

# **UGANDA YOUTH DEVELOPMENT LINK (UYDEL)**

**REPORT ON THE 1<sup>ST</sup> UGANDA CHILDREN SUMMIT THAT WAS HELD FROM 8<sup>TH</sup>  
TO 9<sup>TH</sup> MAY, 2021 AT NYUMBANI HOTEL THAT WAS ORGANIZED BY SMART  
INTERNATIONAL**

**STARRING: YOUTH BOARDS OF KAMPALA'S SMART CLUBS**

**THEME: SAY NO TO ALCOHOL, TOBACCO, DRUGS WITH THE CONTRACT  
CONCEPT**



## Introduction and Background

There has been a tremendous increase in the access to internet by children during the COVID 19 Lockdown which has increased exposure of children to drugs, crime and violence among children since children are not in schools. Exposure of children to explicit images, photographs, writings, videos, films and other materials has been noted to be on the rise.

Early onsets on tobacco and alcohol are tightly connected to alcohol abuse and addiction, narcotics testing and addiction, criminality and a shortened life.

From the above background, Uganda Youth Development Link (UYDEL) in Partnership Kawempe Youth Development Association (KAYDA), Myself Uganda and Children and Youth Empowerment Link (CAYEL) with support from Smart international organized the 1<sup>st</sup> annual children summit that was conducted from 8<sup>th</sup> to 9<sup>th</sup> May, 2021 at Nyumbani Hotel, Kampala, Uganda.

The theme of the summit was “**Say No to Alcohol drugs and tobacco**”

The objectives of the summit were to;

- Create awareness among children about the dangers of alcohol drugs and crime.
- Develop life skills to reduce the risks of crime, violence and drug use through accumulation of protective factors such as knowledge, positive attitudes and life skills development.
- Interaction between children to share knowledge and experiences on how to prevent and protect themselves from drugs and crime.

### 1.2 Methodology used during the summit

During the session, the facilitators and patrons used educative and fun activities to implement the sessions and these included;

- Question and answers
- Small group discussions
- Large group discussions
- Presentations
- Brain storming
- Music, dance and drama
- Energizers
- Games and sports
- Role plays
- Aerobics

The summit was attended by children from six primary schools and these were;

- Makerere primary school
- Jolly Kids Junior School
- Jehovah Jeirah Junior School
- Safe way Junior school
- Kasasa primary school
- St. Bernary Royal primary school

The summit was attended by 88 delegates and these included 45 males and 43 males as illustrated in the table below;

| <b>Gender</b> | <b>Number</b> |
|---------------|---------------|
| Male          | 45            |
| Female        | 43            |
| <b>Total</b>  | <b>88</b>     |

## **2.0 Proceedings of the summit**

The summit started with a role play that was led by Mr. Kamoga Stanely. There were self-introductions from both the children and other participants of the summit.

He then asked two children to volunteer to be master of ceremonies (Mcs) for the summit and thus we got Nakyanzi Brenda from Kasasa Junior School and Bakunda Emmanuel from Makerere primary school. This was intended to promote child participation during the summit

These two child volunteers moved from table to table asking their fellow children the activities they wish to have during the summit and these included the following:

- Debate about alcohol abuse and drugs, children's rights must be respected among other
- Poem about drugs and alcohol
- Games and sports in particular netball, football
- Skit about the dangers of using alcohol and drugs
- Fun

## **2.1 Overview about smart International**

There was a virtual session from Slim laden the secretary general of smart international and the participants of the summit in Uganda

Slim then introduced himself as the secretary general of smart international. In his speech, he said he has never smoked and tried alcohol and he is proud of himself. He urged the schools to sensitize children about alcohol and the dangers of drugs. Teachers and parents should take note that we need to change the behaviours of children.

