



THE ARK CHILDREN HOME of EMMANUEL WORLD CHILDREN FOUNDATION

No 1, Ilara road, Ikota, Ondo state, Nigeria

Tel: +234-8033550288, 8119288595, 8063531872

emmanuelfoundation@yahoo.com



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:
**WONDERFULLY
MADE**

A6 DAYS

**CAMP TRAINING
FOR GIRLS 2024**

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



Your support for this project is going to change lives. You can support in kind with building materials or in cash to

Girls Affairs Foundation

Account Number: 0888733426 Domiciliary Acct: 0892903550

Phone No: 09153875800, 08038176521 Email: girlsaffairsforumap@gmail.com Website: www.gaf2019.org

benola ventures: 08066638898



GAF Magazine

GIRLS AFFAIRS FORUM
A publication of Girls Affairs Foundation Magazine 2024 édition

Volume 2

Issue 2 APRIL, 2024 EDITION

EQUIPPING GIRLS TODAY FOR TOMORROW

Money Management

Glorious Dresses

Aksak - A women of Value

Danger of Lesbianism

Peer Pressure

and lots more





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CONTENT

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
For Support 0888733426 - Domiciliary Acct- 0892903530 - Gtb



It is my greatest delight to welcome you to 2024 edition of Girls Affairs Forum Magazine.

In the world today, many crimes are targeted at girls. Globally, traffickers target teenage girls to be trafficked for sexual exploitation. Girls are victims of rape, abduction, ritual killings, nudity for modeling, and harmful traditional practices. When she grows up, she is faced with gender-based violence, harmful widowhood rights, and many more. It seems the girl child came to a different world. In Nigeria, as if the general challenges facing young girls are not enough, kidnappers now target girls in primary and secondary school and not boys school, and ritualists now target young undergraduate girls for money rituals when they now manage to scale to adulthood, they will be seen as a political second class citizen. So numerous are the challenges of young girls.

Society too continued to celebrate boys far above girls making one look superior to the other, whereas they are both God's creation. The strong need therefore arise to provide all the available support of girls to fill their God-given space. I remember a young girl told me sometimes that if I were to come back to the world, I would prefer to come as a boy because it seems the boys get things done cheaper and are accorded more opportunities even in my house. In the bid to present the truth of God's creation to the young girls, to let them know that they are as important in the development of the human race and fit into the God-given destiny, the Girls Affairs foundation (GAF) emerged.

Girls Affairs Foundation envisions a society where girls are mentored, well-groomed, and nurtured to become impactful personalities in every sphere of life they may find themselves. This started five years ago with online classes and a mentorship program, one-on-one and group counseling, telephone discussions and chats, camp training, and outreaches. Seasoned professionals, facilitators, and counsellors are engaged with the girls providing mentorship information and answering questions which enables the girls to live

as a person of dignity they are predestined to be. The Girls Affairs Forum Magazine was born to provide the right information for young girls who cannot access online activities or attend other physical activities such as training camps. It also serves as reverence material which can be referred to when the need arises to make informed decisions.



This is 2024 edition, features articles from notable and fulfilled women including the Senior Special Adviser to the Ondo State governor on gender issue, Hon. Chief Mrs. Olamide Falana; Mrs. Tope Obaweya, a pro-girl mentor and former principal of one of the biggest girls schools in Ondo state; Mrs. Adegbenro, a seasoned, well-traveled educator who has led women at international level; Dr. Mrs. Augusta Olaore who is the co-founder of Savage family institute from where they train family coaches globally. Contributors also include Ayodele Queen who writes about girls facing challenges with courage, Shalom and Sharon are 'un-separable' twins who expose the danger of lesbianism and danger of GBV, Itunu gives in-depth information on peer pressure. You will not want to miss the write-up by Adaramola Emmanuel who brought his 26 years' experience into girls making an impact now and tomorrow. I am of no doubt that each time you pick this magazine, there is always something for you to learn and sow as a seed into your future. I am super excited to recommend the GAF magazine to you either as a parent, guardian, teen worker, or young girl.

Precious A. Adaramola.
Editorial from Girls Affairs Forum (GAF)

Dream Big

As a girl child, it is important to dream big, set goals, and work towards achieving the goals. In the bid to achieve these big dreams, there are hurdles however, with persistence and consistency you will achieve it. Culturally, it may appear that women are not fit to be leaders but, you should find yourself a role model one in whom you see yourself and aim for that position.

Do not let anyone talk you down or make you feel less of yourself. You see the world through different lenses and follow the path to success.

Dream big so that you can make yourself proud. Dream big to put yourself on the map. Dream big make yourself relevant. Dream Big to influence other beautiful girls like you. Most importantly,

don't just dream, do the hard work, be consistent, listen and accept corrections, be diligent, and follow your heart. Do not chase other people's dreams. Chasing other people's dreams will mean that you abandon your dreams because you saw someone else doing something different from yours and because they are achieving milestones with it you follow suit hence leaving your dreams and purpose. Identify your purpose, dream it, Work towards achieving it, and seek guidance from God and from people who are willing to put you on track. I have dreamt, I have worked, and still working it out, I have achieved some milestones and I look forward to achieving more and so can you, guess what I believe in your dreams so go out there and achieve those dreams.

OLAYODE OLUWADAMILOLA, Bsw.



BREAKING GENDER STEREOTYPES



There's no country in the world where girls and women yet have equal opportunities to boys and men.

Challenging the traditional “expectations” and “limitations” placed on individuals based on their gender (male or female). Using the story of Ngozi Okonjo Iweala as an example she was the first CEO of the World Trade Organization (WTO) and also the first African to achieve the story of Kafayat Sanni who was the first female fighter pilot in Nigeria.

By promoting equality and encouraging everyone to pursue their passions, we can create a more inclusive and diverse society. Let's celebrate and support each other in breaking those stereotypes by encouraging young girls to challenge stereotypes, we can start by providing them with positive role models who have broken barriers and achieved success in various fields.

Sharing stories of inspiring women and their accomplishments can help girls see that they can pursue any dream they have where girls Encouraging girls to explore different interests, engage in activities traditionally associated with boys, and providing them with equal opportunities can also help challenge stereotypes. Let's empower girls to be confident, follow their passions, and believe in their abilities.

Oluduro Esther

A KEYNOTE ADDRESS DELIVERED BY THE SPECIAL ADVISER ON GENDER MATTERS CHIEF MRS. OLAMIDE FALANA AT THE LUNCHING OF GIRLS AFFAIRS FORUM MAGAZINE (2024) ON THE 3RD OF APRIL. HELD AT THE ARK OF EMMANUEL WORLD CHILDREN FOUNDATION ALONG ILARA ROAD IKOTA, ONDO STATE.



I would like to begin by saying every girl-child present in this room must realize that being a girl is a unique gender and individual peculiarities differ from one person to another. Every girl has an individually innate ability to be confident, strong, and self-reliant. In life, it is important to know that your success will be determined by your confidence and fortitude.

Going by general observation, we see that the society though female-dominated, males are being given the upper hand and better opportunities to move ahead with life. Should we keep blaming society and hide or duck while the best things in life pass us by?

With all sense of pride, I say that having a girl-child is a blessing. For many reasons not farfetched, the girl-child plays divergent roles; as a sister, friend, wife, mother, and more. Unfortunately in Nigeria, many cultures still discriminate between the male

and female gender.

Certain groups of people in the society believe that the girl-child need not be educated nor should she be equal to the male-child in any form and likewise they are posed with many other kinds of oppressions that seem unending.

