



THE ARK CHILDREN HOME of EMMANUEL WORLD CHILDREN FOUNDATION

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The Ark Children Home is a arm of Emmanuel World Children Foundation. We are glad to present to you our ongoing project, a 50 bed capacity boys hostel and vocational center for street kids. On completion, it will renew destinies of many kids who have lost hope and lives on the street.

In the past 25 years, our 25 bed capacity shelter have provided, shelter, rehabilitation, education etc for vulnerable children such as trafficked victims, orphans, abused children, street kids and others.

The increased rate of street kids and out of school children required an urgent scheme that will take them off the street. This is why we are building this 50 bed hostel and vocational training center. Our target is to rehabilitate and empower 100 street kids a year through a six month program.

The ongoing building foundation was laid on 28th of June 2022 during our 25th year anniversary. We sincerely request for your support for this project.

THEME: GIRLS WITH PURPOSE



GIRLS' CAMP 2025

* Girls Camp is a wholistic Programme Design to Educate Girls on their Physical, Spiritual, Mental, Social, Health and Character Development"



Girls Affairs Foundation (For Support)
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GAF Magazine

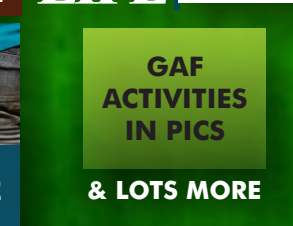
GIRLS AFFAIRS FORUM
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EQUIPPING GIRLS TODAY FOR TOMORROW



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GAF ANTHEM

We're girls together, strong and true,
In Girls' Affairs, we stand with you.
With brave hearts, we'll lead the way,
To help all girls, every day.

(Chorus)

Hand in hand, we'll work and try,
With hope and love, we'll reach the sky.
In unity, our voices clear,
For every girl, we're always here.

United, we'll rise, strong and tall,
In Girls' Affairs, we'll conquer all.
With kindness and strength, we'll light the path,
For every girl, we'll make it last.

With courage strong, we'll change the view,
Girls' Affairs Foundation, forever true.
In sisterhood, our pledge we'll share,
For every girl, everywhere.



Girls in the Girls' Affairs Foundation promise to help each other, be brave, and work hard. We'll support girls everywhere and make a positive change. Together, we're strong and can achieve anything! We pledge to stand up against inequality, speak out for our rights, and lift each other with kindness and respect. With determination and unity, we'll build a brighter future for all girls, ensuring they have the opportunities they deserve to thrive and succeed.

GAF VISION

A society where girls are empowered with all requirements to grow and become the impacting women fulfilling their destinies.

MISSION

To provide strategic, physical, emotional and spiritual mentorship in an enabling environment for girls as they grow to women and positive change agents.

For more info contact us@:
girlsaffairsforumap@gmail.com or call 08038176521
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University Road, Ilara-mokin



08033517018



Editor-in-Chief



TURNING YOUR PAIN INTO PURPOSE

Pain comes from the communication between the nerves, spinal cord, and brain. It all depends on the cause. It is seen as a sensation causing suffering or torment. Pain can be behavioural, sociocultural, cognitive, spiritual, etc. Whichever form it is, it is often an unpleasant experience that can be highly uncomfortable. Whether the pain is mild or severe, no matter the type of pain, emotional or physical, no one wants to be in pain, and it is often avoided. Pain is, however, inevitable; no pain, no gain. While no one will ever choose the painful part, some pains are sent to break us open and remind us of our true strength. It brings deeper wisdom that only comes when we overcome what originally hurt us. It implies, therefore, that turning our past pains into stepping stones to realising our purpose requires the courage to embrace what happened to us and use it as fuel to change the world. When we share our story of survival, it helps to transform us from victims of circumstances into the victors of our own story, as well as help others know there is a path forward out of the darkness because when we heal from our wounds, we can help others heal too.

How can we turn our pain into purpose?

Seeing pain with a positive mindset we must remember that the worst thing we go through can turn out to be a blessing. We need to allow the contents of the mind and heart to fill the pages without judgement. Learning to observe how you feel about a particular unpleasant event without judgement, guilt, or shame is one of the first steps toward healing. Joseph of the Bible has a better story to tell after being tormented by his own brothers because he never judged them.

Moving from anger to forgiveness

When the heart is filled with bitterness, there will be no room for good things. When you forgive, you let go of the anger and the negativity inside you; then you can make more room for the love of others to fill that space. More so, by learning from past experience and taking practical, specific steps to cope with difficult situations, you can use life's challenges to fuel positive change and rebound.

Using your pain for gain

It is possible to allow pain to consume you, and you can

also use the painful experience to fuel your life purpose. You might have been bullied as a child, you might be a victim of rape, or you lost your parents at a young age, and lots more. The suffering you endured and survived could save the life of someone lonely and scared right now. The more you reach out with your experience, wisdom, and courage, the more you will heal, and instead of resenting the event that happened to you, you will be able to make peace with it.

Support and Give

Someone needs your experience to help them get through; something that is tearing them apart might be right there next to you, and you just never noticed. You might be the answer to someone else's questions and prayers. Purposefully connecting with girls virtually through online support groups, church, and community can help transform their lives.

Girls with purpose, be intentional and purposeful in turning your pain to gain and remain an agent of life change!

Girls Affairs Foundation is intentional and purposeful in using various impactful programmes to empower girls to help them develop, fulfil their destinies, and become agents of change. Our mission is to provide strategic physical, emotional, and spiritual mentorship in an enabling environment as they develop into future virtuous women. Since 2019, GAF has been empowering teens, especially girls, through online classes and mentorship programme, group counselling, telephone discussions, camping, and outreach.

The first camp training was held in 2022, while the first edition of our magazine was launched in 2023. In this 2025 edition, we have the Acting Permanent Secretary of the Ministry of Women Affairs & Social Development sharing with us about this year's camp theme, "Girls with Purpose". Mr Emmanuel Adaramola, Executive Director of Emmanuel World Children Foundation, charged girls to stand out irrespective of the challenges of this dispensation. Mrs Obaweya, brought to the table why virginity is still the best option, Itunu Adeyemo, Opened the curtain on "mindset in the face of challenges and a lot more. The purposeful information is intentionally developed with you in our minds.

Your support in production, distribution, and usage will go a long way to make Girls Affairs sustain the vision and reach out more to future generations.



Precious Adaramola
Founder Girls Affairs Foundation



THE INFLUENCE OF POSITIVE ENVIRONMENTS: REALISING YOUR POTENTIAL



Editorial

As you navigate through life, you will meet various individuals who will shape your experiences, influence your thoughts, and affect your emotions.

The company you keep can either uplift you or hold you back. For this reason, it is crucial to surround yourself with positive individuals who support and inspire you.

Positive people are like sunshine on a dreary day. They illuminate your world, warm your heart, and invigorate your spirit. They have faith in you, even when you struggle to believe in yourself. They motivate you to take risks, follow your passions, and pursue your dreams.

By surrounding yourself with uplifting individuals, you will likely notice a profound change in your life. You will feel more self-assured, more driven, and more inspired. Challenges will begin to be seen as opportunities for growth, rather than as barriers to success.

Take a moment to reflect on the people in your life. Are they uplifting you or bringing you down? Are they providing support and encouragement, or are they draining your energy and stifling your spirit?

Remember, you possess the power to choose who you surround yourself with. Choose wisely. Surround yourself with positive individuals who can help you realise your potential, achieve your aspirations, and live your best life.

Olayode Oluwadamilola, Bsw.

