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Semma

Tanzania's Magazine for Children

It's possible



KNOW
YOUR
RIGHT



IJUE
NCHI
YAKO

MISSING
CHILD
CORNER



CHANJO
NI NINI?





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



SemaTanzania



SemaTanzania



A PEEK AT THE INSIDE



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Children's rights include the right to health, education, family life, play and recreation, an adequate standard of living and to be protected from abuse and harm.

WORD FROM

SEMA

Dear Child,

Choose kindness, and humility even when the world gives you reason not to, but most of all stand tall, stand strong and your strength will guide you through whatever life throws at you. Remember you are meant for greatness, **YOU'VE GOT THIS.**

Faith Mkony

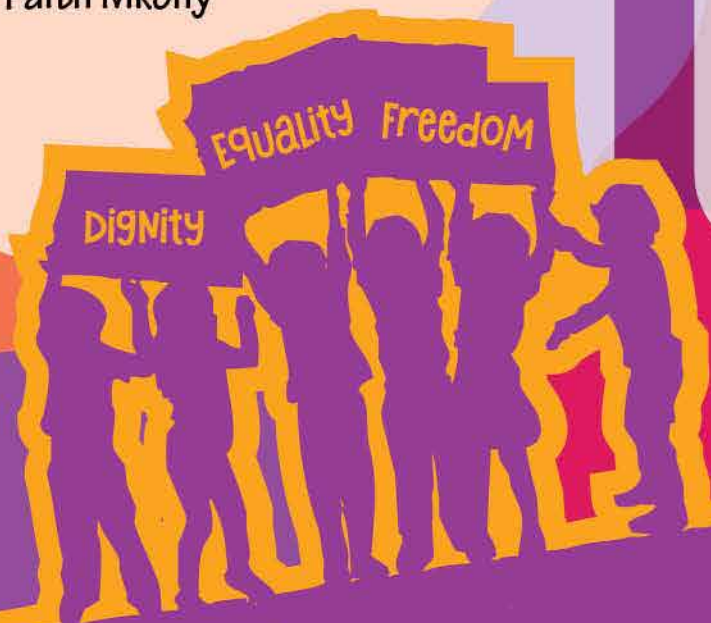
NENO KUTOKA

SEMA

Mpendwa Mtoto,

Chagua wema, na unyenyekevu hata pale ulimwengu unapokupa sababu za kutokua hivyo, lakini zaidi ya yote, jitambue wewe ni nani, jisimamie wewe mwenyewe kwa nguvu zako zote, hivyo ndivyo utaweza kujiongoza maishani mwako. Kumbuka, upo hapa kufanya mambo makuu, **UNAWEZA!**

-Faith Mkony



KNOW YOUR RIGHTS

The right to have your best interests realised

When adults make decisions, they should think about how their decisions will affect children. Governments make sure children are protected and looked after by their parents, or by the people entrusted to care for them and that organisations responsible for looking after children are doing a good job.

You are a child, and you deserve to have your needs met and your best interest actualised by the adults in your life.



JUA HAKI YAKO

Haki ya kupata maslahi bora

Watu wazima wanapofanya maamuzi, wanapaswa kufikiri maamuzi yao yataathirije Maisha ya watoto. Watu wazima wanapaswakufanyakilekilichobora kwa watoto. Serikali zinapaswa kuhakikisha watoto wanalindwa na kutunzwa na wazazi wao, ndugu au jamaa waliokabidhiwa watoto hao. Pia, mashirika yanayofanya kazi kulinda na kutetea haki za watoto wafanye kazi hizo vyema.

Wewenimtoto, unastahili kuwa na maslahi bora.



CALL 116 PIGA 116




Hello there!!! Did you know that 116 is the National Frontline Child Protection Service Provider? and we are on call 24 hours each and every day? This means no matter the time or place we are always ready to receive your call.

When it seems like no one is listening, know that the National Child Helpline is only one call away to give you a voice and a platform to speak. We are here for you

Habari!!! Je, unajua kwamba 116 ni Namba inayotoa Huduma ya Simu kwa Mtoto? Na tupo hewani masaa 24 kila siku? Ambayo inamaanisha haijaalishi wakati au mahali ulipo, sisi daima tupo tayari kupokea simu yako.

Ukiona kama hakuna mtu anayekusikiliza, jua kwamba Huduma ya simu kwa Mtoto Tanzania ipo na inafanya kazi kukupa sauti na jukwaa la kuzungumza. Tupo kwa ajili yenu.





YOUR COUNTRY

Tanzania is such a big country, with loads of tourist attractions, in fact, Travel and tourism contribute roughly 17.5 per cent of the country's gross domestic product.

Gross domestic product: the total value of goods produced and services provided in a country during one year.

It's pretty clear that despite tourism being a growing sector it is still a big deal in our country.

What tourist attractions in Tanzania do you know?





Tanzania ni nchi kubwa sana yenye vivutio vingi vya utalii. Je, unajua kuwa utalii na safari za nje zinachangia takribani asilimia 17.5 ya pato la taifa letu.

Pato la Taifa: Jumla ya thamani ya bidhaa zinazozalishwa na huduma zinazotolewa nchini katika mwaka mmoja.

Licha ya utalii kuwa sekta inayokua pia ina nafasi kubwa katika maendeleo ya nchi yetu.

Taja vivutio vya utalii nchini Tanzania unavyovijua.



AGE APPROPRIATE CHORES

Research indicates that children learn responsibility through chores. If you have ever wondered what household chores are appropriate for your age, this short guide can help you and your parents.

