

VINA

A magazine by Projet Jeune Leader

PROJET
JEUNE
LEADER

Volume 1. Issue 5.

Voice

The floor to
Sophie and
Patrick!

Initiative

Counseling with a Jeune
Leader

Action

Trusted adults around us

SEEKING HELP FROM A
TRUSTED ADULT



STORIES FROM MAHAFINARITRA

SIMILAR NAMES

“Just as I suspected!” exclaimed Haja, after Meva took the envelope containing the invitation out of her backpack.

The invitation to the award ceremony of the mathematics contest involving all public middle schools of the district was all glossy and smooth. The details of the event were written in gold letters, like on a wedding invitation.

However, the name on it was not that of Meva but that of Maeva, her classmate. Meva's teacher, Mr. Hasina, had happened to pass by Haja and Lova's classroom when he had heard him talking to the supervisor.

The supervisor was giving out the invitations when someone came to notify him his wife had just gone into labor. He asked Mr. Hasina to convey the last invitation he had to Maeva from 2nd year who was about to study mathematics with him.

The teacher frowned upon hearing Maeva's name. It felt wrong. Maeva did not get outstanding grades, whether in mathematics or any other subject, for that matter.

“You mean, Meva?” he inquired.

Not only did Meva have a scholarship, she also never got a grade lower than a B+ at any subject. The supervisor's mind was already with his wife and soon-to-be-arriving baby.

“Maeva, Meva, whatever, the one in 2nd year. Thanks!” he blurted, handing off the invitation. He then dashed away without looking back.

When the teacher got in class, he crossed out the “a” in “Maeva” and handed the invitation to Meva. Meva put it away in her bag, excited, but waited to open it at home with her parents. Maeva was sick that day, so she was home and had no idea she had won. She probably would not have expected it either if she had been in class.



(Continued on page 6)

VINA

Presented
by



Maki Mianakavy

STORIES FROM MAHAFINARITRA

THINK IT OVER

In or out of my league?

A GROUP TO TURN TO

TRUSTWORTHY OR NOT

Qualities of a trusted adult

Red flags to watch for in adults

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THINK IT OVER...

Within or out of my league?

As teenagers, there are problems that we can solve on our own and others that require adult intervention. There are things we can do on our own and others we need adults to help us on them.

Assess the following situations. Say or write the word MYSELF if you think you can tackle them on your own or say or write TRUSTED ADULT if you think you should get help.

A. There is a blackout and you need to light a candle.

B. You did not understand today's math lesson.

D. A fire breaks out in the yard of your neighbor.

E. You tore your school uniform, climbing a tree.

F. You are alone at home and there is no cooked food.

G. You wonder why your 15-year-old sister has not had her period yet.

Ask the JL for a piece of paper to do the activity.



H. You need to enroll in a new school.

I. You need money for a field trip.



We should know when to ask for help and support from an adult. If unsure, it is better to play it safe and ask for such help and support.

Note: Some of the situations are grey areas that will depend on each kid's upbringing and own personality (some people can cook or sew at 8 others...never). As long as they can justify their answer it is all right. After all it is about them.

A GROUP TO TURN TO

A big group of lemurs was gathered in a meeting. They weren't under attack and even less in mourning, But rather celebrating their latest precious offspring Who, newly juveniles, like winter yields to spring, Had crawled out of the cradle of their mothers' warm embrace, To hold onto her back, in a more adult place.

Which berries are edible, which plants can bring them healing? They already can tell, as they have been well learning. Which lianas will hold, which trails will lead them home?

Which animals should set them on the wildest scamper?

They already remember, no need for a reminder! Still, guidance is a given, tips, always welcome.

