

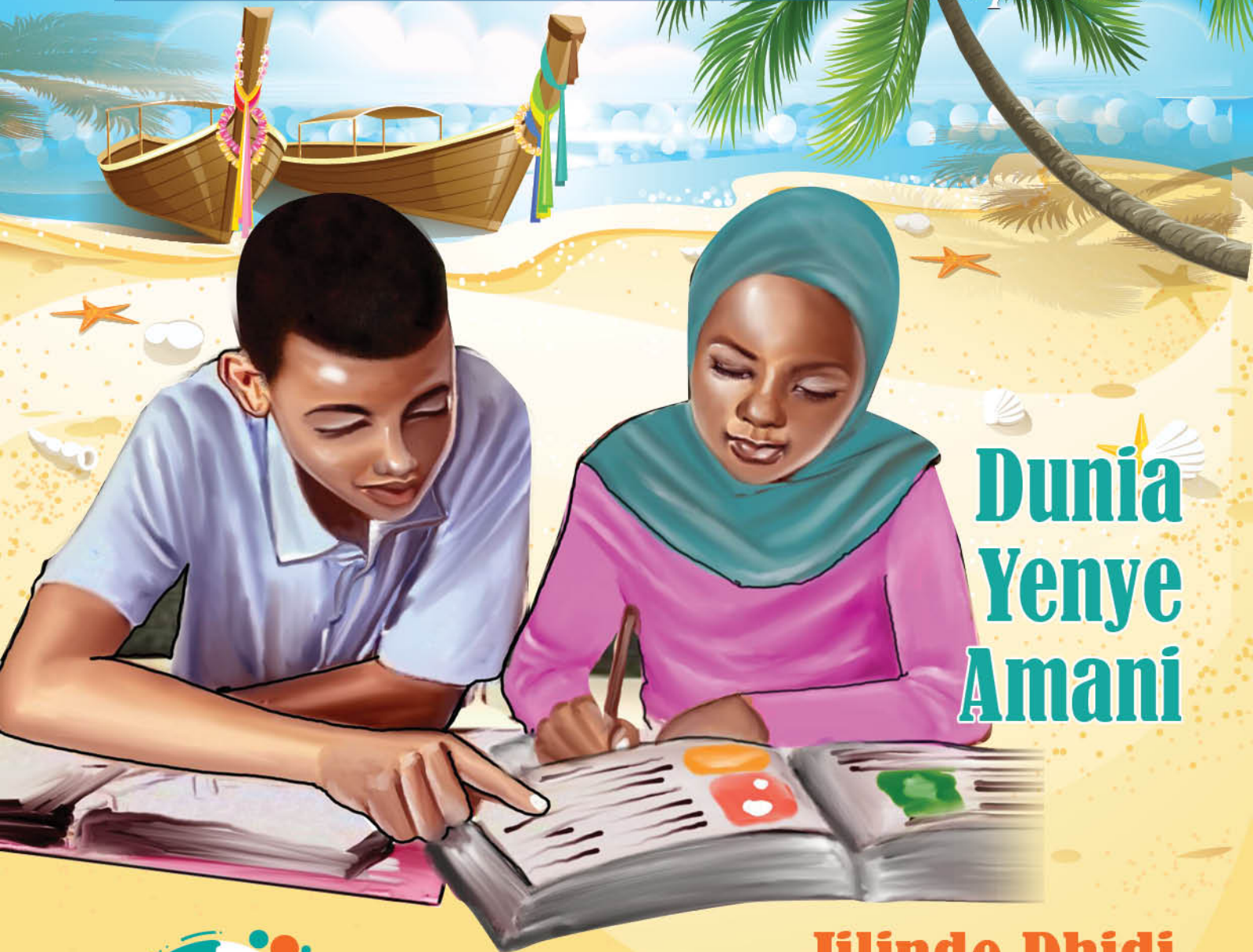


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Sema

Tanzania's Magazine for Children

It's possible



**Dunia
Yenye
Amani**



**Zungumza!
Timiza wajibu!**

**Jilinde Dhidi
ya Ukatili na
Udhalilishaji**



Sema

Inawezekana

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.

Vilevile tunawapa watoto nafasi ya kupaza sauti zao. Kupitia Huduma ya Simu kwa Mtoto namba 116, Barua za maoni za Furaha na Huzuni pamoja na Jarida hili la Sema, tunakusanya maoni yao na kupaza sauti zao.



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A PEEK AT THE INSIDE



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YALIYOMO

Neno Kutoka Sema	4
Jilinde Dhidi ya Ukatili na Udhalilishaji	5
SDG 5: Gender Equality Usawa wa Kijinsia	6-7
Walezi Au Walevi?	8-10
Walinde Marafiki Dhidi ya Ukatili na Udhalilishaji	11
Dunia Yenye Amani	12-13
Jipime Ufahamu	14-15
Hadithi Story	16-17
Udhalilishaji: Nimweleze Nani?	18-19
Shairi	20
Game	21
UNCRC	22
Riddles	23
Vitendawili	24
Tafuta Msaada	25
Games: Haki na Wajibu	26-27
Homework Helper Rahisisha Masomo Andika na Mwl. Musa	28-29
116 Stories Simulizi Za 116	30-31
Sema Wazazi: Nita Juaje Iwapo mwanangu ametendewa vitendo vya ukatili au udhalilishaji	32-33
Maswali Toka Tumbatu	34
Game	35

WORD FROM **SEMA**

Speak Up! Take Action! That is our theme in this issue. Both girls and boys go through many things that are unfair and against their rights both at home and at school. One of the best ways to make the world better for children is to take action by speaking up against anyone who denies children their rights and hurts them in any way.

Speaking up does not always have to be loud. Sometimes it is a shout, sometimes it is a low whisper for help from your parent, teacher or friend. And that is what we are sharing this time. Read on to see ways that you can help speak up for the rights of both boys and girls.

Both boys and girls have equal rights and should be given equal opportunities at school and in life. Unfortunately, not everyone believes this and, in some places, girls face challenges that make it harder for them to stay in school and succeed. Check out the article on SDG 5 to see what you can do help achieve Gender Equality by 2030.

In between the serious articles, we've put in different games and challenges for you to try with your friends and family. Have fun trying!

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

A big THANK YOU to our readers, schools, madrasas, parents and all the organizations supporting us. We could not have done it without you!

Until next time, ENJOY!

NENO KUTOKA **SEMA**

Zungumza! Timiza Wajibu! Hiyo ndiyo kaulimbiu yetu katika toleo hili. Watoto wa kike na watoto wa kiume hupitia mambo mengi yanayokiuka haki zao wakiwa nyumbani na skuli. Njia moja ya kuifanya dunia iwe sehemu salama kwa watoto ni kutimiza wajibu wa kusimamia haki zako na za wengine kwa kuzungumza dhidi ya mtu yeyote anayewadhalilisha watoto na kuwanyima haki zao.

Kuzungumza sio lazima kila wakati iwe kwa sauti kubwa. Wakati mwingine unaweza kupaza sauti, lakini wakati mwingine unaweza hata kumnong'oneza mtu unayemuamini kama mzazi wako, mwalimu au rafiki yako na kumuomba msaada.

Hiyo ndio mada kuu ya toleo hili. Jionee njia ambazo unaweza kusaidia kulinda haki za watoto wa kiume na watoto wa kike. Katika ukurasa wa 8, Aisha ametuandikia makala nzuri na kutupa simulizi ya binti aitwaye Chausiku. Jifunze namna ya kuandika kutoka kwa mwalimu Musa katika 'Rahisisha Masomo'

Watoto wa kiume na watoto wa kike wana haki sawa na wanapaswa kupewa fursa sawa kielimu na maishani. Kwa bahati mbaya, sio kila mtu anaamini hili na, katika maeneo mengine, watoto wa kike wanakabiliwa na changamoto zinazowapa wakati mgumu kuendelea na masomo yao na kufanikiwa. Angalia makala ya Lengo Endelevu la 5 kuona mambo unayoweza kufanya ili kusaidia kufika Usawa wa Kijinsia ifikapo mwaka 2030.

Tumekuwekea michezo mbalimbali. Jaribu kila mmoja na marafiki na familia yako.

Tungependa kusikia sauti zenu. Tutumie hadithi zenu, mashairi au picha na unaweza kuziona katika matoleo yajayo.

SHUKRANI ZIENDE kwa wasomaji wetu, skuli na madrasa zote, wazazi na mashirika yote yanayotuunga mkono katika kazi zetu. Bila nyie, tusingeweza kufika hapa.

Hadi wakati mwingine, Furahia...



NINAWEZAJE KUJILINDA DHIDI YA UKATILI NA UDHALILISHAJI?