'The best predictor of a young adults' success is that they participate in household tasks when they are children' ~Marty Rossman

2-3 YEARS

- Clean up toys.
- Put clothes in the wardrobe
- Help putting nonbreakable utensils in the cupboard

4-6 YEARS

All previous chores

- Set the table
- Make the bed
- Sweep the floor

7-11 YEARS

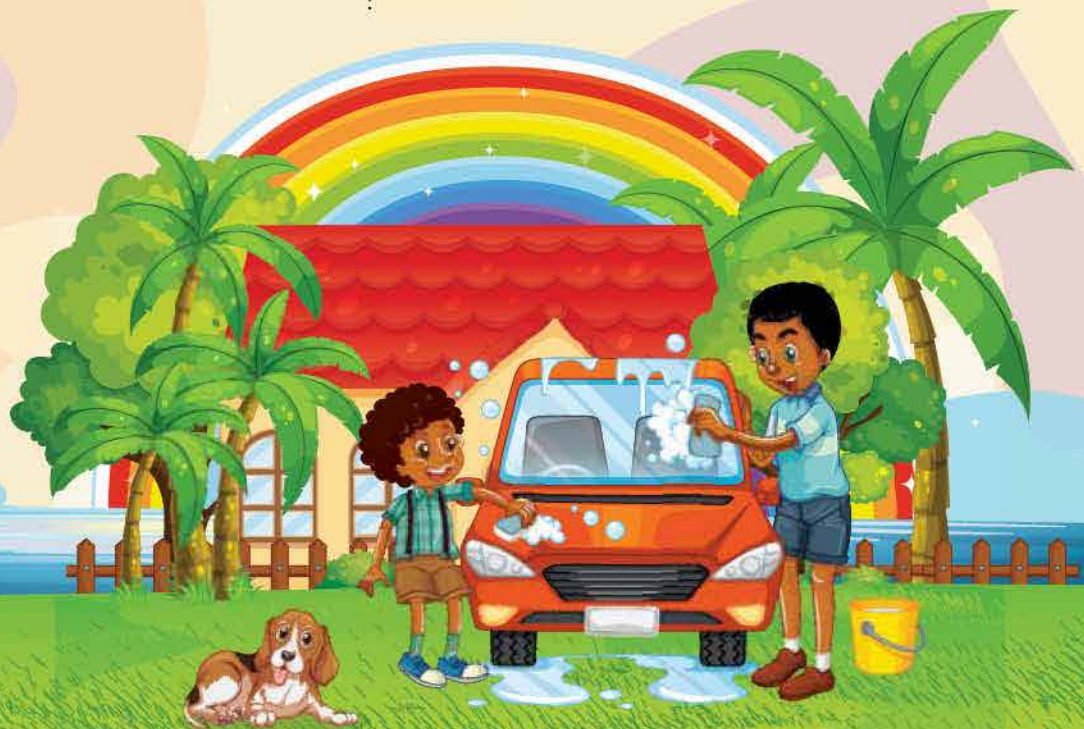
All previous chores

- Fold laundry
- Wash mirrors windows
- Clean toilets
- Organize play/toy room

12+ YEARS

All previous chores

- Babysit siblings
- Cook simple meals
- Do the Laundry
- Clean bathrooms
- Empty trash outside
- Work on the garden together.



KAZI ZINAZOWAFAA WATOTO NYUMBANI

Utafiti unaonyesha kuwa watoto hujifunza kuwajibika kupitia kazi ndogondogo za ndani. Kama umewahi kujiuliza ni kazi gani za nyumbani zinazokufaa kwa umri wako, mwongozo huu mfupi unaweza kukusaidia wewe na wazazi wako kuzitambua.

'Utabiri bora wa mafanikio ya vijana ukubwani' ni ushiriki wao katika kazi za nyumbani wakiwa wadogo' ~Marty Rossman

MIAKA 2-3

- Safisha vitu vya kuchezea.
- Weka nguo kabatini
- Saidia kuweka vyombo visivyovyunjika kwenye kabati

MIAKA 4-6

- Saidia kuandaa meza mda wa chakula
- Kutandika kitanda
- Kufagia ndani

MIAKA 7-11

- Kukunja nguo
- Osha madirisha ya vioo
- Kusafisha mabafu
- Kupanga chumba na sehemu ya kuchezea

MIAKA 12 +

- Kuwaangalia wadogo zako
- Kupika vyakula rahisi
- Kufua nguo ndogo ndogo
- Kusafisha bafu
- Kutupa takataka nje
- Fanya kazi kwenye bustani pamoja.



