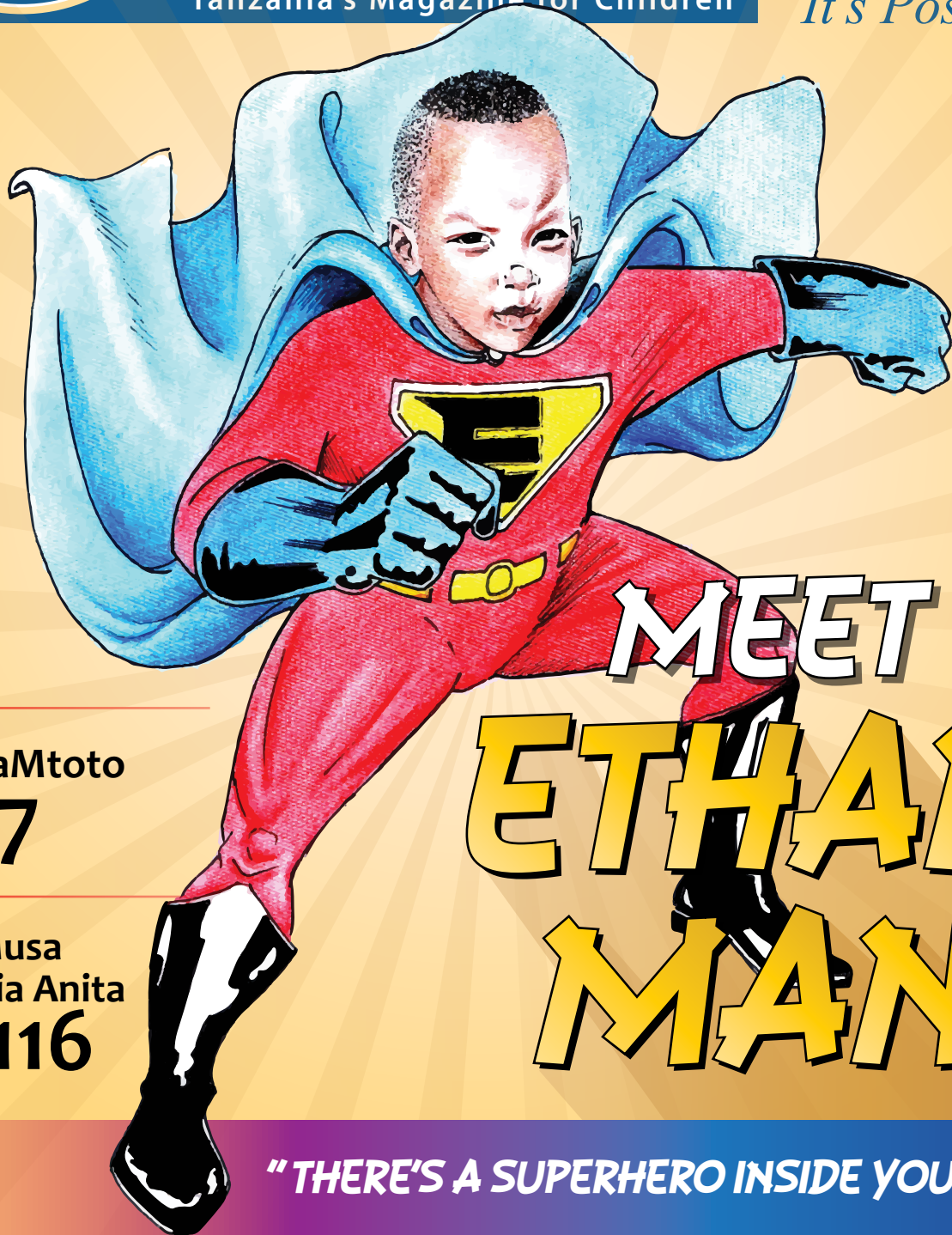




Sema

Tanzania's Magazine for Children

It's Possible



MEET ETHAN MAN

#SikuYaMtoto
2017

Mzee Musa
Amsaidia Anita
kupitia **116**

"THERE'S A SUPERHERO INSIDE YOU TOO."



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



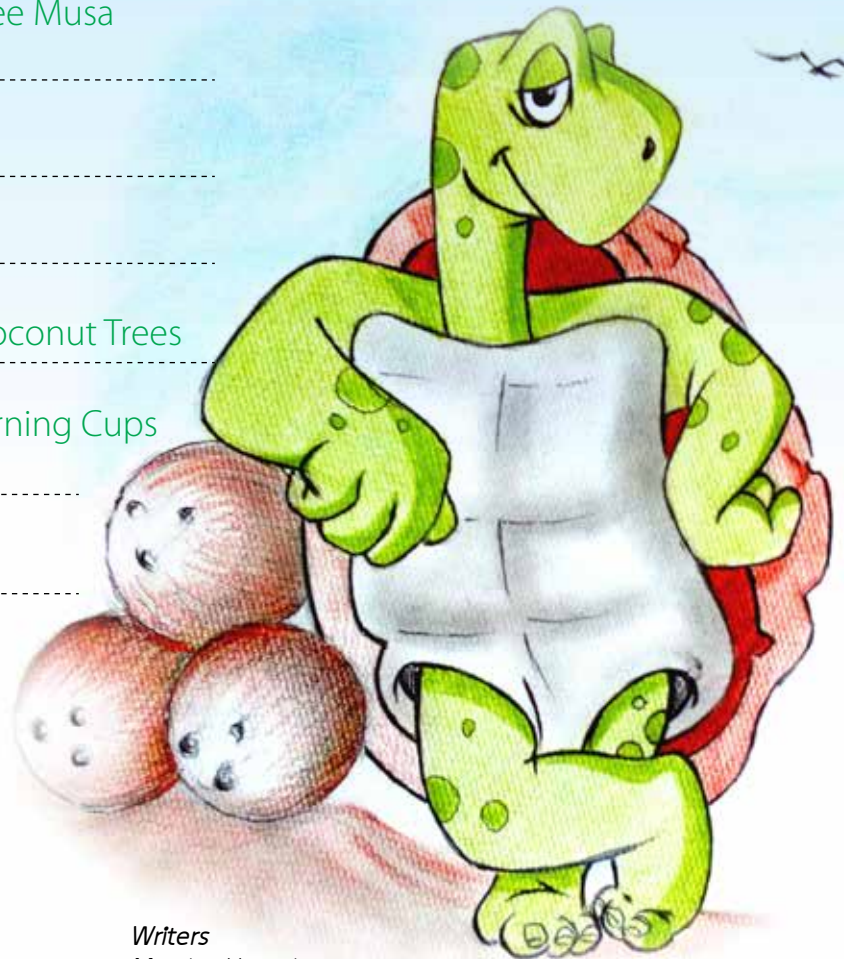
Sema Tanzania

We are happy to introduce our partners



www.sematanzania.org

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Word from SEMA

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Did You Know? Over 20 million Tanzanians use the Internet and over 90% of them access the Internet through mobile phones. That's right; over 18 million people use the Internet on their phones. You're probably one of them too.

Do you enjoy playing with your parent's phone? Taking photos? Playing games or watching songs on YouTube? Check out our Online Quiz to see how much you know about being safe when using the Internet and get a few tips for using it safely.

Check out Be Inspired and meet Ethan who is just 6 years old but already inspiring other kids to be superheroes! Ethan has his own app that has a children's game and books, which he narrates all by himself for you to follow along. We spoke to Ethan, his brother Zion and their mom to learn about how Ethan is making his dreams come true and inspiring other children to do the same.

On the Day of the African Child we celebrated with Children from all over Dar es Salaam with sports, games, dance and so much fun. Check out the #SikuYaMtoto page to see how the day went and learn what big companies are doing for Children in Tanzania.

Aliyah from R+S shows us how to make a beautiful pencil holder. Do you have old plastic cups at home that you no longer use? Try making your own pencil holder for your room or your classroom.

