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Learning Beyond Boundaries

L'education, c'est le clef de toute entreprise humaine.

Fadonougbo O. Christian
Benin Republic

ADORE is a global voluntary network of college students and professionals who have come forward to motivate the budding youth into taking positive action. We conduct interactive sessions for children in schools, community areas and at various other such centers so that they emerge as aware and responsible citizens and better human beings.

THE RICHNESS OF LIVING IN AN AFRICAN EXTENDED FAMILY

BY LUCY SESSIMÉ KENOU, BENIN REPUBLIC

The family is the basic social unit within young members of a society. Here, individuals acquire values, beliefs, knowledge as well as skills useful in everyday life. The family is the basic economic unit that provides the chance of survival for infants and children. It is still the biological unit where reproduction and biological continuity take place. In Africa, the family suffers from poor housing conditions, poor health, lack of good drinking water, nutritional deficiency, unemployment amongst other things.

Despite the changes that have taken place, the concept of family has not changed. Traditionally, the family including parents, children, uncles, aunts, grand-parents, cousins and so on. An extended family in the Republic of Benin makes it possible to have its own cultural values according to the family of birth, to enjoy the great riches hidden in the plants and nature, to have a healthy relationship, good weather, to benefit from African traditions and cultures. The African family exercise multiple functions and responsibilities

Today, it is the most socializing factor. It has helped in shaping children from a very tender age. It is of great importance to note that the future of the children is largely dependent on the socio-economic development of the family. It contains solidarity that nourishes and maintains cohesion between members and their ability to respond to the needs of each and every one. Living with an extended family in the Republic of Benin allows among other things to maintain directly or indirectly decisions concerning pregnancy, marriage etc. The role played by the African family and first of all by women in (food and biological reproduction) results from a wide range of cultural, institutional and sociological imperatives. The understanding of which should guide demographic policies and development programs.



THE IMPACT OF THE INTERNET AND TECHNOLOGY IN MODERN DAY EDUCATION

**By Omotosho Omolola
University of Lagos, Nigeria**



The impact of the internet in today's educational system cannot be over emphasized. According to the Cambridge Advanced Learners Dictionary, the internet is the large system of connected computers around the world which allows people to share information and communicate with each other using email and websites, and Technology as the study and knowledge of the practical especially industrial, use of scientific discoveries.

In the world today, we discover that the use of the internet among all age group ranging from teenagers to the elderly is prominent and common. People tend to spend much time while using the internet either with their phones or personal computer.

The use of the internet has impacted the educational sector in a very great way. Most students have access to the internet and also make use of it regularly especially for chatting and this has been applied by the students by using the same internet access to access education materials and files online thereby aiding their learning process and knowledge.

A lot of schools make use of the internet to teach their students. The use of mini laptops, notebooks, education iPads, electronic board, podcasts, slides, almost others makes education easier and less strenuous for the students. Also, the availability of e-library in schools and colleges help students gain easy and free access to the internet and also educate them on the use of technology.

With the use of the internet students have unlimited access to resources and materials relating to not just their field of student but to materials from other fields and this enables them to have a wider knowledge of every and anything in the world. For example a student who majors in art but has inclusive interest in Science and Technology and is curious to know more in relation to that particular field. With the internet he is able to explore, practicalise and study more about Science and Technology. The internet also helps in storing information so that student can access them and also make reference to them in future. There is also an online library (e-library) where student get many education and other files and materials which is useful to them and they can also make searches on other aspects and fields of study thereby increasing their knowledge about inventions, creations, innovations, and things that are happening in the world today which will be applicable in the classroom.

Making use of Online videos to teach students help them to comprehend easily and have a pictorial representation of whatever they are taught. This speeds up learning process thereby making it possible for students to learn fast. The internet helps the mind of young learners to grab whatever they are taught and also apply it accordingly. Through the use of online videos to teach students, it makes it difficult for them to forget whatever they are taught. Students also have group study with other students who are studying the same course and solve problems together.

The use of the internet have been of great help in the education sector worldwide, it has also improved learning activities and made learning easier and much more attractive to young minds and students all over the world.

