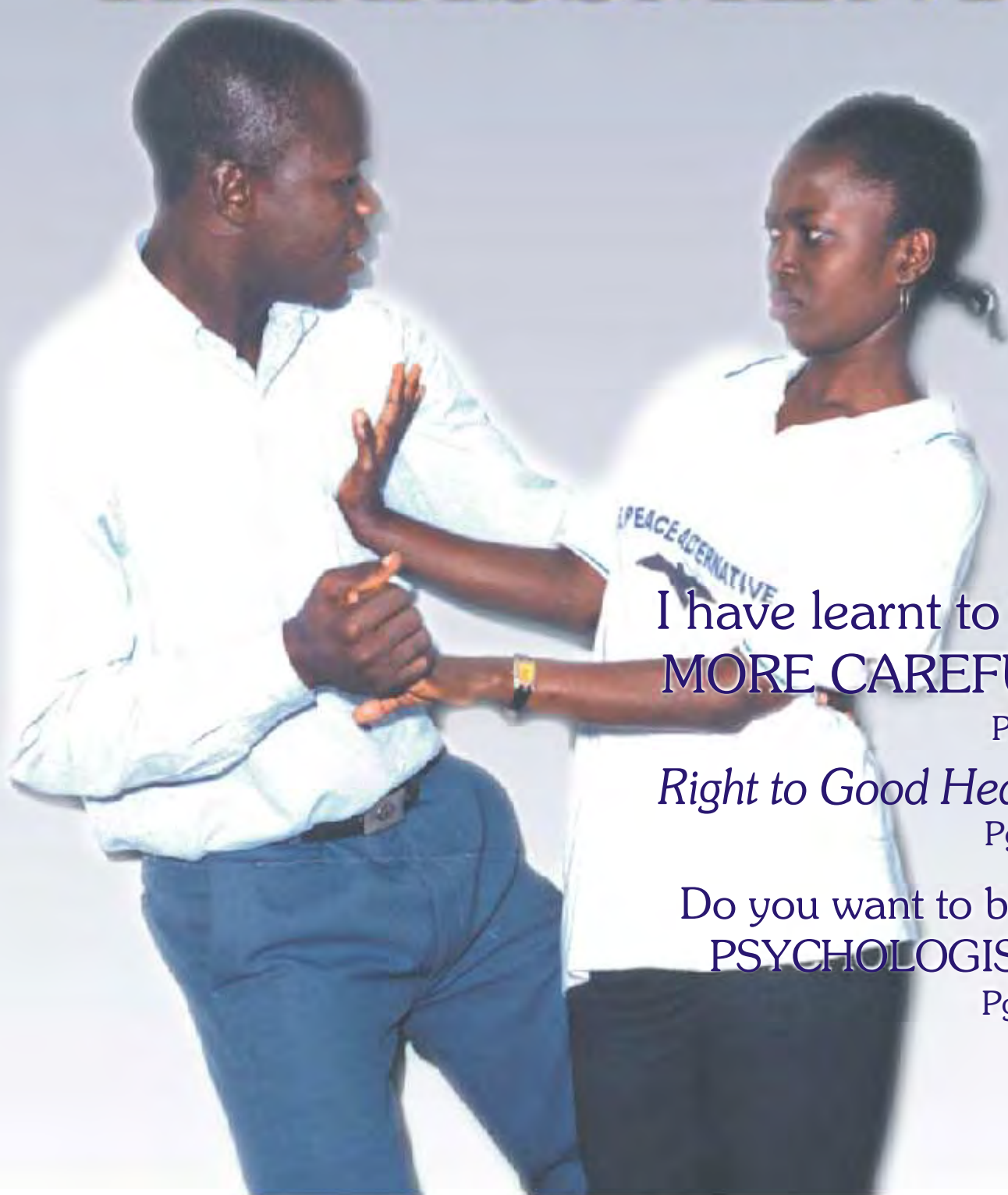


GROWING UP

A Newsletter for Young People

Action Health Incorporated
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Sexual HARASSMENT



I have learnt to be
MORE CAREFUL

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PSYCHOLOGIST?

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GROWING UP

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

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Everyday, girls and boys, women and men are sexually harassed in school, on the road, in the market place, at work and even in the home where persons known to the victim take advantage of the familiarity. However, because sexual harassment has been an issue of embarrassment to both the victim and the society, which results in its being shrouded in secrecy, the reality and extent of this menace has not been fully grasped by the society. The worst-case scenario, which results in forced sexual intercourse called "rape", is more familiar to most people.

However, sexual harassment goes beyond that. Many

victims of sexual harassment usually feel despondent, dirty, guilty, ashamed, unsafe and angry. Sexual harassment leaves a deep hole of depression in the hearts of such victims. Sexual harassment can happen between male and female, female and male and between people of the same gender, as we shall see shortly.

Let's take some accounts from some people who have personally experienced sexual harassment.

Vivian's Story

"I am 18 years old and a student in one of the prestigious higher institutions in the country. Seven years ago, my mom and dad had a divorce after putting me through the traumatic experience of watching them fight almost everyday. After their eventual separation, I stayed with mum for a while but had to leave to stay with a maternal aunt because she (my mum) was hardly ever around. This was due to the fact that she was a businesswoman who had to travel out of the country often to buy goods for sale in Nigeria.

"I was quite happy when I moved in with my aunt's family; I thought it was an opportunity for me to start all over again and experience life in a real family setting. My auntie had five children- a boy and four girls, and her husband treated me just the way he treated his children- with love and respect. However, I took to my auntie's son who is about seven years older than me. He was quite smart and friendly and was like a role model to me. Not long after I moved in, he'd take me to his room and tell me to sit on his lap. I never saw anything wrong with this

since I thought it was only part of the fun we were having together.

"However, some strange things started happening. One night while I was asleep in my room, I felt a hand caressing my body. I was scared because I thought a robber or some other stranger had entered the house and was about raping me. I was however surprised when I saw my cousin's face above mine, he was whispering that I should keep quiet. Stupidly, I thought he had come to tell me something important and when I inquired what it was, he said he wanted to share my bed for the night. At that point, I knew that something was terribly wrong. It was not normal for us to share the same bed since my auntie had made it clear right from the onset, that each person should sleep in his or her own bed. Apart from this, I did not like the look on his face and so I refused. He then left me alone and went to his room. However, he did not desist after that first attempt. He made it a habit to sneak into my room at night and ask if he could share my bed. I always rebuffed him and when he persisted, I threatened to tell my aunt.

"Then one night, while deep in sleep, I found it difficult to breathe

and when I opened my eyes, I saw that it was because my cousin was lying on top of me. I tried to scream but he was already covering my mouth with his. I felt so disgusted that I started crying. Luckily for me, he stopped kissing me and I started screaming; this made him quickly run out of the room. The next day, I thought of telling my aunt, but decided to tell my mum instead. Meanwhile, my cousin came to me and gave me a teddy bear and assured me that he wouldn't do such again. I believed him. He also pleaded with me not to tell anyone. I gave him my promise. But then I felt so disgusted and guilty about the whole thing that I told my mum about it on her next visit to the house. Her response shocked me. She said that I was lying and that I was cooking up stories because I wanted her to

take me away from my aunt's place. Of course my mother never took me away from the house and did not even bother to tell my aunt about it. That sealed my fate in that household and gave my cousin the licence to continue molesting me. Respite came for me only when he travelled abroad for his university education.

“What I have just recounted happened about seven years ago, yet I have not gotten over all that happened to me. I have a boyfriend now but I can't even stand it when he tries to touch me. I know that I have to deal with my past and forget about all that happened, but I don't know how.”

Segun's Story

“Rita and I had been close friends right from primary school. When we got to the secondary

school, we spent more time doing things together, although our relationship was strictly platonic or so I thought. I was therefore surprised when rumours started flying around the school that we were lovers. I decided to ignore the rumours determined that nothing was going

to mar the relationship I had with Rita. However with time, I noticed that her attitude towards me changed - she became more emotional and explicitly expressive when we were together. On a particular day, she came to my seat in class, sat on my lap and put her arms around me. I was embarrassed and furious. When I told her after class never to do such a thing again, she apologised and said she did not mean any harm. I thought I was being too harsh with her and I apologised for my actions. Our friendship continued.