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

Till next time,

Je, wajua? Zaidi ya watanzania milioni 20 wanatumia wavuti (Internet) na asilimia 90% kati yao wanapata wavuti kupitia simu zao za mkononi. Nchini Tanzania, zaidi ya watu milioni 18 hutumia wavuti kwenye simu zao; yawezekana wewe ni miongoni mwao.

Je, unafurahia kutumia simu ya mzazi wako kupiga picha, kuangalia video YouTube na kucheza gemu? Jibu maswali yetu juu ya matumizi ya mtandao uone kama unafahamu kuhusu matumizi salama ya intaneti na upate vidokezo vyake.

Tembelea ukurasa wa 8 ukutane na Ethan amabae ana umri wa miaka 6 tu lakini tayari anahamasisha watoto kuwa mashujaa wakubwa! Ethan ana programu yake amabayo ina michezo na vitabu vya watoto ambapo husimulia yeye mwenyewe ili wewe ufuatilie. Tulizungumza na Ethan, kaka yake Zion pamoja na mama yao ili kufahamu namna ambavyo Ethan ameweza kutimiza ndoto yake na kuhamasisha watoto wengine kutimiza ndoto zao kama yeye.

Siku ya Mtoto wa Afrika tulisherekea na watoto kutoka pande zote za Dar es Salaam, watoto walishiriki michezo mingi ikiwemo soka, ngoma, kuimba, sanaa na mingine kadha wa kadha. Angalia ukurasa wa #SikuYaMtoto kujionea siku ilivyokuwa na ujifunze kuhusu mambo makampuni makubwa yanayofanya kwa ajili ya watoto hapa Tanzania.

Aliyah kutoka R+S anatuonesha namana ya kutengeneza kifaa kizuri kwa ajili ya kutunzia kalamu. Je, una kikombe cha plastiki kisichotumika? Jaribu kutengeneza kifaa cha kwako kwa ajili ya kutunzia kalamu nyumbani au darasani.

Fuatilia, jifunze, cheza na usome hadithi.

Hadi wakati mwingine,

Itanisa

CELEBRATING WORLD ENVIRONMENT DAY

Mother Earth is calling and needs our protection.

Be Cool

Clean

and Green

> Connect to nature

“

A big thanks to the event organizers; Femina Hip, Nipe Fagio, Jielimishe Kwanza, UN Environment.

It was a fun two days and we learnt a lot from all the participants.



Everyday should be about taking care of our environment but on June 5th we celebrate our environment a little more and remind ourselves that in order for our environment to take care of us and our grandkids someday, we have to take care of it today.

This year Dar es Salaam celebrated World Environment Day in a 2-day festival at Kijitonyama Postal Grounds with games, music, drama, competitions, **PRIZES** and lots of learning!

Over 1500 people attended the event and were reminded to 'Be Cool, Clean and Green and Connect with nature' by going outdoors to appreciate the beauty of mother earth and protecting her.

What's a festival without photos?

Participants took photos holding the Sustainable Development Goals; a colourful reminder of the goals we have to meet in the fight to protect our environment.

Pass the broom:

The event ended in a photoshoot where guests 'passed fun-coloured Nipe Fagio brooms and the Swedish Ambassador was crowned the 'Queen of Recycling' with an attractive up cycled crown.

A neighbourhood clean-up:

The festival ended in a clean up of the Kijitonyama grounds on the Sunday evening. Everybody took part putting their new knowledge on waste management and green practices into practice.

'Trash to Cash' with Femina Hip

Femina Hip launched a country wide-campaign to encourage re-using, recycling, and create awareness about plastic pollution in our oceans and the upcoming Tanzania plastic bag ban. We all have a part to play:

Here are five things you can do for Mother Earth:

- Clean the roads and drains around your house.
- Say 'NO' to plastic and use cloth bags or baskets when you go shopping.
- Buy items made from recycled products.
- Make sure people have a way to recycle in your school.
- Simply learn more about your environment and spread the knowledge to your friends & family.

"Remember, we only get one planet, so let's keep it clean and beautiful for generations to come!"

**A big thanks to the event organizers;
Femina Hip, Nipe Fagio, Jielimishe Kwanza, UN Environment.
It was a fun two days and we learnt a lot from all the participants.**

Yatupasa kutunza mazingira yetu kila siku, ingawa tarehe 5 mwezi Juni huwa tunaadhimisha siku ya mazingira na kujikumbusha kwamba ili mazingira yetu yatutunze sisi na viziwi vijavyo, tunatakiwa kuyatunza leo.

Mwaka huu jijini Dar es Salaam, Siku ya Mazingira Duniani iliadhimishwa kwa siku mbili katika viwanja vya Posta Kijitonyama ikijumuisha michezo, muziki, maigizo, mashindano mbali mbali na mengine mengi ya kujifunza bila kusahau TUZO za kumwaga.

Zaidi ya watu 1500 walihudhuria tamasha hilo na kukumbushwa kuwa Mazingira yetu yanatuhitaji tusalinde, tayasafishe, na tuyatunze”.

Tamasha bila picha linawezekana kweli?

Washiriki walipiga picha wakiwa wameshiliikia Malengo ya Maendeleo Endelevu yenye rangi nyingi za kupendeza. Malengo haya yanatukumbusha malengo tunayotakiwa kuyafikia katika harakati za kulinda mazingira yetu.

Nipe Fagio:

Tamasha lilifungwa na tukio la kupiga picha ambapo wageni walibadilishana fagio zenye rangi za kupendeza na Balozi wa Sweden alivishwa taji la Malkia wa Utunzaji Mazingira kwa taji lililotengenezwa kutokana na mali ghafi zilizokwisha kutumika.

Usafishaji wa Mazingira Jirani:

Mwisho wa siku ya pili, washiriki walisafisha mazingira ya viwanja vya Posta Kijitonyama. Kila mmoja alitumia maarifa aliyoyapata kwa kusafisha mazingira yaliyowazunguka na kuweka taka salama.

‘Taka kuwa Mkwanja’ na Femina Hip

Femina Hip walizindua kampeni ya nchi nzima yenye lengo la kuhamasisha matumizi mbadala ya vifaa vilivyoyisha matumizi na kujenga uelewa juu ya madhara ya plastiki katika uchafuzi wa mazingira ya bahari zetu na katazo la matumizi ya mifuko ya plastiki. Wote tuna jukumu la kutekeleza kutunza mazingira yetu.

Yafuatayo ni mambo matano unayoweza kuyafanya kwa ajili ya dunia yetu:

- Safisha barabara na mitaro iliyopo karibu na nyumbani.
- **KATAA** matumizi ya mifuko ya plastiki unapofanya manunuzi; tumia vikapu ama mifuko ya kitambaa ukienda dukani/sokoni.
- Nunua bidhaa zilizotengenezwa kutokana na vifaa vilivyokwisha matumizi yake.
- Hakikisha watu wana namna ya kurejesha matumizi ya vifaa shuleni kwenu.
- Jifunze zaidi kuhusu utunzaji wa mazingira yako na sambaza maarifa uliyonayo kwa marafiki na familia.

“Kumbuka tuna sayari moja tu, hivyo tuitunze kwa matumizi ya viziwi vijavyo!”

Ahsante sana kwa waandaaji wa tamasha hili; Femina Hip, NipeFagio, Jielimishe Kwanza na UN Environment. Zilikuwa siku mbili zenye furaha na mengi ya kujifunza kutoka kwa washiriki.

B E I N S P I R E D



Everyone has a superhero. It might be your parents, your grandparents, your big brothers or sisters, or it might be your teachers. But have you ever imagined that you too, can be a superhero?

Well, 6-year old Ethan Yona did imagine being a superhero and then he worked hard to make his dream come true.