The head of the group, therefore, started her speech:

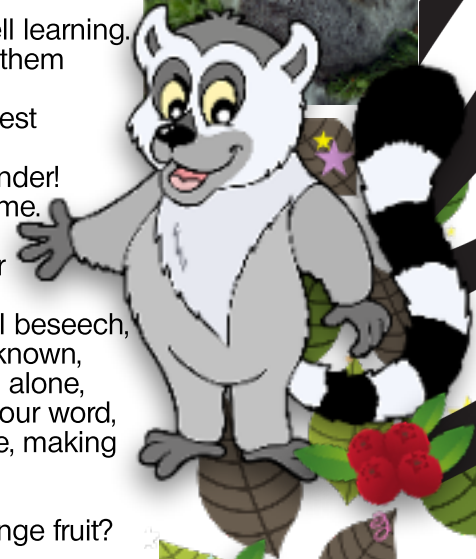
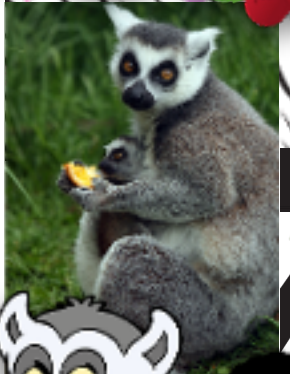
"As you grow bigger, stronger, stay mindful, I beseech, Don't go out on your own to face off the unknown, The shadows of the forest, you needn't face alone, Call our name, hold our hand, we will keep our word, Of being there for you, standing by your side, making sure you're heard.

Unfamiliar surroundings? Funny smell? Strange fruit? Inquire - no question's ever silly.

Poisoning, bad surprises would be way much worse. Spooky voices? Flimsy branches? Dark route?

Call us - better safe than sorry!

Here we shall stand to protect and see you through, TO BE THE GUIDING LIGHT THAT YOU CAN TURN TO!



TRUSTWORTHY OR NOT?

Ask the JL for a piece of paper to do the activity

Qualities of a trusted adult

We should know when to ask for help and support from an adult. In addition to that, we need to ensure we are asking help and support from a TRUSTED ADULT.

WHAT MAKES A TRUSTED ADULT?



A TRUSTED ADULT:

- >> Listens to us
- >> Believes us
- >> Tries to help us solve our problems
- >> Will try hard to keep us safe and healthy



1. Look at the following cloud of actions and circle the actions that match what a trusted adult would do.

2. Can you add a couple of things of your own to the cloud?

DISMISSES WHAT WE SAY

4

A. Takes us to the doctor

B. MAKES FUN OF OUR PROBLEMS

C. Directs us to someone who can help

D. Shares an umbrella with us in the rain

E. Admits it when they can't find a solution

F. TURNS OFF THE RADIO WHEN TALKING TO US

G. Makes us do dangerous things

H. Does things that make us feel uncomfortable or unsafe

I. ADVISES US TO EXERCISE

J. Tells us to be careful

K. Puts our health in danger

L. Puts us in danger

M. Welcomes us in their home if no one is at ours

N. Suggests solutions to solve our problems

O. P.

Red flags to watch for in adults

3. Not all adults can be trusted though. Some are trustworthy, some not. Look at the previous cloud. Can you make a list of the actions that are left without a circle? We should be wary of any adult that does anything on that list!

>> _____

>> _____

>> _____

>> _____

4. Now, look at the following grid and find any other action or trait that should make us wary about an adult.



MIJUDGMENTALMIJERY/MOP
BERT*NOMAHDRAGONAALIKA
AVVINOEEIHRECKLESSILIOE
ULKASI-TANENABAOLINA AFO
SIVANAMAKARANA/IOAYRETO
TAOSMBEMATGA-MANDAINGA
SRIACAMYBELA/RORALAYHE
MANAONIOFNANAIZANYVEIE
TRANOKITRAVIOLENTZAVONA

Answer: Judgmental, reckless, violent, liar



If an adult does anything that makes us feel uncomfortable or unsafe, we should not trust them.



Haja was the only person to be wary because he had prepared for the contest with Maeva and knew how hard she had worked on it.

"What are we going to do?" asked Meva.

They could not just give the invitation to Maeva because the teacher would be attending the award ceremony with the winner. Meva could not keep it either because the people at the event would immediately know she could not be the winner.

"I dunno," answered Haja. "You should ask an adult you trust. This is something we can't solve on our own."

"I just moved here," said Lova. "I don't know nobody!"

Meva wished she could seek advice from Sata's mom but she was on a trip in Andekaleka and would not be back before a week. She did not want to discuss the matter with her parents – they might resent the teacher. Maybe she could ask Ms. Ravelo who lived across the street?

