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Sema

Tanzania's Magazine for Children

It's possible





Sema

It's Possible

'C' stands for 'Change'. It also stands for 'Children'. And 'SEMA' is Kiswahili for 'SPEAK' ~ We believe that children can bring positive change in their society if they are given a chance to SPEAK & BE HEARD.

We give children different platforms where their voices can be heard. Through the National Child Helpline (116), Happy & Sad Opinion Letters and this magazine, we collect their voices and share them with the world.



@SemaTanzania



Sema Tanzania



Sema Tanzania



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A PEEK AT THE INSIDE



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WORD FROM **SEMA**

In this issue, we celebrate the girl child but we talk about so many things that are relevant for both boys and girls. This year's theme for the International Day of the Girl Child is 'My Voice, Our Equal Future'. What does that mean to you? In what ways are you using your voice to ensure rights of both girls and boys are met? Check out page 6 to learn of small but significant ways you can make a difference and then turn to page 8 to see what girls around the world are doing to make a difference in their communities.

On page 14 you can test your knowledge on child marriage and be sure to check out our online safety quiz to know if you have a healthy balance when using the internet. We've also put together 11 Life Lessons that we've learnt and that will help you in life.

At SEMA, we've been thinking about the importance of picking the right career lately. Have you ever seriously considered what you want to be when you grow up? The world is changing fast and there are so many careers to choose from. On page 5 you will find ideas for how you can start researching different careers. This is just the beginning – Goodluck on your career search! As always, we have games, challenges and fun facts for you.

We would love to hear your voices. Write to Aunt Bonge on page 35. Send in your stories, poems & pictures to SEMA and you could see them in the coming issues.

A big THANK YOU to our readers, schools, parents and all the organizations supporting us. Our work would not be possible without you!

Until next time, ENJOY!

Itanisa.

NENO KUTOKA **SEMA**

Katika toleo hili, tunamsherehekea mtoto wa kike lakini tunazungumzia mambo mengi ambayo ni muhimu kwa wavulana na wasichana. Mwaka huu kaulimbiu ya Siku ya Kimataifa ya Mtoto wa Kike ni 'Sauti Yangu, Kesho Yenye Usawa' Kaulimbiu hii ina maana gani kwako? Je, Unatumiaje sauti yako kuhakikisha haki za wasichana na wavulana zinatimizwa? Tembelea ukurasa wa 6 kujifunza mambo unayoweza kufanya ili kuleta mabadiliko na kisha urejee kwenye ukurasa wa 8 kuona mambo wanayoyafanya wasichana kutoka pande zote za dunia ili kuleta mabadiliko katika jamii zao.

Katika ukurasa wa 14 unaweza kujipima ufahamu wako kuhusu ndoa za utotoni lakini pia, hakikisha unatembelea ukurasa wa 26 ili kujitathmini kama upo salama kila unapotumia mitandao. Tumekuwekea pia dondoo 11 za maisha kwa vijana wadogo katika ukurasa wa 12

Hapa SEMA, tumekuwa tukijadiliana umuhimu wa kuchagua kazi/taaluma sahihi. Je! Umewahi kujiuliza ungependa kuwa nani maishani? Ungependa kazi ya aina gani? Dunia inabadilika kwa kasi na kuna kazi/taaluma nyingi za kuchagua. Katika ukurasa wa 6 utapata muongozo wa jinsi unavyoweza kuanza kutathmini kazi tofauti ili uchague ile inayokufaa na utakayoipenda. Kama kawaida yetu, tuna michezo, simulizi na chemsha bongo kwaajili yako.

Tungependa kusikia sauti zenu. Mwandikie Aunt Bonge pale ukurasa wa 35. Tutumie hadithi, mashairi, barua, maoni ama michoro na unaweza ukaziona kwenye matoleo yajayo.

SHUKRANI ZIENDE kwa wasomaji wetu, waalimu, wazazi na watu wote mnaotuunga mkono katika kazi zetu. Bila nyie, tusingeweza kufika hapa.

Hadi wakati mwingine, Furahia...

Itanisa.



When I Grow Up...

Choosing a career is exciting but it can be a little tricky as you get older. Don't put it off until after you finish college, start planning and researching different careers today. Do you want to be a teacher? A nurse? A photographer? Or a farmer? Then you need to learn about what it takes to excel in teaching, in medicine, in photography or in agriculture. There are so many careers to choose from and you may even find you can do more than one thing.

On page 24 you will find a sheet that will help you start your research. It is simple to use.

Write the name of the career you want to research. Then pick someone in that career (like a doctor/nurse at a nearby clinic/hospital) and write their name on 'Professional I talked to'. Ask them three questions: 'What do you do in this career?', 'What do I need to study?' and 'What extra skills do I need to learn for this career?'. Write down their insights. Later on, you can reflect by asking yourself why you want to choose this career and what 3 things you can do to prepare.

You can copy the template into an exercise book and repeat this exercise for as many careers that you want to research.

Nikiwa Mkubwa...

Wengi wetu tunatamani kuwa wakubwa na kupata kazi lakini wakati mwingine kuchagua kazi/taaluma sahihi kwako sio jambo rahisi. Usingoje hadi baada ya kumaliza chuo, anza kujipanga na kutathmini taaluma mbalimbali ili ujue itakayokufaa. Je! Unataka kuwa mwalimu? Nesi? Mpiga picha? Au mkulima? Basi inabidi ujue mambo ya kuzingatia ili ufanye vizuri katika kufundisha, katika tiba, kupiga picha au kilimo. Kuna kazi nyingi za kuchagua na pengine uatapenda kufanya zaidi ya kazi moja.

Ukurasa wa 25 utakusaidia kuanza tathmini yako. Ni rahisi kutumia.

Andika jina la taaluma/kazi unayotaka kuifanya. Kisha chagua mtu anayefanya kazi hiyo (kama daktari/nesi katika kliniki/hospitali iliyopo karibu) na andika jina lake kwenye 'Mtaalamu niliyezungumza nae'. Muulize maswali matatu: 'Unafanya nini katika kazi/taaluma hii?', 'Ninahitaji kusoma nini?' na 'Ninahitaji kujifunza ujuzi gani wa ziada kwa ajili ya kazi/taaluma hii?'. Andika majibu yao. Baadaye, unaweza kutafakari kwa kujiuliza kwa nini unataka kuchagua taaluma hii na ni mambo gani 3 unayoweza kufanya ili kujiandaa.

Unaweza kunakili maswali haya kwenye daftari na kufanya tathmini ya taaluma mbalimbali zinazokuvutia.



SDG 5 GENDER EQUALITY



Sustainable Development Goals

One of the 17 goals that world leaders want to achieve by 2030 is gender equality and empowerment of all women and girls. Male or female – everyone has a role to play and can contribute in different ways to ensure our society is a little more equal for girls and women.

Last we checked, there were 3.8 billion women and girls on the planet. That's right, women and girls make up half the world's population –that's a lot of potential. But in many places, including our community, women and girls still face challenges that prevent equal participation with men and boys in leadership, at work, at school and even in the home.

Everyone has a role to play and can contribute in different ways to ensure our society is a little more equal for girls and women.

What can you do today to help contribute towards SDG 5?

1. Speak up against things like child marriage and discrimination against girls at home and at school.
2. Organize a debate on Gender Equality in school – to learn from each other.
3. Girls – do your best in class. Study hard, answer questions. If you know something, share it with the class, do not be scared of getting answers wrong, you can only learn and so will your classmates.
4. Boys – Help out in the home. You will learn to be independent, responsible & accountable at school, at the office and most importantly, at home.
5. Girls – play a sport if you want to. Do you like swimming, basketball, football or tennis? Give it a try! And boys, encourage girls to play and compete in sport.
6. Learn about women who are heroes and leaders starting with those in your own home and community – if they can, you can.
7. Make sure boys and girls are safe at school and at home.
8. Create awareness on Gender Equality through poetry, plays, songs, etc.
9. Girls. Start with you – work hard and follow your dreams – that way your siblings and other girls & children can learn from you and be inspired too.
10. Learn more about SDG 5 and the other sustainable development goals by visiting: <https://www.un.org/sustainabledevelopment/>.

Lengo Endelevu la

Moja ya malengo 17 ya Maendeleo endelevu ambayo viongozi wa ulimwengu wanataka kufanikisha ifikapo mwaka 2030 ni Usawa wa Kijinsia na Uwezesaji wa Wanawake na Watoto wa kike .

Mara ya mwisho tulivyoangalia, kulikuwa na wanawake na watoto wa kike bilioni 3.8 duniani. Yani, idadi ya wanawake na watoto wa kike ni nusu ya idadi ya watu wote ulimwenguni na kwa maana hiyo idadi hii ni rasilimali na nguvu kazi tosha. Lakini katika sehemu nyingi, ikiwemo jamii yetu, wanawake na watoto wa kike bado wanakabiliwa na changamoto ambazo huzuia ushiriki sawa na wanaume na watoto wa kiume katika fursa mbalimbali ikiwemo uongozi, kazini, skuli na hata nyumbani.

Kila mtu ana jukumu la kuchangia kwa njia tofauti ili kuhakikisha jamii yetu inakuwa na usawa kwa watoto wa kike na wanawake pia.

Je! Unaweza kufanya nini leo kusaidea kufikia Lengo la 5?

