



## GAF VISION

A society where girls are empowered with all requirements to grow and become the impacting women fulfilling their destinies.

## MISSION

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

# EQUIPPING GIRLS TODAY FOR TOMORROW



- Who Is a Big Girl?
  - My virginity is my main priority
- EFFECT AND CONSEQUENCES OF  
**TEENAGE PREGNANCY**
- EXAMINATION MALPRACTICE
- and lots more*

## A 7 DAYS

### CAMP TRAINING FOR GIRLS 2023

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







# THE ARK CHILDREN HOME of EMMANUEL WORLD CHILDREN FOUNDATION

No 1, Ilara road, Ikota, Ondo state, Nigeria  
Tel: +234-8033550288, 8119288595, 8063531872  
emmanuelfoundation@yahoo.com



The Ark Children Home is a arm of Emmanuel World Children Foundation. We are glad to present to you our ongoing project, a 50 bed capacity boys hostel and vocational center for street kids. On completion, it will renew destinies of many kids who have lost hope and lives on the street.

In the past 25 years, our 25 bed capacity shelter have provided, shelter, rehabilitation, education etc for vulnerable children such as trafficked victims, orphans, abused children, street kids and others.

The increased rate of street kids and out of school children required an urgent scheme that will take them off the street. This is why we are building this 50 bed hostel and vocational training center. Our target is to rehabilitate and empower 100 street kids a year through a six month program.

The ongoing building foundation was laid on 28th of June 2022 during our 25th year anniversary. We sincerely request for your support for this project.

ITEM NEEDED	QUANTITY NEEDED	UNIT COST (N)
6" Block	7580	280
Bags of cement	850	4500
sharp & soft sand	24 loads	60000
3/4 crushed stone	28 tons	15000
1.2 crushed stone	15 tons	15000
Iron rod	112	6000
Roofing sheet	54	35000
Planks	1800	2000
Asbestos sheet	3500	3000
Iron Burglary	66	12000
4ft panel doors	38	35000
3ft flush doors	42	28000
Casement 6 ft window	55	50,000
Double doors	4	350000
2.5mm cable	42 rolls	25000
1.5mm wire	35 rolls	15000
Switches	187	1200
Wall sockets	120	2000
25ltr. paint	42	35000
18x18 tiles	650	1400
lamb sets	154	1300
Plumbing materials	1 set	650000
WC toilet set	15	40000
PVC pipe(electrical)	10 packs	10000
Casement 3ft window	21	30000

Your support for this project is going to change lives. You can support in kind with building materials or in cash to

Account Name: Emmanuel World Children Foundation (building project)  
Bank: Zenith Bank - Naira: 1222041574; USD domiciliary- 5070757838  
Bank 2: Access bank: 0033180276



# GAF Magazine

GIRLS AFFAIRS FORUM  
A publication of Girls Affairs Forum magazine 2023 édition  
Volume 1  
Issue 1 APRIL, 2023 EDITION

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**A 7 DAYS CAMP TRAINING FOR GIRLS 2023**

*Date:* **23th - 30th April, 2023**

"Girls Camp is a Wholistic Programme Designed to Educate Girls on their Physical, Spiritual, Mental, Social, Health and Character Development"

**Venue:**  
The Arc of Emmanuel World Children Foundation,  
No. 1, Ilara Road, Ikota, Ondo State.  
Tel: 09153875800, 08033550288, 07044378862

**FEATURING:** \* Cake Making & Decoration  
\* Integrity \* Games  
\* Authenticity \* Songs  
\* Consistency \* Humility \* Feed Trip

**For Support: 0126577773, GTB**

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# Editorial

## FROM GIRLS AFFAIRS FORUM (GAF) VISIONER

I sincerely welcome you to the maiden edition of the GAF magazine.

There are lots of factors contributing to girls child today that only one hand or sector cannot handle. Girls are faced with various challenges and are overwhelmed with unanswered questions. When girls are welled up with questions that are not answered, it does not mean there is no solution to their various challenges, it means most people who are capable of helping our girls to answer questions in their heart are either absent or does not think it is needed, of priority and important.

Our parents in the past does not have access to much education, they don't have information at their fingertips like we do today, yet they have raised responsible girls who are notable women across the nations today. The question is what is wrong with today's parents? Why do we have so much prostitutes instead of virtuous women that are usually referred to as wife materials? Why do we have many violence women instead of peaceful home makers? Why has many girls turned themselves to sex dolls, turning public part to private and private part to public part in the name of fashion? Why do we keep having so much girls with character deformities all around us? So much questions!

The answer is obvious! Parents of this dispensation tends to focus more on how to make more money, build houses, academics and career of their children of which girls are the major population. This makes lots of them to be engrossed, carried away and forget the same girls they are sourcing money to train. Staying with our girls, listening to them, reasoning together and helping them to grow into responsible leaders, wife material, trainers of next generations goes beyond academic education. The need to stay close and be part of their lives indeed is crucial at this time if the future is going to be the future of our dream.

Girls Affairs Forum(GAF) is envisioned for a society where girls are empowered with all requirements to grow and become the impacting women, fulfilling



Mrs. Precious Daramola  
*Editor-in-Chief*

their destinies. It is our passion to be available for girls and be part of their lives, building them to grow up and become a positive change maker in the family, society, nation and the world at large. Our mission is to provide strategic physical, emotional and spiritual mentorship in an enabling environment for girls as they grow to women and be a positive change agents.

This started four years ago with several activities including online classes and mentorship program, one-on-one and group counselling, Telephone discussion and chats, camping and outreaches. Seasoned professional facilitators engaged with the girls providing mentorship, information and answering question which enables the girls to live as victorious being. The first camp was held in 2022. Despite all effort, we realized the reality that we may not be able to reach all girls with our online and physical activities due to several factors, then the idea of Girls Affairs Magazine was envisioned to meet, provide necessary information and support to girls and assist them in overcoming their challenges. The GAF magazine contains various topics by experienced persons, stimulating activities, positive influential pictures and more. We believe this will equip girls each time they are able to lay their hands on the magazine.

In this maiden edition, we brought on board topics that were treated in our camp and online, we have the Ondo state Honorable Commissioner of Women Affairs and Social Development, Princess Dr. Adebunmi Osadahun brought on board, the experience of being once a girl, a mother and grandmother to give hint on early engagement in sex. The Executive director of Emmanuel World Children Foundation, Mr. Emmanuel Adaramola clearly show us the place of a girl in this generation. Tobi Bello brought on the table a clearer view on relationship. Dr. Mrs. Olaore went deep with the acronym 'WWW' which every girl need to know. Omotosho Esther open the curtain on examination malpractice. And many more, each page is loaded "IT-WHY": Information That Will Help You. The magazine is specially developed with you at the center of our minds. Your immense support in production, distribution and usage will go a long way to sustain the vision and make Girls Affairs Forum to be more impacting in quantity and quality. **Adaramola A. Precious - Editor in Chief.**





# WHO IS A BIG GIRL?



**T**he fact that different guys pick you up every night does not make you a big girl. The fact that you use the latest phone and you wear the most expensive clothe

does not make you smart, you're only eating up your future.