“Later on, a classmate told me that it was Rita who had spread the rumours that we were lovers. When I confronted her, she admitted that she had indeed spread the rumours and had done so in order to ward off the other guys who had shown interest in her; suggesting that she had her mind set on me. She did not stop at that. She told me pointedly that she wouldn't mind having sex with me. I told her off and walked away. I thought that would stop her scheming but it only got worse. She started writing love notes to me and even got as bold as coming to my house when my parents were not around, on the pretext that she had come to apologise for her behaviour. I believed her. To my surprise however, she started unbuttoning her blouse and begged me to have sex with her. I was so appalled at her behaviour that I went out of the house through the back door leaving her standing there alone. I did not want anything untoward happening between us. When I got to school the next day, I told her that I had finally decided to break my friendship with her once and for all. It really hurts me that she would go as far as spreading false rumours about us as well as pressurising me to have sex with her.”



Ada's Story

"It all started when my parents died in an accident and I had to move in with my paternal uncle. Soon after, my uncle's wife got pregnant and spent a lot of time in the hospital due to the complications that resulted from the pregnancy. During one of her visits to the hospital, my uncle called me into his room and advised me to take my studies seriously. He added that I was free to come to him if I needed anything. I was so impressed by his gesture that I couldn't help but like him. I knelt down to thank him and show my appreciation for his kindness, as was our culture.

"At this point he hugged me and it all would have ended there if he hadn't tried to force himself on me. When I protested, he chided me that I was behaving like a kid and insisted on having sex with me. When I protested still, he said that it was the family tradition that a man should sleep with his daughter and that since he had been taking care of me since my biological father died, I was now his daughter. I disagreed and told him that my father, while alive, never said or did anything along that line. With that I ran out of his room.

"After that first episode, life has been hell for me. My uncle has threatened to send me out of his house if I didn't comply with his demand. His wife is back at home and is oblivious of what is happening. As far as she is concerned, everything is fine. I can't let her believe otherwise."

Sexual harassment is defined as any unwanted sexual advance, verbal or physical, that occurs in different settings. Sexual harassment could also be defined as any unwelcome sexual advance, requests for sexual favours and other verbal or physical conduct of a sexual nature. (The Equal Employment Opportunity Commission).

In view of this definition, the key ingredients of sexual harassment are that the sexual advances are unwelcome and that they are coercive in the sense that there is usually something at stake. Anytime an unwelcome sexual conduct creates an intimidating or hostile environment and an inappropriate use of power, sexual harassment is deemed to have occurred. In extreme or coercive forms of harassment, a person is forced to comply

sexually or else lose some academic or occupational benefit. Less obvious harassment takes the form of sexual innuendos and comments and sometimes inappropriate touching. All forms of sexual harassment are exploitative and make learning, work or home environment either uncomfortable or intolerable. We can therefore conclude that an individual may be sexually harassed even though the act of sexual intercourse or any form of physical contact was not made at all.

The saddest thing about sexual harassment is that such cases usually go unreported. Most people would rather just keep quiet about it, for fear of possible reprisals. Although sexual harassment affects everyone in the society, women are usually the most affected. Perceived as the "weaker sex", women are often expected to silently submit to sexual advances by the opposite sex irrespective of whether such advances are welcome or not. Unfortunately, many women who have been victims often keep quiet

about it as stated earlier. This is perhaps due to the culture of silence surrounding the issue and the stigma attached to victims when such issues are made public.

Take for instance a typical example of a female student who has been threatened by her male teacher that she

would fail his subject unless she agreed to sleep with him. The girl has two options - sleep with her teacher and get good grades, or refuse to sleep with him and forego the good grades. If she decides to take the second option, which is to forego the good grades, it is unlikely that she would report the case to anyone since "no harm was really done". There is a third option which she probably wouldn't dream of taking, and which many of the victims seem to be unaware of; and that is the option of reporting such cases to the relevant authorities. Unfortunately, the attitude of parents, the police and school authorities have not been particularly encouraging in this regard - the victim usually ends up getting blamed by this group of people.

Sexual harassment is quite common in many schools in Nigeria. In the past, it was mainly restricted to higher institutions of learning where lecturers demanded sexual favours from mostly female students in exchange for good grades. However, sexual harassment is becoming widespread in secondary schools these days. There have been cases of male teachers who take pleasure in slapping female

Sexual harassment could also be defined as any unwelcome sexual advance, requests for sexual favours and other verbal or physical conduct of a sexual nature.

students on the breasts or buttocks as a way of “punishing” them when they do something wrong.

Recently, the case of a 12-year-old girl who was sexually abused by a school official was reported in the newspapers. The girl had gone to inquire from the official whether her parents had sent any messages to her through him. On getting there, the man overpowered and raped her. Although that particular incident helped to awaken in relevant authorities the need to establish corrective measures that would put an end to sexual harassment and abuse of students, little is still being done to actualise this resolve. The culture of silence on the part of parents and school officials is responsible for the perpetuation of this act. Unfortunately, the society has done very little to tackle the issue. Students still learn in an environment of fear of being manipulated by teachers who demand sexual favours in exchange for good grades.

Sadly, students in primary schools are not exempted from this act although at that level, it is clearly a case of child abuse. Unfortunately, in a bid to protect the name of the school and in order not to tarnish its image, most schools are not doing enough to ensure that this act is curbed. Rather, cases of sexual harassment in the schools are usually quietly dealt with through the transfer of the teacher to another school and the case is conveniently swept under the carpet.



What Constitutes Sexual Harassment?

One major factor responsible for the perpetration of sexual harassment in schools is that both students as well as teachers have not been able to adequately identify what constitutes sexual harassment. Here are a few warning signs:

■ **Staring, leering, and ogling.** This is a non-verbal means of sexual harassment. A teacher may constantly stare at a particular student in ways that makes the student feel uncomfortable

■ **Frequently commenting on personal appearance of students.** Secondary schools in Nigeria as in other parts of the world, have laid down rules concerning how students should dress to school. Non-compliance with the stipulated dress code usually results in the application of prescribed punishment. Teachers should stick to the prescribed punishment when correcting students' dressing and not use the opportunity to indulge in what will turn out to be sexual harassment. For instance, passing sexual remarks like “I love your hairstyle”, “Your lips look ravishing” etc is quite inappropriate.

■ **Touching the student.** Everyone, including students, whether male or female owns and has a right to his or her body. As such, physically touching a student is not appropriate. Students may feel embarrassed and uncomfortable with such acts.

■ **Persistently emphasising sexuality in all contexts.** This can occur when a teacher continually views all topics through sexuality. If for instance in illustrating a point (both in class and outside class), a teacher uses sexually degrading words, and students feel uncomfortable when such occurs, then sexual harassment of the student may be taking place.

Identifying Sexually Harassing Behaviour

Below are some other examples of sexual harassment:

- Touching someone in a sexually suggestive way that is not welcome (arm, breast, buttock etc)
- Verbal comments that are offensive (e.g. about parts of the body, what sexual intercourse the victim would be “good at”, clothing, looks etc)
- Offensive name-calling (from “honey” to “bitch” to worse)
- Spreading sexual rumours
- Leers and stares
- Sexual or dirty jokes
- Using the computer to leave sexual messages or graffiti or to play sexually offensive computer games

Myths and Facts about Sexual Harassment

- Cornering, blocking, standing too close, or following
- Obscene T-shirts, hats, pins
- Pressure for sexual activity
- Sexually oriented or suggestive pictures, magazines or other materials.
- Massaging the neck and the shoulder without consent
- Touching oneself sexually in front of others
- Making kissing sounds or smacking sounds, licking the lips suggestively
- Howling, Catcalls, whistles
- Repeatedly asking someone out when he or she isn't interested
- Facial expressions (e.g. winking)
- Sexual notes or letters
- Making out (kissing, hugging, touching) in a public place without Consent
- Pulling at clothes
- Derogatory or vulgar comments about someone's gender, physical anatomy or characteristics
- Sexually suggestive or vulgar language
- Threats of physical harm

How to handle Sexual Harassment.

