



KATAKATA

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

REMEMBRANCE OF
THE VICTIMS OF
SLAVERY AND SLAVE
TRADE IN
KATAKATA VILLAGE.



ISSN 2214-059X



+ HEALTH



OVER
10 PAGES
CARTOON

FASHION

THE BOOMING ^{MENSWEAR}



BEAUTY



kids

Role Of Parents
Or Guardians
In Ensuring
Children's
Safety On the
Internet

Foods

Why it is crucial to
consume oily fish

INTERIOR

How Covid-19 Reshaped
Interior Design

TECU

The opposing sides of
Electric Cars

TRAVEL

Cheapest countries to
visit in Africa

Kata Kata is an authentic African cartoon magazine with both online and printed versions. Humorously, Kata Kata tries to discuss and sensitize typical African / global socio-political issues using cartoons. At the same time, it equally offers a maxim that life is perhaps not all about seriousness; one needs some laughs and relaxation to face serious challenges in life. The duality of Kata Kata is such that it, on the one hand, discusses serious issues and at the same time, it offers therapy for the problems through laughter.

In an educational, informative and yet humorous way, Kata Kata creates awareness of social problems through the dissemination of information and finds solutions to them. This important information can be sent across in many major languages (English, French, Spanish, Portuguese) as well as / or different African languages, to reach the grass-root audiences.

The quarterly printed edition of Kata Kata is widely available in the Netherlands and some European countries. Equally, the magazine can be read or borrowed from different libraries globally, including the prestigious Stanford University Library, USA, Federal Library Den Haag, (the Netherlands), University of Leiden Library -African Studies (Netherlands), University of Iowa (Main Library), USA, Southern Africa Library, Basel, Switzerland etc.

Likewise, the digital version of Kata Kata can also be read online or subscribed to via Kata Kata website or Magzter, the world's largest digital newsstand with more than 20 million readers.

See: <https://www.magzter.com/NL/KataKata-CartoonMagazine/Kata-Kata-CartoonMagazine/Comics/>

We have expanded to Africa. With our offices in African countries, our humorous magazine is now available to our African readers, especially in various big hotels. We collaborate with a lot of credible international organizations, including the World Bank, the International criminal court (ICC), the CARE International, United Nations Population Fund, Ministries of gender etc.

Don't be left out. Hurry now and get your copy or become a subscriber.

Please visit our website: www.katakata.org

Welcome on board Kata Kata. Relax with our humorous cartoon magazine and get ready for a long laugh aimed at attitudinal and social changes.

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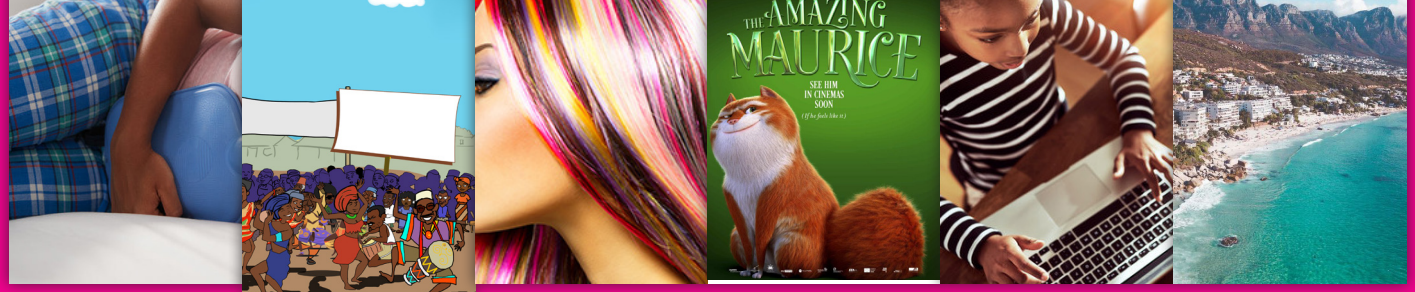
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DON'T LET THEM HEAR YOU

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LETTER:
Aunt Sylvia

I HEAR YOU

Njairi utenderu ndicicagwa. (Mbeere, Kenya)

Huwezikuepuka kukanyanga panapo telezanjeya nyumba. (Swahili)

Dans sa concession, on ne peut jamais éviter à piétiner sur un espace glissant (French)

It is not possible to avoid a slippery home compound. (English)

As far as we live and interact with others, we cannot avoid encountering things we might not like (Meaning)

TELL ME SOMETHING



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Publisher's note: The Evil Of Slavery Still Lingers Today.

The evil we committed yesterday may come back to hurt the world forever. That may sound so negative and uninspiring, but the truth is hardly disputable.

In 400 years, more than 15 million men, women and children, mainly Blacks, were forcibly shipped to the West and forced to work and live there under the most inhumane conditions. During the Atlantic slave trade, from about 1526 to 1867, approximately 12.5 million men, women, and children were captured in Africa and shipped to the West; of these, approximately 10.7 million arrived in America. Those who did not make it to America died on board or were thrown into the sea because they were considered sick or too weak to make the inhumane journey.

This callous treatment, described as the worst violation of human rights in history, later became a booming business, the transatlantic slave trade.

The journey took more than just a few days. The dangerous journey across the Atlantic, also called the Middle Passage, usually took between 6 and 8 weeks. It was a lucrative business, and the port city of Portobelo in Panama was an important market for the transatlantic slave trade. From Portobelo, they then transported the enslaved people to various locations.

You can keep mistreating people; one day, they will revolt. The awakening happened between August 22 and 23, 1791, when the slaves revolted against slavery in Saint Domingue, Haiti. This uprising played a vital role in the abolition of the transatlantic slave trade.

The historical evil caused irreparable damage to humanity, especially in interpersonal relations. Imagine being forced to give up

your identity, culture, name, and family affiliation and settle in a foreign land where you would be stripped of all your rights and forced to serve and work for a stranger who claimed to be your master. What would that do to your life, psyche, generation, and relationship between you and your supposed master? A lot. Your guess is as good as mine.

Historically, slavery caused immeasurable damage to the enslaved people, including a lack of identity and an inferiority complex. Despite the abolition, other types of slavery continue in modern forms, including racism, prejudice, and sexism. The divisive exclusions in the form of racism and bias are still commonplace. Today, we judge people negatively based on their race or skin colour and form biased opinions about them based on these evaluations, which often stem from our psychology of slavery past. When people think they are superior or more intelligent than others because of racial, ethnic, or gender differences, it becomes nearly impossible to have balanced and respectful relationships with others, making it extremely difficult to build an egalitarian society.

Despite these difficulties, we must not give up. As we commemorate the evil of slavery on March 25, regardless of our cultural, religious, racial, and linguistic backgrounds, we must build a harmonious and just society that values love, respect, and tolerance.

Kata Kata wants to build an equitable society. Let us help them make it a reality.

Yours in Kata Kata,

Ogo Ubabukoh

Editor-In-Chief



Stomach Pain is one of the symptoms every individual has experienced, at least in their lifetime. It is not a pleasant experience because of the discomfort it comes with. Stomach Pain, also known as abdominal pain, occurs between the chest and pelvis. It could be a continuous symptom that lasts longer than three months, something you occasionally experience, or something that appears out of nowhere. It may also be modest at first and gradually get worse.

Signs and symptoms

What are the signs exhibited by a person going through stomach pain? According to research, symptoms of stomach ache include soreness in the belly, bloating, constipation, wind, belching, fever, heartburn, nausea, vomiting, fever, dehydration, or loss of appetite are all symptoms of stomach pain.



According to Henry Herrera, MD, a gastroenterologist at DHR Health Gastroenterology in Texas, stomach aches can happen if the stomach lining is irritated. Researchers have categorized the causes of stomach aches as less severe and more serious. Constipation, irritable bowel syndrome, food allergies, lactose intolerance, food poisoning, and stomach viruses are less severe causes of stomach pain. On the other side, more severe causes include gastric reflux, appendicitis, an abdominal aortic aneurysm, a bowel obstruction, and malignancy. You could experience abdominal pain from a condition that isn't related to your stomach, such as cardiac arrest, menstrual cramps, or pneumonia. When your healthcare professional asks you specific questions regarding your discomfort, they can discover the reason for your stomachache. Based on your responses, they can also determine whether you require emergency care. Your healthcare professional might occasionally be able to detect right away whether your pain is transient and not severe. They may conduct specific tests if they sometimes notice a more serious condition.

Treatment

The underlying cause of stomach discomfort will determine how it is treated. While some conditions, such as infections, may be treated with drugs, others may call for surgery. Additionally, there are occasions when you have to endure the pain until it passes. However, before trying other means of treatment, you are advised to try home remedies, and if the condition persists, see your doctor for further direction.

Drinking Water

U.K.'s National Health Service advises individuals to drink 6 to 8 glasses of water daily. We lose water during the day due to breathing, sweating, and digestion. To avoid dehydration and maintain a healthy Gastrointestinal tract, it's essential to replenish the water we lose. Due to electrolyte imbalances, dehydration can result in bloating. It can also impede digestion and result in constipation. The body requires water for nutrient absorption and aids in removing toxins.



Ginger

According to research, ginger can help with various stomach upsets, including nausea brought on by chemotherapy, motion sickness, and pregnancy. It can be used raw to treat digestive issues and is offered in extracts, tinctures, tablets, supplements, and teas. Some use ginger for a stomach ache in numerous ways, such as a tea or carbonated beverage, in supplement form, as a tablet or chewable candy and in pickled form.



Peppermint

Studies have found peppermint tea as one of the home remedies that can treat stomach aches. According to the University of Maryland Medical Centre, peppermint can improve the flow of bile, which the body uses for digestion. It contains the active ingredients menthol and methyl salicylate, which both have antispasmodic properties to ease cramping and stomach discomfort.

Regular physical exercise

A person experiencing stomach upset should walk, cycle, and stretch to deal with the condition instead of lying down. Dr Michael Fredric Roizen, an anesthesiologist and physician from the United States, reveals that while resting in bed can cause constipation, physical exercise can help move through the digestive system. Even if you are healthy, try to exercise for 30 minutes each day and stay hydrated.



Aloe Vera

According to a 2015 study published in the Journal of Traditional Chinese Medicine, aloe juice may treat patients suffering from acid reflux by lessening the frequency of the condition's symptoms. Another study demonstrates that aloe vera may relieve symptoms of colitis and irritable bowel syndrome.

