



GAF Magazine

GIRLS AFFAIRS FORUM
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Equipping **GIRLS** **TODAY FOR TOMORROW**



And let's more



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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.

GAF
PLEDGE

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.



GAF MISSION

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

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EDITOR-IN-CHIEF

BEWARE OF DREAM KILLERS

Titi grew up with her grandmother, who lovingly cared for her until she completed secondary school. Sadly, after her grandmother passed away, Titi was forced to stop her education because she had no one to support her financially. Determined to survive, she reflected on what she loved doing most. She remembered her passion for making Akara (bean cakes). She was exceptionally skilled at it, and every day her Akara sold out before closing time. Customers kept coming back because of its quality, and she never had leftovers to take home.

One evening, however, Titi intentionally set aside a few pieces of Akara because she was too tired to cook after work and planned to eat them for dinner. Just as she was about to close her kiosk, a woman hurried over and pleaded with her. My two-year-old daughter refuses to eat anything except your akara. Please, could you sell me the ones you reserved?" Touched by the woman's request, Titi gave her the remaining Akara. That night, with only two bananas left to eat, she prayed: "Lord, help me. One day, I want

to own a large Akara restaurant with many employees serving countless customers while I supervise the business. I want there to be more than enough food for everyone." That night, she had a remarkable dream. She saw herself standing inside a large and beautiful restaurant filled with customers eating, drinking, and happily paying for their meals. The business had grown so much that she had employed an accountant, a manager, sales attendants, and several other staff members to help meet the growing demand.

She woke up smiling. "By God's grace, I will live to see this dream become a reality," she declared confidently.

Two days later, a tall, handsome young man visited her kiosk to buy Akara. They exchanged greetings, and before long, they exchanged phone numbers. As time passed, they grew closer. They spent more time together, visiting restaurants, relaxation centers, and eventually hotels. Their relationship deepened quickly.

Three months later, Titi became seriously ill and could no longer operate her business regularly. After visiting the hospital, she received unexpected news—she was pregnant. She immediately contacted Denis and asked to see him. When they met, she shared the news. His response shattered her. "Get rid of it. I'm not ready to start a family. I'm still pursuing my career."

Titi replied quietly, "I can't do that. What if something happens to me?" "You'll be fine," he answered coldly before walking away without showing the slightest compassion.

Titi broke down in tears.

From that day, Denis disappeared. He blocked all communication with her, and because she had never met any of his family members, she had no idea where to find him. Heartbroken and abandoned, Titi's health deteriorated further. Her pregnancy made it increasingly difficult for her to work. She frequently vomited while frying Akara, forcing her to close early or miss work altogether. Soon, her loyal customers began to wonder why she was rarely available. As the days passed, many stopped coming. Sales dropped significantly. For the first time, Titi found herself eating most of the Akara she had prepared because there were no customers to buy it. She no longer records profit but losses. Each evening, she counted the little money she had earned and wept as she remembered her dream of owning a successful Akara restaurant.

TRAINING YOUR MIND

Your mindset shapes your dreams, and your dreams influence your future.

You become what you consistently think about.

Therefore, train your mind to think positively and purposefully. Avoid unhealthy relationships and unnecessary distractions, especially those that consume your time without adding value to your future. Endless entertainment, social media addiction, and purposeless activities can slowly steal the time and energy needed to pursue your dreams.

Instead:

- Read books related to your passion.
- Build relationships with people who believe in your vision.
- Write down your goals and review them regularly.
- Pray consistently and seek God's direction.
- Take deliberate action every day toward your dreams.

SHINING YOUR DREAM

To make your dreams shine, your vision must first be clear. Know exactly what you want to achieve. When your vision lacks clarity, distractions become attractive, and dream killers can easily lure you away from your purpose. Stay connected to God through prayer and the study of His Word. He is the ultimate source of wisdom, strength, and direction. Be disciplined. Remain consistent. Persevere through challenges. Success is built one faithful step at a time. When you define your goals, welcome constructive feedback, maintain a positive mindset, and remain committed to continuous growth, your dreams gradually become reality.

CONCLUSION

Following your dreams requires discipline, perseverance, and unwavering faith.

There are many young girls like Titi whose lives have been disrupted by poverty, loss, abuse, or a lack of support. Many possess extraordinary potential but simply need someone to believe in them. This is why the Girls Affairs Foundation (GAF) exists. Through camps, mentorship, counselling, educational support, school outreaches, and the publication of the Girls Affairs Foundation Magazine, we are committed to empowering girls to dream boldly and build brighter futures.

We invite you to partner with us in this mission. Together, we can help more girls discover their purpose, overcome life's obstacles, and become everything God created them to be.

Precious A. Adaramola

Founder: Girls Affairs Foundation.

EDITORIAL



In a world where the value of the girl child is often questioned and her voice is sometimes overlooked; countless young women have risen above limitations and shattered stereotypes. They have proven that being a girl is not a

barrier to success but a foundation for greatness.

Today, women are excelling in fields once considered beyond their reach. They are leading organisations, driving innovation, influencing change, and making remarkable contributions across every sector of society. What sets them apart is not merely talent or opportunity—it is their courage to dream beyond the stereotypes placed before them.

Every woman who inspires us today was once a young girl who dared to imagine a brighter future. She believed in her potential, embraced her uniqueness, and refused to let circumstances or stereotypes define her destiny. Because she dreamed big, she now shines brightly.

As you read through these pages, remember that greatness begins with a dream. Your dreams are valid, your voice matters, and your future is filled with endless possibilities. Do not be afraid to set ambitious goals, pursue your passions, and step confidently into the purpose for which you were created.

The world needs your ideas, your talents, and your light. So, dream boldly, believe wholeheartedly, and shine unapologetically, because the future belongs to girls who dare to dream big and shine bright.

Happy reading and never stop believing in yourself.

Oluwadamilola Olayode, MPH.



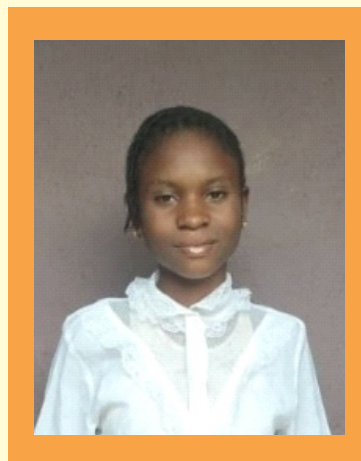
Every great achievement in history began as a dream. Before anyone else believed it was possible, someone first imagined it.

As young girls, you must understand that dreaming is not childish, it is powerful.

To dream big means:

- Refusing to limit yourself.
- Believing that you can succeed.
- Seeing possibilities beyond your present circumstances.
- Trusting that your background does not determine your future.

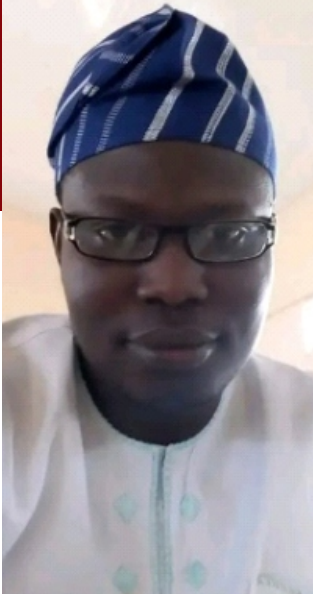
Many successful women started as ordinary girls with extraordinary dreams. Consider women such as **Dr. Ngozi Okonjo-Iweala**, the first African Director-General of the World Trade Organization, and **Chimamanda Ngozi Adichie**, whose writings continue to inspire millions around the world. They dared to dream beyond limitations.



