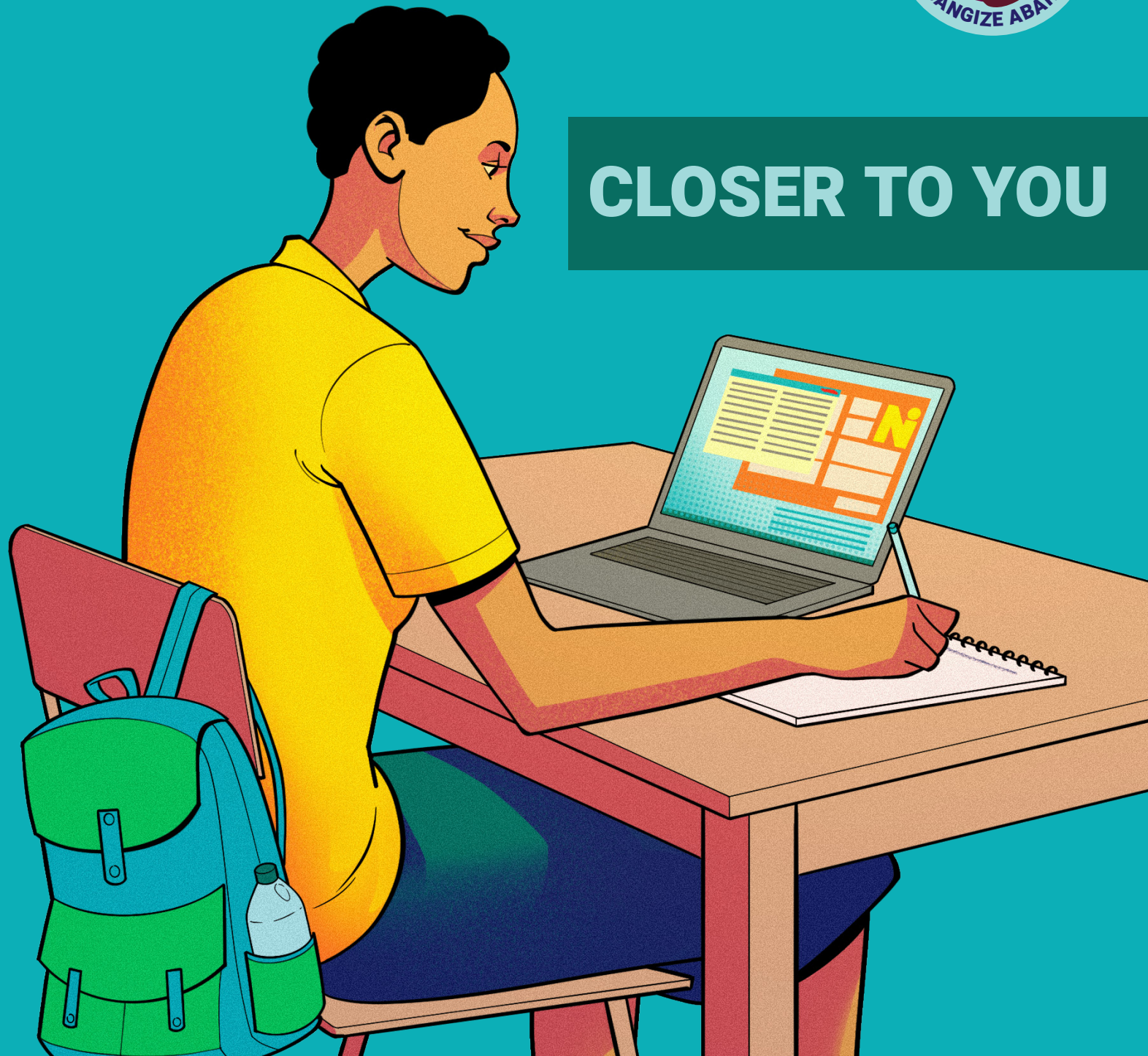


NINAMPINGA



CLOSER TO YOU



USER GUIDE

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WELCOME

Girl Effect Rwanda commends the many institutions involved in the development and welfare of young girls. With the support of Gavi, the Global Alliance for Vaccine and Immunization, the Ministry of Health through the Rwanda Biomedical Center, and in collaboration with the Ministry of Education, through the Rwanda Education Board (REB), we have prepared an easy way for young girls to access information that supplements their formal studies: the Ni Nyampinga content is on REB E-learning Platform.

Our goal is to empower girls to own their future, learn about reproductive health, avoid sexual abuse and understand the importance of taking vaccines such as the human papillomavirus (HPV) vaccine and good nutrition from childhood to adolescence. They will find stories that build their confidence, especially since Ni Nyampinga means 'a beautiful girl inside and out' and one who makes healthy decisions.

Girls who feel empowered make good decisions, are healthy and happy and have the confidence to plan for their future, together with their brothers and wider family.

We believe that adolescent girls are at a critical moment in their personal development. They are at an age when they need information to



overcome any obstacles that might hinder their well-being. Accessing content on the smart classrooms, adolescent girls and boys can also learn how to protect against the things that might prevent them from achieving their dreams and finishing school, such as unplanned pregnancies and sexual abuse. The REB e-learning platform will support Ni Nyampingas on this journey.

We also have a variety of other ways young people can access Ni Nyampinga including Ni Nyampinga Clubs, Ni Nyampinga magazine, the Sakwe drama, and a radio talk show. Young Rwandans can connect with us via social media including Facebook, WhatsApp, Twitter and our website www.ninyampinga.com. We also encourage you to ask us anything you are curious about by sending an SMS to 1019. We'd love to hear your feedback about our resources.

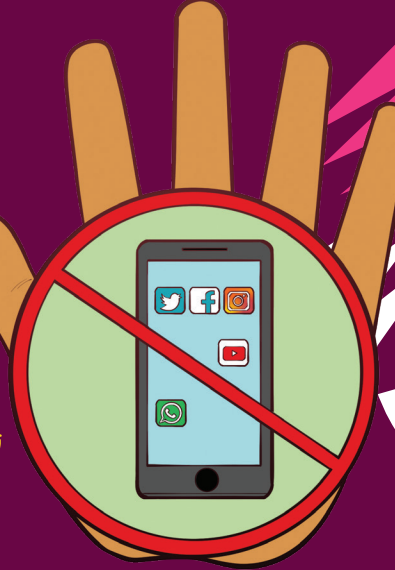
We hope the REB E-learning Platform becomes another attractive tool where young people have easy access to reliable information and complement school-based learning.

Enjoy it!

PROTECT YOURSELF! BE CAUTIOUS AND MIND YOUR SAFETY!

WHAT IS GENDER- BASED VIOLENCE?

Gender-based violence (GBV) refers to any action done to a person that brings harm or distress to them because of that person's perceived or actual gender and/or sex (because they are a girl or a boy, a man or a woman). Evidence shows that many people do not even realise that they are victims of gender-based violence or are GBV perpetrators (a person can abuse another person without realising that what they are doing is abuse and criminal). Gender-based violence can also cause long-lasting trauma. That is why young people must learn about GBV. Doing so will help to build a safe Rwanda free from gender-based violence.



TYPES OF GENDER-BASED VIOLENCE

EMOTIONAL/PSYCHOLOGICAL VIOLENCE

This is when a person threatens, harasses and insults you by calling you names that demean who you are, slander you, harm your reputation or willfully ignore you and your needs.

SEXUAL VIOLENCE

This is when you are forced into sexual intercourse or other sexual acts; often with the intention of humiliating you.

SOCIO-ECONOMIC VIOLENCE

This is when a person is deprived of basic needs by their caregiver or legal guardians. For instance, food, medical treatment, housing and other basics that a person needs to live.

PHYSICAL VIOLENCE

This refers to any act intended to cause bodily pain or harm to someone such as beating.

EXPLOITATION

This is when a person forces you to do hard labour that prevents you from growing normally - either physically or mentally - especially when you are still young, and uses you as an employee but without paying you, or pays you less than you rightfully deserve.

By being cautious and alert, you can reduce the chances of being a victim of violence. It is possible to prevent gender-based violence, but it requires everyone in society to break the silence and speak out. Let's support each other and fight against gender-based violence.

"It is my right to live a life free from any forms of violence."

SUPPORTING A FRIEND WHO HAS BEEN A VICTIM OF VIOLENCE

A victim of gender-based violence always needs justice and support. Therefore, the following points are important to know:

DO NOT ISOLATE OR SHUN VICTIMS

Rwandan law punishes anyone who refuses to provide services, insults, harasses or discredits a person because they are a victim of gender-based violence. Young people have the right to be provided services as victims of gender-based violence or child abuse.

COMFORT AND SEEK HELP ON BEHALF OF THE VICTIM

Comfort victims of gender-based violence and explain to them that it is possible to survive and live a normal life. Seek help from your local health centre or social protection structures. This needs to be done in absolute secrecy to protect the victim's privacy.

HELP THE VICTIM GET TO A HEALTH FACILITY RIGHT AWAY

It is important to help a victim of gender-based violence get to a hospital or health centre as soon as possible. This allows the doctor to run tests and gather evidence (e.g. forensic specimen collection) while there is still time. The victim will also benefit from other primary care including pregnancy prevention pills and an HIV/AIDS pre-exposure prophylaxis (PrEP) - a regimen that will significantly reduce the risks of HIV infection after exposure.

REFER OR CONNECT THE VICTIM TO LEGAL AID SERVICES

The victim needs immediate assistance in accessing justice. In all districts of Rwanda, there are police stations and Maison d'Accès à la Justice (Access to Justice) that help victims of gender-based violence to access justice.

SUPPORT THE VICTIM'S EDUCATION AND DEVELOPMENT

Victims of gender-based violence, especially young people, often find it difficult to continue their education. It is important to advise them to go back to school and encourage them to lead normal and healthy lives - even if they have an illness or are dealing with the harm caused by the abuse.

Toll Free numbers you can call if you need help about gender-based violence or child abuse.

**MIGEPROF: 2560 | RIB: 116 | POLISI: 3512 | GMO: 5798
ISANGE ONE STOP CENTER: 3029 | HAGURUKA: 4311**



BAZA SHANGAZI

QUESTION: IS CONSENSUAL SEX BETWEEN AN ADOLESCENT GIRL AND AN ADULT MALE GENDER-BASED VIOLENCE?

ANONYMOUS: “Aunty, I heard on the radio that when a man aged 18 years or older has sex with a girl who is under 18, it’s considered gender-based violence. What if it was the girl who initiated the sex and they both consented? Would you call it gender-based violence when no pressure or force was used?”

SHANGAZI’S ANSWER: Dear Ni Nyampinga fans, warm greetings from Shangazi!

My friend, even though you didn’t give your name (as is your right), I appreciate your question. I know many young girls often find themselves in a similar situation.

To prevent gender-based violence against girls and the negative impact on their lives, the Government of Rwanda introduced a law that makes it illegal for

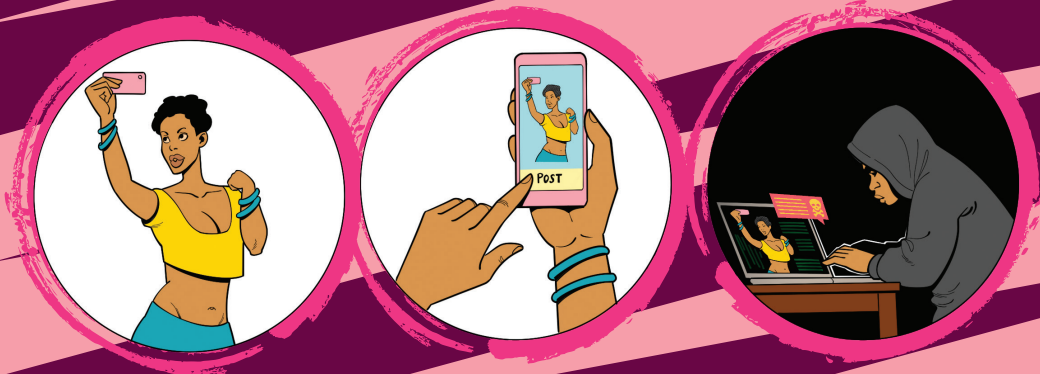
anyone to have sex with a child under 18 years of age. This means that there can be no legal consent between a child under 18 years and an adult (above 18 years old) because those people do not hold the same level of power over each other and have different abilities to make informed decisions.

