your partner starting to get too angry to be constructive, or showing some destructive communication patterns, it's okay to take a break from the discussion until you both cool off.

Sometimes good communication means knowing when to take a break.

9. **Don't Give Up:** While taking a break from the discussion is sometimes a good idea, always come back to it. If you both approach the situation with a constructive attitude, mutual respect, and a willingness to see the other's point of view or at least find a solution, you can make progress toward the goal of a resolution to the conflict. Unless it's time to give up on the relationship, don't give up on communication.

10. **Ask For Help If You Need It:** If one or both of you has trouble staying respectful during conflict, or if you've tried resolving conflict with your partner on your own and the situation just doesn't seem to be improving, you might benefit from a few sessions with a therapist. Couples counseling or family therapy can provide help with altercations and teach skills to resolve future conflict. If your partner doesn't want to go, you can still often benefit from going alone.

Tips:

1. Remember that the goal of effective communication skills should be mutual understanding and finding a solution that pleases both parties, not 'winning' the argument or 'being right'.
2. This doesn't work in every situation, but sometimes (if you're having a conflict in a relationship) it helps to hold hands or stay physically connected as you talk. This can remind you that you still care about each other and generally support one another.
3. Keep in mind that it's important to remain respectful of the other person, even if you don't like their actions.

References:

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WATCH YOUR MANNERS

Social Etiquette

There are many types of conversation and social etiquette conversation is one of the more conservative conversation styles. This is because social etiquette conversation occurs when you are in a large social group and interacting with a wide variety of people and interests. As a result, there are some general rules to follow in order to engage in social etiquette conversation and be socially accepted. However, do not feel that social etiquette conversation is a skill you cannot master if you have never been good at it before. You simply need to practice social etiquette conversation, and practice makes perfect. Consider the following pointers the next time you are in a social situation.

Simple rules of social etiquette in conversation:

1. **Introducing a topic:** When introducing a discussion, choose a topic that is synonymous with the class of your listener as any issue or topic outside the discussion would be disregarded.
2. **Never Hijack conversations:** No matter your level of exposure in a certain field never hijack conversation of people. Even if their perspective of the topic is nothing but fallacy, you should not unless you have been invited to make a contribution. But in some cases where you are not invited you can ask the discussant "if you can share your view" (and not correct theirs)
3. **Ask questions:** Make the questions easy to understand and respond to. That will give the person you're talking to a prompt and help them relax into talking to you.
4. **Give people a chance to answer:** Make sure you listen. Some people jump straight in with an answer; others like to ponder a question and give a considered response. Either of those options is fine, so make sure you leave time for an answer to be given. You only have to look at facial expressions and body language to know if they want you to step in and rescue them by speaking again.
5. **Respect other people's opinion(s):** It doesn't really matter whether the world agrees with you, does it? People are entitled to their opinion and you don't have to launch a single-handed campaign to convince them of the error of their ways. You won't succeed anyway and why does it matter to you? Unless someone is likely

to be harmed by holding a particular opinion, leave it well alone. Even if there is risk of danger, think carefully about whether you're the right person to tell them about it.

6. **Don't rain on someone's parade:** That's partly linked to the last point, it means don't dampen someone's enthusiasm. You may see all sorts of pitfalls in their plans or what they're saying, but do you really have to be the person to tell them? Can't you let them find out these things for themselves? After all, the problems you fear may not actually arise.

7. **Don't be a know-it-all:** You may have a wealth of wisdom and knowledge to pass on to someone, but unless you do it in the right way, it won't do any good. It's important not to be smug when passing on advice. Don't pretend you have all the answers because you really don't. Also don't make the other person feel stupid. It's bad manners and they won't listen to you anyway.

8. **Do not make disagreement personal:** It's fine to differ in opinions even with friends and loved ones. That's just life and it doesn't hurt anyone. A difference of opinion doesn't have to cause a row and it can actually lead to an interesting conversation- if you approach it right. That means not making the other person feel stupid for thinking as they do; don't bully or berate someone into agreeing with you this actually won't work anyway; even if they say they now agree with you, they'll probably be lying! Don't resort to abuse and name calling and listen to the other person's point of view; you'll have an easier life and you may even earn some respect.