## Then, who's a big girl?

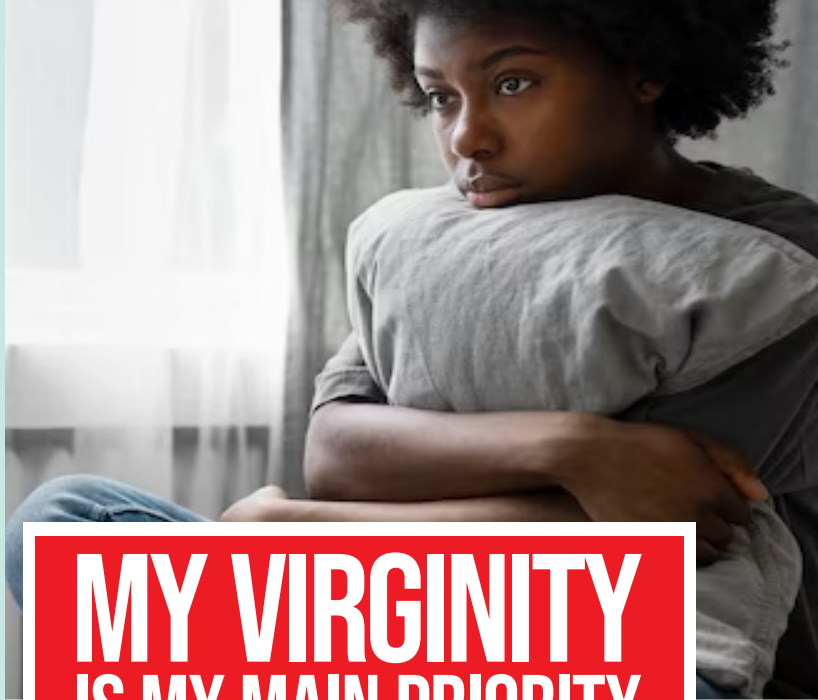
A big girl is a girl with enough brains in her, not one with more phones, clothes and money. She is not the one who flirts with different guys. She is a girl who respects people around her. You recognize her by the way she addresses people and her decent dress. A big girl respects the value of womanhood. She carries herself with dignity and does not broadcast around with the numbers of men she has slept with.

My dear, REMEMBER, cheap goods and services attract more Patronize.

Build yourself into a woman that people will always respect and admire. Never follow men because after using you, they would make jest of you in public. They will be like 'AYE OMO YEN TI BAJE'

A lady without morals and dignity is like a phone without a sim card or battery. SO BE WISE!

**Bimpe Oladele.**



# MY VIRGINITY IS MY MAIN PRIORITY



**Y**oung girls, you are PRETTY, but I have to warn you not to lose your VIRGINITY. Don't allow what you See in your VICINITY to break your wall of SECURITY. Your VIRGINITY is your DIGNITY and make it your No.1

PRIORITY.

Don't listen to those who call it a lack of OPPORTUNITY, don't allow the error of PROXIMITY to lead you to IMMORALITY. Your friends call you MINORITY because you refuse to join the PARTY of MAJORITY. They show off their body committing different ATROCITIES and you are thinking of embracing their INSANITY. But listen to me, in God you have true IDENTITY, and you are covered with divine IMMUNITY. Leave them to party in their IRASCIBILITY because, in REALITY, the end is CALAMITY. If you have lost your VIRGINITY already, don't worry, God can still give you a new IDENTITY. His DIVINITY will help your HUMANITY, but you will have to abstain from all IMMORTALITY, so you can get access into His beautiful CITY prepared by the Lord ALMIGHTY.

PLEASE GIRLS DO NOT ALLOW YOURSELF TO BE USED BY USERS.

**Sharon Akinsanmi.**

# EFFECT AND CONSEQUENCES OF TEENAGE PREGNANCY

**T**eenage pregnancy can have significant effects and consequences on both the teenage mother and her child. Some of the potential effects and consequences among many are:

Teenage mothers are at health risk and more likely to experience pregnancy and childbirth complications such as pre-eclampsia, premature birth, low weight and postpartum depression the child may also face an increased risk of health problems.

Teenage pregnancy can disrupt the education of the teenage mother and the child. She may need to drop out of school to care for her child; this can limit her future job opportunities and earning potential. The father of the teenage child may abscond, leaving the responsibilities to the poor immature mother alone. The child will become the victim of emotional imbalance and improper early childhood development and of course with little or no education thereby becoming a big problem to society.

Some cases of examination malpractices perpetrators are traced to either single mothers, teenage child abandonment and broken homes that lack parental care, unbridled growth and improper upbringing.

Teenage mothers may experience financial difficulties. Teenage mothers are more likely to live in poverty and face financial difficulties which can make it challenging to provide for themselves and their children.

**Relationship issues:** Teenage mothers may face challenges in their relationship with the child's father as well as their own families and friends.

**Social stigma:** Teenage pregnancy can lead to social stigma and discrimination, which can harm the teenage mother's mental health and well-being.

**Future pregnancies:** Teenage mothers are most likely to have subsequent pregnancies at a young age which can compound the above



issues and consequences.

It is essential to provide support and resources to teenage mothers to help them navigate these challenges and ensure the best outcomes for both themselves and their child.

**Oluduro Esther**



## HOW TO PREVENT YOUNG GIRLS FROM SEXUAL ABUSE

**S**exual abuse is a behaviour or sexual act forced on any person like girls, women, boys and men without his or her consent. This evil act is so rampant today in the society, hence, we must realize it is of priority that we must begin to talk to our girls from toddler. We can tell them about personal body space and privacy. As they grow, let's teach them the correct names of parts of the body. Remember today's children learn faster than yesterday's adults due to technologies invoke. We must not wait until they learn wrongfully outside. It is not a taboos, to say proper names of body parts like: vagina, penis, buttocks, breast and so on. It is also important to have personal time with our girls to know what they feel as well as creating space for their personal belongings. We must not force girls to express affections for family members, it is okay to allow them to learn and decide as we guide them carefully.

There is need to remember that respect does not necessarily mean teaching obedience, sometimes it is appropriate to say NO. Exposure to adult's topics must be intentionally monitored by setting boundaries, setting age limit with conversations, television, internet, games television etc. We need to teach them to practice what they should do and say by thinking first for the purpose of assertiveness. They should be taught to report to trusted adult if anyone make them uncomfortable by inappropriate touch, look and actions. They should be warned about who they snap picture with or share their pictures with. They need to also be careful of sexual jokes, this is common now even with today's musicians. They should beware of unusual care form an outsider who may want to bath them or who may want to create fear, hut them and make them sad. Most importantly, let's spend time with our girls as they look up to us for mentorship. It is the duty of us all!

