

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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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



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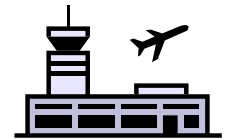
•Services offered include

- 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

African proverbs

An intelligent enemy is better than a stupid friend

The most dangerous thing a man needs is a woman

Do not tell a man who is carrying you that he stinks

When your neighbor is wrong you point a finger, but when you are wrong you hide.

When spider webs unite, they can tie up a lion.

No matter how long the night is, the day is assured to come

When you are rich, you are hated when you are poor, you are despised.

A silly daughter teaches her mother how to bear children.

When brothers fight to death, a stranger

MINDLESS THOUGHTS— JUST FOR LAUGHS

If your father is a poor man, it is your fate , but if your father –in law is a poor man, it is your stupidity for you didn't work hard.

Practice makes perfect, nobody is perfect so why practice?

It is better to cry in a Mercedes Benz than to lough on a bicycle.

Help some one in trouble for the first time and the next time he will not look any where else.

If it is true that we are here to help others, then what exactly are others here for.

Your future depends on your dreams” so go to sleep.

There should be a better way to start a day than waking up every morning.

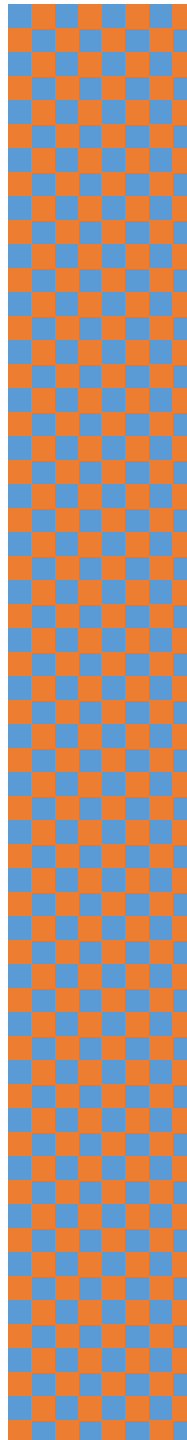
A dress is like a barbed fence, it protects it protects the premises without restricting the view.

The more you learn the more you know , the more you know the more you forget, the more you forget the less you know. Sowhy learn.

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 shortcomings 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