

PLATFORM for the NEEDY (PLANE)



O ur D ream:

“Teenage Pregnancies, Early Marriages, A Nightmare”



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“You can do anything as long as you have the passion, the drive, the focus and the support” - Sabrina Bryan.



Editor

Diandra Rodrigues

Hi everyone! I am the Editor of this booklet. I studied psychology at university and am currently an intern at PLATFORM for the NEEDY. I truly believe that this organization is doing incredible work in trying to afford Ugandan women and children with their rights and quality education and healthcare. This booklet will be a great resource for children, as well as teachers, to use as a means of spreading awareness about the issues of teenage pregnancy and young marriage. The main intern throughout it, is to encourage school children to place their academic success and good health as their first priority in their lives. It is the hope of all of us at PLANE that this will lead to good decision making and a better life for the children, with God at the centre of it. We hope you enjoy it!



Editor

Stephanie Edelgaard

I'm a student on a gap year program currently interning for Platform for the Needy. I think this booklet gets the message that the Author wants to get across clearly and creatively to kids and adults not just in Uganda but all over the World.

To the Readers, Parents, Children,
Teachers and Stakeholders,

A message coming from the Netherlands.

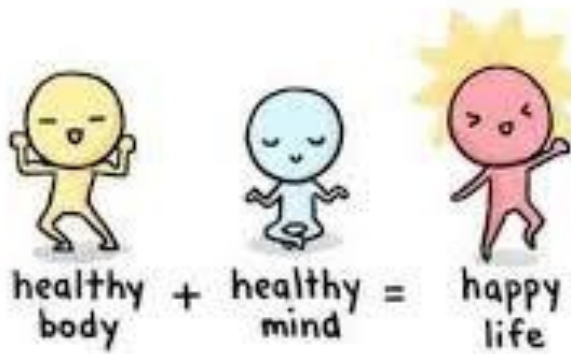
My goal with this writing is very dear to my heart. I want everyone in Uganda who is concerned about the issues of teenage pregnancy and child brides to know that their concern is understood and sympathised by women and men everywhere.

Girls deserve a childhood, an education, and a long life of freedom.

I have been working remotely with charities in Uganda for almost 2 years now. Writing with PLATFORM for the NEEDY is enjoyable and important because when we reach out to help there is a cascade of positivity. Writing poems is my way to share the modest wisdom I have learned myself.

I envision PLATFORM for the NEEDY becoming a widespread source of knowledge and hope. It is not someone's fault for having a difficult life but a simple thing like a poem or education can change a life and a whole community.

Dr Elizabeth L. Hynes, BSCHons PQ Attorney
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To our children and youth...

We are so excited for you to explore this booklet and experience the way that poetry can make a difference in your life.

We truly hope this it will encourage you to take responsibility for your own life and those around you. We hope that it will encourage you to make the best decision for yourself. We went the BEST for YOU.

Reading this booklet will hopefully open your eyes and give you some perspective around adolescent sexual practices, teenage pregnancy and early marriage. It will show you that your life has far more potential and that if you focus on your health and school... you will have a strong and successful future.

We wish you all the best for your future.

HAPPY READING!

Acknowledgement:

PLATFORM for the NEEDY (PLANE) acknowledges the collective contribution of various stakeholders in the country who have participated in the fight against teenage pregnancies and early marriages. We appreciate those who have contributed towards the production of this booklet. Our gratitude to Voice of Tooro 101 FM; in particular the Managing Director Mr. John Sanyu Katuramu, for offering us a platform to amplify our voices for the voiceless. We are so grateful, and we encourage you to continue serving the people as your slogan says "The People's Voice".

PLANE is particularly grateful to; Hon. Victoria Businge Rusoke Atwooki, the State Minister for Local Government & Woman MP Kabarole District; Madam Grace Karungi Mugasa Abwooli, Country Director of Christ AID International; Hon. Linda Irene Nyinabarongo Amooti, Woman MP Fort Portal Tourism City; Mr. Paul Maino Apuuli, Executive Director Bringing Hope to Community Uganda(NGO) operating in Kabarole; and Mr. Richard Rwabuhinga Abboki, District Chairperson Kabarole. It is due to their generous financial aid that we were able to create this booklet.

