



ISSN 1821-9039 | www.sematazania.org | Issue #19

Sema

Tanzania's Magazine for Children

It's possible



«..your future is great!»



Sema

It's Possible

Gazeti la 'SEMA' linatokana na neno la Kiswahili linalomaanisha "zungumza" ~ Tunaamini Watoto wanaweza kuleta mabadiliko chanya katika jamii yao wakipewa fursa ya kuandika, kuzungumza na kusikilizwa.

Vile vile tunawapa Watoto nafasi ya kupaza sauti zao. Kupitia huduma ya simu kwa mtoto namba 116, barua za maoni za Furaha na Huzuni pamoja na gazeti hili la Sema, tunakusanya maoni yao na kupaza sauti zao.



SemaTanzania



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A PEEK AT THE INSIDE



Managing Editor:

Caroline Malewo

Consulting Editor:

Kiiya JK.

Contributors:

Joshua Augustino

Rahel Mtitu

Tuma John

Grace Michael

Glory John

Creative & Layout:

Jamii Design & Simiyu Kenn

Printing:

VistaPrint

Cover:

Theresia Nicolaus Lusana

Form Four Student

Ntobo Secondary, Msalala District.

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WORD FROM SEMA

Dream big! your future is great!

On this issue we are celebrating a girl child without leaving aside important matters that cut across boys and girls. This year's theme on the International Day of Women is 'Women in Leadership: To reach equal opportunities in the future'. What does that mean to you?

To us, it highlights the future of a girl child that has been given emphasis starting from now, in leadership and in all aspects of life. It turns on a lighted lamp on gender equality between girls and boys so that they all reach their big dreams and goals. On this issue you will see the important steps that can be used by all children to achieve their goals.

You will also see the important areas to invest on children. Have you thought of the important skills that can help you live your best life? Read this issue and learn more. For parents there is so much to learn on what to speak to your child before she/he goes back to school after holidays. Check out the Article on SDG 13 to see what you can do to achieve climate action by 2030.

We would love to hear your voices. The math quiz can help you win a prize, just follow the instructions, and tell your parents or guardians to send us your answers through our social media or email. Send us your stories, poems, and pictures through Aunt Smile and you could see them in the coming issues.

In between the articles we have put in different games and challenges for you to try with your friends and family.

A Sincere THANK YOU to our readers, teachers, parents, and all organizations supporting us. We could not have done this without your support!

Caroline

NENO KUTOKA SEMA

Ota ndoto kubwa! Baadae yako ni njema!

Katika gazeti hili tunamshangilia mtoto wa kike lakini, hatuachi pembeni mambo ya muhimu yanayowagusa wavulana na wasichana. Mwaka huu kauli mbiu ya siku ya mwanamke ni 'wanawake katika uongozi: Kufikia Fursa sawa siku za usoni'. Kauli hii ina maana gani kwako?

Kwetu inaweka bayana juu ya maisha ya baadae ya wasichana iliyoanza kutiliwa mkazo tangu sasa katika uongozi na katika nyanja zote za kimaisha. Inawasha taa yenye mwanga mwanana kwenye suala la usawa wa kijinsia kati ya wasichana na wavulana ili wote kwa pamoja wafikie ndoto kubwa walizonazo. Kwenye gazeti hili utaona hatua muhimu za kufuatwa na watoto wote ili kuzifikia ndoto zao.

Utajionea pia maeneo makuu ya kuwekeza kwa mtoto ili afikie malengo yake. Umewahi kuwaza juu ya Ujuzi wa muhimu utakaokuwezesha kuishi Maisha bora? Soma gazeti hili na ujifunze zaidi. Kwenu wazazi kuna mengi ya kujifunza juu ya nini cha kuzungumza na mtoto wako kabla hajarudi shuleni baada ya likizo. Angalia pia Makala ya lengo endelevu la 13 kuona mambo unayoweza kuyafanya ili kukabiliana na mabadiliko ya tabia nchi.

Tunatamani kusikia sauti yako msomaji wetu. Chemsha bongo ya hisabati inaweza kukusaidia kujishindia zawadi, Fuata maelekezo na umuombe mzazi au mlezi atutumie jibu lako kwa njia ya mitandao ya kijamii au barua pepe. Tutumie hadithi, shairi, barua, maoni, picha kupitia maelekezo ya ukurasa wa Auntie Smile nasi hatutasita kuichapisha katika toleo lijalo.

Tumekuwekea michezo mbalimbali, jaribu kila mmoja na marafiki na familia yako.

SHUKRANI ZA DHATI ZIENDE kwa wasomaji wetu, Watoto, walimu, wazazi na mashirika yote mnaotunga mkono katika kazi yetu kwani bila nyie tusingefika hapa.

Hadi wakati mwingine, Furahia...

Caroline

How can i set goals for my future?

It is important for you to learn how set your own future goals, because it will make you responsible of your own behaviours and learning, you will develop a positive can do attitude as well as a powerful lifelong habit. You can get help from your parents, teachers, friends and from your role models to effectively follow these steps and achieve your goals.

1. Define your Big goal and have a genuine desire and means to achieve them to reach the climax of your success. Do not allow anyone to choose your goal. Ask yourself, what is it that you wish to achieve? What are the challenges you would feel proud to overcome and what would you do if you knew you couldn't fail? Make sure that your goal is something specific that you can easily measure and recognize your progress toward it.
2. Knowing the purpose of your Big Goal. This is because you will become highly motivated to achieve it if you know its purpose just like how you perform best in school when you know why you should study that subject and topic and what you want to achieve.
3. Break the big goal into smaller steps. Your goal should neither be too difficult nor too easy to achieve in this way you can break it into steps by creating a goal ladder where you list down steps to use to achieve your big goal.
4. Thinking about challenges that might come your way on the road to achieve your goals. This can help you not to be disappointed when they happen



in between the process and hence be able to overcome them. Make sure you visualize achieving your goal and understanding what challenges you will face and then plan methods to overcome them earlier.

Lastly, you must wish for what you want to achieve, visualize outcome, picture obstacles and planning is also very important. Make sure that you are confident and courageous by believing that your goals will surely happen when the right time comes and whenever you face obstacles take them as an opportunity to move forward towards your big dream. Believe that you can be anything you dream of becoming. You can become a great leader in any position, a pilot, an engineer, a lawyer, a teacher, and anything she dreams of, a girlchild's power should never be underestimated.

SDG SUSTAINABLE DEVELOPMENT GOALS

SDG 13: CLIMATE ACTION

One of the 17 Goals that the World Leaders want to achieve by 2030 is Climate Action which calls for urgent actions to combat climate change and its impact to the world and to the children.

More than 80% of the deaths and injuries occurring due to Climate change with its Factors like Global warming, Floods, Droughts, Tsunami happens to children. This shows the vulnerability of children to the effects of climate change which calls for immediate actions to cope with it.

Each one of us has a role to play to ensure that climate actions are taken to save the world.

What can you do today to help contribute toward SDG 13?

1. Cleaning your surrounding environment every day including when you are at school, at home and everywhere else with your friends.
2. Planting trees in school open areas and in class gardens.
3. Joining environmental clubs like roots and shoots to learn more on how to preserve the environment.
4. Speaking out through children programs to ask the government and responsible people to take climate action to save children.
5. Using renewable products to avoid environmental pollution.

