2006

My Diary

A Year of Healthy Choices

USAID
FROM THE AMERICAN PEOPLE

Ministry of Education, Science, and Technology
Southern Sudan

SBEP
SUDAN BASIC EDUCATION PROGRAM

FIRST EDITION - SEPTEMBER 2005

This diary has been published by the Secretariat of Education (SoE) and printed by the Sudan Basic Education Program (SBEP), with financial assistance from USAID. It must not be sold for commercial purposes. USAID, SoE and the SBEP consortium members reserve a royalty-free, non-exclusive and irrevocable right to reproduce, publish or otherwise use this material. Any revisions of this material destined for use within the territorial boundaries of the Government of Southern Sudan must be approved by the SoE.

This publication has been developed with the financial assistance of USAID through Cooperative Agreement 623-A-002-0068. The author's views expressed in this publication do not necessarily reflect the views of the United States Agency for International Development or the United States Government.

The Sudan Basic Education Program (SBEP) is a consortium led by CARE International, in partnership with American Institutes for Research and the University of Massachusetts' Centre for International Education

AMERICAN INSTITUTES FOR RESEARCH

My Diary

Name:

School:

Class:

2006

About this Diary

This is a diary for use by young people. In addition to being helpful for writing down important things to remember, such as homework, test dates, and upcoming activities, it gives useful information about making healthy choices.

Life is about choices!

There are many different choices that we must make in life. We make choices on a daily basis. Right now you are choosing to read about this diary rather than ignoring it. Then you will choose whether to use it and apply it to your life. The only person that can make these decisions is you. We just hope to give you good information so that you make the best decisions possible!

Each month we explore a different area of your life where you will have to make choices. The information given there will help you to think about these choices and how you want to live your life. We hope that by thinking about your choices, you will choose a healthy, safe and happy life.

Best of luck in 2006!

2006

January

sun	mon	tue	wed	thu	fri	sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

sun	mon	tue	wed	thu	fri	sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

sun	mon	tue	wed	thu	fri	sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

sun	mon	tue	wed	thu	fri	sat
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

May

sun	mon	tue	wed	thu	fri	sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

sun	mon	tue	wed	thu	fri	sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

sun	mon	tue	wed	thu	fri	sat
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

August

sun	mon	tue	wed	thu	fri	sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

sun	mon	tue	wed	thu	fri	sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

sun	mon	tue	wed	thu	fri	sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

sun	mon	tue	wed	thu	fri	sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

sun	mon	tue	wed	thu	fri	sat
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2007

January

sun	mon	tue	wed	thu	fri	sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

sun	mon	tue	wed	thu	fri	sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March

sun	mon	tue	wed	thu	fri	sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

sun	mon	tue	wed	thu	fri	sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

sun	mon	tue	wed	thu	fri	sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

sun	mon	tue	wed	thu	fri	sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

sun	mon	tue	wed	thu	fri	sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

sun	mon	tue	wed	thu	fri	sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

sun	mon	tue	wed	thu	fri	sat
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

October

sun	mon	tue	wed	thu	fri	sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November

sun	mon	tue	wed	thu	fri	sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

sun	mon	tue	wed	thu	fri	sat
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Important dates:

January 1	New Years Day and Sudan Independence Day
March 8	International Women's Day
March 21	International Day for the Elimination of Racial Discrimination
April 1	April Fool's Day
April 7	World Health Day
May 15	International Day of Families
May 16	SPLM Day
June 5	World Environment Day
June 16	Day of the African Child
June 20	World Refugee Day
July 7	Girls Education Day
July 11	World Population Day
August 12	International Youth Day
September 8	International Literacy Day
October 2	World Habitat Day
October 5	World Teacher's Day
November 20	Universal Children's Day
November 25	International Day for the Elimination of Violence against Women
December 1	World AIDS Day
December 3	International Day of Disabled Persons
December 10	Human Rights Day
December 25	Christmas Day

My Goals for the Year

HIV and AIDS

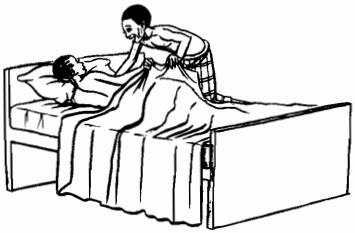
HIV stands for Human Immuno-deficiency Virus. This means that it is a virus which attacks our body's natural defense system (immune system).

The virus attacks the white blood cells which leads to the immune system being weakened. A person can look and feel healthy at this time.

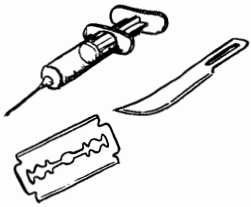
When the immune system is less able to fight infection, the person becomes ill and develops AIDS. AIDS stands for Acquired Immune Deficiency Syndrome.

People with AIDS often lose weight and have a variety of medical problems. Often they will develop TB, pneumonia, or cancer.

HIV is spread from one person to another by:



Sexual intercourse
with no protection (condoms)



Infected blood
Using knives, razors or needles that are not sterilized or transfusions with infected blood

Mother to baby
Infected mothers can transmit HIV to their babies

HIV and AIDS

HIV is NOT spread by:

Hugging

Dry kissing

Coughing or sneezing

Mosquito
or animal bites

You cannot get HIV through everyday contact with infected people. It is safe to care for them and live in the same house as them.

To avoid infection from HIV through sexual contact, you should either abstain from sex until you are in a faithful relationship with an uninfected partner (both people should be tested) or you should use condoms.

January

Choose peace. Avoid violence.

The signing of the Comprehensive Peace Agreement (CPA) by the Government of Sudan and the Sudan People's Liberation Movement (SPLM) on 9th January 2005 ended the devastating 21 year civil war. However, peace does not come only through signing an agreement. There is still much to be done. The agreement calls for changes both in attitude and behavior. Furthermore, the agreement has paved the way for young people to participate in peace building. To make sure peace is sustainable in Southern Sudan, children must play their part.

What is peace and what can peace allow us to achieve?