1. Zungumza dhidi ya vitendo kama ndoa za utotoni na ubaguzi dhidi ya watoto wa kike nyumbani na skuli.
2. Fanya midahalo kuhusu Usawa wa Kijinsia skulini – wote mtajifunza mitazamo mipya kutoka kwa wengine.
3. Watoto wa kike – jitahidi darasani. Soma kwa bidii, jibu maswali. Ikiwa unajua kitu, washirikishe wenzako jibu lako, usiogope kukosea jibu, ni sehemu ya kujifunza kwako na kwa wanafunzi wenzako pia.
4. Watoto wa kiume – saidia kazi nyumbani; utajifunza uwajibikaji na kujitegemea katika mazingira yote ya skuli, ofisini na nyumbani.
5. Watoto wa kike – shiriki katika michezo unayopenda, iwe kuogelea, mpira wa kikapu/miguu, ama tenesi. Jaribu! Utaweza. Watoto wa kiume pia – shirikianeni na watoto wa kike kucheza na kushindana katika michezo huku mkichunga maadili.

5 USAWA WA KIJINSIA



6. Jifunze kuhusu wanawake viongozi na mashujaa ukianza na wale walio nyumbani na katika jamii yako – kama wameweza, wewe unaweza pia.
7. Hakikisha usalama wa watoto wa kike na watoto wa kiume wakiwa skuli na nyumbani.
8. Jenga ufahamu juu ya Usawa wa Kijinsia kupitia ngonjera, maigizo, nyimbo n.k.
9. Watoto wa kike ! Simamia na timiza ndoto zako – utakuwa mfano wa kuigwa kwa wadogo zako watoto wa kike na watoto wengine
10. Jifunze zaidi kuhusu Lengo la 5 na malengo mengine ya Maendeleo Endelevu kwa kutembelea tovuti hii: <https://www.un.org/sustainabledevelopment/>.

Girls Changing The World

What small thing can you do that can help change the world today?

All around the world, girls are doing great things to help their communities and change the world. Take a look at what 6 girls are doing to make a difference.

Continent: North America

Country: America

Name: Marley Dias

By the time Marley was 11 years old, she was frustrated that in most of the stories she read, the main characters did not look like her. She wanted to find more books that had main characters that looked like her and she wanted other young black girls to see main characters that they too could relate to. Marley started the #1000BlackGirlBooks movement on Twitter. Her goal was to collect 1,000 books which featured black girls as main characters and donate them to her peers. Since its launch, Marley has helped distribute over 11,000 books to libraries, schools and community organizations. In 2018 when she was 13, Marley published her own inspirational children's book called *Marley Dias Gets It Done: And So Can You*. The book is a guide to positive change through activism – she wants kids to know that they have the power to change the world today.



Continent: Africa

Country: Tanzania

Name: Eva Tolage

Growing up, Eva was a very inquisitive girl, always eager to learn and constantly asking questions about new things. Although she loved school, there was a problem. There was no clean water in her village so Eva and her classmates had to walk 7km every day to fetch water from a neighboring river. The whole community used the same river



for cooking, cleaning, washing and drinking. This wasn't safe and at times people would fall sick with stomachaches and other diseases. The long journey was also dangerous and some girls got attacked on the way. At times, Eva and her classmates even missed classes when they were out fetching water! Eva decided to change this and with the help of her friends, she wrote a letter first to her local leaders and then to President Barack Obama asking how global leaders planned to ensure that every single girl *'in her village and in Africa has better access to clean water, resources, and education.'* What began as one letter from a small group of children gained support from all over the world and today, Eva's village has water.

Continent: Europe/Asia

Country: Turkey

Name: Elif Bilgin

When Elif was 14, she wanted to do something about the plastic pollution in Istanbul. A lot of people eat bananas and just throw the peels to rot in the garbage. Elif knew that in Thailand for example, 200 tons of peels are discarded daily and could be put to a better use so she started a project to make bioplastic from banana peels. She worked hard for two years, trying and failing 10 times. On her 11th and 12th experiment, Elif finally succeeded! She was able to invent environmentally friendly plastic from banana peels. Elif's solution is cheap and easy to recycle and hopefully someday we will all use bioplastic.

Continent: Asia

Country: Pakistan

Name: Malala Yousafzai

Malala is famous for strongly speaking out on the girls' right to education. She dreamt of being a doctor but when the Taliban took control of her village, Malala and thousands of other girls were no longer allowed to go to school. She started wrote and spoke about her experiences and conviction that girls have the right to go to school. When she was 15, Malala was shot in the head by the Taliban because of her advocacy for girls' education. Luckily, Malala was able to recover and through her organization the Malala Fund, she continues to advocate for girls' right to education and putting an end to gender discrimination. Malala was awarded the Nobel Peace Prize when she was 17, the youngest winner ever. She believes that *"One child, one teacher, one book and one pen can change the world."*

Continent: South America

Country: Brazil

Name: Artemisa Xakriabá

Artemisa is a 19-year-old indigenous climate activist of the Xakriabá people in Brazil. She has become a voice for millions of Indigenous people affected by climate change and alongside others, she fights for the preservation of The Amazon, the world's largest rainforest which is over 5,500,000 km² and home to over 30 million people. Artemisa first left her home and went to the city when she was 7. She was saddened by how different it was from her home territory; a lot of pollution and very warm. Realising that the environment needed restoration, she mobilized her family and community to start planting trees for a few years. At 15, Artemisa was already studying music and started composing music highlighting problems facing indigenous communities including those caused by the deforestation in the Amazon.

Continent: Australia

Country: Australia

Name: Macinley Butson

When Macinley was 7, she made her first invention, a pair of sunglasses, and then she went on to create several inventions over the years including a solar-power system that filters dirty water, making it drinkable. When she was 16, Macinley invented SMART Armour – a shield that protects breast cancer patients undergoing radiotherapy treatment from excess radiation. In Macinley's words, *"Everyone has a calling to help people. Whether that be through art, through music, through history. I can do that through science."* The biggest problem she would like to completely solve is cancer – maybe someday she will.

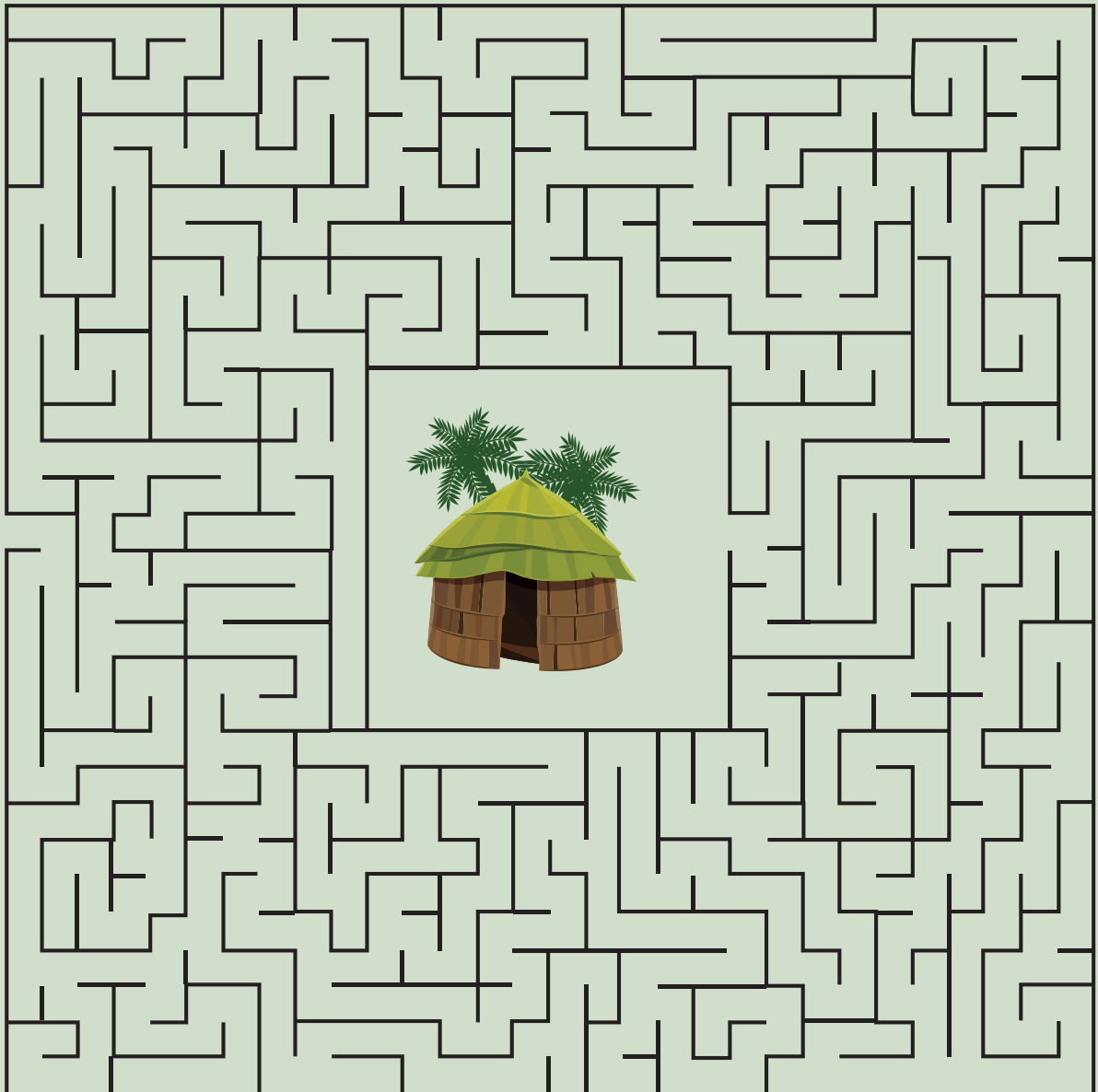
**What do you want to change in your own community?
How would you want your voice to be heard?**



Help Musa find his way out so that he gets home before he gets into any trouble.