Dear Parent

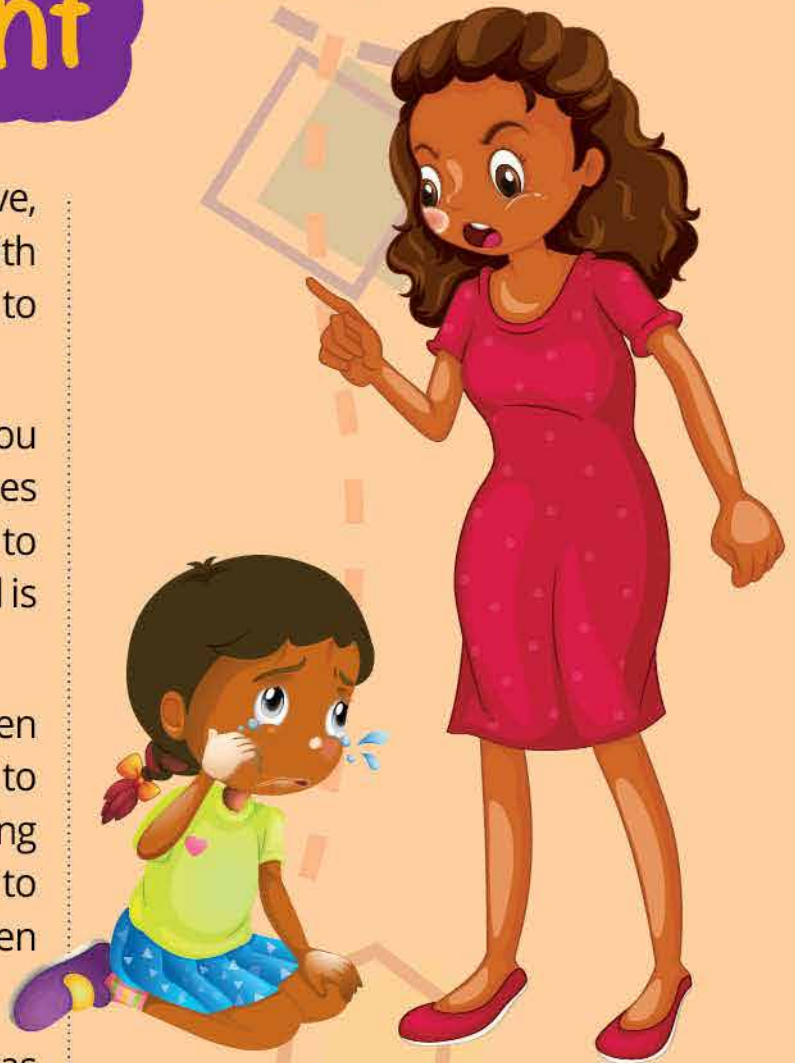
Far from what some parents believe, having a secure attachment with your child does not require you to be perfect at everything.

There is no perfection in parenting. You get to be human and make mistakes here and there, what you do after, to repair the relationship with your child is what matters most.

You get to feel angry, sad or even disappointed while still trying to navigate a way through it, modeling imperfection so that they know how to do it themselves with their children in the future.

An example of repairing could be; 'I was angry and I yelled at you, I am sorry.' This might seem like a small thing to do but it teaches them humility and to take responsibility when they are wrong and regulate their emotions better.

You are not failing as a parent if you are not perfect, you can still foster a secure attachment with your child when and if they know that they are safe and loved by you no matter what.



A secure attachment allows for a child to learn emotional regulation with the security of knowing that they are safe even when a parent loses their cool sometimes.

The pressure to raise self sufficient children can be stressful. Remember that you've got this, and we're just one call away to help you throughout your parenting journey.

Mpendwa Mzazi

Je, wajua kuwa msingi mzuri wa mahusiano kati ya mzazi na mtoto hutokana na namna jinsi mzazi anaonyesha upendo kwa mtoto wake, kumjali na kumsikiliza?



Wazazi wengi wanasahau kuwa malezi ni zaidi ya kutoa matunzo na pesa. Upendo na muda wako ni muhimu sana katika kujenga mahusiano mazuri na kutoa malezi mema kwa watoto wako.

Jaribu kutenga muda wiki hii kuzungumza na mtoto wako kuhusu jambo lolote lile, mpe usikivu wako na uone jinsi gani atakavyofurahi.

FIND THE WORDS

What are 'The Big five' animals in Africa?

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

TAFUTA MANENO YAFUATAYO

Ni wanyama gani wakubwa
wanaojulikana kama 'The Big Five'
barani Afrika?

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

#KAPOTEAS CORNER!

Hello,

We would like to welcome you to our little corner this is a special corner that will inform you on

different ways and equip you with useful tools that will keep you safe from going missing.



This special corner is brought to you by **Missing child Tanzania, #Kapotea** is an organisation that deals with educating, finding, and reunification of missing children.

We hope you will follow our tips and stay safe.



FOLLOW THESE VERY IMPORTANT SAFETY TIPS TO ENSURE YOUR SAFETY AT ALL TIMES TO AVOID GETTING LOST

1

Never go anywhere alone - always be with people you know and trust.

2

Know your parent's names and telephone numbers off by heart - also know another family member's details in case you can't get hold of your parents.

3

Never play in the streets alone, or any place where there is no adult supervision - it's dangerous!

4

If you get lost in a shopping mall, market don't go looking for your parents by yourself to avoid getting lost

5

Always tell your parents where you are going, even if your plans change. Make sure your parents have your friend's phone numbers as well.

6

Remember the **BUDDY SYSTEM**: always take a friend with you - don't go anywhere alone. This way, you can help each other when you are in trouble.

#KAPOTEA

KONA YA

Habari,

Tungependa kukuaribisha katika kona yetu hii maalumu, katika kona hii utapata dondoo zitakazokuwezesha kuwa salama na kuepuka kupotea.

Kona hii inaletwa kwenu na **Missing Child Tanzania #Kapotea** shirikika linalojihusisha na utoaji elimu, kutafuta na kuunganisha watoto waliopotea na wazazi wao. Ni matumaini yetu kuwa utazingatia dondoo hizi ili kuhakikisha usalama wako.



SOMA DOND OO HIZI ILI KUHAKIKISHA UNAKUA SALAMA

1

usiende mahali mwenyewe au kutembea peke yako, mara zote hakikisha uko na mtu mzima unayemuamini

2

Fahamu majina kamili ya wazazi wako, namba zao za simu, mtaa unaoishi au ndugu wa karibu anayeweza kukusaidia iwapo utapotea.

