

**GIRLS' POWER INITIATIVE
(GPI) NIGERIA**

"Towards an empowered womanhood"

Sexuality Education

Series

For

Young Persons

No. **4**

INTERPERSONAL RELATIONSHIPS

Editors

Bene Madunagu & Ndodeye Bassey



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Bene Madunagu & Ndodeye Bassey

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Bene E. Madunagu

December, 2006



Background

Girls' Power Initiative (GPI) Nigeria is an independent, not-for-profit, non-sectarian, nonpartisan, non-governmental organization. GPI was founded in 1993, but effectively started the execution of regular comprehensive sexuality education programmes and other related and relevant activities in 1994. GPI first started with two centres in Benin-City, Edo State and Calabar, Cross River State. By the 2001 project year, GPI had increased its physical locations, or centres to four, with the two new centres in Asaba, Delta State and Uyo, Akwa Ibom State. The national secretariat/

headquarters of GPI is in Calabar, Cross River State.

GPI is a registered organization (Corporate Affairs Commission No. 10290, 1997), and was awarded a special consultative status with the Economic and Social Council of the United Nations (ECOSOC) in 2001.

The organization focuses on the education, leadership and other gender-sensitive life management skills and information on human Sexuality, Family Life/HIV/AIDS Education (SFLHE), sexual health and rights, reproductive health and rights, particularly those of adolescent girls, aged 10-18 years in Nigeria.

GPI's mandate is to assist young girls to live healthy lives and achieve their full potentials, towards an empowered womanhood. This also includes helping young girls to overcome the risks of early sexual activity, adolescence, unwanted, or unintended pregnancy, sexually transmitted infections (STIs), including HIV/AIDS, unsafe abortions, all forms of sexual abuse, harassment as well as gender-based violence and exploitation.

GPI vigorously promotes gender equality and equity and works with adolescent girls to develop their leadership and capacity to respond to, and work for social transformation towards gender and social justice,

Current challenges facing girls and women

Approximately 26 million adolescents, more than 20% of Nigeria's populations of about 127 million are between the ages of 10-19. Majority of the adolescents grew up ignorant of issues of human sexuality, gender and STIs, including HIV/AIDS. Yet, conservative traditions and cultures continue to expose young girls to exploitation. Young girls are further put at risk by poverty, sexual abuse and harassment. Influence of the media, increased technology advancement and forced prostitution, human trafficking as well as harmful traditional practices, force girls into health hazards, such as HIV/AIDS.

Teenage pregnancy, unsafe abortion, STIs and HIV/AIDS, therefore pose serious health and social problems to adolescent girls. More than 150 out of 1,000 girls give birth before the age of 19. There is equally the problem of high mortality and morbidity rates from unsafe abortions with over 80% of patients with abortion complications in Nigerian hospitals. Furthermore, it is estimated that 72% of all deaths among young girls, under 19 years, and 50% of Nigeria's high maternal mortality rates are among young girls who attempted to procure unsafe

abortion.

The rate of drop out from schools, due to poverty and pregnancy among adolescent girls continues to increase. Women constitute about 49% of the Nigerian population but they remain in low career services and in the informal economic sectors and worsened by poor representation at decisionmaking positions.

Gender discrimination and gender stereotyping also continue to dog the efforts of girls and so, limit their opportunities and roles as social change agents.

Leadership is still largely male - dominated and girls and women are still largely weak and disempowered, becoming victims, predators and "provocators" of sexual irresponsibility of partners.

The existing knowledge, attitudes, behaviour and beliefs in our communities put women at risk of violence and exploitation.

With increasing poverty and high cost of education, following massive privatization of educational systems, many young girls would start to co-habit even before age 18. Early marriage, and too early motherhood block the chances of good and quality education as well as good career for young adolescent girls and so does the health risk from STIs and HIV/AiDS.