- Peace is development. To rebuild the country there must be peace.
- Peace in the community creates togetherness and harmony.
- To sustain peace people must treat each other with respect.
- In peaceful times we can enjoy a healthy environment.
- Peace is necessary for girls and boys to grow into future leaders and achieve their dreams.

Make peace a part of your life by practicing peaceful behavior and avoiding conflict.

Be a peace builder!

1 Sunday

New Years Day and Sudan Independence Day

January

2 Monday

3 Tuesday

4 Wednesday

5 Thursday

6 Friday

7 Saturday

8 Sunday

- Try to understand people who are different from you.
- Control your anger – do not resort to physical violence at any time.
- Respect others, especially those of the opposite sex and outside your tribe, religion and race. Remember that they are human beings like you.
- Learn to forgive others.
- Discuss problems when they arise.
- Work towards finding a peaceful solution and agreement with others that think differently to you.
- Avoid any kind of gender violence or discrimination.
- Love and respect your environment.

January

9 Monday

10 Tuesday

11 Wednesday

12 Thursday

13 Friday

What would you choose to do?

Two students are quarreling in your classroom over a pen. One boy says that the other boy stole his pen. He is very angry and ready to fight the boy. What would you choose to do?

a. Let them continue with the fight and do nothing.

b. Help them to discuss the problem in a calm manner rather than fighting.

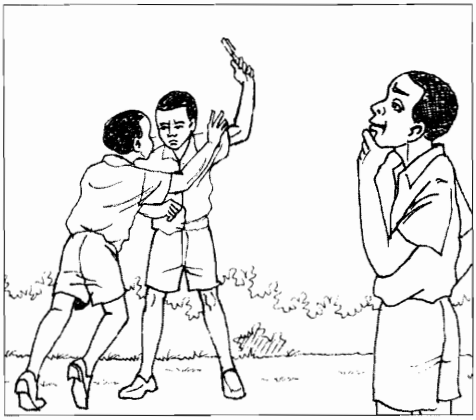
c. Take the side of the boy who lost his pen and call the other boy a thief.

January

First keep the peace within yourself, then you can also bring peace to others.

14 Saturday

15 Sunday



January

16 Monday

17 Tuesday

18 Wednesday

19 Thursday

20 Friday

21 Saturday

22 Sunday

January

23 Monday

24 Tuesday

25 Wednesday

26 Thursday

27 Friday

28 Saturday

29 Sunday

January

30 Monday

31 Tuesday

Tips for dealing with anger:

- Think before speaking, especially when angry.
- Count to ten, take a deep breath, or walk away until calmer.
- Never express anger through physical violence.
- Be aware that your anger may be coming from a different problem. Look for the underlying reason and think of a positive solution.

February

Choose to be informed. Know your rights.

Everyone in the world has human rights, including children. Having human rights means there is a standard or a rule to tell people how they must treat you. Children have rights to survival, protection, and development.

Some rights come from your country's Constitution, while others come from international agreements. The Convention on the Rights of the Child (CRC) and the African Charter on the Rights and Welfare of the Child are international agreements on the human rights of children.

They state that all children have a right to:

- ❒ Protection from violence, abuse, hazardous employment, exploitation, abduction or sale.
- ❒ Special protection in times of war. No child under 15 should ever have to fight in an army.
- ❒ Protection from disease and famine.
- ❒ Access to free primary education.
- ❒ Access to adequate housing, food, and health care.
- ❒ Equal treatment regardless of gender, race or cultural background.
- ❒ Freedom to express opinions, be listened to, and to actively participate in matters that affect their lives.
- ❒ Play, rest, and leisure.
- ❒ Protection from harm, including the right to say "no" to sex and forced marriage.

February

The best decision is not always the popular or easy one. Standing up for what is right when it is unpopular is a true test of moral character.

1 Wednesday

2 Thursday

3 Friday

4 Saturday

5 Sunday

What would you choose to do?

Your friend has been taken out of school by her parents. They are making her work at home doing all the household chores. She is cleaning, preparing food, looking after the younger children, collecting water and firewood. She does everything in the house, and is not allowed to go back to school. You know that she has a right to an education and a right not to work so hard. What could you do?

a. Do nothing. It is not your problem.

b. Talk to your teachers and parents about the problem.

c. Try to help her with her housework so that she can have some time for school.

February

6 Monday

7 Tuesday

8 Wednesday

9 Thursday

10 Friday

11 Saturday

12 Sunday

February

13 Monday

14 Tuesday

15 Wednesday

16 Thursday

17 Friday

18 Saturday

19 Sunday

February

20 Monday

21 Tuesday

22 Wednesday

23 Thursday

24 Friday

25 Saturday

26 Sunday

27 Monday

28 Tuesday

Tips for standing up for your rights:

Even though you have human rights, some people will not respect them. Often it is women and children who experience the greatest amount of violence and abuse.

All governments, including the governments of Sudan and South Sudan, must do more to protect children and uphold international human rights agreements. You can also do your part by standing up for your rights and the rights of other children.

- Learn more about your rights and educate other children about their human rights.
- If someone abuses your human rights, make a record of what happened. Write down the date, time, place, people involved, and what was said or done.
- If you feel safe enough, talk to the person who has abused your rights. If they do not listen or they threaten you, go to a person that you trust, such as a parent, teacher, headmaster, or community elder.
- Find ways to actively participate in making decisions that affect your life and the lives of other children. By doing this, you can make sure your rights are considered. According to the CRC, being involved in decision making is one of your basic human rights!
- Organize an event on November 20th to celebrate Universal Children's Day. This can be a great way for you and other children to promote the goals and ideals of children's human rights in your community.

March

Choose to be fair. Fight against discrimination.

Discrimination is when we ignore people's rights. If we treat someone unjustly or unfairly because of race, religion, sex, age, wealth, health, or disability then we are discriminating against them.

Every adult and child in the world has the right to be treated fairly no matter:

- What race or color you are
- Whichever language you speak
- Whether you are male or female
- Whether you are disabled or able bodied
- Whatever your background is
- Whichever religion you follow

Discrimination is sometimes very obvious. If you are treated differently from someone else because of your sex or ethnic background then it is called direct discrimination. Discrimination can also be more hidden, such as when boys are called on more often by the teacher than girls to participate in class.

