

News Letter Issue No. 3 September 2008 "Man balu me ADEK i dwe me Abongwen 2008"



Hello Children! Here is our third edition of Dwon Otino Magazine. We bring you topics concerning water health and hygiene.



INSIDE



STORIES



NEW GAMES



PUZZLES



MESSAGE FROM ADULTS



ANSWERS TO YOUR QUESTION



YOUNG ARTISTS



PAINT/COLOUR & WIN



YOUR LETTERS

AND MUCH MORE....

READ YOUR DUTIES AND RESPONSIBILITIES AT THE BOTTOM OF EVERY PAGE

"KWAN TIC AMYERO ITI ACALO ATIN ITE POT PAPARA ACEL ACEL DUCU"

INTRODUCTION

Letter From ACU

Dear readers of **Dwon Otino Magazine**,

In this third edition, we are going to talk about water, Hygiene and sanitation. As in 1989 convention on the rights of a child Article 24, which recognise a child's right to the highest attainable standard of health through the provision of adequate nutritious food, safe drinking water and sanitation. To improve on the hygiene and sanitation where children are free from open infection in the community they live, children's participation is highly required. We have asked children in Lira District about their roles in making them attain good health in the environment they live in and we have their contribution inform of poems, drawings, story etc.

We also have Raising Voices with emotional violence against children, War Child Canada with children's duties and responsibilities and Devine Water Uganda with provision of safe drinking water.

We thank all those who gave input to this magazine. Enjoy reading it.

Thanks

Adicho Bernard
Chief Executive Officer
Art for Children Uganda

LETTER FROM CHIEF

ADMINISTRATIVE OFFICER-LIRA

Greetings from Lira District Local Government!

I would like to appreciate the partnership with the private sector, International/National NGOs Agencies, Civil Society Organisations, and CBOs like ART FOR CHILDREN UGANDA for their contribution towards the survival, development, protection and participation with children.

To promote child participation and awareness, Dwon Otino Magazine is encouraging children to take centre stage in decision making, participating actively in solving problems concerning their lives, constantly reminding them of their rights, responsibilities and building confidence and self-esteem in children in presenting their issues

The Third Edition of Dwon Otino magazine

is 'Water, Hygiene and Sanitation' the saying goes that 'Water is Life and Sanitation is Health'. Water and sanitation is one of the priority areas of the Lira District Local Government where adequate clean and safe water is considered to be a vehicle for social and economic development, hence poverty reduction. Water and sanitation contributes to the achievement of increased incomes of the poor and improved quality of life of the poor.

Lira District mainly has Ground water which is the primary source of water to over 1 million people including children in Lango sub Region. There are cases of water related diseases e.g. Bilihaia along the valley dam areas, Diarrhoea, Skin and Eye infections district-wide, due to unsafe drinking water in the region. The research done by International Atomic Energy Agency (IAEA) also indicates that Ground water is better protected from pollution, widely distributed and less affected by seasonal changes in rainfall than water in rivers and lakes. Protecting Ground water from contamination is something we must all do to solve water shortage and the welfare of our children which include; food, shelter, clothing, medical care, education is maintained.

Though all the children need our support, the categories of children in Lira District who need support are the formerly abducted (returnees), orphans, displaced children, street children, children with disabilities, school drop outs, abused children, exploited children, child soldiers, child mothers and child-headed families.

I thank all of you in promoting Good sanitation and hygiene in our communities

Mr. Joe Erem Oyie
District Information Officer



Most Families use wells as a source of Water in Lango Sub-Region

WORK OF JOURNALIST FROM THE FIELD



Young Journalists from Ocabu Primary School visited the Principal Health Inspector Mr. Opio John Nelson in his office in Lira Town. They had a very interesting interview with the officer about their health in school.

Journalist: What is your role as the Principle Health Officer and is there a specific area you are entitled to operate to maintain public hygiene?

Nelson: Yes, I have roles to play. My role is to Coordinate environmental activities for good health, health inspections, enforcing government laws, planning for health services delivery to the community like schools, monitor, evaluate activities, compiling and keeping health records.

Journalist: Sir, are there some government policies about good hygiene practice?

Nelson: The policies are there, for example we have National Environmental Health Policy, National Environmental School Policy and School rules for Health activities. These policies talk about the responsibility of every community member to ensure that the environment they live in is free from open infection.

Journalist: what challenges do you meet in your work?

Nelson: There are many problems, first, there is lack of support for positive actions from the community, there are a number of cases of related diseases when our water, hygiene and sanitation is not clean. Lack of resources to make the policy implementation successful.

There is also less respect to government policies, there is high rate of school dropouts especially girls due to poor hygiene. When they start experiencing menstrual period, there is also poor performance by children in schools due to sickness, poor class rooms and school environment, mental retardation and poor health.

Journalist: What is your role as the Principle Health Officer: Sir, how do you overcome such problems?

Nelson: My office is trying to do the followings; mobilize and sensitize the public on disease burden, enforce government laws, mobilize resources through NGOs. However to control school drop outs for girls, they should be encouraged to be familiar to changes which occur to them as they grow. They should also use sanitary pads in times of menstruation. Mothers let your children know the stages they undergo when they are growing.

Journalist: What message does your office have for children, parents, school and general community to ensure that the environment they live in is free from open infection?

Nelson: it's time to act. Children, community, government and competent NGOs and CBOs, we need to work together. It's the responsibility for everybody to see that good health is achieved, so keep the environment clean and always wash your hands before eating or after using the latrine. Keep your water sources and containers clean and boil water before you drink to kill germs. Girls stay in school. Parents don't pull out from giving support to your children because of UPE, provide your girls with sanitary facilities when they start experiencing menstrual period.