About the name, Girls' Power Initiative (GPI)

In 1993, Grace Osakue and Bene Madunagu, the visioners, attended the 7th International Women and Health meeting in Kampala, Uganda, shortly after the 10th anniversary of Women in Nigeria (WIN). It was there that Bene and Grace after going through the progress of WIN, agreed that much had been achieved by WIN in terms of putting women's issues on the agenda of national debate, sensitizing the public about women issues and on possible action for the protection of their rights. It was there in Uganda that both brainstormed to come up with new strategies that would ensure greater impact on women empowerment and gender equality. The experience led to the strategy of 'catching them young', and so they decided to direct their energy to working with adolescent girls to assist them to make informed choices and decisions as they grow up. This strategy was intended to also make them different from the submissive, accommodating attitude imposed by socialization. Hence, the Motto - *...Towards an Empowered Womanhood*. It was also there in Uganda that they came up with the name of the organization - **Girls' Power Initiative (GPI)**

Content and meaning of the Acronym - GPI

G = Girls

A female child below 18 years after which she becomes a young woman from 19-29 years and then an adult woman, from 30 years and above.

P = Power

Inner strength and capability to make things happen, as appropriate. Acting from an informed position and conviction of what is right to overcome prejudices.

I = Initiative

As contained in the organization's name, it carries its literal meaning which is:

The act of taking the first step to do something that must be done without being told. It is also the ability to identify what is right and just. It enables one to recognise injustice and take action without waiting to be told what to do. It means setting one's goal in life; having a vision and aspiring to reach one's goal, taking practical positive actions.

GPPs Vision

- **To be a leading sustainable feminist institution with critical consciousness and capacity for analysis on social and gender prejudices, committed to empowering girls into healthy, self-reliant and productive women for the achievement of positive changes and transformation of patriarchal values in Nigeria.**

Mission

- **To empower adolescent girls with accurate information on their sexuality, human rights, life management and leadership skills from a gender perspective for social action.**

Objectives

- 1. To increase leadership and life management skills through providing a forum and safe space for girls to exchange ideas, seek solutions to their problems and receive support to develop.**
- 2. To increase the awareness of adolescents, parents, guardians, teachers, media persons and the public on the issues of sexuality.**

gender and human rights of girls and women.

- 3. To reduce the social, cultural and religious practices, myths, patriarchal values and norms that violate the rights of the girl-child.**
- 4. To increase the capacity of adolescent girls to overcome the challenges of growing up female in Nigeria so that they can become the catalysts for social change.**
- 5. To increase the institutional capacity of GPI as a prime resource for the promotion of Sexual and Reproductive Health and Rights (SRHR) for adolescent girls from a gender perspective in Nigeria.**
- 6. To increase policy advocacy capacity of stakeholders to advance the sexuality, human rights and sexual health of adolescent girls in Nigeria.**

Values

- A team working with passion and commitment, upholding feminist ideology with integrity and responsiveness, while providing equal opportunities for all.**

GPI Intervention Strategies/Activities

**Weekly lessons Outreach programme
Counselling and referrals Library services
Dissemination of information through:
Media programmes Production of IEC
materials Quarterly newsletter Internship
programmes Workshops / training Capacity-
building
Gender Development Institute Community
intervention/social work Economic skills
training
Life management skills development
Networking and collaborating with other
NGOs
Research and documentation**

Consultancies

**GPI provides consultancy services on issues such as
comprehensive sexuality education and family**

life, mentoring of young people on basic life skills such as life management and personal empowerment.

Research and publications

- **Culture and adolescents' concerns on sexuality - 1996**
- **Understanding and knowing your body - 1996**
- **Myths and facts about contraceptives, drugs and sexually transmitted diseases, including HIV/AIDS - 1998**
- **Questions adolescents ask about their sexuality and answers - 1998**
- **Assertiveness Vol. 1 - 1999**
- **Self identity - Vol. 2 - 1999**
- **Body image - Vol. 3 - 1999**
- **Violence against girls - 1999**
- **GPI Training Manual - 1999**
- **GPI at Five - 1999**
- **ABC of relationships - 1999**
- **Adolescents and sexual health problems -2000**
- **Assessing the impact of GPI lessons on adolescent girls - 2000**

**Life management for adolescents - 2000 •
Beijing + 5: Assessing the health and rights of
women: General issues, adolescent reproductive
health and rights, violence against girls and women**

- **Trafficking in Girls - 2002**
- **GPI song book - 2002**
- **GPI training manual: Levels 1, 2 and 3 -
2003**
- **GPI at 10 - 2004**
- **Sexuality education series for young persons:**

**No. 1 - Decision-making: Postponing sexual
activities**

**No. 2 - What you need to know about sexually
transmitted infections, including HIV/AIDS**

No. 3 - My Body, My Responsibility - 2006

Networking and Coordination

- **GPI co-ordinates and houses the Cross River
State Coalition Against Trafficking in
Persons (CATIP)**

