

Looking out for self and others- Sexuality Jan 2016

*There has been a significant increase in the number of pregnancies in colleges and Universities as many students find themselves with a lot of freedom and failure to exercise responsibility lands them into many problems as evidenced by the story of Ashley narrated below. Ashley (not her real name) qualified very well in her KCSE and joined University to pursue her dream career. Armed with high hopes, determination and good will from her parents, off she went to University. Hardly had she adjusted to the new environment with a lot of freedom away from home than she met Joel and after a few advances which she initially ignored she welcomed him to her life as his boyfriend. They started being together most of the time and after sometime sex became part of their relationship. It was a shock to Ashley when a pregnancy test posted positive results. The boyfriend reassured her not to worry as he would take care of both her and the child. Sooner than later Ashley for fear of her parents reaction incase they found out that she was pregnant, left home to cohabit with her boyfriend. She left her phone at a strategic location where her relatives would easily find it and not be able to call her. The boyfriend found solace in drinking alcohol daily and became very abusive emotionally and physically hitting and kicking her on all body parts daily. When she couldn't bear the abuse any further she went back to her dear parents who welcomed her back home. After delivery the parents took her to a different University to complete her course. **This is a true story from Parents Magazine December 2015***

The negative implications of pregnancies among students include but are not limited to dropping out of College and Universities-which in itself is a liability to self, family and society at large, loss of potential income for self and family, low self-esteem, depression, infection with Sexually Transmitted Infections(STI's), HIV-AIDS, Health complications for self and the new born, and many more.

The KyU office of Guidance and Counseling in the Dean of Students Office wishes to advise you to always exercise freedom with responsibility, to stay alert to these realities and to keep yourself away from unhealthy relationships which are likely to prevent you from achieving your goals.

Feel free to visit KyU Guidance and Counseling office for various issues affecting your life that you feel you are unable to handle and that you require psychological help. Also direct your colleagues whom you think require help to this office so that we can make KyU a safe home away from home for all of us.

Prepared by:

**Irungu, C.
Senior Counselor**