Perhaps you are one of those who have been or are being sexually harassed and are wondering what to do about it. It is very important that immediately you sense that you are being harassed and have gotten the facts clear you take

MYTH	FACT
Sexual harassment is an expression of sexual desire	Sexual harassment is an expression of hostility and aggression. It is an abuse of power, using sexual behaviour as the vehicle
It's no big deal if a person is harassed; it's all done in "good fun"	Sexual harassment is abusive. It is not done in jest or "good fun"; rather it is done to intimidate and hurt others. It is also an inappropriate and unacceptable way to control others through degradation and intimidation. Everybody has a right to be treated with respect, decency and consideration.
Sexual harassment only occurs when there has been physical assault	Sexual harassment is less obvious than physical assault. It includes verbal behaviour and other forms of sexual expression.
There is a profile of a typical harasser .	Harassers are found in all types of occupations - among businesses, academic, and other levels. Harassers range from the middle school to college and from construction workers to CEOs of companies. They are not distinguishable from people who do not harass
Men can't help themselves when they are sexually aroused.	Men are capable of and responsible for controlling their behaviour in workplaces and educational institutions just as women are.
If you ignore sexual harassment it will stop.	Generally, simply ignoring sexual harassment will not stop it. Ignoring this behaviour may be taken as a sign of encouragement. Many victims report that they tell the harasser directly to stop. The harassment often but not always ends.
Women who enter a field or profession in which women have been traditionally underrepresented should expect to tolerate rough language and behaviour, pin-ups, touching, verbal and physical abuse.	While entering a workplace traditionally dominated by men may be difficult, no woman should have to put up with abusive behaviour. Sexual harassment poisons the working environment and interferes with a woman's ability to do her work.

By: Lashada Clarke (Culled from "The Miseducation" Newsletter)

immediate steps to ensure that it stops. Here are some steps you can take:

1. One important step you have to take is to SPEAK UP. Remember that your body belongs to you and as such

How do You know a Sexual Offender?

How do you know a sexual offender? Well it's hard to tell. Many people think that a sexual offender is usually a stranger, but this is not true. Surprised? Well, here are a few more traits of sexual offenders that would surprise you.

A sexual offender.

- Is usually someone you know.
- Isn't sexually starved, usually has a sexual partner already.
- May have been abused during childhood or adolescence.
- Is likely to sexually assault again without treatment or psychological counselling.
- May act "macho" or "domineering".
- Is looking to overpower, control and humiliate someone.
- Is usually a loner.
- May have just few close friends.
- Meets own needs at the expense of others.
- Comes from all social, economic, ethnic and religious groups as well as intelligence level.
- Blames the victim and makes excuses "she or he asked for it", "it's okay, everybody does it", "she or he loved it", "it's no big deal", "it didn't hurt her or him".

Why victims don't report Sexual violence?

- They blame themselves
- They feel helpless, hopeless and powerless
- They don't know how to report the harassment
- They think that their complaint won't be taken seriously
- They don't trust their own perceptions of what happened may be they "misunderstood"
- They are afraid of the harasser or

no one has a right to treat it anyhow. Let the offender know that you find his behaviour offensive. If he or she doesn't stop such behaviour, then you should speak to someone else whom you

trust to take appropriate action. Not speaking up may mean that you are

allowing or giving your

consent to such an action to take place. However, for you to help yourself and to ensure that the offender is properly dealt with, you'd have to tell someone that you trust. You may tell a trusted adult, a counsellor in school or even your parents. Really, they would be able to help.

Sometimes, it may happen that the person you tell might not believe you, but you should not relent in speaking up. If you try hard enough there might be just one person who is willing to listen to you. If you keep quiet, no one will know about it because people are usually not able to detect when there is something wrong until someone speaks up about it. By speaking up, you would go a long way in not only ensuring that the offender desists from harassing you but you would also have succeeded in ensuring that many other young people who could have been victims of the offender are protected.

2. Keep records of every incident, including dates, times and places, exactly what was said and done by everyone involved and the names of witnesses. This would provide the evidence you need to prove that you have

actually been harassed. Also, by keeping record of the place where the incident took place, you might succeed in exposing hideouts of people who regularly indulge in the act

3. If a teacher's behaviour is in

Sexual harassment will often increase if you try to ignore it. It would not get better and the same person who sexually harasses you could hurt other young people. So speak out.

question, review the situation objectively with someone you can trust. It's quite possible that the teacher has not in any way meant to harass you. In such a case, you could tell the person that you find his or her behaviour offensive. However, if the teacher does not stop, then you can be sure that you are being sexually harassed. Therefore, get the facts clear and make sure you document all incidents and report to the school authority.

4. Become familiar with your school's policy on sexual harassment. Although it is possible that your school may not have any policy concerning sexual harassment, find out if there has been any reported case of sexual harassment in the school and how the school authority handled such a case. This would help you know the right authorities to report your own case to. You can report to a school counsellor or to a trusted adult.

In conclusion, realise that sexual harassment will often increase if you try to ignore it. It would not get better and the same person who sexually harasses you could hurt other young people. So speak out.

others (e.g. The harasser's friends or family)

- ❑ They don't think their school will support them if they report the harassment
- ❑ They feel embarrassed
- ❑ They don't think that reporting will make any difference; they don't believe that anything will be done about the harassment

How can you help a friend who is a victim of Sexual Harassment

Many young people find it quite easy to talk to their friends and are most likely to confide in them when they find themselves in situations involving sexual harassment. Thus, there is a lot you can do if you have a friend who is or has been a victim of sexual harassment. Here are a few tips for you.

1. Let your friend know that you want to listen. Everyone wants to be heard, including people who have been victims of sexual assault (whether male or female). Thus, it is important that you create adequate time to listen to your friend. He or she may want to cry so allow this. In letting your friend know that you want to listen, you may try the following:

- ✓ Find time to be alone with her or him
- ✓ Let your friend talk, don't interrupt
- ✓ Show interest in what your friend says by sitting close, facing her or him and looking at her or him
- ✓ Nod your head occasionally to let your friend know you are still with her or him and listening
- ✓ You may feel nervous about stalls and silences. They're okay, just let them happen
- ✓ If she or he needs help to

continue talking, try repeating back to her or him the things she or he has said.

2. Believe your friend: This is so important. Many victims of sexual harassment keep quiet out of fear that no one would believe them if they should speak up. It is therefore important that you let your friend know that you believe what she or he is saying. You may need to ask questions to clarify some things. This is okay as long as she or he (your friend) knows that you believe her or him.

3. Let your friend know that you care: It's important that you sympathise with your friend to let her or him know that you care and are willing to help. Use appropriate expressions to communicate your care and concern.

4. Reassure your friend that she or he is not to blame: No victim of sexual harassment is to blame. Many times you hear guys who harass girls give excuses such as "It's her fault, her dress was too skimpy". This is wrong because no one deserves to be harassed irrespective of what she or he wears. Thus, try not to ask your friend blaming questions such as "Why did you have to wear such a short dress to the market?" Rather you might say "Wearing a short dress to the market is risky, but that doesn't mean you were asking to be harassed"

5. Let your friend be in control of who knows about the sexual harassment. It is important to let your friend know that she or he can trust you. You must try to keep whatever she or he says between both of you. However, if you deem it fit to alert a trusted adult about what has happened, you should let your friend know before reporting the case. By telling a third party whom your friend has not

consented to, you would be violating your friend's trust.

Eradicating Sexual Harassment

Eradicating sexual harassment is a revolution everyone of us must be actively involved in. We can put to rest the sexual harassment culture in one generation if its eradication is as important to us as our cars, jobs, sports and quest for power because this hideous culture is biting deep into the very fabric of our existence and it is a culture of intimidation. If allowed to continue it will not only affect this generation of young people but other generations to come. Transformation does not happen overnight or by accident it begins with the individual. We must speak up and stand up for our rights.