CAUTION TO EVERYBODY

There is an outbreak of Hepatitis E in the North in the Districts of Gulu, Pader and Kitgum and it has killed nearly 97 people. The disease is transmitted through faecal oral route, contaminated drinking water and eating raw or uncooked food.

To prevent the epidemic, good personal hygiene is required, high quality of standards for public water supplies and proper disposal of sanitary waste is needed. For travelers to highly epidemic areas, you are advised to take precaution on elementary food hygiene, avoid drinking water which is not purified.

Finally, Health is made at home and it starts with me.

It's your responsibility to avoid harmful habits e.g. smoking, drinking, sexual misbehavior

"Obedo tici me neno ni igwokere itim aracu ame romo balo kwo ni,aporere; mato taba, mato kongo, kede tim caro me mit ata ta"

STORIES AND POEMS

CLEANLINESS

Cleanliness, Oh cleanliness!
You are my motto!
Your aim is to care for my surroundings, for example
Cut bushes around the home,
Burn all the rubbish around the home, boil or purify all drinking water, Cover all food,
Keep everything and every surrounding clean.

Cleanliness, Oh cleanliness!
You should be the motto of all
Cleanliness is next to Godliness

Ocen Leo (12) P.5
Agweng Primary School

LENGU

Lengo, Lengo, Lengo,
Itye kara kwene lengo,
Itye kara ipono kwene lengo,
Itye imimila calo acer animila ipolo, beri mom iporo kede ginoro kikan.

Lengo, Lengo, Lengo,
Yin iber. Gin omiya akobo ni yin iber, an ka awoto itoilet ate dwogo, alwoko cinya eka yia dang dong pe te rama.

Lengo, Lengo, Lengo,
An ka kom acil, Nwongo koma dang yot

Apio Agnes P.6

GOD BLESS ALL THE DOCTORS AND NURSES

*Oh God bless all doctors and Nurses.
You work during day and night without resting
For the sake of saving lives, by giving the necessary treatment
May God bless you for your good work.*

You advise people to abstain from sex and keep checking their health, but people do not listen and they keep giving you hard time by treating them

*Every day out people all over Africa get involved in accidents on the road, plane crash and you save them from death
You work so hard to save our lives from diseases like malaria, blood pressure, cholera and many others when these cases are brought to the hospital*

*Oh Doctors and Nurses,
You save us children from death by immunizing us against killer diseases and this shows that you want to see us alive. God bless you!*

*Oh Doctors and Nurses!
God wants us to be alive and serve him. You are helping us to stay alive and make this world a good place to live in,*

*Oh Doctors and Nurses,
You are wonderful to the people of God.
We Children will always ask God to bless you*

God bless all Doctors and Nurses!

Mage Bruno
Ogengo Primary School

CIL PACO

Cil paco Cil paco
Iber nadi, ama cil paco
Igwoka ikom twoe apa-pat amako dano acalo adwogi me cilo

Cil paco, cil paco
Two cado, ingweco kara kwene
Kudi ame ramo yic, atye amoyi bala pico
Ikano kara koti kwene

Cil paco, cil paco
Bur coron, pak kede lelo keken boti
Bur yugi, jojob amalo Tandaro, abanga medi gum

Pii acil me amata, pwoc keken boti

Cil paco, cil paco
Con nwongo awinyo calo lek

Cil paco, idoko wera me nino ducu
Ka abuto iwor, tama ducu nwongo

Ocung ka ikomi keken.
Wia pe bino wil ikomi pi kwo na ducu

Cil paco, ituro gamente onyogo

Cwari kede jwinya ame kadi moo

Me lamo two, pe in-wongo

Jojok amalo cil paco

Alepo Joseph Ogwang (16) P.7 Fatima Aloji Demonstration School



Sharing the changes which happens to us during adolescence will help us remain in school

You have the responsibility to work and contribute towards the unity of the family by remaining neutral and peace loving

"Obedo tici me neno ni itio pi ribo jo ipacu wu me bedo dano ape lengere dang ngat amaro kuc"

WHY I LOVE MY HOME

- My parents send me to school.
- My parents give me food every day.
- When I am sick they take me to the hospital.
- My parents care for my basic needs
- They teach me how to be have when I go some where else other than our home.

WHY SOMETIMES I HATE MY HOME

- My parents give me a lot of work before I go to school.
- Beating me with a stick or slapping me.
- Shouting or looking at me with bad eyes all the time.
- Refusing to pay my school fees and scholastic materials when they can afford it.
- Forcing children to have sex or touching them in private parts or teasing them about sex.
- Sending children to the market while others are at school for better future.

BY Omongo Emmanuel
P6, Ogongo P/S,
Aloi Sub County.

ICINA AMIT IKOM APWO KEDE YEYENG

Ikare ca onwongo kec odio apwo gin kede yeyeng arac amom twere, dong nino moro acel, apwo te kelo tamere ni myero owot gin kede yiyeng me kwalo

dyang Arwot. Yeyeng dang te ye oko. Apwo gini Yeyeng te kwalo dyang Arwot dang ote yango yie oko cutu cutu. Iyonge yangu man, Apwo te kobi awotere yeyeng ni en emito ka opoko lac kede amuru adyang, yeyeng te pwoyo awotere me icel.

