

By Jackie Nalubwama

For many Ugandan children, the Internet is their first classroom outside school. It teaches them jokes, trends, friendships and sometimes things they are never meant to see.

Juliet Kavuma, a counsellor at Gayaza High School, stresses the importance of engagement between parents and children as the latter explore the Internet.

#### INTERNET AS A MAIN STREET

"When I get chance to speak to parents, I tell them to view internet as a main street. It has services like a bank, pharmacy, clinic, school, gym... etc. All these are important services, but that same street can also have conmen, heavy traffic and thieves. Some even have open manholes! Likewise, the Internet has the useful side and the evil side depending on how one navigates it," she says.

Kavuma also speaks of the inevitability of children using the Internet, saying: "We cannot stay analogue while preparing for a digital future. We need to teach children to navigate the Internet street safely."

#### THE DANGER OF SILENCE

Moses Mwesige, an IT expert working at Stanbic Bank, believes the greatest danger is not internet itself, but silence around it.

The threats are wide-ranging: Online grooming by predators,

# Growing up online: Children need skills, not silence

cyber bullying that follows children into their bedrooms, scams that steal personal information and communities that normalise self-harm, extremism, or substance abuse. Many children do not have the language or confidence to explain what they are experiencing.

Mwesige argues that the safest children are not the most restricted ones, but the most informed. Parents, he says, must become guides rather than guards. That begins with regular conversations about online life what children enjoy, what scares them and who they interact with.

These conversations must be free of judgment. When parents overreact, children learn to stay quiet.

#### SEEKING HELP WITHOUT FEAR

Mistakes should be treated as learning moments. Clicking a suspicious link or over-sharing information should not result in shame, but in education. Children need to know they can seek help without fear.

Families should agree on what information can be shared online – names, schools, addresses, photos and when devices should be put away. A child who knows how algorithms work is harder to manipulate.

For parents, especially who are not very tech savvy, engagement with children is of utmost importance to



rather than rebel against it.

To Kavuma, the best age to give a child a phone with internet would probably be 16.

"At this age, I assume that as a parent, you have had the sensitive talks with them, they are aware of right from wrong and have the ability to walk the right path. If you can hold on, until Senior Four vacation, probably 17 years old, well and good," she says.

Digital literacy is the long-term defence. Mwesige stresses teaching children to question what they see, recognise misinformation, and understand how adverts and influencers shape behaviour. A child who knows how algorithms work is harder to manipulate.

For parents, especially who are not very tech savvy, engagement with children is of utmost importance to

keep abreast with their online interactions.

"As a parent, it might be difficult for you to ban them from apps like Tiktok and Snapchat, instead ask them to show you how those apps work. Talk to them about the downsides of these apps.

Remind them that the internet never forgets," Kavuma says.

Parents should also watch for emotional changes. Withdrawal, secrecy, sleep disruption, academic decline, or sudden fear of being online or obsession with it can signal trouble. Early and

calm intervention can prevent lasting harm.

Children do not listen to lectures, they watch behaviour and learn.

Parents who demonstrate balanced screen use, respectful online engagement and the ability to disconnect send a message stronger than any rule. Therefore, alongside demonstration, Kavuma is a proponent of regulation.



THE REPUBLIC OF UGANDA

## RUBANDA DISTRICT SERVICE COMMISSION

### VACANCIES – EXTERNAL ADVERT NO. 1/2026

Applications are invited from suitable qualified Ugandans to fill the under listed vacancies that exist in Rubanda District Local Government.

Applications should be filled in Triplicate on the PSC form (3) (Revised 2008) and submitted to the Secretary Rubanda District Service Commission, P.O Box 781, Kabale to be received not later than 23rd February 2026.

Application forms are obtained from the PSC offices, DSC offices country wide as well as the Ministry of Public Service Website: [www.publicservice.go.ug](http://www.publicservice.go.ug)

Application should bear the title of the post as well as reference Number specified against the vacancy. Applicants should attach a set of 3 copies of their certified academic documents, curriculum vitae, identity cards and other related documents plus 3 passport size photographs. Those already in Government service should route their applications through their Responsible Officer.

The detailed Job descriptions, specifications and other competences for the advertised positions can be accessed via our District Notice board, Office of the Secretary DSC Rubanda District Local Government, and Ministry of Public service website: [www.publicservice.go.ug](http://www.publicservice.go.ug)

RDSC /HLTH/07/2026	Medical Records Officer	U4	01
RDSC /HLTH/08/2026	Theatre Attendant	U8(Med)	02
RDSC /HLTH/09/2026	Mortuary Attendant	U8(Med)	01
RDSC /HLTH/10/2026	Records Assistant	U7L	01
RDSC /HLTH/11/2026	Askari	U8	04
RDSC /HLTH/12/2026	Driver	U8	02
RDSC /HLTH/13/2026	Office Attendant	U8	01
RDSC /HLTH/14/2026	Porter	U8	03
RDSC /HLTH/15/2026	Clinical officer	U5 Med	01
RDSC /HLTH/16/2026	Social Worker Officer	U4L	01
RDSC /HLTH/17/2026	Personal Secretary	U4L	01
RDSC /HLTH/18/2026	Counselor	U5L	01
RDSC /HLTH/19/2026	Assistant Engineering Officer (Biomedical)	U5Med	01
RDSC /HLTH/20/2026	Bio-statistician	U4Sc	01
RDSC /HLTH/21/2026	Dhobi	UBU	01
<b>EDUCATION</b>			
RDSC /EDUC/01/2026	Education Assistant II	U7U	28
<b>WATER</b>			
RDSC /WAT/01/2026	Senior Engineer (Water)	U3Sc	01

#### Note:

1. Rubanda District Local Government Stands for zero tolerance to corruption, getting a job in government is a free service. Please be aware of con men and report any case of corruption to Resident District Commissioner, LCV Chairperson, District Service Commission, Public Service Commission, Chief Administrative Officer, State House Anti-corruption unit and IGG.
2. Only shortlisted candidates will be notified.

For any inquiry, approach the office of the District Service commission from Monday to Friday 8:00am – 5:00pm.

REFERENCE NUMBER	POSITION	SCALE	NUMBER OF VACANCIES
<b>HEALTH</b>			
RDSC /HLTH/01/2026	Orthopedic Officer	U5(Med)	01
RDSC /HLTH/02/2026	Sonographer	U4 (Med-2)	01
RDSC /HLTH/03/2026	Medical Officer	U4 (Med-1)	03
RDSC /HLTH/04/2026	Enrolled Midwife	U7(Med)	08
RDSC /HLTH/05/2026	Enrolled Nurse	U7(Med)	08
RDSC /HLTH/06/2026	Customer Care Officer	U4	01