What Parents can do

I had always loved mathematics until the maths teacher started making comments about how beautiful I looked. At first, I thought it was just a compliment even though his stares made me quite uncomfortable. Then, he started sending for me to come to his office at odd hours; he'd put his hands around my shoulders and whisper some dirty things into my ears. Sometimes, he'd even brush his hands across my backside. Suddenly, he started asking me to go out with him. I cried and refused and he threatened that I wouldn't pass the maths exams. I was afraid and did not know what to do. I wanted to tell my mum about it, but I was scared of what her reaction would be. Of course, when the results came out I failed maths woefully."- Caro.

Caro is not the only child who feels this way; many other children who have been victims of sexual harassment feel the same way also. Unfortunately, many parents,

thinking that their children cannot go through such experiences, never bother to find out.

Many children find it difficult to trust their parents with issues that bother them. This may be due to a number of reasons, like the need to please parents, the fear of punishment, or the parents' reaction. Some fear that their parents may not believe them if they (the children) ever share such worries with them. This is an indication that parents, as role models need to create an atmosphere in the home that would encourage youngsters to speak up about issues affecting them.

It also raises some questions: As a parent, how much really do you know about your child? Do you ever take the time to ask your child questions about what is happening in school? How much do you know about your child's teachers? These are very important questions, which should be asked in order to assess how much you have done to ensure that your child does not become a victim of sexual harassment.

Apart from these heart-searching questions, there are a few other things that a parent should do. Create an enabling environment for your child to confide in you. By being your child's friend, you can prevent a lot of heartache. Remember also, that your child needs access to information that would enable her or him identify situations of sexual harassment. Don't deny your child that information.

Another important thing parents need to do is to reassure a child who has been sexually harassed that it is not the child's fault, but that the fault lies with

the offender. Parents should also note that the offender is usually someone known to the child, usually a relative, neighbour or friend of the family; therefore efforts should be made on the parents' part to arm the child with

Parents, as role models need to create an atmosphere in the home that would encourage youngsters to speak up about issues affecting them.

the necessary information in order to prevent such occurrences.

Message to Government

The role of government in curtailing sexual harassment cannot be overemphasised. The following are recommendations and actions, for the government to work with.

- 1. Need for baseline data:** Only few studies have so far attempted to explore the important subject of sexual harassment of children and adolescents. For meaningful intervention, more comprehensive investigations are required. A multidisciplinary approach is likely to yield more useful data than individual efforts.
- 2. Awareness creation and legal review:** People need to be informed about the adverse effects of sexual harassment for both the reproductive health of children and the social health of the community. Existing legal provisions should be reviewed to facilitate awareness creation processes.
- 3. Screening for child sexual abuse and harassment:** Training programmes could be initiated for health providers, teachers and peer educators to identify individuals who have been victims of sexual

abuse. Including questions about abuse and harassment in health assessments could aid such identification.

4. Provide services: There is need to create a protocol for responding to clients who have been sexually harassed or abused and when necessary, develop a referral system to health, legal, social workers and other services. (Focus on Young Adults, 1998)

5. Training to prevent harassment:

Abstinence as a virtue should be encouraged right from the family through the school to the community level. Training skills for refusing sex, improving communication and resolving conflict should be introduced to the school-based and out-of-school sexuality education in Nigeria. Girl-child issues should also be given its rightful place in the Nigerian population education programme.

Message to the Guys

Eradicating sexual harassment is a revolution even you must be involved in. Men have the ability to stop sexual harassment in all its ramifications and to create a sexual harassment-free universe. One of the ways to end sexual harassment is for guys to act. This is because although sexual harassment involves both sexes (male and female), the female gender is usually the victim, as they are usually perceived as the weaker sex. Not only does this mean that each individual man must take the responsibility to stop participating in sexual harassment, but collectively, men must take the personal and public responsibility to end sexual harassment in all its forms. Such responsibility includes confronting those attitudes, which support sexual harassment. It also involves supporting feminists and other

women who are confronting any form of sexual harassment; as well as supporting the survivors of men's sexual violence. Guys should not be silent about sexual harassment but should actively work towards confronting attitudes that support such acts. They should note that when they continue to act out their "male privileges", they are helping to perpetuate sexual harassment within the social and political system.

If you are in a relationship, ask the person you are dating if holding hands is okay, if they are comfortable sharing a kiss or a hug, if they want to have sex, if they are comfortable having sex. To ask before you touch offers that person the opportunity to make some conscious decisions about their comfort level with touch and intimacy within a very specific situation.

Therefore, to eradicate sexual harassment in our society, a growing part of the answer is that men, as difficult as it may be for them to accept, must view all women as equals who deserve to be respected. With this in place, men will find it uncomfortable to sexually harass the female gender.

Message to Girls

Whilst it is true that girls are usually the victims of sexual harassment, it is also true that they have a significant role to play in safeguarding themselves from being victims of the act or from being the perpetrators. Girls should exhibit self-respect and know that they are not in any way inferior. They should know that they have a right to speak up for themselves if and when necessary. Some girls perceive themselves as "helpless" and this is largely due to societal attitudes. If you happen to be in a

relationship, learn to communicate your feelings to your partner. If you feel uncomfortable with the way he touches you, speak up. Don't endure what you do not like simply because you do not want to hurt his feelings or because you are afraid that he might leave you. Keeping quiet about an offensive behaviour will only result in a loss of self-respect on your part. You are a woman and deserve to be respected. If your partner respects your feelings, then he is likely to stop touching you or treating you in ways you do not like.

However, there is a flip side to the whole story. It is not only guys who are guilty of sexual harassment. Girls too are sometimes on the offensive. There have been stories of girls in the universities who offer sex to their lecturers in order to get good grades. This means that girls also must make a decision to respect the guys and not pressurise them for sex. Another important thing is that you must be conscious of your body language when communicating with guys. You may end up sending the wrong message if you are not careful. An innocent gesture may be interpreted to mean you want sex when this is not so.

Many guys who have sexually harassed girls have argued that it was the girl's fault because she "turned them on". Although this is a bad argument, girls must however try as much as possible to ensure that their body language do not send the wrong messages. If you have taken the decision to remain abstinent, communicate your decision to your partner and ensure that you both set very clear boundaries, within your relationship. This would enable you and your partner to know the limits and help the person know how far you are prepared to go as regards sex.

Every form of sexual harassment



is a violent act. Violence is not limited to physical injuries alone but also occurs when emotions are hurt. Violence in whatever form is incompatible with love. It is therefore our collective responsibility to shun violent acts and promote non-violence.

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The Miseducation Newsletter
By Lashada Clarke

Written by **Feyi Fowowe**

Poems

OLD AGE

One day I will be old
I shall look back at my youth
I shall smile at those carefree days
I shall remember friends old and gone
And wish I were a baby again
I shall remember all the things I liked
I shall dream of my favourite flowers
I shall dream of hills, seas and mountains
One day I will be old
I shall hold on to my walking stick
I shall look at children going to school
I shall look and wonder why it had remained the same all my days
I shall remember the world
And be sad that I should soon leave it behind.

Bunmilola Alfred

A SMOKER'S PRAYER

It was foolish to have started,
I don't know why for sure,
I was young, fit and able,
Now I only want a cure

For this habit now, it grips me,
It holds me in its spell
This smoky weed I must deny,
I never liked the smell.