He also talked about the contract concept which stresses that early onsets on tobacco and alcohol are tightly connected to alcohol abuse and addiction, narcotics testing and addiction, criminality and a shortened life. He said that he developed the contract concept to enable African countries say no to drugs and alcohol. He informed the children that there are smart clubs in Uganda, Rwanda, Burindi, Ghana, Liberia, Malawi, Indonesia, Kenya, and Tanzania among others and Uganda is the best with six schools in Kampala having smart clubs and one in Nakivale Camp

He then shared some interesting pictures with the children to learn from them and once again thanked the children and the Ugandan team for organizing the summit

## **2.2 Feedback from the children about the speech from Mr. Slim laden**

- He gave us an advise about alcohol and drugs
- He said that we should not drink alcohol
- Let us abolish alcohol and drinking
- He said that if you start using drugs, you start reducing your age
- Slim said he has never tested drugs and alcohol
- He also said that the earlier you start using alcohol, the more addicted you become

## **2.3 Question and answer session**

This session was conducted by the moderator. Mr. Kamoga Stanley who asked children questions and the following were the responses from the children

**Question: What title does Mr. Slim hold?**

Answer: Mr. Slim is the general secretary of smart international

**Question: How old is Slim?**

A: He is 76 years old

**Question: What was his profession before he retired?**

Answer: He was a teacher

**Question: What was in the contracts the children signed?**

- Don't use drugs
- Never to smoke again
- Never to bully your friends
- Say no to alcohol
- It us to make steps or go wrong, the steps we make can take us forward or backward
- Respect parents and elders

**Question: Tell us about smart club**

**Answer:**

- You start small in stealing.
- To be a good member of smart club, you need to observe the following;
- Never to use or taste any drug, alcohol and other substances
- We need to have respect for elders such as teachers, parents, elder's siblings
- Never to steal and vandalize peoples properties
- Never to bully other children

### **3.0 Communication from UYDEL**

The communication from UYDEL was given by Mr. Kafuko Edwin is the UYDEL livelihood manager who talked on behalf of the Executive Director of UYDEL Mr. Kasirye Rogers

- He thus welcomed the children for the summit and all other delegates from the different schools.
- He thanked the schools who welcomed UYDEL for this cause
- He thanked smart international and the partners for the smart club including KAYDA, Myself Uganda and CAYEL Smart club
- He said that why the summit is hear is to say no to drugs and alcohol and I also "Say no to alcohol and drugs
- He said that alcohol has affected the young generation. He then asked the children some of the effects of drugs and alcohol abuse and the children reacted by giving the effects and these included addiction, brain damage, imprisonment, makes people merciless, causes lung cancer, school dropout, it leads to self and family neglect, poverty, domestic violence, low job performance and leads to death
- He also mentioned that the use of alcohol and drugs is not fun.
- He said UYDEL and other partners says No to drugs and are committed to making the future generation drug free
- The children shared the different types of drugs they know and these includes Marijuana, sisha, cocaine, Mila, nicotine among others



**Energizer:** He led the children into the energizer to make them have fun and be energetic. It was also intended to make the children more active during the sessions



***Kafuko Edwin during his speech to the children***

### **3.1 More energizers**

After Edwins speech, Lubega Andrew led the children in to a session of energizers (games,songs) and these included the following;

- Sharpie, sharp sharp energizer
- If you happy and you know clap your hand song
- Loose the table game. In this game, the children had to lose their tables and made a round circle

All these were intended to make children have fun, interact and learn skills such as stress management



***Lubega Andrew during his energizer session***

### **4.0 Outdoor and fun activities**

This session was led by Lunkuse Joan. She asked children if they have ever gone for camps and asked them what they do when in the camps and they said they have fun and relax. She thus assured them that during the summit, there will be a lot of fun through different activities such as games, role plays, and music among others

#### **4.1 Song**

Joan led the children through a song which they had to sing after her and the song was as follows;

##### **What do you gonna do when you come for camp?**

- I am gonna have some fun

##### **What do you consider fun?**

- Fun drug free fun

After learning the song, the children were excited and already having fun. Children then started leading their fellow children through the song

Joan then asked the children if they have talents and they said yes and then one child who had a talent of singing led her fellows through a song which is from the book of Psalms. This was intended to enable young people discover and exploit their talents



***Joan teaching the children the song and the children practicing the song***

##### **4.1.1 Lessons learnt from the songs**

- We have talents which we need to exploit
- We always have people who are better than us
- We had fun and got happiness through the song