Msaidie Musa kutafuta njia ya kutoka ili afike nyumbani kabla ya kupata shida yoyote.



11 LIFE LESSONS FOR TEENS

- 1. Develop yourself.** Do not let a day go by without learning something new and learn to love books and reading. Read all kinds of things about the world and other cultures that you don't learn at school.
- 2. Looks aren't everything.** Be neat and take care of your body. But remember who you are on the inside matters more. Be kind, be honest, be the kind of person that people can count on.
- 3. Abstain from sexual relationships.** You have your whole life ahead of you, relationships will come when you are older and the time is right.
- 4. Be careful what you watch.** They say garbage in, garbage out.
- 5. Don't live your life online and be careful what you post on social media.** Remember, the internet has no DELETE and it never forgets. So don't engage in online arguments, don't bully others online and do not take or post nude pictures of yourself or anybody else.
- 6. Always be punctual.** If the meeting is at 3, be there by 2.45 and always deliver your assignments before the deadline, at school and at work.
- 7. Seek career guidance.** What do you want to do when you grow up? What do you love? What are you good at? Read about different



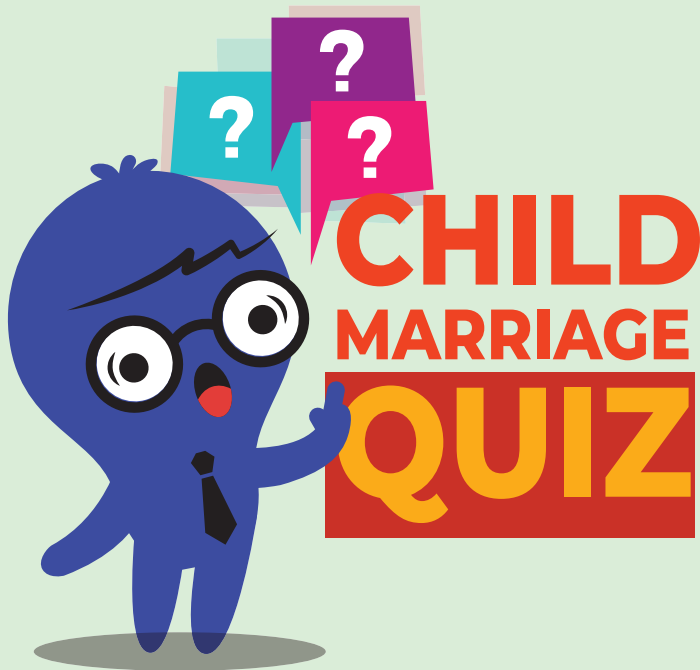
- careers to understand what it takes to excel in them. Do a self-assessment to know what you are truly interested in and what your talents & interests are.
- 8. Volunteer.** There is always something you can do to help others.
 - 9. From the day you get your first shilling, start saving.** Plan your finances. Only spend money that you have made and always save before you spend. There will be rainy days and your savings will come in handy.
 - 10. You will fail sometimes, but learn to fail fast.** Failing a test, losing a competition or a match is part of life. Everyone fails at times; what matters is that you learn from that failure and try to do better next time.
 - 11. Believe in yourself and stick to your values.** Friends will come and go but you will always have to live with yourself and your decisions. Do not make bad decisions to please others, stand firm in your principles and values and your true friends will stay.



DONDOO ZA MAISHA KWA VIJANA



- 1. Jiendeleze.** Usiache siku ipite bila kujifunza kitu kipywa na jenga mazoea ya kusoma vitabu. Soma vitabu vya aina mbalimbali kuhusu ulimwengu wetu na tamaduni za watu wengine ambazo hujifunzi shuleni.
- 2. Muonekano sio kila kitu.** Kuwa msafi na uutunze mwili wako. Lakini cha muhimu zaidi kuliko muonekano ni tabia yako. Kuwa mwema, kuwa mkweli, kuwa mtu ambaye watu wanaweza kumtegemea.
- 3. Jiepushe na mahusiano ya kingono.** Una mengi ya kufanya mbele yako ili kuyajenga maisha yako, mahusiano yatakuja ukiwa mkubwa na wakati ukifika.
- 4. Kuwa mwangalifu na vitu unavyoangalia.** Upo usemi; 'macho ni mlango wa moyo'... akionacho mtu, ndicho hutenda.
- 5. Usianike maisha yako mtandaoni na kuwa makini na unachoweka kwenye mitandao ya kijamii.** Kumbuka, mitandao haina 'DELETE' na haisahau kamwe. Usijibizane na watu wala usiwaonee watu mtandaoni na usipige wala kupakia picha zako za utupu au za mtu mwingine yeyote.
- 6. Tunza muda na ufanye kila kitu kwa wakati.** Ikiwa una kikao uko saa 3, fika saa 2.45 na kila wakati wasilisha kazi zako kabla ya tarehe ya mwisho, iwe shuleni ama kazini.
- 7. Tafuta ushauri kuhusu taaluma na ajira.** Unataka kufanya nini ukiwa mkubwa? Unapenda nini? Una vipaji gani? Soma kuhusu kazi mbalimbali ili uelewe ni nini utahitaji kufanya nini ili kaufanikiwa katika kazi hizo. Jitathmini ili kujua ni nini hasa kinakuvutia.
- 8. Jitolee.** Yapo mambo mengi unayoweza kufanya ili kuwasaidia wengine.
- 9. Kuanzia siku utakayopata shilingi yako ya kwanza, anza kuweka akiba.** Panga matumizi zako. Usitumie pesa zaidi ya unayoipata na weka akiba kila wakati kabla ya kutumia. Ipo siku akiba yako itakusaidia.
- 10. Kuna wakati utashindwa, lakini jifunze kuinuka haraka.** Kufeli mtihani, kushindwa mashindano au mechi ni sehemu ya maisha. Kila mtu hushindwa wakati mwingine; cha muhimu ni kujifunza kutokana na makosa yako na ujaribu kufanya vizuri zaidi wakati mwingine.
- 11. Jiamini na usimame katika maadili yako.** Marafiki watakuja na kuondoka maishani mwako lakini wewe utabaki na utalazimika kuishi na maamuzi yako. Usifanye maamuzi mabaya ili tu kuwafurahisha watu wengine, simama imara katika kile unachokiamini na maadili yako na marafiki wako wa kweli watabaki.



You probably already know that child marriage is one of the violations against children's rights. Perhaps you are even working to fight against it in your community. But: how much do you know about child marriage in your community and around the world? Take the quiz and then turn the page upside down to see if you got the answers right and learn a little more!

- 1. A child is.**
 - A. Anyone below 18 years
 - B. Anyone below 14 years
- 2. Boys do not undergo child marriage.**
 - A. True
 - B. False
- 3. Child marriage also happens in developed countries**
 - A. True
 - B. False
- 4. Child marriage only occurs in rural areas**
 - A. True
 - B. False
- 5. The law in Tanzania prohibits child marriage.**
 - A. True
 - B. False

Although the Law of the Child Act in Tanzania states that a child is anyone under the age of 18, the Law of Marriage Act allows girls to get married if they have reached 15 years (and boys only once they have reached 18 years). This is known as the minimum age for marriage and hopefully the age will be raised to 18 years for both boys & girls soon.

5. The answer is False.

Although child marriage is more common in rural areas, children in urban areas are also sometimes forced into marriage at a young age.

4. Did you say False? Correct!

Child marriage takes place all over the world, across continents, cultures and religions – even in wealthy countries like the United States and United Kingdom. But it is much more common in developing countries because one of the main driving factors is poverty.

3. Believe it or not, this is True!

Although child marriage often affects girls, boys are sometimes forced to marry at a young age too. When this happens, they often have to drop out of school and take unskilled jobs to support their new family. However, when boys are forced to marry at a young age, it is usually to a child bride while most girls who are forced into child marriage are married off to men that are much older than they are.

2. The answer is False!

According to the Law of the Child Act (2009) of Tanzania and the UN Convention on the Rights of the Child (UNCRC), a child is anyone who is under the age of 18.

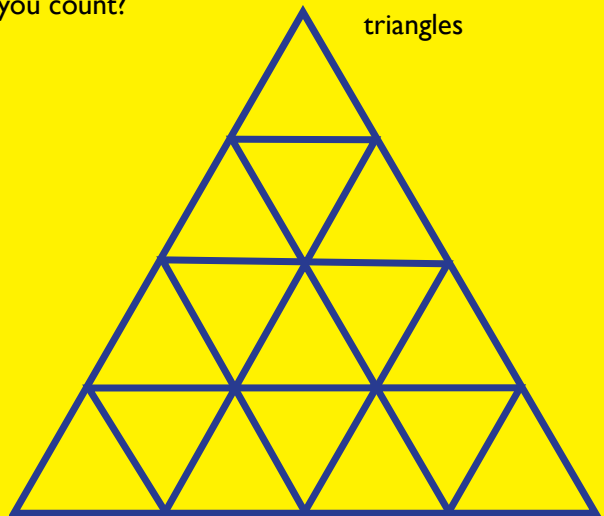
1. If you answered (a), you are right!

ANSWERS:

Square Challenge:

How many triangles can you count?

I see..... triangles



Send us this page with your solution and stand a chance to win a Mathematics book of your level

Jipime Ufahamu!