- * Tatua malumbano kwa hoja, sio ugomvi, matusi, wala ngumi.
- * Fahamu njia salama za kupita unapokwenda na kutoka skuli pamoja na maeneo jirani, na utembeee na wenzako, usikae njiani mahali popote unapokuwa njiani muda wote.



- * Ziamini hisia zako – kama unahisi kuna hatari, ondoka haraka, hata kama ni kutoka kwa mtu unayemfahamu.
- * Mtu akikugusa kwa namna isiyo salama; kataa, ondoka na usikae kimya, mwambie mtu mzima unayemuamini.
- * Wafahamishe wazazi wako kuhusu mtu yeyote anayekupa zawadi mara kwa mara au anayependa kukaa na wewe muda mwingi mkiwa peke yenu.



- * Kamwe usitunze siri inayokukosesha amani. Hata kama uliahidi kutosema au unaogopa; mwambie mtu mzima unayemuamini siku zote.
- * Usitumie pombe na madawa ya kulevywa; jiepushe na maeneo pamoja na watu wanaotumia vitu hivyo.
- * Epuka Matumizi Mabaya na hatarishi ya Mitandao



Zungumza!
Timiza wajibu!



Wizara ya Kazi, Uwezeshaji,
Wazee, Wanawake na Watoto



SDG

Sustainable Development Goals

SDG 5: One of the 17 goals that world leaders want to achieve by 2030 is gender equality and empowerment of all women and girls.

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

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

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

1. Speak up against things like child marriage and discrimination against girls at home and at school.
2. Organize a debate on Gender Equality in school – to learn from each other.
3. Girls – do your best in class. Study hard, answer questions. If you know something, share it with the class, do not be scared of getting answers wrong, you can only learn and so will your classmates.
4. Boys – Help out in the home. You will learn to be independent, responsible & accountable at school, at the office and most importantly, at home.

5 GENDER EQUALITY



5. Girls – play a sport if you want to. Do you like swimming, basketball, football or tennis? Give it a try! And boys, encourage girls to play and compete in sport.
6. Learn about women who are heroes and leaders starting with those in your own home and community – if they can, you can.
7. Make sure boys and girls are safe at school and at home.
8. Create awareness on Gender Equality through poetry, plays, songs, etc.
9. Girls. Start with you – work hard and follow your dreams – that way your siblings and other girls & children can learn from you and be inspired too.
10. Learn more about SDG 5 and the other sustainable development goals by visiting: <https://www.un.org/sustainabledevelopment/>.

Lengo Endelevu la

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

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

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

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

1. Zungumza dhidi ya vitendo kama ndoa za utotoni na ubaguzi dhidi ya watoto wa kike nyumbani na skuli.
2. Fanya midahalo kuhusu Usawa wa Kijinsia skulini – wote mtajifunza mitazamo mipya kutoka kwa wengine.
3. Watoto wa kike – jitahidi darasani. Soma kwa bidii, jibu maswali. Ikiwa unajua kitu, washirikishe wenzako jibu lako, usiogope kukosea jibu, ni sehemu ya kujifunza kwako na kwa wanafunzi wenzako pia.
4. Watoto wa kiume – saidia kazi nyumbani; utajifunza uwajibikaji na kujitegemea katika mazingira yote ya skuli, ofisini na nyumbani.

5 USAWA WA KIJINSIA



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

WALEZI AU WALEVI?

Imeandikwa na Aisha Saleh Rajab kutoka Skuli ya Sekondari Tumekuja.

Udhalilishaji wa Kingono:

Udhalilishaji wa kingono kwa watoto ni udhalilishaji ambapo mtu mzima au balehe humtumia mtoto wa kike ama wa kiume kukidhi haja ya matamano yake kingono kwa kumuingilia. Aina za udhalilishaji wa kingono kwa watoto ni pamoja na kufanya ngono na watoto, kuwaonyesha mambo yasiyo na hesima kama picha na video za ngono, kujenga urafiki

na kuanzisha mahusiano na kuwatumia watoto kutengeneza picha za ngono.

Wazazi ni walezi wa kwanza kwa msichana lakini siku hizi pia wazazi nao huwafanyia udhalilishaji wa kingono watoto wa kike. Kwa mfano, kisa cha mwaka 2010 kuhusu msichana Chausiku mwenye umri wa miaka 14 aliyeishi kusini mwa kisiwa cha Unguja.

Chausiku alikuwa ni msichana mwenye ndoto ya kuwa daktari lakini ndoto zake bahati mbaya zilikatishwa. Chausiku alipokuwa na umri wa miaka 6 baba yake aliaga dunia, hivyo akabaki na mama yake mzazi tu. Baada ya mama kumaliza eda alipata mume mwingine mwenye umri wa miaka 45 aitwaye Mzee Mitomingi.

Mwanzoni, Mzee huyo alimchukulia Chausiku kama binti yake wa kumzaa lakini baada ya kufika kidato cha tatu, Mzee Mitomingi alianza mahusiano ya karibu sana na Chausiku, mahusiano ambayo si ya baba na mwana.



Alianza kumlaghai kwa vijizawadi ikiweemo hela nyingi ya kutumia shuleni na hata kufikia kumpiga mkewe kwa madai ya mtoto asigombwe. Hali hii ilimfanya mama Chausiku awe na mgogoro na mumewe. Siku moja Mzee Mitomongi alirudi kutoka kazini akiwa amelewa na kuanza kumfokea mkewe kwa madai ya kumruhusu mtoto kwenda shule bila ya yeye kumpeleka. Alianza kumpiga na kumtukana.

Mama Chausiku alipata jeraha kubwa sana na kushindwa kufanya kazi zake wala kutembea. Alibaki kulia na kumkumbuka marehemu mumewe. Chausiku baada ya kutoka skuli alimkuta mama yake akilia na amelala kwa maumivu. Chausiku alilia na kuanza kumsaidia kazi mama yake ila hakujua tatizo na chanzo kilichompata mama.

Siku moja Mzee Mitomongi alimuita binti yake na kuanza kumuonyesha picha za ngono huku akimwambia, “Umekua sasa binti yangu, lazima sasa uwe na uwezo wa kujua mambo mazuri kama haya.” Baada ya kusikia vile Chausiku alisema, “Hapana baba! Mimi ni msichana mdogo mwenye malengo mazuri baadae hivyo umri wangu bado kujua hayo na isitoshe wewe ni baba yangu.”

Siku iliyofuata, Mzee Mitomongi alimuita binti yake na kuanza kumwonyesha sehemu zake za siri na kumlazimisha azishike sehemu zile. Baadae mzee yule alimtishia binti kua endapo atamweleza chochote mama yake, basi atawaua wote.

Hali hii ilimfanya Chausiku anyamaze huku akiumia moyoni. Mzee Mitomongi alianza kumuita Chausiku chumbani wakati mama yake akiwa ameenda kuuza matunda akimuingilia kwa kufanya nae mapenzi na kumingilia kinyume na maumbile.

Siku moja Mama Chausiku alisikia binti yake akilia na kusema, “Baba hanipendi na wala hazithamini ndoto zangu.” Mama akashtuka na kumuuliza, “Kwanini useme hivyo mwanangu?” Lakini Chausiku hakusema ukweli kwa kuhofia kuuwawa yeye na mama yake.

Miezi haikupita mingi, Chausiku akaanza kuhisi dalili za ujauzito. Bila kumwambia mama yake, aliamua kwenda hospitali ili akapime. Masikini Chausiku! Aligundua kuwa ni mjamzito. Mzee Mitomongi alimuhukumu mwanee kuwa ana tabia mbaya na mkewe kuwa ndiye aliyemfundisha binti yao. Alimfukuza nyumbani pale kwa kuwatukana na kuwadhililisha mbele za watu.

Chausiku na mama yake walibaki kuzurura, hawakuwa na pa kwenda. Walibaki kusaidiwa na wasamalia wema. Miezi mitano ilipita na Chausiku alikuwa na ujauzito mkubwa. Siku moja alipokuwa katika mahangaiko yake, kijana mmoja alimuona na kumuonea huruma. Alimsaidia Chausiku na mama yake chakula na malazi kwa usiku mmoja. Jioni hiyo, Mama Chausiku na mwanee walimueleza kijana yule kisa chao huku Chausiku akilia sana.

Mungu hamtupi mja wake. Kijana huyo aliguswa sana na mkasa huu akawashauri Chausiku na mama yake wamshtaki Mzee Mitomongi ili achukuliwe hatua. Aliwasaidia kupata mwanasheria wa kuwasaidia kesi yao. Mahakama ilimwita Mzee Mitomongi ajibu mashtaka.

Mzee Mitomongi kusikia Chausiku na mama yake wamemfungulia kesi, alituma watu kumtishia Chausiku kuwa endapo atasema ukweli basi atawaua na kiumbe chake tumboni. Aliposikia hivyo, Chausiku aliogopa na alitaka kumnusuru mwanae tumboni. Aliwaza kuwa ni bora aje lipiza kisasi kuliko kutoa ukweli na akaja kufariki. Chausiku alitaka kuachana na kesi yake lakini Mama Chausiku alimtia moyo na kumuahidi kuwa atasimama nae kutetea ukweli.