9. **Difficult conversations** were never meant to be easy: Lack of tact is a huge conversation faux pas. It alienates people and means you just don't get listened to. Think whether you really need to have a difficult conversation with someone. If you think they are making a potential harmful choice, for instance. Choose your battle on this and make sure you're the right person to have the conversation; are you close enough and trusted enough to advise this person.

It is simple good manners to choose carefully what you say to people. Make them glad they talked to you. Try to make people feel better for having talked to you. If you know a comment will be unwanted, do not make it unless it is absolutely

necessary for someone's welfare. Those are the simple rules of social etiquette in conversation.

10. **Be Polite:** Remember when you are in a social situation it is important to always be polite and respectful of other guests even if you vehemently disapprove of certain comments or other individuals are not being polite. Make sure you follow the rules of social etiquette conversation and remember your manners, always saying thank you, you are welcome, please, and listening to others when they speak.

11. **Keep it Short:** In social situations it is always important to understand the nature of social etiquette conversation and keep conversations short and socialize with everyone present. If you have a long, in depth conversation with certain individuals they might be resentful because they are interested in exchanging pleasantries with everyone in attendance. Remember, social etiquette conversation is pleasant and short.

12. **Eye Contact and Personal Space:** Making eye contact and allowing individuals their personal space is important in all conversations, but especially in social etiquette conversation. This allows you to seem interested, polite and respectful of the other individual which are all social requirements. Also, when you are talking you will want to have your own personal space so remember the golden rule.

Social etiquette is important to use because it shows you are an educated individual concerned about your appearance and treatment of other people. Also, when you are in society it is frequently because of a particular event, so using etiquette will show your respect for those who invited you as well and will allow continued invitations to arrive in your mailbox. There are of course other considerations as well when you are in proper society, however as long as you follow the above tips your social etiquette conversation will not be criticized and you will get through conversations splendidly.

Reference:

<http://www.conversationtalk.com/Social-etiquette-conversation.html>

CAREER GUIDE

Do You Want To Be A Creative Artist?



Art lacks a satisfactory definition. It is easier to describe it as the way something is done -- "the use of skill and imagination in the creation of aesthetic objects, environments, or experiences that can be shared with others" Creative artists or Art directors are persons in charge of a creative team that produces artwork to be displayed in magazines, on television, on bill boards, on the web, or on products. A creative team can consist of artists, graphic designers, photographers, copy writers, and a production staff. Art directors make sure that each of these workers produce and complete their work on time and to the client's satisfaction. Creative artists also play a major role in the development of a project by making decisions on the visual elements of the project, and by giving the final say on the selection of models, art, props, colors, and other elements. To be a creative artist you will need advanced training in graphic design as art directors also often do some of the artwork and designing themselves. However, most of an art director's time is spent doing supervisory and administrative work.

The Job

A Creative artist or Art director is a person who plays a major role in the development of a project by making decisions on Do You Want To Be A Creative Artist? the visual element of projects and giving the final on the selection of models, art, props, colours, and other element. However, most of an art director's time is spent doing supervisory and administrative work. As a creative director, there is an option to conduct various workshops on fine arts and its related fields. Other related option is to be an art critic and write reviews for various art magazines which are quite popular abroad. Thus, there is no dearth of job options for skilled and trained artists in creative arts, fine arts and commercial arts. The industry covers a wide range of activities, including:

- Writing;
- Acting;
- Dancing;

- Music;
- Photography;
- Craft design/making;
- Museum/art gallery curating
- Arts administration;
- Teaching
- Therapy.

Working environment

Much work exists within micro business, (fewer than ten employees), with many organizations set up for a specific performance in music and dramatic arts.

- Most people are self-employed.
- Large organizations in this sector are mainly in publishing, theatres, museums and local authorities.