3

Usipende kucheza mtaani mwenyewe au mahali ambapo hakuna usimamizi wa mzazi au mtu mzima unayemwamini.

4

Ukipotea kwenye eneo la mkusanyiko wa watu usianze kuzunguka kutafuta mzazi ni vyema kusimama eneo moja ukisubiri. Ni salama zaidi

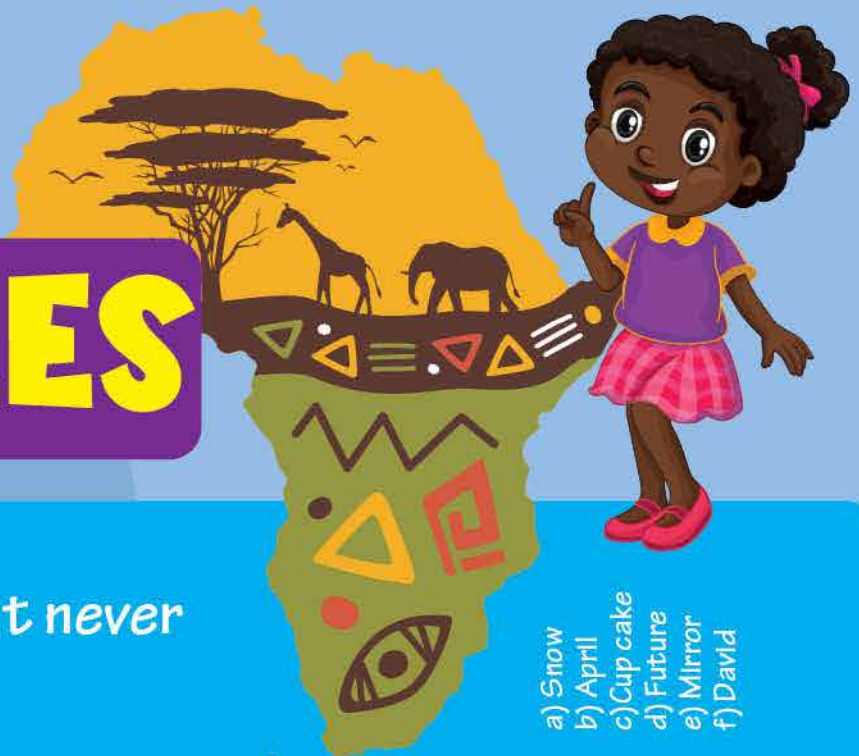
5

Mara zote mtaarifu mzazi wako ni wapi unaenda, na kama unaenda kwa rafiki hakikisha kuwa wazazi wanawasiliana ili kuhakikisha mko salama.

6

Usitembee mwenyewe, ukiwa unatoka shule hakikisha mnatembea kwa vikundi hii itasaidia kuwaweka salama

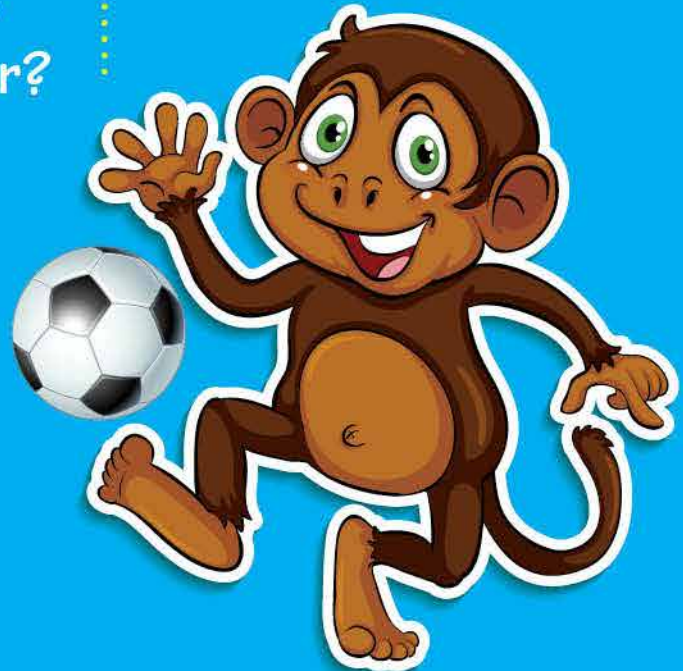
RIDDLES



1. What falls but never gets hurt?
2. Monkey love to play football in which month?
3. What type of cup is unable to hold water?
4. What is always in front of you but can't be seen?
5. From my reflection you will see your complexion?

- a) Snow
- b) April
- c) Cup cake
- d) Future
- e) Mirror
- f) David

6. David's father has three son's snap, crackle, and?



116 STORY



Haji Stands up for his friends

12-year-old, Haji (not his real name) called us early last month on behalf of his fellow classmates, reporting his school's second master for severely beating them as a form of corporal punishment.

One of our counsellors talked to Haji's parents to figure out if they had contacted the school or talked to the teachers about the problem. They stated that they had tried but were ignored.

We then contacted the Local Government Authorities (LGA) and the Ward Social Welfare Officer (WSWO) who agreed to promptly look into the case.

A week later we received feedback from the WSWO and LGA that the school had called a meeting with them, the Ward Education Officer and all staff to address the issue. The second master was warned about the effects of such kinds of violent discipline on children.

He apologized for what he had done and promised not to repeat it. After signing his agreement letter, he was advised on other forms of disciplinary actions that are constructive and help students learn from their mistakes instead of inflicting physical pain.