Ingawa Mzee Mitomongi alijaribu kumtishia Chausiku na kukwepa haki, Mama Chausiku, yule kijana na mwanasheria wote walimpa moyo Chausiku na kusimamia haki. Kesi yake ilichukua mwezi tu, ikabainika kuwa kweli Mzee Mitomongi alimbaka bintiye wa kambo na alifungwa kwa kosa hilo.

Chausiku alijifungua salama na akaamua kusomea sheria, ili kuwasaidia watu wengine wapate haki, kama alivyosaidiwa. Miaka 14 sasa imepita, Chausiku ni mwanasheria mzuri na binti yake anasoma kidato cha 2. Anaitwa Nuru, na ana ndoto ya kuwa daktari.

Kwa ujumla udhalilishaji wa kingono kwa watoto wa kike ni tatizo katika jamii yetu na hupelekea kuvunjika nguvu kazi ya taifa. Hivyo maoni yangu kwa jamii tushirikiane na serikali kutokomeza vitendo hivi kwa njia mbalimbali kadri ya uwezo wetu ili watoto wa kike wafikie malengo yao. Pia ningependaa kutoa ushauri wangu kuwa yeyote atakae julikana kamfanyia udhalilishaji wa kingono mtoto yeyote basi afungwe jela maisha, ili iwe funzo na onyo kwa wengine.





NINAWEZAJE KUWALINDA MARAFIKI ZANGU DHIDI YA UKATILI NA UDHALILISHAJI?

1. Kuwa rafiki; wasikilize ndugu na rafiki zako na uwafaraji kama wakikuambia kuwa wanafanyiwa ukatili au udhalilishaji. Wasaidie kutoa taarifa kwa watu wazima unaowaamini.
2. Tengeneza orodha ya watu na mashirika unaoweza kuwaomba ushauri au kuwapa taarifa na ibandike darasani kwako au katika ubao wa matangazo ili kila mtu aione.
3. Fahamisha wenzako juu ya haki za watoto ukatili au udhalilishaji wa watoto skulini na kwenye jamii yako kupitia maigizo, mashairi, ngonjera, nyimbo, ngoma, qaswida, na njia nyingine mbalimbali.
4. Walinde wadogo zako dhidi ya tabia zisizofaa kwa watu wazima au vijana kwa sababu mara nyingi watoto wadogo hawawezi kuzitambua tabia hizi au hata kujilinda wenyewe.
5. Paza sauti kwa ajili ya marafiki zako na watoto wenye mahitaji maalumu; hawa ni pamoja na watoto wenye ulemavu. Wasaidie kupata haki zao pia!
6. Washauri marafiki na wadogo zako wasipende kutembea peke yao wala kupokea zawadi kutoka kwa watu."



ZUNGUMZA, TIMIZA WAJIBU!



Zungumza!
Timiza wajibu!



Wizara ya Kazi, Uwezesaji,
Wazee, Wanawake na Watoto





Mwaka 1979 Mkutano Mkuu wa nchi wanachama wa Umoja wa Mataifa ulipitisha Mkataba wa Kimataifa wa Kuondoa Aina Zote za Ubaguzi Dhidi ya Wanawake. Kwa kifupi, Mkataba huu huitwa CEDAW. Ingawa CEDAW inawataja ‘wanawake’ na sio ‘watoto wa kike’, CEDAW huwasaidia watoto wa kike kudai haki zao katika hatua zote za maisha yao: tangu wanapozaliwa hadi wanapozeeka. Msichana anapojifunza kudai haki zake akiwa bado mdogo, ana uwezekano mkubwa wa kufurahia haki hizi kama mwanamke.

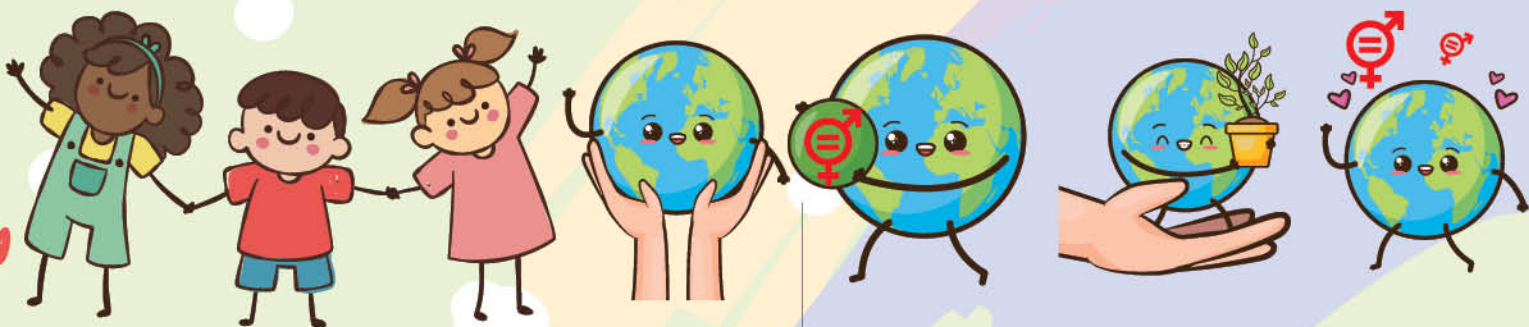
Kutetea haki za watoto wa kike na wanawake haimaanishi kukandamiza haki za Watoto wa kiume na wanaume. Watoto wa kike na watoto wa kiume wanapaswa kujua kuwa wana haki sawa.

Watoto wa kiume na wanaume wanaweza kuwasaidia watoto wa kike na wanawake kupata haki zao kwa njia nyingi. Iwe nyumbani, skuli au katika jamii, watoto wa kiume na wanaume wanaweza kubadilisha mitazamo na tabia hasi zinazowaathiri na kuwabagua watoto wa kike na wanawake, kuwapa moyo na kuwaunga mkono katika kudai haki zao za msingi kama binadamu.

Je CEDAW inazungumzia haki zipi? Zipo ibara 30 lakini tutaangazia ibara 16 za kwanza zinazoainisha haki mbalimbali wanawake walizonazo sawa na wanaume na namna nchi zinavyopaswa kuzilinda haki hizi.

Ibara

- 1. Maana ya Ubaguzi** Tofautisho au katazo lolote litakalofanywa kwa misingi ya jinsia linalowazuia wanawake na watoto wa kike kufurahia haki zao za kibinadamu katika nyanja za kisiasa, kiuchumi, kijamii, kiutamaduni, kiraia au nyingine yoyote kwa usawa na wanaume, bila kujali kama wameolewa au hawajaolewa.
- 2. Hatua za Kisera** Nchi zitatunga na kutekeleza sheria, kanuni na sera zinazokemea tamaduni na mienendo yenye ubaguzi dhidi ya wanawake na watoto wa kike .
- 3. Usawa** Nchi zitachukua hatua stahiki kuhakikisha maendeleo kamili na uendelezwaji wa wanawake na watoto wa kike ili wanufaike na haki zao za msingi kwa usawa na wanaume.
- 4. Hatua Maalumu za Muda Mfupi** Nchi zinaweza kuchukua hatua maalumu za muda mfupi ili kuwainua na kuwawezesha wanawake na watoto wa kike . Hatua hizi hazina lengo la kuwabagua watoto wa kiume na wanaume bali zimekusudiwa kuongeza kasi ya usawa wa wanawake na watoto wa kike .



5. Mitazamo na Mienendo



Nchi zitafanya jitihada kurekebisha mitazamo ya kiutamaduni na kijamii ili kuondokana na mienendo inayoegemea katika kuona kuwa jinsi moja ni bora kuliko nyingine au katika mgawanyo wa nini kifanywe na wanaume na nini kifanywe na wanawake.

6. Usafirishaji na Ukahaba



Nchi wanachama zitachukua hatua zote muhimu ikiwemo kutunga sheria zitakazowalinda wanawake dhidi ya usafirishaji haramu, aina zote za unyonyaji na utumiaji wa wanawake katika mambo ya ukahaba.

7. Maisha ya Kisiasa na Umma

Wanawake wana haki sawa ya kupiga kura, kushika wadhifa wa umma na kushiriki katika shughuli za mashirika yasiyo ya kiserikali.

8. Ushiriki Katika Ngazi za Kimataifa



Wanawake wanapaswa kuwa na uwezo wa kuwakilisha nchi zao katika ngazi za kimataifa na kufanya kazi na mashirika ya kimataifa kwa usawa na wanaume.