Since Ethan was a very little boy, he enjoyed playing games on his parents' phones, laptops and iPad. Then he thought, 'What if I could be a superhero? What would I do?' Ethan decided he wanted to make his own game.

When his mother asked him what kind of games he wanted to make, Ethan said he would like to create his own character. He wanted the character to be based on himself and wanted to write a book about this character.

Ethan wanted the stories to be perfect so that other children can enjoy them. With help from his parents, his brother and a few good friends, Ethan's book was written and animated with videos for kids everywhere to read & enjoy.

**“There’s a
superhero
inside you**



When his mother asked him what kind of games he wanted to make, Ethan said he would like to create his own character. He wanted the character to be based on himself and wanted to write a book about this character.

Ethan wanted the stories to be perfect so that other children can enjoy them. With help from his parents, his brother and a few good friends, Ethan's book was written and animated with videos for kids everywhere to read & enjoy.

We met Ethan, his big brother Zion and their mother and got to talk to them. Here's what we learnt.

Getting to know Ethan:

"I'm 6 years old and I just started grade two at DIS. We learn a lot of things at school. We learn about odd numbers, even numbers, about how cars move, how you move from one place to another. My favourite teacher is our school principal, Ms. Huxtable, because we can go to her every time we have a problem."

Tell us about EthanMan:

"EthanMan is a superhero character based on me. EthanMan walks around the world trying to be a great man, writes books and makes games. He also teaches responsibilities of kids."

What's the name of your book and what is it about?

"The book is called 'When I grow up' It is supposed to inspire children and it's about when you grow up; because you can be anything you want. You can be a football player, a singer, an engineer, a superhero, and so much more! And the president of Tanzania!"

How did you get the idea for EthanMan?

"First my dad gave me phones, computers and iPads to play with. I really like playing games. I got tired of playing some games and then I thought about making my own game. Then I made it! I made the game with help from my mom, and inventors helped me make the game too."



More About Ethan:

Ethan has 2 sisters and 3 brothers and we can tell he loves his family very much.

He enjoys eating makande with mtindi, and ugali with mtindi.

His favourite TV show is Cartoon Network's Teen-Titans.

Tell us about the day you launched your app. How did you feel?

"I launched EthanMan on June 16, at the #SikuYaMtoto event. A lot of kids came to look at the game and I was teaching them how to play. The kids said the game is nice. I felt really good."

What do you want to become when you grow up?

"A singer! And then a football player! And then a pilot! Or I'll be a pilot and an Engineer. A pilot, like uncle Quinton."

That's a lot of things! So you believe that you can be anything that you want to be?

Yes, because I'm Ethan.

What do you want other children to learn?

There's a superhero inside you too!

Zion, what do you think of EthanMan?

"The first time Ethan told me, I didn't believe him at ALL. Then when he just showed me the first video of the book, I started thinking, 'Mh! Why didn't I think of this idea?'"

Then when I first played EthanMan, it was actually fun. Also, when I told my friends, they said it's a very nice game. It's so nice that you could play it all day long!

My favourite part is when you loose and then Ethan is like, 'Uh-oh! Try again!' in his voice and then at the end he says, 'You're now a superhero!'"

What have you learnt from watching Ethan do this?

"Responsibility. Ethan is really responsible. He really cares about this app, the book and the games. If it's wrong he says, 'We need to change this' or, 'We need to make it better by doing this, this & this.'"

I've learnt that you can really do anything if you work hard at it. Another thing I've learnt is springing into action; when things need to be done, you do them at the right time.

I'm just proud of him and of what he did."



Facts About EthanMan:

1. In the story about a football player, Ethan wanted to wear a Barcelona uniform.
2. Zion was the very first person Ethan told his idea to.
3. Ethan had to record the introduction 80 times until he was happy with it.
4. When Ethan first expressed interest to have his own game, his family thought he was joking but he kept telling them over & over again until they believed him.

"KUNA SHUJAA NDANI YAKO PIA."

Kila mtu ana shujaa wake anayempa shauku; yaweza kuwa ni wazazi wako, bibi na babu yako, kaka au dada yako na hata mwalimu wako pia. Je, umewahi kufikiri kuwa na wewe unaweza kuwa shujaa?

Haya sasa, kutana na mtoto Ethan Yona mwenye umri wa miaka 6 ambaye alitamani kuwa shujaa na akaweka bidii kutimiza ndoto yake.

Tangu Ethan akiwa mdogo sana alifurahia kucheza gemu kwenye simu na kompyuta za wazazi wake. Ethan alianza kufikiri na kujiuliza, "ningekuwa shujaa, ningefanya kitu gani"? Ndipo akaamua kuwa anataka kutengeneza gemu yake mwenyewe.

Mama yake alipomuuliza ni aina gani ya gemu angependa kutengeneza, Ethan alisema angependa kutengeneza gemu ambayo muhusika mkuu anamuhusu yeye mwenyewe.

Alimueleza mama yake kuwa angependa aandike kitabu kuhusu muhusika huyo pia.

Ethan alitaka hadithi kwenye kitabu hicho ziwe nzuri ili watoto wengine wazifurahie. Kwa msaada wa wazazi wake, kaka yake na baadhi ya marafiki, kitabu cha Ethan kiliandikwa na pia walitengeneza video za hadithi hizi ili watoto wazisome na kuzifurahia popote pale walipo.

Tulizungumza na Ethan, kaka yake Zion na mama yao tukajifunza mengi sana:-

Tueleze kuhusu EthanMan:

"EthanMan ni muhusika shujaa anayeniakisi mimi. EthanMan anatembea dunia nzima akijaribu kufanya wema kwa watu, anaandika vitabu na kutengeneza gemu. Anafundisha uwajibikaji kwa watoto pia."

Kitabu chako kinaitwaje na kinahusu nini hasa?

"Kitabu kinaitwa 'When I Grow Up' na kinalenga kuwahamasisha watoto kuhusu watakachofanya wakiwa wakubwa kwasababu ukidhamiria, unaweza kuwa mtu yeyote unayetaka. Unaweza kuwa mwanasoka bora, muimbaji, muhandisi, shujaa na mengine mengi! Na hata raisi wa Tanzania.

Fahamu zaidi kuhusu Ethan:

"Nina umri wa miaka 6, hivi katribuni nimeanza darasa la kwanza katika shule ya DIS. Tunajifunza vitu vingi shuleni ikiwemo namba tasa na namba shufa/witiri, namna magari yanavyo jongea, na namna unavyo jongea kutoka sehemu moja kwenda nyingine. Nampenda sana mwalimu mkuu wa shule yetu Bi. Huxtable kwa sababu tunaweza kumfuata na kuongea nae muda wowote tukiwa na tatizo

Ulipataje wazo la EthanMan?

"Baba alikuaga ananipa vifaa kama simu na kompyuta vya kuchezea tangu nikiwa mdogo. Hakika napenda sana kucheza gemu lakini baada ya muda nilichoka kucheza baadhi ya gemu na kuanza kufikiria kutengeneza gemu zangu mwenyewe. Baadae nikafanikiwa kutengeneza gemu kwa msaada wa mama yangu na wabunifu walinisaidia pia".

Tueleze kuhusu vazi la EthanMan:

"Lina rangi nyekundu na njano, na lina alama E kwenye kifua pamoja na kitambaa cha blue kwa nyuma kinachopepea. Nilitaka EthanMan awe na vazi kama mashujaa wengine, hivyo mama yangu akanipeleka kwa 'mjomba Tullah' anayebuni mavazi. Nilimueleza mjomba Tullah namna ambavyo ningependa vazi liwe na akanitengeneza vazi la shujaa wangu."

EthanMan

Tuambie kuhusu siku uliyozindua EthanMan. Ulijiskiaje?

“Niliizindua EthanMan tarehe 16 mwezi wa 6 katika tamasha la #SikuYaMtoto. Watoto wengi walikusanyika kuona gemu inavyochezwa na niliwafundisha jinsi ya kucheza. Watoto walisema gemu ni nzuri, nilijiskia vizuri sana”.