Do not shrink your dreams to fit into small spaces. Instead, stretch your faith, expand your vision, and pursue excellence with determination. Remember, you were created for more.

SUNDAY NIFEMI

DREAM BIG SHINE BRIGHT



*Special Assistant to the
Honorable Commissioner
for Women Affairs &
Social Development*

Life is guided by vision.
Every meaningful
achievement begins with
a dream that shapes our
thoughts, decisions, and

actions.

As a young girl, your future is in your hands. The depth of your passion and the strength of your determination will influence how far your dreams take you. You were created for more than average thinking. Within you are imagination, courage, creativity, and the potential to make a lasting impact on the world.

To **dream big** means giving yourself permission to imagine a future without limits. Picture the career you desire, the problems you hope to solve, the lives you want to influence, and the person you aspire to become. It does not matter where you begin; what matters is the direction of your vision.

The Bible reminds us:

"Though your beginning was small, yet your latter end would greatly increase." Job 8:7

Ask yourself:

- What problems do I want to solve?
- What kind of woman do I want to become?
- What would I attempt if I knew I could not fail?

Write down your dreams. Speak to them aloud. Return to them often. Most importantly, break them into small, achievable goals so that each day brings you closer to your destination.

Shine Bright

Shining brightly means allowing your gifts, character, and perseverance to become visible.

You shine when you:

- Continue learning.
- Develop your skills.
- Serve others.
- Show kindness.
- Keep going even when life becomes difficult.

True success is not measured by personal achievements alone. Your light becomes even brighter when it helps others discover theirs. Remember, shining does not require perfection. It requires authenticity. You will encounter doubt, comparisons, criticism, and setbacks. These are not signs of quitting, they are opportunities to grow stronger.

Whenever fear whispers that you are not enough, answer it with action. Take one more step. Learn one more skill. Ask for guidance. Remember how far God has already brought you. Surround yourself with people who encourage your growth and protect your dreams from voices that seek to discourage you.

Here are a few practical steps you can take today:

1. Write down one big dream and place it where you will see it every day.
2. Set one achievable goal each week that moves you closer to that dream.
3. Learn something new every month through a book, course, or mentor.
4. Build relationships with people who encourage your growth.
5. Celebrate every milestone, no matter how small.

Small victories eventually become great achievements. Never allow other people's expectations to define your future.

Your dreams matter.

Your voice matters.

Your light matters.

Dream boldly.

Shine brightly.

The world is waiting for what only you can offer.

Comrade Akindele Joshua Ibukun



DEAR GIRL, YOUR VOICE MATTERS-USE IT.

By Moyosola Eden

Many girls carry a silent burden not because they have nothing to say, but because they are unsure whether their voices truly matter.

Let this be your reminder:

Your voice is a gift, and it carries purpose.

The Bible says:

"Death and life are in the power of the tongue, and those who love it will eat its fruit." Proverbs 18:21 (NKJV) Your words are not empty. They have the power to encourage, inspire, heal, and transform lives. God never intended for you to hide your voice. Speaking up is not an act of pride, it is an act of courage and responsibility. Using your voice may feel uncomfortable at first. Your hands may tremble. Your voice may shake.

You may wonder whether anyone will listen. Speak anyway. Courage is not the absence of fear; it is choosing to act despite it. You do not have to be loud to be powerful.

Sometimes, one honest conversation, one firm "No," or one courageous truth can change a life. Do not allow fear, rejection, or self-doubt to silence you.

Speak when it matters.

Stand when it is difficult.

Share the purpose God has placed within your heart.

Your voice carries influence.

Your words carry purpose.

And the world needs what only you can say.

I'm cheering you on, dear girl.

SHINE BRIGHT: LET YOUR LIGHT SPEAK

Dreaming is the beginning. Shining is the evidence. To shine brightly means living in a way that reflects excellence, kindness, confidence, and integrity. It is not about being loud; it is about being impactful.

Just as one star does not compete with another but shines in its own place, you are not in competition with anyone. Your light is unique, so do not hide it. The world needs your light.

Shine in:

- Your academics
- Leadership
- Service
- Character

Let your actions speak louder than your words and let your light inspire others to become the best versions of themselves.

— John Eucharía



FROM DREAMING TO SHINING:

The Power of Action

FROM DREAMING TO SHINING: THE POWER OF ACTION

Dreams without action remain wishes. Shining requires preparation. Here are practical steps to help turn your dreams into reality:

1. **Set Clear Goals:** Turn your dream into specific and measurable goals.
2. **Build Skills:** Take courses, read books, and learn from mentors.
3. **Develop Confidence:** Confidence grows when you prepare and practise.
4. **Surround Yourself with Positive Influences:** Stay close to people who encourage your growth.
5. **Pray and Stay Focused:** Commit your plans to God and remain consistent.

Your journey may not always be easy, but challenges help polish your shine.

When a girl dreams big and shines brightly, she doesn't just change her own life, she changes the world.

This camp is not just an event; it is a launching pad.

A place where dreams are ignited.

A space where confidence is built.

A moment where you decide to shine.

— John Janet





IMPACTFUL TEENS OF THE ALPHA GENERATION

By **Adaramola Emmanuel**

Executive Director, EWCF

Introduction

Every generation is remembered for something significant. Some generations are defined by remarkable individuals, while others are remembered for the events and circumstances that shaped their time.

The Bible records that there were fourteen generations from Abraham to David, fourteen generations from David to the Babylonian exile, and fourteen generations from the exile to the birth of Jesus Christ (Matthew 1:17). Since then, many generations have come and gone, each leaving its own unique mark on history.

In recent history, the generations are commonly classified as follows:

- **Baby Boomers** (1946–1964)
- **Generation X** (1965–1980)
- **Millennials (Generation Y)** (1981–1996)
- **Generation z or iGeneration** (1997–2012)
- **Generation Alpha** (2013 onwards)

Today's teenagers belong largely to **Generation Alpha**, a generation growing up in one of the most technologically advanced periods in human history.

Characteristics of Generation Alpha

1. Digital Natives

Generation Alpha is often called the **digital generation** because technology has been part of your life since birth. Smartphones, tablets, artificial intelligence, and the internet are woven into your daily experiences.

Technology now influences how people communicate, learn, work, build relationships, worship, and entertain themselves. As members of this generation, you are citizens of a rapidly changing digital world.

2. Greater Participation in Decision-Making

Unlike previous generations, many children and teenagers today have greater opportunities to express their opinions within their families and communities.

Parents increasingly involve their children in discussions about education, careers, and personal development.

This gives you a voice, but it also gives you responsibility.

3. Access to Greater Educational Opportunities

Never have knowledge been so accessible.

With online learning platforms, digital libraries, educational videos, and artificial intelligence, you can learn almost anything from anywhere in the world. This generation has access to more educational resources than any generation before it. However, access to information alone is not enough. Wisdom comes from applying what you learn.

4. Technology Influences Attention

Technology has many benefits, but it also presents challenges. Constant notifications, endless scrolling, and instant entertainment can reduce attention spans and make it difficult to concentrate deeply. If not properly managed, technology can distract you from your goals instead of helping you achieve them. Use technology as a tool, not as a master.

5. A Generation Living Through Rapid Change

Generation Alpha is witnessing extraordinary changes in technology, climate, culture, education, and communication. Many traditional ways of living are evolving rapidly. To succeed, you must remain adaptable while holding firmly to godly values.

6. Reduced Parental Availability

Many parents today work demanding jobs or run

businesses that require significant time and attention. As a result, some young people spend less time with their parents than previous generations did. This makes it even more important to seek positive mentors, build healthy relationships, and develop personal responsibility.