**Joy**





## EXAMINATION MALPRACTICE

**E**xamination malpractice is an unlawful act or illegal action by an examination candidate to pass the examination.

Examination malpractice is also the act of violating the rules and regulations of an examination body to succeed.

### FORMS OF EXAMINATION MALPRACTICE

There are several forms of examination misconduct. The following are the most common

**GIRAFFING:** This form of cheating takes its name from one of the African animals with extremely long necks, legs and a small head. It is a process in which an examiner stretches his/her neck as long as possible to view and copy what a fellow candidate has written down for a given question. Giraffing is among the oldest and most common forms of examination malpractice.

**INSCRIPTION:** Students have now advanced to the level of inscribing material or any information on anything like parts of their body e.g., palms, thighs, handkerchiefs, rulers, tables, chairs, examination walls etc.

**SCIENTIFIC MALPRACTICE:** Nowadays candidates employ unauthorized scientific calculators, organizers, compact discs and mobile phones to take undue advantage.

**BRIBERY:** This form of malpractice may be used to enhance teacher-student collusion to cheat. It brings in the economic perspective in the examination of malpractice. A student may pay an examination official; some money may not necessarily be to buy the question paper but to be allowed to use illegal materials smuggled into the examination halls or to extend the examination scheduled period.

In Nigeria, bribery often referred to as sorting in tertiary institutions is rampant. Male students

offer money or other valuables; while female students use money or sex to bargain for "upgrading" of their examination scores. Bribery is common in both Secondary and tertiary levels of education examinations.

**INTIMIDATION/ASSAULT ON EXAMINATION OFFICIALS:** There are reported cases where students and touts brandish dangerous weapons like daggers, pistols, axes etc. in the examination venues to intimidate invigilators to have a free day while committing the heinous crime.

### CAUSES OF EXAMINATION MALPRACTICE

Below are possible causes of examination malpractice

**PARENT'S FAILURE TO BE RESPONSIBLE:** There is a saying that says, "charity begins at home", so parents cannot be exempted from this social misconduct because they also contribute to this problem. Some parents are only interested in the provision of fees but don't care about the academic performance of their children, some are even ignorant of the proficiency of their children in a subject. Unfortunately, many parents are even at the forefront to pay for special assistance for their children during an examination. If parents should take time to train their children to be independent and confident in themselves, I don't think such a child would seek external help to pass an examination.

**CORRUPT EDUCATIONAL SYSTEM:** The educational system these days is no longer what it was known to be in the past. The kinds of teachers employed by these schools are of low quality because of their inability to pay for professionals; this will affect the performance of students in any exam. Some of these schools are even malpractice centers popularly known as "special/miracle centers". There is no other way to pass an examination when students don't have the required knowledge to pass. Educational policy is getting worse day by day and this has a direct impact on the students by creating fear in them. Due to this dear, many students have resulted in examination malpractice as an escape route.

**STUDENTS ATTITUDE:** No doubt those parents are also one of the major causes of examination malpractice, but students are not left out too. While many parents try as much as possible to ensure their children get the best education, some students are lazy and all they are waiting for is a shortcut. They don't believe in adequate

preparation, hard work and total dedication to their studies. This is a wrong attitude to possess by any student because the effect of such a nonchalant attitude is always disastrous.

**ENVIRONMENTAL FACTOR:** We find ourselves in a society where examination malpractice is celebrated and justified. The environment has a way of influencing students who are quick in embracing daily norms. People now see failure as a bad thing and students are looking for every means to pass an exam. No student wants to fail because of environmental pressure. If only society would quit seeing examination as a taboo and begin to see failing from the right perspective as a means of identifying one's area of weakness requiring improvement, this pressure to pass an examination by all shady means will be minimized better still eradicated.

**UNDUE EMPHASIS ON CERTIFICATE:** The reason why this social anomaly is on the rise is because of the high-value society has placed on certificates over skills and professionalism. Thus, everybody wants to get that piece either by hook or crook.

#### **EFFECTS OF EXAMINATION MALPRACTICE**

**DAMAGES REPUTATION:** A good name they say is more valuable than money. One of the effects of examination malpractice is that it tarnishes the image of a person. You may be intelligent and smart but once you're caught in the act your reputation is damaged. Those who respected you for your intelligence are bound to lose that respect. It is better to fail honorably than to damage your reputation to pass an examination.

**IT BREEDS LAZINESS:** One thing about examination malpractice is that once you depend on it to pass, you will automatically lose the zeal to prepare for examinations. When you constantly depend on malpractice, it becomes a part of you and laziness sets in. Once you turn out to become a lazy student who prefers a shortcut to pass an examination, there's a high probability that this will become your lifestyle even as an employee.

**IT BREEDS IRRESPONSIBILITY:** Many do not understand the true meaning of irresponsibility. Irresponsibility is underrated. This is why people have failed to realize that getting involved in examination malpractice is an irresponsible act. Being irresponsible is not only when a person

steals, smokes, or gets involved in numerous vices, flaunting examination rules and regulations is irresponsibility. By the time you decide to plagiarize, which is otherwise known as copying or indulging in any other form of malpractice, you have already started failing as an individual. You may pass the examination but even if you do succeed in an exam through any form of malpractice, you have already failed in character and learning, which is most likely even worse than failing in an academic sector.

#### **CRIPPLES YOUR CRITICAL THINKING**

**ABILITIES:** Why are people advised to read? There are a thousand and one reasons why people are encouraged to imbibe a reading habit. Intensive and extensive reading helps to develop one's mentality and thinking capacity. Reading helps one to develop critical thinking ability. One way in which a person can easily get involved in in-depth reading is while preparing for an examination. Preparing for an examination is one time many people seize the opportunity to read widely. If you decide to skip preparing for examinations by relying on examination malpractice, there is no way to develop your critical thinking abilities.

Many times, examination malpractice turns you into a dullard. The tiniest and simplest things you ought to know by merely thinking through, you will find out you can't.

**IT BREEDS INCOMPETENCE:** Examinations are ways of checking your competence in various fields. The results show whether or not you have been thoroughly trained in a given field. Grades may be like but what you do in your head will never lie. Some people prepare so hard for examinations and end up performing badly. Their performance does not rule out the fact that they may be more competent than some who came out with beautiful grades. If you maneuvered your way through an examination, think about the kind of diagnosis or prescription you would give as medical personnel. Think of the buildings you will design as an architect. What goes around comes around.

#### **IT KILLS THE INTEGRITY OF THE**

**INSTITUTION:** If you think examination malpractice has an effect only on the students, then you must think again. When a student graduates, the grade is boldly written alongside the name of the awarding institution. So, if a certain kind of ill performance becomes a trend in



the graduates of a specific Institution, the integrity of such an Institution is at stake. If an Institution decides to pay deaf ears leaving the case of examination malpractice unaddressed, then the competence of the school will be questioned, and this will certainly compromise the ability of such an Institution to attract students.

