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SIERRA LEONE HOME ECONOMICS ASSOCIATION

REPORT

of a

A WORKSHOP ON

COMMUNICATION FAMILY LIFE EDUCATION THROUGH

THE

MASS MEDIA

April - June 1980

Freetown, Sierra Leone

International Family
RECEIVED
JUL 16 1980
Planning Project

SLHEA COMMUNICATION WORKSHOP
APRIL - JUNE 1980

Theme: COMMUNICATION BETTER FAMILY LIVING MESSAGES THROUGH
THE MASS MEDIA

Background Information

The Sierra Leone Home Economics Association has been actively involved in the promotion of family planning education in Sierra Leone since 1973. Several of its members have been trained in workshops and seminars on the integrated approach to family planning and home economics in the formal educational system i.e. schools and college programmes. In non-formal programmes efforts have been made to expose and train field level workers and their supervisors to this integrated approach through activities involving the Working with Villagers Kit.

In 1979 three of the SLHEA members participated in a training course on Communications for Social Development sponsored by the University of Chicago and the Ministry of Information & Broadcasting in Sierra Leone. In order to be able to reach a wider audience with appropriate integrated messages it was necessary to begin to train a core of home economists in communication techniques so that they will feel confident in using the mass media more effectively.

The original idea was to bring together a team of home economists and a team of communicators at a one week workshop to achieve the objectives set for the activity. However after careful consideration and to allow ample time for the participants to accomplish the tasks assigned to them it was decided to extend the period of the workshop over two months and to allow each participant to work at her own pace in close consultation with the communicators who were selected to be resource persons. 15 home economists and four communicators participated in the activity.

Objectives

1. To impart newspaper writing, radio and television skills to home economists.
2. To enable them to use these skills to make effective use of the mass media.
3. To become aware of the problems and issues related to communicating family planning messages through the media.
4. To assist home economists in preparing programmes for the media
5. To plan strategies for using the various media during the year based on the materials developed at the workshop.

Tasks for each Team Six teams of two and three persons working individually were assigned the following tasks by the resource persons:-

To prepare: One Press Release	One Newspaper Article
One Radio Script	One Radio Spot Announcement
One Radio Interview	One Cartoon
One Filler	One Poster.

PARTICIPANTS

Miss Agatha Lewis	Mrs Josephine Aaron Cole
Mrs Doris Roberts	Mrs L. Adesimi Davies
Mrs Zenobia Wilson Taylor	Miss Princess Goergestone
Mrs Ludora Nicol	Mrs Lottie Johnson Cole
Mrs Augusta Elias	Mrs Selina Smith
Mrs Joyce Wilson	Mrs Admira Davies
Mrs Alberta Wright	Mrs Muriel Davies
Mrs Gladys Carrol	

Resource Persons (Communicators)

Mrs Tomie French
 Mr Arnold Gordon
 Mrs Bernadette Cole

Method:

1. The home economists worked in pairs and individually
2. General meetings were scheduled with the resource persons during which special papers were presented.
3. A plan of work developed and individual meetings were scheduled with the resource persons so that their work will be monitored
4. Final meeting and presentation of work and certificates

Assignments

<u>Target</u>	<u>Topics</u>	<u>Teams</u>
MEN	Husband/wife Communication Responsible Parenthood Bringing up Children Housing /Problems of Migration	L. Adesimi Davies D. Roberts
Newly-Married Couples	Husband/Wife Communication Nutrition & Family Planning	Z. Wilson Taylor Mrs G. Carrol
Youths 16-18 years	Youth Problems of Today Adolescent Fertility/Fertility Awareness; Responsible Living	J. Aaron Cole S. Smith
Pre-Adolescents	Personal Hygiene/Good Grooming Family Relationships Child Parent Communication Adolescent Fertility Fertility Awareness	A. Lewis E. Nicol J. Wilson A. Elias
Family	Environmental Sanitation Housing & Problems of Migration Population & Food Supply Population & Quality of Life Family Relationships	A. Davies L. Johnson Cole P. Georgestone
Unmarried Mothers	Women's Roles Bringing up Children	M. Davies A. Wright

COMMUNICATIONS WORKSHOP
ASSIGNMENTS

NAME	Radio Talk & Script	Cartoon	Poster	Release	Filler	Inter view	Article
L. Johnson Cole	X X	X	X	X	X	X	-
Z. Wilson Taylor	--	-	-	-	-	-	-
Agatha Lewis	X X	X	X	X	X	X	X
Selina Smith	X			X	X	-	-
Eudora Nicol	X X	X	X	X	X	X	X
Muriel Davies	X X	X	X	X	X	X	X
Alberta Wright	X X	X	X	X	X	X	X
Joyce Wilson	X X	X	X	X	X	X	X
Augusta Elias	- -	-	X	X	X	-	-
L. Adesimi Davies	X X	X	X	X	X	X	X
Admira Davies	- -	-	-	-	-	-	-
J. Aaron Cole	X X	X	X	X	X	X	X
P. Georgetone	- -	-	-	-	-	-	-
Doris Roberts	X X	X	X	X	X	X	X
Gladys Carrol	- -	-	-	-	-	-	-

PRESS RELEASE

EUDORA NZCOL

PARENT-CHILD COMMUNICATIONS SEMINAR

The Home Economics Department of St. Joseph's Secondary School will hold a one day Seminar on Family Relationships focussing on Child/Parent Communications at the Y.W.C.A. Hall, April 15th 1980. The Agenda will include the parents role and problems affecting the pre-adolescent. Pupils in Forms One to Three are expected to attend.

PRESS RELEASE

AGATHA LEWIS

HOME ECONOMICS EXHIBITION

The Home Economics Centre at Murraytown Army Barracks will celebrate its sixth anniversary with a one-day Exhibition, May 30. Highlights of the exhibition will include practical demonstrations on the application of Family Life Education.

The Murray Town Home Economics Centre is one of seven satellite home economics centres set up in Freetown by the Sierra Leone Home Economics Association to provide senior pupils of primary schools with useful and practical information on Home Economics subjects relating to family life education, and to encourage its application.

The programme offers a one-year training course for both boys and girls in class seven, and among subjects covered are cookery, needlework, laundry, housewifery, consumer education and the rudiments of child care.

It is expected that those pupils who fail to gain entrance into secondary schools at the end of the training programme will find the training useful for employment in the domestic services.

The Murray Town Home Economics Centre serves the five primary schools in the Murray Town area, and over the last six years, about 350 children have taken advantage of the training programme.

Home Economics Centre
Murray Town Barracks.

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PRESS RELEASE

Muriel Davies

MATERNAL AND CHILD HEALTH SEMINAR

The Sierra Leone Home Economics Association will hold a one week seminar on Maternal and Child Health at the Centre for Family Welfare Education and Counselling next week.

The official opening is on Monday 14th April when the keynote address will be given by the Chief Medical Officer, Dr Belmont Williams. Lectures will be delivered by doctors, trained midwives and health visitors. About twenty mothers are expected to participate.

PRESS RELEASE

Lottie Johnson Cole

MOVE TO HALT MIGRATION

Population increase in the urban areas in Sierra Leone due to migration of youths in search of work and entertainments has become a problem. To alleviate this problem, government has decided to create large state farms in the Provinces which will provide jobs for school leavers and youths.

In the areas where these state farms will be situated all amenities such as adequate housing, cinemas and other avenues of entertainment will be provided to curb the rush to the cities,

Office of the President
15th April, 1980

PRESS RELEASE

Joyce Wilson

SEMINAR FOR YOUTHS

The Home Economics Unit of the Ministry of Education will be holding a one week Seminar for fifty youths aged 11-15 years starting next Monday at the Y.W.C.A. New Hall, Brookfields.

The Seminar aims at bringing youths together to discuss problems affecting their human development. Representatives from Primary and Secondary Schools all over the country will have the opportunity of sharing experiences with each other. Lectures will be delivered by prominent Home Economists.

Home Economics Unit
Ministry of Education
24th April 1980

PRESS RELEASE

ALBERTA WRIGHT

SEMINAR FOR UNMARRIED MOTHERS

The Sierra Leone Home Economics Association will hold a one week Seminar on "Bringing up Children-Unmarried Mothers" at the Centre for Family Welfare Education and Counselling, next week.

The Official Opening is on Monday 14th April when the keynote address will be given by Mrs Rosalind Forde, Chief Social Development Officer.

Lectures will be delivered by Doctors, Health Visitors and Social Welfare personnel. About twenty Family Planning workers and young unmarried mothers are expected to participate.

PRESS RELEASE

SELINA SMITH

YOUTH RECOGNITION

A one-day Seminar on Parent-Child Communication has ended at the Y.W.C.A. Hall, Freetown.

Organised by the Sierra Leone Home Economics Association, the Seminar attracted one hundred senior pupils from ten secondary schools in the Western Area.

The Seminar started with the presentation of papers by eminent personalities in the society on the problems of adolescents from the points of view of the Church, the School, the Community and the Family. This was followed by discussion among a panel of school children on the barriers of communication experienced by children in attempting to reach their parents, teachers and elders in society. It was pointed out that adults pretend communication barriers do not exist, and always blame children when things go wrong. "It is not always our fault that some of us become recalcitrants in society: No child was born bad", said one of the panelists. "Some of our parents are to blame", said another.

The seminar is expected to be followed up by a second session, June 1, when another group of pupils will form a six-man panel to discuss fertility awareness, responsible parenthood/living and the child's place/role in the home and society.

PRESS RELEASE

DORIS ROBERTS

ATTEMPTING TO BREAK THE SILENCE

The Sierra Leone Home Economics Association will be holding a one week seminar for husbands and wives starting May 25th at the Association's Centre at Walpole Street.

The aim of the seminar is to bridge the communication gap between husbands and wives, and to help foster good communication

between them. Already fifty couples have signed up to take part in this seminar, which will take the form of lectures, discussions and film shows. Many more couples are expected to participate.

PRESS RELEASE

JOSEPHINE AARON COLE

SIERRA LEONE HOME ECONOMICS ASSOCIATION
PLAYS HOST TO A THREE-MAN U S A I D
EVALUATION TEAM FROM THE USA

A three-man USAID Evaluation team from the United States of America will be guest of the Sierra Leone Home Economics Association from May 4 - 9, 1980.

Members of the team will be Dr Willard Boynton, former Deputy Director, USIAD Office of Population; Dr Jean Weidemann, Coordinator New Options Programme, School of Family Resources and Consumer Sciences, University of Wisconsin; and Dr Elaine Murphy, Director of Population Education, Population Reference Bureau, Washington D.C.

They are expected to make an on-the-spot assessment of the American Home Economics Association International Family Planning Project Activities in Sierra Leone for the period 1978-1980. Through the Regional Coordinator, Mrs Pamela Greene, AHEA has been providing funds for various project activities such as research, seminars and workshops in Sierra Leone. Last year, Dr Belmont Williams conducted a research on Sex Sensitivity in Adolocence.

The Ministry of Social Welfare organised a workshop for their field workers on the Adaptation of the Source Book on the Prototype Lessons for Working with Villagers; and the Sierra Leone Home Economics Association held a one-day Seminar for Parents and adults on Responsible Parenthood.

This year some of the activities have been a one day seminar conducted by the Sierra Leone Home Economics Association for in-school youths. The theme was "The Adolescent in Today's Society". Another by the Home Economics Unit of the Ministry of Education on the Adaptation of the Source Book on the Integration of Family Planning with Home Economics, and a current Communications Training Workshop have also been funded by AHEA through the Sierra Leone Home Economics Association.

A schedule of visits has been arranged for the team to meet and hold discussions with senior officials of ministeries, organizations and individuals who have been or are currently involved in one way or other with the project activities, as well as some members of SLHEA.

It is expected that they will meet members of the Association at an informal dinner party.

The President of the Association, Mrs Alberta Wright will accompany the team on their visits.

PRESS RELEASE
JOYCE WILSON

The Family Welfare Education and Counselling Centre, announces the arrival of Mrs Joanna Higgins, Consultant and Professor in the School of Hygiene, University of Kansas, USA.

Mrs Higgins will be giving a lecture at the Centre on Saturday, 26th April on Good Grooming.

50 youths aged 11- 15 years in the Western Area are expected to participate.

Family Welfare Education and
Counselling Centre
Walpole Street
24th April 1980

PRESS RELEASE
LILIAN ADESIAMI DAVIES
BREAK THAT SILENCE

Thirty participants were attracted to a seminar on Husband-Wife Communication held at the Freetown Community Centre, April 12- 30. Papers were presented by distinguished personalities.

The Minister of Social Welfare, in his key-note address, remarked that it was important that all efforts be made to alleviate this aspect of marital problem so rampant in our society. As a result of this seminar it was recommended that a Marriage and Guidance Council be set up at national level.