- **Akwa Ibom State Coalition Against Trafficking in Persons (AKS CATIP)**
- **Network to Curb Sexual Abuse (NETCUSA) of Girls and Women**

GPI networks with

- **Inter African Commission**
- **Civil Society Network on HIV/AIDS in Nigeria (CISNHAN)**
- **Campaign Against Unwanted Pregnancy (CAUP)**
- **National Agency for the Prohibition of Traffic in Persons (NAPTIP)**
- **Women in Law and Development (WILDA)**
- **National Coalition for Youth-Friendly Health Services in Nigeria**
- **Project Alert**
- **Africa Alive**
- **AMANITARE**

INTERPERSONAL RELATIONSHIP

O

nce a baby is born, she/he would develop different forms of interpersonal relationships. It starts with the mother, father, health personnel where delivery took place, brothers, sisters, aunts, cousins, uncles, etc. The number and forms increase as she/he grows up and some of such relationships would be pleasurable while some may not.

Life is a long journey where sometimes the road is bumpy. Sometimes you may know the road you would be travelling, and in other times you may not be sure if you have taken the right road. Adolescence is the phase where one transits from childhood, preparatory to entering into adulthood; a time when she/he will be expected to become responsible for all her/his actions.

As an adolescent, have you ever wondered why some of your mates have so many friends while others have few, or no friends at all? Or have you ever wondered why your brothers/sisters barely have conflicts with your parents, that you do have conflicts all the time? This book is for you to learn new skills on how to handle your relationships, e.g. relationships with your parents, friends, etc.

Young people sometimes find it difficult to communicate clearly, their needs to their parents. They may be unable to discuss issues bothering them with their parents at the right time. Their relationships with their siblings may become turbulent and sometimes even the adults may not understand why adolescents

would become so “difficult.” Sometimes also, to adolescents everyone would seem difficult. Have you noticed that your best friend now has rules and regulations that guide her/his life? Probably rules she/he learnt from her/his first relationship - **PARENT-CHILD RELATIONSHIPS**. As young people grow they find a need to be attached to someone (male/female) who appreciates them or who they appreciate, someone who would listen to them and give advice when necessary. Young people feel comfortable when they are able to share their feelings with people they trust. This also forms another basis for friendship. Such feelings give pleasure and mutual respect. On the other hand, young people can sometimes face betrayals, conflicts, depression, and sadness in the process of building meaningful relationships with people. Again, certain relationships would bring strength, joy, companionship, and become a source which one can depend upon.

This text deals with how growing up and developing new attitudes and skills about our **Interpersonal Relationships** can be made easier.

Me and my Parent(s)

A family consists of two or more people who care for one another in many ways. The key to such pleasant relationship is effective communication skill. The parent-child relationship has been there for ages and this is the first relationship a child has. A growing child uses this relationship to form her/his first habits, behaviours, etc.

Parents are always² the first people to share young people's

worst and happiest moments; they protect, guide and assist young people as they grow up. This underlines why parents still see the adolescent child as “their little baby” when young people start exhibiting behaviours that tend to portray independence as they graduate from childhood to adulthood.

Parent-child early relationships are very child-parent dependent from when a child is born. As the child grows, she/he gradually undergoes changes. These changes are characterized by changes in physical appearance and the struggle for independence. The last is most often misinterpreted and could become a source of conflict in parent/child relationship, if not properly handled.

These confusion and conflicts are heightened when young people begin to exhibit attitudes that seem to tell their parents, “I have come of age, I need to be responsible for my actions and take decisions myself.” Such decisions may include: decisions about their other forms of relationships beyond

family members, their sexuality, sexual and reproductive health. Parents on the other hand may be saying, “You need my advice and guidance, I am a lot older and experienced”. The youngster may respond “No No, not exactly. That is old school”. So how do you proceed from this tension?.

Tips that will help in making parent- child communication easier

- Young people should learn to communicate politely and honestly with their parents, how they feel about a particular

thing at any point in time.

- Remember things should be done at the right time; choose the appropriate time to talk to your parents to enable you to get a positive hearing or response.
- Talking about issues affecting our sexual and reproductive health with our parents is not quite easy in a society where such issues are considered a taboo. Young people are, therefore, advised to **CHOOSE APPROPRIATE WORDS** when discussing such issues with their parents.
- Parents need to assist young people by making them feel at ease who they seek information and advice from them.

