

More Poetry by Peer Educators

Peer Education, if you were money, I would be rich,
If you did not exist, my life would be shattered.
You have helped me through encouragement and guidance.
Truly, Peer Education, you are beautiful,
Let me spread you in the whole world.
Oh! How good Peer Education is!!

Mukiza Ishamel, Kitumba SS

AIDS! AIDS! AIDS!
You came to defeat the whole world,
But we shall never allow you win.
You should know that we have different tactics of fighting you,
And I promise that you will lose!

Kanyange Martha, Kitumba SS

Contact Us With Any Questions

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 [Peereducationkabarole](https://www.facebook.com/Peereducationkabarole)



Our PEK Board of Trustees 2018/2019



What is Peer Education Kabarole ?

Peer Education Kabarole (PEK) is a school-based peer education program that operates as a community based organization in the Kabarole District, western Uganda. The program aims to improve student reproductive health knowledge through the use of student peer educators. Peer educators provide information on topics such as HIV, AIDS, sexually transmitted infections (STIs), pregnancy and relationships. In doing so, PEK equips peer educators with the ability to make important choices that position themselves for long and healthy lives and opportunity to pass this knowledge onto their peers.

Long term goals include decreasing HIV/AIDS incidence, increasing knowledge of safe sex practices and encouraging future health-promoting decisions among the Kabarole district youth.

PARTNERS

We are grateful to the Kabarole District Local Government Health Department, Youth and Women Empowerment (YAWE) Foundation, Reproductive Health Uganda (RHU), Mountains of the Moon University and all member schools of PEK for their support. We appreciate the tireless efforts of all students, head teachers, matrons and patrons that allow for the progression of PEK.

Peer Education Kabarole is an initiative of
HEAL International
Edmonton, Alberta, Canada



Peer Education Kabarole



2018 Newsletter

Our Activities

GUIDANCE AND COUNSELLING

It can be difficult to ask questions and share challenges with parents or elders. That's why we have Peer Educators who can educate and guide students. Education takes the form of workshops and school-based training sessions. All schools have received trainings and are encouraged to keep supporting PEK activities in their school.

RADIO PROGRAMS

MMU Radio provide Peer Educators with a chance to provide awareness messages on the last Sunday of each month. Look out for our upcoming broadcasts and inform other students, family and friends to listen in! These broadcasts are for everyone who wish to learn.



WORLD AIDS DAY

In December, PEK was invited to participate in the World AIDS Day commemoration in Kijura. Students from Kamengo SS performed in front of an audience of dignitaries and representatives from across the district.



MUSIC, DANCE AND DRAMA (MDD)

MDD can be an effective medium for health education. We applaud the schools that use MDD and encourage others to follow.

Congratulations to Kyebambe Girls SS as the winner of the annual MDD competition



How to Deal with Peer Pressure

Pressure Line

If you loved me, you would have sex with me.

It's just part of growing up.

I know you really want it, you are just afraid of what people will say.

If you get pregnant, I'll marry you.

You can't get pregnant the first time.

You want it as much as I do.

A Possible Answer

If you loved me, you would wait until I was ready.

Having sex doesn't mean you are grown up. It's making good choices that makes you a grown-up.

I am the one who knows what I want, and I am telling you I don't want sex now.

I don't want to risk getting pregnant and I don't want to get married now.

That's not true - you don't know the facts.

No, I don't. I have a lot of plans for my life and I don't want to make a mistake and get an STD or pregnant.

From: Emory/Grady Teen Services Program, Grady Medical Hospital, Atlanta, Georgia USA

Schools with PEK Club

- | | |
|---------------------------|---------------------------|
| 1. Nyakasura S. | 9. Kahinju S.S |
| 2. St. Leo's College | 10. Mpanga S.S |
| 3. Kamengo S.S | 11. Kibiito S.S |
| 4. St. Maria Goretti S.S | 12. Rwimi S.S |
| 5. Kyebambe Girls S.S | 13. Ruteete S.S |
| 6. King of Kings S.S | 14. Kitumba S.S |
| 7. Kabarole Adventist S.S | 15. Nyakigumba Parents SS |
| 8. Fort Portal S.S | |



Poetry Written by Peer Educators

Where did you come from?
 Who brought you here?
 You have no cure;
 You have no age limit;
 You strangle the rich and the poor.
 Young and old,
 You are a killer.
 You are too merciless,
 You have left us parentless,
 You have left us in a lot of misery and pain.
AIDS! AIDS! AIDS!
 Say no to sex;
 Always go for blood tests;
 Never share sharp objects;
 Care for AIDS patients as they need our love.
 Let us all stand up and fight against AIDS!
 Together we can defeat it.
 Oh! How we long to live in the World free from AIDS.

Kobusinge Juliet, Kitumba SSS

Dear lovely girls, how precious and delicate is our life,
 That has no repair after getting affected or damaged.
 Imagine someone damaging your life simply because of an apple he offers,
 Or just a lift that he gives you for two or three days a week.
 And in the end he infects you with HIV or impregnates you,
 And destroys your womanhood.

So fellow girls as they say, "patience pains but pays"
 Let us learn how to say "No" and wait for the right time.

The importance of keeping a girls' dignity is shown
 when one is doing the right thing at the right time.

Dear girls let us not give out ourselves.
 Let us add value to ourselves by having self-control.
 Control our emotions or feelings for everything has its own time.
 Let us concentrate on our books and other activities of value.
 Let us specialize in each and everything.
 And have a patient heart for we are the mothers of tomorrow,
 and future holders of the earth.

Kaahwa Moreen, Kamengo SSS

Watch yourself.
 Wanting to be more like your friends is a normal part of being a teenager.
 But peer influence or peer pressure isn't always a good thing.
 Be concerned for you or your children in the future.
 So watch yourself.

Byaruhanga Mujungu Andrew, St. Leo's College