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

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KADI ZA UJENZI WA RASLIMALI
Kujua eneo la maeneo la uokoaji wa jamii

Know the location of community rescue places

Kujua eneo la huduma za afya za dharura zilizo karibu na angalau hali mbili ambazo zihitaji tahadhari ya dharura

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

Kuwa na akiba inayoweza patikana katika hali ya dharura ya kibinafsi au kwa upungufu wa kaya

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

Kuwa na pahali pa kukutana na marafiki kwa usalama na kwa faragha angalau mara moja kwa wiki

Have a place to meet friends safely and privately at least once a week
Kuwa na mpango wa Kutembelea benki karibu au kituo kingine cha kifedha, na marafiki au mzazi

Jua kituo cha polisi kilicho karibu kiko wapi na aina ya msaada ambao polisi wanaweza kutoa

Kujua ishara ya kuhara Kwa mtoto na jinsi ya kutibu

Jua mahali pa kupata huduma za Kupimwa virusi vya ukimwi

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
Have the skills to create a budget and know how to track income and spending.

Jua kuulizia mamlaka ya kike ikiwa ana wasiwasi na Yale ya kiume

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

Have at least three female nonfamily friends.

Kuwa na ujezdi wa kuunda bajeti na kujua jinsi ya kufuatilia mapato na matumizi

Kuwa na angalau marafiki watatu wa kike wasio wa kifamilia

Kuwa na nyaraka za kibinafsi zinazohitajika ili kupata huduma za kifedha

Have the personal documentation needed to access financial services.
Kuwa na nyaraka za kibinafsi
Zinazohitajika ili kupata huduma za afya

Have the personal documentation needed to access health services

Kuwa na mshauri wa kike Anaye kuzidi kidogo kwa umri ambaye unaweza kurejea kwa ushauri unapokabiliwa na changamoto

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

Kujujua jinsi ya kucheka michezo ya jadi

Know how to play traditional games

Kuwa na ustadi wenye tija unaopata pesa

Have a productive skill that earns money
Kuwa na uwezo wa kutumia ujuzi wa kufanya maamuzi kutofautisha Chaguzi za mapato Salama na Zisizo salama

Kujua maelezo ya hedhi na jinsi ya kuisimamia kwa njia safi na salama

Kujua wakati wa kunawa mikono na jinsi ya kuifanya vizuri katika maisha ya kila siku na katika muktadha wa milipuko ya magonjwa ya kuambukiza

Kuju a Wakati wa kunawa mikono na jinsi ya kuifanya vizuri katika maisha ya kila siku na katika muktadha wa milipuko ya magonjwa ya kuambukiza

Kuja maelezo ya hedhi na jinsi ya kuisimamia kwa njia safi na salama

Kuwa na ufahamu wa mahitaji ya kila siku na msimu kwa wakati wake na kujua jinsi ya kupanga wakati wake

Kuwa na ufahamu wa mahitaji ya kila siku na msimu kwa wakati wake na kujua jinsi ya kupanga wakati wake

17 Be able to use decisionmaking skills to differentiate safe and unsafe earning options

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

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

20 Be aware of daily and seasonal demands on her time and know how to budget her time
Chombo Cha
Zana Kujenga
Mali
KUENDELEZA
ALAMA
NZURI KWA
WASICHANA
WA VIJANA
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)
Tambua mtu wa Kuomba msaada iwapo umedhulumiwa shuleni na kujua wapi kuripoti unyanyasaji

Kujua wapi unaweza pata dawa za kimsingi na kuwa na pesa zinazohitajika kuzinunua

Kuwa na mahali salama Pa kulala usiku kando na nyumbani, ikiwa inahitajika

Kujua dalili za hatari wakati wa ujauzito na wakati wa kuzaa, na wapi pa kwenda kupata msaada

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
Chombo Cha
Zana Kujenga
Mali
KUENDELEZA
ALAMA
NZURI KWA
WASICHANA
WA VIJANA
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
Kuwa na malengo ya kifedha ya muda mrefu na mpango wa kuitimiza

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

Uwe umefikiria kwa uangalifu ni ujuzi gani unaohitaji kushiriki katika shughuli za mapato ambazo unazofurahia