Unafahamu kwamba ndoa za utotoni ni moja ya ukiukwaji wa haki za watoto. Pengine unashiriki katika kupingana na ndoa za utotoni kwenye jamii yako. Lakini je, una ufahamu kiasi gani juu ya ndoa za utotoni katika jamii yako na duniani? Jibu maswali haya kisha geuza jarida juu chini ili kuona kama umepatia majibu na ujifunze zaidi!

1. **Mtoto ni....**
 - A. Mtu yeyote alie chini ya miaka 18
 - B. Mtu yeyote chini ya miaka 14
2. **Wavulana hawaathiriki na ndoa za utotoni.**
 - A. Kweli
 - B. Si Kweli
3. **Ndoa za utotoni ni tatizo katika nchi zilizoendelea pia**
 - A. Kweli
 - B. Si Kweli
4. **Ndoa za utotoni hutokea vijijini tu.**
 - A. Kweli
 - B. Si Kweli
5. **Sheria nchini Tanzania inakataza ndoa za utotoni**
 - A. Kweli
 - B. Si Kweli

UNAFAHAMU NINI KUHUSU NDOA ZA UTOTONI?

5. **Jibu ni 'Si Kweli'.** Ingawa Sheria ya Mtoto nchini Tanzania inasema kwamba mtoto ni mtu aliye chini ya umri wa miaka 18, Sheria ya Ndoa inaruhusu wasichana kuolewa wakiva na miaka 15 (na inakataza ndoa kwa wavulana hadi wafikishwe miaka 18).

4. **Umejibu 'Si Kweli'? Umepatia** Ingawa ndoa za utotoni hufanyika zaidi vijijini, wakati mwingine hata mjini watoto huzalimishwa kuolewa wakiva na umri mdogo.

3. **Amini, ustamini hii ni kweli** Ndoa za utotoni hufungwa duniani kote, katika tamaduni na dini mbalimbali - hata katika nchi zilizoendelea kama Marekani na Uingereza. Lakini mara nyingi ndoa za utotoni hufungwa katika nchi zinazoendelea kwa kuwa moja ya sababu kuu za ndoa hizi ni umasikini.

2. **Jibu ni 'Si Kweli'?** Ingawa wasichana ndio wanaathirika zaidi na ndoa za utotoni, wakati mwingine wavulana pia wanazalimishwa kwa wakiva bado watoto. Mara nyingi hii linapotoke huzalimishwa kuacha shule na kujitafuta vibarua ili kujikimu wao na familia zao. Hata hivyo, kwa kawaida wavulana wanapopozalimishwa kuoa wakiva na umri mdogo, bibi harusi nae huwa ni mtoto lakini wasichana wengi ambao huingia katika ndoa za utotoni huozeshwa kwa wanauume ambao wamewazidi sana umri.

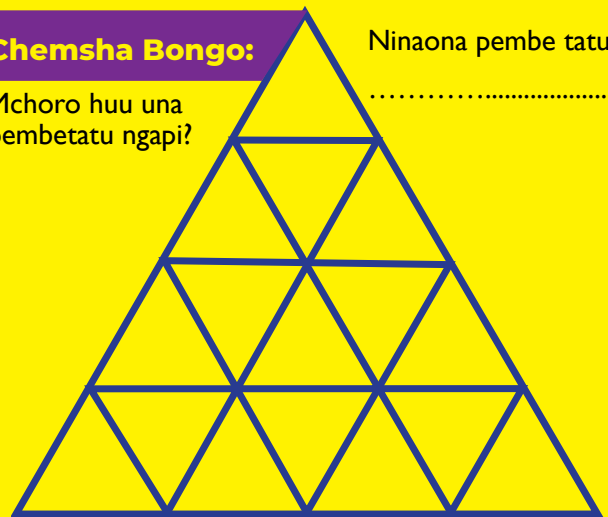
1. **Ikiwa umejibu (a), umepatia** Kwa mujibu wa Sheria ya Mtoto (2009) ya Tanzania na Mkataba wa Umoja wa Mataifa kuhusu Haki za Mtoto (UNCRC), mtoto ni mtu yeyote aliye chini ya umri wa miaka 18.

MAJIBU:

Chemsha Bongo:

Mchoro huu una pambetatu ngapi?

Ninaona pembe tatu



Tutumie ukurasa huu ukiwa umejaza jibu lako na unaweza kujishindia kitabu cha Hisabati cha darasa lako.



Mary and the Milk Pail

Mary, the farmer's daughter, was heading to the market with a pail of milk on her head. As she was on her way, she began to imagine what she would do with the money from the milk she would sell.

"I'll buy some chickens from Farmer John" she said to herself, «and they will lay eggs each morning, which I will sell at a very good price. With the money that I get from the sale of these eggs I'll buy some more chickens that will lay even more eggs. Soon I will have a huge chicken farm and I will be able to buy a goat or two. My goats will make me

enough money do buy a small fat calf and soon I will have a fortune."

As she went about daydreaming, she danced in delight imagining her farm and all that it would be. But Mary danced just a little too much and down fell her pail, and out poured her milk, and away flowed all the dreams of farms and fortune.

Mary went home with her head hanging and told her mother what had happened.

"Ah, my child," said Mama Mary, "Do not count your chickens before they are hatched."

Mary na Ndoo ya Maziwa

Mary, binti wa mkulima, alikuwa akielekea sokoni akiwa amebeba ndoo ya maziwa kichwani kwa ajili ya kuuza. Alipokuwa njiani, alianza kuwaza vitu alivyotamani kuvifanya na mauzo ya maziwa yake.

“Nitanunua kuku kutoka kwa Mkulima John” alijisemea, “na watataga mayai kila asubuhi, ambayo nitauza kwa bei nzuri sana. Pesa nitakayopata kutokana na mauzo ya mayai nitaitumia kununua kuku wengine wa kunitagia mayai zaidi. Muda si mrefu, nitakuwa na banda kubwa la kuku na nitaweza kununua mbuzi mmoja au hata wawili. Mbuzi wangu watanipatia pesa za kutosha kununua ndama mdogo mnono na hivyo haitanichukua muda, nitapata utajiri.”

Akiwa anaendelea na ndoto zake za mchana, alicheza kwa furaha huku akiwaza utajiri wa banda lake utakavyokuwa. Bahati mbaya, Mary alicheza akajisahau na ndoo yake ikaanguka chini puuu! na kumwaga maziwa yake. Ndoto zote za mabanda na utajiri zikamwagikia hapohapo.

Mary alirudi nyumbani kwa unyonge na kumueleza mama yake kile kilichotokea.

“Ah, mwanangu,” alisema Mama Mary, “Usihesabu kuku wako kabla hawajaanguliwa.”



GET TO

KNOW?



1. Meaning:

Female genital mutilation (FGM).

The cutting of female genitalia for non-medical reasons.

Child Marriage.

Any formal or informal marriage where one or both people are under the age of 18.

2. Many girls and women undergo child Marriage and FGM worldwide

About 200 million girls and women alive today have undergone some form of FGM.

Every year, about 12,000 girls worldwide are married before they are 18 years old. That is about 23 girls under the age of 18 getting married every minute.

3. Age

FGM is mostly carried out on young girls sometime when they are between 0 and 15 years old.

Any child married before the age of 18 has undergone child marriage.

4. FGM and Child Marriage in Tanzania

3 regions with the highest rates of FGM are Manyara (58%) Dodoma (47%) and Arusha (41%). Check out page 24 to see other regions with high FGM rates and spot them on the map.

On average, 2 out of 5 girls are married before they are 18 years in Tanzania.

5. People who can help

If you or someone you know is being forced into child marriage or to be cut, you can tell the following for help.

116: The National Child Helpline. This is a free telephone helpline for children and adults to call for help when a child has been abused or their rights violated. Call 116 for free and speak to one of our friendly counselors.

Social Welfare Officers. They are given the duty of protecting children by the law. You can talk to a social welfare officer for help. They are usually found at District offices or District Hospitals.

Police: The Gender & Children's Desk. Some police stations have special desks for children and to deal with things like gender based violence. You can ask a police officer if they have a Gender & Children's Desk and ask to talk to an officer from the desk for help.

Local Government Leaders: Like your Village Executive Officer or Village Chairperson. They have a duty to protect children and help them get to service providers like Social Welfare Officers & away from danger.

Women & Children Protection Committees: Your local government leaders, and even some parents form committees in wards to protect children & women and help them when they are in need. They can help you get to a safe place and get more help.

Teachers: Teachers do more than just give you knowledge. They also have the duty of protecting children, your parents away from home. Talk to a teacher if you need help.



1. Maana.

Ukeketaji: ni utaratibu wa kukata ama kuondoa kiungo chochote cha uzazi cha nje kwa wasichana au wanawake pasipo sababu za kimatibabu.

Ndoa za Utotoni.

Ni ndoa inayofungwa ambapo kati ya bibi ama bwana harusi ama wote wawili ni watoto – yaani hawajatimiza umri wa miaka 18. Mara nyingi ndoa hizi huwaathiri watoto wa kike zaidi.

2. Wasichana na wanawake wengi duniani kote huathiriwa na Ndoa za Utotoni na Ukeketaji

Takribani wasichana na wanawake milioni 200 walio hai leo wamepitia aina fulani ya ukeketaji.

Kila mwaka, takribani wasichana 12,000 ulimwenguni kote huolewa kabla ya kufikisha umri wa miaka 18. Hiyo ni sawa na wasichana 23 walio chini ya umri wa miaka 18 kuolewa kila dakika.

3. Umri

Ukeketaji mara nyingi hufanyika kwa wasichana wadogo wanapokuwa kati ya umri wa miaka 0 na 15.

