

**KADI ZA UJENZI
WA RASLIMALI**

**Kujua eneo la maeneo la
uokoaji wa jamii**

Know the location of community rescue places

1

**Kujua eneo la huduma za afya
za dharura zilizo karibu na angalau
hali mbili ambazo zihitaji tahadhari
ya dharura**

Know the location of the nearest emergency health services and at least two conditions that require emergency attention

2

**Kuwa na akiba inayoweza
patikana katika hali ya dharura ya
kibinafsi au kwa upungufu
wa kaya**

Have savings that can be accessed in case of a personal emergency or a household shortfall

3

**Kuwa na pahali pa
kukutana na marafiki kwa
usalama na kwa faragha
angalau mara moja kwa wiki**

Have a place to meet friends safely and privately at least once a week

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**Kuwa na mpango wa Kutembelea
benki karibu au kituo kingine cha
kifedha, na marafiki au mzazi**

Have a plan to visit the nearest bank or other financial service facility, with friends or a parent

5

**Jua kituo cha polisi kilicho
karibu kiko wapi na aina
ya msaada ambao polisi
wanaweza kutoa**

Know where the nearest police station is and the kind of help the police can provide

6

**Kujua ishara ya kuhara Kwa
mtoto na jinsi ya kutibu**

Know the signs of diarrhea in a child and how to treat it

7

**Jua mahali pa kupata huduma za
Kupimwa virusi vya ukimwi**

Know where to get an HIV test

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**Kuwa na ujuzi wa kuunda bajeti
na kujua jinsi ya kufuatilia
mapato na matumizi**

Have the skills to create a budget and know how to track income and spending

9

Know to ask for a female authority if she is uncomfortable with a male

10

**Jua kuulizia mamlaka ya kike
ikiwa ana wasiwasi na Yale
ya kiume**

**Kuwa na nyaraka za kibinafsi
zinazohitajika ili kupata
huduma za kifedha**

Have at least three female nonfamily friends

11

Have the personal documentation needed to access financial services

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**Kuwa na nyaraka za kibinafsi
Zinazohitajika ili kupata
huduma za afya**

Have the personal documentation needed to access health services

13

**Kuwa na mshauri wa kike Anaye
kuzidi kidogo kwa umri ambaye
unaweza kurejea kwa ushauri
unapokabiliwa na changamoto**

Have a slightly older female mentor she can turn to for advice when faced with challenges

14

**Kujua jinsi ya kucheza
michezo ya jadi**

Know how to play traditional games

15

**Kuwa na ustadi wenye
tija unaopata pesa**

Have a productive skill that earns money

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**Kuwa na uwezo wa kutumia ujuzi
wa kufanya maamuzi kutofautisha
Chaguzi za mapato Salama na
Zisizo salama**

Be able to use decisionmaking skills to differentiate safe and unsafe earning options

17

**Kujua wakati wa kunawa mikono na
jinsi ya kuifanya vizuri katika maisha
ya kila siku na katika muktadha
wa milipuko ya magonjwa ya
kuambukiza**

Know when to wash hands and how to do it properly in daily life and in the context of infectious disease outbreaks

19

**Kujua maelezo ya hedhi
na jinsi ya kuisimamia
kwa njia safi na salama**

Know the specifics of menstruation and how to safely and cleanly manage it

18

**Kuwa na ufahamu wa
mahitaji ya kila siku
na msimu kwa wakati wake
na kujua jinsi
ya kupanga wakati wake**

Be aware of daily and seasonal demands on her time and know how to budget her time

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Kujua juu ya ukeketaji wa uke (jinsi na wakati Imefanyika, jinsi ya kumsaidia mtu anayetishiwa na hilo, na kwamba ni kinyume cha sheria)

Know about female genital mutilation (how and when it is done, how to help someone threatened by it, and that it is illegal)

21

Kutumia mazungumzo, ujuzi maalum wa matukio, na ujuzi wa kutatua shida ili kuepuka mila ya madhara (kama ukeketaji wa uke) ambayo ni ya kawaida katika jamii yake

Use negotiation, specific knowledge of risk scenarios, and problem-solving skills to avoid harmful traditions (like FGM) common in her community

22

Kuwa na mtu wa kukopa Pesa Wakati wa dharura

Have someone to borrow money from in an emergency

23

Kujua kanuni za tabia ya waalimu (pamoja na kutowauliza wanafunzi neema maalum au kuwaalika manyumbani mwao)

Know the teachers' code of behavior (including not asking students for special favors or inviting them to their homes)

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**Tambua mtu wa Kuomba
msaada iwapo umedhulumiwa
shuleni na kujua wapi
kuripoti unyanyasaji**

Identify someone to go to for help in case of abuse at school and know where to report abuse