God's Expectation for Generation Alpha

God has placed you in this generation for a purpose. Unlike previous generations, you have unprecedented opportunities to influence people around the world without leaving your home. Through technology, your words, ideas, talents, and testimony can reach someone in another country within seconds.

Jesus commanded His followers:

"Go into all the world and preach the gospel to every creature." Mark 16:15. Today, technology makes that mission more achievable than ever before. Use your digital platforms wisely. Share hope. Share truth. Share encouragement. Become a positive influence in your school, community, and online spaces. The world already has enough negativity. Choose to be a light.

Obstacles to Making a Positive Impact

1. Laziness

Success rarely comes to those who waste their time. Spending excessive hours sleeping or avoiding responsibility limits your potential. The Bible reminds us:

"A little sleep, a little slumber... and poverty will come upon you." Proverbs 24:33–34

Develop discipline and make good use of your time.

2. Wasting Time on Unproductive Activities

Many young people spend countless hours following celebrities, sports teams, fashion trends, or endless social media content. While entertainment has its place, it should never consume the time meant for developing your future.

Ask yourself:

"Am I building my future, or simply watching other people build theirs?"

Use your time to learn valuable skills, read books, discover your purpose, and improve yourself.

3. Living for People's Approval

Many teenagers become overly concerned with

appearance, popularity, or fitting in. While there is nothing wrong with presenting yourself well, your identity should never depend on the opinions of others. Character will always outlast popularity. Invest more in becoming a person of integrity than in impressing people.

4. Following the Crowd

Not every crowd is headed in the right direction.

Some people influence others positively, while others encourage poor decisions.

The Bible says:

"Let no one despise your youth, but be an example..." 1 Timothy 4:12

Do not follow the crowd simply because you want acceptance.

Instead, become someone worth following.

Lead by your words, actions, attitude, and lifestyle.

Conclusion

Generation Alpha has been entrusted with remarkable opportunities.

You possess knowledge, technology, and resources that previous generations could only imagine.

The question is not whether you have influence.

The question is **how you will use it.**

Will you use your gifts to make the world better?

Will you point others toward Christ?

Will you become an example worthy of imitation?

The Bible reminds us:

"One generation shall praise Your works to another and shall declare Your mighty acts." — Psalm 145:4

Live purposefully.

Develop your gifts.

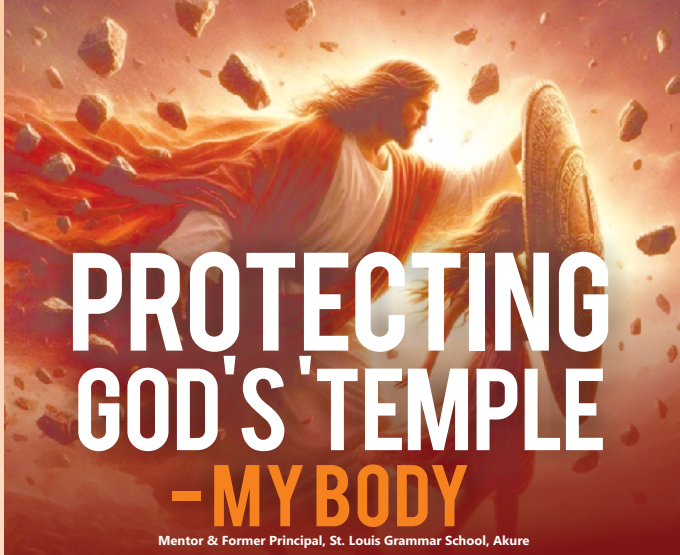
Serve others.

Stand for what is right.

Most importantly, allow your life to point others to God. The impact you make today has the power to shape generations yet unborn.

**ADARAMOLA
EMMANUEL**
Executive Director, EWCF





1. My Identity

Who am I in God's eyes? What is God's expectation for the body He has given me?

1 Corinthians 6:19–20

"Do you not know that your bodies are temples of the Holy Spirit... You were bought at a price. Therefore, honour God with your bodies."

What does this mean? It means that your body isn't just yours it is God's temple. A temple built by God is valuable, beautiful, and worth protecting. You do not neglect what is precious; you protect it. Therefore, we protect our bodies not because we are ashamed of them, but because we understand their worth.

2. What Does "Protecting" Mean?

To protect means to deliberately guard something with intention. In this article, we will consider three important areas where protection is needed.

A. Physical Protection

Physical protection includes:

- Getting adequate sleep
- Eating healthy food
- Maintaining good hygiene
- Saying no to a harmful or inappropriate touch
- Avoiding drugs
- Abstaining from early sexual activity

Protection is needed in all these areas because your body carries your purpose. When your body suffers, your ability to fulfil God's purpose for your life is affected.

B. Emotional Protection

Emotional protection involves guarding your heart against toxic words, unhealthy comparisons, and the pressure to dress or behave in ways that seek only to gain attention or approval.

Why does this matter?

People may try to influence your thoughts and decisions by occupying your mind with negative opinions. Don't allow anyone to live rent-free in your mind. Protect your peace,

know your worth, and remember who God says you are.

C. Digital Protection

Digital protection includes:

- Avoid posting nude or inappropriate pictures.
 - Do not engage in sexting.
 - Never meet strangers you have only met online without the knowledge and guidance of a trusted adult.
 - Think carefully before following online trends.
 - Protect your personal information and privacy.
 - Choose the right online platforms.
 - Most importantly, limit your use of social media.
- This is important because whatever you feed your mind will either build or weaken God's temple.

3. Building Boundaries

Healthy boundaries are love in action, not punishment.

A fence is built around a garden not because we dislike the plants, but because we want to protect them from anything that may destroy them before they reach maturity.

Likewise, we must learn to say "No" to anything that does not align with our values or make us feel safe. God has given us a voice, and we should use it confidently.

We must reject inappropriate touching and recognise that certain parts of our bodies are private. We should also have trusted adults we can speak to whenever we feel uncomfortable, unsafe, or confused.

4. Practical Steps

1. Begin each day with this confession:

"My body is God's temple. I will treat it with respect. I will not allow anyone to destroy the beautiful gift God has given me."

2. Review the apps on your phone and remove anything that encourages unhealthy habits or makes you feel less than God's beautiful creation.

3. Avoid walking alone whenever possible, and do not isolate yourself in private places with a member of the opposite sex.

4. If something inappropriate happens to you, do not remain silent. Speak out. Shame keeps people trapped in secrecy, but courage opens the door to healing. Tell a trusted adult. God restores.

Conclusion

Society and the media often say, "It's your body you can do

whatever you want with it."

God's Word teaches something different. Your body is His temple, and it deserves honour, care, and respect. The Bible reminds us that we are fearfully and wonderfully made in His image.

The question is simple:

Whose voice will you choose to believe society's or God's?



Mrs. Tope Obaweya
Mentor & Former Principal, St. Louis Grammar School, Akure



THE ART OF SELF-SPARK: REDEFINING BEAUTY

Introduction

Many people think beauty is only about physical appearance. However, true beauty goes beyond what we see on the outside. Beauty includes our character, talents, confidence, kindness, and uniqueness.

The art of self-spark means discovering and appreciating the special qualities that make you shine as an individual.

What Is Beauty?

Beauty is the quality that makes a person attractive, admirable, or valuable.

Beauty can be:

Outer Beauty – This refers to physical appearance, such as facial features, hairstyle, dressing, and body shape.

Inner Beauty – This refers to qualities such as kindness, honesty, humility, confidence, respect, and intelligence. Inner beauty often lasts longer and has a greater impact on others.

What Does It Mean to Redefine Beauty?

