How can controlled behaviour be promoted among youth?

BY DAPHINE NAKABIRI

Today, many young people are increasingly engaging in risky behaviours such as drug abuse, idleness, and reckless decision-making. While these actions are not only affecting their personal lives, they are also impacting the communities they live in. For instance, cases of violence, cyberbullying and even murder involving youth are on the rise. However, behind many of these troubling trends lies a deeper issue of loss of self-control. While such behaviour is unacceptable in any society, it is crucial that young people understand the importance of controlled behaviour in shaping their future and protecting their well-being.



Shadia Namatovu, S.6
Lugoba High School
It is important to integrate life skills such as conflict resolution, decision-making, stress management, and assertiveness in into everyday classroom discussions and extracurricular activities.



Renah Nandyona, S.3
St. Augustines College Wakiso
Schools and community programmes should nurture peer leaders and ambassadors who encourage good behaviour, positive choices, and emotional balance through forming group activities that foster teamwork, empathy, and collaboration like sports, drama, or debates.



Rania Nakizo, S.5
Lugoba High School
Young people learn more from what elders do than what they say. Adults must model the kind of behaviour for youth.



Jorin Bukenya, S.4
Midland High School
Helping young people set personal goals whether academic, social, or professional can promote self-control.



Mazzi Wasaija, S.6
St. Peters SS Naalya
Rather than only punishing bad behaviour, adults should actively recognise and reward self-control when seen. Also sometimes, uncontrolled behavior is not a choice.



Hillary Kanakulya S.6
God's Way High School
When students are equipped with practical skills to say no to bad acts, they are more likely to stay in control all the time.



Isham Ssozi, S.4
Lugoba High School
Creating safe and supportive environments at school and home, with strong support systems such as mentorship programmes, counselling services, and peer groups to provide young people with spaces for growth and self-reflection.



Humprey Nsubuga, S.5
Mijja College Bulamu
Teaching emotional intelligence from an early age is key in helping young people recognise their emotions, understand what triggers them, and learn how to cope calmly.

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