

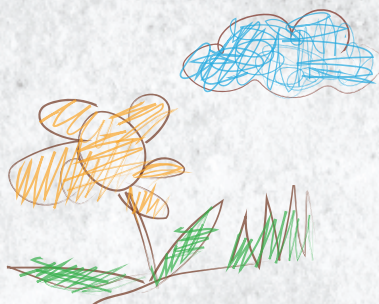


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Sema

Tanzania's Magazine for Children

It's Possible



Je, ingekujje kama badala ya kusoma shuleni ungefanyishwa kazi?



Sema

We believe Its 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

We are happy to introduce our partners



www.sematanzania.org

SDG 8 : Good Jobs &
Economic Growth



THE Forgetful EMPEROR



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A Word From Sema

What kind of world do you want to live in?

At Sema, we have always believed that your voices are important for sustainable development. But, what does sustainable development mean?

In 2016, leaders all over the world committed to work hard to achieve Sustainable development through 17 Big Goals we call the SDGs. In this issue you will learn how the 8th Goal talks about good jobs for everyone and also aims to protect children, like Lucy on page 8, from child labour.

Have you ever seen a Rhino before? Check out Our World in Your Hands to learn a few Rhino facts and what scientists are doing to protect them from extinction.

In between the serious articles, we've put in different games and challenges for you to try. Try each one of them with your friends and family. The Triangle Challenge on page 15 may even win you a prize, just follow the instructions and mail us your answers!

Follow along and learn, play games, read stories. Most importantly, Enjoy!
Till next time,



Ungenda kuishi katika ulimwengu wa aina gani?

Sema, tunaamini kwamba sauti zenu ni muhimu kwa maendeleo endelevu. Tukisema 'maendeleo endelevu' tunamaanisha nini?

Mwaka 2016, viongozi ulimwenguni kote walikubaliana kufanya kazi kwa bidii ili kufikia malengo makubwa 17 ambayo waliyaita Malengo ya Maendeleo Endelevu. Katika toleo hili utajifunza kuhusu Lengo la 8 ambalo linahusu ajira nzuri na linalenga kuzuia utumikishwaji wa watoto kama Lucy tunaamzungumzia kwenye ukurasa wa 8.

Tumekuwekea michezo mbalimbali. Jaribu kila mmoja na marafiki na familia yako. Ukurasa wa 15 una chemsha bongo, unaweza kutuambia kuna pembe tatu ngapi katika picha hio? Jaribu kuzihesabu pembe tatu zote na ututumie jibu lako kwa njia ya posta ama barua pepe na unaweza kujishindia zawadi.

Fuatilia, jifunze, cheza na usome hadithi na visa mbalimbali.
Hadi wakati mwingine,





Seeing is Believing.



How can you Subscribe?

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SDG



Good Jobs and Economic Growth

World leaders know that it is important for people to have good jobs so that they can get economic development. Good jobs mean that your parents enjoy going to work and make enough money to provide you with a good education, healthcare, nutritious food and a comfortable home.

Children are allowed to work too but this work should not hurt you in any way and should never interfere with any of your other rights. Some children are forced to work instead of studying, playing or resting. This is wrong. Read Lucy's story on the next page and learn how she was forced to be a housemaid and mistreated by her employer.

One of the targets of SDG 8 is to prevent and end forced labour and child labour in all forms.

Learn a few facts about a child's right to work and protection from child labour and find the coloured words in the word search.

Rights: Age: In Tanzania, children are allowed to work once they reach 14 years of age

Abuse: Children should not be hurt in any way by anybody, including their employers.

Education: Work should never interfere with your school attendance or homework

Overworking: Children should not work for long hours or be given jobs that are too difficult for them.

Rest: Work should not interfere with your time to rest. In Tanzania, the law states that children are not allowed to work more than 6 hours a day and they are not allowed to work 'night-jobs'. This means that children are not allowed to work after 8pm and before 6am.

Exploitation: Some children are overworked, they work for poor wages, are not paid or sometimes their wages are sent home to their parents or to the person who got them their job. This is unfair and it is called exploitation.

Food: You should never be deprived of food because it is important for your mind and body to grow strong and healthy. Some children who are employed do not get good food even when their employers can afford to provide it.

Cussing: Employers sometimes call children bad names and swear at them. This is verbal and emotional abuse.

Beating: Many children work in abusive conditions and are often beaten by their employers. This is physical abuse.

Play: You have the right to play. Work should not prevent you from resting or playing with your friends a few hours every week.

Trafficking: Children are often taken away from their homes to places far away to work, like you will see in Lucy's story. This is called child trafficking.

Family: You have the right to grow up with your parents and in a loving family. Children should not be forced to move far away from their families to work.

Illiteracy: Work should never keep children away from school because it is important for them to learn how to count, read and write.



Ajira nzuri na maendeleo ya kiuchumi

Viongozi kote duniani wanatambua kuwa watu wanahitaji kazi nzuri ili waweze kupata maendeleo. 'Ajira nzuri' humaanisha kwamba wazazi wako wanafurahia kwenda kazini na wanalipwa pesa za kutosha ili kukupa elimu bora, huduma nzuri ya afya, lishe bora na nyumba nzuri.

Hata watoto wanaruhusiwa kufanya kazi. Lakini kazi haipaswi kukuumiza kwa namna yoyote na kamwe haipaswi kukunyima haki zako nyingine. Wapo watoto wanaotumikishwa badala ya kusoma, kucheza au kupumzika na hii sio sawa. Ukurasa unaofuata unaeleza kisa cha mtoto Lucy, ambaye alilazimika kuwa mfanyakazi nyumbani kwa mtu na kunyanyaswa na mwajiri wake.

Lengo la 8 katika Malengo Endelevu Ya Dunia linataka kuzuia na kukomesha utumikishwaji na kazi za kinyonyaji kwa watoto.

Jifunze mambo machache kuhusu haki ya mtoto ya kufanya kazi na ulinzi wa mtoto dhidi ya kazi za kinyonyaji kisha tafuta maneno yenye rangi kwenye sanduku.

Umri: Sheria ya Tanzania, inawaruhusu watoto kufanya kuanzia umri wa miaka 14.

Elimu: Kazi haipaswi kuingilia mahudhurio yako shuleni wala kazi zako za shule.

Mapumziko: Kazi haipaswi kuingiliana na muda wako wa kupumzika. Sheria, inaeleza kwamba watoto hawaruhusiwi kufanya kazi zaidi ya masaa 6 kwa siku na hawaruhusiwi kufanya kazi za usiku. Hii ina maana kwamba watoto hawapaswi kufanya kazi baada ya saa 2 usiku na kabla ya saa 12 asubuhi.

Chakula: Kamwe haupaswi kunyimwa chakula kwa sababu lishe bora ni muhimu kwa afya na ukuaji wa akili na mwili. Baadhi ya watoto walioajiriwa hunyimwa chakula hata kama waajiri wao wana uwezo mzuri na wanakula vizuri.