6. Educating our parents to use renewable source of energy in cooking rather than using and burning woods that pollutes the air and once a tree is cut another one should be planted.
7. Organize a dialogue in school to speak about climate action and what can children do to fight climate change.
8. Speaking out through National and International Conferences to represent other children views on climate Action to the world.
9. Learn about SDG 13 and other Sustainable Development Goals by visiting; <http://www.un.org/sustainabledevelopment/>



SDG-MALENGO YA MAENDELEO ENDELEVU

SDG 13: MABADILIKO YA TABIA NCHI

Moja ya Malengo ambayo viongozi wa Ulimwengu wanataka kuyafikia ifikapo mwaka 2030 ni kuchukua hatua dhidi ya mabadiliko ya tabia nchi ili kupambana na athari zake kwa ulimwengu na hasa kwa Watoto.

Zaidi ya 80% ya vifo na majeraha yanayotokana na mabadiliko ya tabia nchi yakiwa na sababu kama ongezeko la joto duniani, mafuriko, ukame, na hata tsunami huwapata Watoto. Hii inaonyesha Watoto ndio wahanga wakubwa wa mabadiliko ya tabia nchi hali inayoashiria umuhimu wa kuwepo na hatua za haraka kukabiliana na janga hili.

Kila mmoja wetu analo jukumu la kuchukua kuhakikisha kuwa hatua Madhubuti zinachukuliwa dhidi ya mabadiliko ya tabia nchi.

Je! Unaweza kufanya nini leo kusaidia kufikia lengo la 13?

1. Kusafisha mazingira yako ya karibu kila siku ikiwa ni Pamoja na wakati uko shuleni, nyumbani na mahali pengine popote Pamoja na marafiki zako.
2. Kupanda miti katika maeneo ya shule ya wazi na katika bustani za darasa pamoja na kupeana zamu wasichana na wavulana kwa Pamoja katika kumwagilia.
3. Kujiunga na vilabu vya mazingira kama ile ya Roots and Shoots ili kujifunza Zaidi juu ya kuhifadhi mazingira.
4. Kuzungumza kupitia programu za Watoto kuiambia serikali na watu wenye dhamana na mazingira ili kukabili mabadiliko ya tabia nchi ili kuwalinda watoto.

5. Kutumia bidhaa mbadala zinazoweza kuchakatwa ili kuzuia uchafuzi wa mazingira.
6. Kuwaelimisha wazazi wetu kutumia vyanzo vya nishati mbadala katika kupika badala ya kutumia na kuchoma kuni ambazo zinachafua hewa na mara tu mti ukikatwa mwingine unapaswa kupandwa.
7. Kuandaa mazungumzo shuleni kuzungumza juu ya mabadiliko ya hali ya hewa na ninini Watoto wafanye kukabiliana nayo kwa nafasi yao.
8. Kuzungumza kupitia mikutano ya kitaifa na kimataifa ili kuwakilisha maoni ya Watoto wengine juu ya hatua za kuchukua kukabiliana na mabadiliko ya tabia nchi.
9. Jifunze kuhusu Lengo la 13 na malengo mengine ya Maendeleo Endelevu kwa kutembelea tovuti hii: <http://www.un.org/sustainabledevelopment/>.



Life Skills for Teens



1. Communications skills

It is important for you to know how to communicate well without offending other people by using the correct grammar, by mastering language, putting punctuation marks when needed and by making sure that you are fully aware of what you communicate.

2. Problem solving skills

Make sure that you identify the problem that is happening to you and be ready to find ways to solve it rather than escaping it. Find possible means to make peace and harmony with others to enhance cooperation. Ask for help from parents and guardians if you cannot solve your problem, they can help you out.

3. Decision making skills

Decide for yourself the best choice out of many options that suits you best and has the minimal harm to you and others. Make sure that you make best decisions in your life so that you can be happy of the results that will come after your choices. If you had ever made wrong decisions before you still have time to make right decisions.

4. Self-awareness skills

Know yourself well, be able to objectively evaluate yourself by knowing your actions thoughts and emotions and being able to manage them. It is important for you to know yourself because it will help you know what you want and how to get them.

5. Self-esteem skills

Evaluate your own worth, have confidence in yourself and have a positive attitude and beliefs towards yourself. Don't speak bad words about yourself because you are beautiful and worthy just the way you are.

6. Time management skills

Learn to do the right thing at the right time with the right people. If you do not know how to manage your time you can never achieve the best results you ever wish for. Arrange your daily or weekly timetable and try to follow it and see the best outcome that will happen to you.

7. Cleanliness skills

Make sure that you are clean all the time and your surroundings should also be clean. Dress clean clothes and make sure that you shower at least twice a day. Other teens should wish to be near you because of how clean you are. Being clean can help you to stay safe from diseases.

8. Relationship skills

You must be able to develop positive relations with your fellow peers to learn from one another the positive behaviours. You can do this by playing with other peers, talking to them, doing schoolwork's together and making sure that positive relations exist between you and others

Dondoo za Stadi za Maisha kwa Vijana



1. Ujuzi wa mawasiliano

Ni muhimu kwako kujua ni jinsi gani ya kuweza kuwasiliana bila kuwatukana wengine kwa kutumia matamshi sahihi, kujua lugha, kutumia alama za uhandishi na pia kuhakikisha kuwa unakijua kile unachokiwasilisha kwa ufasaha.

2. Ujuzi wa kutatua matatizo

Hakikisha unalitambua tatizo kwanza na kisha uwe tayari kutafuta njia za kutatua na si kukimbia tatizo. Tafuta njia sahihi kupata amani na maelewano ili kuongeza ushirikiano na wengine. Omba msaada kwa wazazi na walezi unapopata changamoto kutatua changamoto zako, wanaweza kukusaidia.

3. Ujuzi wa kufanya maamuzi sahihi

Chagua chaguo sahihi kati ya chaguzi nyingi zenye manufaa kwako na wengine. Hakikisha unafanya maamuzi bora maishani mwako ili uweze kufurahia matokeo yatakayokuja baada ya chaguzi zako. Kama uliwahi kufanya maamuzi yasiyo sahihi kwako, bado unao muda wa kufanya maamuzi sahihi.

4. Ujuzi wa kujitambua

Jitambue vizuri, kuwa na uwezo wa kujitathmini binafsi kwa kuzitambua hisia zako, matendo na mawazo yako na kuweza kujiongoza mwenyewe. Ni

muhimu kwako kujitambua kwa sababu itakuwezesha kujua unahitaji nini na jinsi gani unaweza kupata unachokihitaji.

5. Ujuzi wa kujithamini

Tathmini thamani yako mwenyewe, jiamini na uwe na mtazamo mzuri na lmani chanya kwako mwenyewe. Usijitamkie maneno mabaya kwa sababu wewe ni mzuri na unastahili vile vile ulivyo.

6. Ujuzi wa kutunza na kusimamia muda

Jifunze kufanya jambo sahihi kwa wakati sahihi na watu sahihi. Ikiwa haujui namna ya kudhibiti muda wako, kamwe hauwezi kupata matokeo bora unayoyatamani. Panga ratiba yako ya kila siku na kila wiki na ujaribu kuifuata na uone matokeo mazuri yatakayotokea.