Mtoto yeyote aliyozeshwa kabla ya umri wa miaka 18 yupo katika ndoa ya utotoni.

4. Ukeketaji na Ndoa za utotoni nchini Tanzania

Mikoa mitatu yenye viwango vya juu vya ukeketaji ni Manyara (58%) Dodoma (47%) na Arusha (41%). Tembelea ukurasa wa 24 kuona mikoa mingine yenye viwango vya juu vya ukeketaji na uitafute kwenye ramani.

Kwa wastani, wasichana 2 kati ya 5 huolewa kabla ya miaka 18 nchini Tanzania.

5. Watu wanaoweza kukusaidia

Ikiwa wewe au mtoto unayemfahamu analazimishwa kuolewa au kukeketwa, unaweza kuwatafuta watu wafuatao kupata msaada.

116: Huduma ya Simu kwa Mtoto. Hii ni huduma ya bure ya simu iliyopo kwaajili ya watoto na watu wazima kuomba msaada pale ambapo watoto wanapofanyiwa ukatili au haki zao zinapokiukwa. Piga simu 116 bure uweze kuongea na washauri rafiki.

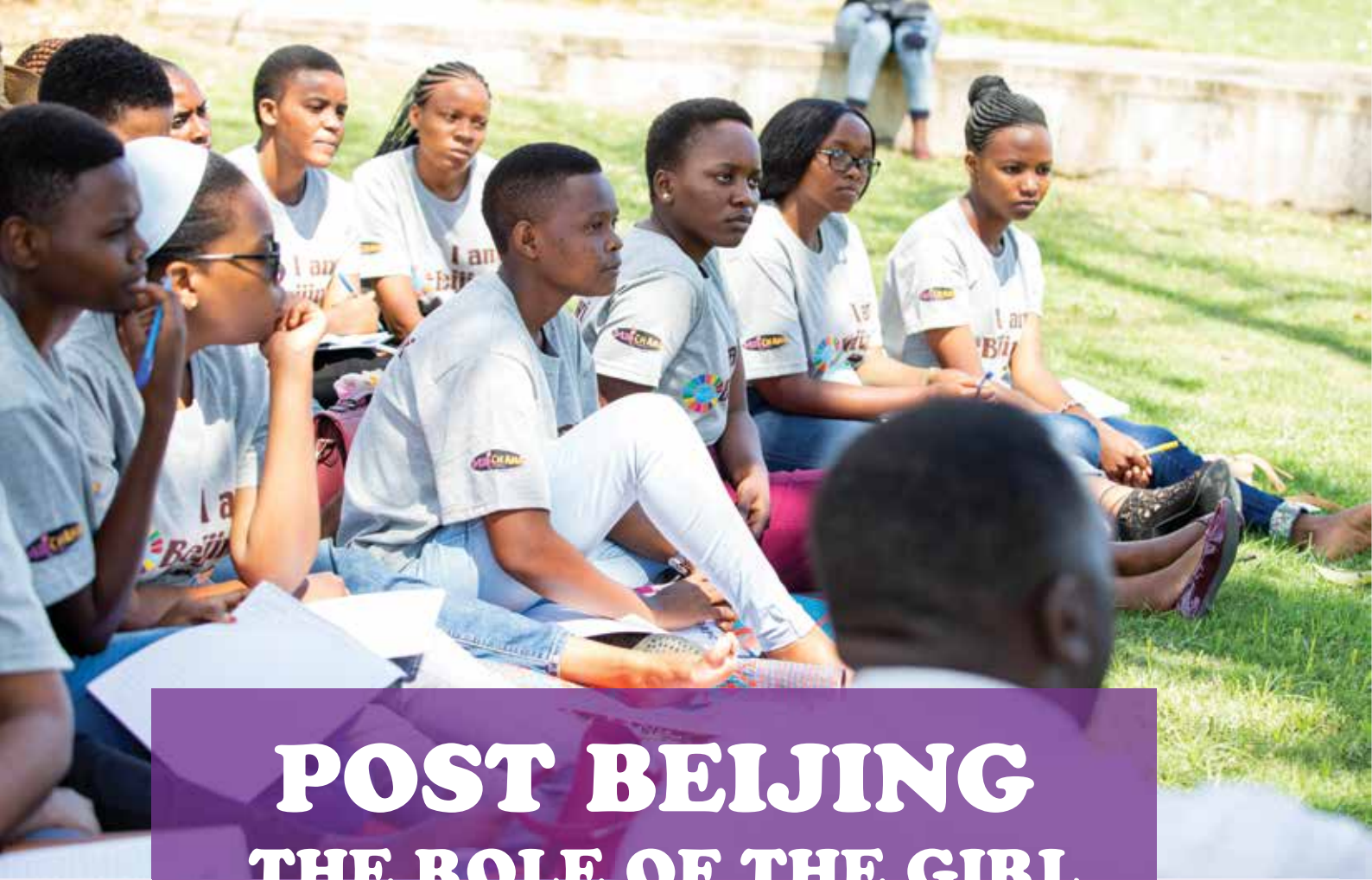
Maafisa Ustawi wa Jamii. Kisheria, maafisa ustawi wa jamii wana wajibu wa kuwalinda watoto. Unaweza kuzungumza na afisa ustawi wa jamii ili upate msaada. Mara nyingi ofisi zao zipo katika Ofisi za Halmashauri au Hospitali za Wilaya.

Polisi: Dawati la Jinsia na Watoto. Baadhi ya vituo vya polisi vina madawati maalum kwaajili ya watoto na kukabiliana na kesi za ukatili wa kijinsia. Unaweza kumuuliza polisi kama kituo kina Dawati la Jinsia na Watoto kisha uombe kuzungumza na afisa wa dawati hili ili upate msaada.

Viongozi wa Serikali za Mitaa: Mfano Mjumbe wa Nyumba Kumi, Mtendaji au Mwenyekiti wa Kijiji. Viongozi hawa wana wajibu wa kuwalinda watoto, kuwaondoa katika mazingira hatari na kuwasaidia kupata watoa huduma za watoto kama Maafisa Ustawi wa Jamii.

Kamati za Ulinzi wa Wanawake na Watoto: Viongozi wako wa serikali za mitaa, na baadhi ya wazazi huunda kamati katika kata zao ili kuwalinda watoto na wanawake na kuwasaidia wanapopata matatizo. Wanaweza kukusaidia kupata mahali salama pa kukaa na kupata msaada zaidi.

Waalimu: Waalimu hufanya mambo mengi mbali na kukufundisha. Wana wajibu wa kuwalinda watoto maana wao ndio wazazi wako ukiwa mbali na nyumbani. Zungumza na mwalimu wako ikiwa unahitaji msaada.



POST BEIJING THE ROLE OF THE GIRL

Making History for #HerStory

By Jennifer Kayombo & Eliwilimina Buberwa

You are likely to have experienced or heard stories about girls/women being denied their right to education, forced to get married, undergo female genital cutting, being sexually harassed and experiencing physical violence. But how often have you heard of the strong women who played some of the most important roles in our history?

Earlier this year, I visited the museum of Mwalimu Julius Kambarage Nyerere and for the first time I was able to learn about four

phenomenal women who worked tirelessly to fight for Tanganyika's independence – Bibi Titi Mohamed, Mwami Teresa Ntare, Bi. Lucy Lamek and Bibi Mwanajumbe Binti Baishi. They were forces to reckon with but have you ever come across their names or pictures?

In history the face of the woman is hidden so much that we have been raised to believe that only men have been brave and powerful enough to play the roles that make a difference in history. But a lot of work is being done to change that. One of the biggest milestones was the Beijing Conference.

In 1995, the biggest world conference on women was held in Beijing. Over 47,000 people from 189 countries took part in the biggest milestone for women's equality which ended in the Beijing Declaration and The Beijing Platform of Action. 25 years later, things have improved for girls and women around the world and although there is still work to do, there are many things we can celebrate.

Tangible progress had been seen on many fronts since the Beijing Conference and more women are participating in every aspect of society – economic and employment opportunities, health and education, prevention of violence against women, land and inheritance rights, family laws, participation in decision making and role of the media.



As we commemorate the International Day of the Girl Child with the theme #MyVoiceOurEqualFuture, society needs to acknowledge, defend and protect the rights of all girls with their diversity by sending and keeping them in school; eliminating all forms of discrimination; and providing opportunities and resources for young girls to unleash their potential. Let us remind every Girl Child how great, incredible, amazing, brave and powerful they no matter regardless of where they come from.

Let us continue creating spaces for young girls to raise their voices so that they can be heard. Dear Girl Child, let us continue amplifying our voices and creating history so that our stories will someday be as inspirational as those of Bibi Titi Mohamed, Mwami Teresa Ntare, Bi. Lucy Lamek and Bibi Mwanajumbe Binti Baishi.



Eliwilimina Buberwa

Jennifer Kayombo



RIDDLES

What kind of band never plays music?

What has many teeth, but can't bite?

What can fill a room but takes up no space?

If you're running in a race and you pass the person in second place, what place are you in?

Two fathers and two sons are in a car, yet there are only three people in the car. How is this so?

It belongs to you, but other people use it more than you do. What is it?

I have lakes with no water, mountains with no stone and cities with no buildings. What am I?



VITENDAWILI

Hachelewi wala
hakosei safari zake.

Hana miguu wala
mikono, lakini, hubeba
magogo.

Kina mikono na uso
lakini hakina uhai.

Kiti cha dhahabu
hakikaliwi na watu.