SELF-ACCEPTANCE

By Keran Sarah Jayan
Dubai



Self-acceptance is as the name suggests: acceptance of oneself. It is acceptance of one's attributes both positive and negative, their strengths, flaws, failures. It is unconditional. As Mark Twain once said, "The worst loneliness is to not be comfortable with yourself."

Self acceptance is showing compassion to yourself despite your weaknesses and past choices. According to psychotherapist Jeffrey Sumber, self-acceptance begins with intention, "It is vital that we set an intention for ourselves that we are willing to shift paradigms from a world of blame, doubt and shame to a world of allowance, tolerance, acceptance and trust."

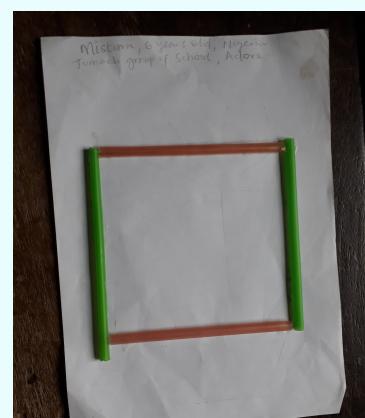
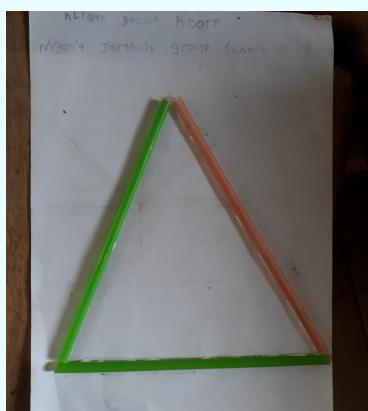
Self-loathing leads to self-hatred, it prevent you from living your life to the fullest. Let go of the ideal. Let go of what you think perfection is. Life is perfection in all its imperfections.

Don't let an obsession for perfection slow you down in accomplishing your goals. We must learn to accept ourselves as we are, mere imperfections that we are. But not forgetting that we are a valuable part of the society and that our life has a 'unique worth'. You are good enough.

In the words of psychologist Tara Brach: "Imperfection is not our personal problem – it is a natural part of existing. The boundary to what we can accept is the boundary to our freedom."

Happiness and self-acceptance are directly proportional. The more confident you are with yourself, the more happiness you'll think you deserve. In other words, you enjoy as much happiness as you believe you're worthy of. Once we have accepted ourselves only then will we find true happiness, once we stop judging ourselves and think that we must change.

Find the courage to step into the light and truly be who you are. You're worth it, and you deserve to be happy.



TRANSFORMERS, WE ARE!

Mr. Fadonougbo Christian
A Teacher,
Benin Republic



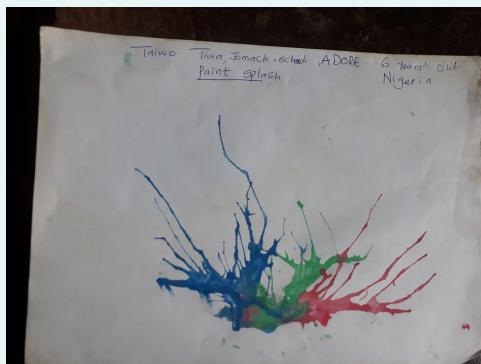
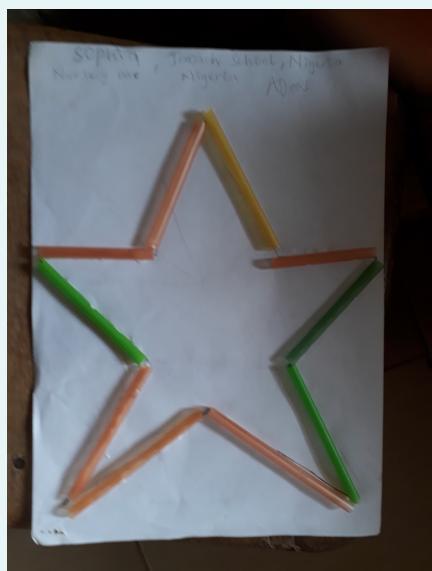
Antoine Lavoisier, a French scientist once said: 'Rien ne se cree, rien ne se perd, tout se transforme' In other words, nothing is created, nothing is lost, but everything is transformed.