Kucheza: Una haki ya kucheza. Kazi haipaswi kukuzuia kupumzika au kucheza na marafiki zako kwa masaa machache kila wiki.

Familia: Una haki ya kuishi na wazazi wako katika familia bora na yenye upendo. Watoto hawapaswi kulazimishwa kuishi mbali na familia zao kwaajili ya ajira.

Ukatili: Watoto hawapaswi kufanyiwa ukatili ama kuumizwa kwa namna yoyote na mtu yeyote, ikiwa ni pamoja na waajiri wao.

Kutumikishwa: Watoto hawapaswi kufanya kazi kwa muda mrefu au kupewa kazi zinazozidi umri na uwezo wao.

Unyonyaji: Watoto wengine hupewa kazi nyingi mno na waajiri wao, hulipwa ujira mdogo sana ama kutolipwa kabisa. Wakati mwingine, mishahara yao hutumwa kwa wazazi wao au kwa mtu aliyewaleta mjini kufanya kazi. Huu unaitwa unyonyaji na ni kinyume na haki za mtoto.

Kutukanwa: Waajiri wengine huwaita watoto majina mabaya na kuwatukana. Huu ni ukatili wa kihisia.

Kupiga: Watoto wengi wanafanya kazi katika mazingira magumu na mara nyingi hupigwa na waajiri wao. Huu ni ukatili wa kimwili.

Usafirishaji: Mara nyingi, watoto hupelekwa kufanya kazi sehemu zilizo mbali sana na nyumbani, kama utakavyoona katika simulizi ya Lucy. Huu unaitwa usafirishaji haramu wa watoto.

Kusoma: Kazi haipaswi kuwazuia watoto kusoma kwa sababu ni muhimu kujifunza jinsi ya kuhesabu, kusoma na kuandika.



MFA NYA KAZI

WATOTO
5.1 MILLION
HUFANYISHWA
KAZI

What if, instead of going to school you had to work?

In 2014, it was found that 5.1 million children between the ages of 5-17 were involved in economic activities. This means they have to work and earn a living and many of them don't go to school and don't even get paid.

30,000 of these children worked in people's homes as domestic workers. Most children in domestic work are girls. That's 84.2%!! But there are boys working in domestic work too. Read Lucy's story to learn of some of the problems children in domestic work go through.

Lucy's story:

In 2017, the National Child Helpline (116) received a call from Shinyanga about a girl named Lucy who worked in somebody's home. Lucy's employer badly mistreated her. She often worked 18 hours a day, was called names and she was beaten until she was hardly able to do her work properly.

One neighbor noticed the way Lucy was mistreated and realized that she must have been brought to Shinyanga to work as a housemaid. The neighbor decided to call 116 to ask for help. 116 spoke to Local Government leaders in the neighbourhood where Lucy worked. It was discovered that Lucy had been transported from Geita to Shinyanga to study but instead, she had been turned into a housemaid.

With help from Social Welfare Officers and Local Government Authorities in Shinyanga, Lucy was removed from her employer's home and returned to her parents in Geita. Her employer was arrested and sent to Shinyanga police station.

Je, ingekuaje kama badala ya kusoma shuleni ungefanyishwa kazi?

Mwaka 2014, ilibainika kuwa watoto milioni 5.1 wenye umri kati ya miaka 5-17 walikuwa wanafanya shughuli mbalimbali za kiuchumi. Hii inamaanisha kwamba wanafanya kazi kama watu wazima na wengi wao hawapati fursa ya kusoma wala hawalipwi ujira wao.

Watoto 30,000 kati ya watoto hawa walikuwa wanatumikishwa katika nyumba za watu kama wafanyakazi wa nyumbani. Watoto wengi wanaofanyishwa kazi majumbani ni wasichana. Hiyo ni 84.2%!! Lakini kuna wawulana wanaofanya kazi ya nyumbani pia. Soma simulizi ya Lucy ujifunze kuhusu baadhi ya matatizo wanayopitia watoto wanaotumikishwa majumbani.

Simulizi ya Lucy:

Mwezi Novemba mwaka 2017, Huduma ya Simu Kwa Mtoto (116) tulipokea simu kutoka Shinyanga kuhusu mtoto Lucy ambae alikuwa mfanyakazi wa ndani huku akipitia manyanyaso mengi. Lucy alikuwa anafanya kazi masaa 18 kwa siku. Pia alikuwa anatukanwa na kupigwa saha na mwajiri wake hadi kupoteza nguvu na hata kushindwa kufanya shughuli zake kwa umakini.

Jirani mmoja aliona manyanyaso aliyokuwa akiyapitia Lucy, akahisi Lucy atakuwa ameletwa Shinyanga kuwa mfanyakazi wa ndani. Jirani huyo aliamua kupiga simu 116 ili aombe msaada kwaajili ya Lucy. 116 ilizungumza na uongozi wa Serikali za Mitaa alipokuwepo Lucy. Iligundulika kuwa Lucy alisafirishwa kutoka Geita kwenda Shinyanga na aliahidiwa kuwa atapelekwa shule lakini badala yake alitumikishwa nyumbani kwa mwajiri wake.

Kwa kushirikiana na Afisa Ustawi wa Jamii na Serikali za Mitaa Shinyanga, Lucy aliondolewa nyumbani kwa mwajiri wake na kurudishwa kwa wazazi wake, Geita. Mwajiri wake alikamatwa na kupelekwa kituo cha polisi Shinyanga.

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

UMRI
 ELIMU
 MAPUMZIKO
 ✓ CHAKULA
 KUCHEZA
 FAMILIA
 UKATILI
 KUTUMIKISHWA
 UNYONYAJI
 KUTUKANWA
 KUPIGA
 USAFIRISHAJI
 KUSOMA