9. Uraia

Wanawake wana haki sawa na wanaume kupata, kubadilisha au kubakiza uraia wao na ule wa watoto wao.

10. Haki Sawa Katika Elimu



Wanawake wana haki ya kupata elimu ikiwemo mafunzo ya kiufundi, kuendelea na elimu, michezo na misaada ya kimasomo sawa na wanaume. Mitaala iondoe dhana ya kugawa mambo ya wanawake na wanaume katika ngazi zote ijumuishie elimu ya afya ya uzazi.

11. Ajira



Wanawake wana haki ya kufanya kazi, kupewa fursa za ajira, usawa katika malipo, kuchagua taaluma na ajira wanazopendelea, ruzuku za serikali na hifadhi za kijamii, na usalama wa afya katika kazi zao. Ubaguzi kwa misingi ya ndoa, uja uzito, uzazi na utunzaji wa watoto ni marufuku.

12. Huduma za Afya na Uzazi wa Mpango



Wanawake wana haki sawa ya kupata huduma za afya ikiwemo afya ya uzazi, huduma za uzazi wa mpango, huduma wakati wa ujauzito na matunzo baada ya kujifungua.

13. Haki za Kiuchumi na Kijamii

Wanawake wana haki sawa ya kupata marupurupu ya familia, mikopo ya kifedha na kushiriki katika shughuli za burudani, michezo na nyanja nyingine za kiutamaduni.

14. Wanawake wa Vijijini

Nchi zitathmini matatizo maalumu yanayowakabili wanawake wa vijijini na nafasi yao katika kufanya familia zao ziweze kujimudu kiuchumi pamoja na kulinda haki zao.

15. Usawa mbele ya Sheria



Wanawake na wanaume wana haki sawa mbele ya sheria. Hii ni pamoja na haki ya kuingia mikataba na kusimamia mali, na kuchagua makazi na sehemu ya kuishi.

16. Ndoa na Familia

Wanawake wana haki sawa na wanaume ndani ya ndoa ikiwa pamoja na haki ya kupanga idadi ya watoto watakaozaa, majukumu sawa katika malezi, umiliki wa mali na kufanya kazi.



TEST YOUR KNOWLEDGE!

How much do you know about gender-based violence and violence against children? 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. Abuse always leaves physical scars or injuries**
A. True
B. False
- 2. Sexual abuse only happens to girls and women.**
A. True
B. False
- 3. Abuse only happens in low income households.**
A. True
B. False
- 4. Child abuse cannot happen in the mosque or in church.**
A. True
B. False
- 5. It's ok to beat someone if they make you angry.**
A. True
B. False
- 6. Children cannot abuse other children.**
A. True
B. False

Children can abuse other children, just like adults. They can beat and bully them, make fun of them and even sexually abuse other children. Oftentimes, when children abuse other children, they are also victims of abuse, need help and should not be treated like criminals.

6. Again, the answer is False.

Everybody feels angry sometimes but this does not mean they have to be violent. There are ways of sorting your differences without hurting others, even if they have done something wrong.

5. The answer is (b)

Although most times places of worship are safe, child abuse can happen anywhere by anyone. You should always tell a trusted adult in case of abuse.

4. The answer is False.

Abuse can happen in any home and to anybody. Women and children from wealthy homes may experience abuse, just like those in low income homes but those in low income families are more likely to face abuse.

3. (b) is correct.

Boys and men can also be sexually abused but are often too scared to speak up. Remember nobody should touch your private parts or touch you in any way that makes you uncomfortable or call you names you do not like.

2. False!

Sometimes, abuse leaves physical injuries and marks that can be seen. But many times, there are no physical marks or injuries and many times, marks are hidden and cannot be seen. But when someone is abused, their behaviour changes and they can be sad or scared. It is important that you talk to a friend if you think something is troubling them.

1. If you answered false, you are right!

ANSWERS:

Jipime Ufahamu!

Unafahamu nini kuhusu udhalilishaji wa kijinsia na udhalilishaji wa watoto? Jibu 'Kweli' au 'Si Kweli' kisha geuza jarida juu chini ili kuona kama umepatia majibu na ujifunze zaidi!



- 1. Udhalilishaji humuachia mtu makovu na majeraha yanayoonekana.**
 - A. Kweli
 - B. Si Kweli
- 2. Watoto wa kiume na wanaume hawafanyiwi udhalilishaji wa kingono.**
 - A. Kweli
 - B. Si Kweli
- 3. Ukatili au udhalilishaji unatokea katika kaya maskini tu.**
 - A. Kweli
 - B. Si Kweli
- 4. Udhalilishaji wa watoto hauwezi kutokea miskitini, mdrasa wala kanisani**
 - A. Kweli
 - B. Si Kweli
- 5. Ni sawa kumpiga mtu akikukasirisha**
 - A. Kweli
 - B. Si Kweli
- 6. Watoto hawawezi kuwadhalilisha watoto wenzao**
 - A. Kweli
 - B. Si Kweli

1. Kama jibu lako ni si kweli, umepatia:

Wakati mwengine, udhalilishaji huacha majeraha ya kimwili na alama zinazoonekana. Lakini mara nyingi, udhalilishaji hauachi alama au huacha majeraha katika sehemu za mwili zisizoonekana. Mara nyingi mtu anayedhalilishwa hubadilika tabia ghafla, na anaweza kuwa na huzuni au uoga. Ni muhimu kuzungumza na rafiki yako kama unahisi kuna jambo linalokusumbua.

2. Jibu ni 'Si Kweli'!

Watoto wa kiume na wanaume pia hupitia udhalilishaji wa kingono lakini mara nyingi wanaogopa kuzungumza. Kumbuka hakuna mtu anayepaswa kukugusa sehemu zako nyeti na za siri au kwa namna yoyote itakayokufanya uwe na wasiwasi wala kukuita majina ambayo huyapendi. Katu usikae kimya ikikutokea, mtarifu mtu mzima unayemuamini.

3. Jibu sahihi ni si kweli!

Udhalilishaji unaweza kutokea katika kaya yoyote na kwa mtu yeyote. Wanaume, wanaume na watoto kutoka kaya tajiri wanaweza kufanyiwa udhalilishaji kama ilivyo kwa walio kwenye kaya maskini, lakini familia zenye kipato cha chini wako kwenye hatari zaidi ya kufanyiwa udhalilishaji.

4. Jibu ni 'Si Kweli'!

Ingawa mara nyingi maeneo ya ibada ni salama, udhalilishaji wa watoto unaweza kutokea sehemu yoyote na mtu yeyote anaweza kudhalilishwa au kumdhhalilisha mwengine. Usikae kimya kama umefanyiwa udhalilishaji ama ukiona mwenzako anafanyiwa udhalilishaji, mwambie mtu mzima unayemuamini.

5. Jibu ni 'Si Kweli'!

Kila mtu hupata hasira lakini hii haiimaanishi lazima wapigane ama wampige mtu aliyewakasirisha. Kuna njia mbadala za kutatua tofauti zenu bila kuwamiza wengine, hata ikiwa wamekukosea.

6. Jibu ni 'Si Kweli'!

kama ilivyo kwa watu wazima, watoto pia wanaweza kuwadhalilisha watoto wenzao, Wanaweza kuwapiga, kuwabeza, kuwaita majina mabaya, na hata kudhalilishana watoto kingono. Mara nyingi, watoto wanaowadhalilisha wenzao, huwa ni wahanga wa udhalilishaji kutoka kwa watu wengine; wanahitaji msada kuachana na tabia hiyo.

MAJIBU:

The Boy Who Cried Wolf

There was once a shepherd boy who watched a great many sheep. He would lead them to a green spot near a forest, at the foot of a hill every morning and lead them back home every evening.

Now the boy was rather playful and mischievous and as his sheep grazed, he played many games. But though he was playful, he soon ran out of games he could play on his own. In his boredom, he thought of a new game.