PRESS RELEASE
AUGUSTA ELLIAS

PUPILS FOCUS ON PERSONAL HYGIENE AND GOOD GROOMING

A five-day seminar on 'Personal Hygiene and Good Grooming' organized by the Ministry of Education's Home Economics Unit will be held from the 8th - 12th September, 1980, at the National School of Nursing, Lightfoot Boston Street, Freetown.

Principals of Secondary Schools will be requested to send two pupils between the ages of eleven and fifteen to participate in the seminar. Lectures will be given by well-known Home Economists and Health Educators

HEALTH IS WEALTH, THINK OF THE FAMILY SIZE

of

Food is necessary for growth. It is a source of energy ~~to~~ activity and a source of the substance which the various organs need to perform their work. With many children in the home, mothers cannot afford to give their children these materials adequately. Therefore these children do not get the proper nourishment.

Adults must know what foods to give their family as a whole and how much of these foods they need. This does not mean they have to become food experts in order to plan the family diets. It means they need to have a little basic knowledge about children's food requirements, and the values of various foods.

With such knowledge they become aware that they must limit the family so that they can eat better, and become healthier. It may also help them to cut down their food costs, since the most nutritious foods are not necessarily the most expensive.

FILLER

(Doris Roberts)

PROGRAMMES TO IMPROVE HUSBAND-WIFE COMMUNICATION

From a recent survey conducted by the Sierra Leone Home Economics Association in Freetown, it was discovered that the high rate of divorce in this country is due to lack of communication between husbands and wives.

As a follow-up, the American Home Economics Association (AHEA) has agreed to fund the SLHEA to carry out a more intensive study of the problem which would involve wider spectrum of the population. The Association plans to carry out a one-year crash programme to educate couples on the need for communication between husband and wife for happy marriage relationship.

FILLER (Lilian Adesimi Davies)

STRENGTHEN YOUR MARRIAGE BOND

A national survey into the high divorce rate showed that 90% of divorce cases in our society is due to poor communication between husbands and wives. Such a report is not only depressing but will have a bad effect on the younger generation in the community.

Members of Church and Moslem organizations, representatives from the legal and health professions at a meeting of the Sierra Leone Association of Professional Organizations (SLAPO) decided that a body be instituted to counsel intending married couples. This service would be at national level and no fees would be charged.

ADOLESCENT FERTILITY MANAGEMENT SEMINAR
FOR YOUTHS

A five day seminar on adolescent fertility management for youths aged 11 - 15 years will be held at the National School of Nursing, Light-foot Boston Street, Freetown, next week. Representatives from various Secondary Schools all over the country will attend. The objectives of the seminar will be:-

- . To discuss the problems of adolescent growth and development
- . To explore the causes and consequences of early childbearing
- . To examine the different patterns of adolescent sexual activity and their implications.

It is hoped that the seminar will enable youths in this age group to highlight their everyday problems and with the help of medical practitioners and Home Economists, they will explore certain specific techniques which can be used in correcting these problems.

Recommendations will be put forward as a means of influencing society. They will be asking society to re-think some of its native laws, customs and traditions; laws protecting teenage girls and penalties for men who break them, and further appeals will be launched for more institutions of learning to be established as a means of providing recreational activities and vocational training for boys and girls so that they will contribute productively towards nation building.

FILLER (Joyce Wilson)

YOUTHS IN ACTION

Youths between the ages of 11- 15 years are now becoming aware of the need for formal discussions on FERTILITY AWARENESS.

A newly formed Club sponsored by the Sierra Leone Home Economics Association VIA has as its aims and objectives:-

- . To create an awareness of the human development aspects of pre-adolescents.
- . To guide pre-adolescents in choosing their friends and fostering good relationships with parents
- . To bring together both sexes in common understanding in their relationships with parents.

The President of the Club Lucy Deen, is a third form pupil of Bishop Johnson Memorial School. In an interview last week-end, she disclosed that twenty boys and girls have enrolled and they are expecting more members by the end of the year.

The formation of this club is timely because youths will now have the opportunity of discussing their problems with adults who understand their problems and are willing to help them share their experiences with each other.

It is hoped that more of these clubs will be formed in the Provinces so that our boys and girls will receive the guidance they lack in some homes.

FILLER (Lottie Johnson Cole)

NUTRITION PROBLEMS

The problem of housewives of Sierra Leone is lack of knowledge of the nutritional needs of the family. It is not that the local foodstuffs are not nutritious enough but that people are not aware of the different nutrients in the local foodstuffs.

It is essential therefore that all Home Economists and Nutritionists endeavour to bring this knowledge to the notice of all concerned.

The Sierra Leone Home Economics Association has decided to organize evening classes, in-service courses and workshops to bring awareness to the young adults, teachers, young married women, adults etc. of the different food values in each of the local foodstuffs and how to put these together to make a balanced diet for the family.

FILLER (Eudora Nicol)

GOOD GROOMING

Good grooming involves personal cleanliness, care of the hair, the face, hands and feet.

Choose a hairstyle that goes with the shape of your face, not necessarily the one in fashion.

Hands can be kept soft by using cream. Wear gloves when doing dirty jobs, keep nails clean.

Feet are just as important, wear the right type of shoes for the occasion - not too tight. Rest them when they are tired.

Use the right type of deodorant and perfumes, some children do not know when they should start using make-up. Please consult your parents. Make-up for school is a waste. Don't frighten people by using strong smelling perfumes.

Good grooming involves care of clothes, both under and outer garments. Most people end up with nothing to wear even though they have a lot of clothes.

What about good posture? A well dressed person can look very shabby if she does not carry herself or sit properly.

FILLER (Alberta Wright)

RESPONSIBLE PARENTHOOD

Today's Youth is Tomorrow's Parent whose job it is to breed responsible citizens who are aware that the development of the country depends on the contribution of each individual.

Parents do not communicate with their children - that is talk with them and get the children to confide in them and ask questions about baffling incidents in life.

If parents can only forget the old adage of "a child is to be seen and not heard", there will be better communication between

them and their children. Both parent and child must be able to participate in family decision-making.

Young people on the other hand must not feel that close rapport between them and their parents gives them liberty to indulge in sex and have a child for any man who comes into their lives.

Sex can result in pregnancy - frequent pregnancy is ruinous - promiscuity can result in venereal diseases - Bringing up children is expensive. Think before you have sex. If you do not feel you can be a responsible parent avoid starting a new life.

FILLER (Josephine Aaron Cole)

ADOLESCENCE: The Age of Storms and Stress.

Adolescence is the age of storms and stress in young people. Because they are growing and need a lot of energy, they need more food than before and are prepared to fight for it, if it is not adequately provided. They argue and have a lot of questions for which they demand answers. They are attracted to the opposite sex and become very adventurous. They need a lot of exercise and therefore tend to be restless. There is need for formal educational curriculum to take these factors into consideration so that there are adequate facilities for adventure and exercises to prevent restlessness.

Teachers and parents should try to satisfy the children's curiosity. They must be aware that at this age adolescents are neither children nor adults. Although they may fight or strike, they need satisfaction from parents. They may defy authority but do not want to be pushed. They are prepared to fight if they are not satisfied with answers and reasons given by the adult world, and yet they still need to be loved and protected just like children. It is necessary to understand the biological and psychological pressures they are going through. Therefore only patience, understanding and love will win them over.

Adolescents want to be fashionable. Clothes mean a lot to them, and since they are growing fast, they quickly outgrow their clothes. It is important therefore that the clothes they wear are appropriate. Psychologically, they would like to think that they are adults, and therefore should be allowed to dress like adults. It is very necessary to compromise between school uniform regulation and their age of fashion oriented attitudes.

At the adolescent stage, boys and girls are interested in the opposite sexes. They like to talk about their partners to members of their peer group. They imagine and make up stories about their adventure, and can be carried away by their imagination of love and sex. This is the period when they should be told the basic facts

about the reproductive system and taught the right attitude to love and sex. It is therefore the responsibility of the parents and teachers to face the realities of life, and find a solution to prevent pregnancies and abortions on the part of the adolescent.

Traditional society knew that it was difficult for the adolescent to contain his sexual needs psychologically. Traditional society therefore solved this problem by marrying the adolescent girl off as soon as she reached puberty.

Modern society too, is fully aware of the problem, but has no other solution except to design sex education of family life education programmes for the adolescent. Consequently, the Sierra Leone Home Economics Association, being fully conscious of its role in modern society, launched the Family Welfare Education and Counselling Project in December, 1978. This project is designed to provide information, education and counselling services to youths in and out of school and young adults, to help them understand and cope with the physical and emotional changes taking place during the process of growth, to make them aware of the health hazards and social consequences of adolescent pregnancies; to help them clarify their attitudes and values as a means of adopting responsible behaviour; and to assist them in the development of effective communication, evaluation and decision-making among themselves in matters relating directly or indirectly to family life, personal relationships and members of the community.

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RADIO SPOT ANNOUNCEMENT (Alberta Wright)

TARGET - Unmarried Mothers
TOPIC - Maternal and Child Health
Effects - Cries of Young Female
Voice - Male, Female

Male Voice: Hello Darling! You look great today. I like
your dress - Its smashing!!

Effects : Cries of young female

Male Voice: What's wrong? I dont like to see you cry

Female : (Between cries) I dont know when (sobs) or how it happened

Male : What are you talking about?

Female: I am pregnant

Male : What? We cant afford a child - I have to start College
next year. Let's plan what we will do to get rid of it.

Female: We will do nothing of the sort. I'll rather have my child
than die from having an abortion. An abortion may make me st
sterile and later in life I may not have children.

Female - (mature Voice) If you decide to carry on with your pregnancy
then remember a healthy ante-natal period lays good
foundation for a normal delivery and a healthy baby.

TARGET : Unmarried Mothers
Topic: Nutrition and Family
Effects: (Pikin day cry)

Female: Way tin do you?

Child(female): Nar - Nar- da -da Mary Na, E en Ajayi en Oseh eat all
the eat way day na de pot. Na one mondor nor more are
get.

Child (male): Mama e day eat slow slow!

Female: Who na try make all man get sometin for ole e belleh, Are nor
get money tiday, are nor see whonar daddy sef for tell am.
So are nor abbe for cook make all man go get one one plate
good eat.

Child (still crying) Are angry, me belleh empty!

Female(Mature voice): If you nor get money en you nor get man nar ose
or pikin daddy way go ge you, think before you born plenty
pikin. If you nor know waitin for do ask them counsellors
nar 19 Walpole Street - Dem go you de sabie.

TARGET : Unmarried Mothers
Topic : Responsible Parenthod

Female (mature Voice): Dem say orinch nor day beer lem.

Female (young voice) : Dat min say ahything way are do me pikin in sef
do do? Lek way are born pikin so way are day school in
sef go born pikin e nor done school?

Female(mature voice): E nor kin be so all tem. Nar you e lef to. If
you gaingin yousef - you man you pikin good - you paddy

to am; when e ask you question you answer am, you nor lie or dreb am.
Make e understand how for hep e fambul en e country. . Wen e big, before
e do anything e go think good en see how e go be banby.

Female (young voice) Are go tzy - make God hep me.

TARGET : Unmarried Mothers

Topic : Women's Roles

Effects: Sh! Sh! Sh! Whistling of kettle on the boil.

Female Voice: - Oh dear the kettle has boiled

Effects -: Baby's cries

Female Voice Now the baby is ready for his feed and I havent
even finished washing the nappies yet.

Effects : Baby's persistent cries

Female Voice: Just a moment dear. I better check if the palava sauce
is ready so I can turn of the gas.

Effects-: Baby crying so much that he is sick

Female Voice: My word! Db I have to add cleaning of vomit to all
I have to do this morning!

Voice (Mature female): And that is not all. She still has a full day's
work in the office ahead of her. Do you still want to start
a family without a partner in the home?

TARGET : 11-15 year olds

Topic : Adolescent Fertility/Fertility Awareness

Voice : Female, Adult

Effects : Lively Pop music

Voice : Do you know where babies come from? Ask your mother and
father.

Tagget : 11-15 year olds (girls)

Topic : Good Grooming

Voice : Female adult

Effects : Lively pop music

Voice : "Good Lobks" is the result of good health, good grooming
and a happy outlook on life

TARGET : 11+ years

Topic : Family Relationships

Voice : Female Adult

Effects: Lively pop music

Voice : Take time to get acquainted with your parents. Tell them
about your experiences, your goals, your dreams and plans,
and show interests in their experiences and activities too.

(b)
SPOT ANNOUNCEMENT (Joyce Wilson)

TARGET - Pre-Adolescents

TOPIC - Good Grooming

Effects-

VOICE - (Female)

Are you worried about the latest fashion in Town? Please
don't! Keep your natural good looks with the most simple
but attractive style of the year-
Straight skirts for chubbies.
Flared skirts for slim chicks.
Be gorgeous in modern outfit
But make sure it fits YOU

TOPIC - Fertility Awareness

Effects- Music - Remember Who.....

