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

Judith Bruce  
*Population Council*

Sarah Engebretsen  
*Population Council*

Kimberly Glazer

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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

Have 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
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
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Kuwa na ujezi 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 nyaraka za kibinafsi zinazohitajika ili kupata huduma za kifedha

Kuwa na angalau marafiki watatu wa kike wasio wa kifamilia

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
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Kuwa na nyaraka za kibinafsi
Zinazohitajika ili kupata huduma za afya

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

Kuju a jinsi ya kucheza michezo ya jadi

Kuwa na ustadi wenye tija unaopata pesa

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
Kuwa na uwezo wa kutumia ujuzi wa kufanya maamuzi kutofautisha Chaguzi za mapato Salama na Zisizo salama

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

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

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

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

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
Kuja 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

Kuwa na mtu wa kukopa Pesa Wakati wa dharura

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

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

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

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

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

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

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

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

Know signs of danger during pregnancy and labor, and where to go for help
Kujua jina la wilaya anayoishi

Know the name of the district in which she lives

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

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

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

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

Kuwa na malengo ya muda mfupi ya kifedha na mpango wa kuyatimiza

Have short-term financial goals and a plan to meet them
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*Chombo Cha Zana Kujenga Mali KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA*
Kuwa na malengo ya kifedha ya muda mrefu na mpango wa kuitimiza

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

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

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

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

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

Have the negotiation and problem-solving skills to assert her preference for staying in school
Chombo Cha Zana Kujenga Mali
KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
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 identity a skill that she can teach others

Kujua 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

Kujua 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 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
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
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
Jua kwamba wasichana wa ujana wanahitaji chakula zaidi kuliko wasichana wadogo (haswa protini zaidi)

Kuwa na uwezo wa kusoma sentensi katika lugha yake ya asili

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

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

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)
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Kujua 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

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

Know not to accept any food or drinks from strangers

**Kujua kuwa mitala sio halali**

Know that polygamy is illegal

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

Know that she has the same rights as her brother

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

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

Feel that she is as intelligent as other people

Kuhisi kuwa yeye ni mwerevu kama watu wengine

Kuwa na kadi ya mgawo

Have a ration card
Kujua nyakati/njia salama za vyanzo vya maji na mahali pa kukusanya kuni, pamoja na wakati wa dharura

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

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

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

Kujua 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
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
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 kupunguzza 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
Dhibiti hasira ukiwa
Katika hali zenye mkazo

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

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

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

Know the symptoms of infectious diseases, how to isolate an individual and where to seek help

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 that many diseases are sexually transmissible (from both symptomatic and asymptomatic individuals) and some remain so even after recovery
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KADI ZILZO TUPU: ZA KUUNDA MALI YA KIBINAFSI
KADI ZILIZO TUPU: ZA KUUNDA 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