Ukiwa Mkubwa unapenda kuwa nani?

“Mwimbaji! Na Manasoka! Alafu nitakuwa Rubani! Au Muhandisi. Nitakuwa Rubani kama mjomba Quinton.”

Hayo ni mambo mengi sana! Kwa hiyo unaamini unaweza kuwa mtu yeyote unayetaka?

Ndiyo! Kwakuwa mimi ni Ethan.

Ungependa watoto wengine wajifunze nini?

Waamini kuwa kuna shujaa ndani yao!

Zion, unasemaje kuhusu EthanMan?

“Ethan alivyonielea mara ya kwanza, sikuamini kabisa. Aliponionesha video ya kwanza ya kitabu, nilianza kujiuliza ‘kwanini sikupata wazo hili?’

Nilipoicheza gemu ya EthanMan kwa mara ya kwanza, nilifurahia sana na nilipowaambia marafiki zangu walisema ni gemu nzuri sana. Ni nzuri kiasi kwamba unaweza kuicheza siku nzima.

Sehemu nayoipenda zaidi ni pale unapopoteza mchezo halafu Ethan anasema, ‘Uh-oh! Jaribu tena!’ kwa sauti yake na mwishoni anasema ‘Wewe sasa ni shujaa!’”

Umejifunza nini kwa kumuangalia Ethan akifanya yote haya?

“Uwajibikaji. Ethan ni muwajibikaji sana. Anaipenda sana gemu hii na kitabu chake. Kama kitu kimekosewa kitu, utaskia anasema ‘Tubadilishe hiki, tuweke kile’ au ‘Tuboreshe zaidi kwa kufanya hili na lile’.

Nimejifunza kuwa hakika unaweza kufanya kitu chochote ukifanya kazi kwa bidii. Kitu kingine nilichojifunza ni kuchukua hatua; kama jambo linatakiwa kufanyika, basi lifanye kwa wakati.

Najivunia sana juu ya Ethan na mambo anayoyafanya.”

Mengine kuhusu Ethan:

Ethan ana dada zake wawili na kaka zake watatu na anaipenda sana familia yake. Anafurahia kula makande na mtindi na ugali na mtindi. Kipindi cha TV anachokipenda ni Teen-Titans Kinachooneshwa Cartoon Network.

Fahamu Zaidi kuhusu EthanMan:

1. Kwenye hadithi yake ya mwanasoka, Ethan alipenda avae jezi la Barcelona.
2. Mtu wa kwanza Ethan aliyemuambia kuhusu wazo la EthanMan ni kaka yake, Zion.
3. Ethan alirekodi utangulizi mara 80 hadi alipofurahia kazi yake.
4. Ethan alipoieleza familia yake kwa mara ya kwanza juu ya wazo lake la kutengeneza gemu yake mwenyewe, walihisi anatania ila aliendelea kusistiza mara kwa mara hadi walipomuamini.



DAR ES SALAAM SERENA HOTEL



Thank You

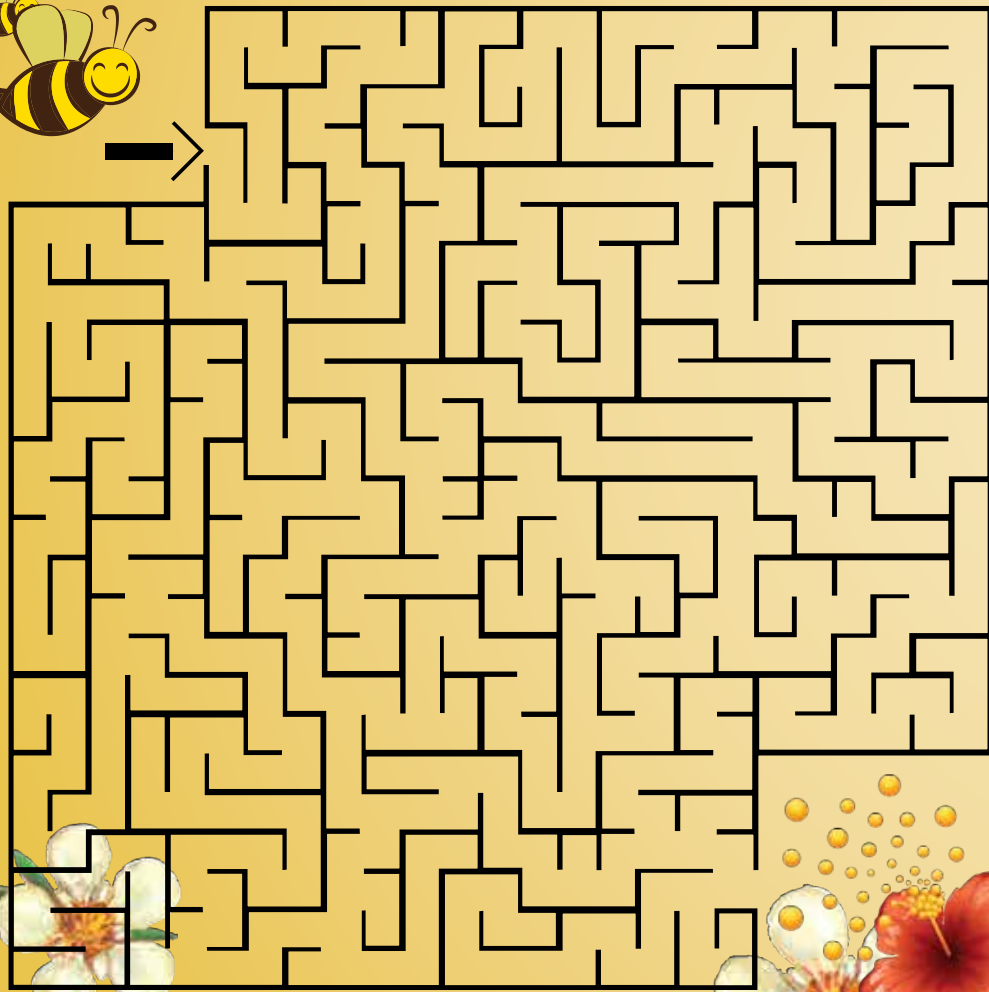
Dar es salaam Serena Hotel for supporting
#SikuyaMtoto post event cocktail!

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Games

Can these bees find enough pollen to make their honey? Help them get to the flowers on the other side of this maze.

Je, nyuki hawa wanaweza kupata chavua ya kutosha kutengeneza asali? Wasaidie kuyafikia maua.



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

easy

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

medium

Sheria za mchezo ni rahisi: kila moja ya vitalu tisa lazima iwe na namba zote 1-9 ndani ya mraba wake. Nambari yoyote inaweza kuonekana mara moja tu, safu au sanduku.

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

Je, umewahi kubaini namna watoto wanavyofurahia mwanga wa simu hata kabla hawajaweza kutambaa? Au mtoto wa umri wa miaka mitatu anavyoweza kutumia simu yako kwa umhiri na kutafuta anachotaka bila shida?

Wiki kadhaa zilizopita, mpwa wangu wa umri wa miaka mitatu alidondosha mdoli wake chini ya uvungu wa kochi. Aliangaza bila kuuona. Ghafla, akachukua simu yangu na kuwasha tochi moja kwa moja bila msaada wa mtu, alizama chini ya kiti na kuchukua mdoli wake. Nilishangazwa na umhiri wake!

Watoto wanapenda teknolojia kama ilivyo kwa wazazi! Mijini, intaneti imekuwa ni njia waitumiayo wazazi kuwafurahisha watoto kwa kutizama nyimbo za kuelimisha na kucheza michezo yenye kubeba hisia za watoto kutoka YouTube.