7. Stadi za usafi

Hakikisha kuwa wewe ni msafi wakati wote na mazingira yako ni masafi. Vaa mavazi safi na hakikisha unaoga angalau mara mbili kwa siku. Vijana wengine watamani kukaa na wewe kwa sababu ya usafi wako. Usafi wako utakuweka mbali na magonjwa.

8. Stadi za mahusiano

Hakikisha unaweza kukuza mahusiano mazuri na vijana wenzako ili muweze kufundishana tabia njema. Unaweza kufanya hili kwa kucheza na vijana wengine, kuzugumza nao, kufanya kazi za shule pamoja, na kuhakikisha uwepo wa mahusiano chanya kati yako na wengine.



**JIPIME
UFAHAMU**

?

WATOTO WENYE ULEMAVU

Unafahamu nini juu ya watoto wenye ulemavu

Unaishi na Watoto wenye ulemavu katika jamii yako na wengine wao wanaweza kuwa wale unaosoma nao shuleni au hata marafiki zako pia. Umeona changamoto wanazopitia. Je, ni kwa kiasi gani unajua kuhusu wao? Jibu ndio au hapana na kisha geuza jarida juu chini ili kuona kama umepatia majibu na ujifunze Zaidi!

1. Watoto wenye ulemavu hawana haki kama Watoto wengine

- A. Ndio
- B. Hapana

2. Watoto wenye ulemavu wanatoka katika familia maskini tu

- A. Ndio
- B. Hapana

3. Watoto wenye ulemavu hawawezi kutimiza ndoto

- A. Ndio
- B. Hapana

4. Ulemavu kwa Watoto ni wa viungo tu na si mwingineo

- A. Ndio
- B. Hapana

5. Kama mtoto ni mlemavu anapaswa kuonewa

- A. Ndio
- B. Hapana

6. Mtoto asiye na ulemavu hawezi kupata ulemavu

- A. Ndio
- B. Hapana

Mtoto anaweza kupata ulemavu kutokana na ajali au kwa sababu ya changamoto Fulani ya kimaitsha hata kama alizaliwa akiwa hana ulemavu. Watoto wanapaswa kuliindwa ili wabaki salama.

6. Jibu ni hapana

Hupaswi kwamwe kuwaonea/kuadhihaki watoto kwa sababu ya ulemavu wao, kwa sababu hawakupanga kuwa hivyo. Hupaswi kusema maneno mabaya juu yao lakini badala yake onyesha upendo kwao na uwafanye wajihisi kukubalika na kuwa sehemu ya Watoto wengine.

5. Umefibu Hapana! Upo sahihi!

Ulemavu kwa Watoto sio wa kimwili tu unaweza kuwa wa kikili na hata kihisia. Kufahamu ni ulemavu gani alionao mtoto utaweza kujua jinsi ya kuwasiliana nae na namna bora ya kumtunza.

4. Jibu ni hapana

Ni uongo mkubwa kuwa Watoto wenye ulemavu hawawezi kufikia ndoto na malengo yao. Wanao uwezo wa kufikia viwango vikubwa vya mafanikio hata huenda kuwaziidi Watoto wasio na ulemavu. Wanaoweza kuwa viongozi, wahandisi, daktari, walimu, maderava na kadhalika.

3. Ulisema Hapana? Uko sahihi!

Mtoto kutoka chimbuko lolote la familia iwe Tajiri au maskini anaweza kupata ulemavu au kupata ulemavu baadaye. Watoto wenye ulemavu wanaweza kupata ulemavu wa familia maskini au Tajiri na wanapaswa kupewa haki sawa na Watoto wengine.

2. Jibu ni Hapana

Watoto wote ni sawa licha ya tofauti zozote walizonazo ikiwa ni ulemavu, kabila, rangi na nyingine yoyote. Mtoto aliye na ulemavu anapaswa kupatiwa haki sawa na mtoto mwingine yoyote kwanini wote ni sawa kulingana na Sheria ya mtoto ya Mwaka 2009.

1. Ikiwa umefibu Hapana umepata

MAJIBU:



CHILDREN WITH DISABILITY

QUIZ ?

What do you know about children with disabilities?

You are living with children with disability in your community and some of them might be your school mates and friends. You have seen the challenges they are facing. How much do you know about them? Answer True or False and then turn the page upside down to see if you got the answers right and learn a little more!

- 1. Children with disability don't have rights like the other children**
 - A. True
 - B. False
- 2. Children with disability are only from poor families.**
 - A. True
 - B. False
- 3. Children with disability cannot pursue their dreams.**
 - A. True
 - B. False
- 4. Disability to children is only physical and not any other**
 - A. True
 - B. False
- 5. Children who have disability should be bullied**
 - A. True
 - B. False
- 6. If a child is not disabled then the child can never be disabled**
 - A. True
 - B. False

Children should be taken with care so that they can stay safe. A child can become disabled by accident and by certain life experiences even if he or she was born without disability.

6. False is the answer

You should never bully children because of their disability because they never wished to be that way. You should not speak bad words against them but rather show love to them and make them feel acceptable and part of the rest of the children.

5. If you answered False! You are correct

Disability to children is not just physical it can be intellectual, on sensory parts, and mental illness. By knowing what disability, a given child has, you can be able to know how to communicate with him/her and how to care for them.

4. The answer is False

It is a big lie that children with disability cannot pursue their dreams and goals. They can reach greater levels of success even more than children without disability. They can become leaders, engineers, doctor, teachers, drivers and so forth.

3. Did you say False? You are right!

A child from any family background either rich or poor can be born with disability or can acquire disability later. Children with disability can be from wealthiest families or from the ordinary families and they should be loved and treated like any other child

2. The answer is false

All children are equal despite any differences they have either disability, ethnicity, race and any other. A child with disability should receive the same equal treatment just like any other child because they are all equal according to the Law of the Child Act of 2009.

1. If you answered false, you are right

Major Areas to Invest on Children

1. Saving lives of children

More than 445 children under 5 years die every day and over 140 are less than one month old. Investing in affordable solutions will save thousands of children lives. Lives can be saved through having better health system that is accessible by children with more staff, facilities, better monitoring and supervision and greater accountability. All health-related policies, laws, guidelines, and frameworks need to put children first. Lives of children should be saved at all costs. Children should also not be subjected to harm to save their lives.

2. Invest in good nutrition

More than a third of Tanzanian children do not reach their physical and mental potential because of malnutrition. Malnutrition is a cause in more than one third of child deaths in Tanzania. Therefore, it is important to ensure that children eat balanced diet from when they are young until when they grow up that include vitamin, protein, carbohydrate, and other groups.

3. Invest in better hygiene and sanitation in schools and in health facilities

Many schools have more than 50 pupils but have fewer toilets and have no proper water supply. Improving hygiene and sanitation in schools will reduce illness, improve attendance, and help to ensure more children, especially girls, complete their education well. Water supplies and toilets in health facilities are vital for reducing infections and saving lives.

4. Invest in early childhood development

This will give children the best start in life as they will grow up healthy, well-nourished, and well-prepared for school. Early childhood development should be included in the teacher education curriculum to emphasize its value to children.

5. Invest in quality education for all children

It is important that all children get access to quality education in school that can help them become better persons in the future who can work in different fields with accountability to bring development.

