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

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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.
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.
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تطوير معايير إيجابية للفتيات اليافعات
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

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

Have the personal documentation needed to access financial services
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13 Have the personal documentation needed to access health services

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

15 Know how to play traditional games

16 Have a productive skill that earns money
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)

Have someone to borrow money from in an emergency

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)

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

لديها شخص تستطيع اقتراض المال منه/ن في الحالات الضرئة.

تستخدم مهارات التفاوض، ومعلومات محددة عن سيناريوهات المخاطر، ومهارات حل المشاكل لتجنب العادات الضارة (مثل ختان النساء) الشائعة في مجتمعها.

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

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

What is the minimum number of school years to which she is entitled?

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

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

What is the minimum number of school years to which she is entitled?
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
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
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تطوير معايير 
إيجابية للفتيات 
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تطوير معايير 
إيجابية للفتيات 
اليافعات
Know what the community council does, when it meets, and some of the official leaders.

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 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
أداة بناء القدرات
تطوير معايير إيجابية للفتيات
اليافعات
Know that adolescent girls need more food than younger girls (specifically more protein)

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

Be able to read a sentence in her native language

Have a government ID (such as one that would be necessary for voting)
أداة بناء القدرات
تطوير معايير إيجابية للفتيات اليافعات
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).
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 اليافعات
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
Know that polygamy is illegal

Have a plan to keep up her skills (reading and numeracy) during school holidays
أداة بناء القدرات
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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

She has the ability to identify safe water sources (or seek help if uncertain). She can fight malaria and know how to install and maintain a bed net. She feels she is as intelligent as others. She has a ration card.
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.

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 للفتيات اليافعات
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

تدافع عن نفسها و صديقاتها في حالة الإهانة.

تعرف كيف يمكن أن تمنع الأمراض المنقولة جنسياً كمرض نقص المناعة المكتسبة، ونتائج هذه الأمراض (بما في ذلك العقم).

تعرف مروجي الصحة المحلية والفعاليات المجتمعية للصحة.

تعرف من أين تحصل على الواقي الذكري ووسائل منع الحمل ومن أين تحصل على النصائح والإرشادات.

تعرف مروجي الصحة المحلية والفعاليات المجتمعية للصحة.
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.

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.
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
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اليافعات
بطاقات فارغة: لإنشاء قدرات شخصية
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بطاقات العمر
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عمر ١٢ سنة
عمر ١٤ سنة
عمر ١٦ سنة
عمر 18 سنة
عمر 18 سنة
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