Apwo obin opane kede bie eka te wunu opokolac a dyang ca kede kwoyo. Inge mano, en obin okutu opoko laci te cako papo agwa kun opoko lac man nwongo tye amwoc ni "Buu-Buu-Buu-" Apwo te ero lok iyore cucut ni "Ama Rwot kara ipwoda amani kara abalingo "Buu-Buu" ama Rwot no yeyeng dang ca angwec iringo dyangi ca. Yeyeng iyonge winyo amano te ngwec naka ture eka awotere apwo te bino kwanyo ringo ni ducu te wot kede ture oko pyen otyeno nwongo dang tye aromo.

Ame ping oru, apwo te wot tunga yeyeng te kobi yeyeng ni Rwot aworo opwode atek ape lare omio kwon dude okwot dong ape lare. Yeyeng te ye ni en dang ewinyo gite. Apwo dok obin openyo yeyeng ka bilo mere ca pwod tye, yeyeng tekobo ni bilo mere pe ento en dong ewot ilum ata, apwo obin olengere ka anak te cako dok kutu opokolac a dyang ca kun kobo ni "Buu-Buu-Buu" ama Rwot kara ipwoda amani pingo? Anaka aworo icak pwoda tima kica ba Rwot,. Yiyeng obin oniang ni kop obale oko eka te pute I tekika te tugo ngwec agwa ape lare. Apwo te kobo ni yeyeng kara ming

aman dong eleo ture oko. Icina te tum oko. Mano pwonyo wa ni myero pe ikwal kwoo.

Odongo Daniel (14)
Oloro High Primary School.

SANITATION & HYGIENE

Good hygiene is our health
Sanitation Sanitation
Sanitation

Good Sanitation is our happiness

Good hygiene is our health
Children let's wake up and join hands to promote good sanitation and hygiene

Sanitation Sanitation
Sanitation

We are happy when we are healthy

How wonderful your sanitation is when you are clean!

We thank War Child Holland for helping us,

Parents lets wake up and join hands to promote good hygiene and sanitation

Sanitation Sanitation
Sanitation

We must have proper places for disposal of waste like faeces, broken things like glasses, pots, etc

We must slash our surrounding to prevent mosquitoes.

We must clean our water source and surrounding clean.

Angom Colline (15) P.7
Ayira Primary School



Cleaning our environment we live needs our collective responsibilities

You should respect all human beings regardless of their colour, race, language or religion.

"Myero iwor dano ducu abongo apokapoka me rangi me del kom, kaka, leb ame dano loko,onyo dini"

"RAISING VOICES CORNER"

Raising voices works to prevent violence against children at home, in school and in the community in Uganda. We have talked to many children and adults in Uganda about violence against children. In this section of the magazine, we would like to share with you what they said to us.

I have a question...

Why shout when you can explain?



Emotional Violence

Hello Children, welcome to the second part of the Preventing Violence Against Children Forum.

This time we

will be looking at emotional violence. If you can remember, in the last forum we were talking about what violence means and the four types of violence. We saw that violence against children is the bad way in which people treat children such as, beating, slapping, shouting or looking at you with bad eyes all the time, refusing to pay school fees, uniform or medicine when they can afford it, or forcing them to have sex or touching them in private parts.

Again, Again, meet our four friends who will be telling us about their experiences of violence, one by one in the coming issues. In this issue we read about Sabina's story...

Note: Could The names of these children are not real, but the stories they share with us happened to children in real life. As you read about these four children, think about yourself. **Has something similar ever happened to you, has it happened to someone you know? What do you think should be done to stop it from happening? We will be happy to hear from you when you write to us using the address provided at the right-hand corner at the bottom of the next page.**



Voices on Violence

Emotional Violence

It is too much, Sabinah sighed. "It is better that he just beats me and gets it over with than sit around all day, laughing at me or looking at me with hot eyes. I know my stepfather thinks I am stupid but I wish he wouldn't make my life so miserable." Today he shouted at me in front of my friends. "Look at this stupid girl. She thinks she is important now that she goes to school. Once a dog, always a dog," he laughed.

"You know, words are only words. They can't hurt you, can they?" her friend asked her.

"If it was only insults, I could find a way of ignoring it even though they hurt me so much. Bust most of the time he shouts at me and I feel so scared of what he is going to do. He says he will send me away. I feel nervous all the time, as if a big monster is sitting on my head. I never feel happy."

"Can you go to anyone for help," her friend asked.

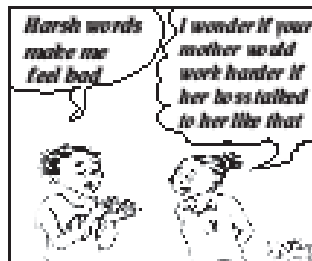
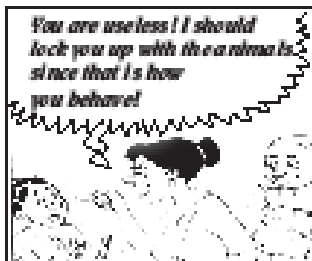
"Who would help me," Sabina Replied. "everyone knows he is like that. I wish I could tell him how it makes me feel. I feel so angry as if I want to burn everything that belongs to him or feel like killing myself. But I know he won't listen to me. He will just laugh and say that 'the dog has started barking now'."

"No one should speak to you like that," her friend said. Everyone deserves respect."