This is true in the sense that God, the Creator par Excellence has already made man. He made him co-creator of the creation. Hence, a child of Today, man of Tomorrow is filled with potentials, skills, talents and disposition to acquire knowledge and good characters. These are all at raw stage.

They will become 'finite products' ready for consumption only when he is transformed positively. But, who does the transforming? To be transformed, there must be transformers and we are the transformers.

Saddled with the natural task of 'transforming', parents, guardians and educators are to re-create the child born. In loving, nurturing, educating and training, guiding and counselling the child of Today, we transform him into the man of Tomorrow.

Transformers, we are, in our homes, religious, educational institutions and society.



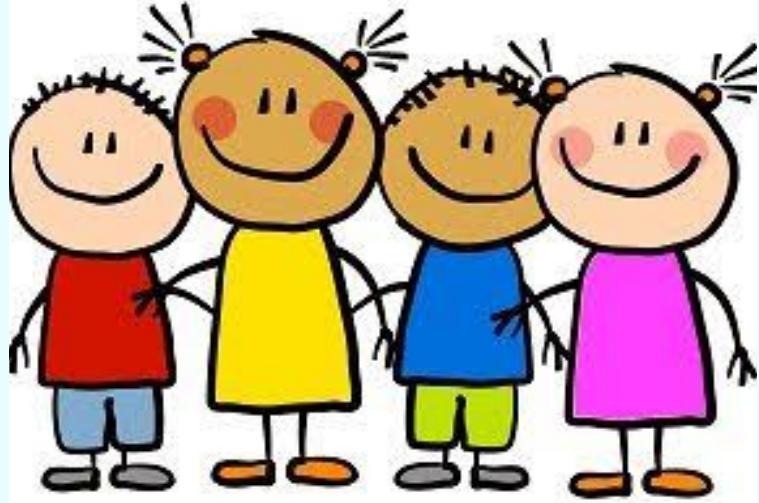


Every Child is unique

By Mowuba Chinyere

A student

University of Lagos, Nigeria



Every child has a unique character, strength and ability. The uniqueness of each child should be appreciated by the parents. At a tender age, they begin to exhibit their various differences which should not give room for preferential treatment. Some love to read, write, sing, dance, draw and the gift of helping others etc. Thus, gives you an insight on your child's future interest.

While they are advanced in age, they may become musicians, architect and whatever interest them. Instead of trying to live your dreams through them, why not encourage their own gifts and talent? Stacia Tauscher says " We worry about what a child will become tomorrow, yet we forget that he is someone today".

God has made us unique individuals as we have various purposes to fulfill on earth. As parents, you are to celebrate your child's accomplishments at school, during sporting activities at home and other important areas of life. This will help them discover themselves. Let your child know how unique their talents are through words of affirmation. This will build their confidence and these kids will value the uniqueness of other children .



End Mental Health Stigma

**By Naveena Binu
A Student, Dubai**

"We are losing a generation of young people who do not believe that their voices are worth hearing, that their pain has no end. We are facing a crisis of epic proportions and the cause of that crisis is our inability or unwillingness to be open and honest about one thing – mental health." This is an excerpt from Lady Gaga's passionate speech about mental health at an awards ceremony at which she was honoured.

Mental health is a subject that we all, whoever we are, still instinctively avoid. At home, in the workplace and in our communities, it tends to be brushed under the carpet. Teachers and our parents are unlikely to talk to us about mental illness when we are young. Even very young children may show early warning signs of mental health concerns. A child's mental health is just as important as their physical health.