6. Invest to make schools safe

Schools must be safe havens for children. Too many children experience fear, humiliation and beatings that undermine their ability to learn and hence cause many children to drop-out of school. Integrating and expanding sports in schools can help reduce violence to them and hence improve discipline, student-teacher relations, and school attendance. Passing and enforcing laws against school violence can ensure those responsible for keeping children safe do their duty effectively. Students councils can stand as a greater tool to make the school life safe for children.

7. Invest to protect adolescent girls and boys from HIV/AIDS

This can be done through imparting young people with Reproductive Health Education that can help them to stay safe from HIV/AIDS. This can be done through establishing youth-friendly health services and effective life-skills programmes that will inform and empower girls and boys to reduce their vulnerability to HIV and AIDS.

8. Invest to reduce teenage pregnancy

This can be done through educating girls to abstain from unprotected sexual intercourse through increasing their knowledge of reproductive health issues and high-risk behaviour. Ensure boys are also involved in programmes that aim to reduce teenage pregnancy

9. Invest to protect children from violence, abuse and exploitation

Children should be protected from violence in all levels and should not be subjected to torture by anyone. Anyone who abuse children should be punished according to the law.

10. Invest in children with disability

Children with disability should be treated equally with the ones who are not disabled. They should be in an environmentally friendly environment in schools and everywhere. They should not be underestimated and should access opportunities available.

TABIA YA ZAWADI



Zawadi ni mtoto wa pekee katika familia yao aliyekuwa akipendwa na kudekezwa sana na wazazi wake kwani alizaliwa baada ya wazazi hao kusubiri kwa muda mrefu sana bila kupata mtoto. Zawadi alikuwa ni mtoto asiyegombewa wala kuulizwa jambo lolote kwa ukali na wazazi wake ili tu asije akakasirika. Zawadi alikuwa ni mtoto mkaidi na mwenye jeuri sana asiyejua mipaka yake wala asiyewaheshimu wakubwa. Alikuwa ni mtoto mwenye kuwapiga wenzake shuleni na kuwatukana na pindi mwalimu akimchapa tu mzazi wa Zawadi huamua kumuamisha shule mtoto wao na kuona kama anaonewa.

Wakati wote Zawadi aliendekeza lugha chafu na ugomvi na tabia zisisojenga tabia njema kwake. Hakujuu jinsi gani ya kuzungumza na wakubwa kwa heshima hata wazazi wake bali aliongea nao kama Watoto. Zawadi alipenda kuingilia mazungumzo ya wakubwa na wala wazazi wake hawakumuonya walimfurahia kwa tabia hio ili tu asihuzunike. Zawadi hakuwa na Rafiki yoyote kwani alijiona yupo juu kuliko wengine wote na aliwadharau wengine na kuwaona ni maskini na hawana hadhi ya kuwa marafiki zake.

Zawadi hakupenda shule kwani alichukia walimu waliokua wakimuonya kila siku kwani hawakuacha kufanya hivyo katika kila shule ya msingi aliyoamishwa. Hivyo akaamua kuacha shule kabisa na kuanza kuvuta bangi kwa siri na kucheza kamari wala hakuwaza juu ya Maisha yake ya baadae. Siku moja Zawadi aliaga kwenda shule lakini kumbe alienda kuiba kwenye nyumba moja na alifanikiwa kuiba vito vya thamani na kutoroka navyo ili apate pesa za kucheza kamari lakini alipokuwa akitoka tu lahaula! alikamatwa. Alipokamatwa alipelekwa nyumbani kwao wazazi walimuomba masamaha akasamehewa lakini cha ajabu wazazi wake wala hawakutilia maanani suala lile kumuonya mtoto wao aache. Tabia ya wizi ya Zawadi ikashamiri alianza kuiba nyumbani kwao na mitaani kwa wingi bila woga. Hapo ndipo wazazi wake waliposhtuka. Lakini walikuwa tayari wamekwisha chelewa. Zawadi aliiba kwenye nyumba moja siku hiyo na wale watu walipomkamata walijichulia sheria mkononi wakampiga sana mtoto Zawadi. Maskini, aliumia sana na kuvunjika mguu na mkono. Mungu si athumani, alitokea polisi na kumuokoa mtoto yule mbali na mauti. Wakati wote Zawadi akipatiwa matibabu alianza kujutia makosa yake akisema ama kweli za mwizi ni arobaini.

Wazazi wa Zawadi walipokua hospitalini hapo walifatwa na bibi kizee kikongwe aliyewaambia mbona mmeibadili zawadi kuwa mkosi kwani hamjui kuwa mtoto umleavyo ndivyo akuavyo na samaki



mkunje angali mbichi kwani akikauka hakunjiki. Aliwahasa juu ya malezi bora ya mtoto wao ili asiyarudie ya zamani. Mungu si Athumani, Zawadi alipona akasamehewa. Wazazi wake wakaanza kumlea katika misingi ya malezi sahihi wakishirikiana na walimu na jamii.

Zawadi alibadilika akaacha ukale wake na kuwa mtoto mwema. Alifaulu sana shuleni na alipata marafiki wazuri na pia alianza kuwaonya watoto wenzake wenye tabia mbaya waache. Zawadi alibadilika na kuwa mwenye furaha mda wote kwani alipendwa kila alipokwenda na alifanikiwa kufaulu kujiunga na sekondari. Wazazi wake walifurahia sana kupata sifa njema kwa sababu ya mtoto wao Zawadi.

Je umejifunza nini kutokana na hadithi hii?

HADITHI

MZAHA ZAHA HUTUMBUA USAHA



Katika Kijiji cha Matola palikuwepo na mtoto mmoja aliyeitwa Joti, mtoto huyu alikuwa mwenye kupenda mizaha na utani mwingi sana. Mara nyingi akitoka shule huwa na jukumu la kwenda msituni kuchunga mbuzi wao. Basi bwana, kila siku mtoto huyu alikuwa na tabia hii, alipowarudisha mbuzi nyumbani alikuwa akipiga makelele; Simbaa, simbaa...Wanakijiji walikuwa wakija kwa kasi na mapanga wakidhani ni simba kweli kumbe ni uongo. Siku nyingine husingizia chui mara nyoka na siku nyingine Wanyama wengine hatari lakini kila wanakijiji wakienda walikuta ni uongo. Basi, wakachoshwa na tabia ya mtoto yule kwani kila anachozungumza kilijawa na utani na uongo.

Siku moja alipokwenda kuchunga akasikia sauti yenye mngurumo kama radi. Mtoto alishtuka sana akatazama nyuma

na kumuona simba akikaribia alipo na mifugo. Mtoto alianza kupiga makasia kuelekea nyumbani huku akipiga moyo konde atakapoita wanakijiji watakuja kumuokoa alipokaribia kijijini akaanza kulia; “Jamani mniokoe simbaa, simbaaa jamani”. Hakuna aliyetaka kumsikiliza kwani walijua ni uongo na siku zote huwa ni mwenye kudanganya. Joti alfanikiwa kuingia kwenye nyumba moja akilia kuwa ni simba kweli ndipo filimbi ikapulizwa na wanakijiji wakatoka na mapanga kumuua simba huyo na walifanikiwa, lakini mbuzi wote waliuliwa hakusalia hata mmoja. Wazazi walipata hasara hio kwa sababu ya utani wake. Baada ya siku hio alionywa na kuahidi kutorudia na katu hakurudia tena. Watoto hawatakiwa kuendekeza utani usio na faida.

Je umejifunza nini mtoto katika hadithi hii?