Special thanks go to Dr. Elizabeth L. Hynes, our volunteer from the Netherlands, for her generosity and passion in writing and editing these articles. Thank you for lending us your time and for your creativity in producing these poems that we hope will make a big difference.

Finally, we would like to extend special thanks to the editorial team of our international intern students (Ms. Diandra Rodrigues from London and Stephanie Edelgaard from the United States) for editing this booklet and providing constructive comments and guidelines. You deserve a special mention for a job well done. Thank you all for your tremendous contribution and we look forward to continue to collaborate with all our stakeholders.

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1. POEMS FOR PRIMARY:

I LOVE TO STUDY!

Learning is so nice for me
Without reading any books
Think how boring it would be
I wouldn't know where to look
For all the things I need
Every day I need something
A book is like a seed
Growing bigger by imagining.

THE BEST TEACHERS HAVE LOVE!

My good teachers will help me grow
Not call me lazy, dumb or slow
When teacher says well done, I smile
Because learning took me a while
It is so good to be shown the way
To be my best self every day
This way life is always fun
Even when the work is done.

I HAVE RIGHTS AS A CHILD

I am a little child and I have rights
Just like Mom or Dad, and all my friends
Rights means I can say no to fights
Or no! when people ask me to pretend
God says everyone is special to him,
He's always right no matter what?
So we get water, food, and then tucked in
And playtime together in a safe spot
We should never feel afraid
If fear says hi we run away
To go back the safest way
And love our safe home every day.

“
**One child, one teacher,
one pen and one book
can change the world.**

”
- Malala Yousafzai

WHY I PLAY WITH TOM?

My friend Tom helps me play
He keeps the sad times far away
We spend all day in games and fun
And stay until there's no more Sun
I choose to keep Tom as my Friend
Because getting older has no end
We will always help each other out
We're friends! -is what we scream and shout.
We make finishing school our friendship rule,
Then life is different after school,
When we are old and wise we can
Decide to be whatever we can.

“
If you put your
mind to it, you
can accomplish
anything.”

MARTY MCFLY
FROM "BACK TO THE FUTURE"



MY GOOD DAYS WITH AUNTIE LUCY

My aunt brings me gifts on my birthday
She tells my mom to let me play
Her influence is really good
Never saying "oh you should..."
Instead, we talk of my biggest dreams
She mends my clothing at the seams
I trust her because she helps me a lot
An adult friend is like a bull's-eye shot.

2. POEMS FOR UPPER-PRIMARY:

MY LIFE AT SCHOOL

My friends and classmates are ready,
We compare our notes and smile
To encourage each other and stay steady,
On our way to independent freedom.
Learning is always a joy to behold.
Together it feels like growth and fun,
This type doesn't end when we're old.
And I wish it for everyone.
Study feels heavy but learning feels great,
We share our problems and lighten our weight!

LEISURE

Relaxing is very important for everyone,
If we work all the time we are in danger,
Of losing ourselves and to never have fun,
But choose carefully what to do with your leisure.

When we unwind then others crowd in,
So if you're invited to someone's home be wary,
If it is not your choice then don't follow them
Strangers can change from friendly to scary.
Instead choose an uplifting game with your friends.

Don't skip the steps to being an adult;
Playing is needed the whole way to the end,
Don't worry or let someone else speak for you.

Hold onto yourself and choose your delight.

A sport is fun to share and laugh through,

Don't forget it's your human right,
To defend and do what is right for you.



3. Poems for Secondary

LIVE YOUR LIFE AS A HERO

In everything you do, try to be not just your best but the best,
Choose a team that makes you proud to wear their vest
In following the most honourable path that speaks to your soul,
Automatically you are modeling a (good looking!) role.
Look at those eyes in the mirror smiling right back
Tell it about the awesome you they track!
When you feel like your own hero then think of how
The others will see you as SUPER now.

FRUITS OF FORGIVENESS

The tree of life bears gifts for all
The tree of fear makes blinding food,
The tree of hate will deafen you,
The tree of forgiveness bears fruit.

