Today's Second Rite of Passage-Education,

From

Boyz To Responsible Men

Adolescents' Transition Guidebook

Mr. Kagema - P.C.E.A Kayole Parish PCMF- rite of passage Chairman, First forwarded the original work of this book, in the year 2018 and Rev. Mary Muriuki – The Parish Minister in 2019, later launched it

And finally

FOREWORDED BY;

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FOREWORD

I sincerely endorse this book and acknowledge the testimonies from the three other Adonijah's mentors namely; the late Francis Jumba E. who inspired him into social and child development and under whom he served at Ghetto-Child Programme Trust as a deputy director between 1997 to the year 2005, his spiritual father and mentor the late Bishop Paul Mbugua of Patmos Fellowship Church, and his most influential mentor the late Rev. Eric Musee who was an anthropologist.

I have the pleasure of having mentored the author for more than 10 years. I have found him very instrumental in the students' lives despite having not pursued an education career. He has indeed contributed a lot in the education sector as both counselor and a youth mentor, especially through the renowned Kenya Students Christian Fellowship (KSCF) where he has served as an associate for over 20 years.

Adonijah's desire is to reach out to every adolescent student face to face and offer a listening ear, but since this is not possible, I, therefore, challenge everybody who gets hold of this book to embrace it. Having worked as a high school principal, theologian, psychologist, member of the clergy, and as a parent, I concur with the author that the state of the boy child is at stake and that education is indeed inseparable from the second rite of passage.

I, therefore, forward this book and challenge teachers, parents, church leaders, and both boys and girls especially those on this second rite transition to use it as a life companion tool.

Dr. Joseph Kinyanjui
Principal, P.C.E.A MAI-A-IHII HIGH SCHOOL
& **Senior Pastor**- Fruitful Brethren Christian Centre.

DEDICATION

I dedicate this guidebook, first to all the 2018 Rite of Passage graduates – *the vessels of honor* - for the courage they demonstrated during their 12 days' transition period, in particular, the 127 boys who on the night of 12th November 2018 fearlessly faced the *men's cut* at Infill Academy in Komarock - Nairobi. Despite the pain of the cut, it was indeed an historical mark. Nevertheless, it could have been in vain if they did not translate this pain into gain in a bid to brighten their future, accepting to man up and challenging the today's emerging trends that threaten to push man away from his rightful position.

Secondly to everyone who goes through a similar experience each year. This applies to all adolescents on *childhood-adulthood* transition. In particular, to *Victor Johns* and *Leslie Gachoi* for choosing to join their peers although circumcised, so as to benefit from training and mentorship program. This is the true spirit of manhood and heroism.

Thirdly, I find it ultimate to place this handbook in the hands of individuals who have not had the privilege of a father's figure experience in their lifetime, either by negligent fatherhood, death, divorce, or separation, that led to single motherhood. They should stop lamenting and gain foresight on identification of profound mentors as they express gratitude to their mothers for the incredible work of raising them.

Fourthly, I dedicate this guidebook to all young men who by grace of God refuse to relent in fighting negative peer pressure and instead manage it amicably, and to all students' leaders; more so the young leaders; who led the 2018 and 2019 rite of passage at Infill Academy - they were great!

Finally, I commit this resource to all Kenyan students who wish to positively surprise the world with academic improvement, and everyone else that finds it handy; especially *peer counselors* who help their fellow students. I am confident that you will find this book helpful as a reference tool in your daily work.

ACKNOWLEDGMENT

First, I thank the Almighty God, the author of life, for the opportunity He has granted me and others who gave a helping hand in putting together ideas, experiences, knowledge and wisdom into a defining masterpiece.

I thank PCEA Kayole Parish for launching the work of this book and the PCMF- Rite of Passage board from whom I learned a lot, and their youth mentors for giving me enough room to interact with mentees over the transition camps. Special thanks to **Mr**. **John Ngaruiya** for his peer mentorship to me.

I sincerely thank FBCC brethren and my family for continuous prayers and support.

Robinson Mburia; a fourth-year student at Jomo Kenyatta University of Agriculture and Technology, John Mulei; a finalist at the University of Nairobi, Stephen Njoroge; a graduate of Nairobi Institute of Business Studies, Eric Kyalo; a psychology student at Kenyatta University, Momanyi Samuel; a form four student at Pioneer School, Brian Githua of Lenana School, Elvis Kiberia of Mangu High School, Joshua Muriuki of Chuka School (one of the 127 chaps to whom this book is dedicated to), Kelvin Chege of Kairi Boys High School who is also a peer counselor at Full Gospel Churches Oasis - Juja, and Mike Mumo; a form three student at Moi Forces Academy, and everyone who made this endeavor a success.

I thank everyone who shared out any incredible, brilliant idea and helped in compiling them for success. I also thank those who toil to put a positive mark in the life of youngsters especially the teachers, parents and the youth mentors.

Finally, I would like to recognize my late father, Mr. Dedan Kimanthi, who by the grace of God talked with brilliant intuitive understanding. He did incredible job together with my mother of raising me, particularly, inspiring me to think creatively and within the context driven by wisdom as everyone would see. He was the first out of the two in my family who referred to me by my second name- Kaema.

INTRODUCTION

There are five rites of passage. i.e. birth, adulthood, marriage, eldership, and ancestor-ship (death). A rite is a fundamental act (or set of rituals) performed according to prescribed social rules and customs. Each of these rites is a key component that is part of traditional cultures. In this book, I will major on the second rite of passage (adulthood). The most important thing for today's adolescents is nothing but education. It is true that it takes a nation to raise a child to be real and a responsible person. A nation that does not invest in its young generation is a nation without future. It is the role of the society to provide the required guidelines and codes of living for the future generations. In this book, the youth's role is significant.

Unfortunately, this is not so in the current world. In cases whereby the onus of raising up the child is solely a one-parent prerogative, it does not seem to bear ample fruits. This is a guidebook for the young men particularly those exiting primary school, the form ones and twos which sharpens them with life, character and competence skills - it is a useful guidebook for transition.

I want to comment and thank you for finding time to get this book and I hope you will dedicate some time to read it. I believe that you are the person this book intended to help. You may be an engineer, a doctor, a pilot, a lawyer, a journalist, a scientist, a politician, a preacher, a teacher, a father to a future president or even a president in the making.

Whatever the case, you are a future leader of a country faced with myriad of challenges including: Socio-economic, political and health related cases such as cancer, HIV/aids and Coronavirus that has claimed lives of very significant personalities.

I believe that educating warriors who are reading this book like you can address these issues. Would you, therefore, fearlessly do what it takes so that you leave a legacy? Well, now that you are on the first phase of your lifetime, you can do a lot for your future. It is important to realize that whatever you do in your first half of life inadvertently affects the second.

This book targets the *ropers* - newly initiated boys to men, the boy child's champion mentors, pre-teens, those on primary-high school transition and all adolescents desiring to excel. This is a psychosocial competence book.

WHY, THIS GUIDE

The idea to write this book came as an urge to equip the initiates who go through the second rite of passage, particularly, those who attended the P.C.E.A Kayole Parish Rite of Passage camp at Infill Academy-Nairobi in the year 2018. I was further driven by passion, 20 years of experience gained from the nine villages of Kibera with the adolescents, crowned by a revelation research on *Preventive Collective Youth Violence in Kibera*, *Nairobi* carried at the end of the 2nd Millennium by *Rye Barcott.* The desire to see maturity, focus, change, safety and collective self-responsibility among the male child was another major factor that made me burn the mid-night oil.

This guide is ideal for adolescents in both primary and secondary school and to those who yearn to make a difference in their life. In fact, this book is a significant tool to any person who reads it. It is a companion guide that contains basic character principles, attitudes, skills and knowledge that help adolescents and more so sons to undergo a meaningful school transition to responsible and competent manhood.

Upon successful completion of the chapters highlighted in this book, the reader should dream bigger, maintain focus, set smart goals, develop self-responsibility, self-drive, self-motivation and competency. The knowledge and skills shared in this guidebook consequently remain a life-changer and an instant psycho-educative tool for the adolescents.

Biblical teachings call us to be responsible. The Bible questions the authenticity of a man who gains the whole world and loses his own life. We have witnessed in the world people who lived luxurious lives but ended up dying very desperately, without having made any significant impact, or being accountable even to their own dependents. A good example is a case here in Kenya whereby a late prominent person was reported to have had a net worth of Ksh100billion, yet when he died, he left behind a disgruntled family. Probably, this was what led to one of his granddaughters succumb to cancer, perhaps due to lack of funds to cater for her medication despite been a descendant of a billionaire.

This book is a self-help tool meant to motivate, guide and counsel adolescents to get the best out of their lives amidst the shifting world, hence, becoming extra responsible and remain safe. It contains answers that the young people need to live as expected without confusion and distress.

Dear male adolescent reader,

Primarily, I thank you for creating some time to read this book. Secondly, I take this opportunity to challenge you to give importance to whatever you want to achieve in life. Be creative, innovative and strive to do your best. Help those in need of your help. This book will enlighten you greatly and you may wish to share it with others. Please do not hesitate to do so for you are a champion.

I believe that you will bring change to yourself, your family and to the world at large. In case you may have lost or forgotten your dream, I urge you to pick up yourself and re-dream. One way of doing this, for those of you who have the privileged to have mothers, is by asking them to recall the prayers they made for you the day you were born.

Always keep doing your best as the time ticks. Keep moving and never give up. You will be surprised to discover that you are born to be great. So, never allow anyone to belittle you. We are all born to be great but some of us choose to think small due to surrounding circumstances. In case you feel so, do not hesitate to reach out for help. This book is my help letter to you.

Thank you once more for choosing my book among thousands of others to guide your way to being a responsible man. As you read internalize, and write down notes. Underline. You may need to adjust and inquire from your guardian where you are not sure. Also, find some assignments and try them out.

We may have weaknesses, but we can always perfect ourselves. In life, you will come across difficult things such as academic subjects. Never develop negativity over them but treat them as 'darling'. They will sharpen you.

Finally, you might find that, any of your parents, teachers, mentors or elders lack some of the good qualities suggested in this book. My counsel is that, avoid copying their bad side, and respect them and their opinions. Obey your parents. If they command you to do evil, walk away and seek help for both of you from another responsible adult or government office.

God bless you and enjoy the reading.

Adonijah K,
Mentor-Coach and Counselor.

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Chapter 1 MANHOOD & Adulthood

Man is the male version of human creation while manhood is about a process of attaining maturity as a male and not about gender. It is more of being a responsible man. *Manhood* is the livelihood of a man and the essence of effectively playing the role of a man. This role includes the leadership position that God bestows in man. It is important we agree here that men are 'made', but boys are born. Developing men out of boys requires commitment and concerted effort. Boys do not become real men inevitably. The level of responsibility distinguishes real men from mere men. However, responsibility goes only to the one who is worth it. Responsibility is caught and not taught. It is made of two major words *i*.e. ***response*** and ***ability***. Responsible men are able to ***respond*** first to their own needs, those of their families and then to other people's needs in society. On the other hand, **adulthood** is the chronological age in life naturally attained at 18th birthday. Adulthood entails independence and *accountability*.

Significant ***celebration*** at the second rite of passage in most Kenyan communities confirms manhood through circumcision of the male child as a mark; where the young man enthusiastically identifies with it, desiring to live a distinct, responsible life. He is emotionally set and desires to be in both freedom and responsibility. This touches the *three segments* of human being i.e. the *soul* (mind, emotions, values and will power), *body* & the *spirit*.

The Separation during the Rite of Passage

During the *Ropes* camps period, the initiates need to separate from normal privileges entitled to them while at home such as: watching the television, surfing the net, interacting with their siblings, enjoying close parental love and care. They need to understand the ultimate goal for this *separation*.

The pain they experience during this period as a result of denial of these privileges forms basis for internalizing and inculcating aspects of growth and maturity, as a major aim of this transition. On the other hand, pain caused by the fear of the unknown, uncertainty, even the cut and other stretching moments are integral part of this separation. Initiates are, therefore, required to hook up with their fellow age mates (*(rika*) as termed in Agikuyu or (i*ika)* by the Akamba) and together with the mature male mentors. Mentors help them to internalize the sanctity of this rite of passage. In my view, this practice needs to be extended after incorporation with the family for at least two weeks to enable the newly initiated to absorb the family beliefs, values and goals for initiation; avoiding tiresome sports.

The ***Rite of Adulthood*** is the *second* major initiation rite and the most popular today among the five sets of rites. It is between birth and marriage rites. Most people today assume that "rites of passage" only refers to initiation into adulthood, and they are often not aware that adulthood rite is only one set of rites within a larger system of five (5). This rite is usually at the onset puberty stage (12-13, 14) years of age in many African cultures and it is for ensuring shaping of productive, community-oriented and responsible adults. It is unfortunate that today, this rite of passage does not guarantee the intended purpose due to inter-cultural influence, and especially from the west where it has never had an impact. Today, there is nothing automatic about youth being productive and responsible members of society without proper *mentorship* and *training.* It is, therefore, the duty of the youth, their families and the entire society to ensure that a *watertight* type of mentorship that raises boys into responsible adults is put in place.

Circumcision - The mark

Circumcision, mostly referred to as the **cut**, is a symbolic act mostly mistaken by section of people. The cut is a significant experience in a boy's life that separates two worlds, i.e. childhood and adulthood. This cut instills significant pain, necessary in this rite of passage. It is in my opinion that, this particular pain not to be fully, eliminated as it is currently the case, through modern medical methods. Because it hardens the young men, preparing them for the myriad of challenges that lurk around their future, making them courageous and fearless. This pain carries with it the gift of nurturing resilience and endurance.

The Incorporation

Incorporation is the third and the final stage in the adulthood rite of passage; here the graduates are to embrace the new responsibilities and roles that come with being a man. On the other hand, the community curiously recognizes and appreciates the initiates' new roles and identity acquired. The newly initiated seeks to know the expectations of their families and of the community.

Incorporation is the longest part of the three parts of second rite of passage of separation, *transition*. At this stage, the family responsibly nurtures, instructs and mentors the graduate into a responsible man. The main goal is to train, build character and the right values, as well as restoring the lost morals to a better person. While it is the responsibility of the society to model their youth into responsible citizens, parents need to assist their sons in identifying mature, focused and responsible male mentors to walk with for at least a period of one year if not four after the adult rite of passage initiation. This helps them to mature up and put their priority right.

NUGGETS OF MANHOOD [Characteristics of a Real Man]

1. Man takes initiatives

This means readiness to engage in difficult activities by being aggressive and ambitious in life. True men take worthy risks such as investing in business projects, sacrificing tirelessly in education, others do so by fighting and killing deadly animals such as lions (the *Maasai morans*). Some of these initiatives include:

a) Relationships (interpersonal skills)

We need to seek for healthy relationships. At an appointed time, a real man engages in a relationship with a member of the opposite sex, for marriage. I suggest that, such a serious relationship be after the 22nd birthday for women and 24th for men. Courtship before marriage is necessary, and it requires a good period of time, proper disclosure and honesty is important.

b) Faith- It takes a strong man to invest in sacred relationship with God by making a decision to believe and follow Him. A true man serves God and leads his people in the way of the Lord. In times of temptation, he always looks up to God for help. A man of faith never loses hope.

c) Decision-making – A true man knows what he wants, he chooses wisely and acts accordingly. He guides his decisions by principles such as (HELP) **H**-healthy, **E-**ethical, **L**-legal and ***P***- Parent involvement).

A real man endeavors to take initiative, and leave no room for passivity.

2. A real man lives responsibly- a responsible man obeys the law, takes care of those near and is fully accountable for his life. He makes the right choices while avoiding all manner of evil for he knows when and where to say 'YES' or 'NO', and takes good care of himself and the environment.

3. **A real man lives sacrificially** – Sacrifice calls for dedication, selfless love, and self-sacrifice. Acronymically the term '**Man'** can stand for: **M**- *meets*, **A**- *all*, **N**- *needs.* Real men **invest** in future needs.

4. **A real man loves unconditionally**–A real man loves God and his family, and lives a faithful life.

5. **A real man leaves a legacy**; a real man leaves a good mark where he has been. He pursues his dream without fear, and works hard and SMART both in school and at home. At his burial, people truly feel the gap he leaves behind.

6. 6. **A real man never complains of being tired;** he knows that both the family and community depend on him. A real man enjoys working to get an income and does not enjoy free things.

ROLES OF A MAN

1. Man is a 'King'- Just as a king does; a real man provides leadership to those under him; the immediate family and those who are under his jurisdiction. A king is a leader and so are the menfolk.

2. Man is a Mentor- Man is a role model to those who look up to him. He needs to train, instruct, correct and impart discipline where necessary. He knows that whatever he does and says will go a long way.

3. Man is a warrior- A warrior protects and defends his own people.

4. **Man is a good friend-** A real man takes noble care of the environment and interacts well with his family members and community. He is concerned about the community's activities and the roles and mores therein. He contributes in development matters.

5. A real man has both parenting and fatherly skills; a real man loves unconditionally, protects and works for his family. He attends to his children promptly.

QUALITIES OF A REAL MAN; Areal Man Has

1. Has a vision

A vision is a big picture about what a man desires to achieve in life. Without a vision, a man is blind. A vision creates hope for the future. It is through vision that a man proposes to a woman for marriage. Man is the family vision bearer, not the woman. A man must play his role rightfully.

2. Has a teachable spirit

A real man keeps on learning. He does not intercept when seniors are talking because he need to listen and learn from them.

3. Has a serving heart

A real man is a people's servant. When Jesus washed his disciples' feet, it did not make Him small by so doing. It portrayed humility. A man who aspires to be great has to humble himself and put other people before self.

4. Is self-disciplined

A disciplined man is one who manages effectively all his natural elements: the physical element, the cognitive element and the spiritual element.

When involved in misconduct, a young man needs to undergo the society set procedures for correction and accept the mistake instead of denying the problem. Self-discipline is the true test of a successful man. Repenting is a worthy way.

5. Protects himself and provides security to others.
A real man provides security for his family. He is wise and observant enough to detect any danger that threatens his family. His children know that they need permission and guidance from him on things they want to undertake. Adolescents should avoid any bad company, which may lead them to unethical acts and traps such as premarital sex, drug abuse and secret meetings, but instead live an honest life.
6. Is responsible
A real man takes full charge of personal and family needs. He does not lead a carefree lifestyle of wastage of resources meant for beneficial family matters on unimportant things such as alcohol, gambling and other unwarranted activities. A real man *prioritizes* on his family affairs.
7. Has problem-solving ability
A real man uses the right reasoning and common sense when solving problems and making decisions. How successful he manages to come out of a dilemma is what distinguishes him from unsuccessful men. A young man is supposed to solve his own problem like a mature person other than going back to his parents every time he has an issue.
8. Has a positive attitude
A real man is optimistic that everything he plans to do will succeed.
9. Is passionate
Passion is the inner drive, which keeps us moving towards what we have set to achieve. It is through passion that Jesus Christ overcame.
10. He is a good listener and so an effective communicator
One who actively pays attention to a speaker, and avoids interruption is a good listener. He is keen on details and grasps what is required of him. By understanding, he will be able to correct and model others.
11. Has initiative skills
A real man takes the lead. He has the ability to initiate and complete tasks. One mark of a real man is the courage to initiate and complete project.
12. Has courage and confidence
It is through *courage* and *confidence* in dealing with difficult matters, or, the ability to take essential risk that a true man is tested**.** A real man remains strong in spite of any threats and the urge to retreat.
14. Is conscious; As a real man, you need to be fully aware of what goes on in mind and what comes out of the mouth. Avoid filthy and vulgar language. A real man does not engage in a talk (gossip) that is not building anyone. Always speak well of others.

15. Is consistent and careful in life

As a growing man, always be steady so that you may get track of everything you do. In addition, take care of the words you use.

16. Is committed

As a man, remain devoted in life and set goals so that you may be successful.

17. Is competent

Competence is the ability to perform in a given task as it is expected. It drives us to work. It is the key to excellence. It is necessary to step into excellence as a way of striving to attain the best. We do this by being more attentive and doing deeper research.

19. Listens and values effective communication.

Real men communicate well with their families; to speak they do not need to take alcohol to psych themselves. In order to lead your family, you need to be a good communicator. My teacher once told me that '*it is wise to have BIG EARS and a* ***small*** **mouth'**. In the bible, we have Adam our ancestor who never communicated well with his wife concerning God's instructions regarding the tree of knowledge and that of life. Without the ability to communicate, a man travels alone; other people cannot catch his vision.

20. Has endurance and tolerance skills.

Real men have the ability to persist through beneficial hard and risky tasks.

Endurance is the ability to continue through difficulties. The more you endure, the more you acquire skills to deal with hard tasks. Men are to be strong and tolerant enough in hard and risky beneficial situations.

Tolerance, though mistaken to be closely related to endurance, tolerance is the act of accommodating that which one dislikes. There are people around us who we need to tolerate because they may be weak or have different views from ours. We need to outgrow our differences, and instead learn to live with such people. This calls for emotional intelligence.

Always be ready to face life as it is. Remember *quitters never win* and *winners never quit*. Edison, the scientist who invented the light bulb, made 1,000 unsuccessful attempts. When a reporter asked, "How did it feel to fail 1,000 times? Edison replied, 'I didn't fail 1,000 times; the light bulb was on invention through 1,000 steps.

A real man is **resilient**. Even though, he falls, a real man stands the storms of life and remains optimist to the end without giving up.

21. **Plays a significant role both in his family and community**
He ensures that he locks gate & doors at *family* level, animals are fed and safe. A real man makes inquiry about the whereabouts of his family members who are away. At *community* level, he participates in community activities. He needs take care of the elderly and the young ones. As a role model and ideal man to the young ones, he takes care of community resources.

22. Is self-reliant - A real man develops ability to think independently and in the right way. At the age of about 24, he needs to move away from his parents and pay his own bills without relying on them.

23. **Has RESPECT**

Truly, respect is a key component in all forms of relationships and it is the first thing that we give out to all people either poor or rich, strong or weak, black or white. It is a personal inner skill.

A real man commands respect to those in his family and community. People follow and respect men who are ready to pay a prize in life.

As an acronym, RESPECT can stand for:

R – *Respect* yourself first, and then people will respect you. This is how to gain respect.

E – *Exceed* the expectation of others. Fight for victory and go beyond other people's expectations. If asked to clean one pair of shoes do more.

S – *Stand* firm in your convictions. People respect those with personal convictions.

P – *Possess* uncommon security and maturity. Respected men do not grab all the credit nor do they boast around.

E – *Experience* personal success; succeed first, then invite others to read your success.

C – *Contribute* to the success of others; give success out, and let others to use your success to succeed. Then will you be successful in the true sense of the word.

T – *Think ahead*: Plan and discern before whatever might happens in a relationship.

Assignment
Read and mark each number to see how each affects you on a separate paper. i.e. No. (9) Which thoughts keep coming into your mind?

Things preventing boys from becoming real men

1. Promiscuity and negative sexual desires.
2. Pornography & masturbation.
3. Overreacting, bitterness and refusing to talk.
4. Laziness, which manifest in lateness and slowness.
5. Overplaying and wastage of time in modern media.

> Children who do household work become more successful in life than those who do not. – ***Julie Lythcott-Haims***

6. Lost hope due to negative environment.
7. Gambling and other addictions.
8. Joining illegal groups and bad companies.
9. Negative thoughts and unrealistic (false) ego
10. Disregard and disobedience to truth.
11. Gossip and mobile phone over-chatting.
12. A negative attitude, anger and unrealistic fear caused by negative experiences.
13. Idleness, lack of focus and laziness.
14. Imitation and impersonation.
15. Negative peer pressure and poor relationships.
16. Curse and negligence by elders.
17. Wrong choices and 'negative mental *software'* in one's life.
18. Being ashamed of expressing their emotions.

The Boy's Role in Manhood Development

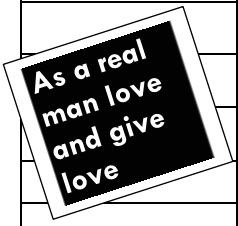
While it is true that, the society stands to help boys become responsible men; the reality on the ground shows us that, there are extremely few people in today's society interested in raising boys into men. This has left the boy-child with only one option – to reach out and grasp someone responsible to trust. In doing so, boys can ensure that they consult their parents. They should choose mentors wisely and always share with their parents what they are experiencing out there with these mentors; lest they fall in a trap.

In addition, young men are to use wisdom and learn to consult the elders (*teachers, parents & spiritual leaders*). They need to let their peers and people they admire know that their family is fully watching over whatever happens to them. However, in so doing, one needs not to appear like orphans because some people may take advantage of them. Today many young people are victims of child abuse just because they over trusted their peers and strangers more than parents. Friends are good, but parents are safer, unless otherwise. If trapped already, speak out before things get worse.

Young men need to seek knowledge and make good use of reliable people who have authority over them. Such people have a responsibility to guard the lives of the young ones. As a young person, never over-trust people unless they are professionals enlisted by your leaders, or who have a good reputation in the community. In whatever the case, take care of your life and always remember that prevention is better than cure.

'Difference between real men and boys'

Put '1' for Men & '0' for Boys Here below	**A good number of the boys**	**Real Men**
	Have no initiative to develop	Develops himself
	Cry for no reason	Can only cry with a reason
	Are angry for nothing	Control their anger
	Are easily influenced	Influence the world
	Does not reason right	Uses the right reasoning
	Make careless mistakes	Are careful
	Are weak and just follow	Are warriors and leaders
	Waste time day dreaming	Make the most out of time
	Are disrespectful	Are respectful
	Jokes with God's work	Respect and love God
	Are weak and immature	Are strong and mature
	Are impatient	Are patient
	Seek rights blindly	Are responsible
	Are destructive	Are protective
	Are at the mercy of others	Are depended upon
	Are childish	Are men enough
	Are lazy and weak	Are hard workers
	Are jokers	Are serious with life
	Boast around	Are calm, do not show off
	Are wasteful	Are prudent
	Likes sitting down before work	Sits down after work
	They give peers more time than relatives	They respect relatives more than their peers



Assignment 2: You can add up your scores, as you rate your "manhood" *(not scientific)* level; it is out of 20. *See the left side.*

Steps towards becoming a responsible man

- Develop hope in life by believing in yourself
- Be sincere, true and honest to self and others
- Be self-inspired and plan well and ahead in time
- Exercise self-acceptance & affirmation
- Be actively involved in your family affairs
- Be obedient, courageous and orderly
- Respect yourself and others
- Take responsibility & work hard
- Be focused and pursue your dream tirelessly
- Worship and fear the Lord your God
- Ask for forgiveness when on the wrong
- Prepare for your future early and on daily basis
- Honor your mother and father
- Be patient, humble, resilient and flexible
- Be courageous, persistent and belief in yourself
- Eat healthy food, and last (after the siblings)
- Develop self-control and self-discipline
- Build your nation and respect those in leadership
- Have a vision for a family and a desire to have sons and daughters.
- Be humble and develop healthy relationships
- Respect and obey parents' efforts, use their money nicely.
- Speak and command a good language (avoid sheng' and slang)
- Speak grace and wisdom, not filthiness by weighing your words
- Honor God with your time and money
- Communicate assertively, effectively and openly
- Work on your character for the better by choosing friends wisely
- Treat people nicely, respectfully and with sincerity
- Initiate your own projects- try new things like farming
- Model and take care of the little ones and the less fortunate
- Share your wealth with the needy, this is the password to heaven
- Develop self-reliance, self-drive and self-discipline
- Practice reverence and self-control while dealing with parents
- Respect social values (cultural and human values and rights)
- Choose friends wisely and resist negative peer pressure.