Joan thereafter led the children into a game

## 4.2 Mingle Mingle game

**Why the game:** Help children connect with others and identify life skills

**What:** You're going to mingle in groups of 3 or more until we get the winners

### 4.2.1 Lessons learnt from the game

- People have fun and relax
- Learnt to make friends
- I learnt to be faster
- Decision making, I have learnt to make decisions faster
- Critical thinking before acting
- Learnt to work in groups
- Learnt that without drugs, you can be free
- Learnt the importance of friends

### 4.2.2 Life skills learnt

- Team work
- Decision making
- Building positive relationships



***Children during the mingle mingle game***

## 4.3 Shrinking world game

- Joan also led the children in to another game called Shrinking world
- Children were divided into groups of six and in each group, the children elected one volunteer



- The groups then competed in a game called Shrinking world
- The children were asked to dance and keep dancing and at the end of the game, they had to stand on a kaveera and those who could fit on the kavera would go and sit
- The game continued until when we got two children who competed at last and finally got a winner from the two children



***During the shrinking world game***

#### **4.3.1 Lessons learnt from the shrinking world game**

- Learnt how to survive
- Learnt how to have fun
- Learnt how to fight for mine
- Learnt how to make friends
- You have to keep up even if you can't
- Learnt about being speedy
- Learnt about being strong
- Learnt to be active and attentive all the time
- Learnt never to give up
- Learnt that we need to struggle in life until we succeed
- Learnt how to make right decisions
- Learnt that we need to be ready and prepared all the time
- We need to be confident
- Learnt to be strong
- We need to strive to always be the best

#### **4.3.2 Skills learnt**

- Self-management skills

- Decision making
- Problem solving skills
- Empathy

### **Afternoon session**

The afternoon session started with an energizer that was led by Andrew Lubega to enable absorption to take place after food



***Lubega Andrew during the energize session***

After the session, Joan went ahead with the fun, interactive and educative games with the children. She thus introduced another game which was;

### **4.4 Transporting the baby game**

**4.4.1 Why the game:** To enable children have fun, learn critical thinking skill, self-management and build positive relationships

### **4.4.2 Instructions for the game**

In their respective groups, each group was given a balloon and was asked to make lines according to their groups. The first person on the line was given a balloon and asked to blow the balloon and tie it. They were then asked to pass the balloons between their legs to the next person. The first group which bursts the balloon will be the winner.

### **4.4.3 Lessons learnt from the game**

- Team work is very key
- There was need for speedy
- There is need to be faster
- Learnt to be ready and focused all the time

- Learnt to work together
- Learnt to be confident and to keep trying



***Children during the game for transporting the baby using the balloons***

#### **4.4.4. Challenges faced during the game**

- Tying the balloon
- The balloon was light and could burst easily
- Passing the balloon to another person was a challenge
- We had fear to touch the balloon

#### **4.4.5 What was more interesting during the game?**

- Passing the balloon to another person
- Tying the balloon

### **5.0 School presentations**

#### **5.1 Presentation from Safe way junior school**

There was a poem about drugs from the children which was denouncing alcohol



***Children from safe way Junior school during the presentation of their poem***

## **5.2 Presentation from Kasasa junior school**

There was a skit from the children about drugs



***Children from kasaasa Junior during the presentation of a skit about drugs***



## DAY 2

Day two started with taking pictures using the photo frames that denounce alcohol, drugs and tobacco



***Children posed for photos using the photo frames***

Andrew then took the children into the self-introduction session according to schools. He then asked children to name at least 2 children from a different school they know. The importance of this session was to enable children connect more with each other





***During the self-introductions session by the children led by Andrew Lubega***

### **6.0 Recap for Day 1**

This session was led by Daphine who took the children into the recap for day 1. She thus asked the children what they learnt on day 1 and the following were their responses;

- Shrinking world game, they learnt to be fast and speedy
- We had a skit which was about avoiding the use of drugs
- Poem about never to use drugs
- We learnt a song entitled; what do you gonna do when you come for camp? I am gonna have some fun. What do you consider fun? Fun drug free fun
- We had fun