Rape and child defilement (sex with a child under 18 years old) often occur as unprotected sex because the two people engaged do not hold the same power to discuss and decide upon the use of a contraceptive.

Touching a person of the opposite gender in a sexually suggestive way without their permission is considered gender-based violence. Having sex with your spouse without their consent (when your spouse doesn’t want to have sex) is also a form of gender-based violence.



POPULARITY DOESN'T LIMIT YOUR PRIVACY!



GET TO KNOW CYBERBULLYING!

Even though you might not have experienced online bullying or cyber crime, it is important to be careful when you use social media. Did you know that sharing all your personal information on social media could expose you to harm?

There are some who try to find out other people's secrets and use them for their own benefit. For example, your ex-boyfriend might use a personal photo or video to expose your private body parts to the public.

Be cautious and don't answer emails, SMS or WhatsApp messages promising prizes and chances to win a job or study abroad. Ask yourself, if you didn't participate in a lottery or apply for a school abroad, how did those people get your contact information?

Did you know that spending too much time on social media can cause depression, headaches, insomnia (lack of quality sleep) and can hurt your neck? It is your right to write to or engage with anyone you want, but please be careful. Keep your account passwords safe because if hackers get them, they could use them and steal or publish your personal information.

POPULARITY DOESN'T LIMIT YOUR PRIVACY!

In today's fast-changing world of technology, almost anyone's personal information can be easily accessed using social media, news media, and other platforms. It has also become much easier to access news all over the world. This technology is great and contributes positively to our livelihoods by allowing us to quickly solve issues we face daily.

For example, if you are a student, you can take an exam or access coursework on your smartphone without leaving the house - if you have a device and internet access. Ni Nyampingas are also up to date with this technology. We are encouraged to learn how to use and apply it in our daily lives because tech-savvy people will lead successful lives in the future.

Technology also makes it easy to expose our personal information. Hackers and other cyber-criminals can use that information to commit crimes, steal money or use our personal information to shame us. Criminals can send us messages to get information about us which they then use for harm. For example, some girls have been tricked into believing they were admitted

to university or got jobs abroad whereas the criminal intended to force them into prostitution or slavery.

In our neighborhood, the slang "gutwika" means posting lots of good pictures on social media and many young people have joined the movement, unaware of the dangers this can present.

Technology is great, but sometimes it doesn't allow young people to learn important lessons, like personal responsibility by helping out at home. Sometimes, children argue with their parents because their parents want to monitor their social media activities.

In most cases, your parents or guardian only want what's best for you. Parents and children are encouraged to agree on the amount of screen time (number of hours/minutes spent on watching TV or using social media) children are allowed to get in a day. Time should be reserved for schoolwork and helping out around the house. Experts advise parents to monitor their children's social media activities because sometimes children will meet ill-intentioned people on the internet who could potentially hurt them and expose them to life-long trauma.

Children under 18 years old should be paid the most attention to as the experts say, even though adults can face similar problems and get into serious trouble because they did not seek any help.

Sometimes children using Instagram or YouTube follow anonymous people who can be terrorists or human traffickers. Children can get addicted to the internet and social media, constantly talking to those people and even doing what those people ask them to do.

Young girls enter relationships with boys they met online and never in real life (IRL) and sometimes send them inappropriate pictures (nudes). Those boys can harass the girls, ask them to do certain things they are not comfortable with, and sometimes even blackmail them (oblige them to do certain things or else they would release the pictures). This can cause trauma to the young girls, and be unknown to the parents.

That young girl will likely be anxious because the pictures she took of herself are circulating on social media. Parents are always encouraged to foster friendships with their children so that they can talk openly about such issues and trust them with such challenges before making regrettable decisions.

SHARING WISELY ON SOCIAL MEDIA



Be careful about what you share on social media.

Post things that will not harm your reputation and think about how your post could be used to harm you (or others) in the future.

Only share posts with those you trust and set up your account privacy well. Many social media platforms such as Instagram, WhatsApp and Facebook allow you to choose who you share your posts with.

Many people forget to read the terms and conditions and privacy policies of different social media platforms they use. Read them carefully and understand them before signing up.

It is good to follow people and accounts you like on social media. But of course, a Ni Nyampinga should not accept all friend suggestions, she is advised to check if those people are who they say they are.

Don't open or read everything if you don't know where it came from. Often, such messages contain virus malware, or can be used to access your account and damage your reputation.

Don't believe that everything you see on social media is true.

BE CAREFUL AND STAY SAFE!

Even though it is hard to avoid cyber criminals on the internet, there are many ways you can use to manage your security:

1. Reduce the amount of personal information you post on social media and the internet.
2. Read carefully before accepting anything (clicking “I Agree”) on the internet.
3. Decide if you want to use your real name on social media and examine the pros and cons.
4. Don't share your personal information on social media such as your full birthday, phone number and address.
5. Change your password frequently.
6. Create strong passwords and don't use passwords that people can guess (eg: your name, date of birth etc.)
7. Know that social media is not the right place to share your secrets.

HOW GATESI LOST MONEY IN A PHONE SCAM!

Theft by deception and cyber crime is rising in Rwanda. In one scam, thieves send you a message and tell you that they made a mistake and sent you money on your phone, and when you check you find a message telling you that you have received money even though there was no money sent to your account. They will then ask you to resend them that money and when you do it, your actual money will be sent to the criminals.

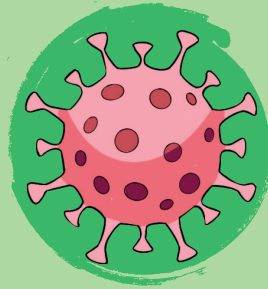
Some young people are engaging in that kind of criminal activity, and other youth are becoming victims. For example, a child called Gatesi had her school fees stolen and her parents had no other money at that time. It's a pity, and she had to wait a month for her parents to earn more money to pay her school fees. Gatesi had to deal with many hardships; the money that they stole was on her phone, and she couldn't start school with her peers. While her peers were at school learning, she was home because she had not been careful enough.

Quick Tips:

- Never share personal information, especially passwords and phone PINs.
- If someone calls and tells you that they wrongly sent money to your phone, check your account first.



LIFE IS SWEET



A CONVERSATION BETWEEN 2 GIRLS

g1: Kaneza, someone told me that coronavirus is still out there. Will it ever let us have fun? By the way, where did it even come from?

g2: Wait, why do I feel like you are underestimating it? Coronavirus is no joke; you have to be careful so that you won't be the one spreading it. Do you know what to do if you contract the coronavirus?

g1: Kane, do you hear yourself? Stop, I have heard enough, but I can't wait for holidays any longer. I miss home so much!

g2: [Laughing] Poor you! All this time we spent staying safe, did you die? Stay calm, do not fly without wings. Keep your feet on earth! Come on, [click here to read more about coronavirus.](#)



WHAT SHOULD I DO IF I CONTRACT CORONAVIRUS?



Even though we now have coronavirus vaccines, the vaccine alone doesn't stop the spread of the virus. You still need to be vigilant during the holidays or when you go to school. You might not yet be 18 years old, which is the legal age to be vaccinated; this doesn't mean you can't spread the virus. Be careful not to contract or spread coronavirus. Take the prevention measures seriously and together we will stay safe from coronavirus.



1. If you test positive for coronavirus, do not panic. Stay home, self-isolate and don't get close to people you live with - especially those that are at high risk of being affected by this virus.
2. Don't have any visitors while you self-isolate. Postpone any plans until you get better and receive a negative test.
3. If you are leaving the hospital and have tested positive for coronavirus, go straight home and be careful on your way. Wear your mask, respect social distancing of at least one metre, wash your hands thoroughly and frequently, and remember to sanitize anywhere you touch so you don't spread the virus.
4. Everyone you live with must take a coronavirus test at the nearest hospital or health centre as well.
5. Those you live with must respect coronavirus guidelines including wearing a mask, respecting social distancing and washing their hands with soap frequently.
6. Rwanda's coronavirus Taskforce has a system that helps them to track patients using the latest technology. We assure you that you will be assisted by the coronavirus Taskforce to recover quickly.
7. Be positive, try to do what makes you happy like reading books or listening to the radio. Even though you cannot meet with others physically, you can interact using technology.
8. After 14 days of self-isolation, you are allowed to go out. A team of doctors will help you find the nearest private or public hospital to conduct a test to see if you have recovered.
9. Rwanda has decentralised coronavirus treatment from the national level to the village level. The Ministry of Health and the Rwanda Biomedical Centre work closely with local entities near you to help you recover quickly. Ask your local leaders for guidance on the nearest private or public hospital that can test for coronavirus.
10. You can call the coronavirus Taskforce on 0789 198 119 or call the Rwanda Biomedical Centre toll free line 114 to get support 24/7.
11. We encourage you to visit www.rbc.gov.rw and the Ministry of Health and Rwanda Biomedical Centre Twitter profiles where updates and new information are shared every day.

BAZA SHANGAZI

CAN SOMEONE RECOVER FROM CORONAVIRUS WITHOUT GETTING VACCINATED AND JUST TAKING CARE OF HERSELF?

The virus affects everyone differently and even healthy people can get seriously ill. If you test positive for coronavirus, follow the guidelines provided by a medical doctor and isolate until you recover. Healthy food and exercise will help boost your immune system and be sure to follow medical advice.

1. Eat a balanced diet with a lot of fruits and vegetables and drink a lot of clean water. For adults, 2-3 litres of water is crucial.
2. Avoid cold drinks and foods that are hard to swallow. Focus on food and drinks that are easy to digest and have lots of nutrients. For example, soup or a fresh salad with vegetables.
3. Consume food and drinks that are rich in vitamin C like lemon tea and a fresh lemon juice with ginger for those who enjoy it.
4. Avoid eating spicy food because it might cause a stomach ache. Instead, drink tea with honey or hot milk with honey - depending on what you like. Even though drinking hot beverages cannot kill the virus, they may help reduce symptoms and keep us hydrated thus keeping the body energised to fight the disease.



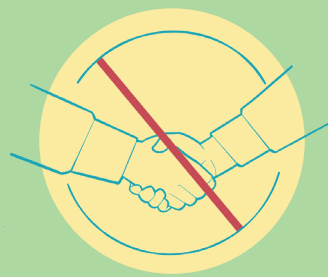
WHAT IS CORONAVIRUS?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

HOW TO PREVENT IT

AVOID TOUCHING

Stop touching wherever you can without being cleaned, such as on doors, public telephones, and even on tables, and elsewhere on the bus seat. Also, if you come from outside, first wash and do not touch your face or mouth.

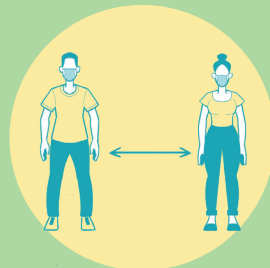


HOW TO GREET

Wave to the people who greet you, or give them a sign of advice, or greet them with a nod. Avoid hugging, and touching hands.

WASHING YOUR HANDS FREQUENTLY

Wash your hands frequently with soap and clean water or use a hand sanitizer known as Sanitizer



SOCIAL DISTANCING

If you are in a crowd, put a distance of at least 1 meter between yourself and others

AVOID PUBLIC COUGHING

Avoid coughing or sneezing next to other people. Remember to use a clean cloth.