Chamomile Tea

According to American physician Dr Andrew Weil, chamomile tea has anti-inflammatory and soothing characteristics, which may help relieve gastrointestinal discomfort. The success makes chamomile tea an excellent home cure for simple stomach troubles. Additionally, plant-based antioxidants are included in chamomile and are supposed to soothe the digestive tract and relieve symptoms, including indigestion, menstrual cramps, and vomiting.



Take Milk

When you experience heartburn, Jeffrey A. Katz, MD, a gastroenterologist at University Hospitals Cleveland Medical Center, advises consuming milk because milk can neutralize gastric acid.

Apply heat

According to Robyn Strosaker, M.D., a paediatrician at the Rainbow Babies & Children's Hospital in Cleveland, placing a hot water bottle or heating pad on the stomach while sitting or lying down might ease some of the discomfort. This treatment is successful because heat boosts skin-surface blood flow, which might reduce the sense of pain from more profound into the belly.



CRAP Diet

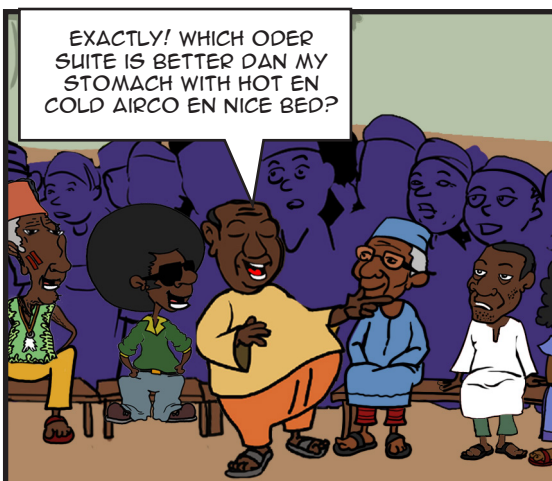
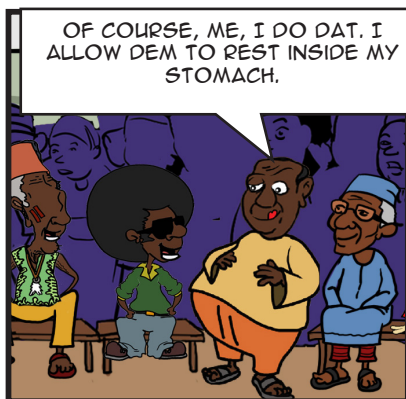
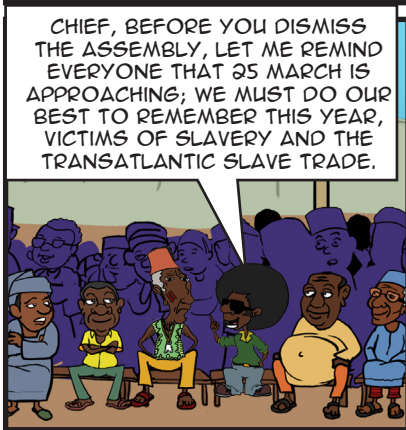
This synonym stands for cherries, raisins, apricots, and prunes. Give your school-aged child a half cup of these fruits three to five times a day if they eat fewer than five servings per day, according to Drs. Michael Roizen, Ellen Rome, and Mehmet Oz. It is a good idea to soften certain foods to reduce the danger of choking in children under four.

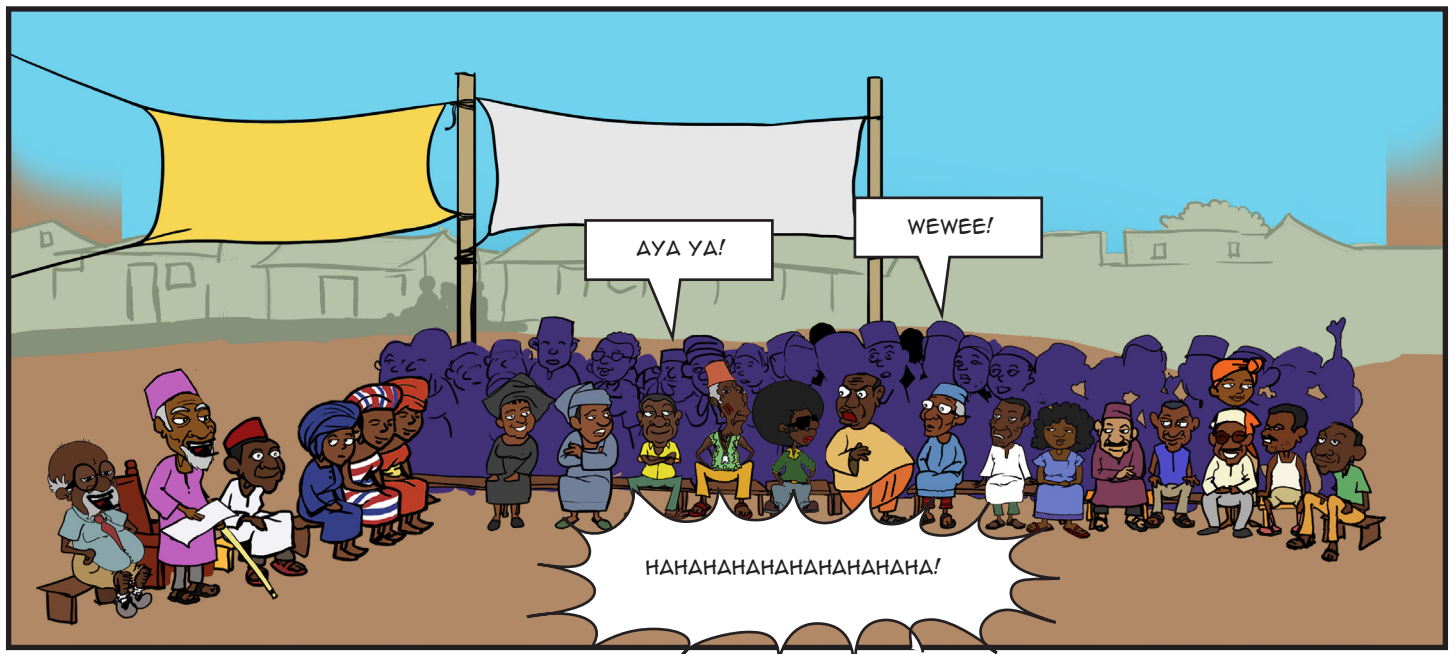
As much as stomach problems may be less serious or severe, frequent stomach problems may lead to a more serious condition. The best course of action is to visit your doctor for more testing. Otherwise, sudden and severe stomach pains may be a dangerous sign that could lead to severe health issues. It is, therefore, not advisable to neglect stomach problems.

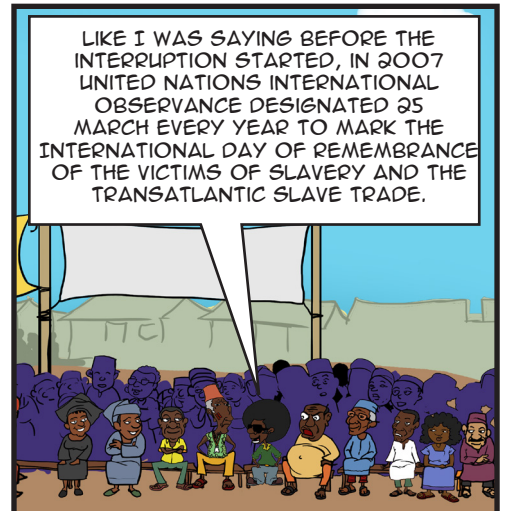
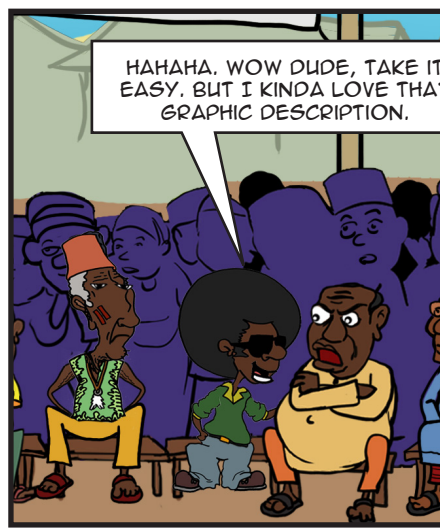


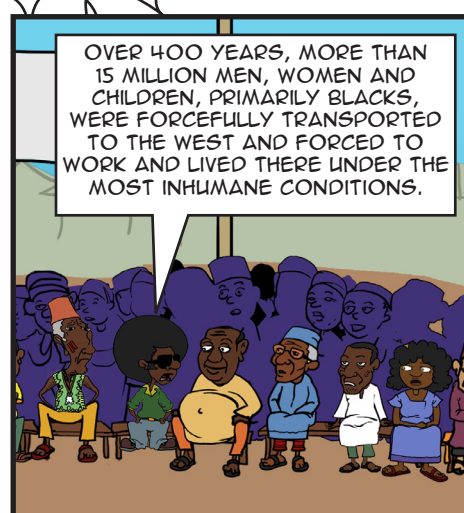
**IF SLAVERY IS NOT
WRONG, NOTHING IS
WRONG**



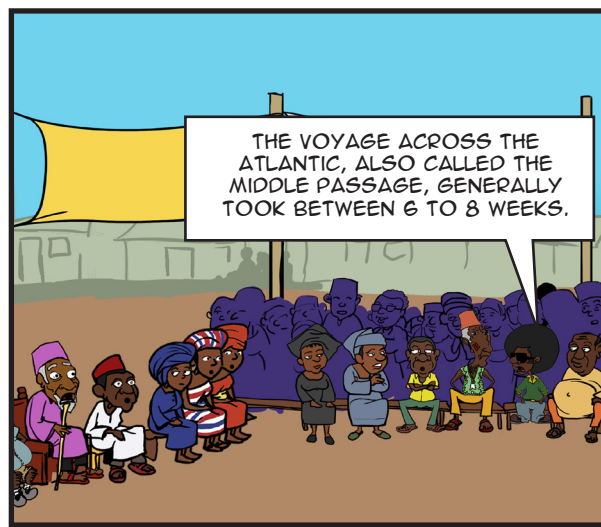
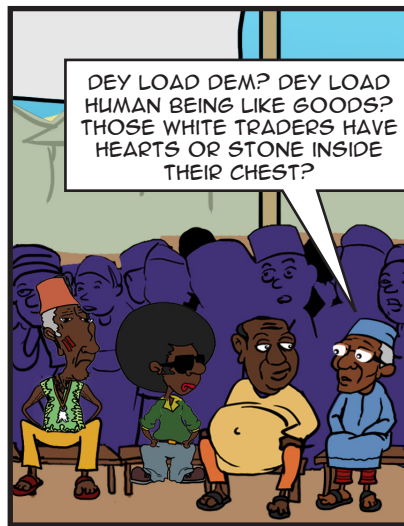