***Daphine during the recap session with the children***

### **7.0 Session by Joan Lunkuse**

She started by asking the children what they would wish to be in future and thus asked them that if they work hard, they would be what they want to be. It starts by believing in you. She thus told them to always talk to themselves that I can

She thus led them into a song entitled I know I can

**Instructions: What I say is what you repeat**

**The song goes like**

- I know I can
- Be what I want to be
- If I work hard again
- I will be where I want to be



***A child leading her fellows in the song***

## **8.0 Aerobics session**

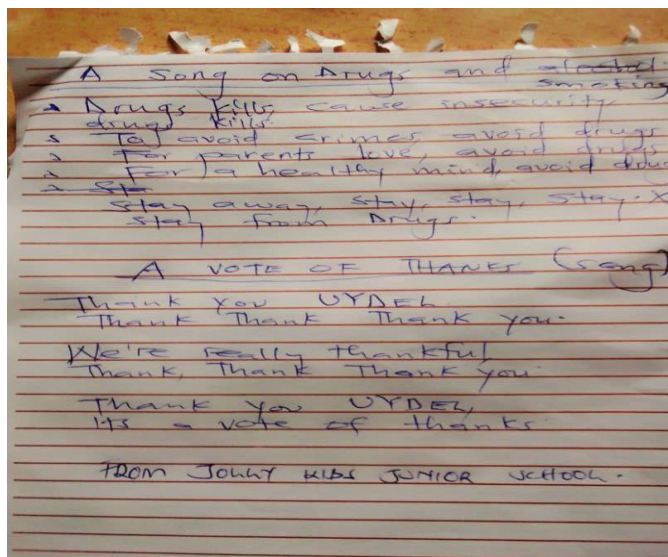
This session was intended to enable children do exercises so as they can be physically fit, smart, sharp and active. This session was led by Ssebagala Isaac a UYDEL social worker with support from the project officer and the patrons from the different schools



***During the aerobics session***

**9.0 Presentations from the children according to their respective schools**

**9.1 Poem and song from children at Jolly kids about drug prevention**



***A song about drugs from children at Jolly Kids Junior School***

**9.1.1 Lessons learnt from the presentation**

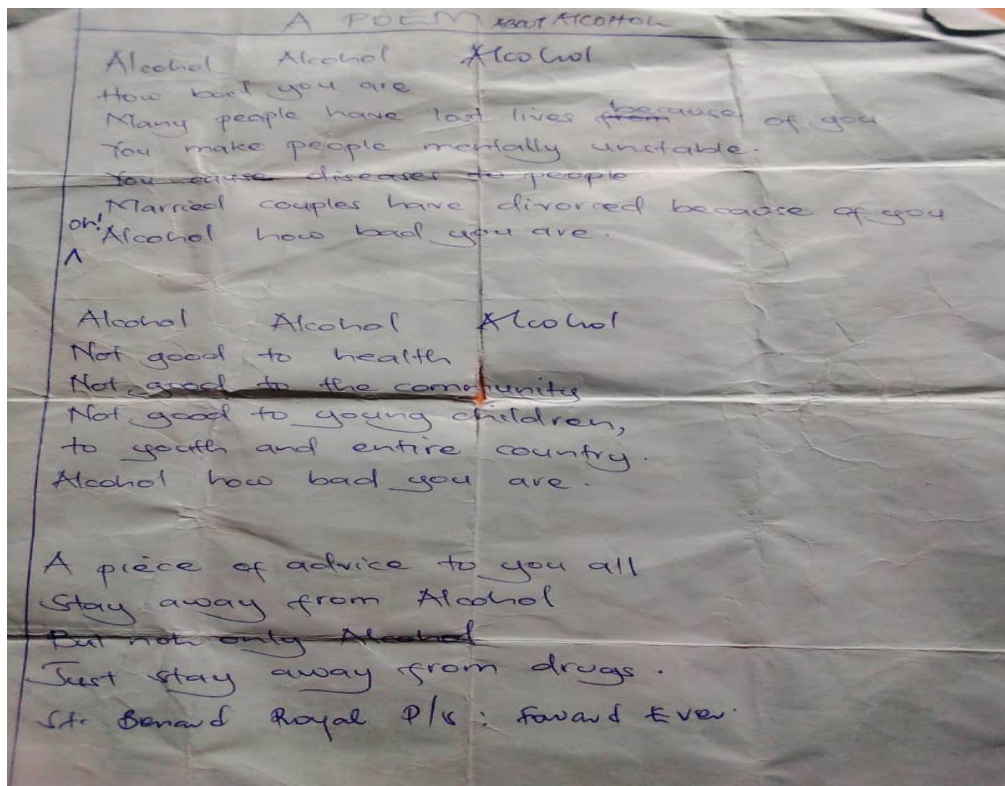
- To avoid crime
- Avoid involving in crime
- To stay away from alcohol





