

## STORIES FOR HOPE

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### Transcript of an Audio-Recorded Conversation in Post-Conflict Rwanda

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#### **Participants:**

- Nyirangendahimana Consolate
- Muhire Noel

**Relation:** Mother

**Relation:** Daughter

#### **Facilitator:**

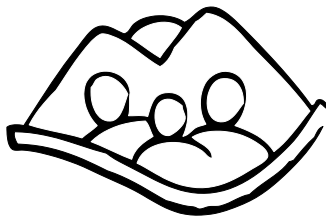
#### **Date:**

#### **Recording Location:**

**Story Number:** SFH0109

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### Nyirangendahimana Consolate & Muhire Noel

SFH0109

**Facilitator:** I welcome you here where stories of hope are being discussed. This child will introduce himself and his mother will introduce herself so that we can begin the discussion.

Thank you for giving me this chance, I am called **Muhire Noel**, I live in Byumba district in Nyarutarama, I want to ask my mom the history of their family when they were still young.

I am called **Nyirangendahimana Consolate**, I am grateful for the invitation of my son in this discussion we are going to have.

**Facilitator:** You are welcome, Noel can ask his question clearly and you will try to answer him.

**Noel:** I want to ask about the history of our family, I want to ask her about their youth while they were teenagers, on the age of eighteen.

**Consolate:** When we were still young we did not behave like the youth of today, we had prayer groups, dancing groups, there are those who liked to dance, if I tell you about our family, we were many children at home, but even if we were young, we were disciplined, we had a parent, we used to talk with him, he would give us advice, we were five girls, even though I was a mature lady, I was not allowed to come home not later than 6pm, dad gave some rules of home and we obeyed them, even my elder brothers, they could not go there and there without permission, no one could enter the house after 6pm while our father was at home, and ask him to open the door, it was horrible for a child to ask their dad to open the door for them. Briefly, a child had to respect home rules, but this did not mean that a teenager of eighteen years could not be arrogant, thinking that what he is doing is right, but still, the toughness of their parent was necessary, because it is in adolescence that a child becomes good or worse for the whole life, if you are worse at this age of eighteen, nineteen even since fifteen years or sixteen, your whole life will be horrible, that's the time when a parent should educate their children, that's

**A conversation between Nyirangendahimana Consolate & Muhire Noel**

the time when it's difficult to convince the teenager. At that time, dad was wondering, we were ten children, we grew up the same time, so you could see many boys and girls at home, but let me tell you that either dad or mom were always watchful, if I went to fetch they asked me, where were you, why did you come late. I was in secondary school at that time, I went in secondary at the age of sixteen but I would come from school, my brother would come from Butare to pick me at school so that I can not pass by anywhere else, I accepted it and I was content. When we went home we would pass to see our elder sisters and they took a bus for us and we came home so that we cannot go anywhere else. It's a long way, but that thanks to our parents who have shown us the good path even though sometimes we could refuse to obey them thinking that they did it because they didn't love us, but I let me tell you that, in those years, a teenagers need to have a talk with their parents, if you don't have this talk in these years, it's ignorance. Are you satisfied?

**Noel:** I'm satisfied but I want to ask you if there were no bad things in all that you told me, bad things in the families.

**Consolate:** Bad things because the child had to respect rules! Parents gave us freedom, parents did not bind us at home, we had rules to respect but we also had time to be free, they used to give us permission to visit friends, we had also a students association, my brothers were playing dramas and they were given the permission to go to play dramas, those who love to play football were also given the permission to go to play, but this did not mean we were in freedom, you would go but having plans, if I went to play; when do I finish playing; what does my parents want me to do because it was necessary that, if we are in holidays, dad would say; these children will cultivate such part, mom will sow such part, we had to do that, not saying that; we will only go to play or we will travel somewhere, but we thought about those activities because we had not only to play, but we will have time to work for our families, what will you do when you have your own home, you will take it the way you see your parents behave themselves and the advice they give you, that was your example. You asked me, weren't there some bad things? I can't tell you that it was 100% good, there are times when you wanted to be free, and your parent could not allow you, but it is bad for you as teenager who wants to be free, yet it is when you grow up that you see it, I can tell you that, it helped me till now, if they would have given me freedom; I was a lovable girl, who had friends, I was sociable to everybody, if they would have given me liberty, I can assure you that, I would not even get married, I would not been able to raise my family. It is that education of my parents which helped me to endure till now, when you pay attention to the advice of your parent; you are lead by those advices. It is not bad.