AVOID UNNECESSARY TRAVEL

Reducing unnecessary travel around reduces the risk of infection

WEAR PROTECTIVE MASK

Wear a face mask whenever you are with people, wear it well and cover your mouth and nose.



SEEK IMMEDIATE MEDICAL ATTENTION

As soon as you see symptoms or evidence from your partner, call the toll-free number 114 for appropriate assistance.

A HEALTHY DIET

Dear Ni Nyampinga fans, how yummy does this plate look? You might even start to feel hungry just seeing food you haven't tasted in a while. Let's talk about how we as young people can eat well. I hope you are excited, but let's first hear how Gakuru and Gato have become experts in healthy and good meals. Listen and learn.



Dialogue between Gakuru and Gato

Gato: Oh my God, I can't wait for the holidays! I'm going to eat fries and donuts the whole time. I'm taking a break from the weekly kawunga (cornmeal).

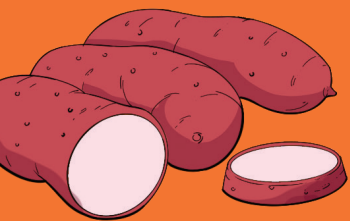
Gakuru: I actually thought you were smart! After all this time you still don't know what a healthy and balanced diet is? Listen Gato, you need to grow up and become a smart young lady... I mean a Ni Nyampinga who is strong and healthy.

Gato: Are you just teasing me for being small? Hmm... By the way, what's this healthy eating you keep talking about?

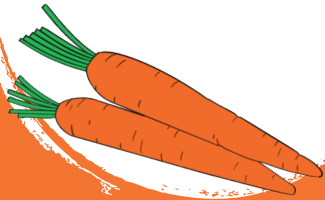
Gakuru: YYes! You've stopped being stubborn. Most people mistake eating fries with eating well. Do you know that eating fries cooked in oil that has been used more than once can make you sick? Ask a doctor if you don't believe me. If you want to eat well, know what is on your plate. Every time you eat, know what nutrients you have eaten and how they contribute to your health.

Gato: Wait Gakuru, you just reminded me... I've read this in a lot of places. Do you remember the magazine that talked about preparing a balanced meal? Let me find it!

Gakuru: Don't bother! I always have it with me, so that when I eat I know exactly what I need. Here you go, read it for yourself!



EAT WELL, GROW HEALTHY AND BE SMART!



You might have read a lot about healthy eating, such as Odile Mbabazi's article in Issue 32 of Ni Nyampinga magazine titled "Healthy Eating". A lot of Ni Nyampingas told us that they loved it. There is lots of additional information we have compiled for our Ni Nyampingas to eat healthily, grow well both physically and mentally, and be smart as well.

Some of you might be wondering about the relationship between eating well and being healthy. Have you heard the expression: When you eat cheap food, you end up paying for it? Let's understand healthy eating so that next time we won't pay a lot of money on medical treatment because we ate poorly.

What is a balanced diet?

A balanced diet is one consisting of food and drinks in three categories: carbohydrates, fruit and vegetable, and proteins. Eating well doesn't mean eating a lot until you are full, rather it means eating a balanced diet, with the right food combination to help the body grow, be strong, work and protect itself. A balanced diet helps the body to get all the nutrients it needs to function well and stay healthy.

Ni Nyampinga talked to experts, including Devotha, a nutritionist at Rwampara Health Centre, who told us that nutrition should be planned based on age. She also told us what happens to people of different ages if nutrition is not taken seriously. As a young person, it's important to know what to eat so you can be healthy and smart, and grow physically and mentally.

Devotha explains that a balanced diet should consist of three important food groups:

1 Proteins

help you grow physically strong. These include beans, groundnuts, peas, soy and animal products like eggs, meat, milk, cheese and more.

2 Fruit & vegetables

help you grow healthily without getting sick. These include vegetables like cabbages, dodo, spinach, wild leek, carrots, cassava leaves, eggplant, tomatoes and more. Fruits like bananas, passionfruit, tamarillo, mangoes, pineapples, avocados and papaya are also in this category.

3 Carbohydrates

Every day young people grow, walk, work, play and do other things that demand energy. That's why you need carbohydrates such as Irish potatoes, sweet potatoes, taro, cassava, rice, plantain, wheat, sorghum and other grains.

Nutrition is an important part of a human's life from birth to old age. For instance, because young people are very active, their bodies need a lot of energy and require a diet different from a young child. The diet your body needs depends on your age. Let's find out more!



0 to 6 months: When a baby is born, its diet should ideally consist exclusively of breastmilk for at least the first six months as it contains all the nutrients the baby needs. Indeed, babies should be breastfed right after being born so that they can feed on colostrum, the protein-rich breast milk that plays an important role in building our immune system. If the mother has difficulty breastfeeding, then powdered milk or baby formula is a suitable alternative.

9 months to 3 years After six months, a baby can be fed other kinds of food to complement breast milk, such as fruit and porridge. At nine months of age, parents are encouraged to


prepare meals for the baby that provide carbohydrates such as rice and potato, proteins like egg and vitamins. It's worth noting that these foods can be mashed together to make it easier for the baby to swallow and to ensure they don't pick out anything they don't like. Babies require frequent feeding but in small quantities, and that they also need to drink enough water throughout the day to facilitate their growth. At this age, it is important to provide a balanced diet to the baby because its brain develops tremendously. That is where the saying Agakono k'Umwana (Baby's Pot) comes from because the baby's food has to be taken seriously.



For Ni Nyampingas who are hearing about Agakono k'Umwana (Baby's Pot) for the first time, here's a quick explainer: Agakono k'Umwana (Baby's Pot) is a programme to prepare and cook a balanced diet for a baby based on its age to determine what types of food to give to it. The "Baby's Pot" aims at fighting and reducing malnutrition related diseases in children because of the mother eating an unbalanced diet during pregnancy plus an unbalanced diet that a child was given under the age of 2. This is the time known as the first 1000 days in life. When a child is given a balanced diet, he/she is given a great foundation of life. Every household with a young child is urged to have a baby's pot, take care of the child because when nutrition is ignored, it might lead to stunting and other malnutrition related conditions.



So, every time a person asks you "what is stunting"? The short and quick answer is that stunting is one of the severe conditions that affects a child's wellbeing under the age of 2 because of malnutrition. Now let's look at a child who is over 3 years.



4 years to 8 years From the age of four to eight years, most children spend their time at school. That's why it is even more important for children at this age to have a healthy diet. They play a lot at this age and use a lot of energy and brain power. They need a balanced diet to fuel their activity and restore the energy used. If kids don't eat enough food or have a poor diet, they may suffer from stunting or anaemia. A child at this age needs larger portions and to drink a lot of water because they are likely to play a lot and water is lost through transpiration. When a child has a balanced diet, they are energetic, joyous and smart.

Teenagers: What kind of diet do we need and why? What are the consequences of not eating well at this age? These are questions all of us as Ni Nyampingas should ask ourselves and be able to answer.

At this age, there are lots of physical and psychological changes that result from hormones being produced by the "factory" of our bodies, commanded by the brain. Breasts start developing, hips enlarge, hair grows in private places and beards grow as well and your feelings and thoughts change. This is due to those hormones. If you don't have a balanced diet, these hormones cannot be produced appropriately. This is one explanation for delayed menstruation and why some might not grow as much as their peers. These effects can be linked to having a poor diet.



A balanced diet is crucial at this stage because the body is producing hormones responsible for the physical and psychological changes a teenager experiences. The body is very active during this period, so a balanced diet is needed - even more so for girls who need to eat foods rich in iron. We all know that at this stage, girls develop breasts and start menstruating. They have to eat well. For teenage boys, this is the time they start growing facial hair, their voices get deeper, and much more.

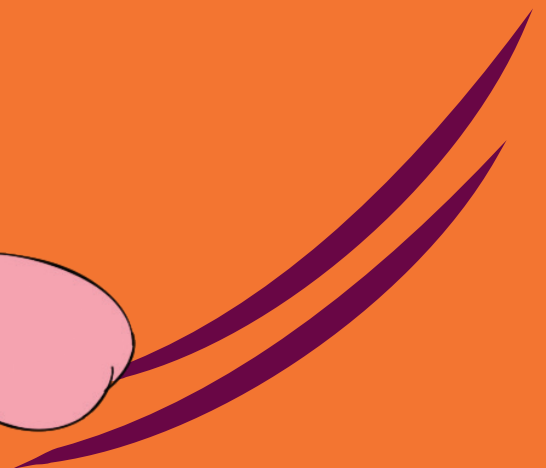
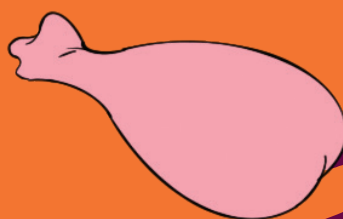
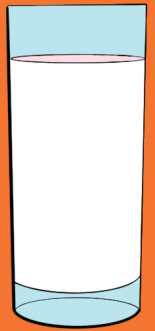
If a girl does not get a diet rich in iron, such as green vegetables and animal products, she might experience anaemia and her bodily growth and menstruation could be delayed. This can have a significant effect on her sexual and reproductive health.

We spoke to Ni Nyampingas about the benefits of having a balanced diet:

Teenagers who have a balanced diet are physically fit. Those who don't have a balanced diet can become unhealthy.

A balanced diet gives you energy to have fun, pursue your goals, perform well in school and helps you sleep well.

When you are at this age, if you are a girl and you think you are overweight, it is advised not to start dieting to reduce your weight because your body is growing. Take good care of yourself. When time comes, you will be able to get the body size you want.



HOW TO PREPARE A BALANCED DIET

A person's diet plays an important role in their health and well-being. In general, eating a big meal is not enough. Instead, we need to prepare a balanced meal that includes all the basic nutrients. So, what is a balanced meal? How can it be prepared with the food available in your area?

Let's find out!

A balanced meal consists of three types of food and drinks: energy-giving, disease-fighting, and body-building.

Energy-giving foods include potatoes, sweet potatoes, yam, cassava, rice, plantain, wheat, sorghum and other cereals.

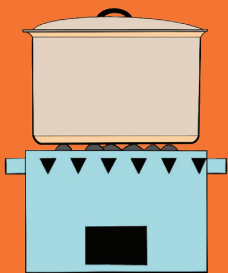
Diseases-preventing foods include green vegetables, spinach, cabbage, fruit such as oranges, bananas, passion fruit, tamarillo,

mangoes, pineapple, tomatoes; capsicum, carrots, cassava leaves, avocado, papaya and eggplant.

Body-building foods include legumes such as beans, groundnuts, peas, soybeans, and animal products including eggs, meat, milk and cheese.

It's also important to drink enough liquid such as water (at least two litres per day) or tea, milk and fresh juice.

WHAT TYPES OF FOOD CAN YOU FIND IN YOUR DISTRICT?

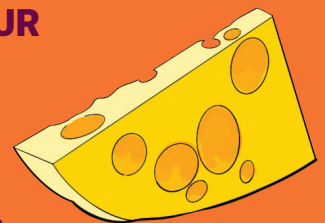


NYABIHU

Potatoes, beans, maize, carrots, cabbage, tamarillo, and small papaya. There are also livestock products, especially as it's a cattle-keeping district.

MUHANGA

Cassava, green bananas, sweet potatoes, yams, beans, soybeans, maize, green vegetables, pumpkins, cabbage, bean leaves, eggplant, bananas, tamarillo, and animal products such as eggs.



In addition to the foods grown in these areas, other kinds of produce are imported from different regions.

Here's a five-day plan for a balanced diet you can adapt to suit what's available where you live. Prepare it and make sure that every meal has at least one food for each of the three colours!