**Children from Jolly kids during the presentation of their skit about drug prevention**

## 9.2 Poem about alcohol from St. Bernard Royal School



**Poem about alcohol from children at St. Benard Royal School**

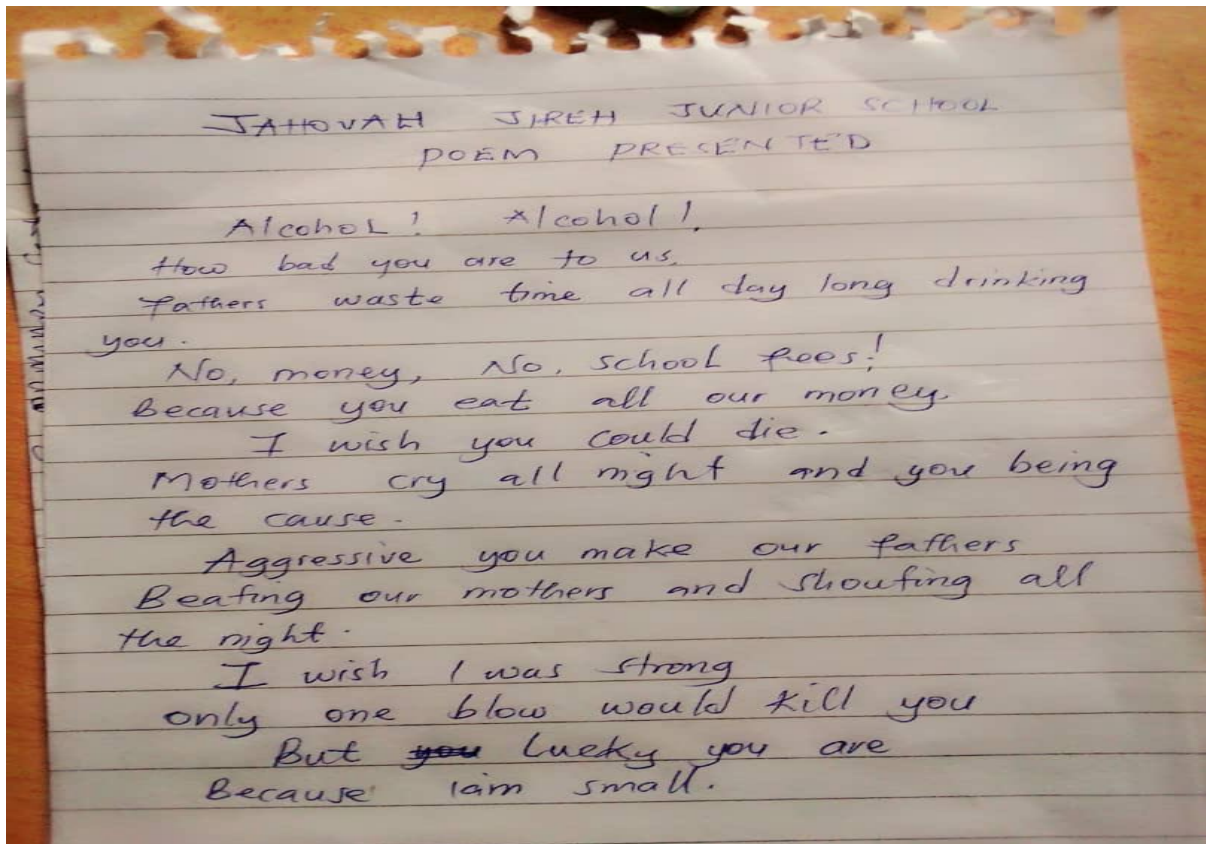
### 9.2.1 Lessons learnt from the poem

- Stay away from alcohol because it causes diseases
- Stay away from alcohol because it makes people mentally unstable
- Stay away from alcohol because it leads to bad behaviour like stealing
- Stay away from alcohol because it leads to death