A few days later we spoke to Haji and he gleefully told us that the situation has changed with the teacher, he was no longer beating them and that the environment was now conducive for them to study without fear.

Haji promised to call us if any other concerning issue happened.

Haji is one out of a million children who get affected when corporal punishment gets out of control. School administrations need to keep an eye out and be vigilant in taking action once students report any kind of violent discipline.



No child should be beaten so severely that they end up in a hospital because they failed to accomplish a task.



Adhabu ya viboko mashuleni

Mwanzoni wa mwezi uliopita, Jesca mwenye umri wa miaka 15, alipiga simu 116 akiitaji msaada juu ya adhabu kali ya viboko wanazopewa shuleni kwao. Jesca alitueleza kuwa, walimu wao hawaruhusu wanafunzi kujieleza kabla ya kuwapiga na huwa wanawapiga sehemu yoyote ya miili yao.

Kuna wakati Jesca aliugua na hakuenda shule, kesho yake alipoenda mwalimu hakusikiliza sababu yake na kupuuzia karatasi ya dharura alioandikiwa na daktari, badala yake mwalimu alimpiga sana.

Baada ya tukio hilo, Jesca aliwaambia wazazi wake na walikwenda shule pamoja kuzungumza na uongozi wa shule, licha ya hiyo walipuuziwa kwa sababu ilionekana kuwa wazazi wake walikuwa wakimsikiliza binti yao zaidi ya walimu.

Siku hiyo hiyo tulipeleka kesi hiyo kwa Afisa Ustawi (SWO) aliyekuwa karibu nao ambaye alukubali kulifanyia kazi.



Siku kadhaa baada ya Jesca kutupa taarifa, SWO na VEO waliitisha kikao na Jesca, wazazi wake na walimu wake. Waligundua kwamba mwalimu mkuu hakuwa amechukua hatua yoyote juu ya malalamiko yaliyotolewa na Jesca na wanafunzi wenzake, na ilikuwa sio mara ya kwanza tukio kama hilo kutokea.

Walikubali kuwa na kikao shuleni na walimu wote. Tulifatilia kesi hio kujua kilichojadiliwa katika kikao hiko. Kwa kuwa haikuwa mara ya kwanza kwa mwalimu huyo kufanya kitu kama hicho bila kuchukuliwa hatua yoyote, waliamua kumpa adhabu ya kusimamishwa kazi kwa mwezi wa 1 bila malipo kama athari ya matendo yake.

Tulimpigia Jesca na alitutaarifu kuwa mwalimu alikuwa amecha tabia yake ya kuwapiga na atatutafuta tena ikiwa kitu kingine chochote kitatokea. Aliwashukuru wote waliotoa msaada na kuendelea na siku yake..

SING THIS POEM ALONG WITH MUSSA

LET'S PRESERVE OUR NATURE.



The sun is shining,
The sky is blue,
The birds are flying,
And the breeze is so cool.

Mother nature is trying her best,
To give nothing but beautifulness,
But what do we do?
Make her a mess.

Let's make her the best,
By polluting less and less,
And preserving her green dress,
For our children and for the rest.



HEALTH CORNER: WHAT ARE VACCINES?



Vaccination:

Vaccination is a simple, safe, and effective way of protecting you against harmful diseases before you come into contact with them. It uses your body's natural defenses to build resistance to specific infections and makes your immune system stronger.

Vaccines train your immune system to create antibodies, just as it does when it's exposed to a disease. However, because vaccines contain only killed or weakened forms of germs like viruses or bacteria, they do not cause the disease or put you at risk of its complications.

How it works:

Vaccines reduce risks of getting a disease by working with your body's natural defenses to build protection. When you get a vaccine, your immune system responds by recognising the invading germ, virus or bacteria, Producing antibodies (antibodies are proteins produced naturally by the immune system to fight disease), and lastly remembering the disease and how to fight it.

If you are then exposed to the germ in the future, your immune system can quickly destroy it before you become unwell making it a safe and clever way to produce an immune response in the body, without causing illness.

Why you should get vaccinated:

Although some diseases may have become uncommon, the germs that cause them to continue to circulate in some or all parts of the world. In today's world, infectious diseases can easily cross borders, and infect anyone who is not protected

Two key reasons to get vaccinated are to protect ourselves and to protect those around us. Because not everyone can be vaccinated - including very young babies, those who are seriously ill or have certain allergies - they depend on others being vaccinated to ensure they are also safe from vaccine-preventable diseases.



What diseases do vaccines protect?

Cervical cancer, Cholera, COVID-19, Diphtheria, Ebola virus disease, Hepatitis B, Influenza, Japanese encephalitis, Measles, Meningitis, Mumps, Pertussis, Pneumonia, Polio, Rabies, Rotavirus, Rubella, Tetanus, Typhoid, Varicella, and Yellow fever.

Vaccines are given throughout one's life to protect against serious, sometimes deadly diseases, and some are given during pregnancy.

When new diseases come to light, such as the recent COVID19 pandemic, scientists work tirelessly to create vaccinations that are safe and will help people protect themselves and others against it.

Hence, it is up to you to protect yourself and others against diseases like COVID-19 by taking the initiative to research and get the appropriate vaccine for you and your family.

Are vaccines safe?

Vaccination is safe and side effects from a vaccine are usually minor and temporary, such as a sore arm or mild fever. More serious side effects are possible, but extremely rare.



CHANJO NI NINI?