Despite the impact of Western culture on African traditional society especially in education, the girl-child continues the struggle to survive, she must have to fight for herself to be seen, heard, and accepted. So the next question that comes to mind is how can a girl make an impact in this generation today? If at all you have access to education, mentorship, or other self-enhancing opportunities, please make the most of it.

It is very important to note that education is a critical factor in a girl's life. It provides her with basic knowledge, skills, and confidence. It helps her to develop self-worth, make independent judgments, enhance her expression skills, and broaden her horizons.

As regards the stereotypes, education will enable the girl-child to challenge the traditional gender roles, advocate for their rights, and contribute to a more equitable society. Above all, it is a vital tool to eradicate poverty and a sustainable way to build a better future.

The theme: “Girls make the right impact in your generation” is a call to young girls to deliberately offset the effects of gender stereotypes, poverty, low confidence, and low self-esteem to foster solutions that would better society. In a bid to do so, it is good to first understand what impact implies.

According to the Cambridge Dictionary, impact simply means to have a strong effect or influence on a situation or person. To make the right impact, you must be adequately equipped, as mentioned earlier, education plays a pivotal role in the life of a girl-child. It is heartwarming to know that gradually the status quo is changing, young girls are catching up in education, career, and sports, taking the lead to be able to fit into the dramatic changes in the labor market.

More specifically today, the girl-child must be able to embrace individuality, that is, you must accept who you are which includes your strengths, weaknesses, creativity, and innovations. Wear clothes that make you feel good, but be a good example; Embrace things that make you different and use them to your advantage; Be confident because confidence is always attractive. Appreciate yourself for being unique and allow your interests to blossom. Follow your passion and then proceed in life by positively challenging societal norms, cultural conventions, and expectations.

Secondly, the girl-child must seek change. This aspect is germane because it goes a long way to break the cycle of poverty and gender inequality issues. Young girls can use their ideas to set future policy agendas and shape the mindset of their peers. Anywhere you find yourself, be active and vocal where you want to see change. Ensure that you are receptive to viewpoints and fresh opportunities. You must be a part of the movement that is actively working to create a brighter future for girls everywhere.

Thirdly, girls must seek to always enhance their creativity and innovation ability. Creativity is an intangible treasure that resides within every individual and holds the power to unlock boundless opportunities and inspire change. A quote by Ed Parker says, “The intelligent man has successfully fulfilled many accomplishments; and is yet willing to learn more”. As you grow, constantly utilize your imaginative skills and unique perspective to create something new, embrace flexibility, and push boundaries. Whether it is in Arts, Sciences, or everyday life, innovative thinking enables individuals to solve complex problems. So think outside the box and break free from limitations. Never assume that your mistake is a failure, rather see it as an opportunity to learn.

In conclusion, there is a large space in the world for the girl-child to flourish and excel because you are a soul force that will change the world. Embrace new experiences, approach challenges with diverse perspectives, and work diligently to achieve your goals. You will surely make it.

Thank you for listening. Remain blessed

MONEY MANAGEMENT

BUDGETING



Introduction

Temidayo was kind enough to empathize with her mum as the only one who has been responsible for all the family needs since their father passed on. She decided to put half of her pocket money into snacks business which she sells after school hours. Within three months, the investment has multiplied, she was so happy and said she will tell her mum about helping her in paying part of her school fees so that her mum can be relieved. While ruminating over her decision, Tolu, her friend comes along and told her she is going to the supermarket to shop for her birthday. She pleaded with Temi to go with her and she agreed. On getting there, as Tolu began to buy dresses, shoes and other fancy items, Temi got distracted with all the items and she began to spend the money she realized from her snacks business, using her ATM card. At the end of the day she got home and saw the alert on her phone, then she realized she has spent not only the profits made from her business but also the capital!



To be successful in life, requires not only being resourceful in making money but also making plans and budget for spending money!

Importance of planning

Planning is important in all facet of life because he who fails to plan plans to fail. It helps us to manage our resources and take decisions that will develop our resources.

What is budgeting?

Budgeting is the process of creating a plan to manage your money.

Why do we make a budget?

Budgeting helps us to live within our means and intentionally make good financial decisions.

Key things to consider when making a budget

- Income: This is the money you receive e.g. salary, gifts, upkeep etc
- Expenditure: What you spend money on ie your expenses
- Needs: These are essentials we need for survival e.g food transport et.c
- Wants: These are things we enjoy but not vital to our survival e.g entertainment, snacks etc.

How to make a Budget

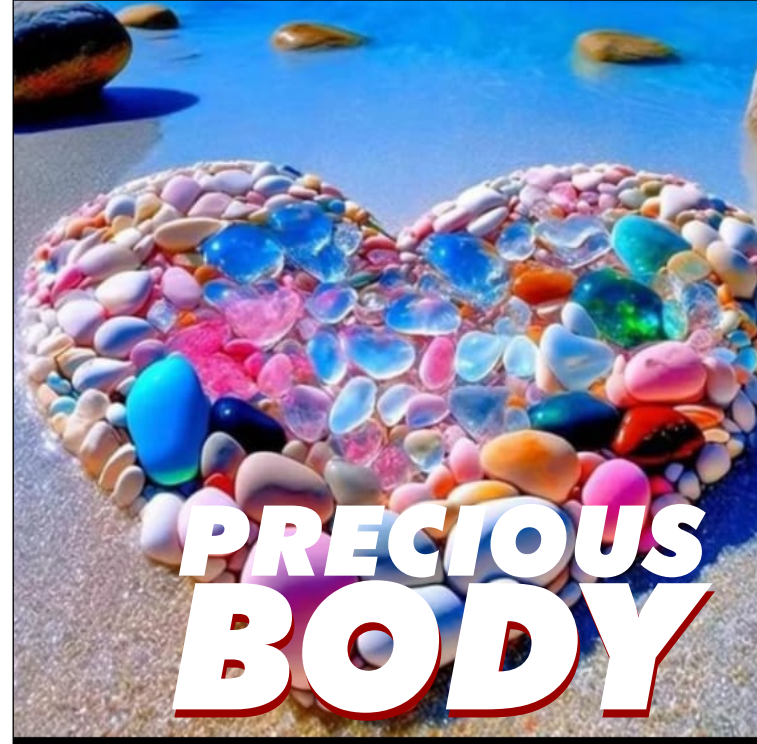
- Making a budget involves intentionally giving every naira job to do. The steps involved includes:
- Identify your income
- Identify your expenses
- Have a goal and make monetary allocation for it.
- Giving part of your money to what make God happy eg. Tithe, offering etc. (Christians allocates 10% of their income for this while Muslim allocate 2.5% for it).The allocation is done in percentages.

How long can you budget

Budgeting can be done weekly, monthly or yearly as it is most convenient and helpful for you.

Dear wonderfully made girls, I encourage you to plan and do budget in all facets of your lives so as not to be distracted from your goals.

Mrs. Tope Obaweya.

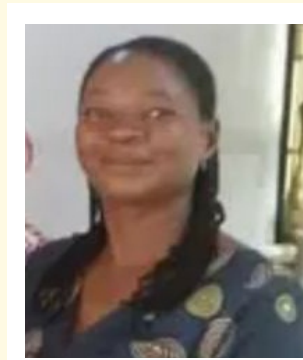


The story of A young girl called Nsemu was once told. Nsemu was from a well discipline home where they hold their religious believes and value in high esteem. In fact, the family is an example of a truly religious family, they are known by the community to be a godly family, so they call them “Ile gba Jesu” literally means “the house of accept Jesus” In the school Nsemu was the choice of the school management when a brilliant student with good character is needed, she is an epitome of beauty, character, intelligence and friendliness.