To redefine beauty means changing the way we think about beauty. Instead of believing that beauty is only about skin colour, height, body size, or expensive clothes, we should recognize that beauty also includes good character, talents, creativity, confidence, and a positive attitude.

Why Should We Redefine Beauty?

· **Everyone is Unique:** No two people are exactly alike. Each person has special qualities that make them valuable.

· **It Builds Self-Esteem:** When students appreciate themselves, they become more confident and productive.

· **It Reduces Unhealthy Comparison:** People stop comparing themselves unfairly with others.

· **It Encourages Respect:** Students learn to value others regardless of their appearance.



Characteristics of True Beauty

A truly beautiful person often demonstrates:

- Kindness
- Honesty
- Compassion
- Confidence
- Responsibility
- Respect for others
- A positive attitude

Moral Lesson

True beauty begins within. A person's character and actions often speak louder than physical appearance.

How to Appreciate Your Own Beauty

1. Accept yourself, including both your strengths and weaknesses.
2. Focus on your strengths and develop the talents and skills you possess.
3. Avoid unhealthy comparison. Compare yourself only to the person you were yesterday.
4. Celebrate your progress. Be proud of every improvement, no matter how small.
5. Believe in your worth. Understand that you do not have to depend on other people's opinions to recognize your value.

Conclusion

Every individual is unique and valuable. True beauty is not limited to physical appearance but also includes character, talents, and positive values. By appreciating our uniqueness and rejecting unrealistic standards, we can confidently recognize ourselves as masterpieces created with purpose and potential.

Oluloro Esther

THE IMPORTANCE AND VALUE OF THE GIRL CHILD IN SOCIETY



The girl child is an important and valuable part of every family, community, and nation. She is a symbol of hope, strength, and the future. Every girl child deserves to be loved, protected, educated, and given equal opportunities to succeed in life. A society that cares for its girl child is a society that is preparing for a better tomorrow.

The girl child plays many important roles in society. She grows to become a mother, a leader, a teacher, a doctor, an engineer, a business owner, and many other great things. Behind many successful homes and communities are women who were once little girls with dreams. This is why it is important to nurture and support every girl child from a young age.

Education is one of the greatest gifts that can be given to a girl child. When a girl is educated, she becomes empowered to make good decisions, care for herself, and contribute positively to society. Education helps her discover her talents and fulfil her potential. Unfortunately, in some parts of the world, girls are still denied access to education because of poverty, cultural beliefs, or discrimination. This limits their future and affects the growth of society.

The girl child also deserves equal rights and opportunities, just like the boy child. She should not be treated as less important because of her gender. She should have the freedom to express herself, pursue her dreams, and participate in decisions that affect her life. Every child, whether male or female, deserves respect and dignity.

Many challenges face the girl child today. Some girls experience child labour, early marriage, violence, abuse, and neglect. These issues prevent them from enjoying their childhood and achieving their goals. It is the responsibility of parents, communities, schools, and governments to protect girls from harm and ensure that they grow up in a safe and supportive environment.

Supporting the girl child means investing in the future. When girls are given proper education and opportunities, they grow into strong women who can uplift their families and communities. Many great women in the world today, such as Ngozi Okonjo-Iweala and Malala Yousafzai, were once young girls who were encouraged to dream big and work hard.



In conclusion, the girl child is a treasure that should be valued and protected. She has the power to change the world when given the right support. Every society should promote the education, health, safety, and rights of the girl child. By empowering girls today, we are creating a brighter, stronger, and more successful future for everyone.

Precious Adepoju

POEM

Girls are:

Gratefully Gallant,
Intelligently Inclusive,
Resilient in Leadership and
Stewardship.

Good girls are:

Engaging,
Insightful,
Refreshing,
Logical, and
Straightforward.

That's who **G.I.R.L.S.** are!

Most girls are:

- **G** – Graceful
- **I** – Intellectual
- **R** – Radiant
- **L** – Legendary
- **S** – Smart

What kind of girl are you?

Gaiety?

Idealistic?

Representational?

Laudable?

OTHER GIRLS ARE:

- **Generous**, which makes them **Gracious**
- **Imaginative**, which makes them **Innovative**
- **Responsible**, which makes them **Reasonable**
- **Loyal**, which makes them **Loving**
- **Studios**, which makes them **Stand Out**

Which girl are you?

Gifted yet gentle?

Inquisitive yet inspiring?

Respectful yet resourceful?

Learning yet leading?

Every girl needs to be **Genuine, Impeccable, and**
Reliable to be **Likable**.

Arise and choose the girl you want to become!

— Grace Adedeji



PRE-MARITAL COUNSEL TO YOUTHS



"Without counsel purposes are disappointed: but in the multitude of counsellors, they are established."

Proverbs 15:22 (KJV)

Introduction

Marriage occupies, on average, more than half of a person's lifetime. For example, if you marry at the age of 30 and live to be 70 years old, you will have spent 40 years as a married person. Marriage can either make or mar a person's life. It is therefore necessary and wise to be well informed while preparing to get engaged.

This tract is written primarily to guide unmarried youths (i.e., before proposing marriage or accepting a proposal).

The Counsel

1. Pray deliberately and consistently about getting engaged to the right partner (e.g., daily or weekly).
2. Read relevant Christian literature (books or tracts) to gain a better understanding of courtship and marriage.
3. Attending marriage seminars organized for youths.
4. Before proposing to a sister, or before responding to a proposal from a brother, seek counsel from any of the

following: your church pastor, A Christian marriage counsellor, Your parents, especially if they are Christians, An elderly married Christian of integrity

5. Avoid infatuation ("love at first sight") and be convinced of God's clear leading before making or accepting a proposal. This again highlights the importance of prayer and godly counsel.
6. Do not be desperate. Avoid an unequal yoke (that is, do not become engaged to an unbeliever someone who is not born again even if he or she attends church). Do not attempt to use any ungodly or manipulative means to win a partner, as the outcome is often disastrous and filled with regret. Likewise, do not harass or pressure anyone, especially sisters, into accepting your proposal.
7. While it is right to pursue someone you are genuinely attracted to, remain patient and accept God's choice for you. God's choice may not always fit every desire of your heart. Remember, all that glitters is not gold. God's choice is always the best. *"Through wisdom a house is built, and by understanding it is established."* Proverbs 24:3 (NKJV)

Conclusion

May you choose wisely.

May you choose right in Jesus' name. Amen.

— Ven. Prof. Akin Laseinde



GIRL CHILD EDUCATION:

A KEY TO NATIONAL DEVELOPMENT

Education is one of the greatest investments any nation can make. When a girl child is educated, she is empowered to improve not only her own life but also the lives of her family, community, and nation. Educating girls is not merely a social responsibility it is a vital step toward sustainable national development.

The girl child deserves equal access to quality education, regardless of her background, economic status, or cultural beliefs. Every girl has the right to develop her talents, pursue her dreams, and contribute meaningfully to society.

An educated girl grows into a confident and informed woman. She is better equipped to make sound decisions, care for her health, support her family, and participate actively in community development. Education also reduces poverty, promotes gender equality, and improves the overall well-being of society.

Unfortunately, many girls still face barriers to education. Poverty, early marriage, gender discrimination, child labour, and cultural practices continue to prevent many girls from attending school or completing their education. These challenges limit their opportunities and hinder national progress. Parents, teachers, religious leaders, communities, and governments all have important roles to play in ensuring that every girl child has access to education. Creating safe learning environments, providing scholarships, encouraging girls to remain in school, and challenging harmful cultural practices are practical ways to support the education of girls.

When we educate a girl, we educate a family, a community, and a nation. The knowledge, skills, and values she acquires become tools for positive change and lasting impact.