If you have never been discriminated against then it is hard to understand what it feels like. Try to imagine being treated unfairly just because of something that is different about you. That is what discrimination feels like. Everyone should have the opportunity to live and learn in a welcoming and positive environment.

March

All that is necessary for evil to succeed is that good men do nothing.

1 Wednesday

2 Thursday

3 Friday

4 Saturday

5 Sunday

What would you choose to do?

Abdallah has just moved to your school. He comes from a different part of the country and his skin color is lighter than everyone else. He belongs to a different religion and doesn't speak the local language well.

The children at your school are treating him very badly. Nobody will sit near him or talk to him. They say that Abdallah doesn't belong there and should leave. A few students stole one of his exercise books and wrote bad things about him in it. He spends his break time sitting on his own. What would you do?

a. Join the other students in teasing him because you think he should leave the school.

b. Tell them to stop being mean to Abdallah, but don't make an effort to get to know him. You probably won't have anything in common with him anyway.

c. Sit next to him in class and during break time. Tell the teachers how the other students are discriminating against him.

March

6 Monday

7 Tuesday

8 Wednesday

International Women's Day

9 Thursday

10 Friday

11 Saturday

12 Sunday

March

13 Monday

14 Tuesday

15 Wednesday

16 Thursday

17 Friday

18 Saturday

19 Sunday

March

20 Monday

21 Tuesday

22 Wednesday

23 Thursday

24 Friday

25 Saturday

26 Sunday

March

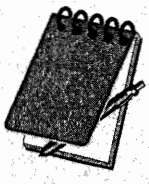
27 Monday

28 Tuesday

29 Wednesday

30 Thursday

31 Friday



Tips for fighting discrimination

- If you or someone you know is being treated unfairly, the first step is to talk to someone you trust, such as a teacher or parent. Explain to them what you have seen or experienced. Ask them what they can do about it.
- Be a role model in your school and community. Treat all people kindly and fairly.
- Speak out against injustice. Educate your fellow students about discrimination and build support among them.

April

Choose a healthy body. Know about nutrition and sanitation.

Our health is in our hands. It is important to be careful about your health all the time, not just when you feel sick. The best way to keep your body healthy is to eat nutritious food and be careful to avoid diseases. Always remember that prevention is better than a cure!

Our bodies need the right type of food to stay healthy. A good diet has the right balance of different types of foods and includes many vegetables and fruits.

Your body needs:

- **Carbohydrates** to give you energy. Carbohydrates are found in food such as maize, wheat and rice.
- **Protein** to build up your muscles. Protein is found in milk, eggs, meat, beans and nuts.
- **Iron** to help your immune system and **Calcium** to build strong bones and teeth. They are both found in dark green vegetables (like spinach, etc), beans, cheese and meat.
- **Vitamin A** to help your eyes, and skin. It also helps fight off illness. Vitamin A is found in liver, kidneys, eggs, milk, carrots, pumpkin, sweet potato, and mango.
- **Vitamin C** stops you from getting colds and flu. It is found in fresh fruits and vegetables, like tomatoes and oranges.

The food we eat and the water we drink keeps us healthy, but if we are not careful it can make us sick. Typhoid, for example, is spread through contaminated food and water.

To avoid typhoid and other diseases always boil water for at least 20 minutes before drinking.

Also follow these guidelines to make sure your food and water are safe:

DO	DO NOT
☺ Keep food and water covered to stop flies sitting on them.	☹ Do not eat undercooked or raw chicken, meat, fish and eggs.
☺ Wash your hands with soap and water before eating, after touching animals, and after using the toilet.	☹ Do not drink water without purifying it and straining it for guinea worm.
☺ Wash utensils, plates and cups with soap and water.	☹ Do not eat cracked eggs.
☺ Wash all fruits and vegetables before eating them.	☹ Do not eat canned food if the can looks damaged.
☺ Keep animals away from food.	☹ Do not eat cooked food if it has been standing for longer than two hours.
☺ Always use a latrine.	☹ Do not drink water from a place where people visit the toilet.
	☹ Do not use the toilet in or near a stream or river.

April Fool's Day

1 Saturday

2 Sunday

April

3 Monday

4 Tuesday

5 Wednesday

6 Thursday

7 Friday

World Health Day

8 Saturday

9 Sunday

April

10 Monday

11 Tuesday

12 Wednesday

13 Thursday

14 Friday

15 Saturday

16 Sunday

What would you choose to do?

Your younger sister has been ill with diarrhea (runny tummy). The soft spot on her head is now sunken in. Her eyes look sunken. She will not eat or drink anything. What will you do?

a. Take her to a clinic or hospital.

b. Keep trying to give her water and wait to see if she gets better.

c. Leave her and hope that she improves.

April

17 Monday

18 Tuesday

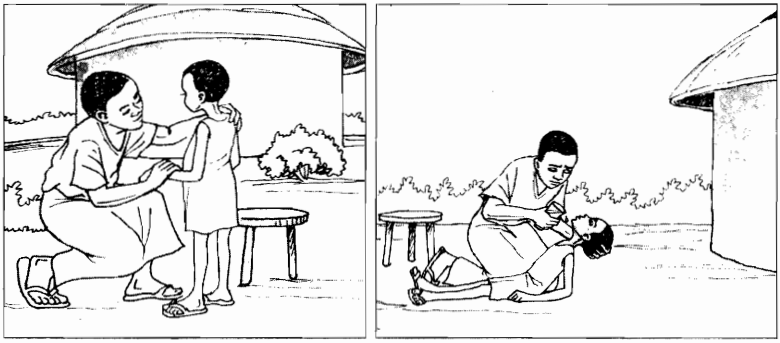
19 Wednesday

20 Thursday

21 Friday

22 Saturday

23 Sunday



April

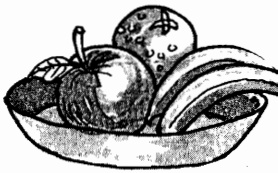
24 Monday

25 Tuesday

26 Wednesday

27 Thursday

28 Friday

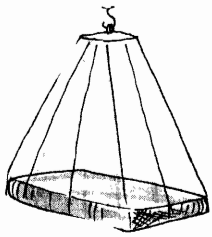


Look after your health; and if you have good health, value it for it is a blessing that money cannot buy.