Working conditions

● Seasonal work is important in the performing arts, with peaks in long holidays and Christmas seasons. Short-term contracts are common.

● Part-time work is commonplace, with about 25% working less than 30 hours per week. Hours are frequently unsociable.

● A large proportion of creative artist have their primary occupation in the creative arts sector but earn most of their income in another sector. Although some performers/artists will command high fees, the majority earn low salaries.

● Competition for arts administration jobs is very high and pay relatively low. Hard-to-fill vacancies include experienced administrators for principal posts running major performance venues, orchestras and theatre/opera companies.

Training:

Most creative directors have a degree in advertising, design and copy writing. In an advertising and design degree program you will learn to plan, design, and direct the creation and production of fruit as well as learn how to run a

successful 360 degree and campaign. With the creative and business skills gained by proper training in advertising and design, you will be qualified to pursue a career as an art director or creative director.

Skills and Personal Qualities

Accuracy
Initiative
Leadership skill
Creativity
Communication skill
Computer skills
Team work
Flexibility and adaptability
Technical ability
Experience
Talent
Managing ability
Self-confidence

Prospect/Outlook

Employment opportunity for art directors can be found with advertising agencies, magazines and newspapers, public relations firms, and manufacturers. However, over half of art directors employed in the country are self-employed or free lance. Wages can vary by employer, area of the country, level of experience, responsibility, and size of the project. Many art directors also earn bonuses each year.

In the television and media field, one could design the non verbal presentations for television programmes involving trade figure analysis, election results, etc. A commercial artist can also design stamps and letter heads for government organizations.

One can also explore career options abroad. One can organize exhibitions and auction his creations abroad. One can land a job with either a good company or work on his/her own and wear name, fame and wealth. Thus, this field can give high visibility and recognition with one good piece of art.

REFERENCE

www.google.com
[Http://www.work-experience.org/cms/ShowPage/Home_page/Industry_insights/Creative_arts/overview/p!eebfcp](http://www.work-experience.org/cms/ShowPage/Home_page/Industry_insights/Creative_arts/overview/p!eebfcp)



TOO LATE TO CRY!!!



My name is Cynthia (not real name) I was born some twenty-three years ago and never saw or knew my father. Till date I don't know who my father is, if he is alive or dead. Well, I never bothered because there was no need to. I grew up loving my mother, because she got me all the things I wanted. I attended the best of schools and I traveled in and out of the country like I was going to the market. I, in turn didn't disappoint my mother as I excelled academically. She was proud of me and I was always happy about that. I never really thought of where my mother got the money she used to pay my school fees, pay rents and feed us. My mother didn't go to work or at least have a shop like most mothers did, yet we spent lavishly on different things. In fact, as at the time I was nine my mum already had five cars which she told me were gifts from her friends. Truly my mother had really big friends...I mean influential people in the society but the amazing thing is that these big people, who are mostly men, do not visit us in the daytime. Most of them come really late in the night and leave very early the next

morning.

Inquisitive as I was One day I asked a man who I was sure I had seen on TV a couple of times why he didn't go home the previous night. The man was dumbfounded. My mother quickly answered saying "Darling, Uncle couldn't go home yesterday night because it was late so he passed the night". As they both left, the man kept looking back as if to say 'this girl must be a witch'. All these didn't bother me, but trouble started when some of my mother's male friends started making passes at me. At first, I reported all these to my mother expecting her to stop them and let them know that I'm only a little girl and her only daughter, but she didn't. Instead she shouted at me right in front of these old men giving them the go ahead to do whatever they wanted to do. They sometimes fondle me in ways I don't like. This made me moody and I cry so much when I'm alone.