Day 1

Sweet potato + peas, carrots and leafy greens + an egg

Day 2

Potato + carrots + beans

Day 3

Plantain + leafy greens + cassava leaves + sardines or groundnuts or soybeans

Day 4

Rice + eggplant + beans or peas (Hint: Prepare the rice separately)

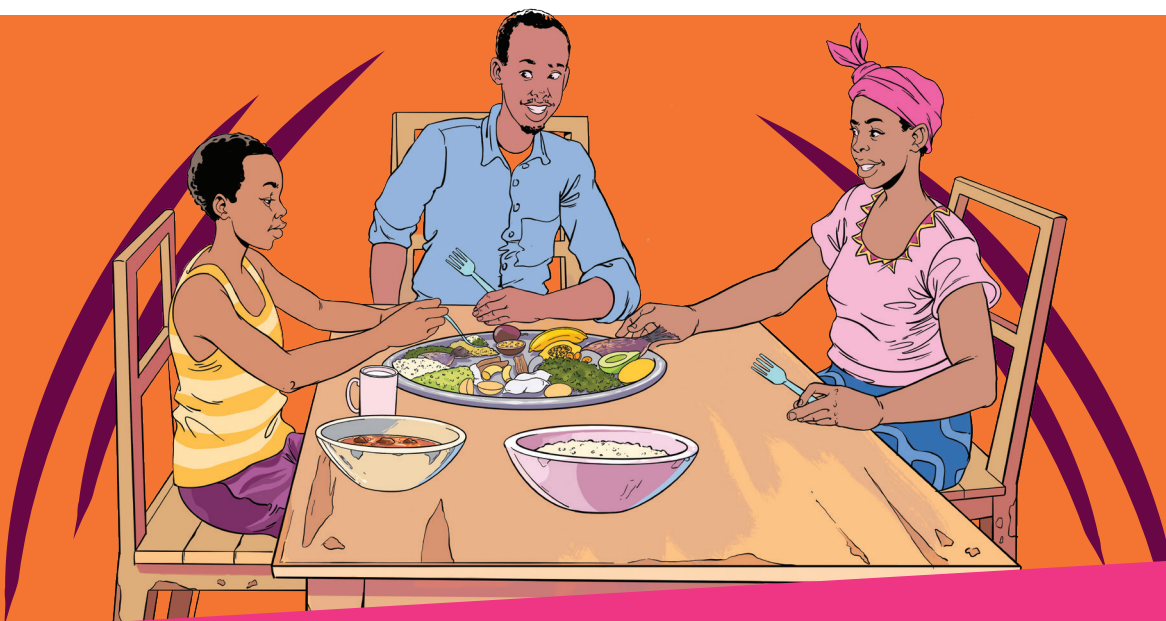
Day 5

Cassava + spinach or cassava leaves or carrots + beans or peas

Red Coulor: Energy-giving Food

Green Coulor: Diseases-preventing Foods

Pink Coulor: Body-building Foods



FOR PREGNANT OR BREASTFEEDING MOTHERS

- Light meals can be added in between main meals for pregnant or breastfeeding women. This could be milk, porridge or fruit. Alcohol and coffee should be avoided.
- Pregnant women, in particular, are encouraged to attend their regular health check-ups. Supplements (e.g. iron supplements) can be prescribed by the health centre if needed.



FOR BABIES

- Feed the baby a mixture of mashed food in addition to breast milk. Avoid fried food.
- Start with small amounts. As the baby gets used to it and grows up, increase the amount of food.
- Add light meals between main meals such as porridge, milk or fruit.



If there's something you don't understand, ask at your local health centre because it is there for you.

LET'S LEARN ABOUT NUTRITION



TAKE A MOMENT TO TEST YOUR KNOWLEDGE ABOUT NUTRITION

1. HOW MANY TIMES A DAY DOES A CHILD AGED BETWEEN SIX MONTHS AND A YEAR NEED TO EAT?

2. SHOULD A YOUNG BABY BE FED THE SAME DIET EVERY DAY?
(YES OR NO)

3. WHAT FOOD COULD BE PART OF A BALANCED DIET FOR A BABY AND ITS MOTHER?

IS TOMATO:

- A. A FRUIT
- B. A VEGETABLE
- C. BOTH

5. HOW MUCH WATER SHOULD AN ADULT DRINK PER DAY?

- A. 1 LITRE
- B. 2 LITRES
- C. 3 LITRES
- D. 4 LITRES

6. A BALANCED DIET CONSISTS OF ENERGY-GIVING, DISEASE-FIGHTING, AND BODY-BUILDING FOODS. USE THE FOLLOWING FOODS TO CREATE A BALANCED DIET: SWEET POTATOES, POTATOES, BEANS, PEAS, MEAT, SARDINES, EGGS, PUMPKINS, VEGETABLES, AND AVOCADOS.

7. YOU HAVE RWF 600 AND WANT TO BUY SARDINES, VEGETABLES, POTATOES, AND FRUIT TO PREPARE A BALANCED MEAL. HOW MUCH WOULD YOU SPEND ON EACH OF THESE FOODS?

8. WHAT TYPE OF FOOD ARE LEAFY GREENS?

ANSWERS

1. A child aged 6 months to 1 year should be fed 2-4 times a day.
2. No
3. Energy-giving, body-building and disease-fighting foods.
4. C - A tomato is both a fruit and vegetable.
5. B - 2 litres.
6. A balanced diet includes sweet potatoes, beans, vegetables and avocado.
7. Rwf 100 each on sardines, vegetables and fruit and Rwf 300 on potatoes.
8. Leafy greens are disease-fighting foods.



IT IS ME, MYSELF' AND I

Are you aware of the barriers that prevent girls from asking questions about sexual and reproductive health? Some girls are afraid to be labelled a risk-taker or suspected of wanting to have sex. Has it happened to you as well?

This should not stop you because asking questions about sexual and reproductive health is your right, and will help you learn. Young people like you deserve to get answers to the questions you have regarding reproductive health.

"It's Me, Myself and I," said a smart girl. You can say the same today. Ni Nyampinga is here to explain about the experiences of girls and boys during adolescence as well as reproductive health. Now is the time!

Have you heard the expression "adolescent girl"? This refers to a girl between the age of 10 and 19. So why do you think they call her an adolescent?

The Kinyarwanda word "Umwangavu" (adolescent girl) consists of two words: "hatred" and "ashes." The girl is said to be of the age where she hates dirt. A girl of this age develops breasts and hips, gets her period, and experiences other bodily changes.

Boys at this stage are called "Ingimbi" to mean adolescent boys. Why?

The word "Ubugimbi" (adolescence) comes from the word growth. The boy begins to develop a deeper voice, broader chest, body and facial hair and grows in height.

Adolescent girls and boys begin to develop feelings of love and desire to be loved by someone. Have you had a similar experience? It's totally normal. In addition, at this age, you begin to develop curiosity about how the body changes. Here's where you can get accurate information about the questions you have.



HEALTH CENTER

At every health centre, there is a nurse in charge of talking to young people like you. You can go and see the nurse and they will give you the right information. Don't be afraid!

YOUTH CENTER

There is probably a youth centre in your area. There are people there who are trained to talk to young people and can satisfy your curiosity. If you are too shy to go alone, take a friend and you can even play there together.

Ask Shangazi

Send a text message to Ni Nyampinga at 1019 and listen to our radio shows where you might even hear the response to your question. As you wait for an answer to your question, you will hear what other people are interested in and learn from them.

Ask Parents or Trusted Relative

They might be in a good position to help you because they went through the same stage in life, or can help you get the information you need.

When you look after yourself, you make wise decisions and avoid putting yourself in risky or unhealthy situations. If someone asks you to have sex, it is your right to say no. No one can force you to have sex with them. Taking care of yourself and making good choices will help you to navigate any challenges you face related to sexual intercourse.

THE RIGHT SOURCE

Like any other young person, you might sometimes have questions about how your body is changing, your health, sex, and relationships but might not know where you can get the right information. Did you know that your local youth centre and the Youth Corner at the health centre can help you find the answers? Ni Nyampinga visited these places for you and found out more.

Let's go!



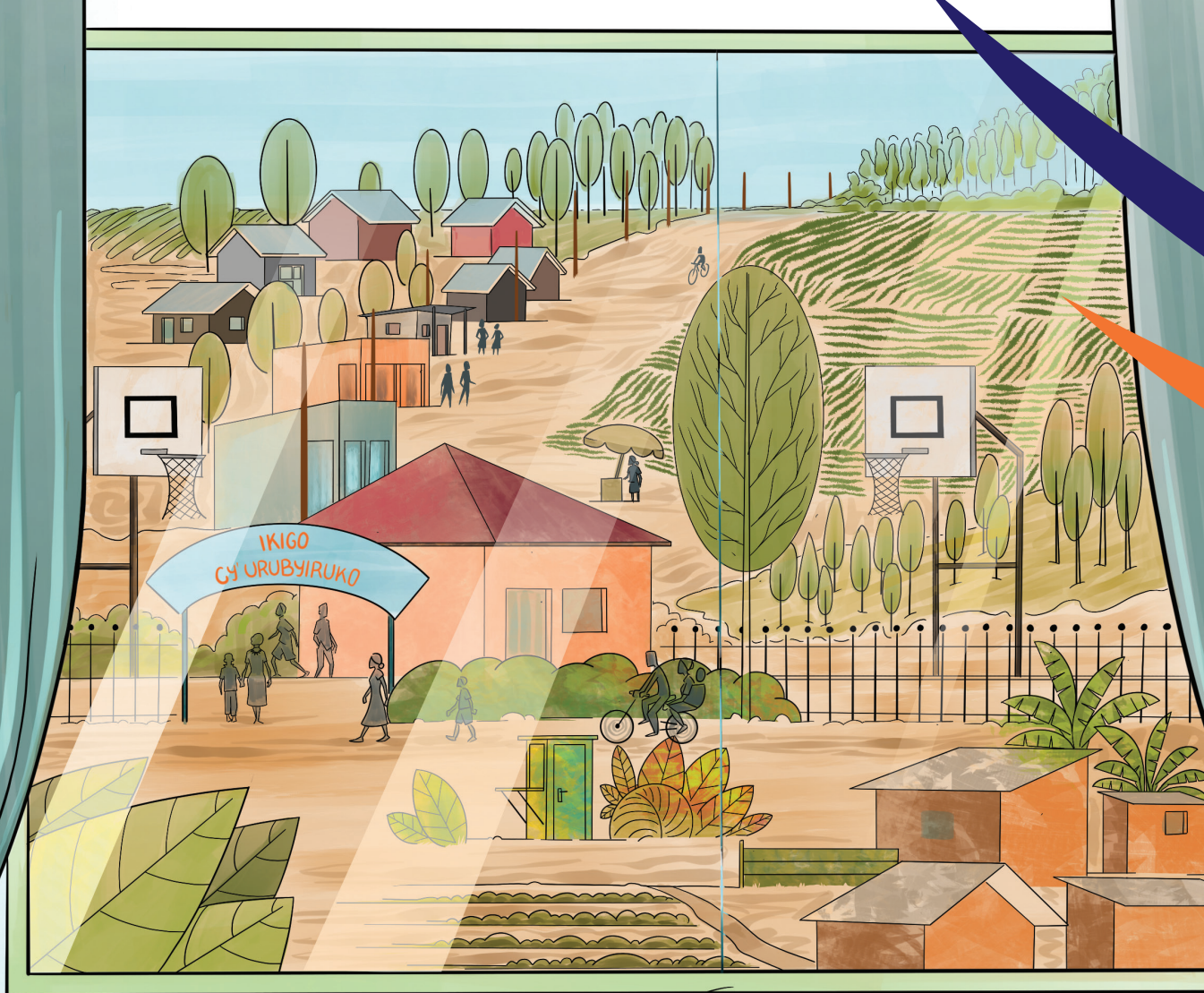
Your community cares a lot about your health and happiness. That's why there is a room dedicated to young people who have questions about their health and wellbeing at your local health centre and youth centre. A trained nurse is there to receive you and answer any questions or curiosities.