Assignment

Read and tick against each bullet. Which ones describe you?

See whether you possess a particular skill. Ask yourself, do I? Am I? If not, strive to attain it.

Finally check how many ticks you have.

Chapter 2. WHY BOYS MOVE FROM THEIR POSITION

The plight of the boy- child

Many young people have refused to work, choosing to waste their time trending with the emerging issues such as cross-cultural dressing, contemporary music, negative peer pressure and perverse long hours surfing through the internet. Negative mobile phone use has exposed the boy-child to sex chat, sexting, cyber and mobile crimes, radicalization, pornography, masturbation, drug abuse, negative ways of money searching and misuse. These acts have really distorted today's child.

For instance, many high school students get seriously involved in gambling and illicit livelihood, not knowing about the consequences.

> The king of Egypt said to the Hebrew midwives whose names were Shiphrah and Puah, '*when you help the Hebrew women in child birth and observe on delivery stool, if it is a boy kill him; but if it is a girl let her live.*' (Exodus 1: 15)
>
> ...Verse 22; '*Then pharaoh gave this order to his people: 'every boy that is born you must throw into the Nile, but let every girl live'.*
>
> It is after reading the two Bible verses that my eyes opened and I saw a spiritual elimination of the boy-child by the spirit of Pharaoh. I started praying a unique prayer for boy-child, you included. I stopped blaming boys for lack of effort and focus. I saw the reason behind the behavior of the today's boy.

A good number of young men today have lost focus and their parents or guardians have to push them to work. Worse still, some entertainment fashions such as '*odi' dance, dancehall, reggae* and *hip-hop* are strange ways, which take away their prime time. Today's boy-child is no longer where the boy was some few decades ago. In the past, the boy child was highly esteemed by the society.

In the past, it was a great honor when a man married because it was obvious that he would behave responsibly as a husband and a father. In the society, men were highly respected for this reason. Because they really cared and protected their families, they were shepherds and models.

Today, women have been forced to take up most roles meant for men, because the focus has completely changed. This is probably due to lack of commitment of today's man. For example, more mothers pay rents and school fees than men do. There is nothing wrong with this. However, by this societal change and scenario has led the boy child to lose faith in his gender. A situation that today's boy child should overcome

Key factors contributing to loss of focus by the male child

1. Idleness and lack of focus

Joe Mwangi, in his book *Why Boys Are Not Becoming Men,* has pointed out several reasons in support of this, such as lack of personal initiative, prolonged infancy, hopelessness in the boys, poor parenting as well as the assumption that all is well with the boy child. He laments that lack of role models and runaway fathers as another factor putting the boy child defenseless. He concludes by arguing that being a real man is about doing the right thing and saying 'No' to what is wrong. His argument is accurate!

I have witnessed a group of young people both in and out of school that look absolutely out of place. Have you seen lively youth who choose to hang around doing nothing referring themselves as *wasee wa mtaa, maodi, mahomy, maceleb, wasee wa base, wazito, wazee wa nguvu*? *Etc.* These fellows waste their prime time.

There is another group of folks, majority of who come from well-to-do families, who spend a lot of money on petty things such as makeups, expensive clothing, dates and clubbing. Some of these habits are closely associated with the girl child, and they make the boy child appear weak when he indulges in them. These are the habits that are referred to as '*utoto or wana'* by their society. Majority of these people are a big liability to the larger society.

It is unfortunate that some young *fellows,* and especially those in the urban setups, are hard to trust, even by their own parents. They may not be relied on to carry out simple tasks such as being sent to pay for electricity, water bills, school fees or even picking items at the supermarket.

A responsible man needs to have a well-defined vision, to which he should do everything possible to achieve it. Together with the difficulties in life, one needs to remain ***focused*** and consistent. The type of activities we create and engage in dictates what we become. Without a vision, life is meaningless.

Students who purpose to score good grades have to ensure that they are busy and serious with their school work. However, this does not mean that one deprives himself leisure. As the saying goes, all work without play made Jack a dull boy! In life, we need to play, socialize and do other good things that can give us pleasure. Nevertheless, this is to be with friends with the same goals as ours. Finally, use the right study skill and vow never to give up.

In my engagement between 1997 and 2005 as a social worker in Kibera, the largest urban slums in Africa, I met many young people with wasted lives and without purpose in life. However, some of these idlers were passionate people who embraced change and invested their lives in constructive activities whenever opportunity presented itself. Today, those who took my advice are great leaders around the globe - some in America, Australia, South Africa, India, Singapore and here in Kenya. It is sad that tens of those who chose the opposite direction are a gone story.

As the saying goes, '*where there is a will there is a way.'* It takes a personal initiative to move forward without giving up. Many people say that life is unfair. Yes, life can be unfair, but the choices one makes matter a lot in the outcomes one gets in life. There is a Bible verse, which says, "*A man reaps what he sows".* This is quite true; our input determines our output. Therefore, to ensure that one does not lose his position, he needs to distinctively identify with the right personality and character traits that align him with his vision. Always have friends who are smarter than you.

In one of the schools where I carried out my practicum in the year 2012, there were several young men, most of who got chance to join high school. Today, I meet some of them, but guess what? Those who chose to walk with good mentors for sure joined good universities, while others joined decent colleges. However, some of those who decided to rebel against parental authority are in *miraa (*khat*)* –chewing company: they are miserable.

I instruct young people to cease from blaming their parents and the government. Instead, they can open their eyes and grasp any good opportunity they can find to develop their lives.
Avoid wasting their time and life in complains but instead do their part. We all have a shorter time with those who we fight. Therefore, we must put our guns in our wallets and pursue our dreams. Do not tire out your mother by stepping on her feet otherwise your recklessness might lead her to suffer high blood pressure.

> *The best day of your life is the one, which you decide that your life is your own. No apologies or excuses. The gift is yours - it is an amazing journey –and you alone are responsible for the quality of it.* **Bob Mowad**

I took time to compare school holiday occupation of fraternal twins aged 17. This is what I found out about their plan and use of time.

	Time	Boy's activities	Girl's activities
1	**6.00 am**	Wake up	Wake up
2	**6.30 am**	Take bath	Prepare the sitting room for break fast
3	**6.45 am**	Dressing	Take bath
4	**7.00 am**	Take break fast	In the kitchen and serving
5	**7.30 am**	Ferry items to the family shop	Take milk to the grand parents
6	**8.30 am**	Clean the house	Clean the utensils
7	**9.00 am**	fetch water	Relax in the house and read a bit
8	**10.00 am to 6.00 pm**	Out on the field with friends	Prepare lunch, bathe and care of the siblings, arrange the house, wash utensils ready for supper
9	**6.00 pm**	Take 2nd bath, take lunch	Prepare supper up to 8 p.m.
10	**7.00-9.00 pm**	Watch television	In the kitchen washing utensils
11	**9.00-10.00 pm**	Study	Prepare children for bed, make the house and wash dishes
12	**10.00 pm**	Bedroom, but still using the mobile in until midnight	Sleeps on her books! Because she is tired.

I challenge all young men to watch out and occupy themselves with constructive activities. For sure, it is not by earning a lot of money in life that we become happier, but by the ability to accomplish our dreams. Those who have left this world leave with nothing. Nevertheless, the truth is that, they all leave a certain mark, either good or bad. Life is about accomplishments. A man who does not work hard is not a man enough.

A real man needs to ask himself questions like these: Why should I waste my life out there? Why should I spend 8 hours of my day doing nothing? What am I learning from my peers? Is what I am doing taking me closer to my dream or to my grave? Is my life honestly safe? What is my value tag? Am I myself? What is that I must do? Moreover, what if…?

Assignment 4
Write your own holiday activity timetable on a separate paper. You are free to consult with your parents and always do this at the start of each holiday.

2. The Notion That the Girl-Child Outshines the Boy

The eccentric society today has led the boy child to believe that he is not any good. This ideology once perceived, affects the boy's ego. There have been many campaigns in support of the girl child, while the boy child seems left from the same limelight that holds the girl firmly on her two feet. There is nothing wrong with such campaigns if uplifting both gender groups is the aim. Nevertheless, the boy child needs to maintain his heritage and keep his rightful position in the society. The boy needs to understand that he has equal rights to the girls, but the fact remains that the boy child is naturally unique from the girl child due to his masculinity.

Comparing boys to girls is not that wise because the two are quite different, and they possess different genetic makeup and physique. Although they have equal rights and can challenge each other, they have different gender roles in the society. These youngsters need to catch their gender roles.

On the other hand, the negligence and the absenteeism of the father figure is a great determinant on whether the boy chooses to pick the mother's attributes or will grow independently as a real man. Mothers raise *good* sons but fathers raise *authentic* men. Children from absent fathers are more vulnerable to child abuse and negative peer influence than their counterparts whose fathers either are deceased or are present at home and are supportive.

It is unlucky that the boy has been pushed to develop *false manhood* and *ego* to outshine the girl. This unconscious situation is a worrying state for menfolk.

3. Modern Media Influence

Another negative energy influencing the boy child to appear weaker is the negative media influence. The media today guides the boy child on how to dress and react to certain stimuli in the society. The western culture has played a major role in eroding our culture, and many young people today mimic people on social media, leading to impersonation. Some of the areas of influence by the media are in dressing and language.

The way we dress, talk and think affects our self-esteem in one way or the other. A boy dressed in a unisex trouser *(a trouser that either sex can wear)* may be mistaken for a girl. The media presents men dressed in a certain way, and young men tend to dress in the same way. In whatever the case young people can seek to have a positive alignment on digital world. I do not say '*my dress my choice!'* It is not good! It is foolish.

The convergent media

This is especially referring to social network. ***Social network*** is a set of interactions and relationships used today mostly to stand for websites or platforms, which allow the interface between users sharing views, photos, and other information. These types of media are good and bad, as we all can see where people post any kind of information without subsequent thought.

The most famous websites are:

Skype,
My Space,
Facebook,
Tiktok, WhatsApp, Messenger, Google meet
Trip adviser,
Twitter, Zoom,
Telegram.
YouTube, WeChat
Snapchat, Imo,
Instagram,
LinkedIn etc.

These platforms, which will inevitably increase, can be dearly effective *'communities'* where the youth can be in touch and develop contacts and content. It is vital to note that media stands to be either bad or good depending on one's use. Media help us to communicate effectively. Without media today, the world stands still.

On the other hand, their misuse can lead to serious problems. Negative media influence has greatly affected today's boy child. In the year 2017, I came across a Form One student who was in 90% of the above social websites. This chap spent 16 hours in a day surfing net over school holiday. For this reason, he had to request someone else to keep updating his social media accounts to keep them active while in school. He was in aid of spectacles to boost his eyesight. His life was flawed. He is addicted. What a mess!

Note: Avoid being like this boy; his future may not be the best. It is unfortunate that those like him will depend on glasses for the rest of their life. Apart from that, he is putting so many unnecessary programs in his young brain instead of concentrating on education and his talents.

The smartphone

It is significant for any growing youth to appreciate that these pocket-sized tools called mobile phones have become no less than minicomputers. They do more than just making calls. They have made communication more convenient. The mobile phones are widely used by the youth in surfing the internet. For example, with the current population, sending and receiving of money and images would have been difficult without such services.

Today one can deposit and borrow money at the click of a button using a smartphone. One can just take a photograph of an event and immediately send it to friends who are miles away. Today we have meetings done via online platforms such as zoom. This kind of scenario sounds good, but it comes along with other disadvantages. For instance, it reduces the desire to interact with loved ones and engage fully in one-on-one communication. The other danger is the cases where young people borrow online money via the applications on the smartphone without the ability to pay back. All these can result to relationship constraints and conflict in the community.

Come to think of a scenario whereby a grandmother in Nyeri or any other county desires to be with her grandchildren, and invites them for a visit during the vacation. Unfortunately, the grandchildren decide not to visit their rural home, but instead give their *'shush'* a video call. This idea deprives them a platform to interact, and the privilege of hearing good stories from grandparents. It is always rewarding to visit grandparents occasionally in the upcountry if they are alive because they are important people in one's life.

They can share much about the past with their grandchildren and advise about the future. Grandchildren are *therapeutic* to their grandparents. A responsible man is one who visits his grandparents and takes along a gift, even if it may be worth only fifty shillings. It is unfortunate that some parents, who are supposed to show the way, have changed focus. They choose to expose their children to electronic games and bouncing castles (emerging games) during major public holidays instead of taking them to visit their grandparents. This has social and psychological negative effects.

Finally, a smartphone can enslave one's mind. I propose that pre-teens practice restricted use of the smartphones. They can allow their parents to advise them until the age of 16½ or so. Remember life wasters would not find you easily without media connection.

Negative effects of media.

Children young as 5 years do not only feel the effects of media since it is not a surprise to find a 5-year-old kid surfing the net using a smartphone these days. What parents do not understand are the psychological and sociological effects associated with this.

Negative acts which young people need to duck:

- Cyber bullying
- Internet pornography
- Grooming through social networks
- Cyber suicide
- Internet addiction
- Social isolation
- Racism on the web
- Gambling
- Online dating, sexting affair leading to sex-chat, which is a negative sexual, related behavior leading to early pregnancies.

Cyber bullying

This can lead to a feeling of insecurity and loss of confidence. One may end up looking for ways of isolating him/herself from the friends. This can lead to suicidal intention.

Internet abuse

The infinite possibilities offered by the internet can lead to user's abuse or use it for malicious activities against self, other users, groups and the public. With the rapid growth of the internet, many youths face negative peer influence due to lack of vital life skills. Deaths associated with use of the mobile phone and the social media are today on the increase. A good example is the blue whale game banned few years ago.

Media addictions

Different people are addicted differently to social media. Some to Pornography (dysfunctional sexual behavior), and others to the mobile phone (too much use of Facebook, Twitter, SMS and the *WhatsApp).*
To others, it is excessive engagement with computer games and music.

Gambling

Betting, play station and addiction of any sort affects how somebody functions. Gambling is today a serious issue that leads to depression and wastage of prime time.

More dangers online

When young people use online platforms to post their photographs, some malicious people pretend to like them and even suggest for a secret meeting with them. This sometimes leads to sexual assaults or child prostitution. *Pornographic* addiction is another form of mobile phone and internet misuse with indirect effects. Remember that internet never forgets.

Why media easily hook teenagers

a) The urge to get the most recent updates

Many young people spend too much time on the social media looking for comments from people, forgetting that life is a personal factor and it not a collective phenomenon. Life is not about what people say about somebody. Teenagers should avoid wasting time in making their fellow peers happy while neglecting themselves. This is the root cause of negative peer pressure.

It is worth remembering that in whatever the case life builds up with what an individual put in it. We need to invest enough time in our own life. This will give us a position to make history in life. We will be able to sit down as people watch our success path desiring to associate with us.

***b)* Being ignorant, leading to a 'don't care' attitude**

All advices that you have ever received are for helping you to grow and live decently. Lack of right information can lead to disastrous consequences. Statements such as **"it's my life,** or "I will own and govern it the way I want", manifests a 'don't care' attitude, which despises knowledge and mentorship, an attitude that cannot provide platform for growth. As the saying goes, ignorance is no defense; equally, lack of knowledge leaves a young man defenseless in life. A wise man is the one who listens to advise from his elders (men who know) and leaders, and heeds to it.

In conclusion, for boys to be men enough they have to put their priorities right and be careful about how they use the media and their social time. This will enable them to have time for more important things in life. It is also honorable to be faithful to one's self and to take charge of one's life.

Assignment 5

In about 50 words, show how media and technology has affected you. How many hours do you spent on the mobile phone? What activities do you undertake? Note what comments people make regarding your mobile phone and TV use. Is it positive or negative?

4. Adolescence Peer Pressure

Peer pressure, which is part of teenage development, is a kind of influence if positively used, can prepare teenagers to grow in principles. Peer pressure is a litmus paper that can test somebody's autonomy and values. On the other hand, negative peer influence is a major factor that is moving the boy child from his rightful position in society, whose effects are seriously affecting the human race.

The same way a computer uses drivers and softwares to run, so do human beings use certain mental drivers to run their lives. I have likened peer pressure to these drivers.

The adolescents in controlling each other mostly use peer pressure. Once installed in one's life such a driver carries away an individual such that one bows to the demands of the driver. I compare peer pressure to such a driver because people under peer influence may generally act blindly. These drivers are unconscious.

Adolescents are likely to be negatively influenced by others, especially so if they have a low self-esteem or a negative self-image. Youth are fond of impersonating and mimicking. Many young people are flattered to like the ideologies of some personalities by their age mates. The young generations blindly follow celebrities without a good cause. They may be leading them astray. This is ridiculous: I wonder how innocent millions can follow a prisoner!

Managing Peer Pressure

Peer pressure is one of the greatest challenges for the adolescent. It does not allow individuals to quit the peer group in which they exist. For this reason, peers can do anything to ensure that no one exits their company. Peer pressure makes young people radicals. Peers would rather die than to let any of their friends leave. This is due to fear of betrayal and victimization.

It is advisable that we break from any negative associations before they become too strong. In my lifetime, I have encountered many young men with lost dignity due to effects of negative peer pressure. Both drug abuse and misuse of sex take root through negative peer pressure.

Hundreds of young men lose their lives by either being shot by the police or by being stoned to death by mob after being involved in robbery activities because of negative peer influence. Young men are also used by hooligans to lure their friends into crime or are conned a lot of money.

Tips for Managing Peer Pressure

Here are the most effective ways of overcoming negative peer pressure:

1. Avoid being short-circuited from original plans by peers.
2. Be assertive enough to say ***no*** to negative peer pressure.
3. Refuse conformity and doing things to please others.
4. Tell your family how you feel and what you are doing, wherever you are and with whoever.
5. Avoid illicit drugs, photos, videos and bad companies.
6. Have good friendship with whoever you are close & accountable to.
7. Be principled; do not compromise in partnership peer pressure but always negotiate well.
8. Have clear values, interests, know yourself and avoid incitement.
9. Keep your dream in mind and avoid things that might kill it.
10. Be honest to self and always give a good reason as to why you will not be part of a decision without fear of rejection.
11. Keep in mind that negative peer influence has unforeseen negative consequences.
12. Keep in mind that we can make choices but not the consequences.
13. It has been said that prevention is always better than cure, so try it.
14. Differentiate between bad and good peer pressure in good time.
15. Single out friends from peers and nurture honest relationships.
16. Be principled, know yourself and keep a reasonable social distance.
17. Peers are like passengers in a bus; they can choose to alight before you arrive, so, watch out that you move safely.
18. Be faithful, truer to self and to every commitment you make.
19. Avoid popularity and many useless friends who add no value to you.
20. Know your weaknesses and share about them with your mentors.
21. Never lie to your mentor, always be true, for he is like an advocate.
22. Give peers-controlled time and do not trust them above relatives.
23. Know and keep your boundaries -say no to online incitements.
24. Be guided by your family and godly values always, purpose to obey family and school rules as you keep the law.
25. Never cover or support a lie; it will come back to you and it is risky.
26. Differentiate between peer, partner and friends' pressure.
27. Do not be a people pleaser; you will lose your position.
28. Give your friends reasons as to why you should not accompany them by always expressing your feeling, if need be to move away.
29. Know yourself, your likes and dislikes and your daily goals.
30. Connect your action with your future goals and work on you esteem.

Tips for successful life

Always join students who have a focus, and avoid anybody who is visionless especially those on drugs. Many young people choose to go underground while in school. As it is commonly said, students who choose drugs close their school doors, opening the prison doors. Their life may end up in prison while others have their life terminated by gun or other mysterious modes such as HIV/ AIDS. Always remember that, you got to school alone and you should do everything possible to avoid time wasters. *Own your life!*

If you cannot see where you are going then remember where you came from. Ask yourself, 'Does my family have everything we need?' If it does, are you aware that everything you see in your family - the good car, the house, money and the piece of land, including yourself, belong to your parents?

You should work hard and SMART to create your own wealth. The best way to do this is by investing time in education. It may not be a surprise that God might be using you to bring positive change in your community. You may be the person to bring change to your family. So, take care of yourself, you are very important. Avoid drugs.

NB:

Always ensure that you draw your study timetable for your holiday and mid-term breaks before you leave school.

Start doing your holiday assignments immediately after closing school.

Chapter 3. HIGH SCHOOL LIFE & SUCCESS

Before I major on the above subject, let me complement all the adolescents who tirelessly go through primary school education and later through the second rite of passage initiation. Bravo, for a successful transition from childhood to adulthood! *It is important to note that adult age is at eighteen years and not at circumcision*. For those who have not yet experienced this rite of passage, I beg you to take some time and read this book. Maybe you are in form one or you are just planning to join high school, or you have been in high school for some time or you are just entering puberty stage. Remember that adolescence is a pathway to adulthood. For sure, you are on the journey to adulthood. The start of this journey is marked with significant mark of the cut in boys within most communities, and it takes time to travel through it. So, watch out how you conduct yourself. The major activity today for those who wish to have significance in life is education. I trust you will sacrifice for it.

The ***cut*** is important, but not as behaving responsibly. The society expects young men on any form of transition to behave, think big, right and outside the box. In order to think in this manner, one should positively engage his mind and consult widely by taking counsel from elders. Remember that respect, obedience, reverence and self-control remain the driving values as we relate with parents and those in authority. Let us impress education!

Primary- Secondary School Transition

Although pupils in Kenya select high schools during their primary course, it is never obvious for them to join the schools of their choice. Upon realizing that, you did not manage to attain the school that you chose, it is logical to be realistic and note that there are reasons that can lead to joining a different school. If you are you in a school that you never chose, you need to relax and work. All schools work but not all students who work hard.

Some of these reasons include the fact that parents may not have the money to take you to the school of your choice, or you may miss to attain the required marks. It is prudent to adhere to the decision of your parents. If you feel that your parents are not honest enough, then you can consult with your uncles, aunties, grandparents, mentors or spiritual leaders.

Today the world is changing daily; not everything that glitters is gold. Some schools can have a bad reputation, although you may have friends studying there. Let your parents do the research on the school you are to join before you settle for any other.

I once met a young man who repudiated listening to his parents, pushed them left - right, such that they eventually succumbed to his heart's desire and took him to the school where his friend was studying. Little did he know that the school was a home of very bad boys? Not in many days did the boy find himself hooked in both drugs and homosexuality both of which he kept as a top secret. It took counseling to heal.

On my list of friends, I also had other friends who had come from deeply humble backgrounds, whose parents could not manage to pay boarding school fees, and so took them to the village day schools. I can recall attending a colorful graduation ceremony for one of them, followed by a colorful, romantic wedding a few years later. Just as I have always said, "it is not where one is that matters but who one is where he is".

One of the former America presidents was in 1998 featured in a sexual harassment scandal with a 22-year-old white House intern. Despite being the chief executive officer of the US, he almost lost his job. Not his political position neither his experience could save him. A man's character sustains his leadership position.

Transition from primary life to high school has both positive and negative effects. Negative influence in the new boarding school environment is likely to affect directly both the student and the parents. However, always remember, you attract people of your kind. If you choose to be good, you will attract good friends, and vice versa. Below are some of these effects.

Negative effects of transition from primary to secondary school:

i*) The broken bond between a child (the high school boarder) and the parent*

Somehow, the perfect bond between a parent and a child is temporarily broken because the monitoring role of the child partially moves away from the parent. It is also evident that the child temporarily moves away from being under the routine parents' care and rules. The child is responsible for making own decision without the parent's surveillance. Therefore, whether the decision is negative or positive it will affect the child's life.

As a result of this broken bond (between the parent and the child), the child may feel shy or even reluctant to speak out his/her challenges as he is exposed into a new environment that may lead to some disturbances such as homesickness, worry and fear, thus affecting child's performance.

In order to overcome this challenge, students need to adopt social and other life skills. This will help in making good friends with whom they can be free to share problems. On top of this, it is advisable that students seek to have at least one teacher who they fully trust, if not all. They need also to share all issues they encounter in life with their life mentors, and coaches, if not their parents. As a child purpose also to share with your parent whatever happens to you while you are away.

ii. Close supervision and surveillance by the parent on the child is minimized

Close supervision of the child is somehow lost, rendering the parent diminutive since the child is temporarily separated from his parent's protectorate (which is transferred to the teachers). This may have the effect of loss of identity because the teacher may not understand the real image of the child. This may be because the adolescent is new to the teacher.

Positive effects of transition from primary to secondary school:

There are several positive attributes of child transition from Primary to Secondary school. They include:

i. The child becomes more responsible

Since the child has temporarily moved away from being under the parent's watch, he/she acquires a sense of autonomy now that he/she has to plan for himself/herself on what to do. He/she has to plan independently.

ii. Good emotional intelligence

In case of any misunderstanding one may have with other students, it is his/her obligation to resolve the dispute amicably. This enhances self-defense and empathy.

iii. Self-realization

It is a proven fact that high school is the place where self-actualization and realization process take place. Fellows are able to discover themselves in terms of personality, abilities, talents, skills, character and principles. It is obvious that primary-high school transition has more positive effects than the negative ones, depending on the child's mindset.

In his book- '**Think Big**', Ben Carson Summarized and Reveals the Title;
Talent, **H**onesty, **I**nsight, **N**ice, **K**nowledge, **B**ooks, **I**n-Depth Knowledge and **G**od
Ben Carson,

Rights v/s Responsibility (Equilibrium Ratio)

Back in the days, when you joined school as a small kid, you were not able to guide yourself. Your elders gave you guidelines on which way to follow, and reminded you on what ought to be done. Your parent(s) were there to push you to do your homework and home chores. For sure, you had more rights than *responsibilities*, but as you journey to new levels in life, you will notice that you have more responsibilities than rights.

Today you stand a chance of advising others especially those younger than you. Life expects you to reason out, make sound decisions and right choices at the right time. In this case, therefore, a weighing balance would show responsibilities outweighing the rights.

Remember, today's child seems to have more rights than responsibilities, a situation which puts him in worrying position. As a result, the boy child is getting lost in the electronic gadgets more time than his counterparts are.

It is vivid that, the male child is the one found out idling and engaged in hooliganism. This case is quite different from the past, where children used to do a lot of family chores and assigned duties. The boy did more than the girl could do. A situation which is quite different in the today's world.

It is advisable for the youngsters to pursue guidance from their parents during school holidays. They need to be honest to share their feelings and challenges with parents. Avoid keeping secrets of the bad things you may experience from your parents. They are your first caregivers & best friends.

Young men need to ensure that there is work to do other than waiting for assignments from parents. One needs to create work. Plan ahead of time. Write down your duties as you consult your both teachers and parents on whatever you think of doing. Be busy in life with constructive hand works.

There is nothing wrong with helping in the kitchen as male child. You can take time off from your other normal duties and make your favorite meal for the family. You need to learn how to farm, dig, feed the cows, fetch water and prepare foodstuff such as; *chapattis, ugali,* tea, rice, fish, soup etc. Remember it is offensive for a young man to sit down expecting his mum to do all the kitchen work alone. Always keep you room neat -Never leave your bed undone! Responsible men lead, others follow, and so they shine!