Chanjo:

Chanjo ni njia rahisi, salama, na yenye ufanisi ya kukulinda dhidi ya magonjwa hatari kabla ya kukumbana na magonjwa hayo. Chanjo hutumia ulinzi wa asili wa mwili wako kujenga upinzani dhidi ya maambukizi fulani na huufanya mfumo wako wa kinga kuwa na nguvu.

Chanjo huuzoesha mfumo wako wa kinga kuunda kinga mwili, kama vile inavyofanya wakati unapokumbwa na ugonjwa. Hata hivyo, kwa sababu chanjo zina aina zilizoua au dhaifu za vijidudu kama vile virusi au bakteria, hazisababishi ugonjwa huo au kukuweka katika hatari ya matatizo.

Jinsi chanjo inavyofanya kazi:

Chanjo hupunguza hatari ya kupata magonjwa kwa kufanya kazi na ulinzi wa asili wa mwili wako ili kujenga ulinzi mpya. Unapopata chanjo, mfumo wako wa kinga hujibu kwa kutambua kuwa unavamiwa na vijidudu, virusi au bakteria, kwa kuzalisha kinga mwili (Kinga mwili ni protini zinazozalishwa kwa kawaida na mfumo wa kinga ya kupambana na magonjwa), na mwisho huukumbuka ugonjwa huo na jinsi ya kupambana nayo.

Ikiwa utakumbwa na vijidudu katika siku zijazo, mfumo wako wa kinga unaweza kufanya kazi haraka kabla ya kujihisi vibaya na kutengenza njia salama na ya uhakika ya kuzalisha kingamwili, bila kusababisha ugonjwa.

Kwa nini unapaswa kupata chanjo:

Ingawa baadhi ya magonjwa yanaweza kuwa ya kawaida, vijidudu vinavyosababisha kuendelea kusambaa katika baadhi au sehemu zote za dunia. Katika ulimwengu wa leo,

magonjwa ya kuambukiza yanaweza kuvuka mipaka kwa urahisi na kuambukiza mtu yeyote ambaye hajalindwa

Sababu mbili muhimu za kupata chanjo ni kujilinda na kuwalinda wale walio karibu nasi. Kwa sababu sio kila mtu anaweza kupewa chanjo - ikiwa ni pamoja na watoto wadogo sana, wale ambao ni wagonjwa sana au wana mzio fulani - wanategemea wengine kupewa chanjo ili kuhakikisha pia wako salama kutokana na magonjwa yanayoweza kuzuilika kwa chanjo.

Ni magonjwa gani ambayo chanjo hulinda?

Saratani ya shingo ya kizazi, kipindupindu, UVIKO-19, Diphtheria, ugonjwa wa virusi vya Ebola, Hepatitis B, Influenza, encephalitis ya Kijapani, Degedege, Meningitis, Mumps, Pertussis, Pneumonia, Polio, Rabies, Rotavirus, Rubella, Tetanus, Typhoid, Varicella, na homa ya manjano.

Chanjo hutolewa katika maisha yote ya mtu ili kumlinda dhidi ya magonjwa makali na nyingine hutolewa wakati wa ujauzito.

Wakati magonjwa mapya yanapojitokeza, kama vile janga la hivi karibuni la UVIKO-19, wanasayansi hufanya kazi bila kuchoka kuunda chanjo ambazo ni salama na zitasaidia watu kujilinda na kuwalinda wengine

Hivyo basi, ni jukumu la kila mtu kujilinda na kumlinda mwenzake kwa kupata chanjo.

Je, chanjo ni salama?

Chanjo ni salama na madhara yatokanayo na chanjo kwa kawaida huwa ni madogo na ya muda mfupi, kama vile kuumwa mkono au homa nyepesi. Madhara makubwa zaidi yanaweza kutokea, lakini huwa ni nadra sana.

THE MAGIC TREE

A long, long time ago a little boy was walking through a forest, in the middle of the forest there was a magic tree with a sign on it. The sign on the tree said "I am the magic tree say the magic word and you will see what I have inside".

The boy tried to guess the magic words. He tried abracadabra, kaboom, tan-ta-ra, and many more..... But none of them worked.

Exhausted, he threw himself on the floor saying "please, dear tree, I want to see " and suddenly a big door opened in the middle of the tree trunk, inside everything was dark except for the sign which said "carry on child and see what I have instore for you" with a big smile on his face the

boy said "thank you dear tree!" Hearing the word thank you, the tree lit up brightly and revealed the pathway leading to a big pile of toys and candy.

The boy was soo happy that he brought all his friend to the magic tree and they had the best time ever. This Is why people always say that "please and thank you" are indeed magic words.

MORAL: learn to say please and thank you when asking for things and when you receive them.



MTI WA MAAJABU

Hapo zamani, kijana mdogo alikua akitembea msituni, katiakti ya msitu huo kulikua na mti mkubwa wa maajabu. Mti huo ulikua na alama iliosema "Mimi ni mti wa maajabu, sema neno la ajabu na utaona kilichopo ndani yangu"

Kijana alijaribu kuotea maneno mengi ya ajabu. Alijaribu abracadabra, kaboom, tan-ta-ra, na mengineyo mengi lakini hakuna hata moja lililofanikiwa kufungua mti ule.