My lungs are full of badness
My fingers are stained and dark
Lord free me from this madness
And help me to my mark

Let me see a future,
When the person I will be,
Is a calm and healthy figure
With lungs that are "smoke free"

Babatunde Lekuti
Ex-student (Baptist High School)

Toast: Recipe For Happiness

Take:
Two heaped cups of patience
One heart full of love
Two hands full of generosity
Dash of laughter
One spoonful of understanding
Sprinkle generously with kindness
Add plenty of faith and hope

Mix well
Spread over a period of a life time
Serve generously to everyone you meet

By Adoga Agbo

Finding Answers to my Questions

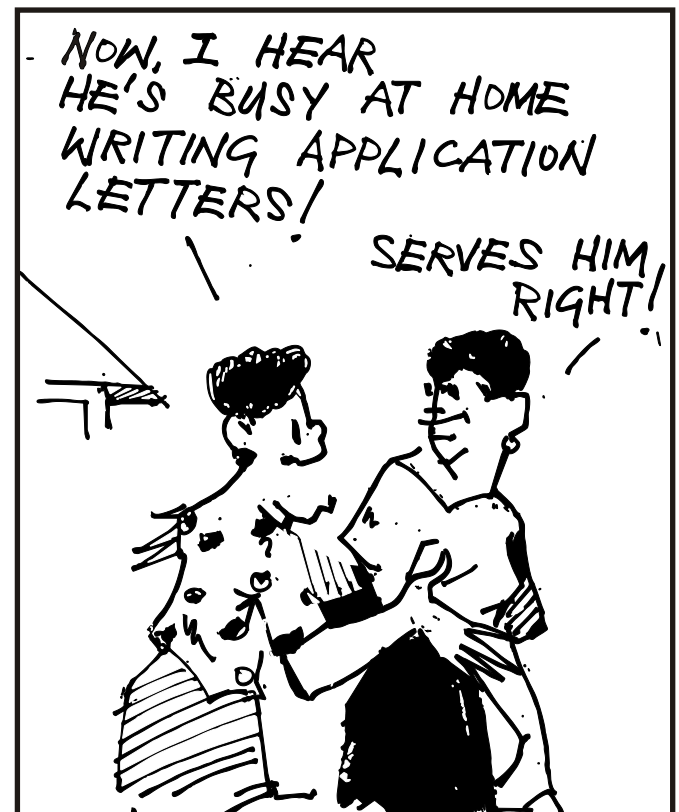
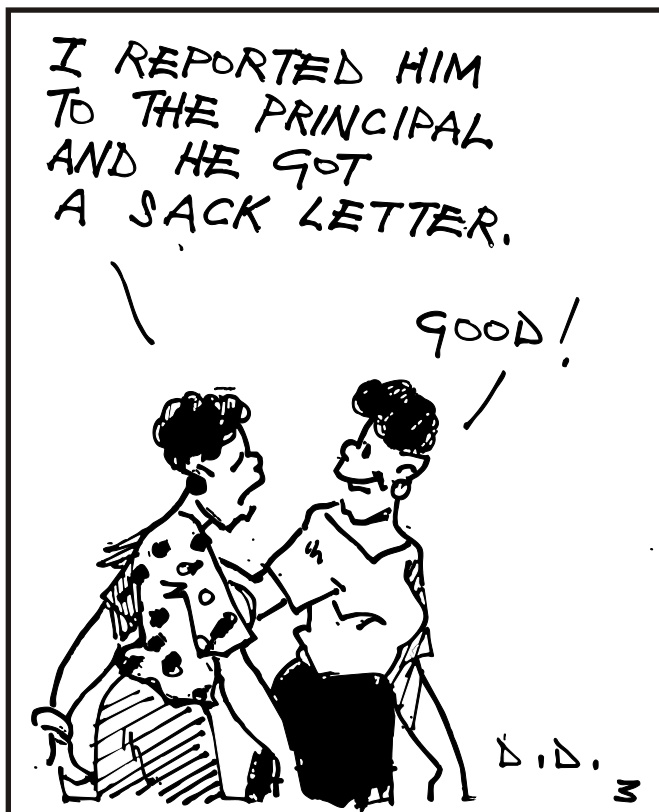
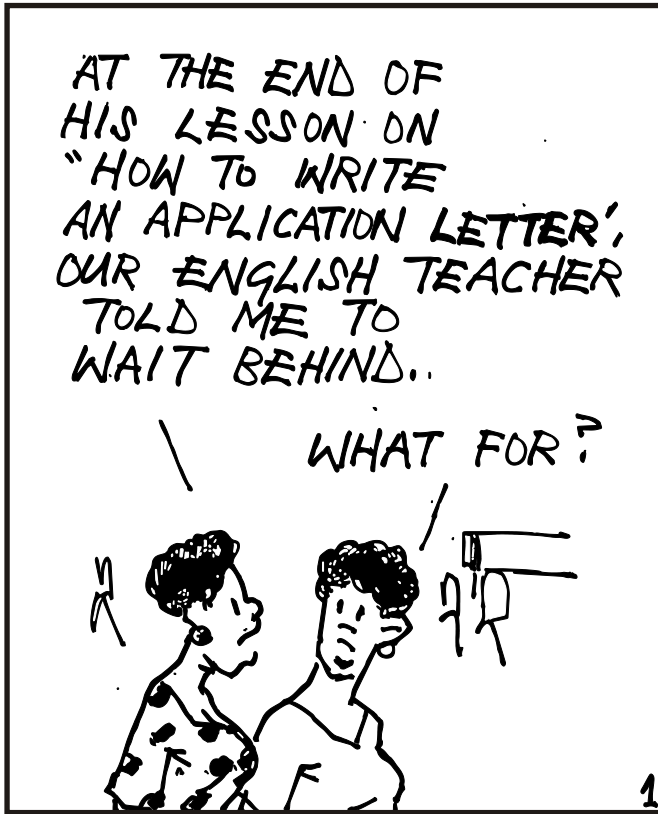
Who am I? What shall I do?
What steps should I take?
What choice should I make?
Very many questions but very few answers
Minute after minute, hour after hour.
They say I am young and that I don't know
And that I won't know until I grow
But this silence can only depress
When my mind tells me "NO!" but my body says "YES!"

Where's the little girl who was always so happy?
Content to be with her mum and daddy
In a world of her own with no yesterday
No tomorrow either, just a long and happy today
Nature has taken her away and left in her place
This teenager who is worried about pimples on her face
This youngster who is trying to be
Just like the female models she sees on T.V.
This youngster who talks big in front of her friends
While deep down she's just as scared as any of them
Suddenly, it's important to impress the boys
And when they come and talk to her, it's the ultimate joy
She's heard that it's important to hold back and be coy
But how does one avoid being used as a toy?

And so now you see all I need is the truth
Plain and uncensored, raw and real and maybe even crude
Which is the path to discovery?
What are my potentials?
Do I really need to hurry?
Am I really special?
How can I be useful, I mean to others and myself?
Why all these questions, in fact why am I so bothered?
From the look on your face I know you don't have all the answers
But if you'll just begin by putting my fears asunder,
I'll be calm to take things as they come
I'll be brave enough to aim for the sun
I'll be your guest if you put me at rest
I'll do my best to pass every test
I'll be the very best of me that I can ever be
My tomorrow begins now with whatever you'll say to me

Stella Okure

Cartoon



Dear Diaries

Moji Onifade

Monday

I couldn't get my mind off what happened yesterday. The Young man I saw at the Post Office fainted suddenly. Some said he had died because of his smoking habit. I left the scene and went back to school. I could not really concentrate in class. I was busy watching Maxwell who happened to be one of the students, who smoked, expecting him to drop dead in the middle of the class! Nothing happened. He did not even show any sign of being ill, not to talk of dying, but I did notice for the first time that he had brown teeth and his lips were black.

Tuesday

For the first time since I started schooling here, I noticed that some students who belonged to the most notorious group have similar characteristics. They all have brown teeth and black lips. Chinedu their leader, not only has those features, his eyes are also red all the time and he seems to be losing weight very fast.

Maxwell still looks healthy to me and I am getting more confused than ever. I have to see the counsellor about it before I go crazy.

Wednesday

I went to see the counsellor today to find out all I could about smoking. I was shocked to hear from her that she did not know much about it either. I had always thought that as a counsellor, she'd have all the answers but I was impressed by

her honesty. She said she'd get me some pamphlets and magazines that would help me know more about smoking and its consequences.

Thursday

Things are getting more and more exciting in school, and Maxwell is still not dead! We did not have any lessons today and there was more than enough time to play and have fun. At about noon, the principal summoned us to the assembly and addressed us in a very warm manner. She seemed to have caught the holiday bug too! She wished us a lovely holiday and urged us to revise our books from time to time during the vacation. She started to announce that there was special lunch for us but before she could finish the sentence, we had all rushed to the dining hall. We all had more than enough to eat and drink. .