Sabina thought about what her friend said for a while and then looked at her and asked, **"does that 'everyone' include children?"**

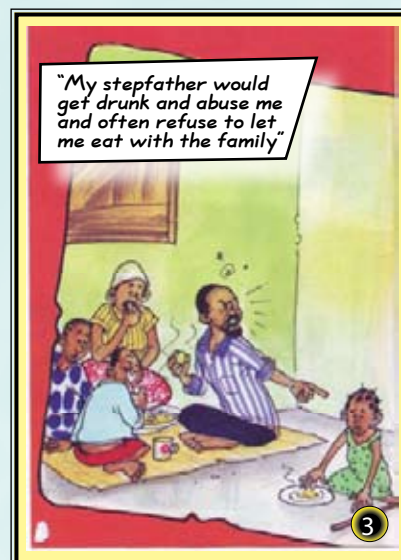
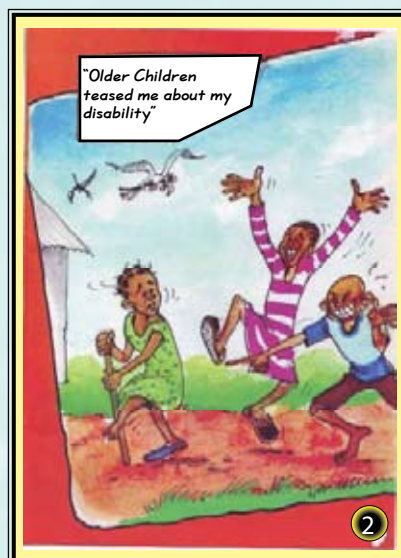
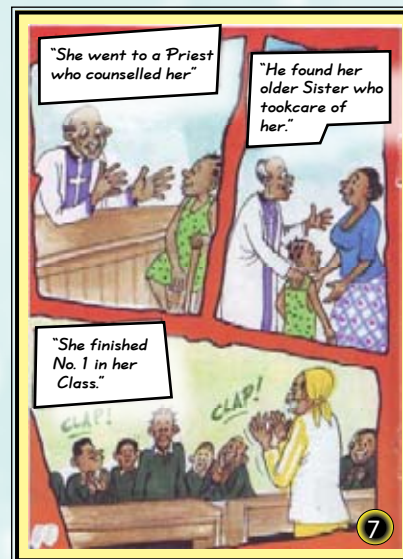
In a Study completed recently, more than a third of the children consulted said they had experienced emotional violence at least once a week. More than one in six said they experienced it "everyday".

What do you think? ...Emotional Violence.....



"RAISING VOICES CORNER"

Do you know what Sabina did?



How do you feel about Sabina? Are the same questions that Sabina is asking running through your mind? Many children around the world are asking the same questions. Many of them live in Uganda and when we visited different districts around the country asking children about their experiences of violence, they said it is too much. What do you think should be done to prevent it? Let us know what you think...



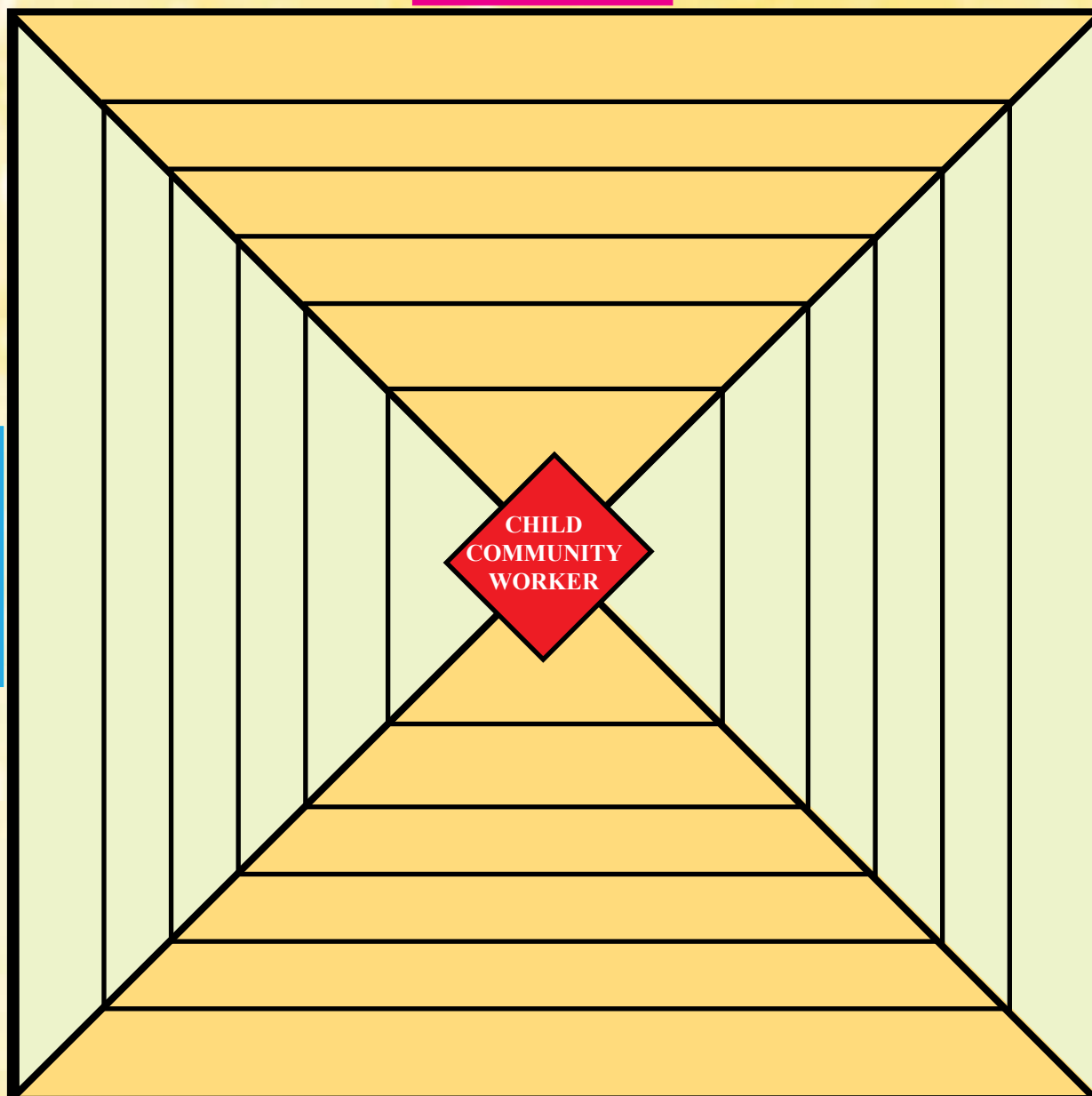
It's your duty to respect your parents, elders and civic leaders

