

Corpers' Watch

...creating awareness and saving lives

7TH EDITION
ISSUE 7



Values and Values Clarification

VALUES are beliefs, principles and standards that we assign importance to. They are things we prize, most dear to our hearts and are willing to publicly affirm.

Before something can be a full value, there are certain criteria's that must be met. It must be:

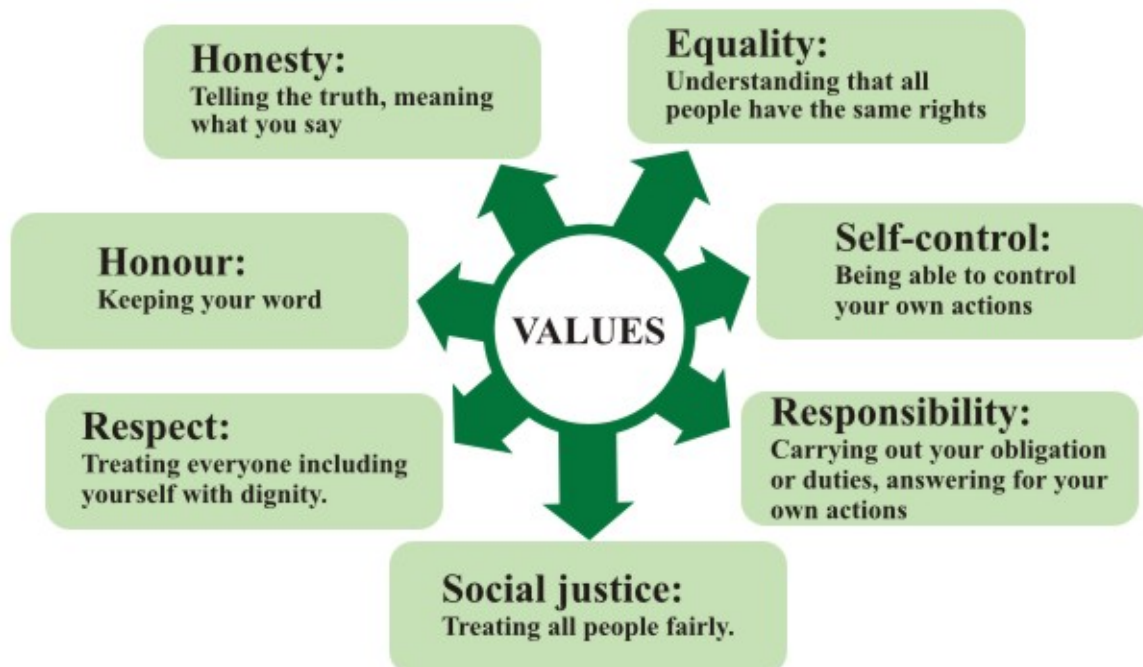
Chosen freely; Chosen from among alternatives; Chosen after due reflections; Prized and cherished; Publicly affirmed; Acted upon and Part of a repeated pattern of action

Importance of Values

Basic human values promote positive relationships among people

- 1.Values guide human behaviour, give purpose and direction to our lives
- 2.If we don't act according to our values, we may have feelings of low self-worth, guilt, unhappiness etc
- 3.Values affect our behaviour and choices
- 4.Understanding our values helps us to resist pressure to conform to other people's values and behaviour.

Basic Human Values



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ABC STRATEGY
OF HIV/AIDS;

MY ENVISION;

CAPTAIN'S CORNER

FOOD FOR THOUGHT;

AND SUDOKU GAME.

Values clarification is an approach to help individuals recognise their values and affirm them publicly (ability to take a position on an issue and defend it). It also gives

the individual the opportunity to recognise that most issues in life do not have one correct perspective to them.

The sources of our values and sexual attitude include: Peers; Family; Culture and tradition; Religion; Community; School; and Media



I am presently in the forming stage of my dream, trying to acquire the skills needed in becoming who I see myself becoming in the nearest time. I see myself as someone that will help in the improvement of quality of life that young people live.

My dream has always been to deliver humanitarian help irrespective of my profession; where i work or where I stay doesn't matter, what matters is the delivery and help I can render.

I want to lead the Nigerian youth with a sense of purpose. To do this, I would set up an NGO called PURPOSE FOUNDATION. This will enable Nigerian youth to live out their dreams. It will promote a sense of purpose from adolescence. it will create a forum where youth will be exposed to leadership training exercise to build the right type of leaders for this great leadership.

To be a role model for every young child that comes my way through daily interaction. To be an inspiration to young ones, by following the four cardinal qualities of leadership; Humility, Empathy, Integrity, and Resilience.

Youth Corpers/Community Mobilization Officers bear their minds on their visions, and drive towards community work and making an impact in their world.

