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

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KADI ZA UJENZI WA RASLIMALI
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

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

4. Have a place to meet friends safely and privately at least once a week
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
Chombo Cha Zana Kujenga Mali
KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA

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KUENDELEZA ALAMA NZURI KWA WASICHANA WA VIJANA
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 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

9

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

10

Have at least three female nonfamily friends

Kuwa na angalau marafiki watatu wa kike wasio wa kifamilia

Have the personal documentation needed to access financial services

12
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 changamoto

Have the personal documentation needed to access health services

Kujuja jinsi ya kucheza michezo ya jadi

Kuwa na ustadi wenye tija unaopata pesa

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

Kufahamishia 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

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

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

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

Be aware of daily and seasonal demands on her time and know how to budget her time

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

Be able to use decision-making skills to differentiate safe and unsafe earning options
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

Kuja 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
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<table>
<thead>
<tr>
<th>KNOW THE NAME OF THE DISTRICT IN WHICH SHE LIVES</th>
<th>HAVE THE ABILITY TO TELL HER PARENTS THAT WHAT THEY WANT HER TO DO IS ILLEGAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kujua jina la wilaya anayoishi</td>
<td>Kuwa na uwezo wa kuwaambia wazazi wake kwamba wanachotaka afanye ni kinyume na sheria</td>
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<td>KUWA NA UWEZO WA KUWAAMBIA WAZAZI WAKE KWAMBA WANACHOTAKA AFANYE NI KINYUME NA SHERIA</td>
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<tr>
<td>KNOW THE SEASONAL RISKS AND STRESSES ON HER FAMILY'S LIVELIHOOD/INCOME</td>
<td>HAVE SHORT-TERM FINANCIAL GOALS AND A PLAN TO MEET THEM</td>
</tr>
<tr>
<td>Kujua hatari za msimu na mikazo juu ya riziki/mapato ya familia yake</td>
<td>Kuwa na malengo ya muda mfupi ya kifedha na mpango wa kuyatimiza</td>
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</tbody>
</table>
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
Kuelewa misingi ya kibiolojia ya ujinsia na uzazi

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

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

Kujua faida na ubaya wa chaguzi mbili au tatu za akiba

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
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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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
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
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

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

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

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

Be able to read a sentence in her native language

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)
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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

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 kutosha kwenda pekee yako au wakati vikundi viko salama

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

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

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

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

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

Kujua nambari ya usaidizi kusajili vurugu yoyote au ili kupata msaada

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
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

Feel that she is as intelligent as other people

Have a ration card
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<tr>
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<th>Mali</th>
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<th>Wasichana Wa Vijana</th>
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Know safe times/routes to water sources and places to gather firewood, including during emergencies.

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

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

Know the names of trained people in the community who can be relied upon to protect girls (the guardians).
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

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
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
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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 ujuizi 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
Dhibiti hasira ukiwa
Katika hali zenye mkazo

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

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

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 ZULZO TUPU: ZA KUNDI 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 ishiririni