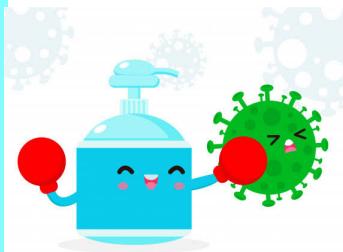
Most of us may know someone who is mentally hurting and it is so hard to know what to say to them. It is important that you are there for them and show up when they need you. Listen to their story and let them know that they are loved. Also, we need to remember that it is impossible to tell just by looking at someone if they are going through something. No matter what people go through, they try their hardest to put a smile on their face. So it is important that we are kind and compassionate to everyone.

A lot of people who struggle with mental health issues do not know what exactly to do about it, and they just try to ignore it, hoping that it will eventually fade away, which is a misconception. A mental wound should be treated exactly the same way as you would a physical wound. When you are hurt physically, let's say you have a broken bone, you would immediately go to the doctor to get help. You would need help or support from someone to be able to walk, and you definitely wouldn't hesitate to ask for it. Similarly, when you are mentally hurt, you need to seek help if you feel you won't be able to do it on your own.

Do not let the stigma around mental health create self-doubt or make you feel ashamed. You need to educate yourself about what you are facing, and you need to be open about it. Seek counselling and reach out to people you trust.

Your voice is valid, and you don't deserve to suffer in silence. You may be tired, you may be fed up, you may be so close to breaking but there's strength within you even when you feel weak. So keep fighting!





THE CONTAINING MEASURES USED IN AVOIDING THE SPREAD OF CORONA VIRUS IN BENIN REPUBLIC

***By Fossoukpe
Benin Republic***

On 12 January 2020, the World Health Organization (WHO) confirmed that a novel corona virus (covid-19) was the cause of a respiratory illness in a cluster of people in Wuhan city, Hubei province, China, which was reported to the WHO on the 31 December 2019.

Some of the government measures in place are: closure of religious centres, cultural sites and events around Cotonou, Allada, So-Ava, Abomey-calani and Adjovia. There was also a prohibition of travel in and out of the country from 30th March to 13th April, school closure was also extended to the 10th of May 2020; mandatory 14-days isolation from all in-bound travellers in selected hotels; face masks were made compulsory and recommended in all regions.

Following the confirmation of the first positive case of Covid-19 in Benin, UNICEF Benin has been working closely with the government and its partners to step up the response and prevent further proliferation of the covid-19 virus in the country. UNICEF Benin is providing support to the government and particularly the ministry of health, in the field of risk communication, WASH, infection prevention and control and healthcare provision. The country office is also assisting the national authorities in developing preparatory and preventive measures to ensure access to continuous education and child protection services. The government of Benin has prepared a Covid-response plan for US \$320,333,983.

The national plan focuses on the improvement of health infrastructures and equipment, communication, provision of healthcare and capacity-building for health professionals, journalists and community members. US \$3.7 million of this plan is funded by the world bank-funded REDISSE programme. On the basis of the national plan and its assessment of priority, UNICEF Benin submitted a Covid-19 response proposal to its regional office amounting it to US \$ 13.3 million. The country office response is integrated into UNICEF's humanitarian action for children novel coronavirus (Covid-19) global response.

To prevent infection and to slow transmission of Covid-19 in Benin, we wash our hands regularly with soap and water, or clean them with alcohol-based hand rub, maintain at least 1 metre distance between you and others, avoid touching your face with your hands, cover your mouth and nose while coughing or sneezing, stay at home if you feel unwell, refrain from smoking and other activities that weakens the lungs, avoid unnecessary travelling and stay away from large group of people.

PROGRESS

**By Okoye Chinaza
An Entrepreneur
Nigeria**



Does it not surprise you when people dwell on past achievements and think they have made it all? Honestly, it does.

Progress has a lot to do with the mindset, attitude towards that success, your behaviour, your beliefs and your values. The progress of an individual tells a lot on a society, does the progress bring you closer to achieving your dreams? Some people once they start progressing , they dwell in that time zone, it is not wrong to be excited about progress but not moving forward is what is wrong , not wanting to attain any other goal or press on with the preceding success. There is more to progress than just moving forward. if your progress does not push you to be better, to explore, and to go beyond that level of sucess? Then it means you are living in your comfort zone and satisfied with your current success. Google defines progress as an onward movement towards a refined, improved or otherwise desired state.