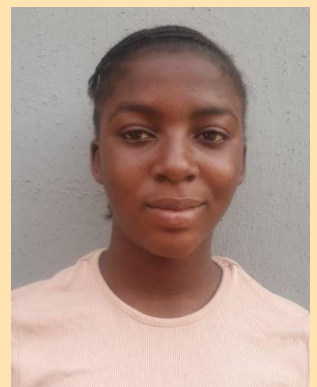


A PURPOSEFUL GIRL CHILD

The term "youth purpose" refers to personally meaningful goals that benefit someone or something beyond oneself. Instilling a sense of purpose in girls involves helping them understand that their gender is not an accident but a deliberate design with unique roles and purposes. Instead of seeking validation from the world, girls should embrace their unique, God-given identities and strive to honour them. This involves recognising that each gender has its strengths and weaknesses, designed to complement each other rather than compete.

Empowering the girl child means raising her to be strong and smart, encouraging her to stand up for herself without being intimidated. It is important to train a girl child to stand up for herself. A "Girl-Intentional Approach" prioritises adolescent girls, focusing on their leadership and removing obstacles they face. This approach promotes equality, protects girls through policies and services, and fosters their leadership. Investing in and supporting girls, communities, and countries can ensure a more equitable and prosperous future.

Ultimately, empowering girls with purpose means recognising their potential and encouraging them to pursue education, health services, and their dreams. Parents and communities should work together to create an environment where girls can thrive, express themselves, and become leaders.



Daniel Nneka

Goodwill Message

2025 EDITION OF GAF MAGAZINE

I count it a wonderful privilege to be asked to write a Goodwill Message for the 2025 edition of this noble magazine, Girls Affairs Forum (GAF), the first edition of which was produced in 2023.

Let me first congratulate the visionner, Mrs Precious Adaramola, for birthing this glorious magazine and for continuing with the vision. It is a timely vision in times like this when the social media is awash with junks that mislead our girls. More grace to you, madam, in Jesus name.

To my dear girls for whom this magazine is put together, congratulations! You have in your hand a tool (if read, digested and applied) to help you grow to become impactful at home, school, community, at work, in your country and in the world at large.

The parents of the girls that will have access to this magazine are lucky to have people filling the gap created by their style of parenting. A Yoruba adage says, " ẹni meji l'on bímọ sugbon ìgbà ojú l'on tọ ọ ". That is, only two people are responsible for bringing forth a child but hundreds of people are responsible for raising that child. Nobody can single handedly raise a child; one needs others along the line (family, neighbours, teachers, clergy, etc.) to have an input into that child's life. I therefore urge

parents to support this magazine by getting copies for their children and wards and making sure the children actually read and practice what is recommended in it.

The society at large is hereby encouraged to support this magazine financially so that the good quality can be maintained. The content, the quality of writers and the printing standard is highly commendable. Let us join hands with the visionner to keep it up. I pray that this 2025 edition will be more successful than the previous one and that the next edition will be much better than this one.

Thank you for reading through and God bless you in Jesus name.



**DEACONESS
L.M. ADEGBILERO**
FORMER PRESIDENT BAPTIST WOMEN'S
UNION OF AFRICA



Keynote ADDRESS

TITLED "GIRLS WITH PURPOSE" AT THE LAUNCHING OF GIRLS AFFAIRS FORUM MAGAZINE DURING THE ANNUAL GIRLS TRAINING CAMP ON 9TH APRIL, 2025 ORGANISED BY GIRLS AFFAIRS FOUNDATION, IKOTA, ONDO STATE.

The global trend and strategy in confronting gender-based violence (GBV), especially in the African societies where it is prevalent, is the embarkment on and acceleration of women and girl empowerment programmes to address the monster of power difference accountable for the nucleus of causes of GBV in the African settings. In tandem with the international best practices, the Girls Affairs Foundation has taken the bull by its horns in the last 6 years to embark on girls' value orientation, spiritual and mental, and physical development of the girl child in the communities it serves. The focus of this year's concerted efforts of the Girls Affairs Foundation has been themed "Girls With Purpose".

The immediate imperativeness of this theme is to awaken consciousness to the roles the girl has to cultivate and imbibe to save the female child generation from the slavery of gender-based violence all over the world. A purpose-driven life shall make the difference where the girl from the onset of life lives a goal-orientated and focused life endeavour.

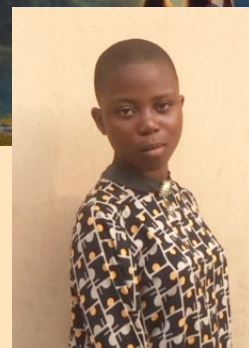
A girl survivor of life challenges shall arise to face squarely her pitfalls rather than succumb to the perceived gender inferiority complex syndrome. It is expected that life experiences and difficulties are to reshape one's focus and life goal with a view to reposition and re-evaluate one's conceptual framework about life. The "Girl With Purpose" driven life is expected to unknots the boundaries of 'self-identity', 'self-esteem' and 'self-actualisation' goal settings. All these life agendas will aid the girl not to live recklessly but to stay focused and glued to the set goals of her life-- it triggers thinking about viable alternative courses of action and the eventual decision taken.

Therefore, the activities and endeavours shall be motivated by the set goals. Self-identity precedes self-actualisation. The self-consciousness of being an equal gender created by a supreme being, God, and born through the same process of birth as other human beings with innate ideas and deposits of natural gifts is self-identity discovery. Self-esteem connotes not thinking about oneself less than other humans; devoid of any element of self-pride; but that one is as well qualified to attain any desired status in life based on hard work and determination.

The annextures of all the natural gifts, talents and all those innate potential component deposits make up the girl child to be developed through formal and informal training to bring about self-actualisation. The foregoing speaks volumes to the future of a "girl with purpose". It is indeed an antidote against a clueless life: poverty and non-self-discovery and a life of gambles.

On a final note, this ministry highly commends the contributions and synergy of the Girls Affairs Foundation towards the upliftment of women and girls in our society.

'Tope Lebile,
Ag. Permanent Secretary, Ministry of Women Affairs & Social Dev. Ondo



ADEBAYO AYoola

THE ROLE OF FAMILY AND SOCIETY IN SHAPING ON GIRLS' FUTURE

The family and society play a profound role in shaping a girl's future. From a young age, girls are socialised to adopt certain roles, behaviours, and expectations that can either empower or limit their potential. Family members, particularly parents and carers, are the first influencers in a girl's life, shaping her self-perception, values, and aspirations. Positive family dynamics, such as open communication, emotional support, and encouragement, can foster a girl's confidence, resilience, and ambition.

Societal norms and expectations also significantly impact a girl's future. Girls are often expected to conform to traditional gender roles, prioritising domesticity and caregiving over personal ambitions and career goals. These expectations can limit girls' access to education, economic opportunities, and decision-making power. Moreover, societal beauty standards, media representation, and cultural norms can influence girls' self-esteem, body image, and mental health. Families and societies need to recognise and challenge these limiting expectations, promoting a more inclusive and equitable environment for girls to thrive.

Education is a critical factor in shaping a girl's future. Families and societies must prioritise girls' education, ensuring access to quality learning opportunities, resources, and support. Educated girls are more likely to make informed decisions about their health, relationships, and careers, contributing to their overall well-being and empowerment. Moreover, educated girls can become change-makers in their communities, driving social and economic progress.

Families and societies can also play a vital role in promoting girls' empowerment through mentorship and role modelling. Positive role models, such as mothers, aunts, teachers, or community leaders, can inspire girls to pursue their passions and dreams. Mentorship programs, girls' clubs, and community initiatives can provide girls with safe spaces to share their experiences, build confidence, and develop leadership skills.

Ultimately, shaping a girl's future requires a collective effort from families, societies, and communities. By promoting positive values, challenging limiting expectations, and providing access to education and opportunities, we can empower girls to become confident, resilient, and ambitious individuals who can create positive change in the world.