During the summer holiday class, a friend of Nsemu named Timti told her several escapades of those she called the big girls. When Timti was mentioning names of the big girls, Nsemu realized they are what is called 'The spending birds' They buy all luxurious things, choice food and live big in the school. Timti was fast enough to invite Nsemu to hang out with the big girls after the class which Nsemu declined with a fast and big No. Timti pressed her for just a drink with the nig girls with nothing added as she means no harm.

Nsemu was on her way home when Timti accosted her and pressed her to just come to the school buttery for a drink, Timti told her that she can even use the opportunity to share her believes with the big girls. Nsemu agreed eventually.

It was a brief time spent together but left a big impression on the mind of Nsemu, they offered her drinks, snacks and other gift which they paid for. Where are these girls getting the money, they much have come from rich homes, how I wish I can as well have half of what they have... so many thoughts were running in her head as she trek home.



After a week, Timti invited her to hang out party where she too can make some money. She explained that its just to relax with some rich men, make them happy, dance with them and when you are going back, they give you lot of gift in cash. It is very simple and plain. Nsemu requested to go and talk with the mummy but Timti kicked against such with the opinion that mummy will not want you to enjoy yourself. Timti said it is old fashion to tell your parents everything, once you are in SSS3, you should be able to take some decision and look after yourself with little parental influence, that's maturity, Timti declared.

Nsemu finally agreed and a date was fixed for the next Saturday after weekend preparatory lesson for WAEC with the promise that she will only be there for 30 minutes. Timti agreed and even told her they will both live together when its 30 minutes.

It was at about 7pm when Nsemu woke up in one of the rooms in the party house that she realized that she was tricked. The party only have less than 20 people mostly young girls and men in their 50s. On arrival, she was offered a bottle of soft drink which she took while Timti was dancing. The last thing she remembered was that she was half way to the drink, a man came closer to her asking her about her name. When she woke up, she realized she has been drugged and raped.

While she was crying, other girls were encouraging her that its nothing but she will soon get used to it. That day, many thoughts were running in her head, where will she tell her parents she is coming from, she was given a sum of fifty thousand naira, where will she tell her parent she got it from... She was also feeling uncomfortable in her body, when she told other girls, they told her it's just because it was her first time for she was a virgin. Arriving home was with no event as the parent were not in. she kept the money in her school bag and pretended that all was well when the mummy came back home.

The night was very bad as the pain and discomfort in her body was becoming tensed, she could no longer endure the pain, so she woke up her mother to seek for help. The father was confused just like the mother, they gave what they can yet the pain kept increasing. The she started bleeding from her vaginal which made her to start losing strength. She was rushed to the hospital in the night with no improvement until at about 5am when she realized that she remembers that the man who came talking with her used a kolanut to touch her. She became fearful, so she told her parent all that has happened to her at the party, it was in a faint voice as she was already very weak, she could not even mention the name of the friend who took her to the party

before she suddenly became quiet and she died. She has been used for money ritual.

This story have had reoccurrence in some places, some read in the newspaper. Nsemu would have been alive today but she is not here to tell the story, it was too late. Timti is still alive Nsemu is gone. Timti is still continuing her education while Nsemu own has ended. If Timti changed tomorrow, she may attain her destiny whereas the destiny of Nsemu has been cut short. This is what a bad relationship can bring to a girl.

Girls, be satisfied with what your parents are able to provide for you. Don't open your life for friend because of what they have, your body is precious and not for sale. Stay open to your parents and don't keep things away from them. Don't be carried away with materials things, fashion and food, they are for limited times. Maintain and stay with your family value. These has a great long-lasting reward.

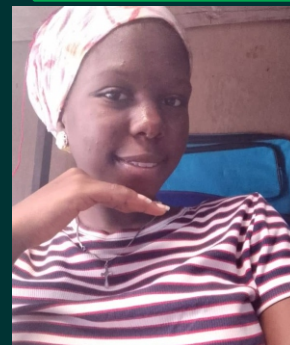
Precious A. Adaramola

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DANGERS OF LESBIANISM



“Lesbianism is the sexual and romantic desire between same sex. i.e women or girls.

Depression and Anxiety

Many factors cause depression and anxiety among all women. Studies show that lesbian and bisexual women

report higher rates of depression and anxiety than heterosexual women do. These may be a result of social stigma, rejection by family members, abuse and violence, unfair treatment in the legal system, or hiding some or all aspects of one's life.

Cancers

Lesbian women may be at a higher risk for uterine, breast, cervical, endometrial, and ovarian cancers because of the health profiles listed above. However, more research is needed. In addition, these reasons may contribute to this risk:

Lesbians have traditionally been less likely to bear children. Hormones released during pregnancy and breastfeeding are believed to protect women against breast, endometrial, and ovarian cancers.

Lesbians have higher rates of alcohol use, poor nutrition, and obesity. These factors may increase the risk of breast, endometrial, and ovarian cancers and other cancers.

Shalom Akinsanmi

EMBRACING DIVINE DESIGN:

A GIRL CHILD'S JOURNEY
TO SELF-ACCEPTANCE



In a world where conformity often overshadows individuality, it is imperative to pause and acknowledge the inherent beauty within oneself. As a girl child, I have realized that I am more than just a mere creation of chance; I am a masterpiece intricately woven by the hands of the

Divine.

From the moment of my conception, I have been destined for greatness. Each aspect of my being, meticulously crafted by the Creator, bears witness to the profound love and attention invested in my existence. Every curve and every flaw serves as a testament to the uniqueness that defines me.

In a society that often seeks to dictate standards of beauty and worth, I stand firm in the knowledge that my value transcends superficial judgments. I am not defined by the narrow confines of societal expectations but rather by the knowledge that I am fearfully and wonderfully made.

God's affirmation echoes within the depths of my soul, reminding me of my inherent worth and purpose. As I navigate through life's challenges and triumphs, I draw strength from the divine assurance that I am loved unconditionally.

I refuse to diminish my light to fit into someone else's shadow. Instead, I embrace my authenticity, allowing it to radiate brightly for all to see. I am a girl child, wonderfully made, uniquely special, and the best creature. This truth, whispered to me by the Creator Himself, serves as a beacon of hope, guiding me toward self-acceptance and empowerment.

May my journey inspire others to recognize the divine beauty within themselves and embrace it wholeheartedly, for we are all masterpieces of the Divine, each deserving of love, respect, and celebration.

Daniel Nneka



EMPOWERING GIRLS

FOR TOMORROW AND UNVEILING GREAT DESTINY



It is not worth saying that one of the reasons for the setback we are experiencing in this nation is as a result of gender discrimination. Right from birth, a female child is being discriminated against. Once a woman gives birth, people ask ako tabi abo? Meaning male or female. When the answer is male, they rejoice and celebrate. When it is a female, if people are kind enough, they will be silent about it, and others may begin to call the mother "iya aje fi gbogbo omo bobinrin" meaning mother of winch gives birth to girls, and the girl child is not reckoned with. Some communities will not even list female children during the census and will not send female children to school.

Empowering means the act of giving someone the power or authority to take or make decisions. A pillar is a subordinate instrument that helps to support or hold up something, while destiny is an inevitable fate that is beyond human control. It is also said to be who God has purposed one to be or become.

In every society, the destiny of a Nation is intricately woven into the fabric of its people with a significant portion of this responsibility resting upon the shoulders of its girls. In the 21st century, it becomes imperative to unravel and celebrate the pillar of destiny that girl children represent in shaping the future.