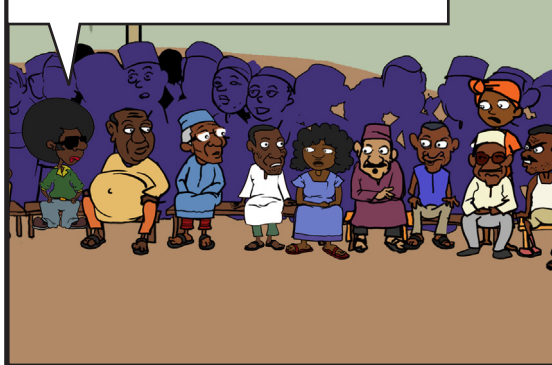








IF YOU ARE FORCED TO GIVE UP YOUR IDENTITY, CULTURE, NAME, FAMILY LINAGE AND FORCED TO SETTLE IN A STRANGE LAND, FORCED TO GIVE UP ALL YOUR RIGHTS AND FORCED TO SERVE AND WORK FOR A STRANGER, WHO CLAIMED TO BE YOUR MASTER, WHAT WOULD THAT DO TO YOUR LIFE?



WHICH LIFE? HOW PERSON STILL HAVE LIFE AFTER DAT WICKED PUNISHMENT? DE PERSON'S LIFE IS DESTROYED KPATA-KPATA AFTER DAT.



EXACTLY. GENERATIONS OF BLACKS ARE STILL SUFFERING FROM THE EVIL OF SLAVERY.



BUT, WHY BLACKS ACCEPT DAT? HOW PEOPLE ACCEPT TO BE TREATED LIKE ANIMAL? ME, I DON' UNDERSTAND....



THAT BRINGS US TO THE ABOLITION OF SLAVERY. YOU CAN CONTINUE MISTREATING PEOPLE; AT ONE POINT, THEY WILL REVOLT. 22 TO 23 AUGUST 1791 SAW THE BEGINNING OF THE UPRISING IN SAINT DOMINGUE, HAITI, AGAINST SLAVERY. THAT UPRISING PLAYED AN IMPORTANT ROLE IN ABOLISHING THE TRANSATLANTIC SLAVE TRADE.



THANK GOD. HABA! I UNDERSTAND DEM. ME, I WILL RIOT TOO IF I DON' SEE FOOD.



AKATAKA!

WEWEE!

SHOO!

HAHAHAHAHAHAHAHAHAHA!



YOU AND FOOD! YOU WILL EVEN KISS FOOD LIKE A WOMAN IF....



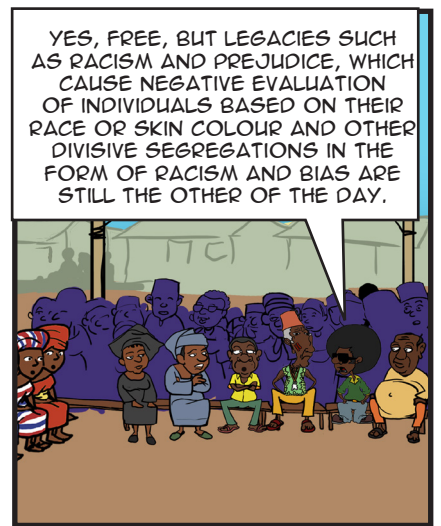
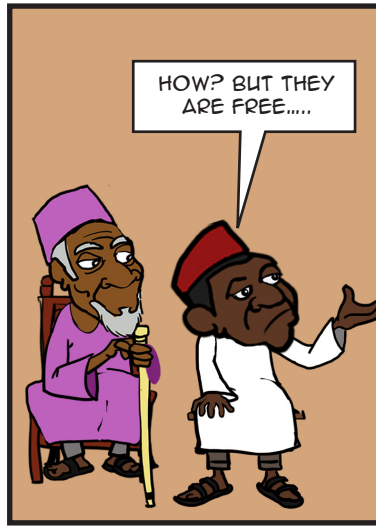
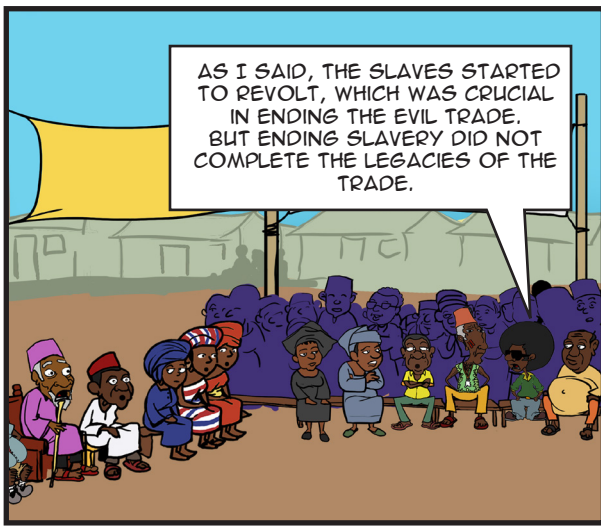
KISS? HOW ELSE CAN I SHOW MY APPRECIATION TO MY FRIEND, FOOD? I HAVE KISSED MY FRIEND SINCE I WAS BORN!

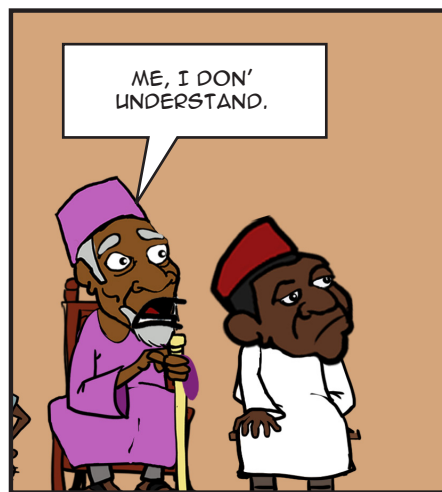
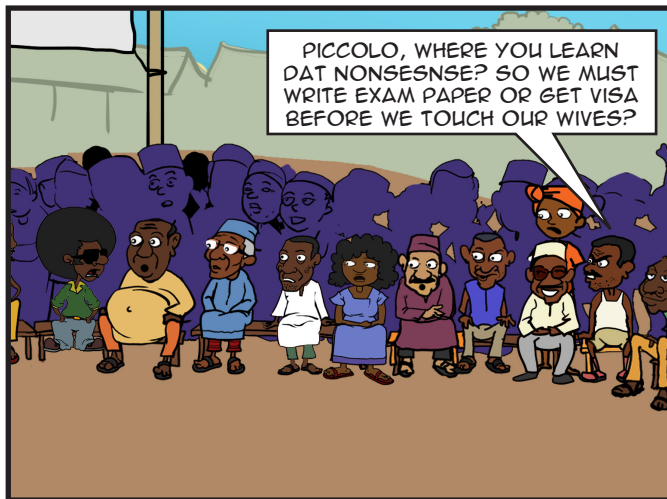
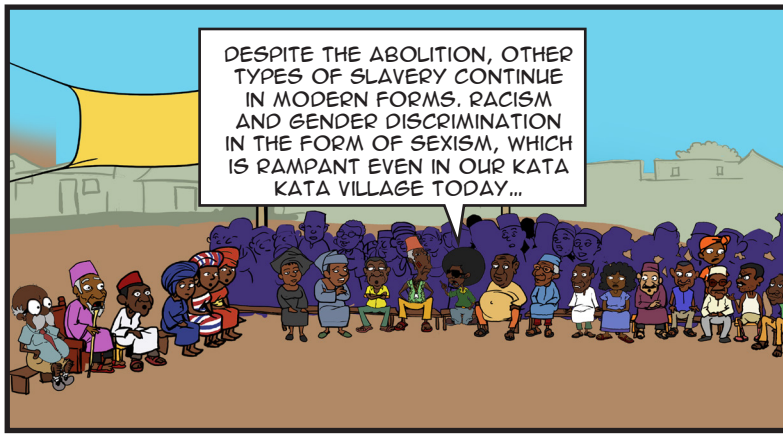


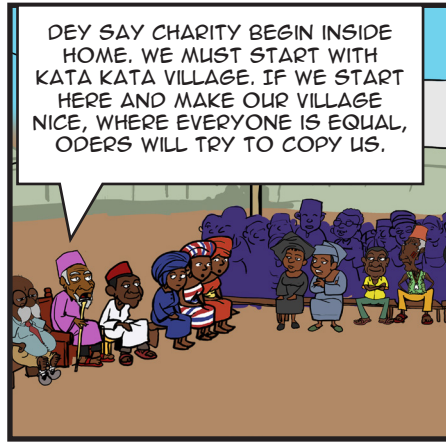
BANANGE!

MAN FOOD!

HAHAHAHAHAHAHAHAHAHA!







THE BOOMING MENSWEAR



The sector is expanding due to the emergence of aggressive male buyers with more disposable means and a desire to look good. Guys now place more importance on their physical appearance and attire, unlike in the past when the trend was synonymous with women. For a very long time, the workwear market has dominated the menswear industry. Nevertheless, as workplaces become more informal, the range of options and variety for men's apparel has rapidly expanded. Men are finding themselves in a position where they may experiment with clothing and utilize it as a form of self-expression, in addition to being in a situation where they need more dress.

More experimental, more choices

Menswear is booming, according to freelance stylist Michael Rathbone, since men are becoming more assertive in their choices and gender preconceptions are becoming more outmoded. Rathbone believes that men today care more than ever about their appearance and are more open to experimenting with colour, new trends, and looks. The recent interest has had a positive impact on the menswear sector. Over the past few years, streetwear and sneaker culture have gained popularity, and as a result, men are investing more in their wardrobes, from high-end designers to items from high-street stores.