Friday

I decided to take things easy and only started packing my things later in the day. I had to throw many things away because they were practically useless and could not fit into my already full box. It's amazing how one spends so much money on useless things, I did not even get to use some of them! If I had saved the money, I would have had enough money to buy a phone card and call my mum to find out when she would come to pick me up. I decided that next term was going to be different; I would buy only those things I needed. So help me God!

Saturday

I woke up very early today. I hardly slept anyway. I was so excited that I was going home.

It was while waiting with my friends along the corridor for our parents, that I realised that I had not gone to see the counsellor and rushed over to her office. She said she had been expecting me and I apologised for not coming to see her earlier. She gave me the materials she had promised to get for me on smoking; she said she was going to read them herself to update her knowledge. I was again touched by her humility. I said goodbye to her and for the first time, I realised that I would miss her.

When I got back, my friends and I talked about what we wished for our holiday. We had a lot of fun making our wishes. I said goodbye to all my friends and went to the car. To my surprise, my brother and my father were waiting for me; their presence made me feel very special.

Sunday

I had the best meal of my life today after a very long time. My mother prepared the most delicious Jollof rice and roasted turkey, over lunch. My brother kept on giggling and my mother seemed to be in an excited mood herself. It was as if I was the only one in the dark and it made me very curious and excited, I can't just wait to find out.

I'll tell you about it in the next edition...



Do you want to be a **Psychologist**

Ppsychology is a science and an area of study as well as a profession. The work of the psychologist is not to be confused with that of a psychiatrist or a psychotherapist. Psychologists are interested in describing and understanding behaviour of all sorts, not just the mental illnesses treated by the psychiatrist. Psychologists are concerned with human needs and improving the quality of people's lives, so there are similarities in their approach whether they specialise in helping children, old people, those in institutions, or those who are unemployed.

The Job

Psychology covers such a wide area that no one person is able to be an expert in all the different aspects. Most degree courses cover the essential parts of the subject, with postgraduate training allowing for specialisation in different areas of applied psychology.

Psychologists work in a wide variety of settings, such as in government, the health services, in the education sector, and in private practice. They may work mainly with people or may spend much of their time carrying out research and producing publications. Others work for research or consultancy firms. Since the work of treating people can be stressful, psychologists will need mental resilience to cope with this and not become involved.

Teamwork is an important part of the job, and psychologists need above average communication skills because much of their work involves listening to or talking to clients or colleagues and writing reports. Because statistics are used to evaluate findings, psychologists should be numerate and be able to analyse and interpret figures. They should be computer literate also. The work requires a mature attitude and sound judgment, since the best interests of clients need to be safeguarded. Their client's confidentiality must be maintained and they should also observe a code of ethics in their dealings with those who are referred to them.



Some psychologists spend most of their time away from their offices. Others, such as occupational psychologists, work regular office hours. The main psychology professions are clinical, educational, counselling, occupational, and forensic psychology. In all

psychology careers, the approach is to make systematic observations, analyse problems, test possible solutions, implement a plan of action, and evaluate the success of the programme.

Skills and Personal Qualities

- ✓ Accuracy
- ✓ Attention to detail
- ✓ Communication skills
- ✓ Confidence
- ✓ Creativity
- ✓ Critical thinking
- ✓ Decision-making ability
 - ✓ Flexibility and adaptability
 - ✓ Good with people
 - ✓ Initiative
 - ✓ Leadership qualities
 - ✓ Logic
 - ✓ Numeracy
 - ✓ Patience
 - ✓ Persuasiveness
 - ✓ Planning ability
 - ✓ Problem-solving ability
 - ✓ Self-discipline
 - ✓ Sensitivity
 - ✓ Tact
 - ✓ Technical/scientific ability

Training

A bachelor's degree in psychology is essential. Courses may have to be approved by a professional institute or association for registration purposes. Graduates in other subjects may qualify for registration by taking the appropriate postgraduate diplomas,

master's degree, or professional courses.

Most people intending to work as psychologists take postgraduate qualifications and training in the relevant branch of psychology. Training requirements vary from country to country, and according to the specialised branch of psychology. The most stringent training requirements are likely to be for careers in clinical and educational psychology, as well as vocational and guidance counselling. Clinical psychologists will usually require at least three years training in clinical psychology after they have attained their first degree. This training may be obtained through a postgraduate training course, via a recognised in-service training programme combined with a course of study for a professional diploma, or by a practical internship of supervised clinical experience followed by a postgraduate degree course. Even when practical work experience is not obligatory prior to training, it is considered to be highly desirable.

Practical training for clinical psychologists usually includes work experience with a wide variety of client groups, including mental health and child health. Further specialisation in fields such as child psychotherapy, requires additional experience and training. Educational psychologists often need a postgraduate qualification in education leading to qualified teacher status, plus several years of teaching experience both in ordinary schools and with remedial pupils, before taking a postgraduate course in educational psychology. Vocational and guidance counselors usually require one or two years' post-graduate study, as well as extensive counselling work experience. In the USA, psychologists entering private practice and teaching must meet the necessary certification or licensing requirements for all states.

Prospects/ Outlook

The range of opportunities available to practising psychologists depends on different public attitude

Country by country. The fixed pattern of work carried out by psychologists in a particular specialisation may change over time and new specialisations will be developed as the general public come to appreciate the contribution psychologists can make. Job opportunities are best in industrial countries because of a growing interest in certain social problems and the need to find psychological solutions to them. These developments rely on government funding, as do the opportunities for research and teaching of psychology in higher education. Psychology is a popular degree subject. Psychology graduates are considered to be competent in analysing and interpreting figures as in problem solving, and have been trained to be accurate and methodical. They are also trained to be skilled in understanding people and in assessing their interests and abilities.

Clinical Psychologists:

Clinical psychologists work with patients and their families whose lives are affected by behavioural and emotional problems using psychotherapy and behaviour modification techniques. People referred to them are usually those suffering from depression, anxiety, phobias, eating disorders, or marital problems. Clinical psychologists are also involved in rehabilitation work with people who are physically or mentally ill or have learning difficulties. They work as part of a multi-disciplinary team with a consultant psychiatrist or neurologist. Other members of the team may be medical social workers, nursing staff, and occupational therapists. When patients are first accepted for treatment, psychologists interview them and carry out assessments using tests to gain information about the patients' personalities, their aptitudes and abilities. They make assessments on the possible extent of each individual patient's recovery and will recommend and design rehabilitation programmes that may include counselling, psychotherapy,

behaviour therapy, or relaxation therapy. They try to help patients understand their problems and, if they have been kept in hospital, they will support them on their return to the community. They also evaluate the outcome of treatment programmes.

Clinical psychologists work in hospitals but they may visit day centers and clinics, as well as see patients in their own homes. They work with both individuals and groups and are often responsible for training other hospital staff. It is possible to specialise in work with children in child-guidance clinics. Some clinical psychologists carry out research into mental and physical illness.

Psychologists need to establish close, supportive relationships with their patients as they undergo a range of treatments, such as group therapy sessions. Clinical psychologists should have a genuine desire to help people to solve their problems and to improve their quality of life. They must enjoy using scientific methods to identify and solve problems. Although they may see an improvement in some patients quite rapidly, in other cases improvement may take a very long time.

Educational Psychologists:

Educational and child psychologists (school psychologists) are concerned with the way in which people learn. They work with children and adolescents who are underachieving or exhibiting behaviour that prevents them from learning. Individual children may be referred to them by teachers, health visitors, or doctors on the basis of school phobia, physical and mental handicap, or the problems of the gifted or socially deprived child. They carry out assessments using a range of personality and ability tests. They observe children at home or at school and interview their parents and teachers. They recommend such treatments as counselling, family therapy, or teaching

strategies to suit the individual child. Apart from close liaison with other professionals, such as health visitors, social workers, and doctors, they may deal with parents and child-care staff who have no psychological knowledge. Their work takes them into schools but they also work in children's homes, assessment centers, and in hospitals.

Educational psychologists may advise schools and colleges on the findings of educational research relating to learning activities and they may be involved in the in-service training of teachers and other school staff on such topics as behaviour management, bullying, and stress management. They also carry out research, some of which may be commissioned to meet particular local needs and which may require psychologists to present recommendations to committees or boards of governors composed of lay people. Other research may be of a much wider significance and may be

published nationally. Educational psychologists must be equally at home working with disturbed or deprived children and their families as with other professionals. Some educational psychologists work in university research centers while others work in specialist children's units in hospitals.