Voice - (Female)

Frightened about the changes taking place in your body?
Well, it is just natural for boys to become men and
girls to become women.
Why don't you talk to your parents?
After all they were your age once.
They should know.....

TOPIC - Child-Parent Relationship

Dialogue

Effects - (Mary calls out 'Mummy'..... Mother replies-"Yes
Love" from a distance)

Voice - (Mother's; Mary's)

Mary : Mum, I wonder why we always get along with each other?

Mum: My dear, you know what - you always try to be a nice girl
even when you feel hurt." You help with the household
chores. You are always pleasant, you work hard in school,
and you always make your dad and myself feel happy.
What else do I need from a Darling daughter?

MARY: Thank you Mum. Is this the reason why you always listen to
me and give me advice?

MUM: Sure Mary. It is my duty to give you all the attention
you need in my lifetime.

MARY: Mum, You are wonderful! I am very proud of you.

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RADIO SPOT ANNOUNCEMENT (J. Aaron Cole)

TARGET- Adolescents
Topic: Adolescent Fertility
Voices : Adult male. Adult female

Adult Male: You don't ready for be papa en mama? For men pikin
get plenty plenty wahala.

Effects : Baby crying

Adult Female: Sidom safle, you to ambug. Are fed up

Adult Male: Nor hurry for toat load when you nor ready the cartar for
toat an.

Topic-: Adolescent Problems - Impulsive behaviour

Effects -: Background music tranqer Yase or good. (record)

Adult Voice(Female): Did you get the message from this record
Be guided by what mum and dad say to you. Too much freedom
has its price.

RADIO SPOT ANNOUNCEMENT (Doris Roberts)

TARGET : Men
TOPIC : Husband/Wife Communication

VOICE : 2 Adult male / 1 adult female

She is yours, dont allow her to wander away; you might regret
it. She needs your warmth and affection so why not atay
close to her.

or

Effects - Soft music

Female - Do you still love me

Male (as if woken up from a dream) What did you say?

Female - You are not listening to me!

Male Announce: She's your. Dont allow her to wander away. You might
regret it. She needs your warmth and affection, so
why not stay close to her.

TARGET' : Men
Topic : Husband - Wife Communication

Voice : (Adult Male) She enjoys your compnay so be by her and let
her feel and see that your love and care for her.

TARGET : Men

Topic : Housing and problems of Migration

Effects : Background music- African

Adult Female : Roaming from place to placen, in search of shelter and a
job. Make up your mind to settle down and build yuorself
a bungalow.

Adult Male: Buy a saving bond; it will help you far more than you
expected.

Both voices: So hurry, delay might be dangerous.

RADIO SPOT (Eudora Nicol)

Target : Pre-Adolescents
Topic : Child/Parent Communication
Effect : Pop music

Voices : 1 adult; 2 female children

1st Girl: I dont think my mummy likes me anymore

2nd Girl: When did you observe that?

1st Girl: Since I started secondary school

2nd Girl: Do you discuss your problems with her?

1st Girl: Who me? Never! She doesn't want to know.!

Effect : Sound of children laughing and playing

Adult : Mothers, please feel free to chat with your children and help them with their problems. ^{Make} make them feel you care for them.

Topic : Personal Hygiene

Effect : Running Tap water

Voices : 1 adult (Dad); 1 child (son)

Dad : What are you doing John?

Son : I'm brushing my teeth, dad

Dad : So you remember to brush your teeth after breakfast. That's a good boy!

Topic : Fertility Awareness

Voices : 1 male adult; 3 male children

Teacher: John are you reading a book on sex education in class?

John : Sorry sir, just interested in the topic.

Effects: Children giggling

Teacher: Well dont keep it to your self

Effect : Louder giggling

Teacher: Well I think we should all discuss it. Lets start with you John, what have you read. Let's see if you have the facts right.

1st Child: Yes, lets listen

2nd Child: Be quiet. ! I want to listen
me me me

19
RADIO SPOT (L. Adesimi Davies)

TARGET : Men
Topic : Problems of Migration
Effects : Auctioneers Bell 1
Voice : Male
Buy a piece of land now at Ogoo farm and save thousands of
Leones later. The land is going at a cheap rate. It is
a sure way of securing a permanent home for all your
family. Hurry and contact the village headman. It is now
your chance.
Effects : Bring up Auctioneers Bell

TARGET : Men
Topic : Responsible Parenthood /Bringing up children
Effects : Children shouting
Voice : Male and female child
Child : Dadgy's coming
Effects : Silence
Male voice: Dont be a stranger in your own home. Talk to your children
about their problems. Listen to them
Children: Daddy tell us about your daddy.
Effects: children chattering.

RADIO SPOT (L. Johnson Cole)

TARGET : The Family
Topic : Need for a Backyard Garden
Effect : Running water
Mother : Ah bo, nar da wata you day wase so eh.
Daughter: Nor mah, nah di plasas gardin a day wata mah.
Mother : Tenki ya. i tan lek say you no say a noh get plasas for
buy na King Jimmy tiday So ah go manage di wan way day
nah di garden. Titi watin en watin we get day.
Daughter: We get crain crain, petteh lif, okroh, koboh-koboh en
peppah mah.
Mother: A a a y y y. Better da ti-ti. De cook don rite for Satiday.
If wan mor do, we go box all up. You no watin, da kopor
way we bin for take buy plasas, we go buy mor fish for
the pot.
Daughter: Mama ah go day wata de gardin ovriday - morning en evin, so
de plasas go plenti pass dis.
Mama look Auntie day can
Mother: Titi lock the gardin gate quick.

2

RADIO SPOT (Muriel Davies)

Target - Unmarried Mothers

Topic - Women's Roles

Effects : Man chopping down the mango tree in the garden

Female : Santigie, have you finished cutting down the tree

Child's Voice: Mum, the goose is hot, my uniform needs ironing for school tomorrow

Another Voice: Mum,, I want to go to the toilet.

Effects : Baby crying in the cot

Effect : Telephone rings

Female : Hello, Oh Hello Sir.

Telephone call: Can you come in for half an hour at the office tonight - the auditors will be around tomorrow.

Adult Voice: All this in one day and more. Do you still want to start a family without a partner in the home to help with some of the responsibilities? Take a walk to the Centre for Family Welfare Education and Counseling and have a chat with the staff.

TOPIC : BRINGING UP CHILDREN

Effects: Children's noises in the background- laughing, crying, shouts of mum, mum.

Adult Voice: What is happening in here? It sounds like a babel

Effects : Chairs knocked over, fighting

Voice : Oh, I am sick of all this, there isn't any one around to give poor me a helping hand!

Adult Mature Voice: Where is Peter. Since you came from hospital I haven't seen him around. Children need a good home , a good father to help mother, good food, good education and happiness. You must look before you leap and save yourself a lot of worries and unpleasantness.

Topic - Nutrition and Family Planning

Child(male or female) Mama, angre day kaich me ma.

Adult Female: Oos kine agre, not to gis nor you oat nar brade and palmine way oona tree shabe

Child grumbling : Yes ma, but ey nor bin do ma. Nar lily half Gents en Mariatu bin gee me.

Adult Female: Go play fus, natin mor day nar ose; oona papa sef nor mas foot nar yah dis 6 months from way are bin tall am say the res don day don.

Effects: All crying

Adult Female: Gents, Mariatu, Koloneh, bo way oona; watin do now?

Children All: Lock we na ya mah, mama we belleh day art we.

Effects : Shouts of Are angry Oh! Ah angry oh!

Sento : Mama e tan lekt are want for fordome

Mariatu : Mama are day feel weak oh

Koloneh : Mama cam luk me belleh, how e flat.

Adult : Mercy oh, me pikin dem, mek are run go na makit go see

(crying- burst into tears) Dis life oh, oona go kill me; trouble all ten

Mature female voice: For born de pekin nor to the ting, nar for
men dem fine , tay dem go tenap with two foot.

So take tem born when de man nor married you, put nar ose.

Born when you know say you go able for gee the pekin
good eat for mek dem get good well body mek dem go
healthy an happy.

Another Voice: If you want any help, go Walpole Stree to dem people

way day tell we but good family life way go mek we pekin
dem grow fine en gee we coal art.

Radio Spots (Selina Smith)

Topic: Counselling More Now than Ever Before

Target: Youths

Danke : Musa, you promised to take me out on a picnic
 Musa : We will do that next week dear when we go on holidays
 Effect: Sound of car driving away.....
 Musa : We are here at last
 Danke : Let me take out the food so we can eat before swimming
 Musa : Maybe we can swim before eating
 Danke : OK dear, if you say so.
 Effect: Sound of waves on the shore and of both swimming
 Musa : Dont swim too far off dear, come closer. You know Danke its
 about time you.....
 Danke : No Musa you promised to wait a little longer
 Musa : Nothing will happen!
 Danke: No Musa, anything can happen, after all I am 18 years.
 Musa: How long do I have to wait, we can use some protection!
 Danke: I know very well, but I cant
 Musa: I am getting fed up with this
 Danke: I am sorry, may be you can try some one else.
 Musa: I really dont know what is getting into you! Becoming a
 Nun or something!
 Danke: May be we should be getting back. Its rather late!

Topic: Responsible Living

Effect: Boys playing football
 Male Drug Addict: Get out, I want pe pass.
 Crowd of boys shouting: Go away, move, you are disturbing us.
 Male drug addict: If you dont move I'll hit you
 Effects : Scream and fall- bang
 1st voice: My My look at him he cant even stand. He's doped!
 2nd voice: He sure is high!
 3rd voice: Lets take him to the hospital
 Male voice: They were wise. The hospital is the best place to take
 your friend when he is high.

Radio Script (Muriel Davies)

Target: Unmarried Mothers

Topic: Maternal & Child Health

Good evening, Tonight I am here to talk to you about maternal and
 child health. First, let me begin by narrating an incident which I
 witnessed not too long ago.
 Couple of days now, I was standing by my front door when I heard
 a terrible noise at the bus and podapoda halt. For a second I thought

it was a car accident as voices were raised, a few people were shouting and others crying. I decided to take a walk to the top of the road and on investigation I discovered that a young unmarried pregnant girl was in labour and that there were many on-lookers standing around advising what and what not to do. Nobody seemed to have an answer for that situation. I however came in quietly and phoned the maternity hospital at Fourah Bay Road and luckily for the girl, an ambulance arrived to take her to the hospital before anything happened. This girl did not know that her delivery time was so near - she being an unmarried girl, was shouldering almost all the responsibility of child-bearing. She was not even aware of the maternal and child health services in the country whose main objective is to protect the health of mothers and children.

When one is pregnant one has to eat well so that the baby will be born healthy. Some people eat to be 'full'. They do not know about the various nutrients which the body needs to be strong, to grow well and in general to be in a state of good health. They fill up with the cheaper foods which are just starch such as potatoes, cassava, yams and miss or eat very little of the proteins or body-building foods which are so important but rather expensive. These are the meat, fish, chicken and eggs. There are also food taboos for pregnant women and by and large these protein foods are the ones with the greatest taboos. Information on nutrition is provided for all mothers-to-be who attend clinics.

A mother to be would also have had talks on environmental sanitation. Some houses have very little ventilation and are also very overcrowded. There is also poor water supply, poor disposal of household refuse and excreta, poor food hygiene and poor control of the vectors of some of the common communicable diseases. A mother must make sure that her home is healthy and safe for her new born baby.

We must not forget the cultural influences, customs and beliefs associated with child bearing and rearing. The Sierra Leone Home Economics Association is very much concerned about the lives of these young unmarried pregnant adolescents and have set up a centre at Wlapole Street where free counseling is done to help these our young persons. Do not hesitate! If you are worried about yourself or a friend visit the Centre. It is opened from Mondays to Fridays, 9.00am to 4.00pm
Thank you and Good night.

(Miss A. Lewis)

RADIO SCRIPTFamily Relationship

Miss Boys and Girls,

Have you ever stopped to think what your parents' problems are? In a world that is changing as rapidly as ours is today where responsibilities are many and sometimes heavy. Financial struggles, business pressures, illness, personal problems and many other matters may cause them to be worried and tense.

An important part of growing up is learning how to have satisfying and reasonably successful association with each member of your family. As a person learns to get along well in his family he will find that he is able to get better in his relations with the persons he meets outside his home too. If on the other hand he has not been able to get along with the people in his family, he may always have difficulty in getting along with his acquaintances and associates and either with the person he marries. Let us look at the case of Susan and Abibatu. Susan and Abibatu are both 14 years old and good friends. Susan's mother and father meant everything in the world to her she knew they loved her because they showed their affection in many ways by letting her go to the cinema, birthday parties, fun-fair, and other social functions like some of her friends she could go to her parents for help and guidance. Abibatu on the other hand, felt that her parents did not understand her. In fact her father makes all the decisions. He is so strict that he does not allow her to go to parties, cinemas, fetes or any social functions after school. Abibatu is usually teased by her peers that she is "Ose Fekin" or "grannie, Fekin". One day Abibatu was invited to a birthday party; she was very excited about going to the party so what do you think she did? She told some of her friends about her plans to attend the party. On the day for the party she told her father she was going to a science film. Salimatu her older sister overheard the conversation with her father Abibatu you have done all wrong shouted Salimatu. They are not going to have any science film and you ever have anything straight?