**MANIPULATION:** Examination malpractice is just all shades of bad. No one ever does this with boldness and peace of mind. There is always the fear of getting caught by an opportunist, you will most likely be manipulated and blackmailed. Some are made to pay exorbitant amounts while others are blackmailed sexually. This is mostly in parts of females. Manipulation and blackmail are bound to continue even outside an academic environment. Some employers who discover such employees with unmerited grades and certificates might also take advantage of the situation in the guise of helping them secure or keep the jobs and official positions.

#### **WAYS OF CURBING EXAMINATION MALPRACTICE**

**GOOD PARENTAL EDUCATION/UPBRINGING:** Good parental education /upbringing are one solution to examination malpractice. However, it is apparent that parental rearing has a significant role in test malpractice in Nigeria. Exam malpractice in Nigeria can be increased or decreased depending on how a child is educated. The reason for this is that most individuals act the way they do in public because that is how they were taught.

**RETRAINING AND REASSESSMENT OF TEACHERS:** Teachers should be equipped for the technologically driven world. Teachers cannot provide experiences and activities that guide students' progress towards the understanding of ideas if they do not know what these ideas are; neither can they provide experiences that challenge students if they share the same misunderstanding. Since some of the teachers in our various levels of education are beneficiaries or products of malpractice, compulsory nationwide retraining of teachers is very important to re-equip them to impart knowledge. And those found non-trainable should be reassigned to administrative duties.

**LESS EMPHASIS ON PAPER QUALIFICATIONS/CERTIFICATES:** Nigeria's education system is largely certificate orientated. The excessive value placed on paper qualifications or certificates is the major

contributing factor for malpractice, which is why a candidate would not spare any effort to ensure that they obtained whatever they needed to make a living whether in a just or unjust way.

#### **EMPLOYMENT OF QUALIFIED TEACHERS:**

The need for qualified manpower cannot be overemphasized. The era of agricultural science tutors teaching chemistry, physics or integrated science under the guise that "science is science" should be over. Trained teachers should be deployed to handle subjects only in their field of specialization. Remember that a medical doctor practicing engineering is a quack.

#### **SCHOOL LIBRARIES AND LABORATORIES SHOULD BE ADEQUATELY EQUIPPED:**

Tools for effective learning and teaching include current and quality textbooks, up-to-date laboratory equipment and workshop tools. This vital equipment should be provided, and the libraries and laboratories made conducive for learning activities. The whole school environment should be learning-friendly and conducive to human habitation.

#### **CONCLUSION**

All hands must be on deck to fight this because when the educational sector of any society is messed up, all other sectors are directly affected. Since education is the bedrock of every society, any factor or vice that tarnishes the outcome of the learning process must be fought standstill by all stakeholders and well-meaning Nigerians.

**Omosho Esther.**





## LIFE

**A** gift to one and a burden to another, today, you are thinking of saying an unkind and insulting word, do you think of someone who can't speak?

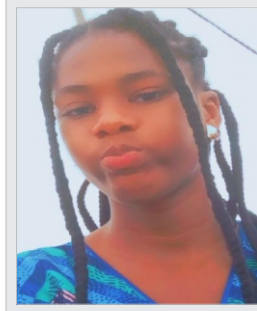
Before you go complain about your school work do you think of those who did not have the chance to go to school? Before you complain about the state of your food, do you think of someone who has nothing to eat? Before complaining about your parents, what do you think of orphans? Before you think of condemning others, remember that none of us is without sin

Think about those who trek the same distance you drive before complaining it is too far and when depressing thought seems to get you down, put a smile on your face and thank God for the gift of life.

Life is a gift, live, enjoy and celebrate it.  
**Shubomi Akinsanmi.**



## NOT A DISEASE



**W**omen have always been wonderful people right from time past. Women are strongholds and the reason why a lot of families still exist. They are gems and a gender to be reckoned with.

However, the female gender is considered a gender lower in intelligence and brilliance, especially in the African continent. This belief can be traced back to the beginning of time and it has successfully travelled through the years and stayed rooted in the minds of some people. Women today have been able to rise and take their rightful place with the opposite gender, but there are still a lot of primitive-minded people who believe a girl's place is in the kitchen and have made being a girl look like a disease.

Today, we have a lot of women who have successfully made their marks in different areas of life. We have the likes of Amina J Mohammed, the deputy secretary general of the UN, Ngozi Okonjo Iweala, an economist and director general, World Trade Organization, former NAFDAC director, and the first female minister of finance, Dora Akunyili, Florence Ita-Giwa, Gbemisola Kunguyya and Funmilayo Ransom Kuti all in politics. In the business world, we have Folorunsho Alakija and Hajia Bolu Shagaya. In science, we have Olabisi Ugbebor, a mathematician, Stella Ifeanyi Smith (PhD), and Folashade Ogunsola and the list goes on. Despite these great achievements worthy of celebration, some men still believe women do not deserve equal rights with them.

To the young girls out there, I say, "you can be who you want to be, learn to love yourself for who you are, because being a girl is never a disease, be proud of who you are".

**Bukunmi Agbebi.**



# CONTENTMENT

Thinking about this moral, a story once heard came to mind. The young African lady who disliked herself. She once visited her uncle in Lagos and met a fair lady who was working for her uncle as an attendant. She became jealous and wished she is as fair and beautiful like her, she concluded, she must be using 'clear skin' her friend told her about sometimes ago, and then she bought and begin to use the cream. Soon her skin began to change from dark to white but with lots of spots on her body exposed, this makes everyone turn to ask her what is this all over your body? Then she got tired and told herself I must get 'skin fair' I think one of my friends said it is better than clear skin. She used the skin fair for some days and look clean but found out she has started having different colours on her skin. While thinking on how to resolve different colours problem, she sported a white lady on a movie, looking clean from head to toes, then she remembered that she once read on internet about machine bathe that can make the skin become that of (oyinbo) so she went ahead to enquire about it, soon she was bathed with the machine and was so happy she has gotten to the climax, I can never be dark again, she said to herself.

Few years later she started having some pains all over her body and she began to wonder, what kind of thing is this.? She decided to visit the doctor. At the hospital, after series of test conducted on her, she was diagnosed with skin cancer, her hair began to fall off and was losing weight on daily basis. She ask the doctor, what is the remedy for the disease, the doctor said the disease has reached acute stage, though will proceed on treatment but the chances are that she might not live longer as expected.

Contentment starts from being grateful with what you are being given or have. It is the state of being satisfied, happy and having a peaceful state of mind. This can be developed by self-discipline and with the habit of gratitude that helps to focus on our positive emotions and meaningful aspects of life.



Contentment can be achieved when we are true to ourselves, let go of our past mistakes but focus on the present goals with a positive mind and keep close to those who can add values to our lives. When we are contented, we will appreciate our natural endowment and the true beauty that comes from our heart helps to accept who we are. Contentment also will not allow us to be eager for crooked means of getting rich but will work hard for a better tomorrow. A contented person don't envy those who are better or are ahead of them but believe with patience, humility and hard work success will come.