Intaneti ni fursa ya kujifunza bila kikomo katika dunia ya leo – kwa bahati mbaya si kila kilichomo kwenye intaneti ni salama kwa mtoto. Zifuatazo ni njia za kumlinda mwanao dhidi ya athari za mtandao.



Jadiliana na mwanao juu ya matumizi salama na athari zitokanazo na matumizi ya mitandao-mtoto wako anapaswa kujifunza kutoka kwako.

Jitahidi iwezekanavyo kuwa rafiki wa mtoto wako katika mitandao ya kijamii. Ukiwa rafiki wa mwanao mtandaoni itakusaidia kujua ni kwa namna gani na ni akina nani mtoto wako anajihusisha nao.



Weka makubaliano kwamba, 'Kama huwezi kufanya jambo ana kwa ana, basi usilifanye mtandaoni.'

Mfano; Kama mwanao hawezi kufanya mazungumzo ana kwa ana na mtu asiyemjua, kwanini afanye hivyo mtandaoni? Mkumbushe mwanao kuwa mawasiliano na mtu asiyemjua na asiyeweza kumuona mtandaoni ni hatari kwa usalama wake na inaweza kumuingiza matatani.



Waeleweshe wanao kuwa wakishaweka kitu mtandaoni ni vigumu kukiondoa moja kwa moja.

Iwe picha, video ama jumbe za maneno, inawapasa wawe makini na vitu wanavyoamua kuweka mtandaoni. Waonye wasiweke picha ama kuandika vitu ambavyo hawawezi kuvifanya wakiwa na familia. Kipimo cha haiba na tunu ya mtu ni kujuliza 'Je, hiki ninchofanya kitawapendeza wazazi?'



Jifunze kutumia intaneti na hasa kurasa za mitandao ya kijamii.

Hii itakusaidia kutoa mwongozo na kujenga mapenzi na uaminifu juu ya matumizi ya intaneti ili hata usipokuwepo, watoto wachague vyema ni kitu gani waweke mtandaoni, watu gani wawafuatilie na wahusiane nao vipi. Intaneti unabadilika kwa kasi, hivyo utahitaji kujifunza mara kwa mara.



Kama mtoto wako bado ni mdogo, jitahidi kuwa nae bega kwa bega anapokuwa anatumia mtandao.

Baba, mama au mlezi anatakiwa awepo mara zote mtoto anapokuwa anatumia intaneti. Kama una kompyuta nyumbani yapasa ikae sebuleni ama sehemu isiyo faragha. Haishauriwi kuwaruhusu watoto kutumia kompyuta pasipo uangalizi wa mtu mzima kwa sababu hawana upeo wa kutosha kuepuka hatari zitokanazo na matumizi ya mtandao.

Ever noticed how children are mesmerized by the way phone screens glow before they even begin to crawl? Or have you noticed how your three year old can easily navigate your tablet and find exactly what he is looking for?

A few weeks ago, my three-year-old niece dropped a toy under the sofa and it was too dark for her to see. She immediately grabbed my phone, went straight to the flashlight, turned it on, and dove under the sofa to retrieve her toy! No guess work! I was impressed!

Children love technology, and so do parents! In towns, the Internet is quickly becoming parent's go-to child entertainer; from selecting nursery rhymes on YouTube to playing those addictive games.

The Internet is an endless world of learning and possibilities – unfortunately, not all of these are best for our children. So here are a few tips for protecting your children online.



Have conversations about using the Internet safely and the risks involved online-it is best that your child learns this from you.

Whenever possible, befriend your child on social media. Being your child's friend online will help you understand who and how your child interacts online.



The rule of thumb should be 'if you would not do this face to face, then you shouldn't do it online.'

'For example; if your child cannot start a conversation with a total stranger, why do so online? Remind your children that being unable to see strangers on the internet often gives one a false sense of security and if they are not careful, they could get into trouble.



Help your children understand that once they have put something out on the Internet, they can never completely remove it.

Be it pictures, videos or text; they should be careful what they choose to put online. Warn them not to put pictures or write things that they would not be comfortable doing with their family. The measure of ones values is always 'would mom or dad be pleased with this?'



Learn to navigate the Internet including social media sites.

This will help you guide your children and build their interests so that even when you are not around, they will be selective in what they post, who they follow and how they interact. The Internet is a rapidly changing space so you will need to keep learning from time to time.



If your child is still very young, try to ensure you are always around when s/he is online.

Dad, mom or a trusted adult should always be around when your child is using the Internet. If you have a computer at home, it should be in the living room or one of the common spaces- allowing children to use computers away from adult supervision is not advisable, as they are still vulnerable to multiple dangers.

CHILD HELPLINE 116



Anita was a 15-year-old girl who worked as a housemaid in Arusha. She was very unhappy because while other children went to school and played, she had to work and sometimes, her employer would insult & brutally beat her.

Arusha wasn't Anita's home; she had been taken from Mwanza to work as a housemaid and she missed her family dearly.

Mzee Musa, the village chairperson, learnt about Anita and the problem she had. He really wanted to help her get back home where she would be safe and would go to school like other children her age.

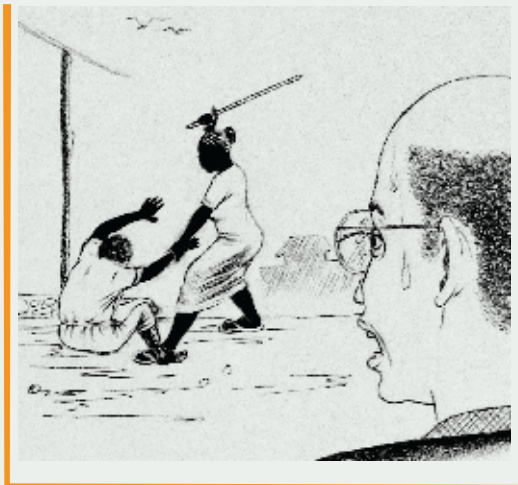
Mzee Musa was not sure how to help Anita so he called the National Child Helpline-116.

Anita akiwa na umri wa miaka 15, alifanya kibarua kama mfanyakazi wa ndani jijini Arusha. Kibarua hiki kilimkosesha raha kabisa kwasababu wakati akifanya kazi, watoto wenzake walikuwa wakiendelea na masomo, wakicheza na kupata upendo toka kwa wazazi wao. Wakati mwingine mwajiri wake alikuwa akimtesa kwa matusi na kipigo kikali bila huruma.

Anita hakuwa mwenyeji wa Arusha bali alisafirishwa kutoka Mwanza ili akafanye kazi za ndani, hali iliyomtia huzuni na kuikumbuka sana familia yake.

Mzee Musa, ambaye ni mwenyekiti wa kijiji, aligundua hali ya Anita. Alipata shauku ya kumsaidia kurudi kwao ambako angekuwa salama na pengine angepata fursa ya kupelekwa shule kama watoto wengine wa rika lake.

Mzee Musa hakuwa na uhakika ni jinsi gani amsaidie Anita, akaamua kupiga simu ya Huduma kwa Mtoto #116.



A friendly counselor called Maria answered his call and listened to him. He told Maria all about Anita and asked advice on how he could rescue the girl.

Maria explained that according to the Law of the Child Act no 21 of 2009, Mzee Musa had the right to rescue Anita from the unfriendly environment she lived in. In fact, it was his duty as a leader to make sure Anita was returned home safely.

The chairperson immediately visited the house where Anita lived and rescued her from her cruel boss.

Maria ambaye ni mshauri katika huduma ya simu kwa mtoto alipokea simu kutoka kwa Mzee Musa na akamsikiliza.

Alimueleza Maria kila kitu kuhusu Anita na kuomba ushauri wa namna gani anaweza kumnusuru.

