Building Assets Toolkit: Developing Positive Benchmarks for Adolescent Girls—Asset Cards [Arabic]

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بطاقات المهارات
Know the location of community rescue places

Know the location of the nearest emergency health services and at least two conditions that require emergency attention

Have savings that can be accessed in case of a personal emergency or a household shortfall

Have a place to meet friends safely and privately at least once a week
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
5  Have a plan to visit the nearest bank or other financial service facility, with friends or a parent

6  Know where the nearest police station is and the kind of help the police can provide

7  Know the signs of diarrhea in a child and how to treat it

8  Know where to get an HIV test
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
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تطوير معايير إيجابية للفتيات
اليافعات
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
Have the skills to create a budget and know how to track income and spending

9

Know to ask for a female authority if she is uncomfortable with a male

10

Have at least three female nonfamily friends

11

Have the personal documentation needed to access financial services

12
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
Have the personal documentation needed to access health services

Know how to play traditional games

Have a slightly older female mentor she can turn to for advice when faced with challenges

Have a productive skill that earns money
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Be able to use decision-making skills to differentiate safe and unsafe earning options

Know the specifics of menstruation and how to safely and cleanly manage it

Know when to wash hands and how to do it properly in daily life and in the context of infectious disease outbreaks

Be aware of daily and seasonal demands on her time and know how to budget her time
أداة بناء القدرات
developing positive indicators for girls and young women
Know about female genital mutilation (how and when it is done, how to help someone threatened by it, and that it is illegal)

Use negotiation, specific knowledge of risk scenarios, and problem-solving skills to avoid harmful traditions (like FGM) common in her community

Know the teachers’ code of behavior (including not asking students for special favors or inviting them to their homes)

Have someone to borrow money from in an emergency

Know about female genital mutilation (كيف ومتى يحصل ذلك، وكيفية مساعدة شخص مهدد بذلك، والحكم القانوني لذلك).

لديها شخص تستطيع اقترنت اقترنت المال منه/ا في الحالات الطارئة.

تعرف قواعد سلوك المعلّمين (مثل عدم طلبهم لطلبات خاصة من التلميذ أو عدم دعوة التلاميذ إلى منازلهم).

تعرف عن الختان (كيف ومتي يحصل ذلك، وكيفية مساعدة شخص مهدد بذلك، والحكم القانوني لذلك).
Identify someone to go to for help in case of abuse at school and know where to report abuse.

Know where to go to get basic medicines and have the money necessary to purchase them.

Have a safe place to spend the night away from home, if needed.

Know signs of danger during pregnancy and labor, and where to go for help.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات والأطفال
Know the name of the district in which she lives

Know the seasonal risks and stresses on her family’s livelihood/income

Have the ability to tell her parents that what they want her to do is illegal

Have short-term financial goals and a plan to meet them
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Have long-term financial goals and a plan to meet them

Have considered carefully what skills she would need to engage in earning activities that she enjoys

Know the minimum number of school years to which she’s entitled

Have the negotiation and problem-solving skills to assert her preference for staying in school
أداة بناء القدرات
تطوير معايير
إيجابية للفتيات
اللاعات
Know how to distinguish between a required expense and one that can be postponed.

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Know the advantages and disadvantages of two to three savings options.

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أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
Know the legal age of work and basic approved conditions.

Know how HIV is transmitted, how to prevent it, where to be tested, and that there are treatment options.

Know the signs and dangers of drug and alcohol dependence, and where to seek help for herself or someone else.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Know the legal voting age, where to register, and where to vote.

Know whom to ask/where to ask for help if she or someone she knows is a victim of violence.

Know what the community council does, when it meets, and some of the official leaders.

Know that violence isn’t just stranger violence—it often occurs in families.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Know basic self-defense and ways to attract help

Know what abuse is and the difference between a “good touch” and a “bad touch”

Know when she is hungry and have the courage to tell someone safe that she feels hungry

Know how to obtain/raise a few key foods she needs to eat
Know that adolescent girls need more food than younger girls (specifically more protein)

Be able to read a sentence in her native language

Know how to describe/express a problem to someone in authority, such as a local official

Have a government ID (such as one that would be necessary for voting)
Know about government programs and/or entitlements for which she/her family may be eligible and how to get them.

Know that child marriage is associated with poor health, poverty, and divorce (and that divorce carries social and economic risks).

Be able to assertively and respectfully navigate safe and healthy choices with regard to marriage.

Know the location of a community center, the activities offered there, and how to participate.