Off went Meva across the street but as she stood on the doorstep, she heard Ms. Ravelo talking on the phone.

"I am already at Ambodimpaoly, wait for me! I am almost there!" she urged. Yet, here she was, right in the middle of Mahafinaritra, still in her living-room!

Meva took a step back. Was it a good move to seek advice from such a liar? She decided to head back home and sleep on it.

On the way home, Haja felt restless. The events of the day kept bugging him. It was not Meva's fault. And even less Maeva's. Even the teacher and supervisor had no ill intention but just happened to get caught up in it all. Still, how were they going to fix the mess?

Finally, he decided to pay a visit to his grandma before heading home. She was the wisest person he knew and the one he trusted the most... She had always been good to him and sought his best interest.

Grandma invited him to sit down with her on the porch and served him some fritters and herbal tea. She listened carefully as her grandson told her what had happened. She made eye contact with Haja as they spoke. She scratched her head with her wrinkled fingers.

"So, if I understood right, we need to find a tactful way of letting your



teacher know that he gave the invitation to the wrong person?"

"Yes," replied Haja, "That's it! We cannot just leave things as they are. Either Meva or Maeva will get caught!"

"Hmm," muttered Grandma, "This is my suggestion. Drop the invitation by Maeva's house tomorrow. I saw her granny at the market this afternoon. She got malaria so it's going to take a few days before she returns to school. Tell her the invitation is from the teacher and supervisor. You are just delivering it, not doing it on their behalf. No need to lie but no need to tell all the truth either. Maeva might hold a grudge against the teacher if she knew."

Haja was amazed at Grandma's resourcefulness.

"And tomorrow," Grandma went on, "the three of you should immediately talk to the teacher. Just tell him you went to see Maeva and gave her the invitation after you opened it and saw her full name in it. That way, you would be bringing to him a problem that's already solved. There will be no turning back or need to blame anyone."

Haja thanked his grandmother a thousand times before he left. She was quite something!

The three friends carefully followed Grandma's instructions, and everything turned out fine – Maeva's feelings were not hurt nor were Mr. Hasina, the teacher, and the supervisor embarrassed!

A couple weeks later, Mr. Hasina surprised the three friends by taking them to attend Maeva's award ceremony. How did he work that out? No one knows!

Meva and Lova and Haja cheered as loud as they could, as Maeva was invited to the front to receive her prize and certificate! How grateful they were for Grandma's wise advice!

When the ceremony was over, a journalist walked up to Maeva. He held up his microphone and asked:

"Tell me Maeva, what do you intend to do later on? A researcher maybe? Or a mathematics teacher?"

Maeva just stared at him. She had never thought about that.



(Continued in Volume 1. Issue 6)

INITIATIVE

Counseling with a Jeune Leader

Counseling, as we know it, is when a teen has a private discussion with a Jeune Leader at school. The conversation can revolve around questions that the teen may have about health, life in general, school, sexuality, pretty much anything. It may also be about a specific problem that the teen is facing and attempting to solve.

Jeunes Leaders are trusted adults that have been carefully handpicked and trained by Projet Jeune Leader to support teens as they move through puberty into adulthood. They will endeavor to help and support the teens as best as they can.

- For instance, if a girl has her period at school and is unprepared for it, she can see the Jeune Leader to get a sanitary pad to use. If a teen has a health problem, the Jeune Leader can give them a ticket de reference to a health center where they can get screened and treated as needed.

They also do not judge so feel free to get counseling from a Jeune Leader if:

- you have a question you would rather not ask out loud,
- you are faced with an embarrassing problem,
- you just need to get something out of your system.

Who are the JLs at your school? Did you ever get counseling from them? What was the reason?



How to talk to an adult

So you have identified your trusted adult(s). Here are a few tips to help you better communicate with them:

Pick the right time to talk with your trusted adult: when the situation is relaxed and when your trusted adult has time. (Tip! You can even ask your trusted adult what time or day works for them to chat!)

Know what you want to discuss and clearly say it so that your trusted adult knows exactly what you are struggling with. If you need help, say so. If you need advice, say so as well. If you just want to share something but you don't really want advice, say so.