April

29 Saturday

30 Sunday



Tips for avoiding other important viruses and diseases:

- **Malaria:** You can only get malaria if you are bitten by a mosquito that carries the malaria parasite. These mosquitoes come out only at night. To avoid being bitten:

  1) Fully cover your arms and legs at night.
  2) Always sleep with a mosquito net that covers your whole bed.

- **Tuberculosis (TB):** TB is spread from person to person through coughing and spitting. Look out for others who are coughing a lot and feeling weak. Make sure these people are tested and given treatment in the hospital. Also make sure they keep taking their medicine otherwise TB can come back. If those around you do not have TB, you will be safe.

- **HIV/AIDS:**

  1) Abstain from sex until you are married;
  2) Be faithful to one uninfected partner;
  3) Use Condoms;
  4) Avoid contact with unsterilized objects that have touched blood;
  5) Get counseling and testing at a VCT center.

May

Choose to follow good role models. Avoid negative influences.

We all want to have friends. It is important to choose our friends well. Some friends will help you make good decisions and others may pressure you to do things that are not good for you. Friends that pressure you to do bad things can put you in danger and could stop you from reaching your goals in life. Think about which friends will help you in your life.

What makes a good role model?

A role model is someone that you admire and has qualities that you would like to have. A good role model should inspire you to improve yourself and your life. They are people who achieve and live their life in a positive, healthy way.

There are good role models all around you. They could be teachers, nurses, your parents, or a leader in the community. Ask them how they have achieved in their life. Their advice can help you. Role models can show you how to make good decisions.

May

What is wisdom but being able to make decisions that you'll never regret. So if you want to be wise, ask everyone you can what good and bad decisions they have made.

1 Monday

2 Tuesday

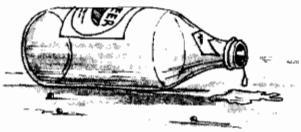
3 Wednesday

4 Thursday

5 Friday

6 Saturday

7 Sunday



8 Monday

9 Tuesday

10 Wednesday

11 Thursday

12 Friday

13 Saturday

14 Sunday

What would you choose to do?

Your friends are now interested in drinking alcohol. They have made friends with an older boy who has access to local brews. Each week your friends go drinking with this boy instead of practicing football. You are not interested in drinking. You wish you could go back to the days when you all played football together after school. Your friends claim that 'real men' drink alcohol and that they are all men now. What would you choose to do?

a. Stop being friends with them and look for other friends.

b. Start drinking with them after school.

c. Spend time with them still but do not drink their local brew.

May

15 Monday

International Day of Families

16 Tuesday

SPLM Day

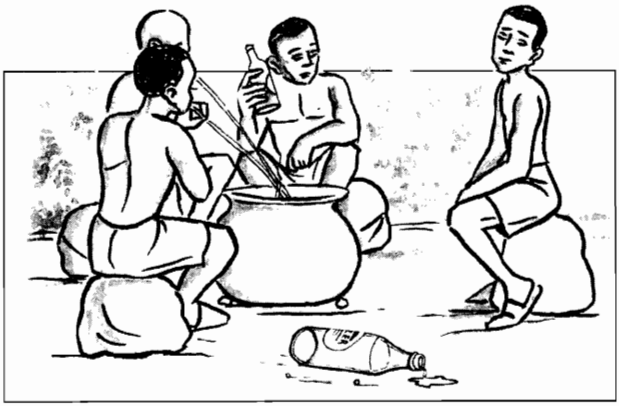
17 Wednesday

18 Thursday

19 Friday

20 Saturday

21 Sunday



May

22 Monday

23 Tuesday

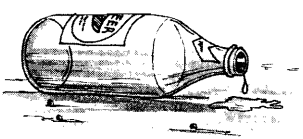
24 Wednesday

25 Thursday

26 Friday

27 Saturday

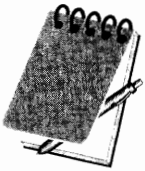
28 Sunday



29 Monday

30 Tuesday

31 Wednesday



How to avoid negative peer pressure:

- Choose your friends carefully. Choose friends that respect you, want what is best for you, and do not pressure you.
- Know what your goals are and don't be swayed to change your goals because of other people.
- Remember that giving into peer pressure will not earn you respect or popularity. If you stand up for what you believe in, people will often respect you and like you more.
- Think before you act. Peer pressure can force you into accepting a group decision without weighing the consequences. Think first about the consequences of your actions.
- Stay strong. Peer pressure can be difficult. Saying "NO" takes more strength than just agreeing with your friends.
- When you are pressured into doing something you can choose to say "NO" and if necessary walk away.
- Explain your decision to your friends and try to find something else to do that you all agree on.

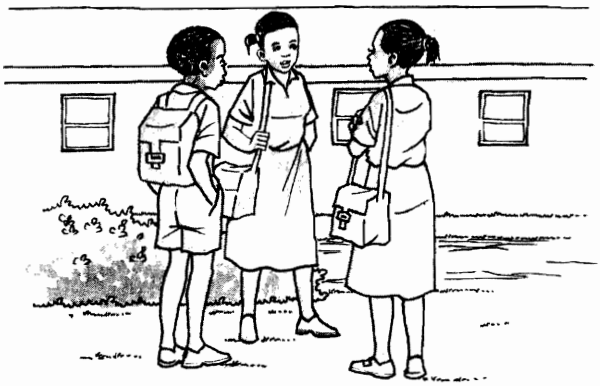
June

Choose to be educated. Stay in school and succeed.

Going to school and getting a good education is essential to building a bright future. Education helps you learn skills and knowledge that will enable you to achieve in life.

Education will help you to:

- Make healthy decisions. Schooling helps young people know how to protect themselves from HIV, STI's and early pregnancy.
- Learn about many new things and feel confident. Some of the things you learn in school may not seem important now, but they are helping you to think in new ways and know about different things.
- Get a job once you have completed school. Staying in school shows that you understand responsibility, can make commitment to goals and will work hard to achieve them. All of these things are important to employers or for starting your own business.



