

SERVICES OFFERED BY MPP

- Counseling & guidance
- Peer to peer education about sexuality reproductive Health & life planning skills
- Referral for professional help in and around MUST
- Free condom distribution and sex education.
- Drop in sessions and socializing.
- Outreaches to hostels around.

For More Articles either bring them to the project or contact the **Chief Editor Mutebi Abdul-Malik** 0754549231..

WEEKLY PRINT CREW

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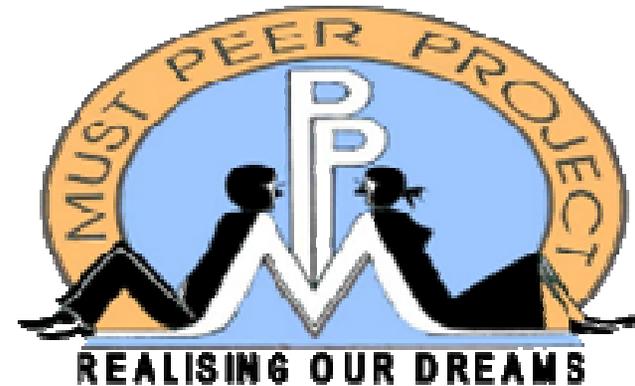
MUST PEER PROJECT

Mbarara University of Science and Technology



P.O Box 1410

Mbarara



On 13^h . Feb.2017

WORK SCHEDULE FOR THIS WEEK

- **MON.** Focus Group Discussion at 5.pm
- **FRIDAY:** Movie Night at 7:00pm
- **SATURDAY:** outreaches

Volume 2

MYTH ON SEX

Myth, IF you have sex standing you cannot get pregnant.

Truth, no matter in what position you have sex there is a chance that you will get pregnant when sperms enters the vagina.

Having sex even though you're not ready will make your boyfriend or girlfriend love you more.

Truth, if your boyfriend or girlfriend or boyfriend loves you he or she will wait until you are ready for sex. It is possible to be in love without having sex.

Myth, you cannot get pregnant if you jump up and down after having sex.

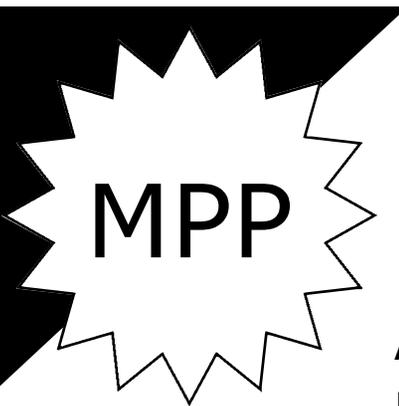
Truth, a man releases over 40 million sperms when he ejaculates, some will leak out of your vagina but some will swim up into the womb and impregnate you .

Myth, putting two condoms is better than one.

Truth, no, it is not. Using two condoms at once is not safer than one. Whether it's two male condoms or a male and female condom, it increases the chances of condom tearing.

Myth, condoms easily break.

Truth, no they do not break easily if used the



MPP

• **Services offered include**

- Counseling and guidance
- Peer education
- Outreaches
- Focus group discussions
- Movie nights
- We hire out Seats, Public Address System

FEEL AT HOME

MUST PEER PROJECT

A home away from Home welcomes our beloved founder of this project



Anette Agardh

And all the entire team you came with.

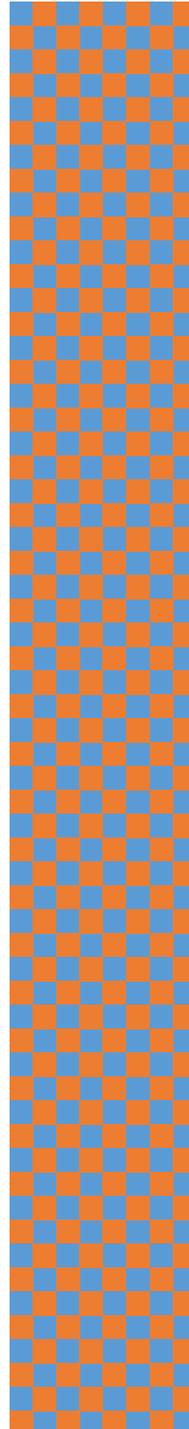


mpp

INSPIRATIONAL

Never lose hope

“You will never become who you want to be if you keep blaming every one else for who you are now”. We are all born with shortcomings. Then of course we accumulate additional short comings through our environment. So flawed as we arejust know that there’s hope for each person who seeks to accept the flaws. Blaming our parents , our teachers, our boss, our friend or spouse fails to move us forward. Blaming others never allows yourself acceptance. Take your eyes off the blame game. The key is to accept your flaws, grow in compassion for others and look towards your creator for guidance . Create a compassion for others and



Loneliness is curable

To

be a lone you must have lost someone who completed you. If you went missing this person would perfectly fit in your place. Your other half, people you see cannot be replaced (a tooth brush you can replace) the smiles they put on your face is priceless. Loosing this kind of joy machines punctures you, it makes you lonely, alone, broken. Sometimes the damage is extended, even to the very person you are inside, recreates you, and hides your soul.

The thing about internal suffering is that it can only be felt so far, before someone snaps. The snapping can be fatal (death suicide) or it could manifest in a whole new fashion (it can be work, alcohol, drugs, fights) suicide will be very tragic it is true that beautiful memories of a person manifest vividly after they are gone. Reminiscing is dangerous in such a way that it keeps you dwelling in the shadows of the past (there is some light in the past) those who manage to find the light instantly take the first step to curing loneliness

A person with a stable present, a promising future, with a terrible past should view the past as a reminder of how far they have fallen and not linger around it for long.

By ACEN BRIAN