GET TO

KNOW?



unicef 
for every child

THE UNICEF GUIDELINES IN REPORTING FOR CHILDREN

Children are being highly portrayed and used in media in Tanzania and any country in the world through children shows, adverts and more on Television, social media, Radio, and on newspapers and magazines. In most cases they do not know their rights on the media, even if they are being wrongly portrayed, they do not know it. This is to help you to understand them and demand your right in media.

- Your dignity and rights must be respected in all circumstances on the media.
- Your best interest should be protected including promoting your rights and advocating your issues dear child.
- Your right to privacy and confidentiality should be protected whenever you are being interviewed on media. If there is anything you do not wish to say don't say it, it is not a crime, its you're right.
- Any image or story that might put you at risk should not be publishes for your safety and if that happens you have the right to let the government and child defenders act on your behalf against such media.
- Your parents and guardians can be consulted on your behalf in case the media need any information from you, and they can help you in making wise decisions.
- Your age should be considered dear child and what you say should be given weight and be taken to account for your best interest.



Watoto wanaonyeshwa sana na kutumika katika vyombo vya Habari nchini Tanzania na kwenginepo duniani kwenye vipindi vya Watoto, matangazo nakadhalika kupitia televisheni, mitandao ya kijamii, redio na kwenye magazeti na majarida. Mara nyingi Watoto hawazifahamu haki zao kwenye vyombo vya Habari hata wakitumiwa na kuonyeshwa vibaya hawajui. Hii ni kukusaidia kuelewa na kudai haki zao zikikiukwa kwenye vyombo vya Habari.

- Heshima yako na haki zako ni lazima viheshimiwe kwa gharama yoyote kwenye vyombo vya Habari
- Maslahi yako yanapaswa kulindwa ikiwa ni Pamoja na kutunza na kutetea haki zako.
- Haki yako ya faragha na usiri inapaswa kulindwa kila uwapo kwenye vyombo vya Habari mpendwa mtoto. Ikiwa kuna kitu hutaki kusema usiseme kwani ni sahihi na wala sio kosa.

unicef 
for every child

MWONGOZO WA UNICEF KATIKA KURIPOTI HABARI ZA WATOTO (IN A CHILD FRIENDLY LANGAGE)

- Picha yoyote au hadithi ambayo inaweza kukuweka hatarini haipaswi kuchapishwa ili kulinda usalama wako, na likitokea swala hili unayo haki ya kuiachia serikali na watetezi wa watoto wachukue hatua dhidi ya vyombo hivyo vya Habari.
- Wazazi wako na walezi wanaweza kuulizwa kwa niaba yako ikiwa vyombo vya Habari vinahitaji taarifa kutoka kwako na wanaweza kukusaidia kufanya maamuzi sahihi.
- Umri wako pia unapaswa kuzingatiwa na kile unachosema kinapaswa kutiliwa maanini mpendwa mtoto.

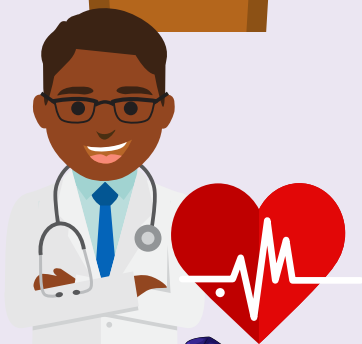
MAONI YA WATOTO

NATAMANI KUWA NANI NIKIWA MKUBWA?



Rahel Mtitu, 14 - Dar es Salaam

Ninatamani kuwa Rais nikiwa mkubwa kama alivyo Mama Samia, Naamini njia yetu Watoto wakike imefunguliwa kuongoza ngazi yoyote tunayoitamani.



Tuma John, 13 - Dar es Salaam

Mimi natamani kuwa waziri au mbunge kwa sababu wamama wengi sasa hivi wamepewa nafasi za kuongoza na mimi siku moja ntaongoza na mama angu atafurahi sana. Ntamnunulia zawadi nyingi.

Joshua Augustino, 15 - Dar es Salaam

Mimi natamani kuwa Daktari na ndio maana nasoma mchepuo wa sayansi ninajitahidi kuweka bidii ili nitimize ndoto yangu hii.

Grace Michael 15 -Dar es Salaam

Mimi natamani kuwa rubani na ndio maana nasoma sana jiografia na hisabati ili niweze kurusha ndege vizuri baadae.

Glory John, 16 - Dar es Salaam

Mimi ninataka kufanya kazi benki na ndio maana ninasoma masomo ya biashara ili nitimize ndoto zangu.



KWAKO BINTI HAUNA SABABU YA KUTOKUA UNACHOTAKA

Na Upendo Chitinka

*Binti yetu asili, we ndo chimbuko
Basi woga tupa kule, Dunia ndio nguzo
Heshima yako chagizo, unyonge uende likizo
Kumbuka
Hauna sababu ya kutokua unachotaka*

*Tegemezi, dhaifu, hawezi
Wanakuona
Pahala pako, thamani yako, majukumu yako
Wanakupangia
Jamii inakuumba
Beijing inakutambua
Nchi yako inathibitisha
Sera na ajenda zinakukomboa
Onyesha nguvu, tamba
Vaa ujasiri, ziba sikio
Sema, sauti unayo
Fumba macho, anzaaa*

Sikiza sauti

Hauna sababu yakutokua unachotaka

Udhaifu kasumba, vikwazo ni vya kuvipuuza

Hata kwa meno zifunge Kamba

Afrika, Marekani, Asia

Kote ulipozungukwa

Harakati zinapanuka, kukukomboa

Wanawake kazini, Wanaume washirika

Wote wakikaimu vyema

Ubaguzi kuupunguza, Unyanyapaaji kuumaliza

Kumbuka

Hauna sababu ya kutokua unachotaka

Mtoto wa kike anaweza

Mtoto wa kike ni shujaa

Utofauti wa elimu kwisha

Unyanyasaji wa kijinsia kwisha

Sauti yangu, sauti yako

Hauna sababu ya kutokua unachotaka.

UN CONVENTION ON THE RIGHTS OF THE CHILD

In a Child Friendly Language

United Nations Convention on the Rights of the Child (UNCRC) has listed important rights that all children deserve, and they should get them equally for their best interest. The State, Organizations, Parents, and everyone has a responsibility to protect these rights. However, children should remember to perform their responsibilities after getting the rights.

Article 1

Defines you as a person under the age of eighteen and you have all the rights in the convention.

Article 2

The rights on the convention applies to every child without discrimination on their ethnicity, sex, religion, language, abilities, disabilities, language, abilities, or any other status of the child.

Article 3

Adults should consider your best interest as a top priority in all decisions and actions that affect you.

Article 4

The government must ensure that you enjoy your rights through the creation of systems as well as enacting laws that protect your rights.

Article 5

Is about parental guidance and your evolving capacities which shows that governments should respect the rights and responsibilities of parents and guardians in guiding and guiding their children.

Article 6

Is about your life survival and development.

Article 7

You have the right to have a birth registration name and to have a nationality.

Article 8

You have the right to protection and preserve your identity.

Article 9

You have the right to not be separated from parents unless it is for your safety and their own will.

Article 10

You have the right to have family reunification.

Article 11

You have the right to be protected from illegal kidnapping.

Article 12

Your views should be respected as you have a right to express yourself.

Article 13

You have the right to freedom of expression.