EMPOWERING girls means giving them equal rights so they can enjoy the opportunity to become great in any of their chosen careers.

SOME WAYS OF EMPOWERING GIRL FOR TOMORROW

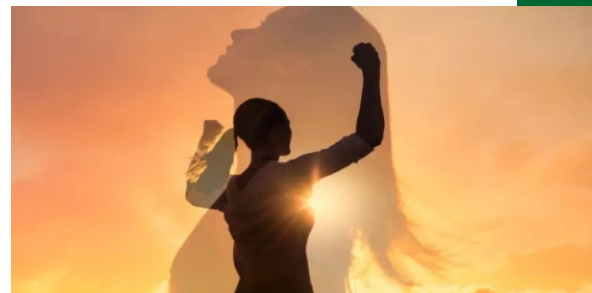
1. Education the foundation: When girls are empowered with knowledge, they become architects of progress who contribute not only to their personal lives and families but also to the prosperity of their communities, society, and nations. Investing in a girl's education is an investment in the sustainable development and resilience of society.

2. **CULTIVATING LEADERSHIP:** The pillar of destiny for girls and children is fortified through leadership skills. Encouraging girls to take on leadership roles fosters confidence, resilience, and a sense of responsibility. When equipped with leadership abilities, girls become agents of positive change, influencing policies and shaping the destiny of the nation.

Conclusively, the pillar of destiny for girls is multifaceted, requiring a comprehensive approach encompassing to change the world at large.

Girls are wonderfully made, so let us give them a place to thrive.

Joy



EMPOWERING GIRLS: FACING CHALLENGES WITH COURAGE



Growing up in a world full of tough situations as a girl, I stand strong and proud. I am dedicated to doing what is right, even when it is hard. Sometimes, I

feel scared, but I find courage in the love I have inside me.

Whenever I try something new, I keep going. Even if others don't support me, I stay positive and never give up, no matter how tough things seem.

People might say mean things or try to bring me down, but I know I am important, I am smart and creative, and my ideas matter. I will not let anyone make me feel bad about myself.

As a girl, I believe I can make good things happen. I want to help others, no matter how young I am. My happiness can make others feel better and make the world a better place to be.

Do not think girls are not strong. We can make a big difference and are not afraid to face tough times.

Ayodele Queen

EMPOWERING GIRLS: TAKING CARE OF MYSELF

Growing up can be tough for girls like me. That's why I believe it's super important to look after both my body and mind. Taking care of myself means more than just washing up and keeping clean. It's also about keeping my thoughts and feelings healthy.

I know that my mental health is just as important as my physical health. So, I try my best to keep a positive attitude and stay away from anything that makes me feel bad. If someone tries to be mean to me, I don't let it get to me. Instead, I see it as a chance to learn and grow.

Even when things are hard, I stay strong. I do not let tough times define who I am or how happy I feel. Instead, I look for things that make me feel good and powerful.

I love reading books that teach me new things, listening to music that lifts me, and watching movies that inspire me. These things help me stay positive and focused on my goals.

I also make sure to choose friends who make me feel happy and supported. And when I need guidance, I turn to God for help.

My goal is to stay hopeful and work toward a bright future. By taking care of my body and mind and surrounding myself with good vibes, I know I can overcome any challenges that come my way.

Michael
Iyanuoluwa



GLORIOUS DRESSES

A wonderfully made or created girl child is the pride of the nation and God that made her so special, unique, and extraordinary to know God's given value and experience vibrant mental health. Parents are encouraged to step up in their parental responsibilities by helping the girl child discover and appreciate why she is wonderfully made by God.



The following salient points must be adhered to for her to become what God has destined her to be in life:

1. A girl child must be ready & well-prepared to wear a School Uniform at the appropriate age.
2. Must wear Matriculation Gown after passing out creditably from secondary school.
3. She must wear a Graduation Gown after university education.
4. A mature girl must be fully prepared for marriage and be ready to wear a prestigious and befitting Wedding Dress with her husband.
5. Finally, the adorable dress is the Maternity Dress worn to move to the next level that God wants her to attain.

Conclusively, the order of the dresses highlighted must be followed systematically for self-esteem and self-worth for the glory of God to show forth in her life.

Mrs. F.E. Adegbenro

Proprietress Holad Group of School.

PROVERBS

- * Knowledge is a garden. If it isn't cultivated, you can't harvest it.
- * Do not look where you feel. Look where you slipped.
- * No shortcuts exist to the top of a palm tree.
- * Tomorrow belongs to people who prepare for it today.
- * However long the night, the dawn will break.
- * A feeble effort will not fulfill the self.
- * He who refuses to obey cannot command.
- * If you think you're too small to make a difference, try spending the night with a mosquito.
- * No person is born great. Great people become great when others are sleeping.
- * Wisdom is wealth.
- * Wisdom does not come overnight.
- * Wisdom is like fire. People take it from others.
- * Only a wise person can solve a difficult problem.
- * Knowledge without wisdom is like water in the sand.
- * In the moment of crisis, the wise build bridges, and the foolish build dams.
- * If you are filled with pride, then you will have no room for wisdom.
- * Other people's wisdom prevents the king from being called a fool.
- * A wise person doesn't fall down the same hill twice.
- * Happiness is like a perfume, you cannot pour it all on others without allowing a few drops to fall on yourself.
- * You can't lead anyone further than you have gone yourself.
- * There is nothing difficult in the world as long as you set your mind to it.
- * Better to be a broken piece of jade than an intact piece of pottery.
- * Persist and keep at it, and even rotten wood can be broken; never give up, and even metal and stone can be engraved.



GOOD NUTRITION AND HEALTHY EATING HABITS.

Many girls complain about their outlook. They want to remain slim and fit all their lives yet consume every consumable without considering the end products of what they eat. It is not everything that appears beautiful and tastes well that is meant for our body, soul, spirit, and general well-being. Hence, we need to be mindful of what goes into our mouths.

Nutrition is the process of obtaining and assimilating nutrients from food to support growth, development, and overall health. It involves the study of the nutrients found in food, their functions in the body, and how they influence our health.

Nutrients provide energy, promote growth and repair of body tissues, and regulate various bodily functions. The six essential nutrients required by the human body include:

1. **Carbohydrates:** These are the primary source of energy for the body. Sources of carbohydrates are grains, fruits, vegetables, and legumes.
2. **Proteins:** Proteins are essential for the growth, repair, and maintenance of the body tissues. Sources of proteins are meat and fish.
3. **Fats:** Fats serve as a concentrated source of energy. It helps in the absorption of fat-soluble vitamins and provides insulation and protection for organs. Sources of healthy fats include oils, nuts, seeds, avocados, and fatty fish.
4. **Vitamins:** Vitamins are necessary for various metabolic processes in the body. Vitamins are classified into two categories: water-soluble vitamins (such as vitamin C and B-complex vitamins) and fat-soluble vitamins (such as vitamins A, D, E, and K). Sources of vitamins include fruits,

vegetables, whole grains, and dairy products.

5. **Minerals:** Minerals are vital for the proper functioning of the body, including bone health, nerve function, and fluid balance. Common minerals include calcium, iron, potassium, magnesium, and zinc. Food sources of minerals include dairy products, lean meats, whole grains, and fruits and vegetables.
6. **Water:** Water is essential for maintaining hydration, regulating body temperature, and facilitating various physiological processes. It is important to drink an adequate amount of water throughout the day.