June

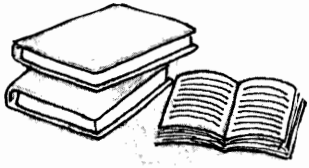
You have to create the future,
or someone will create it for you.

1 Thursday

2 Friday

3 Saturday

4 Sunday



Sometimes classes may be boring and crowded. The walk to school can be long. Stay strong. Study hard and complete every year. Every year you spend in school helps you to succeed in the world.

Do not be in a rush to get married. Your education comes first. It is dangerous for girls to get pregnant when they are young. Many young mothers die in childbirth. Wait until you are at least 18 and ready for the responsibility before you start a family.

You have a right to receive an education, as all young people do. Think about how you can help other students to finish their education. It can be difficult for girls especially to stay in school. They need support and encouragement to complete their education.

5 Monday

6 Tuesday

7 Wednesday

8 Thursday

9 Friday

10 Saturday

11 Sunday

What would you choose to do?

It is difficult for you to study at home because there are many jobs that must be done. In your last exams you did not do very well. Now your parents are saying that you should leave school. They want you to either help more at home or get married. They say they don't have the money to pay for your school fees anymore and that you are not succeeding anyway. What can you do?

a. Drop out of school.

b. Talk to them about a compromise. Look for a weekend job to help pay for school fees. Also study more to bring up your grades.

c. Ask them to give you one more chance to try to perform well. Talk about how you can have more time to study at home.

June

12 Monday

13 Tuesday

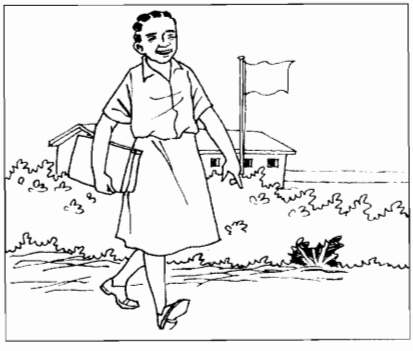
14 Wednesday

15 Thursday

16 Friday

17 Saturday

18 Sunday



June

19 Monday

20 Tuesday

World Refugee Day

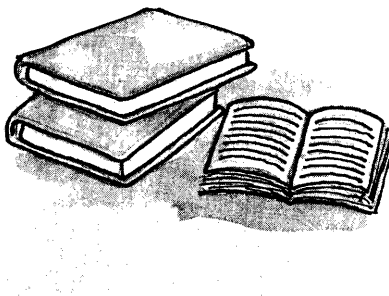
21 Wednesday

22 Thursday

23 Friday

24 Saturday

25 Sunday



June

26 Monday

27 Tuesday

28 Wednesday

29 Thursday

30 Friday

Tips for succeeding in school:

1) Come to school prepared to learn every day.
2) Eat a proper breakfast so that you have energy for learning.
3) Get a good night sleep so that you can focus on the lessons.
4) If you are struggling with something in school, ask for help.
5) If you are given school work to do at home, make sure that you complete it.
6) If you cannot study at night, talk with you parents on what can be done to help you complete your homework.
7) If you do not have homework, try to spend some time reading every day.

July

Choose healthy relationships. Respect each other.

A good relationship is based on honesty, mutual admiration (you both like each other), trust, good communication, support and caring. People should care about each other and can help each other through difficulties and times of trouble.

Healthy relationships are based on respect. When you respect people, you treat them well. Respect is more than being polite to elders. Respect is important in all your relationships - family members, teachers, classmates, and friends. In the best relationships respect goes both ways- you respect them and they respect you.

The best way to get respect is to give it!

It is your choice how you treat others and how you allow yourself to be treated. You can choose to treat your friend, your boyfriend or girlfriend with respect or you can choose to treat them badly. If you want happy and healthy relationships in your family and with your girlfriend or boyfriend, then show respect.

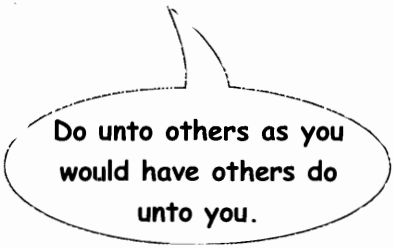
July

Good relationships are built on friendship, not just strong physical attraction.

Having sex with someone does not build a strong

1 Saturday

2 Sunday



3 Monday

4 Tuesday

5 Wednesday

6 Thursday

7 Friday

Girls Education Day

8 Saturday

9 Sunday

What would you choose to do?

You hear some of your classmates saying bad things about a friend of yours. You know what they are saying about her is not true. They are saying that she has lots of boyfriends and no morals. You know that this is false and that these lies will really hurt your friend. What will you do?

a. Say nothing, even though you think they are being unfair.

b. Stand up for your friend and tell the boys that they are wrong.

c. Say that you heard the same thing about her and continue the rumors.

d. Start a fight with the boys that are being mean about her.

July

10 Monday

11 Tuesday

World Population Day

12 Wednesday

13 Thursday

14 Friday

15 Saturday

16 Sunday

July

17 Monday

18 Tuesday

19 Wednesday

20 Thursday

21 Friday

22 Saturday

23 Sunday

July

24 Monday

25 Tuesday

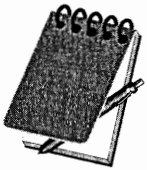
26 Wednesday

27 Thursday

28 Friday

29 Saturday

30 Sunday



Tips to help you decide if you are ready to have sex:

Deciding whether or not to have sex for the first time or at any time can be difficult. Make sure you think about all of these questions before you decide to have sex.

- Why do I want to have sex now?
- Am I being pressured to have sex or is it completely my own decision?
- How will I feel about myself afterwards?
- How do I feel about my parents knowing?
- How well do I know my partner? Does he or she respect me?
- Have we discussed having sex? Are we comfortable talking about difficult issues?
- Have we discussed how we will protect ourselves?
- What could happen if we have sex now? Consider all the negative consequences- pregnancy, Sexually Transmitted Infections (STIs), HIV.
- Do I know enough about sex, pregnancy, and infections?
- Can I get an STI and/ or HIV from my partner? Have we both been tested?