Akiwa amechoka, alijilaza chini na kusema "tafadhali mti naomba unionyeshe kilichopo" hapo hapo mti ule ukafunguka na mlango ukatokea kwenye shina lake. Ndani ya huo mlango kulikua na giza mno, hakuna kilichokua kinaonekana bali ya alama iliyosema "Ingia

mtoto ujionee kilichopo." kijana yule akasema kwa furaha akasema "asante sana mti" na ghafla kukawa na mwanga na akaiona njia iliyompeleka hadi sehemu ambapo kulikua na michezo mingi na pipi za kila aina. Kijana kwa furaha kubwa akawaita hadi marafiki zake wakacheza na kufurahia sana. Na hii ndiyo sababu watu hupenda kusema" tafadhali na asante"

MAADILI: tupende kusema tafadhali na asante pale tunapomba au kupewa vitu.



"Mimi ni mti wa maajabu, sema neno la ajabu na utaona kilichopo ndani yangu"

SDG- 10

REDUCE INEQUALITY WITHIN AND AMONG COUNTRIES.



Reducing inequalities and ensuring no one is left behind are integral to achieving the sustainable development goals.

Inequality within and among countries is a persistent cause for concern, despite some positive signs towards reducing inequality in some dimensions being made.

As a child in a country that is striving to attain this goal... what do you think should be done?

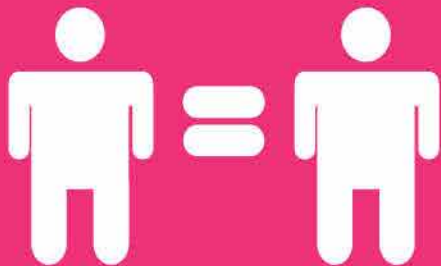
Write to us about this and have your answer featured in our next magazine

SDG

10

MALENGO YA MAENDELEO ENDELEVU

KUPUNGUZA UKOSEFU WA USAWA NDANI NA BAINA YA NCHI.



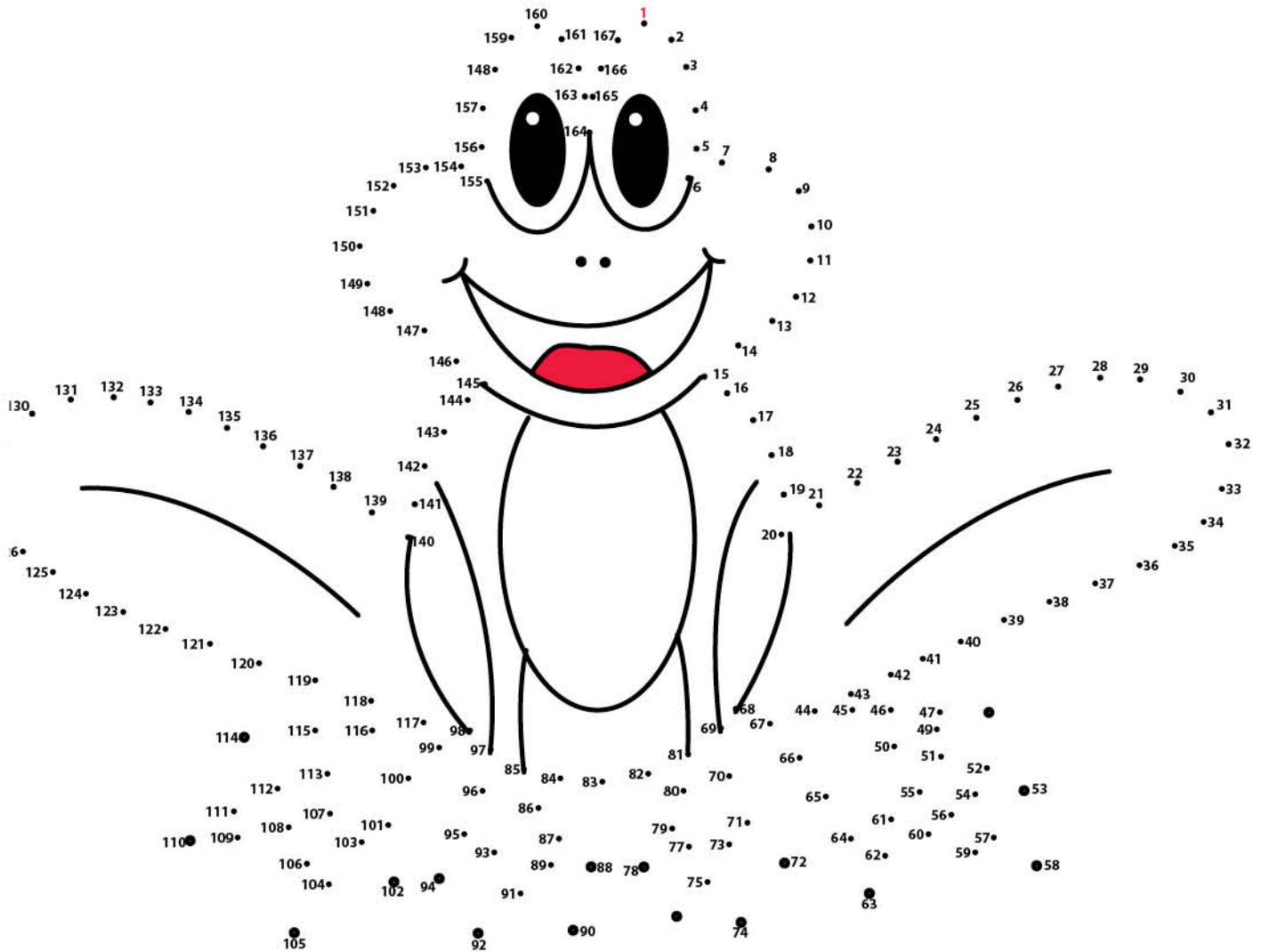
KUPUNGUZA UKOSEFU WA USAWA

Kupunguza ukosefu wa usawa na kuhakikisha hakuna mtu anayeachwa nyuma ni muhimu mno katika kufikia malengo ya maendeleo endelevu. Ukosefu wa usawa ndani na baina ya nchi ni sababu inayoendelea kuleta wasiwasi, licha ya jitihada nyingi ambazo tayari zimeshawekwa kutatua swala hili.