**A conversation between Nyirangendahimana Consolate & Muhire Noel**

**Noel:** Another question I have; our grandfather told you some things that we can't know at this time, you can tell me some of the them that you remember, some of the words they told you, which would be helpful to me and my colleagues.

**Consolate:** We had an old man, in his words, when we were talking while we were preparing food, he is wise man, every one called him grandfather because he had love, he used to tell us; if you don't love, your life will be empty, if you do not forgive, your life will be empty, he was a person; in the whole region, where you could find poor persons, they came and do some activities and they were paid or if it was someone who is weak, who are not able to do something, he would help them, he used to say; have love always. He had another word that I usually tell you; patience, it is a word that I got from dad and mom, the word patience, mom used to tell us; when we asked her; mom why are you always sad while you have children who love you, who work for you and obey you, why are you always sad? And she would say; my children when I look at you, I tell you this word because she is still telling me that even today; she would tell us that the person who has children is the one who have also graves, because, she was orphan since her childhood and they were two girls, boys were many and she got married, her young sister also got married, she came to say good bye to her, at that time, when a person was going to get married he would go to say good bye to the family, she was coming to say good bye to her husband's father and that night when she came from there, she was killed, it was unforgettable thing to my mom, he was the only girl left in the family, she was feeling alone, she had no one to talk with and she was always telling us; be always patient my children, life requires patience, if you had some problems and tell her; mom you see, she would say; I told you to be patient always, that's why I always tell you' if you have temptations, be patient always my children; patience is the important thing, and to have love, if you don't have life, everything is nothing, how can you be patient while you have rage, you would see everyone as your enemy, but have love first of all and then have patience. Even today I go to ask advice to my mom, to have advice and to think about it, and to follow good things; it is something helpful in life. Is there another question?

**Noel:** Another question I have, when you were growing up you had a large family, there were your sisters and brothers who were married but also you had grandfathers and grandmothers. Can you tell us about them?

**Consolate:** Don't worry, in my youth, my grandfather died before I began the first year, I once passed by my grandmother's home, I found her talking to herself, she had no children at that time, she had four children; two boys and two girls, dad was the lastborn, you see that dad was married at that time, I am the eighth child in the family, at that time my grandmother was old, I found her alone, talking to herself, her grandchild had left her alone in the house, I could not leave grandmother alone, I left home to live with her, since when I was six, I lived with grandma

**A conversation between Nyirangendahimana Consolate & Muhire Noel**

since when I was ten years old when she died, I lived with her, even though, my father, before, he did not want it, but after, he accepted it, I was even beaten but I told him that I could not let grandmother alone in the house to stay home while they had other children who could fetch for them, I lived with grandmother, I began the first year when I lived with her even though she was poor and yet my family was rich; they had good life, I accepted to live in that life because I loved grandmother, I lived there, she suffered from liver when I was in first year, I continued to live with her in that life, at that time it was difficult to go to hospital we lived in the village, it came a time when it became worse, I lived with her in the house, I was not even studying well, when I was in third year, her state became worse, dad worked far from home, mom and the other wife of dad could come to help me with grandmother, even though I was a child, I accepted to stay there, and some time she died, she died when we were asleep, see the kid who is in third year, she told me to take her chest, when I heard it, I woke up and went to tell my family and she was already dead. I first saw someone dead when I was in third year, at ten years. I lived there, coz that thing affected me psychologically, it was like I was mentally separated from my family, when you see death while you are still a child, you change, don't be surprised to see my elder sisters come to ask me some advice, it's because I've passed through man problems but what I tell you is that it requires patience and to ask for advice. In that life, I studied primary school, I don't know if it is the reason I changed, I used to talk with prayerful people, I was even a singer, dad did not like to pray but mom was prayerful, I think that it helped us a lot and when dad would come, we all kept quiet and when she was insulting us, we kept quiet, when dad was calm, she did not insult us many times, but he was saying; what will you become; it was me who began a prayer, I grew up when my family was prayerful but I had never seen my dad opening his mouth to pray but I have never seen him disturbing us in prayer time, he was calm when it came to prayer, when we began to pray he came and had a seat but he could not open his mouth, I once asked that question to mom; why doesn't dad open his mouth when we are praying? And she responded; my daughter, I also asked him but he did not answer, but he told me that he loves prayer. I grew up like that till when I succeeded and went in secondary school, dad suffered, you don't know it because you were not yet born, the day I succeeded was the day when dad got sick, I began secondary school, when I finished third year, that's when dad died, always third year, third time for me it's a sign that I don't know the meaning. From that time, in prayer, patience the first thing, another thing; in my youth I prevented friends who could not advise me, when we are young, we have many friends, there are friends who get you in temptations, there are friends who give you advice, you don't like those who give you advice; you always say: those ones are not up to date! There are some friends who get close to you because you are from such family, may be you have some money and you would buy him a drink or travel with them, I prevented one thing; I did not like friends who were hot, I prevented this thing from my childhood and it was helpful to me. Another