GIRLS AND DIGITAL SAFETY: NAVIGATING CYBER BULLYING & ONLINE HARASSMENT

As girls increasingly spend more time online, they are exposed to a range of digital safety risks, including cyberbullying and online harassment. According to a report by the Pew Research Centre, 59% of teens have experienced online harassment, with girls being more likely to experience severe forms of harassment. Cyberbullying and online harassment can have serious consequences for girls' mental health, self-esteem, and overall well-being. Girls are particularly vulnerable to online harassment due to societal expectations and gender norms. Girls are often socialised to be polite, friendly, and accommodating, which can make them more susceptible to online predators and bullies.

Furthermore, girls are often expected to maintain a perfect online image, which can lead to feelings of anxiety and pressure to conform to unrealistic beauty standards. To navigate these digital safety risks, girls need to be equipped with the skills and knowledge to protect themselves online. This includes learning how to block and report online harassers, using strong passwords and two-factor authentication, and being cautious when sharing personal information online. Girls also need to be encouraged to speak out against online harassment and to support their peers who may be experiencing similar issues.

Parents, educators, and policymakers also have a critical role to play in promoting girls' digital safety. This includes providing education and resources on online safety, implementing policies and laws to prevent online harassment, and encouraging girls to pursue careers in technology and cybersecurity. By working together, we can create a safer and more supportive online environment for girls. Ultimately, promoting girls' digital safety requires a comprehensive approach that addresses the social, cultural, and economic factors that

contribute to online harassment. By empowering girls with the skills and knowledge to protect themselves online, and by promoting a culture of respect and inclusivity, we can help girls navigate the digital world with confidence and safety.



OLULORO ESTHER



HELPING ADOLESCENT GIRLS

In helping Adolescent girls, the first important thing a Girl child should know and be aware of is Building Confidence and self-esteem

So how can a person or a girl build confidence and self-esteem?

1. Recognising Personal Achievements and Accomplishments:

In Building Self-Confidence and Self-Esteem, no matter what and how little you achieve, you are meant to be or should even be a big deal to you. Celebrate every win. If you keep seeing yourself as a little person or someone achieving less, that's how others around will see you. It's how you carry yourself; people will carry you.

2. Celebrate individuality and uniqueness:

You should know for a fact that people are different. What others are good in might not be what you are good at, and if you keep thinking you are meant to be the one doing those things your neighbour is doing, depression might set in and through that, you might lose your Self-esteem and confidence

3. Challenging Negative Talks: This happens by

- Becoming aware of inner dialogue and thought;
- I know we all have our inner mind or how we think inside of us. Don't let what we think inside of us affect

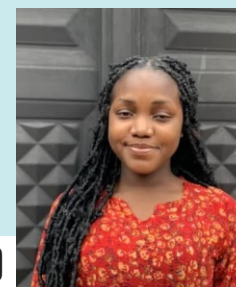
us negatively. Don't let your thoughts take over you or control you. Remove every negativity from your heart. You can't be having negative thoughts and expect something good to come out of it

- Replace Negative Self-talk with positive affirmation;
- Don't give room for negative talks around you, even from your friends; talking down on things discourages people a lot from doing what they want. With negative talks around you, know how you will be able to build self-confidence or esteem.

4. Embracing imperfection discourages

- Accepting and loving yourself as you are
- Recognizing that nobody is perfect
- Celebrating individuality and uniqueness
- Taking risks and stepping out of your comfort zone by:

- Challenging yourself to try new things
- Building Confidence in your abilities and decisions



JUMOKE FOLORUNSHO

CORRUPTION AMONG STUDENTS

What is corruption?

Corruption is an unethical or illegal behaviour. It is referred to as moral decay. Corruption reduces the value of someone, something, and so on.

Who is a student?

Students are individuals, who are enrolled in an educational institution, such as school, college or university to acquire knowledge, skills, etc.

Forms of corruption among students:

- Academic dishonesty such as cheating during exams, fabricating research or data, plagiarism.
- Bribery: offering money to teachers or peers for grades or any other educational advantages
- Embezzlement: misusing funds or resources from students' organisations and so on.
- Nepotism: favoring friends or family members in academic or extra-curricular activities
- Facilitating corruption: helping others to cheat or engage in immoral activities.

- Exploitation: Taking advantage of peers' weaknesses for personal gains.

Solutions to Address Corruption among Students:

- Promote a culture of integrity.
- Set clear policies and consequences.
- Encourage open communication.
- Lead by examples.
- Educate about corruption consequences.
- Collaborate with parents and communities.
- Provide incentives for good behaviour and moral conduct.



MORAYO OLAPADE

PATIENCE



Patience is a virtue! Mahatma Gandhi said, "To lose patience is to lose the battle."

Patience is the ability to endure difficult circumstances, wait calmly for a desired outcome, or tolerate annoying or frustrating situations without

becoming agitated or upset. You need to understand that you are still in a phase where you are growing, hurting, healing, making mistakes, and making big decisions. So, take deep breaths and take one step at a time. You don't need to have it all figured out yet.

Leo Tolstoy also said, "The two most powerful warriors are patience and time." God loves a very patient man. Abraham, whom God said he would be the father of many nations, is a good example in the Bible. You need patience in your walk with God so you don't miss God's time. There are some days that you are required to just have faith and patiently await results, but if you act rashly on those days, you might miss out on beautiful results. Also, always take time to think and reflect on the good results you've achieved by being patient and cultivating a heart of gratitude!

AANUOLUWAPO AYODELE

ELEDUMARE'S MASTERPIECE

You are a GEM! A JEWEL of INESTIMABLE VALUE! Created in Eledumare's divine image.

Before the beginning of time, Eledumare had you in mind and designed every part of you with care. Among His most exquisite creations, you stand, a living, breathing masterpiece crafted with intention and love. You carry a magic that is yours alone. No one else can walk your path, and no one else can shine your light. When you step into a room, you shift the atmosphere. When you speak, you add value.

Masterpieces are not meant to be hidden. So, hold your head high, dear girl. Walk boldly in your truth. Speak life over yourself. Shine so brightly that even the shadows take note, love deeply, and inspire those around you. Share your gifts, lend your strength, and offer your compassion. When you uplift others, you honour the Creator who made you.

Eledumare does not make mistakes. He sees you; every hope, every tear, every quiet prayer. He delights in you, not just for what you do or have, but for who you are. You are cherished, valued, and deeply loved. In moments when insecurity whispers lies, drown them out with truth. You are enough. And when the world feels heavy, remember: You are Eledumare's masterpiece, fearfully, wonderfully, and beautifully made.

Again, Eledumare does not create mistakes; He creates wonders, and YOU, DEAR GIRL, are among His finest!

With love and light,

A Voice That Believes
in You.

MOE



Virginity

Being A Virgin Is still the Best Option in Our World Today

What is virginity?

A state in which a person, whether a male or a female, have not involved himself or herself in any sexual relationship.

What are the physical, emotional, and spiritual aspects of virginity?

Virginity is a complex and multifaceted concept that encompasses physical, emotional, and spiritual dimensions.

Physical Aspect: The physical aspect of virginity refers to the state of never having engaged in sexual intercourse.

Emotional Aspect: The emotional aspect of virginity involves an individual's feelings, attitudes, and experiences related to their sexual choices.

Spiritual Aspect: The spiritual aspect of virginity varies across cultures, religions, and personal beliefs. It may involve. Religious or cultural teachings about chastity, purity, or abstinence.

Why is virginity important?

Virginity is considered important in various cultures, religions, and personal beliefs for several reasons:

1. Cultural and Societal Reasons
2. Religious and Spiritual Reasons
3. Personal Reasons
4. Historical and Symbolic Reasons

What are the challenges to maintaining virginity?

Maintaining virginity can come with various challenges, which can be physical, emotional, social, and cultural. It is essential to recognise that these challenges can vary greatly depending on individual circumstances, cultural context, and personal values.

Effect of Societal Pressures and Media on Virginity

Societal pressures and media influences can significantly impact an individual's decision to remain a virgin. Here are some examples:

Societal Pressures: Peer pressure, Family expectations, Cultural norms, Social media, School Environment, Church/Fellowship groups, etc.