- Parents and guardians should note that being judgmental of young people will further alienate them and push them into wrong hands where they will feel free to share their problems with.

Who can be my friend?

I am male I am female. (tick as appropriate)

	Yes	No	Reasons(s)
My Father			
My Mother			
My Pastor			
My Uncle			
My Teacher			
My Female School Mate			
My Male School Mate			
Any Male			
Any Female			

Issues I can discuss with my parents

Issues	Freely	Not Freely	Rarely	Never
Menstruation				
Female/Male Reproductive Organ				
Dating				
Romantic Relationships				
Pregnancy				
Sexual Relationships				
Sexually Transmitted Infections				
Puberty				
Wet Dreams				

Other Relationships

Religious leaders (priest/pastor/imam) and congregation

The church/mosque is made up of people that take up different roles, starting from the pastor or priest or imam to the “floor” member. Good communication is essential to enable the church to function properly. Respect among members of the church is important as people will leave their church for another if they do not feel important and respected. Yes, we go to the church to worship, but we should also remember that without people there will be no place to worship God/Allah.

Teacher and student

Teachers are the second family that young people have because they learn and spend most of their time in school than at home. Teachers, most times, are young people’s models. Teachers therefore, need to show a lot of support and care to the young people whom they teach bearing in mind that what they become in future would be a result of whatever they had taught them in terms of knowledge.

Boss and worker

Mutual understanding and respect is paramount in any establishment as this will either make worker perform excellently

or poorly. The boss/worker relationship needs good communication to function well. Bosses should learn about their staff strengths and weaknesses to be able to make them work effectively and productively. It is also important for the workers to be able to develop a cordial relationship with their bosses as this will enable them to build mutual understanding.

Platonic Relationship

Friendship

Friendship, according to the Illustrated Oxford Dictionary, is defined as “the relationship between friends.” Nearly everyone has strong emotional feelings for someone. Virtually no one can really make it on his/her own, so invariably, everyone needs companion. Friendship can be a source of joy, worry and sometimes, pain for young people. Why is this so? This part of the book will try to look into why friendship is important and try to give useful tips on how adolescents can handle friendship.

In life, an adolescent would meet many challenges, from childhood. Examples of these challenges include: inadequate decision-making skills to choose whether or not they want to be sexually active, peer pressure, complex and confusing body images which young people adopt, gangsterism, excessive fashion addiction at the expense of their academics and the serious need to “feel among” would come into play in terms of wearing what their

friends wear, or talking the way others talk, to mention a few. Friends can be a real source of companion because friends could be those they study with, on the other hand, friends can be a source of sorrow if such friends tend to mislead, especially with a lot of misconceptions about their sexuality and how they should live their life. Out of ignorance, many adolescents get pressurized into risky behaviours.

How then can we really know persons that should be valued as friends?

Friendship is the feeling or relationship between two or more persons who know and like each other. This type of friendship could be formed with the same sex, or with the opposite sex. It involves people who become close and share deep thoughts ,but may not be involved in any form of sexual activity.

A friend is someone you can share good and hard times with; talk to, about your feelings and worries. A friend values your friendship, respects and trusts you. A friend is some one who brings out the best in you. A friend is always where you are celebrated not where you are tolerated. These reflect the spirit of good friendship.

Remember, everyone is not the same. We are unique in our own ways, so do not be scared if you realized that your best friend just has a way of attracting people to his/herself while you take a longer time to make friends. People have various reasons for friendship which could range from their struggle from loneliness, a

self-contentment without much social activities, betrayal of trust in friendship and so on, but do not worry we are just about to break the bounds as you read on.

Basis for friendship

True friendship involves

- Mutual respect: This means relating with others in ways that honour their personal values, decisions and choices, even if they differ from ours.
- Acceptance of people the way they are and not always trying to change, or make them live up to our expectation.
- Honest communication is important in being able to share truths and talk openly about sensitive issues or negative behaviours without malice.
- Support: good friends should be able to see us through good times and bad times consistently and being able to know you can depend on someone.
- Constructive criticism is a positive way friends help each other to grow.

These are some of the things that will draw people to us:

- Common interest: It is easier to make friends with

people that you share common interest with. The examples are fellow classmates, study mates, those with similar hobbies, etc.

