2021

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

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بطاقات المهارات
تعرف مواقع الأماكن الآمنة ومراكز الخدمات التي يمكنها اللجوء إليها في المجتمع

كتبت المدخرات ما يمنحكها استخدامها في حالة حاجتها الشخصية الطارئة أو حالة العجز في مصاريف المنزل.

تمتلك من المدخرات ما يمنكها استخدامها في حالة حاجتها الشخصية الطارئة أو حالة العجز في مصاريف المنزل.

لديها مكان تلتقي فيه مع أصدقائها بأمان وخصوصية مرة في الأسبوع، على الأقل.

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

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 a place to meet friends safely and privately at least once a week
أداة بناء القدرات
تطوير معايير
إيجابية للفتيات
اليافعات
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
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 the skills to create a budget and know how to track income and spending

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

Have at least three female nonfamily friends

Have the personal documentation needed to access financial services
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
لديها الوثائق الشخصية التي تحتاجها للحصول على الخدمات الصحية.

تعرف امرأة أكبر منها في السن يمكنها أن تطلب منها النصيحة عند الحاجة.

تعرف كيف تلعب الألعاب الشعبية.

تمتع بمهارة منتجة تمكنها من الحصول على المال.

Have the personal documentation needed to access health services

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
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
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)
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
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 اليافعات
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تطوير معايير إيجابية للفتيات اليافعات
تعرف اسم المنطقة التي تسكن فيها.

لديها القدرة على إخبار والديها بأن ما يريدون منها فعله غير قانوني.

تعرف المخاطر والضغوطات الموسمية على معيشة ودخل عائلتها.

لديها أهداف مالية، وخطة قصيرة المدى لتحقيق ذلك.

Know the name of the district in which she lives

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

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

Have short-term financial goals and a plan to meet them
أداة بناء القدرات
develop positive standards
to girls and young women
Have long-term financial goals and a plan to meet them.

Learn what is the minimum number of school years to which she's entitled.

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

Have the negotiation and problem-solving skills to assert her preference for staying in school.

She has long-term financial goals and a plan to meet them.

She has considered carefully what skills she would need to engage in earning activities that she enjoys.

She has the negotiation and problem-solving skills to assert her preference for staying in school.

She has long-term financial goals and a plan to meet them.

She has the negotiation and problem-solving skills to assert her preference for staying in school.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات واليافعات
Tear 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

Know 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
التياء
تعرف كيف ينتقل مرض نقص المناعة المكتسبة، وكيف تمنعه، وأين يتم فحصه، وأن هناك خيارات للعلاج.

عندما تعرف السن القانوني للعمل والظروف الأساسية المعتمدة للعمل، ستكون لديك مكان ذو إضاءة كافية للقراءة لمدة ثلاث ساعات في الأسبوع.

تعرف المؤشرات والمخاطر لإدمان المخدرات والكحول، ومكان الحصول على المساعدة لها أو لشخص آخر.

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.
أداة بناء القدرات
تطوير معايير إيجابية للفتياتاليافعات
Know basic self-defense and ways to attract help.

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

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

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

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

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

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

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أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
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أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
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 الراهبات
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

Know the helpline number to register any violence or to get help
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
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اليافعات
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
Know that the polygamy is illegal.

Know that she has the same rights as her brother.

Know that she has a plan to keep up her skills (reading and numeracy) during school holidays.

Know not to accept any food or drinks from strangers.
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.

Lêdiha al-qarda a l-tahađid McCladla-yya l-miāya al-a'mna (aw fī ḳallāa 'l-yām Tākda, ṭaṣṭata'īj ḥisūl a l-misā'lda l-līl Tākda).

Tatārīf kīf tkaffīj al-maḷārīyā wākīf ṭaḥシャル līl Nāmuwwāsyya wā Tābtīta l-yārīr.

Təshxr bānā dākīya kəghərā. Lêdiha bṭaçäta Təwoyn.
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
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.

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).
أداة بناء القدرات
تطوير معايير إيجابية للفتياتاليافعات
Tadafuq un نفسها و صديقاتها في حالة الإهانة.

Knowing how to prevent sexually transmitted infections (including HIV) and their consequences (including infertility)

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

مروج الصحة المحلية والفعاليات المجتمعية للصحة.

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

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 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
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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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
بطاقات فارغة: لإنشاء قدرات شخصية
بطاقات فارغة: لإنشاء قدرات شخصية
بطاقات فارغة: لإنشاء قدرات شخصية
بطاقات العمر
عمر 7 سنوات

عمر 8 سنوات
عمر 12 سنة

عمر 12 سنة

سنوات

٠١

عمر

سنة

٢١
عمر ١٤ سنة

عمر ١٦ سنة
عمر ١٨ سنة

عمر ٢٠ سنة