Balanced diets are various diets that include a wide range of nutrient-dense foods that are crucial for meeting nutritional needs. Proper nutrition plays a significant role in promoting overall health, supporting the immune system, preventing chronic diseases, and maintaining a healthy body weight.

Good nutrition and healthy eating habits are essential for girls as they go through various stages of growth and development. Proper nutrition supports physical health and plays a role in their mental well-being. One of the key considerations for a girl's nutrition is a balanced diet, which is crucial for girls as it provides them with the necessary nutrients for growth; Nutrient requirements vary based on age, activity level, individual needs, and healthy eating habits vital for a girl's long-term well-being.

Girls who are willing to maintain a wonderful outlook must maintain good nutrition, healthy eating habits and healthy living.
To be continued in the next edition...

Omosho Esther



RESPECT



One are the days when girls knelt and boys prostrated to greet elders; the young stood up from a seat for them to have a seat. Some would run to help them carry loads. The young ones now bend, shake hands, and sometimes walk past elders without greeting.

The norms and values of our forefathers are gradually fading away. Yet, our society is becoming almost unbearable with so much misconduct.

To be respectful is to be polite. We can manifest in the way we greet and treat people around us, present issues, admire others, reason with others in their opinions, and handle matters in a way that other people's esteem is not being tampered with.

Lack of respect builds a community where girls just bend to great elders. A community where girls pass beside men and women carrying loads without helping them. A community where girls wouldn't stand up for elders to sit. These behaviors are wrong because girls will become mothers one day, and they can not give what they do not have to their children.

Adults need to stand up for girls around them and let them know they can make a difference by teaching them that girls who are wonderfully made are kind and courteous, polite, avoid interrupting or causing disturbances; listen to others, respect differences in beliefs, and opinions, think before speaking, lending a helping hand; practicing compassion, addressing mistakes with kindness, making the right decisions based on what is right, not who you like.

Girls! Dare to be an agent of change!

Akinsola joy



THE POWER OF FAITH:

A Girl Child's Journey with Jesus

As a girl child, I want to share how Jesus has changed my life. Without Him, I feel lost and empty. He gives my life purpose and meaning.

In our world today, many girls give up their values for things like money and fun. But I choose to stay true to myself. I believe that I am special because God loves me and paid a price for me.

Jesus helps me understand life better and be a good person. His words inspire me to be kind and loving to others, especially when life gets tough.

But it is not just about me. Jesus wants us all to help make the world a better place. He gives me the strength to stand up for what is right and spread hope to others.

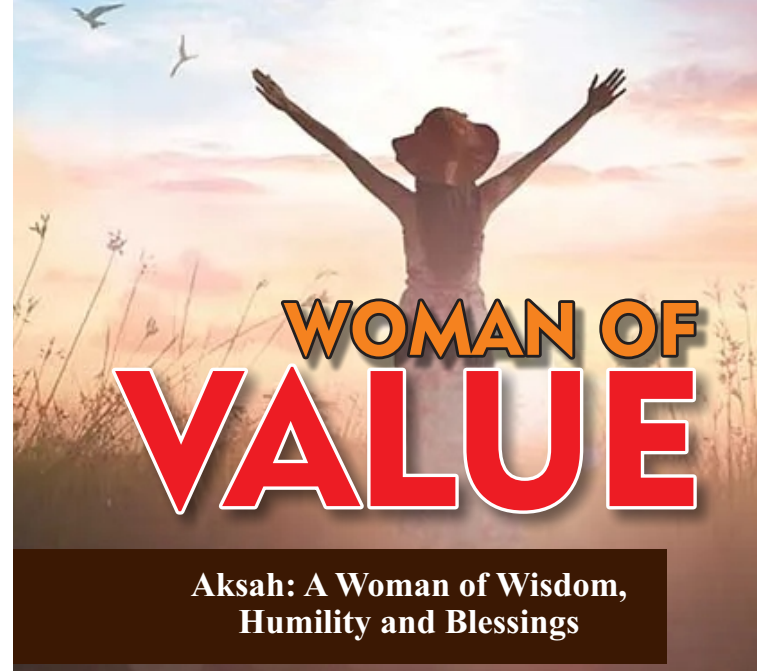
Without Jesus, I would not know which way to go. He is like a wise friend who guides me through life's ups and downs.

So, I want to encourage other girls to let Jesus into their hearts. He can make a big difference



in our lives and help us be the best versions of ourselves. Together, let's trust in His love and make the world a brighter place for everyone.

Sunday Nifemi



Introduction:

Aksah, a woman of uniqueness and special qualities, exemplifies wisdom and initiative in her life. Her story displays her wisdom in seeking her husband's agreement before approaching her father, Caleb. With a unique name that means “Anklet” Aksah walks with wisdom that announces God's blessings in her life. The anklet symbolizes her subtle beauty and reputation. The tinkling sound of the anklet represents the reputation that precedes her presence. Aksah understands the importance of a woman's walk and steps in life, which reflect her value and posture. She seeks God's guidance in her daily decisions. Aksah's lineage to Caleb, her father, emphasizes the significance of divine order and faith in her life because Joshua and Caleb were the only two spies who brought back a report of faith from searching out the promised land. Her story is found in Joshua 15:16-19.

Divine Order and Faith: Lessons from Aksah's Lineage

Aksah's life is guided by the belief that God ordains her steps to keep her safe and in the right place. By following divine guidance, Aksah discovers unexpected opportunities and blessings. Walking by faith and seeking godly counsel are the keys to her success. Aksah's lineage, traced back to Caleb, a friend of Joshua, underscores her godly heritage and the values she upholds in her journey.

Lessons from Caleb and Joshua: Courage, Family Values, and Choosing Mentors

Caleb and Joshua serve as inspirations for Aksah in their display of courage and unwavering belief in God's promises. Aksah recognizes the importance of good family values, which contribute to success and

faithfulness in life. She also understands the significance of choosing mentors with positive qualities, as they shape her character and faith beyond biological family ties.

Qualities of a Worthy Partner and the Story of Aksah

In traditional cultures, parents arranged marriages; however, Aksah's story reflects the modern trend of individuals making their own choices. Aksah was destined to be given to a courageous person who conquered the 'City of Books.' She recognizes the qualities of a worthy partner, emphasizing education, bravery, teamwork, and valuing one's significant other.

The Transformation of a Woman's Mind and Actions

Aksah's story highlights her transformation from potential to actualization, from being close to something good to actively producing something good. She identifies a need and takes proactive steps to find a solution. Aksah's determination and respect are evident as she works in partnership with her husband to achieve her goals.

Bowing to win: Her Humility

Aksah exemplified the secret of success by showing respect to her father by getting off her donkey in the presence of her father. This singular act spoke volumes about her humble and honoring posture. She respectfully made her request from her father not out of a sense of entitlement and pride but in humility with the support of her husband,

Empowerment through Dominion and Clarity of Desires

Aksah embodies empowerment as she transitions from dormancy to dominion, taking authority over her potential. She values substance over appearances, knowing exactly what she desires. Her clarity of desires empowers her to manifest blessings in her life. Aksah's journey encourages others to be people of value who actively seek and manifest blessings through their choices and actions.

Conclusion:

Aksah's story displays her wisdom, initiative, and the blessings she receives through her faith and alignment with divine guidance. Drawing inspiration from her godly lineage and the virtues of Caleb and Joshua, she embodies courage, family values, and the importance of choosing positive mentors. Aksah's story emphasizes the qualities of a worthy partner and the transformation that occurs when one takes proactive steps toward one's goals. Through empowerment, dominion, and clarity of desires, Aksah exemplifies the process of making decisions and receiving blessings. Her story serves as an encouragement for others to seek wisdom, embrace humility, initiative, and experience the ensuing blessings in their own lives.