Media Influences: Movies and TV shows, Explicit content in films and television, Music and lyrics, Advertising and marketing, Pornography, Social Media Influencers and Celebrities, Romantic films, Online Content, etc.

Gains of Preserving One's Virginity

- A. Physical Advantages
 - i. Reduced risk of STIs
 - ii. Avoidance of unintended pregnancy
 - iii. Better physical health
- B. Emotional Advantages
 - i. Emotional maturity
 - ii. Stronger relationship
 - iii. Reduced emotional baggage
- C. Spiritual Advantages
 - i. Spiritual growth
 - ii. Increased faith
 - iii. Blessings and favor
- D. Social Advantages
 - i. Respect and admiration
 - ii. Role modeling
 - iii. Stronger family bonds
- E. Personal Advantages
 - i. Increased self-respect
 - ii. Greater self-awareness
 - iii. Improved decision-making

While these advantages are significant, it's essential to remember that each person's journey is unique, and the decision to preserve virginity until marriage is an individual decision.

What are the ways to resist negative influences and stay true to one's values to remain a virgin till marriage?

Resisting negative influences and staying true to one's values requires a combination of self-awareness, intentional decision-making, and supportive relationships. Here are some strategies to help you remain committed to your value of staying a virgin until marriage:

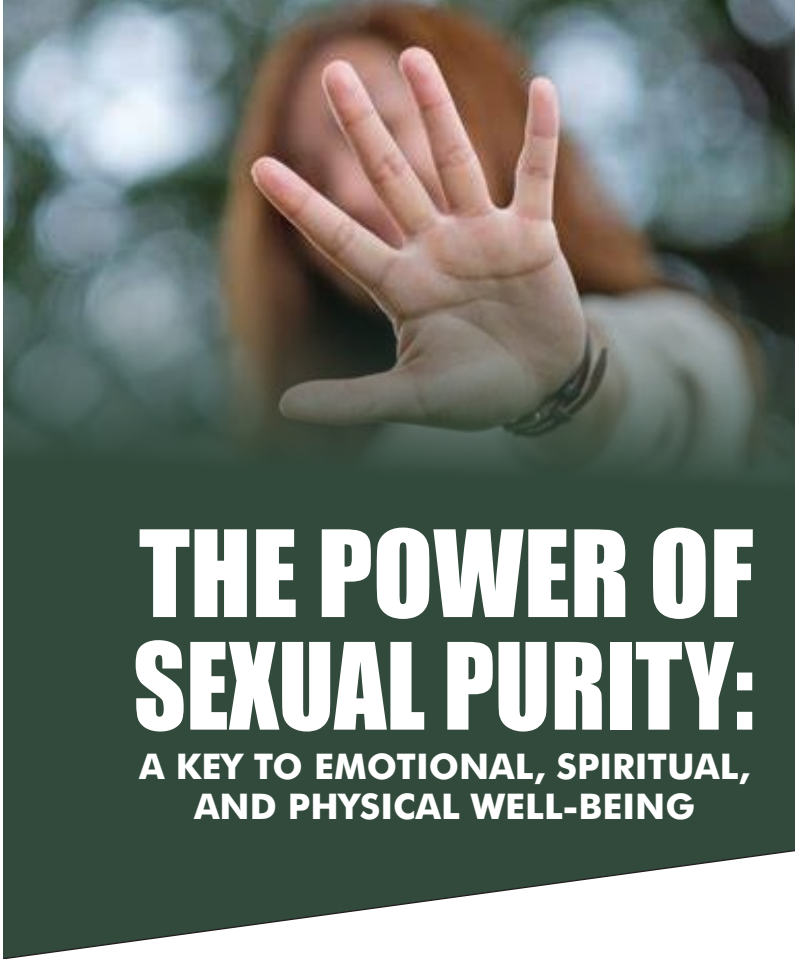
- Having Self-Awareness and being intentional in decision-making
- Supportive Relationships
- Be involved in healthy habits and self-care
- Education and Critical Thinking
- Communication and Setting Boundaries
- Spiritual Growth and Development

By implementing these strategies, you'll be better equipped to resist negative influences and stay true to your values, remaining committed to your decision to stay a virgin until marriage.



MRS TOPE OBAWEYA

Mentor & Former Principal, St. Lious Grammar School, Akure. (Retired)



In today's society, the concept of sexual purity is often misunderstood, neglected, or even ridiculed. However, the importance of maintaining sexual purity cannot be overstated. It is a vital aspect of our emotional, spiritual, and physical well-being, and its benefits extend far beyond the individual to impact relationships, communities, and society as a whole.

What is sexual purity?

Sexual purity refers to the intentional choice to reserve sexual intimacy for marriage and to maintain a lifestyle of moral integrity, self-control, and respect for oneself and others. It involves embracing a holistic approach to sexuality, recognising that our bodies, emotions, and spirits are intricately connected.

The Benefits of Sexual Purity

1. Emotional Wellbeing: Sexual purity promotes emotional health by reducing the risk of emotional trauma, attachment issues, and feelings of guilt, shame, and regret.
2. Spiritual Growth: By maintaining sexual purity, individuals can deepen their spiritual connection with God, cultivate self-discipline, and develop a stronger sense of purpose and identity.
3. Physical Health: Abstaining from premarital sex and maintaining fidelity in marriage reduces the risk of sexually transmitted infections (STIs), unintended pregnancies, and other physical health consequences.
4. Healthy Relationships: Sexual purity fosters healthy relationships built on mutual respect, trust, and communication, rather than emotional manipulation, coercion, or exploitation.

5. Personal Integrity: By upholding sexual purity, individuals demonstrate personal integrity, accountability, and responsibility, which can inspire confidence, self-respect, and a stronger sense of self-worth.

Challenges to Sexual Purity

In today's hyper-sexualised culture, maintaining sexual purity can be daunting. Some common challenges include:

1. Societal Pressure: The widespread acceptance and promotion of casual sex, pornography, and other forms of sexual expression can make it difficult to resist societal pressure.
2. Emotional Vulnerability: Emotional vulnerability, low self-esteem, and unmet emotional needs can increase the likelihood of compromising sexual purity.
3. Lack of Support: Insufficient support from family, friends, or community can make it harder to maintain sexual purity.

Practical Strategies for Maintaining Sexual Purity

1. Set Clear Boundaries: Establish and communicate clear boundaries with others to protect your emotional and physical well-being.
2. Seek Support: Surround yourself with people who share your values and support your commitment to sexual purity.
3. Practice Self-Care: Engage in activities that promote emotional, spiritual, and physical well-being, such as exercise, meditation, and creative pursuits.
4. Pursue Healthy Relationships: Foster relationships built on mutual respect, trust, and communication, rather than emotional manipulation or coercion.
5. Seek Accountability: Regularly check in with a trusted friend, mentor, or counsellor to maintain accountability and support.

Conclusion

Sexual purity is a powerful choice that offers numerous benefits for emotional, spiritual, and physical well-being. By understanding the challenges and implementing practical strategies, individuals can maintain sexual purity and cultivate healthy relationships, personal integrity, and a stronger sense of self-worth. As we navigate the complexities of modern life, let us prioritise sexual purity as a vital aspect of our overall well-being.

Written by: Sunday Blessing
300-level student of Federal University of Technology Akure

SUNDAY BLESSING





Navigating the complexities of life is embracing the journey of life. Taking it through with a person of fulfilment helps the journey speed up.

Life is a journey that all human beings have to pass through to fulfil destiny, a winding path filled with unexpected twists and turns. At times, life seems like an uphill battle that we have to win, while at times it feels like sailing smoothly on calm waters. But regardless of the terrain, each step we take shapes our experience, and it moulds our character.