Lack of contentment has led many into foolish acts. It has led many girls into bleaching their natural skin and prostitution; children into stealing, wives tell lies to husbands to get more money; husbands tell lies in the offices to acquire more wealth and cheat their wives at home; principals are welcoming invigilators with bribes so their students can pass; parents are encouraging laziness by sending their children to miracle centers to pass examination thereby producing fraudulent, monsters, thugs as a future leaders who will destroy the nation rather than building it.

The lists of immoralities is inexhaustible. The question is, which of these immoralities or others are you involved in? It is high time for self-examination and a change of mind. Everyone is guilty in one way or the other. However, you and I can make a different by letting the change begin with us. Character is contagious, when you and I change and the fruits that comes out of us is beautiful, it will attract everyone around us, and then there will be better leaders, better generation, better future and a better nations. Ensure you are part of the evolution!

**Precious Adaramola**  
**Founder**  
**Girls Affairs Forum**

## EDITORIAL



I Grew up in a society where ladies or women were not to be valued and in a community where women were not pleased with high value. However, my father sat me down and told me why and how it is essential to be the best I can be. He told me that I could be anything that I put my heart to be, and my father said to me that being a girl child doesn't restrict me from achieving my goals. I can be an engineer, banker, pilot, police, or Army. Whatever it is, I can choose to be; it just has to start with my mindset.

My parents taught me to love myself first; they taught me to take responsibility for my actions because, for every step that I take, there is a consequence. Being responsible is just something that one should take very lightly. As a child growing into womanhood, you need to begin to take responsibility; it might start with taking care of your friends and taking care of your younger ones if you have any, looking out for your mates and looking out for yourself most importantly.

In Africa, there is a saying that a woman's education ends in the kitchen, and I beg to

# YOU CAN BE ANYTHING

Olayode Oluwadamilola Titilayo

*Editor*

tell you that that is a very wrong orientation and that you are more than just the kitchen. Of course, learning some kitchen techniques or skills can be a plus. However, it would be best if you thought beyond the kitchen. It would be best if you thought 20-30 years to come. What do you want to lay down as an example for your children? Do you want to remain in society as just being in the kitchen? Or do you want to set the pace amongst your peers? Or do you want to Forge ahead, breaking barriers and doing great things?

All of these questions I have asked Should sit in and should help you change your mindset and affirm to you that you can be anything.

Before I pen down, I would like to Give examples of notable women you can look up to. Dora Akunyuli, and Funmilayo Ransome Kuti, were great women in their prime, and if they stuck to the societal standard that says women only belong in the kitchen, they wouldn't be so great while they were alive. So you see that you can be anything you want regardless of what society thinks. You need to thrive wherever you are and make people know that you are just more than just cooking.

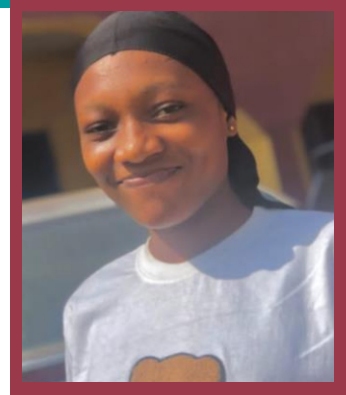
You are fearless, and you are lovely. You are a champ in whatever you set your mind to do. So again, I say to you that **YOU CAN BE ANYTHING**





# THE PHILOSOPHY OF TOO MUCH

- If you speak too much, you will lie.
- If you think too much, you will be depressed.
- If you cry too much, you will lose your sight.
- If you care too much, you will be taken for granted.
- If you love too much, you will be lost.
- If you play too much, you will not be taken often seriously.
- If you eat too much, you will be obsessed.
- If you work too much, you will die of stress.
- If you spend too much, you will have no future.
- If you put on too much make-up, you will lose your beauty.
- If you trust too much, you will be betrayed.



BUT,

- When you pray too much, you will have everything.
- When you are careful too much, you will be saved from many evils.
- When you have too much patience, you will have your future guaranteed.
- When you serve God too much, you will receive unlimited and unspeakable rewards and testimonies.

**Precious.**

## BAD COMPANY

**B**ad company can be said to be having a set of immoral friends and taking after them. Keeping a bad company can occur in different ways, depending on what you do most, where you are and your activities in such places like schools and home.

The major effect of bad company is loss of interest in studies. Bad friends do not encourage a person to take his\her studies seriously. All they could do is either teach one how to drink and smoke or be involved in promiscuity. If it is for a girl, she is likely to get pregnant and at the same time HIV and AIDS.

Bad company can also make a student to accommodate arrogance as his\her paramount behaviour towards the school authority. This can be breaking the school and regulations. In the sense that he or she will be coming late to school, fighting his\her mate over unreasonable issues and known to be rude to teachers in the school, he\she can lead in school fight against other

school, not knowing he\she is likely to be expelled if care is not taken, this will mark the end of his/her education and such child can become a criminal and consequently become a threat to his neighbor.

Bad company can bring about initiation of student into secret cults, which always involves taking lives of others intentionally. I want to advise everyone "look before you leap" this is because there is an adage which says "show me your friends and I will tell you who you are".

We should try to be conscious of the kind of friends we keep, before they influence us with their bad character.

Also, I will like to advise parents to please teach their children good moral behavior, in the case of manners, most important to call them to order whenever they are bringing up the attitude acquired from bad company.



# GAF ACTIVITIES IN PICS







## EXAMINATION MALPRACTICES IN HIGHER INSTITUTION



**E**xamination malpractices have become a recurrent problem in higher institutions of learning across the world. This is an act of dishonesty by students or teachers, intending to gain an unfair

advantage over others or cover up their academic inadequacies. It is an unethical and unlawful practice that undermines the integrity of the educational system.

The most common form of examination malpractice includes cheating, plagiarism, impersonation, collusion, and leakage of examination questions. These practices are detrimental to the educational system and have far-reaching consequences on the academic performance of students and the credibility of educational institutions.

Cheating involves copying from others or using unauthorized materials during examinations. This is usually done by writing answers on tiny pieces of paper or the body, using electronic devices such as smartphones or calculators. This practice is a violation of the academic regulations of the institution and is punishable by suspension or expulsion.

Plagiarism, on the other hand, involves the use of someone else's work without giving them credit. This could be in the form of copying and pasting text from online sources or books or submitting someone else's work as one's own. This practice is also a violation of academic regulations and could lead to disciplinary action.

Impersonation is a practice whereby a student hires someone else to take an exam on their

behalf. This is a criminal offence and could lead to prosecution.

Lastly, leakage of examination questions is a common malpractice where exam questions are leaked before the examination date. This is often done by insiders who have access to the examination questions before the examination date. This practice undermines the credibility of the educational system and could lead to the cancellation of the examination.