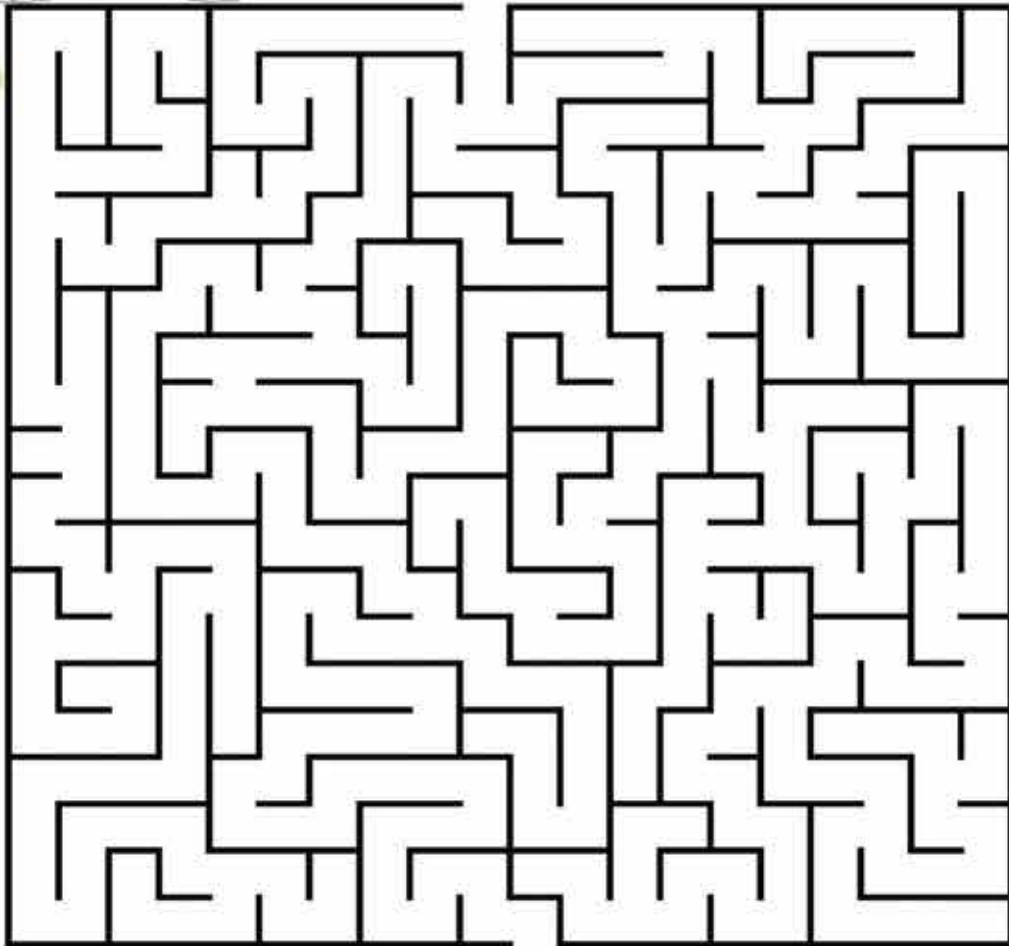
V V W W W K H X C U S S I N G
 Y L J P Y I G U X N Y A Z Q O
 X M W G K D T Y X C X C L W S
 R I D O Y F S T O F K Q N E S
 W O Y A F S E V P M P P X S K
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 M P L O Q E T L S I O N L B G
 P K N I L I F A M I L Y B A V
 E Z N O V E R W O R K I N G W
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

AGE
 EDUCATION
 REST
 FOOD
 PLAY
 ✓ FAMILY
 ABUSE
 OVERWORKING
 EXPLOITATION
 CUSSING
 BEATING
 TRAFFICKING
 ILLITERACY

Games

Ruby the rhino is hungry. Help her find a sweet patch of grass to munch on.
Start HERE

Kifarur Ruby ana njaa. Msaidie kutafuta eneo lenye nyasi tamu ili aweze kula.
Anzia HAPA



SUDOKU

6

9

2						3	8	
5	9			8	4			
3			7					4
		6			3	8	2	
7								9
	5	2	6			1		
8					5			3
			1	2			4	8
	4	9						6

Easy

7

1

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2

Medium

		2				3		
	6			5			2	9
		3	1					
8	5		9	7			4	
	9		6		5		3	
	7			2	4		5	6
					7	6		
6	4			9			8	
		9				4		

8



CHILD HELPLINE

116

Baraka & Jonas Return Home

Baraka was upset when he spoke to Lilian, the 116 Child Helpline counsellor. "Tata left us here and went away. We waited, but he never came back. We are hungry, and Jonas is crying all the time and I want to go home," he said.

Baraka alikuwa amefadhaika alipozungumza na Lilian, mshauri wa 116, Huduma ya Simu kwa Mtoto. "Tata ametuacha hapa akaondoka. Tumemsubiri muda mrefu sana lakini hajarudi. Tunasikia njaa na Jonas analia kila saa. Nataka kwenda nyumbani," alisema Baraka.

It was already 7 in the evening and it was getting dark. A kind woman had found Baraka and his younger brother, Jonas, alone at the mill. Baraka, who was 7 years old, explained that their father had left them at the mill in the morning and hadn't returned since.

The woman realized that the brothers seemed to have nowhere to go so she decided to call 116 for help.



Baraka told Lilian that their parents had had a big fight. After the fight, Baba Baraka took his sons to another village where they stayed with him for a few days until that morning when he had taken them to the mill and left them without a word.

Baraka and Jonas were from Tarime so 116 called the Local Government Authority in Tarime to help get Baraka and Jonas Back home. They helped find Baraka's school and the next morning, the boys were sent to school where their mother was able to find them. Baraka and Jonas were reunited with their mother and could finally go home.

Baraka alieleza kuwa kwao ni Tarime hivyo 116 iliwatafuta viongozi wa Serikali za Kijiji huko Tarime ili wawasaidie Baraka na Jonas kurudi nyumbani. Walifanikiwa kupata shule ya Baraka na siku iliyofuata, Baraka na Jonas walipelekwa shuleni hapo ambapo mama yao aliwakuta. Hatimae, Baraka na Jonas waliweza kurudi nyumbani na mama yao.

Ilikuwa saa moja jioni. Jua lilikwisha zama na giza lilikua limeanza kuingia. Baraka na mdogo wake, Jonas, walikutwa mashine na mama mmoja akiwa anaelekea nyumbani kwake. Alivyowaona Baraka na Jonas, akawauliza kwanini wamekaa wenyewe mashine angali giza linaingia?

Baraka, mwenye umri wa miaka 7, alimueleza kuwa baba yao aliwaacha hapo mashine na hadi muda huo alikua hajarudi.

Mama alivyogundua kuwa Baraka na Jonas hawakua na mahali pa kwenda, aliamua kupiga simu namba 116 ili watoto hao wapate msaada.

Baraka alimueleza Lilian kwamba wazazi wao walikuwa wamegombana na baada ya hapo Baba Baraka waliwachukua wanae na kuwapeleka kijiji kingine. Baraka na Jonas waliishi huko na baba yao kwa siku chache hadi siku hiyo ambapo aliwapeleka mashine asubuhi na kuwaacha bila maelezo.



Make your own phone



Try it Out...

In 1876, Alexander Graham Bell invented the telephone. Do you think you could invent one too?

Steps

1 Find two empty metal cans that are not too big. You could use jam metal cans for example. It is best to use cans that are open on one end. Otherwise, ask an adult to help you remove one end carefully so no sharp edges remain. We don't want you to get hurt.



2 With the help of an adult, make a hole at the centre of the closed end on each can using a nail and hammer.



3 Take a long string and put each end through the holes of each can. Tie a knot on the inside of the cans so that the string remains in place.



Now your phone is ready. Try it out with a friend! Each one should simply take one can and walk away from the other until the string is straight and tight (just make sure it does not break!). When one talks through the can, the other one can listen and hear well.

How is this possible?

Sound waves from the speaker cause the string to vibrate and reach the listener's can producing sounds that can be understood.