Through the mess of life and the unwavering resolve, we still navigated the terrain, and overcame the obstacles that seemed insurmountable; life is a shaping ground. The greatest lesson life could teach us is resilience. Challenges and obstacles are inevitable. But this has to do with the way we respond to them, which defines us; we must harness our inner strength to overcome it.

Every setback we see in life is an opportunity for our growth, a chance to emerge stronger and wiser than before, a chance to rule over all, and a great chance for us to speak out with our voices. Life never stops happening until one dies; life happens every day, time, and everywhere. Life you see today might be a difficult time, but later it brings you more greatness. Moreover, life is about connection with ourselves, with others, and with the world around us. Life is about some moments we share with loved ones, the laughter exchanged with friends and family, and bonds formed with strangers that we find meaning in purpose.

LIFE!!!!, Life is what we make of it. A canvas waiting to be painted with our dreams, desires, and aspirations. Life is all about taking risks, chasing passion, and embracing the unknown with open arms. Therefore, as we navigate the complexities of life, let us do so with courage, compassion, and curiosity. Let us all embrace the journey, knowing that every experience, every challenge, and every connection is a thread in the rich tapestry of our existence. NEVER FORGET THAT THE TRUE BEAUTY OF LIFE LIES NOT IN THE DESTINATION, BUT IN THE JOURNEY ITSELF.

JOY



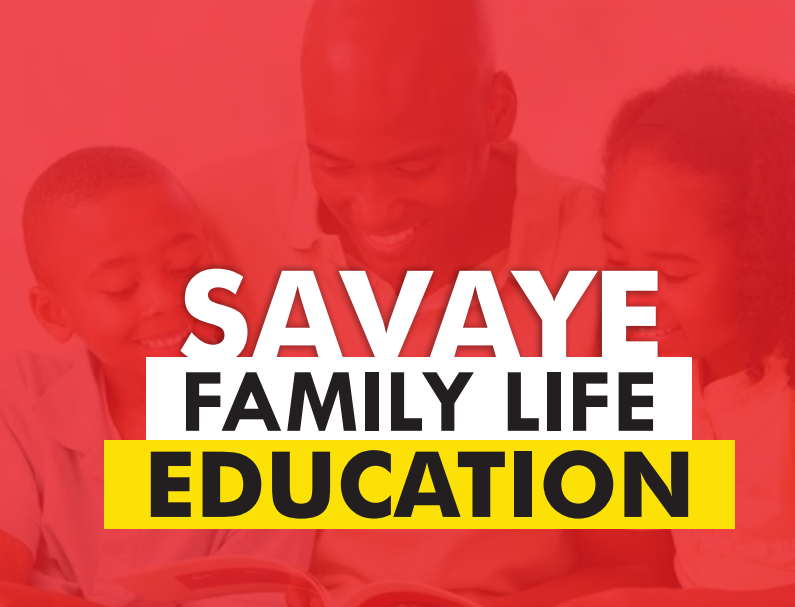
GIRL'S EDUCATION

Education is an essential aspect of life for both boys and girls and is crucial for girls' empowerment, helping to eliminate gender-based discrimination. Educated girls are more likely to influence their future, reduce poverty, have lower risks of child mortality, and be less likely to be victims of domestic or sexual abuse. They are also healthier, tend to have greater self-esteem and self-confidence, and contribute to their communities. Girls' education is vital, as investing in it transforms communities, countries, and the entire world.

Empowering girls with purpose involves recognising that every girl has a unique potential waiting to be unlocked. With hard work and focus, girls can achieve anything they set their minds to. Encouraging girls to stay in school and fight for their right to access education and health services is crucial for achieving gender equality and empowering all women and girls.

MICHAEL IYANU





SAVAYE FAMILY LIFE EDUCATION



MARITAL FOUNDATION

(FUN AND SIMPLE LESSONS
ABOUT MARRIAGE)

To overcome challenges and maintain a happy and fulfilling marriage, couples need to establish the essential foundations of marriage. This lesson aims to guide families on the essentials of marriage and marital foundations to overcome marital crises, prevent disruption, and support marital bliss. We will be defining what marriage is, the inventor's intention for creating marriage, which includes oneness, a covenant relationship, the marriage house essentials, and G.R.A.C.E homes. "O storm-battered city, troubled and desolate! I will rebuild you with precious jewels and make your foundations from lapis lazuli." Isaiah 54:11. NLT

1. **What is marriage?**

Marriage is a covenant union between a man and a woman legally ratified by the laws of the land.

2. **Who invented marriage, and what was the inventor's intention?**

God is the Inventor of marriage

It is the union between a man and a woman to become ONE

The purpose of God for marriage is ONENESS—Two become ONE Flesh.

It is binding as both partners are alive.

Marriage is a covenant relationship and not a contract.

3. **Oneness in Marriage**

Oneness means working together in purpose, vision, and dreams to build something bigger than yourselves. In marriage, two people, a man, and a woman, come together as one to seek God's agenda for kingdom-

building. "How can our union expand and grow the kingdom of God on earth?"

4. **Marriage is a Covenant, Not a Contract**

What is the difference between a covenant and a contract?

With a covenant, both parties agree to hold up their ends regardless of whether the other party keeps their part of the agreement. A violation of a covenant by one party doesn't matter as far as the other party's responsibility to continue to do what they agreed to do.

With a contract, if one agreeing party does something in violation of the contract then it is considered broken. The whole contract becomes null and void. Basically, the signers of a contract agree to hold up their ends as long as the other signatories hold up theirs too. In marriage we are members of the same team, seeking to win together. We are not opponents; we are teammates. We have the same goals, visions, and expected outcomes in mind. Two are better than one.

5. **The Marriage House Essentials.**

Every marriage needs the following essential elements:

Trust: A firm belief in someone or something's character, ability, strength, or truth.

Commitment: the state or quality of being dedicated to a cause. Commitment—or special regard for someone.

Love: Having strong, deep affection and commitment to someone.

Shared vision and values: A common purpose shared by more than one person.

Question: Where would you put these essentials in your marriage house and why?

6. Living in G.R.A.C.E is another foundational stone that every family needs to grow, thrive, and make a difference in the world for the glory of God. In G.R.A.C.E., each letter stands for an attribute of God's grace in our daily lives:

G for Gift: See yourself and family members as gifts and express gratitude to them. Question: What are you grateful for in each member of your family?

R for Receive: Receive and respect the values each family member brings to the home. Question: What can you learn from your family members?

A for Ask, Accept, and Forgive: Asking for and giving forgiveness keeps relationships happy. Mistakes happen, but saying "I'm sorry" goes a long way to bringing repairs to the damage done." Question: Who can you say "I'm sorry" to today, or who can you forgive?

C for Cheerfulness: A cheerful heart spreads joy! Laughter and kind words make any relationship better. Question: What fun activity do you want to do with your family members? Play a game? Go for a walk?

E for Empathy: Empathy means understanding how others feel and showing care. It's like stepping into their shoes for a moment. We act with compassion and kindness in response to understanding how others feel. Question: What's one kind of thing you can do to help someone in your family feel understood today?

Marriage is like a team sport—play together, support each other, and always cheer for your partner!

CALL TO ACTION: What is your takeaway from this lesson that will change your life?



1. What goes up but never comes down?
(Answer: Your age!)
2. What is full of holes but still holds water?
(Answer: A sponge!)
3. What is as light as a feather but even the strongest man can't hold it for much more than a minute? (Answer: Breath!)
4. What can you catch but not throw?
5. What is always moving but never moves?
6. What has a face but no eyes, nose, or mouth?
7. What has keys but can't open locks?

PROVERB

1. A child who is not embraced by the village will burn it down to feel its warmth.
2. A man who pays attention to the wind will not sow.
3. When the drums beat, the marketplace gathers.
4. A family is like a forest; when you are outside, it is dense, but when you are inside, you see that each tree has its own position.
5. A river that does not know its own source will dry up.
6. Harmony is wealth.
7. The one who asks questions doesn't lose his way.
8. If you want to know the character of a person, give him power.
9. However far the stream flows, it never forgets its source.
10. The home is where the heart finds rest.
11. The one who wants to eat honey must brave the bees.
12. A man who listens to his wife will have a long life.
13. The one who beats the drum for the madman to dance is no better than the madman himself.