For now, I see myself as trained personnel, as a channel through which lives will be saved, as a link between the rural populace and my organization. Also as a consultant, who would one day serve as a leader in this country, Nigeria.

I see myself now still in the building up process of acquiring knowledge and experience in my career, life and in the future. I see myself impacting in the life of others, and making relevance at every given space in time.

I want to be an all round philanthropist giving materially and in other forms of service, to start affecting lives positively through humanitarian services that will put a smile in other people's faces.



I want to improve myself in terms of my career, my skills so as to contribute even more to the betterment of the people I am already serving.

When I look back from where I am coming, I remember as a child the difficulties I faced in growing up, I would not want another child to go through that, I know for sure my service year with CPED is ordained by God, to give me the privilege to make an impact in the youth in the community wherein I am posted.

My dreams, and aspirations have started I will go out make an impact, leave a legacy and make it difficult for everyone to forget about me in a hurry.

ABC Strategy for HIV prevention

A: Abstain from all forms of sexual intercourse
B: Be faithful to one uninfected and tested partner
C: Consistent and correct use of condom
D: Desist from sharing of skin piercing objects
E: Education is vaccine for HIV/AIDS
F: Flee from all forms of risky behaviours that increases vulnerability to HIV/AIDS
G: Go for your HIV counselling and testing now
H: Heterosexual intercourse is the main mode of HIV transmission
I: Improve young people social and economic conditions to reduce vulnerability to HIV.
J: Join us today to fight this killer (HIV/AIDS) and build on AIDS competent community
K: know your HIV status
L: Less access to education and economic opportunity increase women vulnerability to HIV/AIDS
M: Mutual fidelity is better than multiple sex partners
N: No one should stigmatize and discriminate against people living with HIV/AIDS (PLWHAS).
O: Oral stimulation of the penis and female genitals without condom are unsafe sexual activities

P: Protect yourself from HIV is real
Q: Quit any relationship that brings about negative effect and undesirable sexual behaviours
R: Refused being transfused with unscreened blood
S: Step out today and tell people around you the dangers of unprotected sex.
T: Testing for HIV will help to prevent and control the spread of the virus.
U: Understanding our values helps us to resist pressure to conform to other people's values and behaviour.
V: Very small lesions that occur during sexual intercourse are the entry points for the AIDS Virus.
W: Window period is dangerous because it gives an infected individual a false sense of security if he/she is tested negatively. Therefore always repeat a negative HIV test from a reputable source after 3-6months.
X: X-ray cannot be used to detect HIV
Y: Young people need knowledge and skills about their sexuality to enable them make informed decisions.
Z: Zip up my brothers and sisters, e no dey show for face.
Kingsley Umaholen

**FOOD FOR
THOUGHT**

Life takes us places we least expect, what's most important is the impacts we make in the places we find ourselves.

Don't let your environment dictate the pace of your personal growth, but rather let your personality influence your environment.

The pride of a family is not in the wealth that it possesses but in the unity and the oneness they live in.

Death is inevitable it comes to all men at the appointed time.



The twelve basic SRH

Right to Life

No one's life should be put at risk or endangered due to pregnancy, child birth or gender. A pregnant woman needs to be protected from death due to pregnancy related sickness or delivery. A child, both unborn and newly born should not die due to preventable circumstances.

Right to Health Care and Health Protection

All people, male and female have a right to the highest attainable standard of physical and mental health. Services should respect clients' right to information, choice, privacy, dignity, continuity of service, access, safety,

confidentiality, comfort and to express views on services offered.

Right to Privacy

SRH users have a right to be examined and served in private. All sexual and reproductive health services should be kept secret. All information shared with service providers should not be disclosed. All persons have a right to independent reproductive choices.

Right to the Benefits of Scientific Progress

All people, males and females have a right to access and enjoy new drugs and scientific discoveries. The clients have a right to access new safe and acceptable methods and approaches related to reproductive health.

Right to Information and Education

All People, male and female have a right to get information and to be educated about sexual and reproductive health and their wellbeing as individuals and their families. This involves programmes that help service users make informed decisions.

Right to choose whether or not to marry

All persons, male and female has a right to choose whether to marry, who to marry and when to marry.

Right to decide whether or when to have children

All persons, male and female have the right to decide freely and responsibly when to start having children and on the number and spacing of their children. All persons have a right to access family planning methods to help in fulfilling their decisions.

Right to Equality and Freedom from all forms of Discrimination

All persons, male and female are born free and equal. No one should be discriminated against because he/she is a woman or a man, poor or rich, young or old or due to any other difference.

HP4RY Sudoku Game

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5		6	4			2		1
3				7		6	2	
	2		9		1		8	
	8	7		5				3
1		2			9	7		8
	4			6	8		3	
		9	7			1		