I REGRET THE FRIENDSHIP

Don't be led astray, as I have been
Don't befriend the queenly bee
Don't fall for tricks and traps and lies
Her mouth curls up but watch those eyes
Don't be led by the hand into a dark place
Don't trust someone who has more than one face,
If you want to leave and get convinced to stay
Just cut your losses and walk away.
Don't be like me, many years old
Telling the same story of old
Those wasted years! Such tears, such pain!
She promised always to change
But heck she did not, even in the slightest,
And although at first my flame shone the brightest,
The dead-end hope and the empty promise took a toll.
I very nearly lost all of my soul.
Eventually the path shows where it's headed:
You might be trapped, pregnant, raped or wedded.
So turn back now before it's too late
Don't be many years old with a life you hate.
Those wasted years!
The whole world is against you, it's easy to see
Telling you all these ways to be.
So find the friends in life or in books
That align with your most precious dreams.

DESPITE THE CHALLENGES

L-o-v-e is a four-letter word but a lifelong choice
Build it your own way, choose the size and style.
A four-letter word with a thousand new ways every day.
It can be forever or just for a while
Imagine what you want it to be
Think deeply and dreamily, there's no harm in a dream.
Visualize the man or woman, the home, the jobs,
the children, the dogs.
Do you want to work while he stays at home?
Do you want to land or do you want to roam?
A marriage can take you across borders or under the earth.
You need a beautiful dream to guide you
Give it some berth
And always remember
You choose your own worth!
The rules don't apply..
Giving in to "have a baby, come here for sex!"
Will leave you alone with only vex.
Because the secret truth that no one says,
Is writ in our hearts a thousand ways?
That despite the challenges of waiting, dodging, learning and
finding,
True love is out there.

LIFE OF A TEEN MOTHER

If your baby is crying at your sweet sixteen, think of me.
If its tiny hand wobbles but you wobble more, think of me.
If your parents are angry but you are just sad, think of me.
I am your life.
I'm dark and empty and I'm at home alone
The baby you have to love can give you nothing back
Your friends are at school and on the "work in the city"
track,
While your line to reality goes slack and your dreams are
never on track.
The father has left you or stolen you.
So you are either ashamed or raped.
Every single night, every single day,
for as long as you continue to live.
I am your life and you wish I would leave you,
But I refuse even that small peace to give you.
You thought it was love, because you were overwhelmed,
your parents didn't teach how to surf
the waves you did not turn to God, you forsake his love.
Now you're headed to the early awaiting grave.
Never forget to dodge that crashing water,
It will fill your lungs and you'll feel possessed.
But it's no demonic spirit that moves you;
it's a fatal flaw of the heart in your chest.
God gave you life and you sold it to this child,
Together with your soul in the deal.
The devil has a bargain for free,
While to find food for your baby now you have to steal.

COULD HAVE GIVEN UP

It would have been easier to call out stop
To end it all by a deliberate choice
At some point I wanted to
Give up my voice.
The exams were difficult and long
A tricky obstacle marathon.
The parties that I so politely declined,
Stay sad in my mind.
The friends I lost to pregnancy,
At first seemed happier than me.
But I could see the farce, it was all for show,
They live in a field now, where nothing will grow.
So I missed some birthdays,
When they still had the money,
And I do my exams and advance away.
Giving up is not really funny.

*You are
capable of
amazing
things.*


KEEPING MY NAME FOR EVER

God has given me my father's name,
Were I to waste it
Oh a shame.
I'd be to blame.
He has given me this new world
To life a life as a pearl
Safe in a scabbard, because I am a weapon.
Why do women lose their names, their home, their life
Just to only be trapped as a wife.
Why can't we see the many other brighter routes?
Where we live in
God's own truth.
Do not forsake a name in vain.
Do not forget your ancestors' pain.
You can keep your name, even after marriage.
Why kill the horse to get to the carriage.
It's a modern choice and known because
Of the famous women whose names were not lost.
Join the modern tradition that stretches
Into the future where pain just retches.
We move towards a brighter world,
Don't have forgotten yourself when it is unfurled.