**A conversation between Nyirangendahimana Consolate & Muhire Noel**

thing; I liked usual games, not saying; I will play that game the whole day, I'll not do anything at home, no way! Another thing, I liked prayer groups because my dad and my grandmother were dead and I loved them, I was not used to talk to mom, I talked with her after dad's death, that's when we began to discuss on different issues but we did not talk before. I discussed with people we were together in prayer groups (regional), when I had a problem, I told them my problem; what can I do, such and such would advice me and I evaluated, I did not do everything. No other question?

**Noel:** I don't have another question; you've responded to all of them, I want you to give me advice in everything you told me.

**Facilitator:** Before she gives you advice, you still have your time, you had one hour and you've only used 19 minutes, so it means that you still have your time, let him ask you many questions. May be if I try to help him, there is a question he asked you, he asked you about the history of your family, you may tell her the whole story of your family, you can try to explain him what their importance to you in a way that you still remember that thing because it has been helpful to you, you can focus on grandparents as it was his wish, he was talking about his great grandfather and his grandfather.

**Consolate:** I don't know the history of great grandfather, I was a little child, I remember that he was blind, I used to give him cigarette and I helped him because he was blind, I used to give him cigarette, he called me Katarake, he used to say; where is Katarake that she may give me cigarette, the reason why I liked to live to my grandmother was because of grandfather, it was me who gave him cigarette, I lived there for a long time, I knew their problems, that's why I had a problem when my grandmother was alone when grandfather died, my grandmother was the grandfather's youngest wife, I was born when my grandfather was very old. You reminded me of one thing grandfather used to do, even if I can not testify for it, dad used to tell us about it, when I grew up, dad told us; my children, you see that your sisters got married, I was the older lady at home, after my older sisters got married, it was me who used to talk with dad, he used to tell me; some time you will get married, my child, avoid always anything bad, dad used to make beer, he would invite his daughters in law and grandchildren, they would sit and have conversation, the daughter in law who behaved bad, he would call her and tell her: come and we share the drink, they would drink, and in the middle, he would slap her, he would not say anything but in the family they knew that he did some fault and she would go and evaluate herself to see what fault she has done, she would come to make beer also, and invite, she started by grandfather and he drank that beer and she asked forgiveness to his father in law, and dad would tell me: your older sisters got married, they didn't have any problem, when you will get married also, do the same as I told your sisters, and when I got married, you know that I got married in 1992, when I reached there, I did not live with my father in law, I never knew the

**A conversation between Nyirangendahimana Consolate & Muhire Noel**

situation at my father in law, but, after 1994 I lived there, I brought you, we lived there with them, you know the life we had there, may be we didn't live there, may be they wondered; how about these new people who came here, but the patience I told you, we lived there, we grew up there till the time when they accepted us as part of the family, the first thing, to live there is to know that you live with people, I don't know why I trained on that thing: to know how to live with people, when you live with people, you have to know that people are different, if you are in a family, you will not all have the same mindset, you will not treat problems the same way, our characters are different, everyone, it means that, you will have people who get angry quickly, you will also see people who get angry but don't show it to you, you will have people who will hate you but don't show it as they are those who will hate you and show it, you will see kind people and rough ones; you will have a problem and they will not allow you to talk about it with you, at that time you learn to live with people, if you meet someone; it's not necessary that they are from your family, he may be a stranger, as you will not only live with people from your family, you live with others, you are a guy you will marry so time, you may marry a lady from a rough family, if you say they make you shut up or you marry a woman who is like that or you live with a teacher who is like that or you can live with a parent who is like that, we are different, if you live with someone who gets angry quickly, who does not even want to talk about the problem you had, what will be your behavior toward him? If I give you some advice on that, you should have that patience in every kind of problem they might cause, if they get angry and say, you've done me wrong even when you have no fault, don't get mad because the first thing in life is to be patient, if you meet somebody and they hurt you, they will do it and after they will show you that you are faulty because of their roughness, you have first of all to calm down, don't tell them toughly, because, as for that person who is aggressive, you may even beat each other even though the problem was easy and you make it worse, the important thing is to be calm and if necessary to get out of them so that he can think about it, do it, you let him calm down, don't get angry like them. Another thing for young men, you will meet your fellow, in your age you are arrogant as we also passed through that age, you have to know how to be still, that roughness of adolescence, it requests you to know how to overcome it, I overcame it because of prayer, that's my advice to you, another thing is; to pay attention to your parents' advice, even though I was not close to grandmother but advised me since I was a child, I was in third year and that's when adolescence becomes hard, I fought against adolescence when I was with my mother, I was with my sisters, the great battle was fought by my sisters, they were in place of my dad, I got in true adolescence when my dad was dead, he got sick when I was in six year, he did not had the time to direct me in that adolescence, it was my sisters who had problem, they were married, I could pass by their home when I came from school, my mom also had problem of me even though she had physical disability, but she was