"Obedo tici me woro onywal, jo adongo kede otela me kin paco"

“AKANAKANA”

GAME

START B



START D

START C

START A

How to play “AKANAKANA” game

1. The game is played in **pairs**. The players at the starting point **A** will play against the player on starting point **B** and the same applies to starting point **D** and **C**.
2. Each player has to **choose his or her cone** and **chosed their own dice**.
3. If player **A** will start, he or she **has to choose which side of the hands will have the dice**. This must be done with **hands at the back**. Player **A** has to **bring forward the hands when closed** for player **B** to point at the side of the hands with the dice.
4. If player **B** **gets it correct**, player **B** has the chance to **play** and player **A** makes **no move**. If player **B** **does not get it correct**, Player **A** moves **one step forward** and plays again.
5. The **first player to reach CCW** becomes the **winner** and he or she is the **Child Community Worker** who teaches the community members about **good hygiene practices** to make them live in a **healthy environment**.
6. The two players have to ask each other questions about **water, hygiene and sanitation** which is in the card below.



8

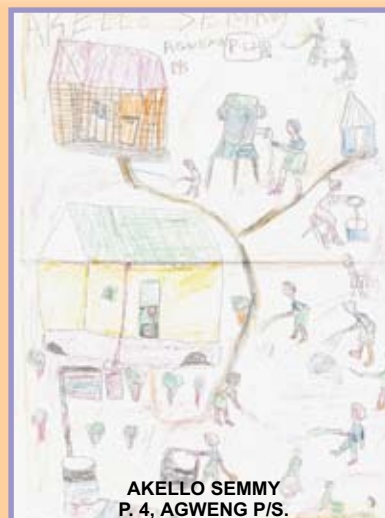
You have the responsibility to willingly go to school and study hard

“Obedo tici me wot icukul ite kwan atek”



Young Artist Corner

Gwic Ogoc Otino



You have the responsibility to treat your fellow children with respect and care

“obedo tici me woro kede paro pi owote ni”

Your Letters

SANITATION IS VERY IMPORTANT IN OUR COMMUNITY.

Dear everybody, to improve our sanitation in our environment we live in, we need to do the following;

- We should construct a good latrine or toilet and should be properly used.
- We should have rubbish pits to avoid the spread of house flies that cause diseases.
- We should have a good habitat for sleeping to prevent diseases that are caused by vectors such as mosquito etc.
- We should destroy stagnant waters and slash the grasses around homes to avoid the spread of mosquitoes
- Sleep under insecticide treated mosquito net.
- Encourage people to keep their water source and water containers clean.
- Direct young children to use the toilet/pit latrines. Sanitation is a key of life.

Ebong Mathew (14) P.7,
Alebtong Primary School,
Aloi Sub County.

KEEP YOUR WATER SOURCE CLEAN

Dear Readers,
Keeping our water source clean is our responsibility. This can be done in the school

and at home. Drinking water sources can be contaminated or polluted by pouring waste, bathing in or near, urinating or defecating in or near the water sources, washing clothes in the water source.

These contaminated water sources can cause diseases like diaphora, cholera, typhoid, hepatitis etc

Parents, teachers and the whole community can we stop contaminating our water sources and also use water purifiers to prevent all those diseases?

By Omara Walter (10)
P.5 B Agweng P/S

KEEP YOUR SCHOOL AND HOMES CLEAN.

Dear children let us enjoy sanitation by keeping our school clean. I am advising you to take your rubbish to the rubbish pit and wash your hands after visiting the latrines/ toilets. Remember that sanitation is our health. In schools we must have changing rooms for girls to help them during their menstrual periods, and in schools we must have materials such as pads, soaps and basins for washing their clothes.

By doing all these mentioned, we are going to be healthy and have a better future.
Thanks

From Angom Mary (14)
Abolet Primary School.

CIL PACU KEDE CIL KOMWA

Bang jo atino kade jo adito ducu.

Ka iya idiko rud laki, log wangi.

Olog cing wa ame pwod pe ocemo kede iyonge cem,
Olog cing wa iyonge tic kede coron

Owum wi cem wa oko teki ocek.

Omur dek oko ame pwod pe ocemo.

Ka otimo amano obino genggo two bala cado, cholera kede en okene apol

SANITATION AND HYGIENE.

Dear children and parents this message is for you.

When we wake up in the morning do the following things: First brush your teeth then wash your face and hands before and after eating food. Wash your hands after using the latrine and we should cover our food when it is ready.

We should mop and smoke our toilets.

When we do all these activities then we can prevent diseases like cholera, typhoid, and diaphora among others.

BY Odongo Felix P.7,
Akalocero Primary School,
Barr Sub County.

It's your duty to respect your teachers and follow good instructions

"Obedo tici me woro opwonye ni kede me lubo ngec aber"

THANK YOU

Thank you ART FOR CHILDREN UGANDA for awarding me two T-shirts for me and my friend plus some scholastic materials as winners of the painting competition in the second edition in our school.