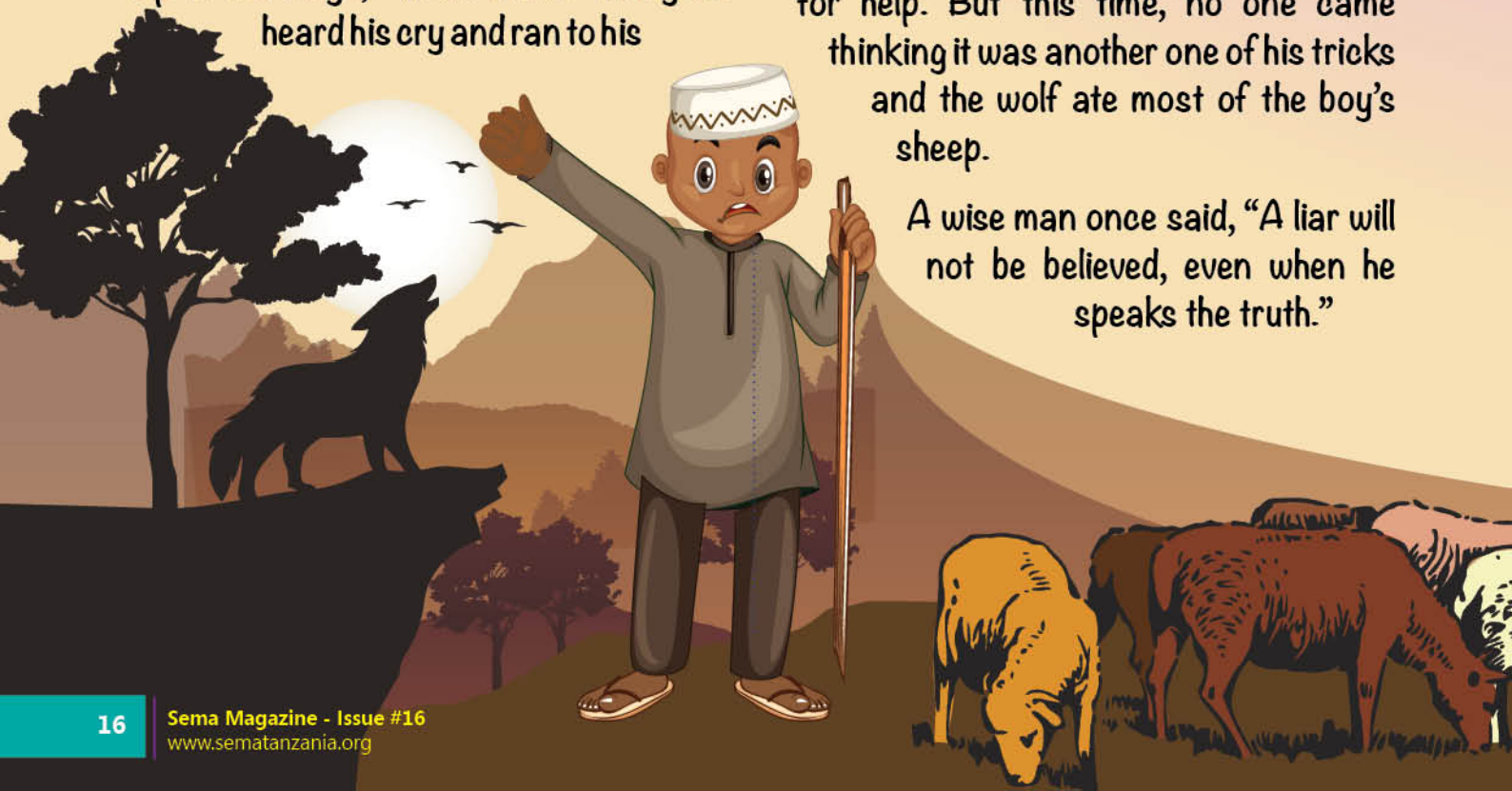
He ran toward the village shouting at the top of his lungs, "Wolf! Wolf!" Villagers heard his cry and ran to his

rescue. But there was no wolf in sight. The boy told them that their noise must have scared the wolf away, but he was delighted that he was able to make a whole village drop all their work, with a simple shout.

A few days later, he was once again bored but this time, he knew exactly what to do. "Wolf! Wolf!" he shouted and again the villagers ran to his rescue. This time, he laughed at them and they knew they had been tricked.

Now one day, a wolf really did come and it attacked the boy's sheep. Terrified and unable to do anything, the boy screamed for help. But this time, no one came thinking it was another one of his tricks and the wolf ate most of the boy's sheep.

A wise man once said, "A liar will not be believed, even when he speaks the truth."



Mvulana na Kilio cha Mbwamwitu

Hapo zaman kulikuwa na kijana mchungu kondoo, alichunga kondoo wengi sana. Kila asubuhi aliwapeleka kondoo katika eneo la kijani kibichi karibu na pori chini ya kilima na kuwarudisha nyumbani kila ifikapo jioni.

Wakati kondoo wake wakiendelea kula majani, kijana huyu alifanya utundu na michezo mbalimbali, alicheza michezo mingi sana. Ingawa alipenda michezo, wakati mwengine alijikuta anaishiwa michezo hasa ile ya kucheza peke yake. Siku moja akiwa amekosa cha kufanya, alibuni mchezo mpya.

Aliamua kukimbia kuelekea kijiji cha karibu huku akipiga kelele, “Mbwamwitu! Jamani Mbwamwitu! Nisaidieni!” Wanakijiji wakakimbia kuja kumuokoa baada ya kusikia kilio chake. Lakini ukweli ni kwamba hakukuwa na Mbwamwitu. Kijana akawaambia kuwa huenda kelele zao zimemtisha Mbwamwitu akatokomea, huku

akichekelea kuona ameweza kukifanya kijiji kizima kuacha shughuli zao kwa kilio chake kidogo tu.

Baada ya siku kadhaa, akaichoka tena michezo yake na kuamua kurudia mchezo wa kilio cha Mbwamwitu, lakini safari hii alijipanga kivingine. “Mbwamwitu! Mbwamwitu!” akapiga tena kelele na bila kusita wanakijiji wakaja mbio tena kumuokoa, kijana aliwaangulia kicheko wakajua kuwa aliwafanyia mzaha.

Sasa siku moja Mbwamwitu akatokea kweli na kuwavamia kondoo wake. Akiwa amejawa na uoga na hajui cha kufanya, akapiga yowe la kuomba msaada. Safari hii, hakuna mwanakijiji hata mmoja aliyejitokeza wakidhani anafanya uchepe tena hivyo Mbwamwitu akala baadhi ya kondoo wake hadi akashiba.

Waswahili husema, “Njia ya muongo ni fupi. Haaminiki, hata pale anaposema ukweli.”



Ni vizuri kuwaeleza wazazi/walezi wetu kila kitu kinachotusibu lakini wakati mwengine tunashindwa kuwaeleza. Uzuri ni kwamba, wapo watu wengine wanaoweza kukusaidia ikiwa wewe, rafiki au mwanafunzi mwenzako amefanyiwa ukatili au udhalilishaji kama huwezi kumweleza mzazi/mlezi.

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

Masheha: Viongozi hawa wana wajibu wa kuwalinda wanajamii ikiwemo wanawake na watoto, kuwaondoa katika mazingira hatarishi na kuwasaidia kupata watoa huduma kama Maafisa Ustawi wa Jamii au Maafisa Wanawake na Watoto.

Waratibu wa Wanawake na Watoto: Hawa ni wana-harakati wakujitolea waliopo katika shehia ambao wana wajibu wa kuwalinda wanawake na watoto, kuwaondoa katika mazingira hatarishi na kuwasaidia kupata msaada kwa watu wengine kama Maafisa Ustawi wa Jamii.

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



**NIMWELEZA
NIKIFANYIWA
UKATILI
UDHALILILI**

Maafisa Ustawi wa Jamii na Maafisa Wanawake na Watoto: Kisheria, maafisa hawa wana wajibu wa kuwalinda watoto hivyo unaweza kuzungumza nao ili upate msaada. Mara nyingi wanapatikana kwenye ofisi za wilaya, hospitalini, makao makuu ya wizara na vituo vya mkono kwa mkono.

Vituo vya Mkono kwa Mkono: Hivi ni vituo ambavyo mtoto aliyefanyiwa ukatili au udhalilishaji anaweza kwenda kupata msaada kutoka kwa afisa ustawi wa jamii, polisi, na daktari kwa wakati mmoja. Watoa huduma hawa wote watashirikiana kukusaidia na kukulinda. Zanzibar ina vituo vya mkono kwa mkono 7 katika hospitali mbalimbali. Tembelea ukurasa wa 25 utafute vituo hivi katika ramani.

Kamati za Shehia za Kupambana na Udhalilishaji wa Wanawake na Watoto: Kamati hizi zinapatikana katika shehia na baadhi ya wazazi ni wajumbe wa kamati katika shehia zao, ili kuwalinda watoto na wanawake na kuwasaidia wanapopata matatizo.

Madawati ya Jinsia na Watoto ya Polisi yapo kwa ajili ya kumsaidia mtu yeyote aliyefanyiwa ukatili au udhalilishaji, bila ubaguzi. Mara nyingi wanawake na watoto ndio wahanga wakubwa wa ukatili na udhalilishaji, hivyo watu wengi hufikiria kwamba madawati haya yanatakiwa kuwasaidia wanawake na watoto tu. Lakini Madawati ya Jinsia na Watoto yanatakiwa kumsaidia mtu yeyote aliyefanyiwa ukatili au udhalilishaji – awe mwanamume au mwanamke; kijana au mzee. Maafisa wa Dawati la Jinsia na Watoto hawavai sare za polisi. Badala yake, wanavaa kama wananchi wengine ili uweze kujisikia huru na usiogope ukiwa unazungumza nao.