Every girl should be encouraged to dream big, work hard, and believe in her ability to succeed. With the right education and support, she can become a leader, an innovator, a problem solver, and a source of inspiration to others.

Conclusion

Girl child education is not an option it is a necessity. Investing in the education of girls is investing in a brighter future for everyone. Let us continue to support, encourage, and empower every girl child to learn, grow, and fulfil her God-given purpose.

— Mrs. Omobolanle Akinyemi



PERSONAL GROWTH AND DEVELOPMENT

THAT COME WITH ENTREPRENEURSHIP INCLUDES

As we know, entrepreneurship means starting your own business. It is about trying new ideas, taking calculated risks, and organizing resources to create products or services that meet people's needs. Entrepreneurship is about identifying opportunities, solving problems, and creating value. So, how does personal growth come into play? Starting a business transforms you as a person, not just financially. You learn new skills, step outside your comfort zone, and become more resilient. Along the way, you discover your strengths, improve your weaknesses, and develop confidence in your abilities.

Personal Growth and Development Through Entrepreneurship Self-Discovery

When you start a business, you gain a deeper understanding of yourself. You discover your strengths and identify areas where you need to improve. You may realize that you are good at negotiating with suppliers, communicating with customers, or leading a team. You may even discover a passion that can become a successful business. For example, if you are passionate about protecting the environment, you could start an eco-friendly business.

Increased Confidence

Overcoming business challenges, such as raising capital or selling your products, builds confidence. Every success, no matter how small, strengthens your belief in yourself. Taking calculated risks and seeing positive results also increases your self-confidence. For instance, successfully launching a new product can motivate you to pursue even bigger goals.

Enhanced Resilience

Starting a business is rarely a smooth journey. It comes with challenges, setbacks, and unexpected obstacles. When things do not go as planned, such as poor sales or financial losses, you learn how to adapt, recover, and keep moving forward. Learning from mistakes and adjusting your approach helps you become more resilient. If one business idea fails, you can improve it or develop a new one.

Skills Developed Through Entrepreneurship Time Management

Running a business requires balancing multiple responsibilities, including production, marketing, customer service, and financial management. Effective time management involves prioritizing tasks, setting deadlines, and avoiding procrastination. Using calendars, to-do lists, and daily schedules can help you stay organized. For example, you may dedicate your mornings to production and your afternoons to customer engagement.

Self-Discipline

Entrepreneurship requires self-discipline. You must stay committed to your goals, even when you do not feel motivated. Break large tasks into smaller, manageable steps, and reward yourself when you complete important milestones. For example, you can establish a daily routine that includes work, exercise, and time for rest.

Problem-Solving

Every entrepreneur encounters problems that require practical solutions, whether they involve technology, finances, or marketing. Good problem-solving involves identifying the root cause of a problem, considering different solutions, and choosing the most effective one. Techniques such as the **Five Whys** and **SWOT Analysis** can be very helpful.

The **Five Whys** involves asking "Why?" repeatedly until you discover the root cause of a problem.

SWOT Analysis helps you evaluate:

- **Strengths**
- **Weaknesses**
- **Opportunities**
- **Threats**

For example, if a product is not selling well, you can review customer feedback, identify the cause (such as ineffective marketing), and develop a better marketing strategy.

The Importance of Continuous Learning and Adapting to Change

The business world is constantly evolving with new technologies, ideas, and market trends. To remain competitive, entrepreneurs must commit to continuous learning.

Online learning platforms such as **Coursera** and **Udemy**, industry publications, networking events, and mentorship opportunities provide valuable knowledge and skills.

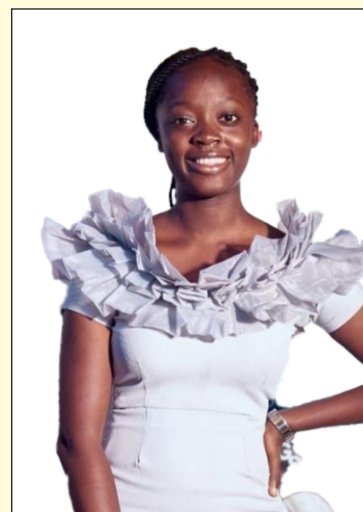
For example, you can take an online course to improve your digital marketing skills and expand your business.

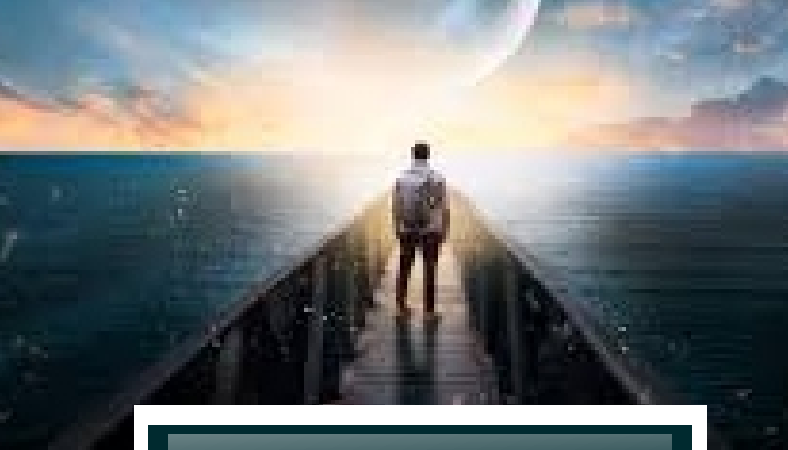
Conclusion

Entrepreneurship is more than building a business, it is about building yourself.

As you pursue your entrepreneurial journey, continue learning, embrace change, and apply the lessons you gain through every experience. Personal growth is a lifelong process, and every challenge you overcome prepares you for greater success.

— Itunu Adeyemo





DREAMING BEYONDLIMIT

In many societies, girls are often told what they can or cannot do simply because of their gender. From a young age, expectations are placed on them about how they should behave, what careers they should pursue, and how far they should dream. These expectations are known as **gender stereotypes**, and they can limit a girl's full potential if she believes them.

Breaking gender stereotypes means refusing to accept limitations placed on you simply because you are a girl. It means understanding that your dreams are valid, your voice matters, and your abilities are defined not by society but by your determination, skills, and mindset.

To dream big, a girl must first free her mind from limiting beliefs. You can be a scientist, an engineer, a leader, an entrepreneur, or anything you set your heart on. No field is reserved exclusively for men. Around the world, women are breaking barriers and excelling in areas once considered **male-dominated**. Their success proves that gender does not determine capability, effort and courage do.

However, breaking stereotypes is not always easy. There may be discouragement, criticism, or even doubt from others. Some people may say, *"This is not for girls,"* or *"You should choose something easier."* In such moments, it is important to stay strong, believe in yourself, and remember your dreams. Confidence becomes your shield, and determination becomes your strength.

To shine brightly, a girl must boldly express her talents and use her voice. Shining brightly means standing out, even when it feels uncomfortable.

It means taking up space, asking questions, leading initiatives, and refusing to shrink yourself to fit into society's expectations.

Education and exposure play key roles in breaking stereotypes. When girls are given access to knowledge, mentorship, and opportunities, they begin to see possibilities beyond traditional roles. They learn that they can achieve greatness and contribute meaningfully to society.

Support systems are also important. Parents, teachers, mentors, and organisations like this camp help create an environment where girls feel safe to explore their dreams. Encouragement and guidance can make a significant difference in helping a girl rise above limitations.

Most importantly, breaking gender stereotypes start from within. It begins with how you see yourself. Do you believe you are capable? Do you believe your dreams are valid? When you change your mindset, you begin to change your reality.