Forensic Psychologists:

Forensic psychologists work in mental health agencies, probation and parole divisions and prisons, where they deal with the evaluation and treatment of criminal defendants. They conduct evaluations of people charged with crimes, and evaluate whether defendants are able to stand trial, whether they are dangerous and if they could benefit from psychological treatment. Generally, they work in collaboration with the judiciary in both public and private

capacity.

Counselling Psychologists

Counseling psychologists work with all age groups of people with various psychological problems. Some of these are emotional problems of children and adolescents, adjustment problems, behavioural problems, drug-related problems or personality problems. Counselling psychologists work in children theatres, rehabilitation centres, correction institutions, hospitals, industries, companies and so on and so forth.

For further information contact:

**NIGERIAN PSYCHOLOGICAL ASSOCIATION
C/O DEPARTMENT OF PSYCHOLOGY,
UNIVERSITY OF LAGOS,
YABA.**

Profile of a Role Model

Dr. (Mrs.) Foluke Akinsola is a renowned psychologist and a professional in her field. Born into a family in which the occupation of both parents were farming and hunting, Mrs. Akinsola had always learnt to be hardworking and determined. She started her education at St. Paul's Demonstration School, Ibara, Abeokuta and proceeded to St. Paul's School, Igbore, also in Abeokuta. Her secondary school education was at the Comprehensive High School, Aiyetoro, while she had her university education at the University of Lagos, Akoka. A Developmental Psychologist by profession, Dr. Akinsola is currently the Secretary- General of the Nigerian Psychologist Association and is also a lecturer at the University of Lagos.

Recalling her early years, she says "My father wanted his children to be well educated, more than he ever had the opportunity to be and he introduced us to Christian virtues and morals. My mother was a disciplinarian who disciplined us with love. Both of them were dedicated to their occupations. My parents demonstrated love and care in practical

terms to us their children. My father struggled to give us the best in life and died in the struggle." For these reasons, her parents were her role models when she was growing up.

Dr. Akinsola faced many challenges in the quest to achieve her career aspirations, especially the challenge of living with relatives who had to sponsor her



Dr. Foluke Akinsola education at the secondary school level. However, her resourcefulness and dedication to duty and schoolwork paid off, as her relatives were willing to assist her due to these attributes she possessed.

For young people who wish to choose Psychology as a profession, Dr. Akinsola says "Welcome on board! Psychology is a very interesting profession. If you study it and apply what you've learnt to your life, it makes you a better person. The young psychologist must however be committed, dedicated, and upright. You must love to serve others. If you train to be a psychologist, it will have some effects, both positive and negative on your life. Try it and aim for the positive effects."

She is enthusiastic that in the future, psychology will assume its rightful place in the scheme of things in the nation and that psychologists will savour the prominence accorded their profession. She also believes that the prospects of psychologists are very bright, as the knowledge of psychology is needed in industrial organisations, politics and its management. It is indispensable in educational settings, day care centres, youth establishments, sports and social services centres, the judiciary, health sectors and many other institutions.

Dr. Akinsola is happily married and has four children. Her driving force is that anything worth doing at all is worth doing well and that whatever one finds oneself doing, one should do it to the best of his or her ability.

For Dr. Akinsola, being a psychologist has affected every facet of her life. "It has helped me to become a better person in terms of interpersonal relationships, and also in being an understanding and effective worker, mother and wife."

TRUE LIFE STORY

I had hardly known Fatima for more than two weeks when she paid me a visit in my home. Fatima and I met during an inter-schools debate competition. She had been the lead speaker for her school while I was the subordinate speaker for my school. After the competition, she walked up to me and introduced herself; we immediately took to each other and soon became friends, but that was it, nothing more.

“I was therefore surprised when I saw her in my house the day she came visiting, although I was glad that she still remembered me. We both chatted for a long time and when she was leaving, she asked if I would visit her at home too. “Hmm, I don't know” I replied. My parents are quite strict and they never allow me to go out. My mother had often told me that I had too many responsibilities, which would not leave me enough room to visit friends. But then I did not want to appear childish so I promised to return her visit. Really, if I had known what the outcome would be, I would never have made that promise.

“The opportunity to go to Fatima's house came four days later when my parents decided to visit a grand uncle who lives in Ibadan. I was left at home with my younger brother and Aunty Risi, the house help whom I fondly call “Nona”. On the excuse that I was going to get my hair done she allowed me to leave the house. I left for Fatima's house feeling a bit guilty for the lie I had told Nona. But I soon shrugged the feelings off, knowing that it was a rare opportunity since my parents wouldn't have allowed me if they had been around.

“Fatima was quite glad to see me and we both settled down to a game of ludo. Soon, three guys walked in and Fatima introduced two of them as her brothers. The third guy was just a friend. I smiled sweetly, said hello and continued with the game without giving the guys a second thought.

“Days passed and my parents never found out that I had visited a friend without their knowledge, and I decided to pay Fatima a second visit. My brother had an invitation to attend a birthday

party one Saturday afternoon and Nona was to take him. Complaining of boredom, I insisted on going with them and my parents who did not suspect anything decided to let me go. Fatima's house was just a few blocks away from the party venue and so when the party was in full gear, I left for her house intending to get back there in a short while.

humiliated and frightened that I made to run. But one of them had blocked my path and so all I could do was watch helplessly as the other dipped his hand into my blouse.

“By now I was weeping and I attempted to shout when the younger one covered my mouth with his hand. His elder brother had started removing his belt

I have Learnt to be MORE CAREFUL

“On arrival at Fatima's house, I met her brothers whom she had introduced to me on my first visit. They told me she had gone to a nearby store to make some purchases and that she would soon be back. I decided to wait for her and made myself comfortable on the couch. I was quite nervous, as I was scared that Nona would find out that I was missing and go home to tell my parents. As I wondered whether to leave or stay, I heard some snickering coming from where the two boys were seated. I glanced at them; I sure did not like the sound of their laughter but shrugged it off as harmless. After all, they were just guys and were probably discussing something funny. I later found out that I was the object of their laughter. One of them walked up to where I was seated and sat close to me. He placed his hand on my thigh and said something like “You've got nice legs”. I was uncomfortable and wanted to tell him to remove his hand from my thigh, but I couldn't. He was much older than I was and apart from this, I thought he was trying to be nice so I said thank you. The other guy whom I suspected to be the older of the two smiled at me sheepishly and said, “You've got nice set of teeth too”. I said thank you again. What were these guys up to? I wondered. Could they be planning to do something bad to me? I soon got up to leave when I felt a hand on my breast! “And you've got nice breasts too” both guys said in unison, laughing at the expression on my face. I couldn't believe what was happening. I felt so

when suddenly there was a knock on the door. It was Fatima, she had finally returned from the store. The two guys hurriedly put things in order as I sobbed silently. When Fatima walked in, I could not look at her. I felt so ashamed that I ran out of the house as fast as my legs could carry me. For a long time, I walked around crying and thinking about what had happened. I had forgotten all about the party. Unfortunately, Nona had been looking for me. When I was nowhere to be found she went home to inform my parents. By the time I remembered the party it was almost dark. By now, my parents were frantic and had called at the police stations.

“I got home that day to meet a father who had been calling every radio station and hospital to inquire about me and a mother who was worried sick that she had lost her 15 year-old daughter. To complicate matters, I was unable to give them a concrete reason for my disappearance. This made my father so angry that he beat me until my body ached. As I watched my mother cry, I wanted to tell her where I had been and what had happened to me. I wanted to tell her what Fatima's brother had done to me and how dirty and ashamed I felt, but I couldn't because I was scared. Instead I cried from the pain I felt, not from my father's horsewhip, but from the pain of being a victim of such harassment. Five days have passed now but the pain is still there.