Well, said Abibatu apologetically, "I know what I heard. You couldn't be more wrong but then you usually are retorted Salimatu."

What can you as a teen-ager do to promote pleasant relations with your family? At least part of the responsibility for getting along well is yours. You can after help make your family happy and successful, in the way they live together in the home, actually, it is not only the specific things you do or do not do that help in getting along, but rather your attitude of cheerfully co-operation and helpfulness, as well as your willingness when you are needed. There are some families in which the parents

do not get along very well with each other. In such cases, especially you teenagers should do all that you can to be helpful, Co-operative and understanding towards parents who already have problems of their own.

There are also situations where families are separated, may be divorced and the child may live with one parent or with a step-father or step mother. Such a situation may call for more understanding than you as a teenager can give so you can get help from an outsider who can be trusted that you get along better with.

In your relations with your parents it is essential that you try to see their side of the matter, that you help them to see yours, and that there be a certain amount of give and take on each side. There are many, many occasions, however when parents do know best.

(Lillian Adeshmi-Davies)

D. Robert

RADIO TALK

Target - Men Bringing up Children

Bringing up children is one of the most serious talks naturally assigned to parents. You have been changed with the duty as head of the family and in very many cases the bread winner. You are the most important person in your children's lives. During the first five years their characters are being moulded, their physical and mental growth are influenced. Your influence upon all members of the family is important. Children copy quite a lot what they see and hear - for example if you bully and swear at your wife most of the time, your son might grow up to be the bully/swearing type. Your behaviour leaves a deep and lasting impression in their minds. It is your duty as a father to give care, security, shelter and provide food and clothing. Children are always happy if they know where they stand in the family circle. Absence of this security leads to confusion and some times unpleasant results. You should be consistent in your treatment with children. For example, if there are two children in your family, make sure you give the same punishment for similar offence, otherwise illfeeling and jealousy will arise. If promises are made they should always be carried out. If promises fail - explain. Let your child trust your word. Your statement and news should be trusted and free from white lies. Remember that your child will say "Dad does it, why can't I, it must be O.K." If your work allows you few hours at home, use some of the time to get to know your family and establish a good family relationship. Talk to them about their school work.

Share with them some knowledge of any area of study you locally they are sure to be proud of you. Share some of your boyhood experiences with them. They will be glad to know that the father of childhood is the same. Do you know your children's friends? Encourage them to bring their friends home; member a child is known by the company he keeps". It is also important that you find time to discuss cultural as well as religious affairs with your children. These are some of the basics which help to mould your children's Character,

I am sure you would like to be the person father of children who are polite; loving considerate and affectionate. Those qualities can only be achieved if you train your child the way he should go so that when he is old he will not depart from it.

A RADIO TALK

(EUDORA NICOL)

Personal Hygiene and Good Grooming.

You might ask this question -- What is good grooming ? and what is all the fuss about personal hygiene ?

Well, if you want to be well groomed, you should take regular care of your clothes and body.

You must remember that real beauty starts with good hygiene. Since you were very small, emphasis has been laid on personal hygiene. You have heard people say "cleanliness is next to Godliness"; so you see, this is very, very important.

Who doesn't like to look very smart and attractive. You are being judged by your appearance. When you are clean and neat, your friends admire you and they love to be by you!

You help in doing some domestic work at home, you do errands for your parents You also do serious exercises and you perspire a lot. I am sure you do not like the smell of your body especially around your armpit.

What do you do ? You take a bath. This is what you really need, You enjoy mothers taking care of their babies and keeping them clean. You are now grown up and you should take care of yourself some girls think they do not need deodorant until they leave school. What do you feel about this ? After your bath dry under your arm and apply rollon or any deodorant spray.

If you cannot afford a deodorant, rub the rind of a lemon under your armpit and take a bath.

You will never smell awful. This can also be of great help during period times.

~~0 see, s to have been wrongly placed. Think about a find somewhere better to
the sentence.~~

(Doris E. Roberts)

RADIO TALKRESPONSIBLE PARENTHOOD

Good evening daddy, wherever you are and what every you are doing. I know you are very ascious about your child's progress in school. As a teacher, I know at many other parent& who have the same problems, but don't let that worry you, because we can help each other.

Listen have you tried arranging lessons for her, from one of the many syndicates around town? that might help you know. Find a pñæe of paper and something to write with and let me give you the address of a few of these syndicates. These syndicates are go-educational and after subjects in maths, English and the Sciences, and they cater her pupils in forms 4 - 6 in secondary schools. Oh, you are ready for the addresses, there is one at the Albert Academy School, at Berry Street run by Mr. Johnson a well know experienced teacher, another one is at Cathedral girls school, run by Mrs Williams, There is another one at Sameria School run by Mrs Roberts well know teacher. These are just a few of the best syndicates I can rescomend; you might even know the individuals who run them and contact them. I know at some people who have tried these syndicates and achieved good result. The teachers are experienced and qualified in their subject. The disadvantages about of all of these syndicates is that the classes are very large unlike what you might expect in a classroom, the teachers will not know your child that well and above all they only meet at night. On the other hand, you will agree with me, I am sure that getting a teacher from the school your child attends is your best bet. That person sees your child everyday and will surely know the child better than the person at the syndicate. Apart from the fact that the teacher is qualified and experienced, that person is in a better position to know and invertigate the weak-ness and weak subjects at your child and will therefore help better. The classes will not be large and so your child will be able to get the supervision that she is badly in need of. The child will be home much earlier than she would it attend ng syndicates and have time to rest and go over her school work. Added to this is your personal interest, daddy, which is very improtant let the child know that you care and is interested in her education, ask her about the days work in school and give a helping hand whenever required.

I hope these few points will help relieve your anxiety and improve your child's performance.

Next week when we meet sometime and place, I will give some more advice and suggestions on the subject

RADIO TALK

Group - the Family

Population and Food Supply

NAYBAH,

Ah see somtin way make me heart gladi jes nor. ar go way tin don wait man call co-operation way we da call wan word nar famble go mah we go befor.

Me Mame, Sarah dem back yard don turn big, big farm. Ah ya me Mame, if you see am de dady en pekin en Sarah da wah hand en ham,, Ef you see way dem plassas gardin big, all kind plassas lili da. De cassada way dem pull way a lili da, / e big lek you leg.

Dadi da dig, Sarah en de pekin da plant en watah de gardin, Dadi da-hep dem root grass even tam.

Sarah sqy de money way dem mah pan de gardin, nor in dem tah for buy de fine, fine chair en table wa da nar dem paka en pay school fee for the pekin dem.

De salad bed way de pekin dem sef plant na in dem da sell for buy cloo for dem werr go jump

Ah me mami, for woh togeda wonderful.

But ne to won tem dis be oh, Weh Sarah en e Man Marrad dem been sidom mah up how di marrad life go be.

Sarah e man bean wan two pekin nor more; but sarah tell am say if dem mah two, three year do between de pekin dem, dem go able for born mor dan two. So de man gree say nar four pekin nor more dem go born as dem reach four so, dem say abada we don reach we waterloo.

Nar in mah so dem sble for manage dem life, en able for train de pekin dem. You sef no say wen pekin plenty na hos e tranga for train dem. Nar in mah de pekin dem da woh han en han with dem Dadi en Mame.

Mayba, this for learn me en you sense for jah we sef plan we life if we plan we sef lif ehn no how for born the pekin dem, we sef go able for mak we yon gardin wa we go get plenty for eat or we go make marhit way go mah we life easy for we han by

Radio Script

Mrs Aaron Cole

Target -; Youths

Family Life Education

Good evening. Bad bush day for troway bad Pekin ?

This evening I want to talk to you about Family Life Education.

Family Life Education or Sex Education in general social terms, is not a new educational speciality. In our African traditional societies, and in Sierra-Leone in particular, institutions with their rituals and practices, have in many places lapsed. It is not very clear now whose role it is to give young people guidance in family life education. Now-a days, school youths, invariably severed from traditional institutions and practices, and spending a lot of time away from their parents are left in a 'sexual wilderness'. You parents have tended to think that the schools should with assume responsibility in providing such guidance, while the schools have refrained from assuming such a delicate role. What then have been the ultimate result? You and I know it very well. Adolescents in and out of school, have grown up without being exposed to any properly organised family life education. This is a serious gap in the education and up-bringing of youths, which is reflected in their behaviour and conduct, about which we are all very much concerned,

Here in our own country, as well as in many other African countries, the stage has now been reached, when all of us have realised that this negative impact of the gap must be rectified, by teaching family life education in schools. Attempts here to implement this desire, however, have met with a lot of problems. You the parents have raised a lot of objections, possibly, because you have some misgivings regarding the meaning and scope of family life education. It is because of this that I am here this evening to talk to you, and ask you to support us, by giving your consent that family life education be taught in schools. Every one of us is aware of the behaviour of our children today. Some of us are helpless and can do very little traditional control over our children's behaviour is weakening due to the changing patterns in society. Why not then allow those who can to try to remedy the situation? 'Our children our heritage' this we cannot deny. If they are good we are proud, if they are bad? Well, what can we do? Bad bush nor day for troway bad Pekin. Family Life Education will teach them about human growth and development, the changes that accompany the period of transition from childhood to adulthood, and how these affect their emotions, attitudes and values, and relationships with their parents and friends, and how to become responsible adults.

At the next parent/teacher meeting, you may wish to suggest this to other parents if your children's schools have not yet started it. It is not because your parents did not talk to you about family life Education, that you should deprive your children of the opportunity. Besides, the problems of today are new and they must be told in new ways.

JOYCE E. WILSON

R.A.D.I.O. S.C.R.I.P.T.

TOPIC -- Personal Hygiene

TARGET GROUP --: 11.-15 Years

INTRODUCTION Boys and Girls approaching Puberty are always worried about the changes taking place in their bodies. Are you worried about the development of your breasts, or your voice becoming bigger or have you noticed hair under the armpit and private parts? You don't need to worry anymore. Here's Auntie Joyce with some useful tips.

TALK -- You must be lucky to have good looks, a home, loving parents good education and so many nice things around you. Have you ever stopped to think about boys and girls who are not so fortunate to be in good health, to be educated and to live in a good home? In this talk, I am going to give you simple hints on Personal Hygiene. How to care for yourself and to be in good form as you grow up.

As the saying goes "HEALTH" is Wealth". Without good health, you cannot achieve the best life. Have you ever seen mothers bathing their babies Washing, Combing and brushing their hair, cleaning their teeth and mouth, cleaning and trimming their nails, and giving them clean clothes Well, these are healthy habits that you too should practice at your age so that when you grow older, you would have formed these good habits.

Everyone likes to look his or her best, It is good for you to perspire but when it becomes a problem, use commercial deodorants or apply lime juice under the armpit. Body odour is a nuisance especially when you are in public. Use sweet smelling toilet soap sapon sapon or sponge regularly and use deodorants often.

Wash your clothes when they are dirty and mend them when they are torn.

Wear well fitting and polished shoes. If you are a girl, avoid high-heeled shoes above two and half inches for everyday wear. They look nice but they can cause so much harm in your body development. Cosmetics are good for growth ups. If you need them use the basic cosmetics such as a good face powder, hair oil or grease, a cream and also a comb and brush. These will bring out your good looks.

Always try to be involved in physical exercises organised by your school or youth clubs. These exercises are good for your physical growth and well being.

You must also remember that in eating good food you will have a healthy body. Make sure you eat plenty of fish, meat, eggs, rice, cassava, fruits, soups, and stews. All these will make you grow bigger and stronger. If you are not too fond of fish, take meat, beans and eggs which are the substitutes. You need them at this time when you are growing up. Remember that if you eat good food, that is a balanced diet, Mummy and daddy will not have the bother of taking you to the doctor from time to time. Also remember regular exercises, balanced meals and good health habits are the requirements for good health.

NEWSPAPER ARTICLE - ALBERTA WRIGHT)

Target - Unmarried Mothers
 Title - Responsible Parenthood
 Sub-Title - Unmarried mothers are to realise that to bring-up
 Children makes demands on the mother therefore they should
 think well before starting a new family.

A mother and her daughter Miss A of about 15 years old visited a female doctor because the daughter was expecting her second baby. The first pregnancy was terminated because the mother felt Miss A was too young and irresponsible. She felt she could never care for a child and she, the mother had no time to look after a grand child.

The daughter could not get on with the mother and was rather rebellious. when the mother discovered her daughter was expecting her second baby she was furious and decided to see a gynaecologist Obstretician who was also a Psychiatrist. She was convinced that her assessment of the daughter was right.