**A conversation between Nyirangendahimana Consolate & Muhire Noel**

burdened because all my sisters were married, that battle was fought by my sisters, my elder brothers and mom, even though she had no strength, you don't have any problem on that time.

**Noel:** The question I have; in what you said that your dad died when you were in third year, how was it when he was sick? You can explain me.

**Consolate:** In the sickness of my dad, I was the fifth child to succeed in school, in Rwandan culture, I don't know if it is in our culture only, people have jealousy, while they called to tell him that his child have succeeded, he was at work, I was preparing myself to go in some religious ceremony in the morning. I went to fetch some water to make beer as we prepared the party, at that day, they called to say that I have succeeded, they announced it on the district and when my dad was happy, he gave drink to everybody saying that is daughter have succeeded, my dad was always worried for me, I was the only child who was physically weak, even though I was not sickly, I was the smallest child in the family and dad worried; I give everything to my child why doesn't she grow up like others, and when I passed the test, my sisters were always insulting me because I was prayerful since my childhood, I did not study afternoon when I was in seventh and eighth year, I did not study geography and history when I was in primary school, I was in prayer meetings, and when we were going to do the test they always told me: the God you pray who do not allow you to study; will you succeed! My sisters and brothers always insulted me because of that. I cared for prayers more than studies, they were very worried about me, so I went to do the test but they were convinced that I will not pass the test, they were surprised when I succeeded, they said: the girl who dances in the church has succeeded, people didn't know my name, they were saying: that small girl who dance at church, as dad was surprised, that's why he was very happy and told everyone who was there to have a drink, they poisoned him in those beers, they became the last beer he drank, he came home, when we had already finished make beer, we were prepared, he came home, he was cold and he went to sleep, I went in the morning to , there was a party because we had a religious ceremony, I received the gift of the Holy Spirit, but dad was seriously sick, we had a party while dad was laying in bed, you know that a students need many things, before, dad helped me in school, but after, my sisters had to carry the cross of helping dad in his sickness and helping to pay school fees for me and for my brother who had not yet finished. He was sick, they brought him to hospital, the medicine he was taking affected his liver. He was cured of poison but after he suffered from liver which killed him, he suffered from it during three years, we brought him in Kigali, in Remera Rukoma then time came when the nurse called Passy who took care of him, sent him home because he was enable to help him, he came back home, he came back, like today and in the following day, we came in holidays, I was finishing the third year, when I came to my sister in Kigali they said: you will not go home, because they knew that I loved dad so much, before I went to school, he had given me a picture saying: if you