Taking a look at the influencers/pacesetters of our century, they all have one thing that connects them together: progress. They made a conscious effort to keep moving forward , is it challenges? They over came it or is it opposition from people? They rose above it.

Abraham Lincoln was an American statesman and Lawyer who served as the 16th president of the United states. He led the nation through its greatest moral, constitutional and political crisis in the American civil war. I am sure you will be wondering what he did. He changed the world, not just America, using his powerful moral rhetoric and by taking action in the fight to end slavery and win the civil war. As if that is not all, he also expanded the role of the Federal Government to keep the Union together.

Thomas Alva Edison, we all know who he is, but what many people don't know is that he was a business man who was described as America's greatest inventor. The electric power generation, mass communication, sound recording as well as motion pictures, are all his doings When he created the light, ie the bulb, he would have said I have made progress let me just rest a bit. Should I let you know what would have happened? The world will move on without you and you will keep dwelling in your past success. Even the telephone, the motion picture camera, the telegraph were all his ideas. In fact he contributed greatly to modern life.

Before we wrap up on people's progress and success story, let's draw closer to our inner circle. Jeffrey Preston Bezos, an American internet Entrepreneur, industrialist, and an investor. He is the founder of the multinational technology company Amazon. He also invests in a real estate across the United state and has a space exploration company, Blue origin. Jeff didn't just settle with being an Amazon owner, he ventured into different activities this is what we call progress.

Progress does not have anything to do with your status, religion or your colour. It has everything to do with your thinking, do you think big or small? hardwork, how you measure your last success and the people you surround yourself with. Progress is not determined by the level of sucess already attained but how well you can keep moving on despite that sucess, challenges, difficulties and how your success affects those around you and the society at large.



WE ARE THE EFFORT

**BY DEVANKI MELATH
DUBAI**

We are all aware of the fact that earth will be the only place we can ever call home. No matter how many more planets we may ever find, where we can develop our civilization, earth will continue to be our priority and this because of the sole reason that this was the very place where we started our journey.

Wendell Berry would say, 'Earth is the only place we have in common'.

Then, what about the destruction of earth's resources, and their over exploitation that is still found in many parts of the world? If we are claiming earth as a sacred asset, then why don't we do what we preach!

Also, what about all those beings who are indiscriminately killing the beautiful animals that share the home on the same planet. Was this their purpose of life? - To end up in the hands of the beings who acquired vices, moved away from the nature while these animals continue the nature. Certainly not. This talk is not about jumping and asking yourself to take up immediate initiative.

No. This talk is to make particularly centric towards awakenenening our conscience; to what some of us are currently showing indifference to.

When we have a small issue, tension, feelings to convey and confess, what do we do interests, put forward our perspectives, get support from our loved ones and fight for your justice.

Think about these animals. Can they voice their interests and let us know about their outlooks?

I don't think so!

WE ARE THE EFFORT Contd.

When we poach a tiger for its skin or attempt to kill an elephant just for its ivory

DOES IT SAY- "Please stop it. It's hurting". Or when you choke a seal and drag it

over the bare ice, DOES IT SAY- "Please, do not do this, it's suffocating, I can't breathe".

NO.NEVER.

Then we as human beings capable of such behavior, cannot support them? Stand up for them? We all know that these magnificent unique organisms have equal share as us to live to the fullest.

Let me take this aspect onto a global level. We have about 7.8 billion people living on this planet.

Right now, there is about less than half this population working ceaselessly, courageously in an

effort to help sustain this planet for as long as it can run. What about the rest of the population?

Is it that some people think that there is already a lot of people in this aspect and that you do not

have any role? Or is it that you are aware about this but just choose not to act? It is factual that there are numerous impressive changes brought about by the involvement of the current people.

IMAGINE. What if this 7.8 billion people together join hands and work for this common cause?

The results are going to be of a huge impact. You must know that even if you cannot do much,

spread the word, spread the positivity enough because here, every tiniest initiative is

valued. These small ones help us face big challenges and reach our goals!