**Children from St. Benard primary school during the presentation of their poem**

### **9.3 Poem from children at Jehovah Jeirah about alcohol**



**Poem about alcohol from children at Jehovah Jeirah Junior School**

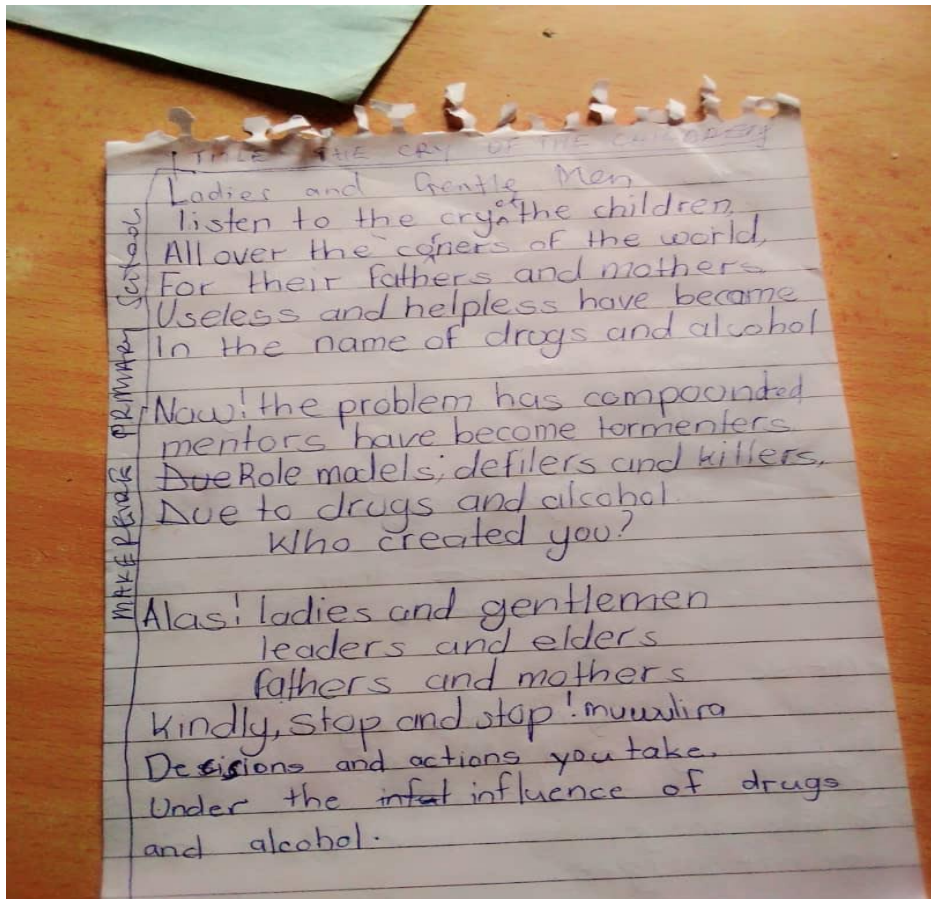
### **9.4 Presentation from safe way junior school for a skit**





**Children from safe way Junior during a skit about drugs and alcohol**

**9.5 Poem from Makerere Junior School about the cry of the children**



**Poem about the cry of the child from Children at Makerere Junior School**



***Children from Makerere junior school during the presentation of their poem***

## **10.0 Children Talk show**

This session was led by the Mr. Benard Otal the Director KAYDA. He thus invited the secretaries for the clubs in front and took their sits. The children were then grouped according to their schools and brainstormed on 2 questions that were assigned to them. The questions were;