Mlango wa nyumba
yangu uko juu.

Picking A Career I Love

Name: _____ Date: _____

Career I'm Researching

Professional I Talked To (Name & Job):

Things I Need to Know:

What do you do in this career?

What do I need to study?

What extra skills do I need to learn for this career?

Notes for reflection:

I like this career because: _____

3

Things I should do to prepare for this career:

1

2

3

Kuchagua Kazi/Taaluma Ninayopenda



Jina: _____ Tarehe: _____

Kazi/Taaluma Ninayoitaftiti

Mtaalamu Niliyezunngumza Nae (Jina & Kazi)

Mambo Ninayohitaji Kuyafahamu:

Unafanya nini katika kazi/taaluma hii?

Ninahitaji kusoma nini?

Ninahitaji kujifunza ujuzi gani wa ziada kwaajili ya kazi/taaluma hii?

Mambo ya kutafakari:

Ninapenda kazi/taaluma hii kwa sababu _____

3

Vitu 3 ninavyopaswa kufanya ili kujiandaa kwa kazi/taaluma hii

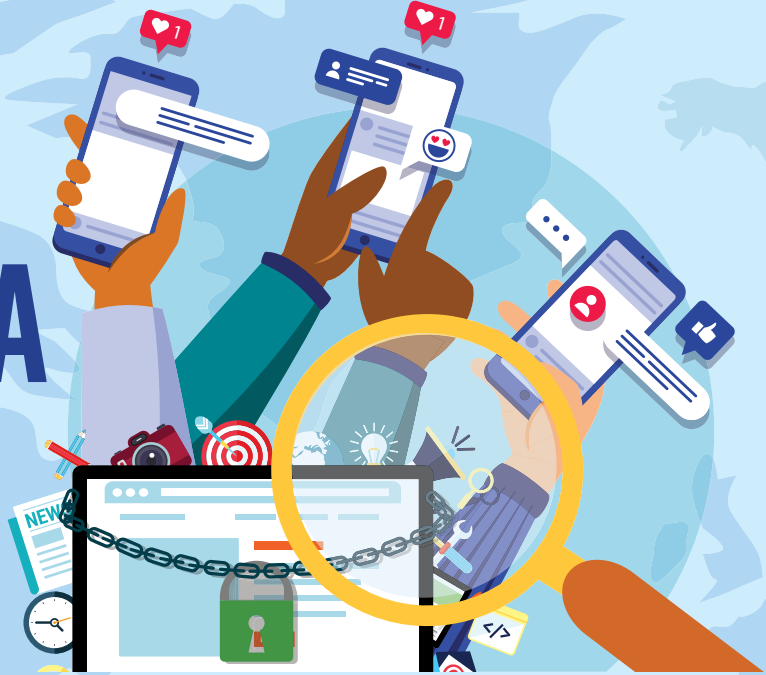
1

2

3

JIFAHAMU: JE, UPO SALAMA MTANDAONI?

Matumizi yako ya intaneti/mtandao yakoje? Jibu maswali yafuatayo kisha jumlisha alama zako zote ili ujue upo kundi gani.



➤ Alama 5.

1. Je, unadhani ni salama kutumia intaneti/mtandao?

- Ndiyo! Ni salama kabisa kwasababu naweza kuitumia nikiwa nyumbani bila wasiwasi.
- Hapana, intaneti imejaa mambo mengi na watu nisiowafahamu ambao sio salama.
- Sifahamu, lakini huwa napenda kucheza gemu na kujifunza mambo mapya mtandaoni. YouTube ni nzuri pia hasa kwa kutizama muziki!

2. Unatumia muda gani kiasi gani mtandaoni?

- Kamwe situmii mtandao iwe simu wala Kompyuta.
- Punde tu nitokapo shuleni, natumia kompyuta au simu ya mzazi wangu kucheza gemu na kutembelea tovuti mbalimbali mtandaoni hadi muda wa kulala.
- Siingii mtandaoni kila siku, huwa natumia mtandao masaa machache tu katika wiki.

3. Kina nani huwa unawaomba/kuwakubalia urafiki ama kuwafuata katika Facebook, Instagram na kwenye mitandao mingine ya kijamii?

- Wale tu ninaowafahamu na kuwaamini.
- Yeyote tu, sababu napenda kuwa na marafiki wengi.

• Alama 3.

○ Alama 1.

- Marafiki wa rafiki zangu, hata kama siwafahamu vizuri.

4. Mtu akikutusi au kumtusi rafiki yako mtandaoni.

- Achana nae.
- Mtusi pia.
- Omba msaada kwa mtu mzima unayemuamini.

5. Utafanya nini endapo mtu uliyefahamiana nae mtandaoni akikuomba mkutane ana kwa ana?

- Nitamwambia mzazi
- Nitamjulisha rafiki yangu ili anisindikize.
- Nitaenda kukutana na rafiki yangu mpya.

6. Je, unajua jinsi ya kuwafungia ama kuwashitaki watu wanaokusumbua kwenye mitandao ya kijamii?

- Ndiyo, najua jinsi ya kuwafungia na kuwashitaki watu wanaonisumbua mtandaoni.
- Sikujua kuwa kuna uwezekano wa kuwafungia na kuwashitaki.
- Nafahamu kuwa kuna namna ya kuwafungia na kuwashitaki, lakini sijui jinsi ya kufanya hivyo. Nitajifunza nikikutana na wasumbufu.



7. Je? Utafanya nini endapo mpo nyumbani kwa rafiki yako na wanataka kuingia mtandaoni na kutizama vitu unavyokatazwa kutizama nyumbani kwenu?

- Ngoja nitizame tu kwa keo ili marafiki zangu wasinione mshamba.
- Nitawaambia siruhusiwi kutizama na kuwaeleza sababu na kuwashauri tutizame vitu vingine.
- Huwa natizama nikiwa na marafiki zangu na ndio maana huwa tunaenda maeneo ya mbali na nyumbani kwetu kwasababu wazazi wangu wangekasirika.

8. Huwa unazungumza na nani kuhusu mtandao pale unapokuwa huelewi ama unataka kufahamu jambo?

- Rafiki zangu
- Wazazi wangu
- Simshirikishi mtu, huwa najifunza tu mwenyewe.

Matokeo:

Alama 0-15:

UNAPENDA sana kutumia intaneti na punde tu ushikapo simu, kompyuta ama kifaa kingine, unaingia mtandaoni haraka iwezekanavyo ili uangalie video, uwasiliane na marafiki zako ama kucheza gemu. Ingekuwa ni maamuzi yako, ungekuwa ukitumia muda wako wote mtandaoni kila siku. Sio siri, mtandao ni kitu kizuri na kuna mambo mengi ya kujifunza na kufurahia, lakini kama shilingi ilivyo na pande mbili, kila kizuri

kina ubaya wake. Kumbuka kwamba huwafahamu watu unaozungumza nao mtandaoni labda tu muwe mlishakuwa marafiki kabla, hivyo yakupasa uwe makini na taarifa zako binafsi usizisambaze mtandaoni na wakati wote mshirikishe mtu mzima juu ya kile unachofanya mtandaoni na watu gani unajihusisha nao. Mwisho kabisa usiache kufanya mambo mengine ikiwemo kusoma, kucheza nje na kazi za nyumbani ili kupumzisha macho na ubongo wako. Kila kitu kwa kiasi, ikiwemo matumizi ya mtandao.

Alama 16-30

Kwa maoni yako, mtandao sio mzuri hata kidogo, umejaa watu hatarishi na mambo mengi mabaya usiyopaswa kutizama wala kusoma. Hujawahi kuzungumza na wazazi wako juu ya matumizi ya mitandaoni na wala huhitaji kujua. Matumizi ya mtandao ni kupoteza muda wako wa kujisomea na ungependa ufanye vizuri darasani. Ingawa uko sahihi kwamba mtandao unaweza kuwa hatarishi, kwa upande mwingine unaweza kunufaika nao hata kwenye kazi zako za shule. Kuna mengi mazuri kuhusu masomo ya hisabati, sayansi, jiografia na historia, kuna mazoezi na video zinazofundisha masomo haya na mengine mengi kupitia mtandao. Ni vyema kwamba umeshaelewa juu ya hatari inayoweza kutokana na matumizi ya mitandao, hivyo utakuwa mwangalifu unapotumia. Hakikisha unamshirikisha mtu mzima unayemuamini juu ya nini unafanya mtandaoni na wafahamishe haraka endapo kuna jambo linakupa wasiwasi.

Zaidi ya alama 30.

Una uelewa mzuri kuhusu mtandao, jinsi ya kuumia na umuhimu wa kutunza taarifa binafsi na unafahamu jinsi mtandao unavyoweza kuelimisha na kuburudisha. Unaelewa kuna hatari katika matumizi ya mtandao na kwamba unapaswa kutoa taarifa haraka kwa wazazi au mtu mzima unayemuamini endapo una wasiwasi. Endelea kujifunza na kufurahia matumizi ya mtandao na familia na marafiki zako na kumbuka kutenga muda wa kucheza nje ya nyumba na si kujifungia muda wote. Kuwa muwazi kwa wazazi, waalimu na marafiki na kumbuka kuomba msaada endapo kuna jambo linakupa wasiwasi mtandaoni.

WORD SEARCH

When I Grow Up, I want to Be A...