**ZE NANI
NYIWA
INA
SHATI?**



SHAIRI: MADRASAT NOURU NNABIY - TAZARI

MUHALI UKIONDOKA, UKATILI TAPUNGUA

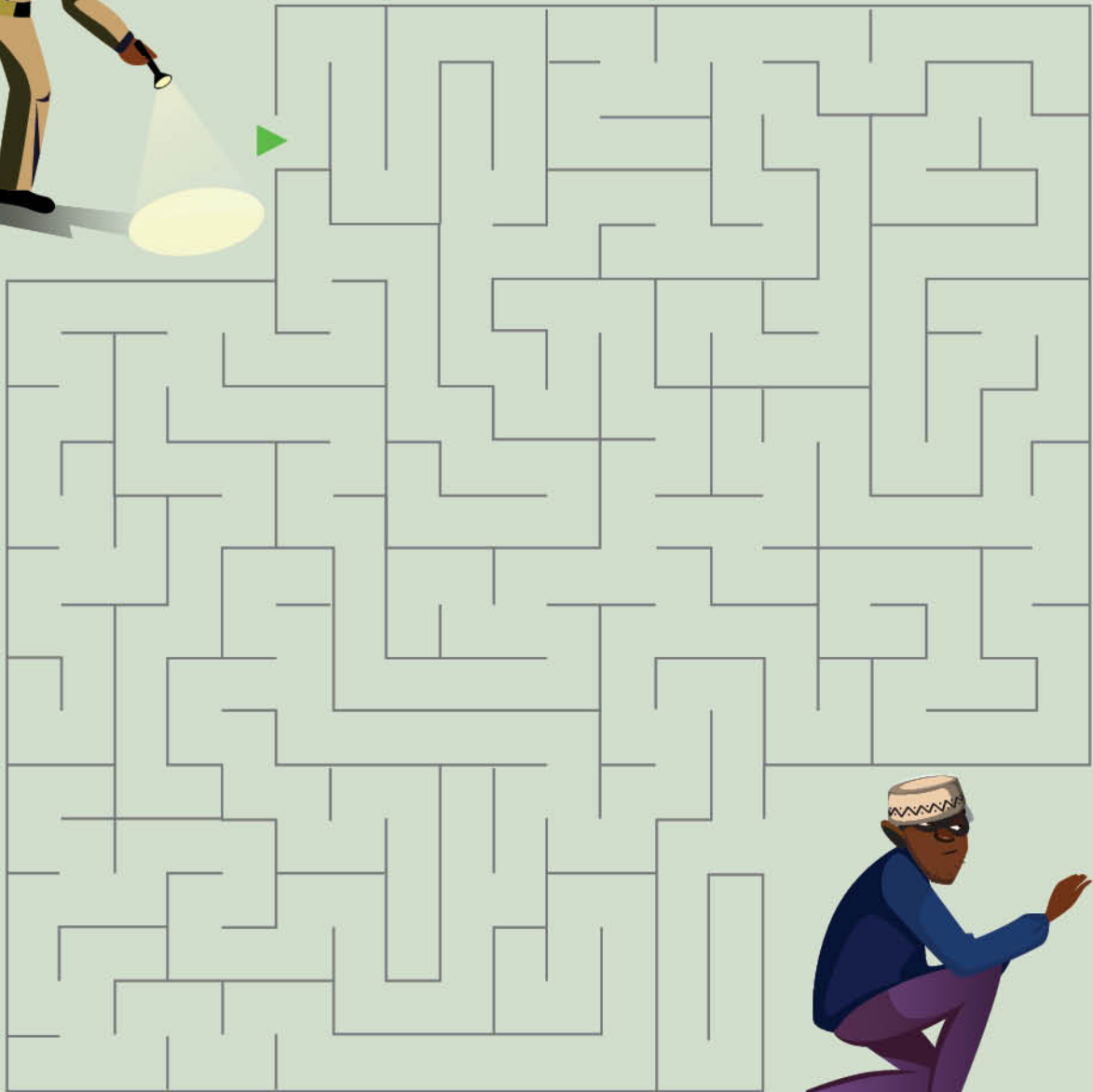
1. BISMILLAHI AWALI
MINAANZA KUTONGOA.
KWA JINA LAKE JALALI
KAMA ILIYO SHERIA.
NA MUHAMADI RASULI
SIACHI KUMSALIA.
ILI NIPATE HIFADHI
KWA YALE NILOKOSEA.
2. TWENDE KWENYE KUSUDIO
LILE TULOKUSUDIA.
AMBALO KWETU KILIO
KATIKA VYETU VISIWA.
TUNALIPIGIA MBIO
TUPATE KULIONDOA.
MUHALI UKIONDOKA
UKATILI TAPUNGUA.
3. KATIKA VYETU VISIWA
VIZAZI TWAANGAMIA.
TWABAKWA NA KUULIWA
BILA KOSA KULIJUA.
WENGINE KULAWITIWA
NA SIHA KUWAPOTEA.
MUHALI UKIONDOKA
UKATILI TAPUNGUA.

4. RIPOTI ZA UBAKAJI
NYINGI ZISOMITHILIA.
HASA KATIKA VIJIZI
KILA SIKU ZATOKEA.
NGUVU MOJA TWAHITAJI
TUWEZE KUYAONDOA.
MUHALI UKIONDOKA
UKATILI TAPUNGUA.
5. KILA USIKU UCHAO
MATUKIO TWASIKIA.
KUTOKA
KWENYE MAWIYO
NYOYONI YATUSHITUA.
WENGINE WAO KWA WAO
KWENYE ZAO FAMILIA.
MUHALI UKIONDOKA
UKATILI TAPUNGUA.
6. JAMII KWENYE VIJIZI
HURUMA IMEPOTEA.
VIZAZI MWATUFISIDI
MASHAKANI KUTUTIA.
HEBU TUFANYE JUHUDI
HADI TUTAFANIKIWA.
MUHALI UKIONDOKA
UKATILI TAPUNGUA.
7. TUSIYAFUMBE MACHO
MAOVU YANATOKEA.
WALA TUSIWE WAZITO
WAOVU KUWAFICHUA.

- TUKADHANI NDIO MWISHO
TENA HAWATOREJEA.
MUHALI UKIONDOKA
UKATILI TAPUNGUA.
8. SUALA LA UKATILI
NIKOSA LA KISHERIA.
TUUONDOSHE MUHALI
PINDI LIKITOKEZEA.
NA WALA TUSIKUBALI
NYUMBANI KUMALIZIA.
MUHALI UKIONDOKA
UKATILI TAPUNGUA.
9. NA KWA UPANDE Mwingine
TUMEONA INAFAA.
HEBU SASA TUYASEME
JAMII KUIUSIYA.
WANAJOJIFANYA VIDUME
HASARANI TAINGIA.
MUHALI UKIONDOKA
UKATILI TAPUNGUA.
10. SISI KWENYE CHUO CHETU
SASA TUSHAJIELEWA.
KESI ZENYE UTUKUTU
SASA ZIMESHAPOTEA.
TWAELIMISHA WENZETU
MASHAKANI KUWATOA.
MUHALI UKIONDOKA
UKATILI TAPUNGUA.

Mzee Seif has abused 3 children in his neighbourhood and now he is trying to run away. Help the police officer catch him before he can get away.

Bwana Seif amewadhhalilisha watoto 3 mtaani anakoishi na sasa anajaribu kutoroka. Msaidie polisi kumkamata kabla hajatoweka.



UN Convention on the Rights of the Child

In Child Friendly Language



Article 1
Everyone under 18 has these rights.

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

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

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

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

Article 6
You have the right to be alive.

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

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

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

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

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

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

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

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

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

Article 16
You have the right to privacy.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Article 31
You have the right to play and rest.

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

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

Article 34
You have the right to be free from sexual abuse.

Article 35
No one is allowed to kidnap or sell you.

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

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

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

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

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

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

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

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



Canadian
Heritage

Patrimoine
canadien



RIDDLE ME THIS



- 1. I am not rich, but I leave silver in my track. What am I?**
- 2. I am black when you get me, red when you use me and gray when you finish me. What am I?**
- 3. I have no weight but I can sink a ship. What am I?**

- 4. I run around the whole yard without moving. What am I?**
- 5. The more you have of me, the less you see. What am I?**

Answers on page 35

SEMA MAGAZINE SUBSCRIPTION FORM

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KITENDAWILI... TEGA

1. Adui lakini popote uendapo yupo nawe.
2. Hakionekani wala hakishikiki.

3. Hapo nje panapita mtu mwenye miguu mirefu.

4. Mdogo lakini humaliza gogo.

5. Ndugu wawili wafanana sana, lakini hawatembeleani.

Majibu ukurasa wa 35

FOMU YA KUJIUNGA

Utaletewa nakala ya Gazeti la Sema kwa kujaza fomu hii. Taarifa zilizowekewa alama ya (*) ni lazima kujazwa.