If you are uncertain about ANY of these questions or feel that having sex could put you in any danger, then you should not have sex. Wait until the time is right for you.

BEST AVAILABLE

August

Choose to say no to abuse. Be assertive.

It is against the law to abuse another person. Abuse can come in many forms. Emotional abuse is shouting, criticizing, or hurting someones feelings. It can be very damaging to your confidence. Physical abuse is any harm done to your body.

Nobody has a right to treat you in an abusive way. Some children grow up seeing violence around them so they think that this is a normal way of dealing with problems. Violence is not the way to get what you want. No one has the right to physically or mentally hurt anyone else. Adults do not have the right to hurt children. Husbands do not have the right to hurt wives. Teachers do not have a right to hurt pupils.

Hurting and abusing others is against the law.

Say no to abuse. Stand up for your personal rights. Never abuse the rights of others. It is not your fault if you are abused. You are not to blame for the actions of others.

Be confident and do not allow other people to abuse you or push you into things you do not want to do.

August

When you feel that you are being abused, you have the choice of 3 different ways of dealing with it:

- **Passive:** Take no action. Give in to others. Remain silent when something is troubling you.
- **Assertive:** Stand up for your own rights without putting down the rights of others. Respect yourself and others. Listen and talk to others.
- **Aggressive:** Act in a violent or abusive way. Put yourself first at the expense of others. Aggressive behavior will encourage others to act violently also.

1 Tuesday

2 Wednesday

3 Thursday

4 Friday

5 Saturday

6 Sunday

August

7 Monday

8 Tuesday

9 Wednesday

10 Thursday

11 Friday

12 Saturday

International Youth Day

13 Sunday

Let us not look back in anger or forward in fear, but around in awareness.

14 Monday

15 Tuesday

16 Wednesday

17 Thursday

18 Friday

19 Saturday

20 Sunday

What would you choose to do?

Your neighbor always makes sexual comments to you when he sees you if nobody else is around. He makes you feel very uncomfortable. Every time he sees you, he gets a bit bolder in what he will say to you. What will you choose to do?

a. Say nothing and hope that he will stop.
b. Tell him that he makes you feel uncomfortable and if he does not stop talking to you in this way, you will tell an adult.
c. Scream and yell at him, throw stones at him, and tell everyone in the town what he has done.

August

21 Monday

22 Tuesday

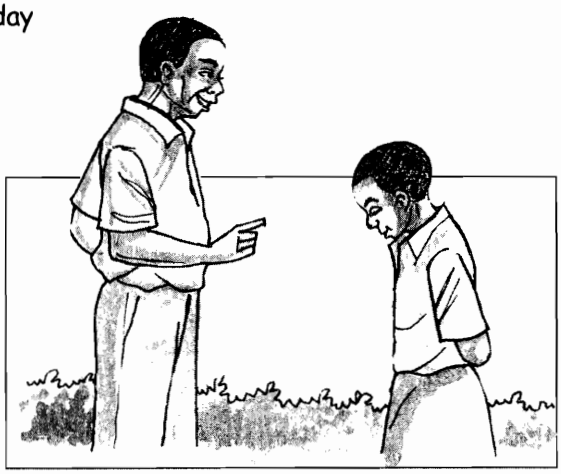
23 Wednesday

24 Thursday

25 Friday

26 Saturday

27 Sunday



August

28 Monday

29 Tuesday

30 Wednesday

31 Thursday

Tips for being assertive:

Be clear and open about your feelings and wishes.

The following steps can help you to make assertive statements:

Step 1: Explain your feelings. "I feel..."

Step 2: Describe the situation or problem. "When..."

Step 3: Explain why you feel the way you do. "Because..."

Step 4: State what you would like to happen. "I would like..."

For example "I feel upset when you laugh at me when I get the answer wrong in class because I am always trying to do my best. Instead of laughing, I would like you to help explain what the correct answers are."

September

Choose to be responsible. Manage your time.

Both boys and girls need to be responsible. Everyone needs to share responsibilities. There is no reason that a girl or a boy, a mother or a father should do all of the work. If everyone helps, the work is made easier. If you do not do your work, someone else will have to do it for you, which makes their life more difficult.

There are no jobs that are just for girls or jobs that are just for boys. Girls and boys should help each other with household chores. Boys can help with fetching water and firewood. Girls can help with tending to the animals. Both boys and girls need time for studying and doing school work.

As a young person, some of your responsibilities may be:

- Helping out at home
- Doing homework and studying
- Caring for your brothers and sisters

What other responsibilities do you have?

Do you feel like all these responsibilities are fair?

While you have your responsibilities, it is also important for boys and girls to have time to play. You need to enjoy your childhood so make time to also spend playing sports, talking to your friends, and doing other activities that you enjoy.

September

Of all the advantages that
one person can have over another
only two stand out:
Good Luck and Good Habits.

1 Friday

2 Saturday

3 Sunday

What would you choose to do?

You have an important test tomorrow and you need to review your notes this evening. Your friends come by to see you and tell you that there is a celebration tonight. There will be dancing and music. Everyone is going. What would you do?

a. Go to the celebration that evening and try to quickly review your notes the next morning before school.

b. First spend some time reviewing your notes and then pass by the celebration but do not stay long.

c. Do not attend the celebration so that you can fully review your notes and get a good night's sleep before your examination.