Every year mother and I never missed celebrating our birthday, which we usually celebrate on the same day. I really do not know why she did that because for real our birthdays were far apart. On her 40th and my 15th birthday, my mum broke my heart. She lured me into a room with a man I had seen earlier discussing with her. That night I was raped. I cried myself to sleep and by the time I woke up it was already morning. Since that day my life changed. All of a sudden I started enjoying what I once dreaded. Thrice I got pregnant and my mum assisted me in aborting them. On one occasion it was found out in school that I was pregnant and I was expelled. I wasn't bothered one bit as I didn't understand why I was in school in the first place. Mum wasn't bothered as well; she even gave me some money to buy the things I needed. She changed my wardrobe and I was excited. I now joined her fully in her 'profession'. She introduced me to some of her top male friends and I spent every weekend traveling to different parts of the country with them.

Then mum fell sick. Seriously sick that she couldn't get out of bed. She refused to see the doctor as she said she would be

okay, that it was just out of stress. I, on my part continued to enjoy myself with my various boyfriends and bringing home more money for my mum until one day on my way home from one of my long journey I had a fatal accident and lost so much blood that the doctor had to transfuse blood into my body. When I eventually recovered, the doctor disclosed the shocking news that I was HIV positive...I couldn't believe my ears. I never even thought I could get infected. I broke down and cried then immediately my mind flashed back to what could be the cause of my mum's illness and I concluded that she was also positive. As soon as I got home, I went straight to my mum's bedroom and told of my status, I also let her know that she is probably infected. We wept and I didn't stop blaming her for ruining my life. She apologized telling me that she didn't know better but I refused to listen to her. I stomped out of her room and for days I locked myself up in my room waiting for death to come take me away. On many occasions my mum had crawled to my door, pleading that she wants to see me but I had always refused. When it seemed as if death wasn't going to come and meet me in my room, I decided to go out to look for it. Opening my door I saw my mum lying still on the floor. At last she was dead. I cried so much that I lost my voice. I

"Inquisitive as I was, one day I asked a man who I was sure I had seen on TV a couple of times why he didn't go home the previous night. The man was dumbfounded."

looked around for help but it was just me alone in my lonely world. I lost control of my life and I went into the streets...

That was eight years ago, I have gotten over her death and thanks to Saving Life Organization who picked me from the street and liberated me from the fear of HIV. They gave reasons why my life is important both to me and to the society. I was encouraged and I was also trained as a peer counselor.



Young Achiever

Oluwatoyin Adeosun: The One-Day Governor of Lagos State 2010

Everyday Life

Born on October 8, 1994, 15-year old Oluwatoyin Adeosun lives on Imole Avenue in Abule Egba, on the outskirts of Lagos. Every day, she wakes up as early as 5:00am to carry out early morning house chores and prepares for school. Usually, she arrives at school by 7:00am, to study or attend an extra class till 7:30am. She returns home at 4:30pm and continues with house chores, running errands and assisting her parents. At 9:00pm, she sleeps only to rise again to read between 1:00am and 3:00am. Thus, the cycle repeats itself for most of the week. On Saturday mornings, Toyin and some of her siblings go round the neighbourhood to help their mother sell 'puff-puff' in small handy packs between 8:00 am and 10:00am. What does she feel about this? According to her, "It is challenging, but we have to do it to live, to help us with our schooling and to be able to get every other thing we need..."

Journey to Spelling Bee Victory

Toyin is one of the best students in her class and recently (April 2010) represented her school at the first stage of the NNPC National Science Competition. She still awaits the results. Her favourite subjects are Mathematics, Biology and English Language. Due to her parents' inadequacy of funds, she is unable to buy her textbooks as recommended by the school. She often makes use of textbooks made available by the Lagos State Government to the school library which she returns at the end of the session. She borrows other textbooks from her classmates who can afford such books. She continues to study, regardless of the situations around her such as lack of adequate funding and inadequate electricity supply from PHCN when she needs to study late at night. Sometime in the recent past, the community went without power supply for four years. The situation slightly improved in March 2010, but she still studies in the heat of the dark night, with the help of torch light and sometimes, candle light. She perseveres.

Following her commitment to her study,

one day, Toyin and some of her school mates were told about the spelling bee competition and were given some booklets on spelling words to study ahead of a screening exercise.