25

**Kujua wapi unaweza pata dawa
za kimsingi na kuwa na pesa
zinazohitajika kuzinunua**

Know where to go to get basic medicines and have the money necessary to purchase them

26

**Kuwa na mahali salama
Pa kulala usiku kando na
nyumbani, ikiwa inahitajika**

Have a safe place to spend the night away from home, if needed

27

**Kujua dalili za hatari wakati wa
ujauzito na wakati wa kuzaa, na
wapi pa kwenda kupata
msaada**

Know signs of danger during pregnancy and labor, and where to go for help

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**Kujua jina la wilaya
anayoishi**

Know the name of the district in which she lives

29

Have the ability to tell her parents that what they want her to do is illegal

30

**Kuwa na uwezo wa kuwaambia
wazazi wake kwamba
wanachotaka afanye ni
kinyume na sheria**

**Kujua hatari za msimu na mikazo
juu ya riziki/mapato ya familia yake**

Know the seasonal risks and stresses on her family's livelihood/income

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Have short-term financial goals and a plan to meet them

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**Kuwa na malengo ya
muda mfupi ya
kifedha na mpango
wa kuyatimiza**

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**Kuwa na malengo ya kifedha ya
muda mrefu na mpango
wa kuitimiza**

Have long-term financial goals and a plan to meet them

33

**Uwe umefikiria kwa uangalifu ni
ujuzi gani unaohitaji kushiriki
katika shughuli za mapato
ambazo unazofurahia**

Have considered carefully what skills she would need to engage in earning activities that she enjoys

34

**Jua idadi ya chini ya miaka ya
shule ambayo ana haki
kusoma**

Know the minimum number of school years to which she's entitled

35

**Kuwa na ustadi wa majadiliano
na wa kutatua shida ili kuweza
kusisitiza upendeleo wake
kukaa shuleni**

Have the negotiation and problem-solving skills to assert her preference for staying in school

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**Kuelewa misingi ya
kibiolojia ya ujinsia
na uzazi**

37

Understand the biological basics of sexuality and reproduction

**Kuwa na uwezo wa kuelezea
kitu cha pekee au maalum
juu yake mwenyewe na kutambua
ustadi ambao anaweza
kuwafunza wengine**

38

Be able to describe something unique or special about herself and identify a skill that she can teach others

**Kujua jinsi ya kutofautisha kati
ya gharama inayohitajika na
ile ambayo inaweza kuahirishwa**

39

Know how to distinguish between a required expense and one that can be postponed

**Kujua faida na ubaya
wa chaguzi mbili
au tatu za akiba**

40

Know the advantages and disadvantages of two to three savings options

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**Jua jinsi virusi vya ukimwi
vinasambazwa, jinsi ya kujizuia,
wapi unaweza kupimwa, na kwamba
kuna chaguzi za matibabu**

Know how HIV is transmitted, how to prevent it, where to be tested, and that there are treatment options

41

**Kujua umri wa kisheria wa
kufanya kazi na hali ya msingi
iliyoidhinishwa**

Know the legal age of work and basic approved conditions

42

**Kujua ishara na hatari za utegemezi wa
madawa ya kulevya na pombe,
na wapi anaweza kutafuta msaada kwa
ajili yake au mtu mwingine**

Know the signs and dangers of drug and alcohol dependence, and where to seek help for herself or someone else

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**Kuwa na mahali na taa ya
kutosha ili kusoma kwa
masaa matatu kwa wiki**

Have a place with sufficient light to read for three hours per week

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**Kujua umri wa kisheria wa kupiga
kura wapi kujiandikisha,
na wapi kupiga kura**

Know the legal voting age, where to register, and where to vote

45

**Jua ni nani wa kuuliza/wapi
kuomba msaada ikiwa yeye au mtu
anayemjua ni mwathirika
wa dhuluma**

Know whom to ask/where to ask for help if she or someone she knows is a victim of violence

47

**Kujua baraza la jamii hufanya
nini, wakati linapokutana,
na baadhi ya viongozi rasmi**

Know what the community council does, when it meets, and some of the official leaders

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**Jua kwamba vurugu sio tu
vurugu za wageni-mara nyingi
hufanyika katika familia**

Know that violence isn't just stranger violence—it often occurs in families

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**Jua misingi ya kujihami
kibinafsi na njia za
kuvutia msaada**

Know basic self- defense and ways to attract help

49

Know what abuse is and the difference between a “good touch” and a “bad touch”

50

**Kujua unyanyasaji ni nini
na tofauti kati ya
“mguso mzuri” na
“mguso mbaya”**

**Kujua wakati ana njaa na
kuwa na ujasiri wa kumwambia
mtu salama kwamba anahisi njaa**

Know when she is hungry and have the courage to tell someone safe that she feels hungry