I therefore request your office to print more copies of the magazine for painting competition or design adequate copies of painting competition on a separate sheet so that many other fellow pupils can also compete and win prizes for themselves

Alum Monica (14) P.6
Agweng Primary School

PEKO OTINO ATYE KEDE ANGWAL

Onywal wa,
Peko ame otino tye kede angwal tye anwongo icukul en aye ni coron gi pe. Aman omio otino atye kede angwal tye nyongo gini ilum, kong inen kodi peko ni!! Atye akwayo wun jo adongo ni ka iparo ni kom otino atye kede angwal dang myero bed ayot, geri gi coron pyen kan acil en aye kom jo bedo ayot iye.

Ojom Boniface

KWACA

Bang Ococ me Dwon Otino MagazineAcop ikom papara akwana man, anwongo kwano mit. Amito kwayo wu ni iketu wuno kop ikom otino atye kede angwal

dang me wek kony wa rabo amut me kwan bot otino atye kede angwal ame pe tye akwan

Acan Brenda P5 (13)
Akor Primary School

Waraga ni

PLAYING IS NOT BAD

Dear children, If there is a child in your class or school who has HIV/AIDS, show him or her love. Do not stop playing with him/her. Remember that you cannot get HIV/AIDS by playing, sitting, sharing plates, books or toilet with an infected person. Playing is not bad.

BY Okello Baker (15) P7

CHANGING ROOM FOR GIRLS

Dear children let us enjoy good hygiene by keeping our school and body clean. Take your rubbish to the rubbish pit, wash our hands after visiting the toilets and in schools we must have changing room for girls to help them during their menstrual periods. Good hygiene and sanitation is our health
Thanks

From Angom Mary (14)
Abolet Primary School.

AVOID GIFT

Early Marriage Early Marriage Early Marriage Who are you and where do you come from? Oh early marriage you let girls drop out of schools, please leave us alone.

Girls try to avoid gifts for sex, gifts for sex can make you drop out of School, lead you to early pregnancy and you will die during birth.

Sugar Daddy!
why do you lead girls to drop out of school
Please sugar daddy stop defiling young girls and raping them .
It is dangerous to our lives and future.

Congratulation goes to War Child Holland and Dwon Otino Magazines for helping us speak our views.

By
Akoro Dorcus (14) P 7
Angolocom P/S



Children enjoy reading the magazine during their free time

LIFE IS GOOD

There is nothing as good as life
There is nothing as dear as life
Your health is your wealth in deed
That is why we should protect our health by practicing good health habits.

There is nothing as pleasant as life
Life should be free from germs, bacteria and viruses
That's is a reason why we should protect the environment from enemies of life

There is a lot you can do to save life.

Make it a habit to use dustbin, boil drinking water, wash hand before and after eating and using the toilet
Above all always visit a doctor for your health

Protect your health

Kongo Susan (13) P6
Ogengo P/s

It's your responsibility to assist your parents with suitable domestic work

"Obedo tici me konyo onywali kede tic me pacu ame pore"



MESSAGE FROM ADULTS



Divine Waters Uganda

DIVINE WATERS UGANDA (DWU)

Exists to provide clean and safe drinking Water, training of Pump repairs, Christian leadership, Sanitation, Health and Hygiene, giving Educational support and Evangelization to the rural communities of Uganda through good and faithful managerial practices.

Water is desperately needed by all and children hardly have access to safe drinking water.

The only language that thirst obeys is the language of water.

Where there is no safe source of water, family members resort to any available source, irrespective of its safety.

Drawing water from an unprotected spring increase risk to high infant mortality because Children have low immunity compared to adult.

Sanitation coverage is still very poor in many communities with less than 63 percent of people having latrine access. Some functioning latrines are in poor condition this due to lack of awareness of the linkage between poor sanitation, diseases and poverty.

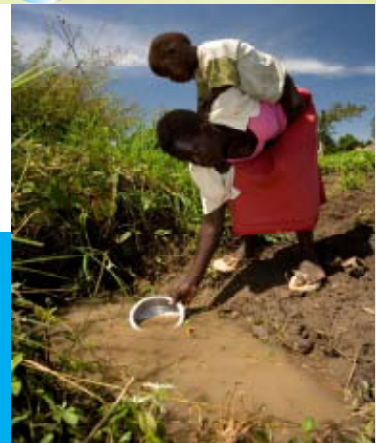
In most Communities the primary killers of children are malaria, diarrhoea, and respiratory tract infections. Others are at the risk of illnesses cause from eye infections, HIV, worms, and skin infections. The simple act of hand washing with soap and safe water can reduce the incidence of diarrhoea disease and other infectious illnesses by one-third, yet most villages, schools and societies do not see the need to have hand washing facilities. Hand washing at critical moments will tragically reduce the risk of infections.

FIVE CRITICAL MOVEMENTS FOR HAND WASHING:

- Before Cooking
- Before eating
- Before feeding a child
- After defecating
- After cleaning a child

What is a biosand filter? How does it work? In the fourth edition we shall bring you how you can drink safe water using a biosand filter.

To increase clean safe water will obviously reduce the risk of water, hygiene and sanitation related sickness and yet improve communities for good health.



CLEANING THE LATRINE IS NOT A PUNISHMENT

Pupils make sure that cleaning the latrine in school is not a punishment. It's your responsibility. When using the latrine, use toilet papers, newspapers or banana leaves to wipe yourself after passing stool. Make sure there is always soap near the latrine, and you should make it a habit of washing your hands after using the latrine.

Always make your classes and school compound clean by sweeping, mopping and slashing the tall grasses around the compound. Collect any rubbish and put it in a dust bin and later taken them to the rubbish pits for burning.