DR AUGUSTA OLAORE

Social Worker

Family Counsellor



GIRLS

**MAKE THE RIGHT IMPACT
NOW AND TOMORROW**

You read stories of several girls grown to women who had made both positive and negative stories, today you watch and see many clips online, some adding right value, some promoting wrong value.

Have you heard of Myra Belle Shirley, Irma Grese known as Beautiful Beast, Moll Cutpurse, Bonnie Parker or Charlotte Corday who became an assassin at the age of 25. They were all young girls who grew up to women and made negative stories till date even in movies. Have you also heard of Funmilayo Ransome-Kuti, Lois Auta the first female physically challenged legislator, Anna May Wong, Margaret Thatcher- first female prime minister of UK, Kalpana Chawla the first Indian female to go to space, Nellie Bly and Effa Manley-the first and only women to be enlisted in the baseball hall of fame. All these women made positive impact on their world and today movies of their lives have been made.

Everyone of them grew from ordinary baby girl to become what they became in history, for some of them history will pray not to have such person again while for some history will be praying for another woman like them. Most of those I sighted are dead but the impact they made lives on after them. Charlotte Corday will be remembered for her killing talent while Funmilayo Ransom-Kuti will be remember for her human right actions.

In the world today, many people young girl vision is to “blow” just make money. For some

is to use their body to affect their society in a wrong way while for some it is get power to oppress others. Today, there are some celebrities known for misleading young people into drug abuse, cultism, nudity, and other evil, no sensible parent will pray to have such as a child.

In the world today as well, you have girls and women whose life makes the right difference, lift people up, build society, innovate solutions to society problem, bring happiness to people and cement the future. Both the good and the bad started when they were young girls.

But bear this in mind, society today celebrate more of evil, that is why you see someone who have was an housemate of a television show where perversion is the order of the day going home with 120million naira while the best graduating student goes home with 120000 naira but one will last the test of time, one will be celebrated even at old age while one will be forgotten once their beauty fade off.

Finally, start today, don't wait till tomorrow to start making the right impact, what will you be remember for 20 years after you leave the world.



Adaramola S. Emmanuel
Executive Director,
Emmanuel World Children Foundation

PEER PRESSURE

Peer pressure is the influence that peers exert on each other, often to conform to certain behaviors, beliefs, or attitudes. It's a powerful force, especially during adolescence when the need for social acceptance is strong.

Types of Peer Pressure:

Direct: This is the most obvious form where someone explicitly asks or pressures you to do something. (e.g., "Come on, have just one drink with us.")

Indirect: This is a more subtle form where the pressure comes from wanting to fit in with the group. (e.g., Everyone else is skipping or missing class, should I too?)

Informational: This pressure comes from observing the behaviour of others and inferring what's expected or acceptable. (e.g., Seeing everyone wearing a certain brand of clothing might make you feel you need to do the same.)

Factors Influencing Peer Pressure:

1. Age:

Developing sense of self: During adolescence, individuals are still forming their identities and exploring who they are. This can lead to a stronger need for belonging and acceptance from peers, making them more likely to conform to group expectations to avoid feeling ostracized.

Cognitive development: Young adolescents are still developing their critical thinking skills and the ability to understand the long-term consequences of their actions. This can make them more susceptible to impulsive decisions and less likely to question the behavior of their peers.

2. Confidence:

Low self-esteem: Individuals with lower self-esteem are more likely to crave approval and validation from others. This can lead them to compromise their own values and beliefs to fit in with a particular group.



Lack of self-confidence:

A lack of self-confidence can make individuals doubt their own judgment and rely more heavily on the opinions and actions of their peers. They may be less likely to assert themselves and say "no" to peer pressure.

3. Group Dynamics:

Social hierarchy: Groups with strict social hierarchies, where certain members have more power or influence, can create an environment where individuals feel pressured to conform to the expectations of the dominant group members to maintain their position within the hierarchy.

Risky behaviour: Groups that engage in risky or dangerous activities can normalize these behaviours and create an environment where individuals feel pressured to participate to avoid being seen as "weak" or "uncool."

4. Social Media:

Distorted view of normalcy: Social media platforms often present a highly curated and idealized version of reality. Seeing others engage in certain behaviors, even if unhealthy or unrealistic, can create the illusion that these behaviors are normal or desirable, leading to peer pressure to conform.

Comparison and fear of missing out: Constant exposure to others' seemingly perfect lives on social media can fuel feelings of inadequacy and fear of missing out, making individuals more susceptible to peer pressure as a way to feel accepted and included.

While peer pressure can sometimes lead to positive outcomes, it's more commonly associated with negative influences.

Positive Aspects of Peer Pressure:

1. Motivating Positive Habits:

Engaging in healthy activities: Friends can encourage you to join a sports team, try a new healthy recipe, or participate in outdoor activities, promoting both physical and mental well-being.

Embracing academic endeavors: Studying together, encouraging participation in class discussions, or forming study groups can motivate individuals to focus on their academic goals and improve their performance.

Volunteering and community service: Friends can inspire you to get involved in volunteering or community service projects, fostering a sense of social responsibility and making a positive impact on others.

2. Enrichment and Growth:

Exploring new interests: Positive peer pressure can encourage you to try new hobbies, explore different cultural experiences, or learn new skills, broadening your horizons and fostering personal growth.

Developing positive social skills: Interacting with positive peers can help you develop communication skills, learn to collaborate effectively, and build stronger social connections.

Boosting confidence: Being surrounded by supportive friends who encourage you to take initiative, overcome challenges, and believe in yourself can significantly boost your self-confidence and self-esteem.

3. Breaking Bad Habits:

Giving up unhealthy habits: Positive peer pressure can create an environment where unhealthy behaviors are discouraged. Friends can motivate you to quit smoking, limit unhealthy foods, or change other negative habits, ultimately leading to a healthier lifestyle.

Adopting responsible behaviors: Peer pressure can influence responsible decision-making. Friends who prioritize safety and responsible choices can encourage you to avoid risky behaviors, making positive and responsible choices.

Standing up for what's right: A positive group environment can foster the courage to speak up against bullying, discrimination, or injustice, encouraging everyone to stand up for what's right.

Negative Aspects of Peer Pressure

1. Risky Behaviors:

Experimentation with substances: Peer pressure can lead to engaging in harmful activities like

trying drugs, alcohol, or tobacco, often as a way to appear "cool" or fit in with the group. This can have serious consequences for physical and mental health, academic performance, and future prospects.

Unsafe actions: Individuals might be pressured to participate in risky activities like dangerous stunts, unprotected sex, or reckless driving, potentially leading to physical injuries, legal troubles, or emotional trauma.

2. Academic Decline:

Skipping classes: To spend time with peers or participate in group activities, individuals might neglect their studies, skip classes, and fall behind academically. This can affect their grades, motivation, and long-term educational goals.

Procrastination and negligence: Surrounding oneself with peers who prioritize socializing or unhealthy habits can lead to neglecting homework assignments, studying, and other academic responsibilities, impacting overall academic success.

3. Emotional and Mental Health Issues:

Anxiety and depression: The constant pressure to conform, the fear of rejection, and the inability to say no can lead to heightened anxiety, feelings of isolation, and even depression.

Loss of self-esteem: Individuals pressured to change their appearance, interests, or values to fit in with a certain group can experience a decline in self-esteem and a sense of losing their true identity.