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Know how to obtain/raise a few key foods she needs to eat

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**Kujua jinsi ya kupata/kuongeza
vyakula vichache muhimu
anavyohitaji kula**

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**Jua kwamba wasichana wa ujana
wanahitaji chakula zaidi
kuliko wasichana wadogo
(haswa protini zaidi)**

Know that adolescent girls need more food than younger girls (specifically more protein)

53

**Kuwa na kitambulisho cha
Serikali (kama ile ambayo
inaweza kuwa muhimu kwa
kupiga kura)**

Be able to read a sentence in her native language

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Know how to describe/express a problem to someone in authority, such as a local official

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Have a government ID (such as one that would be necessary for voting)

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**Kujua juu ya mipango ya
serikali na / au haki
ambazo yeye na familia yake
wanaweza kustahili
na jinsi ya kuzipata**

Know that adolescent girls need more food than younger girls (specifically more protein)

57

**Jua kwamba ndoa ya watoto
inahusishwa na afya mbaya,
umaskini, na talaka (na kwamba
talaka hubeba hatari za kijamii
na kiuchumi)**

Know that child marriage is associated with poor health, poverty, and divorce (and that divorce carries social and economic risks)

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**Kuwa na uwezo wa kudai
na kwa heshima chaguzi
salama na zenye afya
kuhusu ndoa**

Be able to assertively and respectfully navigate safe and healthy choices with regard to marriage

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**Jua eneo la kituo cha jamii,
shughuli zinazotolewa hapo,
na jinsi ya kushiriki**

Know the location of a community center, the activities offered there, and how to participate

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**Kujua eneo na masaa ya
nafasi za wasichana tu**

Know the location and hours of girl-only spaces

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**Jua cha kusema na cha
kutosema kwa mtu
ambaye amekuwa mwathirika
wa uhalifu wa vurugu**

Know what to say and what not to say to someone who has been a victim of a violent crime

62

**Kujua sehemu zake za mwili
na sehemu za mwili wa
jinsia tofauti**

Know her own body parts and the body parts of the opposite sex

63

**Kujua wakati wa siku/wiki
Ambapo anaweza kukabiliwa
na hatari zaidi nyumbani,
shuleni na barabarani**

Know the time of day/week when she is likely to face more risks at home, at school, on the street

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**Jua ni lini na wapi iko
salama ya kutosha kwenda
pekee yako au wakati
vikundi viko salama**

Know when and where it is safe enough to go out alone (or when groups are safer)

65

Know her right to determine and communicate the number of children she wants and the timing of births

66

**Jua juu ya Usafirishaji wa kijinsia
na aina nyingine za ngono za kulazimishwa
(k.m., ushawishi, usaliti),i),
na wapi pa kupata msaada**

Know about sex trafficking and other forms of forced sex (eg., persuasion, blackmail), and where to get help

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Know the helpline number to register any violence or to get help

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**Kujua haki yake ya kuamua
na kuwasiliana idadi ya
watoto anayotaka na
nyakati za kuzaliwa**

**Kujua nambari ya usaidizi
kusajili vurugu yoyote
au ili kupata msaada**

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**Kujua kutokubali chakula chochote
au vinywaji kutoka kwa wageni**

Know not to accept any food or drinks from strangers

69

Know that polygamy is illegal

70

Kujua kuwa mitala sio halali

**Kuwa na mpango wa kuweka
ustadi wake (kusoma na
kuhesabu) wakati wa likizo
ya shule**

Know that she has the same rights as her brother

71

Have a plan to keep up her skills (reading and numeracy) during school holidays

72

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**Kujua jinsi ya kutambua
chanzo salama cha maji
(au ikiwa na shaka kupata
msaada wa kupima)**

Know how to identify a safe water source (or if in doubt to get help testing it)

73

**Kujua jinsi malaria Ina
ambukizwa na jinsi ya kufunga
na kudumisha wavu wa kitanda**

Know how malaria is contracted and how to install and maintain a bed net

74

**Kuhisi kuwa yeye ni mwerevu
kama watu wengine**

Feel that she is as intelligent as other people

75

Kuwa na kadi ya mgawo

Have a ration card

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**Kujua nyakati/njia salama za
vyanzo vya maji na mahali pa
kukusanya kuni, pamoja na
wakati wa dharura**

Know safe times/routes to water sources and places to gather firewood, including during emergencies

77

**Kujua mtu ambaye anaweza
kusaidia kwa kutafsiri
(kwa lugha kuu rasmi),
kama inavyohitajika**

Know someone who can help with translation (to major official languages), as needed