Thence, we sure have the realization of the consequence of our activities.

IT IS GROWING. But

this is not enough, at least not with our substantial potential. WE ARE THE EFFORT. WE ARE THE FUTURE.

The biggest mistake you will ever make is when you just sit at home hoping others will hope others will save it for you save it for you it for you. WE NEED TO SAVE OURSELVES BECAUSE WE ARE THE FUTURE TO OUR DESCENDANTS.

My Letter to the Medical Team

By Nwandinume Precious

6 years old

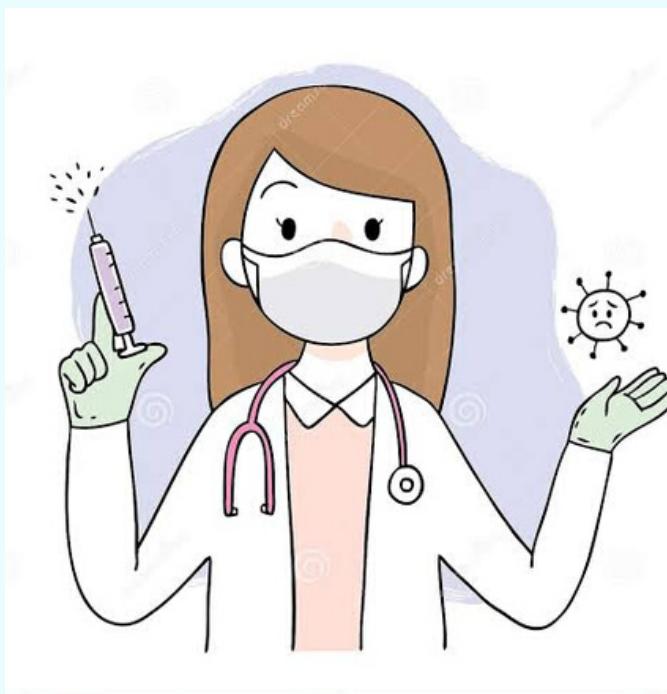
Nigeria

I want to thank all the doctors and nurses for risking your lives, leaving your families and saving lives, especially those with covid-19 virus so that they can get better. I pray that those that are sick will receive divine healing and also someday, this virus will be no more!

How to protect yourself from the virus

- Wash your hands
- Avoid crowded places
- Keep social distance

Stay Safe!



My Experience at Adore

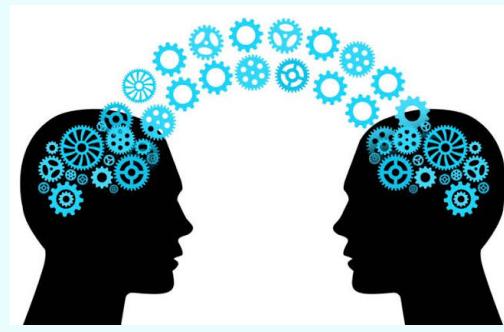
Destiny Nwebe
Student,
University of Lagos,
Nigeria



I joined Adore just over a month and my experience has not been very intriguing as I have not been involved in a lot of the activities on going due to some fault on my part.

However been here in Adore has taught me two things. One is the importance of communication. Most of the information that has to be passed can't be passed in person as most the volunteers live in different parts of the world and it is still paramount that information is passed across, so I now see the importance of technology as applications such as WhatsApp, Zoom etc. are used to pass across these information especially during this pandemic where everyone is at home.

In addition to that, Adore has taught me the importance of persistency. I've had to alter my first power point presentation more times than I can count and I've still not gotten it or turned it in as I'm writing this now but I choose to keep on until it meets the required standard to be presented.



