SEX with relatives is a crime

Uncle: Girl, 12, P6, Bugubo Butambula PS Bugiri, says:
“I visited my uncle in Iganga. One evening, he came from work and started tickling my waist. He said he loved me so much. At night, he came to my bed and started squeezing my breasts. I started crying loudly. He got a knife and threatened to cut off my head. I accepted to have sex with him because I didn’t want him to kill me. I reported him to my mother. She said I will never go back to uncle’s home.”

Christine Naisanga, Child and Family Protection Officer at Bugiri Police Station Says:
Cases of relatives having sex with children are very common. Most do not get reported because of shame or fear. If you are abused, report to police, your teacher, a relative, a parent you trust or child protection committees at the Sub County.

When you report, the defiler will be arrested. We also arrest children who have sex with their fellow children. Say NO to sex and gifts from defilers.

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I know of a grand father who defiled a grand child and infected her with HIV. Bwire Godfrey, 15, P7, Bugiri PS

Sex with relatives can expose you to:
• HIV/STDs • Death • School dropout • Unsafe abortion • Permanent disability • Depression and self neglect • Early pregnancy

Report Child Abuse
Call 116 Free!
Young Talkers share stories of incest

Relative
Jakin Elisha, 12, P7, Bugiri
PS says: A certain nurse brought a relative to take care of her two sons. One day, this girl forced the boy to have sex with her. She said if he refused, she would not give him food. The boy accepted to have sex. I advised him to report this girl.

Brother
Uncle
Girl, Winterland PS, Kampala says: My father asked me to go and sleep with him on his bed. When I went, he asked me to remove my clothes and we had sex.

Pupils of Busanzi PS, Bugiri say: Boys and girls, respect your bodies. No one should play with them.

Speakout, do not keep quiet

Do not fear to report a parent or a relative who forces you to have sex.

The senior woman teacher Waluwerere PS Bugiri, Nabwire says: It is possible to find someone else who will take care of you without demanding for sex. Talk to the Child and Family Protection unit at a Police station near you or your teacher. Action Aid Uganda for example provide shelter to children who have been sexually abused. Do not keep quiet.

Go for PEP if defiled

Connie Naigaga, Nurse, Bugiri Hospital says: If you are defiled, ask your parents, teachers or guardians to take you to hospital for a special treatment called Post-Exposure Prophylaxis (PEP). We provide PEP to boys and girls who have been defiled.

PEP reduces the likelihood of HIV infection if the defiler had HIV. It works well when you come to hospital within 72 hours after exposure to HIV. After the 72 hours, PEP will not be able to block the virus from multiplying in the body. The earlier, the better.

Come for PEP first and then report the case to Police. Girls as young as 3 years, who are defiled have been brought here for PEP. PEP is available in all government hospitals free of charge.

Mummy, I can’t continue staying with uncle. He forces me to have sex.

Other places to report to
- FIDA Uganda
- Hope after Rape
- Raising Voices
- Centre for Domestic Violence Prevention
- Straight Talk Foundation Youth centres in Gulu, Kirem, Nwoya, Adjumani, Bugiri and Moroto
- Plan International
- Uganda Network of Child Rights – NGOs
- ANPPCAN
- Wakisa Ministries

Quiz
Do you use internet, Facebook, Twitter or WhatsApp? Share with us the good or bad things you or your friends have faced on internet or social media.

Send to Straight Talk PO Box 22366, K’la, www.facebook.compages/StraightTalkFoundation or twit us @STFUGanda
Menstruation
Nachap Kezia 10, P6, Kotido Mixed PS, says: “I feel bad when boys laugh at girls in their menstruation periods. This has caused many girls to drop out of school. Girls should be supported to stay in school, because an educated girl will look after her family better than one who is not educated.”

What does being HIV positive or negative mean?
Nandawula Linda, Kawaala PS Kampala
Being HIV positive means one is infected with HIV and his or her body has developed antibodies to the virus, which are detected by the HIV test. Being negative means you do not have the virus or have it but have not yet developed the antibodies. This is called window period, which takes from three weeks to three months after infection. Testing for HIV will help you to know whether you are positive or negative. It is free in all government hospitals. Dr Stephen Watiti, Watiti Foundation

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Alcohol is not food
While some people drink alcohol for fun, in Karamoja children are served the remains of the local brew as food. Lokol Jeremiah, 14, P7 Naitakwae PS Moroto, says: “Adults drink the local brew made out of sorghum and give children the residue called adakai to eat. Is this good for us?” No. It is not good. Once food goes through the process of fermentation, it stops being nutritious. Talk to your parents so that they can prepare the sorghum before fermenting it. Eating adakai may teach you to drink alcohol. Alcohol may damage your brain or cause heart or liver diseases. Drinking alcohol stops you from thinking clearly and may lead to risky behaviors like early sex and fighting. This will expose you to HIV/STDs, and accidents.

Counselor Grace Bikumbi, Butabika Hospital
Is it true that if you skip a month without your periods it means you are pregnant yet you have never had sex?

Nongo Hajjarah, Mbuya COU PS Kampala

No, not always. Sometimes periods may not come; especially when you have just started menstruating and your cycle has not yet stabilised, when under stress or when you are sick. But if you missed a period after having unprotected sex, you need to go to hospital for a pregnancy test.

How can we help street children to go back home?

Lawoko Powell Scott Holy Rosary PS Gulu

We need to talk to them, counsel them and help them address problems that forced them to live on the streets.

Why are women and girls immunized against tetanus?

Namaganda S, Majanji PS, Busia

Immunisation protects them and their future babies against tetanus, a childhood killer disease.

Is it true that when a boy starts experiencing wet dreams he can make a girl pregnant?

Sserugga Edward, Kawaala PS, Wakiso

Yes, having wet dreams means you are mature sexually and may be able to make a girl pregnant. A wet dream is when semen (the liquid that contains sperms) is discharged from the penis during sleep; usually when one has dreams with sexual images. Boys start getting this during puberty but it does not mean that you should have sex.

What causes cervical cancer?

Mwiinnenwe Alpha, 13, P7, Home Care Preparatory School, Kabale

Cancer of the cervix is caused by the Human papilloma virus (HPV). It affects girls and women. They get it through sex with a man or boy who has HPV virus. The cervix is the lower part of the uterus (womb). Abstain from sex to avoid this cancer. Girls, go to any government hospital and get immunised against cancer of the cervix. It’s free.

Counselors:
Nabayiiki Uniah and Dr Stephen Watiti

School Kabale

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When I was circumcised my penis reduced in size. It is not even enlarging yet. I’m growing pubic hair. What can I do?

Kageni Denis, Namirembe Boarding PS, Budaka

Circumcision does not affect the size of the penis. Be patient.