- Similarity of values and attitude: It would be strange for someone who values studying to have some one who loves partying much more than school work, for a friend. Having friends with similar values and attitude encourages us to be firm in our values and also having friends with similar attitude would reduce chance of conflicts with our friends, though conflicts cannot be entirely avoided.

Warmth: Friends should be people we are comfortable with, people who understand and share with others when they are either in need, or in problems; people who do not scare you away when you need them the most. Being warm towards your friends draws more people to you.

Ability to keep confidence: Friends should be able to keep secrets, protect our interest as well as our privacy. People who are known to protect confidentiality are known to draw more people to themselves, because people trust them with their personal problems.

Background: People with similar backgrounds tend to make better friends as they feel comfortable amongst each other, not necessarily with a feeling of being inferior to their friends. Loyalty: People who are loyal to others tend to earn respect from their friends, as they protect their friend's interest with their actions or words.

Some tips for developing good friendship

- To have a successful friendship you should be clear about what you want in a friend.
- Establish and maintain friendship with people who respect your feelings and your limits.
- Learn how to resolve disagreements without destroying friendship.
- Know what you like and be willing to ask for it.
- Learn to establish boundaries and set limits.

- Be able and willing to recognize your shortcomings, accept and take criticisms without allowing it to impact on your self-worth.
- Friendship should be based on honesty, tolerance, mutual respect and confidence.
- Keep secrets and build trust.
- Develop understanding and empathy.
- Practice active listening skills which are:
 - Establishing eye contact with the other person
 - Listening to the person without interruption
 - Listening to the person without thinking of what to Say next.
- Learn to use the “I” statement.
- Look out for some of these qualities in your friend:
 - Confidence: Someone who will not easily talk about your personal problems to other people without your permission.
 - Respect: Someone who acknowledges your ideas and opinions and values them, even though she/he may not agree with them.
 - Understanding
 - Honesty
 - Kindness
 - Good communication.

Love as a form of friendship

Love means having deep and warm feelings about oneself and others. Love involves happiness and responsibilities. Love is not

the same thing as sexual attraction or intercourse. There are different types of love. They are:

Self love: This is the kind of love that involves accepting oneself, a belief in knowing oneself. We must love ourselves before we can love others, or expect others to love us.

Romantic love: Intimacy and passion characterize romantic love. Passion refers to the drive that leads to romance, physical attraction and sexual interaction. It involves total absorption with strong feelings, and most people first experience romantic love during adolescence or early adulthood. It grows stronger as partners know, relate and appreciate each other truthfully.

Infatuation: This type of relationship places priority on physical characteristics. Its emphasis is on the concept of love at first sight and tends to start and end quickly. Emotions and feelings fluctuate in this kind of relationship. Frequent quarrels and arguments characterize this relationship and it would usually result in a disorganizing and destructive effect on one's personality. It gives no room for reflection. It is engulfing and overwhelming. Infatuation distracts attention from reality and consumes and would end badly.

Qualities of love

These include:

- Commitment
- Caring
- Companionship
- Trust
- Honesty
- Tolerance
- Respect
- Forgiveness
- Acceptance
- Understanding
- Responsibility
- Reliability
- Confidence
- Accountability «

It is important for adolescents to note that there are several ways of expressing love to persons, without involving in any form of sexual activity.

Ways to express friendship and love

These ways include:

- Listening to each other when you are hurt
- Showing care and support
- Exercising together to keep fit
- Showing mutual respect
- Celebrating memorable days with each other
- Trusting each other

- Organising a party to celebrate each other's successes
- Choosing a special song and special place to sit out
- Going to a concert, watching movies, and plays together
- Respecting each other
- Taking a long drive or a walk together
- Doing things for each other without being told

Playing your favourite games together
Making a special recorded song together
Baking or cooking each other's favourite meals
Making each other gifts for no reasons at all
Reading a book and discussing it together
Having a family get-together that involves your families
Going sight seeing together
Sending each other flowers
Finding out what makes each other special
Talking openly about each other's feelings
Going to the library together
Sharing in each other's research or school work.
Writing about each other
Planning and going on a trip together
Having a picnic together
Giving compliments to each other
Having your picture taken together
Making the other person feel important and needed
Celebrating each other's birthdays
Making a list of what you like about the person
Remember, love is just one quality of friendship.