CHOICES

Raise your voices,
Make your choices,
Run towards a good thing.
Drop your glasses,
Attend your classes,
Let the sounds about-ring.
Fall to the floor
Hear them snore,
You are going to win.
Hope abounding,
Love resounding,
Without a single sin.
One option is "no",
One more is "go",
Grab it by the fin.
Silence can speak,
So turn your cheek,
And look after yourself.
It is not greedy,
To not be needy,
And stay on the prizes shelf.



AIDS! AIDS! YOU KILL THE YOUNG

AIDS! AIDS! AIDS! You wipe the young
Why wiping us like cockroaches?
You ran away from adults
Turned to the youth & gained momentum
AIDS! AIDS! AIDS! You wipe the young
Why fumigate human beings?
Youth dying like spread locusts,
Giant youth, beautiful & handsome are collapsing,
Will I survive you? Who will survive the wiper AIDS?
Help me remain informed & I abstain.
AIDS! AIDS! AIDS! You wipe the young
Why not spare the beautiful creation?
Every family cursing you of slashing us.
Everybody is shedding tears
Mothers regret the maternal suffering
Whether educated or not, AIDS swallows you
Fellow Youth Stand up & reject AIDS

BAD FRIENDSHIP, RUINS MY FUTURE

Paul, you normally call yourself my best friend,
We live sweet darling at school, pouring me with gifts
But your intentions for me appear disastrous
You don't mind considering the outcome.
What I only see in you is to satisfy your lust.
The first time we met I was convinced you're my friend.
The fun and love we enjoyed as siblings,
Now, my dreams of becoming a lawyer are shattered!
All what seemed like cream of dream has disappeared?
It's shameful!
The school and my parents do not know this shame.
I am ashamed in the presence of my parents & community.
My dreams of an independent woman are shattered by your lust for sex.
It's a lust game of you satisfying yourself at the expense of my dreams.
What a selfish boy?
I was ignorant of your intentions;
I'm now pregnant.
I wish I took the advice of my teacher,
I now look foolish with no future.

“

**THERE IS NO WRONG TIME
TO DO THE RIGHT THING.**

- Charles M. Blow

DRUG ABUSE, DRUG ABUSE, SILENT KILLER

You've become guards of our homes,
Schools, and the entire community,
Tasting sweet but dangerous substance to the consumers
Drug abuse, drug abuse
Alcohol, opium Marijuana,
Are common man's brain destructive force
Looks friendly, when guzzling but disastrous & heartless,
Domestic Violence in families & school dropouts are outputs.
Drug abuse, drug abuse
We see all kinds of complex diseases emerge
Insanity, kidney diseases, heart diseases & lung cancer,
Mr Drug abuse, why ruin our future,
Our generation is wrecked by you! Leave us.
My dear loving brothers and sisters
I appeal to you, please stay away from drug abuse
Drug abuse, drug abuse
You're satanic! You made boys in our village run insane
Limit their thinking & lack self esteem
Associated with anti-social behaviors like homosexuality, defilement, rape & prostitution
Oh my God! Our brains have no control over nature.
Drug abuse, what a heartless murder you are!
Are you an adolescent who needs a brighter future?
Or a parent or community leader who wants to witness a better healthy generation,
Stay away and say no to drug abuse,
a silent killer.

FIGHTING TEENAGE PREGNANCY NEEDS STAKE-HOLDERS INVOLVEMENT.

Teenage pregnancy! Teenage Pregnancy!

Who brought you? What causes you to ravage?

Our future is in a mess. Why ruin us?

Oh! What shall we do? Teenagers see no help!

Who can rescue us? We need your intervention.

Many of us get pregnant, dropped out of school.

Many have died in attempt to abort, just because of you

Teenage pregnancy! It's not yet time for us to get pregnant.

Our parents, we need your love, its lacking

Show for us the love & care to avoid being taken away by strangers

My fellow teens, avoid bad peer pressure, it will ruin your future

Remember where you come from, avoid love for money

Many boys seduce us into sex with money

But know what? After getting pregnant, disappear & abandon you.

Be patient since patience pays.

The future is brighter!

Our teachers, parents, cultural leaders, clergy, government leaders.