Tengeneza simu yako mwenyewe

Jaribu Ubunifu Huu

Mwaka 1876, Alexander Graham Bell alitengeneza simu ya kwanza duniani. Je, wewe unaweza kutengeneza simu yako mwenyewe?



Hatua

1 Tafuta makopo mawili ya chuma au bati yenye ukubwa wa wastani. Ni bora kutumia makopo yaliyo wazi upande mmoja, vinginevyo muombe mtu mzima akusaidie kukata kopo lako upande mmoja kwa uangalifu ili lisikumize.



2 Omba msaada wa mtu mzima kutengeneza tobo dogo kwenye makopo yako upande uliofunikwa. Matobo yanaweza kutengenezwa kwa kutumia msumari.



3 Kata uzi mrefu wa kufumia uingize kila upande kwenye matobo mliyotengeneza kwenye makopo yako. Ufunge fundo uzi wako ili usitoke kenye kopo.



Sasa simu yako iko tayari. Jaribu kuitumia na rafiki yako. Kila mmoja akuchukue kopo moja na kusogea mbali na mwenzake hadi uzi unyooke na ukaze. (hakikisha uzi haukazi sana ukakatika). Ukiongelea ndani ya kopo lako, mwenzako atakusikia vizuri na yeye akiongelea ndani ya kopo lake, utaweza kumsikia.

Mnawezaje kusikilizana vizuri?

Mawimbi ya sauti kutoka kwa msemaji yanatikisa uzi na kuzalisha sauti zinazoeleweka zinapomfikia msikilizaji.

Brain Teaser...

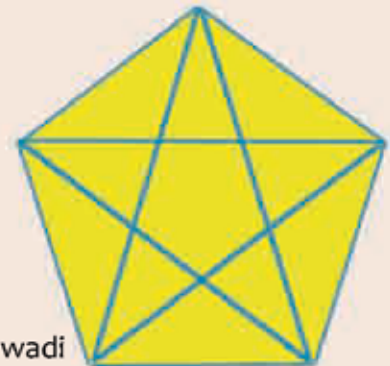
How many Triangles are there?

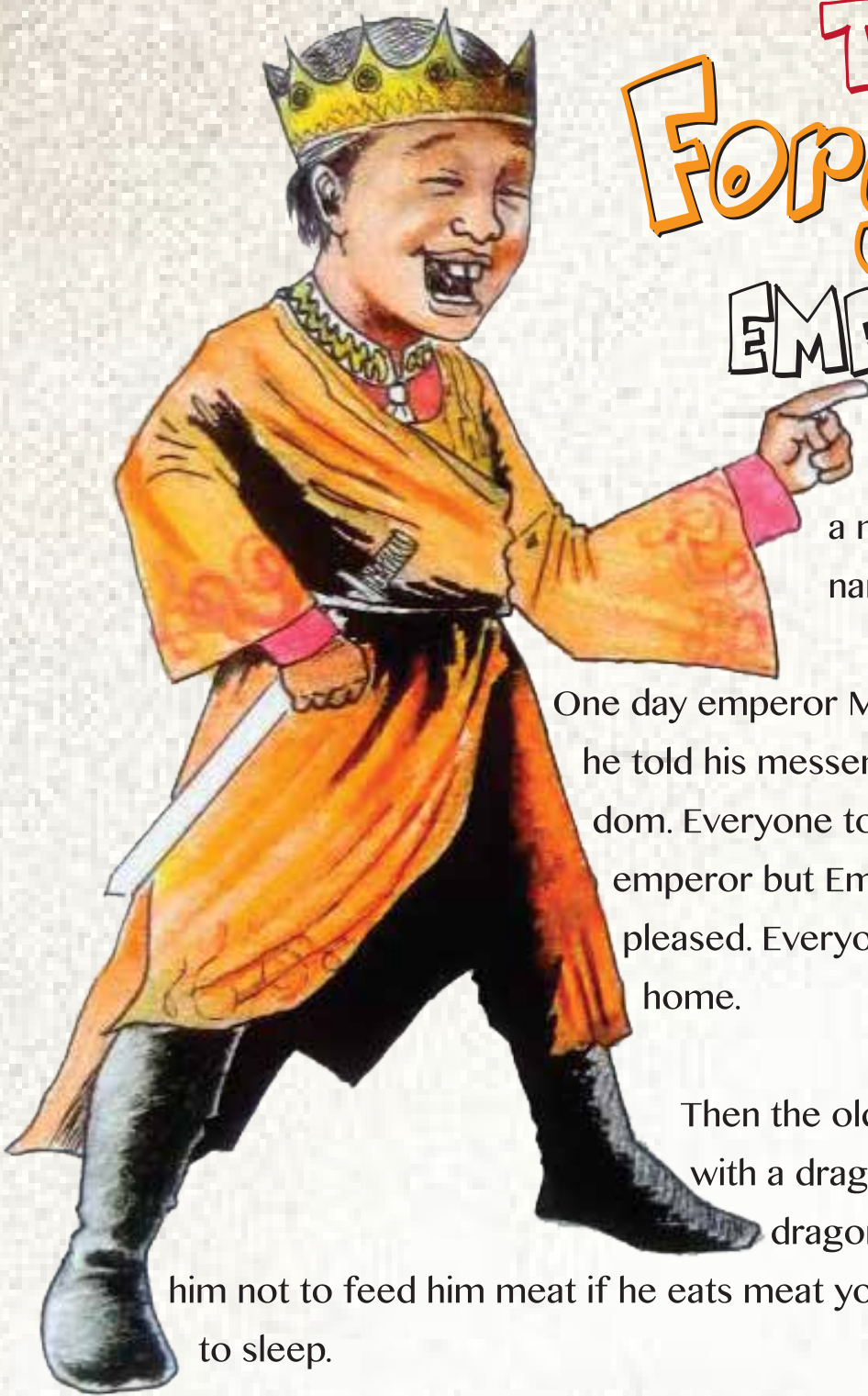
Send us this page with your solution and stand a chance to win...

Chemsha Bongo...

Mchoro huu una pembedatu ngapi?

Tutumie ukurasa huu ukiwa umejaza jibu lako na unaweza kujishindia zawadi





THE Forgetful EMPEROR

Once upon a time there was a mean emperor of China. His name was Ming Chang.

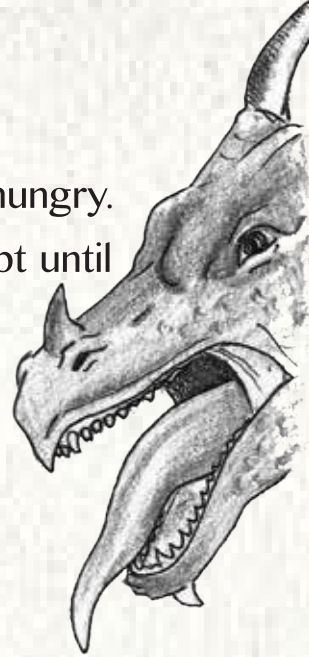
One day emperor Ming Chang wanted a pet. So he told his messenger to tell the whole kingdom. Everyone took a pet to show the emperor but Emperor Chang was not pleased. Everyone went with their pet back home.