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

Jua idadi ya chini ya miaka ya shule ambayo ana haki kusoma

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

Kuwa na ustadi wa majadiliano na wa kutatua shida ili kuweza kusisitiza upendeleo wake kukaa shuleni

Have the negotiation and problem-solving skills to assert her preference for staying in school
Understand the biological basics of sexuality and reproduction

Kuwafunza wengine

Understand the biological basics of sexuality and reproduction

Be able to describe something unique or special about herself and identify a skill that she can teach others

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
Jua jinsi virusi vya ukimwi vinasambazwa, jinsi ya kujizuia, wapi unaweza kupimwa, na kwamba kuna chaguzi za matibabu

Kujua umri wa kisheria wa kufanya kazi na hali ya msingi iliyoidhinishwa

Kujua ishara na hatari za utegemezi wa madawa ya kulevya na pombe, na wapi anaweza kutafuta msaada kwa ajili yake au mtu mwingine

Kuwa na mahali na taa ya kutosha ili kusoma kwa masaa matatu kwa wiki

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
Chombo Cha Zana Kujenga Mali
KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
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
<table>
<thead>
<tr>
<th>Chombo Cha</th>
<th>Zana Kujenga Mali</th>
<th>Kuendeleza Alama</th>
<th>Nzuri Kwa Wasichana Wa Vijana</th>
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</tr>
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</table>
Jua misingi ya kujihami kibinafsi na njia za kuvutia msaada

Know basic self-defense and ways to attract help

Kujua unyanyasaji ni nini na tofauti kati ya “mguso mzuri” na “mguso mbaya”

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

Kujua wakati ana njaa na kuwa na ujasiri wa kumwambia mtu salama kwamba anahisi njaa

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

Kujua jinsi ya kupata/kuongeza vyakula vichache muhimu anavyohitaji kula

Know how to obtain/raise a few key foods she needs to eat
Chombo Cha
Zana Kujenga
Mali
KUENDELEZA
ALAMA
NZURI KWA
WASICHANA
WA VIJANA
Chombo Cha
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Chombo Cha
Zana Kujenga
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ALAMA
NZURI KWA
WASICHANA
WA VIJANA
Know that adolescent girls need more food than younger girls (specifically more protein) 53

Be able to read a sentence in her native language 54

Know how to describe/express a problem to someone in authority, such as a local official 55

Have a government ID (such as one that would be necessary for voting) 56
Kujuu juu ya mipango ya serikali na / au haki ambazo yeye na familia yake wanaweza kustahili na jinsi ya kuzipata

Jua kwamba ndoa ya watoto inahusishwa na afya mbaya, umaskini, na talaka (na kwamba talaka hubeba hatari za kijamii na kiuchumi)

Know that adolescent girls need more food than younger girls (specifically more protein)

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

Kuwa na uwezo wa kudai na kwa heshima chaguzi salama na zenye afya kuhusu ndoa

Jua eneo la kituo cha jamii, shughuli zinazotolewa hapo, na jinsi ya kushiriki

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
Kujua eneo na masaa ya nafasi za wasichana tu

Jua cha kusema na cha kutosema kwa mtu ambaye amekuwa mwathirika wa uhalifu wa vurugu

Kujua sehemu zake za mwili na sehemu za mwili wa jinsia tofauti

Kujua wakati wa siku/wiki Ambapo anaweza kukabiliwa na hatari zaidi nyumbani, shuleni na barabarani

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
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
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**Chombo Cha**

**Zana Kujenga Mali**

**KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA**
Kujua kutokubali chakula chochote au vinywaji kutoka kwa wageni

Kujetwa kuwa mitala sio halali

Kujua kuwa ana haki sawa na kaka/ndugu yake

Kuja na mpango wa kuweka ustadi wake (kusoma na kuhesabu) wakati wa likizo ya shule

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
Kujua jinsi ya kutambua chanzo salama cha maji (au ikiwa na shaka kupata msaada wa kupima)

Know how to identify a safe water source (or if in doubt to get help testing it) 73

Kujua jinsi malaria Ina ambukizwa na jinsi ya kufunga na kudumisha wavu wa kitanda

