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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**



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

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

**Kujua eneo la maeneo la  
uokoaji wa jamii**

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



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**Kuwa na mpango wa Kutembelea  
benki karibu au kituo kingine cha  
kifedha, na marafiki au mzazi**

**5**

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

**Jua kituo cha polisi kilicho  
karibu kiko wapi na aina  
ya msaada ambaao polisi  
wanawenza kutoa**

**6**

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

**Kujua ishara ya kuhara Kwa  
mtoto na jinsi ya kutibu**

**Jua mahali pa kupata huduma za  
Kupimwa virusi vya ukimwi**

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

**7**

Know where to get an HIV test

**8**



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**Kuwa na ujuzi wa kuunda bajeti  
na kujua jinsi ya kufutilia  
mapato na matumizi**

**9**

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

**Jua kuulizia mamlaka ya like  
ikiwa ana wasiwasi na Yale  
ya kiume**

**10**

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

**Kuwa na angalau marafiki  
wataatu wa like wasio  
wa kifamilia**

**Kuwa na nyaraka za kibinasi  
zinazohitajika ili kupata  
huduma za kifedha**

Have at least three female nonfamily friends

**11**

Have the personal documentation needed to access financial services

**12**



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**Kujua jinsi ya kuchenza  
michezo ya jadi**

13

Have the personal documentation needed to access health services

**Kuwa na nyaraka za kibinasi  
Zinazohitajika ili kupata  
huduma za afya**

14

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

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



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

**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**



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**Kuwa na mtu wa kulkopa  
Pesa Wakati wa dharura**

22

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

**Kujua kanuni za tabia ya  
waalimu (pamoja na  
kutowauliza wanafunzi  
neema maalum au kuwaalika  
manyumbani mwao)**

21

Know about female genital mutilation (how and when it is done, how to help someone threatened by it, and that it is illegal)

**Kujua juu ya ukeketaji wa uke (jinsi  
na wakati Imefanyika, jinsi ya  
kumsaidia mtu anayetishiwa na hilo,  
na kwamba ni kinyume cha sheria)**

**Kutumia mazungumzo,  
ujuzi maalum wa matukio, na ujuzi wa  
kutatua shida ili kuepuka mila ya madhara  
(kama ukeketaji wa uke)  
ambayo ni ya kawaida katika  
jamii yake**



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**Tambua mtu wa Kuomba  
msaada iwapo umedhulumiwa  
shuleni na kujua wapi  
kuripoti unyanyasaji**

**25**

Identify someone to go to for help in case of abuse at school and know where to report abuse

**Kujua wapi unawenza pata dawa  
za kimsingi na kuwa na pesa  
zinazohitajika kuzinunua**

**26**

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

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

**Kujua dalili za hatar i wakati wa  
ujauzito na wakati wa kuzaa, na  
wapi pa kwenda kupata  
msaada**

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

**27**

Know signs of danger during pregnancy and labor, and where to go for help

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**Kujua hatari za msimu na mikazo  
juu ya riziki/mapato ya familia yake**

**Kujua jina la wilaya  
anayoishi**

**Kuwa na uwezo wa kuwaambia  
wazazi wake kwamba  
wanachotaka afanyye ni  
kinyume na sheria**



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

33

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

**Kuwa na malengo ya kifedha ya  
muda mrefu na mpango  
wa kuitimiza**

34

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

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



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**Kujua jinsi ya kutofautisha kati  
ya gharama inayohitajika na  
ile ambayo inaweza kuahirishwa**

38

Understand the biological basics of sexuality and reproduction

37

**Kuwa na uwezo wa kuelezea  
kitu cha pekee au maalum  
juu yake mwenyewe na kutambua  
ustadi ambaa anaweza  
kuwafunza wengine**

**Kuwa na uwezo wa kuelezea  
kitu cha pekee au maalum  
juu yake mwenyewe na kutambua  
ustadi ambaa anaweza  
kuwafunza wengine**



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Have a place with sufficient light to read for three hours per week

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

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

42

Know the legal age of work and basic approved conditions

41

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

**Jua jinsi virusi vya ukimwi vinasambazwa, jinsi ya kujizua, wapi unawenza kupimwa, na kwamba kuna chaguzi za matibabu**

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



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**Kujua baraza la jamii hufanya  
nini, wakati linapokutana,  
na baadhi ya viongozi rasmi**