Maria alieleza kuwa, kutokana na Sheria ya Mtoto namba 21 ya mwaka 2009, Mzee Musa akiwa kama kiongozi wa serikali za mitaa, ana haki ya kumnusuru anita kutoka katika mazingira hatari. Ni jukumu lake kama kiongozi kuhakikisha anita amerudishwa kwenye mikono salama ya familia yake.

Bila kupoteza muda, mwenyekiti alitembelea nyumba aliyokuwa akiishi Anita na kumnusuru kutoka kwenye mikono ya kikatili ya mwajiri wake.



Baada ya wiki chache, Mzee Musa alipiga #116 na kutoa mrejesho kwamba sasa Anita yupo katika mikono salama ya wazazi wake jijini Mwanza.

Alimpatia Maria mawasiliano ya wazazi wa Anita na Maria akafanikiwa kuongea na Anita kupitia simu ya wazazi wake. Anita alikuwa na furaha sana kuwa nyumbani kwao. Sasa anaweza kwenda shule, kucheza na kufurahi kama watoto wenzake.

A few weeks later, he called the helpline and reported that Anita was now safely back home in Mwanza with her family.

Maria talked to Anita and her parents over the phone and Anita said she was very happy to be back home. Now she could go to school, play and be happy like other children.



Flags of Africa

1. Algeria
2. Angola
3. Benin
4. Botswana
5. Burkina Faso
6. Burundi
7. Cape Verde
8. Cameroon
9. Central African Republic (CAR)
10. Chad
11. The Comoros
12. The Democratic Republic of the Congo
13. The Republic of the Congo



14. Cote d'Ivoire
15. Djibouti
16. Egypt
17. Equatorial Guinea
18. Eritrea
19. Ethiopia
20. Gabon
21. The Gambia
22. Ghana
23. Guinea
24. Guinea-Bissau
25. Kenya
26. Lesotho
27. Liberia

How much do you know your continent? These are 54 independent African countries. Can you match each country to its flag?

- 28. Libya
- 29. Madagascar
- 30. Malawi
- 31. Mali
- 32. Mauritania
- 33. Mauritius
- 34. Morocco
- 35. Mozambique
- 36. Namibia
- 37. Niger
- 38. Nigeria
- 39. Rwanda
- 40. Sao Tome and Principe

- 41. Senegal
- 42. Seychelles
- 43. Sierra Leone
- 44. Somalia
- 45. South Africa
- 46. South Sudan
- 47. Sudan
- 48. Swaziland
- 49. Tanzania
- 50. Togo
- 51. Tunisia
- 52. Uganda
- 53. Zambia
- 54. Zimbabwe



Je, ni kwa kiasi gani unalifahamu bara lako? Hizi ni nchi huru 54 za Afrika. Je, unaweza kuoanisha kila nchi na bendera yake?



Seeing is Believing.



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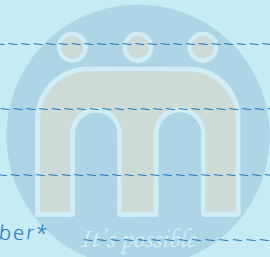
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Tusingefanikisha bila wewe, Asante

*Asante sana
Jamii Media.*

We joined hands in 2016 and worked together again this year
in co-hosting #SikuYaMtoto.



Stopping sexual images
and videos of children online



IWF
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We are grateful to the park's
management and their staff for hosting
#SikuYaMtoto 2017!

JAKAYA M
KIKWETE
YOUTH
PARK

#SikuYaMtoto 2017



This year, over 1,200 children celebrated the Day of the African Child at JMK Youth Park.





Children from Bright Hope Nursery School led everyone in starting off the day by singing the National Anthem. The afternoon was filled with all kinds of activities from reading, drawing and writing competitions, to traditional dances and ball games. Winners were awarded with medals and presents at the end of the day.

Fun & Games



The Clown Doctors and other volunteers made sure that children's faces were brightened with fun paint and wide smiles. All day long, they painted, juggled and had the children engaged.

All made up

A big thanks to all our sponsors & partners who supported t-shirts, food, eye-screening, prizes, transport, online & mainstream media, children's activities and the beautiful venue!



The park was filled with colourful exhibitions. Robotics by Jenga Hub and Apps & Girls, health & nutrition booths by Unilever's BlueBand and Afya Slices, education learning and fun from Ubongo kids & Shule Direct, and so much more. R&S was very popular with all the crafts and projects done by children themselves!

Exhibitions



As part of the day's festivities, six-year-old Ethan launched an animated gaming and learning smart-phone app for children below 10. At such a young age Ethan wants to inspire a heroic spirit in boys and girls by telling them 'You can be a hero too.' Kids loved it!

Ethan Inspires



Hare, Tortoise

✦ the Coconut Trees.

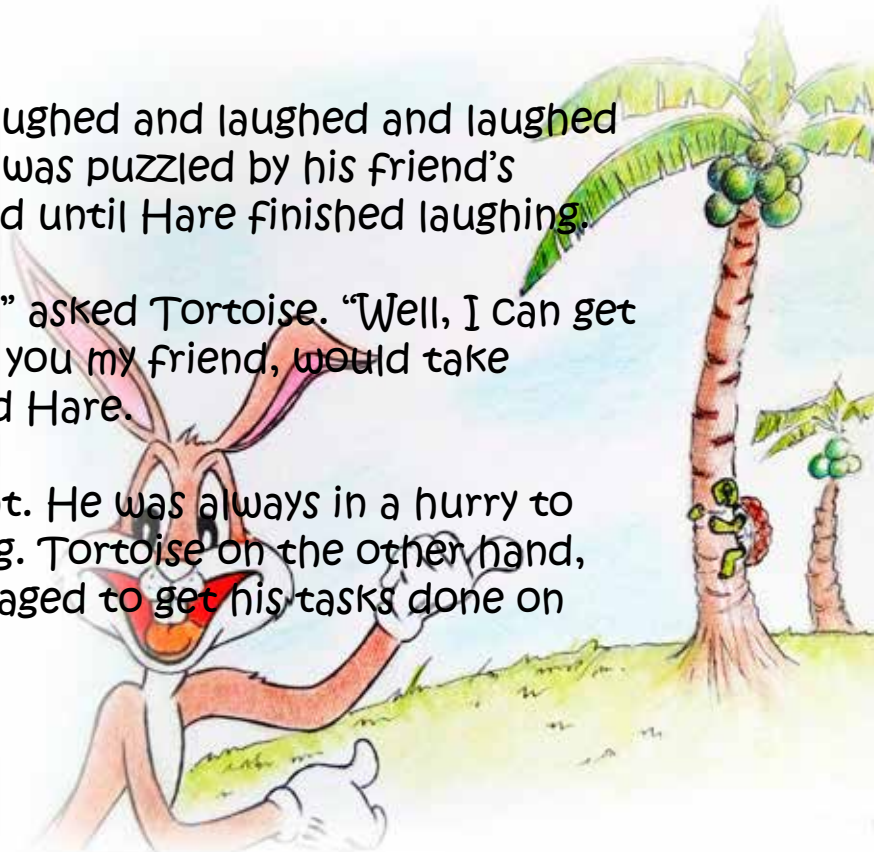
One day, a very long time ago, Hare and Tortoise went for a long walk. On their way, they happened upon two coconut palms.

“Wouldn’t it be lovely if we could get some coconuts for mama Hare & mama Tortoise to use at home?” asked Tortoise.

Hare started laughing. He laughed and laughed and laughed until he bent over. Tortoise was puzzled by his friend’s strange behaviour but waited until Hare finished laughing.

“What is so funny my friend?” asked Tortoise. “Well, I can get my coconuts in no time, but you my friend, would take forever to get yours!” replied Hare.

Now Hare was very impatient. He was always in a hurry to finish whatever he was doing. Tortoise on the other hand, was slow, but he always managed to get his tasks done on time.



Hare lay in the shade of the coconut palms and crossed his legs watching Tortoise climb up the first palm slowly.