The doctor asked to be left alone with the girl. After a talk with her she disagreed with the mother's point of view and with that of other doctors in the hospital. Despite objections all round, she would not terminate the pregnancy.

The girl had her baby and refused to have it adopted. She looked after the baby so well that the doctor proved she was right when she thought that having and looking after a baby would change the rebellions attitude.

Here is another illustration of a young unmarried mother, Miss X. Miss X had her first baby at the age of 16 when she was at school. Her mother was shocked but accepted the situation and helped her to look after the baby.

As neither Miss X nor her mother had any worthwhile job, it was a struggle to cope. Relations and friends advised Miss X to get a job and also attend evening classes to improve her educational standard.

It appeared that people were only wasting time trying to advise and help her. By the time she was 23 she had had a third baby with a different father.

She had a difficult ante-natal period and delivery for the third baby. Everyone thought she should protect herself and advised her to seek help from the Planned Parenthood Association. She agreed to visit the clinic of the P.P.A. but she never went to the Clinic.

Everyone was surprised when five months later she was pregnant again for another man, the fourth man. She had to go to the hospital for a D & C.

By then she had had a regular part time job which most of her relatives and friends thought would make her a sensible girl.

She was very ill this time and suffered from anaemia. The new boyfriend had lost his job, borrowed money from her and would not repay. He would even beat her up sometimes and would not provide money to get food for herself and the three children.

Of course, as they were not his children he did not care and was sometimes not nice to them.

Miss X's mother was very worried and was desperate to get her away from such an irresponsible man and she thought she had succeeded.

A month later, the mother discovered that Miss X had started to visit the man again and was staying out till late at night.

These are illustrations of the attitude of two unmarried mothers.

Do you think they understand what responsible parenthood means?

Will the children of these two young women, when they grow up, thank them for bringing them into the World? These are some of the questions women should ask themselves before they have children. They should know about their body and how they become pregnant.

Some people advocate Sex Education to the young either at School or at Organizations that cater for the adolescent. Many Parents object to this. They feel sex should be shrouded in secrecy.

Talking about adolescent fertility to the adolescent girl is a good way to help her become aware of her body so that she will respect and guard it against unscrupulous men.

The girl will realise the difference between her body and the boy's. She will know that sexuality can lead to pregnancy. That it is likely she will lose a lot - her education, her good name, perhaps her job and she may be confronted with a difficult role as a single parent.

Parents are to be helped to understand that it is better to educate the young about sex so that they will be able to make responsible decisions.

If parents don't give this type of Education to their children or allow others who are qualified to teach the children, to do so, the girl will find out facts from her peer group. Most likely she will get the wrong information and will find herself in situations of Miss A and Miss B.

The pattern of life in the modern world is such that it is impossible to keep the knowledge of sex from the adolescent. The T.V., the radio, posters, magazines carry plays, stories and advertisements that depict Sex acts.

Some people may say that if girls are not prepared to look after their children in a responsible way they should avoid pregnancy. To help a girl make such a decision family planning and contraceptive knowledge should be included in the sex education lessons.

Including Home Economics subjects in the schools curriculum from form I prepares girls to be responsible parents. They learn that the child's health depends on the care taken of him from the womb to early childhood.

Breast feeding him, giving him nutritious food during weaning time, keeping him clean and teaching him good habits contribute to his health and make him a responsible citizen. x

In the Family Life Education lessons the girl learns about the contribution each person makes to the welfare of a family.

If she unknowingly or deliberately becomes a mother and has to drop out of school she realises what her duty is as a mother. She is not like Miss X., the second example, who did not realise that children need proper food and clothing and mothers care which necessitate proper planning of the family.

Miss X. had very very little money. She had no home and her job did not bring her adequate income for livelihood. To get enough to look after herself and the children she had to get a new boyfriend and ended up having his child. If she continues this patterns this pattern of living she is going to be in serious trouble.

This also draws out attention to men. Young men should also be educated by the parents to be thoughtful. If they are not prepared to maintain children they father, they should be careful pregnancy does not occur.

It is most unfair for them to let the woman bear the brunt of a mistake. In countries where Social Services are provided for one parent families the responsibility of an unmarried mother may not be as difficult as in a developing country.

Young people must think well of the different roles a mother has to play. If they cannot play these roles for the advantage of the child then they must not bring the child into the world.

Not all unmarried mothers are irresponsible parents. Miss A in the first part was very young but she was a responsible parent. She had difficult days but she was prepared to cope. At last she had something who could call her very own so she would guard it well. Women give many excuses for being unmarried mothers. They particularly very young girls, meet men in uncompromising circumstances and do not realise that this meeting can end in pregnancy.

A young man says to a girl "Do you love me? If you do you will do anything I want you to do." The inexperienced girl thinks she is madly in love and does not want to lose her boyfriend and she agrees. Then she finds later she is pregnant.

When she discovers what has happened she panics and tries to get rid of the pregnancy. Sometimes she gets in touch with a back street abortionist and the result is fatal.

In such cases she should trust her parents, particularly her mother, and confide in them. The mother should be willing to listen to her and give all the help she needs. Supporting her could give her courage to cope with her lot and make her a responsible parent.

The mother should help her to know that being pregnant is not the end of the world. The mother's understanding can help her to cope with all she will lose and make her determined not to get herself in this situation again.

Some women find life is slipping by and they are not fulfilled because they have not had a husband. They feel they have been working so hard and they have no children to inherit their possessions or to look after them in their old age. What do they do? They deliberately go all out to be pregnant and do not mind what the cost will be.

Often this group of women are, on the whole, responsible parents. Some may tend to spoil the child but they do care for them. They regard them as very precious possessions.

It is therefore incorrect to make a sweeping statement "Unmarried mothers are not responsible parents". The unmarried mother's early training, her attitude to life, the relationship between the members of her family, the way in which she becomes pregnant and many other facts contribute to the type of mother she becomes.

POOR COMMUNICATION BETWEEN COUPLES...

A COMPLEX PHENOMENON

Let's face it, poor communication between couples is a complex phenomenon, resulting from a tangled web of economic, social, cultural, personal, educational and psychological factors.

To understand fully, the causes of ineffective communication between couples, this quandary of factors must be assessed.

But, an attempt to analyse separately how each factor influences ineffective communication, would be rather perplexing.

With a bit of research, the findings on hand are suggestive rather than definitive.

Enough however is being spelt out to warrant inventory and judicious application.

In African societies for example, where the social and cultural norms are varied one has to take this seriously into consideration.

TERRA LEONE

The Sierra Leonean Society is patrilineal. What happens if a Ghanaian whose society is matrilineal stay as couples, and take neo-local residence?

Both sides I am convinced, should have a compromise situation or else the relationship is bound to fail. To avoid such a bitter experience, they should be prepared to accept their limitations in their newly formed relationship.

PROGRAMME TO CORRECT THIS PROBLEM

As stressed earlier lack of communication between couples emanate from many inter-related factors. These include economical, personal, educational, psychological social and cultural. Consequently, any programme designed as correcting method must take into account all of the causes mentioned.

DATA COLLECTION

Since it is extremely difficult to get factual and well documented data on strained communication between couples, it is suggested that meaningful and useful data be collected from the Department of Sociology, Fourah Bay College, University of Sierra Leone.

SEARCH PROGRAMMES

Search and well investigative studies should be conducted to have a deep insight into the nature and underlying causes of ineffective communication amongst couples.

POSSIBLE WAYS OF DOING THIS RESEARCH

Recognition should be taken of marriage and kinship system since they vary according to the social and cultural norms of society, one finds his or her self.

The acquisition of such knowledge will undoubtedly create a cordial flow of communication which will begin to exist when there is a compromise situation, each side accepting his limitations in his newly formed relationship.

WHY THE STUDY OF MARRIAGE AND KINSHIP HELPS

1. It will enable the researcher to understand fully the basic sociological concepts of marriage kinship and family systems and their related social problems.
2. It will also afford the opportunity to utilize the knowledge gained to improve their way of living which is also an essential ingredient for a free flow of ideas between partners.

It is therefore necessary to have a thorough insight into the social life of people to its economic, social or religious, to have a thorough knowledge of their system of kinship and marriage, because kinship system is a set of status and roles which facilitates communication and social interaction.

CONCLUSION

Poor communication between couples is indeed complex; varied are the factors-economic, social, psychological, personal and cultural, all extend influences in the cause of this problem. This problem could well improve if people change their behaviour.

NEWS-ARTICLE

(AGATHA LEWIS)

FAMILY RELATIONSHIP PRE-ADOLESCENT 11 - 18 Years

Education, Discipline, and the Teenagers - towards better Family Living

The ample opportunities open to our teenagers for education and discipline at home and at school make them stand comparison with the young people of any other nation in the world today. But unfortunately many things are wrong with the teenagers as regards their attitude to education and discipline. However, they are not to be blamed totally for any inadequacies seen in them are a reflection of a great deal which is wrong in the parents and teachers who handle and train these young people. The task of these teenagers building today is made more difficult by modern conditions of life - a life in which they face temptations and problems greater than any of us had to face when we were young. All these notwithstanding we must accept the fact that the future is in the hands of these young people for whether we like it or not we must quit the stage for them. Arising from this therefore if we must have a good future we owe it a duty to inspire these teenagers with a sound moral and intellectual purpose based on a conscious and arduous structuring for a good pattern of life for them.

Let us examine whether the teenagers nowadays succumb to proper education and discipline both at home and in school. From my own practical experience in school as a teacher and administrator there is a clear deviation by the teenagers from the true and sincere lessons of parent administrator and the teacher on education and discipline. I can say without any fear of contradiction and with sound observation that teenagers have not responded well to the moral and intellectual lessons from parents and even teachers. No parent or teacher ever teaches the art of smoking, drinking, drug taking, love making, tactics of organising demonstrations and riots to boys and girls either at home or at school. But what we see nowadays in teenagers is that children between the age of eleven and fifteen indulge in smoking habits, the habits which they imbibe just because they want to show their mates they are a special class.

During the holidays and whenever children happen to have an opportunity for freedom, they involve themselves in alcoholic and drug addition spree at quite an early age forgetting that their tender body is not yet prepared to tolerate such habits. Again it is not a common occurrence among the school girls and boys to indulge in acts that are meant for their mothers and fathers. They taste at will the sacred fruit years before they are entitled to it.

At home and at school, disobedience is the order of the day. Again rules and regulations are frequently broken without regard to parents' injunctions; sisters and brothers are not respected, nor is there any recognition for seniority. These teenagers have a perverse approach to things. Some of them see everything in terms of love and turn their various homes into arena of love and endless amusements. One sees little participation of teenagers at Christian gatherings but thanks to the Scripture Union is now having some effect on the teenagers today. Indiscipline and lack of submission at home training have taken such an alarming proportion that the elders have expressed deep concern because the present generation of teenagers will be parents of tomorrow and if their present attitude goes on unabated their future will be doomed.

Having thus established that the youths of nowadays have very negative attitude to education and discipline, let us examine the causes. Briefly there is poor upbringing by parents for some pamper their children and refuse to be responsible for their moral development.

Some parents show bad examples by indulging in social evils of drunkenness, frivolous divorce and moral decadence forgetting that their children could be influenced and they can go scot free for they can plead that their parents cannot correct them when in fact they are guilty of the same thing. Some teachers too show disregard for the professional ethics of teaching to say the least. There is apparent apathy towards maintenance of discipline by some teachers who believe that their job only entails teaching. Only recently across the country, there was a regrettable wave of wide and violent demonstration by students. Some of these demonstrations were actually planned

and organised by some people to achieve their political and economic ends. This is lamentable and all lovers of peace and progress should join in total condemnation of all those who have engaged in malicious indoctrination of the pupil put under their care. Parents send their children to school to receive education and to be taught the essence of discipline and not to be used unscrupulously as demonstration objects.

So far, I have been able to show the ills caused by negative attitude to teacher parent administrator education discipline. I wish to state that it pays to learn from the foregoing exposition of true education and discipline. To those of you who have hitherto indulged in such frivolous practices, you easily can now look back and see if you have been misled or have misled yourselves. I will want you to have seriousness of mind, a clear conscience and struggle steadfastly for a goal. Avoid engaging in endless amusement, waste, further opportunity and abuse of privilege. Obedience to authority is a sacred duty as it is also a divine command.

Never has there been an age when that command has been violated which has not become a corrupt age. Remember always that in loyalty, humility and respect have ever been a nation's hopes.

Be diligent. The time for work and for study is short. Swiftly and progressively youth grows into manhood. Boys and girls please remember that every hour wasted means a chance of misfortune in future life. A boy or girl who gathers learning when young has taken the first step to possess when old the riches of knowledge and wisdom. Do not squander the vigour of your youth on frivolous things.