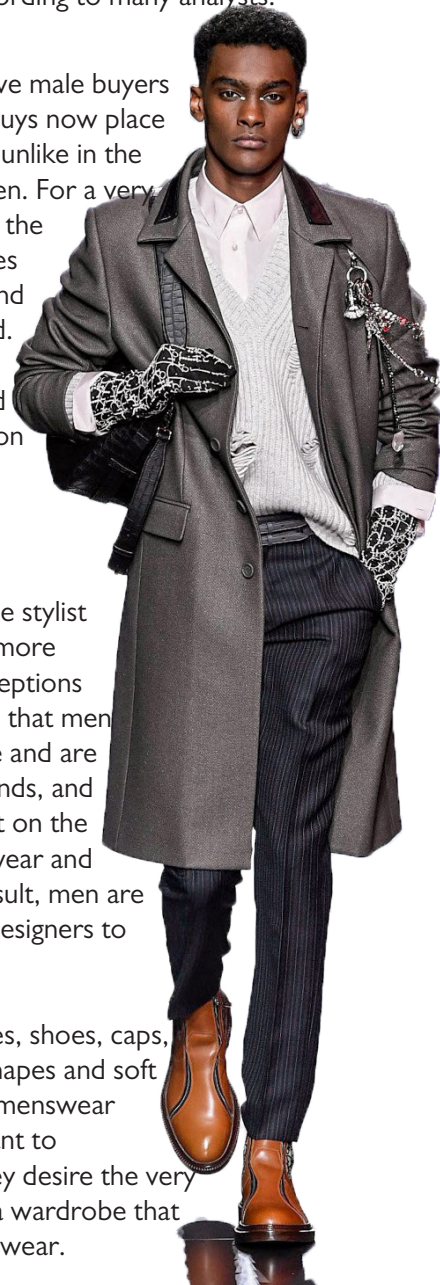
They increasingly seek comfort when purchasing clothes, shoes, caps, ties, etc. As a result, menswear stores focus on simple shapes and soft fabric to cater to this new demand, says Scott Anderson, menswear design director of the UK's AllSaints. Men today don't want to compromise between a sharp or relaxed appearance. They desire the very best of both worlds. The current fashion trend is owning a wardrobe that strikes a delicate balance between formal and casual menswear.

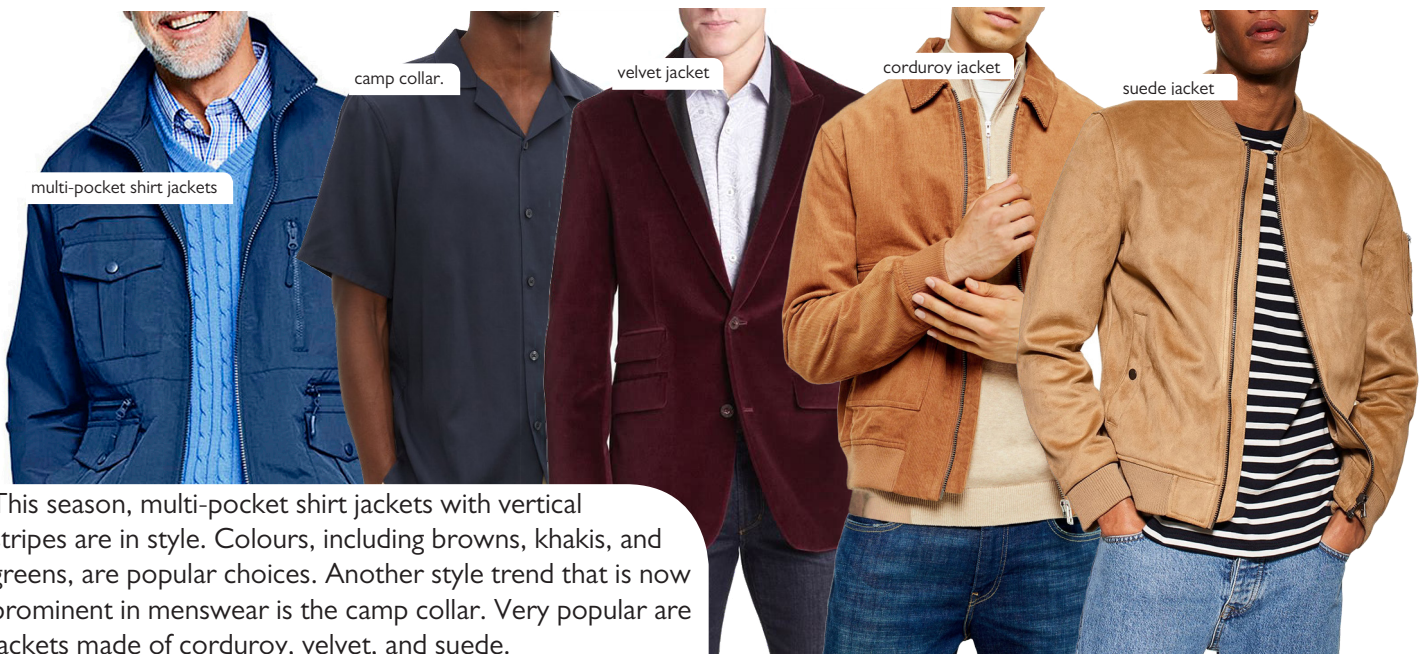
The current surge in the popularity of menswear implies that males have grown more stylish; this is evident in the volume of sales and the bombastic figures that come with them. The market has increased dramatically, particularly in the last decade, which has fueled the expansion of male influencers. An industry that continues to be dominated by women's clothing is

prepared to pay attention to the needs of men's fashion. Finally, the fashion industry is dedicating resources to this field.

Statistics

According to a Statista report, the Men's Apparel industry has generated US\$568.90 billion in revenue in 2023 and will grow by 2.95 per cent yearly. Additionally, in 2024, the men's apparel market is anticipated to rise in volume by 2.0%; by 2027, it will reach 43,637.5 million units, according to many analysts.





This season, multi-pocket shirt jackets with vertical stripes are in style. Colours, including browns, khakis, and greens, are popular choices. Another style trend that is now prominent in menswear is the camp collar. Very popular are jackets made of corduroy, velvet, and suede.



Technology: Internet

Men have begun to take their looks more seriously, allowing them to have more range in their wardrobes, which is being supported and even encouraged by businesses and designers following suit and delivering more to their customers. The quick expansion of the menswear market can also be attributed to a combination of the times, technology, and fashion awareness. As is often the case, the internet has played a significant influence in the growth of menswear.

The internet has made fashion simpler to access and thus given rise to the menswear category. Every time we access the internet, we are inundated with visual information, which influences how we look and plays a significant role for both men and women. The younger generation spends much time on Facebook, Instagram and other social media, where our appearance in pictures and videos is scrutinized and experimented with.

Before the internet, the fashion world was quite segregated and exclusive, a very affluent hobby and only people with money and access to pricey designer apparel were a part of it. The internet has partly dismantled these barriers. Anybody can notice high-end, much-talked-about, and sought brands, thanks to menswear blogs, forums, and online publications, even when the price of high-end clothing companies hasn't changed.



Women influence: unisex.

While the womenswear market still controls a more significant portion of the fashion industry, women have begun to contribute to the rise of the menswear market by buying and wearing typical male clothing, expanding the initial target demographic.

German fashion designers Sissi Pohle and Patrick Scherzer believe that the commercial fashion business will continue to favour a gender gap and separate men's and women's collections. Companies that think more freely and daringly enough have already started putting unisex pieces into their assembly years ago. Couples are purchasing clothing that both of them can wear. They thus consume less. Many in the fashion industry have started to produce a selection that can address the needs of everyone; that would mean collections will become less gender-specific in their designs if this trend continues.

From the statistics available, the demand for menswear will continue to grow; more and more prominent and small companies will embrace the style and broaden their offerings to consumers. By doing this, competition in the market and among brands' levels of originality and effort will increase. So far, the increase in the demand for menswear is here to stay.



HOW COVID-19 RESHAPED INTERIOR DESIGN

The Covid-19 epidemic has dramatically impacted how we work, exist, and live. Changes in the social fabric include increasing the use of virtual media, time spent indoors, keeping a social distance even from close friends, etc. People's consuming habits have been drastically altered due to the pandemic, with people beginning to rebuild

their kitchens, bedrooms, and restrooms.

Powder rooms were created so that people could sanitize their hands before interacting with others. People stopped buying flats and rented them due to rising costs or living standards.

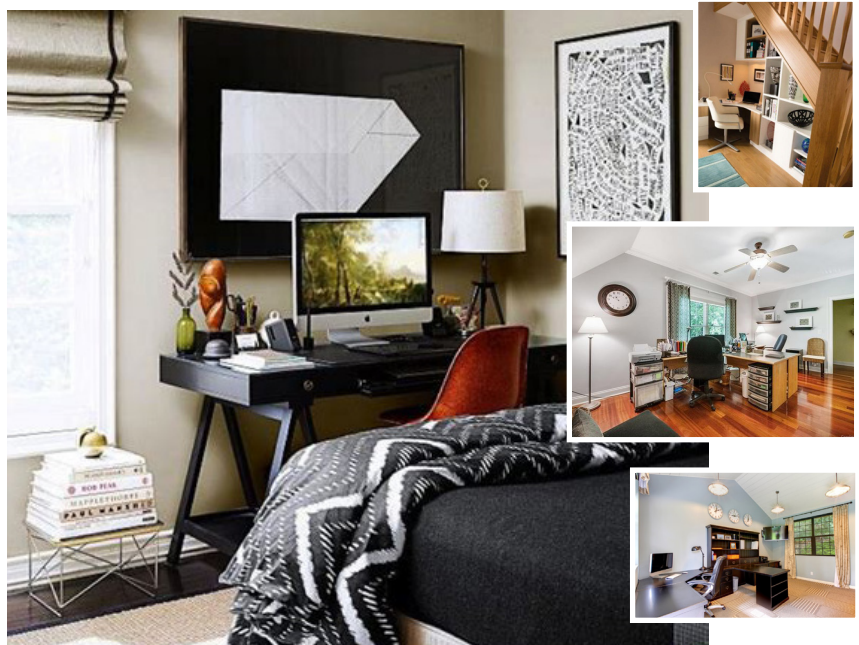
The terrible pandemic has made people understand that a home must meet all their needs, including a location for work, recreation, dining, and studying. People are increasingly investing in their personal space to create



more cosy and dedicated areas for different family activities, from work to play with children. As a result, the home remodelling market says that more people are employing designers, investing in renovations, and becoming interested in interior design trends. According to Microsoft's 2021 Work Trend Index research, 66 per cent of employers were exploring remodelling their physical spaces to support hybrid work environments better, while 73 per cent of employees desired flexible work choices following the epidemic. During the period, people also adopted technologies such as AR, an alternative to showing their products. Most components of the epidemic have undoubtedly been conquered thanks to technology, making it feasible to continue working and studying. Let's examine the adjustments that have started appearing in homes and will spread in the future due to the novel infection.