R T S R P I P L N R Q H Q V A M N T A J
 I P Z X L S M I **E N G I N E E R** E P P G
 Z I A M U S D H L Y W Z N X V L C V J Y
 Z X I V M W C W N O Q F P M H N J L C W
 Y M B D B A A D O C T Y H T S V O F Q O
 J C P B E U Y S F J X W A V A N E C J S
 V U N T R G I P T W D R Q F W B A C E R
 V P S J K J G E P R E S I D E N T O H T
 B F W P B H H E X T O K V Z Z Y U A B Z
 M U S I C I A N N W B N C W W Q U I D D
 S R P O L I C E F R R O A M G Q V Q Z R
 X E C T X S S N R I Q I C U A Q D L E D
 Q H F S L E Z V S T P A A E T F N Y G O
 T T F A R M E R S E C A R X N D W R Y C
 G A M P E D I T O R P H A R M A C I S T
 W Z I T F M N C H E F H R Q L S C R E O
 H D U L O G X L M S Q M F R A T Z K G R
 A O D D O B V O F F T Q J U R O Y N L U
 Q H K Z J R D N Q H O E E G T M P L V Y

Everyone has a dream. What do you wish to be when you are older? There are so many careers to choose from that can be done by both men and women. No matter what your gender is, if you work hard, you can succeed in any job. But have you ever seriously considered what you would like to do when you grow up? The following are just some of the jobs you could do. Find these jobs in the wordsearch as shown.

1. Teacher
2. Doctor
3. Chef
4. Pilot
5. Lawyer
6. Pharmacist
7. Engineer
8. Plumber
9. Presenter
10. Tailor
11. President
12. Writer
13. Athlete
14. Editor
15. Police
16. Farmer
17. Astronaut
18. Musician

Nikiwa Mkubwa Ninataka Niwe...

U N S P B J O O D A T V V M J N B K L M
 Z C E B D R P O L I S I P W K D K W P K
 W S V S N B E M D K S M W A E R P G Z Z
 T F V U R T R X R M W M H N T A I L O R
 C V D N X M S M E W A C V A W W U N R R
 O T D W I D X W M J K G K R N B V M U T
 T G S B D X F A A S I D Z I M D X P B W
 H W K H B Q C S Z F L W S A W I I I A K
 H Z X B X G I I G U I L X D A J E S N B
 D A K T A R I L M H X K U H N C S H I I
 I Q M G I Q A I T C N P B A A I Y I D D
 K B F R H Y L S C M K U L I M A T N F N
 O H A S Q A Q H K N G U I E U G U L H J
 C H M P W T M A L G N G X G Z F Q D C Q
 M S A M L Y L J S M W A N D I S H I M K
 E R S J Z C D I U Z H G G F K O S G T X
 E E I U V Q A T Q R Y P C D I I L O U M
 H V A B H R Q G V V Y L E H S A S O M M
 W Z M W A N A A N G A L W R Y K G V O J
 B S D S E V V R D B T X O L O O Z F B K

Kila mtu ana ndoto. Je, wewe unatamani uwe nani ukiwa mkubwa? Zipo kazi nyingi sana ambazo zinaweza kufanywa na mwanamke au mwanmume. Hijalishi una jinsi gani, ukifanya jitihada, unaweza kufanikiwa katika kazi yoyote ile. Lakini umeshawahi kutafakari kwa umakini kuwa ungependa kufanya kazi gani utakapokuwa mkubwa? Zifuatazo ni baadhi tu ya kazi unazoweza kufanya. Tafuta kazi hizi katika jedwali kama ilivyooneshwa.

- | | |
|-----------------|-----------------|
| 18. Mwanamuziki | 9. Mwasilishaji |
| 17. Mwanaanga | 8. Fundi |
| 16. Mkulima | 7. Mhandisi |
| 15. Polisi | 6. Mamasita |
| 14. Mhariri | 5. Wakili |
| 13. Mwanaridha | 4. Rubani |
| 12. Mwandishi | 3. Mpishi |
| 11. Rais | 2. Daktari |
| 10. Tailor | 1. Mwalimu |

SIMULIZI ZA 116



A NEIGHBOUR CALLS 116

One night in May this year, a concerned neighbor called 116 to report Melina, a 12-year-old girl that he found outside in the cold crying.

When he asked her what was wrong, she told him that she lived with her aunt and that night she had asked her aunt to sleep on the bed instead of the floor where she normally slept because she wasn't feeling well. In response, her aunt kicked her out of the house.


Melina told the neighbor that her aunt mistreated and abused her both physically and emotionally all whilst forcing her to do a lot of house hold chores.


For Melina's safety the neighbor took her to the village executive officer and explained Melina's situation. The VEO invited her to his house to get some sleep and agreed that they would meet with the Ward Executive officer and the rest of the child protection committee on the next day.


After the meeting Melina was taken to the hospital for a full checkup and her aunt had to pay her


hospital bill and bought her medicine. The next day, our helpline counselor received a call with news on Melina's health which had improved tremendously and that they had made a decision to send her back to her biological mother.

Do you have any questions about child abuse? Do you or any of your friends need to talk about abuse? You can call 116 for free and talk to our friendly counselors. Remember;

 **116** allows you to report about abuse which has happened to you or to any other child.

 **116** allows you to talk freely about your daily life and difficulties that you face as a child.

 **116** guides you in matters that you cannot share with anyone else.

 **116** helps you to know and to adhere to your responsibilities as a child.



JIRANI APIGA SIMU 116

Mnamo mwezi Mei mwaka huu, jirani anayejali alipiga simu namba 116 kutoa taarifa kuhusu Melina, msichana wa miaka 12 ambaye alimkuta akiwa analia nje kwenye baridi.





Alipomuuliza kuna shida gani, Melina alimwambia kwamba alikuwa akiishi na shangazi yake na usiku huo alikuwa amamuomba shangazi alale kitandani badala ya kwenye sakafu alipokuwa akilala siku zote kwa sababu hakuwa anajisikia vizuri. Badala ya kumkubalia, shangazi alimtimua Melina alale nje ya nyumba.

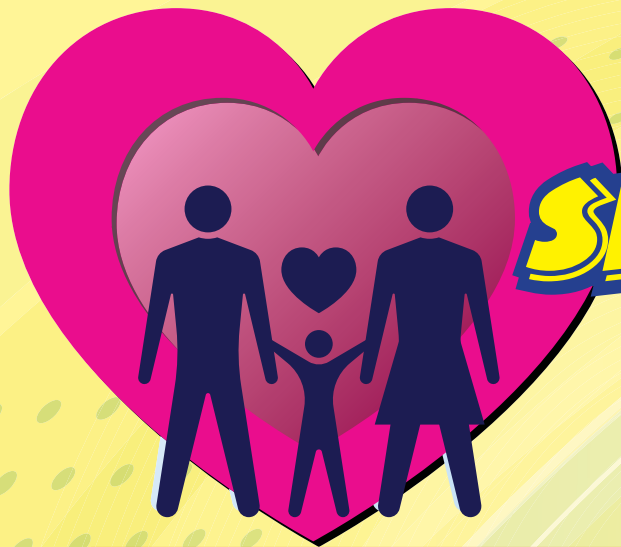
Melina alimueleza jirani kwamba shangazi yake alimkuwa akimtesa vibaya na kumnyanyasa kimwili na kihisia wakati wote huku akimlazimisha kufanya kazi nyingi za nyumbani.

Kwa usalama wa Melina jirani huyo alimpeleka kwa afisa mtendaji wa kijiji na kumuelezea hali anayopitia Melina. Afisa mtendaji wa kijiji alimwalika Melina nyumbani kwake alale usiku huo na wakakubaliana kwamba watafanya kikao na afisa Mtendaji wa Kata na kamati yote ya ulinzi wa watoto siku inayofuata.

Baada ya kikao hicho, Melina alipelekwa hospitalini kwa uchunguzi kamili na shangazi yake alifanya malipo ya bili yake ya hospitali na kumnunulia dawa. Siku iliyofuata mshauri wetu wa Kituo cha Huduma ya Simu kwa Mtoto alipokea simu yenye habari juu ya afya ya Melina ambayo ambaye alikuwa anaendelea vizuri sana na kwamba walikuwa wamefanya uamuzi wa kumrudisha kwa mama yake mzazi.

Je, una swali loyote kuhusu unyanyasaji wa watoto? Je, wewe au rafiki yako anahitaji kuzungumzia ukatili kwa watoto? Mnaweza kupiga simu 116 bure na kuzungumza na washauri wetu. Kumbuka;

-  **116** inakuwezesha kutoa taarifa kuhusu ukatili ambao umetendewa wewe au mtoto mwengine yeyote.
-  **116** inakupa nafazi kuzungumza kwa uhuru kuhusu maisha yako ya kila siku na matatizo ambayo unakutana nayo kama mtoto.
-  **116** inakupa muongozo juu ya mambo ambayo umeshindwa kumshirikisha mtu mwengine.
-  **116** hukusaidia kujua na kuzingatia majukumu yako kama mtoto.



SEMA WAZAZI

ZIJUE HAKI MUHIMU ZA MTOTO

HAKI YA KUISHI.
HAKI YA KUENDELEZWA.
HAKI YA KULINDWA.
HAKI YA KUSHIRIKI.
HAKI YA KUTOBAGULIWA.



Watoto ni sehemu muhimu ya jamii na ndiyo tegemeo la kuendelea kwa taifa lolote, hivyo hawana budi kulelewa vizuri na kuendelezwa. Ili wakue vizuri, watoto wana mahitaji ya msingi ambayo kote Duniani yanatengeneza 'haki' zao. Kimsingi haki za mtoto huwa ni wajibu wa mtu mzima kutimiza mahitaji ya mtoto ili awe mwenye afya, apate elimu na ashiriki katika ujenzi wa nchi yake sasa na hasa atakapokuwa mtu mzima.