Article 14

You have freedom of thoughts, believe and religion.

Article 15

You have freedom of association.

Article 16

You have right to privacy.

Article 17

You have the right to access to media.

Article 18

Explains on the parental responsibility to you and state assistance.

Article 19

You have a right to be protected from violence abuse and neglect.

Article 20

You have the right to special care when you are unable to live with you family.

Article 21

You have the right to special care when adopted

Article 22

You have the right to care when you are a refugee.

Article 23

You have the right to special care when you are with disability

Article 24

You have the right to get best health services.

Article 25

centres on the review of treatment and care while

Article 26

You have the right to social security.

Article 27

You have the right to adequate standard of living

Article 28

You have the right to education.

Article 29

You have the right to have educational goals

Article 30

You have the right to protection even when you come from minority or indigenous groups.

Article 31

You have the right of a child to leisure, play and culture.

Article 32

You have the right to be protected from harmful child labour.

Article 33

You have the right to be protected from drug abuse.

Article 34

You have the right to be protected against sexual exploitation.

Article 35

You have the right to be protected against abduction, sale and trafficking.

Article 36

You have the right to be free from exploitation to children.

Article 37

You have the right to be protected from inhumane treatment and detention.

Article 38

You have the right to be protected from war and armed conflicts.

Article 39

You have the right to reintegrate and to recover from trauma.

Article 40

is about juvenile justice in which children have the right to legal help and fair treatment while

Article 41

You have the responsibility to respect higher national standards that comply to your rights.

Article 42

You have the right to have knowledge on your rights and adults as well should have the knowledge on the rights and help children learn about them.

Article 43 to 54

The articles compile the works of the government and International Organizations in the protection of children.



PROVERBS...

- a. Where there is a will
- b. He who moves slowly
- c. Bend a fish
- d. Actions
- e. Intelligence
- f. Savings

- Answers**
- a. There is also a way
 - b. Does not trip
 - c. While it is fresh
 - d. Speak louder than words
 - e. Is an asset
 - f. Never decay



- A) 9=72
- 8=56
- 7=42
- 6=30
- 5=20
- 4=?

- B) Ipi ni elfu kumi na moja?
- A. 11000
- B. 10001

AFRICAN CHARTER ON THE RIGHTS AND WELFARE OF THE CHILD

In a Child Friendly Language

Rights are the things that all children deserve just by being children. These rights are listed on the first Chapter of the African Charter on the rights and welfare of the child and have been agreed by most of the African Countries. These rights depend on each other and should be equally provided to the children. Rights compile the best choice for the child however children should not forget about their responsibilities.

CHAPTER ONE

Article 1

Countries shall recognize your rights and freedoms listed on this charter and shall undertake measures to ensure effective implementation.

Article 2

Defines you as a human below the age of 18

Article 3

Is about Non-Discrimination that you are entitled to rights and freedoms of this charter without being discriminated.

Article 4

Your best Interest should be considered in all actions that concerns you.

Article 5

You have the right to life, survival, and development according to the law.

Article 6

You have the right to have a name and nationality from birth.

Article 7

You have the freedom to express your views freely

Article 8

You are free to have associations and has freedom to have peaceful assembly.

Article 9

You have freedom of thoughts conscience and freedom of religion. Parents and guardians should be there to provide guidance to you.

Article 10

No Child should be subjected to unlawful intervention with his or her privacy.

Article 11

You have the right to quality education for future development of the child.

Article 12

You have the right to rest, leisure, recreate and engage in cultural activities.

Article 13

Every child with mental or physical disability shall have the right to special measures to protect them by ensuring dignity, self-reliance, and active participation in the community.

Article 14

You have the right to access and enjoy best health services.

Article 15

You should be protected from all kinds of economic exploitation and from performing any harmful activity.

Article 16

You should be protected against child abuse and torture through effective measures.

Article 17

If you are found guilty before the law, then you have the right to special treatment in a child sense of dignity and worthy.

Article 18

Family which is the natural unit and basis of the society shall enjoy protection and support of the state.

Article 19

You are entitled to the enjoyment of parental care and protection.

Article 20

Parents and all that are responsible for you, have a major responsibility of upbringing and developing you.

Article 21

The government should protect you against harmful social, and cultural practices.

Article 22

The article talks about armed conflicts and the role of the state to save you in such situations.

Article 23

The article is about is about refugee children and the role of the state to ensure that a child who seeks to be a refugee is applicable according to the international law.

Article 24

Your best interest should be considered in the process of adopting a child.

Article 25

When you are permanently or temporarily separated from family environment for any reason you shall be protected by the state.

Article 26

You should be protected against racism and discrimination

Article 27

Countries should protect you from any form of sexual exploitation

Article 28

You shall be protected from Drug abuse, produce and trafficking.

Article 29

Countries shall take measures to prevent you from being sold, trafficked, or abducted.

Article 30

Countries should provide special treatment to expectant mothers, mothers of infants, and young children who are guilty of breaking the law.

Article 31

You have a responsibility to your family and your society

Sustainable Development Goals

WORD SEARCH

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

Sustainable Development goals have a greater impact to the future of both girls and boys because they cut across all angles and aspects of their current and future lives. Have you heard about them, have you thought to put emphasis on understanding them and being part of their implementation? The following are some of the Sustainable Development Goals that directly relate to children. Find their Keywords on the goals in the word search as shown below

1. Quality education
2. Good health
3. Zero hunger
4. Gender equality
5. Clean water
6. Climate action
7. Peace and justice
8. Partnership

Malengo ya Maendeleo Endelevu



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

Malengo ya maendeleo endelevu yana faida kubwa kwenye maisha ya baadae ya wasichana na wavulana kwani yanagusa nyanja zote za maisha yao ya sasa na ya baadae. Je umewahi kuyasikia? Je umewahi kutamani kuwa sehemu katika utekelezaji wake. Yafuatayo ni baadhi ya malengo ya Maendeleo Endelevu yanayowagusa Watoto. Tafuta maneno makuu kwenye malengo haya katika jedwali hili.

1. Elimu bora
2. Afya bora
3. Tokomeza njaa
4. Usawa wa kijinsia
5. Maji safi
6. Mabadiliko ya tabia nchi
7. Amani na haki
8. Ushirikiano

SIMULIZI ZA 116

NEIGHBOR'S CALL HELP STOP CHILD MARRIAGE

It was such a cool afternoon, and the Child Helpline was busy at work. Suddenly one of the counselors received a call from a woman who sounded a bit upset and burdened. So, the Child helpline counselor had to inquire more from the caller to know what went wrong. The woman kept quiet for a bit to collect her thoughts, and the counselor allowed it for he needed all the information that was carried by the woman.

After so much thoughts she finally said something, and with heaviness she introduced herself as a next-door neighbor of a married couple. Do you know what she said? She said the couple is not an ordinary couple, it involves a twelve years old girl and an old man that fit to be her grandfather, 'this disgust` me and it's unacceptable.' This poor girl is smart, she passed excellently enough to allow her to proceed to secondary school, but her parents thought that it's a waste to educate a girl child and their best decision was to marry her off.

'What a shame to her parents for such choice, they denied their daughter the right to proceed with her education simply because she is a girl, their ignorance to gender equality to all children denied them the eye to see what the future upholds for their daughter. They neglected her dreams, desires, and aspiration but rather they focused on getting bride price and saw their daughter a s burden and decided to sell her off. Shame upon these parents.' She ended.





