2019

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

Judith Bruce
Population Council

Sarah Engebretsen
Population Council

Kimberly Glazer

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بطاقات المهارات
1. Know the location of community rescue places.

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

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

4. Have a place to meet friends safely and privately at least once a week.
لديها خطة لزيارة أقرب بنك أو مرافق الخدمات المالية الأخرى مع أصدقائها أو والديها.

تعرف موقع أقرب مركز شرطة ونوعية الخدمات التي تستطيع الشرطة تقديمها.

تعرف أعراض الإسهال عند الأطفال وكيفية علاجه.

تعرف مكان إجراء فحص نقص المناعة المكتسبة.

Have a plan to visit the nearest bank or other financial service facility, with friends or a parent

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

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

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

Have at least three female nonfamily friends

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

Have the personal documentation needed to access financial services

Lديها المهارات لعمل ميزانية وتعرف كيفية تقدير الدخل والمصاريف.

تعرف أن تطلب كادر نسائي في حالة عدم الراحة في التعامل مع الذكور.

لديها الوثائق الشخصية التي تحتاجها للحصول على الخدمات المصرفية.

لديها ثلاث صديقات على الأقل من خارج العائلة.
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

Know how to play traditional games

Have a productive skill that earns money
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Ladies have the ability to use decision-making skills to differentiate safe and unsafe earning options.

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

Ladies are aware of daily and seasonal demands on her time and know how to budget her time.

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

Ladies are aware of daily and seasonal demands on her time and know how to budget her time.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
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

Have someone to borrow money from in an emergency

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

Know that they have someone they can borrow money from in an emergency

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)
_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

تحديد شخص تستطيع الذهاب إليه في حالة الإساءة في المدرسة وتعرف أين تبلغ عن الإساءة.

تعرف من أين تحصل على الأدوية الأساسية وتملك المال اللازم لشراء ذلك.

لديها مكان آمن للإيواء بعيداً عن البيت عند الحاجة.

تعرف مؤشرات الخطر أثناء الحمل والولادة، وأين تذهب للحصول على المساعدة.
أداة بناء القدرات
تطوير معايير إيجابية للفتياتاليافعات
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
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لديها أهداف مالية، وخطة طويلة المدى لتحقيق ذلك.

أخذت بعين الاعتبار المهارات التي تحتاج ان تكتسبها لتشارك في نشاط تستمتع به وتكسب منه دخل.

لديها مهارات التفاوض وحل المشاكل لدعم رغبتها في البقاء في المدرسة.

 têm  ما هو أدنى مستوى دراسي مسموح لها

لديها مهارات التفاوض وحل المشاكل لدعم رغبتها في البقاء في المدرسة.

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
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Understand the biological basics of sexuality and reproduction

Know how to distinguish between a required expense and one that can be postponed

Know the advantages and disadvantages of two to three savings options
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
Know how HIV is transmitted, how to prevent it, where to be tested, and that there are treatment options.

Know the legal age of work and basic approved conditions.

Know the signs and dangers of drug and alcohol dependence, and where to seek help for herself or someone else.

Have a place with sufficient light to read for three hours per week.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Know the legal voting age, where to register, and where to vote

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

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

Know that violence isn’t just stranger violence—it often occurs in families
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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
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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)
تعرف البرامج الحكومية والمؤهلات اللازمة لتحصل عليها هي وعائلتها، وكيفية الحصول عليها

تعرف أن الزواج المبكر يرتبط بسوء الحالة الصحية، والفقر والطلاق (وأن الطلاق يحمل معه مخاطر اجتماعية واقتصادية)

تستطيع مراجعة الاختيارات الصحية والآمنة بحفل الزواج بكل حزم واحترام

تعرف موقع مركز اجتماعي، والفعاليات المقدمة هناك، وكيفية المشاركة

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 the location and hours of girl-only spaces.

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

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

Know the time of day/week when she is likely to face more risks at home, at school, on the street.

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

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

Know about sex trafficking and other forms of forced sex (e.g., persuasion, blackmail), and where to get help
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 اليافعات
Know how to identify a safe water source (or if in doubt to get help testing it)

Feel that she is as intelligent as other people

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

Have a ration card

Feel that she is as intelligent as other people
Know safe times/routes to water sources and places to gather firewood, including during emergencies.

Know someone who can help with translation (to major official languages), as needed.

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Have a safety plan and be able to name three safety risks faced while going about daily life.

Know the names of trained people in the community who can be relied upon to protect girls (the guardians).
Stand up for herself and her friends when insulted

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

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

Know local health promoters and community-based health activities

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Know local health promoters and community-based health activities
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
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
Know how to write a simple letter requesting something

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
أداة بناء القدرات
تطوير معايير إيجابية للفتيات الراهبات
Listen to the radio and watch television to get information.

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

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

Have the ability to de-escalate a conflict situation experienced among friends and classmates.

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تطوير معايير إيجابية للفتيات
اليافعات
Manage anger when in stressful situations

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

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

Know that many diseases are sexually transmissible (from both symptomatic and asymptomatic individuals) and some remain so even after recovery

Treat the symptoms of infectious diseases, and know 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.
A tool for building capacity
Developing positive standards for young girls
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بطاقات فارغة: لإنشاء قدرات شخصية
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