4 Monday

5 Tuesday

6 Wednesday

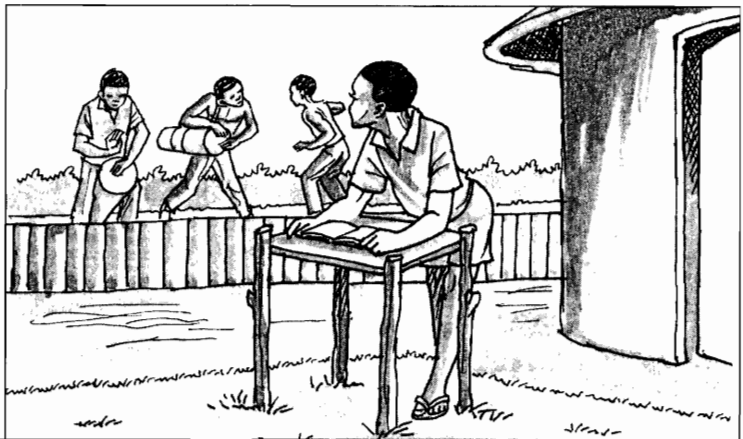
7 Thursday

8 Friday

International Literacy Day

9 Saturday

10 Sunday



September

11 Monday

12 Tuesday

13 Wednesday

14 Thursday

15 Friday

16 Saturday

17 Sunday

September

18 Monday

19 Tuesday

20 Wednesday

21 Thursday

22 Friday

23 Saturday

24 Sunday

25 Monday

26 Tuesday

27 Wednesday

28 Thursday

29 Friday

30 Saturday

Tips for managing your time well:

1. **Make a "To Do" list every day.**
   Put things that are most important to do at the top and do them first.
2. **It's okay to say "No."**
   You can't do everything. Sometimes you have to say "No". Say "Yes" to your most important responsibilities. If your friend asks you to do something that evening and you have a final exam the next morning, realize that it's okay to say no.
3. **Get a good night's sleep.**
   Being tired makes the day seem longer and your tasks seem more difficult. You can do much more when you have had at least 8 hours of sleep.
4. **Plan your free time.**
   Plan out how much free time you have each week. Give yourself a time budget and plan your activities.
5. **Don't waste time thinking about doing something- just do it!**
   It is a waste of time to think and worry about something that you should be doing. Instead, just get busy and get it done.

October

Choose to be caring and compassionate. Be a good listener.

Compassion means understanding the pain of another person and wanting to do something to help them. If someone you know is having problems or suffering from ill health, it is important to support them. Everyone should be treated with understanding. It is especially important to be compassionate to those infected or affected by lifelong or catastrophic diseases, such as cancer, tuberculosis and HIV /AIDS, as they have many emotional and physical problems. It will help them greatly to know that you are supportive of them.

Ways that you can be caring and compassionate:

- Say hello and ask how they are.
- Celebrate special days with them.
- Invite them over for a cup of tea.
- Ask them how you can help.
- Listen to their problems.
- Play games with them.
- Write them a letter.
- Give them a hug.
- Help them make a meal if they are ill.
- Find others to help support them.
- Hold their hand.
- Help them clean their house.
- Pick up medicines for them at the shop.
- Come up with your own ideas....

1 Sunday

2 Monday

World Habitat Day

3 Tuesday

4 Wednesday

5 Thursday

World Teacher's Day

6 Friday

7 Saturday

8 Sunday

What would you choose to do?

Your neighbor is pregnant and she just found out that she is HIV positive. When she told her husband, he said that she must have been unfaithful to him as he thinks he does not have HIV (although he has not been tested). He told her that she must leave their house. All of his family and the community have rejected her. She is now all alone and does not know what she will do for her baby and herself. What could you do?

a. Invite her into your home until she finds somewhere to go.
b. Ignore her and pretend that you do not know her.
c. Say hello to her but do not interfere in her personal problems.
d. Talk to others about HIV and the need to support her.

October

9 Monday

10 Tuesday

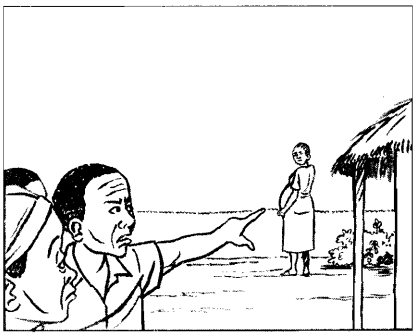
11 Wednesday

12 Thursday

13 Friday

14 Saturday

15 Sunday



October

A sorrow shared is half a sorrow; a joy shared is twice a joy.

16 Monday

17 Tuesday

18 Wednesday

19 Thursday

20 Friday

21 Saturday

22 Sunday

October

23 Monday

24 Tuesday

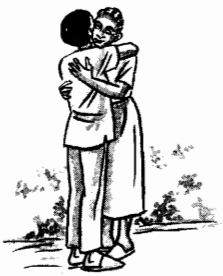
25 Wednesday

26 Thursday

27 Friday

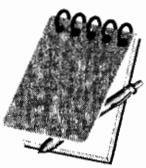
28 Saturday

29 Sunday



30 Monday

31 Tuesday



Tips for being a good listener:

Sometimes just having a sympathetic listener is the most healing thing for those suffering. Listening is also very important if you are to understand the needs of others. Follow these steps to be a really good listener.

1. Listen to what the person is saying.
2. Check that you have correctly heard by **saying again** what the speaker has said and asking "Is this what you mean?"
3. When the speaker has finished, summarize the main points and check with the speaker.
4. If the speaker is emotional (angry or sad), be very careful to listen to the words, not just to the emotions.
5. Ask questions to check that you have the whole story. Keep asking questions until you are sure you understand all the details.

November

Choose to be safe. Know how to avoid dangers.

Everyone needs to be careful about their safety at all times, but especially young people. It can help to plan ahead and think about where possible dangers may be found. You also may want to talk to adults in your area to get their advice on safety.

Although there are many dangers out there, you should keep living your life, while being aware of dangers.

- You will increase your chances of being put in unsafe situations if you are alone. Try to always move in groups, especially if you are in areas you do not know well. Do not enter alone into the house of someone who you do not know well or trust completely.
- If you ever feel uncomfortable in a situation or around a certain person, remove yourself from that place. Always plan for a way that you can get away from a bad situation.
- Be careful about drugs and alcohol as they can affect your mind and lead you into unsafe situations. You will not have total control over your mind and body when you are using drugs or alcohol. If you are going to night markets or places where alcohol is being served, make sure you are with a trusted adult.

November

1 Wednesday

2 Thursday

3 Friday

4 Saturday

5 Sunday

What would you choose to do?