Haki ya Kuishi. Hii inaanza pale mama anapopata ujauzito. Kukua vizuri kwa mimba kunategemea afya, lishe na mazingira anayoishi mama. Pia kuishi kwa mtoto baada ya kuzaliwa kunategemea upatikanaji wa mahitaji ya msingi, ambayo ni chakula cha kutosha na chenye ubora unaotakiwa, huduma bora za afya na ulinzi toka

kwa wazazi, jamii na Serikali. Vifo vya watoto wadogo hutokana na ukosefu wa moja ya mahitaji tajwa hapo juu.

Haki ya Kuendelezwa. Kwa mujibu wa Sera ya Maendeleo ya Mtoto Tanzania, maendeleo ya mtoto yanahusiana na mtoto kuwa na kiwango kinachokidhi makuzi kimwili, kiakili, kiroho, kimaadili na kijamii. Ili mtoto aweze kukua vizuri anahitaji kutunzwa, kuongozwa na kulelewa katika misingi mizuri. Mathalani, kuendelezwa kwa mtoto kimwili ni kukua kimaumbile na uzito kwa uwiano wa umri. Hali hii inategemea lishe na huduma bora za afya ikiwemo kupatiwa chanjo zote muhimu na upatikanaji wa viinilishe vyote muhimu.



rasmi kuanzia umri wa miaka mitatu hadi anapokuwa mtu mzima. Misingi ya ushiriki wa mtoto huzingatia umri na aina ya masuala anayopaswa kushirikishwa. Watoto wanapaswa kushiriki katika michezo na kutengewa maeneo ya viwanja vya michezo katika mazingira ya mitaani na skuli.

Haki ya Kutobaguliwa. Ubaguzi wa mtoto umegawanyika katika makundi mbalimbali, katika yote yapo makundi makuu mawili. Ubaguzi wa kijinsia ambao mtoto wa kike au wa kiume anaweza kubaguliwa na wazazi, walezi au jamii. Upo ubaguzi unaotokana na hali yake ya kimaisha kama vile utajiri au umasikini, ulemavu, ugonjwa, uyatima na jinsi anavyoonekana mbele za watu. Mfano wa kuumiza ni ubaguzi wa kimfumo ambapo hapa kwetu takwimu zinaonyesha kwamba ni asilimia moja tu ya watoto wenye ulemavu wanoandikishwa kujiunga na elimu ya msingi. Hii inaathiriwa na mtazamo wa kijamii dhidi ya watoto hawa kwani wazai 'huwafungia ndani' kuficha 'aibu' hivyo kuwanyima fursa ya kupata elimu.

Maendeleo ya mtoto yanahitaji jitihada toka kwa mzazi, jamii na Serikali kwa pamoja. Kuendelezwa kwa mtoto hujumuisha kuandikiswa shule ili kupata elimu ya awali na msingi Pamoja na kukuza kipaji chake

Haki ya Kulindwa. Inahusu kuzuia vitendo viovu wanavyofanyiwa watoto katika hatua za ukuaji wao, kabla na baada ya kuzaliwa. Mathalani, mtoto anahitaji ulinzi dhidi ya kazi nzito zisizowiana na umri wake, kudhulumiwa mali hasa kwa watoto yatima, kutupwa au kutelekezwa na wazazi na walezi, utoaji mimba wa makusudi, kuonewa nk. Sera ya Maendeleo ya Mtoto Tanzania pia inasisitiza juu ya ulinzi dhidi ya unyanyasaji wa mtoto ikiwemo kukeketwa, kulazimishwa kuolewa/kuoa katika umri mdogo, na udhalilishaji wa kingono.

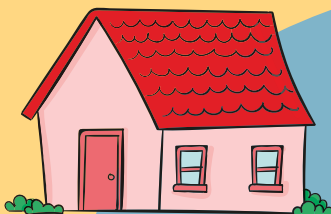
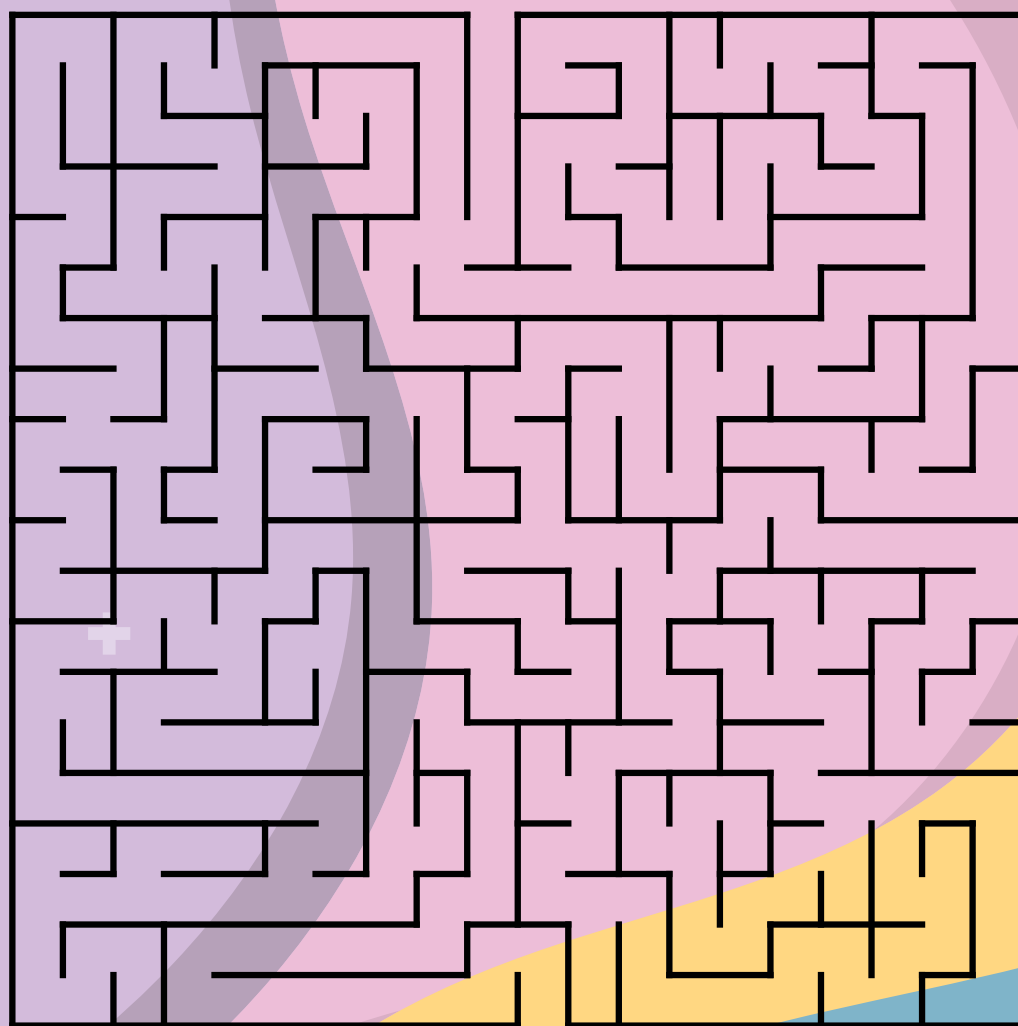
Haki ya Kushiriki. Ushiriki wa mtoto unapatikana pale mtoto anapopewa nafasi kikamilifu katika kutoa mawazo, kushiriki katika maamuzi ya masuala yanayohusu maendeleo yake, nk. katika hatua mbalimbali za ukuaji wake. Kitaalamu hatua za ushiriki wa mtoto huanza



Help Rehema and Amina find their way home before the sun sets.



Wasaidie Rehema na Amina kurudi nyumbani kabla jua halijazama.





Write to Aunt Bonge

October 5th every year is World Teachers' Day. We celebrate all the amazing teachers around the world who strive to give us an education from when we can hardly hold a pen until we are all grown up.

What do you appreciate most about your teacher? Write to Aunt Bonge about which teacher you appreciate and why. Make sure you include your full name, your school and class, your teacher's full name and the subject he/she teaches.

Contact Us:

Call 116

Post a letter: P.O. Box 787 Dar es Salaam, Tanzania

Or call our office: +255 22 2135819

Mwandikie Aunt Bonge

Oktoba 5 kila mwaka ni Siku ya Walimu Duniani.

Tunasherehekea waalimu ulimwenguni kote ambao wanajitahidi kutupa elimu kuanzia tukiwa wadogo na hatujui hata kushika kalamu vizuri, hadi tunapokuwa watu wazima.

Je! Unapenda nini kuhusu mwalimu wako? Mwandikie Aunt Bonge kuhusu mwalimu unayempenda na kwanini. Hakikisha unaandika jina lako kamili, shule na darasa lako, jina kamili la mwalimu wako na somo analofundisha.

Wasiliana Nasi:

Piga 116

Tutumie barua: S.L.P. 787 Dar es Salaam, Tanzania

Piga simu ofisini: +255 22 2135819

KWANINI UPIGE SIMU NAMBA



+255 624 100 100

Kutoa Taarifa juu ya:

Ukatili na udhalilishaji wa kimwili

Ubakaji/Ulawiti au udhalilishaji mwengine wa kingono

Udhalilishaji wa kisaikolojia/kihisia

Utelekezwaji wa watoto

Vitendo vinavyo kiuka haki ya mtoto kama vile ndoa za utotoni.

Migongano ya kifamilia ambayo humuathiri mtoto kwa namna moja au nyingine.