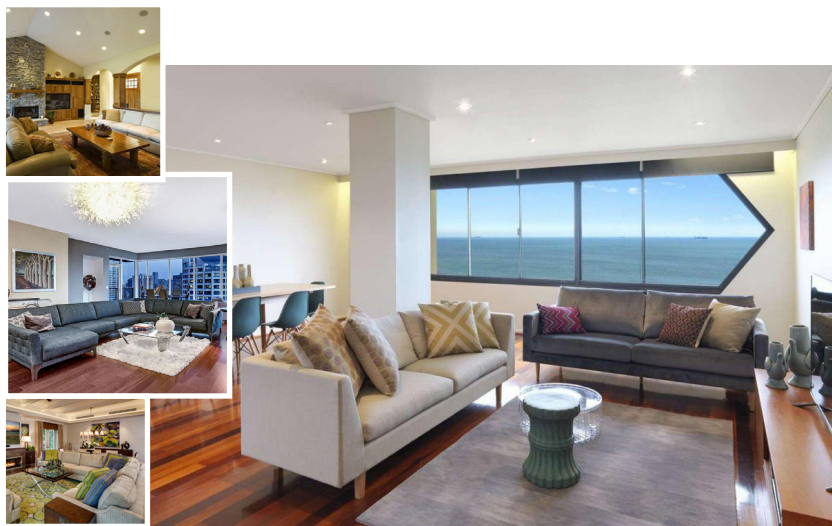
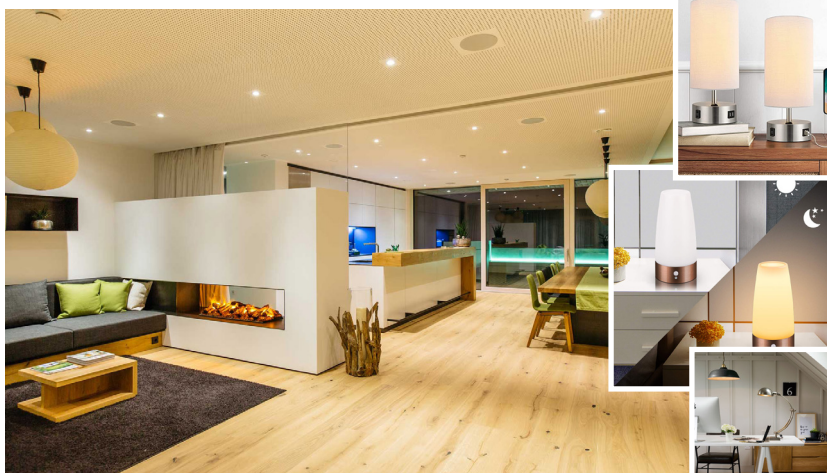
Home offices

Nowadays, working from home is the new status quo, and people need a comfortable workspace to be more productive. Separate locations for various tasks are required to conduct office work with the least disruption. In the absence of actual office space, people are starting to set up a private workspace for themselves in their homes by turning storerooms, half-bedrooms, or even master bedrooms into temporary office spaces. They also convert places under the staircase, especially common in duplexes and penthouses where the area under the stairwell is available. Experts advise using tools like Homestyler, Revit, Foyr Neo, etc., to build a workspace in your house.



Light Stuff

Lighting used to be considered a decoration; however, now that homeowners know how much it can impact their daily life and general health, it has taken centre stage. A requirement for stronger and brighter daytime illumination arose as residences doubled as offices and classrooms. Small, portable lights that can be moved around different rooms in the house are being accepted, along with gadgets that can simulate natural light and cut down on blue light. These technologies also enable ambient lighting to be customized.



Big and comfortable living rooms

Every family's standard practice during lockdowns was to assemble at the end of the day, sit down, and read a book while sipping hot tea or wine and watching television. The concept of comfort and functionality was revived due to the extended time spent in the living rooms. Many people decided to renovate this space and purchase more comfortable furniture, including sofas and armchairs combined, which have a traditional design and are accompanied by luxurious pillows and blankets.

E-design and Virtual design

E-design is a tool that enables users to build their ideal homes virtually using various apps and software. For instance, Foyr Neo is one of the tools which lets you plan, build, and render 2D and 3D spaces online within about ten minutes. While many small and large enterprises were forced to close due to the coronavirus epidemic, interior design adjusted by employing the virtual mode. Interior designers have started visiting locations their clients want a design for via virtual tours. Many companies and individuals now use zoom calls for meetings, discussions, and other business transactions.

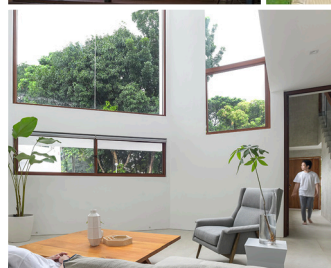
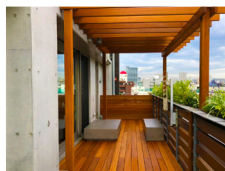


Kitchen innovations

The lockdown measures have changed many everyday routines, including going out with family and friends. They also have affected how we store non-perishable goods, and groceries, such as keeping them for more extended periods than in the past. Many homeowners have therefore started to build a practical and roomy pantry for such goods. Additionally, more people are purchasing the newest kitchen and equipment gadgets as they begin to cook at home.

More attention to gardening

Choosing to stay inside has increased people's interest in gardening as a leisure. The younger generation has caught on to an older habit of becoming plant caregivers during the pandemic. You will feel more connected to nature and get excellent health benefits if you add plants to your living area. They not only look fantastic, but they also fill bare spaces with lovely greenery.



Rise in open spaces

Many people did their best to adapt and make way for their family's demands during the pandemic. Many homeowners were forced to make alterations, making the most of every available square inch. The epidemic emphasized the importance of including airy, well-ventilated rooms indoors. Balconies and outdoor terraces are becoming increasingly important. They provide reasonable access to sunlight and clean air, both necessary today to improve our well-being.

Soundproofing

Soundproofing is more crucial than ever with everything taking place inside the house, including workouts, office work, celebrations, and everything else. It becomes critical to designate specific areas for each activity, and it is even more crucial that the noise from these various areas does not interfere with one another. The most popular type of material to use to soundproof a house or office is foam. The home's design and appearance need not be compromised to achieve soundproofing but rather done in a way that enhances the overall aesthetic of the interior design.



Every challenge comes with innovation; the Covid-19 pandemic is no exception. It significantly altered our everyday life, which led us to rethink what it means to be comfortable and stylish in our own houses. These modern trends remind us never to take our cosy living space for granted, especially when our well-being is at stake.

Common causes of

hair loss

According to studies, there are around 5,000,000 hair follicles in the human body. Each hair follicle's purpose is to form a hair shaft. Human hair serves various purposes, including shielding the skin from external aggressors. It further reacts to outside input and converts this data into neurological impulses, which the brain interprets as

sensory experiences. The scalp hair is the only area of the human body that can quickly and purposefully alter one's look. Every hair on our bodies plays an essential role, although hair from our heads is given much attention compared to other parts of our bodies. The importance we attach to our hair explains why we invest time and money in maintaining our hair by trimming, shaving, curling, dying, straightening, covering, adding supplements, or arranging.

Apart from beauty, our hair carries other cultural and racial connotations. Dermatologists, psychologists and sociologists believe that our hairstyles reflect our sense of identity and how we want others to perceive us. What kind of person you are and how you feel about yourself can be inferred from how healthy and vivid your hair is. Healthy hair symbolises self-assurance and makes you appear more appealing to others. Hardly would one love to lose their hair; no



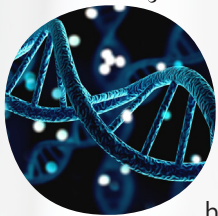
wonder people do all within their means to care for their hair since it promotes health, hygiene and self-esteem. However, hair loss is a process that can affect any individual, but it is more common among adults than children. According to the American Academy of Dermatology, most adults lose 50 to 100 strands daily. Furthermore, researchers revealed that when people wash their hair, they can lose up to 250 strands. The loss does not mean we should not wash our hair; the hair regrows.

Primary causes of hair loss

One of the leading causes of hair loss is the gradual thinning on top of the head, which is the most typical type of hair loss. In contrast to how women's hair parts usually widen, men's hairline on the forehead frequently starts to retreat. Some individuals also have hair loss in circular or spotty bald areas on the scalp, beard, or brows, and handfuls of hair may fall off when combing or washing. Others may also experience total body hair loss due to medical procedures.



Primary causes of hair loss include:



Genetics

Androgenetic alopecia is a more severe hair loss that typically begins in adolescence and increases with age. It's also known as male or female pattern hair loss; in most cases, it comes from the family's lineage. This hair loss frequently begins around the temples and spreads to the top of the head in men. Females typically notice it initially where their hair is divided, although there is gradual thinning throughout.



Stress

Stress can lead to hair loss due to a condition known as telogen effluvium or excessive hair shedding caused by stress. When stressed, the hormone cortisol is released, which can disrupt the hair follicle and cause shedding or hair loss. According to Angelo Landriscina, MD, a dermatologist in Washington, DC, shedding happens at least three months after a stressful event. You won't go bald from telogen effluvium; your hair will regrow.



Hormonal Changes

Higher testosterone levels have been linked to diseases like polycystic ovarian syndrome (PCOS) and congenital adrenal hyperplasia (CAH), which can result in female pattern hair loss.

Furthermore, researchers noted that using birth control pills, going through menopause, or stopping them together could result in hair loss in a study published in the Journal of Cosmetic Dermatology in 2022. That is due to the hormonal balance alteration that occurs during those occurrences.



Nutrients deficiencies

Vitamin and mineral deficiencies affecting the hair's growth cycle and cellular turnover may lead to hair loss and reduced growth. Vitamin deficiencies that might cause hair loss include a lack of protein, biotin, zinc, and iron. First, before you turn to over-the-counter supplements to treat any alleged deficiencies, speak with your doctor to see whether you are deficient in specific nutrients.