The message of **"Dream Big, Shine Bright"** reminds every girl that she is not meant to live small or remain hidden. You are meant to rise, shine, and make an impact. As Isaiah 60:1 reminds us: *"Arise, shine; for your light has come."* This is your time to step forward boldly and confidently.

In conclusion, breaking gender stereotypes is about courage, self-belief, and determination. It is about refusing to be limited and choosing to live fully. When girls break barriers, they not only change their own lives they also open doors for others to follow.

So, dare to dream beyond limits, stand tall in your uniqueness, and shine brightly in everything you do.



Promise

BECOMING YOUR BEST SELF.

Growing up as a young girl can sometimes feel confused, but always remember this: **YOU ARE ENOUGH JUST AS YOU ARE.**

You don't have to be like anyone else. Your journey is unique, and that is your strength.

There will be challenges and moments when you feel like you're not good enough. Don't let those moments define you. Instead, learn from them and keep moving forward. Speak kindly to yourself and believe that you are growing every day.

Don't compare yourself to others. Everyone has their own path, so focus on becoming better little by little, and celebrate your progress, no matter how small.

Your worth is not based on your appearance but on who you are on the inside—your kindness, confidence, and strength. Take care of yourself because you value yourself, not because you seek approval from others.

Dream big and don't be afraid to pursue what you want. Stay focused, work hard, pray faithfully, and don't give up easily. Also, surround yourself with friends who support and uplift you.

**Always remember: YOUR VOICE MATTERS.
YOUR PRESENCE MATTERS.
YOU ARE BECOMING SOMEONE AMAZING.**

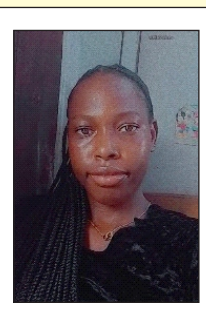


BLESSING GABRIEL.



SPEAKING OUT!

We have heard of various cases that have cost people their lives because they were afraid to **speak out**. Speaking is the ability to confide in or open to someone, especially a trusted person.



It means pouring out your heart to trusted individuals such as parents, guardians, mentors, pastors, teachers, or siblings when you are facing challenges, even when you have been subjected to threats, torture, blackmail, bullying, molestation, domestic violence, or assault.

Basic Requirements for Speaking Out

- Courage
- Determination
- Truthfulness
- Self-esteem
- Confidence
- The ability to overcome fear
- Decision-making

Situations Where You Should Speak Out

- Bullying
- Blackmail
- Molestation
- Assault
- Domestic violence
- Any form of abuse or intimidation

People You Can Speak To

- Parents or guardians
- Teachers
- Religious leaders
- Counsellors or therapists
- Trusted elders in your community

Speaking out may seem difficult because it requires trusting someone enough to be vulnerable. However, in certain situations, it is necessary. Never suffer in silence. Learn to speak out whenever you find yourself in situations that threaten your safety, peace, or well-being.

Your voice can save your life, and it may also save someone else's.



Overcoming Negative SELF-TALK

Negative self-talk is the inner dialogue that involves self-criticism, self-doubt, and negative self-labelling. It is often characterized by absolute and catastrophic thinking. This persistent inner voice can undermine an individual's confidence, self-worth, and overall well-being.

This type of self-talk can become automatic and habitual, making it difficult to recognize and change without conscious effort and practice. However, by acknowledging and understanding negative self-talk, individuals can take the first steps toward developing a more positive and compassionate inner dialogue.

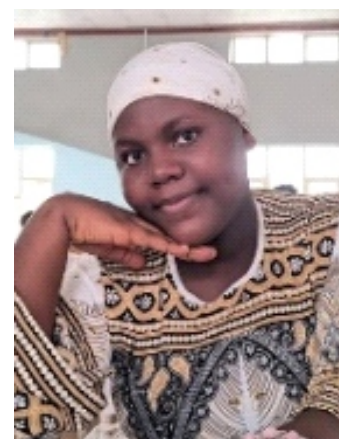
Disadvantages of Negative Self-Talk

- 1. Low Self-Esteem:** Negative self-talk can lower self-esteem, confidence, and self-worth, making it difficult to achieve personal and professional goals.
- 2. Anxiety and Stress:** Engaging in negative self-talk can increase anxiety and stress levels, contributing to feelings of overwhelm and burnout.
- 3. Impaired Relationships:** Negative self-talk can affect relationships with others, leading to difficulties in communication, trust, and intimacy.
- 4. Decreased Motivation:** Constant self-criticism can reduce motivation, leading to procrastination and a lack of enthusiasm for daily activities.
- 5. Mental Health Concerns:** Persistent negative self-talk can contribute to mental health challenges such as depression, anxiety disorders, and eating disorders.

Ways to Overcome Negative Self-Talk

- 1. Practice Self-Awareness:** Recognize and acknowledge patterns of negative self-talk. Become more mindful of your thoughts and emotions.
- 2. Challenge Negative Thoughts:** Question the accuracy of negative thoughts and replace them with balanced and realistic perspectives.
- 3. Cultivate Self-Compassion:** Treat yourself with kindness, understanding, and patience, just as you would treat a close friend.
- 4. Focus on Your Strengths:** Remind yourself of your abilities, achievements, and positive qualities to build confidence and self-esteem.
- 5. Develop a Growth Mindset:** View challenges and setbacks as opportunities to learn and grow rather than as failures or personal inadequacies.

By becoming more aware of negative self-talk and intentionally applying these strategies, you can develop a healthier, more positive inner dialogue that promotes emotional well-being, confidence, and personal growth.





BODY POSITIVITY AND SELF-ACCEPTANCE:

FOSTERING GROWTH MINDSET

A growth mindset refers to the belief that one's abilities and intelligence can be developed through hard work, dedication, and persistence.

A growth mindset is a way of thinking that focuses on learning, progress, and self-improvement rather than trying to prove oneself or achieve perfection.

Ways to Foster a Growth Mindset

1. **Emphasize Effort Over Talent:** Focus on the process of learning and improving rather than on innate talent or ability.
2. **View Challenges as Opportunities:** See challenges and setbacks as opportunities to learn and grow rather than as threats to your ego or self-image.
3. **Practice Self-Reflection:** Regularly reflect on your thoughts, feelings, and actions to identify areas for improvement.
4. **Seek Feedback:** Ask for feedback from others and be open to constructive criticism.
5. **Celebrate Progress:** Acknowledge and celebrate small wins and the progress you make along the way.
6. **Focus on Learning:** Prioritize learning and self-improvement over external validation or achievement.
7. **Develop a Growth-Oriented Vocabulary:** Use language that emphasizes growth, progress, and learning.
8. **Cultivate Resilience:** Develop healthy coping strategies and learn to bounce back from setbacks and failures.

9. **Find Role Models:** Surround yourself with people who embody a growth mindset and can inspire and motivate you.

10. **Take Calculated Risks:** Step outside your comfort zone and take calculated risks that challenge you and help you grow.

Applying a Growth Mindset to Body Positivity and Self-Acceptance

A growth mindset can be particularly helpful when it comes to body positivity and self-acceptance. By focusing on progress, self-improvement, and self-care, individuals can develop a healthier and more accepting relationship with their bodies.

This may include:

1. **Practicing Self-Care:** Engage in activities that promote physical and emotional well-being, such as exercise, meditation, or spending time in nature.
2. **Focusing on Function Over Form:** Appreciate what your body can do rather than focusing solely on its appearance.
3. **Challenging Negative Self-Talk:** Replace critical or negative thoughts with kind, encouraging, and supportive language.
4. **Seeking Supportive Relationships:** Surround yourself with people who promote positivity, encouragement, and self-acceptance.

By applying a growth mindset to body positivity and self-acceptance, individuals can cultivate a more compassionate, confident, and accepting relationship with themselves.