As Tortoise climbed, he made hollows for him to step on. The higher he went, the more hollows he made.

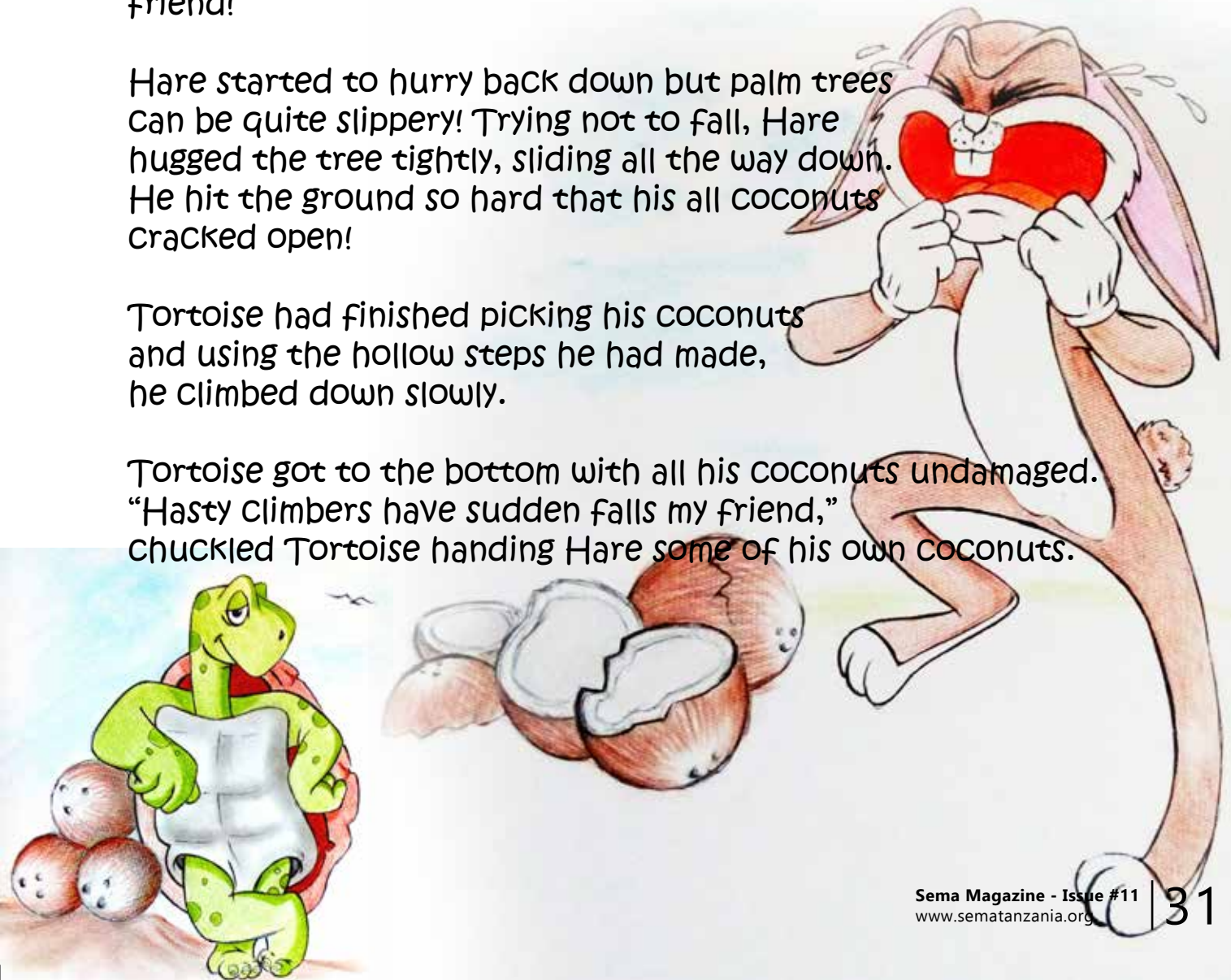
Hare watched and cheered, "Go ahead my slow friend! I don't need much time to pick MY coconuts!"

At last, as Tortoise was near the top of his tree, Hare climbed up the second tree. He got to the top in no time, picked his coconuts and shouted across to Tortoise, "I told you I would have my coconuts in no time! See you at the bottom my slow friend!"

Hare started to hurry back down but palm trees can be quite slippery! Trying not to fall, Hare hugged the tree tightly, sliding all the way down. He hit the ground so hard that his all coconuts cracked open!

Tortoise had finished picking his coconuts and using the hollow steps he had made, he climbed down slowly.

Tortoise got to the bottom with all his coconuts undamaged. "Hasty climbers have sudden falls my friend," chuckled Tortoise handing Hare some of his own coconuts.



Our World in your hand

Sometimes we misplace our pens, pencils, sharpeners & erasers or they are just scattered all over the place making a mess. And then there are times when we have useless plastic cups in our house that we might as well throw away. But guess what? These cups can still be very useful for storing our scattered stationery.

Aliyah shows us how to turn a boring and maybe broken plastic cup into a useful pencil holder. Check it out.

You Will Need:

- A Plastic Cup/Glass (which is no longer being used and would have gotten thrown out)
- Different Coloured Beads to decorate your cup.
- Glue to stick the beads to the cup (here Aliyahh uses super glue so be careful not to get your fingers stuck because that is painful!)
- Plate/bowl to place and mix the beads in

Mahitaji:

- Kikombe cha plastiki (ambacho hakitumiki)
- Shanga za rangi mbalimbali kwa ajili ya kupamba kikombe chako.
- Gundi kwa ajili ya kugundisha shanga kwenye kikombe chako (Aliyahh ametumia 'supa glue' hivyo kuwa makini usigundishe vidole vyako maana huwa inaumiza!)
- Sahani /bakuli la kuweka na kuchanganya shanga zako.



Put different coloured beads into a bowl and mix them.

Weka shanga zenye rangi tofauti kwenye bakuli na kuzichanganya.

BINGO! You now have a nice pencil holder for your classroom or your room at home!

In this example Aliyahh and her friends use a disposable cup to demonstrate. You can also use left over vitenge or khangas instead of beads.

What else would you use to decorate your cup?

Dunia yetu mikononi mwak



Wakati mwingine tunapoteza kalamu, vichongeo na vifutio vyetu ama vitu hivi huwa vinatapakaa bila mpangilio. Je, una vikombe vya plastiki/glasi ambazo hazitumiki tena nyumbani au shuleni na labda unapanga kuvitupa jalalani? Usitupe! Vikombe hivi visivyotumika vinaweza kubadilishwa na kuwa vifaa vya kuhifadhia kalamu na vitu vyetu vingine.

Aliyah anatuonesha jinsi ya kuremba vikombe hivi na kuvitumia kwa ajili ya kuhifadhi kalamu na vifaa vingine

02



Apply the glue on your plastic cup/glass carefully on the areas you want to decorate.

Paka kikombe chako gundi kwenye sehemu unazotaka kuremba na shanga.

03



Put the beads on the area with glue before it dries.

Weka shanga kwenye eneo lenye gundi kabla haijakauka.

04



Let the cup sit until the glue dries and the beads are nicely stuck on.


Acha gundi ikauke ili shanga zikae vizuri.

Tayari una kifaa kizuri cha kuhifadhia kalamu. Unaweza kukitumia darasani ama nyumbani!

Katika mfano huu, Aliyah na marafiki zake wametumia kikombe kisichotumika kuonesha namna ya kutengeneza.

Unaweza pia kutumia vipande vya khanga au vitenge badala ya shanga.

Je, ni vitu gani vingine ambavyo unaweza kuvitumia kuremba kikombe chako?



online Safety Quiz...

Do you have a healthy 'Internet Diet'? Answer the following questions to find out and add all your points at the end to see which group you are in.

■ 5 points ▲ 3 points ● 1 point.