THE ROLE OF TEACHERS IN THE PREVENTION OF CHILD MOLESTATION / RAPE

OGUNLAJA JANET TOMISIN

*Early Childhood Education
University of Lagos (Unilag)*



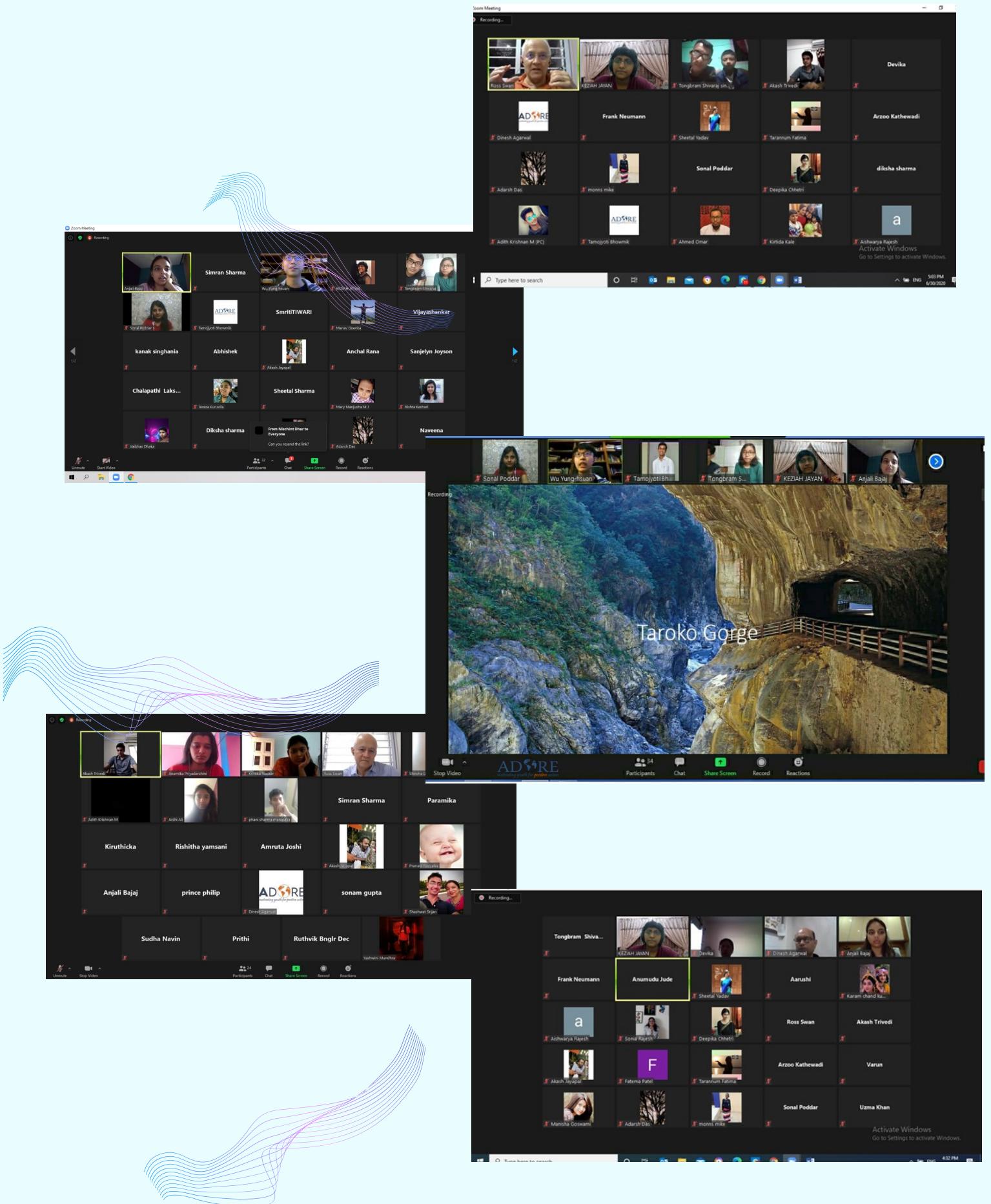
Teachers are significant figure in child's development. The teacher serve as a role model to the child...most times the child views the teacher as he/ her small god (whatever a teacher does or say to the child is always right) . Children generally, have a strong belief in their teachers, that is why a child will argue with his/ her parents and refuse their advise or opinion on anything because their teacher says otherwise. The role of the teacher in the development of children cannot be overemphasized.