When Ni Nyampinga visited, we found out that both facilities receive young people between 15 and 24 years of age. All services are free, but you are encouraged to take your health insurance card with you in case you need any medical assistance. As a young person, you're welcome to go anytime!

YOUTH CORNER

The Youth Corner is a room at the health centre. When you arrive, look for the sign indicating where the room is or simply ask at the reception so they can give you directions. When you reach the door for the Youth Corner, you'll likely find the name, picture and phone number of the nurse who works there.

If you arrive at the health centre and are told there is no Youth Corner, know that there is a nurse who is assigned to receive you and assist you in every possible way - just like you would be treated at any other Youth Corner.



YOUTH CENTRE

In every district, there is a youth centre. To find out where it is, simply ask your teacher, parents, guardians or your friends. The centre has different facilities such as a playground and a computer lab. There's also a room dedicated to youth health services where you will likely find illustrations about bodily changes and books and posters on the wall about sexually transmitted infections and ways to stay healthy.

If you go there to ask your questions about puberty or love and the nurse notices you need medical assistance, they help you get the care you need from the nearest health centre.

The Youth Corners at the health centre and youth centres have been set up for you! Go there and get the right information you need for your health and wellbeing.

Remember, these places are safe for you to go alone if you have a personal question, but you can also go with your friends. Just remember to ask for support from your parents, guardians, teachers or health worker, and know that having the right information always helps you to make the right decisions in life.

MYTHS & RUMOURS



INTRODUCTION

Hello Ni Nyampinga fans, some of you have been asking Shangazi questions you are curious about: daily life and wellness, sexual and reproductive health, hygiene, and more.

But mostly, they want to have accurate information on what is being said, what's true and what's not.

Greetings Aunty! Is it true that when a girl turns 17 and hasn't yet had sex she develops uterine issues?

Please tell us!

SHANGAZI'S ANSWER

That's not true at all. You are the one to decide when it's right to have sex. Taking your time does not cause uterus problems. Rather, those problems can be caused by diseases that are transmitted through unprotected sex or things unrelated to sex.

Saying that uterus diseases are caused by having sex later in life is false. It's great that you are seeking to avoid any confusion that may jeopardise your health and happiness. Share the messages with other girls, and tell them to ignore information they receive from unreliable sources.

My friends, adolescence is a time to interact with your friends. During this time, girls and boys get lots of information, and reproductive health is just one topic. Perhaps most of the



information you get comes from conversations with peers.

This may lead people to have sex out of curiosity to know how it feels or as a sign of love for their partner. I am asking you to be careful in this situation; no one should make you think that you need to have sex with them to prove your love for them. Instead, you are the one to decide the right time to start having sex. When you are asked to have sex before you are ready, politely refuse and be firm in your decision.

Be aware that the more you stand by your decision, the more some of your friends will tell you that you will face bad consequences. Some may tell you that you will get uterus ulcers or other problems such as infertility. It's not true

though, don't worry. These are just rumours. Having sex won't solve any problem in life or in how your body functions. Rather, remember that there are potentially negative consequences. If you have unprotected sex, you can get various diseases including HIV/AIDS, or you may become pregnant without planning to.

Whenever you feel pain in your belly or see other unusual symptoms, don't trust those who tell you that having sex will make you feel better because there are many causes for that. Don't hesitate to seek advice from a trusted adult at a nearby health centre because that's the safest way to solve the problem.

Ni Nyampinga wants to help young people to have more knowledge on common rumours and get a better understanding of the truth. Here are some of the incorrect things people say and the truth about them.

Rumour	Fact
A girl cannot get pregnant the first time she has sex.	WRONG! Once is enough. You can get pregnant whenever you have unprotected sex in your fertile days.
There is nothing wrong with getting pregnant and giving birth when you are young because you are still healthy and strong.	WRONG! Experts show that giving birth at an early age, especially under 18 years old, leads to negative health consequences because your body is not ready to bear and deliver a child.
When you use a condom, it can get trapped inside your uterus during sex and cause you many problems.	WRONG! A condom can't go past the cervix. So, it can't get inside the uterus.
A girl can't get pregnant if she had sex while standing up.	WRONG! Sperm can find their way inside a woman's uterus even if she has sex standing up.
A girl can't get pregnant if she drinks sour tea after having sex.	WRONG! Sour tea cant prevent pregnancy.
A girl can't get pregnant when she has sex right after or right before her period.	WRONG! She can get pregnant when she has an irregular menstruation cycle because she can't be 100% sure when her fertile days are.
If a girl takes a shower right after having sex, she cannot get pregnant.	WRONG! Sperms can't be blocked by taking a shower.
If you had an abortion once, you shall never get pregnant again. Even if you get pregnant, you cannot give birth.	WRONG! If you have had an abortion, you can still get pregnant. But it requires getting tested and regularly going to the doctor to closely monitor your pregnancy until you give birth.

Young people are not allowed to use contraceptive methods, except abstinence.	WRONG! The Ministry of Health guidelines indicate that adolescents and youth are allowed access to all contraceptive methods. Sexual and reproductive health services are provided by the doctor and with parental consent for adolescents under 18 years old. However, you don't need to go to the doctor or have parental consent to get or buy a condom - as long as you know how to use it.
When young people go to hospital, they are going for an abortion or to get tested for HIV.	That is possible, but it's not a fact. There are many reasons to go to a hospital and other institutions that provide youth-friendly services. You can get advice on sexual and reproductive health, information on menstruation, what to do about your acne or how to prevent unplanned pregnancies. You can also get information on HIV and get tested. Criticising young people who actively seek those health services is wrong. We should instead be happy that young people are taking care of themselves.
Sexual and reproductive health services are for providing pills and other contraceptives that prevent pregnancy, they don't encourage people to practice abstinence.	WRONG! Among sexual and reproductive health services is provision of information on bodily changes during puberty, and they give you all the answers to curious questions you might have about health at your age. They listen to you and give you advice on how to take care of yourself and stay healthy.
Contraceptive pills and injections can cause infertility or negatively affect the health of the baby that a woman might carry later on.	Contraceptive pills and injections don't cause infertility or negatively affect the health of the child a woman might carry after using them. Research is conducted prior to their use to prove that those contraceptive methods are safe. If you face a problem, seek medical advice from a doctor.
Alcoholic drinks and cigarettes are not drugs.	WRONG! Alcoholic drinks and cigarettes are considered drugs when you take them excessively. The Ministry of Health classifies them as depressants because they can lead to addiction and often lead to risky and dangerous behaviours among those who use them.
Having sex while drunk leads to better sex.	WRONG! When people are drunk, they don't know what they are doing and may have unintended sex - which they can regret after.

Have you heard about other rumours?

Send us a message on 1019, and we will share the right information with you and others.

PARENTS AND TEACHERS LET'S TALK

Today, you've got a lot of friends - both boys and girls. You are so happy to have them. Am I right? Sometimes, your parents might get worried when you tell them that you are going to meet up with your friends. They are concerned about your safety. They think your friends might put you at risk.

This can be frustrating, I know. Dear Ni Nyampingas, before you get angry, think carefully: are your friends trustworthy? Do you know where you can find accurate information so you don't fall for any rumours or myths that could put you in danger? If you feel confident you do, talk to your parents to lessen their worries. They will let you visit your friends. It's all about how much they trust you.

Tips to Get Permission From Parents

- Ask for permission early enough to give your parents time to think about it.
- Ask for permission when your parents have time to listen and are in a good mood. If you notice that they are worried and angry, wait for them to relax. When you are worried, you don't wish to be bothered.
- Don't rush them to make a decision. Before they answer you, they need to think about it.
- Always be honest with them because if you lie and they happen to find out, they will lose the trust they have in you. Explain to them why you want to go, and they will judge if it is necessary. They are your guardians, and they only want the best for you.
- Assure them that your safety will not be endangered and that you won't do anything wrong. If your parents want to talk to your friends or other adults who will be there, connect them to talk to each other.
- After talking to your parents and getting their permission, thank them. If they refuse to give you permission, don't get angry and call them names. Instead, thank them because they have made the decision out of love and care.

LET'S LAUGH!

One day, Solange met a small child who had two 100 franc coins in her hand. But the child was upset. Solange asked the girl why she was crying and she replied, "My mum gave me these two coins in the morning and she told me to use one coin to buy sugar and the other to buy charcoal. Now the coins are mixed up and I don't know which one is which! What should I do?"

As Joriji sat in the car, he watched the driver changing gears. The driver soon stopped to rest, but when he came back he found Joriji holding the gear knob in his hand. "I saw you struggling to remove this thing. Here you are, I helped you to take it off!" said Joriji.





SHANGAZI RESPONDS TO NI NYAMPINGAS' QUESTIONS

1. A 14-year-old Ni Nyampinga asks: "What is menstruation?"

Shangazi: When a girl reaches puberty, her body goes through a lot of changes. Menstruation, specifically, is the monthly discharge of blood and is a sign that you have reached puberty. It's at this stage in your life that you can get pregnant if you have unprotected sex. Women have an ovulation period - the time when we become fertile and the brain sends hormonal information to the uterus to prepare an egg. If fertilised, the egg will develop into an embryo. By this time, the womb is ready to conceive and support the embryo to grow into a healthy baby.

When fertilisation - the fusion of the sperm and egg - doesn't happen, the womb will stop the preparations, and the substances meant to conceive the embryo are released. This is the blood that gets discharged from the vagina during menstruation. When that happens to you, don't panic or feel embarrassed. It happens to girls every month and is completely natural. A girl will likely get her first period between the ages of 12-15, but some have their first period at a younger or slightly older age - and this is quite normal as every girl is unique.

Your period can last up to a week. For some girls, it's three days while for others it can be four days or even more. Everyone is different. At the end of your period, the flow of blood stops until three or four weeks later, depending on each woman's menstrual cycle.

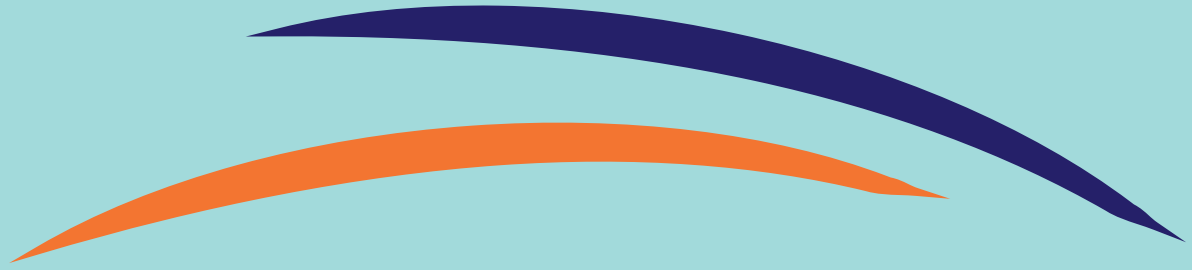
2. How can you know if you're about to get your period?

Shangazi: There are a few common signs that you might be getting your period, but remember that every girl is unique. Some may experience sensitive breasts, while others get back pain, feel weak, get headaches and stomach aches, or experience changes in their mood. Some girls don't get any signs and still get their period. It depends on the nature of each person. When you go through menstruation, use this time to get to know your body so that you determine your unique signs. That way, you can be prepared to ask parents for sanitary pads that will be needed once you get your period. You can also prepare clean cloths, wrap them well, and use them. These cloths should be washed with soap and clean water, dried, stored well, and reused during your next period.