Jina Lako*: _____

Shule Yako*: _____

Anuani ya Posta: _____

Namba ya simu ya wazazi wako: _____



Ningepebda (Weka ✓ kwenye kisanduku husika)*
(Hii ni kwa nakala moja ya gazeti, Tafadhali jaza sehemu ifuatayo.)

Kujunga nusu Mwaka: Tzs. 8,000/=
(Nakala moja mara mbili kwa mwaka)

Kujunga kwa Mwaka: Tzs. 15,000/=
(Nakala Moja mara nne kwa mwaka)

Malipo* (Weka ✓ kwenye kisanduku husika)

Taslim Benki Kwa mitandao ya simu
(M-Pesa, Tigo Pesa, Airtel Money, Z-Pesa)

Tusingefanikisha bila wewe, Asante

Katika ukurasa wa 19, umeona sehemu mbali mbali unapoweza kupata msaada iwapo wewe au rafiki yako amefanyiwa ukatili au udhalilishaji. Mojawapo ya sehemu muhimu ni Vituo vya Mkono kwa Mkono kwasababu unawakuta watoa huduma wote wanaoweza kukusaidia kwa wakati mmoja; Afisa Ustawi wa Jamii, daktari, na polisi wa Dawati la Jinsia na Watoto.

Zanzibar ina Vituo 7 vya mkono kwa mkono. Je, unaweza kuonesha vipo katika mikoa ipi katika ramani hii?



Vituo vya Mkono kwa Mkono Unguja:

1. Hospitali ya Mnazi Mmoja – Mjini Magharibi
2. Hospitali ya Makunduchi – Kusini Unguja
3. Hospitali ya Kivunge – Kaskazini Unguja

Vituo vya Mkono kwa Mkono Pemba:

1. Hospitali ya Chake-Chake - Kusini Pemba
2. Hospitali ya Abdullah Mzee - Kusini Pemba
3. Hospitali ya Michweni - Kaskazini Pemba
4. Hospitali ya Wete - Kaskazini Pemba

Haki na Wajibu

Haki ni vitu ambavyo kila mwanadamu anastahili, haijalishi ni nani au anaishi wapi, ili wote tuweze kuishi katika ulimwengu ulio na haki na usawa. Lakini haki huambatana na wajibu. Hii ina maana kwamba ili haki zetu zilindwe, tuna jukumu la kutimiza wajibu. Jisomee haki na wajibu wako kisha tafuta maneno yaliyokolezwa kwenye sanduku na kuyazungushia duara kama ilivyooneshwa.

- Una haki ya kusikilizwa... na wajibu wa kuwasikliza wengine.
- Una haki ya kupata huduma bora za kiafya ... na wajibu wa kutunza afya yako.
- Una haki ya kupata elimu bora ... na wajibu wa kusoma kwa bidii na kuheshimu walimu wako.
- Una haki ya kupata huduma zote kama una mahitaji maalumu ... na wajibu wa kujiendeleza na kuwa mtu mwema kadri uwezavyo.



- Una haki ya kuishi katika makazi bora na salama ... na wajibu wa kutunza mazingira ya makazi yako.
- Una haki ya kupata chakula na lishe bora ... na wajibu wa kula kwa wakati ili kujenga mwili wenye afya.
- Una haki ya kulindwa dhidi ya vurugu, ukatili na udhalilishaji, unyonyaji na kutelekezwa... na wajibu wa kujilinda na kuwalinda wenzako.
- Una haki ya kuishi katika mazingira salama ... na wajibu wa kutunza amani, uhai wako na wa mwenzako.

WORD SEARCH

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



Andika na Mwalimu Musa

Siku ya Mtoto wa Kike mwaka jana tulifanya warsha ya siku moja na mabinti 20 kuwafundisha namna bora ya kuandika makala za ukatili na udhalilishaji wa kijinsia. Mwalimu Musa kutoka skuli ya Fujoni Sekondari aliungana nasi na kutodokeza machache kuhusu namna ya kuandika makala bora. Jisomee mwenyewe ushauri wake ili ukusaidie katika uandishi wako.

Makala ni insha, hadithi ama simulizi fupi zinazoandaliwa kwa ajili ya watu wengi kusoma. Unaweza kuandika kuhusu kitu, watu, sehemu, ama wakati wowote ule.

Muundo wa Makala

Mambo muhimu ya kuzingatia:

1. Kichwa cha makala. Inaweza ikawa kwa muundo wa swali ama msemu unaoendana na mada ya makala yako. Hakikisha kichwa cha makala yako kinavutia ili msomaji apate shauku ya kusoma makala nzima.
2. Utangulizi. Hii ndiyo aya ya kwanza inayotambulisha mada ya makala yako. Utangulizi unaweza kuanza kwa kuuliza swali ambalo litajibiwa katika makala yako au kutoa muhtasari kuhusu mada husika.
3. Kiini/Maudhui. Hii ndiyo sehemu kubwa ya makala yako. Hapa ndipo unapochambua na kuelezea wazo lako kwa aya tatu, nne au zaidi.

4. Hitimisho. Hii ndiyo sehemu ya mwisho ya makala yako. Unaweza kutoa ushauri ama mapendekezo kuhusu mada uliyojadili katika maudhui yako.
5. Jina la mwandishi. Linaweza kukaa mwanzo kabisa ama mwisho kabisa mwa makala yako.

Maswali ya kujiuliza kabla ya kuandika:

1. **"Nataka niandike kuhusu nini?"**
Ukishaamua mada unayotaka kuiandikia makala, fanya utafiti ili upate ufahamu mzuri kuhusu mada yako.
2. **"Namuandikia nani?"**

Lazima ujue hadhira yako, fahamu nani hasa unamuandikia ili ujue lugha ya kutumia. Makala utakayoandika kwaajili ya watoto, lugha yake ni tofauti na makala utakayoandika kwaajili ya vijana au wazee. Watoto wadogo watafurahia zaidi maneno marahisi ili waweze kuelewa haraka.

3. **"Kwanini naandika makala hii?"**

Kujua lengo na madhumuni yatakusaidia kukusanya na kuchanganua taarifa zipi uweke na zipi usiweke katika makala yako. Kisha utayapanga mawazo yako vizuri na kuyaweka pamoja.

Kisha – Anza Kuandika.

Wakati wa Uandishi...Zingatia Yafuatayo:

1. Uteuzi mzuri wa maneno – Hakikisha unatumia lugha stahiki/sanifu kwa kuzingatia umri wa msomaji.
2. Utangulizi uvutie – umfanye msomaji atake kuendelea kusoma zaidi.
3. Jadili hoja zako katika mpangilio ulio mzuri.
4. Epuka kurudiarudia maneno na mawazo katika uandishi.
5. Simulizi ama makala yako ijibu maswali: Nini? Kwanini? Wapi? Nani? Lini? na wakati mwengine, Nini Kifuatacho?
6. Usisahau kusoma tena makala yako kuhakikisha ina mpangilio mzuri na haina makosa.



SIMULIZI ZA

Saleh's Uncle Calls 116

In August 2019, the Child Helpline received a case about physical violence. An 11-year old boy called Saleh was often severely beaten by his father so his uncle called 116 for help. "He usually runs towards me shouting for help," explained the uncle. The helpline talked to him and gave him advice on how he could help his nephew. After a week, Saleh's uncle called back and said that things had improved. After calling the helpline, he had told Saleh's grandfather who then warned Baba Saleh to stop beating his child and should he continue to beat his son, he would personally report Baba Saleh to the police. In November, we called Saleh's uncle just to know if things were going well and if the beating had stopped. The uncle was very happy; the beating had stopped and he often saw his nephew going to school and madrasa happily, unlike before.

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

116



-  **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.



MJOMBA WAKE SALEH AFIGA SIMU 116

Mwezi Agosti 2019, Huduma ya Simu kwa Mtoto namba 116 ilipokea kesi kuhusu udhalilishaji wa kimwili. Mvulana wa miaka 11 aitwaye Saleh alikuwa akipigwa sana na baba yake mara kwa mara hivyo kupelekea mjomba wake kupipiga simu 116 ili aweze kumsaidia. “Akipigwa, huwa ananikimbilia huku akipiga kelele na kuomba msaada huku akiwa ameumizwa sana,” alielezea mjomba wake. Huduma ya Simu kwa Mtoto tuliongea naye na kumpa ushauri juu ya jinsi ya kumsaidia mpwa wake. Baada ya wiki moja, mjomba wa Saleh alitupigia simu 116 na

kutufahamisha kuwa mambo yamekuwa mazuri. Baada ya kupiga simu mara ya kwanza, alimueleza babu yake Saleh ambaye alienda kumuonya Baba Saleh aache kumpiga mtoto wake na endapo ataendelea kumpiga, yeye mwenyewe angemripoti baba Saleh polisi. Mwezi Novemba, tulimpigia simu tena mjomba wa Saleh ili tufahamu maendeleo ya Saleh na babaake. Mjomba alifurahi sana; Saleh alikuwa hapigwi vibaya tena na alimwona mpwa wake akienda skuli na madrasa kwa furaha kuliko zamani.