JOKES

The Talkative Wife

A man and his wife went to the doctor. The doctor said, "I have some good news and some bad news. The good news is that your wife can talk again after the accident."

The man replied, "That's not good news; that's terrible news! She hasn't shut up since!"

The Hunter and the Lion

A hunter went to the jungle to hunt for lions. After hours of searching, he finally came face to face with a massive lion.

The lion looked at the hunter and said, "You shouldn't have come here. Now, you'll be my lunch." The hunter, trying to stall, said, "Wait, I have a proposition for you."

The lion, curious, said, "What is it?"

The hunter said, "If I can make you laugh, will you let me go?"

The lion, amused by the hunter's audacity, said, "Okay, make me laugh."

The hunter thought for a moment and then said, "Why did the scarecrow win an award?"

The lion, intrigued, said, "I don't know, why?"

The hunter said, "Because he was outstanding in his field!"

The lion laughed so hard that his belly shook like a leaf. He laughed and laughed until tears streamed down his face.

Finally, the lion wiped away his tears and said, "You win. You can go free."

The hunter, relieved, said, "Thank you. But tell me, why did you laugh so hard?"

The lion smiled and said, "Because I've never heard a joke so corny in my life!"

MINDSET

IN THE FACE OF CHALLENGES

When we talk about mindset, we're referring to your thinking style. It's a set of beliefs and attitudes that shape how you see the world and yourself. And guess what? Your mindset has a superpower! It can make you feel like giving up when things get tough, or it can turn you into a challenge-crushing machine.

The truth is, that everyone faces challenges, no matter their age. Whether you're an adolescent or an adult, you'll encounter obstacles. What truly matters is your mindset and how you respond to those challenges. The Bible even confirms this in John 16:33b: "In this world, you will have tribulation [challenges], but be of good cheer, for Christ has overcome the world." Think of an orange seed. Before it becomes a giant tree overflowing with delicious fruit, it's just a tiny seed buried underground. As it germinates, it faces many challenges: competing with other plants for nutrients, enduring scorching sun, and even being flooded with water. Yet, the seed withstands the wind and storms. It doesn't let the challenges of life stop its growth, eventually becoming a magnificent tree. Just like the seed, you can develop a growth mindset to face challenges head-on.

A growth mindset is a belief that you can level up your skills and knowledge through hard work, just like in your favourite video game. Here are some ways to develop this powerful mindset:

- Challenge the Mean Voice in Your Head: Sometimes your brain likes to be a jerk, whispering doubts and negativity. Don't listen! When those thoughts pop up, fight back with positive affirmations. Tell yourself, "I've got this!" or "This is a chance to learn something new!"
- Turn Setbacks into Stepping Stones: Did you bomb that test? Ugh, frustrating! But instead of seeing it as a total failure, view it as a learning experience. Figure out what went wrong, study smarter next time (and watch your scores improve!), and keep moving forward.
- Celebrate Small Wins: Reaching tiny goals adds up! Did you study for an extra hour even though you weren't feeling it? Were you able to extend your prayer time beyond your usual allocation? High-five yourself! Acknowledging your progress keeps you motivated to keep crushing challenges.
- Find Your Support System: You're not alone in this! Surround yourself with awesome friends and family who believe in you. They'll be there to cheer you on and pick you up when you stumble.

Remember, challenges are a normal part of life. But with a growth and positive mindset, you have the power to overcome them and become even stronger! Keep your head held high, stay positive, and go out there and conquer your goals.

CHRISTIANS, MIND YOUR TAILORS

"Let your moderation be known unto all men. The Lord is at hand" (Phil 4:5 KJV) Three factors determine how most people dress today:

1. Choice
2. Circumstance
- 3 Tailor

Most people make personal choices of the types and styles of the dresses they wear. They procure the dresses by 'ready-make', receive them as gift or dictate their styles to the tailor (or seamstress). Vocational or professional uniforms determine how some others dress. The vocation is the circumstance for the dressing. Such dresses are worn usually on duty.

This tract is addressed to Christians and others who love decent dressing. Many people are victims of the style of dress sewed for them, outside their choice, by the tailor. Some tailors go out of their way to modify or change the styles dictated by the customer, thereby making the dress look worldly and indecent. Some Christians eventually find themselves wearing such dresses and embarrassingly appearing indecent.

A woman's dress that exposes part or most of her bursts especially when she bends down (loose neck, wide-open chest including wide-open back and open shoulder) is indecent. Similarly, a skirt or gown that is so short, clearly above the knees, such that sitting has to be stylishly and uncomfortably done to conceal the thigh and underwear is nauseating and indecent by Christian and moral standards. Sleeveless or wide-open short sleeves, freely exposing the armpit hairs are equally indecent as public outfits. Too tight dresses revealing body contours are also indecent.

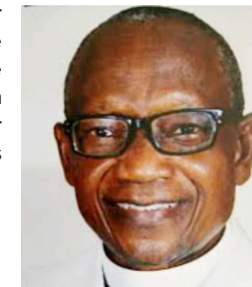
You may ask, 'what does it matter if a woman's bursts or underwear are advertised?' Such seductive exposure naturally provokes sexual passion in many men. Such women are thereby deliberately or ignorantly exposing the men to temptation. Such tempter puts herself under a curse. "And He said to his disciples, "temptations to sin are sure to come, but woe to him (or her) by whom they (the temptations) come". (LK.17:1; Mt. 18:7(RSV).

Remember, the Christian standard in dressing for male and female is based on modesty and decency. "Let your moderation be known unto all men. The Lord is at hand." (Phil.4:5 KJV). "Let all things be done decently and in order." (I Cor. 14:40)

CHRISTIANS, MIND YOUR TAILORS. Stop patronizing such tailors who are sold to worldly, carnal styles. Choose your tailors. uphold decency. The way you dress, most times is the way you will be assessed and addressed. Christians, don't impersonate unbelievers in your dressing. Your dressing is an important tool in evangelism. Don't follow multitude to do evil. If a tailor spoils your dress, repair it or reject it. It is better for you to lose your money on the dress than mortgage your soul as you dress like an unbeliever. God is concerned about how we dress as Christians. Many tailors will be judged for how they sew.

God bless you as you comply.

**VEN. PROF. EMMANUEL
AKINYELE LASEINDE**





PERSONAL HYGIENE

Personal hygiene involves individuals' daily practices and routines to keep their bodies clean and promote good health.

Importance of Personal Hygiene

1. Health and Disease Prevention

Good hygiene helps stop the spread of germs, bacteria, and viruses, reducing illness. Effective handwashing is a key way to prevent infectious diseases. Clean skin, hair, and nails lower the risk of skin infections and infestations.

2. Appearance and Self-Esteem

Good hygiene ensures people look and feel clean, which boosts confidence. This can enhance social and professional interactions. Good hygiene helps people feel more comfortable in public.

3. Social Acceptance and Courtesy

Poor hygiene can negatively affect social and professional relationships. Good hygiene is a social norm and shows respect for others. It helps avoid unpleasant issues like body odour and bad breath.

4. Mental and Emotional Wellbeing

Good hygiene practices can improve mental health. Having a hygiene routine provides a sense of order and stability. It helps people feel relaxed, refreshed, and ready for the day.

Essential Personal Hygiene Practices for Girls

Bathing and Showering

Bathe daily to remove dirt, sweat, and bacteria.

Use mild soap and warm water, focusing on sweat-prone areas.

Rinse and dry the body thoroughly to avoid skin irritation.

Hair Care

Wash hair regularly, using a shampoo suitable for the hair type.

Condition hair to prevent dryness and keep it manageable.