1. How safe do you think the Internet is?

- ▲ *It is very safe because I can use the Internet when I'm safely at home.*
- The Internet is not safe, it is full of strangers & dangers.
- **I really don't know, I just like playing games and learning new things on the Internet. The music on YouTube is fun too!**

2. How much time do you spend online, using the Internet or playing games?

- ▲ *I never use the Internet or play games on phones/computers.*
- **As soon as I get back from school, I use the computer or my parents phone to play games & surf the Internet until bedtime.**
- I don't go online everyday and I only play games and use the Internet for a few hours a week

3. Who do you accept as friends & followers on Facebook, Instagram and other Social Media sites?

- Only people I know & trust.
- **Everyone, I like to have a lot of friends.**
- ▲ *Friends of my friends, even if I don't know them too well.*

4. A stranger you met online wants to meet you in person. What do you do?

- Tell my parents
- ▲ *Tell my friend so that we can go together*
- **Go and meet my new friend**

5. Do you know how to block/report people who bother you on social media?

- Yes, I know how to block and report people who bother me online.
- **I didn't even know that was possible!**
- ▲ *I know I can block & report people but I don't know how. I'll learn when I have to.*

6. You're at a friend's home and they want to visit online sites that you are not allowed to visit at home. What do you do?

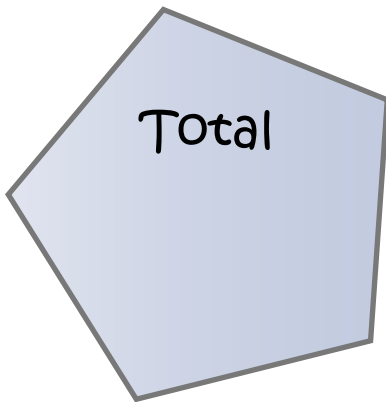
- ▲ *Just this once, there is no harm and I don't want my friends to think I'm not cool.*
- Tell them I'm not allowed to visit this site and explain why. We can visit other sites instead.
- **I always visit these sites when I'm with my friends; that's why we hangout away from home because my parents would be angry.**

7. Someone insults you/your friend online

- ▲ *Ignore them.*
- **Insult them back.**
- Tell a trusted adult.

8. Who do you talk to about the Internet when you are confused or want to understand something?

- ▲ *My friends*
- My Parents
- **Nobody, I just learn on my own.**



Results:

Up to 10 points:

You LOVE the Internet and as soon as you can get your hands on a computer, an iPad or a phone, you immediately go online or start playing video games. If it were up to you, you would be online all day, every day – there is so much for you to do and watch! The Internet is good for learning and even for fun. But too much of a good thing becomes a bad thing. Remember that you don't really know who you are interacting with online unless you are already friends. You should always keep your personal information private when communicating online and always tell an adult about what you are doing and who you interact with on the internet. Lastly; Go Outdoors, Play, Run. Relax your brain and your eyes. Too much internet is simply not healthy so limit the time you spend online and use the rest of the time to do other things as well.

11-20 points

The Internet is no good. It is full of dangerous people and bad things that you shouldn't watch or read. You never really talk to your parents about being online either and are simply just not interested. In fact, it is a waste of your study time and you really want to do well in class. Although you are right, the Internet can be dangerous; it can be very useful too – even in your schoolwork. There are a lot of math, science, geography, history exercises and videos and so much more. It is great that you are already aware of the possible dangers in using the Internet, which means you will be careful. Make sure a trusted adult is aware of what you do online and tell them whenever anything makes you feel uncomfortable.

Above 20 points.

You have a good understanding of the Internet, you know how to navigate it, you understand the importance of privacy and you know that it can be both educational & entertaining. You also understand that there are dangers in using the Internet and that if anything makes you uncomfortable you should immediately talk to your parents or a trusted adult. Keep on learning and enjoying the Internet with family and friends and balance that with outdoor fun and games. Talk openly with your parents, teachers & friends and always remember to ask for help if something makes you uncertain online.

Upo? Salama Mtandaoni

Do you have a healthy 'Internet Diet?' Answer the following questions to find out and add all your points at the end to see which group you are in.

■ 5 points ▲ 3 points ● 1 point.

1. Je, unadhani ni salama kutumia wavuti (Internet)?

- ▲ Ndiyo! Ni salama kabisa kwasababu naweza kuitumia nikiwa nyumbani bila wasiwasi.
- Hapana, wavuti umejaa mambo mengi na watu nisio wafahamu ambao sio salama.
- Hakika sifahamu, huwa napenda kutumia kucheza gemu na kujifunza mambo mapya kwenye wavuti. YouTube ni nzuri pia hasa kwa kutizama muziki!

2. Ni kwa kiasi gani unatumia muda wako mtandaoni ukitumia wavuti ama kucheza gemu?

- ▲ Kamwe situmii wavuti hata kucheza gemu kwenye simu wala Kompyuta.
- Punde tu nitokapo shuleni, natumia kompyuta au simu ya mzazi wangu kucheza gemu na kupekua wavuti hadi muda wa kulala.
- Siingii mtandaoni kila siku, huwa tu nacheza gemu na kutumia wavuti masaa machache tu katika wiki.

3. Mtu akikutusi au kumtusi rafiki yako mtandaoni.

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

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

- Wale tu ninaowafahamu na kuwaamini.
- Yeyote tu, sababu napenda kuwa na marafiki wengi.
- ▲ Marafiki wa rafiki zangu, hata kama siwafahamu vizuri.

5. Nini utafanya endapo mtu uliyefahamiana nae mtandaoni akikutaka mkutane ana kwa ana?

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

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

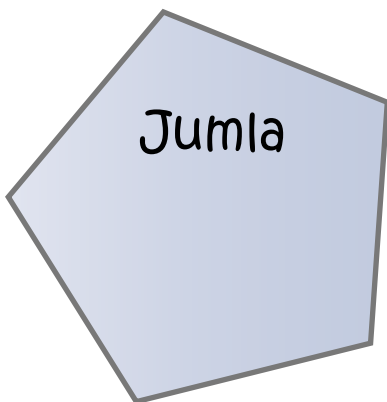
- Ndiyo, najua jinsi ya kuwafungia na kuwashitaki watu wanaonisumbua mtandaoni.
- Sikujua kuwa kuna uwezekano wa kuwafungia na kuwashitaki. Nafahamu kuwa kuna namna ya kuwafungia na kuwashitaki, lakini sijui jinsi ya kufanya hivyo.
- ▲ Nitajifunza nikikutana na wasumbufu.

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

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

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

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



Matokeo:

Hadi alama 10:

UNAPENDA sana wavuti na punde tu ushikapo simu, kompyuta ama kifaa kingine, unaingia mtandaoni haraka iwezekanavyo na ili uangalie video au kucheza gemu. Ingekuwa ni maamuzi yako, ungekuwa ukutumia muda wako wote mtandaoni kila siku –hakika mtandao ni mzuri na kuna mambo mengi ya kujifunza na kufurahia, lakini kama ilivyo shilingi ina pande mbili, kila kizuri kina ubaya wake. Kumbuka kwamba huwafahamu watu unaozungumza nao mtandaoni labda tu muwe mlishakuwa marafiki kabla, hivyo yakupasa uwe makini na taarifa zako binafsi usizisambaze mtandaoni na wakati wote mshirikisha mtu mzima juu ya kile unachfanya mtandaoni na watu gani unajihusisha nao. Mwisho kabisa usiache kucheza na kukimbia nje ya nyumba ili kupumzisha macho na ubongo wako. Kutumia muda mwingi umejifungia na kutumia wavuti ni hatari kwa afya yako, hivyo punguza muda unaoitumia mtandaoni na tumia muda huo kufanya mambo mengine ya msingi.

Alama 11-20

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

Juu ya alama 20.

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



Asante Umoja wa Ulaya

kwa kushirikiana nasi kuadhimisha

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