At home, make sure that you sweep your houses, compound, slashing the bushes around, cleaning the bath room, kitchen and toilet/latrine.

When they help wash the dirty dishes after meals, they should leave the dishes to dry on racks on a table in the sun instead wiping them with a dirty cloth which could smear germs on them.

Ojara Francis

Teacher-Agweng Primary School

CAUTION TO ALL PARENTS AND PUPILS

The role of parents is to provide the necessary basic needs of children example food, clothes, shelter and protect other rights of their children. However, children are supposed to keep themselves clean as they parents struggle to provide their needs.

Let us enforce good hygiene, sanitation and give a clear distinction between the rights and responsibilities of children. "Know your rights and responsibilities"

Mr. Odwee Lawrence

Teacher- Abia Primary School

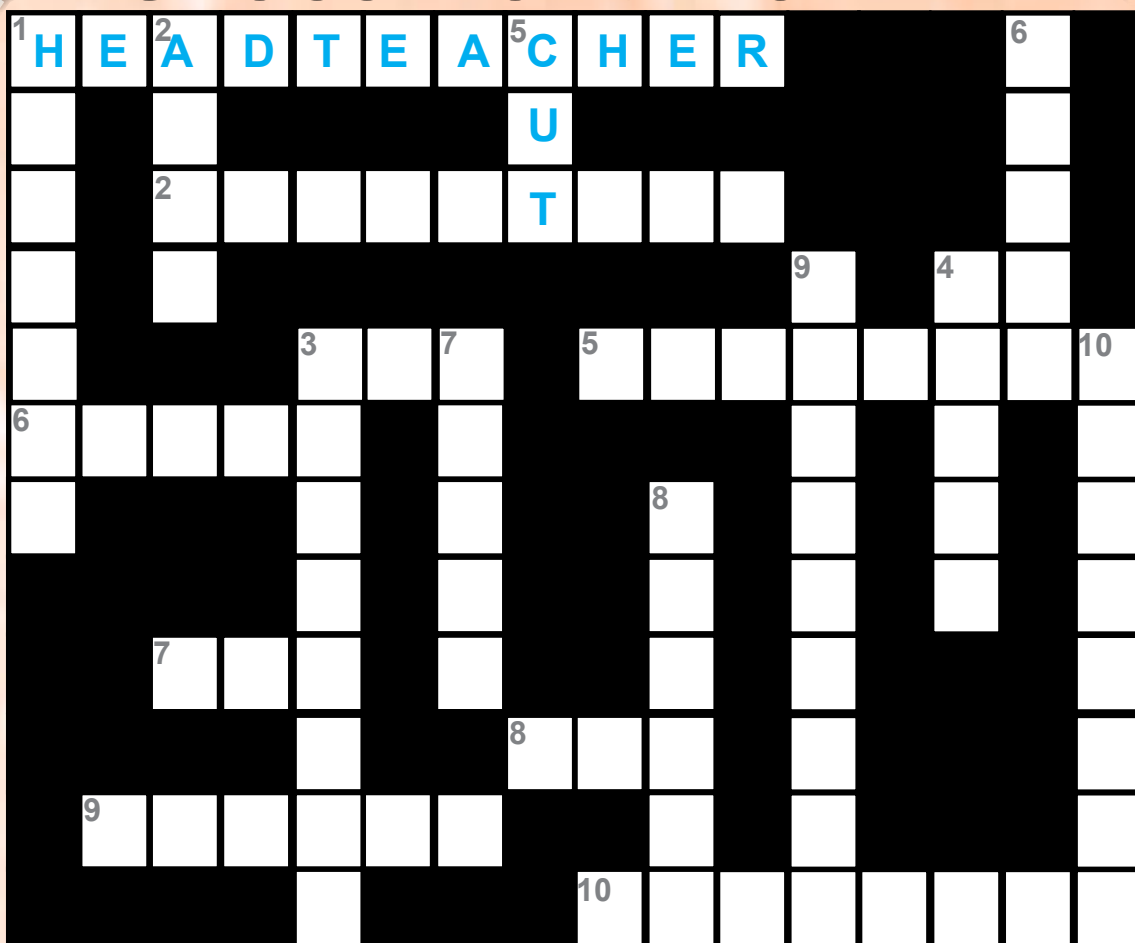
PAINTING COMPETITION No. 3

With the use of water colours, crayon, or coloured pencils, colour the drawing above and drop it in the letter box which is in your school. The best four paintings will win two T-Shirts for you and your friend plus scholastic materials.



Name-----Age-----Class-----
School-----Subcounty-----

CROSSWORD PUZZLE



Get one word for the following sentence. Each sentence has the number of letters the word has at end. It in the box either across or downwards e.g. 1. **Across** HEADTEACHER and 3. **Down** CUT

ACROSS

1. Head of the school-Headteacher (11)
2. Place to get children's voice-(9)
3. Day of African child. Abbr- (3)
4. A container use by school to collect rain water. Abbr-(2)
5. A period given to children for rest after every term- (8)
6. A person who treats you when you are sick- (5)
7. A short form of Girls Education Movement- (3)
8. Use for writing articles- (3)
9. A person you share a lot with- (6)
10. Used to describe the process of cleaning our teeth- (8)

DOWN

1. Clean surroundings is a good practice of- (7)
2. A sexual transmitted disease which has no cure- (4)
3. The last month of the year- (8)
4. We drink it and use it for washing our hands- (5)
5. Process use with a knife-cut (3)
6. Diarrhea is a disease we get from drinking water which is- (5)
7. A term used to describe a person below 18 years- (5)
8. When you compete and selected the best-(6)
9. A place where Dwon Otino magazine are kept plus other books-(7)
10. process of clearing bushes around our homes- (8)

WINNERS OF PAINTING COMPETITION NO 2



Ajali Morrish (13) P6 Obim P/S



Apio Harriet (13) P6 Kakira P/S



Adie Rebeka (13) P 6 Wigweng P/S



Olet Emmanuel (8) P2 Ayamo P/S



Apio Christine (13) P6 Ogengo P/S



Akello Vicky (12) P4 Angolocom P/S



Ojengo Tonny (12) P4 Awali P/S



Acan-Jackeline (8) P2 Oteno Community Based P/S

14

It's your duty to help some unfortunate and more needy children to cope up.