**Jua kwamba vurugu sio tu  
vurugu za wageni-mara nyingi  
hufanyika katika familia**

**Kujua umri wa kisheria wa kupiga  
kura wapi kujiandikisha,  
na wapi kupiga kura**

**Jua ni nani wa kuuliza/wapi  
kuumba msaada ikiwa yeye au mtu  
anayemjua ni mwathirika  
wa dhuluma**



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

**Kujua jinsi ya kupata/kuongeza  
vyakula vichache muhimu  
anavyohitaji kula**

**Jua misingi ya kuijihami  
kribinafsi na njia za  
kuvutia msada**



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Have a government ID (such as one that would be necessary for voting)

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

54

Be able to read a sentence in her native language

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

**Kuwa na kitambulisho cha Serikali (kama ile ambayo inawenza kuwa muhimu kwa kupiga kura)**

**Kujua jinsi ya kuelezea tatizo/shida kwa mtu mwenye mamlaka, kama vile afisa wa eneo**



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**Kujua juu ya mipango ya  
serikali na / au hakí  
ambazo yeye na familia yake  
wanawenza kustahili  
na jinsi ya kuzipata**

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

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

58

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

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



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**Kujua eneo na masaa ya nafasi za wasichana tu**

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

**Kujua wakati wa siku/wiki Ambapo anawenza kukabiliwa**

**na hatari zaidi nyumbani, shuleni na barabarani**

62

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

61

Know the location and hours of girl-only spaces

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

**Kujua eneo na masaa ya nafasi za wasichana tu**



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Know the helpline number to register any violence or to get help

**Jua juu ya Usafirishaji wa kijinsia  
na aina nyiningine za ngono za kulazimishwa  
(k.m., ushawishi, usaliti ),i),  
na wapi pa kupata msaada**

66

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

65

**Jua ni lini na wapi iko  
salama ya kutosha kwenda  
pekee yako au wakati  
vilkundi viko salama**

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

67

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

**Kujua haki yake ya kuamua  
na kuwasiliana idadi ya  
watoto anayotaka na  
nyakati za kuzaliwa**



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**Kujuja kutokubali chakula chochote  
au vinywaji kutoka kwa wageni**

**69**

Know not to accept any food or drinks from strangers

**Kujuja kuwa mitala sio halali**

**70**

Know that polygamy is illegal

**Kujuja kuwa ana haki  
sawa na kaka/ndugu yake**

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

Know that she has the same rights as her brother

**71**

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

**72**



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**Kuwa na kadi ya mgawo**

**Kuhisi kuwa yeeye ni mwerevu  
kama watu wengine**

74

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

73

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

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

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**Kujua nyakati/njia salama za vyanzo vya maji na mahali pa kukusanya kuni, pamoja na wakati wa dharura**

78

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

**Kujua nyakati/njia salama za vyanzo vya maji na mahali pa kukusanya kuni, pamoja na wakati wa dharura**

77

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

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

79

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



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

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

82

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

81

Stand up for herself and her friends when insulted

**Kujisimamia mwenyewe na  
marafiki zake wakati  
wametukanwa**



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

**Kuijua jinsi ya kusoma  
michoro au ramani**

**Kuwa na uwezo wa kuwakilisha  
hoja kwa kundi la wenzao na wazee  
Kupata ruhusa kutoka kwa  
wazazi kufanya kazi na kupata  
furasa salama**



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**Kujua jinsi ya kujaza fomu  
gharama rahisi**

**Kujua hesabu za kimsingi  
(vipande, nukta, na asilima)  
na jinsi ya kuhesabu  
gharama rahisi**

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

Know how to write a simple letter requesting something

**Kujua jinsi ya kuandika barua  
rahisi ya kuomba kitu**

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



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

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

95

**Kutumia mawasiliano fanisi  
na ujuzi wa kusikiliza (sikiliza  
Kwa huruma na uvumiliu  
lakini sio kwa fujo)**

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

94

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

93

**Kusikiliza redio na kuangalia  
runinga ili kupata habari**

Listen to the radio and watch television to get information

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



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**Kujua dalili za magonjwa ya kuambukiza, jinsi ya kujitenga na mtu binafsi, na wapi pa kutafuta msaada**

Manage anger when in stressful situations

**Kuhisi kama anaweza kusema “hapana” kwa marafiki zake ikiwa wanamshinikiza kufanya kitu ambacho yeye hafkiri ni sawa**

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

**Jua kwamba magonjwa mengi yanaambukizwa kingono (kutoka kwa watu walio na dalili na wasio na dalili) Na mengine hubaki hivyo hata baada ya kupona**



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**KADI ZA  
MIAKA**



**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