Brush or comb daily to avoid tangles and distribute natural oils.

Oral Hygiene

Brush teeth twice daily with fluoride toothpaste.

Floss daily to remove food particles and plaque.

Replace the toothbrush every three months or when the bristles fray.

Regularly visit the dentist.

Menstrual Hygiene

Change sanitary products every 4-6 hours or as needed.

Wash hands before and after handling sanitary products.

Clean the genital area with mild soap and water.

Dispose of sanitary products properly.

Genital Hygiene

Wash the external genital area daily with warm water and mild soap.

Avoid douching to maintain natural bacterial balance.

Wear breathable cotton underwear and change daily.

Wipe from front to back after using the toilet.

Nail Care

Trim nails regularly to prevent dirt and bacteria buildup.

Clean under nails with a brush.

Avoid biting nails or picking at cuticles.

Foot Care

Wash feet daily with soap and water, drying thoroughly.

Wear clean socks and change them daily.

Choose well-fitting, breathable shoes.

Clothing Hygiene

Change underwear and socks daily.

Regularly wash clothes, especially those worn close to the skin.

Opt for breathable fabrics.

Hand Hygiene

Wash hands with soap and water for at least 20 seconds.

Use hand sanitiser when soap and water aren't available.

Wash hands before eating, after using the bathroom, and after touching contaminated surfaces.

General Tips

Stay hydrated by drinking plenty of water.

Maintain a balanced diet for overall health.

Exercise regularly to boost circulation and well-being.

Get adequate sleep for the body to rest and repair.

Answers to the Riddle

1. Your age
2. A sponge
3. Breath
4. A cold
5. A river
6. A clock
7. A keyboard

**OMOTOSHO
ESTHER**



IDENTITY AND SELF-DEVELOPMENT

Who Are You? Exploring Identity Through John 1:19-34

Introduction

The question “Who are you?” is one of the most fundamental inquiries we encounter in life. It goes beyond mere identification and delves into the depths of our being, probing our sense of identity, purpose, and significance. In the Gospel of John, we encounter a powerful case study of this question in the encounter between John the Baptist and the religious leaders, as recorded in John 1:19-34. Through this passage, we gain insights into the complexities of identity and its implications for us today.

Understanding the Context

In John 1:19-34, the religious leaders interrogate John the Baptist, questioning his identity and authority. They ask him, “Who are you?” expecting a straightforward answer. However, John's response is enigmatic, as he denies being the Messiah, Elijah, or the Prophet. Instead, he identifies himself as the voice of one crying in the wilderness, preparing the way for the Lord.

Implications of John's Response

John's response carries profound implications for us today. Firstly, it highlights the importance of humility in understanding our identity. Despite his significant role in preparing the way for Jesus, John the Baptist does not exalt himself or claim titles beyond his station. He acknowledges his role as a servant of God, pointing others to the true Messiah.

Secondly, John's response emphasizes the need for authenticity in our identity. He does not pretend to be someone he is not or seek recognition for his own sake. Instead, he remains

true to his calling and purpose, regardless of the expectations or pressures from others. In a world, that often encourages conformity and self-promotion, John's example challenges us to embrace our true selves and live with integrity.

Furthermore, John's identification as the voice crying in the wilderness reminds us of the importance of preparation and anticipation in our identity. Just as John prepared the way for Jesus' ministry, we are called to prepare our hearts and lives to receive and proclaim the message of the Gospel. This involves repentance, humility, and a willingness to surrender to God's will.

Lastly, John's response points to the ultimate source of identity and authority – Jesus Christ. While John humbly fulfils his role as a forerunner, he ultimately directs attention away from himself and towards the one who is greater than he. In a world that often seeks validation and significance from external sources, John's example reminds us that our true identity and purpose are found in Christ alone.

Implications for Us Today

The encounter between John the Baptist and the religious leaders challenges us to reflect on our own identity and authority. Like John, we are called to embrace humility, authenticity, and preparation in our journey of faith. We are called to point others to Jesus, the true source of identity and significance. As we navigate the complexities of life, may we find our true identity and purpose in Him, and may we live as faithful witnesses to His transformative power.

Conclusion

In conclusion, the question “Who are you?” is not merely a matter of personal identification but a profound inquiry into the depths of our being. Through the example of John the Baptist in John 1:19-34, we are reminded of the importance of humility, authenticity, preparation, and ultimately, pointing others to Jesus. May we heed the lessons of this passage and live lives that reflect our true identity as children of God, empowered by His grace and guided by His Spirit.

REVD. DR. EBENEZER O. OKE
Executive Director Life Development Centre
and Strategic Leadership Academy.





YOUR OBSTACLE- A STEPPING STONE TO GREATNESS

- ADARAMOLA S. EMMANUEL
Executive Director EWCF

How would you feel if daily, for one whole session in school, you were being escorted by police officers to and fro school, even to use the toilet? And in the whole school, you are the only student taught by only one teacher. Outside school on your way home, you were attacked by people who do not want to see you because they believe you are less human?

The above was the experience of **Ruby Bridges** in November 1960. Ruby was a six-year-old Black girl with poor parents, but she was the first Black girl to attend an all-white children's school. Between 1896 and 1954, schools were separated into whites-only and Blacks-only schools. Ruby sat and passed the exam at an all-white school and was admitted only to be faced with opposition by everyone in the community except her teacher and parents, all because she is Black. William Frantz Elementary School (an all-white school) was forced to take her in because of the judgement of the Supreme Court of 17th May 1954, which cancelled school segregation by colour. All parents removed their children from the school, leaving only Ruby to be the only pupil in the school for a whole year. The father and mother were pushed out of their job because of Ruby's strong passion to attend school like other white pupils.

Despite all the opposition, discrimination, attacks, name-calling, hostility to her family because they are Black, Ruby stood her ground, making a great name and personality for herself even in the face of the chaos. The community ostracised the family because they felt they were challenging the statuesque and coming into a reserved space meant for the privileged people. The battle was fierce, but

Ruby Bridges became a trailblazer at just the age of six as the first Black African American child in the South to attend an all-white elementary school.

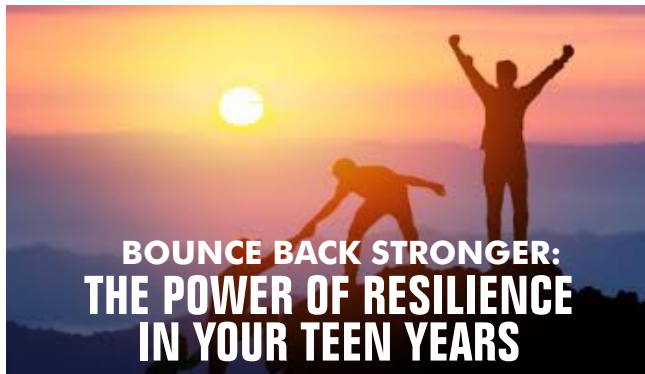
As a Gen Z girl, your own challenges may not be that of colour segregation or discrimination but another type of racism. Your own challenge may be that you decide to stand out with your passion, and some people feel yours is too much. It may be that your vision looks crazy to other people because no one has achieved such a fit. It may be that as many young people are doing hard drugs, you choose to remain clean. As some are wasting much time or doing wrong things on social media to make followers, you choose another part. It may be that while others are wearing half-naked clothes in the name of fashion, you decide to always cover up. It may be that you decided to keep your virginity while others are using birth control pills, and you seem to be the odd person. Maybe some of your friends have iPhones through fraudulent means, and your parent could only get you a small bottom phone, **Tanasobe**, so your friends see you as a local babe. Or all your friends are doing science-related courses, and you prefer fine art; hence, they labelled you as 'Olodo.' And more.