Be not afraid to say what you believe to be right and standing firm in that belief. Have infectious optimism and determination to persevere in the face of difficulties and temptations of life. Be careful of what company you keep for bad companies corrupt. Everyman's life needs proper planning to succeed and if you uphold the virtue of education and discipline you will have no regrets.

NEWSPAPER ARTICLE

(MURIEL DAVIES)

NUTRITION AND FAMILY PLANNING

TARGET GROUP - Unmarried Mothers
 TITLE - Quality versus Quantity
 SUB TITLE - Good Nutrition as the Basis for Sound Health

" The was an old woman
 Who lived in a shoe;
 She had so many children.
 She didn't know what to do;
 She gave them some broth,
 Without any bread;
 She whipper them all soundly
 And sent them to bed."

When I was a young girl, I memorised this rhyme and thought it was impossible to have so many children that life could become miserable for a mother. As years rolled by, I have observed that there are quite a number of children reaming the streets with hardly any one to give them either broth or bread.

Some women do not plan their families; they still believe in "nar God day gee". And they continue to have one child after another, not spacing them well, with very little to offer in the line of food. Some of the foods which they offer are not basically good as far as food values go - an example - foofoo pap and sugar for breakfast, and rice boiled with salt for the evening meal. These are mainly starchy diets and if they are given over and over again for a long period, the child suffers from malnutrition. This means that the child will not grow well, may not grow up as clever, as healthy or as tall as he should be, may become ill and will probably die. It is felt that everyone, especially those who are rearing children should have a basic knowledge of nutrition.

Nutrition simply means the study of foods and the way our bodies use the foods we eat. 'Mal' means bad, therefore, malnutrition means bad nutrition. There are many reasons why children are badly fed; one such reason is that some mothers have too many children than they can afford to feed. Some are unmarried and the burden of cooking after these children rests entirely on them, and their resources are inadequate. For children to grow up well, they must eat a well-balanced meal which consists of three main groups a) body-building and repairing foods b) energy foods

Protective foods. Body building and repairing foods are called 'Protein', a Greek word meaning "I am first". These foods are very essential to life. Unfortunately these protein foods are expensive to buy and therefore are neglected or eaten in small quantities. Examples of these foods are meat, fish, eggs, beans, chicken and milk. The energy foods are called carbohydrates and fats or oils. Examples of these are rice, potatoes, cassava, bread, yams, palm oil, nut oil, groundnut oil.

A pregnant mother needs energy to give to her child who is growing in her womb, therefore, she should eat adequate energy foods. When the baby is born, and she is nursing it she also needs energy to put into the milk to give the baby at her breast. Children of all ages need adequate body building and energy foods for growing, learning and playing around and for helping with the household chores. Rice is the staple food in Sierra Leone. It simply means that rice is the important energy food of this country.

Protective Foods

The name implies, the protective foods are those foods which keep us healthy and protect us from certain diseases. These diseases are referred to as deficiency diseases and the nutrients which protect us against these diseases are vitamins and minerals. These vitamins and minerals are very essential in our diets but they are not needed in large quantities. When a woman is pregnant or nursing her baby, she so needs these protective foods.

Some of the most important protective foods are iron, which helps to make the blood fluid. Iron is found plentifully in cassava leaves and okra. Calcium, helps to build strong bones. Pregnant and nursing mothers need calcium to build up and strengthen their children's bones. Some of the foods which contain calcium are milk, dried fish and millet. Iodine is also important and is found in very small amounts in water, kabbages, oysters and cockles. If iodine is insufficient in the diet, the thyroid gland in the neck may swell and result in goitre - the local name is "gneh-gneh".

Water is also an important protective food. Luckily it is used by the majority of people as it improves the taste of foods. Water is not exactly food but it is essential to the body because three-quarters of our body's weight is made up of water.

We should however be careful that we drink uncontaminated water and whenever we are not sure the water is pure, it is always safer to boil first before drinking. We take all these different foods to satisfy hunger, to keep us alive and stay healthy for without proper food we have very little chance of survival.

What is proper food? Proper food is what the nutritionist may term - a balanced meal - that is a meal containing the right amount of body-building and repairing foods, energy-giving and protective foods in the right proportions. Not every meal need be balanced but most of them should be.

Some people, when they are hungry would fill their stomachs with farina and water. They feel satisfied but nutritionally, they are starving. Children take sweets and drink fizzy drinks when hungry. Their hunger is minimised but if they do this for a long time they may be malnourished.

Let us look at and examine the following which is considered a balanced meal: 'Cassava Leaves plasse, cooked with palmoil, ogere, dried fish, meat, salt, beans, groundnuts and okra', and served with boiled rice, and an orange or piece of pawpaw eaten after. This meal contains protein in the fish, meat, beans and groundnuts, Carbohydrates in the rice, oil in the palmoil and groundnuts; and iron in the okra and cassava leaves. The pawpaw or orange is the protective food! Another important point about balanced meal is that the food is mixed - that is several different foods are eaten together! This is a useful thing to do and mothers must try to give their children mixed foods in order that they may grow well and keep healthy.

The rate of infant mortality is rising steadily (within the 1 - 4 year age group). This incidence cannot be dissociated from poor nutrition as the number of deaths during the first year when the baby is breast fed is much lower than the rest of the period mentioned. Studies have shown that in several circumstances, another baby comes too soon; the mother cannot feed two babies well and the first baby has to give up the breasts to make way for the new arrival. The first baby suffers loss of weight, lowered resistance to infection, and may finally die.

It is roughly estimated that more than 40% of the children born in West Africa die before reaching their fifth birthday and the direct or remote cause is largely attributed to malnutrition.

The growth of the remaining fortunate 50% is greatly handicapped through eating the national diet which is composed almost entirely of such staples as white rice, cassava, and plantain and yams. This inadequate diet results in making them physically and mentally incapable of meeting the demands of their daily activities. Unmarried mothers should give serious thought to this and remember that more children mean more mouths. If daddy is around, he could help by contributing to the food budget. Food expenses can be cut down by having a back garden to grow vegetables. The prices of vegetables are rising steadily. If you can grow some, you will find that they are fresh to eat, cheaper at their best and easily obtainable.

Imported foods cost a lot of money, but for prestige reasons some people feel that they are better than the local foods. They do not realise that the nutrients in some foods deteriorate with storage, and imported foods are more expensive than local foods and are not always at their best. Mothers would do their children a world of good if they can plan their families - space the children well, have just the number they can afford to look after properly, and most important, think of the foods that go to make a balanced diet in preparing a meal.

End

(EUDORA NICOL.)

NEWSPAPER ARTICLE

Good Grooming - Pre-Adolescent.

If you have an invitation, it is easy to make yourself look special because you will wear your best clothes. But it is not so easy to look nice always; you have to make a special effort. What do you do? You have to pay special attention to your teeth, skin, hair, hands, and nails clothes and also your posture. You must remember that Real Beauty starts with good hygiene.

In choosing a hair style, it is not very necessary to choose the style that is in fashion. Choose a style that will suit your face. Think of your complexion before choosing the colour of your hair. The hair can be black, brown, auburn, pale blonde or coal. Do not change the colour of your hair very often or it would look odd with the rest of your face. Hair sprays can be used when it is very windy. It helps to keep your hair tidy especially for special occasions.

What about make up? You will have to try several kinds to get the right type. You need not start with expensive ones. Join with a couple of friends if you need large sizes. This you can share into smaller jars if you think it is economical.

Remember that make up looks best on a clean healthy skin. It should make you look prettier - Too much will make you look awful. All make up be properly washed off at night with soap and water. A remover can be used occasionally.

Keep all cosmetic things clean and put them separately in your hand bag if you do not have a cosmetic bag. If you are a school girl, do not use make up to school. It is a waste. Your mother will guide you when you have to use them.

Some girls think they should use deodorant or perfume to school. Grown up girls can start to use deodorant every day especially during period times when some people experience strong smell under the armpit. Deodorant or perfume is not really the answer. Have a proper bath once or twice daily. Dry under your arms and rub the rind of lemon if you cannot afford a deodorant. There are different kinds of deodorant- "roll on", "spray on" and many others. Some of them stop you smelling of stale perspiration, others cut down the perspiration. You have to find out which suits you best.

When you decide to use perfumes, use them properly and sparingly. Look after your best perfume and keep it well closed and away from day light. Remember that strong perfumes smell stronger when it is very hot. You should not frighten people with your perfume; they should want to be near you instead of running away.

How important are your hands? A little cream at night helps to keep them nice. Nail polish is not for school; when used they must be put on properly; chipped nail polish looks horrid. If you are doing a lot of cooking or house work, leave nail polish for week ends and do not keep your nails too long.

There are a few hints on feet and shoes. Buy comfortable shoes and the best you can afford. If you have aching feet rest them when you can by "putting them up" on something flat. If you are standing all day give your feet a good soak in the evening. Nail polish must be used properly. Chipped nail polish is an awful sight. A little talc or foot powder in tights will make the feet feel better.

Clothes play an important part because they can make you look nice or very untidy. You must remember that you are often judged by your clothes.

It is a good idea now and again to get out all your clothes and put them round the room to see just what you have got. Then match up things which will go together. Mend or clean any that need cleaning. Remember that your clothes should help you to look prettier and feel confident. Clothes should be right for the time of day, the place you are in and what you are doing; your age should also be considered.

Your clothes should be comfortable, well fitting and easily cared for; they should be well looked after, kept clean mended, ironed or pressed and put away tidily. It is good to have few stand by clothes, then you will always have something to "fall back on" in emergencies. To be always fresh underneath, you must get into the habit of washing your underwear when you change them and not allow them to pile up. Your pretty things stay prettier this way.

Some girls are lucky to study needlework or clothing and textile in school; such girls may be able to make alterations on their clothes and try to get a good fit. What do you look for in a garment? The shoulders must 'set' well, because the whole garment hangs from there. A neat neckline sets well on you. The bodice should be well-fitted. The waist line should be right. The hipline should not be too tight or baggy. Always look for these points when you do your fitting.

What about fashion? Some girls think that if something is in fashion, it must be good. It will suit them and they must have it at once. The best way to treat fashion is to choose the best of it and alter it to suit yourself.

How do you care for your clothes? Get spots out as soon as you can. A stitch in time does save nine and often the whole garment. Put your clothes on hangers. Fold other clothes carefully before putting away. Never leave your clothes crumpled up when you go to bed. Be a clever dyer, use dyes for white things which go grey.

When you pack your clothes you have to try to do it so that they will not look too creased when they are unpacked. They will not be spoilt by liquids spilling on them. Fold them as they do in shops. Tissue paper between layers of a material lessens creasing.

NEWSPAPER ARTICLE

(JOYCE WILSON)

Target Group - Pre-adolescents.

Topic - Family Relationships

The Purpose of my article is to show Pre-adolescents in our Society how good relationships with their parents and Guardians could bring peace and harmony in the family. This will help them develop well, Mentally, Physically, Socially and emotionally.

TITLE: PARENT- CHILD RELATIONSHIP IN THE PRESENT DAY FAMILY.

Mary and Musu were both fourteen years old and they were very good friends, but they came from different kinds of families.

Mary's mother and father meant everything in the World to her. She knew they loved her because they showed their affection in many ways. Mary's day usually started with family prayers in which she was deeply involved. She was sometimes asked by her father or mother to lead the prayers which she always did to the best of her ability. She had the privilege of discussing her day's activities at school, gave experience in her social circles and sought advice from her parents. She also discussed her future plans and career with them. She was always involved in helping with the family's meals. She helped plan, prepare and serve evening meals. Mary was always looking pleasant and considered herself part of the family. Such a relationship brought her close to her parents.

Musu on the other hand, felt that her parents did not have enough time for her, and did not understand her. They never made it a practice of talking to Musu about family matters. Although the family's income was less than Mary's family the parents spent most of their time in the fields and in the market place and Musu was solely responsible for her upbringing. She spent most of her time with neighbour's children. When her parents returned home, they were just too tired to discuss anything with Musu. Because she thought they were not interested in her opinions and plans she did not try to talk things over with them but gained the confidence of her neighbours and friends who unfortunately were not of much help in this situation.

Musu's problems increased day after day. She became a truant and whenever she went to school, she would distract others from their lessons. She always looked sad. She no longer had choice of friends. She became frustrated and ended up by becoming a drug addict. Since Mary could not join her in taking drugs she appealed to her to refrain from such practice. Musu then ceased relationship with Mary and became friendly with other drug addicts.

Musu lived such a useless life until she became mental. She was taken to the Asylum where her condition grew worse. When Mary heard of her friend's misfortune, she wept.

It is sad to think of Musu's life being wasted. If she had been given love, affection and discipline at home she would not have ended up this way. Her parents then realized that they did not sacrifice enough time to bring up Musu in the right way. They ended up blaming themselves for Musu's misfortune. Their relationship as a family was poor.