**1. Who is responsible for early drug initiation in children?**

**2. How can we prevent drug abuse in children? What is the role of the stakeholders that are the teachers, parents, local leaders?**

After brainstorming, the children according to their respective school s presented as the secretaries were noting down, this session was moderated by a child who was elected by her fellows as the chair for the session. The presentations from the children were as follows;

### **10.1 Safe way junior school**

#### **10.1.1: Answers for Question 1**

- Peer groups in the community
- Schools
- Government which has no clear laws and restrictions
- Cultural practices for example during the initiation ceremony of the twins Parents who use drugs
- Parents who sell drugs
- People who use them on streets

### 10.1.2: Answers for Question 2

- Stay at school
- Government should tax the companies that manufacture alcohol
- Join clubs like KAYDA smart clubs



*Children from Safe way junior school during their presentation*

### 10.2. Makerere primary school

#### 10.2.1: Answers to question 1

- Parents who use drugs give their children to taste
- Friends
- Bad peer groups

#### 10.2.2: Answers to question 2

- Counseling those who have stress
- Teachers should encourage children to study more
- Government should make appropriate laws on alcohol use and on people selling alcohol
- Teachers should educate children on the dangers of alcohol
- Parents should guide their children on the dangers of alcohol





***Children from Makerere primary school during their presentation***

### **10.3. Jolly Kids Junior school**

#### **10.3.1: Answers to question 1**

- Some parents who use narcotic drugs at home
- Parents who sell drugs at home
- People who use drugs on the way
- People who sell drugs on the streets

#### **10.3.2: Answers to question 2**

- Arresting people who use drugs
- Arresting parent who use drugs at home
- Arresting people who sell drugs



***Children from Jolly kid's junior school during their presentation***

### **10.4 St. Bernard Royal school**

#### 10.4.1: Answers to question 1

- Leaders
- Elders in the community
- Parents
- Bad peer groups

#### 10.4.2: Answers to question 2

- Avoid bad peer groups
- Join smart clubs
- Arresting the criminals of drug abuse
- Counseling those who use drugs
- Teaching them how you can live healthy without using drugs
- Keeping children busy



*Children from St. Benard Royal primary school during their presentation*

### 10.5. Jehovah Jeirah Junior School

#### 10.5.1: Answers to question 1

- Teachers at schools who use drugs
- Some schools encourage children to take drugs
- Parents who use drugs and have businesses of drugs
- Bad peer groups

#### 10.5.2 Answers to question 2

- Teachers should be exemplary
- Government should put more taxes on drugs
- We need to make steps on prevention of drugs as children at schools



- Parents should advise their children to avoid joining bad peer groups
- Children should also select good friends



***Children from Jehovah Jeirah Junior school during their presentation***

## **10.6. Kasasa Junior School**

### **10.6.1: Answers to question 1**

- Bad peer groups
- Occupation of the parents. If your parent sells drugs, you may be tempted to start selling and in the process start using the drugs
- Parents who are not responsible for their children
- Corruption has led to increased drug abuse
- Colorful advertisements about alcohol on Televisions, radios and bill boards

### **10.6.2 Answers to question 2**

- Religious leader should preach against drug use
- Advertisements on alcohol should be reduced and if possible stopped
- Parents should encourage children to stay at home to avoid bad peer groups
- Government should highly tax the producers of alcohol
- Join good groups such as smart clubs
- Report friends to teachers who do bad things at school
- Teachers should teach the children the dangers of using alcohol
- Children should stay at schools