4. Negative Self-Image:

Body image issues: Peer pressure can significantly influence and negatively impact body image, especially in young people. The pressure to conform to unrealistic beauty standards promoted in certain groups can lead to feelings of inadequacy, dissatisfaction with one's own body, and even eating disorders.

Negative self-perception: The constant comparison with others promoted in some social circles can lead to a negative self-perception and self-judgment, hindering personal growth and confidence.

5. Social Issues and Conflict:

Bullying and harassment: Peer pressure can sometimes contribute to bullying and harassment, as individuals might pressure others to conform or engage in harmful behaviors towards others to gain acceptance within the group.

Strained relationships: The pressure to prioritize certain friends or groups over others can create conflict and strain relationships with family members or positive influences in your life.

How can Negative Peer Pressure be Eradicated or Prevented

Eradicating negative peer pressure altogether might not be entirely achievable, but there are several strategies to mitigate its impact and empower individuals to resist it:

1. Individual Development:

Building self-confidence: Encouraging individuals to develop a strong sense of self-worth and self-awareness can give them the confidence to resist pressure and make their own decisions. Building self-confidence can involve nurturing positive relationships, exploring individual talents and interests, and celebrating individual successes.

Developing critical thinking skills: Encouraging critical thinking and independent analysis equips individuals to question the rationale behind peer pressure, evaluate potential consequences, and make informed choices based on their own values and beliefs.

Building communication skills: Learning assertive communication skills empowers individuals to express themselves clearly and confidently, say "no" politely but firmly, and avoid succumbing to pressure due to a lack of communication tools.

2. Parental and Community Support:

Open communication: Creating an open and trusting environment where young people feel comfortable discussing peer pressure experiences with parents, educators, or trusted adults is crucial. This allows for guidance, support, and problem-solving strategies.

Positive role models: Surrounding young people with positive role models who demonstrate healthy decision-making, strong values, and the

ability to resist negative pressure sets a positive example and provides guidance.

Community Programs: Implementing school-based or community programs that address peer pressure and its consequences, teach life skills, and promote positive social interactions can equip individuals with the tools to navigate social situations effectively.

3. Addressing Social Media Influences:

Media Literacy: Educating youth on media literacy can equip them to critically analyze the content they consume online, understand the curated and often unrealistic nature of social media portrayals, and avoid the pressure to conform to unrealistic online trends.

Open discussions: Engaging in open discussions about online peer pressure, promoting responsible online behavior, and encouraging healthy social media habits can help mitigate negative influences in the digital space.

Promoting alternative Activities: Encouraging participation in positive and enriching activities like clubs, sports, volunteering, or pursuing personal interests can provide healthy social connections and alternative peer groups outside the online sphere.

So, peer pressure can be tricky. It can push you to do good things, like trying a new sport or joining a club, but it can also push you to do bad things, like skipping class or trying risky stuff. The key is to think for yourself. Don't just follow the crowd because everyone else is doing it. Ask yourself if something makes sense for you, and have the confidence to say no if it doesn't. By using your brain and staying true to yourself, you can navigate peer pressure like a pro!

Adeyemo Itunu

GENDER-BASED VIOLENCE AND DISCRIMINATION

Gender-based violence and discrimination are pervasive issues worldwide, deeply rooted in social, cultural, and economic structures. Women and girls disproportionately experience various forms of violence, including domestic abuse, sexual harassment, trafficking, and harmful traditional practices like female genital mutilation.



Discrimination manifests in unequal access to education, employment, healthcare, and political participation. It perpetuates power imbalances, reinforcing stereotypes and limiting opportunities for women and girls to reach their full potential.

Efforts to combat gender-based violence and discrimination require comprehensive strategies, including legal reforms, awareness campaigns, and support services for survivors. Education and empowerment initiatives are crucial for challenging harmful gender norms and promoting gender equality. Ultimately, fostering a culture of respect, equality, and accountability is essential for creating safer and more inclusive societies for all genders.

Gender-based violence (GBV) encompasses a range of harmful behaviors targeting individuals based on their gender, often disproportionately affecting women and girls. This violence can take various forms, including physical, sexual, psychological, and economic abuse. Examples include domestic violence, sexual assault, forced marriage, honor killings, and trafficking.

Discrimination against women and girls permeates many aspects of society, from the home to the workplace and beyond. Women often face unequal access to education, healthcare, and employment opportunities. They may encounter wage gaps, limited representation in leadership roles, and barriers to political participation. Discriminatory laws and social norms reinforce these inequalities, perpetuating a cycle of marginalization and oppression.

Addressing GBV and discrimination requires multifaceted approaches. Legal reforms are crucial to ensure adequate protection and justice for survivors. Education and awareness campaigns can challenge harmful stereotypes and promote gender equality from a young age. Providing support services such as shelters, hotlines, and counseling helps survivors rebuild their lives and access necessary resources.

Additionally, economic empowerment initiatives enable women to gain financial independence and escape abusive situations. Community engagement and activism play vital roles in mobilizing support, advocating for policy changes, and fostering cultural shifts toward gender equality.

Ultimately, combating GBV and discrimination necessitates a coordinated effort involving governments, civil society organizations, communities, and individuals. By addressing the root causes and promoting gender equity, societies can work towards creating safer, more inclusive environments for everyone.

SHARON AKINSANMI

OVERCOMING ADDICTION

Addiction from my definition is anything you can't do without. Anything you see yourself doing that you cannot do without, means you are Addicted to that thing e.g games, phone, food, etc

Your environment and the people you associate with will determine the kind of person you will become. If you notice that you are Addicted to one particular thing, check your environment, check where you are coming from. For example, those that smoke, maybe when they were young or they grew up with people that smoke and they probably learned it from there.

How can we overcome Addiction?

1. We can only overcome Addiction through the help of God. When you realize that you can't help yourself that it is only God who can help and deliver you

2. Renewal of your mind: The moment you renew your mind you will start seeing the bigger picture of things around you. If you are the kind of person who is addicted to your phone, the day you change your mentality you will notice that you can do a lot with your hands if your phone is not with you. Your mind can be a tool for the devil or God. So who is controlling your mind

Sunday Blessing



*THE POWER OF HUMILITY: MY JOURNEY AS A GIRL CHILD**



Growing up, I was taught important lessons about being humble and treating everyone with respect. These lessons have shaped who I am and how I see the world. I believe that being

humble brings many rewards, and it's something I try to show in my everyday life.

Some people think that being humble means you're not smart or confident, but that's not true. Being humble actually shows how wise and self-aware you are. I'm proud to say that the values I learned as a girl have made me into someone who cares about others and wants to make a positive difference in the world.

Being a girl who was raised well isn't just about following rules; it's about living with honesty and purpose. It's about staying true to the values that have been passed down to me and using them to guide my actions every day.

Through my experiences, I've learned that true success isn't about money or fame. It's about being a good person and making a difference in the lives of others. Learning to be humble has helped me grow as a person and face life's challenges with strength and grace. There's an old saying that goes, "Pride comes before a fall." This reminds us that it's important to stay humble, even when things are going well. Humility helps us stay grounded and appreciate what we have, which is key to living a happy and fulfilling life.

In a world where it can sometimes feel like you have to brag or show off to get ahead, it's important to remember the power of humility. By being humble, we can lift ourselves and others up, creating a kinder and more understanding world for everyone.