Dating

Dating is a way of getting to know someone better. In dating, clear communication is important as well as mutual respect. In getting to know someone better, it is important to convey your thoughts and feelings to each other in a simple and clear manner and on time,

not waiting until efforts at discussions would become useless. Dating includes: sharing recreational activities, learning about new things and practising social skills. People date for different reasons such as companionship, experience-sharing, friendship, love, etc.

Types of dating

- Single date - between two people
- Double date - two couples
- Group date - more than two couples
- Blind date - with a stranger.

It is wrongly assumed that young people are free to choose their dates and that dating has to be initiated by a particular gender (the males). Every culture has its own traditions and customs relating to relationships between females and males. It's generally advisable for young people to introduce their dates to their parents. Go on dates in groups, or with an older person that you would feel comfortable with. Young people continue to relate dating with sexual activity, because the society had sewn this misconception. This is wrong, it endangers the vulnerable partner and is the cause of date rape.

Reasons why young people date include:

- To socialize and develop communication skills
- Establish friendship with peers
- Companionship

- Share experiences
- Getting to understand people.

It is quite normal to see young people not interested in dating; after all, it has no health implication at all.

Popular myths about dating

- Dating means you have accepted to have sexual intercourse
- Dating must result in sexual intercourse
- Male must always pay for the bills during dates
- Dating must always be initiated by a particular gender (males)
 - Dating can only be enjoyed in lonely places

Facts you must know about dating

- Dating might involve members of the same sex, or the opposite sex
- Dating can take place in groups.
- Dating must not result in sexual activities
- Both dating partners can share responsibilities for the financial involvement.

Here are some useful tips for dating

- **Set limit:** Set limits for yourself before the date and communicate same to the person involved in a date with you. Let your partner know to what length you are willing to go as well as the fact that acceptance of date does not mean acceptance of a sexual relationship.
- **Clear communication** is very important, as it is necessary for you to discuss your limits with your partner and find out how far you think your partner can go. Do not guess what your partner wants or thinks; “ask”, discuss where you will go on a date, and choose a mutually acceptable safe venue.
- **Be assertive.**

- Make your decisions about your limits and stick to it.
- Avoid being passive, no matter how embarrassing it might be, assert yourself.
- Avoid going alone to a lonely or isolated place because it suggests that sexual intimacy is accepted.
- Avoid intake of alcohol and drugs.
- Avoid pornography and sexually explicit films, etc.

Conclusion

The right of children to basic health, protection, survival, development, adequate standard of living, education, leisure and positive cultural activities, among others, is guaranteed by the Convention on the Rights of the Child and the Child's Rights Act. These provisions are not possible without positive interpersonal relationships in the family, in school, religious institutions and the society at large. Hence, it is important for children (from birth to 18 years) to understand what true love and friendship entail and to know that it is their rights to experience and share true friendship and love. Accurate information and the skills to assert and uphold one's limits in any relationship is crucial to the expression of pleasurable sexuality which is the right and entitlement of all human beings.

GLOSSARY

Adolescence:	The period of growing up from childhood to adulthood, i.e. the period between childhood and adulthood.
Adulthood:	The period of maturity.
Childhood:	The state, or period of being a child.
Communication:	The practice or the act of transmitting, or receiving information.
Congregation:	A crowd or mass gathering; a body assembled for or regular attendance of religious worship.
Cordial:	Sincere, warm and friendly.
Criticism:	Expressing an analytical evaluation of something.
Empathy:	The power of identifying oneself mentally with a person or object.

Friendship:	The relationship between friends.
Gangsterism:	Behaviours or acts by violent criminals.
Independence:	The fact or process of being independent.
Menstruation:	Periodic shedding of the lining of the uterus through the vagina of a sexually mature and nonpregnant female.
Passive:	Offering no opposition, always submissive, not active.
Platonic:	Confined to words or theory, not harmful, not leading to any physical action.
Pregnancy:	The condition of being pregnant.
Pressurized:	The act of being under pressure by friends or family members.

Puberty: The period of which an adolescent reaches sexual maturity.

Romantic: Imaginative, idealized and sentimental view of reality.

Sexually Transmitted Infections (STIs):
Infections that are transmitted primarily through sexual activities.

Sexuality: The total behaviour of a person from birth to death.

Taboo: A system of designating persons or things or ideas, and beliefs that are kept sacred and, or prohibited.

Wet dreams: Involuntary ejaculation of semen.