And all stakeholders, be on the lookout, and on our side

Fighting teenage pregnancy is everyone's responsibility

If we stand together, talk to our teens to leave responsibly,

Arrest the perpetrators, we can fight teenage pregnancy.

It's time to stand with us to fight teenage pregnancy.

“HER RECKLESS ATTESTS HOW SHE ENDED ASHAMED

Her reckless is a cause for shame

She is worried & embarrassed

She's lonely

Her friends & relatives look at her & laugh

Pointing fingers at her

She thinks her only way out

Thinks to destroy the inside seed, but fears death,

Demons stage a battle on her

Fighting for life, she thinks of going to church Pro-life people shun her & whisper:

“She is pregnant but not married” What a shame? They laughed.

Against all odds, she resorted to telling her mom

She encounters mom's anger

How could that occur? With all the love & support?

Mary! Mary! Am astonished! Pregnancy? God seems to have forgotten me! Mom,

She makes an appointment with doctor,

Tears in her eyes they got on a motorcycle

The doctor advised her to abort.

The weight of her cross was heavy at 16 years.

Dressed in traditional attire, Mom shed tears

Christian as we're doctor,

Do not harm this child, God still loves her.

Mary, take calm my daughter

I have been where you are

The shunning experience will end

Do not listen to them It's not a curse, but a test.

God himself will touch you

The swelling tummy reveals a nasty story

Her reckless attests how she ended shameful”

“

Do the right thing
even when no
one is looking.

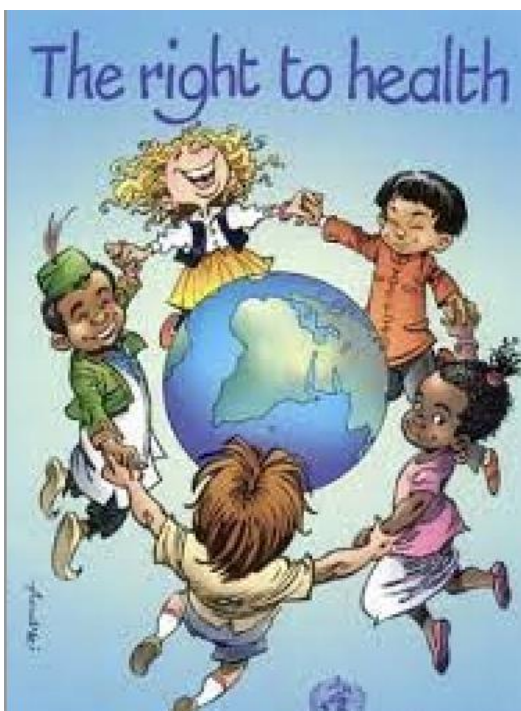
BEST OF LIFE
#QUOTESFORKIDS

HOW JANE ESCAPED SUGAR DADDY'S TRAP

Oh My God! Sugar Daddy on me
Always hunting for me. Of the same age as my mommy,
What are your intentions?
What do you want from me?
I'm scared, you might destroy my future.
Oh! Sugar Daddy on me,
My science teacher advised me not to act gifts from Sugar Daddies
Never to accept a free ride in your vehicle,
You're a stranger & killer
What do you want from me? I want to know.
Find your level. What a Merciless Daddy?
Oh! Sugar Daddy on me,
I will never take your money,
Nor the clothes you entice me with.
You promise to take me out in luxurious hotels
This is a trap set to finish me.
You want to impregnate me, infect me with HIV.
Why do you want to kill me? You're my mom's age bracket.
Why infect me with your STIs?
Leave me alone! I still want a bright future.
Whether it's poverty, I won't accept you.
Take your bullet elsewhere.

I WEAR MY MASK TO SAVE YOU! DO YOU?

I wear my mask to save you.
Do you wear a mask to save me?
Together we can save a life
Wear a Mask, Stay distantly, fight Corona Virus
I feel unhappy to sneeze at you
Breathing on you is a sure way of infecting you
Don't breathe on me too.
Stay a distance, Covid 19 is real
Together we act responsibly to save lives.
Proper mask Wearing means we're caring
Masks protect us from bad air sharing.
Masks are safer for you and me,
Let us fight the struggle together
I wear my mask to save you from Corona infection.
You wear your mask to save me too.
We distance together,
Together we can stay safe & Corona will end!