3. What causes facial pimples?

"Puberty pimples are not a disease," says **Shangazi**. Adolescents have a variety of hormones that help you develop from childhood to adulthood. When there is an excess of these hormones in the body, this might become apparent on the outside, such as pimples. As you know, there are times when our skin is





shiny even when we haven't applied lotion. That's because our body naturally produces oil and too much oil in the skin can cause pimples as well.

If you have pimples, try not to worry and don't seek out unproven treatments. Your pimples will likely come and go over time. Some of your friends might tell you that if you have sex, the pimples will disappear. That's not true. Having sex can put you at risk of an unplanned pregnancy or contracting sexually transmitted diseases. If your pimples bother you or ache, it is best to approach a doctor and advise you on what to do.

4. Other Ni Nyampingas shared questions about breasts.

Shangazi explains: When a girl becomes an adolescent, the hormones in her body play a role in breast growth, and it is very common that you may find that one breast is smaller than the other. Usually, a girl grows breasts depending on her age, which is why every girl experiences breast growth differently. Breasts usually grow between the age of 8 and 15, however some girls grow breasts before the age of 8 and after the age of 15.

5. Is it true that a girl's breasts grow when they touch them? - Vedaste in Muhanga

"It's not true," says **Shangazi**. The breasts don't grow when touched. Instead, the hormones in her body make her breasts grow faster. It is common for some to have small breasts and others larger ones. You should also know that touching a girl's breasts without her permission is sexual violence. You should never do this. .

6. How many times a week should a person wash their underwear?

Shanganzi: Our underwear needs special attention compared to other clothes as they come into the

closest contact with our skin. I'm talking about your socks, vests, undershirts, boxer briefs, and underwear. These items must be washed daily without exception. Do it carefully because poor underwear hygiene can cause bacteria, which can lead to infections and discomfort. Wash your underwear using clean water and soap, and change your underwear every day, even when it doesn't look dirty. Store them in a clean place. Do not hang them under the bed, or somewhere with no ventilation because they attract small organisms invisible to the eye, which can cause diseases and itching. Cleanliness is a source of life.

7. How does a girl tell a boy that she loves him? Should I stay quiet because boys are the ones to say this?

Shangazi: Loving a boy is a normal thing! This is because both girls and boys have feelings of love. Understand that the same way a boy might fall in love with you is the same way you might fall in love with him. To love someone without them knowing, nor being able to share that love, is hard and painful. Loving someone who loves you back is very satisfying.

Tell him! It is your right. But understand that he might say he loves you back or he might not. Take the step and ask to be in a relationship with them, but be prepared to accept whatever answer he gives you and respect him for that. Love is an unstoppable emotion.

When you love someone and tell them and they love you back, it's an amazing feeling. So there you have it. The decision is yours to make, and also be content with whatever response you get.

Did you enjoy reading the answers Shangazi provided? Let's keep talking!

WE CAN BOTH DO IT

Confidence is important!

As you know, Ni Nyampinga often talks about the jobs many girls do that society perceives to only be for boys. For example, being a mechanic, carpenter, pilot and so on. We introduce you to girls who are innovators, taking classes that many say are typically considered for boys, such as maths and information technology. If you're a girl, be brave and show the world what you can do.

Do you know what gender inequality is?

If parents have both daughters and sons, and yet favour boys over girls, this creates gender inequality and affects the opportunities they get at school, work, and in the choices they can make. This is considered gender discrimination. Imagine if this happened to you. Would you like it? I would not. That is why there should be gender equality.

Now what is gender equality?

Gender equality is different from gender. The difference in body shape and biology has nothing to do with intelligence, leadership, or talent. Yet in society, some presume that there are things boys can do that girls can't. For example, some people say boys lead better than girls. This is a lie because everyone can lead the same way all of us can learn to cook.

There is nothing about being a particular gender that makes one more valuable than another. There is nothing a boy can do that a girl can't when given the opportunity, tools, and support. It requires, however, that the mindset of many changes, starting with Ni Nyampingas and their brothers. Parents are also encouraged to support this without exception.

Ni Nyampinga, don't accept violence due to gender inequality. Try your best to avoid this mindset. Think before you accept favouring some and depriving others of opportunities.



LIFE GOES ON I PICKED MYSELF UP

Are you a Ni Nyampinga who gave birth at a young age? This section is meant for you. We're going to talk about the journey of Ni Nyampinga teen mothers to regain hope in life and go back to school.

Monica gave birth at a young age and while she was still in school, but she never lost hope. She continued her studies, was able to get her child vaccinated, and is now happy that her child is in good health. What made this possible? Let's read her story.

My name is Monica. When I was in Senior Four, I was dating a boy at my school. I got good grades in Senior Five and my parents rewarded me with a trip to visit my older sister in Kigali. She took me to an exhibition where I met the boy I was dating.

That night, I stayed at his house and we had unprotected sex, even though he had promised to use a condom he had. The take-home for young girls is to be careful. No girl enjoys being a teen mother.

When I confided in my sister, she was shocked. I returned home to Gisagara and after about two weeks, I realised I was pregnant.

I didn't tell my parents straight away. Instead, I decided to switch to a day school. When I was seven months pregnant, no one could tell. But after eight months, my parents found out. They were hurt and began to treat me differently.

I kept hiding my pregnancy because when you are pregnant at a young age, people think you are a failure. But this is not true.

After giving birth, life goes on and you can achieve your dreams. People should change this negative mindset.

When my school found out that I was pregnant, they did not discourage me. They encouraged me to sit for my final year national exams, and I passed! I did my exams in the morning and took my baby to get vaccinated in the afternoon. It wasn't easy, but I managed. I did all this because I wanted to vaccinate and provide a good life for my child, even if I hadn't planned for this to happen.

After finishing my studies, I regained my parents' trust and empathy, got a job and they babysit for me. Life went on.

While it's challenging to give birth when you are still young, if it happens to you, don't get discouraged. Don't give up. Make good decisions and set goals. You can overcome any obstacle you face and achieve your dreams.

I hope Monica's story has restored your hope in life. Thank you for reading this article we shared with you, with the theme "It Is Me, Myself and I."



IT'S ALL ABOUT MINDSET

INTRODUCTION

Dear Ni Nyampinga fans, we are back with a saying: "self-determination begins in our mind!" Do you ever think about this when you are setting a goal? What do you do when you want to achieve it? Would you work alone? Would you work with others? All this starts with our mindsets.

At Ni Nyampinga, we asked experts for their advice and we couldn't keep it to ourselves. We have to share it with you, our friends. Do you have something to share with other Ni Nyampingas? Share your thoughts with us and help others to discover their talents.



YOU CAN ACHIEVE EVERYTHING YOU WANT!

"Everyone can achieve their goals if they work hard for them." We were told this by Ange, a 17-year-old Ni Nyampinga who is a professional poet. She started writing short stories and along the way she discovered she was a poet. She loved it, nurtured her talent and decided to make it her profession.

Although Ange lives with a physical disability, she never underestimates herself. She went to school, studied, learnt and discovered she was a talented poet. She combined this talent with technology and benefited from it.

You may ask: How did she do it all?

After writing her poems, Ange asked her cousin to share them on social media for people to read. This opened doors for her and after a while she got noticed and was invited to participate in competitions like "Transpoesis." She took part, won and became even more famous!

ACHIEVING GOALS THAT REQUIRE MONEY WHEN YOU DON'T HAVE ANY

A CLEAR GOAL

Friends! Do you need money to achieve goals? Often the answer is yes. Let's say that your goal is saving up to buy school supplies or chickens for rearing or even something else. Every time you set a goal, make a plan, organise the activities and set a timeline. Ni Nyampinga paid a visit to students aged 12 to 15 at Kanyundo Primary in Rubavu District.

Here are some useful questions they shared that will help you as well:

- Is your financial goal achievable?
- What is your capacity? How much money do you need?
- How much money do you need to save each month to achieve your goal?
- What is the source of the money you need? How long will it take you to achieve your financial goals? How long will it take to find the money you need to reach your goals?
- What kind of support will you need?
- Who will give you that support? Your parents, friends?

NI NYAMPINGAS' EXCITING IDEAS!

IDEA 1: "WE HAVE SOLUTIONS AMONGST US"

Since she was a child, Natasha loved to disassemble electronic devices like radios and phones to find out what was inside. This led her to love all things related to science. When she grew up and saw houses catching fire, she felt concerned and came up with the idea of a device that would alert people of the risk of fire.

So, what happened next?

Natasha went about inventing such a device and she sought help from her school, Sinhgad Technical Education Society Rwanda, which helped her to get the materials she needed.

"I talked to the school administration and they supported me. I searched on the Internet for the materials I needed. Then I gave the list to my school and, a few days later, they brought me everything I needed. They even supported me with lots of ideas which helped me to create the device."

Three weeks later, the device was completed and the school helped Natasha to take it to an exhibition of 'Made in Rwanda' products. Quite an achievement, isn't it? You can achieve a goal like this as well!

On this journey to finding solutions within yourself, you might meet people that will discourage you and other kinds of challenges as well. Even Natasha faced some but kept on working to turn her idea into reality. She came up with strategies to overcome her challenges and you can too! Don't ever be discouraged. Rather, use your knowledge and skills and work hard to reach your goals.

Natasha wants fellow Ni Nyampingas to know that they are capable and urges them to share their ideas. You can achieve whatever you want if you set your mind to it. Look at the issues in your community and contribute to finding solutions. You cannot keep waiting for someone else to find solutions; instead, take the lead.

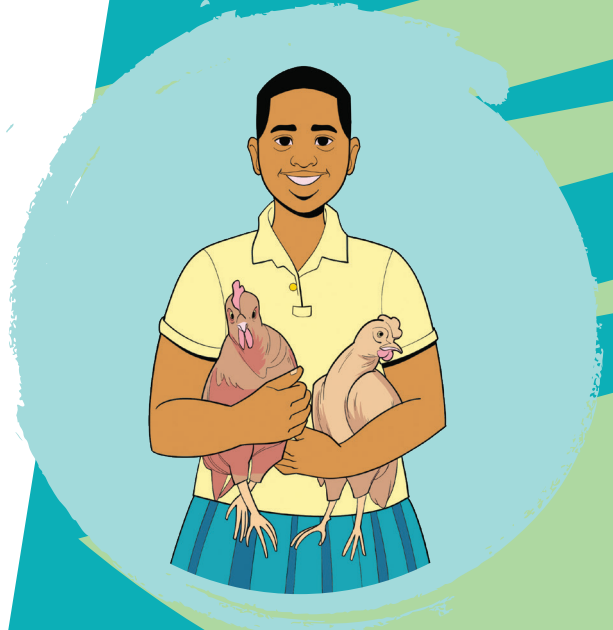
NI NYAMPINGA, WE CAN!

Across Rwanda, Ni Nyampingas are starting up businesses and community projects that are having a positive impact in their communities. Through hard work and dedication, these young women are showing the world that anything is possible if you team up to achieve your goals. Christine and Sandrine are two great examples of this spirit of adventure and commitment. Together, they have started to make peanut butter and it's winning the hearts and taste buds of their friends and families. Let's find out more!

For Christine and Sandrine, senior four at secondary school was anything but ordinary. Before they graduated, they began to think about how they could make peanut butter. It was a result of the delicious peanut butter served at their school. And so every lunchtime, the question kept coming back to them: how is it made? These Ni Nyampinga didn't think it was possible to make the same quality peanut butter. They thought it was an expensive process and didn't know where to start.

They were lucky enough to meet people who produced peanut butter and were willing to teach them. But if Christine and Sandrine had not been bold to talk about their idea, it would have just stayed a dream in their mind. They made the first step, got support, learnt and started producing the peanut butter using raw materials locally sourced. They started selling their peanut butter, made money and today are among Rwanda's entrepreneurs. They participate in exhibitions and want to expand their business and explore the international market.