"Obedo tici me konyo otino ame tye kede peki adongo"

ANSWERS TO YOUR QUESTION



If there are any issues you want to know more about it in relation to child abuse and exploitation pick a pen and write to **RUTH**, she will answer all your problems. (**Ruth is the Social Worker- Child Protection War Child Holland**)

LET OTHER CHILDREN KNOW

Dear Ruth,

If you are raped and later you realized that you are pregnant and infected with HIV/AIDS, what can you do?

Deborah(12) P5 Akor P/S

Deborah thanks for your question. It's a difficult situation and that is why we encourage that when a girl is raped she should be help to get to the hospital within 72 hours so that she is given drugs which prevent infections and unnecessary pregnancies. But if this is not done, it gets to the state of your question and therefore you should be given both psychosocial, medical treatment and support.

Secondly, we advice young girls to protect themselves from sexual abuse and exploitation by making an alarm incase someone wants to rape you, you should avoid moving at late hours to a risky places and moving alone.

Finally, you have to report all the abuses either on you or your friends and that is when you can be helped.

ADVICE MY FRIEND

Dear Ruth,

My Friend told me that her father always sends her to the shop late in the evening to buy cigarettes, yet whenever she goes, she always meet men who keep asking her for sex. She said that her fear is that these men might rape her one time. She does not want to tell her father because he will say that she doesn't want to be sent and he will refuse paying her fees. How can my friend talk to her father so that he understands that this thing is happening? Fiona (13) P7 Akor P/S

Fiona thanks for your concern. Child protection encourages child participation which is basically expression of a child's

opinion which is the key and is one of the principles in the convention on the right of the child, for that matter therefore your friend should not fear her father and she should have that confidence to find an appropriate time when the father is in a good mood and tell the father her problem. Fiona, incase your friends father refuse to listen to your friend, report the case to the senior woman teacher in your school who is also a confidential person for the girls. The senior woman teacher can refer the case to the Child Protection Committee or Secretary Children affairs at LC level.

Parents you should always give opportunity to your children to express their feelings, speak their views, understand them and stop sending young girls out at night to risky play

WHAT CAN BE DONE?

Dear Ruth,

School Girls struggle for privacy during menstruation. My friend dropped out of school because of bulling from boys when she started experiencing her menstruation. What can be done? Ajee Eunice (journalist (15) P7 Ocabu P/S

To enable girls stay in school, parents and teachers should make it clear to both boys and girls the changes that occur in their bodies during adolescent period. Boys when you bully girls about their menstruation, you too can also be bulled when your voice deepens. And boys you should know that menstruation is good and healthy.

Thanks to all those who contributed articles to our magazine. We expect more from you in the fourth edition, we shall talk about the dangers of sexual exploitation and abuse of children



It's your duty to be God fearing and participate in a religion of your choice.

"Obedo tici me woro Obanga dang me bedo idini moro keken ame cunyi owinyo"

PRINT MORE COPIES

Thank you, LICHYGAO for Dwon Otino Magazine issue no.2 March 2008 on child labour.

Our school received two hundred copies and yet the number of pupils enrolled in this school is about 1800 with 24 teachers.

Thus it is cumbersome to share among pupils. Please for the next issue, may you kindly request more funding from UNICEF, War Child Holland or from elsewhere so as to print more copies to accommodate a big number of pupils in the school.

Thanks,

Ojara Francis,

Teacher, Agweng Primary School

BENMOS

ARTIST AND DESIGNERS - LIRA

Dealers in; Round Neck and Color T-Shirts in all sizes and colours, Printing School Badges, Signpost, Engraving, Flags, Stamps, Banners, Compound Designing, Painting and Decoration.

Contact us on:

Plot 27 NUMA HOUSE

Obote Avenue behind Olila and Sons together with Rock of Ages General Printers.

Tel: +256-392-963509, +256-372-271136 E-mail: benmosart@yahoo.co.uk

BEST QUALITY

BEST PRICE

BEST DESIGNERS

"Let our Work do the Talking"

To advertise in Dwon Otino Magazine, please visit our office, for more details contact the address below.

ART FOR CHILDREN UGANDA

P. O. Box 66 Lira (Uganda), Plot 8-10 Market Street African Quarters Tel: +256-392-854233.

E-Mail: artforchildrenug@gmail.com

Reference

- Poster of UN Convention on the Rights of the Child in Child Friendly Language
- Cartoon illustration by Mr. Ayen Peter of Benmos Artist & Designers-Lira 0712 676788
- Divine Waters Uganda
- Raising Voices
- War Child Canada
- National Environmental Health Policy Hand Book



Published by ART FOR CHILDREN UGANDA with funding from War Child Holland and UNICEF

Print & Design by Dr. Stanley Smith Printing (U) Ltd.-Kampala, Musana House plot 45, Nkrumah Road. Tel.: 312-278958, 0772-409-223