***Children from Kasasa Junior school during their presentation***

### **11.0 Art session**

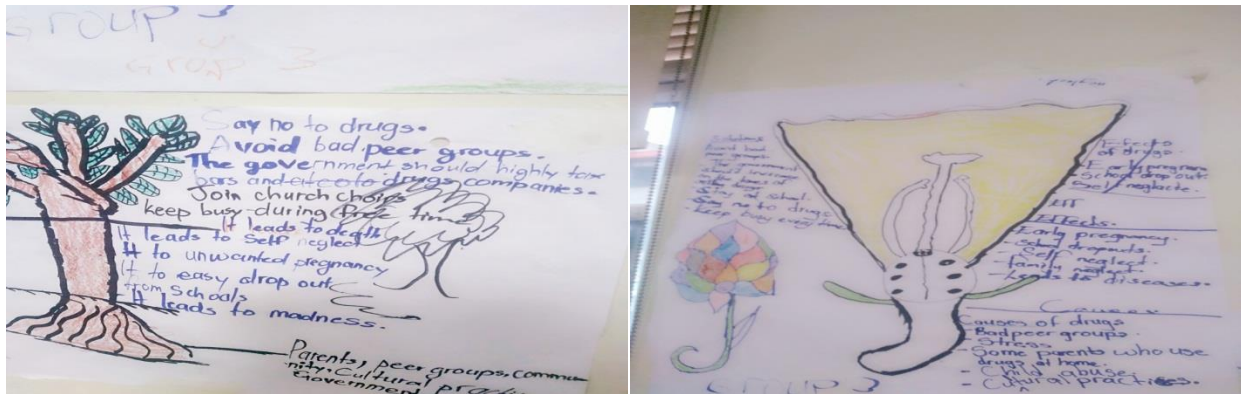
There was an art session where the children drew a tree and after drawing the trees, they listed the causes of drug abuse and what can be done to reduce drug abuse among children as seen in the pictures below;



***Children the art work session***

After the art work session, the children painted their art work with messages about drugs and alcohol, the causes, effects and what can be done to reduce alcohol and drug abuse as seen in the pictures below;





The painted art work by the children showing the causes, effects and what can be done to reduce drugs and alcohol abuse among children

### 12.0 Advocacy messages about drugs and alcohol

The children participated in writing advocacy messages about drugs and alcohol in groups of 3 or more as seen below;



### 13.0 Outdoor activities

### 13.1 Line up live up session

Name of the session: Peers by use of football

This session as led by Kafuko Edwin and the objectives of the session were to;

- To enable children know how their fellow children can lead them to harm their bodies
- To enable them understand the difference between positive and negative peer pressure
- To enable them learn to resist negative peer pressure

Football is one of the outdoor activities that were used by the children to learn skills such as peer resistance, critical thing and decision making



***Children during the lineup live up session***

### 13.2 Question and answer session

**Question: How was the game?**

**Answers:**

- It was fantastic
- It was marvelous
- It was fun

**Question: What did you feel while in the safe zone?**

**Answers: Answers**

- Felt safe
- Felt bad

**Question: Where do you feel safe while in the communities?**



- At home
- At school
- At church
- At the dining table
- In the hospital
- In the toilet
- At the police station
- At the court
- In the supermarket
- In the smart club

### **13.3 Lessons learnt from the game**

- We need to identify our safe places in the community but we need to use life skills such as critical thinking, how to make proper decision making
- Learnt how to dodge the ball
- We learnt how to relate with others
- They learnt decision making and problem solving skills

The children were able to identify examples of bad peer groups and these included;

- Those who take drugs
- Stealing
- Bullying
- Fighting
- Using tobacco

### **13.5 Game: Bottle filling /Pass the Water game**

This session was led by Lunkuse Joan. Before the game, she gave children instructions and these included;

- Cups (preferably recyclable) for each person playing.
- It starts by filling up the first cup all the way to the top, and then the first person dumps the water out over his or her head into the next person's cup.
- You continue down the line, trying to keep as much water possible.
- If there's still water, the first person can run to the back of the line to start it over.



***Children during the bottle filling game***

**Slide game**



***Children during the slide game***

**14.0 Speech from Mr. Mutaawe Rogers**

Mr. Mutaawe Rogers the senior program manager UYDEL thanked the participants especially children, patrons and representatives from the different organizations for sparing time to come and attend the summit. He recognized the work done by the UYDEL team in ensuring that the summit is eventful.

He also thanked the smart clubs and urged them to maintain and observe what is in the contracts they signed



***Mr. Mutaawe Rogers during his speech to the participants***

### **15.0 Awarding of certificates and closing remarks**

This session was led by Mr. Mutaawe Rogers with support of the patrons from the different schools and the UYDEL staff. All the participants of the summit therefore received certificates of participation for the two days



***During the certification session***