—TEMILOLUWA

KNOW YOUR WORTH



One thing many young people struggle with silently is insecurity. You can be smiling outside, posting pictures, laughing with friends, and still secretly feel like you are not enough. Sometimes, insecurity comes from comparison.

You see other people and suddenly begin questioning yourself:

"Why am I not as pretty as her?"

"Why is everybody doing better than me?"

"Why do I always feel less than others?"

Social media has made it even worse. Every day, we see perfect pictures, perfect lifestyles, perfect relationships, and perfect bodies. Without even realizing it, many young people slowly begin to dislike themselves.

I remember a time in my life when I had very low self-esteem.

I honestly didn't see anything special about myself. I didn't feel beautiful, wanted, or confident enough. I constantly felt that other people were better than me in every way.

Ironically, many people never noticed because I smiled a lot. I laughed and acted as though everything was fine, but deep down, I was hurting. That is the reality for many young people today.

Many people are secretly battling:

- Low self-esteem
- Comparison
- Feeling unwanted
- Feeling unnoticed
- Fear of not being enough

But here is something important you must understand: **God never created you to compete with another person's life.**

The Bible says we are **fearfully and wonderfully made**. That means there is purpose behind your existence.

You are never a mistake.

Your appearance is not a mistake.

Your personality is not a mistake.

Your journey is not a mistake.

One of the greatest dangers of comparison is that it blinds you to the beautiful things about yourself. You become so focused on what others have that you stop appreciating what God has given you.

Because of insecurity, some people begin to speak negatively about themselves:

"I'm ugly."

"I'm not smart."

"Nobody likes me."

But words are powerful. The more you speak negatively about yourself, the more your mind begins to believe those words. Instead of constantly putting yourself down, learn to speak life over yourself. Your attitude also matters.

Sometimes people become rude, proud, or harsh because they are secretly hurting inside. But rudeness is not confidence, and pride is not strength. As young people and children of God, we should carry ourselves with kindness, humility, and self-control.

Not every reaction is necessary.

Not every emotion should control your actions.

Learn to pause before speaking.

Learn to calm down before reacting.

Learn to treat people with kindness because you never truly know what someone else is battling in silence. At the end of the day, confidence is not believing you are better than others. Confidence is knowing your worth without needing constant validation from people.

Your value does not come from social media, your appearance, attention, or other people's opinions.

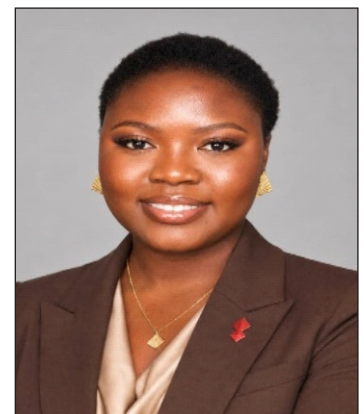
Your value comes from God.

So, stop being too hard on yourself.

Stop comparing your journey.

Stop speaking negatively about yourself.

There is only **one** you in this world, and **God did not create rubbish.**





SAVAYE ACADEMY

FOR FAMILY LIFE EDUCATION



UNDERSTANDING PERSONALITY TRAITS FOR FAMILY HARMONY

Introduction

Self-awareness and acceptance promote self-valuing and eliminates self-condemnation and shame. We are often the product of our distinct nature and the environment that nurtured us. Each person has unique personality traits that shape how they think, feel, and interact. Understanding these traits improves communication and harmony within families. The four classic personality types—choleric, sanguine, phlegmatic, and melancholic—are often linked to colors for easy identification.

"I thank you for the wonderful way that you have made me. Everything that you do is wonderful! I know it is true" Psalm 139:14 1.

Choleric (Red) the Leader Traits

- Confident, driven, goal-oriented, decisive.
- Strengths: Natural leader, strong-willed, thrives under pressure.
- Challenges: Can be controlling, impatient, or quick-tempered.
- Tips for Harmony: Allow them to lead but set boundaries to balance control, communicate directly and respect their need for efficiency.

Sanguine (Yellow) the People Person

- Traits: Energetic, outgoing, optimistic, and talkative.
- Strengths: Great at socializing, spreads joy, adaptable.
- Challenges: Can be disorganized, impulsive, or easily distracted.
- Tips for Harmony: Engage in fun activities and show enthusiasm for their ideas, provide gentle reminders to stay on track and finish tasks.

Phlegmatic (Green) the Peacemaker

- Traits: Calm, reliable, easygoing, empathetic.
- Strengths: Great listener, avoids conflict, steady under stress.
- Challenges: Can be indecisive, resistant to change, or overly passive.
- Tips for Harmony: create a peaceful environment and be patient with their slower pace. Encourage them to express their opinions and take initiative.

4. Melancholic (Blue) the Thinker

- Trait: Analytical, perfectionist, reserved, detail oriented.
- Strengths: Highly organized, thoughtful, creative problem-solver.
- Challenges: Can be overly critical, pessimistic, or rigid.
- Tips for Harmony: Acknowledge their need for order and support their creative pursuits. Offer reassurance to counter their self-doubt and perfectionism.

Living Harmoniously with Different Personality Types

- Communicate Clearly: Tailor your approach to each personality type—be direct with choleric, expressive with sanguine, calm with phlegmatic, and detailed with melancholic. Appreciate Differences, recognize each person's unique strengths and contributions. Non-Judgmental Acceptance, celebrate the differences rather than shaming, practice flexibility, be willing to adapt to others' styles to maintain balance and harmony. The following questions will help you to identify your dominant personality type.

Personality Type Test

Choose the option that best describes you

1. How do you approach tasks?

A. I take charge and focus on goals. (Choleric) B. I start enthusiastically but sometimes get sidetracked. (Sanguine) C. I prefer a steady, calm pace. (Phlegmatic) D. I analyze every detail before starting. (Melancholic).

2. How do you handle conflicts? A. I confront issues head-on and try to resolve them quickly. (Choleric) B. I joke or socialize to diffuse tension. (Sanguine) C. I avoid conflict and seek harmony. (Phlegmatic) D. I internalize and overthink the situation. (Melancholic).

3. What energizes you the most? A. Achieving results and leading others. (Choleric) B. Socializing and having fun. (Sanguine) C. Relaxing and spending time in peace. (Phlegmatic) D. Solving problems and perfecting ideas. (Melancholic)

How to Use Your Results

If most of your answers are A, your dominant trait is Choleric (Red). If most of your answers are B, your dominant trait is Sanguine (Yellow). If most of your answers are C, your dominant trait is Phlegmatic (Green). If most of your answers are D, your dominant trait is Melancholic (Blue).

Conclusion

By understanding your personality type and those of your family members, you can foster greater empathy, communication, and harmony in your relationships. Embracing and celebrating individual differences eliminates competition and comparison that breeds a sense of shame. or not being good enough. Action: Identify the dominant personality trait

Contact:

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Women's Cycle of Life is a curriculum designed to help women see themselves through God's eyes physically, spiritually and relationally. It is part of the much larger community Health Evangelism (CHE) Curriculum.

Many find it valuable to have special training in this curriculum before launching this part of their ministry. WCL Training of Trainers is periodically available online and in-person, in different locations and languages. WCL has been used to bring hope and healing to many women and families around our world.

The curriculum includes learning about the amazing way God created us, including women's health from puberty to menopause. Safer pregnancy, childbirth, infant care, and breastfeeding are discussed as well as healthy marriage, Consequences of sexual relation outside marriage, family relationships, Biblical truths that transform, Great Women of God, trafficking prevention and more.