Know how malaria is contracted and how to install and maintain a bed net 74

Kuhisi kuwa yeye ni mwerevu kama watu wengine

Feel that she is as intelligent as other people 75

Kuwa na kadi ya mgawo

Have a ration card 76
Chombo Cha
Zana Kujenga
Mali
KUENDELEZA
ALAMA
NZURI KWA
WASICHANA
WA VIJANA
Kujua nyakati/njia salama za vyanzo vya maji na mahali pa kukuusanya kuni, pamoja na wakati wa dharura

Know safe times/routes to water sources and places to gather firewood, including during emergencies

Kujua mtu ambaye anaweza kusaidia kwa kutafsiri (kwa lugha kuu rasmi), kama inavyohitajika

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

Kuwa na mpango wa usalama na kuweza kutaja hatari tatu za usalama zinazo wakabili wanapoendelea na maisha ya kila siku

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

Kujua majina ya watu wenye mafunzo katika jamii ambao wanaweza kutegemewa kulinda wasichana (walezi)

Know the names of trained people in the community who can be relied upon to protect girls (the guardians)
Chombo Cha
Zana Kujenga
Mali
KUENDELEZA
ALAMA
NZURI KWA
WASICHANA
WA VIJANA
Kujisimamia mwenyewe na marafiki zake wakati wametukanwa

Stand up for herself and her friends when insulted

Kujua Jinsi magonjwa ya zinaa pamoja na virusi vya ukimwi, yanaweza kuzuiwa na matokeo yake (moja ya matokeo ikiwa ni utasa)

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

Kujua wapi kupata kondomu na uzazi wa mpango na wapi anaweza pata ushauri na maelekezo

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

Kujua watangazaji wa kiafya na shughuli za kiafya za msingi ya jamii

Know local health promoters and community-based health activities
Chombo Cha
Zana Kujenga
Mali
KUENDELEZA
ALAMA
NZURI KWA
WASICHANA
WA VIJANA
Kuwa na uwezo wa kuwakilisha hoja kwa kundi la wenzao na wazee

Kupata ruhusa kutoka kwa wazazi kufanya kazi na kupata fursa salama

Fanya mazoezi kila wakati ya kusoma na hesabu na vyombo vya habari vinavyopatikana na katika hali ya maisha ya kila siku

Kujuia jinsi ya kusoma michoro au ramani

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
Kujua jinsi ya kuandika barua rahisi ya kuomba kitu

Know how to write a simple letter requesting something

Kujua jinsi ya kuandika na kutuma ujumbe wa maandishi na kutumia vyombo vya habari vya rununu ili kupata usalama na upatikanaji wa rasilimali

Know how to write and send text messages and use mobile media to secure safety and access to resources

Kujua jinsi ya kujaza fomu

Know how to fill out forms

Kujua hesabu za kimsingi (vipande, nukta, na asilimia)

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

Kujua jinsi ya kuhesabu gharama rahisi
Chombo Cha
Zana Kujenga
Mali
KUENDELEZA
ALAMA
NZURI KWA
WASICHANA
WA VIJANA
Kusikiliza redio na kuangalia runinga ili kupata habari

Kuwa na uwezo wa kuelezea hisia na kumjulisha rafiki au mtu mzima kuhusu tatizo shuleni au nyumbani

Kutumia mawasiliano fanisi na ujuzi wa kusikiliza (sikiliza kwa huruma na uvumilivu lakini sio kwa fujo)

Kuwa na uwezo wa kupunguza hali ya migogoro inayopatikana kati ya marafiki na wanafunzi wa darasa

Use effective communication and listening skills (listen with empathy and patience, speak assertively not aggressively)
Chombo Cha
Zana Kujenga
Mali
KUENDELEZA
ALAMA
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WASICHANA
WA VIJANA
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
KADI ZILIZO TUPU: ZA KUUNDA MALI YA KIBINAFSI
KADI ZILIZO TUPU: ZA KUUNDA MALI YA KIBINAFSI
KADI ZILZO TUPU: ZA KUUNDA MALI YA KIBINAFSI
Umri wa miaka sita

Umri wa miaka nane
Umri wa miaka kumi

Umri wa miaka kumi na mbili
Umri wa miaka kumi na nne

Umri wa miaki kumi na sita
Umri wa miaka kumi na nane

Umri wa miaka ishirini