Admit your feelings about the problem you are facing so that your trusted adult can truly advocate for you and support you. If you are scared, say so - that way they can reassure you. If you are sad, say so - that way they can comfort you.

If the first trusted adult that you talk to does not give you the help you are looking for, **try another one!**

Don't worry if you're not sure how to tell an adult about something that is making you feel uncomfortable. It's the adult's job to listen and figure out what you're trying to tell them.

If you are not sure how to tell an adult you can say 'I have something important to tell you but I don't know how to say it.' The adult can help you figure it out

VOICE

The floor to Sophie and Patrick

Where there is a will, there is a way!

When Sophie got her middle school certificate, she moved to Fort-Dauphin to live with relatives to continue her studies. Her objective was to finish high school and get her high school diploma.

However, she had lots of chores to do at home, so she had limited time to study. She became discouraged because she was struggling to keep up with her studies. She was about to give up when she decided to pour her heart to an adult she considered trustworthy.

She turned to her best friend's mother because she was very good to her, was very open, and had always been easy to talk with.

The lady listened to her carefully and inquired about her plight. When Sophie asked for advice, she explained to her that problems are never-ending in life and it is up to us to find a way to overcome them and achieve our objectives despite of them. You came here to get your high school diploma, she said to Sophie. Where there is a will, there is a way!

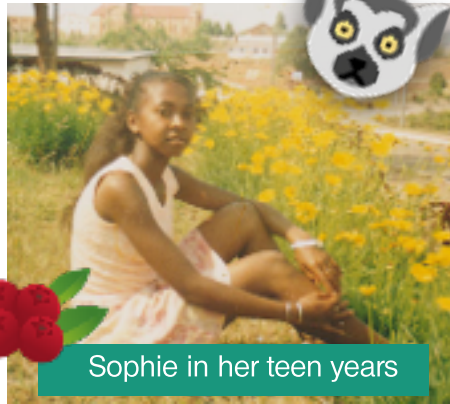
Those last words spoke so much to Sophie that she decided to hang in' there and stick to her objective. She studied hard despite the difficulties she was going through and achieved her objective. One day, she got her high school diploma!

Sophie was lucky enough to have a trusted adult that she could turn to and pour her heart to and seek advice and encouragement. Without her best friend's mother and her encouragement, she would have given up!

Sophie gives back

When Sophie became a grown-up, she gave back and helped teenagers too. One girl had a condition and was afraid of consulting a doctor out of fear of the diagnosis.

The girl had known Sophie for quite a while before that. They had fun together and Sophie had also given her advice and guidance - sometimes she even scolded her. She knew that Sophie could be trusted and had her best interest at heart so she felt free to t



Sophie in her teen years



Sophie nowadays



her about her condition.

Sophie listened and inquired carefully and advised her to see a doctor. She offered to go to the health center with her and so, they did.

The condition was cured after they went to the doctor's and got treatment. Luck for this girl that she had a trusted adult to turn to and seek support from!

PATRICK GIVES ADVICE

When Patrick was a teenager, he had a problem he could not solve on his own so he sought advice and support from an adult he trusted. Later in life, he also gave back and helped teenagers navigate life.

These are Patrick's pieces of advice:

"Lots of things happen in our teen and young years. Because of that, we need to:

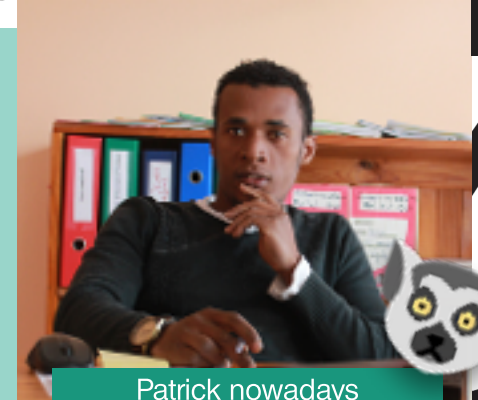
- ↔ think things through before we do them;
- ↔ take good care of our own selves;
- ↔ correct our deeds or words, if we did anything wrong;
- ↔ learn to weigh our actions and behaviors.