MANAGING HIGH SCHOOL *BULLYING* & SCHOOL GRADES

The first thing that comes to the minds of primary school graduates at the mention of form-one admission is none other than "*monolization.*" Kenyans use this word for bullying. Bullying causes unrest amongst form one students, causing them to meditate on escaping from the next bully rather than thinking about schoolwork. It is unfortunate that the fearful students will take longer to settle in school due to fear of being harassed. Truly, the minds of the newcomers have not been able to delete the word bullying.

For sure, the government in Kenya has done tremendous work in the fight against students bullying. Things have really changed with the governments addressing issues of student bullying in high schools especially, the traditional forms of bullying. Nevertheless, there are still incidences of trivial bullying in some schools.

Incidences where newcomers buy goodies such *mandazi* commonly known as *kdf or* a bottle of soda for a senior student(s) or share part of their shopping by force with somebody who claims to have some rights characterizes the common forms of bullying in our schools. Other cases are incidences where the senior fellows snatch from them pieces of bread or of meat served in the dining hall. Stealing from Form Ones is another form of bullying amongst the high school students. All these are physical forms of bullying, which may not endanger the life of the little ones, but the fact is that they have psychological negative effects, which need to be discouraged.

In my opinion, since any form of bullying can lead to mental torture causing low self-esteem and obviously leading to poor academic performance, it is a good reason to eliminate it in schools.

It is in my view that, some of the students linked with the serious offences and gross misconduct such as arson are likely to be acting-out due to negative effects of silent bullying. While some other fellows vow to revenge once they graduate to senior a position.

We need to watch out on the students who threaten to take out their lives; they may be victims of silent bullying or trauma. It is essential to share our challenges whenever stressed. One person to share with is the counseling teacher; alternatively, share with a trusted person.

Dangerous forms of bullying that one should never condone

The latest forms of bullying in high schools today, which students need to deal with seriously, is what I will refer to as psychological bullying. This kind of mistreatment causes negative scars in the lives of the students. Students are in various ways mistreated such as newcomers paying for using their own items such as blankets besides paying in order to buy items from the school shop. Students also pay for protection or they have to buy treats for seniors. This kind of a situation is detrimental. It promptly needs to be exposed and discouraged through punitive measures on perpetuators.

1. Possible Sexual- related forms of bullying

1. Sodomy and homosexual advances.
2. Voyeurism -viewing one's sexual organs and other's sexual disorders.
3. Patting, sexual harassment and 'night warming senior students.
4. Introduction to pornography and masturbation.
5. Being forced to hug or talk to girls during school functions.

2. Drugs related forms of bullying

This is one of the worse forms of bullying, where boys are forced to take, sell or hide both illicit drugs & phones in their boxes. In addition, boys are lured to take lab chemicals such as ethanol, methanol and other such substances as methylated spirit. Boys take these substances mostly in class.

3. Illicit groups related bullying

Secret groups introduce form one students to their ideologies warning them never to speak out. Such groups are *Gaza, Alshabaab, Mungiki,* cultic groups*,* illuminati, and devil worshiping groups *etc.*, remember it is difficult to leave.

4. Cyber and internet bullying

- Under the guise of being protected from being bullied. Students share their contacts with others, 'protectors', who later use these contacts to involve the students in illicit acts and abuse.
- Senior students use form one students to sneak in or hide phones, pornographic materials mostly stored in memory cards or flash disks.

5. Physical bullying

Due to conflicts within schools, Form one students experience physical fights during school breaks from their rival schools in major towns. Boys should outgrow these kinds of conflicts by creating peace and unity.

Dealing with Dangerous Forms of Bullying

The best thing is to act wisely; see to it that you do not seek favors from anybody. Keep in touch with your parents, teachers and mentors. Share with them whatever happens to you. Sharing does not mean that you are a weak man; it is a proof of honesty. You can look for a good person to talk to if you think that your parents do not understand you (most parents do). While in school, make use of the Guidance & Counseling teachers and the school principal; they can promise you confidentiality. If asked to do something awkward and dangerous such as removing your trouser or taking drugs, ask them **why**, then tell the person to **stop** it. Never agree with any abuser. If the person insists, then ***shout*** for help. Avoid and move away from such people. Tell somebody whatever you are going through. *Resist the devil and he will flee*!

> Students perform these acts secretly, and warn their juniors never to disclose it; otherwise, a very bad thing could happen to them.

In a case where you choose not to disclose the names of the abusers either due to fear of victimization or for any other reason, then, seeing a counselor outside school can be helpful. The cardinal rule is, **share!** Speak out.

The five common types of students in high school

1. Those who work hard, learn and drive self - *these are good grades students.*
2. Those who are just on their *rite of passage* missions, who pass time.
3. Those on a mission to destroy others. *These are the masters of negative peer influence into drugs or illegal groups. They are opportunity wasters who ruin others.*
4. Those who just follow - *they are aimless, dreamless and without personal agenda. They take whatever comes on their way.*
5. The 'don't cares' - *they refuse to take advice though they may have ability.*

Other five categories of students found in school are:

1. The dumb students who remain dumb -*these are guys who are stagnating.*
2. The dumb students who become wise - *these are students who make improvement.*
3. The wise students who become dumb- *these are students who lose focus*
4. The wise students who become wiser- *these are bright students who do marvelous.*
5. The dumb who becomes dumpier -*these are fools who get lost.*

Always strive to be the best type of student and avoid life wasters!

The key grades in school

There are five major grades in school namely; **A, B, C**, **D** and **E**. Among these grades, students need to aim at the first three. They are the ones we should desire to take home. Otherwise do your best.

Work for a good grade

If you realize that your grade is going down, consult your mentors (teachers) immediately. There are many reasons as to why grades go down. As you grow up, many things happen. The worst is refusing to work, especially in form one and two. This can lead to a challenge in the final form. The question is, 'How will one cover the whole syllabus? Remember final exams cover the syllabus from form one through to the last.

It is unfortunate that majority of high school students postpone completion of the syllabus to a later date, resulting to work arrears, especially in form one and two. To avoid failing, you need to have the *right decisions* and work for the right dream as early as now. In case you realize that you are naturally weak, be sure to consult with your teachers so that they may tell you what to do. It is true that grades may never be everything in life, but we should do our best. Our best is what we get after sacrifice and hard work, accompanied by consultation. It is true that poor grades are not the end of life. However, good grades give us a good platform for bargain. If one works hard and on the right stuff, he or she will never regret in life.

Beware of folks who say that education is not important. These people have lost hope. Never join them! *As a student, never settle for a poor grade* just because some people believe that grades do not matter. This is a statement commonly used by leaders to encourage poor performers so as not to give up in life. Such a statement should not be a reference for poor grades.

Never be deceived. Good grades are good and bad ones are bad! Someone may score a low grade due to his intellect. However, a bad grade is any grade scored in absence of hard work. If you do your best then get a D grade, thank God. There is hope for you; keep trying. Nevertheless, you cannot conclude at form one or two that you will exit school with grade D.

Always strive for the best.

Remember that you have not attained your full potential (goal) until you do your best and get your best; just as Lenana School puts it in their school motto - *Nothing but the Best.*

TIPS FOR EVERY SCHOOL LEARNER

1. DEVELOP VITAL QUALITIES FOR EXCELLENCE

Such qualities are:

Focus and Purpose - This is being self-driven. It is also the idea of keeping your dream in mind and avoiding anything that causes distraction of any kind. Focused people are purpose-driven, and have developed a long-term reason for living. They keep their dream in mind, and know why they are on earth. They do not live to please others but to fulfill their life purpose.

Self-responsibility - This is the ability to take care of one's self. In other words, you become your own parent, you guide & drive yourself, you think by your own and you send yourself to achieve certain goals.

Sacrifice and Hard Work - Life is about hard work. We all have the ability to work, but what varies is the level of *commitment*. When you go beyond what you think is enough, we say that you have sacrificed.

Work + Sacrifice = **Success.**

The desire to Succeed - You need to develop a mind to succeed in life, regardless of what your past looks like. There is always a better tomorrow. Never be comfortable with a low grade. Always desire to do better.

Develop Self-drive & Inner Motivation - In my experience as a life coach and adolescents' counselor, I have learnt that all students have an inner power, which when fired out they can do marvelous. I have also learnt that external motivation is good, but it fades away; its results are never permanent. Everybody needs to develop an inner drive and motivation. A little motivation grown inside that is sustainable is better than a big success copied from others. No wonder those who cheat in exam fail.

Self-Discipline - Chinua Achebe, a Nigerian author once wrote,
'If there is any discipline then that discipline should be self-discipline.'

Personal vision, passion, dream and mission:

Vision is the end value of a goal. It is what we see in the future of what we will have done. A vision is more like a dream, the only difference being that it has goals, which are tasking and a plan of action accompanying it.

Mission is the task that one undertakes in order to achieve his vision in life. It is the actual work. It involves the right ***training and working teams.***

Dream is the ***d****esire* that one has in life. A dream without goals is like a car without wheels. We should always **D**esire, **D**ecide, and then **Do**.

DREAM in acronym can stand for - **D**edication, **R**esponsibility, **E**ducation, **A**ttitude & **M**otivation.

Goals are the tangible, actual tasks. They are costly and involving. Goals must be right and far beyond ***fame*** or ***wealth.*** We set goals in order to attain dreams and vision in life. *Goals* ought to be SMART:

Specific (clear),
Measurable - answer key questions (how, what, who, why)
Achievable, (**A**s if or **A**ttainable)
Realistic and within some given parameters
Time frame - (Answers the when). Goals ought to be positive.

Passion – is a strong interest and love. It is what keeps us working towards a particular area. You can have a passion for the boy child. **One goal at a time** - Learn to set one positive goal at a time. Avoid abstract and negatively formulated goals. Human minds are difficult to control – they keep on wandering. The mind resists negative things. Let not the past lead you. It is a right thing to consult your past; but do not stay there. Remember the Swahili saying that, *yaliyopita si ndwele, tugange yajayo.*

2. How to Score High in Class

First, **attend all classes** –As a student, you must ensure that you attend all lessons. You need to avoid the out of school trips that take you out of class, unless they are an academic. Student leaders need to avoid carrying out their leadership duties during class hours, unless the teacher asks them to do so.

Second, **be alert in class** – You need to be 100% alert while in class so that you may be able to take in new thoughts and questions. Avoid sleeping in class; there is never time to sleep outside what the school has programmed. Ensure to sleep immediately the last (sleeping) bell goes.

Third, **participation in class** – Be part of the class. Sit at a place where you can see and hear the teacher; a place where you can clearly see the board.

Fourth, **be active in class** – Ask and answer questions, and contribute in class discussions. In your contribution, bring in something new from your private study. Never shy off from contributing since nobody knows everything.

Fifth, **have a positive Attitude** –Work on your attitude towards yourself, general life, subjects, teachers and others. When your feeling is bad, it may mean that your inside is not okay. Learn to see the positive side of life.

Ways of developing a positive attitude on daily basis

If it is possible and allowed in school do something you like or enjoy each day such as: sports, prayer, visiting, singing, playing piano, relaxing, swimming, talking to friends, dancing, drawing, writing, etc. Each day do what brings you closer to your personal goals. Put that negative attitude down, and then walk free! Your attitude affects you first before it affects others. Change the world inside and this will definitely change the outside.

***Sixth,* you need to start each day with a positive attitude**

Here is a proposal guide on how to make your day good. Avoid negative attitude towards your teachers, so that you may be able to participate in their lessons.

A good day starts with good preparation:

- Prayer and meditation
- Preparation (bathing, brushing, polishing, and dressing, etc.)
- The first thing in class would be taking a *notebook* and setting daily goals.

***Seventh*, avoid distraction** – Your mind needs to be *quiet, attentive* and *psychologically fit*. Remember, our health comes first. So, take enough water - at least *6 glasses daily* if not eight, have exercises (play cool) and have enough sleep (*6- 8 hours per day*), but avoid oversleeping. Relate well with those around you. Open the room's windows while studying to allow *fresh air* flow.

Eighth,* reward yourself** – Occasionally, treat yourself nicely as you celebrate the results of your hard work. You can develop a principle like 'No Work No Play'*** or '**No Work No Treats**.' If you like football, ensure that you only play after a successful study session. Let your teacher know your situation.

***Ninth*, love and accept yourself the way you are** – Stop bargaining with nature. You are the best person the way you are, and the only one who is that way in the world. Relax and move on with life; we cannot be like others. If you have life issues, share with someone you can trust.

***Finally,* strive to sit in front (**all cannot fit in front**)** – Teachers will regard you positively, and you will hear them clearly. At the same time, you will be free from negative influence to cheat in exams. Those who cheat in exams never make it at work after leaving school due to lack of competence. You would rather score a grade 'C' other than get a fake grade 'A'.

3. Deal with common life distractors

There are many distractors in life which we need to overcome such as:

i. ***Procrastination*** – you should avoid postponing things that you can deal with them at the present. Remember to treat urgent things with urgency.

ii. ***Lack of priorities and focus*** – you need to know what comes first and most important.

iii. ***Deadline pressure*** – in order to deal with a deadline pressure, you need to start your assignments immediately. Have proper planning by keeping a diary, which will remind you things that you must do.

iv. ***Unclear goals and objectives*** – you need to come up with SMART goals and objectives to avoid confusion in life. Objectives are smaller segments of the goals. A SMART goal entails knowing what you really, really want, when and how to achieve it, and the importance or the value of that goal. Setting objectives is a necessary requirement, and its key to successful time management.

v. ***Lack of self-discipline*** – self-discipline is the key thing in the steady improvement of school grades.

vi. ***Poor planning*** – you need to plan well. Planning is not just thinking. Planning is an art of putting things in order, as they need to be. It involves organizing activities, time and other resources. Write down your plan, and follow it up with an action.

vii. ***Negative Goals*** – your reason for working always need to be positive. For example, you should work hard to pass your exams as opposed to working hard to avoid failing. You need to wake up early to be on time, not to avoid being late.

viii. ***Laziness and lazy friends*** – a successful student will never tolerate laziness; lazy friends will influence you to be lazy, since birds of the same feather flock together. Keep a healthy social distance.

ix. ***Electronic gadgets*** at home– over the school holiday, keep your phone away or on silent mode during your studies. Let your friends know the time they can call or text you.

x. ***Peer pressure*** - remain focused, resist and choose not to join losers.

KNOWLEDGE COUNTS

Students need to thirsty for knowledge. Remember books are for reading. We can finish school but we cannot finish learning and teaching. Learning ends at death but we teach beyond the graveside. -*The Author*

4. Effective Study Skills for Effective Learning

While there is no specific scientific way of studying, self-study skills are extremely important. As you advance in your education, they will be actually useful.

There is a difference between studying and reading. Reading is about understanding the text whereas studying involves interrogating and retaining the content.

Studying involves (SQ3R)

S- Scan – Scrutinize through a text to alert the brain of what you are about to learn.

Q- Questions – Questions are actually important, since they help us to know and seek more information during the learning process.

R- Re-read – This is an increased focus and attention to data, and it involves taking of notes.

R- Recall – ***Stop and think*!** Let your mind internalize what you are reading and allow data to sink. At this point, you can make short notes.

R- Review – Revisit the information learned in class within 24 hours to increase your capacity to remember.

<u>Practice SQ3R</u>

i) S – *Survey (overview, preview)*

Just by looking through a book or a section of it, gives you an overall sense of what is ahead. Here, you speed-read to get the overview of what you will be reading and how it is organized. Pay attention to introductions, headings, diagrams, maps, pictures and conclusions.

ii) Q – *Questions*

Always have questions ready before you start reading. Mental preparedness is the key to effective learning. You can make your own questions.

Note the following as you read:

1. What do I know about the chapter?
2. What are the main points? (you can have 3-5 points)
3. What evidence is there to support or oppose?
4. Who else has seen it the same way?
5. Do we have other book(s) that can justify this?
6. By the end of the chapter, what will I have learnt?
7. Is it within my syllabus? Is it comprehensive?
8. Am I fully acquainted with the basic concepts?

iii) 3R

a) Read (& Write)

- ✓ As you read the chapter(s), try to pinpoint sub-topics and take notes.
- ✓ Slow down and *THINK*. If you come across any difficult subject, go back and clarify. Be ready to tire and engage your mind!
- ✓ Read a material until you are sure you understand it.
- ✓ Write down anything that needs further attention. Here you can consult the teacher or other textbooks.

b) Recall

- Check your understanding of what you have read by recalling what you have just read. Engage your mind, think and internalize.
- Go through the main idea and check if it makes sense to you.
- Check your notes and make sure that you have included all relevant information. If not, do so at this stage.
- Summarize again in your own words: this doubles your retention ability and recall power.

c) Review -revise- recap

- ✓ Go through your notes regularly within 24 hours, and perhaps a week later. If you do not revise, you are likely to forget almost 80% of the content.
- ✓ Remind yourself the questions you wanted to answer. This will gear you up to look for answers.
- ✓ Do your notes give you the answers? If not, look for them here!

NB: Answers during revision must be accurate and score 100%.

General study skills everyone must have:

You must be resourceful; look for materials you need by yourself. You need to research and collect study material that enables you to work effectively. Look for *textbooks, notes, past papers, etc.* from other schools. Interact with serious students within your school and from other schools. Use internet for research and make use of the teacher maximally. Give yourself quizzes.

Importance of the study skills

- They give us the ability to be in charge of our own learning.
- Planning is a study skill that creates more time and reduces stress.
- Help one to set goals, and ***work hard*** and ***rightly*** to achieve them.
- Help one to work SMART, master the content and within the syllabus.
- Help in self-motivation and adjustment of increasing daily demands.

5. SOME OF KEY TOOLS FOR PRIVATE STUDY

- Watch or timer, diary, daily planner, calculator and **timetable**.
- Notebook & file(s), pens & pencils, study room/space.
- **Spring file** - arrange your test papers in this file chronologically.
- **Workbook and exercise books** – you can write *date* on the right top side of your *A4* exercise book, then write *start time* on the left top of the page as you start. Once you finish working, write *closing time*. If you do this always for every session then you can calculate the duration you take to determine your qualitative study time.
- **Questions and revision materials** – study course books, the atlas, the dictionary, *kamusi,* Bible, set-books, Mathematical-tables, etc.
- **Team** up and work with partners who are honest and true with life, not jokers. As a team member **you** must be a **heathy** person indeed.
- **Internet-** depending with the situation, those blessed to have internet need to use it more for research and not for pleasure.
- Active **listening** skills. Some of t*hese may change subject to syllabus.*

6. behaviors of an Effective Student

1. Copies and revises all notes in good time.
2. Personally, does and owns all his assignments.
3. Attends all classes unless due to unavoidable reasons.
4. Is attentive, alert and ready while in class.
5. Asks and answers questions in class.
6. Revises his notes at least 3 to 4 times.
7. Monitors his progress -draws a performance graph (*see annex No.* **v***)*
8. Keeps a notebook and makes sure he writes notes in it.
9. Is accountable to somebody of his own age.
10. Keeps in touch with the teachers, mentors and parents.
11. Updates parents on his progress.
12. Works hard, then, rewards himself.
13. Doesn't play if he can't prepare/read.
14. Keeps his dream in mind.
15. Sets a SMART goal as he studies.
16. He is a happy lover of books.
17. Prepares thoroughly and early.
18. He always plans ahead of time.
19. Uses activity and study timetables.

20. Keeps time and takes care not to waste time.
21. Is a good listener – learns to take notes as he listens.
22. Participates in co-curricular activities.
23. He is principled and avoids impersonation.
24. Shares his challenges with his mentors and more so with parents.
25. Maintains healthy relationships and boundaries with those around.
26. Has a positive attitude towards general life and self.
27. Sleeps on time and wakes up early ready for study.
28. Values life and other people and their efforts.
29. Takes responsibility and does not *blame* people for his own failure.
30. Loves his family unconditionally and finds time with it.
31. In case of any family issues, he shares with a counselor or mentor.
32. Makes corrections after exams results and consults the teacher.
33. Speaks confidently, openly and clearly.
34. Avoids temptations to do what failures are doing.
35. Follows all the school rules and apologizes when on the wrong.
36. Works hard, diligently and always aim higher.
37. Believes and trusts in God.
38. Grows positive inner abilities and is never limited by situations.
39. Is ambitious in life and tries new things without fear.
40. Is humble and relates well with other people.
41. Is wise and does not give up but keeps trying.

7. TIME MANAGEMENT V/S ACADEMIC SUCCESS

Planning, of which I refer to as repositioning is the most powerful work done during our quiet time. For sure, this is our peak time.

A successful person should learn to *Plan Ahead*. To plan is to see the end from the beginning. We can only get what we see. Planning is one of the most difficult things in life.

1. PLAN AHEAD *is an acronym that can stands for:*

P – Put things in an order- know what need to done and when.
L – List down your goals (written).
A- Alter your priorities to suit the most important and urgent activities.
N – Notify others especially parents and friends on your plans.
A – Allocate time for acceptance mostly by parents.
H – Head into action. Take responsibility first, start before others join.
E – Expect problems - challenges are definite. Persist to resist resistance.
A – All times point to successes - see the good in what you do.
D– Daily review - review of your progress on daily basis.

Remember; *failing to plan is planning for a terrible fail!*

2. *Write* your plans down

The more we organize our time, the better we use our time in attaining our school objectives. Planning means preparation for the realization of our objectives. The main advantage of planning is; "Planning is saving time." The most important role in planning is to put things in *writing* and in order.

Why write it down?

Mental Schedules are harder to control - 'out of sight, out of mind'.

Written schedules mean a reduced workload for the memory.

A written plan has psychological effects of inducing self-motivation in work. When carrying out assignments daily routine become more ***goal-oriented***, and we are more inclined to adhere to the set tasks for the day. As a result, we are less easily distracted and we are more likely to persist in carrying out the planned tasks than we would without fixed guidelines in the form of a written ***daily schedule***.

3. Daily scheduling

First, it is important to plan each day individually as you begin to work with time schedules. The day is the smallest and most manageable unit in regular planning. If the previous day was not successful, you can begin each day afresh. If you do not have your daily work routines under control by way of planning, it will be hard to maintain plans for a long period such as a month or a year.

By **checking daily results,** you keep track of tasks not yet carried out and transfer them to another day. You also establish a better estimate of time, needs and distractions, and allow more shock absorbers that are realistic and time for unforeseen events.

4. Set life and activity priorities

This is the ability to handle numerous/different activities by devoting time to one single task at a time by setting priorities. This is what characterizes successful time managers. This means deciding on which tasks are of ***top priority*** and of secondary priority, and then doing first things first.

SAMPLE of a general daily activity time table (*Mostly used at home*)

Activity	Purpose	Start Time	End Time	Where	Remarks

5. Rank your tasks in order of importance & ensure that:

- ✓ You work first on important and the most urgent tasks
- ✓ If necessary, you work on tasks according to urgency
- ✓ You concentrate on just one task at a time
- ✓ You handle the tasks more effectively in the time scheduled
- ✓ The set objectives are tackled as effectively and on time as possible
- ✓ At the end of the planned period, the most important matters are taken care of
- ✓ You focus your energy on education and not on passions, pleasure or peer influences
- ✓ You devout over 80% of your time in school activities and in activities, which are academic based.

6. Reserve quiet time for yourself daily

"The greatest events are not attained during the loudest hours of the day, but rather in our most quiet." In the hustle and bustle of life, it is easy to move away with what happens around. It is important, therefore, to set aside some time on your own to think about your life, goals, spiritual life, how you are performing on your objectives and your general progress.

Evaluate how you are going about in achieving your goals. If things are not working out well, be humble enough to accept that you are not doing well, and seek help. You can consult teachers, mentors, counselors or parents.

7. Defining goals

Success is only possible if you have clear well defined life objectives, with subsequent monitoring and self-evaluation. With well-defined objectives, you will retain a proper perspective even in these distressed days. Even under heavy workload, you will establish correct priorities and make the best use of your resources in reaching your desired goals quickly and assuredly.

Notes:

* A person who has and pursues conscious objectives and goals, & directs his subconscious energy towards his activities through self-motivation and discipline, will absolutely achieve his goals.

*Remember, clear objectives and set goals help one to focus and direct one's inner energy to the right direction and object.

* Invest your time in the right activities, in the right way, in the right season, with the right people and in the right place.

Benefits of Successful Self and Time Management

- ✓ You gain a better perspective of pending activities & priorities
- ✓ You make more opportunities to be creative (taking initiative instead of reacting) and gain more leisure time to reward yourself
- ✓ You consistently and systematically attain goals which gives your life a sense of direction and meaning
- ✓ It helps you to reach and revisit your true self due to calmness.
- ✓ Gives you room to socialize and venture into new opportunities.

Managing study distracters

- As you study, keep away, on silent mode or switch off your phone.
- Invite your parents to help you control your time and phone.
- Avoid multi-tasking, especially, reading as you use your phone or watch the TV. Avoid headphones when reading and when talking.
- Review your work periodically & learn to re-examine your progress.
- Use a time table with limited time sessions (one-hour maximum).
- Avoid negative thoughts, fights and worries; instead share them.
- List down things that may be disturbing you or try to forget them.
- Finish one thing at a time and do it well.
- Pray about the difficult things and believe in God.
- Share with your family on the things that are difficult to you.
- Plan before time and do it right; you can consult.
- Develop calendar of events and follow it faithfully.
- Relax your mind; try to think only of what you are doing that time
- Check your mental health as well to determine your stability.

How to recover wasted time

In addressing the lost time, you need to **list down subjects and all specific topics**, which you never covered well during the course work. Any topic that you cannot score as you would wish (70%) and above need attention if you have to do well in your final exams. Note down as you start your revision work. The table below can guide you to achieve the desire.

Sample of Recovery Study Time Table

Date	Time Start / End		Subject	Topic	How much can you score e.g. (30%)	Desired Score (80%)	Comments

Ps OF GREAT SUCCESS IN SCHOOL

Let me share with you some Ps, which I feel are of great priority in school:
1. Plan before - take some time in the morning and in the evening to evaluate what you have done as you plan what you are going to do in the time ahead, because **p**rior **p**reparation **p**revents **p**oor **p**erformance.

2. Prioritize - do first things first. For example, you can test this question: What would you do first and now? Between: (*1) The studies, (2) Marriage, (3) Looking for a girlfriend, (4) Developing talent, (5) Looking for money.*

3. Purpose -This is reason for existence. Do not just follow the day, but also have a good reason to live it. Your life is your own, live it well. Every day, invest in something profitable that brings you closer to your dream.

4. Prepare - in order to pass your exams and be successful in life, you need to spend time *preparing* - and working for your future. You need to *prepare* for the high school final exams. That is the main reason for being in school.
Nothing can substitute an organized **hard work.** Research shows that the teacher contributes 20**%** while the remaining 80% is for to the student. Astonishingly, with today's child this theory is vice versa. In order to carry an effective study, one should score **100%** from every private study session. This means carrying out a thorough study on every topic. Making sure that during revision time, you have the right study materials. Make sure not to heap a lot of work until the last minute. These arrears can be stressful during the final year. Write down your notes in good time, and make sure to go through them severally.
5. Positivity - Be positive in life. Always point on the positive side of life. Learn to appreciate yourself and accept life situations. If you get a D-grade one time, life will change someday do not give up. First, see the good in yourself. Remember not to settle for mediocre grades. Speak positively.
Then, **purpose** to move your grades up. Remember that you are the most important person in your life: you were born to be great. Tell yourself, *'Oh! Yes, I can.*' Be **positive** in life, and for anything, that you cannot change love i.e., the family, the teacher, the subject, your face, your legs, your hair etc. Try to see the good in your life before seeing the bad in it. Develop a positive mental attitude and an open mindset. Never despise yourself or dismiss a day before it ends. Nevertheless, positivity without action is dead.

