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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

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

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

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

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

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

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 ambao polisi wanaweza kutoa

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

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

Jua mahali pa kupata huduma za Kupimwa virusi vya ukimwi

Know where to get an HIV test
Kuwa na ujuzi wa kuunda bajeti na kujua jinsi ya kufuatilia mapato na matumizi

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

Kuwa na angalau marafiki watatu wa kike wasio wa kifamilia

Kuwa na nyaraka za kibinafsi zinazohitajika ili kupata huduma za kifedha

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
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

Kujuja jinsi ya kucheza 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

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

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

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

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

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

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

Be aware of daily and seasonal demands on her time and know how to budget her time
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Know about female genital mutilation (how and when it is done, how to help someone threatened by it, and that it is illegal)

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

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
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

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Chombo Cha Zana Kujenga Mali
KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
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
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
Kuelewa misingi ya kibiolojia ya ujinsia na uzazi

Understand the biological basics of sexuality and reproduction

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

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

Kuju a jinsi ya kutofautisha kati ya gharama inayohitajika na ile ambayo inaweza kuahirishwa

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

Kuju a faida na ubaya wa chaguzi mbili au tatu za akiba

Know the advantages and disadvantages of two to three savings options
Jua jinsi virusi vya ukimwi vinasambazwa, jinsi ya kujizia, kufanya kazi na halisi ya msingi iliyo idhinishwa
Kuwa na mahali na taa ya kutosha ili kusoma kwa masaa matatu kwa wiki
Kujua umri wa kisheria wa kufanya kazi na hali ya msingi iliyo idhinishwa
Kujua ishara na hatari za utegemezi wa madawa ya kulevya na pombe, na wapi anaweza kutafuta msada kwa ajili yake au mtu mwingine
Kujua umri wa kisheria wa kufanya kazi na hali ya msingi iliyo idhinishwa
Kuwa na mahali na taa ya kutosha ili kusoma kwa masaa matatu kwa wiki
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Kuwa na mahali na taa ya kutosha ili kusoma kwa masaa matatu kwa wiki
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
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WASICHANA WA VIJANA
Kujua umri wa kisheria wa kupiga kura wapi kujianjikisha, na wapi kupiga kura

Know the legal voting age, where to register, and where to vote

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

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

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

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

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

Know that violence isn’t just stranger violence—it often occurs in families
Chombo Cha Zana Kujenga Mali
KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
Jua misingi ya kujihami kibinafsi na njia za kuvutia msaada

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

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

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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WASICHANA
WA VIJANA
Jua kwamba wasichana wa ujana wanahitaji chakula zaidi kuliko wasichana wadogo (haswa protini zaidi)

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

Kuwa na uwezo wa kusoma sentensi katika lugha yake ya asili

Be able to read a sentence in her native language

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

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

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

Have a government ID (such as one that would be necessary for voting)
Know that adolescent girls need more food than younger girls (specifically more protein)

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

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

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

Know the location of a community center, the activities offered there, and how to participate
**Kujua eneo na masaa ya nafasi za wasichana tu**

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

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

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

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

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

Kujua nambari ya usaidizi kusajili vurugu yoyote au ili kupata msaada

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
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)

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

Kuhisi kuwa yeye ni mwerevu kama watu wengine

Feel that she is as intelligent as other people

Kuwa na kadi ya mgawo

Have a ration card
Kujua nyakati/njia salama za vyanzo vya maji na mahali pakuksanya 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
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KUENDELEZA
ALAMA
NZURI KWA
WASICHANA
WA VIJANA
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
Chombo Cha Zana Kujenga Mali
KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
Kuwa na uwezo wa kuwakilisha hoja kwa kundi la wenzao na wazee

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

Kupata ruhusa kutoka kwa wazazi kufanya kazi na kupata fursa salama

Kujua jinsi ya kusoma michoro au ramani

Regularly practice reading and numeracy skills with the media available and in daily-life situations

Obtain parental approval to work and access safe opportunities

Know how to read diagrams or maps
Kujua jinsi ya kuandika na kutuma ujumbe wa maandishi na kutumia vyombo vya habari vya rununu ili kupata usalama na upatikanaji wa rasimali.

Kujua hesabu za kimsingi (vipande, nukta, na asilimia) na jinsi ya kuhesabu gharama rahisi.

Kujua jinsi ya kuandika barua rahisi ya kuomba kitu.

Kujua jinsi ya kuandika barua rahisi ya kuomba kitu.

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

Know how to fill out forms.
Kusikiliza redio na kuangalia runinga ili kupata habari

Kuwa na uwezo wa kuelezea hisia na kumjulishia 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

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
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 KUNDA MALI YA KIBINAFSI
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