**A conversation between Nyirangendahimana Consolate & Muhire Noel**

come back when I will be dead, you will look at this picture and remember me, a small picture from identity card, they told me: you will not go home today, you will go there tomorrow we are going to see dad, they thought that he may die before I see him, because they did not want my father to see me or even that I may see how he was suffering, I spent the night there, at around 3pm the phone rang, I came to pick it up and they said, dad is dead, I went home to see the corpse of my dad, that's how he died, I saw his corpse that's why I am telling you: patience is a vital thing, when I began the forth year they kwirukana saying that it was not me who came to school it was my young sister because I was shocked, I had trauma, I was very big, till now I've no longer been big, I had seventy kilos but I arrived to forty five kilos, they did not accept it but I was patient and calm, I tried to accept it even though it was difficult for me, I was patient and I continued studies, from that time I began to suffer from hypertension, that's where I got that sickness, I was in coma many times but today I'm thankful to God that I've not been in coma during two year, I think that it is ending, that's the life I lived. The patience helps you to achieve something, but in your youth, avoid friends who don't advise you, those who tell you, let's go to see movie, there is something hot somewhere, that is a friend who lead you in bad things because in the year of 17, 18, 19, these years are difficult, you see that I had problems in those years, the teen life you are living in, I did not have the opportunity to live in them because I had many problems, that's why I tell you, let me tell you before you ask me, it was difficult for me to get married because I did not have any boyfriend because of the problems I had in my life, I did not have relationships with guys, I did not go in cinema because of the problems I had, I did not feel comfortable to anyone except in prayer because of the problems of my life. So, when I finished my studies I had a problem in my life; eight guys could come to me and I rejected them, I was helped by my sisters to get married because I did not have the chance to love, I was putting boundaries because of the life I lived, I got married before enjoying life as other ladies.

**Facilitator:** I think that things are becoming clear and it is helpful to him, it is evident that you were brave. Apart from prayer, from who do you take your bravery and patience?

**Consolate:** Let me tell you that, even today, I got all this from my mom, she is still alive, but she has a long story, she is a old woman who is quiet, even the way she walks and the way she talks, in her advice, I can tell you that, I got closer to mom after the death of my dad, she told me the way her parents died and how her sister died when she was getting married, and how her brothers tried to live with he even though it was not easy to live with them, they were older than her, but she was patient, there is another thing I adopted from my mother, she used to tell me: my child; because of my orphanage, I get married when I was young, your dad married me while I was still very young, at the age of thirteen, he accepted that his brother gave her in marriage, dad would tell her; my daughter, he called her his child, he left her with her mother in

**A conversation between Nyirangendahimana Consolate & Muhire Noel**

law, she lived with her mother in law, if she was not patient to live with her mother in law, she gave birth to the first child, as she was still young, she did not know how to raise a child, the kid died, the one we call firstborn, she is the second born, her mother in law helped her to raise the child because she did not know it, she came from the mother in law's home when she had the third child, mom is so patient in a way that, if you respect her advice, it would help me to live in the difficult life I lived in.

**Noel:** You can advise me, you told me that, in these years: 17, 18, that's where someone starts to fall. You can give me advices that will help me in life so that it can help also my colleagues that I might tell them

**Consolate:** The first thing in life is to avoid losing hope, don't lose hope, have always faith that your future is bright, another thing: have love, another one is to have patience, the advices I'll give you are based on this: love, patience, hope for the future; to trust that your future will be bright, because when you lose hope, you can not do anything. The fourth thing is to ask for advice, don't prompt, don't think about anything and think that you've ended with it, be still and ask for advice and after being advised, be calm and think about the advices you've been given, let me tell you; I may give you some advice of the time we lived in which will be different from the time you are in, it does not mean that I'll be pushing you back, test, know bad and good things; are there consequences of what I am about to do, because at your age you do things without thinking, to be arrogant, to feel that you are stronger than others, I tell you the truth that, at your age you can't fear to say to your dad: I can beat you! Because you feel that you are very strong, it will be surprising to see you, when your dad is talking and you want to speak against him, it is not because you will be a rejected child; it is not because you don't know what you are saying. But it is that adolescence, that change of life which causes you to do things without thinking don't get discouraged when it happens to you and wonder: I insulted my dad, shall we reconcile, no! Teen year may cause you to do that but don't get discouraged and think that life is over, the same way you can go at school and fail, you fail in your studies, not because you are stupid, but because teen years are pushing you, it requires you to be still, to ask for advice and have authority, ask for advice; believe that God has power over you, be still; go in the room and tell God that there is something you want him to do for you and He knows it, the strength you have now lead you in adolescence, God can do it for you, have a trustful person; it's good in life, you will not ask for advice to anyone, take your trustful person who is your counselor, tell them your secret, you will not tell your secret to every body, it will be gossip, know; I can tell my secret to such person and they will keep it for me, tell them your trouble, there are sometimes when you get most troubles in life and it becomes difficult to get from those trouble, adolescence could make him fall, have a counselor, they would advise you and direct you and you also, accept advices given to you, if you ignore advices, even the person

**A conversation between Nyirangendahimana Consolate & Muhire Noel**

who will give you some; you will think that they did not help you at all, thinking that they hate you, if they tell you: my son, could you please calm down coz I see that you are hot! You will say: they don't know what is up to date! Try to accept to be advised by mature people even your colleagues, they may advise you, they may tell you their secret as you can tell them yours too, have a friend who can give you advice; if a parent tells you: my son, I see that your friend is leading you in a bad way, try to go and evaluate yourself: what kind of advice is my friend giving me! If you see your colleague in a bad way, don't hesitate to advise them, as you also want someone to advise you so that you will have a bright future, you too, give advices to your colleagues, be still and know what can help you and what can destroy you, avoid anything that would destroy you. Isn't it?