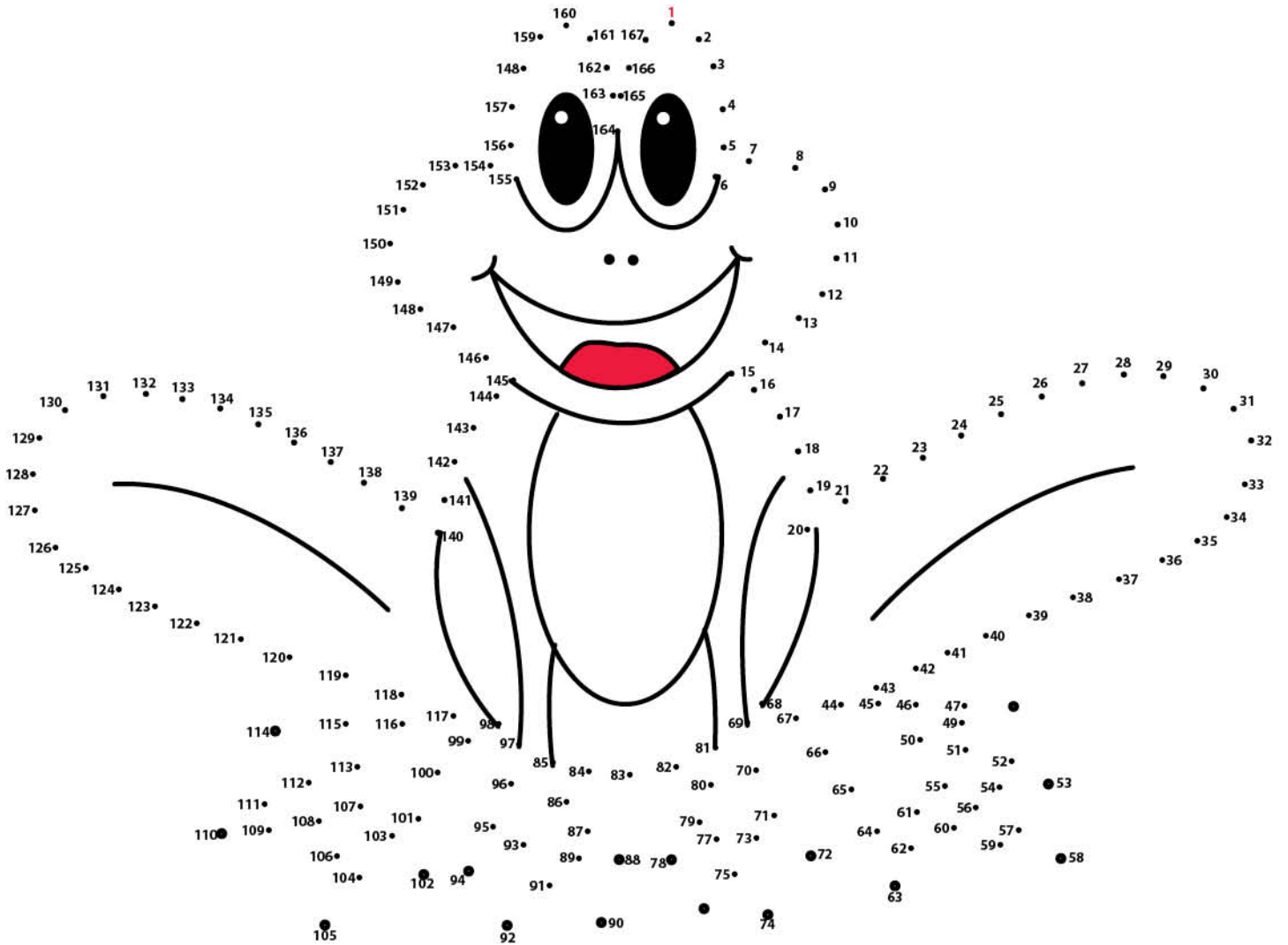
Kama mtoto unayeishi kwenye nchi ambayo inajitahidi kufikia lengo hili... Unafikiri ni nini kinapaswa kifanyike?

Tuandikie kuhusu hili na upate nafasi ya kushirikishwa katika jarida letu linalofuata.

HELP MUSSA TO FINISH DRAWING THE PICTURE



MSAIDIE MUSSA KUUNGANISHA MCHORO UFUATAO



JE WAJUA!

Vitendo vya kingono kwa watoto, kupigwa, kutelekezwa, kutishwa, kutukanwa, na vitendo vingine kama hivi ni ukatili dhidi ya watoto.



Vitendo hivi hufanywa na ndugu zetu, mama na baba zetu. Wajomba, shangazi na mara zingine wadogo zetu, walimu wetu, kaka na dada zetu na hata tusiowajua.



Usikae kimya
ukiugulia ndani kwa ndani.

Tupigie **116** bila
malipo.

TUNASIKILIZA!



Sema

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KUWAZA

Kuzuia Udhalilishaji wa Watoto Zanzibar

*"Together we can prevent violence
against children."*