Then the oldest man in the land came with a dragon. The emperor took the dragon, but the old man warned him not to feed him meat if he eats meat you rub his chin and he will go to sleep.

The emperor tried to play with the dragon, but the dragon did not want to play.

The emperor tried to feed the dragon, but the dragon was not hungry. The dragon just wanted to sleep, and so it slept and slept and slept until the emperor got angry.

Eventually the dragon woke up. The emperor fed the dragon a platter with meat. He had forgotten all about what the old man had said.

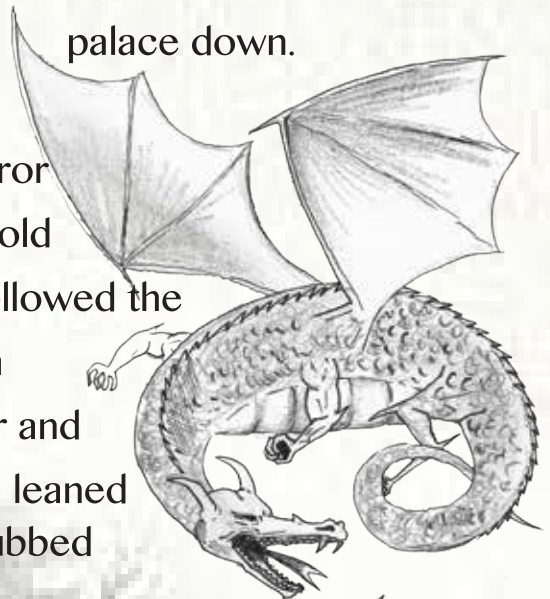


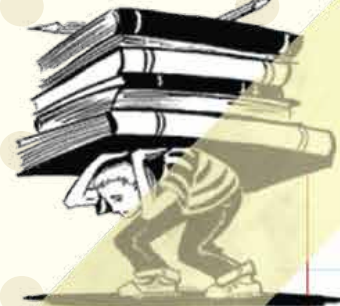
The dragon became fierce and started blowing out fire. It blew and blew and burned the emperor's palace down.

Only then did the emperor remember what the old man had said and followed the dragon. He held out a platter filled with sugar and candy and as the dragon leaned towards the platter, the emperor quickly rubbed the dragon's chin with his hand.

The dragon's anger disappeared and it fell asleep and forgot all about eating meat.

The emperor had learned his lesson.





RAHISIISHA MASOMO

Kuna wakati masomo huonekana magumu sana na hata ukifanya mitihani, matokeo hayawi mazuri. Zipo mbinu tano zinazoweza kukusaidia kufanya vizuri zaidi katika masomo yako.

At times studies may seem very difficult and no matter how hard you try, your test results are not good. Here are five things that can help you to do better in your studies.

1. Uliza maswali kila usipoelewa...

Usione aibu kuuliza na wala usimuogope mwalimu. Mwalimu yupo kwa ajili ya kuhakikisha unaelewa na anafurahi pale anapoona unajitahidi kuelewa zaidi kwa kumuuliza maswali. Usingoje mno kuuliza maswali, unaweza ukasahau ama akaachwa nyuma mno huku wenzako wakiwa wanaelewa.

1. Ask questions whenever you do not understand...

Do not be shy of asking questions in class and do not be afraid of the teacher. Your teachers are there to make sure that you understand and become happy when they see how you try to understand more by asking questions. Do not wait too long to ask questions. You might forget or be left behind.

2. Andika 'notes' kila mara katika daftari lako...

Ni muhimu kunakili kile ambacho mwalimu anawapa darasani. Jitahidi kuandika kwa umakini na kwa muandiko na mpangilio mzuri ili baadae ukiwa unapitia uweze kuelewa vizuri. Muandiko mchafu huhosha kusoma na pia huwa mgumu kueleweka.

2. Always write your notes...

It is important to copy the notes your teacher writes in class. Copy your notes carefully and write neatly so that you will be able to understand your notes later on. Rough handwriting is tiring and difficult to understand.

3. Jibu maswali yakiulizwa darasani...

Usione aibu wala usiogope kukosea maana kukosea ndio kujifunza. Mara nyingi watu hujua majibu sahihi ila wanaogopa kujibu. Kila unapojaribu kujibu swali unajenga ufahamu na kujiamini.

3. Answer questions in class...

Don't be shy or afraid to make mistakes because making mistakes is a normal part of learning. People often know the correct answers but they are too afraid to raise their hands. Each time you try to answer the question you increase your knowledge and confidence.

4. Fanya kazi zote kwa bidii...

Mwalimu anapokupa kazi za darasani au za nyumbani, sio kwamba anataka kukutesa wala kukupunguzia muda wa kucheza na kupumzika. Anakupa mazoezi ili kuchangamsha akili yako na kupima uelewa wako ili aweze kujua maeneo ambayo unahitaji msaada zaidi. Ukifanya kazi za shule kwa moyo, unamsaidia mwalimu wako na kumpa moyo azidi kukufundisha vizuri.

4. Do all your schoolwork...

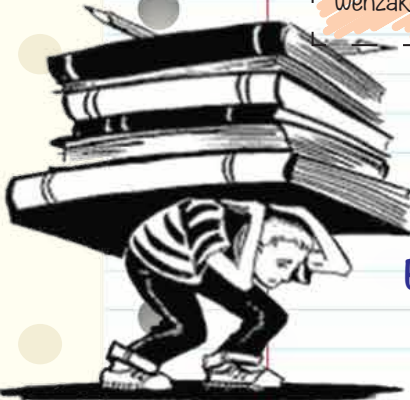
When teachers give you class or homework, it doesn't mean they want you to have less time to play and rest. The exercises they give you help to increase your knowledge and measure your understanding so that your teachers can identify topics where you need more help. When you do all your schoolwork, you help your teachers and encourage them to teach you well.

5. Usichoke kufanya jitihada...

Pengine unajitahidi kusoma kwa bidii na kufanya kazi zote za darasani ila bado unafeli mitihani. Usivunjike moyo hata kidogo maana kuna wakati kila mtu anashindwa ila ni muhimu kuendelea na bidii. Angalia sehemu ulizokosea na ufanye masahihisho na wenzako ama na mwalimu.

5. Always keep trying...

Have you been struggling to study hard and do all your schoolwork but your test results are still not good? Do not worry because everyone fails sometimes but it is important to keep on trying. Go over your work and see where you made mistakes. Make corrections with your friends and with the teacher.



Enjoy your studies! Masomo Mema!

**HOMEWORK
HELPER**

UN Convention on the Rights of the Child

In Child Friendly Language



"Rights" are things every child should have or be able to do. All children have the same rights. These rights are listed in the UN Convention on the Rights of the Child. Almost every country has agreed to these rights. All the rights are connected to each other, and all are equally important. Sometimes, we have to think about rights in terms of what is the best for children in a situation, and what is critical to life and protection from harm. As you grow, you have more responsibility to make choices and exercise your rights.