"I loved spelling and I enjoyed dictation right from the Primary School. I read the booklets day and night to prepare for the spelling competition," she says. Amongst twenty contestants at the school level, Toyin was part of the six students selected to represent Meiran Community Senior High School at the Local Government Level. At this level, only two participants from over twenty schools were allowed to participate. Toyin kept reading day and night and prayed to God to make her win the competition. She secured the top spot and was on her way to the Lagos State finals of the New Era Foundation organised Spelling Bee Competition 2010.

On March 24th 2010, the Bero Auditorium of the Lagos State Secretariat in Alausa, Ikeja, was filled to capacity. The atmosphere was charged and tension was in the air. The question hung in the still afternoon air: who would win the 250,000NGN first prize and become the 10th One-Day Governor of Lagos State? "I felt very nervous because being among a large crowd is not a small thing..." she confesses. Soon, the words, big and small, tricky and not-too-tricky began to fly around, knocking some contestants, and more contestants off the podium. The questions were more difficult than the ones she had encountered at the Local Government stage of the competition, but she got them all right until she missed the penultimate word. By this time, there were only 5 contestants left out of the 57 students that started the journey. Luckily for Toyin, the fifth contestant also missed a question, so everyone had to go on another round. This time around, the crowd in Bero Auditorium cheered noisily



Miss Oluwaoyin Adeosun receiving her award from Her Excellency Deputy Governor, Lagos State, Princess Sarah Sosan.

and joyfully as Toyin safely spelled out: OPHIOPHAGUS. That was the winning word! *Ophiophagus* is a term used to refer to genus of large venomous snakes which includes the king cobra, which is said to be the largest and most deadly of poisonous snakes. She is grateful for the support she received from Teachers and students from her school and her parents. Throughout the duration of the State finals, calls were constantly made from her school to monitor her progress in the contest.

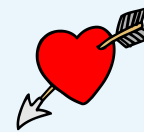
After the Victory, What's Next?

As is the tradition, Oluwatoyin Adeosun is expected to act as the Lagos State Governor for a day as well as get a return ticket to Finland along with some LSMOE delegates. Despite that she has not had any computer training since primary school and does not have access to any at the moment, this fifth child of a family of eight hopes to grow up to be a successful Computer Engineer. She wants to provide her parents with good accommodation and take good care of them so that they would not have to run around to sustain themselves. She also plans to be of help to her siblings, less privileged people in the society and other people that may come her way. In her parting words, she says "If I have the opportunity, I would like to serve in a political office... In any circumstance we find ourselves, we should thank God and be happy for who we are and what we have at the present... Young people should make wise use of their time and should pray to God, listen to their teachers, elderly ones and parents so that when opportunities come, they will be able to make use of such opportunities."

Puzzler

Want to check out some of the qualities that enhance friendship? Then solve the puzzle

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



FORGIVENESS
TRUST
LOYALTY
COOPERATION
HONESTY
INTERESTS
SUPPORT
RELIABILITY
EMPATHY
RESPECT
UNDERSTANDING
AFFECTION
SYMPATHY
CONFIDENCE

Faseyi Adeola
Lagos.

Book Review

Title of book:

Girls in Pants (The Third Summer of the Sisterhood)

ISBN: 0-553-37593-8

Author: Ann Brashares

Publisher: Readers Circle

Year of Publication: 2006

Chapters: 30

Pagination: 338 pages

Reviewer: Faseyi Adeola

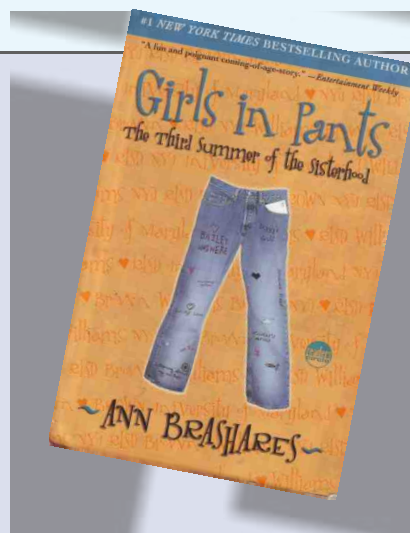
“ This book is a follow-up to the very popular Ann Brashares novels “Sisterhood of the Traveling Pants” and “The Second summer of the sisterhood”. The book follows the four inseparable friends Tibby, Carmen, Lena and