Well, immediately after speaking to the caller the Child Helpline counselor contacted the Social Welfare Officer of the area where the girl was situated to substantiate the claims raised by the neighbor. The claims were verified by the Social Welfare Officer that indeed the claims were factual and valid hence they needed to act fast to save the girl from her misery.

The Social Welfare Officer contacted the police through the Gender Desk, and they arrested the husband of the said girl. And guess what, a few days later we received a call from the Social Welfare Officer that the girl is finally studying for she was enrolled at school and she is currently under foster care where she will be staying for a while as she continues with her education.

Early marriage is the kind of marriage in which one or both partners are under eighteen years of age. This denies children the right to quality education that is the SDG Goal number Four and the opportunity to reach their dreams.

On average, 2 out of 5 girls will be married before they reach 18 years in Tanzania, (TDHS 2012). Girls have the right to choose when and who to marry and shouldn't be forced into child marriages. Don't stay silent when you learn that a child in your neighborhood/ community is being forced into marriage.

Call the National Child Helpline through toll-free number 116 to report violations of children's rights

-  **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.



SIMU YA JIRANI YAZUIA NDOA ZA UTOTONI

Ulikuwa ni mchana tulivu, na Huduma ya Simu kwa mtoto ilikuwa ikiendelea na kazi. Ghafla mmoja wa washauri akapokea simu kutoka kwa mwanamke aliyezungumza kama mwenye makasiriko na aliyelemewa. Hivyo, ilimbidi mshauri wa Huduma ya Simu kwa mtoto kuuliza Zaidi kutoka kwa mpigaji simu kujua ninini kinachomtatiza. Yule mwanamke akakaa kimya kwa muda kukusanya mawazo yake, na mshauri aliruhusu hilo kwani alihitaji kupata taarifa zote alizokuwa nazo mwanamke yule.

Baada ya kuwaza kwa muda mrefu, mwishowe alisema kitu, na kwa uzito alijitambulisha kama jirani wa karibu wa wanandoa. Je unajua alisema nini? Alisema wanandoa hao sio wanandoa wa kawaida, kwani ndoa hio inahusisha msichana wa miaka kumi na mbili na mzee ambaye anafaa kuwa babu yake, 'hili linanichukiza!' na halikubaliki! Maskini msichana huyu ni mwerevu na alifaulu sana kumruhusu kuendelea na shule ya sekondari, lakini wazazi wake walidhani kuwa ni upuuzi kumsomesha mtoto wa kike na uamuzi wao sahihi ni kumuozuza.

'Ni aibu kubwa kwa wazazi hawa kwa chaguo hilo, wamemnyima mtoto wao haki ya kuendelea na masomo kwa sababu tu yeye ni msichana, ujinga wao juu ya usawa wa kijinsia uliwanyima jicho la kutazama mazuri yatakayomtokea binti yao katika siku za usoni. Walipuuza ndoto na matamanio yake lakini walizingatia kupata mahari na walimuona binti yao ni mzigo na wakaamua kumuuzuza! Aibu kubwa kwa wazazi hawa.' Alimaliza.

Naam baada tu ya kuzungumza na simu hio, mshauri wa Huduma ya Simu kwa mtoto aliwasiliana na Afisa Ustawi wa jamii wa eneo ambalo msichana huyo alikuwepo ili kuthibitisha madai yaliyotolewa na jirani. Madai hayo yalithibitishwa na Afisa Ustawi wa jamii kuwa ni ya kweli hivyo walihitaji kuchukua hatua haraka kumwokoa msichana huyo kutoka kwenye janga hili.

Afisa Ustawi wa jamii aliwasiliana na polisi kupitia Dawati la Jinsia, na wakafanikiwa kumkamata mume wa msichana huyo. Na ujue nini, hatimaye siku chache baadaye tulipokea simu kutoka kwa Afisa Ustawi wa Jamii kwamba msichana huyo aliandikishwa shuleni na kwa sasa yupo chini ya ofisi ya malezi huku akiendelea na masomo yake.

Ndoa ya utotoni ni ile ambayo mmoja au wenzi wote wako chini ya umri wa miaka 18. Hii inawanyima Watoto haki ya kupata elimu bora ambayo ni lengo la nne la malengo ya maendeleo endelevu Pamoja na fursa ya kufikia ndoto zao.

Kwa wastani, wasichana 2 kati ya 5 wanaolewa kabla ya kifikia miaka 18 nchini Tanzania, (TDHS 2012). Wasichana wana haki ya kuchagua wakati na ni nani wa kuwaoa na hawapaswi kulazimishwa kuingia kwenye ndoa za utotoni kamwe. Usikae kimya unapogundua kuwa mtoto katika mtaa na jamii yako analazimishwa kuolewa.

Piga simu namba ya Kitaifa ya Usaidizi wa mtoto kupitia nambari ya bure 116 kuripoti ukiukwaji wa haki za Watoto.

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

Hili ni swala la muhimu sana hasa ukizingatia kuwa Watoto wanatumia muda mwingi wakiwa shuleni pindi tu wanapoondoka nyumbani. Wapo Watoto wanaosomeshwa shule za bweni ambapo hukaa hukohuko shuleni hadi wakati wa likizo ndio hurudi nyumbani. Wapo Watoto pia ambao wanasomeshwa shule za kwenda na kurudi nyumbani kila siku. Hii inaashiria Dhahiri kuwa muda mwingi wa Watoto huutumia wakiwa shuleni Zaidi kuliko nyumbani. Wazazi wengi wametumia kigezo hiki kujisahau kabisa katika jukumu lao kubwa la ulezi na urafiki kwa Watoto wao na kuwaachia walimu huko shuleni.

Wazazi wengi wamekuwa hawana muda wa kuzungumza na watoto wao kujua nini wanayoyapitia hata wakati wa likizo. Wameacha jukumu la Watoto kwa wadada wa kazi nyumbani. Mzazi yakupasa ufahamu upo umuhimu mkubwa kwa wewe kuzungumza na mtoto wako angalau kwa siku za wikiendi na likizo na muda wote uwapo nae ili uwe msaada na Rafiki kwake wakati wote. Watoto wanapitia mengi sana wawapo shuleni; msongo wa mawazo, masomo, uonevu, marafiki na mengine mengi, wengine huishia hadi kujua wasipopata msaada. Lakini mzazi unalo jukumu kubwa la kufanya kwa mtoto wako;

1. Mfundishe mwanao kuwa na marafiki sahihi awapo shuleni na mahali popote. Marafiki zake wawe ni wenye nidhamu, heshima, upendo, kupenda masomo, kusali, na wenye tabia zinazokubalika na jamii ili waaambukizane tabia nje. Asikubali kuambatana na Watoto wenye tabia hatarishi kama wavuta bangi, wanaotoroka shule walevi, walawiti na kadhalika. Ni lazima umueleze mtoto wako kuwa marafiki zake wanao uwezo wa kumtambulisha yeye na wana uwezo wa kuibadili tabia yake kwa kiwango

NIZUNGUMZE NINI NA MWANANGU WAKATI HUU AKIREJEJA SHULENI BAADA YA LIKIZO.

kikubwa hivyo yampasa mtoto awe makini achaguapo marafiki.