THE IMPORTANCE OF THE FAMILY

What is a Family? It is sometimes defined as related group living together and sharing a common dwelling a common table and a common purse. We usually think of a family as consisting of a father, a mother and one or more children. Sometimes the usual pattern is forced to change through death, divorce, transfer of parent or other events, but the remaining members are still a family. In our present day society, the family is extremely important for the growth and development of young people within it. No one will deny that a good home and family background make a lot of difference to a boy or girl's upbringing.

THE PARENTS

The Parents's task in the family is extremely important. It includes physical protection, mental, emotional and spiritual guidance, love security and a sense of belonging, and to help in preparing children for adulthood.

Parents rich or poor, white or coloured are expected to provide or make worthy contribution in the community they live. Good leadership, cooperation with the school and other institutions involved in the development of children is a must. Parents are always aware of their roles in the family but problems do arise when they are just careless or overdo things. Some are by nature strict disciplinarians. They wouldn't allow their children to even speak to them with confidence. They interpret this as disrespect. Others believe that children should not be left on their own in their social circle. Children are bound to meet and make friends. Indeed, giving them the opportunity to attend parties, shows and other entertainment centres will build up their confidence in developing good relationships with each other. Parents should be moderate in their demands from children, considering that they are human beings, having all their senses right and it is natural for them to think and do things for themselves. All children need from parents is Guidance although in some cases parents have to battle with problem children such as drug addicts, truants, etc. In this case medical advice and help from other institutions should be sought. However problematic that child is he would consider his parents as his umbrella."

THE ROLE OF CHILDREN IN THE FAMILY

The children's share in household chores makes good contribution to family development. Some children are wonderful in giving much of their time at home. Children below eleven years make much contribution than other children. In these days of two-job families housework is rapidly becoming a shared experience for both parents and children. Planning is needed in sharing family duties. In some families, parents and children work out together just what household duties, each family members will assume. In some families the parents do not get along well with each other.

In such cases, especially early teenagers should do all that they can to be helpful, co-operative and understanding toward parents who already have problems of their own. In children's relationships with parents or guardians, it is essential that children try to understand their parents and Guardians better so that good relationships always exist. If parents become difficult it is better to stop to think about their problem. In a world that is changing so rapidly as ours is today their responsibilities are many and sometimes heavy. They have financial struggles, business pressures, illness in the family, personal problem. It is not easy to struggle with these problem and keep the family happy all the time.

If children try to understand parents problems and their responsibilities in the family then all will go well. Sierra Leone will have many happy families and a better nation.

NEWSPAPER ARTICLE (L. Johnson-Cole)

TARGET GROUP :- The Family

PURPOSE:- To be aware of the relationships between food supply and the number of people in the family, local, national and World level.

TOPIC:- Food supply and Population

SUBTITLE:- The number of people in a country often grows faster than the amount of food produced.

Family members can be properly fed only if family size is limited to the family's ability to provide nutritious food for the family.

Sam and Tamba are working in the same Department Store in Freetown and are great friends. Lately Sam noticed that Tamba was always sighing and he was short tempered. Sam decided to ask Tamba what was wrong with him at lunch time. He did so and Tamba told him his problems.

He said he had many worries, but the most important one was that his family was getting larger every year and that this was giving him a lot of problems. He had already had six children and his wife was expecting another. It was becoming increasingly difficult for him to feed all of them, because things were getting very expensive. His landlady had just increased the rent and, as such he found it difficult to get the bag of rice that he usually purchased at the end of the month; as a result, his wife was very cross with him. She was also annoyed because he could not afford to buy the medicine that the doctor had prescribed for her use. Moreover the children were no longer happy as they were always hungry. The youngest one cried the whole night through and was not able to sleep. He could not get anybody to lend him money to ease the situation at home. After narrating his story he started to cry. Sam felt very sorry for him and asked him why he did not tell him about his worries earlier on. Tamba said he was ashamed to ask him for help. Sam promised to give some help, and asked Tamba to wait for him after work.

At the close of work, Tamba accompanied Sam home. They ate together and during their conversation, Sam gave him money and promised to lend him some more which will ease his problem. Tamba was in a happy mood when he left Sam and stayed pleasant the rest of the evening knowing his problems had been solved for the time being.

The next day, during lunch, Sam spoke to Tamba about the need to plan his family as he had done as soon as he got married. Both his wife and himself had gone to the Planned Parenthood Association Clinic for help in spacing their children.

It is clearly seen from the above story that there is a great need to bring to the awareness of everyone the relationship between food supply and population growth.

In most developing countries measures for tackling the population problem need to be urgently pursued. The gap between food demand and supply is widening and food imports are increasing.

As the rush to the Urban areas continues for better education, white collar jobs, entertainments and recreation; the rural areas are left with fewer people for farming and harvesting; and available foodstuffs in the rural areas become difficult to transport to the urban areas due to lack of good roads and labour force. It must be realized that the rapid increases in the number of people in the urban areas mean that more food will have to be produced or imported.

To alleviate some of the problems of migration to the urban areas Government have opened good schools, both primary, secondary and college levels in all the Provinces and as such there is very little need for Parents to bring their children to the city for education, good hospital and Primary health care clinics are provided; good roads are being built so that available foodstuffs can be brought to the Urban Areas. Mechanical farming and the use of fertilizers are being introduced to farmers. The contribution that food needs of developing countries is being pursued. If jobs, entertainments and other recreational facilities can be provided for the youths in the rural areas, migration to the urban areas will be minimised.

In the Family, it is essential that everyone should realize that more children means producing or purchasing more essential foodstuffs for all its members of the family and community are to be properly fed and nourished.

To achieve this a campaign must be launched to enlighten the general public on Population and Food Production, through Radio, talk, film shows, Seminars, Workshops etc.

Recommendations:-

1. Youths should be encouraged to go back to the farm and produce more food.
2. Agricultural Education should be taught at all schools so that children will realize that there is dignity in labour.
3. Jobs should be provided for school leavers in the rural areas.
4. The general public must be taught or made to realize that Family Planning does not mean not having children but rather to have as many as you can feed, educate and clothe with health facilities provided; you are asked only to space them out for the good health of both mother and child.

NEWSPAPER ARTICLE

ADOLESCENT FERTILITY (Josephine Aaron - Cole)

In Sierra Leone, as in many other countries throughout the world, pregnancy and childbearing are occurring at younger ages than in the past, resulting in adverse consequences.

Early childbearing in general is more of a health hazard for adolescents than for older women. Younger adolescents are more exposed to medical risks associated with early pregnancies - severe anemia, toxemia which in its most acute forms may result in high blood pressure, eclampsia and sometimes death - complications of labour.

Also infants of adolescents are more likely to be prematured, of low birth weight and are highly susceptible to infection, nutritional deficiencies, and birth related defects such as mental retardation, deafness, blindness and other congenital disorders.

Childbearing, the aspect of human reproduction unique to women, requires optimal age - 20-30 years - good health; and a high standard of medical care to minimise maternal risks. Let me here record the findings by 160 delegates from 39 countries at the First Interhemispheric Conference on Adolescent Fertility, Airlie House, Va., 1976.

"Close to 13 million of the 60 million women who became mothers in 1975 became parents before they became adults;.....Early childbearing is increasing everywhere, is emerging as a serious problem in many countries, and has reached alarming levels in other where it is associated with serious health, socio economic and demographic implications for young women, young men, their off-spring, and, indeed, for the whole society..... Adolescent pregnancy is a serious threat to the life and health of a young woman, whether the birth occurs in or out of marriage."

First birth at age 20 or more tends to reduce the incidences of maternal and infant mortality and morbidity especially in areas where there is lack of adequate medical facilities for prenatal care.

Demographically, adolescent fertility is a cause for concern as it is seriously affects the overall growth rate of a population. It is estimated that more than 50 per cent of the developing world's population is less than 20 years of age, and therefore this age group's fertility behaviour will have a major impact on world population growth rates. The problem is two fold - not only do youths constitute the greater proportion for the world's population, But there are also indications that youths are having babies at an earlier age.

The earlier the age of the first birth, the loss is required to produce a generation, and this in turn accelerates the growth rate of the population. Also early child-bearing may result in reproduction over a longer period of time, short intervals between births and large family sizes.

A publication by the International Clearing House states that -

"A Brazilian study concludes that mothers who gave birth to their firstchild at an early age, not only reproduce over a longer period of time but also tend to have shorter intervals between subsequent childbirths."

Fresser, Ravenholt and Lyons note that "young mothers may also tend to have larger families due to lack of experience with roles other than motherhood."

In most countries, developed and developing, teenage pregnancies and early child bearing adversely affect the social and economic status of adolescents. Their education is interrupted and frequently terminated, their career opportunities are restricted and present consequent economic disadvantages including limited ability to provide adequate nutrition, health care, housing and sanitation facilities, clothing and education for their children.

The social consequences of out-of-wedlock birth vary considerably from culture to culture. In many countries out-of-wedlock birth is common, whilst in many others this is not the case.

At a WHO Meeting on Pregnancy and Abortion in Adolescence in 1974, Sinnathuray noted that in Malaysia, out-of-wedlock pregnancy is regarded as a sin and disgrace to the young girl and her entire family. Strong social pressures may lead to forced marriage or illegal abortion, and occasionally may cause the pregnant girl to commit suicide.

The unmarried adolescent with a child, may also find that her prospects for future marriage are reduced, while the child may face social and legal discrimination and aggravated hardship.

In many countries, due to societal disapproval of out-of-wedlock birth, marriage is viewed as a necessary consequence of premarital pregnancy. Although such marriage may exonerate the pregnant adolescent from social disapproval or discrimination, it does not eliminate the medical risks of adolescent pregnancy, or reduce the adverse consequences of early marriage, such as interrupted education.

In any case forced marriage in many cultures as a result of premarital pregnancy is less stable than planned marriage. Studies in the United States of America confirm that marriage resulting from premarital pregnancy is associated not only with economic disadvantages, but also with a significantly high rate of divorce.

From all that has been said it is abundantly clear that adolescent fertility is a problem throughout the world. As one of the regional authorities in the United States of America, Richard Lincoln, Director of Publications, The Allan Guttmacher Institute, New York commented -

"We must by now be convinced that adolescent pregnancy and childbirth is a very serious and rapidly growing problem in all regions, and in most countries of the world....."

"Where adolescent pregnancy and reproduction are concerned there are no advanced or less developed nations For example, the high risks of bearing a mentally retarded child apply equally whether a baby is born to a fifteen year old in the context of a socially accepted, contracted marriage, or in an out-of-wedlock union that is condemned by the 'society.'"

What then are the factors which contribute to adolescent childbearing, and what can be done to improve the situations?

Adolescents in many countries are sexually mature and capable of reproduction at a younger age than their parents were. Historically most cultures attempted to control adolescent sexual activity. Many industrialised and developing countries have traditionally prohibited premarital sex among adolescents. Except in areas where early marriage was common, adolescents were expected to abstain from sexual intercourse leading to pregnancy.

In those Asian countries where early marriage was not traditional, total abstinence from intercourse generally was expected of unmarried adolescents, especially girls; Violation meant considerable social disgrace for a girl and her entire family. However, the practice of early marriage remains widespread. Many developing countries especially in Africa and Asia traditionally encouraged early marriage for girls prior to or shortly following puberty. As a result sexual relations and childbearing began early though the incidence of non-marital pregnancy was reduced.

Early marriage, therefore, is clearly a significant factor influencing adolescent childbearing, particularly in societies where it is acceptable by the religious as well as the traditional customs.

Efforts should be made to improve the overall status of women, so that educational and vocational opportunities are made available to young women thereby inducing them to delay childbearing.

Another contributory factor is the 'rising age of marriage.'

Nowadays boys and girls spend more years in school than before, and therefore start to work later and marry later still. Also demographic data from the United Nations indicate that there is a tendency to delay marriage in many developing countries especially those with a tradition of early marriage, as well as in countries like China and the United States of America. This trend tends to extend the period between sexual and social adulthood. Therefore adolescents are exposed to the risks of unwanted, premarital childbearing for more years than previous generations.

Commenting on the profound implications of widespread adolescent pregnancy and childbearing Zien El Noyal, M.D. Consultant of Gyn., Faculty of Medicine, University of Khartoum, Sudan, said -

"Stopping early marriage is just as important an objective as stopping illegitimate births to adolescent parents. We feel that for adolescents, whether married or not, childbearing is not recommended. There are many medical, psychological, and economic reasons for this. Probably the best solution, until the big problem of adolescent sexuality is solved, is to make contraceptives available to adolescents, whether married or not."

Also contributing to adolescent fertility is the rural-urban transition and modernisation resulting in a weakening of traditional social controls on behaviour. Adolescents therefore have greater personal freedom and are less subjected to community and family pressures.

This increased opportunity for informal social contact between the sexes and exposure to popular foreign customs, especially through communications media further encourages the development of nontraditional attitudes and behaviour concerning sexuality, exposing more and more young women to the risk of pregnancy.