Bridget during the summer before they head to college. The narrative shifts each chapter, following a different one of the girls, but only the prologue and epilogue are in first person.

Bridget is so gifted and so strong and yet she is the most fragile of the characters in the sisterhood. She is at soccer camp in Pennsylvania and reunites with the

young man whom she slept with two summers ago. Bridget is ashamed of how forward she was before, but it soon becomes clear that the two still have feelings for each other. Carmen is

working as a “babysitter” to Lena’s Greek grandmother. She is also dealing with the fact that her mother is just remarried and pregnant, and that a handsome hospital volunteer thinks she is fabulous. Lena is working hard to earn an art scholarship after her father refuses to support her at Rhode Island School of Design, and is also coping with last year’s heartbreak.

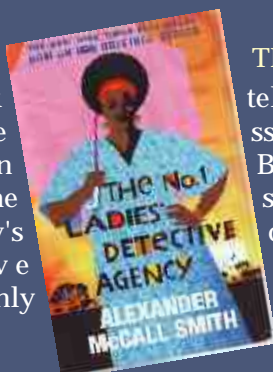


RESOURCES

The materials listed here are resources on adolescent health and development. These materials are available for use in the Life Skills, HIV/AIDS and Sexuality Education Resource Centre at the AHI Youth Centre at 17, Lawal Street, Jibowu, Yaba, Lagos. You can also view our e-library on the AHI website: www.actionhealthinc/library/

BOOKS

This book proprietre agency in in their lives. She sold her daddy's people solve The book is highly



THE NO 1 LADIES DETECTIVE AGENCY

tells the story of the delightfully cunning Precious Ramotswe the ss of the No 1 Ladies Detective Agency, the first and only detective Botswana. She is drawn to this profession to help people with problems set up a small storefront in Gaborone with the money she got after she cattle. With gentle intuition and persistent observation she helps mysteries great and small for friends and also for strangers(all clients). amusing intelligent and heart warming.

Straight from Kimberly Kirberger's heart to yours wisdom, compassion and understanding on that relationships. In this book, you'll find no adults you'll find are other teens who share their experience on with their joy, excitement, confusion, pain--through personal stories. However you feel about love love it or that your feelings are okay and most important that you are life and the way you think about love and give you the tools happier and healthy relationship.



TEEN LOVE SERIES ON RELATIONSHIPS: A journal on relationships.

come nonjudgmental advice, very important part of your life: preaching or patronizing, what love and relationships--along letters, poems and their own hate it, this book will show you not alone. It will change your to create and maintain a

TEEN LOVE SERIES ON FRIENDSHIP: Where would you be without your friends?

As a teen, chances are that friends are a major part of your life. Your friends have helped you through tough times. Maybe your best friend dumped you you cant figure out why, sometimes it feels like you don't have a friend in the other times you're the life of the party! Whether you're happy with your friends or you you had more, this book will show you that other teens are coping with same issues. *love series: On Friendship* is a collection of stories, poetry and insights over all aspects friendship, from making friend to loosing them and everything in between. It will to make sense of and make the best of the friendships you have.



m a y
a n d
w o r l d
w i s h
T e e n
o f
h e l p



STANDING UP TO PEER PRESSURE: A guide to being true.

Wanting to be accepted by peers is a natural part of teens' social development. Yet teenagers can be overly influenced by what "friends" think of them or urge them to do. Through simple language and engaging illustrations, this book explains the concept of peer pressure. It encourages a solid sense of self-identity and teaches how to say "No"