**Facilitator:** I think that he understood all advices, you told him to know good friends, how is that good friend, this will help him, he will know that you've told him as her own mother so that he could know, I am living like that because my mother who gave me advice, it may be different from what you passed through or they may be different from the advice they gave you, try to tell him clear things in a way that it will always help him.

**Consolate:** In the life we live nowadays, I can not fear to tell him that there is adultery nowadays, and at his age he meet friends who lead him in adultery, either his generation or people who are older than him, don't get surprised to see a woman of my age telling you about these things, avoid a friend who leads you in adultery a friend who will tell you: do you have money so that we can go to drink? Can you buy for me a necklace, can I give you one? This kind of friend can not help you. There are other things which are up to date, a girl come at your house ant tell you: it will be good if I spend the night here, with who are she going to sleep with? Who does she want to sleep with, I don't advise you to have a friend like this, I don't want you to have that friend who will tell you: we had a test today but don't bother yourself, we will study after, let us go to travel, you will be loosing your life, see, today we have an exam, but I have 1000frw that I stole from my mother or from dad, what kind of friend is a stealer! Let's go in the cinema there are some karate film. My son, to have fun is not bad; know, in what kind of things you are making fun, know the time to go to see that movie and the time to avoid it; if you have an exam, is it necessary that you go to see a movie? Know that, I'll take time during holidays, ask for permission, the friend who tells you to hide to your dad, hide to your mom, hide to your neighbor so that we go somewhere, are they leading you in a good way? Why can't they tell you: ask for permission and tell them that we are going in such place? That is a good friend, don't go away without asking for permission, the one who tells you: let's go to tell our parents that we are going somewhere; the one who wants that you hide yourself; that's not a friend, do something which is right, a friend leads you in light not the one who leads you in darkness, they are not a true friend.

**A conversation between Nyirangendahimana Consolate & Muhire Noel**

**Noel:** Another question that I heard from what you told me, is to say: friend who lead me in cinema, there is a time to watch movies and the time to avoid them, it does not mean that we should not watch them but depending on the time the person has. Those friends you are telling me, a friend who may destroy someone's future, who are they?

**Consolate:** The friend I told you who will tell you: let's hide ourselves and go to watch movies, you hide yourself and you leave studies, tomorrow he'll tell you: let's hide ourselves and go to steal, if he saw that you accepted at that point, he will tell you: let's hide and go in fornication, when he conquers to lead you in the darkness, he will tell you to hide and to do bad things, and it happens nowadays, those teenagers who explode grenade, they started by hiding in small things, small, if they start to tell you to hide and do small bad things, leave them before you get far.

**Facilitator:** I think you are satisfied

**Noel:** I am satisfied

**Consolate:** It is the first time for you to have a talk

**Noel and Consolate:** It is the first time to discuss deeply

**Facilitator:** you have opened the discussion, you will sit together and have some talk, ask her whatever question, even her personal life, I think that he has a father, if you have him, it's your time, don't be open to your mom only, you have also to talk with your dad if you see that it is helpful to you in a way that next time when I invite you, you will prepare some questions, you could invite your dad or mom could come back. Don't you have another thing to say? How did you feel when you saw your mom accepting your invitation?

**Noel:** I am grateful for that, I thank you also that you helped us in our talk. Thank you

**Consolate:** I am very happy, usually, it is difficult to talk with a teenager of this age, they usually don't accept it, because they want to talk with his generation on what is up to date, it is even difficult to see him at home, I believe that, the advice I gave him, as, before, I was not able to give him those advices, we will have a time at home to come back in what we said and I will see what have been the importance of my advice to him and to his colleagues, they are not advices to keep, when you get the chance to have someone to advise you, you advise also your colleague who does not have anyone to advise him or who did not have that time we had so that he can talk with his parent and give his some advice. It is the time to shine for your colleagues, it's not to keep them for yourself, they are advices to give to your friends, that those who are lost may come in the right way, the advices that a parent gives you are not for keeping and keep them to you.