Examination malpractices have far-reaching consequences on the educational system. It undermines the credibility of the educational system, reduces the quality of graduates, and creates a culture of dishonesty among students. It also creates an unfair advantage for those who cheat and could lead to unhealthy competition among students.

The school authority has put in place several measures to combat examination malpractices. One of such measure is the use of invigilators to monitor students during examinations. Invigilators are trained to identify and report any suspicious behavior or activity during examinations. They also ensure that students do not have access to unauthorized materials during examinations.

Another measure is the use of anti-plagiarism software to detect cases of plagiarism. This software compares students work with existing sources to identify any similarities. This helps to deter students from engaging in plagiarism and ensures that they give credit to the original authors of the work they use.

Furthermore, the school authority can also use a variety of methods to test student's knowledge, including objective tests, essays, and practical examinations. This helps to reduce the risk of cheating as students cannot rely on memorization

and recall of previously leaked questions or answers.

Other efforts that can be made to curb examination malpractices include:

**Sensitization and Education:** The school authority can organize seminars and workshops to sensitize students on the dangers and consequences of examination malpractices. Students should be made to understand that examination malpractices are not victimless crimes can lead to severe disciplinary actions.

**Strict Policies and Penalties:** The school authority should adopt a zero-tolerance policy towards examination malpractices and implement severe penalties for anyone caught engaging in such practices. This will serve as a deterrent to others and help to maintain the integrity of the educational system.

**Random and Unannounced Inspections:** The school authority should carry out random and unannounced inspections of classrooms, restrooms, and other areas that students may use to cheat during examinations. This will help to reduce the incidence of cheating and ensure that students comply with the rules and regulations. So as a person, ways by which I can contribute to eradicating examination malpractices include:

**Refusing to engage in or condone exam malpractice:** As an individual, I can make a personal commitment not to engage in or condone exam malpractice. This means not sharing answers with others, not seeking or paying for exam papers, and not engaging in any other form of cheating.

**Encouraging ethical behavior among peers:** As an individual, I can encourage my peers to behave ethically and not engage in exam malpractice. I can do this by speaking out against cheating, promoting hard work and honest effort, and encouraging my peers to take pride in their academic achievements.

**Educating myself about the consequences of exam malpractice:** Educate myself about the consequences of exam malpractice, including the negative impact it can have on my academic and professional career. This will help me appreciate the importance of ethical behavior and motivate me to resist the temptation to cheat.

Supporting initiatives aimed at eradicating exam malpractice: I can support initiatives aimed at eradicating exam malpractice, such as campaigns and programs that promote integrity and ethical behavior in education. I can do this by volunteering my time, making donations, or actively participating in such initiatives.

Remember, change begins with me. By taking personal responsibility for my actions and encouraging others to do the same, I can help to eradicate exam malpractice and promote integrity in education.

In conclusion, every hand should be on deck in the fight against examination malpractices. It is not only the responsibility of the educational institutions but also the responsibility of the students, teachers, and society at large. It is crucial to understand that examination malpractices are not victimless crimes, and their consequences can be far-reaching. As such, everyone must play their part in ensuring that the educational system is free from examination malpractices. By doing so, we can create a culture of honesty and academic excellence that will benefit our society in the long run. Also, we can maintain the integrity of the educational system and produce graduates who are well-prepared for the challenges of the future.

Itunu Adeyemo

## WOMEN ARE NATION BUILDERS

The roles women play in building the nation cannot be over emphasized. For many years, woman has been relegated to the background on issues of development, especially in developing counties such as Nigeria.

This may have been that, the views of woman are always sentimental. while woman have contributed positively to the progress of humanity, this article will focus on the roles played by woman in the development of Nigeria politics.

They are both successful both as homemakers as well as professionals, academicians, bureaucrats and politicians. Men should realise the power of women, and women should also realise their power too, what they can do for them, for their family and for their nation. Women are the "BUILDING BLOCKS OF NATION BUILDING" Join hands to equip today's girls who will become tomorrow's women!

**Adeleye Eniola.**





# THE EFFECT OF EARLY SEXUAL ENGAGEMENT ON GIRLS:

HONOURABLE COMMISSIONER FOR WOMEN AFFAIRS & SOCIAL DEVELOPMENT, ONDO STATE.  
– PRINCESS DR. ADEBUNMI OSADAHUN



## PREAMBLE:

**A** girl can be described as a female child statutorily between ages 14 and 25 years, though with unusual or uncommon special cases today where a female child age 12 is already a University Graduate and sexually exposed than married women.

The reasons for these aberrations are obvious, such as the negative effect of westernization, family poverty, social crimes such as rape, betrothal, trafficking serfdom, child neglect, female promiscuity, keeping bad gang as 'oloso', hookups, 2 or 3 sums, side chicks, baby mamas, and the likes. Now the pros and cons, especially the negative effects of all the above are of course numberless and they have no creditable effects.

The negative effects include:  
Vesico Virginal Fistula (VVF);  
Brain drain or dropping out of school;  
Child prostitution;  
Illegal/legal/incomplete abortion and untimely death;  
Increased illiteracy among girls and women;  
Unwanted babies and increased miscreants in society;  
Inability to make good homes as housewives in the future;  
Finally, overpopulation, poverty of womenfolk; and Increased health challenges such as STDs, STIs, and AIDS, the implication that is better imagined on the citizens, the society and the Government at large.

## SOLUTIONS

- Good parental role modeling and moral care
- Strict implementation and enforcement of girls'
- Protection Laws without sacred cows especially on rapists, Ritualist and on marriages
- Sustainable Empowerment of girls and Women
- Establishment of girls/women-friendly institutions and vocational centers to make women independent of men and boys
- Moral lessons and strong advocacy for the boys and men who often perpetrate these crimes against the girls, and finally
- Rewards and celebration of female achievers (girls/women) to serve as models for the girls, for the girls themselves to be determined to become somebody in life/future.

Thanks for listening and God bless.

# RELATIONSHIP



## TOBI BELLO

*Social Worker Teenagers Sexuality Educator*

The dictionary definition of relationship:

The dictionary defines a relationship as:

1. The state of being related or interrelated studied the relationship between the variables
2. The relation connecting or binding participants in a relationship: such as
  - i) KINSHIP
  - ii) A specific instance or type of kinship
  - iii) A state of affairs existing between those having relations or dealings had a good relationship with his family.
  - iv) A passionate or romantic relationship.

For this discussion, we are looking at a passionate or romantic relationship.

What is a passionate or romantic relationship?

A healthy relationship comes from respect, mutual understanding, trust, honesty, communication, and support.

A relationship should consist of healthy boundaries that are established and respected by both partners equally.

A good partner will accept you as you are, support your personal choices, and praise you for your achievements. A healthy relationship also allows both partners to maintain outside interests and friendships and does not hinder the personal freedom of either partner.

What type of relationship can a teenager keep?