For Training Contact: Precious Adaramola
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call: 09153875800

YOUR VOICE MATTERS:

EMPOWERING GIRLS THROUGH SELF-EXPRESSION

"A girl who learns to use her voice today becomes a woman who can change the world tomorrow."

Every girl has a unique voice, and that voice deserves to be heard. Self-expression is the ability to share our thoughts, feelings, ideas, and experiences in healthy and meaningful ways. It can happen through speaking, writing, art, music, dance, storytelling, or any activity that reflects who we are.

Many girls hesitate to express themselves because of fear, self-doubt, or the opinions of others. However, every voice matters. When girls speak up, they build confidence, develop leadership skills, and inspire those around them. Sharing ideas and experiences also helps create understanding and stronger connections with others.

Self-expression is not only important for personal growth but also for emotional well-being. It can reduce stress, improve self-esteem, and encourage girls to seek support when needed. Girls who are confident in expressing themselves are better prepared to face challenges and pursue their goals.

Families, schools, and communities should create safe spaces where girls feel respected and encouraged to share their thoughts. By empowering girls to use their voices, we help shape a future filled with confident leaders and changemakers.

Remember, **your voice is your power.** Speak with confidence, share your story, and let your light shine.

By Omotosho Esther



Dream BIG, SHINE BRIGHT



What exactly does it mean to dream big? Or what is a dream? The Oxford Dictionary defines a dream as a **series of images, thoughts, and emotions that occur during sleep.** However, from a biblical perspective, dreams are not limited to what we experience while asleep. Dreams can also be the vision and purpose God places in our hearts while

we are fully awake and conscious.

Every human being should be a dreamer. It is important to understand that dreams are often shaped by our thoughts and the activities of our minds. As teenagers and children of God, we are expected to dream big—not only while we sleep but also while we are awake. We should dream about our future, our purpose, our desires, and where we believe God is leading us.

A person without a dream easily becomes complacent, and complacency prevents growth and progress in life.

How Do I Dream Big? Dreaming big begins with your thought life. **Proverbs 23:7a** says: *"For as he thinketh in his heart, so is he."* Our thoughts should be guided by the Word of God. We should dream about the future God has promised us through His Word. He says we are **the head and not the tail**—so picture yourself as a leader. He says, **"With long life will I satisfy him and show him My salvation."** See yourself living a long, fulfilled, and purposeful life. He says He will bless you and make you a blessing. See yourself prospering and positively impacting the lives of others. That is how to dream big.

Dream God's Word concerning your future. **Shine Bright** The Word of God enables us to shine brightly when we believe it, meditate on it, and live by it. Dreaming alone is not enough. You must also live intentionally by making decisions that align with your dreams. Develop godly character, remain diligent, and trust God throughout the process. Your light shines brightest when your life reflects God's purpose. Do not allow fear, doubt, or the opinions of others to stop you from becoming everything God has created you to be.

Remember:

- Dream with faith.
- Live with purpose.
- Walk in obedience.
- Shine for God's glory.

When you dream according to God's Word and follow His direction, your life will become a testimony that inspires others.

—Olufunke Arogundade

Riddles

FOR YOUNG CHILDREN

What has a face but no eyes?

= Answer: A clock.

What can you catch but not throw?

= Answer: A cold.

What has hands but cannot clap?

= Answer: A clock.

What has a neck but no head?

= Answer: A bottle.

What comes down but never goes up?

= Answer: Rain.

What has four legs but can't walk?

= Answer: A table.

What has ears but cannot hear?

= Answer: A cornfield.

What can travel around the world while staying in a corner?

= Answer: A stamp.

What has a bark but no bite?

= Answer: A tree.

What has one eye but cannot see?

Answer: A needle.



PROVERB

- Train your child in the way he should go even when he is old he will not depart from it. **Proverb 22:6**
- A child is what you put into him Discipline your children and they will give you peace; they will bring you the delights you desire. **Proverb 29:11**
- Folly is bound up in the heart of a child but the rod of discipline will drive it far away. **proverb 22:15**
- A child can be taller than his father but can never be older than his father
- What an old man see whilst sitting down, a young man cannot see even if he climb the highest mountain
- A child who ask questions is not stupid
- One hand does not nurse a child
- The child who is not embraced by the village will burn it down to feel its warmth
- Empty barrels make the most noise
- The best time to plan a tree was 20 years ago The second best time is now
- If you want to go fast, go alone. If you want to go far go together.



Husband: "Hello, Dear. How did everything go today?"

Wife: "Oh, I had a little argu-ment with the water department."

Husband: "Who won?"

Wife: "Nobody. It was a tie. They don't get any money, and we don't get any water."

A man suddenly started feeling horrible and was sent to the hospital. The next day the doctor had a talk with the man's wife. He said, "Your husband has been suffering from serious stress. If immediate action is not taken, he could die in a very short time."

The woman replied, "What type of immediate action?"

The doctor said, "You must provide a stress-free environment in your home. For the next two weeks, make wonderful meals for him every day. Also, you must be sure that you don't nag him or stress him in any way."

On the drive home from the hospital, her husband asked, "So what's wrong with me, Honey?"

The woman paused for a moment, and then replied, "Sorry, Bert, but you're going to die."

Two college students were talking:

Bob: "John, you look all bro-ken up. What's the matter?"

John: "I wrote home for money for a study lamp."

Bob: "So what's the problem?"

John: "They sent the lamp."





LAUNCHING OF GAF MAGAZINE 2025 EDITION



2025 GIRLS' CAMP TRAINING



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PRODUCTION OF YOGHURT

Local yogurt production in Nigeria relies heavily on reconstituted powdered milk, which is both accessible and cost-effective. The process involves dissolving milk powder in water, heating, and fermenting with active cultures. Producers often infuse native flavors and ingredients to suit the local market.

Essential Ingredients Milk Base:

Full cream or filled powdered

milk (e.g., Peak, Dano, or Three Crowns) is the standard. Starter Culture: Plain natural yogurt or Greek yogurt containing active, live cultures (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*).

Sweeteners & Flavors: Granulated sugar, vanilla essence, strawberry extract, or local infusions like ginger, cloves, and cinnamon.²

Step-by-Step Production

Process Reconstitution: Dissolve the powdered milk in warm/lukewarm water (a common ratio is roughly 125g of milk powder to 1 liter of water). **Pasteurization (Optional but recommended):** Heat the milk mixture to about 85°C briefly to kill unwanted bacteria, then allow it to cool down to an optimal incubation temperature (around 43°C or 110°F).¹

You should be able to comfortably hold a clean finger in the milk for 10 seconds without it burning.

Inoculation(Adding Culture): Gently stir in the starter culture (about 2 to 4 tablespoons per liter of milk). Ensure it is mixed thoroughly to avoid lumps. **Inoculation (Adding Culture):** Gently stir in the starter culture (about 2 to 4 tablespoons per liter of milk). Ensure it is mixed thoroughly to avoid lumps.

Flavoring & Cooling: Once set, whisk the yogurt and add sugar and flavorings to taste. Transfer the yogurt into a refrigerator to chill before consumption or sale.

Business & Commercial Setup Capital Requirements:

Starting a small-scale production in Nigeria can cost between ₦40,000 to ₦200,000 depending on scale and packaging.

Packaging: Local producers typically package the yogurt in disposable plastic bottles (commonly known as "drinkable yogurt") and sell them in bulk to schools, local shops, or offices.

Regulations: Commercial producers selling to the broader public must register their business and facility with the NAFDAC (National Agency for Food and Drug Administration and Control) to ensure consumer health and safety compliance.



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:

Dream **BIG,** **SHINE BRIGHT**

Isaiah: 60 vs 1

 26th July - 2nd August, 2026

GIRLS' CAMP 2026

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



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