Article 1
Everyone under 18 has these rights.

Article 2
All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

Article 3
All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

Article 4
The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

Article 5
Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

Article 6
You have the right to be alive.

Article 7
You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

Article 8
You have the right to an identity – an official record of who you are. No one should take this away from you.

Article 9
You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.

Article 10
If you live in a different country than your parents do, you have the right to be together in the same place.

Article 11
You have the right to be protected from kidnapping.

Article 12
You have the right to give your opinion, and for adults to listen and take it seriously.

Article 13
You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

Article 14
You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

Article 15
You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

Article 16
You have the right to privacy.

Article 17
You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

Article 18
You have the right to be raised by your parent(s) if possible.

Article 19
You have the right to be protected from being hurt and mistreated, in body or mind.

Article 20
You have the right to special care and help if you cannot live with your parents.

Article 21
You have the right to care and protection if you are adopted or in foster care.

Article 22
You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.

Article 23
You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

Article 24
You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Article 25
If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.

Article 26
You have the right to help from the government if you are poor or in need.

Article 27
You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

Article 28
You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

Article 29
Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

Article 30
You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.

Article 31
You have the right to play and rest.

Article 32
You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

Article 33
You have the right to protection from harmful drugs and from the drug trade.

Article 34
You have the right to be free from sexual abuse. Article 35 No one is allowed to kidnap or sell you.

Article 36
You have the right to protection from any kind of exploitation (being taken advantage of).

Article 37
No one is allowed to punish you in a cruel or harmful way.

Article 38
You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

Article 39
You have the right to help if you've been hurt, neglected or badly treated.

Article 40
You have the right to legal help and fair treatment in the justice system that respects your rights.

Article 41
If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.

Article 42
You have the right to know your rights! Adults should know about these rights and help you learn about them, too.

Articles 43 to 54
These articles explain how governments and international organizations like UNICEF will work to ensure children are protected with their rights.



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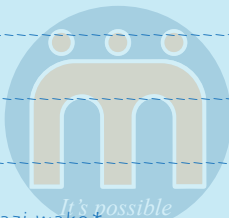
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International Day of Friendship

is celebrated every year on July 30th

If you have brothers and sisters, those are probably the very first friends you made. On your first day of school, you met a lot of other children and made your first new friends away from home.

Did you know that there is a special day for celebrating friends? International Day of Friendship is celebrated every year on July 30th. There are many other days that celebrate friendship in different parts of the world. What do all these days have in common? They help us remind our friends that we love them and that they are important to us. We can show them by giving them cards, or flowers or gifts!

These are all great ideas. We also need to show our friends that they are important to us every other day of the year. Here are ways to be a better friend. If you aren't already doing these things, start today and see how happy your friends will be.

A good friend ...

- **Celebrates important things.**

If your friend has a birthday, won an award in class, for sports or for anything else; celebrate with them so that they know when they are happy, you are happy.

- **Is trustworthy.**

When you promise to do something, make sure you keep your promise. Your friends need to be able to trust that you will keep your word. If you promise to help them with a project or schoolwork, do so. If you say you will go visit this weekend, keep your word. Never gossip about your friends, if they do something wrong, correct them kindly.

- **Does kind things and uses kind language.**

Always use kind words. Remember words can hurt more than any bruise so don't be rude.

- **Helps out when a friend is sad or has a problem.**

When your friends are sad, make time to listen to them and try to cheer them up in any way you can. A good friend thinks of how others are doing, what they may need, and what they might enjoy.

- **Is not selfish.**

There is a saying that goes, 'Sharing is Caring.' A good friend shares their toys, candy and other things with their friends. Remember your friends are more important than material things and it's more fun to share your things with your friends anyway.



Siku ya Kimataifa ya Urafiki



Huadhimishwa kila mwaka Julai 30

Mara nyingi, dada na kaka zetu nyumbani ndio marafiki zetu wa kwanza na tunapoanza shule, tunakutana na watoto wengine na kupata marafiki wapya.

Je, unafahamu kwamba kuna siku maalum ya marafiki duniani? Siku ya Kimataifa ya Urafiki huadhimishwa kila mwaka Julai 30. Kuna siku nyingine nyingi ambazo zinaadhimisha urafiki katika nchi mbalimbali ulimwenguni. Siku hizi zote zinatusaidia kuwakumbusha marafiki zetu kwamba tunawapenda na kwamba wao ni muhimu kwetu. Tunaweza kuwapa kadi, au maua au zawadi siku hii!

Yote haya ni mawazo mazuri na marafiki zetu watafurahi sana kupokea zawadi kutoka kwetu. Lakini pia tunahitaji kuwaonyesha marafiki zetu kwamba wao ni muhimu kwetu kila siku. Angalia mambo matano muhimu ya kufanya ili uwe rafiki mwema. Kama hufanyi mamb haya, anza leo na utaona jinsi rafiki yako atakavyofurahi.

Rafiki mwema ...

- **Hufurahia mafanikio na siku maalumu za marafiki zake.**

Jenga tabia ya kusheherekea mambo muhimu kama vile siku ya rafiki yako kuzaliwa, ushindi wa tuzo darasani, ama kwenye michezo. Waonyeshe marafiki zako kua wakifurahi, na wewe unafurahi.

- **Ni mwaminifu.**

Unapoahidi kufanya kitu, hakikisha unatimiza ahadi yako. Kama umeahidi kucheza na rafiki yako ama kumsaidia kazi ya shule, timiza ahadi hiyo. Kama umemwambia utaenda kumtembelea, hakikisha unafanya hivyo. Kamwe usiwaseme vibaya marafiki zako, ili waweze kujua kua wewe ni rafiki wa kweli. Wakikosea, warekebishe kwa upendo na sio kuwasema.

- **Huwatendea mema wenzake na hutumia kauli nzuri.**

Hakikisha unatumia maneno mazuri. Kumbuka maneno mabaya yanaweza kuumiza kuliko hata kidonda kwahiyo daima, tumia kauli nzuri.

- **Huwasaidia marafiki zake wawapo na shida au huzuni.**

Marafiki zako wakiwa wanajisikia vibaya, wasikilize, ujitahidi kuwafariji. Rafiki mwema huwajali marafiki zake na hujitahidi kuhakikisha wana furaha.

- **Sio mbinafsi.**

Rafiki mwema huwashirikisha marafiki zake kutumia vitu vyake wacheze pamoja, na hugawana vitu kama pipi na mambo mengine. Kumbuka kuwa marafiki zako ni muhimu kuliko vitu na ukishirikiana na wenzako kutumia vitu vyako michezo hunoga zaidi.

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RIDDLE ME THIS

1. I'm tall when I'm young and I'm short when I'm old. What am I?
2. What has hands but cannot clap?
3. What can run but can't walk?
4. What's full of holes but still holds water?
5. What has to be broken before you can use it?