If you have learnt something from Christine and Sandrine's journey, pick up your diary and write the ideas and lessons. This will help you in your journey to achieve self-reliance.





THE SECRET OF WORKING TOGETHER

THE STORY OF ANITHA AND GISÈLE

Anitha and Gisèle are Ni Nyampinga twins who were supported by their family to cultivate fruit and vegetables, rear small animals, and open a savings account at the bank. Their story shows us that when you work together, you can achieve even more. When you are able to talk to your parents and share your dreams, they can support you to achieve them. Having supportive parents is important because if you are attending to your school responsibilities, they can support your activities. This is what made Anitha and Gisèle even happier. Working together does not require you to be twins though. Simply sharing a common goal can help you work hard and attain it together. We hope Anitha and Gisèle's story has inspired you to work together.

UNTIL I REACH MY DREAMS

DJ Ira got her name from the word "deejaying". To become a professional disc jockey (DJ), she had to learn a lot about it. At the start, she was scared because deejaying is seen as a male profession. Can you imagine that when she started she would shake from fear, but kept going and got used to it. Now she is the famous DJ Ira. Passionate about deejaying, it didn't take long for Ira to start mixing music and beats. After just four months, she started deejaying at parties and was good at it! Young people fell in love with her energy. Ira's journey has been very inspiring, and it makes her happy. It gives her energy to carry on. She is now a well-known DJ in Rwanda.

LET'S BE CREATIVE



INTRODUCTION

New skills are new opportunities. You can learn new skills to compliment the biology and French you learn at school. Beyond classroom courses, you can learn sports like football, dance, you can also learn public speaking, leadership and other skills that a person can use at school and beyond.

In this theme "How It's Done", we will look at crafts you can make to relax but also learn other skills. What is the benefit of acquiring more skills beyond what the teacher gives you, especially if they won't be in the exam? Wouldn't that be a waste of time? No. Read through these stories and decide for yourself!

1. Ni Nyampingas' Creative Ideas

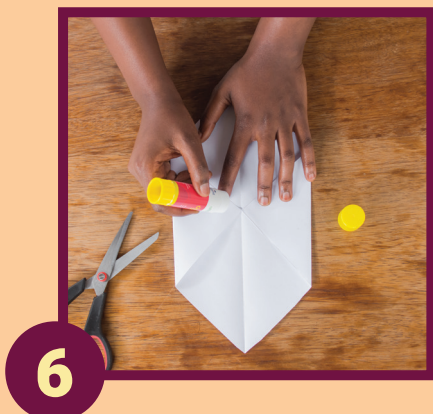
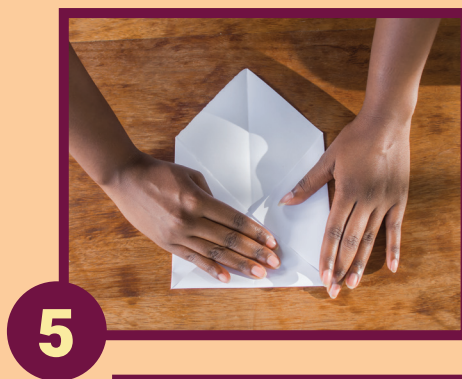
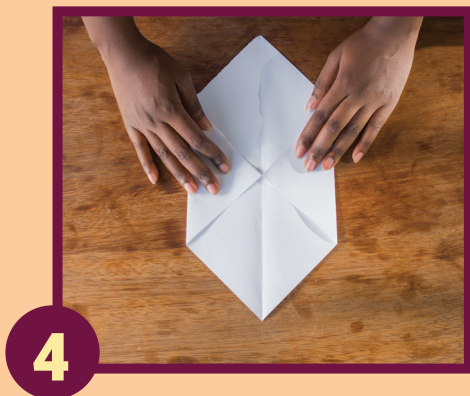
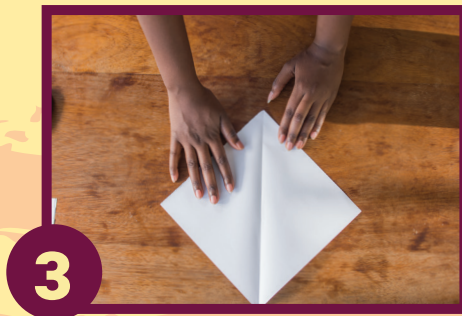
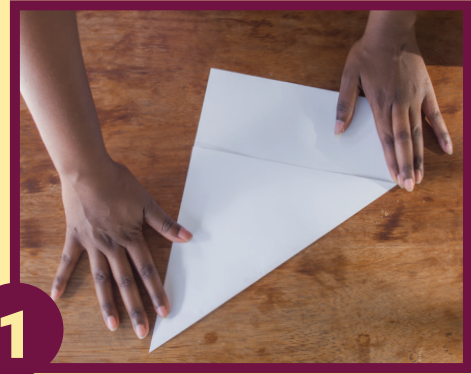
When Louise came from school, she would learn how to tailor because it is a talent that she had. Jovia would learn how to play piano because it helped her relax and return to class refreshed.

If you have something you can do in your free time, don't underestimate it. It's not a waste of time. You can learn how to repair your shoes or draw and learn how to mix colors and much more. Don't allow your mind to be idle.

At your school, look for other things you can do during your free time to learn new skills. If you have any skills you would like to share with other Ni Nyampingas, text us on 1019.

2. How To Make An Envelope

Ni Nyampinga talked to 18-year-old Claudia, who would write to her friends but worry that her letters would be read by others because she didn't have an envelope. That made her learn new ways of folding papers so not everyone could read what she wrote. But discovered the solution when she read Ni Nyampinga magazine and learnt how to make envelopes like the ones she saw in the shops. She followed the steps and made an envelope. Follow the steps and try one for yourself. You can now make different things that you want.



3. Let's Make A Diary

Has something ever happened to you or your friends, and you wish you had kept the memory somewhere? You might also need help to keep track of your day-to-day plans. How can you solve this? Ni Nyampinga has prepared an easy way to make a diary for you to record your secrets, your plans, your birthday and other things that you don't want to forget. You can make this diary with a simple khaki envelope or a few pieces of paper. Let's go!

MATERIALS

- A piece of paper or a used khaki envelope
- Scissors
- A needle and thread
- Coloured pens to decorate your diary



LET'S STYLE A SCARF

When it's cold, it's a good idea to wear warm clothes. One item of clothing you might put on is a scarf. Here are three ways you can wear a scarf to stay warm and stylish. If you don't have a scarf, use a piece of kitenge material or any other warm cloth.



1

Put the scarf around your neck, and let each end fall to your stomach.



2

Take the right end and throw it over your left shoulder and vice versa.



3

Finally, take the two ends from your back and bring them forward in opposite directions.



1

Put it around your neck.



2

Take the two ends and pass them through the space made while folding into two.



3

Pull the two ends through until you reach a comfortable length.



1

Tie the two ends of the scarf together.



2

Put it around your neck like a necklace.



3

Wrap it around your neck again and place the knot at the back.

KNOWLEDGE AND JOY



Dear Ni Nyampinga fans, did you know that apart from lessons you get at school, you could enjoy great times and entertaining moments with your mates? When you have fun at school, you love it even more. When you take part in different games, you get closer to your friends and mates and it helps you study better because your brain has had time to rest. You can also learn through games, or lessons that are not math and science. Ni Nyampinga is happy to bring you exciting stories of falling in love with learning.

I ENJOY SCHOOL

When Benitha got her first period, she was scared to tell her parents because she felt embarrassed. As a result, she didn't have access to hygienic sanitary pads and instead used old pieces of kitenge (coloured fabric), without knowing exactly how to use them. She also had terrible menstrual cramps and couldn't go to school.

A friend told her that she had menstrual cramps as well, but as she started exercising the pain reduced. When people warm up during exercise, their blood vessels open up. Thus, blood passes through smoothly, and the pain reduces. Benitha tried it, and it worked. From then on, she started loving school again - especially as she had learnt and found a solution for her challenge through a schoolmate.

After hearing Benitha's story, we can encourage Ni Nyampingas to talk to their parents whenever you are facing challenges that prevent you from attending school. It is always a good idea to ask for support from your parents, teachers and any trusted adult.

Take some time to answer this question: "What would I do to overcome any challenges that might prevent me from attending school everyday? Text us on 1019 to let us know. You can also write your ideas in your diary.

Benitha's story made us think about what a Ni Nymensampinga can do to manage menstruation at school. Here are a couple of tips on managing your menstruation so you can keep going to school:

- Ask your parents to provide you with sanitary pads.
- If you have a headache, stomach ache, or backache while menstruating, know that those are not signs of illness. This pain will disappear with time.
- Wash your body and change your underwear and pad at least twice a day.
- Do physical exercise like jogging.
- Speak with a female teacher and ask for the support you need.
- Ask your friends or a female teacher if there is a girl's room at school you can use.

LEARNING IS A PURPOSE

Every Ni Nyampinga with a goal and purpose plans all her activities of the day, which helps her to perform well in class. Bella and Joy made a diary for students to record their daily activities so that they and their friends could use it to organise their time and perform well in class.

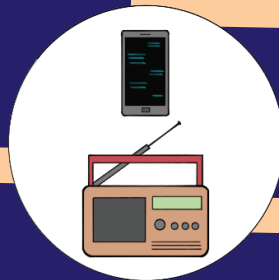
It all started when Bella was working with Joy to make a notebook of their daily activities - a journal.

In the beginning, it was not easy for Bella and Joy to agree on what to write in the journal. But this did not discourage them; they would instead fill in the book together, and this made them organise their studies and revision time. Other

students learned from Bella and Joy and their journal became well known at their school. All their classmates started using the diary to write their activities for the next day. Many students agree that this journal gave them purpose in their life.

A lot of students say that they have learnt a lot from Bella and Joy because the journal helps them to stay organised and remember what they have to do.

How do you organise your daily activities? Text us on 1019. If you haven't started, don't wait, start today and get organised so you can achieve your goals. Organising your daily activities using a diary is one way to help you achieve them.

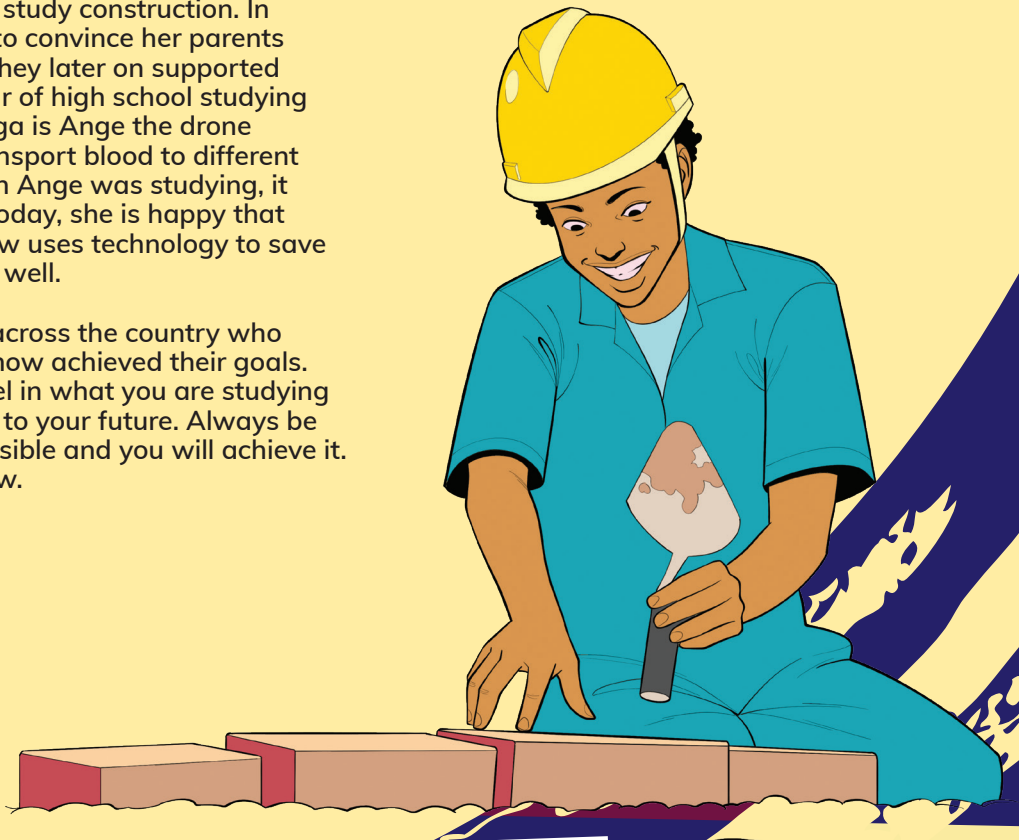


A DEGREE NOT LIKE OTHERS

In Rwanda, ICT and TVET studies are developing quickly and the rate of girls joining them is increasing rapidly. Some girls who join TVET and ICT studies face challenges, but they overcome them by working hard and inspiring others to discover their talents. We talk to two Ni Nyampingas to find out their journey in starting TVET and ICT studies.