As teenagers, the best relationship to have with the opposite sex is FRIENDSHIP.

As a teenager romantic relationship is not a priority to you because it will distract you from the goals you are meant to achieve.

As young people, we sometimes seek validation and intimacy and we think getting into a romantic relationship will provide that.

A healthy friendship will provide that without you being messed up emotionally.

Some think they need to be experienced in relationship matters to have a successful marriage.

That is not the case because you will only be married to one person.

Another advantage of having a healthy friendship rather than a romantic relationship is, you are not drained emotionally and pressured for sex.

A romantic relationship is beautiful when you are emotionally mature enough.

## **YOUR PASSION, LIFE AND CAREER**

A career is an occupation or profession, especially one requiring Special training, followed as one's lifework.

Passion is a strong feeling of enthusiasm or excitement for something or about doing something.

Fashion Designing, Hairdressing, and Decorations are jobs that people do within a career path. They also show what people are passionate about. People can be passionate about a cause like social justice, Women empowerment etc. Some can be passionate about people e.g Children, men, and the



elderly. Some can even be passionate about animals like dogs and they want to become animal doctors.

Your passions inform your career. Your career guides and tames your passions.

E.g If I am passionate about helping people to learn new things and I get excited if I have to teach someone, I might go into a career in education. If I am passionate about helping people, then I might be looking at a career in the helping professions like Medicine, Social Work, Counseling, nursing etc.

When I was 15 years old, somebody told me that there are 3 crucial decisions I have to make in life.

1. Where do I want to spend eternity?
2. What will be my life work?
3. Who will I marry?

I may decide that I want to spend eternity with Jesus in Heaven but if I am in a career that compromises my faith then it can affect my salvation. If I have the hope of pursuing my career to get a PhD and I marry someone who does not want me to advance or support my dreams, I might not get there. In choosing a career, There are 3 crucial decisions one has to make in life.

1. Where do I want to spend eternity?
2. What will be my life work?
3. Who will I marry?

Wrong relationships can sabotage your career and eternity.

We can further say that there are 3 crucial aspects of life. They all start with the letter W based on the 3 crucial decisions: Worship, Womanhood and Work.

WWW. \_\_\_\_\_ .com If you are going to 'com' in life, your WWW must be solid.

1. Worship. Sometimes people make decisions for us.

Like what we are going to study in school, even sometimes whom we are going to marry.

2. Worship: people may force us to worship another god. But each person must decide the God they want to serve. Once we have done that it lays a good foundation for others, but it does not answer it all. It is the beginning. Your Worship life will also lead you to find out about your spiritual gifts so you can serve God to the fullest while on earth. Your spiritual gifts can also inform your career paths.
3. Womanhood: How you choose to express your womanhood is critical because If a person uses their womanhood wholesomely and positively to glorify God, it will preserve them for their work and their eternity. But if a person is careless with their womanhood and allows sexual passions to dominate them, it can sabotage their work and eternity.

Based on career tests, a person can know the direction of their career paths. What type of education or training will lead to their desired goal? So to know your career path, here is the Summary:

1. Decide where you want to spend eternity.
2. You need to understand yourself
3. Identify your passions and personality
4. Then do a series of tests to discover what area of career you want to be in.
5. You can then narrow it down to a specific type of job.

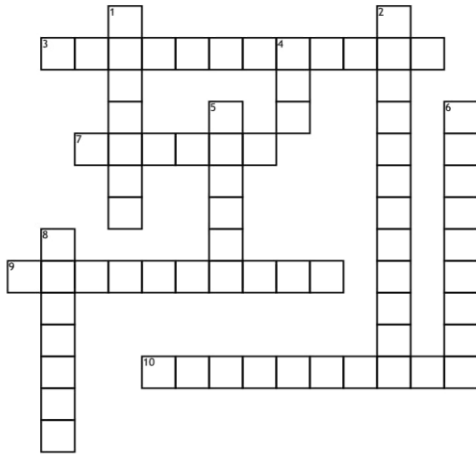
**Dr. Mrs. Augusta Olaore**

Family Social Worker Life Counselor

# CROSS WORD

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Oh the Places You'll Go!



### Across

3. place where people go to when it's hot
7. place where you worship
9. happiest place on earth
10. swinging big clubs at little white balls

### Down

1. we cook in this place
2. place to watch movies
4. you work out here
5. where you learn
6. Place where we are
8. read books here

# PROVERBS

1. The child of an elephant will not be a dwarf (Like father, Like son)
2. What an old man sees while lying down, a young woman can never see even when he climbs up in a tree
3. Only the thing for which you have struggled will last
4. Not to know is bad, not to wish to know is worse
5. What the child says, he has heard at home
6. If you fill your mouth with a razor, you will spit blood
7. One who has been bitten by a snake lives in fear of worms
8. He who swallows a complete coconut have a absolute trust in his anus.
9. A child who fears beating, would never admit that he played with a missing knife
10. No matter how far a stream flows, it can never forget its source
11. Hold a true friend with both your hands
12. A man or woman does not wander from where his corn is roasting
13. Ugliness with a good character is better than beauty
14. What affects the nose must also affects the eyes that must weep for it
15. A ripe fruit will drop when it notices an honest person
16. A frown on the face of the goat will not stop it from being take to the market
17. A mother is gold, a father is a mirror.



## HARDWORKING HOUSE MAID

A house girl asked her madam to increase her salary. The madam turned to her to give three reasons for salary increase.

HOUSE GIRL: I can cook better than you

MADAM: who told you that?

HOUSE GIRL: your husband told me.

MADAM: Okay, second reason?

HOUSE GIRL: your husband told me.

MADAM: okay, last reason?

HOUSE GIRL: I am also better than you in bed.

(Madam gets furious, grabs a stick to trash her head)

MADAM: Did my husband say that?

HOUSE GIRL: No, the driver told me, am better than you in bed

MADAM: Shhh! Lower your voice please! I will increase your salary immediately you are such a hardworking girl.



# PRODUCTION OF PUFF PUFF



**P**uff Puff is a popular Nigerian snack. Nigerian puff puff is deep fried similarly to doughnut and Ghanaian bofrot. It is soft, spongy, fluffy, easy to make and requires just few ingredients. It is usually eaten as starters or snacks. In Nigerian parties, you can almost be sure that puff puff will be served as small chops (appetizer). Infact, we eat it at anytime, anywhere..that's how much we Nigerians love this snack!