NEED FOR HEALTH CARE

Group Poem Recited by Student Peer Educators;
The Need for Health Care!
The Need for Health!
The Need for Care Health Care!
The need to acquire medication and treatment
As a youth, are you aware of your health rights?
Youth, Youth,
do the following to fulfill this health right
If raped
Use emergency contraceptives
If defiled
Report to the parents and authorities
If not sure of your health status,
Visit a Health facility
If infected
Seek for guidance, counseling and treatment
If pregnant
Report to a health worker
If none of these happened,
Thank God and resort to abstinence
Abstinence is the best way to go.
You need health care?
Health care is a right to everyone

POEM ABOUT EARLY MARRIAGES

Teenage Marriage! Teenage Marriage!

My community is greedy for dowry

What a bad culture? I stand to reject it!

I won't accept to marry at a tender age,

I'll marry after completing my education

I will marry when I'm mature & when I want

"I'll marry when I want. Don't force me.

My mom can't force me to marry.

My Daddy, uncle and aunties cannot force me to marry.

My siblings cannot force me to marry.

I'm still young.

I respect my dignity & expect a brighter future.

I love education

No one can force me to marry.

I stand to reject the practice.

No! No! I'll marry after completing my education

I will marry when I'm mature & when I want

Even if you beat me, even if you chase me away, even if you deny me food or fees,

Even if you do anything bad on me, hurt me or threaten me,

I will marry when I'm mature & when I want

I will marry when I'm mature & when I want

I've seen my young girls suffer the consequences of teen marriage

They are abandoned & rejected.

Living lonely with no care & financial support

I will marry when I'm mature & when I want

POEM ON EARLY MARRIAGE

Early marriage, Early marriage, Early marriage.

What a bad practice where there is early sex?

Children producing children, where is the love and care?

Children need proper care, love & protection,
a young mother can't provide.

Early marriage, Early marriage, Early marriage

What a practice that renders us to blindness and poor

You make us produce children with no fathers,
neglected and not having proper care.

You make us run away from God, attempt committing suicide &
sometimes our children storm the streets looking for survival.

Our jobless boys are dying in cells after caught stealing in attempt to
provide care for our children.

Early marriage, Early marriage, Early marriage

You have made our children become refugees on their own land &
study in poor schools,

You have made our children grow malnourished, with no medical care

You have made our children be jobless, gamblers & thieves.


You have made our children regret why they were brought on earth.

Early marriage,

you have rendered us hopeless and useless in community

Your plan was to terminate the future of our children.

I regret associating with you again.



Make good choices today
so you don't have regrets
tomorrow.

© PicQuote.com

PUZZLED TEENAGE PREGNANCY

“Teen and puzzled, No Love, No food,
In my rented room, Baby crying, No Help,
Daddy Chased Me Away, It was a shunning moment!
I call my loving Mom, She Fears Daddy On phone, Mommy sheds tears.
My boyfriend Abandoned Me,
Lonely and depressed, Mom never gets enough rest.
Likewise, I don't sleep
Having no job,
All I do is weeping and begging.
Was this a mistake?
Or was it a risky decision that I took?
Life of a teen mom came out so wrongly, I must say!
I thought I would be a doctor and one day carry out surgery.
Reality finally struck my dreams like lightning in the sky,
I've come to realize, my community missed my services
I wish I remembered my mom's & teachers' advice
Mom, am sorry! I took a wrong decision.
The baby cries throughout the mid night,
I've no food to feed her in this darkness house
This is real and life is becoming harder,
At only 15, I wouldn't have loved to be a mom
Or be called a WIFE.
Beside all the stigma, denial & baby drama,
In her torn clothes, she sucks me up like an animal,
Her father abandoned me.
Besides this, he is from a poor family
All they afford is a small bunch of bananas
The Boy is young and handsome, but then POOR,
Remember he's only a TEEN at 17, with a 15-year-old girl.