6. Proper Time Management - always have a working timetable and know what you are doing at a particular time. Let written plan guide your day.
7. Participation - always try to participate in class by actively asking and answering questions. Think for yourself - look for the answers by yourself. If you have not found it, do not settle with their answer. Seek for it.

8. Pray - always pray and never give up just because of one-time bad performance. God sees us differently. However, be careful that you do not substitute hard work with prayer - you must read and God will reward your hard work. Pray for your studies more than for exams! But work more.

9. Play – physical exercises play a major role in our mental health. Our brain needs oxygen to break down calories into energy. Remember that too much work and no play made Jack a dull boy. Nevertheless, choose to play only after study, otherwise, no work, no play. You can reward yourself after some good work. Work hard but **play** easy.
10. Punctuality – learn to carry out duties and assignments on time. Do not keep school holiday assignments until the last week of the holiday.

11. Presentation - present what you have learned from your private study. Let others know that you *know*. Write down points without referring to the textbook: this will help you to remember. Put your knowledge in action.

12. **Pave/push** your way - struggle and never give up in life, since quitters never win and winners never quit.
13. Pursue - develop a dream and pursue it. Refuse to fail, instead push your dreams ahead: Do not allow losers to **pull** you down. **Progress** always!
14. Pass it over - leave a legacy for the next generation; leave a mark.
15. Purity - purity is extremely important in life. As a student, you need to be free from all forms of addiction such as drug abuse, internet abuse, sex abuse and other forms of abuse that my lead to addictions. Say 'No' to pornographic materials. Avoid dirty gatherings that may pollute your life.
16. **Pay back** - keep every promise you make and meet deadlines.
17**. Lastly**, as a growing youth learn to say no to negative **peer pressure**, avoid mimicking your peers blindly. Bad company corrupts good character. You are a unique person with a great future!

WATCH OUT ON SCHOOL TRANSFERS AND TRUANCY

A good student avoids transferring from one school to another. Before you transfer, consider the reasons for the transfer. They negatively affect the systematic following of the syllabus. It is better to address problems other than transferring them to another school. Transfers are not that good.

The following are some wrong reasons for transfer:

- Diet - not unless your current school can't provide some special food you need for medical reasons.
- To join your friends who study in the said school.
- Disliking teachers or have a negative attitude towards the school.
- To run away from punishments that were caused by indiscipline.
- Because the school is a day school, and it is the only one your parent/guardian can afford.
- Because at one particular moment the school went through a bad experience that tarnished its reputation. e.g., a student was found dead.
- Running away from bullying by fellow students, (not unless it is too much and out of control or the school is not helping you at all).
- Fear of normal hardships, which every other student is experiencing.
- Mere rumors such as devils' worship in school which cannot be confirmed.
- Following a best friend who has transferred or is planning to transfer.
- To punish somebody.

Genuine Reasons for Transfer

- When your health is at risk because of the school's climatic conditions especially when a doctor recommends your moving.
- Spiritual, physical or psychological abuse by members of that community.
- Disclosure of a serious issue that can jeopardize your life in that school., e.g., exposing a scandal or breach of confidentiality.
- When professional counselor, a teacher or the government recommends

The best way in dealing with the school and personal issue is through counseling and guidance. All transfers require an *exit interview in* determining real reason for the urge to move. Students and parents should dialogue to determine the reasons behind the desire for transfer. In attaining this, you can consult professional counselors.

Young men need to impress life transitions other than running away from any pain, which is experienced by their peers, such as waking up at an odd hour, losing items or eating unfamiliar food such as *githeri*.

Chapter 4. The Need to Know Your Self

You are an adolescent

It is important to be conscious of the fact that you are in your adolescence stage. Remember that adolescence can start as early as age of nine, and it can continue until the twenty fifth birthday. At this stage, one experiences many psychological changes, which affects the way adolescents behave and think. As an adolescent, you are neither a child nor an adult. *Adolescence* is a *Latin* word that means to grow up (all round). In school, you might have learnt about the physical changes at puberty stage and sexual maturation in adolescence. However, this teaching leaves behind the emotional and the psychological parts of growth. This deficiency in knowledge really disturbs young people. You are what is in your mind.

You might have realized that you are growing rapidly, and facing psychological and emotional challenges that are sometimes difficult to cope with. During this stage, you need to seek help in making good choices and informed decisions. Adolescents keep asking two major questions i.e.; ***who am I?*** Likewise, ***what is my role***? Answering them can help you greatly.

The adolescent's major concern is to develop a sense of self and personal identity. When one is successful then he/she is able to be true to self. Failure to achieve this may lead to confusion and a weak sense of self.

As a teenager, you are undergoing a form of transition and you may need a mature role model; your parent(s) can help you to answer the key life questions regarding personal identity and responsibility. Instead, you need to identify a responsible mature parson to fill this gap.

Reasons behind Adolescents' Unique Behavior

Many people agree that dealing with adolescents is never easy. It is important for adolescents to understand why their behavior is different from people in other age brackets.

An adolescent is in search for: *freedom, identity, self-acceptance attention and a sense of belonging and role* to a group as he prepares for adulthood.

Today's adolescents want to experience things other than believing them, a situation that puts them at risk. They want explanation of everything making grown-ups to conclude that teenagers do not want to be told. The youngsters need to take advice from their elders without demanding many details.

Adolescence Problems and Their Sources

1. Emotional - loneliness, guilt, anger, depression and low self-esteem

2. Relationship issues – differentiating love from infatuation, rejection, dating, peer pressure, attraction to the opposite sex and friendship.

3. Family issues – Due to issues in families such as over protective parents, absent fathers or mothers, parents' divorce and separation, single parenthood and the adolescents' feeling that parents do not understand them, or parents are putting too much pressure on them causes a big challenge to them. Teenagers may not realize the sacrifice that parents make to keep them comfortable.

4.Sexual issues – pornography, masturbation, homosexuality, early sexual experimentation with girls/boys, including early pregnancies and chat sex.

5. Educational issues – sometimes teens feel like getting out of school; they feel that schooling is just but mere bother. They think that educating does not make any difference; they hate school homework. Most parents want their children to get grades of A or B^{+}. Sometimes parents lack the time to listen to their adolescent children. Students who perform poorly in school work suffer stress due to performance pressure from parents.

6. Vocational issues–Setting SMART goals and choosing good and the right career in life is a major cause of stress among the adolescents. It is important, therefore, for every young person to seek counsel in this area to avoid regrets in future. It is important to try balancing talents and studies

7. Negative peer/media influence – Majority of adolescents do things without clear knowledge, due to either peer or media influence.

8. Emotional separation – Most teenagers face a natural conflict and misunderstanding from parents. This usually leads to what I will call emotional and social separation. This kind of separation may lead teens to stick with social groups either to prove that they can do without the parents or for survival. This situation needs a careful handling.

9. Laziness and over sleeping - Sometimes teenagers can sleep for more than ten hours especially when they are under stress. Just like little babies, their body requires enough rest. On the other hand, parents rarely differentiate between stress from laziness; even rebellion from disobedience. These can be major reasons as to why adolescents join secrete groups, which make money by whichever means.

NB: *It is important for adolescents to cultivate a good relationship with their parents.*

Wrong ways of dealing with adolescence issues

1. **Holding on to the problem** – owning the problem and struggling to deal with it, without seeking help from those who know.
2. **Acting socially inappropriate** – such as getting into abuse of drugs, truancy, stealing or engaging in premarital sex, or joining illegal groups or proving your manhood by doing bad things.
3. **Running away from the problem** – by either escaping from home or school.
4. **Blaming people** instead of taking personal responsibility about the problem.
5. **Over using** electronics games, internet and mobile phone.
6. **Pretending** that it is okay yet dying from inside.
7. **Isolating** oneself from those who know about the problems.
8. **Self-torture-** turning to pornography, drugs or masturbation.
9. **Choosing suicide,** which is never a solution for a real man.
10. Developing **false** and **wrong ego** that affects manhood.

Best way to deal with adolescence issues

1) Know yourself, agree with yourself to flee from peer pressure.
2) Manage and control any media influence.
3) Develop positive attitude and face everything with a smile.
4) Have a priority list and learn to do first things first.
5) Be principled - own your life and live it well.
6) Develop positive self-image: accept yourself as a unique person.
7) Be persistent and consistent in whatever you do.
8) Allow discipline to guide you and be flexible.
9) Be purposeful or **dream-driven**; always keep your dream in mind.
10) Consult with mentors, as you choose new things never decide alone.
11) Solve the problem - face the issue head on. This calls for sharing with a friend, reading relevant literature or seeking guidance.
12) When life is difficult **Pray**. If you can't trust men, then trust God.
13) Be humble; accept new ideas, contradictory information and advice.

Watch out on how you react

As a teenager, you need to be careful on the way you react. Because the way you deal with adolescence related issues affects the ability to make good choices. The choices we make or not guide our life. If you choose to take drugs, you have chosen to destroy your own life. If you choose to do right, you shall reap good fruits. Negative coping mechanisms affect our health.

Make right choices

The choices that you make today will affect you for the rest of your life. Never make permanent decisions based on temporary situations such as refusing to pursue a certain subject just because you have differed with the subject's teacher. In case of wrong choices, you are the one who will suffer the consequences of your early life actions and choices.

As a youth, you need to research on the best practice, think right, consider your Family, Cultural, Christian and National values as you make choices and decisions in life. Always ask yourself, 'Is it right, is it lawful, is it moral and ethical?' Remember, 5% of people think, 15% think that they are thinking, while the remaining 80% would rather die other than thinking!
Be among the first 5% who think.

More self-awareness and discovery

We need to be aware of who we are as individuals. What are our likes and dislikes? What information do we need and the behavior expected of us by others? What is our ideal concept and how do we wish life to be when we grow up? How will life be when we have succeeded, and what are our strengths and weaknesses? What do we tell ourselves regarding our self-image? What is our value tag? If we were to cost ourselves how much would we cost? Moreover, how do we feel about ourselves? Who are our friends? Answering these questions may imply that we are aware of ourselves.

Be aware of your behavior and the reasons behind it

Seek to know what holds you down and what you need to do in order to kick off. You also need to know your personality type and the reason behind your behavior. In addition, if possible, know what people think about you, compare that with what you think and believe about yourself. Ask and answer yourself these life questions.

Self-worthy

Self-worthy is your God given value. As an adolescent, you are an important member of the community. There is a great value attached to you despite your self-concept and perhaps negative feelings, which may degrade you as an individual. The Word of God refers to you and me as creatures wonderfully and fearfully made – period!

Chapter 5. The Need for Emotional Intelligence

As the topic suggests I will deal with **emotional intelligence** as I first pose this question, what is **intelligence?** This is the **ability** to acquire and apply knowledge or skills in the right way. It is not only about the ability to get good grades at school; it is more of how we use what we know.

Types of intelligence

There are four major types of intelligences which drive other intelligences:

1. Intelligent Quotient (IQ.)
2. *Emotional Quotient (EQ.)*
3. Social Quotient (SQ.)
4. Adversity Quotient (AQ.)

1. **Intelligent Quotient** (IQ.) - This is what helps one to "know the book", solve math's problem, memorize things and recall subject matters.

2. **Emotional Quotient** (EQ.) - This is what makes someone to maintain peace with others, keep limits, be responsible, be honest, respect boundaries, be humble, be genuine, calm and considerate.

What are emotions?

An emotion, as found in Greek word '***Hemovore'*** means to '**Move out'.** The purpose of emotions is to move toward safety, needs fulfillment or away from pain. These strong feelings can be either positive or negative. When they are *good,* they produce joy, anticipation, love and optimism. However, when they are *bad,* they produce anger, fear, anxiety, despair and hatred.

What is emotional intelligence?

This is the ability to understand, use and manage self and other people's emotions in a positive manner either to:

1) Relieve stress or suffering
2) Communicate effectively
3) Empathize with others
4) Overcome a particular challenge or resolve a conflict.
5) Express fulfillment such as joy and happiness

Emotional intelligence involves cultivation of social skills.

3. **Social Quotient** (SQ.): - This is what makes people build networks of friends and maintain them over a good period. People with both higher EQ and SQ tend to go further in life than those who only have IQ.

Most schools capitalize on improving students' IQ as they play down EQ and SQ. This is can be one of the major reasons behind the murder, drug abuse mania, school unrest and failure among the adolescents today.

A person with high EQ and SQ and an average IQ may end up employing one with a higher IQ.

One's emotional Q represents character, while the SQ represents fame. We all need to develop habits that will improve these three Qs, but more especially the EQ and SQ. For sure, we can do little to better our IQ. Both EQ and SQ help one person in managing things better than others.

4. The **Adversity Quotient** (AQ.)
An adversity quotient (AQ.) is a score that measures the ability of a person regarding dealing with life adversities. This can be referred to as resilience. The AQ is one of the probable indicators of a person's success in life, and is primarily useful in predicting attitude, mental stress, perseverance, longevity, learning, and response to changes in environment.

It is important to engage in social and physical activities. As a youth, you need to take time and visit the village to cultivate beans, groundnuts, maize and to see food production, milking cows, etc. In this way, you develop the EQ, SQ and AQ, and you become a wholesome human being, enabled to do things independently and in a healthy way. On top of these intelligences are other types to mention but a few: -

1. Interpersonal intelligence also referred to as social intelligence is Interpersonal ('inter'- 'between') – this refers to communication or interaction that occurs between people or institutions. This is the ability to communicate effectively with others. It relates to a person's capacity to relate and understand the motives and their actions.

People with good interpersonal intelligence are highly interested in those around them. They are often compassionate, empathetic, and skilled at interpreting both verbal and non-verbal communication.

Interpersonal intelligence, is normally paired with its sister intelligence i.e. intrapersonal intelligence. Though related, the two are also very different.

2. Intrapersonal intelligence – Intrapersonal ('intra' – 'within') it is the ability to decode and analyze one's inner motives, desires, thoughts, and emotions. Having this form of intelligence helps us understand what we want or not. In addition, why we are the way we are.

2. Security intelligence- *I* refer to this as an ability to detect and avoid threats and danger and seek safety. This can help you avoid online conman-ship.

3. Spiritual intelligence- Spiritual intelligence is a higher aspect of intelligence that activates the qualities and capabilities of the authentic self (or the soul), in the form of wisdom, compassion, integrity, joy, love, creativity, and peace. Spiritual intelligence results in a sense of deeper meaning and purpose, combined with improvements in a wide range of important life and work skills. It entails the ability to hold a firm faith in God and trust in him for growth and revival. *Otherwise everybody has a multiple of these intelligences.*

Importance of emotional intelligence

Emotional intelligence influences the way we behave and socialize others. People with high Emotional Intelligence;

- ✓ Recognize their current emotional state and that of others.
- ✓ Are able to engage with others in a manner that draws them nearer.
- ✓ Make strong and long-lasting relationships.
- ✓ Achieve their goals in their daily work.
- ✓ They easily differentiate between good and evil.
- ✓ Remain cool and create peace in conflicts.
- ✓ Are healthy and stable in their mental thoughts.

Key skills in emotional intelligence are:

1. *Emotional awareness* - somebody who is aware of his emotions notices when he is about to get angry or to lose control in a talk.
2. *Non-verbal communication* - this is the ability to know body language.
3. *Playful communication* - this is the use of art such as games or dance.
4. *Conflict resolution* - this is the ability notice conflict within oneself, or between other people and resolve it. The two types of conflicts i.e. Intra-conflict and Inter-conflict are major contributing factors to the trouble we see in the world.
5. *Quick stress relief* - this is an ability to realize and manage stress within one's environment before it become distress.
6. *Self-awareness* and ability to reason with purpose and intention to cultivate heather inter- personal relationships.
7. *Resilience*- the ability to continue with what he is supposed to do without losing hope in difficult times. One has the ability to hold on faith without wavering.

COMPONENTS OF EMOTIONAL INTELLIGENCE

1. SELF- MANAGEMENT

This is the ability to keep and control one's outburst of emotions or discussing disagreement and avoiding activities, which may undermine one's sense of worth such as panicking or self-pity.

2. SELF- MOTIVATION

This refers to personal curiosity and satisfaction of being productive. This kind of motivation is inwardly driven. It is opposite of external rewards.

3. EMPATHY

This is the ability to understand other people's point of view by recognizing their feelings. Empathetic people are good in managing their relationships. They have good listening skills. They manage excellent relationships, avoid stereotyping, and restrain ethnic view as they postponed judgment. They live their lives openly and in an honest way. They understand those in hard situations such death, infections such as HIV/AIDS or corona virus, loss of Job or any other form of suffering.

4. SOCIAL SKILLS (inter-personal skills)

A social skill involves use of empathetic skills. It is recognizing other people's needs. It involves finding a common ground with others and managing self well at both school and home. People with good interpersonal skills give others room and space without pursuing their interests only. In the family, they give others room to be part of the system. As a member of a family, learn to ask for help from your family.

People with good social skills:

- Are team players and are sociable.
- Consider other people first and assist them to shine.
- They resolve conflict and maintain relationships excellently.
- Are excellent communicators and listeners.
- Have the ability to trust others and endure with them.
- Are peaceful, calm, friendly and stress-free.
- Are successful in life and even make money with less struggles.
- They are enjoyed, attractive and needed by others.

Aggressive communication leads to conflict and lack of empathy. While waiting to respond instead of listening actively or easily taking offensive during interaction are signs of poor social and emotional intelligence.

How to develop emotional intelligence

- Remain focused in whatever you do
- Take responsibility and be accountable
- Stay connected to your inner self and to others
- Learn to reduce stress positively. *See* 14th chapter of this book.
- Know and monitor your emotions and feelings.
- Resolve conflicts courageously and in a positively way.
- Beware of thoughts in your mind at each given time
- Turn negative thoughts into positive ones by working on emotions
- Practice self-motivation and self-drive
- Identify other people's emotions; observe non-verbal messages in their tone, voice, facial expression and appearance. This helps you to get their right understanding and so as to deal with you side
- Speak positively and give a touch of your school and family
- In conflict, offer yourself as a mediator without demeaning yourself
- Connect with others well and make them feel good
- Recognize and respect other people's interests and rights
- Sense and identify the feelings, motives, and interests of others
- Accommodate other people's ideas and thoughts even though they may be contrary to yours
- Learn to pray and trust God
- Make use of your artistic skills – e.g. Dance, drawing or write, etc.

In order to develop emotional intelligence, avoid:

1. Continuing with a conversation that your partner shuns.
2. Speaking repeatedly about yourself. This irritates others.
3. Insisting or discussing a topic that your opponent shuns.
4. Openly or directly opposing the other person.
5. Any form of provocation and agitation.
6. Looking down upon yourself and the other.
7. A nagging and agitating attitude.
8. Being too good to the extent of being ridiculed.
9. Being self-proud and refusing comments of others.
10. Ignoring knowledge and instruction from those who know.
11. Accepting criticism.

Remember to have self- regulation, empathy, motivation and social skill.

Possible negative reactions due to poor emotional intelligence:

- Abuse of drugs
- Poor mental health
- Crimes, fighting and quarrels
- Aggression
- Truancy- running away from home, church and school
- Easily getting sexually abused
- Talking too much of oneself
- Negative peer influence
- Radicalization and extremism
- Confusion and indecisiveness
- Irrational thoughts
- Negatively used by others
- Stealing or being used to steal
- Poor performance
- Being ridiculed
- Fear
- Misery
- Agitation
- Loneliness
- Sadness
- Despair
- Unhappiness
- Isolation
- Anger
- Unkempt
- Mistrust
- Low esteem
- Victimizer
- Social anxiety
- Regrets
- Revenge
- Unforgiveness
- Mistrust
- Withdrawal

Some tips on Building self-esteem

Step number one is avoiding a tendency to reduce yourself and instead believe in self. You must see the positive side of yourself and also;

- ✓ Develop positive values about self
- ✓ Have positive both self-image and self-talk
- ✓ Accept yourself and stop comparisons.
- ✓ Have confidence in whatever you do
- ✓ Believe in yourself and stop worrying
- ✓ Trust God if you can't trust men
- ✓ Focus on your strength and be kind
- ✓ Build your talent and exercise daily
- ✓ Practice positive self-talk
- ✓ Celebrate your little success.
- ✓ Do your best in school
- ✓ Plan well and avoid procrastinations
- ✓ Be prayerful and forget the past.
- ✓ Learn to say **No-this saves** a teenager

RESPONSIBLE MEN ARE ASSERTIVE

Assertiveness is being able to say no (a true no) without any apology, and being able to stand your ground on every decision you make. It is the ability to express your needs, feelings and opinions without fear, as you consider those of others at the same time.

How to Become More Assertive

- Express your feelings, needs, rights, and opinions without violation
- Be courageous and confident in your abilities.
- Say no when you have to
- Don't be a pleaser of people or even fear to hurt them
- Plan in good time what you want to do or say
- Be aware of your weaknesses and strengths
- Be honest and avoid negative peer pressure
- Own your life, be positive and live it well
- Inquire to know your rights
- Be on the right and read books
- Avoid being guilty for nothing. If guilty, seek peace and forgiveness
- Avoid secretive *sins* such as illegal groups, homosexuality, drug abuse and masturbation
- Refuse to take bribes and favors
- Refuse such invitations as may lead to being sexually abused
- Tell a trusted grown-up when you notice any form of abuse
- Be yourself and avoid lying to self, let others know the true you.
- Express yourself well say how you feel, share love with your loved
- Have faith in God, always seek forgiveness lest sin prevent you.

BUILDING HIGH SELF-ESTEEM

Self-esteem is an evaluation of one's self-worth and an opinion towards oneself. We determine whether we are worthy or worthless. Those with high self-esteem feel good about themselves while those with low self-esteem feel bad about themselves. This is one's general attitude about self.
A Positive view about one's self produces confidence and courage, while a negative view of one's self will definitely develop a result of the opposite. A man without confidence and courage is a weak man.

Self-expression- in achieving your fulfillment, tell others the wrongs they are doing to you. Refuse to suppress your feelings but instead be articulate.

ALWAYS LEARN TO BUILD YOUR SELF-ESTEEM

Step number one is avoiding tendency to reduce yourself but instead believe in your capabilities: you must see the positive side of yourself. Avoid being negative or focusing on negative side of life or feeling anxious, depressed, ashamed or angry. Resolve conflict in your past.

Learn to **accept** things, which you cannot change in life such as:

1. Tribe and origin
2. Age
3. Position of birth
4. The body images
5. Parents and siblings
6. Family and its members
7. Sex and sexuality
8. Skin color and height
9. Others people not unless you change the way you treat them.

Those who change their siting position from front to the back together with those who make noise in class trying to prove a point or negatively influencing classmates may be victims of low self-esteem or even stress

Nevertheless, this does not mean that you settle with the worst; you must refuse to settle for lower grades. For you can change your destiny.

- If you got above 300 out 500 marks in your KCPE, your high school exit grade should be B- and above
- If you got above 250 marks your grade is C- and above
- If somebody gets above 200 marks, his/her grade is above D+
- If one score 100 marks, then high school grade should not go below D- -(minus) unless something serious such as sickness happened.

We have the good examples one of John Macharia reported by the Standard Media in 2014 to have scored B+ in his KCSE from 198 marks in KCPE in Nyandarua County.

Another success story is that of Josephat Mwangi Kamau of Mioro Secondary School in Mathioya Sub-County, who surprised everybody and more so the CS for Education by his remarkable improvement from 277 marks in KCPE to an A- (minus) grade of 79.4 in KCSE in 2018.

These two cases prove that hard work counts; they also encourage us never to give up in life due to previous poor performance.

I also want to point out here that; regardless of your current grade you should love and believe yourself, knowing that high grades may not automatically reciprocate to success. It is important to build a good character and excellent stand in society.

ANGER MANAGEMENT

Anger is an emotional response to external or internal events perceived as a threat, a violation or an injustice. Most men develop ager from child-hood with fathers substantially contributing to it. Anger needs attention.

THE MAJOR CAUSES OF ANGER

It is our thoughts, which cause our anger. It is not really the situation at hand or what someone else does or says to us that makes us angry. We make ourselves angry due to our attitude on a situation. Our self-concept and experiences contribute a lot to how we perceive and react to situations and triggers. The untreated inner pain can be a major cause to our anger.

Anger occurs when we do not get what we want in one way or the other, when our expectations about ourselves, others, and the future expectation go unmet. We end up feeling as if others do not care about our feelings, or that they do not respect us. In additional, most boys have suppressed anger.

EFFECTS OF ANGER

Anger affects the body by increasing the heart beat rate and hormonal energy levels. Anger forms part of the flight and fight survival mechanism. When we perceive something as threating, then anger takes over our thinking, our actions and our entire formation.

HOW TO DEAL WITH ANGER

Anger management involves self-knowledge, knowing the triggers, recognizing when one is getting really angry and implementing strategies to keep us from becoming angry.

THREE MAJOR WAYS OF MANAGING ANGER

1. **Expressing self assertively** - This is the healthiest way in responding to anger. This way, we make clear our needs and the way we want them met, and respect for others at the same time. When we express anger in a constructive way, we use feedback eyes. That is, each person has opportunities to respond, as it ought to be. Sometimes, just expressing our anger in the first place helps us to calm down and prevent more harm.

2. **Suppression** - There is danger in *repressing* anger because, anger may find other outlets if it is not rightfully redirected. Passive, aggressive and those who get back at others indirectly, do so because they are not

expressing or redirecting their anger. People who are chronically critical, cynical and hostile are also those with *suppressed* anger.

Anger can also turn inwards and directed at oneself. This can lead to low self-esteem, depression, withdrawal, suicide and other health issues.

Repression and redirection of anger involve focusing on something besides its source. You should stop running over what angers you in your mind but instead focus thoughts on something positive or constructive.

3. **Calming anger down** – This entails controlling aggressive words and actions. We can do this by using exercises such as breathing or press-ups, and other means to allow anger flow through the body and then dissolve naturally. Generally, emotions have a short life span if we do not hold onto our rage or keep obsessed about the source of our anger.

GENERAL WAYS OF DEALING WITH ANGER

1. **Avoid nursing resentments:** Anger is often borne out of our inability to control the world or people around. We find ourselves bitter and resentful as we nurse grudges. We can try forgiveness to overcome such limiting feelings. Research shows that forgiveness is good for physical and emotional health. It even lowers the rate of cancer, cardiovascular diseases, anxiety and depression. Let us not think of people having to earn our forgiveness. Forgiveness is something we give and in fact a gift to oneself.

2. **Change the environment:** Before reacting, one can either choose to count from one to fifteen, take deep breaths, take a break, or walk away etc. Slow down and let your anger dissolve before taking action. Try not to speak out of overwhelming frustration. When tired and stressed schedule private periods of relaxation.

3. **Combating anger with sense:** Anger quickly becomes exaggerated and irrational. Avoiding using words like "always" and "never" trying to think in terms of "What would I like" rather than "I need", "I have to have", "I demand", "I must" or "it is my right". Avoid words like 'why'.

4. **Being humorous**: Humor helps in lightening up and seeing things in a more balanced manner. One should learn to make fun of oneself and the situation. Do not try to dispel your problems with humor ("smiling them away"), but try to gain a more reasonable perspective. Avoid taking self or your anger too seriously.