KITENDAWILI... TEGA

1. Nyumba Yangu Haina Mlango
2. Kuku wangu katagia mayai Mibani
3. Nyumba yangu kubwa lakini ina Nguzo moja tu
4. Ninapompiga Mwanangu, Watu hucheza
5. Anataga Huku Akitambaa





OUR WORLD IN YOUR HANDS


Sudan, the Northern White Rhino



In March 2018, Sudan died.

Sudan was the last male Northern White Rhino and died at 45 years in Ol Pejeta Conservancy in Kenya.

Now only two Northern White Rhinos remain on Earth; Sudan's daughter Najin (27 years) and granddaughter, Fatu (17 years)



Why are there so few left in the world?

Poachers often hunt and kill rhinoceros for their horns because it makes them lots of money, but rhinos need their horns to defend themselves. Some cultures believe rhino horns have healing properties and they are used in traditional folk medicine, especially in Asia.

It is estimated that there are around 29,000 rhinos left in the wild. At the beginning of the 20th century, there were 500,000 rhinos. Like the rest of our planet, Rhinos need protecting too.



What are scientists doing to save rhinos from poachers?

Scientists remove rhinos' horns to protect them so that poachers won't kill them. Horns are removed without hurting the rhinos.

Is there hope for White Rhinos to survive?

We certainly hope so! Scientists have stored the genetic material of several Northern White Rhinos, including Sudan's. They hope to one day use this material to breed more Northern White Rhinos. We hope this is possible so that Northern White Rhinos do not go extinct.

Rhino Facts

Did You Know
there are only
2 Northern
White Rhinos
Left in the
Whole World?

1. Name:

Comes from the Greek words rhino (nose) and keras (horn).

2. Types of Rhinos:

There are five different species of rhinoceros;
The Black Rhinoceros,
White Rhinoceros,
Indian Rhinoceros,
Javan Rhinoceros & Sumatran Rhinoceros.

3. Size:

The White rhinoceros is the second largest land mammal (do you know the largest?). They grow over 3 metres long and up to 1.8 metres tall. They can weigh over 3,500 kg.

4. Poor Sight but great sense of Smell and Hearing

A rhino may not know you are standing near it. If you stand very, very still, you could be as close as 30 metres and the Rhino wouldn't know!

Although Rhinos have poor eyesight, they have an excellent sense of smell and have good hearing too!

5. Speed

Because of their poor eyesight, rhinos get easily frightened or angry. An angry or scared rhino can run up to 64.4 kilometres per hour and will destroy anything in its path. Usain Bolt, the greatest sprinter in the world can run up to 37.6 kilometres per hour. Rhinos can run 48.3-64.4 kilometres per hour.

6. Skin

Rhinos have very thick skin but it is very sensitive and can be hurt by the sun and insects. To prevent this, Rhinos often soak in mud. When the mud dries it acts as protection from sunburn and insects.

7. Horn

The horn is made from the same substance that our hair and fingernails are made of; a protein called keratin. It is a mass of compacted hairs so it is not hollow like elephant tusks and it is not attached to the skull. Rhino horns never stop growing throughout a rhino's life. The longest known rhino horn on record was found on a black rhino and was about 1.5m long.

WORD SEARCH

PHONE BRANDS

How often do you use your parent's phones & tablets to play games, take photos & go on YouTube? In the word search puzzle below, there are 17 phone brands, see if you can find all of them.

Mara ngapi umekuwa ukitumia simu ya mzazi wako kupiga picha au kutizama video? Kuna aina 17 za simu katika mchoro huu. Jaribu kuzitafuta zote.

G J U R X E
D X U C S O B G M D Q N
X S B F U O A N P N O K I A L O V M
J T L H M N S J D P L D E Y P U Y H
H N T D M Y H I N I V C J E H F O V O P
V C D J N H A X E E J X E E N J Q V F J
F Y H X P E R I A M B I O O T B H O C V M I
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C C K U C T S A M S U N G Q O T D C Y L B
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A S V M X U Q J S P P S U H C T H A Z E X
S Z X K J D V Z D H M O B Q U M E D Q N L
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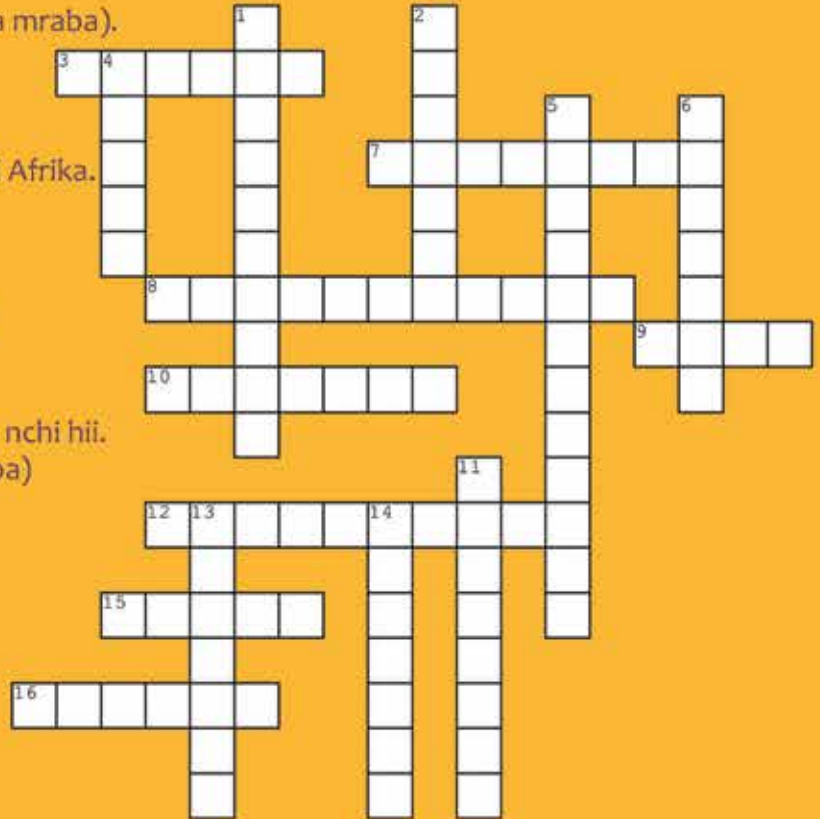
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XPERIA
BLACKBERRY
MOTOROLA
SIEMENS
NOKIA
MICROSOFT
HUAWEI
LENOVO
PANASONIC
ERICSSON
PHILIPS
ALCATEL
ASUS