2. Mfundishe mtoto wako kuulinda mwili wake na asiruhusu mtu yoyote kumgusa maungo yake wala kumpiga picha akiwa uchi. Mfundishe mwanao sheria za mwili wake ili ajilinde tangu angali mdogo, mfundishe kujipenda na kujithamini na kuwa muwazi kwa walezi anaowaamini juu ya chochote kitakachomtokea kwenye mwili wake. Wawapo nje ya nyumbani mtu yoyote asije waona wakiwa uchi wala kuwalazimisha kuvua nguo. Onyesha kumuamini mwanao kwa kiwango kikubwa na umdadisi kwa lugha ya upendo kujua kama aliwahi kudhalilishwa kwenye mwili wake. Muogeshe mwanao na umuangalie kwa umakini mwili wake ili ufahamu kama kuna kuna dalili zozote za kudhalilishwa na uwe faraja yake na kimbilio lake wakati wote.

3. Mfundishe mtoto wako kutokujifananisha na Watoto wengine kwani yeye ni wapekee hivo alivyo na kamwe asiendekeze tamaa ya kupata vitu walivyonavyo Watoto wengine bali aridhike na vile alivyopewa na wazazi wake ili asije kujiingiza kwenye tabia hatarishi kwa sababu ya tamaa. Bali yampasa kuwa mwenye bidii sana shuleni ili afanye vizuri kwenye masomo yake kwa ajili ya kuiandaa baadae yake yenye mafanikio.

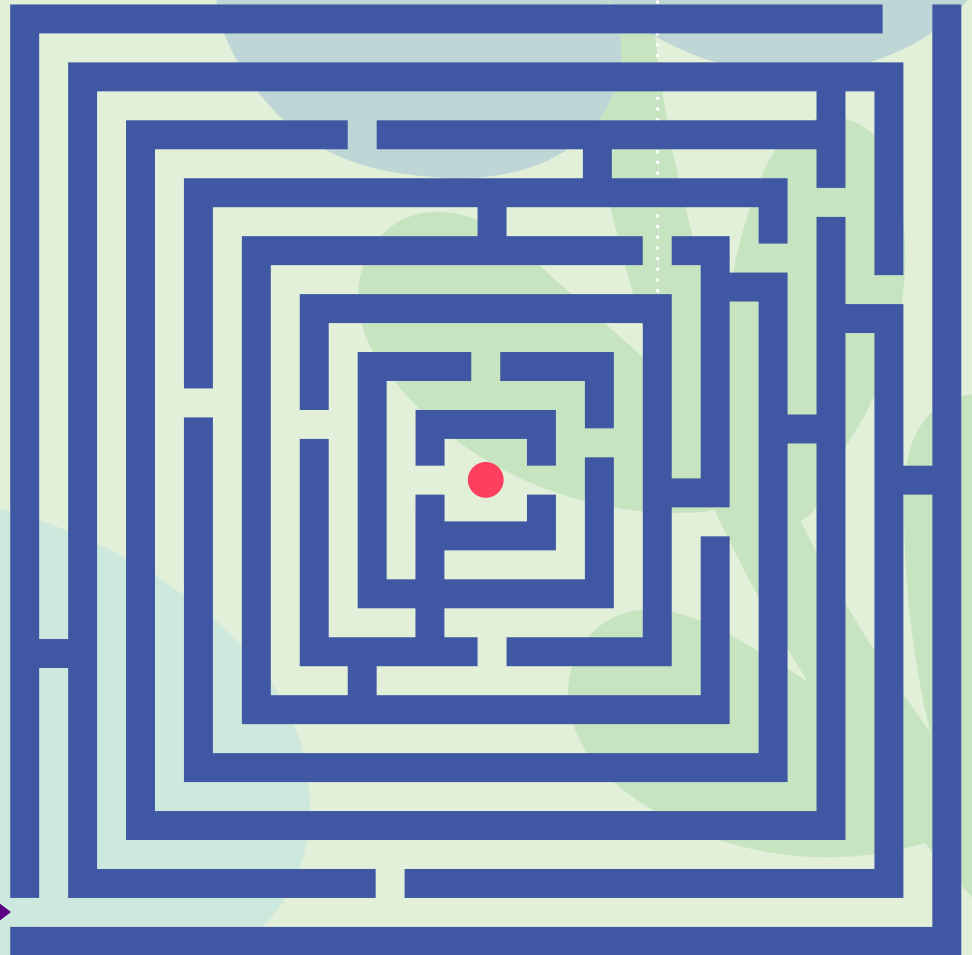
4. Mfundishe awe mwenye kuzungumza anapopitia changamoto yoyote asiwe mwenye kukaa kimya ili asitengeneze msongo wa mawazo hata kama ni kwa sababu ya mwalimu. Pindi Watoto wenzie wakimfanyia jambo lolote baya pia asisite kulisema kwa walimu ili yasijirudie tena nae afurahie Maisha ya shule.

Mwisho, Ni muhimu kuchukua hatua ya kuzungumza na mtoto wako wakati wote. Jenga mahusiano ya karibu na walimu wa mtoto wako na wale wote wanaokaa nae muda mwingi na udadisi jinsi wanavyoishi na mtoto wako ili ujihakikishie usalama wake Zaidi. Endapo unahisi mtoto wako hayupo salama shuleni aendako kwa kufanyiwa ukatili wowote ule chukua hatua kumuokoa na uokoe Watoto wengine wanaotendewa kama yeye kwa kupiga namba 116 iliyo maalum kwa ajili ya kupata huduma na ushauri wa Maisha ya Watoto Tanzania.

PUZZLE



Help Kurwa and Dotto to reach their future goals before any obstacle pulls them back.



Wasaidie Kurwa na Dotto kufikia ndoto zao za baadae kabla changamoto hazijawarudisha nyuma.

WRITE TO AUNTY SMILE

March 8 every year is World Women Day. We celebrate all the amazing women around the world who gave birth to us, raise us, took care of us and be there for us to support everything we do.

What do you appreciate most about women?

Write to aunty Smile about which woman you appreciate and why?

Make sure you include your full name, school name and class, the name of the woman you appreciate and where is she.

Also write for me anything that you want to include in the coming issue.

Contact Us:

Call 116

Post a letter: P.O.Box 787

Dar es salaam, Tanzania

Or call our office: +255222135819



Machi 8 kila mwaka ni siku ya Wanawake duniani. Tunasherehekea wanawake ulimwenguni kote ambao walituzaa, wakatulea, wakatuangali na kuwa nasi katika kila tulichokifanya.

Je unapenda nini kuhusu wanawake?

Mwandikie Aunty Smile kuhusu mwanamke unayempenda na kwanini?

Hakikisha unaandika jina lako kamili, shule na darasa lako, jina la mwanamke unayempenda na wapi alipo.

Pia niandikie chochote kile ambacho ungetamani kichapishwe katika gazeti lijalo.

Wasiliana Nasi:

Piga 116

Tutumie barua: S.L.P787 Dar es salaam, Tanzania

Piga simu ofisini: +255222135819

KWANINI UPIGE SIMU NAMBA

116



+255 624 100 100

Kutoa Taarifa juu ya:

Ukatili na
udhalilishaji
wa kimwili



Ubakaji/Ulawiti
au udhalilishaji
mwengine
wa kingono

Udhalilishaji
wa kisaikolojia/
kihisia



Utelekezaji
wa watoto



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



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