5. Exercise: Expelling those stressful hormones can calm you down. When you are angry you can try to run up and down the stairs, go for a walk, take a bike-ride or go swimming etc. You will be surprised by how much calmer and clear-headed you become when you engage in any constructive physical activity before dealing with frustrating situations.

6. Practice good communication: When you are angry, you are acting on perceptions, which may be faulty or wrong. Always think before you speak to avoid speaking defensively. Listen to what others say concerning you. You are free to think about your own needs but respect other people's needs as well. Listen to the underlying emotional messages to avoid aggression.

7. Think and solve the problem: Solving a problem rather than expelling it out. Instead of going repeatedly on an issue that makes you angry, it is more helpful to think of it in terms of how to solve it.

Sometimes problems may seem impossible. If you feel that your anger is out of control or frightening in such a time seek professional help. Some people are more *quarrelsome* than others are. Anger does not always show itself with aggressive outbursts. In the chronically argumentative person, constantly unwell person this is seen or in a socially withdrawn fellow. On the other hand, some people just have low tolerance for frustration.

Most of men are good in suppressing anger. Maybe somebody told you that men do not cry and perhaps this makes you ashamed of your emotions. This can be a good reason behind your current behavior also.

Whether we are easily angered or not, anger management can help us to recognize the triggers and contributors. *Triggers* and their *contributors* may be due to lack of sleep, over-scheduling tasks, drug abuse, loss or bad news. We can learn to recognize the signs that anger is building in us then develop techniques to suppress and deal with it in better ways.

It is also important to seek for professional help from counselors who deal with anger management especially when you miss to know the cause of anger or when you may be experiencing untreated inner emotional pain.

On the other hand, people who lost their parent(s), close relative or even experienced child abuse in their childhood are likely to manifest anger or low self-esteem at their adolescence stage due to post-traumatic stress. It is advisable that such adolescents seek help in order to manage unresolved trauma.

Everybody should be able to make and retain good friends. If a relative differs with another, their differences are never to involve a third party. For example, if I differ with my brother, my relationship with my nephews (my brother's sons) should remain intact, and nobody has the right either my brother or me to alter my healthy relationship with the nephews.

Parents should allow their sons to associate with their uncles and avoid using their sons to fuel family conflicts. Boys should also let their parents know that they are in touch with their relatives such as aunts and uncles.

In high school, students are encouraged to make few friends, preferably one in form one, one in form two, one in form three and one in for four. This helps in avoiding overcrowding one's self with people who may affect their concentration in education which is the main goal in school.

Ben Carson's Motivating Story

Ben Carson the author of **THINK BIG** once became last in his class and his classmates used to make fun of him and got used to becoming last in his class hence believing he could no longer improve in his studies. One day when he showed his mother his report card, his mother instructed him and his brother Curtis to stop playing after school and finish their homework at that time. She told them 'to always read two books from the library in one week'.

When Ben Carson started reading books from the library, he read about animals, plants, rocks and minerals. As he got used to reading different types of books, he used to identify every single rock in his path while going to school every day.

One day during a class lesson, his teacher asked a question about a certain rock and nobody knew the answer except Ben. Ben got curious why even the brilliant kids did not raise their hand to answer the question. He raised his hand and said the correct answer and everybody was surprised. From that day, Ben knew he could read more books and improve in his studies.

Written by; **Mike Mumo**
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Chapter 6. Relationships

Human beings are social beings

How one relates to others determines his/her level of adjustment and success in life. The people you grow with will shape your life. They build or destroy you. Inter-personal skills are of paramount importance in life. We need to cultivate good relationships with the following groups:

1. Parents: Your parents need your **obedience, respect** and **openness**. You should not compete against your parents, be open to them - they should be your first friends. You can share your secrets with them.

Single parent's sons!

No doubt two are better than one: two parents who agree can give more protection, more love and support to a child than one. Most children who grow up in a single parenting system are occasionally made to think that it is not ideal to grow up there, especially, those with absent fathers. This kind of mindset affects one's self-esteem as well as the normal wellbeing of both the child and parent. Accepting your family is better.

It is advisable that children honour & respect their both parents and not only the most present. They should avoid talking negatively about the absent and the less supportive one. The fact that one of the parents may not be able to help or be present does not grant the sons and daughters permission to mock that particular parent. Neither is it good to team-up with the supportive parent to mock the absent one. In most cases, we are children of two parents.

As a wise young man, desist from questioning your parents on issues regarding whom they get into sexual relationship with. It is not wise for adolescents, although, you have a right to understand the safety of the relationship especially when you have attained adult age, in case you perceive that your parent is being cheated, a case where you may lose property. In this case, in respect you need to consult with your wider family members preferably aunties, uncles and grandparents.

2. God – man relationship: God created us, and you need to worship Him; be humble before God - He holds our lives. God expects us to be holy. We need to repent our sins to God and to one another.

3. The Government: Obey and prepare to serve the government and to give your best to it. Do not oppose any of the three arms of the government, unless government appoints you to do so.
4. The Church/place of prayer: Ensure that you render your talents and gifts to God; the place of worship is your second home. Be humble and honour your spiritual leaders. Visit them frequently: they are your community. Grow together with the other worshipers. As a youth do not desire to delink from your parent's place of worship. Serve diligently.
5. Siblings: your siblings expect:

a) Your patience, love, protection, care and kindness
b) Care and commitment in physical support
c) Sharing moral support and reasoning together
d) *Respect* - the young siblings should honour and respect the older ones

6. Teachers: Teachers are key people in shaping young lives. Those who keenly follow the teacher's directions and instructions become successful, while those who defy them fail. Always be careful to show respect and obedience to teachers. Avoid developing negative attitudes towards them.

7. Girls are your peers, and they can help you learn in the same manner boys do. To test girl-boy relationship young men can attest whether they treat girls in a manner that is significantly different from the way they would treat their grandmothers. Take heed to resist peer pressure that lead to doing things that are against the law, your values, believes or conviction.

8. Peers and friends (Same sex /opposite sex): They need patience, care and protection. It is advisable for young men to have healthy and *pure* relationship with girls. When relating with girls, boys should treat them with respect, as friends or as they treat their sisters and not as *girlfriends*.

Peers and neighbors are not automatically friends since somebody qualifies to be a friend subject to one's ability to earn trust of others. If you believe that you love a girl, let that relationship be open: do not make it too secret to parents and mentors. Telling a girl that you love her may or may not hurt her but check your words. Love does not mean lust. If sex is in your mind, then refrain from using the words I love or I miss you as you talk to girls. When you are tempted to have teenage sex, you have a responsibility and right to resist it. Sexual intercourse at teenage normally creates terrible trouble in future. Today, peer pressure is negatively influencing behaviors of teenagers leading to HIV infection, drug abuse and joining illegal groups.

Friendship

Every friendship needs to be official in order for it to be authentic, that is, it needs to start in a clear, definite and open manner. For example, did you meet in a prayer meeting? Did you meet in school or in a good legal gathering? In addition, did your parents, teachers or spiritual leaders know about it? Did you share about the friendship freely with your mentors or are you ready to share with them? Friendship made in darkness or at the cafe is a risky one.

Friends by the *road side* are never friends not until they get to be known to your family. To test a relationship, watch out on anybody who is not ready to meet your family members or your mentors. He/she may not be good.

Four major types of friends.

a) *Those who do what you want* – These are not the best type, since they are people pleasers who cannot correct your mistakes. They will lead you to the pit of destruction. You should avoid them.
b) *Those who make you do what they want* – These are the peers who negatively influence others, who convince you to take their way and leave your own. This group will tear you down. Avoid it!
c) *Two-facedness friends*- these are people who are not honest who can do anything betraying you. Remember Judas of the Bible.
d) *Those who make you do what you should* – These are the best type of friends. They do not fear you, but they tell you the truth. They will warn you upon seeing a pit ahead. They will always pay attention to you. You can refer to them as accountability partners or best friends. These are the fellows to keep.

All these kinds of friends will always be around. It is good to ensure that we know those around us, and wisely choose whom to bring closer. Watch out, some people are out to destroy your life.

Siblings

Siblings are to live harmoniously because their association is genuinely basic in reaching out to other friends. They should avoid negative coalition. This is a position where some siblings decide to team up against a parent(s), brother(s) or a sister(s) or any of the sub systems.

The firstborn need to be aggressive enough to watch over the other siblings. It is beneficial if they can give financial support to their parent(s) when called upon to educate their other siblings when in a position to do so. He can also mediate between the parents and the other siblings. Always pursue to listen to your siblings.

INDEPENDENT VIEWS

Friends expects you to be;
-Honest and fair
-Careful
-Cautious
-Available
-Hard Working
-Principled
-Prayerful
-Sincere
-Loving & kind
-Hopeful
-Focused
-Straight
-*Cool & helpful*

When they grow up, responsible young men become both responsible husbands and fathers. Responsible men get to their homes as early as possible to be with their family. They value their family more than their investments. They talk to God more about their families than they talk to their families about God. Responsible men are assets to the society. It is the most responsible people who drive the world. Responsible men take care of, and protect their properties. Unmarried, responsible men will equally get home early to help the parents, socialize with their family members; they will talk with their family members.

You can always make a choice but you can never choose the consequences, so be wise!
By Eric Kyalo (Kenyatta University)

When trouble comes, there is no short cut whatsoever you must face it head on, persevere as you seek for help. Remain grounded in Godly principles and in correct doctrines. Be sensitive to the spirit of God.

By Stephen Njoroge-Jkuat

Doubt kills dreams more than failure does
By Andrew- *Moi Kabaraka High school.*

TRUE FRIENDS are;

T- *True* to self and can be trusted by parents.
R-*Realistic* and does not agree to please others
U-Unique care for relationships
E-*Excels* in his vision and helps friends to excel too
F-*Faithful* to every commitment they make
R-*Realistic* by helping others objectively
I–*Informative;* they give friends right information about their identity
E- *Encouraging;* they do not put down friends. They lift them when they fall
N–*Never* forsake a friend due to lack of money or other challenges
D- *Dearest* companion in one's goals and do not lure friends into bad things
S –*Sticks* around when forsaken. A friend is always there to love and cherish.

True friends are hard to get unless you are a true friend.

Chapter 7. Drive Your Own Life as a Leader

Once you choose to lead, you should stand to overcome negative peer influence. You may not be an adult, but you are a leader. Leadership is about responsibility and not age.

WHAT IS LEADERSHIP?

Leadership is the art of being ahead of others so that you can give them a sense of direction and sanity by example. Most people define leadership as influencing others to do what the leader wishes to be done. People have a place where they want to be at a given time. It is also assumed that the leader knows where and how to get there.

Leadership is a process by which an individual imaginatively directs and influences *goals* and *vision(s)* by mediating between individuals and the institutions, such that both get maximum satisfaction. A leader is one who, by example, talent and ability performs a directing role that yields influence on others.

God has called each one of us to be a dynamic leader and to be creative in some sector of life, no matter how small it might be. First, one must have a realistic knowledge of oneself; a firm grasp of the situation at hand, and have a desire to fulfill his mission in life and feel part of others.

Going by the description above, then, everybody is born to lead in one way or the other. You may miss being the school captain, but you can lead in Mathematics, or in a certain talent. If you choose to make your bed first before the other students, then you shall be a leader. If you take it upon yourself to clean the tables or wipe the wallboard, then you shall be a leader in that area. However, there are those who only serve a position (positioned leaders) and those called to be leaders (real leaders), real leaders are the world changers. Are you a real leader? Purpose to excel in at least one thing!

Jesus Christ once said to his disciples that, "The servant shall be called the greatest." (Mathew 23 verse 1). If you uphold these qualities twined with life powered by divine love and truth, having a winning combination for changing the world for the better, ***then with no doubt you are a leader***.

As a leader live the rules of honesty as you accept your problems. Since honesty and humility are major keys in leadership. Never lie to yourself.

A MUST TO EVERY LEADER!

A leader must discipline himself, lead a careful, regulated and ordered life.

If you choose to lead, then you must:

a) **WORK HARD** -Do your best to do good things but first your school work, and always try to improve your best. Remember life does not give us what we want but what we ***work*** for.

b) Have **CONFIDENCE**-self-confidence, and self-belief are key in life.

c) Have **COURAGE**- do whatever need to be done, do that which is right; do not fear threats. Many things may bear some danger, but follow your passion. Never be afraid of consequences of a courageous action. Fight for your dream until you arrive at your destiny.

d) Be **RELIABLE** -think, and lead yourself first, remind yourself what ought to be done, evaluate yourself, and send yourself. This is what I call ***responsibility.***

e) Develop **RESILIENCE** - control of emotions is determined, not by the way you feel, but by the truth you stand for. Do not die waiting. Act!

f) Have **INTEGRITY** and **HONESTY** - Life is about character. What matters is not the color of your uniform or your tribe, but your character. Character is what keeps our position, not our weapons.

g) **CARE and have CONCERN** for others - Serve others and do not expect recompense.

h) Be **OBEDIENT** - If you cannot ***obey*** then you cannot command.

i) **Have FOCUS** - Focus on education. You should avoid scoring a grade 'D' and below when you can score higher. If you joined high school with grade 'C'+ and above then 'D' is not your grade. You lose your focus by directing your energy on less important things.

j) **Have a VISION**- A vision is seeing the end early; seeing the good results in everything you do until you arrive to the desired dream.

k) **Be PURPOSEFUL** - do not enter into things for the sake of it, but have a good reason; activities without purposes will waste your time.

l) **Be DECISIVE** - this is the ability to make a good, firm and quick decision with readiness to defend it.

m) Be **HUMOROUS** -this is the ability to see the funny side of a matter

n) Be **CHEERFUL** - be enthusiastic, happy and confident as you work.

o) **Be AUTHORITATIVE** but be fair, friendly and accommodative

p) Be an **INITIATOR** – Think, create, start and complete projects.
q) Use **COMMON SENSE** or the uncommon one and wisdom maximally.
r) **PERSEVERE** - do not allow distractions to stop you, in its place stop them.
s) Be an **ACTIVE PARTICIPANT** - you should ensure that you participate in all entitled school activities at all times - societies, sports and meetings but not at the expense of class work.
t) Be a **SERVANT** - be dedicated to serving others - go an extra mile; do more than required of you.
u) Be **OPTIMISTIC** - concentrate on the positive side of any matter, and take responsibility.
v) **EMPATHIZE** - as you desire to be the best learn to accommodate others by entering in their shoes. Imagine what they go through, but move out.
w) **Be AWARE of yourself** - seek to know your weakness and strength, as you desire to lead. Work on your weakness.

Always desire to perform your duties diligently, effectively and efficiently as possible.

Personally, I agree that nobody is perfect, but there is always a room for improvement. To improve our personal performance let's identify what needs to done and do it promptly.
Listen to criticism; it helps one to know self and to become more honest.
Ask people in an indirect way how you are performing and behaving.
Often take stock of what you have accomplished and how you did it.
Look for reactions from people and try to assess how well others are receiving you.
Watch out how your fellow peers, fellow leaders, and seniors deal with common situations and consider whether you could modify your tactics.

Real **leaders resign**. When the situation of your leadership seems to compromise ethics of integrity or purpose for your life the best option is to quit. The other thing that can save a man is an apology**.**

Many people refuse to say sorry even when they are wrong. Saying sorry does not mean one is weak; in fact, this is a sign of being true and strong.
As a leader avoid using big titles which you cannot justify. Be simple.

ETIQUETTE AND DIPLOMACY FOR MALE LEADERS

Etiquette is a socially expected conduct or manners in life, social and professional set ups. It tells a lot on respect.

In a school situation, male and female teachers are treated the same. You need to seek from the administration how you should address the seniors. Is it by their titles (Sir/Madam) or by their first names? Always address teachers properly, if you forgot their official name for women teachers simply call them madam, if you choose to use Swahili then call them *mwalimu.*

When making introductions you should introduce a junior person to the senior one, colleagues to colleagues and colleagues to a visitor. Always stand up when you are being introduced in social set ups. Old women are not expected to stand in the same set ups. Men are expected to stand up when a respected woman or older than they are enters the room and button their coats if in a suit.

Shaking of hands and greetings

A good handshake takes practice and it portrays trust. Always inquire the expectation of the other parties. If you choose not to extend your hand to the other person due to respect reasons or health reasons, then let your both hands be together preferably at the back. I prefer that you give a handshake to age mates both male and female unless socially instructed.

As a man, you should strive to greet others. You should say 'hi!' even to your seniors. In a good gesture, you can use a phrase like this "Good morning Mr. Kimanzi!" or "Good morning dad!" in a case of your dad. Always use people's titles. Use mother tongue when greeting grandparents. There are times when shacking of hands is annoying or restricted so watch out times such as during virus infection like COVID-19.

THANK YOU! - These Are Two Powerful Words

- Whenever someone does something nice verbally, say '**Thank you."** Not doing so makes you appear selfish and unappreciative.
- When you express thanks individuals will be more likely continue performing kind acts for you.

Avoid foul language

Your words reflect what is going on in your heart and mind. There is never an appropriate time to use profane and offensive language. If you happen to have a slip tongue immediately apologize.

Interruptions

In today's society, we have so many inputs striving for our attention. As a result, we often get anxious to share our point of view in a conversation and fail to allow others in the conversation to complete their sentences. *Interrupting is a bad habit considered rude.*

If you accidentally interrupt someone, immediately apologize and ask them to continue their sentence.

Apologize

Everyone is human. Therefore, everyone can make mistakes. Apologizing is not a sign of weakness but of strength and maturity. Alwa1ys apologize at the right time and in the right manner. Always apologize when you are late. Avoid unnecessary and continuous apologies. Doing so brings the appearance of being needy and insecure.

Dominating a conversation

The key to successful conversation is **listening.** Listening implies that you value the information the other individual is providing. Listening is an intensive attention on message.

In addition, often, individuals dominate conversations with their own personal stories. In general, this is inappropriate. Test yourself. The next time you are in a conversation, listen to the number of times you state the words '*me, I, and we.'*

Rules for Gentlemen

1) **Shower daily**; our bodies should be fresh every time to enable a fresh environment that is conducive for learning and physical interactions.
2) **Brush your teeth** twice a day and if you have bad teeth see a dentist as soon as possible to help your mouth to be fresh. Taking enough water makes a fresh breath and healthy teeth.
3) **Clothes should be clean**, ironed and fitting properly. Do not over slim your trousers neither write on your shirts.
4) **Avoid skinny** pants that reveal underwear. Do not sag your trouser.
5) Shirts with **inappropriate logos** or offensive phrases do not sound good in school.

6) Take care of the **label** you wear. Understand the words on your T-shirts. This includes symbols or words that are offensive to others such as *sexy person, man wa maweed or king of devils etc.*
7) Always tuck in your shirt; this makes you look good and presentable.
8) Shoes should be clean, polished and in good condition with laces tied.
9) Hands should be clean and well groomed (i.e. Clean and trim nails).
10) Body piercing, tattoos, funny hairstyles and body rings are inappropriate.
11) If you use hands bugles or tags, they must have understandable meaning and not more than two at a time.
12) Eat carefully, not too fast, and not too much in front of respected people. Avoid over talking or singing when eating. It talks volumes.

Private things for men!

Your sexuality is among the first private things of importance; avoid exposing your private matters. There are things that you can only share with men, which you should note. I propose that, it is only a doctor and a spouse who have a permission to see one's private parts. In case you are sick, you can seek help from fellow trusted family male members and with one you feel free to share. Your uncles and male cousins can be the first to talk to in case of private parts aliment or sexual organs deformity. Do not keep a sickness.

Make sure to wash your underwear and dry them in direct sun to kill any germs or bacteria. Avoid hiding your dirty cloths under the bed; your socks must be clean.

Grooming is important but always remember:

- Not to groom in public.
- To cut your hair and nails short.
- Not to bite or chew gums in public.
- That popping is annoying, while spiting is uncouth.
- To watch your body language for it severally sends loud messages.
- To use a clean handkerchief or elbow when coughing or sneezing.
- To use your phone away from others or ask for an apology.
- Clean your hands or sanitize them frequently

In conclusion, etiquette is a common courtesy, it says that you are becoming a responsible man. It earns you respect and it helps to escape trouble**,** practice it daily and it will become your second nature.

THOUGHTS FROM GREAT LEADERS TO YOUNG FELLOWS

Have you ever heard of someone referred to as a '**born to lead' or a born leader**? According to this point of view, great leaders are born with the necessary internal characteristic such as charisma, wisdom, intelligence and social skills, which make them naturally born leaders.

As a responsible leader, do not blame others

The key to developing resilience is taking full responsibility for your own life. Refuse to blame others for anything that is happening in one's life. Avoid blaming your teachers, parents and friends. Do not blame the government or your school.

It is better to accept that people have personal weaknesses and empathize with them as you learn to live with them as they are. Always accept life as it is, but strive to make improvement.

'A bad workman blames his tool' – an English saying.

Dr. Griffins (*Starehe Boy's Centre founder's****) last words to the boys;***

"This world is full of people who do their duty half-heartedly, grudgingly and poorly. Do not be like them. Whatever is your duty, do it as fully and perfectly as you possibly can. And when you have finished your duty, go on to spare some time and talent in service for less fortunate people, not for any reward at all, but because it is the right thing to do. Follow my advice in this and I promise you that your lives will be happy and successful.

May God bless you all!"

John C. Maxwell **a famous world leader once said, "All *leaders make mistakes. They are part of life. Successful leaders recognize their errors, learn from them, and correct their faults."***

Mr. Kariuki, one-time principal at Chania Boys High School in Thika used to remind his students that, ***'If you can't obey then you can't command'.***

A Portion for Thought!

As you shift from the reading more on responsibility to protection in this book, I wish to share with you some findings from different people who have spent time with young men.

A research by Ndirangu Gujiri a *PHD* student of the University of Nairobi on the Kenyan prisons and police stations carried between April and September 2019 showed that:

46 *% of inmates were fatherless*

60 *% of juvenile inmates came from fatherless home*

While ***90****% of all convicted rapists came from fatherless home as well*

In this report, the recommendation was that fathers needed to find time to be with their sons other than just being financiers of child's activities. It recommends that single mothers should look for a male-figure preferably an uncle to the child to mentor the son. Going by the report, I charge boys to cry loud for mentorship if they desire to be responsible men, accountable to God and to their families.

Some types of '***fatherlessness'*** by George Mugwe, a church founder

'Un-fathered sons'- the one who never had a father.

'Under-fathered sons'-those with absent fathers who also do little.

'Miss-fathered sons' –with fathers who are abusive in nature and one who exposes the family to all sorts of danger.

'The orphaned sons' -children whose father died after their birth.

In my work, I have interacted with sons from different single motherhood, whose behavior affect their life.

1. *Those whose mothers never got married*
2. *Those whose fathers are deceased (orphans)*
3. *Those who mothers are part of cause of the father's absenteeism.*
4. *Those whose parents are separated or divorced due to life issues*

It is important that sons wait until they attain the consent age or independence, preferably 19 years, before they start pushing to know more about their absent fathers or mothers, if only a single parent raised them. It is true that knowing their background helps in creating self-awareness. Single parents deserve respect, love, care and support for the sacrifice and the suffering they encounter in raising adolescent sons. It is honorable and responsible for sons to honour their parents, and more so mothers.

Chapter 8 SEX AND SEXUALITY

Sex Education and Abuse of Sex

What is sex? This can just be the state of being male or female.

The word **sex** also stands for sexual act where sexual organs or pleasures are involved. It involves sexual intercourse or deliberately touching sexual organs of the other person. Sex is for duo purpose of reproduction and enhancement of marital solidity. Sexual relationship is an issue of morality only practiced in marriage. It is between mature males and mature females. This excludes members of same family. The society expects young people to avoid sex until marriage, and even in marriage, individuals are to sticks to one marriage partner of opposite gender. Sex combines our minds and body and it is hard to separate the two. Refusing to engage in illicit sex is the best way to tell a marriage partner 'I love you'. Sex between people of the same sex or of below 18 years is illegal in Kenya.

Sexuality is what a person is; it includes thoughts, feelings and behavior of being male or female, being attractive, being in love as well as being in a sexual relationship. It includes both sexual intimacy and physical activities associated with a person's sexual matters such as kissing, hugging, touching and sexual intercourse. Sexuality begins at birth and ends at death.

Today, sexual matters have become a bit serious to a point where boys as young as 10 years are seriously involved in sexual intimacy. In the past, some things happening were taboos. The society dictated who had sexual activity. Young people feared falling in to abuse of sex. There was real respect! I don't refuse the

Forms of abusive and evil sexual acts

1. **Gay sex**-sex between two or more males
2. **Bestiality** - this sexual activity between a person and an animal
3. **Incest** - sex between members of the same family
4. **Rape** - forced sex between members of opposite sex
5. **Homosexuality** - sex between members of the same sex
6. **Sodomy** - forced penetration of a penis to the anus of another male or female, mostly a weaker one or a minor
7. **Oral sex –** this is sucking of the sexual organs for pleasure
8. **Anal sex**- penetration of an erected or penis a finger into person's anus for sexual pleasure.
9. **Text Sex** - chat sex which is today's common, can lead to addiction
10. **Voyeurism-**viewing person's sexual organs for sexual gratification.

UNDERSTANDING SEXUAL ORIENTATION

This refers to the gender that sexually attracts someone. There are four common types of sexual orientation (preferences):

1. ***Bi-Sexual*** - a person is attracted by both sexes, although one may be dominant than the other.
2. ***Homosexuality*** -sexual attraction of people of the same sex.
3. ***Heterosexual*** – a person is sexually attracted only by a person of the opposite sex. It is normal for adolescents to be attracted to members of the opposite sex. However, this kind of attraction is not a proof of maturity.
4. ***Pan-sexuality –*** In this case, one gets attracted to people regardless of their gender or sex. This also referred to as ***omnisexuality***

WHY WAIT UNTIL MARRIAGE?

Purity and Virginity -What is it all about?

Virginity is a total abstinence from any sexual activity before marriage. It is the state and act of being pure from any sexual acts. This kind of purity is holistic (heart, body and soul). It entails avoiding sexual intercourse, homosexuality, pornography, masturbation, bestiality, rape and any kind sex including the emerging forms of sex. This includes avoiding dirty talks that touches on illicit sex or any act that has to do with it. Pornography and masturbation are easy ways by which the today's youth have taken to destroy their God given sexuality!

Do we have virgins today? In addition, can young men be virgins?

The answer is yes, there are millions of adolescent virgins today, both male and female. If you are one of them, first, congratulation! Second, I charge you to press on and never give up! It is possible to wait until marriage!

Why, virginity?

It is important because it helps one to live the right life in marriage, enjoying sex. It is a safe way to fight sexual related problems. Sex before marriage affects one's sexual emotions and philosophy. Psychologists believe that those who maintain virginity beyond their 19th birthday are likely succeed financially than those who do not.

What should one do with a broken virginity?

Since we have two categories of virginity status, i.e. primary and secondary, if one has broken the primary virginity, he/she can as well keep the secondary virginity. However, it is advisable to avoid sex after breaking virginity; it can lead to serious problems in life and more so in marriage.

What teenagers should know about sex (sexual intercourse?)