Pregnancy

Researchers revealed that the surge in estrogen levels during pregnancy could temporarily change hair development cycles.

During this time, you'll experience less hair loss than average. After delivering birth, your estrogen levels may restore, resulting in more significant hair loss than you might anticipate. Additionally, it's not unusual for postnatal mothers to observe bald spots or hair thinning. Only a brief hair loss will occur. Your body as a whole will heal, including your hair follicles.



Medical conditions

The American Hair Loss Association notes that many medications used to treat common medical conditions could result in hair loss as a side effect. Blood-thinning pharmaceuticals, oral contraceptives, depression medications, anti-inflammatories, beta-blockers, and calcium channel blockers are a few drugs that might cause hair thinning. Taken in excess, vitamin A-based drugs known as retinoids can also cause hair loss. Many chemotherapy drugs are known to cause total hair loss as they attempt to eliminate cancer cells.



Infections

Infections can impact the scalp, causing hair loss. This loss occurs when bacteria, yeast, or fungi proliferate and infiltrate hair follicles. There may be pus lumps, redness, and scaling. The scalp can become itchy or unpleasant. Most scalp infections are treatable with the appropriate antibiotic or antifungal medicine. These infections, if left untreated, can cause lasting scarring.



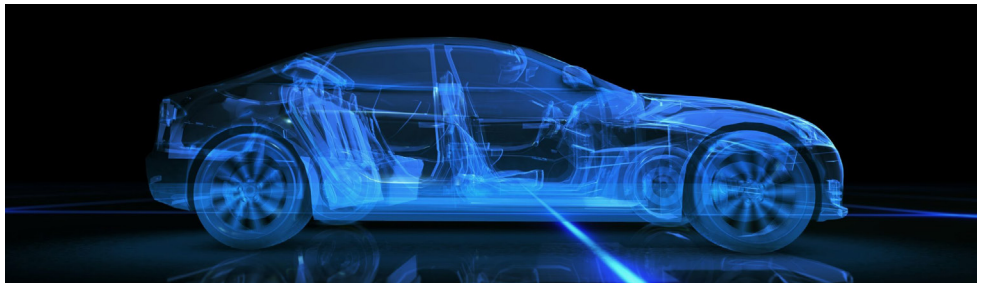
Extreme Hair Care

Excessive shampooing, blow-drying, using heated styling tools, pulling on the hair and abrasively scratching the scalp can cause hair loss. Relaxers, perms, and hair colours may also facilitate damage-related hair loss.

Other factors linked to hair loss include Alopecia Areata, weight loss, and age.

A certain amount of hair may fall out every day, as usual. It is normal. However, you are advised to see a doctor when losing more than 100 hairs daily, as this could indicate an underlying medical condition. Your dermatologist must first identify the reason behind your hair loss to determine the appropriate treatment. Blood tests and a physical check of your hair and scalp may be part of the medical examination to enable your doctor to offer suitable therapy alternatives.

THE OPPOSING SIDES OF ELECTRIC CARS



With the high fuel costs and recent attention paid to the environment, Electric vehicles (EVs) are rapidly gaining popularity. They are widely regarded as the game-changer in the automobile industry and transportation sector in the twenty-first century.

They provide numerous advantages, including fuel efficiency, pollution prevention due to zero-rate direct emissions, and noise reduction. Electric vehicles are also faster and more efficient, require less maintenance, and are simple to operate. Nonetheless, they have some disadvantages when compared to their fuel counterparts.

Short driving range



Many of these vehicles are unsuitable for long journeys due to their limited range of 50-100 miles before recharging. According to research, the number of miles an EV can travel on a single charge is determined by the battery size, the weather, the age of the battery, and your driving habits. Such vehicles are best suited for city use and short, local journeys rather than long-distance travel. On the other hand, gas-powered cars have a more excellent driving range because they can travel 300 miles on a full tank of gas.

Longer recharge time



Whereas it only takes a few minutes to fill up your gas-powered car, recharging an EV can take anywhere from 30 minutes to two days, depending on the charger you use. This longer recharging time necessitates the establishment of dedicated power plants. The only way to overcome this difficulty is to have a home charger to charge it while your vehicle is in the garage or parking lot.

High buying cost and battery replacement.



Purchasing a gas-powered vehicle is less expensive than buying an electric car. EVs are costly because of their high production costs, which force automakers to attempt to recoup R&D costs, especially when there are no meaningful government incentives to encourage uptake; furthermore, battery packs are expensive. Batteries are one of the essential components of EVs because they store electricity and power the vehicle. In the event of damage, one must dig deeper into their pocket to cover the repair costs.

Limited recharging points



Because electric charging stations are still in their early stages of development, only a few of the places you visit daily will have them for your vehicle, which means that if you're on a long trip, it may be more challenging to find a charging station. As a result, experts recommend charging station maps of your home and frequent destinations to charge your new EV when necessary.

Pollution



EVs contribute significantly to environmental pollution despite producing no direct emissions. Many greenhouse gases are emitted during the production of electric vehicles. The raw materials for the car must be mined, emitting a lot of greenhouse gases. The raw materials must then be processed before they can be used, resulting in even more greenhouse gas emissions. Batteries, particularly lithium-ion batteries, are another source of emissions because they use a lot of energy and raw materials.

Limited choice



Electric vehicles have a limited selection, unlike diesel and gasoline vehicles available today with various model and feature options, which outnumber the number of electric cars.

Limited capacity

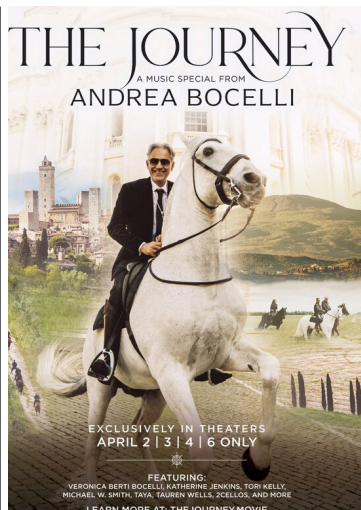


Aside from limited options, many customers face capacity constraints. The vast majority of electric vehicles on the market today have only two seats. They are not meant for the entire family. This limitation may change as the demand for electric cars and attention to environmental demands increase.

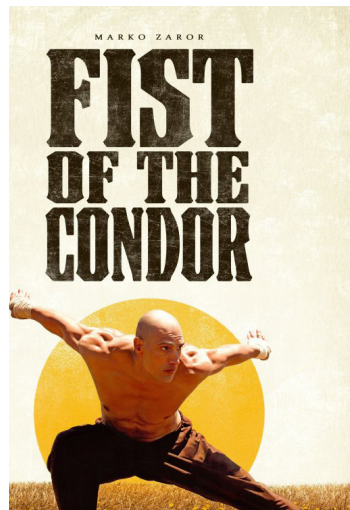
While change is necessary and staying current with technology is always important, it is clear that short driving range, longer recharge time, high purchase cost, battery replacement, limited recharging points, choice, and capacity have significant negative impacts on electric vehicles. As a result, it may be a good idea to own both gas-powered and electric cars to enjoy both advantages until the Electric Car industry has developed better to take care of those shortfalls above.

LITERARY CORNER

COMING SOON



GENRE: DOCUMENTARY
RELEASE DATE: 02ND APR 2023



GENRE: ACTION
RELEASE DATE: 04TH APR 2023



GENRE: COMEDY
RELEASE DATE: 07TH APR 2023



GENRE: 3D ANIMATION
RELEASE DATE: 05TH APR 2023

IN CINEMA



GENRE: 3D ANIMATION
RATING: 6.3/10



GENRE: THRILLER
RATING: 5.6/10



GENRE: COMEDY
RATING: 7.3/10



GENRE: HORROR
RATING: 5/10

TO THE GIRL THAT WILL SPARK MY HEART.

By Goon

I'm not made of brimstones
I'm a fireball.

So at 45,
Don't mind if I'm still catching fire for you.

At 50,
Don't mind if I'll still build beautiful turmoils,
With the whisk of my tongue on your neck.

When I hit 55,
I'll still have goosebumps,
At the mention of your name.
Sorry, Our name.

Even at 60,
I'll still make a poem for you.

I hope I'll still will,
surrender myself to you in prose,
In my own free will.

I hope I still will,
free my diction,
Enough to steal your free will.

~Thy_Goon.

POEM



Technological innovations have changed how children use their free time in this era and age. Unlike when kids used to play games with their colleagues during their leisure time, modern children spend much of their time on phones, tablets, and computers thanks to cheaper and affordable internet availability. They use the internet to chat with friends or loved ones, attend online classes, play games, and watch news, comedies, and movies.



STATISTICS



Watching
videos 40%



Chatting
24.16%



Games
24.16%

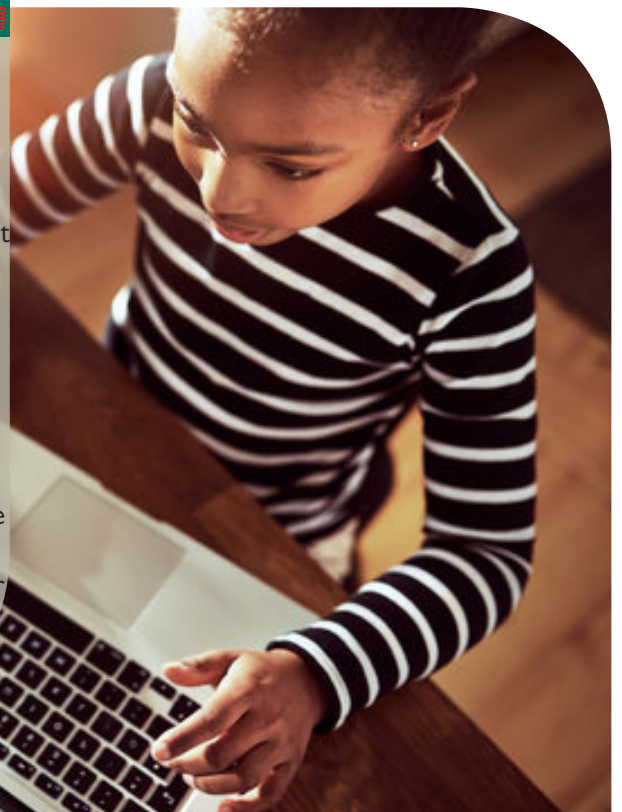


Shopping
11%



Watching
news 5.54%

A report published by **KASPERSKY** indicates that children worldwide spent more time increasingly watching videos and listening to music in 2020. Additionally, it demonstrates that video accounted for 40 per cent of their time. Internet communications came in second with 24.16 per cent, and video games came in third with 15.98 per cent. News ranked fifth, with a popularity of 5.54 per cent, and online stores came in fourth with 11 per cent. The increased internet use during this period is attributed to the Covid-19 pandemic that forced kids to stay home and remain indoors for the better half of the year.