We forgot the war of education,
Went on rampage, engaged in unprotected sex. What a mess I will never forget?
But how do you prevent this? Why suffer & shed tears like me?
Save for smaller things, enjoy the bright future
We're only here to advise you, not to engage in sex at 15, To all the girls, and boys TOO! Watch out!
Watch Out! Have the stamina to say No!
Don't have sex until you know you're ready to have it.
TRUE! Sex is sweet when you're old, confident & done with education.

TEEN PREGNANCY RAMPANT

Teenage Pregnancy, Teenage Pregnancy!
Pregnancy rates are staggeringly high in Uganda,
Teenage Pregnancy, Teenage Pregnancy!
Nearly a quarter of girls aged 15 to 19 have had a baby or are pregnant.
Teenage Pregnancy, Teenage Pregnancy!
Uganda's 2011 Demographic and Health Survey shows staggering rates.
Teenage Pregnancy, Teenage Pregnancy!
Many drop out of school, secondary school enrolment rates are lower among girls than boys.
Teenage Pregnancy, Teenage Pregnancy!
Parents, why not heed to our cry?
The cry of the adolescents, lack sexual education, teenage pregnancy is rampant.
Parents, why not talk to us?
I see many girls carrying babies at social gatherings.
Shameful! Open our eyes to see every opportunity.
Teenage Pregnancy, Teenage Pregnancy!
Parents often fail to discuss sexuality and health with us,
Have no time! They abandoned us to our school teachers,
But at school, we are only given partial information.
Teenage Pregnancy, Teenage Pregnancy!
Parents, why not become agents of information?
If you can't talk to me, who will do so?

Why not talk to us? We appeal to you.

Spare time, talk to us!

Two thirds of teenage pregnancy victims reveal lacked parental guidance

Parents, teachers, we need you to save our future.

Talk to us.

TEENAGE PREGNANCY - A BLAME TO PARENTS

Daddy & Mommy, I'm pregnant

I know you may be angry & disappointed

Before you hit me,

Or make any judgment

Take time and listen, Please Pay attention to me.

Daddy & Mommy, you never paid attention to me

You never taught me about sex & protection.

You never talked to me to deal with the opposite sex

I don't remember you talking about condoms or contraceptives.

Daddy & Mommy, the boys around me took the advantage.

They made me feel so good & provided me everything.

Boys said sweet things you would never speak to me.

Told me I was beautiful, nice with dolly eyes.

Oh! Dad & mom, why didn't you tell me?

Oh God! This seed I'm carrying in my belly. Thinking about teenage pregnancy overwhelms me,

But I promise my child will not be a victim.

I promise she will do better, I will talk to her & love her.

I won't neglect her like you did me, take on this message.

There're times when I needed your love and attention,

Instead, you spent time drinking, sometimes watching TV movies

You taught me to talk but never talked to me,

You taught me to walk but never walked with me.

I still want to say I'm sorry, sorry for this teenage pregnancy.

Yes, I've been a victim. But now, I want you to talk to my little sisters,
They're growing up very fast and looking beautiful.
Spare them! They're already getting the attention of the boys,
Don't let them fall for their stupid ploys.
They wear seductive clothes, possessing mobile phones,
Boys will definitely take advantage, Dad & Mom, Talk to them.
Daddy & Mommy, I feel embarrassed, lonely with this pregnancy
Out of school, life changes completely, it's hard.
Don't let my sisters make the same mistake!
Save them, Save them,
speak to them, act quickly
They already are talking about sex... always on phone.

PLANE EDUCATION PROGRAM

Poem by Joel Rutesengereza, 17 S.5 (Beneficiary)

Thanks to PLANE Girls Matter Mentorship Programme

Long live PLATFORM for the NEEDY (PLANE)

Long live Girls Matter Mentorship Programme

Ears sharpened, eyes opened and our beautiful noses can now smell something,

Sexual Reproductive Health issues are a center of debate.

Thanks to PLATFORM for the NEEDY

A community, where Girls' dignity is felt most

Long live Girls Matter Mentorship Programme

Where youth remain united to fight for their rights,

Knowledgeable about SRHR, I am assured of a better health tomorrow.

Long live PLATFORM for the NEEDY,

Long live Girls Matter Mentorship Programme A community where SRHR is prioritized.

FOR GOD AND MY COUNTRY



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