Albertine is one of many girls who study construction. In the beginning, it was hard for her to convince her parents to accept her newfound dreams. They later on supported her, and she is now in her final year of high school studying construction. Another Ni Nyampinga is Ange the drone pilot. These drones are used to transport blood to different hospitals across the country. When Ange was studying, it was not easy but she never quit. Today, she is happy that she never gave up because she now uses technology to save people's lives and the job pays her well.

There are a lot of Ni Nyampingas across the country who were able to study well and have now achieved their goals. You can do it as well. Strive to excel in what you are studying today because it will be important to your future. Always be eager to learn new things. It is possible and you will achieve it. Read an interview with Ange below.



TECHNOLOGY THAT SAVES LIVES

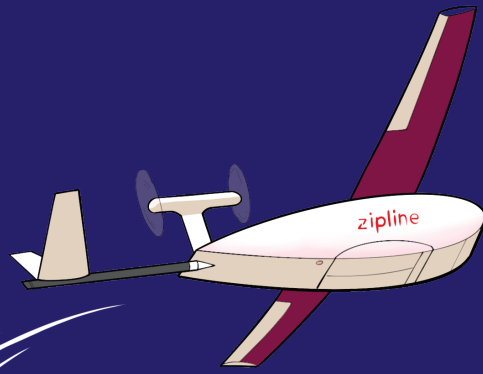
Since childhood, Ange dreamt of being a pilot and she is thrilled to now be a drone operator who saves people's lives. The drones she flies transport blood to different hospitals across the country. When Ni Nyampinga talked to Ange, she told us all about her journey and the joy she feels improving the lives of her fellow Rwandans.

NN: Why did you decide to study technology?

Ange: When I was young, I was curious about how technology functioned. I loved watching planes, and how they fly in the sky without visible support. It made me curious. I also loved watching television and asked myself how people could fit inside such a small device. I even thought about taking it apart to find out!

My uncle, who had studied technology, explained how these amazing things work. My enthusiasm for technology grew, and I decided to pursue it. In high school, I studied electronics and telecommunications. At university, I continued with telecommunications which enabled me to learn even more about the field.





What made you pursue technology to the point where you are today?

I grew up wanting to become a pilot, but later realised there are lots of other good options in the field I was interested in. Helping people has always been close to my heart. I was inspired to take care of people after my brother's IV fluids ran out at the hospital, and his blood flowed back into the IV tube. I knew I had it in me to come up with a solution.

How did you try to solve that problem?

When I was writing my university thesis, I researched a device that alerted medical professionals or patients about the level of IV fluids. My school loved the project and encouraged me to develop it after graduation.

What happened to your project after university?

I presented the project at Miss Geek Africa – a competition where girls present tech projects and the best wins an award. I was among the winners and was even more motivated to search for opportunities like my contribution here at Zipline. The organisation supports Rwanda's health sector with modern technology. Our role is to supply blood in different parts of the country using drones.

Was your journey an easy one?

It was not easy. Sometimes, I didn't have the resources I needed for my project, and some people discouraged me. I chose to focus on my progress and believed in myself. Girls who achieved their dreams, such as pilot Esther and others, inspired me to keep going.

What are your responsibilities at Zipline?

I operate the drones and set the course for them to reach their destinations. When a hospital sends us an order, I prepare a blood package and a drone to fly it there. I control the take-off using a computer, and track its trajectory until it returns to base.

Have you reached the peak of knowledge in your field?

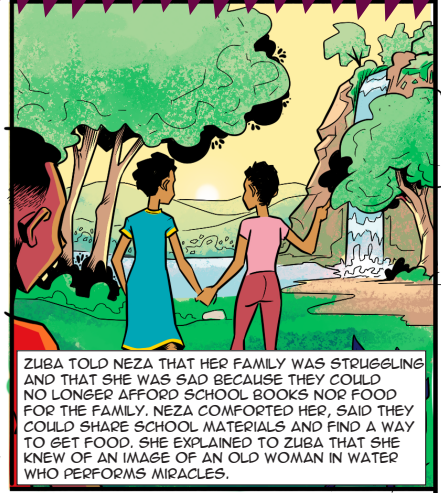
I am still learning. Technology is a constantly evolving field, but I use the Internet to discover new things and develop my skills.

What message would you like to share with other Ni Nyampingas?

I would encourage Ni Nyampingas to look for opportunities that enable them to follow their dreams. It's very useful to do research, find mentors and study subjects that are relevant to their passion.

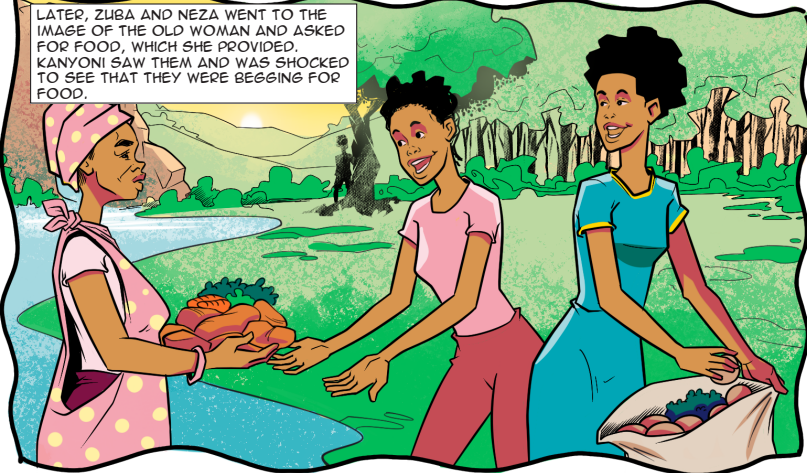
A FRIEND INDEED

ONCE UPON A TIME, THERE WERE THREE CHILDREN: ZUBA, KANYONI AND NEZA. THEY WERE NEIGHBOURS AND SCHOOLMATES. KANYONI WAS THE CHATTY ONE, NEZA LOVED TO HELP HER FRIENDS, WHILE ZUBA WAS ALWAYS HAPPY AND SMILING. SOME TIME BACK, ZUBA'S PARENTS FACED FINANCIAL CHALLENGES AND STRUGGLED TO PUT FOOD ON THE TABLE. ZUBA DROPPED OUT OF SCHOOL BECAUSE SHE COULD NO LONGER AFFORD THE BOOKS AND OTHER MATERIALS SHE NEEDED.



ZUBA TOLD NEZA THAT HER FAMILY WAS STRUGGLING AND THAT SHE WAS SAD BECAUSE THEY COULD NO LONGER AFFORD SCHOOL BOOKS NOR FOOD FOR THE FAMILY. NEZA COMFORTED HER, SAID THEY COULD SHARE SCHOOL MATERIALS AND FIND A WAY TO GET FOOD. SHE EXPLAINED TO ZUBA THAT SHE KNEW OF AN IMAGE OF AN OLD WOMAN IN WATER WHO PERFORMS MIRACLES.

LATER, ZUBA AND NEZA WENT TO THE IMAGE OF THE OLD WOMAN AND ASKED FOR FOOD, WHICH SHE PROVIDED. KANYONI SAW THEM AND WAS SHOCKED TO SEE THAT THEY WERE BEGGING FOR FOOD.



WHEN KANYONI SAW THEM, HE STARTED TO MOCK THEM, BUT NEZA EXPLAINED THAT ZUBA'S FAMILY WAS GOING THROUGH A TOUGH TIME. THEY AGREED TO KEEP IT A SECRET.



TALKING TO HIS FRIENDS, KANYONI SAYS THAT ZUBA WAS NOW A BEGGAR.

WHEN ZUBA ARRIVED IN CLASS, HER PEERS LAUGHED AT HER, SAYING: "LOOK AT THAT POOR GIRL WHO BEGS FOR FOOD."



ZUBA SAT ALONE BECAUSE HER CLASSMATES DIDN'T WANT TO GET CLOSE TO HER. IT WAS A SAD STATE OF AFFAIRS. ZUBA ISOLATED HERSELF AND BECAME PREOCCUPIED WITH HER PROBLEMS.

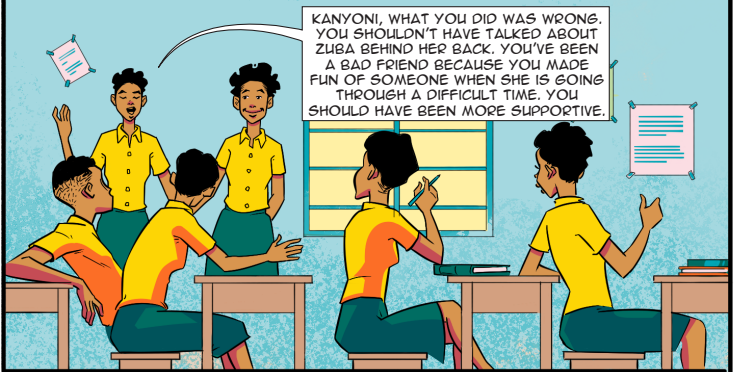


WHEN NEZA SAW HOW ZUBA WAS ISOLATING HERSELF, SHE FELT SAD. SHE TOLD HER CLASSMATES WHAT THEY WERE DOING WAS WRONG, AND THAT INSTEAD OF MAKING FUN OF HER, THEY SHOULD COMFORT AND SUPPORT HER.



NEZA APPROACHED KANYONI AND SAID

KANYONI, WHAT YOU DID WAS WRONG. YOU SHOULDN'T HAVE TALKED ABOUT ZUBA BEHIND HER BACK. YOU'VE BEEN A BAD FRIEND BECAUSE YOU MADE FUN OF SOMEONE WHEN SHE IS GOING THROUGH A DIFFICULT TIME. YOU SHOULD HAVE BEEN MORE SUPPORTIVE.



AFTER REALISING HOW SAD ZUBA WAS, KANYONI UNDERSTOOD THAT WHAT HE HAD DONE WAS WRONG AND APOLOGISED TO HER IN FRONT OF THEIR CLASSMATES. HE FELT BAD THAT HE HADN'T CARED FOR HIS FRIEND WHEN SHE NEEDED IT MOST.



ZUBA, NEZA, AND KANYONI REJOICED IN THEIR FRIENDSHIP AGAIN.

TUNE IN Ni NYAMPINGA

Tune in to the Ni Nyampinga radio show on Radio Rwanda and RC Huye every Wednesday at 6:15 PM and every Saturday at 2 PM! Text to 1019 and tell us what you think of the show. We can't wait to hear from you!



www.ninyampinga.com