

6. Sleepovers

It is very important that parents you do not allow your children to go for sleep overs at friends, neighbours, relatives, etc homes. Do not also allow children also from the above named to come for sleep overs in your homes. We have learnt during our psychosocial support programmes that during such sleep overs children have been introduced to some anti-social behaviour like illicit girl to girl relationships, drug and substance abuse, sex merry go round, pornography, etc. **This is the sad reality.** Do not trust your children's friends at face value. Most of them have hidden agenda/motives. In their words "we are in illicit girl to girl relationships because our parents trust us when we say we are visiting girls as opposed to boys". Kindly parents take this very seriously because during the covid 19 break (2020) a number of students were introduced to the anti-social behaviours by their girl friends. Be present, inquisitive and firm parents. Let your children know you are their parents and not their equal.

7. Suicidal Tendencies

This time round we have witnessed an upsurge of students wanting to commit suicide. Also a sad reality. We thank God that we were able to offer help to some of these students. We are dealing with students who are going through emotional/psychological and depression. Majority of them have issues stemming from home. This is where we have dysfunctional families. Again we request you even as you have couple/family conflicts which at times are inevitable do not tear your children apart. Some students have resulted to cutting themselves (**self-harm**) on hands and thighs as a way of alleviating the emotional pain they are going through. Check your daughter carefully you may notice such signs on their hands, thighs, etc. Be there for your daughter and support them emotionally.

I wish you a blessed holiday with your daughter/ward.

Yours faithfully,

LUCY M. RUKUNGA (MRS)
CHIEF PRINCIPAL