78

**Kuwa na mpango wa usalama
na kuweza kutaja hatari tatu
za usalama zinazo wakabili
wanapoendelea na maisha
ya kila siku**

Have a safety plan and be able to name three safety risks faced while going about daily life

79

**Kujua majina ya watu wenye
mafunzo katika jamii ambao
wanaweza kutegemewa kulinda
wasichana (walezi)**

Know the names of trained people in the community who can be relied upon to protect girls (the guardians)

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**Kujisimamia mwenyewe na
marafiki zake wakati
wametukanwa**

Stand up for herself and her friends when insulted

81

Know how STIs, including HIV, can be prevented and their consequences (including infertility)

82

**Kujua wapi kupata kondomu
na uzazi wa mpango na wapi
anaweza pata ushauri na
maelekezo**

Know where to obtain condoms and contraceptives and where to obtain advice and instructions

83

Know local health promoters and community-based health activities

84

**Kujua Jinsi magonjwa ya zinaa
pamoja na virusi vya ukimwi,
yanaweza kuzuiwa na matokeo
yake (moja ya matokeo
ikiwa ni utasa)**

**Kujua watangazaji wa kiafya
na shughuli za kiafya za
msingi ya jamii**

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**Kuwa na uwezo wa kuwakilisha
hoja kwa kundi la wenzao na wazee**

Be able to present an argument to a group of peers and elders

85

**Kupata ruhusa kutoka kwa
wazazi kufanya kazi na kupata
fursa salama**

Obtain parental approval to work and access safe opportunities

86

**Fanya mazoezi kila wakati ya kusoma
na hesabu na vyombo vya habari
vinavyopatikana na katika
hali ya maisha ya kila siku**

Regularly practice reading and numeracy skills with the media available and in daily-life situations

87

**Kujua jinsi ya kusoma
michoro au ramani**

Know how to read diagrams or maps

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**Kujua jinsi ya kuandika barua
rahisi ya kuomba kitu**

Know how to write a simple letter requesting something

89

Know how to write and send text messages and use mobile media to secure safety and access to resources

90

**Kujua jinsi ya kuandika na kutuma
ujumbe wa maandishi na kutumia vyombo
vya habari vya rununu ili kupata usalama
na upatikanaji wa rasilimali**

**Kujua hesabu za kimsingi
(vipande, nukta, na asilimia)
na jinsi ya kuhesabu
gharama rahisi**

Know how to fill out forms

91

Know basic math (fractions, decimals, and percentages) and how to calculate simple costs

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**Kusikiliza redio na kuangalia
runinga ili kupata habari**

Listen to the radio and watch television to get information

93

**Kuwa na uwezo wa kuelezea
hisia na kumjulisha rafiki au
mtu mzima kuhusu tatizo
shuleni au nyumbani**

Be able to express feelings and notify a friend or trusted adult of a problem at school or at home

94

**Kutumia mawasiliano fanisi
na ujuzi wa kusikiliza (sikiliza
Kwa huruma na uvumilivu
lakini sio kwa fujo)**

Use effective communication and listening skills (listen with empathy and patience; speak assertively not aggressively)

95

**Kuwa na uwezo wa kupunguza
hali ya migogoro inayopatikana
kati ya marafiki na wanafunzi
wa darasa**

Have the ability to de-escalate a conflict situation experienced among friends and classmates

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**Dhibiti hasira ukiwa
Katika hali zenye mkazo**

Manage anger when in stressful situations

97

Feel like she can say “no” to her friends if they are pressuring her to do something she doesn’t think is right

98

**Kuhisi kama anaweza kusema
“hapana” kwa marafiki zake ikiwa
wanamshinikiza kufanya kitu
ambacho yeye hafikiri ni sawa**

**Kujua dalili za magonjwa ya
kuambukiza, jinsi ya kujitenga
na mtu binafsi, na wapi pa
kutafuta msaada**

Know the symptoms of infectious diseases, how to isolate an individual, and where to seek help

99

**Jua kwamba magonjwa mengi
yanaambukizwa kingono
(kutoka kwa watu walio na dalili
na wasio na dalili) Na mengine hubaki
hivyo hata baada ya kupona**

Know that many diseases are sexually transmissible (from both symptomatic and asymptomatic individuals) and some remain so even after recovery

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KADI ZILIZO TUJU: ZA KUUNDA MALI YA KIBINAFSI

KADI ZILIZO TUJU: ZA KUUNDA MALI YA KIBINAFSI

**KADI ZA
MIAKA**

Umri wa
miaka sita

Umri wa
miaka nane

Umri wa
miaka kumi

Umri wa
miaka kumi
na mbili

Umri wa
miaka kumi
na nne

Umri wa
miaki kumi
na sita

Umri wa
miaka kumi
na nane

Umri wa
miaka
ishirini