1. Sex is not a casual thing
2. It is not an emergency
3. It is not a reward of any form
4. It is a precious gift in marriage
5. It is a sacred thing and not a secret
6. They are not emotionally mature for it
7. Casual sex can cause lifelong psychological and emotional damages
8. It is good in marriage if they take care of their sexuality in their youth
9. It is not only religious people who wait but the responsible ones

Before engaging in a pre-marital sexual act

As an adolescent, ask yourself:

1. In case a baby comes, am I ready for it?
2. Do I have my own house to host the family?
3. Do I have an income to take care of the family?
4. Has the law allowed me; am I legally safe?
5. Have I prayed about it; will my family be positive about it?
6. Will I tell my official marriage partner about it?
7. Am I sober that the child will have my name at this age?
8. Am I behaving responsibly?
9. Can I do this to my grandmother? If not, why do it to this girl?
10. How will I manage HIV or STD in case I'm infected?

Note: After answering these questions, I hope you will wait until marriage.

CONSEQUENCES OF PREMARITAL SEX

The following responsibilities go with illicit sex

1. Guilt, self-pity, sadness, stress and early fatherhood
2. Abortion and wrong perceptions
3. Early parenting responsibility more so in girls or both.
4. Legal issues (imprisonment) more so in boys.
5. School dropout, poor performance & loss of dream and dignity.
6. Lack of concentration in school due to stress.
7. Promiscuity, sex addiction, trauma and death
8. Separation from God due to sin and negative morality
9. Fear, shock, stained reputation, shame and low self-esteem
10. Teenage pregnancy, STDs infection and broken virginity
11. Mistrust and instability in marriage
12. Differences with the family members and fear of the unknown.

ABUSE OF SEX AND SEXUAL ABUSE

What is an **abuse of sex**? This is involvement in illicit sexual activity. This is the same as sexual involvement before marriage.
Sexual abuse is any form of violation (illegal) related to sex emotionally, either psychologically or physically.

Forms of sexual abuse and abuse of sex
Words, touches, signs or pictures forced on somebody without his/her consent. Listed ahead are some of the activities associated with sexual abuse, also referred to as unnatural sexual activities:
List of some of unnatural sexual activities

- Homosexuality
- Pornographic (mostly practiced with sex videos)
- Sodomy and rape (which causes trauma and self-hate and blame)
- Defilement (mostly happens with children below 18 years of age)
- Sexual insults
- Penetrating sexual objects in sexual organs or acts of indecency
- Unnecessary body tattooing/bleaching and make ups
- Oral sex and orgies
- Masturbation
- Online sex chat and other emerging sex parodies
- Incest and relatives' marriages (being allowed in some countries)
- Bestiality etc.

How to protect one's self against sexual abuse

1. Take care with whom you share bed with (same-sex bed sharing)
2. Take care as you visit people's houses, especially strangers
3. Learn to be in a company of good people and in safe places
4. Avoid gifts from strangers and internet befriending
5. Avoid pornography movies- people take advantage
6. Avoid giving your phone numbers to strangers
7. Avoid keeping private friends or secrets away from your parents
8. Avoid bashes unless you are so sure of what will happen
9. Reason out when dealing with strangers; use of wisdom fully.
10. Avoid free motor rides (lifts), especially if offered by strangers
11. Listen and respect all parents and make right choices and decisions
12. Treat other people's bedrooms privately - keep off!

Overcoming sexual acts as a youth

- Avoid awakening love before time (maturity age)
- Manage your sexual emotions with physical activities
- Pursue your dream and avoid idle mind
- Be in a company of good people
- Commit your life to God, be prayerful and trust in him.
- Purpose to be pure and prepare to give a gift to your marriage partner.
- Do not allow others to influence your decisions negatively.
- Be principled, make a choice to wait and ensure that you do not get sexually active before you mature emotionally. This can affect your sexual intelligence and orientation.

A confusing touch and words

- A confusing touch or word, the one which is not clear; it is neither good, nor bad; it is aimless.
- When one is not sure what the person really means by the touch
- When the person is saying something that is contrary with the way of the touch. Alternatively, when it is incongruent.
- When a touch is associated to sexual or some intimacy experience
- When one is not used to a touch of such a kind or when such a touch has an historical different message.
- A touch or word is confusing if it is directing someone towards sexual arousal or imaginations.

On the other hand, a touch can be exploitive if forced in one's life – a touch that causes emotional pain as if something is being taken away or put in somebody can be referred to as confusing.
Therefore, adolescents have a responsibility to be extra careful with any form of touch, which they are not familiar with, and more so from strangers.

How to avoid illicit sex [*self-sexual abuse*]

- Keep your mind free from sexual thoughts
- Examine those who you associate with
- Use your time and media wisely
- Do away with immoral media influence
- Avoid masturbation and pornographic materials
- Use your leisure and recreation time well
- Avoid bashes or events that can lead to being sexually abused.

Why youth should avoid premarital sex.

1. So as to have a happy family without soul ties outside
2. To avoid wasting reproductive seeds & enjoy sex in marriage
3. To prove manhood because real men wait
4. To earn respect as a virgin from a spouse
5. To escape the consequences of illicit sex mentioned earlier
6. It helps one in gaining money making intelligence
7. To concentrate on priorities, sexual sin affects our success.
8. To avoid STDs, HIV/AIDS and producing unplanned babies.

HOMOSEXUALITY & 'SELF-SEX' (MASTURBATION)

This is sexual act between people of the same sex either, male or female.
Gay sex - Sexual act between two or more males
Lesbianism - the opposite of gay sex-sexual act between females.

Legal facts regarding homosexuality in Kenya

In Africa, the society is far from accepting that people can be homosexuals. It has remained illegal in most countries; Kenya is among the African countries, which have categorically refused to legalize it. In the Kenyan law - section 162 to 165 of the penal code - it is against the order of nature to have carnal knowledge with a person of the same sex, and anybody found culpable is liable to serve 5-14 years of imprisonment.

POSSIBLE CAUSES OF HOMOSEXUALITY

First, let me point out some key hypothesis believed to be the cause of homosexuality. Many of these hypotheses argue that male homosexuality develops when poor *affection* occurs between a boy and his father, especially so when the boy identifies with a domineering mother. Going by this hypothesis, we are likely to have more homosexuals today and in future than ever before due to the current trends in the family, where we see a lot of absenteeism among parents and more so fathers in society.

Second, when children are sexually seduced by members of the same sex and they give in. This makes them divert their sexual drive (orientation) towards the members of their sex. In fact, this 'funny' act conflicts natural affection, hence, drives them to desire this type of sexual orientation. ***Similarly,*** boys who are repeatedly seduced sexually (gay) at their early adolescence may gave in to it, and are likely to endorse it, allowing it to be part of their sexuality since it is their first sexual encounter which they keep as a top secret.

Other factors associated with causes of homosexuality

- Negative socialization and erosion of cultural values
- Sodomy act or sexual abuse before the consent age
- Sexual distress as a way to release stress or as form a of defense.
- Bullying and negative peer influence or poor parenting.
- Identifying with the missing parent figure or family conflicts
- Treating boys as one would treat girls, especially dressing clothes made for the girls, such as dresses.
- Abuse of drugs and internet, especially when it involves a gay site.
- Exposure to gay sex pornographic materials and related talks.

WHAT IS THE WAY OUT OF HOMOSEXUALITY?

a) If not hooked

- Avoid pornographic materials and traps into gay relationships
- Avoid body building features especially those showing nakedness
- Avoid sleeping in the same bed with people (of the same sex) whom you do not trust; if you must keep your belt on.
- Avoid persons who pat others when sleeping, especially on the private parts
- Have a positive mindset and up-building thoughts
- Go to the bathroom and sleep in your own bed alone
- Develop a good relationship with your parents
- Keep a healthy relationship with your dad, uncles and siblings.

Always avoid sex before marriage. There is a danger if you have sex in your teenage, especially when forced by your peers to have sex with a girl or a boy as they watch this act may carry many consequences including attraction to members of your sex.

Check out this at home and in school!

- Negative peer influence which can lead to negative sexual behaviors
- To avoid fear of being seduced (gay) in bathrooms by bad boys from senior forms; enter the bathroom with your classmates if you have to use bathroom in twos. At home, avoid bathing in stranger's houses.
- When stressed, avoid seeking favors from strangers or even peers or sexually seduced by gay mannered boys by way of goodies or force.
- Watch out on men who say too *sweet* words to you, which fit ladies, such as; sweet, my dear, my baby*, uko msupu, nakumiss, nakulove,* ninaku-feel, *nakutaka,* let me touch, you are nice, you are handsome.

- Watch out those who use statements such as I am attracted to you or those who claim to know you or give offers but are total strangers.
- Those who pat others every time, especially in the private parts and in dark places or when watching a movie or in lonely places.
- Avoid those who demand to see, sit on or touch your private parts.
- People who want to sleep in one's bed without a good reason
- People who touch others suspiciously when bathing or in buses
- Avoid games of touching, viewing or photo taking private parts
- Check that you are not given sleeping pills, especially so through drinks or sweets in bashes, cinemas or buses.
- People demanding a deep kiss or strangers demanding private visit.
- Those who visit gay pornographic sites and want to introduce you.
- Avoid those who like masturbation and other acts or use gay clips.

b) If you are already hooked

If you are already in homosexuality, the best thing you can do is to seek help from either a counselor, a spiritual leader or talk to somebody you trust, who will lead you to a way out. You should be sure that the person you are opening up to is not a gay or their agent. In a case where you fear to talk to your parents, you can seek help from counseling agencies or church, I have shared some contacts on *(page 133)* of this book.

Otherwise as you struggle with your sexual orientation and emotions, watch out not to fall into another tragedy by people taking advantage of your emotional situation to abuse you more. The fact that you are hooked does not grant an abuser permission to take advantage of you. Remember two wrongs do not make a right. Always keep your life in God's hands.

LOVE AND /vs INFATUATION

Love (positive)

- Is based character, takes time to grow, and it thrives in trust
- Does not rely on the looks but it sticks on whole of individual
- Understands the other person, and has no demands
- Waits and one is attracted more by qualities than looks
- Cares and protects; it is conscious of the feelings of the other person
- It is patient, it endures the weaknesses of others
- It lasts for long; it can go but will come back
- It's open, truthful, committal and forgiving in its nature.

Infatuation or lust (negative)

- It comes too fast and so it goes
- It says let me feel it now! -It calls for sexual feelings
- It is blind and it hurts both people - it carries regrets
- It focuses on physical looks, attraction and feelings
- It's ready to die to have it (sex) and it is directed to sexual wants
- It says *today let me have it*, and it may have a lot of kisses and touches
- It is not concerned about the welfare of the other person
- Infatuated sex is fast, and causes pain- it is a rough sexual act
- It is a major cause of STDs and pregnancies among adolescents
- It has no boundaries, it does not value neither respect relationships
- It confuses young people and it lies to them that sex is love

FRIENDSHIP AND ATTRACTION

Friendship

Friendship is a relationship characterized by:

- Loyalty, safety and faithfulness
- Truth, genuineness and empathy
- Commonness, i.e., similar life interests and companionship
- Togetherness-you like being in the company of the other
- Friendship is marked by care for the other person
- One is ready to give and feels that he/she can even die for the other
- Patience is involved
- Sharing and solving problems together
- Similar morals, interests and values.
- Value addition and encouragement

Foolish attraction

This is a strong feeling that pulls a person to another and short-term external interests mostly guide it. This kind of attraction can be from one person, while the other party is not aware of it. This type of attraction thrives on the sexual desires of the eye, the body looks, and not on the inner person.

I would say that, today this kind of attraction is partly responsible for the suicidal and murder cases we hear and witness within marital and other sexual relationships and more so among learners. This kind of attraction is extremely fast and is a root cause of the today's "sponsor mania" which leads young women and men to be attracted to the older 'rich clique'. Emotions drive this kind of relationship, which it is short-lived.

Those in it are emotionally blind and can do any manner of evil to sustain or hide it. While it is normal to be attracted to girls as male adolescent, you need to take care not to follow the passion of your flesh; it can lead to lifelong trouble. You should always differentiate between love, friendship, infatuation (lust) and attraction. In my view, although there are other factors that contribute to issues in marriages, I presume that troubled marriages are not love-led.

Note that**;** Emotional development may not match with one's chronological age and neither are peers share same qualities.

Watch out for these pit falls:

- Never desire or have sex with a married person other than your official wife in marriage, nor justify sex with even the unmarried.
- Pornographic materials can lead to negative sexual thoughts.
- Drugs at bashes can lead to sexual abuse or bashing
- Goodies from strangers which are a good way to get you raped!
- Avoid websites, which you are not sure of
- Avoid car lifts or any form of ride from strangers
- Avoid being too good to people, lest they take advantage of you.

Take care and differentiate between *love, infatuation, friendship, and attraction.* Youth should avoid any relationship based on either negative attraction.

Watch this also!

1. If you realize that you are attracted sexually to older women, almost the age of your mother, then you need help to determine what could be happening with you. Boys who lacked motherly love may be victims, who innocently recompense in this form.
2. If you are in doubt regarding your sexuality, a feeling that something is not up to date (wrong) consult a gynecologist (Dr.) for clarity.

How to overcome illicit sexual activities

1. **CHILL-**is commonly used by teenagers and can acronymically stand for: **C**- change your feelings with an exercise, prayers or a song. **H**- hang around in open places and with good people e.g., church. **I**- introduce irrelevant stories or move away. **L-** lessen chances of being sexually aroused/active, avoid pornography. **L**-listen to your inner conscience/voice that tells you do not.
2. **ALWAYS SAY NO to all forms of sexual activities as a teenager.**

Chapter 9. The Need for Mature Mentors

A mentor is an ultimate trainer - a catalyst - for helping a person to discover and make full use of personal power through role modeling and guidance. This model is mostly used: *I do-you see, I do-you do, you do- I see.* The mentor spends reasonable time with the mentee.

As a partner in a relationship, the mentor sharers knowledge, skills, information, feelings, experience, and perspectives that foster the personal and professional growth of the mentee and family. Mentorship is the fourth most powerful relationship that influences human behavior and the second most important factor after education in determining a person's professional success. There are certain standards which practically guide a mentorship relationship and within which it thrives. The mentor's goal is to invest in the mentee(s). Mentorship is the only relationship where the helper invests in the client maximally and freely. (Source: *Korn/Ferry International)*

The society's interests are changing greatly from the aspect where children belonged to the society to one where children belong to themselves, with very little time from the side of parents. They are now spending much time on their own in the internet. Due to this, every young man should find a mature mentor outside his nuclear family; male for male and female for female.

'A deeper relationship'

We need to agree that mentorship is a fragile relationship that tests our commitment. I refer to this kind of relationship as father-son type of a relationship. Reference rule is that, in this type of relationship the mentor seeks loyalty and obedience from the mentee first. The mentor touches the heart before touching the hand. The mentee seeks for unconditional positive regard from the mentor.

Key values in mentorship

Integrity and high morals with values such as; hard work, honesty, truthfulness, respect, self-discipline, obedience, excellence, love, faith, family, ***Responsibility,*** self-reliance, independence, consultation, knowledge fun-loving justice, truth, heath, care, & personal development.

Characteristics of a good mentor - (Goals)

G -Godly character, **O**- Objectivity, **A**-Available,
L & **S**-Learning & Serving.

Mentorship and Its Aim

The main aim of mentorship is to fully engage and unleash the mentees' inner potentials by assisting them to deal with life challenges and crises, hence, remaining focused on the ultimate life goal. This interaction, if well lived, helps the juniors to overcome both transitions and emerging distracters pausing a big challenge to today's boy child. Some of these issues are laziness, idle mind, teenage sex, and stealing, gambling, psychological bullying, illegal groups and radicalization, negative peer pressure, negative media influence, lack of focus, unjustified fear and stress.

Mentorship designs

a) One-on-one - this is a kind of an approach where the mentor finds time with an individual person to share feelings, information and life experience. The mentor listens and guides the mentee accordingly. In a case where the mentee may require professional support, consultation and then referrals become necessary. Mentorship design benefits the mentee and their families. A mentee is required to participate in identification of specific needs, goals and life expectations.

b) Group mentorship - in this case, mentors reach out to peers' in-group. However, it is important for mentors to seek individual's engagement and feedback. This kind of setting saves time and cost.

Benefits of mentorship

The benefit of mentoring often extends far beyond the relationship's initial purpose, and affects everyone involved, i.e. (mentees, mentors and families). They are:

- Access to a support system during critical transitional stages such as; rite passage, primary-high school transition and ongoing career development. This also provides a clear understanding of life.
- Provision of insider perspective that navigates the mentee's self-awareness, choices and decisions at every other stage in life.
- Helps the mentee to remain focused on the long-term ultimate goal by concentrating on the most urgent and important activities.
- Exposure to diverse perspectives leading to self-awareness especially so when conflict arise between sons and parents.
- Mentors play a role of a 'parent' in a professional way.
- Teenagers develop their emotional and social skills.
- Deals with mentee's challenges in reflecting on their behavior.

MENTOR AS A BENEFICIARY IN MENTORSHIP

1) Grows as a person socially, spiritually and mentally.
2) Ongoing attention to mentor's own career development.
3) There is enhancement of coaching, mentoring, leadership, and management skills through self-awareness.
4) A positive chance to experience diversity of thoughts, style, personality and culture.
5) A way to" give back" to the community
6) A lasting network with mentees
7) It is a learning moment.

MENTEE'S (STUDENT'S) ROLE

As the mentee, one plays different roles during the mentorship relationship.
The following are key roles played by the mentee during mentorship.
1. *Driver of Relationship* - The mentee identifies skills, knowledge and goals to achieve and then communicates them to the mentor.
2. Th*e Mentee brings* up important new issues at any point, and gives feedback to the mentor.
3. *Development Planner* - The mentee maintains a mentoring plan of work with the mentor to set up goals, creates activities, and periods.
4. *Resource Partner* - The mentee works with the mentor to seek resources for learning and identify people and information that might be helpful.
5. *Continuous Learner* - The mentee takes full advantage of every opportunity to learn.
6. *Aware of change* - The mentee is on transition and should always be ready for adjustment, and resist any temptation to the contrary.
7. *Researcher* - The mentee should be willing and committed deeply to seek relevant knowledge and information through reading, observation, and listening.

MENTOR'S MAJOR ROLES

The mentor's primary role is to provide guidance, coaching, motivation and moral support to mentee, based on mentee's developmental needs. At different points in the relationship, he may or may not take some or all of the following roles:

1**. *Coach, guider, counselor and Advisor***

He/she reminds the mentee of his current empowering and disempowering behavior by giving guidance, sharing ideas and providing feedback on consequences.

2. ***Source of Encouragement/Support***
Acts as a sounding board for ideas/concerns about school/career choices, family life; provides insights into possible opportunities. He also provides support on personal issues when appropriate.
3. ***Resource Person -*** Identifies resources that can help the mentee and enhance mentees life concerning academics and career growth.
4. Champion - Serve as an advocate for mentee whenever an opportunity presents itself. A mentor empowers mentees through providing them with knowledge and information needed in making moral decisions in good time. He constantly encourages the mentees to seal information on their own hearts and while anticipating feedback from side of the mentee. He provides facts and information that is crucial in maintaining morale.
5. *Bouncing board and gatekeeper*
When appropriate, the mentor plays a bouncing board role in helping the mentees to think through important decisions and strategies as he reminds them the expectations of the society and of life. The mentor helps the mentees to live a balanced and focused life.

EVERY MENTOR MUST:
Demonstrate a Godly character, loyalty, confidentiality and a serving spirit. He must unconditionally love and listen to the emotions and non-verbal language of a mentee. A mentor should be objective and have ability to see weakness and strengths of the mentee. Point and works on mentees weakness, seek to know mentee's gifts and talents, helping them to balance them with character, without emphasizing more on the gifts, but focusing on the character and therefore, rewarding the mentee's character promptly.

Mentees' commitment (a must)
Be faithful to every commitment he makes, be available, commit himself first before he commits his time, and be obedient first to God, to the mentor and the family as well. Be *teachable* and *true*; avoid arguing with the mentor, but be eager to learn in mentorship. The mentee should always call the mentor and inform him on any new development, especially so when issues arise. Whenever the mentor cautions the mentee must obey but,
CAUTION; when a mentor turns **sour** (immoral) –T***erminate*** *the contract!*

Chapter 10. LOSS, GRIEF AND BEREAVEMENT

After interacting with several primary and high school students, especially during practicum and internship, which were both in school, I saw the need to write this important section of this book. Allow me to share with you just a bit of my encounter.

I once had a form one Muslim boy who had gone for the burial of his father on a Friday. The following Monday he was in class! His teacher expected him to wake up at 4.30 am, do all the assignments on time, be neat….it was difficult for him to do anything, including eating.

My other experience was with a class eight boy who attendant his father's burial on a Saturday and on Sunday (next day) was in the chapel service. Although a chaplain, I had not known about the loss. Since I was fond of asking questions as I engaged the church, there was this brilliant boy from Meru who I loved. This day I invited him to answer a Bible trivia, just his friends to confront me with this revelation: "*Teacher, don't ask Mutuma - he rejected God yesterday!*" Never had I encountered this kind of denial before.

When Someone You Love or a Relative Dies;

Losing a loved one may lead to loss of palpable senses as well. It is important to note that loss of any of our body parts, property or loss of a loved one can cause a serious trauma, though we can experience loss without trauma. Grieving is never an easy thing to manage. Therefore, it is important to let ourselves go through it and sometimes with counselor's support.

When we mourn loss, we deal with its effects. Many people unconsciously choose the wrong route by refusing to accept the reality that, somebody they loved has died. It is important to accept that the person has died and that he/she will never come back. He or she has forever gone to the painless world. You should seek help in managing the *defense mechanisms*, which normally accompany this kind of loss and more so denial.

Common stages of grief during loss according to *Kubler Ross*

i) *Denial* and *anger* - during this stage, many people are confused and are not able to know what to do with their emotions. They are likely to go to a *numb state*. At this stage, it is difficult to believe that the person has died. This situation opens room for *bargain (*one of the other stages).

When people *bargain* during a loss of a love one, they try to weigh things such as, 'If I was there my person would not have died' or 'if I had done such and such a thing, the person would be alive'. This is normal, but unhealthy, to find somebody to blame for the loss of a loved one. Many people choose to look for someone to blame or even blame themselves. Blame worsens the grieving process since it increases pain.

ii) The other stage that normally follows is ***depression***. This is a stage of hopelessness and sadness. It is possible to feel guilty at this stage. This stage may take a year or more. The feeling is in sometimes unconscious.

iii) ***Acceptance*** follows definitely. Nevertheless, this may never be a direct journey. One goal of the grieving process is to accept that the person has died.

Accepting is never easy. Equally, it is unhealthy to pretend that nothing has happened and refusing to mourn. You might have heard that men do not cry. Somebody might have teased you the other time you felt like crying, telling you that women are the ones who cry. You may have believed that crying is a sign of weakness, but I would like to suggest the opposite. It is abnormal to refuse to cry when you need to. This is a false ego in action.

There is nothing wrong with decent crying. Letting your tears flow is a normal thing, which is important for your health. After all, the Bible records that king David, a mighty man of war, cried until his pillow was soaked with tears (*Psalms 6:6*). It is normal to grief and let others know that you are grieving. Mourning for loss should be encouraged especially to children.

Majority of teenagers who ignorantly fight with this have found themselves into drugs as a way to counter the sad feelings, which come with loss. It is advisable for those suffering loss and grief to consult with a professional counselor. A counselor helps us to manage emotions in a healthy, and in an intelligent manner (*in an earlier chapter, I have touched on emotional intelligence).*

The need for help

It is important to see a counselor in a case of major loss, such as death of a loved one, property, part of body part or failure in examination. Effects of trauma take long time, and can lead into post-traumatic stress or trauma, or to other grieving leading to many conflicts.

Explore the causes beyond your behavior if you are experiencing any form negative experiences including sexual abuse. Seek help from your mentors. It is worthy to purpose to be free emotionally.

Effect of loss by death

Generally, loss leaves conflict in humanity. The effects of death can lead to long-term life complications, which can be difficult to manage leading to traumatic effects. After any major loss, such as the death of a parent, spouse or child, most people may suffer detrimental physical or mental health related problems. Trauma is complicated. It is advisable to seek counseling.

Unfinished business

Eight years ago, I met a form one student whose brother died while he was in class two. He told me that as he was on his way to visit the sick brother in hospital with his mother when they received a call from his father instructing them not to buy anything for the sick brother because he had already died. Unfortunately, they had already bought some snacks for the loved lad. Ten years down the line, this young man could remember the soda and the bread they were to take to the brother. It took a therapist to help this form one chap to deal with this loss. The memories were still within him and were painful.

It is never easy to lose a loved one!

When a family member dies, it is always difficult. We all experience this one thing almost the same way. Both the rich and the poor feel the sting of death. However, the grieving period and the impact of death may differ from person to person. When death is sudden, either through an accident or by suicide, it has a greater impact than the death of someone hospitalized for some time.

The death of a close relative such as a parent, a son, a spouse, a daughter, or a brother carries more pain than the death of any other person. Children, due to their dependency, will count it a great loss of caregiver.

Another difficult situation occurs when the person dies in one's hands, and if the person is the one to take the dead to the mortuary. This creates a greater sense of loss, having to leave the person at the mortuary while you go back to the same house where the person used to live. The feeling of emptiness is rife. The worse is developing a feeling of fear, guilt and shame. There is no better death or a good age to die than the other. A grandfather is a father, a brother and a mentor to somebody.

Trauma

Trauma can accompany any loss or not. Trauma can stay for tens of years unless treated. When a child loses, a mother or father, he/she is likely to nurse trauma for the rest of his or her life. This child may have decisions influenced by such loss. Untreated pain fills traumatized people.

I ***recommend*** that all children and adolescents experiencing loss to undergo loss and grief counseling therapy to manage the trauma.

Independent Insert

WATCH OUT ON TALENTS AND GIFTS

Talents and gifts can mislead students if not handled with good care. Self-awareness should be the first thing in venturing in personal development. It is un-healthy to choose to go by talent only just because you do not want to be tired with education. Seek know your other abilities as well. Remember one can be footballer, an artist as well as doctor or a pilot at the same.

Students should always ensure that they work hard and smart to perfect and balance their talents with studies. As a student you need mentorship in spiritual and matters to do with your talent. Always consult your parents and school in such matters. Patrons and chaplains can help in such matters while in school.

Prayer is good however; it is not be used as the only strategy for academic success. You should pray as you work hard and smart. When we pray God gives us good health and power to work hard. Faith without action is dead!

Chapter 11 Radicalization & Child Abuse

What is Radicalization

Radicalization is an action or a process of causing someone to adopt a radical position, mostly on political or social issues. There is also online youth radicalization, which is an emerging issue, a process by which a young individual or group of youths, in this case, increasingly adopt extreme political, social, cultural or religious ideologies and aspirations, which reject or undermine the status quo or contemporary ideas and expressions of the nationhood. This would imply any ideology that opposes the three arms of the government, in this case the judiciary, the legislature and the executive.

Both socio-political and psychosocial circumstances that affect individuals directly or indirectly are likely to trigger radicalization process. Consequently, when individuals face a political, social or economic condition whether real or perceived, sometimes due to fear of the unknown, may come to question the promise of togetherness (living together) and their sense of belonging to the community. Therefore, choosing to move out to another community, believed to offer solution such as a militia group or even secrete religious group. People with either poor self-image, low self-esteem or unresolved social conflicts are more vulnerable to radicalization.

Child radicalization is a form of child abuse

Giving information, which is not useful or is excessive, at the expense of basic child rights, can be termed as child radicalization. Any action to a child against their interest, in this case, that which opposes the fundamental rights, either knowingly or unknowingly, as long as it is unlawful, is abuse. Children, like little babies, lack experience they can use to limit and control information.