Benjamin Viel, M.D. Former Regional Director for International Planned Parenthood Federation, Western Hemisphere, New York, U.S.A. commenting on sexual permissiveness states -

" This trend towards sexual permissiveness places young girls in Latin America in a very precarious position. The catastrophe comes with a pregnancy; the consequence is much more tragic than you might imagine.....

The social punishment is entirely too harsh for those who become entrapped only because they are victims of lack of information."

What is to be done? The recommendations and conclusions stated in the following extracts clearly indicate the consensus on action to be taken towards solving the situation.

"Youths need to be informed and to have access to services, Family Planning Services should be provided to all members of the community, married and unmarried, male and female, young and old. These services should be provided as far as possible, free of charge through family health and welfare centers."

(Recommendation of delegates from 45 developing and 5 developed countries at an UNFPA sponsored Working Party on Youth and Population in 1974)

A 1975 seminar in Colombia attended by Latin American Lawyers concluded that :

" Family Planning information, education, and services should be made available to minors who have reached the age of puberty.

Persons providing such care should be given adequate legal protection."

(Population Reports, Series J.No. 10. July 1976.)

Similarly in Sierra Leone, concerned organisations and groups, having actively been holding discussions, seminars and symposia with a view of arriving at some positive solutions, have also contributed the following suggestions:-

1. That Sex Education and Family Life Education should be taught in Schools primary through secondary and also at tertiary level.
2. That information and education in Family Life Planning and Counselling services be made available to youths in and out of schools and young adults.
3. That Family Planning be integrated with Home Economics.
4. That parents be made aware of their role as the most important agent of communication in educating their children about sex and the common changes and potential problems of adolescents.

However, a radio talk is different in almost every other way:

The listener cannot see your face.

He cannot see the way you wave your arms.

He cannot see your nice clothes.

Most important, your radio listener does not have many other people beside him. When many people are standing together, they help each other get excited about what is being said. Each person helps the other one get more angry, or more excited, or more interested, or makes him laugh louder. A radio listener usually has only a few friends or his family near by.

A Political leader knows that a speech in the market-place is a good way to persuade people. He also knows that it is even better if he can go from house to house, from person to person, and talk to each one by him self.

When a political leader speaks to one person in his home, he talks in a different way than he does when making a speech in the market-place. He talks quietly as a friend. He uses the same way of speaking as you should on the radio.

Whenever you write a programme for the radio, or whenever you talk on the radio, think of your listener as one person, a friend sitting beside you,

UNIT. CLARITY AND EMPHASIS

A good talk is like a stool with three legs. If you remove one of the legs, it will fall. The three legs of a good talk are :

Unit:- Your talk must stick together. You must always stay with the main idea. There should be no words or sentences that do not help tell about the main idea.

Clarity:- Your talk must be easy to understand. Your sentences should be easy to say. It means that each part of your talk flows easily out of the one before it, and easily into the one that follows.

Emphasis:- Your talk makes the listener remember what you have said. It means that you caught his interest at the beginning, made him even more interested by the things you said in the middle, and finally left him at the end with something that he feels is important.

Unless your talk has unity, clarity and emphasis, it will be like a stool with some legs missing. The one who writes, and the one who speaks a talk both help in giving a talk these three legs. In his project, you are both the writer and the speaker. Therefore, your work is even more difficult.

3. POINTS TO REMEMBER IN INTERVIEWING

ARNOLD GORDON

April, 1980.

1. Do your homework.....find out as much about the person and his interest as possible.

2. Write down your questions, and try not to read them. Practice before-hand how you are going to ask your questions.
3. Put the interviews at ease. Remember he is nervous of the microphone which can be intimidating.
4. Put your self in the position of the listener, and ask questions anyone might ask the interviewed if given the chance.
5. If the interview is being recorded and can be edited, dont be afraid to ask what you might consider 'silly' questions. You will be able to edit later on, and the answer might be illuminating.
6. Try to make your voice as conversational as possible. Dont be afraid to make slips and correct them. You do that in normal life anyway.
7. Unless you are doing a hand hitting interview with someone who can take it, dont ask embarrassing questions.
8. If possible, go over the questions with the interviews, but dont let him answer, because when it comes to recording the interview, he will feel that he has said it all, already.
9. Dont beat about the bush. Go straight into the interview unless you are digging to find out some facts for your introduction.
10. If you are asked to do an interview 'cold' then put the relevant questions and answers on tape, such as name, profession ect, for later on, when writing your intro.
11. Always record the name of the person before the interview. E.G. "Interview with Miss Blank, filmster from hollywood visiting Freetown. Recorded on 12th May 1979.
12. Dont be afraid to deviate from your written questions. Use them only as a base, and pickup from the interviewee.
13. If using a tape recorder, try not to fuss too much. If possible, put in the tape, test your level, and plug in the microphen before arriving for your interview. You can then just do a quick voice level before starting the interviews.
14. Remember the roles you are playing in an interview. You are the pupil asking the questions and the interviewed is the teacher.
15. Be yourself. Speak in your natural voice...done over emphasis, dont over react dont act. If you are being phony, it will come out in the recording.
16. If the interviewee is over acting, under act to underscore the difference.
17. If there is time, always play back the interview to the interviewee. He might want something taken out, or might like to re emphasis a point already made. Rember you are there to extract as much information as possible, and not there to embarrass the interviewee. So cooperate with him.

18. Unless you cannot help it, dont it, dont rush the interview. Take your time. It is better to get too much information, than too little, you can always edit later, but you cannot and anything.
19. It has been always said that you must think of the audience. Think of the man in Pendembu, and put yourself in his place.
20. And try to put on a pleasant voice, and sound happy and interesting.

4. NOTES ON HOW TO MAKE AN EFFECTIVE POSTER. - ARNOLD GORDON

1. The poster must have a purpose. It should be privant to the subject you want to put across, and cause the viewer to think.
2. The poster must have a good design. It should either make people laugh or think. It should make the viewer look again.
3. The poster must command attention.
4. The poster must be durable. Newspapers last for one day a radio spot announcement lasts for only a few seconds. A poster will repeat its message for as long as it is up on a wall.
5. The poster must reach a large audience, a proad spectrum of the general public in very large members.
6. Posters should complement other communication programmes such as the radio and newspaper, by reinforcing the messages being diffused by the other media. Posters can lend credibility and support to the other programmes.
7. Posters can be changed to meet the needs of oarticular campaigns.
8. Posters are inexpensive and easy to produce and distribute.
9. The message must be very brief
10. A poster consists of two components. Words and pictures.

- (a) Pictures.
 - (1) Major illustrations, the main body of pictures.
 - (2) Secondary or supplementary illustrations (Optional)
 - (3) Logo or sign for rapid identification (also optional)
 - (4) White space.
 - (5) Colour.

- (b) Words.
 - (1) Headling.. statement or problem or theme.
 - (2) Secondary or amplifying statements
 - (3) Command - the call to action reflecting the theme of the headline.
 - (4) Name of sponsor.

5. WRITING ARTICLES ARTICLES FOR NEWSPAPER. BIRNADETTE COLE

An article is a type of writing, usually the result of investigation, research, study and interviewing, unless of course, the article is based on personal experiences. Most beginners start off writing articles by learning to write short news articles in the form of Press Releases, and what journalists term "fillers". These types of articles consist of few paragraphs; they are easy to write and once you are conversant with writing them you will find it very easy to develop full length articles.

Press Release and Fillers: A Press release is a short account of an event, or of a personality, intended for circulation to the various media for release to the public. It is usually concise, containing the most important information the source of the release intends to put across. Many a time a Press release is sent to the media in advance of the event and often serves as a curtain raiser for the incident. Such a release will almost definitely attract the editor to give the event full coverage. If on the other hand an incident is not covered by the Press, the organisers can piece together a short account of the incident and send it to the media as a Press release.

A filler is a short news item used by editors to fill up space on a page of a newspaper. It is usually very short - one, two or three paragraphs.

TECHNIQUES OF WRITING FULL-LENGTH ARTICLES:

1. Set out your purpose or goal - Before you start to plan your article, you should first of all ask yourself the questions "What am I trying to do?" "Why am I trying to do it?". If you cannot answer these questions, then the purpose of the article is not clear to you, and you will not make any headway writing it.

It is important that you take stock of your intentions and this will help you to set out clearly how you are going to fulfill your goal or purpose. e.g.

- a) The purpose of my article is to show youngmen how broken homes contribute to poor child-up-bringing in our society.
- b) This article is planned to convince newly weds that husband/ wife communication is very essential for a successful married life.
- c) The purpose of my article is to draw the attention of policy makers to the fact that women's roles are not taken into account in planning for national development.

Setting out your purpose in this way gives you a clear indication of your target group, and the message you want to put across.

It will also help you to determine whether the newspaper is the best medium to use to get your message across to your target group.

2. Plan your article - An article should be planned to avoid making mistakes and to maintain proper relationships between the different paragraphs. There are 4 basic steps in article planning.

- a) Make a list of all the items you want to put into the article - incidents, bits of conversations, names, dates, facts and ideas, data, illustrations - in short everything you know or are able to discover about the subject.

6. The Use of sub-heads - Sub-heads are used to break up long passages of monotonous type; they catch the eye of the reader and lure him to read on; and they tell what is in the passages ahead.
7. Use of illustrations - If you want your article to be attractive, understandable and widely appealing, provide some appropriate illustrations or photographs. You can take your own pictures which is best because you will be able to get the exact photograph you want, since you have better knowledge of the subject than the photographer. You may hire a photographer and get him to shoot exactly what you want; you can go to an agency, department or organisation which is interested in your subject and borrow the photographs required, you may be able to find some in the libraries of local newspapers. If the photograph is borrowed, remember to give credit to the source below or on the side of the photograph. Caption your photographs giving precise details.
8. Conclusion - In present day journalism, what we term "conclusion" in the form of a summary in essay writing is unnecessary. It is looked on as a space filler and a waste of words. Similarly an introduction to an article is unnecessary. The first paragraphs or lead serve to attract the reader - not to explain why you have undertaken to write the article. Similarly, the last few paragraphs should not be used for apologies or for moralizing. They should be an integral and necessary part of the article.

Other points to note

- a) Remember that if you quote from published works or use the words of individuals you must quote the source.
- b) At the bottom of each page type out the word "more" to indicate that the article continues on the next page. The final page should bear the word "Ends".
- c) Remember to keep your article simple. The language should be simple so that it can be easily understood. Many articles on interesting subjects have been rejected by editors because they were beyond the comprehension of intended readers.

Finally, remember that in trying to sell your article to the newspaper editor, you are competing for space with several other items: national news, investigative reporting, editorial, articles from regular columnists, advertisements, etc. You therefore have the problem of first of all persuading the editor to use it. A good article will readily sell itself to the editor.

You must also remember that you also have to attract the reader to read your article;

A one or two line reminder for each will be sufficient. This will give you a rough outline of your articles.

- b. Look for similar items in your list and group them under one heading.

Make sure you put down under each heading the items which belong there. This second step will assist you in selecting your sub-heads when you come to write the articles.

- c. Decide upon the order which the major divisions selected in (b) are finally to appear. If you by chance hit upon a satisfactory beginning or ending, put it down on paper at once before it slips out of your mind. The same for all good ideas that come along.

- d. Eliminate those items which for one reason or another should not be included.

3. Work out the title of the article - A title must be attractive since it is the first thing that catches the eye in a newspaper. A good title should be (1) accurate (it must describe the subject matter accurately); (2) it should be attractive (it must halt the roving eye of the reader and compel him to read the first paragraph or 'lead'); (3) it should be exact (it must be to the point); (4) it must be concise.

Some writers normally include a sub-title i.e. one, two or three lines used to expand or qualify the main idea expressed in the title. The sub-title is an additional technique used by our journalists to attract and hold the reader's eye.

4. Start your article with a good beginning - The beginning of an article is very important. It can turn on or turn off the reader. A good beginning will catch the reader's eye; arouse his interest, and entice him to read further into the article.

The beginning should be simple; it must be an integral and vital part of the entire article and must be a link between the title and the article. It sometimes runs more than one paragraph and in it the reader should find a hint at least of what was promised in the title as well as new hope for additional entertainment or information. The technical name of the beginning in the world of journalism is "the lead".

5. Develop the paragraphs - A number of methods are available for developing the paragraph - that is, ways of getting facts and situations expressed on paper. The desired result can be accomplished by exposition, narration or description - all in the writer's own words; by use of dialogue; by expanding or explaining through an interview or through observation (American journalists call this 'legwork' since it takes the writer away from his desk); library research; correspondence; charts or other graphic illustrations.

otherwise you would have made a fruitless effort. If you bear these two facts in mind from the moment you select your subject, through the various stages of piecing the article together until the article is finished, you can be sure you will effectively put your message across to your target group through the medium of the newspaper.