Please take note of the “end matters most.” It used to say, 'If you cannot beat them, join them,’ but today the right adage is, “If you cannot beat them, start your line” so that you can be a leader in your own right. The mentality of racists could not stop Ruby at that time; she became more relevant and famous than all those who opposed her. In 2024, she was inducted into the United States of America National Women's Hall of Fame, among many other achievements.

All you need to do is focus, go for your goal, and turn a deaf ear to noise; surely you will be what you are destined to be and be the Ruby Bridges of your generation.

**ADARAMOLA
EMMANUEL**
Executive Director, EWCF





Resilience is your superpower- it's the ability to bounce back from tough situation and keep going, no matter what life throws at you. As a teen, you face challenges like school stress, friendships that shift, and the pressure to fit in. Resilience helps you not only get through these moments but come out stronger, it's about staying positive, learning from setbacks, and knowing that you can handle whatever comes your way. Life might not always be smooth sailing, but resilience makes sure you don't sink when the storm hits.

Building resilience starts with changing the way you think. Instead of saying, "I can't do this," try "This is tough, but I can figure it out." Taking care of yourself is just as important - eat well, sleep enough, and find ways to relax. Surround yourself with people who lift you up, whether it's friends, family, or mentors. It's okay to ask for help when you need it. The more you practice resilience the stronger you become.

When you lack resilience, you might be tempted to avoid problems or give up altogether. But running away from challenges you makes things worse. Avoiding difficult situations leaves you feeling stuck, while resilience gives you the courage to face problems head-on and grow from them. Even when you fail, resilience teaches you that it's not the end - it's just part of the journey.

In a world filled with social pressures, resilience is your best friend. Whether it's comparing yourself to others on social media or dealing with peer pressure, resilience helps you stay true to who you are. It lets you handle difficult friendships, stand up for yourself, and keep your confidence even when others try knock you down. Life will always throw curveballs but with resilience, you'll learn to hit them out of the park.

You've got this-resilience is the key to unlocking your inner strength

~ Rosemary Siyaka ~
Psychologist and Educator



SOME REASONS WHY MANY PEOPLE FACE DISAPPOINTMENTS

People faces disappointments everyday and blame it on the people who couldn't keep to their promises.

I believe that it is because of too much expectations or relying on any promises that have been made to you.

Learn to never put all hope in a particular thing, learn to stand your guide always have a plan B so as to avoid unexpected break down.

Learn how to focus on what you have and make sure to work hard to add to your available balance even if you have been promised an assistance from anyone.

So do not put all hope on what you have not been given!. see it first, fell it first, receive it first, before including it to your budgets so as to avoid disappointing yourself.

Above all put your hope on GOD and not on any man. Palm 130:5; I wait for the Lord, my soul doth wait, and in his word do I hope..

BEATRICE

GAF ACTIVITIES IN PICS



LAUNCHING OF 2024 EDITION OF GAF MAGAZINE



SUMMER LESSON WITH THE ARK HOME & IKOTA COMMUNITY

OUR VOLUNTEERS



INTERNATIONAL DAY OF PEACE IN PARTNERSHIP WITH KIDS AND TEENS



SCHOOL OUTREACH WITH MYDEAR NURSERY AND PRIMARY SCHOOL



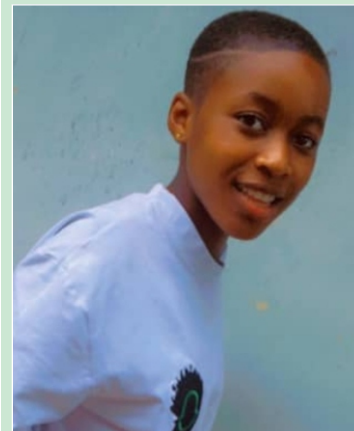
EXCURSION TO IKOGOSI

CHRISTMAS PARTY WITH VICPAT INTERNATIONAL N/P SCHOOL





THE IMPACT OF SOCIAL MEDIA ON GIRLS:



Social media has become an integral part of modern life, especially for young girls. Platforms like Instagram, Facebook, and Twitter offer a vast array of opportunities for connection, self-expression, and community-building. However, a growing body of research suggests that excessive social media use can have a profoundly negative impact on girls' self-perception and mental health.

One of the primary concerns is the way social media presents unrealistic beauty standards. Girls are constantly bombarded with images of airbrushed models, celebrities, and influencers, which can lead to feelings of inadequacy and low self-esteem. A study by the National Eating Disorders Association found that exposure to idealized images of peers on social media can increase the risk of body dissatisfaction and disordered eating behaviors in young girls.

Furthermore, social media can also perpetuate the cult of perfectionism. Girls feel pressure to present a flawless online persona, which can lead to feelings of anxiety and stress. A survey by the Royal Society for Public Health found that Instagram, in particular, can exacerbate

feelings of loneliness, depression, and anxiety in young people. The constant need for validation and likes can create a sense of self-worth that is tied to external validation rather than internal self-acceptance.

The impact of social media on girls' mental health is further complicated by the issue of cyberbullying. Girls are disproportionately affected by online harassment, which can lead to feelings of fear, vulnerability, and isolation. A study by the Pew Research Center found that 59% of teens have experienced online harassment, with girls being more likely to experience severe forms of harassment.

To mitigate the negative effects of social media on girls' self-perception and mental health, it is essential to promote healthy social media habits and critical media literacy. Parents, educators, and mental health professionals can play a vital role in encouraging girls to think critically about the media they consume and to cultivate a positive, realistic self-image. By working together, we can help girls navigate the complexities of social media and promote a healthier, more compassionate online culture.

AKOWE VICTORIA





HEALTH BENEFITS OF SMOOTHIE

A smoothie is a thick, blended drink made from a combination of fruits, vegetables, water, dairy or non-dairy milk, healthy fats, seeds, sweeteners, and more. Packed with essential nutrients, smoothies offer numerous health benefits depending on the ingredients used. Incorporating smoothies into your diet can provide the following advantages:

Weight Management: Smoothies are effective for weight management, delivering essential nutrients-vitamins, minerals, and antioxidants-while being low in calories. They are high in fibre, rich in protein, and help hydrate the body.

Improved Energy Levels: Smoothies boost energy by providing sustained energy from complex carbohydrates and enhancing antioxidant levels to combat oxidative stress. They also hydrate the body with essential electrolytes.

Healthy Blood Sugar Levels: Smoothies help slow down sugar absorption and regulate insulin

sensitivity, promoting steady energy and supporting healthy blood sugar levels.

Lower Cholesterol and Blood Pressure: Rich in vitamins and essential nutrients, smoothies can help remove bile acids, reducing cholesterol production and absorption. They also improve lipid profiles, support blood vessel health, and help relax blood vessels, thereby lowering blood pressure.

Promotion of Healthy Gut Bacteria: Smoothies high in fibre promote the growth of beneficial gut bacteria and support gut lining health. Other benefits of smoothies include reducing inflammation and oxidative stress, promoting healthy skin, hair, and nails, improving cognitive function and memory, supporting healthy bone density, and potentially reducing cancer risk. However, it's crucial to prioritize your individual nutritional needs when making smoothies. Ensure that the ingredients are balanced to suit your requirements. Remember, smoothies are supplements to a balanced diet, not replacements. It's always a good idea to consult a healthcare professional or a registered dietitian for personalized advice.

EASY SUMMER FRUIT SMOOTHIE RECIPE

INGREDIENTS

1/2 CUP ALMOND MILK	6 BLUEBERRIES
LARGE KALE LEAVES	2 LARGE STRAWBERRIES
3 ICE CUBES	3-4 MANGO CHUNKS
1/2 OF A BANANA	3-4 RASPBERRIES

DIRECTIONS:

1. I USE THE SMALLEST CUP ON MY NINJA WHICH IS DESIGNED TO MAKE SMOOTHIE TO GO.
2. FILL YOUR CUP WITH FROZEN FRUIT AND KALE
3. ADD ALMOND MILK
4. BLEND

CULLED