Know that child marriage is associated with poor health, poverty, and divorce (and that divorce carries social and economic risks).

Know about government programs and/or entitlements for which she/her family may be eligible and how to get them.

Be able to assertively and respectfully navigate safe and healthy choices with regard to marriage.

Know the location of a community center, the activities offered there, and how to participate.
Know the location and hours of girl-only spaces

Know what to say and what not to say to someone who has been a victim of a violent crime

Know her own body parts and the body parts of the opposite sex

Know the time of day/week when she is likely to face more risks at home, at school, on the street
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
تعرف أين ومتى من الممكن أن تخرج لوحدها (أو متي يكون أمناً لها أن تخرج مع مجموعة).

تعرف حقها في تحديد ومناقشة عدد الأطفال الذين تريد إنجابهم ومتى تريد إنجابهم.

تعرف عن الاتجار بالجنس و الأشكال الأخرى للإجبار الجنسي مثل (الابتزاز أو الإقناع) و مكان الحصول على المساعدة.

تعرف عن الاتجار بالجنس و الأشكال الأخرى للإجبار الجنسي مثل (الابتزاز أو الإقناع) و مكان الحصول على المساعدة.

تعرف رقم الطوارئ للتبليغ عن أي اعتداء أو لطلب المساعدة.

Know when and where it is safe enough to go out alone (or when groups are safer) 65

Know her right to determine and communicate the number of children she wants and the timing of births 66

Know about sex trafficking and other forms of forced sex (e.g., persuasion, blackmail), and where to get help 67

Know the helpline number to register any violence or to get help 68
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Know not to accept any food or drinks from strangers.

Know that polygamy is illegal.

Know that she has the same rights as her brother.

Have a plan to keep up her skills (reading and numeracy) during school holidays.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليوميات
Know how to identify a safe water source (or if in doubt to get help testing it)

Know how malaria is contracted and how to install and maintain a bed net

Feel that she is as intelligent as other people

Have a ration card
أداة بناء القدرات 
تطوير معايير 
إيجابية للفتيات 
اليافعات
تعرف الأوقات الآمنة / الطرق لمصادر المياه وأماكن جمع الأخشاب بما في ذلك أثناء الحالات الطارئة.

تعرف شخصا يستطيع مساعدتها في الترجمة (إلى اللغة الرسمية) عند الحاجة.

لديها خطة أمان وقادرة على تسمية ثلاثة من مخاطر السلامة التي قد تواجهها في حياتها اليومية.

تعرف أسماء أشخاص مؤهّلين في المجتمع يمكن الاعتماد عليهم في حماية البنات (الأوصياء).
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
Stand up for herself and her friends when insulted

Know where to obtain condoms and contraceptives and where to obtain advice and instructions

Know how STIs, including HIV, can be prevented and their consequences (including infertility)

Know local health promoters and community-based health activities
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Be able to present an argument to a group of peers and elders

Obtain parental approval to work and access safe opportunities

Regularly practice reading and numeracy skills with the media available and in daily-life situations

Know how to read diagrams or maps
أداة بناء القدرات
تطوير معايير
إيجابية للفتيات
اليافعات
Know how to write and send text messages and use mobile media to secure safety and access to resources.

Know how to fill out forms.

Know basic math (fractions, decimals, and percentages) and how to calculate simple costs.

Know how to write a simple letter requesting something.

Know how to fill out forms.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
Listen to the radio and watch television to get information.

Use effective communication and listening skills (listen with empathy and patience; speak assertively not aggressively).

Be able to express feelings and notify a friend or trusted adult of a problem at school or at home.

Have the ability to de-escalate a conflict situation experienced among friends and classmates.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Manage anger when in stressful situations

Feel like she can say “no” to her friends if they are pressuring her to do something she doesn’t think is right

Know the symptoms of infectious diseases, how to isolate an individual, and where to seek help

Know that many diseases are sexually transmissible (from both symptomatic and asymptomatic individuals) and some remain so even after recovery
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
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تطوير معايير إيجابية للفتيات اليافعات
بطاقات فارغة: لإنشاء قدرات شخصية
بطاقات فارغة: لإنشاء قدرات شخصية
بطاقات فارغة: لإنشاء قدرات شخصية
بطاقات العمر
سنوات
٦
سنوات
٨
سنوات
٨
سنوات
٨
عمر ٤٠ سنوات

عمر ٢٣ سنة
عمر 4 سنة

عمر 16 سنة
عمر ١٨ سنة
عمر ٢٠ سنة