Generally, children take everything to be true and good as long as it is fun and soothing, and especially so if it comes from somebody whom they admire or trust. A lot of information released to public domain is without consideration on its effect on the child. Adolescents, therefore, need to choose what or not to take in. Otherwise, garbage in garbage out!

Today, illegal and cultic groups are using the innocence of children to lure them into sexy music & films, robbery & violent movies, satanic beliefs, negative cultural beliefs and other forms of child radicalization, which are leading children to psychological damage. ***So, watch out!***

How to Say No To Radicalization- [Avoid]!

In order to be free from militia acts one should be wise and love his both his nation, family and his life, choose to be honest to self and to the family members. In doing so one need to;

- Belief in your family, consult and work for it
- Be honest to self and true to his family, Nation and God.
- Allow your family to guide on religious and faith matters.
- Read and understand your country constitution and obey it.
- Resist any attempt that takes you out of his family, National, cultural, and religious values.
- Avoid making unnecessary friends or befriending strangers, especially online. Instead, make few and good friends.
- Watch out on gambling and ways of looking for money apart from your parents until you attain adult age - 18.
- Maintain virginity as you live amidst many members of opposite sex and practice maturity and sanctity on social media.
- Maintain good contact with your spiritual leaders and parents.
- Have a teacher who you treat as a mentor or as parent at school and a mentor authorized by your parent to guide you.
- Have an accountability partner - a person who tells you of the 'worse you', preferably, an age-mate, known by your family.
- Love God with all your soul, mind, might and spirit.
- Recall all the words of wise men who have brought you this far.
- If one chooses to '*go bad*', consult your mentor or counselor before taking off!
- Avoid secret meetings, membership and friendships.
- Always inform somebody whenever you are away.
- Know yourself and stick-on your personal interests in life
- Be principled and maintain good character and moral standards
- If you are under the same room with your father, ensure that you talk to him on daily basis. Let him know your progress.
- Ensure that you are in touch with your mentor, share with him anything strange and in a case where you differ with your parents, inform your mentor what may be happing in your life.
- Love patriotism and desire to serve your country by working hard in your education and community service.
- Let your parents know where you are in your life development.

CHILD ABUSE AND ADOLESCENCE

Child abuse comprises of physical, verbal, sexual and emotional abuse as well as neglect *(According to the Psychology Today Diagnosis Dictionary.)*

Sexual child abuse

Sexual child abuse includes both defilement and rape. This is can be too traumatizing to a child. It requires immediate intervention, both legally and emotionally. It is advisable in a case where an abuser compromises parents that the victim looks for a trusted member of the community who can ensure that they access justice.

Effects of child abuse to the adolescents

Abused children may be severely injured and possibly die. Some people nurse deep emotional scars from verbal and emotional abuse, which often go undetected. Those neglected may suffer from lack of nourishment, lack of medical care or insufficient love, attention and comfort from caregivers.

While there is never an excuse to abuse a child, there are contributing factors and causes, which lead to situations, which result in child abuse which I have outlined below.

Factors and causes that lead to situations resulting in child abuse:

1. **Parental factors**

There are certain characteristics, which are evident with abusive parents. These are; low self-esteem, low intelligence, hostility, isolation, loneliness, anxiety, depression, apathy, fear of rejection, narcissism, immaturity, dependency, mistrust, drug abuse, anger and authoritarian parenting.

Lack of appropriate parenting skills

Some parents repeat the manner in which their parents used. This happens without being aware that, it is abusive or neglectful. Some parents, especially *teen parents*, may be unaware of the demands of taking care and raising children. Unrealistic expectations placed upon children by parents may cause emotional, physical or verbal abuse by the same parents upon failing to meet such expectations.

As an intelligent adolescent understand your parents and avoid conflicts or acquiring such negative patterns that can jeopardize the healthy relationship. No matter what happens, refrain from belittling your parents, and instead pray for them.

Domestic violence

Children who grow up in families where domestic violence occurs have an increased risk of being harmed or abused. These children may be hurt either intentionally, or unintentionally even by their family members. For example, children who try to intervene when parents abuse each other may be thrown across the room, and some abusers may turn to their children after they abuse their spouse. It is, therefore, upon the responsible sons to understand the situation of their families and respect their parents. This does not mean remaining silent. If you realize that there is abuse in your family, you need to share this with responsible members of your community. You can make use of contacts shared here.

2. Child factors

Certain children are more vulnerable to abusive behavior. The child's age, physical, mental, emotional and social development can greatly increase or decrease the likelihood of abuse. Younger children, due to their physical size and developmental status, are in particular vulnerable to certain forms of abuse, such as the kidnaping because of their powerlessness.

Older, immoral girls can easily sexually abuse boys who lack motherly love. Male strangers may mislead boys who lacked fatherly love to believe in evils such as using drugs or sexual abuse such as homosexuality.

The easily abused children

The child's behavior, for example unpleasant crying and unresponsiveness can increase the likelihood of abuse, particularly if a parent has poor ability to empathize with the child or difficulties in controlling his/her emotions.

In general, children perceived to be "different" such as disabled, autistic children and those socially isolated are at a greater risk of abuse. Children who do not have close relationships with their families and have few or no friends may be more vulnerable to offers of attention and affection in exchange for sex, radicalization or drug abuse.

Neglected children are likely to surfer other forms of child exploitation due to lack of parental care and protection.

Note; as a son take care of yourself and learn to share your feelings with a trusted member of the society and more so your parents, teachers or mentors.

3. Family factors

Specific life situation of some families can increase the likelihood of abuse, such as marital conflict, domestic violence, unemployment, financial stress, social isolation and divorce. However, these factors in themselves may not cause abuse.

Families involved in child abuse tend to exhibit a pattern of day-to-day interaction characterized by minimal social exchange and negative behavior.

4. Environmental factors

Together with the above aspects, environmental factors are often a major reason behind child abuse in some cultures and societies than others. What one culture defines as illegal may be a socially acceptable in other cultures. On the other side, some places are riskier and boys should shun.

5. Stress and Mental health factors

Socio-economic and academic pressure, values concerning the role of the child in the family, attitudes about the use of physical punishment, and the degree of parent's social support accounts for some level of child abuse. Stress caused by trauma or poverty is associated with higher rates of reported child abuse, as evidenced at times of increased unemployment and economic stagnation. Traumatized adults project their pain on children.

6. Internet and technology

Today's child consumes all manner of media information some not made the children. For example, the television can expose some information, which is traumatizing to children. It is not easy to screen information for the child from whatever is meant for the adults. Due to this factor, children innocently consume information made for grown-ups. Adolescents should adhere to healthy media guideline when using technology. Self-control and wisdom are, therefore, prerequisite together with self-discipline.

7. Adolescent's peer pressure

Peers abused or lured many boys to risky behaviors such early sex, radicalization or abuse of drugs. This may easily lead them to child-abuse.

Note: Abusive families are often isolated from their neighbors and the community hence participating less in community activities. They also make less use of available economic, health and social resources. This affects the holistic development of its members.

Self-Safety

The adolescent's role in preventing child abuse

As an adolescent (child), you play a major role in preventing child abuse. Some of your responsibilities are:

1. Ensure that you do not expose yourself to abusers; it is advisable to avoid befriending strangers or seeking favors from them.
2. Take caution when walking, that you do not take short-cut routes, for shorts are never short or going to empty buildings or forest.
3. While in the bus, avoid taking gifts from fellow passengers, especially sweets or drinks.
4. While at home, do not open the gate to strangers when your parents are away.
5. Always avoid dark corners which are away from main compounds. Also, during your adolescence make few friends. Celebrity can lie.
6. Avoid giving your phone number, handset or befriending strangers online and casual social set ups such as cyber cafes and in cinemas.
7. Always dress decently and be in a company of good people.
8. When asked to remove your trouser or open your mouth, resist, for there is nobody who has the right to do so except your doctor.
9. If you choose to attend a bash, ensure that you are in the company of somebody who is well known to your parents. Avoid things done in the darkness. Remember, thousands of abused children are silenced; and on the other hand, sexual abuse can lead to sexual disorders.
10. Avoid car lifts or borrowing things from strangers.
11. If you suspect any abuse, report it, but exercise privacy for safety.
12. When at home alone avoid inviting anybody to keep you company this is a good time to pray, relax, or even do your private studies.
13. Soon after the school break, learn to spend time with your family members before making many movements within. These movements take you away from your loved family members.
14. Note that funny things are not always good but can be dangerous.

Take Note:

Adolescents should always seek to inform parents any incidence of child abuse, because such issues affect our perspective, sexuality, dream and character. Teenagers have a major role to play in protecting themselves against any form of abuse, especially so the sexual-related ones. Teenagers should ensure that they are in **safe places** to avoid provoking abusers.

Chapter 12. MANAGING RESOURCES

We are Stewards called to serve and care.

Young people should take care of any resource available within their reach, such as time, school and family property. Never damage property or waste time. Responsible men should never throw away fresh food and *water* since they are the most important resources in life, and they should be well used and preserved.

Trees and *animals* are the other part of the creation that require our care and protection. You need to take care of the environment. Thou shall never litter! As a man you can own a farm, keep at least one animal and take care of them if situation allows. We need to take good care of relationships. *Family relationships* are another social resource that we need to take care of. We do not choose relatives but friends we can. We need to keep in touch with our relatives.
Always cultivate good relationships with them. Respect and cherish members of your family. We do not keep relatives so that they can help us, but for health purposes; we are part of each other. Help those who are in need. Always pursue education as a major resource.

List

Money
Time
Internet
Human
Property
Food
Water
Nature
Friends
Relatives
Mentors
Community
Education
Children
Elderly
Hospitals
Professionals
Etc.

Several resources which require our care and attention surround our life. I have listed some above; but I will discuss some as we take care of all:

Money

Money is one of the universal resources, used by all people; the poor and the rich, the learned and the ignorant, the lame, the blind, the young and the old. Money can protect or destroy the rest of the other resources.

One of my grandparents is now about 125 years plus of age. Surprisingly, every time I meet her, she asks for some money despite the fact we meet all her needs. She keeps her money somewhere in her clothing. Her great grandchildren occasionally trick her with various currency notes, but guess what? She still can differentiate their value by just touching.

As an adolescent, you should take care of your money matters. It is safe to keep money in a junior bank account. Avoid money from strangers as well.

Why, adolescents seem to want more and more money!

I wish to say that adolescents are in search for freedom and identity. They are just but growing. They want to think independently by buying their own items without informing their parents. They may create their own needs which are different from what their parents know. Sometimes, they feel restricted, and wish to be out of such restrictions of what to buy or not. There is nothing wrong with all these, since they are growing and experiencing the newness of life in all sides of their lives. *However, dangers exist such as:*

Loving Money - Money is good, and it can be bad, but when used well it is an answer to everything. When used badly, it causes great trouble. The Bible records that the root cause of every evil is love for money. The rampant corruption tearing countries links with love of money. Money opens hearts!

Possible dangers of teenagers' desire for more money

- Worship of money and wealth disrespects the poor
- Gambling and illegal investments
- Joining illegal groups such as illuminati of being radicalized
- Sacrificing education for fame and wealth
- Early marriage and early child bearing
- Being 'sponsored' of being sexually abused
- Trading in drugs and other sorts of crimes
- Impersonation and false promises. All these may lead to death.

What young men should know about money?

- The desire to have more money than your friends while in school without a good reason is superfluous and unnecessary manner.
- Good money is not given but earned: you should make your own money through work especially by investing in education.
- Anybody who inherits money from ancestors and does not work to increase it is in danger of serving Illuminati.
- Teenagers should avoid bad ways of making money such as selling drugs or their bodies, gambling, and serving in an illegal group, etc.
- Pocket money is for helping students as they acquire education. You should tell yourself something like this *"No work no pocket money!"* Do you need good pocket money if you are not serious in school? For what?

How Much Pocket Money Is Good and Enough?

You need enough pocket money to stop thinking about money during your studies. To ensure that the money you get is enough always give a written budget to your parents or guardian. If you manage to have extra cash, you can save it. The savings are good because they can help you after school to buy a good phone or a personal laptop or anything you may wish.

What to do with money

1. *We earn money* - you should work hard so that one day you will earn your own good money.
2. *We use money* - you should learn to use money wisely.
3. *We save money* - you should keep some money for tomorrow.
4. *We give out money* - you should learn to give out money to the needy.
5. *We budget for money* - any money you get requires a purposeful budget.

How to overcome the money troubles in school life?

Develop self-control and be contented with what you have. As a teenager, grow within your family's means and level of income, and avoid social comparisons. Remember, there is no family that is better than the other. Each family is unique. Although we can have a happy family, we should desire to work hard and acquire good education. This will give us a good platform to create wealth as an adult. Budget for pocket money is essential and needs to be subject to our family level of income.

Love your family members and recognize the sacrifice they are making to give you comfort in school. If you think that your parents are not honest, talk about it to a counselor or a responsible member of your family, such as grandparents, mature aunts or uncles, mentor or a spiritual leader. Maintain your focus in education. *Desire for nothing but the best*. Set priorities in life and remember that money at teenage is given to facilitate education and not for pleasures of life. We should avoid comparing ourselves with others.

Avoid lending and borrowing money while in school

It is advisable that students refrain from borrowing or lending money to other students. This might cause conflict and disrespect amongst the students. It may also cause fighting and differences amongst the students.

Do not desire 'free' money and avoid any bribery! Never substitute parental love with money. Always pray for God's blessing for your family.

Overcome your inner weakness

Develop Resilience

Since adversity is an unpleasant fact, we need resilience. This is a tremendous ability, which allows falling back at least strong as before or even better, after a fall by ups of life. Rather than letting difficulties and failure overcome and drain their determination, resilient people find a way to rise from the remains of their fall. Factors which make a person resilient are positive attitude, optimism, the ability to regulate one's emotions, and the ability to see failure as a form of helpful feedback.

Develop Self-Control

Self-control is the ability to subdue one's impulses, emotions and behaviors in order to achieve long-term goals. This is what separates human beings from the rest of the members of the animal kingdom.

Self-control is primarily rooted in the *pre-frontal cortex brain*, which is suggestively bigger in humans than in other animals with similar brains.

Be Consistent

This is being reliable, regular and steady, especially so in accomplishing tasks in life. It is the ability to do something constantly until you perfect it.

Forgive yourself and others

Keeping negative feelings is like allowing slavery in one's life. It is not good to keep negative feelings for long. Forgiving others is the best way to go. Always learn to drop the negative thoughts that keep you down

A form one student who refuses to complete assignments in order to punish the teacher, serves as good example of a fool who is bound to fail in the final exams.

My advice is, pray, look for a mediator, a counselor or if you are brave enough look for the person who has wronged you and express your feelings. Forgive yourself for refusing to let go negativity.

Pray

Involve God in your life. It's true we all have challenges and weaknesses. It is good to involve God in our lives.

Chapter 13. DRUG ABUSE AMONG ADOLESCENTS

A drug is a substance, which alters the normal functioning of the body system. *Drug abuse*, also known as *substance abuse*, involves the repeated and excessive use of chemical substances to achieve a certain effect. These substances may be "street" or "illicit" drugs; they are illegal due to their high potential for addiction and abuse. They also may be drugs obtained by prescription, but used for pleasure or wrong reason rather than for medical purpose.

Drug abuse is not a just matter of moral weakness or faulty willpower but a vicious cycle that actually causes changes in the brain, leading to stronger and stronger impulses to use them. Without help, drug abuse destroys families and takes lives. Every puff of bang eats away one's brain. Drug abuse has hit the boy child more than the girl child in Kenya.

What causes teenagers to get into drugs?

There is no one simple reason as to why teenagers get into drugs, but causes of drug abuse and addiction are due to many factors. A powerful force into addiction is the inability to self-soothe or get relief from untreated mental or physical pain. Childhood pains and more so child abuse, lack of attention by parents or even violation of child's right(s), peer pressure and reinforcement from drug pushers are major forces into drug abuse.

Without self-resilience and support to handle life challenges, drugs can be a tempting way to deal with stressful situations. Consequently, due to the change, which drugs bring to the brain, it only takes a short time or even one time of intake for one to be on the road to addiction. These are other factors associated with drug abuse:

- Negative self-concept and low self esteem
- Exposure in the family of origin
- Negative peer influence and impersonation
- Negative social environment
- Poor legal systems and leadership
- Negative social cultural and political factors
- Poor family and national economic systems
- Lack of proper guidance and counselling
- Internet and negative media influence
- Self and family stressful life and untreated emotional pain
- Type of education system and role modeling
- Lack of purpose in life or loss of vision.

How to notice and overcome illicit Drugs

As a wise man identify and shun peers who do drugs:

The following signs strongly indicate that one is involved with drugs. (*A combination of several of them in an individual is a strong indicator):*

- Cycles of decreased energy, restlessness, and inability to sleep (for stimulants).
- Abnormally slow movements, speech or reaction time, confusion and disorientation (often seen for those on opiates, benzodiazepines and barbiturates).
- Sudden weight loss or gain, excessive sleeping, or no sleep at all.
- Unexpected changes in clothing, such as constantly wearing long sleeved shirts, to hide marks of scarring of injection or use of strong perfumes.
- Temporal psychosis or hallucination.
- Signs of violence
- For smoked drugs, a persistence cough or bronchitis, leading to coughing and excessive mucus or blood. Progressive severe dental problem (especially with methamphetamine).
- Abuse and addiction also affect moods, as people abuse drugs for temporary good feelings they provide, which can vary depending on the drug used.
- Cycles of being unusually talkative, "up" and cheerful, with seemingly boundless energy.
- Increased irritability and avoidance behavior.
- Unusual calmness, unresponsiveness or looking "spaced out"; apathy, depression, paranoia and delusion, etc.
- Decline in school performance
- Stealing and complaining of inadequate pocket money.
- Red eyes sometimes watery or expanded
- Abnormal risky behaviour.
- Unnecessary smiles and laughter
- Hallucinations and loud self-talks.
- Compulsive wants and poor use of money
- Constant complaints and lack of satisfaction
- Frequent use of chewing gum (*Big-G)*

Note; other health problems may portray some of these signs.

Common effects of drug abuse on students

The following are some effects of drug abuse on students:

- Social problems at home, schools and in society.
- Psychological problems (psychosis, depression, anxiety)
- Legal issues and rejection by society.
- Death of personal dreams, purpose, vision and radicalization.
- Poor concentration and mental damage.
- Poor academic performance and loss of focus in life
- Spiritual issues and actual physical death.

My lament:

"I write this part on the Christmas night after I have just witnessed the deaths of some young men who have been gunned down by the police and a case of few others who spent their night behind the bars. On top of all these, I have talked to some mothers with sons missing at home; as they lament that, their children are not in the house by 3.00 am. Mothers are wailing; I have just witnessed a mother bawling over the media because her son was gunned down by the police.

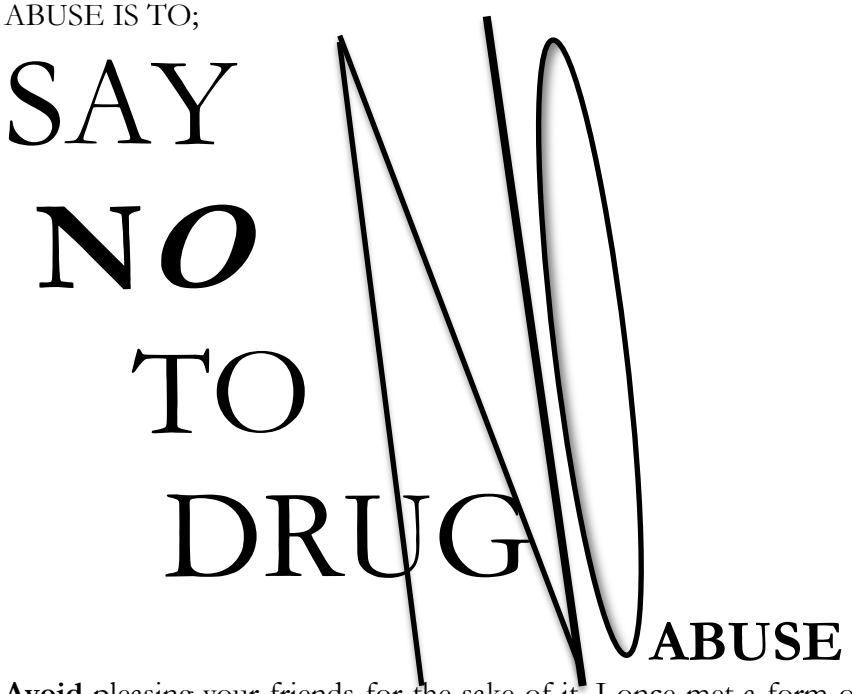
Drugs are taking the lives of our children, our fathers and mothers. I have just received a message that one of my young friends who had stopped taking bhang that he has gone back to drugs. I do not know what to do, but I pose some questions here: 'Does it mean bhang is going to clear the next generation of our youth? Is it the third world war on our kids? If not, why is it that once somebody starts bhang it is difficult to quit? In addition, why is it so difficult to share out with relatives about the problem? It would have been better if the person had not started. No, no! Imagine my other little friend has just gone mad after a relapse, he has developed hostility with everybody. Oh, poor me! He is sick, he needs help; every day I'm witnessing young boys pushing drugs at our nearby playing grounds and towns. Drugs are taking lives of our youthful population.

O God my father, help our children! Forgive us! Lord do not let our children suffer due to our sins. Our father- God forgive our sins. Amen".

I request you to share with me on +254723932379. For sure, I will treat it privately and with confidentiality.

It is the responsibility of real men to put drugs afar!

THE BEST AND SURE WAY TO WIN WAR AGAINST DRUG ABUSE IS TO;



Avoid pleasing your friends for the sake of it. I once met a form one lad ten years ago at the Red Cross clinic at Nairobi International Trade Fair, whose friends had intoxicated and sexually abused. After introducing myself to him, this is what he had to say "*Wewe!* Adonijah tell your friends and your children to be careful with their friends' *cos* all this has been done by my own friends" (*tears flowing)* … Imagine I have been raped (meaning sodomized) by my friends, the people I trusted! Imagine I am in this clinic because of being betrayed by my own friends. *Haidhuru hata Yesu alisalitiwa na beste yake."*

Note: *It is important for adolescents to detect physical, emotional and mental signs of an individual who are into drugs to avoid them and refer them to necessary helpers such as counselors and family support units.*

When you find somebody, who is in drugs and does not wish his parents to know ask him to get in touch with a counselor.

Majority of young men learn taking drugs from their relatives, neighbors and peers. After a long observation, I have learnt that saying NO to drugs is the best option in keeping drugs at bay. In life, do not say, 'I will take today but not tomorrow.' The body is without consciousness; it is f*oolish* and blind; it asks for more drink. Therefore, do not train the body on drugs because it will give you a big trouble. Those who do this may die young not attaining desired dreams.

I trust that you are a responsible man, who has a desire to have a good future. For sure, you will not have it if you choose to abuse drugs. Kindly, speak out and you will get help from counselors, who will treat your case with confidentiality. If you have not started but you are struggling with the temptation to get there, share it out by calling somebody who can help. In whatever state you are in, say No! **No,** it is the ANSWER.

Rehabilitation services help but can be too expensive. Even after rehabilitation, things may never be the same again. So, avoid drugs all together. You may think that your parents have money, but it would not save you. Relapse is difficult to manage without proper support, so avoid drugs.

Avoid &Resist illicit drugs and those who use them…

... If you are into drugs… STOP.

If you do not stop, they will ~~STOP~~ YOU. IF YOU DO NOT AVOID DRUGS, YOU WILL BECOME ~~VOID~~!

Addiction

Addiction happens when one cannot stop drugs. It is not when it puts your health in danger. Addiction occurs when somebody puts financial, emotional, and other problems to one's loved ones. Its urge is to get and use drugs especially when it fills up every minute of someone's day, even if he wants to quit. Addiction counselors should treat addiction.

Relapse and why young people go back to drugs

If we say that someone **relapses into** a way of behaving into a manner that is undesirable, we mean that he has started to behave in that way again. So here, it simply means that the parson goes back to abusing drugs. Some of the factors leading to relapse are:

1. Stress
2. People or places connected to addiction
3. Negative or challenging emotions
4. Seeing or sensing objects of your addiction
5. Poor support system, especially unsupportive family
6. Time of celebration such as bashes or happy moments and friends

We can avoid relapse by delinking with the past company and ways.
Have a replacing activities and friendship such as joining church group.

… When we choose illicit drugs, they are likely to stick on us and refuse to leave. So, let us not choose them: they are ~~BAD~~

In my work, I have met hundreds of teenagers who struggled with drugs, especially glue and bhang. I have observed a couple of youth losing their lives due to drug addiction. My own father died in my hands on the 25th July, 2019 due to chronic subdural hematoma, believed to be due to heavy smoking. (May his soul Rest in Eternal Peace.)

In conclusion, regarding this subject, I appeal to all youngsters to resist drugs. If you have other problems share them out to avoid escaping them by way of taking drugs. Drugs do not solve the problem; they just worsen the matter. They claim lives of prominent youth daily…

It is time to seek for help, call a counselor and you will get help

My last words about drugs are - Share an' STOP

Chapter 14. KNOW AND MANAGE STRESS

Many young men lose their rightful position due to effects of stress. Men deal with a lot of stress just as women, but are more vulnerable due to their perceived position in the society that a man is the one who protects and provide for the family. This puts the male at an exceptional state of alertness. On the other hand, it is believed that men do not cry: Facts that puts man vulnerable to stress. Research show that men do not easily share their problem even with fellow men. To me this is not a strength but weakness, and young men should share their challenges with right people. The sayings remind us that a problem shared is a problem half-solved. Due to high demands in the society, today's boy child is experiencing stress than ever before. On the other hand, boys who disobey their fathers are bitter people. Every man must know how to manage his own stress and that of his family.

What Is Stress?

Stress is the body's demand towards anxiety producing events. It is a process of adjusting or even dealing with circumstances that interrupt, threaten, or even threaten to disrupt individual's physical or psychological functioning. It is also the body reaction linked to both external and internal stimuli. Naturally, the body reacts to stressful demands through flight and fight.

When the *Central nervous system* **(CNS)** is unable to deal or cope with stressful moments then we experience stress. Stress is part of life, and we all need to know how to deal with it.

Body reactions and effects of stress

During stressful events, the body releases chemicals and hormones to counter life-threatening events. In preparation for defense, the body releases adrenaline, which changes the blood flow increasing the breathing and the heart rate to get ready for flight and fight. Cortisol is a hormone that is always present in our body but increases during stress and danger. These changes can cause high blood pressure, depression, anxiety heart diseases or other conditions the body is likely also to experience:

1. Imbalance of blood sugar
2. Reduced body bone marrow density
3. Reduced memory capacity
4. Lowers body immunity level.

MAGNITUDES OF STRESS

Stress issues affect our complete being (*spirit, body* and the *soul*). There is need to treat it seriously. Its consequences are deeply painful, and can be fatal. On the other hand, stress can be a sign of other serious problems such as depression or anxiety. It is advisable, therefore, to give it proper attention.

