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

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

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 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
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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
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

Kuja jinsi ya kucheza michezo ya jadi

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

Kuja jinsi ya kucheza michezo ya jadi

Kuwa na ustadi wenye tija unaopata pesa

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

Know how to play traditional games

Have a productive skill that earns money
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WA VIJANA
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 magonzwa ya kuambukiza

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

Be able to use decisionmaking 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
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

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)

Kuwa na mtu wa kukopa Pesa Wakati wa dharura

Have someone to borrow money from in an emergency

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

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

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

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

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

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
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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
Kuelewa misingi ya kibiolojia ya ujinsia na uzazi
Kujua faida na ubaya wa chaguzi mbili au tatu za akiba
Kuwa na uwezo wa kuelezea kitu cha pekee au maalum juu yake mwenyewe na kutambua ustadi ambao anaweza kuwafunza wengine

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

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

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

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

Know the legal age of work and basic approved conditions

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

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

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

Have a place with sufficient light to read for three hours per week
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NZURI KWA WA VIJANA
Kujua umri wa kisheria wa kupiga kura wapi kujianzikisha, na wapi kupiga kura

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

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

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 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
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WASICHANA
WA VIJANA
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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KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
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CHOMBO CHA ZANA KUJENGA MALI
KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
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

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

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)

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

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

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

Know the location and hours of girl-only spaces

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

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

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

Know her own body parts and the body parts of the opposite sex

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

Know the time of day/week when she is likely to face more risks at home, at school, on the street
Jua ni lini na wapi iko salama ya kuamua na kuwasiliana idadi ya watoto anayotaka na nyakati za kuzaliwa. Kuwa haki ya kuamua na kuwasiliana idadi ya watoto anayotaka na nyakati za kuzaliwa.

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

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Chombo Cha Zana Kujenga Mali KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
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
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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)

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
Chombo Cha Zana Kujenga Mali KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
Kujua nyakati/njia salama za vyanzo vya maji na mahali pa kukusanya 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

Kuja 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)
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

Kujisimamia mwenyewe na marafiki zake wakati wametukanwa

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

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

Kujua watangazaji wa kiafya na shughuli za kiafya za msingi ya jamii
Kuwa na uwezo wa kuwakilisha hoja kwa kundi la wenzao na wazee

Obtain parental approval to work and access safe opportunities

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

Know how to read diagrams or maps

Kupata ruhusa kutoka kwa wazazi kufanya kazi na kupata fursa salama

Be able to present an argument to a group of peers and elders

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

Kujua jinsi ya kusoma michoro au ramani
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
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) na jinsi ya kuhesabu gharama rahisi

Know basic math (fractions, decimals, and percentages) and how to calculate simple costs
Kusikiliza redio na kuangalia runinga ili kupata habari

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

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

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

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

Have the ability to de-escalate a conflict situation experienced among friends and classmates
Dhibiti hasira ukiwa
Katika hali zenye mkazo

Manage anger when in stressful situations

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

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

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

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 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 ZILIZO TUPU: ZA KUUNDI MAFI 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