PARENTS & GUARDIANS



The internet is fun and provides excellent information, but it comes with many risks, mainly for young people. Kids who spend most of their time on the internet are exposed to inappropriate content, including pornographic content, scams, and information encouraging hate speech, terrorism, racism, abuse, sexism, vandalism, eating disorders, and suicide. It also exposed them to images depicting violence, gambling sites, and unnecessary chatrooms.

Parents and guardians must ensure their children's online safety as computers and other Internet-connected devices are used more frequently for work, play, and academic obligations. By protecting their kids on the internet, they shield them against predators, cyberbullies, phishing scammers, vulgar language, drug or alcohol abuse, and pornographic content. We are going to look into some of the things, as a parent, you should do to promote your children's safety whenever they are online.



Talk to the kids.

The first step a parent should take is to talk to their kids concerning their online activities. Discuss with them what you think is appropriate and explain that you want them to be safe. Tell children they can talk to you, but also that they

can speak to their teachers or other trusted people. If you do this, you can be sure kids will open up to you about any uncomfortable experiences they may have online. Additionally, it may assist you in fully comprehending their internet activities. Educating kids about their online reputation is crucial, emphasising the need to exercise caution when acting, interacting, and presenting oneself in such a public setting.



Parental control applications.

Another way of protecting your kid from inappropriate content is setting parental control applications. All you have to do is to install the parental controls, which are frequently built into cell phones and computers. These controls could be content blocks or privacy settings. Additionally, you may configure parental restrictions for specific services like YouTube and a Google SafeSearch search filter. On your child's iPad, you may install one of the top parental control programs to prevent their access even if they manage to get beyond iOS parental settings.

Set rules.

Thirdly, set rules for your kids before handing them over a phone, tablet, or computer. Begin by setting time spent online. Please only allow them to spend part of the day online when they are no

significant thing they are doing. Also, please encourage them to talk to you before revealing personal details like their names or addresses or engaging in online communication with strangers. Discourage them from meeting those online, using their real names, and replying to aggressive messages. In addition, ask them to treat other online users well the way they would love to be treated.

Control kids online activities.

Additionally, it is advised that you watch what your youngster is doing or viewing when they are online. Consider looking through your child's browser history after they've been online to see which websites they've visited if they're younger. Naturally, as youngsters become older and learn how to clear history, this method becomes more difficult.



Limit your kids devices.

As a parent, you must also limit your kids' devices to control how they use and access the internet. To ensure that only you and your child can access the device, you should also set

up password protection on all your child's gadgets. Also, when children publish posts, photographs, messages, and other content, location services might betray your child's whereabouts to predators. Ensure you disable location services in social media applications to secure their locations.



Set a good example.

Lastly, establish screen time limits for yourself, and show your child that you are kind and friendly to others in person and online by setting a good example. Understanding your family's digital behaviours might help you

set screen time limits by fostering family consensus rather than imposing strict regulations.



Install a reliable antivirus.

Furthermore, install a reliable antivirus on your child's device to shield them from malware and virus hazards. These programs assist users in conducting checks for, identifying, eradicating, and preventing internet or file-

sharing-related computer virus infections. Some of them are Bitdefender Total Security, Avast, McAfee, Kaspersky, Malwarebytes, Norton, etc.

While communication is the key to interaction and global awareness, keeping your kids safe online is vital. Create a welcoming environment where you can discuss what your child may access and post online and control their online activities. Please express your interest in all facets of your children's lives and ensure they understand that internet access also comes with dangers. You can minimise the risks by creating a healthy and cordial relationship between you and your children, which assures the kids that the guardians are there for them regardless of the situation.

KATAKATA CREATIVE CLUB

Are you a kid?

Can you write interesting stories?

Do you want to be part of the Kata Katakata creative club?

Please send us your story(not more than one page) with your email contact details. Perhaps your story may be published with your photo or you may win a prize for your creative talent

send your story to: info@katakata.org

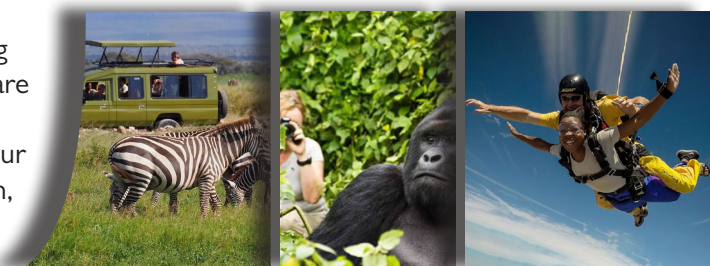




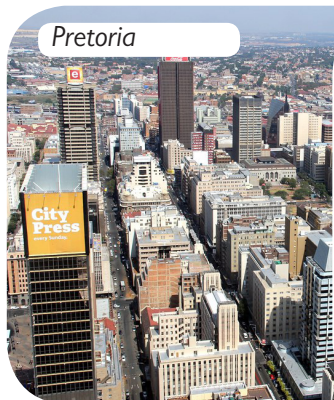
Africa offers some of the most extraordinary experience travel experiences in the world, thanks to its highly diverse culture, scenery, and fantastic nature. It is also one of the vast continents, covering 20 per cent of the Earth's land mass. North, East, Central, Southern, and West Africa are the five sub-sections of the continent. It is also the second largest continent after Asia and has 54 countries.

African cultures vary not only among nations but also within a single nation. For example, in Kenya, there are 45 tribes with different cultures. The most widely spoken language in Africa is Arabic, followed by English, Swahili, French, Berber, Hausa, and Portuguese. Research shows that the continent is home to more than 2000 recognised languages; around 200 are spoken in Northern Africa, more than 1,000 Niger-Saharan languages, and 140 in Central and Eastern Africa. African continent also boasts a unique climate from the north to the south. Africa is the hottest continent globally, with around 60 per cent of land dry and covered by desert; the Sahara is the world's biggest desert. The continent also has the other extreme, with the coldest temperate in Africa being as low as -11°F .

Travelling to Africa could be challenging due to costly flights, accommodation, food, and transportation. Tourist activities such as safari trips, skydiving, Gorilla trekking, and scuba diving can also be expensive. Nevertheless, in this article, we will share some of the cheapest countries you can visit without digging deeper into your pockets. We will also give tips on making your trip cost-effective and making your transport, accommodation, food, and drinks in these nations budget-friendly.



Pretoria



South Africa:

You can have a fantastic trip full of memories if you visit South Africa because the country offers one of Africa's most beautiful tourist possibilities. It has endless natural riches and landscapes, incredible wildlife, and modern cities rooted in ancient traditions. Visiting South Africa is less expensive than many people think. A bed in a hotel can cost you as low as \$5, and meal budgets range from \$5 to \$15. The best thing you can do is cook your meal; it is cheaper than buying. Moreover, many excellent museums in the cities charge no entrance fees, while visiting great and more prominent attractions sites can cost \$22. Hiring a car in South Africa is also cheap, as you only need to pay around \$10. Despite its beauty and all the country can offer, South Africa can experience violent crimes, which tourists need to be mindful of.



Rabat



Morocco:

Morocco is a unique country with beautiful coasts, beaches, snowy mountains, forests, and waterfalls. We must remember to talk about its fragrant foods, mint teas, charming markets, and colourful landscapes. The country also offers visitors the chance to visit the dunes of the Sahara Desert and famous cities such as Casablanca, Fez, and Marrakech. While in the Northern African country, you can dine on cheap local food for about \$12 and fork out between \$10-\$15 per night. Morocco's trains are well-connected, connecting many of the major cities. A one-way ticket from Marrakech to Fez costs less than \$20. Bus tickets between cities are even less expensive. Because of its proximity to southern Europe, it is relatively easy to find cheap flights to Morocco from Europe.





Kigali

Rwanda:

The East African country is one of the best places to go gorilla trekking in Africa. Even though Gorilla trekking is expensive, the cost of living is cheaper in Rwanda, with an average daily budget of \$27. Public transportation will only cost you a couple of dollars; you can take a bus or taxi for only \$5. Also, to find cheap meals, visit local restaurants, which will cost you only \$10 a day. If you dine in international hotels, prepare to cope with hefty charges.



Lago malawi

Malawi:

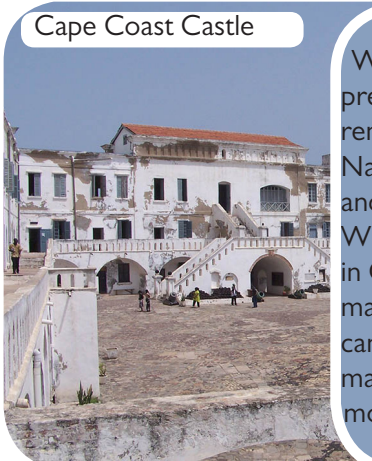
It is not for nothing that Malawi is called the 'Warm Heart of Africa;' the Southeast African country, which is landlocked by its neighbours Tanzania, Zambia and Mozambique, is a land made up of hospitable, warm-hearted, friendly and welcoming locals. Landlocked it might be, but the country hardly lacks beautiful beaches and incredible parks, making it a tourist destination for many who have started trooping to the less-crowded Malawi. The famous Lake Malawi, with its clear blue waters and golden sand shores, offers varieties of sea animals; the country is home to abundant wildlife, including many species of birds, hippos, baboons, warthogs, and elephants. The lake is well-known for its excellent scuba diving opportunities at surprisingly low prices. Other water sports activities, such as sailing, kayaking, and snorkelling, are available. By visiting Malawi, you can watch five big animals, including a lion, leopard, rhino, cape buffalo, and elephant. Prices for safaris in Malawi are affordable, and you need only \$10 a day to book a room in many hotels. A meal in a high-end restaurant will cost around \$11, but a meal on the cheap will cost about \$5.40. A guided wildlife walk costs approximately \$20, and a casual diving activity in Lake Malawi will cost about \$50.