There are four major levels of stress

1. **Hypo-stress:** this is smallest level, unconscious and harmless stress.
2. **Eustress** (beneficial stress): This is a moderate amount of stress that acts as life driving force this motivates us to meet demands of life such as passing exams or finish a certain project.
3. **Distress:** This is a bad level of stress which affects; sleep rhythm, concentration and state of personality. This is the common stress.
4. **Hyper-stress:** This the most dangerous level of stress that is mostly associated with: suicidal thought, murder, over-indulgence, burnout, arson, rape, sodomy, self-denial, depression, madness and other disorders

In summary we have two main category of stress that is U-stress(positive) and distress(negative).

What are the major causes of stress?

Situations associated with change that bring about lack of normal body control are responsible for stress.

<u>Two events cause lack of normal body control in our lives:</u>

1. Extremely happy/good events such as getting a lot of money at once.
2. Extremely bad/sad events such as accident or any form of loss.

<u>Some of stressful events in life</u>

- ✓ Loss, especially death of a loved one or a valuable item leads to trauma
- ✓ Winning a totally big prize or loss of job or a position
- ✓ Failing exam or an interview or even waiting for the results
- ✓ Being accused and rejected or negative peer pressure
- ✓ Bed wetting and ridicule
- ✓ Sickness affecting an individual or a loved one of a fear of outbreak such as COVID-19 or cholera.
- ✓ Sexual abuse and disorder.

- ✓ Poverty, unmet needs, fear of failure or demonic attack.
- ✓ Child abuse, kidnaping or terrorist attack can lead to trauma
- ✓ Lack of information, ignorance or getting lost
- ✓ Guilt, hidden and un-confessed sins.

Common signs of stress in people

- ✓ Overlooking things and problems
- ✓ Being always under pressure and preoccupation
- ✓ Extreme anger and trouble in sleeping
- ✓ Body pain without any reason
- ✓ Restlessness and heavy night sweating.
- ✓ Constant headache, chest and joints pains
- ✓ Eating disorders that can manifest in lack of appetite, vomiting, craving for food, or heartburn etc.
- ✓ 'Needles and pins' in the body
- ✓ Fast and shallow breathing
- ✓ Confusion and unreasonable irritation
- ✓ Negativity in thoughts and talk
- ✓ Dropping in school grades
- ✓ Panic attacks and hallucinations
- ✓ Stomach upsets and indigestion
- ✓ Frequent sicknesses sometimes without lab evidence.
- ✓ Negative world view and perceptions
- ✓ Forgetfulness and loss of memory though young
- ✓ Crying without a seen cause
- ✓ Pornographic use and other sexual addiction
- ✓ Promiscuity
- ✓ Lack of interest in life - desire to die
- ✓ Poor hygiene and Unkempt
- ✓ Self-isolation and withdrawal

Remember,

Some people experience several of these signs at the same time.

Notice: Avoid over-the-counter medicines as a remedy to some these signs. Watch out you might be having a serious health problem.

Seek clinical based help!

How to Detect Stress in Loved Ones?

- Lack of interest in others especially to their own people
- Talking too much sometimes out of topic more so on phones.
- Shouting for no reason and panic attacks
- Forgetting and misplacing things
- Late coming at home and in school (poor time use)
- Disorganization(unkempt)
- Body weakness (unreasonable pains)
- Complaints of pains (constant stomach and headache)
- Dragging one's self and poor performance
- Crying and yawning frequently
- Poor concentration and inconsistences
- Complaining and chasing people away
- Poor use of money, reckless living and complaining of lack.

Sources of stress

Human stress comes from both internal and external sources:

a) Internal sources

1. Internal irrational thoughts
2. Fear of the unknown
3. Sickness and accidents
4. Anxiety and anger
5. Personality type - especially type **A** - this is a type of a personality which is impatient, blameful, complaining, loud talkers who find mistakes in everything. These are the perfectionist type of people.

b) External sources

1. Social structures
2. Situational e.g., terrorist activity
3. Demands of life such as preparing for an examination
4. Accidents and infections
5. Loss of any kind.

Possible feelings during stress

- Being depressed and having body pains
- Lack of interest in life and in others
- Feeling neglected/irritated even confusion

Possible behavior of stressed people

- Finding difficulties in making decisions
- Low level of concentration and consciousness
- Avoiding responsibilities and being late in activities
- Frequent crying without a cause
- Biting nails and gnashing of teeth
- Finding difficulties to talk with others
- Lack of good sleep or even oversleeping
- Bed wetting although not all of the bed wetting is caused by stress
- Excessive use of electronic gadgets more so games and internet.
- Lack of appetite
- Use of illicit drugs and sexual behaviors
- Constipation
- Difficulties in breathing

Common negative effects of stress

- ✓ Drug abuse and addiction
- ✓ Divorce due to impatience and irritability
- ✓ Fighting and conflicts
- ✓ Failure in exams due to negative thoughts and concentration
- ✓ Burning of school property
- ✓ Premarital sex and abuse of sex
- ✓ Murder & suicide
- ✓ Depression and other mental health issues
- ✓ Prolonged stress leads to burnout
- ✓ It weakens the body immune system
- ✓ Stress lowers sex power in marriage
- ✓ Stress can lead to unwanted pregnancies
- ✓ Backsliding and illogical thinking
- ✓ Poverty due to poor performance, emotionally and physically
- ✓ Poor school performance
- ✓ Poor health such as hyperacidity, high blood pressure
- ✓ Robbery and involvement in criminal activities
- ✓ Truancy, restless or even death.

Bad ways used by adolescents in responding to stress

1. Abusing drugs or addiction to electronics
2. Fighting back the stressor
3. Over-sleeping or under sleeping
4. Eating too much or too little (bulimia or anorexia).
5. Choosing to stay alone or being suicidal
6. Sneaking out of school
7. Withdrawal, bitterness and revenge
8. Rape and engaging in sexual matters
9. Taking stress to others and more so parents.
10. Joining illegal groups as a way of seeking company.

Good ways of handling and managing stress

1. Confessing one's wrongs and stopping guilty feelings.
2. Avoid being a perfectionist and accepting things the way they are.
3. Setting priorities in life, and dealing with first things first
4. Avoiding procrastination and wastage of time.
5. Have a positive self-talk, e.g. say, 'I want to pass the exam' other than, saying 'I don't want to fail', why not rather than why me.
6. Take enough water, preferably 6 to 8 glasses daily.
7. Have enough sleep between 6 and 8 hours based on schedule.
8. Praying and joining a spiritual activity such as singing in the choir.
9. Working hard and managing time well especially in education
10. Communicating with your family members in good time
11. Accept things the way they are and playing your role
12. Planning well by making a list of what to do in good time.
13. Identifying one's productive time, i.e., when one is at his best
14. Exercises: jogging, football or attending church dance classes
15. Talking to a trusted person; parents are better placed
16. Seeking professional help (guidance and counseling).
17. Having faith in God, meditate and refuse to give up
18. Accepting oneself, family and have mental and relaxation
19. Sharing about the situation with a peer counselor
20. Being in a healthy group such as church, CU or a legal group.
21. Listening to good music or watching good movies.
22. Doing some handwork such as farming or building.

WHEN STRESS STRIKES

When encountered with the stressful moment, the most important thing to do is to be calm. Seek professional assistance or just share with a friend near you. When in stress, you should avoid staying alone and getting away from people. It is true that you are going through pain, and you may feel no need for people around. Nevertheless, you need people around who can get hold of you when the worst knocks the door of your life.

Prayer and positive helps, so let people pray with you, as you trust in God. If you perceive that your stress is coming from your own parents or siblings then, you can share with a close relative, such as your auntie, cousins or a friend if not a counselor. In school, we have societies and other clubs, the counseling department, peer counselors and teachers. All these groups can help.

Take time and relax. Be strong in your inter-relationships. Do not accept responsibilities which you cannot service. Yes, many people like you, you have good leadership skills, you are talented, but you need to take care. Remember that you are a student first before becoming the chair of a club or a society. You came to school to learn, and this should be your top priority. You have a right to accept or decline any leadership position.

When dealing with leisure time, we should minimize use of the mobile phone, play station, television and other social media activities. These can be strongly addictive and tiring to the mind. See to it that you help your parents by putting internet use under control. Turning to drugs worsens stress because it can easily open the door to depression, which can lead to mental illnesses, which are difficult to treat or can lead to death.

The four ***A's*** used in dealing with stressful situation

Change the situation

1. **A**void the stressor
2. **A**lter the stressor

Change your reaction

3. **A**dapt to the stressor
4. **A**ccept the stressor.

Annex 1 **Growing in Faith**

Congratulation to all those who have recently chosen to follow the Lord!

It is encouraging that you feel the newness of life in God, for those having received Christ, remember the number of times one receives Christ does not matter. The most important thing is to grow in God's ways. Hitherto, how do you grow in His ways? *These habits will help* you to grow:

1. Read God's word

The way you read the word of God will determine the kind of Christian you will be. You should read your Bible every day if you want to grow. *As a little baby crave pure spiritual milk, so that by it you may grow in your salvation; 1st Peter: 2:2 (NIV)*

2. Pray

Before you learn how you can pray effectively and the types of prayers, the simplest way to understand how to pray is simply letting God talk to you. You need to plan time each day to pray. The best way is to let God guide your morning through meditating. Talk to God as you would talk to a friend.

3. Witnessing (Tell others)

Tell others what happened to you. Whatever you have experienced choose to serve the lord. Oh! Let others know. Witnessing is inviting others to be acquainted with Jesus. Let people know how wonderful your new friend can be to them. Witnessing will make you a strong believer.

4. Attend place of worship regularly

If you take a burning charcoal from a *jiko,* it will eventually go out: it cannot continue for long on its own. Likewise, a believer needs to be with others for encouragement. Singing praises, reading the Bible and making new believer's friends will help you to grow.

5. Obedience

When God asks us to do or not to do something, we should obey quickly. Therefore, in everything you do or choose not to do, ask yourself "does this please God?'

I instruct students to be honest as they serve God. Ensure that they are faithful in every commitment they make. I pray that every student joins a faith society while in school such as SDA, CU, YCs, etc. Those joining boarding schools should maintain their original denominations, and always inform their parents of any spiritual advancement they make while in school. Avoid shifting faith affiliation without the consent of your parents.

QUEST FOR NEW BELIEVERS

1. **Make God the master in my life** –Pledge loyalty to **God**. When Jesus was here on earth, His disciples used to call Him Lord or Master. Jesus accepted this and He said to them, 'If you love me, you will obey what I command (John 14:15) *(NIV)*

2. Live God first in your life – Cultivate a sense of **God** presence in your life. Talk to Him: He is in your life - let Him lead you in everything you do or not do. Christians should let Jesus the center of God's Word as they read the Bible. Hear and see Christ talking to them daily.

3. Give God your time – Whatever you do requires time. Therefore, you should give Christ time for fellowshipping with Him. You need to attend place of worship with your family. You may also need to have some quiet time with God.

4. Give God your abilities

Talents and gifts belong to God. You can serve Him by utilizing them. In whatever talent, you can do more for God. Are you a dancer, or a singer? Use these talents for the Kingdom of God.

5. Use every opportunity to serve

Opportunities are always there to be a blessing to somebody and to the God's work. You can give, you can clean the chairs and mop the floor in the house of prayer. Even when you do this at home and school you will still be serving God. So, serve.

6. Forgive and pray for others

You need to take time to pray for your family members, those in hospitals and for your enemies too. Take time to forgive those who in one way or the other have wronged you. Pray for your parents so that they may be successful in life. Never argue with your parents. Accept your family as it is, and ask God to help you to turn life out the way He wants you to be.

Note that, Salvation while in school means commitment to God and not changing your church denomination to that of the preacher! *Watch out!*

CHARACTER & CONDUCT

God expects us to grow in good morals and values. We should behave well, whether in private or in public. Character is seen in what you do when nobody is watching. Always act rightfully as you seek to know God's will.

Love, humility, respect, care, honesty, trustworthy, integrity, simplicity, discipline, obedience, knowledge, hardworking, faithfulness, submission, patriotism and forgiveness are major key values that young people need!

Annex ii **Letters to others,** (*I request young men to skip these 1st two letters)*

Dear Parent,

I commend you for the hard and noble work of raising Gods' children. It is time now to put a ribbon into the life of the boy child and those who have the responsibility of raising him into responsible man. Yes, being a parent is great job that calls for sacrifice. It is a privilege sometimes filled with frustrations, especially so when it comes to raising boys who at a tender age would begin to behave like big men, sometimes awkwardly and scaring. Like climbing trees, chasing after birds, swimming in risky rivers, running after deadly animals such as bees, *nding'ong'o (*Kamba*)* and snakes, etc. Boys are amazing beings; they can be tricky as they enjoy funny and risky acts. Those who overcome these risks become brave and responsible.

I would say that this is natural as it is an action driven by inner hormones, which are responsible for manhood development. It is, therefore, the responsibility of everyone to raise boys to become responsible men. It is our duty as parents to train them in the way they should follow; when they grow up, they will not depart from it. Today's child is growing fast, such that by the time we realize it, he is ready to undergo the adult rite of passage. Today's boy child experiences myriads of challenges. There is need, therefore, to set him apart to be himself, guiding and taking care not to over-protect him.

Tell him that he has to take a great responsibility than his equals. We also need to remind him of his leadership position. Allow him be more self-inspired by affirming, accepting and respecting him by way of being a good role model. Teach him on how to keep time and money as he balances talents with education. Let us urge boys not to waste time with petty issues of pleasures. We must always see to it that we do not belittle him. This can kill his self-esteem. Some of his risky behaviors could just be a call for trust.

Let us create hope & confidence in him, as we love him unconditionally, teach him his father's faith by praying with him as a father. Let us make him accountable, train him to work hard, charge him to mature. Ensure that he completes his household duties in good time. Model him in love.

It is his task in the community to work. Give him some hard tasks such as sending him with money to pay bills, deposits and treat him with respect. You have a responsibility to love and take care of his friends by ensuring that they also behave well. His friends tell you more who he is. Model them together, in case you wish to separate them, pray first lest you lose the *messiah*.

Be wise when separating your son from his peers, lest he fights back. Remember you are his prophet, teacher, and mentor of course parent; be his hero. Let your son know the reasons behind the need for separation.

Teach him perseverance because tomorrow will definitely be harder than today. Reprimand him when he disobeys, so that he can remain focused.

To you ***mothers*****,** I in particular commend you for the great, great work of raising today's men, sometime alone. Remember that this champion under your roof is your son and not just a friend. Sometimes as a parent, you may choose to behave as if you are his peer, although a parent, but never behave as a friend would. Let him not undermine your authority as a parent. As a parent, remind him that he has another family- the society, which expects a better service and the best out of him. As a mother, you can only teach him to be a good man so let the father or any other responsible man teach him what it **actually** means to be a real man. Instruct him in getting along with hard and African traditional food such as *nyoyo (*luo) commonly referred to as *githeri,* boiled beef-soup, *mukimo*, porridge etc.

To you *fathers,* bravo! It is a blessing to have one who is like you, now see to it that you do not embitter him to wrath, nor think that he must follow your footsteps but seek to know his interests, likes and dislikes. He is a different person all together. Practice what you teach. Always learn to see the angel in him before you are tempted to see a '*devil in him'*. See the roses in the rose flower before you notice the thorns around. Fathers help your sons and others to catch meaning in life. Let your son shadow you early.

While it is said that fathers are more absent than mothers are, fathers are more advantaged than mothers in raising boys for they know where the young men are coming from and where they are going. I charge fathers to create time to be with their sons if they wish to develop them into real men.

Stir up courage in him and lift him up pursue his dream fearlessly even if it may mean fighting. Otherwise, never raise a coward man. Teach him about sexual matters. In *Deuteronomy, 11:19* the Bible instructs us to *teach kids as we sit, when we walk and when lie down.* This implies that we must be present.

A day before my father passed on, he told me that, *'Mwana ni ithe-* meaning, fathers have a major role to play in the life of their children especially sons.

Brother, **Mr. Kimanzi**-*Youth Mentor, Coach & Counselor.*

Dear Girls,

I take this opportunity first to complement you for showing respect to your brothers. I know you are growing as well and that you are equally doing your best to better your life. I have hesitated to tell you that you are among the most gifted people in our society. You are key in helping boys as they develop, for sure they will not know the difference between genders without you. I would like to point out here that both of you should grow together as brothers and sisters. As you know, your brothers experience a unique rite of passage purposed to prepare them for major responsibilities. This includes taking care of their life partners and finding time to hook up with the male mentors who help them in growing up. This may be one major reason for extra privacy. They have some responsibility to escort you home. You can ask them to say hi to your parents once the opportunity arises. Your parents can trust them if you will respect this peering relationship. Remember, they are your brothers. Walk in open places and when it is dark be at home. Respect them and do not hurt their emotions by seducing them into sexual affairs. I mean, refuse to have any sexual contact with them. This can cause guilt or lead to early pregnancy, which may give both of you a lot of trouble because none of you is ready for a baby. Both of you are emotionally not mature. No parent would wish to take care of two children, one being a mother to his/her grandchild, until a later time.

I compliment you once more for ensuring that there is a boundary between you and them. I urge you to wait, grow up and prove to be a responsible woman. A real woman does not seduce boys into sexual activity: She waits! Noticing a handsome boy is normal, but wait, just respect that boy, if he is man enough one day, he will greet you differently. During your school age, you may come across boys who tell you that they love you. They may not mean that they want sex. I do not refute that there are those who are after it. If a boy asks you for sex or a deep kiss or a special touch or a hug, look at him right in his eyes and ask him "what!" Tell him to go first and think right. If he comes back, face him and tell him to clear your way. Let your answer be "No". Ensure that you are somewhere where he/they cannot harass you. If he/they keep on coming, tell someone else. You can seek help from responsible adults.

Respect yourself by dressing decently. This will help men to respect you. When you say '**No**' to premarital sex you give both of you a good chance to use your minds before using hands and mouth. Remember *true friendship* does not grow that fast; it takes time, and it has nothing to do with things that are done in secret. True friendship rides on values and virtues. As a girl, you play a key role in making boys behave sexually right; do not fear to tell them to wait or if they do not seem to understand tell them to clear your way. Sometimes, they may propose to use a condom for sex. If you accept, it will be putting both of you into a trap, because a time may come when it will be difficult to stop the new habit. Note that, emotions change, the condom can burst or fail. What if one of you has HIV/AIDS or STD? In case of pregnancy, are you ready for a baby? If not avoid sex before marriage. Otherwise having male peer friends is okay but mature up! First, never tolerate things done in the darkness. Keep your boundary.

I trust you.

Truly,

Counselor - Adonijah.

Dear Orphan Sons,

I wish to compliment you for the courage you have always shown in pursuing your dream despite the challenges that normally face you. In fact, your biological parents are permanently absent. I agree with you that it is never easy to think about this loss. This letter charges you to lift your eyes up and pursue that big dream as you hold on God's promise: to be the father to the fatherless.

Always be disciplined so that wherever your parents are, they shall rest in peace and so shall it be well with you. Accept your state as an orphan; Look around and identify a faithful mentor to walk with, as you thank God for your care giver(s). Let God help them to live longer to take care of you.

I know there are other children with irresponsible parents. Such children should remain focused in education, and never in life curse their parents nor give up in life; I and other servants of God are praying to our heavenly father to bless you.

Loving Mentor- father, **Adonijah.**

Annex iii Assignments

MY PLEDGE

As a student in Kenya and a youth in my community, I promise to perform my duties and roles with diligence. I will at all times release my full potential. I purpose to be true to myself, my teachers, mentors, parents and to my Nation. I intend to work hard and to offer help to my comrades, avoiding all distractors and anything that could jeopardize my efforts. I will *obey* my elders first before I seek my interests.

I purpose to control myself in matters that may seem to be common with my peers but may have hidden negative effects. All times, seek to know what is right before I take any action. I will avoid negative peer influence and seek guidance from my elders and God.

I will endeavor to have an exemplary behavior. I will cherish honesty and truthfulness. I will keep the motto of school (*write your school motto here*):

"……...……..……...……
……..……"

Signature……..…

Witnessed by

Parent/Mentor…….…… **(Optional)**

Class Teacher: ……..……...….

Date: ……..School ……..……

ACTIVITY (answer these questions on a separate piece of paper)

1. Write down **five** things that you want to change about yourself and reason behind it.
2. Write down **ten** things that you like about yourself and your family that you want the world to know about.
3. Write down two or more things you are going to do in order to succeed in your school life.

Annex IV RULES FOR LIFE (*adopted from P.C.E.A Kayole parish ROPES camp rules of 2018)*

1. Respect other people and property. Parents deserve and teachers special respect.
2. Obey and respond to rules and bells unless they are misleading
3. Consult and obey mentors/teachers and parents.
4. Follow health and hygienic life guidelines.
5. Avoid playing dangerous games. Take care of yourself. ***Work hard but always play easy!*** -Life comes first! In addition, does health.
6. Report anything that is not normal. Communicate verbally.
7. Use right words, dress well and avoid negative peer pressure.
8. Report when negatively influenced. Hand over all prohibited items to the authorities immediately.
9. Think and use common sense before you act; if not sure, refer to rule Number 3.
10. Pray & rely on God when you cannot get solutions from people.
11. Be true, faithful and honest to self, others and to God.
12. Either do not call home secretly via the security guards or other means, if you have to call, inform the teacher (dome or class).
13. Take responsibility and be accountability for your actions; do not blame people for your choices.
14. In case of any complain or grievances refer to rule number 3.
15. Choose to abstain from drugs, sex before marriage, illegal groups and any addiction for the sake of your own success and that of your family; in case of any trouble, refer to rule no. 3.
16. When you differ with school leaders, you can see the principal.
17. Walk carefully along the corridors and stairs avoid dark places.
18. Close all running water taps and don't try fire extinguishers.
19. Protect property, others and self; leave places better than you found them.
20. Wait if you are not sure or seek help.
21. Your own rule is……..

…….…….

Signature……Date…….….

Real Men Are Nice People;

Considerate, helpful, pleasant, gentle, agreeable, caring and congenial

Ben Carson

Annex v

First YEAR GRADES IN SCHOOL (*if applicable*)

Exams

Term 1	Scored Marks	Total	Scored Grade	Desired Grade	Difference
Opener					
Mid Term					
End Term					

Term 2

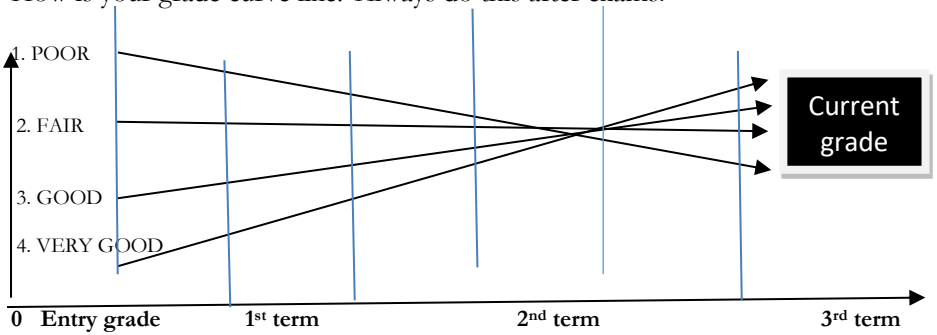
Opener				
Mid Term				
End Term				

Term 3

Opener				
Mid Term				
End Term				

Draw your own grade graph here (sample shown below**)**

How is your grade curve like? Always do this after exams.



Remember to maintain your entry (**KCPE)** grade and never to go below it.
Always keep track of your performance with the plan of action for improvement**.**
If in trouble speak out!

~~~~~~(Optional)

1. a) Write a reason for being here on earth……..……
// b) Write one good for reasons being in,
   i. Your, Family ……..…….…….. …...……..……
   ii. This School ……..… …….
   iii. Your Religion …….. ……..……..… ……...……
   iv. Your community……...…… ……
c) Give a good reason why you should be alive in the next 80 years…….……
d) Write one main thing that you will be doing in the next 4 years ……...……..
e) What is your greatest obstacle in life ……
f) How do you plan to overcome it (them) i.e. (e) above……...……

Annex VI

Helpful Information

While in School:

When faced with bullying or any challenge, **contact** the counseling or Mentorship department, the school principal or the chaplain. If you feel not free, you can seek to talk to your parents privately through any teacher. You can also make use of the peer counselors. When in need for prayers, contact the chaplain or the society's patrons. When unwell, see the school nurse or the dorm master, or inform a responsible person around you such as a best friend, desk or bedmate. Prefects can help too.

When at home:

You can call Badili Mentors for coaching and mentorship or call any other professional counseling office such as Amani Counseling Centre, African Institute of Professional Counseling or any other counseling services near you.

Keep your parents updated on whatever is happening around you. In case of sexual, emotional abuse, physical abuse or neglect, especially where you feel silenced as a child you can call the *child line* **116.** While for sexual abuse, you can call **GBV** care on **1195** from any mobile number free of charge.

In case of sexual abuse such as rape or sodomy, help is required as early as possible; before 36 hours have elapsed, ensure that PEP is also administered which is available in all government health facilities. After this, get P3 form from the police station; it is necessary. You can contact Nairobi Women Hospital in Hurlingham or Adams Arcade, Nairobi, Kenyatta National Hospital or any other hospital near you. Seek counseling as well.

Caution. In case of sexual abuse, avoid bathing before reporting the matter to the police station or seeing a doctor because this destroys evidence.

Remember *that, not everybody near you is responsible. However, parents are the right people to help in the case of need, unless they are the perpetrators. In such a case, contact a close relative (preferably aunties and grandparents) or a religious leader. Always take care as you deal with strangers. If requested to do something funny, always inform somebody whom you trust. Never do things out of fear of victimization or prejudice.*

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MENTORSHIP REGISTRATION FORM (OPTIONAL)

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For the purpose of mentorship and counseling, fill and return this contract form (sealed) to P.C.E.A Kayole Parish Rite of Passage board or follow the link provided or scan and sent email provided.

(To understand mentorship, refer to chapter 9)

Name …….....Mobile No……..…….

School…….…….. Sub-County ……..….....

Current Grade …….…….....Desired Grade……

Your current life challenge

……..……..……..

……

Parent's Mobile Number……..Email…….

Your Sign ……. Parents Signature ……

Career/ Dream…… Talent…….…….…..…..

Declarations

As MENTEE/CLIENT'S I hereby append my;

SIGNATURE ……. …. DATE……..……

I the MENTOR- COUNSELOR

Hereby promise you confidentiality and professionalism

Signature ……..…….. DATE ……

NOTICE

Either party with a notice and upon genuine reasons can terminate this engagement. Nevertheless, for counseling, the parties are guided by the counseling ethics and guidelines provided by the government of Kenya

For More Information

Contact the author or the institution from which you acquired this book.

For online registration, follow the **link** provided below for mentorship request.

https://forms.gle/FF3mYzwUMF8egnBU7

Notes for Thought!

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Responsibility, which is the main theme of this book, is a state and role of being in charge of someone, situation or something, ensuring satisfaction and rightfulness. We come; we live and leave this world while those we leave behind us should feel our level of responsibility. Therefore, they say we have left a big gap.

It is better a poor leader than uncommitted one

Always see the angel before you see the devil in others

Pursue your dream and passion diligently

Age is just but a number if you have not done your best retry

Your best is the best.

Be truer to self and to God

*****

Jesus is for us all

Salvation is from the inside

Respect yourself

**

Share out that hidden sin to be free

***

Always seek clarification

&

Postpone judgment

****

The last chapter in life is forgiveness

So,

Forgive and support good ideas

*

Do not rush, let you school go through you not you through it

***

What difference would you wish to leave behind your community?

Work diligently & never give up!