Even if we do all that, there will be times when we will feel stuck. We may not see any way out. If that happens, we need to seek advice from a trusted adult.

To figure out if an adult can be trusted or not, we need to be well acquainted with them. You do not just choose anyone blindly, you need to study your relationship with them. Trusted adults are like older siblings to us, they stand ready to bring us back and guide us on the right track."



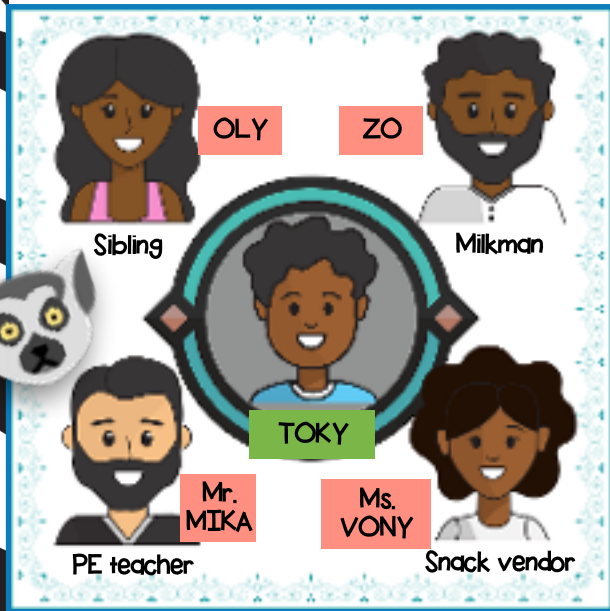
Patrick in his teen years



Patrick nowadays

ACTION

Trusted adults around us



ADULTS TOKY CONSIDERS TO BE TRUSTWORTHY.

This is Toky. Toky is not alone. He has adults that he considers to be trustworthy, and can turn to when he is facing a problem, or when he is feeling sad or angry or afraid.

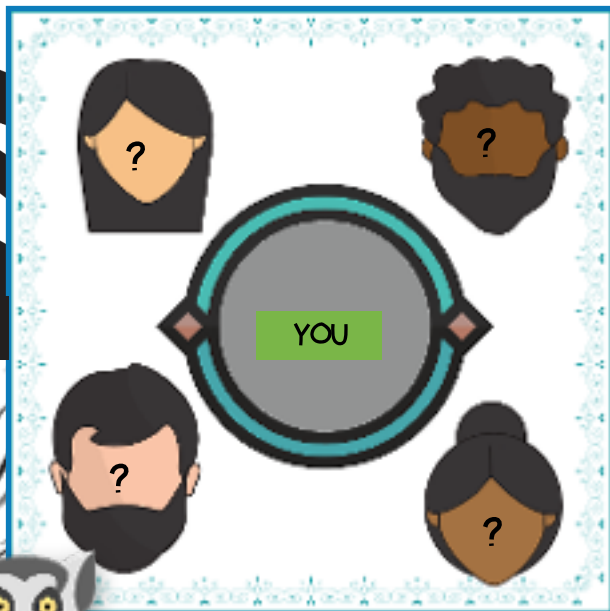
Ask the JL for a piece of paper to do the activity.



HOW ABOUT YOU?

1. Ask the JLs for a piece of paper and name and draw up to 4 trusted adults in your circle.
2. Then write down the reason(s) why you consider them to be trusted adults

E.g.: I trust my uncle because he always listens to me.



There are many different people we can talk to if we have a problem.

PJL STAFF SHOW THE WAY

A trusted adult is someone who will listen to us, believe us, and try to help us solve our problems.

A trusted adult will try hard to keep us safe and healthy.



Projet Jeune Leader is an organization founded, led, working for, and employing youth. To achieve its objectives, the project recruits and trains young Animator-Educators ("Jeunes Leaders") to work in public middle schools. Jeunes Leaders build the leadership skills of students and provide them with sexual and reproductive education. Their work is intended to empower the students to act responsibly, adopt decent behaviors, have good interactions with those around them, and build themselves a bright future while living a healthy life. Each VINA magazine reinforces a different theme that is covered by the Jeunes Leaders during the school year.



Project supported by:

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