## Recipe

Flour, Sugar, Salt, Nutmeg, Water, Vegetable Oil

## Ingredients for 200g plainflour

70g Sugar, ¼ teaspoon salt, 160ML lukewarm water, 1 teaspoon dry yeast, ¼ teaspoon nutmeg, Vegetable oil for frying

**Cooking Time:** 2hours

## Preparation

In a bowl:

- Mix flour, sugar, salt and nutmeg
- Mix in a separate bowl water with a teaspoon of sugar, add the yeast and stir well. Leave it for 5-10 minutes to activate. (The yeast should be foamed after 10minutes if not discard and try again)
- Pour the yeast into the flour mixture and mix thoroughly.
- Cover with clean tower or film and leave to rise for 90-120 minutes (This should double the size)
- Pour oil into deep panlat least 30inches deep) for best result.
- Let the oil heat up and scoop the batter into oil with hand. (You can use ice cream coop)
- The oil is tested by dropping a little into it, If it rises after few seconds then it is ready.
- Flip the batter its golden brown
- Place on kitchen towel to drain excess oil .
- Ready to serve

# HEALTH DRINK

## HOW TO MAKE ZOBO DRINK IN TEN EASY STEPS

Zobo drink is a familiar beverage loved by Nigerians.

It is produced from dried roselle or sorrel leaves (Hibiscus Sabdariffa). This bright red drink is loved both for every day and as a refreshment drink in parties. This drink has many advantages: available, affordable, tasty, refreshing and have a lot healthy benefits.

Zobo is not only refreshing, it can also be used to regulate blood pressure, reduce cholesterol, strengthen blood vessels, calm the nerves, reduce stress, for weight loss, and to improve sex drive. It is not safe for pregnant women in their first trimester though, because it induces menstruation and may lead to a miscarriage.

## Here is how to make a delicious Nigerian Zobo drink:

Recipe makes about 5 litres of zobo drink, depending on how concentrated you want it to be and if you will use artificial flavours, which require more water.

You may add artificial flavours and sweeteners such as Nutri-C and sugar if you wish.

**Ingredients:** 2 (De Rica) cups of dry zobo leaves, 2 tablespoons of cloves (konafuru), 2 stumps fresh ginger, Water

1 big ripe pineapple, Slices of citrus fruits of your choice: orange, lemon, lime – to garnish

## Before you make

- Rinse out the dust from the zobo leaves with cold water.
- Grind the cloves into a powder.
- Wash and peel the skin of the ginger and blend roughly.
- Wash, peel and cut the pineapple into thin slices.

## How to make Zobo drink

In a pot, ass the washed zobo leaves and pour enough water to cover it totally.

Cook on medium heat and leave to boil for a few minutes. Add the ginger and the garlic, add more water and keep boiling for at least 30 minutes. This is the time it will take for the zobo leaves to be completely soft.

Turn off the heat and set aside to cool down completely.

Blend your pineapples while your zobo cools.

When cool, sieve out the zobo leaves. Then pour the juice through a chiffon cloth to remove tiny particles and leave only a smooth juice.

Add the pineapple juice. You can sieve it through the chiffon cloth again to make sure there are no particles left.

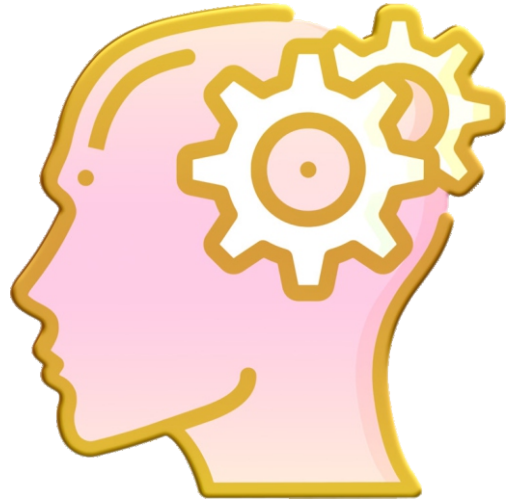
Add any artificial flavours of your choice at this time and stir.

Pour into bottles and refrigerate.

Serve with ice and sliced fruits. Enjoy it alone or with a snack.

# NEW THINKING NEW YOU

By: Jesutofunmi Oladipupo



“But I am focusing all my energies on this one thing; forgetting the past and looking forward to what is ahead”. It doesn't matter what you've achieved in the past you still have to work for more and hope to have better achievements in future. You need to forget the past and focus on the future because, you can't feature in the future you can't picture.

If you can't picture what kind of future you want for yourself

and work towards it then you'll probably not feature in it or you may never have a taste of it. Thinking is all you need to do, but you mind what you think about. Before, you might have been thinking about unprofitable things, you have to stop that and think big. You need to set goal for yourself and work towards it.

Thinking helps a lot such that it helps you to have a clear understanding of yourself, it helps you to know your weaknesses and strengths, it broadens your knowledge, it helps you to know if you're progressing or not. It is very important; someone who doesn't take time to think tends to act anyhow and not intelligently. Perhaps, during your thinking exercise you were able to

discover some of your talents or gifts, you won't stop at that rather you'll think of how you can utilize those gifts and try to make something good out of it, this helps you to develop yourself. With that you won't remain at a position in life, you will surely move forward and that helps you to work towards a better future. You need to think wide and set goal for yourself, it will help you to know where you're going and also helps you to be

a better person.

When it comes to sex, the world says that anything

goes as long as you are careful. Thanks to that advice, we are faced with unprecedented numbers of teenage pregnancies, record numbers of abortions, powerful new strains of sexually transmitted infections and horrible specter of AIDS. And let's not forget that behind all the cold impersonal statistics are individuals' lives that have been shattered by guilt, regret, and physical suffering. Parents need to double their efforts to teach their children value of sexual purity. If they can help the kids understand that God puts limits on sex for our own good, they will be more likely to live wisely and have no cause for regret.

***You need to think wide and set goal for yourself, it will help you to know where you're going and also helps you to be a better person***



# Just A Smile



A smile is a facial expression formed primarily by flexing the muscles at the sides of the mouth. Some smiles include the contraction of the muscles at the corner of the eyes, an action known as "Duchenne smile", smiles performed without the eye contraction can be perceived as "fake" or "false".

Among humans, smiling is an expression denoting pleasure, sociability, happiness or amusement. A smile seems to have a favourable influence upon others and makes someone likable and more approachable. A smile makes someone attractive as people can be easily drawn to it because whenever someone smiles, people want to know the reason behind it.

A smile is an important bearing that everyone should not forget to take. There are 44 facial muscles in humans which are capable of exhibiting about 5,000 facial expressions, the muscles used for smiling lift the face which makes a person look younger. Aside from getting younger, it also gives someone a great and light feeling. A smile can make you happy even when you are sad.

Smiling boosts the immune system to enhance its better functioning. A smile is



natural and the cheapest drug that everyone should take always. It prevents colds and flu. Smiling lowers the blood pressure. It is a natural pain reliever which releases serotonin and endorphin.

Always remember to smile even when you feel down. Believe or not, there is a big chance that your mood will alter for better.

A smile is like a body trick that can help change a person's bad mood into a good one. A smile can be contagious as it lightens up the moods for others. It relieves stress as it helps prevent appearing worn out, tired and down. A smile makes a person look successful. People who smile often look more confident which makes them more likely to be approached or to be promoted at work.

**culled**