You have been invited to visit the house of your friend where they are having traditional dances. None of your other friends are going and nobody in your family can walk with you there. You have promised your friend that you will attend but it is quite a long walk there and you have to pass by a garrison that you have heard can be dangerous. What would you chose to do?

a. Go to the dance anyway and hope that you will not have problems.

b. Keep asking other people, such as your neighbors, to find out if someone that you know is walking in that direction and can accompany you.

c. Stay at home where you know you are safe.

November

6 Monday

7 Tuesday

8 Wednesday

9 Thursday

10 Friday

11 Saturday

12 Sunday

November

We are the only ones responsible for our choices. We have to accept the outcome of these choices- both good and bad- throughout our lifetime.

13 Monday

14 Tuesday

15 Wednesday

16 Thursday

17 Friday

18 Saturday

19 Sunday

November

20 Monday

Universal Children's Day

21 Tuesday

22 Wednesday

23 Thursday

24 Friday

25 Saturday

International Day for the Elimination of Violence against Women

26 Sunday

November

27 Monday

28 Tuesday

29 Wednesday

30 Thursday

Tips for avoiding landmines:

There are still many landmines around South Sudan. Landmines are explosives that are buried underground, but are usually covered by only a thin layer of soil. Landmines explode when they are stepped on or touched and will kill or injure people.

- Stay on paths that you know people have walked on and do not walk on unknown paths.
- If you see something that could be a landmine, do not touch it or pick it up! Notify the local authorities who will examine it.

- Never go near former garrisons, forts or other places where there have been battles.
- Talk to older people in your area to find out where there could possibly be landmines.
- Teach younger children how to avoid landmines. Make sure they do not play in areas where there could be landmines.

December

Choose your dreams and reach them.

Dreams are things that you want to do or be in the future, like becoming a teacher or doctor. What dreams do you have now? What would you like to be when you are an adult? Do not limit yourself. You can achieve many things if you work hard. You have your whole life ahead of you to work toward your dream. If it does not come today or if there are obstacles in your way, you have to keep striving towards your dreams.

Clear goals help you reach your dreams and make good decisions. You need to keep asking yourself "Will this decision help me towards my goal, or will it take me away from my goal?" As we have been doing all year in this diary, we can think about a decision by exploring our choices. We can look at the good and bad things about each choice and decide which choice is best for us.

Sometimes our choices seem to be limited, perhaps due to poverty or to what society expects from you, but there are always ways to overcome these problems, especially by working together and helping each other.

December

Nothing good ever just happens in your life. If you want to have something good happen to you, you have to make it happen yourself.

1 Friday

World AIDS Day

2 Saturday

3 Sunday

International Day of Disabled Persons

What would you choose to do?

You are a 12 year old girl and your dream is to be an engineer. You want to rebuild the roads and bridges of Southern Sudan someday. When you tell your friends and family about your dreams, they just laugh at you. You are very good at mathematics, but you feel like nobody notices your talents. In your mathematics lesson your teacher never calls on you even though you usually have the correct answer. He ignores the fact that your hand is always raised. You are starting to feel upset about this and you would like him to give you more difficult math assignments so that you can work harder towards your goal.

What will you do?

a. Stop raising your hand or trying to do well. If your teacher and others don't believe in you, you must not really be that clever.
b. Keep doing your work but not with the same interest. Let other students get all the attention of the teacher.
c. Find a time to talk privately to the teacher so that you can tell him how his response to you makes you feel. Ask him for extra work and for his support in going after your dreams to be an engineer.
d. Try to find other people who will support you in your dreams. Get advice from an engineer and follow the steps that he or she recommends to help you reach your goals.

4 Monday

5 Tuesday

6 Wednesday

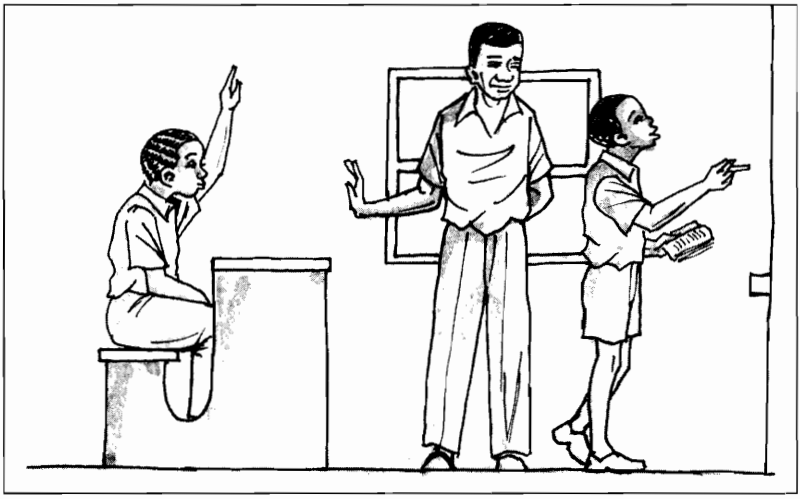
7 Thursday

8 Friday

9 Saturday

10 Sunday

Human Rights Day



December

11 Monday

12 Tuesday

13 Wednesday

14 Thursday

15 Friday

16 Saturday

17 Sunday

December

18 Monday

19 Tuesday

20 Wednesday

21 Thursday

22 Friday

23 Saturday

24 Sunday

December

25 Monday

Christmas Day

26 Tuesday

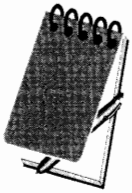
27 Wednesday

28 Thursday

29 Friday

30 Saturday

31 Sunday



Questions to ask when following your dreams

- Where am I now?
- What are my goals? Where do I want to be twenty years from now?
- What are my choices for getting there? How will I achieve my goals?
- What are the advantages and disadvantages to each choice?
- What resources would I need?
- Who would support me if I made this choice?
- What would help me if I took that choice?
- What might the barriers be?
- Who else might I involve in my decision?
- What steps do I need to take to put my decision into action?

Notes

Notes

Notes

USAID
FROM THE AMERICAN PEOPLE

SBEP
SUDAN BASIC EDUCATION PROGRAM

Ministry of Education, Science, and Technology
Southern Sudan