Agada Precious



EMBRACING DIVINE DESIGN: A GIRL CHILD'S JOURNEY TO SELF-ACCEPTANCE

In a world where conformity often overshadows individuality, it is imperative to pause and acknowledge the inherent beauty within oneself. As a girl child, I have realized that I am more than just a mere creation of chance; I am a masterpiece intricately woven by the hands of the Divine.



From the moment of my conception, I have been destined for greatness. Each aspect of my being, meticulously crafted by the Creator, bears witness to the profound love and attention invested in my existence. Every curve and every flaw serves as a testament to the uniqueness that defines me.

In a society that often seeks to dictate standards of beauty and worth, I stand firm in the knowledge that my value transcends superficial judgments. I am not defined by the narrow confines of societal expectations but rather by the knowledge that I am fearfully and wonderfully made.

God's affirmation echoes within the depths of my soul, reminding me of my inherent worth and purpose. As I navigate through life's challenges and triumphs, I draw strength from the divine assurance that I am loved unconditionally.

I refuse to diminish my light to fit into someone else's shadow. Instead, I embrace my authenticity, allowing it to radiate brightly for all to see. I am a girl child, wonderfully made, uniquely special, and the best creature. This truth, whispered to me by the Creator Himself, serves as a beacon of hope, guiding me toward self-acceptance and empowerment.

May my journey inspire others to recognize the divine beauty within themselves and embrace it wholeheartedly, for we are all masterpieces of the Divine, each deserving of love, respect, and celebration.

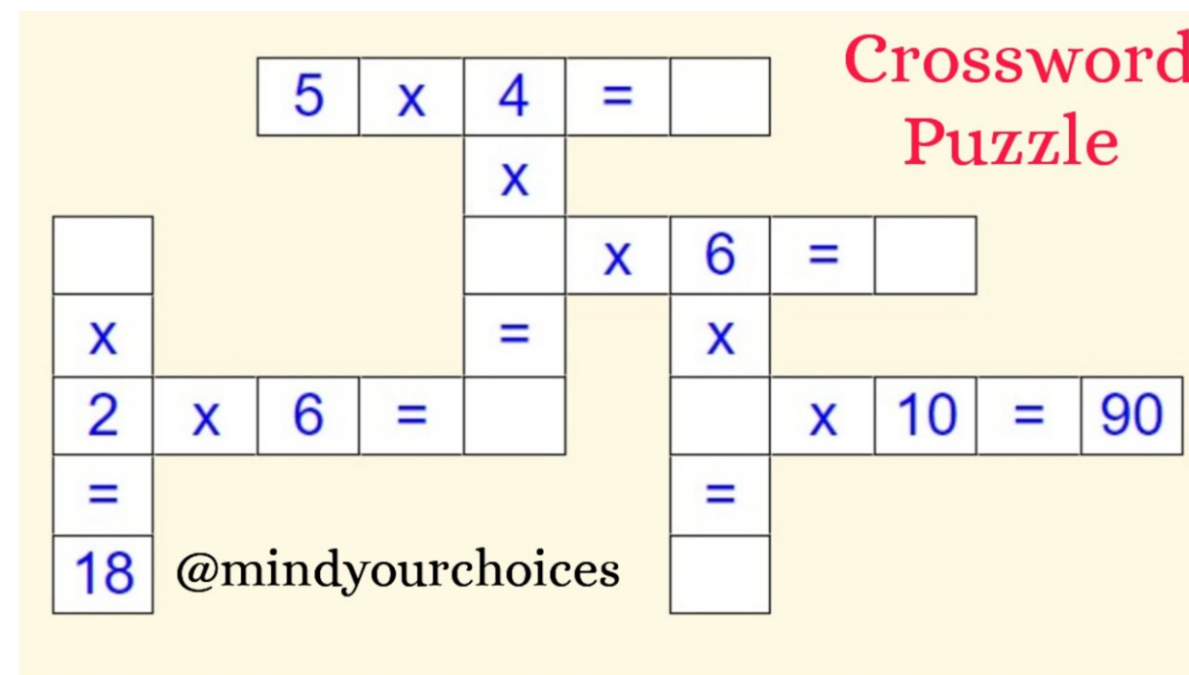
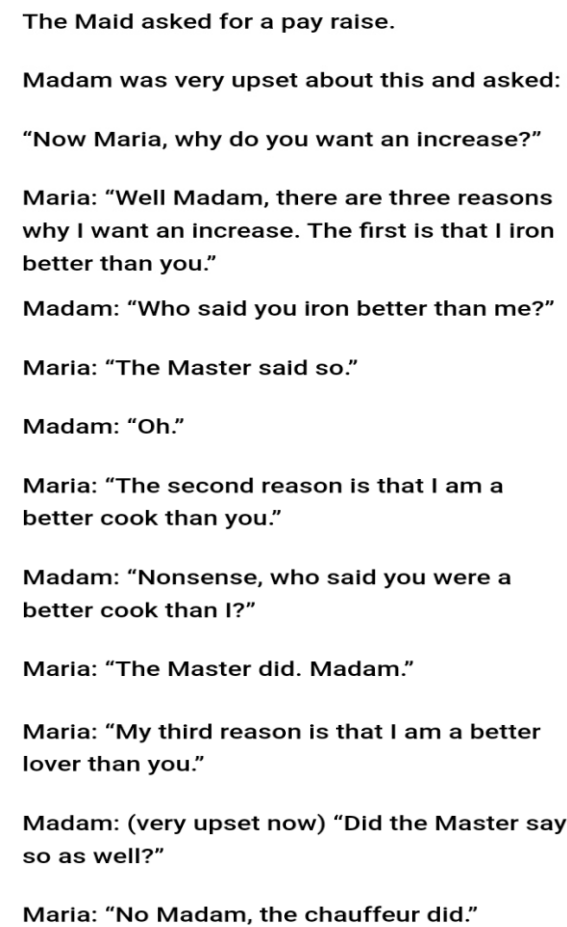
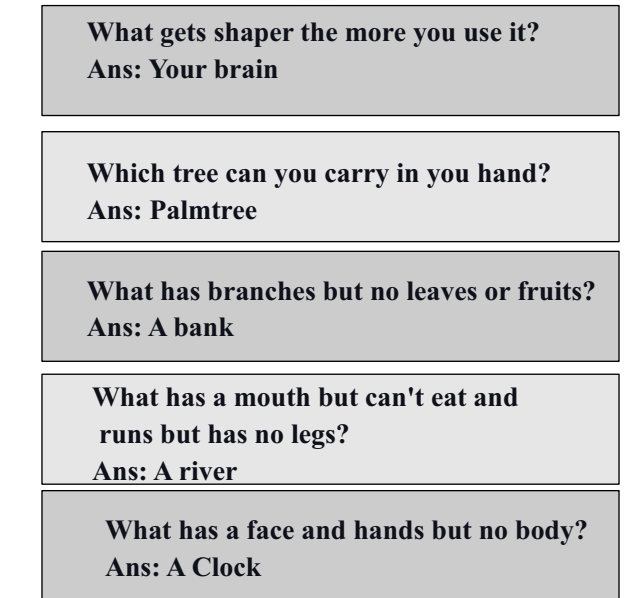
Daniel Nneka

WOMAN: A GIFT OF GRACE

*When my heart bleeds
When tears won't hold still
When sorrow steals my joy
When fear overshadows me
When my soul is filled with pain
When darkness becomes the
dawn of the day
When the world seems to have turned
against me
When it seems like all hope is lost
Your love brings healing to my soul and
erases my fear
And above all your grace
keeps me going.*



-Jesutofunmi Oladipupo



GAF ACTIVITIES IN PICS