Dear Aunty

Dear Readers, the “Dear Aunty” column treats questions young people ask about their reproductive and sexual health concerns. You too can write in and let us know what your concerns are. You are assured of confidentiality, as your real names will not be published. Send your questions to The Editor, Growing Up Newsletter (Dear Aunty Column), Action Health Incorporated, 17 Lawal St off Oweh Street, Fadeyi, P.O. Box 803 Sabo, Yaba, Lagos.

Q Can a girl get pregnant during menstruation if she has sexual intercourse?

The determinant of pregnancy is ovulation, which occurs 14 days to the next menstrual bleeding. Therefore, in a woman that menstruates every 17th or 18th day and bleeds for a period of four days, she will ovulate while still menstruating or just a day after the menses has finished. For such a person, it is possible for her to get pregnant while still menstruating.

It should be noted that the sperm that is deposited in the vagina remains viable for about 72 hours, while the ovum remains viable for about 12 hours. This means that the sperm will still be viable in the female genital tract during ovulation in such a woman and so she can get pregnant. It should also be noted that the fertilized egg implants in the uterus after seven days during which the endometrium would have

regenerated, prepared to host the ovum (fertilized egg). Again, the environment of the genital tract at menstruation is not toxic to sperm especially immediately after ejaculation. In fact, the semen can enhance the environment and so the sperm can survive and fertilize the egg thereby leading to pregnancy.

Why do I always feel so bad about myself? I always feel as if I don't measure up to people's standards or that people don't like me and so my confidence in myself is very low. This makes it difficult for me to make friends. What can I do?

Most people suffer from a lack of confidence at one time or another. It is normal to feel bad about yourself sometimes, but these bad feelings shouldn't stop you from making friends and doing the things you would like to do. One thing you can do to develop confidence in yourself is to develop skills. This doesn't mean you have to be good at difficult things. You can work at improving the things that you really enjoy doing like reading, being a good listener or cooking a tasty meal. You can also try developing skills that will make you feel better about yourself. Read more. Join a library if there is one near you. Reading teaches us about others around us and also about ourselves. Also, try to develop good friendships. Do your friends make you feel good or bad about yourself? You and your friends may have fallen into the habit of putting each other down. When this happens, it may hinder your self-confidence from developing. Try not to put

yourself down. If you make a mistake, admit it. Tell yourself you'll learn from the experience and that you will not make that mistake again. Also, believe that you can do things. Set yourself small goals. You could start by talking to a new girl or boy in your class. It doesn't have to be a long conversation. Just say a few words about the lesson or your homework. Slowly, you can work up to longer chats if you want to.

I am 21 years old and I am still a virgin. Many of my friends try to pressurise me into having sex because they feel that it is not normal for me to be a virgin at this age. Is this true?

A virgin is anyone, male or female who has never had sexual intercourse. Some girls today feel embarrassed about being virgins and look for an opportunity to lose their virginity because they believe having sexual intercourse makes them “real women”. This isn't true. What makes a girl into a “woman” is the realisation that her body is her own and that she has a right to choose how she wants to use it and how she wants (or doesn't want) to be sexual. Therefore, there is nothing wrong in being a virgin; neither is there anything abnormal about it. Don't let your friends pressurise you into having sex when you really don't want to. Remaining a virgin is a decision, which should be taken by you. If you decide to have sex just because you want to lose your virginity in order to please others, you might end up feeling bad about yourself. Being a virgin is nothing to be worried about. In fact, it is something to be proud of!



**Action
Health INCORPORATED**

Presents

TFL 2002

TEENAGE FESTIVAL OF LIFE

**Drama
FESTIVAL**
14TH NOVEMBER, 2002
at UNILAG AUDITORIUM

SIDE ATTRACTIONS

- Talents display
- Talk show by young people.
- Poem recitals.
- Presentation of songs.

RULES

1. The drama must reflect the theme of the festival.
2. The drama must not exceed 20 minutes.
3. A panel of expert judges will assess each drama: 5 finalists will be selected
4. All participating schools must attend a one-day training workshop on the 25th of July.
5. The competition is open to secondary schools in Surulere, Kosofe and Mainland L.E.D
6. Total cast of each drama should be more than 10 people.
7. Submission of entries closes on 1st of August 2002, only schools with entries are eligible to participate in the competition.

**Theme: "SECURING OUR RIGHTS
ASSURING OUR FUTURE"**

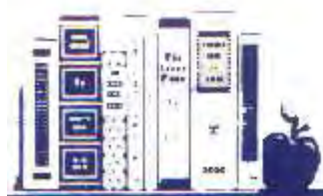
**THE UN DECLARATION OF
THE RIGHTS OF THE CHILD:**

- * The right to a name and nationality.
- * The right to affection, love and understanding and to material security
- * The right to adequate nutrition, housing and medical services.
- * The rights special care if disabled, be it physically, mentioned, or socially.
- * The right to be among the first to received protection and relief in all circumstances.
- * The right to be protected against all forms of neglect, cruelty and exploitation.
- * The right to full opportunity for play and recreation and equal opportunity to free and compulsory education, to enable the child to develop his individual abilities and become a useful member of society.
- * The right to develop his full potential in conditions of freedom and dignity.
- * The right to be brought up in a spirit of understanding tolerance, friendship among peoples, peace and universal brotherhood.
- * The right to enjoy these rights regardless of race, colour, sex, religion, political or other opinion, national or social origin, and property, birth, or other status.

Prizes
Very attractive
including trophies
for each of the
best 3 entries.

For further details contact

TFL 2002 Planning Committee, AHI Youth Centre, 17, Lawal Street, Off Oweh Street, Fadeyi, Lagos. Tel: 7743745 E-mail: ahi@linkserve.com.ng



Resources



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

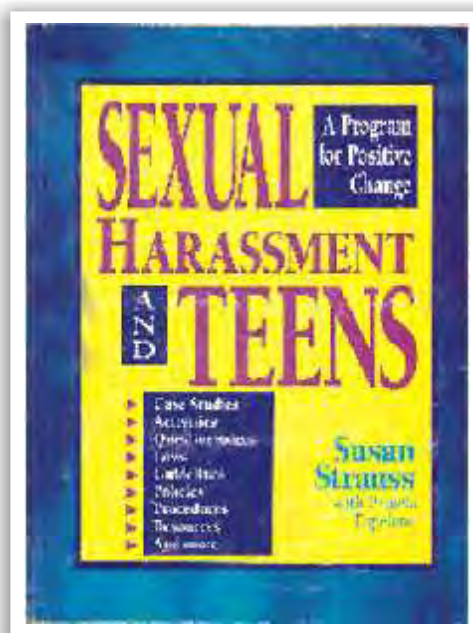
BOOKS

Sexual Harassment and Teens: A Program for Positive Change

Susan Strauss with Pamela Espeland

Sexual harassment and teens allows young people to learn the facts, discover their feelings and examine their attitude and behaviours. The program in the book brings people together to explore and understand the causes and consequences of sexual harassment and sexual violence. It helps to identify and solve any sexual harassment problem that may exist within the school or organization and spells out what can be done to sensitize students, design a sexual harassment policy, develop formal and informal grievance procedures, and create a healthy respectful learning and working environment for everybody. The book gives teens answers to questions on sexual harassment. It gives them a safe,

supervised way to learn the facts, discover their feelings and examine their attitudes and behaviors.



Sexual Harassment in the Workplace

Ellen j. Wagner

Often, employers, managers and human resource executives are at a loss over steps to take when resolving issues dealing with sexual harassment in their workplace. This book offers a legal expert's advice on how to

investigate complaints in a way that is fair to all parties concerned and protects organizations from legal liabilities. By showing how to establish preventive policies and taking corrective action, it also acts as a practical, balanced guide to effectively resolving and forestalling sexual harassment in the workplace.

Violence against Women: The Hidden Burden

Lori L. Helse, Jacqueline Pitanguy and Adrienne Germain.

Gender-based violence including rape, domestic violence, mutilation, murder and sexual abuse is a profound health problem for women all over the world. This paper draws together existing data on the dimensions of violence against women worldwide thereby raising awareness of its existence and consequences. Practical steps, which can be taken toward eliminating violence against women, are suggested for policy makers, health program officers and the ordinary reader.