Erta Ale volcano

Ethiopia:

Ethiopia is one of the best nations in Africa to travel to because of the Blue Nile Falls, world-class archaeological sites, and warm locals. The African nation is also home to one of the planet's most famous destinations for adrenaline-seekers: the Erta Ale volcano. The volcano is unique and fascinating, attracting visitors from around the world. Eating, drinking, and travelling in the East African country is affordable and high quality. Local restaurants are cheap; the main meal and beer cost only around \$1.50. A meal in a high-end restaurant will cost around \$11, but a budget version will cost half that at \$5.40. It may be cheaper to fly domestically in rural Ethiopia because air travel has better infrastructure than roads.



Cape Coast Castle

Ghana:

When you want to explore Ghana, ensure you visit Accra, the well-preserved Cape Coast Castle from the 17th century, for an important reminder of the country's past from the slave trade. Also, go to Kakum National Park, a rich rainforest complete with all types of flora and fauna, and even a canopy walk - a rope bridge built to walk above the trees. The West African country is also safe and has friendly people. A standard meal in Ghana will cost you around \$3.50, or a higher-standard 3-course meal may cost around \$13. Depending on where you are staying, a budget hotel can cost as little as \$3 per person per night, but a more comfortable hotel may cost closer to \$20 per night. Attraction site fees are affordable, and moving around the country is cheaper.



Valley of the Kings



Egypt:

With its historical contribution to the world, Egypt is a must-see- country to visit. Considering that it has much to offer in terms of tourism, one might think the country would be costly to see, but Egypt can be a very cheap holiday destination to explore. It does not hurt that there are many cheap flights from Europe to the country. Although the pyramids are once-in-a-lifetime tourist attractions, it only costs \$18 for a full-price ticket. That said, there are many cheap ways to visit the pyramids without spending a lot using tour guides. Exploring the opportunity with a small group of friends and using the local metro and mini-buses can save one a lot. You'd spend at most \$2 per person for the combined travel cost from the centre at Tahrir Square to the pyramids. Equally, you can visit attractions such as the Menkaure Pyramid or Mers Ankh Tomb for a mere \$2. Other tourist attractions and cities besides Cairo can be another way of saving money. Think of Valley of the Kings, Aswan, with its famous Aswan Dam, Luxor, Marsa Alam, or Safaga provide alternative and cheapest diving opportunities along the Red Sea.

Accommodation can go as low as \$2 for an average room in the centre of Cairo. At the same time, the price can be considerably lower if you choose quieter neighbourhoods or the outskirts nearer Giza.

Feeding is equally inexpensive, ranging from \$7.30 - \$9 per person for a 3-course meal in a mid-range restaurant, while you pay much less (around \$3.50 per meal) if you go for inexpensive or local restaurants.

Getting around Cairo with public transport is also affordable. With as little as \$3.50 per day, you can travel everywhere in Cairo with Public transport.



* \$18



* \$3.5



* \$7.3 - \$9



* \$2

Church of St.
George in Lalibela,
Ethiopia.



You can still travel to Africa for a great and memorable holiday without spending much if you can do enough research before embarking on your trip to these beautiful countries. You only need to choose wisely where you eat and sleep and how to spend your vacation time. You can save more if you act like locals, buying food along the streets or cooking for yourself. Self-catering will save you a considerable chunk of money. Time to get ready for an affordable trip to Africa!

LEARN WHY IT IS CRUCIAL TO

CONSUME OILY FISH.

Oily fish are described as fish with oil in their structure and guts, with their fillets containing roughly 30 per cent annual oil. They are the healthiest of all fish due to their high levels of vitamin D and omega-3 polyunsaturated fatty acids, which are essential for a sound body and brain function and have been associated with a lesser incidence of several diseases. These oily fish contain two fatty acids that assist the cardiovascular system: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Trou, salmon, sardines, pilchards, kippers, eels, whitebait, mackerel, herring, and tuna are some examples of oily fish. Whether they are canned, fresh, or frozen, all these fish are high in omega-3 fatty acids. A lot of data supports the concept that eating oily fish has several positive health effects. According to research, eating oily fish can help prevent dementia, prostate cancer, age-related eyesight loss, and cardiovascular disease. Let us look at some of the benefits of oily fish.



Reduces risk of cardiovascular diseases

The World Health Organization (WHO) estimates cardiovascular diseases (CVDs), which claim 17.9 million lives annually, are the leading cause of mortality worldwide. Heart attacks and strokes account for more than four out of every five Cardiovascular fatalities, and one-third of these mortalities happen before the age of 70. But research suggests that consuming fatty fish may help lower the likelihood of a heart attack and stroke. Omega-3 fatty acids can help with conditions including high blood pressure and cholesterol, reducing heart disease risk. Researchers believe fatty fish is more beneficial for heart health than other types because of its high omega-3 fatty acid concentration.

Help reduce the risk of cancer

According to studies, people who eat more fatty fish or omega-3 supplements have a lower risk of developing breast, prostate, and colon cancers. Researchers speculate that EPA's anti-inflammatory properties may cause this correlation. It's also possible that individuals who consume more oily fish are less likely to consume processed meats and saturated fats, which are bad for their health and raise the risk of colon cancer.

Fights depression

The feel-good element in fatty fish makes you content and joyful. According to studies, persons who regularly eat fish are substantially less prone to experience depression. These fish include omega-3 fatty acids, known to improve mood and lower the risk of depression. A study from Harvard University shows how omega-3 fatty acids are promising complementary treatments for mental disorders. Because omega 3s pass through brain cell membranes and interact with mood-related chemicals inside the brain, omega 3s are "usually beneficial" as a supplement for actual therapy. Additionally, the fatty acid's anti-inflammatory qualities aid in reducing the signs and symptoms of depression and boost daily vitality.

Keeps Eyes Healthy

The risk of age-related macular degeneration, a frequent cause of blindness in older individuals, may be reduced by eating oily fish two or more times each week, according to some data. The fatty acids DHA and EPA are perfect for your eyes. They safeguard your vision, lowering your chance of getting age-related macular degeneration.

Source of vitamin D

Fish and fish products are one of the primary dietary sources of vitamin D. The largest concentrations are in fatty fish like salmon and herring. Cooked salmon has almost 100% of the daily required amount of vitamin D in a single 4-ounce serving. A single tablespoon of some fish oils, such as cod liver oil, provides more than 200% of the Daily Value (DV) for vitamin D.

Improve sleep

Researchers have discovered that consuming fish seems to improve daily functioning and sleep. According to the study, the participant's sleep time, latency, and quality all improved. The increased vitamin D intake from the fish and the benefits of excellent bed rest also enhanced the participant's mood during the day.

Protection of the brain

Fish consumption is associated with slower mental impairment in older people. Fatty fish consumption may shield your brain from age-related illnesses, including Alzheimer's and dementia. It is known to slow cognitive ageing rates. According to other research, those who regularly consume fish also have more significant grey matter in the regions of their brains responsible for memory and emotion.

Risks of autoimmune diseases

The body unintentionally attacks healthy cells and tissues when an autoimmune illness develops. Numerous studies relate fish oil or omega-3 intake to a lower incidence of type 1 diabetes in kids and an adult form of autoimmune diabetes. According to some experts, eating fish may also reduce your risk of developing multiple sclerosis and rheumatoid arthritis. An average daily intake of at least 0.21 grams of omega-3 per day was related in research in the Annals of the Rheumatic Diseases journal to a 52 per cent lower chance of developing rheumatoid arthritis.

One cannot underestimate the numerous health advantages of oily fish, which include potential reduction in the risk of heart disease, enhanced mental function, defence against vision loss, protection from rheumatoid arthritis, protection of the brain, decreased risk of autoimmune illnesses, and better sleep. Oily fish may also help prevent malignancies like breast, prostate, and colon. It is time to make oily fish an unmissable part of your cuisine.

Fish Packets with Snap peas
Tomatoes and Herb Butter

fried whole fish with
tomatillo

Green-Thai fish curry

AUNT SYLVIA



Dear Aunt Silvia,

I am your fan from Kenya. We have a 15-year-old daughter in secondary school in a village in Kisumu. It is generally "taboo" to teach sex education in school or discuss it at home. I support giving our daughter sex education lessons to teach her the dangers of early pregnancy and how to prevent it. On the other hand, my husband is against it, arguing it will lead to promiscuousness. This topic has been causing severe problems in our marriage. I need your advice, please.

Yours,

Akeyo (Ahero, Kenya)

Dear Akeyo,



Thank you for reaching out regarding this delicate issue.

I can imagine that cultural expectations may have influenced your husband's stand; as much as

I respect the culture, I firmly believe children should be exposed to sex education, which does more good than harm. It helps to prevent unwanted sex and death among teenagers.

According to the United Nations, teenage pregnancy, equally called adolescent pregnancy, is pregnancy in a female under 20. In most cases, a girl under the age of 15 is not biologically, mentally, physically, socially or financially mature enough to have a healthy pregnancy or give birth.

Recent statistics show that about 2.5 million females below 16 years and 16 million females between 15 to 19 years old have babies yearly in the developing world. In 2021, 13.3 million babies - about 10 per cent globally - were born to mothers under 20 years. In addition, 3.9 million babies are aborted yearly, mostly in rural areas.

Apart from socioeconomic factors, teenage pregnancy poses significant dangers. Risks such as premature labour, low birth weight, pre-eclampsia and anaemia are frequent occurrences in adolescent pregnancy, especially when the pregnant child does not have access to high-quality prenatal care. In most cases, where sex education is not part of the school curriculum or a "taboo" to discuss, most pregnant kids are afraid to disclose their pregnancy. That fear of disclosure or secrecy may lead to a situation where the girl is not cared for medically. Furthermore, without knowledge of sex education, most girls engage in quack abortion to hide the pregnancy. In most cases, the victims lose their lives due to unprofessional abortion.

Another dilemma facing pregnant teenagers is social issues, such as denial of access to education and social stigmatization, making it difficult for the pregnant girl to marry.

Sadly, society hardly punishes the male responsible for the pregnancy; it is often the female that bears all the responsibilities, including social stigma. Call it gender inequality if you like.

I suggest you discuss all the above issues with your husband. Hopefully, he will see that the advantages of giving your daughter sex education outweigh the disadvantages. I also hope that society will pay attention to the risks associated with teenage pregnancy and take necessary precautions.

Yours,
Aunt Silvia

SEX EDUCATION QUOTES

Parents are the sex educators of their children, whether they do it well or badly

-Dr. Sol Gordon

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