Child molestation / rape is becoming a norm in our society today , children are vulnerable they rely on the teachers and other adults around. Unfortunately, these adults can't even be trusted. Our society is helpless but we can help because we are teachers. How do we go about it?

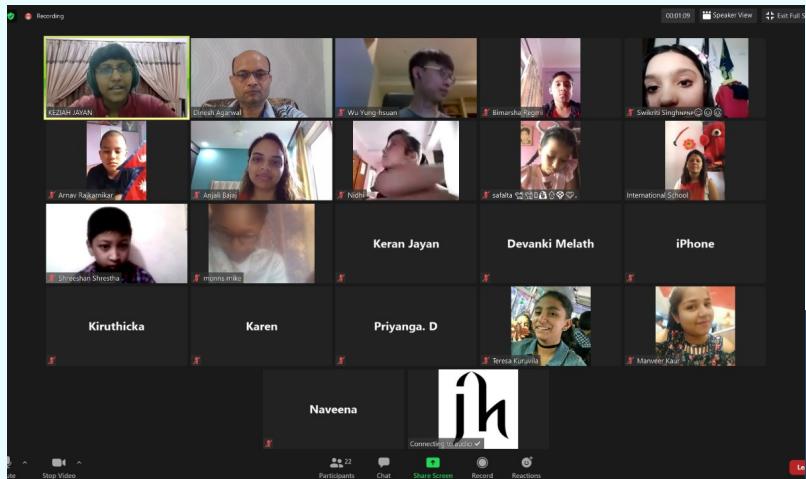
- Introduce sex education to your children (pupils) , let the children be in the known of certain things..gone are the days where our parents see sex education as been evil. Teach the child what he/ she should know . For lower and higher primary, teach them the importance of their private parts, those places that are special to them that should not be seen or touched by anyone.
- Teach them self defense mechanism (what they should do when anybody tries to touch or play with any of their private parts) e.g shouting , running , screaming for help etc.
- Teach them to report to you (the teacher) ,their parents or any trusted adult around them.
- Create time to listen to them (if they have anything to say , it may be an abuse, you can only detect that when you listen to them).
- Report any case of abuse to the appropriate quotas.
- Say NO to child molestation / rape.
- Live it , preach it, be responsible for every child in your care.



ONLINE SESSIONS



Global Youth Programme for Social Exchange (GYPSE)



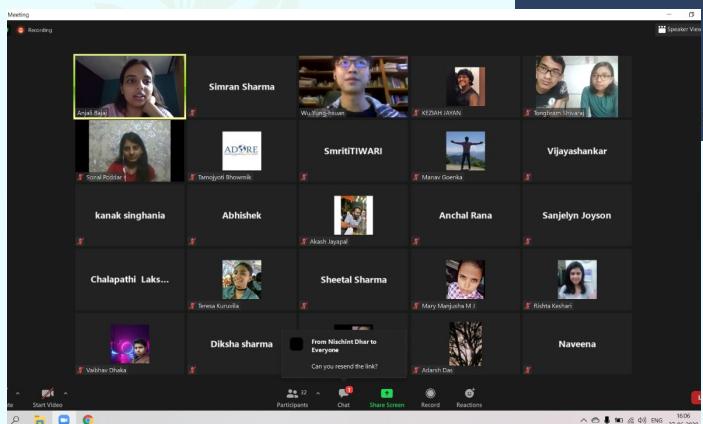
GLOBAL YOUTH PROGRAM FOR SOCIAL EXCHANGE (GYPSE)

KNOW MORE ABOUT TAIWAN BY: MR. WU YUNG HUSAN

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Date : 27th JUNE, SATURDAY
TIME : 4 PM IST
OVER ZOOM

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From the Editor :

A big '**thank you**' to all the young leaders and volunteers in **ADORE** for sending in these write-ups. The views expressed are those of the volunteers themselves, and we do not necessarily endorse them. Your suggestions and criticism are welcome.

Please write to us at contact@adoreearth.org

~ Mary Nweke, Nigeria