CROSSWORD

Kiswahili

1. Mlima mrefu zaidi duniani.
2. Mlima mrefu zaidi Afrika.
3. Kilele cha juu zaidi cha 2.
4. Jiji lenye wakazi wengi zaidi Afrika.
5. Nchi yenye wakazi wengi zaidi Afrika.
6. Nchi kubwa zaidi barani Afrika (kwa eneo la mraba).
7. Jangwa kubwa uliko yote duniani.
8. Bahari kubwa kuliko zote duniani.
9. Mto mrefu zaidi duniani.
10. Nchi ndogo na yenye watu wachache zaidi Afrika.
(Inapatikana katika Bahari ya Hindi)
11. Ziwa kubwa kuliko yote barani Afrika.
12. Ziwa la maji safi refu zaidi duniani.
(Pia ni ziwa la pili duniani kwa kina kirefu.)
13. Rais mwenye umri mkubwa duniani
14. 13 ndiye rais wa nchi hii.
15. Mwenyekiti wa Umoja wa Afrika ni rais wa nchi hii.
16. Nchi ndogo zaidi duniani (Papa anaishi hapa)



English:

1. The highest mountain in the world.
2. The highest mountain in Africa.
3. Highest peak of 2.
4. The most populated African city.
5. The most populated African country.
6. The largest African Country (by area).
7. World's largest hot desert.
8. World's biggest Ocean.
9. World's longest river.
10. Least populated country.
(Bonus Hint: It is found on the Indian Ocean)
11. The largest lake in Africa.
12. The world's longest freshwater lake.
(Bonus Hint: It is also the world's second deepest lake.)
13. The World's oldest president
14. He is the president of this country.
15. The Chairperson of the African Union is the president of this country
16. The smallest country in the world (Bonus Hint: The Pope lives here)





Four Things to Teach Your Kids

Your children will grow up someday and it is important that when they do, they are well equipped to be independent, reliable and responsible adults. The moulding of this ideal adult starts now! Bringing up children is usually a rush to provide the best education, clothing, nutrition and healthcare but there are also characters that you need to instill in your child at a young age that will help them later in life.

01 The value of time

Teach your children to keep time in everyday things. Try a daily schedule that includes the time your child wakes up, meal times, time for reading, play, prayer and chores. Having a clear schedule at least for the important tasks will encourage your child to be responsible. Buy your children simple watches or have a clock at home that you can all use to tell the time so that they can be punctual. The most successful people have plans that they follow through on time.



Thamani ya muda.

Wafundishe wanao kutunza muda katika shughuli za kila siku. Jaribu kuweka ratiba ya kila siku kuanzia wanapoamka, mda wa chakula, mda wa kusoma, kucheza, sala na kusaidia kazi za nyumbani. Kuwa na ratiba hasa kwa zile shughuli muhimu itamsaidia mwanao kuwajibika. Wanunulie wanao saa za mkononi au weka saa ya ukutani nyumbani ambayo itawasaidia kujua muda ili waweze kufanya mambo kwa wakati. Watu wenye mafanikio zaidi duniani hupanga muda wao vizuri na kutekeleza majukumu kwa wakati.

02 House Chores.

Rule number one should be 'no couch potatoes'! If your children watch TV or play video games from the moment they wake up to the moment they say goodnight, it's time for a few reforms around the house. Everyone should take turns at doing the dishes, cooking, cleaning; be it a boy or a girl. After all, they all live in the same house, right? Teach them how to care for themselves in the way that you would care for them because someday they will have to take care of themselves and their families.

Kazi za nyumbani

Kama wanao wanapenda kuangalia runinga au kucheza michezo ya video kuanzia wanapoamka hadi wanapolala, ni wakati wa kufanya mabadiliko nyumbani. Kila mmoja anapaswa kusaidia kazi za nyumbani. Watoto wapeane zamu za kuosha vyombo, kupika, kufanya usafi kulingana na umri wao na bila kujali jinsia ya mtoto kwa kuwa wote wanaishi nyumba moja. Wafundishe jinsi ya kujitegemea mapema kwa sababu wakiwa watu wazima itawapasa kujitegemea na watategemewa na familia zao.



Mambo manne ya kuwafundisha watototo



Watoto wanakua haraka sana na kama mzazi ni muhimu kuwaandaa kua watu wazima wanaoweza kujitegemea, waaminifu na wanaowajibika. Inasemekana samaki mkunje angali mbichi. Mara nyingi tunahakikisha watoto wetu wanapata elimu bora, nguo nzuri, lishe bora na huduma nzuri ya afya lakini sehemu kubwa ya malezi pia ni kumjengea tabia zitakazowasaidia katika maisha yao ya baadae.

03 Choosing one's words carefully

Your children need to learn that the way they speak to their siblings and peers should be different from how they speak to adults. They should learn that words have the power to heal and hurt and once uttered, they cannot be taken back. They should learn that one can express themselves without outright cursing. That words can make or break even the strongest relationships is one of the most important lessons you will ever teach your children – be a good example.



Kutumia maneno ya busara

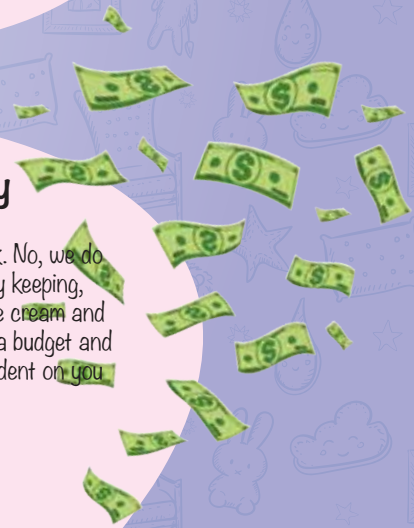
Wafundishe watoto kwamba namna wanavyozungumza na watoto wenzao ni tofauti na wanavyozungumza na watu wazima. Wanapaswa kujifunza kwamba maneno yana nguvu ya kujenga ama kubomoa na mara yanapotamkwa, hayawezi kurejeshwa. Wajifunze kwamba mtu anaweza kuelezea hisia zake bila kutukana. Uwe mfano wa kuigwa katika hili.

04 Money doesn't fall from the sky

Children need to learn early on that money is earned through hard work. No, we do not support child labour but they can earn pocket money from poultry keeping, growing & selling vegetables from home, making & selling things like ice cream and fresh juice; the list is endless. Teach your children to spend wisely, have a budget and most importantly, to save. Doing so will help them not to be over-dependent on you especially after they've finished school.

Pesa haiokotwi

Watoto wanapaswa kujifunza mapema kwamba pesa hupatikana kwa jasho. Hatuungi mkono utumikishwaji wa watoto lakini wanaweza kupata hela kwa kufuga kuku nyumbani, kuotisha & kuuza mboga kutoka bustani ya nyumbani, kufengeneza na kuuza vitu kama barafu na juisi; na vitu vingine vingi. Wafundishe wanao matumizi mazuri ya hela, umuhimu wa kuwa na bajeti na kuweka akiba. Hii itawafunza kujitegemea kifedha hasa baada ya kumaliza chuo.



#EU4*children* LEAVE NO CHILD BEHIND





Turning it Off is not the Answer

Protect your Child Online





A place where equality really does exist.

A place where girls can excel in education and be valued members of society.

*A place where women can apply their knowledge and skills to stop the cycle
of poverty from continuing.*

That is our vision for Tanzanian girls.