

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.

WEEKLY PRINT CREW

COMMITTEE HEAD

MUTEBI A MALIK&

PRODUCTION MANAGER

MUKASA FAZIL

Big up to I.E.C.B.C.C Committee.

I.E.C.B.C.C REMINDS YOU
TO ALWAYS COME FOR
MOVIE NIGHTS



MUST PEER PROJECT

Mbarara University of Science
and Technology

P.O Box 1410



Mbarara

The weekly print

Volume 3

WORK SCHEDULE FOR THIS WEEK

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

On 6th February, 2017

Health corner, Love corner, Fun corner, Business tips ,inspirations
e.t.c

MYTH ABOUT SEX CONTINUED

- ♦ Myth; you cannot get pregnant the first time you have sex.

Truth, whether it is the first time or the 100th time you have sex, there is a chance you will get pregnant when sperms or pre-ejaculation sperm enters the vagina.

- ♦ Myth; having oral sex is completely safe.

Truth, you will not get pregnant from oral sex but there is a risk of getting sexually Transmitted infections such as chlamydia, herpes or gonorrhea and even HIV.

- ♦ Myth; you cannot get pregnant or get sexually transmitted infections if you wash thoroughly after having sex

Truth; good hygiene is important but it will not protect you from getting pregnant or getting sexually transmitted infections. Only a condom gives full protection

- ♦ Myth; if the man withdraws before he ejaculates, you cannot get pregnant

Truth; you can still get pregnant from pre-ejaculation sperms and you are also not protected from sexually transmitted infections such as HIV if you have sex without a condom

- ♦ To avoid early pregnancy or sexually transmitted infections, abstain from sex, use a reliable contraceptive method such as a condom, the pill or an injectable to avoid a pregnancy. Only condoms provide protection from both sexually transmitted infections and unplanned pregnancy.
- ♦ If you have had unprotected sex, take an emergency

THE FEAR THAT COMES WITH LOVE

Love is an intense feeling of deep affection (a great interest and pleasure in something)

For love to be complete there must be security, chance of survival and continuity.

Being in love tempts us to look and see that our future without the people we love in it frightens us and consequently we are forced to deny the future we see. We resort to hope and faith. It is claimed that knowing what is to come helps us prepare ourselves and I disagree. No one should have to carry that burden. What if ones future was broken beyond repair? Each one of us has the right to a certain amount of hope, to believe that something impossible can happen.

Hidden Chronicles

You bump into this beautiful queen on one of the early days at Campus. Because it's your legacy; you don't ask girls out, they do, so you do as your conscience tells you. Somewhere somehow, she doesn't stop showing up to your locations, in fact she lands on your room number and decides to befriend your roommate. Not because she wants to date them but because she was charmed at first sight. A week later, she shows up again, at your place with a friend of hers, so the ratio is 2:2. While cocooned in a small room, you being the gentleman, respect all her intentions. It's time to go and she asks for a push towards their place of residence. Two by two, you pair up in the misty fuzzy darkness like ducklings following each other. When the goodbyes are due, she triggers the "give me your number" jazz..... "May I pick yours instead?" You play the game as usual with the intention that she renders hers for you to initiate the calls. With an ear to ear smile, she delivers your request and goes ahead to provide an alternative number in case the former was out of reach. You part ways. Another week goes by with no call. She reports with another third party friend and expresses her disappointment in front of your peers about how she regrets giving you her number. As a sharp guy, you know she wished for something bigger than just a push back. So you jumpstart a relationship and days, weeks, months and in fact years go by. Soon she is diverting your calls and giving you the obvious lies about her locations. Rumor goes round; she is into some loaded daddies who provide for all her expenses even better than you do. It hurts but you are patient because making a friend is harder than making an enemy. You see to yourself that indeed the rumor is true and that your place in her life has actually been reverted so you decide to quit. But, girls always be girls, never satisfied with what they have. She becomes guilty and does whatever it takes to keep you around except that when you let go, you truly live to your honesty. That's what she is unaware. Every girl that has no one to impress will ensure she is ugly and vice versa. She is soon ranked Campus' most ugly girl... She tries to get back but then, it's too late for that because you have moved on. God forbid, she drowns in oblivion...

My friend, you have just had one hell of a save from a sexual network and what comes along with it; HIV, STI's, early fatherhood, relationship stress and have saved three lives. Yours, hers

ATTITUDE, BEHAVIORAL CHANGE BETTER OUR LIVING

It wasn't certain for Jesus to perform miracles. I and you can't be him, neither can he be us. We have equal hours every day. Why is it that they succeed everyday more than you? Your answer might be "am not lucky." Who gives the luck? Isn't He the one who made Him perform miracles the one that created you? But you cannot be each other. The one who provides equal hours a day. All is that, as we live, we have equal opportunities. But why are others opportunistic than you? Reflect to the title dear reader. Perform in a unique way... make miracles. Who doesn't want to perform miracles? Why do you want to be someone else? Be yourself and live better. Since we can't be each other, can't we be friends and copy from one another? Just for the betterment of our long stay...

We all live under one sky... let's make as many friends as the stars

Always Be Positive!

Nothing can stop a man with the right mental attitude from achieving his goal,

nothing on earth can help a man with the wrong mental attitude.

Develop an attitude of gratitude and give thanks for everything that happens to you.

Know that every step forward is a step towards achieving something bigger and better than your current situation. Whenever you have a positive thinking it will definitely increase your self esteem.

WELCOME TO THIS FOCUS GROUP DISCUSSION

Business Tips

There are no secrets to success. It is the result of preparation, hard work and learning from failure.

There is only one boss, the customer, and he can fire everybody in the company from the president or director on down, simply by spending

In the business world, everyone is paid in two coins: cash and experience. Take the experience first cash will come later.

Hon. Malik