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

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

SEMA WAZAZI

Nitajuaje iwapo mwanangu ametendewa vitendo vya udhalilishaji?

Hili ni swali zito kwa wazazi wengi hasa ikizingatiwa kwamba kila uchao tunaona namna watoto wanavyolawitiwa, kubakwa, kupigwa na vitendo vingine kama hivi. Tuanze kujikumbusha kwamba ukatili na udhalilishaji wa watoto umegawanyika katika makundi matatu. Ukatili au udhalilishaji wa kingono mfano kuguswa makalio bila ridhaa, jaribio la kubaka au ulawiti n.k. Ukatili au udhalilishaji wa kimwili kama kupigwa, kusukumwa n.k. Udhalilishaji wa kihisia/kimhemko mfano kuitwa majina mabaya, kutukanwa, kutengwa n.k. Tafti za hapa nyumbani zinaonesha kwamba msichana 1 kati ya 20 na mvulana 1 kati ya 10 Zanzibar hufanyiwa udhalilishaji wa kingono kabla ya kutimiza miaka 18.

Vitendo hivi hufanywa ama na waalimu, majirani, ndugu wa karibu na pengine mzazi mmojawapo. Kwa bahati mbaya, hakuna alama ya mdhalilishaji. Mtu yeyote ana uwezo wa kumdhaliisha mtoto hivyo haiwezekani kumtambua mtu anayemdhalilisha mtoto kingono au kwa namna yoyote ile kwa kumuangalia tu. Udhalilishaji wa kingono unahitaji umakini sana kuutambua.

1. Majeraha Yasiyoeleweka:

Unapomkuta mtoto na jeraha ama mikwaruzo ya aina yoyote unapaswa kudadisi imetokana na nini? Usiishie kuridhika na 'tabia zake za utundu' kama sababu ya mikwaruzo hii. Hii ni fursa ya wewe pengine kujua mapema kwamba mtoto kapigwa, kafinywa ama vinginevyo – inawezekana ikawa ni skuli ama hapo nyumbani. Mara nyingi mtoto akifanyiwa ukatili au udhalilishaji wa kimwili haoni haja ya ku sema kwa kuhofia 'maswali' toka kwako. Ama kudhani ni sahihi kwani yalitokana na kosa alolifanya. Anzisha mjadala wa kuhoji mara umuonapo mtoto na jeraha au alama isiyo ya kawaida kwenye mwili wake.



2. Tabia: Kujua iwapo mtoto wako amenyanaswa kihisia/ kimhemko wengine husema kisaikolojia, tazama mabadiliko ya kitabia. Ghafla hana uchangamfu unaoufahamu. Salamu inatoka kwa taabu na anakujibu kwa mkato-mkato kuepusha mazungumzo. Mara nyingine anashtuka usingizini kutokana na ndoto za kutisha. Hizi ni dalili za kuonesha kuwa akili yake imetazizwa mahala. Zungumza naye unaweza fahamu undani wa tatizo.
3. Maumivu Sehemu za Siri: Mtoto alodhalilishwa kingono huwa na maumivu sehemu zake za siri, kutokwa damu sehemu za siri ama unaona anajikuna sana sehemu za siri. Anatembea na kukaa kwa taabu tokana na maumivu ya sehemu zake za makalio na sehemu za siri. Kingine ni kuwa na uelewa mpana juu ya kujamiiana, udadisi usioendana na umri wake juu ya kujamiiana na hata kuonyesha hisia za kuvutiwa kimapenzi, lakini pia huweza kuwa mnyonge na mwenye aibu wakati mwengine.



KUMBUKA:

Ni muhimu kudadisi ndugu, jamaa na marafiki unaoishi nao ili kubaini tabia walizonazo ambazo ni hatarishi kwa watoto kwani tunafahamu kuwa vitendo hivi hufanywa na watu wa karibu. Mara zote unapohoji juu ya kwa nini mtoto ana jeraha na ukapewa visa tofauti toka kwa mtoto na mtu mzima anayepaswa kuwa mwangalizi – hasa kama inaonekana ni visa visivyokuwa kweli, basi unayo sababu ya kuwa na wasiwasi na ndugu huyu na kuanza uchunguzi mara moja ili kujiridhisha.

Iwapo mara kwa mara ndugu huyu huonesha kuwa mtoto wako ana tabia mbaya hata ambapo unaona kuwa mtoto hana kosa, unahisi hampendi tu mtoto wako na mara zote humuonesha mtoto dharau hasa mtoto anapojaribu kutoa maoni, n.k. fahamu kwamba yanayoweza kutokea ukiwa umewaacha peke yao ni makubwa zaidi. Unao wajibu wa kumlinda mtoto na kumpa mapenzi na faraja dhidi ya vitendo hivi.

Mwisho kabisa, iwapo unaona haya yanatokea kwa mtoto wa jirani yako, ndugu yako na unahitaji kupata mahala pa kuyazungumzia, tafadhali piga simu bila malipo namba 116 maalumu kwa ajili ya huduma na ushauri wa maisha ya watoto Tanzania. Kamwe usikae kimya ukiona mtoto ananyanyasika. Jukumu la malezi ya watoto ni letu sote.

MASWALI MAZITO KUTOKA KWA WATOTO WA KISIWA CHA TUMBATU



“Vipi kama baba yako mzazi akikuita chumbani akakwambia, mwanangu leo nitakupatia pesa ya skuli na nitakuongezea itakuwa nyingi kidogo na baada ya hapo akavua mkanda akakubaka utafanyaje?”



“Vipi ukifanyiwa udhalilishaji na mwalimu na kisha akakwambia ukijaribu kumueleza mtu yeyote nitakuachia radhi, je; radhi hiyo inaweza kukupata?”



“Kitokea nimefanyiwa ukatili au udhalilishaji na simu haina pesa, nitaipataje namba 116?”



Kwa kushirikiana na Kijiji cha Watoto SOS – Zanzibar mwaka Jana, tulipata bahati ya kuwatembelea watoto katika skuli moja Tumbatu kutoa elimu juu ya kujilinda na kuepuka vitendo vya ukatili na udhalilishaji katika kipindi cha kusherekea sikukuu ya Maulid.

Watoto wa darasa la pili walituuliza maswali magumu yaliyoleta ukimya mkubwa katika chumba cha mafunzo baada ya kutusikiliza kwa makini. Mazungumzo yalikuwa marefu siku hiyo lakini leo tumewawekea maswali matatu ili kama umeshawahi kujiluliza maswali haya, na wewe upate majibu.

Hili likitokea, usisite kumueleza mama. Kama hatokusikiliza basi mueleze mjomba, bibi, babu au mwalimu na hata kupiga simu namba 116 endapo hutasikilizwa kabisa. Hata kama unaogopa kiasi gani ama unampenda baba kiasi gani, kubakwa ni kitendo cha kukuimiza. Ni muhimu kuzungumza ili uweze kujilinda na kuwalinda wadogo zako.

“Skuli inatakiwa kuwa sehemu salama na mwalimu ni kama mzazi wa pili kwa mtoto awapo skuli. Kama mwalimu anakuonea hakuna radhi itayakupata ukimwambia mtu mwengine ili kujilinda. hakikisha unatoa taarifa kwa mwalimu unayemuamini na kwa wazazi pia ili waweze kutatua tatizo mapema kukuepusha na madhara ya udhalilishaji. Hata kama una makosa kama mtoto lazima usikilizwe ili usaidiwe kuelimishwa ulpokosea na kuweka amani baina yako na mwalimu ili kukuepusha kuwa mateka wa adhabu.”

“Namba 116 inapatikana bila malipo, hivyo unahitaji simu yenye chaji tu kuipata namba 116 hutalipa pesa yoyote.”



Nuru na Saleh wamepoteza mpira wao. Wasaidie kuutafuta ili waweze kuwahi mazoezi na wenzao.

Nuru and Saleh have misplaced their football. Help them find it so that they can make it to practice with their friends.



Riddles: Answers

1. A Snail
2. Charcoal
3. A Hole
4. A Fence
5. Darkness

Vitendawili: Majibu

1. Inzi
2. Hewa
3. Mvua
4. Mchwa
5. Macho

KWANINI UPIGE SIMU NAMBA

116
CHILDLINE ZANZIBAR



+255 624 100 100

Kutoa Taarifa juu ya:

