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hip

HALIUZWI

OCTOBER - DECEMBER 2021

# fema

Mwili wangu,  
mali yangu

Ukweli ni  
kwamba...

## THE PHONE CALL

SIMIYU

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# WASILIANA NA FEMINA



Elimu na

Burudani

Tuko juu

Siku zote  
Fema

Kila wakati  
tunapata

Mambo ni  
kivi



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Una maswali, mrejesho au mapendekezo  
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Au kuna tatizo lolote la ufikaji wa  
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Hello readers! It's another education packed issue of Fema Magazine! This quarter, we partner with UNFPA, United Nations Population Fund, to discuss various topics that affect our Sexual Reproductive Health and Rights (SRHR), such as maternal mortality, HIV/AIDS, gender-based violence, safe sex and so much more! Are you excited? We hope so! So, let's jump right in!

We start off with a gripping Cover story! Can you imagine having your whole life turned upside down in just a few minutes? Everything you had been planning for almost a year, falling apart and crashing? Well, that's exactly what happened to Michael Omwony, our cover story, who shares with us what was the absolute best day of his life, as well as the worst day of his life! Turn to page 4 and find out what happened on that day!

What would you do if someone offered to take all your troubles away! Sounds like a chance of a lifetime, right?! Well! that's what it seemed like for Ngeta. But alas! She got more than she bargained for, and at the end of it all, it didn't seem worth it. What do we mean? Ruka Juu will tell you.

In our ChezaSalama article, we are taken through a journey to help us understand what safe sex is. We are also challenged; fikiri kabla ya kutenda, we are encouraged. There are many questions to be asked and many answers too. But read it all in this section.

Nothing beats the wise words from Bibi, and here, we would like to take you back a little – to our issue 58 on Body Concerns and Curiosities! Do you remember it? Do you remember how we talked about puberty and everything that came with it? Well, Bibi has something to say too. What is she saying? Well, let's find out in Dondoo za Bibi.

We bet you're excited now!  
So! dig in!

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COVERSTORY



# SIMU IKAITA

NA TUNU YONGOLO

*"....Kutoka studio yako pendwa, ni Flava hapa, nakuaga kwa mtindo huo nikisema asante kwa kunisikiliza! Tunapiga vibao vikali siku nzima, na kila siku, ni bandika bandua na natumaini unaburudika. Lakini kama nimekuacha na kiu, kesho nayo ni siku, nitajaribu tena...."*

Huyo alikuwa ni Mr Flava, mmoja wa watangazaji waliovuma sana na ungemtambua kwa mrindimo wa sauti yake. Alicheza nyimbo kali, huku akitupia utani hapa na pale. Ghafu siku moja, sauti yake ikapotea hewani! Utawasha EA Radio akini hutomsikia. Wengi walishangaa ... yuko wapi Flava?

## THE PHONE CALL

*"...That's it from your favorite station, Flava here, saying thanks for listening! We play hits all day, every day and hopefully you enjoyed the show but if not, maybe they'll allow me through the gates again tomorrow and I'll try again..."*

That was Mr. Flava, one of the most popular radio presenters in town. And you would just know it was him from the rumble in his voice. He would play the best music, with his dry jokes slotted in between. Then one day, the voice just stopped. You'd tune into EA Radio, but you wouldn't hear Flava. And many people wondered... Where had Flava gone?









Mr. Flava, kwa jina halisi Michael Omwony, alizaliwa Desemba 20 kitambo kiasi: Alizaliwa katika familia ya watoto sita, lakini wawili wamekwishatangulia mbele za haki, wamebaki wanne. Flava si mtu mwenye kushughulishwa sana na mambo ya makabila, lakini kwa kuwa tulimsisitiza, alifunguka na kusema yeye ni M-Luo.

Akiwa na miaka ishirini na kitu hivi, Flava alikuwa na shauku kubwa ya kuwa mtangazaji redioni, hivyo akaifukuzia ndoto hiyo kwa kusoma fani ambayo anapenda kuiita; *radio jock!* Safari yake ilianza katika kituo kimoja cha redio kinachofahamika kwa jina la Nairobi's Kiss 100, na hadi akiwa na miaka thelathini na kitu alikuwa vizuri sana katika tasnia. Watu waliposikia sauti yake walisema 'Anhaa, wewe ndo yule mtangazaji! Wewe ndo Flava!' Lakini yeye alijibu -" Hapana. Sio mimi..." hii ni mojawapo ya vijitani alivyokuwa akitupia katika vipindi vyake. Wakati huo alikuwa ameshahamia Tanzania, shukrani zake ziende kwa - Rodney Mengi; "Boss fulani amazing!" anasema. Akawa mtangazaji katika chombo hicho kikubwa cha habari jijini Dar es Salaam, na show yake, *The {East Africa} Drive Show*, ilibamba hatari!! Kitu pekee ambacho Flava alikipenda kuliko utangazaji ni chapati, mchemsho mzito wa kuku na mbogamboga... Lakini, wacha tuhamie katika jioni moja hivi, siku ambayo kila kitu katika maisha yake kilibadilika baada ya simu kuita.



Mr. Flava, real name Michael Omwony, was born on the 20<sup>th</sup> of December: a long time ago. He was born in a family of six, but over the years lost two siblings and now they remain four. Flava's not really into the tribe thing but since we insisted, he revealed to Femina that he's a shy Luo. In his mid 20s, Flava had an itch for radio presentation, so he pursued a career in what he prefers to be called; a radio jock! His journey began at a radio station called Nairobi's Kiss 100, and by the time he was in his mid 30's, he was doing good in the industry. Whenever people heard his voice, they would say 'You're that guy! You're Flava!' To which he responded -"It wasn't me.. .I didn't do it," an example of his dry jokes. By that time he had moved to Tanzania thanks to - Rodney Mengi; "The coolest boss ever!" he says. He became a presenter at one of the biggest media houses in Dar es Salaam, and his show, *The {East Africa} Drive Show*, had a big audience!! The only thing that Flava loved more than radio, was chapati, thick chicken stew and veggies... But let's go to the evening when everything in his life changed after the phone call.





Linda alikuwa ni binti mrembo wa Kinyakusa ambaye Flava alimpenda na kumheshimu kwa miaka 10. Alikuwa amesafiri kwenda Nairobi kujifungua. Akiwa kule angehudumiwa na mama yake. Walikuwa wamekwishajadili majina ya mtoto na walikuwa na ndoto kubwa za jinsi ambavyo wangemlea mtoto wao.

November 18, 2008, mishale ya saa mbili asubuhi, Flava alimpigia simu Linda wakati akielekea hospitali kujifungua. Mazungumzo yalikuwa mafupi na yalijawa na bashasha. Siku hiyo nzima alipiga kazi lakini akili yote ilikuwa ikisubiri kwa hamu kupokea simu ya taarifa kuhusu kuzaliwa kwa mtoto. Kimya! Simu haipigwi! Kufika jioni uzalendo ukamshinda! Akampigia mama mkwe wake kujua kinachoendelea na ndipo alipojibiwa “*una mtoto wa kiume.*” Akaulizia hali ya mama wa mtoto, mama mkwe akajibu “amepumzika”, kisha akakata simu haraka. Ndipo Flava akahisi kuna jambo haliko sawa kuhusu Linda.



Baadaye usiku ule, mama yake Linda alipiga simu tena na hakuweza kujizua, akasema, ‘Mwanangu..., Linda ametutoka!’ Flava alipiga magoti na kuangua kilio ambacho hajawahi kukishuhudia maisha yake yote. Alikuwa peke yake pale nyumbani. Mawazo ya kujenga familia kama ile aliyokulia yakayeyuka ghafla. Kwanini mimi? Inawezekanaje? Hakuna kilichomwingia akilini isipokuwa kwamba sasa anafahamu ana mtoto na kwamba alipaswa ajikaze kwa ajili ya mtoto wake.

Flava alipanda ndege kesho yake kuelekea Nairobi, moja kwa moja hadi hospitali kuona kichanga chake. Anakumbuka kuambiwa kwamba asilie, ingawa hakuweza kujizua, machozi yalikuwa yakitiririka tu. Kisha akaomba kumwona Linda. Baada ya kumtia machoni marehemu mke wake, alipiga magoti ubavuni mwa mwili wa mkewe, akamtazama kwa muda mrefu mpaka ikabidi rafiki yake amvute kumwondoa pale.

Flava akaanza kufanya kila alichotakiwa kukifanya katika maandalizi ya maziko ya Linda, ikiwemo kuanza maisha bila rafiki yake kipenzi. Maisha ambayo yeye, baba, alipaswa kumlea mtoto wake mchanga. Alikuwa bado ameajiriwa katika kituo cha radio, kazi ambayo aliihitaji sana, lakini akakiri kwamba hayuko tayari kuendelea nayo. Msikilizaji namba moja na shabiki wake mkubwa siku zote alikuwa Linda, na hata baada ya show siku zote alikwenda nyumbani, lakini sasa Linda hayupo.

Linda was a beautiful Nyakusa lady, whom he had loved, respected, and honored, but not without his mess ups as a man, for 10 years. Linda had travelled to Nairobi, to give birth to their child. There, the plan was that her mother would help her, once the baby was born. They had discussed names and had dreamt of all the things the child would grow up to become.

On November 18, 2008, at around 8am, he called Linda as she headed to the hospital ready for the birth. The conversation was brief and filled with excitement, and all through the day at work, he couldn't help but wait for the phone call about their newborn.

The call never came, and his nerves were on edge by evening. So, he called his mother-in-law to ask for an update to which he was told “*you have a healthy baby boy.*” Naturally he asked how the mother was, her response was that she was resting. She quickly ended the call, and Flava sensed something that didn't quite sit right about Linda.

Later that night, Linda's mom called again and unable contain herself, said, ‘My son, Linda is no more!’ Flava fell to his knees crying and screaming like he had never done before. He was also all alone at home. The thoughts of a family unit which he had grown up in, suddenly ended. Why me? How could this be? Nothing made sense except that he knew he now had a son that he needed to be strong for. Flava flew to Nairobi the next day, went straight to the hospital to see his newborn baby. He remembers being told not to cry however crying was now an emotion that he had mastered, and tears would flow abundantly. He then asked to see Linda. Upon seeing his deceased wife, he just knelt there beside her and looked at her for so long until a friend had to pull him up.





Kwamba anapaswa kumlea mtoto wake, hili halikuwa na mjadala akilini mwake. Wengi walimshauri amwache mama mkwe amlee walau mpaka atakapotimiza miaka minne mitano hivi. Alijaribu, kwa miezi michache, lakini kabla ya kutimiza mwaka mmoja, Flava alikwenda kumchukua mtoto wake Kwe. Jina Kwe alipewa na anko ake na linamaanisha amani. Hivi sasa Kwe ana miaka 12, na kama baba yake, anapenda msosi na anajiamini kupita kiasi, jambo ambalo baba yake anajaribu kulipunguza.

Kwa sasa, Flava, kwa maneno yake mwenyewe, anabangaiza kama radio jock katika studio za redio ya mtandaoni inayofahamika kama Boresha Radio. Anakukaribisha ubofye [boresha.online] siku za wiki kuanzia saa 10 hadi 11 jioni. Amerejea tena hewani kufanya kile akipendacho lakini anasema kazi yake ya kwanza kwa sasa ni kuwa baba! Wakati mwingine usingizi unakata usiku, anakaa macho, anajutia baadhi ya maamuzi aliyoyafanya miaka iliyopita. Anahesabu kila senti kichwani huku akipanga maisha ya mwanae. Anataka kuona mwanae akipata elimu nzuri, tabia njema, mafanikio na muhimu kuliko vyote, FURAHA! Anatumaini Kwe atamaliza kidato cha sita, atahitimu chuo kikuu, atapata kazi sahihi, hiyo ndiyo dua yake.

Kama baba, Flava anajaribu kumfundisha Kwe nidhamu kwa kuwa mfano bora yeye mwenyewe. Anahakikisha mtoto wake anatandika kitanda kila asubuhi. Kwe anafua nguo zake na kuoga mwenyewe, ingawa bado kuna changamoto hapa na pale. Anaweza kupika - wakati mwingine anapika vizuri kuliko baba yake alivyomfundisha.

Flava then did what he had to do and prepared for Linda's funeral, as well the start of life without his best friend. A life where he, now a father, had to take care of his newborn baby. He still had a radio job which he definitely needed, but admitted he wasn't ready for. His number one listener and supporter had always been Linda, and after the shows, he'd always go home to her but now she wasn't there.

There was no question in his mind that he would have to take care of his son. That he would be the one that would raise him. Many people advised Flava to let his mother-in-law take care of the child for about 4 to 5 years. He tried, for a few months, and just before hitting one year Flava went and took young Kwe. The boy was named Kwe by his uncle, meaning peace. He is now 12, and just like his father he has a voracious appetite and an over confidence that the father is trying to tame.

Flava is now, in his own words, a struggling consultant/radio jock at the online radio called Boresha Radio. He asks you to tune into [boresha.online] on weekdays from 4 - 7pm. He is back to doing what he loves but says his number one job now is being a dad! He lies awake at night, and regrets some decisions made in the previous years. He counts every cent in his head as he constantly plans his son's future. A future where he's educated, well-mannered, successful, and most importantly HAPPY! Hopefully Kwe will finish high school, graduate college, get a proper job, Flava prays.

As a father, Flava tries to instill discipline by example. He makes sure his son makes his bed every morning. Kwe washes his own clothes and washes himself, though still with great difficulty. He's also able to cook- sometimes even better than the way his father taught him.





Anahakikisha Kwe anajisomea vitabu na kukuza msamiati kwa kujifunza maneno mapya kila siku. Hii ni sheria na haina mjadala. Flava anaporudi nyumbani jioni wakati mwingine wanatafuta maana ya maneno hayo mapya katika kamusi kisha wanazungumza. Ingawa Kwe kwa kawaida ni mkimya, Flava anamhimiza kuzungumza, tena kuzungumza vizuri. Anamtia moyo kuwa na fikra yakinifu - jambo ambalo anatamani lingekuwa somo linalofundishwa shuleni.

Wanakuwa na muda mwingi pamoja, lakini anakiri kwamba kama mzazi, sio mara zote anakuwa sahihi. Kila apatapo fursa anamkumbusha mwanae kwamba si kila wakati maisha yatakutendea haki. Hili nalo ni somo, linafundishika, ni fursa ya kujifunza hata kama ni ukweli mchungu. Mwisho wa siku, Flava ni rafiki kipeenzi wa mwanae na Kwe ni rafiki kipeenzi wa Flava.

Flava makes sure Kwe reads books and improves his vocabulary with new words that he doesn't understand. This is a rule and isn't debatable. When Flava gets back home in the evening, at times they look up words in the dictionary and from there talk. Though Kwe is very quiet by nature, Flava encourages him to speak and speak well. He encourages him to think critically - a lesson that he feels should be a school subject.

They spend a lot of time together, but he does admit that as a parent, he doesn't always get it right. He takes it a day at a time and tells his son that life isn't always fair and that too is a teachable and learning opportunity no matter how much it stings. At the end of the day Flava is his son's best friend, and Kwe his.

*"Wanasema kulea mtoto ni kazi ya mwanamke, lakini nimekuwa baba wa kweli. Si rahisi na haijawahi kuwa rahisi, ndiyo, nimefanya makosa hapa na pale. Ukiniuliza najisikiaje kuwa baba, nitakwambia hivi; Najiona ni jeshi la mtu mmoja. Siwezi kuacha wala kupumzika. Siwezi kuondoa mguu kwenye pedeli. Siwezi hata kusema naumwa."*  
— Michael Omwony.

*"Raising children is for women they say, but a true father I have become. It hasn't and isn't easy, and yes, I've made my share of mistakes. If you ask me now how I feel about fatherhood, I will tell you this; I'm a one-man army. I cannot stop, and I cannot pause. I cannot take the peddle off the gas. Getting sick is not even an option."*  
— Michael Omwony.





# TWEN'ZETU SIMIYU

NA ADELINA REUBEN MUHENYA

Simiyu ni mkoa mpya, kimtindo. Labda tulijue hilo kwanza. Mkoa huu unapatikana Kaskazini Magharibi mwa Tanzania na ulianzishwa 2012. Simiyu imepakana na mikoa ya Shinyanga, Manyara, Mwanza na Mara. Sehemu kubwa ya mkoa huu ilimegwa kutoka Shinyanga. Wakazi wengi wa Simiyu ukimuuliza atakwambia nilizaliwa Shinyanga, naishi Simiyu, hata kama bado yuko katika nyumba ile ile alikozaliwa! Hiyo inaitwa kuhama bila kusoga hata nukta!



## Simiyu! Kajina fulani hivi katamu!

Kabla sijaandika makala hii, nimezungumza na wazee wa kutosha nikitaka kujua asili ya jina Simiyu. Hakika hakuna ajuaye! Wengi watakwambia jina la mkoa lilitokana na jina la mto mkubwa maarufu unapatikana mkoani hapa, Mto Simiyu! Neno hilo lina maana gani? Kwakweli hakuna ajuaye.

## Tuna wilaya tano

Maswa, Bariadi, Meatu, Itilima na Busega ndizo wilaya tano zinazounda mkoa huu. Bariadi ndiyo makao makuu ya mkoa na kwa kweli kumekucha! Bariadi ni nyumbani kwa Wanyantuzu, ingawa kutokana na ubize wa wilaya hiyo, sasa hivi kuna watu kutoka sehemu mbalimbali za nchi na nje ya nchi. Lakini kwa ujumla wake, wakazi wengi wa Mkoa wa Simiyu ni Wasukuma! Ingawa nadhani sitotenda haki ikiwa sitotaja makabila mengine ambayo nayo asili yake ni hapa. Tunao Wanang'wagala na Wanang'weli pia.

## Tuna vitu vyetu!

Kuna tamaduni zinazotutambulisha, na hapa mniwie radhi maana, nitazungumzia zaidi tamaduni za Wasukuma. Ndoa: Msukuma atakapooa, mahari inayotarajiwa kutolewa ni ng'ombe. Wasukuma ni wafugaji, wana ng'ombe wa kutosha. Hata akiwa ni mkulima, na ng'ombe kadhaa atakuwa nao. Chakula: Ugali ndio chakula kikuu cha Wasukuma. Unaweza kuwa wa mahindi au mtama, ili mradi ugali. Tuna chakula kingine kinaitwa michembe: hivi ni viazi vitamu vilivyokatwakatwa vipande na kukaushwa juani. Chakula hiki pia kimewafanya Wasukuma kujitofautisha na watu wa makabila mengine.







## Tuko bize si utani!

Watu wengi wa Simiyu hujishughulisha na biashara kubwa na ndogo ili kujipatia senti. Tuna minada mikubwa na hakuna utakachokikosa kwenye mnada! Makundi makubwa ya ng'ombe huswagwa kuelekea mnadani kuuzwa, mazao na vitu vingine vya dukani. Basi siku ya mnada hakuna anayecheza mbali! Kwa upande wa chakula, Simiyu tunalima mpunga, mahindi, viazi vitamu na karanga. Zao letu kuu la biashara ni pamba. Waijua pamba weye?



## Njoo ushangae kidogo

Simiyu ina vivutio ambavyo vitakufanya usijute kulipa nauli yako kuja huku. Tunalo jiwe la mlima Nyalikungu. Ukitazama ni kama mwamba mmoja tu, lakini ukubwa wake unatosha kuita mlima! Limekwenda hewani hatari! Basi kwenye jiwe hili kuna maji yanatiririka na kujaza kisima. Iwe masika, iwe kiangazi, kuna maji! Liko juu sana kiasi kwamba serikali imeamua kujenga tanki kubwa la maji juu yake, tanki litakalohifadhi na kusambaza maji katika wilaya nzima ya Maswa! Pamoja na upya wake, Simiyu ina viwanda. Kipo kiwanda cha chaki cha Maswa, kiwanda cha mikate-lishe kinachopatikana ng'ambo ya barabara kubwa ya kwenda Bariadi, kiwanda cha viatu vya ngozi kinachopatikana Maswa, na hivyo ni baadhi tu, viko vingi. Kinachofurahisha zaidi ni kwamba karibu viwanda vyote hivi vinamilikiwa na kuendeshwa na vijana kwa mikopo kutoka Halmashauri. Enhee, nisahau kutaja Maswa Game Reserve, mbuga kubwa yenye wanyama wa kila aina, wakubwa na wadogo! Hata ule msimu ambao nyumbu huhama kutoka Kenya kuja kuzalia Tanzania hupita katika mbuga hii pia. Utafurahi!



## Hata dhahabu tunayo

Naam! Tuna machimbo ya dhahabu pia. Haya yanapatikana huko Gasuma, wilayani Bariadi. Bado hakujawa na uwekezaji wa wachimbaji wakubwa, ni vijana wadogo tu wazalendo wanaitafuta shilingi pale, ila kumekucha hatareee!



## Tuna majina makubwa na sie

Basi namie nijidai kwa kunadi watu wenye majina makubwa hapa nchini ambao asili yao ni Simiyu. Hakuna asiyemfahamu Andrew Chenge, Pius Ng'wandu, Edward Hosea, John Momose Cheyo, Stephen Mashishanga na Silas Mayunga. Kama huwafahamu basi nakuacha na hiyo homework, Google, soma, uliza upate kujua walikuwa na nafasi gani kubwa katika nchi hii.

Basi nakuaga kama hivo, mie ni Adelina Reuben Muhanya, mwanafunzi wa Binza Sec, mkazi wa Maswa, Simiyu. Ukija nitafute nikupe tour moja kabambe, tena tutaanzia hapa niliposimama kwenye mtambo wa kusafisha maji yanayonyweshwa Maswa nzima, Zanzui!





## Kanda ya ziwa usipime

NA TUMMENYE MWAKAMBA NA UPENDO MANGULA  
PICHA NASRA ISSA MOHAMED

Hebu fikiria wanaFema kanda nzima mnakutana sehemu moja, unafikiri nini kitatokea hapo? Basi nikwambie, pale Maswa Girls Secondary School, palikuwa hapatoshi, full shangwe, vibe kama lote, vumbi lilikuwa linatimka tu! Moto uliwaka haswaa, hata wasio wanaFema walitamani kujiunga siku hiyohiyo! Upo hapo?!



### Si tamasha la kawaida

Hili halikuwa tamasha kama tamasha tu; tamasha letu lilikuwa na kaulimbiu ya **"Pinga mimba na ajira za utotoni, okoa nguvukazi ya Taifa."** Tamasha hili liliwakutanisha wanaFema (wanafunzi na walezi) takribani 1,300 kutoka Kanda ya Ziwa. Lengo kuu lilikuwa ni kukumbushana wajibu wetu katika Club, kubadilishana uzoefu, kufahamiana na pia kujenga urafiki miongoni mwa washiriki.

### Umoja ndio nguvu yetu

Si mnajua katika Club zetu za Fema tunajifunza vitu mbalimbali na kuna vipaji mbalimbali pia? Basi ule ujuzi wetu na vipaji vyetu hatukuviacha hivi hivi, kila mmoja alishiriki hata kwa kujitoa kwa hali na mali ili kufanikisha shughuli tuliyofanya. Walimu kwa wanafunzi tulishirikiana kuhakikisha mambo yanaenda sawa. Tulipika wenyewe, tulipamba wenyewe na hata burudani zilitolewa na wanaFema wenyewe. Fema Club hatuboi na wala hatupoi!







### Hatukukutana bure tu...

Tunaposema *vibe* kama lote, tunamaanisha. Wana Club walipata wasaa wa kutoa elimu kwa njia ya burudani kupitia nyimbo, mashairi na maigizo. Na ukiachana na hiyo, pia kulikuwa na burudani nyingine kama vile sarakasi, maonesho ya mitindo ya mavazi na vichekesho. Hakuna hata mtu mmoja aliyetoka ukumbini bila kudansi.

### Majadiliano ya mustakabali wetu

Pamoja na burudani kulikuwa na wasaa wa kujadiliana kwa lengo la kubadilishana uzoefu na changamoto mbalimbali tunazopitia katika Club zetu, na namna ya kuzitatua. Kulikuwa na makundi 13 ambayo yalipewa maswali manne wayajadili na kuyawasilisha. Ngoja tuwashirikishe nanyi pia;

- Ni shughuli gani za kipekee ambazo hufanywa na Club yenu?
- Ni changamoto zipi ambazo huwakumba mnapofanya shughuli hizo?
- Mafanikio gani mmepata?
- Mnadhani nini kifanyike kuboresha shughuli hizo?

Baadhi ya mambo yalipatiwa majibu palepale na mengine tukaondoka nayo kama changamoto za kwenda kufanya mabadiliko katika Club zetu.

### Wosia wa Mama

Mgeni rasmi alikuwa si mwingine bali mama yetu, Mkuu wa Shule ya Sekondari ya Wasichana Maswa, Mama Kuyunga Jackson, akimuwakilisha Afisa Elimu Sekondari Wilaya ya Maswa. Alitupatia maneno ya hekima na busara; alitaka tuendelee kuzingatia masomo yetu na kuhakikisha tunafanya vizuri darasani kama tunavyofanya kwenye Club zetu. Mbali na hilo hakisita kuweka wazi mapenzi yake juu ya Club za Fema kwa sababu zinawajengea vijana kujiamini kwa maisha ya sasa na kujiantaa kukabiliana na maisha ya baadae.



# Ni askari wa miavuli

NA SUMAIYA KARIM

Waswahili wanasema “kiendacho kwa mganga hakirudi!” Na inawezekana ikawa kweli, ila dunia nayo ina msemo wake “unachokifanya au kumfanyia mtu, kitakurudia kwa namna moja au nyingine.” Ukipanda mema utavuna mema. Leo tunazimulika baadhi ya Fema Clubs zinazofanya shughuli zenye manufaa kwao na jamii. Hebu tujione!

**fema  
Club**



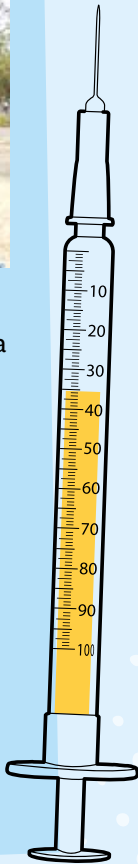
## Ushawahi kusikia radio ya Fema Club?!

Naaam, na hapa hatuzungumzii radio ya kieletroniki ambayo unaweza kusikilizia chaneli za miziki. Tunazungumzia radio ambayo imeanzishwa na Adam K. Malima Fema Club. Radio ambayo itakuwa inazungumzia masuala yanayohusiana na shule kama mambo yanayotokea madarasani, jikoni, porini na majumbani wakiwa na lengo la kupata taarifa kutoka kwa wanafunzi zinazohusiana na changamoto pamoja na mahitaji ili waweze kupata ufumbuzi na kuwasaidia. Mara wakapatikana vijana sita wanaoweza kuandika na sasa wakaanzisha Adam K. Malima Newspaper, unaambiwa hivi; yaani Adam K. Malima Fema Club hawapitwi na habari yoyote inayotokea katika mazingira yao.



## Afya kabla ya chochote!

Basi bwana, wana Club wa Ikimba hawakuwa na choyo! Wao wakaamua kuchukua wajibu wao wa kuelimisha wenzao juu ya namna ya kujikinga na UVIKO 19 na wakatengeneza bango! Ndio, wana Fema Club, mentor na mkuu wa shule mwanzoni mwa mwezi saba walishirikiana kutengeneza bango kubwa lenye ujumbe mzuri na rangi zinazovutia. Wanafunzi wakaanza kuchukulia uzito suala la UVIKO 19. Pia wakaona umuhimu wa kujikinga na kuondoa hofu juu ya suala zima la chanjo. Ikimba bado hawajamaliza, muda sio mrefu tutajionea chumba chao maalum kwa ajili ya mabinti kujihifadhi na kujiweka vizuri wanapopatwa na hedhi shuleni. Ikimba Sekondari motooo.



## Afya na Usafi!!

Chochote kitu sio sawa na bure. Huyu ndoo, yule jaba, yule skwiza mguu kwa mguu mpaka Hospitali ya Wilaya. Chanzige Fema Club wakaenda kusaidia wagonjwa wanaotibiwa katika hospitali hiyo. Haba na haba hujaza kibaba na biashara zao za Fema Club ndizo zilizowapatia pesa ya kununulia vifaa vya usafi na kupeleka hospitalini. Japo ratiba ya shule ni changamoto kwani muda wa masomo nao lazima uzingatiwe, hata hivyo Chanzige Fema Club wanasema watarudi tena na tena kupeleka misaada hadi kieleweke.





## Bujiku Sakila Fema Club hawa hapa!

Wao wakaamua wakawasalimie wagonjwa na kutoa msaada wa sabuni. Pia wakaona wafanye kabisaa usafi katika hospitali ya Wilaya iliyopo Ngudu, Kwimba. Huku toroli, mara fagio, ila mwishoni kilieleweka na pakawa pasafi haswaa!



## Gereza la Watoto!

Siku nzuri inayopendeza ya tarehe 12 July, Majani ya Chai Sekondari Fema Club walikwenda kutembelea gereza la watoto lililopo Upanga, Dar es Salaam. Walipata wasaa wa kuongea na watoto, wakawapa mavili matatu ya busara, wakawaambia wasikate tamaa kwani bado wana uwezo wa kuzifikia ndoto zao. Tusiwasahau!



## Kutoa elimu ni wito!

Mkangale Fema Club walijiongeza wakaanzisha desturi ya kutoa elimu kwa wanafunzi wa darasa la saba katika shule za jirani kwani wanaelekea katika hatua nyingine ya elimu na maisha. Bonge la wazo hili, hongereni Mkangale Fema Club.

## Zawadi kwa wafungwa.

Basi bwana, Umoja wa SEHISCO Fema Club wakishirikiana na wadau mbalimbali wakaingia kazini kuwezesha upatikanaji wa ndala aina ya katambuga kwa ajili ya wafungwa Kasungamile. Pair 136 zilipatikani tayari kwa ajili ya kupelekwa kwa wafungwa. SEHISCO wanasema, heri mkono unaotoa kuliko unaopokea. Kweli kabisa.



# NASH

## Mchongo popote

Nimejaribu kupitia tafti mbalimbali zilizofanywa kuhusu hali za watu za kiuchumi katika nchi mbalimbali hasa nchi zilizoendelea, na matokeo ya tafti hizo yalionesha kwamba katika miaka iliyopita watu waliokuwa na mafanikio makubwa kimaisha walikuwa ni watu wazima na wazee, sio vijana. Kwa nyakati hizo, kijana aliyefanikiwa ilikuwa ni lazima awe amepata mali za urithi kutoka kwa wazazi wake. Siku hizi mambo yamebadilika. Kuna vijana wengi tu sehemu mbalimbali duniani ambao wana mafanikio makubwa kiuchumi. Kwa kuwa nchi hizo zenye matajiri wengi vijana hazina tofauti sana na nchi yetu, ni wakati muafaka wa kujiuliza; je, vijana wenzetu wa nchi hizo walifanyaje kufika hapo walipofika? Mimi naomba nikuhamasishe. Mchongo upo hapa! Usisubiri, anza sasa kuwa na ndoto kubwa. Anza kutafakari unaweza kufanya nini baada ya kuhitimu masomo yako. Bila kuchelewa, anza kuweka mikakati ya namna ya kuifikia ndoto yako hiyo. Hakikisha unafanya utafti wa kutosha wa kile unachotaka kukifanya. Tunapokosea ni pale tunaposubiri tumalize chuo kikuu ndipo tuanze kutafakari tunachotaka kukifanya! Too late! Sote tunafahamu kwamba changamoto kubwa iliyopo hapa nchini kwetu na sehemu mbalimbali duniani ni katika kupata ajira, na hapa namaanisha ajira za kuajiriwa. Kumbe sasa ni vyema kuanza kufikiria kujajiri na kuajiri wengine. Kwa leo nakuacha na homework hiyo. Tuoanane tena toleo lijalo.

*Nash*



## Sketi hizo jamaaa!

Kujiongeza ndio mpango mzima asikwambie mtu! Siku ya mahafali ya kwanza ya Fema Club kidato cha nne, Tuseme Fema Club waliwasilisha utafiti wao kwamba kuna uhitaji wa sketi za shule kwa ajili ya wasichana wanaoingia katika siku zao za hedhi wakiwa shuleni. Kilichotokea?!

Ombi lao likakubaliwa! Tarehe 17 Agosti 2021 Tuseme Fema Club walifanikiwa kukabidhi sketi tatu kwa mkuu wa shule na matron. Ni imani yao kuwa sketi hizi zitakuwa msaada kwa mabinti hao na itafanikiwa kupunguza au kumaliza tatizo la mabinti kurudi nyumbani na kukosa masomo.



## Ngoma inogileee!

Wenye kujitoa wakajitoa, wakapanga, wakajikusanya, wakatengeneza ngoma kwa ajili ya maandalizi ya kuanzisha kikundi cha ngoma za asili. Buyuni Sekondari Fema Club wanajifunza na kufurahi bila kusahau utamaduni wao. Mambo ni BAM BAM ndani ya Buyuni Sekondari Fema Club.



## Kimya kingi kina mshindo!

Baada ya kimya cha muda mrefu kutoka kwa Fema Club ya Murad Saddiq Sekondari, wao wamerudi tena kwa kasi ya 5G, huku na kule mpaka kwenye kituo chao cha polisi Turiani. Wakafanya usafi na kupapendezesha haswaa. Urafiki wa raia na polisi ni muhimu kwa usalama wa jamii. Hongera sana kwenu kwa kuiona angle hiyo.

## Usafi kama wote!

Igwaseco Fema Club wakaona isiwe tabu, wapi jembe na fyekeo?! Wao wakaingia mzigoni na kusafisha kisima chao cha shule. Kisima hiki kilijengwa na Fema Club 2017 kwa kutumia fedha walizopata kutoka kwenye duka lao la Fema. Shule nzima imeondokana na uhaba wa maji! Hivi sasa wako mbioni kujenga mfuniko kwa ajili ya kisima hiki ili maji yawe salama zaidi na hapo bado sijawaeleza kuhusu saluni ya kunyoa waliyoifungua kwa ajili ya wanafunzi. Wenyewe wanadai kujitoa ndio jadi yaooo.



## Nyehunge Sekondari hawakubaki nyuma!

Changia damu okoa maisha ilitikisa pia maeneo ya Nyehunge Sec. ambapo wana Fema hapo walijitolea damu. Timu ya Damu Salama ya hospitali ya Bugando ilitia timu shuleni hapo kuomba wanafunzi na walimu kujitolea damu isaidie wahitaji. Ndani ya Fema Club haliharibiki jambo. Big Up Nyehunge Fema Club!





## Siku ya Hedhi Duniani!

Lutozo, Katoro Fema Club wakishirikiana na shule ya sekondari Bugyambelele waliamua kwamba mahali sahihi pa kuadhimisha siku ya hedhi duniani ni pale ambapo wanaweza kujitolea kufanya kitu na kupata elimu zaidi juu ya jambo hilo. Wakachagua kituo cha afya Katoro. Walipofika walijitolea kufanya usafi katika maeneo ya wodi ya kinamama wawazito na watoto. Kisha wakapata elimu nzuuri juu ya hedhi salama na afya ya uzazi. Hawakuwaacha mikono mitupu. Walitoa msaada kwa akinamama wote waliokuwa wamejifunga katika kituo hicho na wagonjwa wote waliokuwa wamelazwa pale, ambao wanakadiriwa kufikia 50. Furaha ya wagonjwa iliwapa furaha na nguvu shule hizo kurudi tena. Si tulikwambia? Kutenda wema kuna faida zake.



## Changia damu okoa maisha!

Vijana wa Fema Club JM Kikwete Sekondari Tunduma hawana hiyana. Mnamo tarehe 18 ya mwezi wa nane mwaka huu waliamua kujitolea kuchangia damu ili waweze kusaidia wahitaji wengi. Mungu si athumani bhana, zikapatikana lita hamsini za damu, na ni imani yao kwamba itawasaidia watu wengi iwezekanavyo. Pia wanasema huo sio mwisho wa kuchangia damu, watafanya tena. Saluti kwenu aisee! Mmetisha!



## Katumbasongwe Fema Club nao wamo!

Wao wakaamua kuwaalikwa wataalam wa afya kutoka hospitali ya Wilaya ya Kyela kuja kutoa mafunzo ya hedhi salama. Darasa likanoga na mabinti wakafaidi maujuzi kibao! Mabinti walio shuleni Katumbasongwe bila kujali kama yupo katika Fema Club au la walikabidhiwa pedi, sabuni, na ndoo kubwa ya kuogea kwa msaada wa TASAF uliotolewa baada ya maombi yaliyowasilishwa na Fema Club hii. Tuvunje Ukimya!



## GLORY

### Sina jipya kiviile.

Hope mko poa. Leo nizingumzie mambo yetu yalee yanayotufanya tuitwe Fema Clubbers. Wanachama wa Fema Clubs ni watu makini, wanaojitambua, wanaojituma, wenye staha, wanaojali, wanaojithamini na kuwathamini wengine.

Haya yote yanatambulishwa na kazi zao, mwonekano wao na tabia wanazozihimiza katika club. Ukifika mahali utajua tu kwamba hapa kuna Club ya Fema. Shughuli zinazofanywa na Fema Clubs zinasaidia sana kuleta mabadiliko chanya ya tabia ambayo yanaleta matokeo chanya katika maendeleo ya vijana.

Shughuli zinazofanywa na Clubs hazifanani kwa sababu hata mazingira ya Clubs pia hayafanani. Lakini kazi ya kwanza kabisa ya msingi ambayo ni lazima ifanywe na club ni kusoma jarida la Fema, kutafakari na kufanya mijadala mbambali itakayowasaidia wanachama wote kuelewa vizuri ujumbe uliokusudiwa katika makala mbalimbali zilizomo ndani ya jarida hili.

Baada ya hapo mnaweza kufikisha ujumbe huo kwa vijana wengine ambao si wanachama wa Fema Club, na hata wanajamii wengine, kwa njia mbalimbali kama vile maigizo, nyimbo, ngoma, mashairi, matamasha na matangazo ya mfumo wa radio au TV, morning talks au afternoon speeches.

Kazi nyingine ya Clubs ni kufanya shughuli nyingine ambazo zimo ndani ya uwezo wa Club. Mfano kutengeneza smart area, kilimo, ufugaji, kujenga vimbwete shuleni na nyingine nyingi mtakazozifikiria zinazoendana na mazingira yenu. Kujitolea nayo ni shughuli nyingine ya Clubs, yaani kufanya shughuli ambazo zinaleta mabadiliko katika jamii bila kulipwa, kwa mfano kufanya usafi maeneo ya umma, kujitolea damu, kutembelea wenye mahitaji n.k.

La mwisho, lakini sio mwisho kwa umuhimu, niwakumbushe wajibu wenu namba moja unaowafanya kuwepo hapo shuleni. KUSOMA! Soma, soma na usome tena! Sijui nilibold kabisa hili neno? SOMA.

Glory

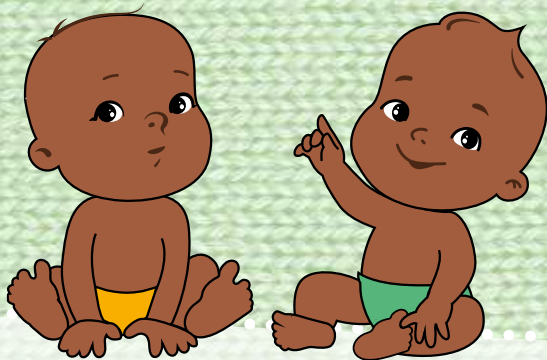




# Ongeeni!

NA TUNU YONGOLO

*“Nasikitika nikiambuka jinsi ambavyo, sisi enzi zetu, vitu vilitukuta tu! Jamani! Kha! Wazazi mbona hawakutushtua! Hata hatukujua! Hadi pale kilipotokea! Sio hedhi, sio ndevu, sio sauti! Sio matiti, sio kifua. Mmmmh! Nashukuru mambo yamebadilika! Wanangu, ongeeni na wajukuu zangu! Leo wacha niwadokeze kidogo, au tuseme niwasaidie, jinsi ya kuongea na watoto wetu. Najua kwamba kuongea na wanetu kuhusu mabadiliko ya mwili, balehe, ridhaa na ngono linaweza kuwa jambo la kuogofya sana. Lakini, kama bibi asukavyo kikapu na kuongeza ukindu katika kila hatua, nawe taratibu suka mafunzo kuhusu ukuaji katika mazungumzo ya kila siku baina yako na mtoto, kisha tumbukiza taarifa zaidi kadri miaka inavyosogea. Hebu tujadili maongezi haya kwa Minza na Bulongo!”*



## MINZA NA BULONGO WAMETIMIZA MIAKA 2!

Mwee! Wala sio mapema. Naona mmenikodolea macho! Kuzungumza na watoto kuhusu viungo vya mwili kunapaswa kuanza kabla mtoto hawajajua kuongea. Huwa tunatunga maneno yasiyoeleweka kwa ajili ya sehemu za siri za watoto, lakini hapana! Tumia majina yaliyo karibu na ukweli na uyatumie katika shughuli za kila siku, kama muda wa kuoga. Watoto wanahitaji kuyajua maneno haya kwa sababu kubwa mbili; 1) kutoa taarifa kunapokuwa na shida ya kiafya au majeraha, na 2) ili wajifunze kuhusu mipaka ya watu wanaowagusa – ni sahihi kuguswa wapi, si sahihi kuguswa wapi.

## ENHE, NA MIAKA 2 HADI 5 JE?!

Kutokana na mafunzo utakayokuwa umewapatia, watoto wataanza kuelewa maana ya ridhaa. Kosa kubwa ninaloliona kwenu wazazi, ni pale ambapo mnawalazimisha watoto kuwakumbatia/kukumbatiwa na ndugu au wageni pale wanapowatembelea! Hapana!! Utasikia mama anasema “haya mwambie anko bye! Mpe na hug! Mchum uncle!” Au pale mnaporuhusu watu kuwatekenya watoto! Hapana! Pia lipo lile la njoo ukae hapa (kwenye mapaja hapo!) uniambie stori za shule... Weeeee! Acheni kabisa! Dunia ya sasa si ile ya zamani. Ukiwajenga watoto kufahamu kwamba wana sauti juu ya miili yao, itawasaidia kuwa salama. Ni muhimu kumhakikishia mtoto kwamba anaweza kukueleza vitendo vyovyote visivyofaa anavyofanyiwa wakati wowote, hata kama hapo nyuma aliifanya kuwa siri. Katika umri huu, watoto wanaweza kuwa wadadisi kuhusu miili ya wenzao. Ni muhimu kupalilia udadisi huo. Sio utundu! Badala yake, itumie kama fursa ya kuzungumza naye kuhusu sheria na maadili ya familia yenu.



## HAYA! TUWAAMBIE NINI WANAPOKUWA NA MIAKA 6 HADI 8?

Katika umri huu, zungumza kwa uwazi zaidi na watoto wako kuhusu unyanyasaji wa kijinsia. Unafikiri siyajui hayo? Nayajua, bibi mie napenda kusoma, nakutana nayo hata mtaani. Na hapa nisisahau! Ni muhimu pia kuwaelimisha wajukuu zangu kuhusu 'ndugu.' Ndugu wa karibu na wa mbali, usisahau na jamaa na marafiki wa familia. Nilisikia redioni wamesema vitendo vingi vya ukatili/unyanyasaji wa watoto vinatokea majumbani, tena vinafanywa na ndugu na jamaa tunaowaamini. Dunia hii tunakwenda wapi?!! Sasa twende kwenye **balehe**. Watoto wanapokuwa na miaka sita, unaweza kuanzisha mjadala rahisi tu kuhusu namna miili yetu inavyobadilika. Kwa mfano, unaweza kulinganisha picha zao za utotoni na namna wanavyoonekana sasa. Mazungumzo ya undani kuhusu balehe yasubirisha kidogo mpaka pale utakapoonza viashiria kwamba balehe imekaribia kwa mwanao.



*"Bibi anaongea sana, na msiponikatisha, ntaongea mpaka kesho. Ila nimalizie kwa kusema, Minza na Bulongo wanakuhitaji! Kuongea na wanao mapema kunasaidia! Pia msisahau kukaa chonjo iwapo watoto wenu nao wataonesha ishara ya kutaka kuongea nanyi. Vijana hufanya maamuzi bora ikiwa wanafahamu hatari zilizo mbele yao. Utakapoanza kuzungumzia mada hizi, watajisikia huru kuzungumza nawe na kukuuliza maswali kila wanaposhangazwa na jambo. Usiache wakafundishwe mtaani. Ambayo sijasema, hakika jarida hili litamalizia..."*

## MIAKA 9 HADI 12, HAPO CHACHA!

Watoto huanza kubalehe katika umri huu, hivyo unapojadili na mwanao, mpatie vitabu vinavyoelezea kuhusu balehe, asome. Ajue kwa nini na kwa namna gani miili yetu inapitia mabadiliko; kuota nywele, via vya uzazi, mabadiliko ya sauti nk. Pia, hakikisha watoto wa kike na wa kiume wanapata taarifa zote. Watoto hawapaswi kujifunza yale tu yatakayowatokea wao, la hashu. Wajifunze hata yale yatakayowatokea wenzao wa jinsi tofauti. Kumbuka kuwasisitiza kwamba vyovyote ambavyo miili yao inabadilika, ni kawaida. Wajipende wajukuu zangu. Kingine ambacho unapaswa uwe na kawaida ya kukizungumza na watoto wako ni ngono salama. Najua hili kama mama au baba mnaliogopa, lakini ni muhimu! Jaribu kadri uwezavyo kujadili kirafiki umuhimu wa kusubiri. Kisha, zungumza nao kuhusu mitandao. Watahadharisha kuhusu kuchati na watu wasiowafahamu na kuweka picha zao mtandaoni. Waeleze kwamba kuweka picha mtandaoni au kuwatumia watu picha zao uchi au za ngono au picha za rafiki zao ni hatari na ni kinyume cha sheria. Jiandae ukijua kwamba, huenda watoto wako wakaona video za ngono mtandaoni. Bila jazba, waeleze kwamba hizo tovuti ni za watu wazima na mambo yanayofanyika ni ya watu wazima. Usisahau pia kuwasisitiza kwamba, jamii nyingi zinawachukulia wanawake kama viumbe dhaifu, wasioweza kufanya mambo makubwa, badala yake wapo kwa ajili ya kuwafurahisha wenzi wao kimapenzi tu. Wasaidie kuondoa dhana hiyo katika akili yao kwa kuwapa mifano halisi ya wanawake wanaofanya mambo makubwa yasiyo na udhaifu hata kidogo, wapo wengi tu.





# Ewe Msichana! Ewe

NA TUNU YONGOLO

Msichana, mama ameshaketi nawe mkaongea, baba je? Mvulana, baba ameshaketi na wewe kakuelezea? Mama je? Na sio lazima mama au baba tu. Tarajia kwamba kaka au dada, mjomba, shangazi, baba mdogo au mkubwa, yeyote anaweza kukudokeza machache kuhusu ujana.

Kama tayari, basi yetu ni nyongeza tu, kwa kuwa tunaamini kabisa wamekujiza mengi. Na kama bado, hata wewe pia unaweza ukakaa nao, ukaanzisha mazungumzo, mkalonga mawili matatu. Najua yapo mengi ambayo hata wewe ungependa kuuliza na hili haliwezi kuwa zoezi la siku moja, la hasha. Ni zoezi endelevu. Hata hivyo, inawezekana nyinyi ni wale wa;  
"Mama anakuja! Mama anakuja!" Haoooo! Wote mnakimbia!  
"Baba anarudi! Nimemuona!" Haoooooo! Wote mnajificha!  
Wengi wetu tumezoea utamaduni wa kuwaogopa wazazi wetu, na tunajawa na hofu tunaposikia wanarudi kutoka shambani, kazini au safari. Tunafahamu kwamba sio rahisi kuongea na wazazi. Tena inawezekana unazungumza zaidi na marafiki kuliko unavyozungumza na wazazi wako. Hiyo ni kawaida, lakini bado ni muhimu kupata msaada, ushauri na mwongozo wa wazazi. Unaweza kupata ushauri na msaada kutoka kwa watu wazima wengine pia. Labda kuna mwalimu, mlezi wa Fema club au mshauri ambaye unajisikia huru zaidi kuzungumza naye. Leo tuna mbinu mbili tatu za *kushare* nanyi... na labda zinaweza kukusaidia kujenga tabia ya kuongea na wazazi wako...

## Zungumza, zunguma, zungumza – fanya hivyo kila siku

Kadri unavyofanya jambo, ndivyo linavyokuwa rahisi kwako. Kuzungumza na wazazi wako kuhusu mambo ya kawaida ya kila siku kunawajengea ukaribu. Inakupa urahisi unapohitaji kuzungumza nao kuhusu mambo nyeti yanayokuhusu wewe binafsi.



### Tafuta jambo la kujadili na wazazi kila siku.

Yafanye kuwa mazungumzo mafupi tu, ya kawaida. Zungumzia habari za shule na chochote ulichokifanya au kilichotokea shuleni siku hiyo. Inaweza kuwa ni jambo jipya ulilojifunza au jambo ambalo mwalimu amesema. Waeleze kuhusu *project* mnayoifanya shuleni kama ipo. Hata mazungumzo ya kawaida tu yanakuweka karibu sana na wazazi wako.

**Fanyeni mambo pamoja, mambo ambayo nyote mnayafurahia.** Fanya juu chini kuhakikisha unapata muda na wazazi wako. Ungana nao wanapokwenda shamba wikiendi kama muda unaruhusu. Kaa ubavuni mwao wanapokuwa wanasoma magazeti. Pika pamoja nao, saidia kazi yoyote ambayo wanaifanya, au keti nao tu. Hii inakupa nafasi na kukutengenezea urahisi wa kuzungumza nao.

**Hujachelewa.** Wakati mwingine unaweza kujihisi kwamba umekuwa mkubwa na kudhani kwamba umechelewa mno kuanzisha ukaribu na mazungumzo na wazazi wako. Naomba ujue tu kwamba bado kuna mambo mengi mapya ya kujifunza. Hujachelewa!



# Mvulana!

## Jinsi ya kuanzisha mada ngumu

Pengine unataka kuwapa wazazi habari mbaya, kwa mfano umefeli mtihani. Labda unaogopa na umejawa na msongo wa mawazo kuhusu jambo fulani. Au labda kama lilivyo jarida la Fema, pengine ungependa kujadiliana na wazazi masuala ya afya ya uzazi na ujinsia.

### Tips hizi zitakusaidia kujiandaa:

#### 1. Fikiria unachohitaji kwa wazazi.

Je, unahitaji kuwapa **taarifa** ya jambo muhimu? Unahitaji **wakupatie** kitu fulani? Unataka **wasikilize** maoni yako? Je, unahitaji **msaada** wao? Au unataka **ushauri** wao? Au pengine unataka **ruhusa** yao ili ufanye kitu fulani? Labda unataka wakusaidie **kutatua** tatizo fulani ambalo unapitia? Itasaidia zaidi kama unajua kwa uhakika kile unachohitaji kutoka kwao.

#### Kiweke kitu hicho katika mazungumzo.

Kwa mfano:

"Ningependa kuwaeleza tatizo linalonisibu. Itanisaidia sana kama mtanisikiliza.

"Naomba ushauri wenu kuhusu jambo fulani. Je, tunaweza kuzungumza?"

"Naomba ruhusa yako kwenda mahali.....naweza kukueleza?"

#### 2. Sikiliza hisia zako.

Je, una **hofu** kuhusu namna mzazi atakavyolipokea?

Je, **unaogopa** kwamba watakasirika au wataona

umewaangusha? Je, unaona **haya** kuzungumzia jambo nyeti?

Je, unajiona **mkosaji** kwa sababu umejiingiza katika matatizo?

Usiruhusu hisia hizo zikuzuie kuzungumza na wazazi.

Badala yake, acha hisia zako ziwe sehemu ya mazungumzo.

#### Weka hisia hizo katika mazungumzo.

Kwa mfano:



"Ningependa kukwambia jambo ambalo ni la binafsi sana. Na nina wasiwasi na namna utakavyolipokea. Lakini naomba tu nikwambie."

"Nahitaji kuzungumza nawe. Lakini naogopa nitakachosema kitakukosesha raha."

"Nahitaji kuzungumza nawe kuhusu jambo fulani. Lakini ni jambo ambalo litakuudhi."

"Nina jambo la kukueleza. Sifurahii jambo hili nililolifanya, na linaweza likakuudhi. Lakini najua napaswa kukueleza. Unaweza kunisikiliza?"

#### 3. Tafuta muda muafaka.

Hakikisha unatafuta muda ambao wazazi wako

hawajatingwa sana na majukumu au kitu kingine chochote.

Uliza, "Tunaweza kuongea? Huu ni muda mzuri kwako?"

Kisha anzisha mazungumzo.

Jarida hili lina mengi! Ni vyema ukayajadili na wazazi.

Wahenga walisema, "Asiyefunzwa na mamaye ... hufunzwa

na ulimwengu." Lakini sisi Fema tumeuboresha kidogo

msemo huu. Tunasema: "Asiyefunzwa na **wazazi/walezi**

hufunzwa na ulimwengu"...na hapa tunamaanisha baba,

mama, mjomba, shangazi, mwalimu, bibi na watu wazima

wengi wenye hekima waliotuzunguka.





# Ukweli ni kwamba...

NA AMABILIS BATAMULA

**Umekua! Ni kweli! Mwili unachemka! Balehe imepiga hodi na kila kiungo kinajisikia tofauti. Na wewe, kwa kuwa unajua hilo, basi pia unajisikia tofauti.**

Washkaji na mashosti wanakwambia usilaze damu, jiachie.

Akili inakwambia changamka utaachwa nyuma, tii hisia zako.

Hisia zinakwambia twende mbele, ya nyuma ni ya watoto yaache kwenye historia, maji yashachemka, tia majani na sukari unywe chai. Wanaokwambia nenda taratibu unawatazama vibaya, eti wana lao jambo, watakuchelewesh! Unataka kwenda mbio ufanye kila kitu kila siku. Lakini ukweli ni kwamba katika ugeni huu wa balehe, yapo mengi yaliyo mapya kwako. Kabisaaa. Mtaani wanasema utajua hujui! Unajua nini, kufurahia au kusherehekea hatua yoyote ya maisha ni jambo zuri sana.

Yapo mambo mengi ambayo hutambulisha furaha ya mtu anapovuka hatua fulani kuingia nyingine, kwa mfano mahafali kumaliza shule, harusi kuingia kwenye ndoa, n.k. Vijana balehe, a.k.a vijalunga, wengi, wasichana kwa wavulana, wanadhani namna nzuri ya kusherehekea kuingia balehe ni kufanya ngono. Anhaaa? Pumua kwanza, mwangalie mwenzako, muulize, una uhakika kufanya ngono ni njia nzuri ya kusherehekea kuingia balehe? Uko tayari kwa hilo?

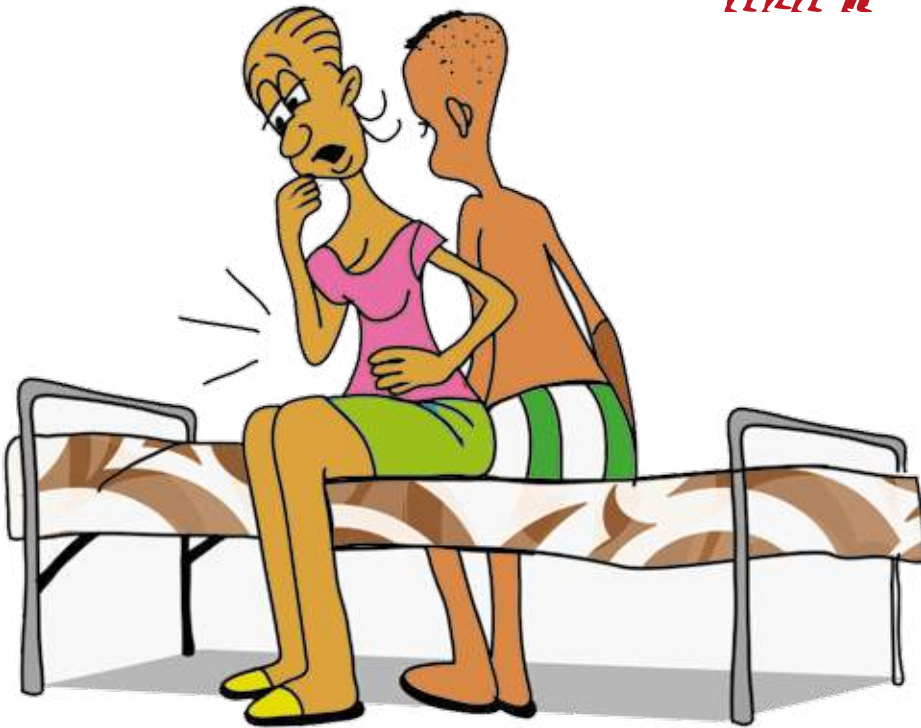
## Tuwekane sawa.

Bila shaka tumewasikia wengi wakiongea mengi kuhusu ngono. Wengine wanaisifia wengine wanaikandia. Furaha ya ngono ipo, na karaha ya ngono ipo pia. Ngono yenye furaha ni ile iliyo salama, vinginevyo inaweza kuambatana na majuto, machozi na madhara ya kudumu.





**cheza  
salama**



## Eti kwani ngono salama ni nini?

Swali zuri. Yapo mambo mengi ambayo yanaweza kuielezea ngono salama:

- \* Kimwili, ni ngono ile ambayo **huwalinda** wahusika dhidi ya mimba zisizotarajiwa pamoja na magonjwa yanayoambukizwa kwa ngono, ikiwemo VVU.
- \* Kiakili, ni kitendo ambacho kinafanyika kwa **ridhaa** ya pande zote mbili, bila shuruti wala matumizi ya nguvu.
- \* Kisaikolojia, ni ngono kati ya wapenzi **walio sawa**; si kati ya mmoja aliye na mamlaka juu ya mwenzie kama vile mwalimu na mwanafunzi wake, boshi na mfanyakazi au anayeomba kazi, mwenye umri mkubwa na mwenye umri mdogo, n.k.
- \* Ongeza na hili - ni kitendo kati ya watu ambao **wako tayari**; wanajua na wamepima faida na hasara za kimwili na kiakili, wakachukua hatua ya kuzuia hasara au madhara.

## TIRIRIKA

Unaelewa nini unaposikia neno. ngono salama?



Ni hali ya kujamiiana ambapo wenza hutumia kinga zinazozuia kuambukizana magonjwa ya ngono. Pia inaweza kuwa ni kitendo cha kujamiiana baina ya watu wasio na maambukizi ya magonjwa yoyote ya ngono.

**JAMILA ALEX (19), MAJENGO, SIMIYU**



Ngono salama ni kitendo cha kukutana kimwili ambapo tahadhari zote zinachukuliwa ili kupunguza hatari ya kuambukizana magonjwa ya ngono hasa Virusi Vya Ukimwi. Tahadhari hizo ni kama vile kupima maambukizi ya VVU na matumizi ya kondom.

**RANNIFERLUCY LUHWAGO (18), DUTWA**



Ni ngono ambayo wapenzi wanakuwa wamefanya maandalizi yote kabla hawajafanya tendo hilo ili kupunguza maambukizi ya VVU kwa michubuko ya aina yoyote ile mwilini.

**GEITA MWANKANDA (19) DUTWA**



**1** Mtaalam mmoja aliwahi kusema ngono salama ni 'no ngono', akiwana maana kwamba kutofanya ngono kabisa ndio chaguo lenye usalama asilimia 100! Akaiita hii ngono salama namba moja. Wacha hapa tuongeze kidogo, kwamba kwa kuwa mko marafikimuitanao wapenzi haimaanishi kwambalazima kujamiiana ili urafiki wenu huo ukamilike, la hasha. Yapo mambo mengi aliyoyataja mtaalam huyo, akasema "ukimpenda mtu utataka kila wakati awe na furaha, hautapenda awe na huzuni au wasiwasi, na wala hautapenda azame kwenye dimbwi la mawazo kisa matokeo ya ngono yamevuruga vipaumbele vyake." Hii hebu tuibandike ukutani ikae tuioneone. Kwa maana hiyo mtu unayempenda unaweza kufanya naye shughuli mbalimbali ambazo zitafanya kila mmoja wenu awe na furaha bila kuwa na wasiwasi. Kucheza muziki pamoja, michezo, kusaidiana masomo, kwenda pamoja kwenye nyumba ya ibada, n.k. mnaaweza kubuni nyingine ambazo hazivasukumi kuvuka mipaka mliyoyiwekea.

**2** Mtaalam wetu akaongeza nyingine; hii akaiita ngono salama namba mbili, akaipiga mhuri *weka mbali na watoto!* Kicheko chenu kimefika hadi huku ujue? Najua mmeelewa. Hii wanatumia ambao tayari wako kwenye mahusiano ya kingono. Utaratibu wa namba mbili unahusisha kinga, kwamba wahusika wanatumia kinga kuhakikisha wanajilinda dhidi ya maambukizi ya magonjwa na mimba zisizopangwa.

## CHUKUA

## HATUA

Katika club yenu, baada ya kusoma makala hii, wakaribishe au watembelee watu wazima katika jamii yenu, mjadiliane nao mila na desturi ambazo zinawapeleka vijana kujihusisha na ngono zembe. Mjadili mbinu za kuitatua changamoto hiyo na mkubaliane mtafanya nini baada ya hapo.

## KUMBUKA

Kiungo kikubwa zaidi katika mchakato mzima unaohusu kujamiiana ni ubongo. Utumie vizuri usije ukadandia treni kwa mbele.

## Usidanganywe, usidanganye

Kuna swali liliulizwa na msichana, kwamba kaambiwa na mvulana wafanye ngono watatumia njia ya kuchomoa, hatopata mimba. Je, ni kweli? Jibu lazima lianze na SI KWELI! Kwa sababu njia hii haizuii mimba wala VVU au maambukizi mengine yanayopitia ngono. Kwa nini? Kwanza shahawa yenye mbegu za kiume huanza kutoka hata bila mwanaume kujua. Pia, akichelewa nukta chache anakuwa amechelewa sana. Swali jingine lilitoka kwa mvulana, akauliza kama ni salama kufanya ngono kwa kufuata kalenda ili wasipate mimba. Jibu la hili nalo lazima lianze na SI KWELI! Njia hii haiaminiki kwa sababu mzunguko wa hedhi hubadilikabadilika, na pia haizuii VVU wala magonjwa mengine ya ngono. Maswali ya namna hii yapo mengi sana kutoka kwa vijalunga, wa kike na wa kiume. Kutafuta taarifa sahihi ni muhimu sana. Na ukiona kuna mengi huyajui basi ujue pia haujawa tayari. Jiulize, niko tayari kuwa baba au mama? masomo yangu yataathirika vipi? mambo yangu mengine yataathirika vipi? Ngono sio vicheko tu, hata machozi yapo.





# Truth is...

BY AMABILIS BATAMULA

**You've grown! It's true! Your body is supercharged. Puberty has knocked on your door and every part of your body feels different. And you, knowing this, are also starting to feel different.**

Your friends, both girls and boys, are telling you to not miss any opportunities, be free.

Your mind is telling you don't get left behind, obey your feelings.

Your feelings are telling you let's forge ahead, let the past be for little kids, and leave it in the past where it belongs. You shoot an angry eye towards those who are telling you to take it slow. You believe they must have a motive; they are pulling you back! You would like to speed things up and do everything every day. But the truth is, with regards to this new visitor that is puberty, there is so much that is new to you. Yes! As a Swahili street-saying translates, you will know you don't know!

You know what, it is indeed a good thing to rejoice and celebrate every milestone. And there are many things that can express one's happiness when moving from one stage to another, for example, a graduation on completing school, a wedding to enter marriage, etc. Youth who are going through puberty, a.k.a. adolescents, both girls and boys, think that the best way to celebrate entering the puberty phase is by having sex. Anhaa? Pause, look around and ask the person next to you, "do you think having sex is the right way to celebrate entering puberty? Are you ready for it?"

## Let's get it right.

We have without a doubt, heard many people talk about sex. Some praise it while others ridicule it. Sex brings pleasure, but pain too. The sex that is pleasurable is the one that is safe, otherwise it can be accompanied by tears, regret, and lifelong consequences.

## DON'T BE MISLED, DON'T MISLEAD!

There is this question we received, from a young girl, says she was told by a boy, that if he were to pull out before ejaculation, she won't get pregnant. Is it true? The answer begins with IT IS NOT TRUE! This method does not stop unwanted pregnancies or sexually transmitted infections including HIV. Why? This is because semen release starts even before the man becomes aware of it. Also, a delay of even a millisecond will be too late.

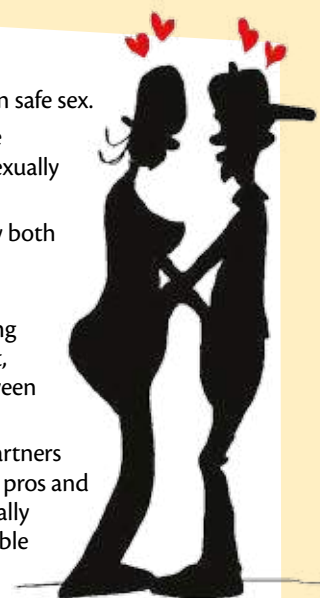
Another question, from a boy, was is it safe to trust the calendar method to avoid pregnancy? Once again, the answer here begins with IT IS NOT TRUE! This method gives no guarantee as the menstrual cycle changes. Also, it does not keep one safe from sexually transmitted infections including HIV.

Questions such as these are many, and they come from adolescents, both girls and boys. Seeking accurate information is very important, and sometimes, when there is a lot that you don't know can be a sign you are not ready. Ask yourself, am I ready to become a father or mother? How will my studies be affected? What about all my other dreams and goals? It's not all fun and games, even tears find their way in.

## SO, WHAT IS SAFE SEX?

Great question! There are several ways to explain safe sex.

- \* Physically, it is the sex that **protects** all those involved, from unwanted pregnancies and sexually transmitted infections including HIV.
- \* Mentally, it is the sex that is **consented** to by both parties, without coercion or force.
- \* Psychologically, it is the sex between parties who are on **similar levels**, without one having power over another, e.g. teacher and student, boss and employee or job applicant, or between an older and younger person.
- \* And let's one more – it is the sex between partners who both **feel ready**, who have weighed the pros and cons of having sex both physically and mentally and have taken **all** measures against all possible risks or negative consequences



### Number One!

One expert once said, the safest sex is "no sex!" This meant that not engaging in any sex at all, is the best and safest choice 100%! He called this, safe sex number one! Let's explain a little further, for example, just because you are friends who call each other boyfriend and girlfriend, doesn't mean you have to have sex so that the relationship is certified. No! Not at all! There is so much more that the expert tells us, including, "if you love someone, you will want them to be happy all the time. You wouldn't want them sad and afraid, you wouldn't see them drown in a sea of worries just because sex has shattered all their dreams." Let's write this on the board so that we can see it frequently.

Also, this means you and your loved ones can do other things together that will allow both you to be happy without worry. You can dance to music, play sports, study together, go for worship etc. You can even create other activities that won't force you to cross over the boundaries that you have put for yourselves.

### Second!

Our expert added one more, and termed it, safe sex number two. He then stamped it *keep away from children!* We can hear your laughter all the way from here! We know you understand! This is used by those who are already engaging in sexual relationships. The second method involves the use of protection, meaning that those engaging in sexual activities ensure they protect themselves from infections and unwanted pregnancies.





# KAA LA MOTO

MABULA NI MWANAFUNZI WA KIDATO CHA TATU. ANA NDOTO KUBWA KWELIKWELI! KUNA FANI FULANI ANAIFUKUZIA. LAKINI KATIKA SAFARI YAKE YA KWENDA SHULE NA KURUDI NYUMBANI, HUMO NJIANI ANAKUTANA NA KIGINGI! NI KIPI HICHO? FUATILIA.



HUU NI MCHEZO WA KUIGIZA NA HAUNA UHUSIANO WOWOTE NA MAISHA HALISI YA WAIGIZAJI





HUYU KIJANA ANGEJUA ANAVYONIVUTIA MMMH!



DAAH! WACHA NIMSAIDIE BI MKUBWA AISEE, ANAONEKANA KESHA FLOAT

MMH! NIMECHOKAJE!



AAW! ANAONEKANA ANA NGUVU



NI SIKU NYINGINE TENA

NADHANI NDIO MIDA YAKE HII, ATAPITA SIO MUDA.

KESHAINGIA KWENYE 18 ZANGU, NITAMPATA TU



SHIKAMOO MAMA

ASANTE, HEBU NJOO MARA MOJA



WOOW! JASHO LAKE LINANUKIA VIZURI

NIACHIE, NIMESHAMALIZA



KWA HERI MAMA

SUBIRI KWANZA, WALAU ULE KIDOGO UTIE BARAKA





SHUKRANI!  
NAKWENDA SASA

AFU KUNA KITU KINGINE  
NIMEKUMBUKA  
UNISAIDIE STOO

LEO HATOKI  
MTU HUMU

MMM! KUNA  
USALAMA KWELI  
HUMU NDANI?



MABULA ANAPOTEZA UMAKINI SHULE

HEBU TUONESHE

UNABISHA NINI  
SI NI HIII?



MABULA, HII TEST UTA FELI  
MAANA HAUPO HAPA KABISA

AAH WASHKAJI SI  
YULE BI MKUBWA  
ANAZINGUA

TENA HUYU ANAPIGA,  
AARG SIJUI ANATAKA  
NINI TENA?

KUWA  
MAKINI  
MZEE!



SIKU HIZI UMEKUWA NA KIBURI SANA. SIMU  
ZANGU HUPOKEI, NIKIKUITA HUJI KWA WAKATI

AAH! MBONA SINA  
UHURU TENA?



BASI TUTAKUJA  
KUYAONGEA NIKITOKA  
SHULE MAMA

KWANZA HIYO HABARI YA  
KUNIITA NIMESHAKUKATAZA,  
NA LEO HABARI YA SHULE  
SITAKI KUSIKIA. EM TWENDE  
HUKU UKANYWE JUISI



DAAH!  
YAANI  
SIJAWAHI  
KUWA NA  
RAHA NA  
HUYU  
MAMA





\* PICHA: RAPHAEL NYONI  
 \* UONGOZAJI: PENDO MASHULANO  
 \* WAIGIZAJI: NYALIKUNGU SEC FEMBA CLUB  
 \* SHUKRANI: WALIMU WALEZI WA NYALIKUNGU FEMBA CLUB NA BINZA FEMBA CLUB NA UONGOZI WOTE WA NYALIKUNGU SEC



# MAMBO NI DIFFERENT KWA GROUND

NA RAPHAEL NYONI

Ukifuatilia mchezo huu, utagundua kwamba Mabula hajawahi kuwa na amani na uhusiano huu. Hajawahi! Hizo pesa hana raha nazo, hata hiyo simu hana raha nayo. Lakini ngoja kwanza, anashindwaje kujinasua kwenye mtego huu? Hapo unampa huyo bi mkubwa makavu laivu, unaendelea na maisha yako na yeye anaendelea kimpango wake. Kwa harakaharaka nimefikiria hivyo, lakini baadaye nikagundua kwamba sio rahisi kiasi hicho. Hebu tulijadili hili suala kwa kina!

## Sio zali ni hatari!

Mara nyingi kijana wa kiume anapoingia katika mahusiano ya kimapenzi ya aina hii, namaanisha mahusiano baina ya kijana na mtu aliyemzidi umri kwa zaidi ya miaka kumi, kijana ndiye huonekana kama ameokota dodo chini ya mpapai. Laiti tungejua, matatizo mengi huwa yanaanzia hapa. Kwa kutumia mwanya huu kuna akinamama watu wazima wanaowarubuni vijana na kuwateka kimapenzi. Halafu 'semina' tunazopeana vijiwani nazo huchochea tabia hii. Vijana mtakubaliana nami kwamba tabia ya kupenda kitonga inahamasishwa mnoo vijiwani! Utasikia "maisha siku hizi yamekuwa magumu, bora kutamfuta mama mtu mzima akulee," Kweli? Hivi vijana uwezo wetu wa kufikiri ndio umeishia hapo?

## Shida iko wapi?

Mara nyingi vijana tunapoangalia 'zali la mentali' huwa tunaona yale mazuri tu ambayo tutakutana nayo katika zali hilo. Changamoto na athari zake huwa tunazi 'overlook'. Ila hapa wacha tupitie athari za kuwa na mahusiano ya kingono na mtu aliyekuzidi sana umri.

- Kuwa mtumwa wa ngono.
- Kufanyiwa ukatili wa kijinsia na kihisia.
- Kuwa baba kabla ya wakati wako.
- Kujikuta umezaa na mtu ambaye huwezi kuoana naye na pengine wala humpendi.
- Kuwa katika hatari ya kuambukizwa magonjwa ya ngono na Virusi vya Ukimwi (VUU)
- Kubwa zaidi, ingawa wewe hupati mimba, unaweza kukatisha masomo. Ndiyo. Hivi ukishakuwa mtumwa wa ngono vitasomeka kweli?
- Na jingine, uhuru unapungua. Au hamkuliona hilo kwa Mabula?

## Sasa inakuwaje?

Mpango mzima ni kuepuka vishawishi na kuepuka kujiweka katika mazingira hatarishi yanayoweza kusababisha ukanasa katika mitego. Kama unajiliza unawezaje kuepuka hii mitego, ngoja nikusaidie kwa uchache;

- Weka mipaka kwenye mahusiano yako na watu (wema usizidi uwezo).
- Ukiitwa na mtu na unaona huelewielewi nia yake, nenda na rafiki yako.
- Uwe na misimamo na maamuzi yako, usiwe bendera fuata upepo.
- Sio kila kitu unasema ndio, jijengee ujasiri wa kusema hapana.

Turudi kwa Mabula. Hivi kama ingekuwa ndio wewe kwenye mazingira yale ungechukua hatua gani? Na je, kama Mabula akiendelea kukaa kwenye uhusiano huo nini kinaweza kumtokea? Hapa tujadiliane matokeo ya muda mfupina ya muda mrefu pia, au sio?! Mjadala wa Club time huo. Imekaaje hiyo?

## Wajibika na maisha yako

Kama kuna uhusiano ambao unaweza kuja kubadili maisha yako na kukupa hivyo vitu ambavyo unatamani kuwa navyo sasa, basi uhusiano huo ni kati yako wewe na elimu. Mshike sana elimu, usimwache aende zake. Elimu inapanua upeo wa kufikiri na kutenda. Huu mjadala haujaishia hapa. Makala ya Ruka Juu nayo imelitazama jambo hilihili lakini kwa upande wa wasichana. Tukutane huko. Mpaka kieleweke.





# Em tubishane kidogo!

NA PENDO MASHULANO

Club time imewadia, tukusanyike fasta pale kwenye kona yetu! Iwe ni darasani au ni chini ya kivuli cha mti, wahi seat kabisa! Ukichelewa hata nukta, utapitwa! *This time* tunafanya mambo magumu kwa njia rahisi; tunajifunza kwa kubishana tu! Ni vijimambo fulani vya kichokozi. Vinafikirisha! Tutajadili, tutabishana, tutakosoana, ikibidi tutabadili misimamo yetu, au tutakomaa na misimamo yetu na kukubaliana kutokubaliana. Vyovyote itakavyokuwa, tutajifunza jambo kutokana na vijimambo hivi. Ni vikasheshe tu yaani!

## SIRI YA DEBORAH

Deborah ni best ako. Kwa kawaida huwa ni mchangamfu sana. Mnapokuwa njiani mkienda shule, hata safari huwa unaiona fupi kwa jinsi mnavyostorika! Lakini yapata wiki sasa, Deborah siye yule unayemjua! Amekuwa mkimya ghafla, hana stori kama zamani! Tabasamu usoni limeyeyuka, hana nuru kabisa!

Hali hii inakutatiza, hufurahii kumwona vile. Hata safari ya kwenda shule sasa ni kama imekuwa ndefu zaidi. Umejaribu sana kumuuliza kinachomsibu, hasemi! Lakini hukukata tamaa, unamuuliza karibu kila siku! Siku ya siku, Deborah anaamua kufunguka kwako japo kwa mbiiinde sana. Anakwambia tena kwa kusitasita. Kabla hajakwambia kinachomsibu, anakuonya kwamba ni siri na kwamba anakwambia wewe tu, WEWE TU!

Anakuomba kwanza umuahidi kwamba atakachokwambia hutokisema kwa mtu yeyote! Unamtoa wasiwasi, unamwapia hutokaa utoe siri yake, hata iweje. Sasa yuko huru, anafunguka mpaka basi!

"Aisha, si unafahamu pale nyumbani naishi na anko tu? Si unalifahamu hilo?" Unaitikia "ndiyo, nafahamu". Deborah anaendelea kusema: "Basi anko siku hizi amenibadilikia mpaka sielewi! Kila akirudi ananishikashika katika namna ambayo hainifurahishi, wakati mwingine ananibusu. Nikistuka ananiambia aaah, mkubwa wewe banna, huelewi nini sasa?". Siku hizi hata nikimwambia shikamoo mjomba, anaitikia asante!

Basi naogopa. Naogopa sana. Nakosa usingizi. Nahisi atakuja kunifanya kitu kibaya zaidi. Sijui nifanyeje, ningeshaondoka pale, lakini sina pa kwenda. Wazazi wangu si unajua walishafariki? Huyu ndiye mjomba ninayemtegemea kwa kila kitu. Wacha nivumilie tu. Ila chonde chonde Aisha, usimwambie mtu yeyote habari hii, YEYOTE!"

**JE, UNGEKUWA AISHA UNGEFANYAJE? KWANINI?**

**JE, UAMUZI WAKO NI SAHIHI? KWAVIPI?**

**JE, UNADHANI UAMUZI WAKO UNaweza KULETA MADHARA YOYOTE? YAPI NA KWANINI?**







## JOHA KALIKOROGA!

Joha aliwahi kufanya ngono na Sele alipokuwa na miaka 18. Sele alikuwa mwanafunzi wa chuo aliyekuja kijijini kufanya mazoezi kwenye zahanati. Sele alimwambia anampenda na kwamba wiki inayofuata angekwenda kwa wazazi wake kumposa. Kumbé alikuwa amemaliza mazoezi yake akasepa!

Joha alikasirika sana, akaapa kwamba hatofanya ngono tena. Sasa miaka kadhaa imepita na Joha anaendelea vizuri katika maisha ingawa mara mojamoja anawashwa na majimaji meupe yenye harufu kali hutoka ukeni. Ni hali inayomkera na kumpa wasiwasi, lakini hajawahi kwenda hospitali.

Sasa Joha ana mchumba na bado mwezi mmoja tu wafunge ndoa. Wenyewe wanapendana mpaka basi! Hawajawahi kujamiiana kwa kuwa Joha amekuwa mwoga tangu wakati ule! Anasema ngono sio kitu cha kukurupukia, haina haraka, kwakuwa wanapanga kuoana, wacha wavute subira tu mpaka watakapokuwa kwenye ndoa.

Siku moja shoga yake anatoka mjini na habari za kushtua. "Shoga angu! Una kifua nikupe ubuyu? Mana ubuyu una viungo hadi unanipalia!" Joha anaitikia, tena bila wasiwasi; "kifua ninacho shoga angu, we huo ubuyu leta tu tumung'anye wote." Mara shoga ake mtu anayamwaga kama alivyoyasikia huko mjini. "Best, Sele, yule mchumba ako aloingiaga mitini enzi zile, ana hali mbaya mnoo na watu wanasema ana UKIMWI! Shoga kapime!"

**JE, UNGEKUWA JOHA, UNGETANYAJE? KWANINI?  
JE, UNGEENDELEA NA MIPANGO YA NDOA AU LA? KWANINI?  
JE, UAMUZI WAKO NI SAHIHI? KWA VIPI?**



# SHOMARI YAMEMKUTA!

Shomari ni kijana fulani hivi maarufu sana. Umaarufu wake unatokana na urefu wake, rangi yake, mwonekano wake wa kishombeshombe na umahiri wake wa kulipiga soka! Awapo uwanjani utafurahi! Ni jina lake tu ndilo litakalosikika mwanzo mwisho!

Amesoma shule ya msingi akitokea nyumbani, kidato cha kwanza hadi cha nne pia amesoma day. Hata siku moja Shomari hajawahi kuwa kwenye mazingira ambayo amejikuta akioga na wavulana wenzake.

Shomari sasa ameingia kidato cha tano na kwa mara ya kwanza amepangiwa shule ya bweni. Ana furaha hatari kwakuwa ni muda mrefu sana amekuwa akitamani kusoma bweni!

Lakini, shule yake mpya haiko mbali. Iko pale pale wilayani, hivyo pale shuleni amewakuta wanafunzi wengi tu wasichana kwa wavulana wanaomfahamu. Umaarufu wake kwenye soka umejulikana mapema sana pale shuleni kwakuwa wale wanaomfahamu wanamzungumzia.

Sasa Shomari ameanza maisha tofauti kabisa. Boarding! Pale shuleni mabafu hayatoshi, hivyo hakuna kusubiriana. Kundi la wavulana linaingia bafuni na kuoga kwa pamoja, bila hivyo unachelewa kipindi.

Mara ya kwanza tu kujitosa bafuni kuoga, Shomari anapigwa na butwaa vile wenzake wanavyomshangaa! He! Wewe! Mbona hivyo?! Jamani nyie, oneni! He! Kiduchuuuuu! Mwili wote huo! Hata hufanani!

Shomari kutazama wenzake, anagundua kweli wana haki ya kushangaa, hata yeye ana haki ya kuwashangaa!

Taratibu amani inanza kumtoka. Anatamani awe anaoga peke yake lakini haiwezekani. Anatamani basi walau aoge na walewale aliooga nao siku ya kwanza ili siri yake waijue wachache, hili nalo haliwezekani! Kila siku anajikuta anaoga na watu wapya, na wote wanamshangaa na kumcheka! Maneno yameanza kutembea taratibu, hata ule umaarufu wake kwenye mpira sasa umekuwa ni gumzo. "Mwone tu mpirani huyu. Ila looh, ni kama hana kitu! Yaani kama cha mtoto mchanga!"



**JE, WEWE UNGEKUWA SHOMARI UNGEFANYAJE?  
JE, UAMUZI WAKO NI SAHIHI AU SI SAHIHI?  
JE, UNADHANI UAMUZI WAKO UNGEKUWA NA MADHARA GANI?**

## Uamuzi ni wenu....

Mnaweza kujadili kijikasheshe kimoja tu kila mnapokutana. Tosha sana! Muhimu ni kila mmoja apate nafasi ya kushare mawazo yake na mtazamo wake. Kila mmoja ajiruhusu kuwa mkweli, kusema kile ambacho hakika angefanya. Tusihukumiane kwa sababu ya tofauti za mitazamo. Tukiweza kushawishiana positively, haikatazwi, lakini tusigombane wala kunyoosheana vidole! Mwisho wa kila kijikasheshe, kila mshiriki apewe nafasi ya kusema amejifunza nini kutokana na mjadala juu ya kisa hicho. Kila la kheri kwenu!





# RUDISHA MKANDA NYUMA...

NA TUNU YONGOLO

**Baba alionekana mwenye uchovu. Uchovu uliotokana na ugumu wa maisha lakini pia na misukosuko iliyonihusu, mimi binti yake kipenzi. Na mama, usingeweza kujua alikuwa anawaza nini. Alikuwa mahiri wa kuficha hisia zake. Amechukizwa? Sikujua. Amekatishwa tamaa? Sikujua. Kitu pekee nilichokuwa na uhakika nacho ni kwamba, wazazi wangu wote wawili walitamani wangukuwa sehemu nyingine yoyote lakini si pale tulipokuwa...**

Kutoka pale nilipokuwa nimeketi, katikati ya wazazi wangu, na mkuu wa shule mbele yetu, niliyaona maisha yangu yakijionesha kama muvi mbele yangu. Hivi ilistahili kweli? Gharama ya afya yangu! Elimu yangu! Maisha yangu ya baadae! Na furaha ya wazazi wangu! Lilikuwa ni deni kubwa sana!

“Ngeta, tunahitaji kujua baba wa mtoto ni nani,”

Mkuu wa Shule alisema. “Ni mwanafunzi mwenzako?

Rafiki? Au mtu uliyekutana naye njiani?”

“Si... si.. sijui.” Nilijibu kwa kigugumizi na sauti ya chini, sikuweza kumtazama machoni Mkuu wa Shule.

“Baba wa mtoto simjui mwalimu.”

“Mama Ngeta na baba Ngeta, poleni,” alisema

Mkuu wa Shule, huku akiwageukia wazazi wangu.

“Nasikitika, lakini Ngeta hawezi kuendelea kuwa mwanafunzi wetu hapa.”



## Rudisha mkanda wiki moja nyuma....

"Mama na baba, kuna kitu ningependa kuwaambia," nilisema nikiwa nimepiga magoti mbele yao. Machozi yalianza kutiririka kwenye mashavu yangu. Niliwaambia wazazi wangu kila kitu, kuanzia wakati nilipokutana naye, hadi sasa, na yote ambayo yeye aliyasema. Kitu pekee ambacho sikuwaeleza, sikumtaja kwa jina. Pia niliwaambia kwanini nilifanya hivyo, na kwamba nilitaka kuwasaidia kuhudumia familia.

"Sisi ndio wazazi," baba alisema. "Hili ni jukumu letu. Na ni kweli, huenda ikawa hatuwezi kukupatia kila tunachotamani ukipate, lakini tabia yako hii imetuhuzunisha sana!"

## Rudisha mkanda mwezi mmoja nyuma...

"Majibu yako yanaonyesha vitu viwili," ndicho alichokisema muuguzi, "Una ugonjwa wa ngono na pia una mimba Ngeta."  
"Nini?! Nilipiga kelele, karibu niruke kutoka nilipokuwa nimeketi, mikono kichwani. "Umesemaje?"  
"Nimesema una mimba." Muuguzi alirudia. Haikuwa mara ya kwanza kwake kuona mshtuko wa namna hiyo. Nikahisi si jambo ambalo lilimshanga. "Uuwiii!" Niliangua kilio, huku nikiwa nimeufunika uso kwa viganja vyangu. "Uuwiii!" "Sikiliza, nyamaza, tulia," alikuwa mwema. "Huu sio mwisho wa maisha. Unachotakiwa kufanya ni kuwaeleza wazazi wako na mvulana aliyekupa ujauzito, halafu utaona uendeleje."

Alikuwa sahihi! Nilikuwa na bahati sana kuwa na tajiri wangu Kilungule, na alikuwa ananipenda hatari! Tena angefurahi sana kupata habari hii. Hivyo nilikwenda fasta kwa Kilungule na kumweleza!

"Nini?!" Aling'aka! Sauti yake ilikuwa juu kuliko kawaida.  
"Nina mimba." Nilirudia, huku nikiwa nimeshangazwa na hasira zake.  
"Sioni nahusikaje katika hilo!" alisema.  
"Unahusika." Niling'aka huku machozi yakiwa yamenijaa machoni. "Huyu mtoto ni wa kwako!"



# TIRIRIKA

Ni kitu gani kinachowasukuma vijana kujihusisha kimapenzi na watu waliowazidi umri?



Sababu ya kwanza ni matatizo yatokanayo na familia. Familia kushindwa kutekeleza mahitaji ya kijana wao na pia makundi rika huchangia kwa namna moja au nyingine.

**ZABRON ZABRON (19)  
MALAMPAKA**



Kuna mambo matatu yanayopelekea vijana kuingia kwenye mahusiano ya namna hii. Kwanza ni ukosefu wa mahitaji muhimu, pia kushindwa kuhimili mihemko ya mwili, ushawishi na kutokuwa na uelewa wa madhara yake kisaikolojia.

**GIDEON SYLIVESTER (21)  
MALAMPAKA**



Kwa kifupi ni kwamba tamaa za kimwili na pia za vitu, ili kupata kitu fulani toka kwa mtu huyo. Lakini pia wazazi kutowajibika katika kuwaelimisha watoto wao ndio maana unakuta mtu anajiingiza katika mahusiano na mtu mzima.

**MALALE MACHIYA (20)  
MALAMPAKA**





“Mjinga wewe! alifoka. “Msichana mjinga, mjinga sana!” Yuko wapi yule Kilungule mwenye kujali? Mwanaume ambaye alikuwa akininunulia kila nilichohitaji. Mwanaume ambaye alitaka kubadilisha maisha yangu na ya familia yangu? Aliniambia atanitunza. Na kipindi chote hicho, kila nilipomwomba pesa, alinipatia. Nilidhani habari hii ingemfurahisha! Nilidhani mwanetu atatunzwa! “Nina mke na familia! Unataka kuiharibu?” aliendelea. “Sitaki kusikia chochote kuhusu hili! Tena! Sitaki kukuona tena! Hunijui, sikujui! Usithubutu kutaja jina langu kwa mtu yeyote” “Lakini ulisema unanipenda!” Nilimkumbusha. “Mjinga wewe,” alirudia. “Na ukimwambia mtu yeyote kwamba mimi ndiye baba wa mtoto wako, nitakuua!” alisema na kuondoka bila kugeuka nyuma.

## Rudisha mkanda miezi sita nyuma...

Ndani ya miezi michache tu, maisha yangu yalibadilika. Nilikuwa na kila kitu nilichowahi kukitamani. Kilungule alinipatia *pocket money*, viatu vipya, *uniforms* mpya, kila kitu kipya! Alinipatia zaidi ya nilivyoomba! Ilikuwa ni kama ndoto imetimia, nilichotakiwa kufanya ilikuwa ni kuwa naye tu. Maisha rahisi kihivyo yaani, niliwaza, nafsi yangu nyingine ilitamani ningekuwa nilikutana naye zamani. Baada ya muda mwili wangu ulianza kubadilika, lakini sikujua sababu. Nilianza kujisikia tofauti na ghafla nikaanza kuugua mara kwa mara. Asubuhi moja mambo yalinichachia, kila nilichokula nilikitapika. Hapo ndipo nikajua ninachotakiwa kufanya, natakiwa kwenda hospitali.

## Rudisha mkanda uone mambo yalivyoanza...

“Unaitwa nani?” Aliuliza. Alikuwa amesimama kwenye kibanda cha chips, huku akinunua karibu kila kitu alichokuwa nacho muuzaji. Alionekana tajiri, hata mavazi yake yalionekana ya gharama. “Ngeta” nilijibu, kwa aibu, huku akili yangu ikiwa inamshangaa zaidi. “Unasoma hapo ng’ambo ya barabara?” alihoji. “Ndiyo.” Nilijibu. Niko kidato cha pili hapo Senene Sec. “Ah Ngeta. Alirudia jina langu. “Jina zuri. Na...una dada na kaka?” aliuliza. “Na mama na baba?” Mimi ndiye wa kwanza katika familia ya watoto watatu, nilimweleza. Wadogo zangu wawili wako nyumbani, wameshindwa kuendelea na shule kwa sababu wazazi wetu hawana pesa. Mama na baba ni wakulima. Sisi ni masikini, hatuna vitu vingi, hivyo kila siku natembea umbali mrefu kurudi nyumbani. Iko siku, nilimwambia, nitabadilisha maisha ya familia yangu. “Njoo.” Alisema, “Njoo niyabadilishe maisha yako sasa hivi.

### CHUKUA

### HATUA

Mnapokutana kama Club, fanyeni mjadala; Je, ni katika hatua gani Ngeta angeweza kubadili maamuzi? Ni lini angebonyeza kitufe cha STOP na kuepuka yale yote yaliyokuja kumkuta? Fanyeni mchezo wa kuigiza (igizi dhima) mkionyesha ambacho alipaswa kukifanya au hatua ambayo alipaswa kuishia ili kujiepusha na yote haya..



### KUMBUKA

Mahusiano ya kimapenzi baina ya watu waliozidiana sana umri, ni hatari! Inaweza kukugharimu afya yako. Elimu yako. Maisha yako. Furaha ya wazazi wako. Ni gharama kubwa sana kuweza kuilipa!





# Rewind my life...

BY TUNU YONGOLO

**My father looked tired. Both from the hardships of life but also from the turmoil that involved me, his beloved daughter. And my mother, well you couldn't even tell what my mother was thinking. She had gotten so good at hiding her feelings. Was she upset? I didn't know. Disappointed? I couldn't tell. But what I did know was, both my parents, would have rather been anywhere else, instead of there...**

As I sat there, side by side with my parents, and the headmaster on the opposite end, my life flashed before me. Had it been worth it? The cost of my health! My education! My future! And my parent's joy. It was too high a price to pay! "Ngeta, we need to know who the father is," the headmaster said. "Is it another student? A friend? Or someone you meet when going home?" "I.. I.. don't..." I replied stammering and quietly, unable to look the headmaster in the eye. "I don't know sir!" He then served the last blow. "I'm really sorry mama Ngeta and baba Ngeta." The headmaster said, turning to face my parents. "I'm sorry but Ngeta can no longer be a student here."

## Rewind to a week ago...

"Mom and dad, there is something I need to tell you." I said, kneeling down in front of them. Tears had begun to stream down my face. I told my parents everything, from the moment we had met, up until now, and what he has said. The only thing I didn't tell them was who he was. I also told them why I did it, and that I wanted to help them take care of the family. "We are the parents," my father said. "That is our responsibility. And it is true, we might not be able to give you everything we wish we could, but a behavior like this has really disappointed us!"

## Rewind to one month ago...

"Your results show two things," was what the nurse had said "you have an STI, and you are also pregnant Ngeta." "What?! I yelled, almost jumping out my seat, hands on my head. "What did you say?" "Pregnant I said." The nurse repeated. It wasn't the first time she had gotten this reaction. So, I guessed it wasn't something that surprised her. Oh no! I broke down crying, my face in my hands. Oh no! "Listen, calm down," she was nice. "It's not the end of the world. All you need to do is tell your parents and the boy responsible, then take it from there." "It's alright," she said, comforting me. "It's not the end of the world. All you need to do is tell your parents and the boy responsible, then we will take it from there." She was right! I was lucky to have my wealthy Kilungule who loved me! He would be so happy to hear this. So, I ran straight to tell Kilungule the news! "What?!" he had said! His voice louder than usual.

"I'm pregnant." I repeated, surprised by his anger. "I don't see how that has anything to do with me!" he said. "You are responsible!" I yelled, tears welling in my eyes. "The baby is yours!" "Foolish girl!" he shouted. "Foolish foolish girl!" Where had the caring Kilungule gone? The man who would buy me everything I asked for. The man who wanted to change my life and that of my family? He had told me he would take care of me. And all this time, every time I asked for money, he would give me. I thought he would be happy! I thought our child would be financially taken care of! "I have a wife and family! You want to destroy it?" he continued. "I don't want to hear this! In fact! I never want to see you again! You don't know me, I don't know you! Don't you ever mention my name to anyone!" "But you said you loved me!" I reminded him. "Stupid girl." He repeated. "If you tell anyone I'm the father, I will kill you!" he said, then walked away without even looking back.

## Rewind to six months ago...

In just a few months, my life changed. I had had everything I wished for. Kilungule gave me pocket money, new shoes, new uniforms, new everything! Even more than I asked for! It was a dream come true, and all I had to do was to be with him. Such an easy life, I thought to myself, and a part of me wished I had met him sooner. After a while my body started to change, but for some reason I couldn't figure out what it was. I just started feeling different all of a sudden and getting sick quite often. One morning it was just too much, and everything I had just eaten came rushing out. I knew there and then what I needed to do, I knew I needed to go to the hospital.

## Rewind to how it all started...

"What's your name?" He had asked. He had been standing at the chips stall, buying everything the seller had. He looked very rich with a lot of money, and even his clothes looked expensive. "Ngeta" I replied, a little shy, my head starting to wonder more about him. "Are you a student at the school down the road?" he asked. "Yes." I answered. "I am in form two at Senene Secondary School." "Ah Ngeta. He repeated my name. "Lovely name. And do you have brothers and sisters?" he asked. "And you mother and father?" I was the eldest in a family of three, I told him. My two siblings were at home, unable to continue with school because we had no money. My mother and father were farmers. We were poor, and didn't own much, so every day I had to walk long distances to school and back. "One day," I said to him, "I'm going to change my family's future." "Come," he said. "Come let me change your life right now."





# Unyanyasaji wa kijinsia si kwa ridhaa

NA LESLEY READER

Susan alimkuta Rafiki yake Mwajuma akibubujikwa na machozi baada ya muda wa masomo. "Umepatwa na nini?" aliuliza.

"Nimechanganyikiwa na sijui la kufanya!" Mwajuma aliongea kwa uchungu.

"Nieleze kilichotokea tafadhali, nitajitahidi kukusaidia." Susan alijibu.

"Sawa, unamfahamu mwalimu wetu mpya wa Kiingereza? Siku hizi amekuwa mwema sana kwangu, ananisifia na kuniahidi kwamba atanisaidia kupandisha alama zangu. Lakini pia ameanza kunishikashika wakati kunapokuwa hakuna watu; ananikumbatia na kunipapasa makalio. Sifurahishwi na jambo hili." Mwajuma alieleza. "Leo ameniambia nibaki baada ya muda wa masomo na akasema atanipa alama nzuri kwenye mtihani wa mwisho wa mwaka kama nitakubali kufanya naye ngono. Halafu kaniambia nisiseme chochote kwa mtu yeyote, eti iwe siri yetu. Nimekasirika sana." Mwajuma alisema.





**Sema.  
Tenda!**



*“Nashukuru  
umenieleza yote haya!”*

*Susan alijibu. “Hakuna mtu mwenye haki ya kukulazimisha kufanya ngono, hata mwalimu wako. Kwa umri wetu, sisi bado ni watoto na hicho anachokifanya ni unyanyasaji wa kijinsia, ambayo ni aina mojawapo ya ukatili wa kijinsia. Ni tabia inayoshtua. Unakumbuka katika Fema Club tulipojadili kuhusu ridhaa, makala ambayo ilikuwa katika toleo la 58 la Fema? Kama umekubali kwa kutishwa, hiyo siyo ridhaa kwa sababu hukuwa huru. Pia, huwezi kutoa ridhaa kama mtu anayeomba ridhaa yako ana mamlaka juu yako, kwa mfano mwalimu wako. Kama ulikubali kwa sababu alikutishia, huo ni ubakaji, na kwa kuwa ni ubakaji, basi ni ukatili wa kijinsia. Umefanya vizuri sana kusema. Tunapaswa kutoa taarifa kwa Mkuu wa Shule kabla huyu mwalimu hajafanya hivi kwa mtu mwingine!”*

Ikiwa unakabiliwa na kisa kama cha Mwajuma kutoka kwa mwalimu, dereva wa bodaboda, mwanafamilia, mwenzi wako au mtu yeyote, utajuaje kwamba sasa unachofanyiwa ni ukatili wa kijinsia?

### **Hebu sasa tuone aina za ukatili wa kijinsia.**

**Unyanyasaji wa kijinsia:** Ni kumfuatafuata mtu kimapenzi wakati mwenyewe hataki au kumwambia maneno yanayoashiria kwamba unamtaka kimapenzi ilhali unafahamu mwenyewe hapendi, kudai ngono kwa mtu anayehitaji msaada fulani au kumtolea maneno yasiyofaa nyumbani, shuleni au mahali popote – hayo yote ikiwa ni masharti ya kumpatia kitu kama vile ajira au alama nzuri katika masomo au msaada wowote.

**Ukatili wa kimwili:** Unahusisha vitendo vinavyoumiza mwili, kwa mfano kupigwa kofi, kusukumwa, kupigwa ngumi, teke, au kupigwa/kuumizwa kwa silaha kama fimbo, kisu nk.

**Ukatili wa ki-ngono:** Hii inahusisha kulazimishwa kufanya ngono. Kitendo chochote cha ngono bila ridhaa ya mhusika, ikiwa ni pamoja na ubakaji, jaribio la ubakaji, au kumshikashika mtu bila ridhaa yake ni ukatili wa kingono.

## **TIRIRIKA**

**Kupambana na ukatili wa kijinsia katika jamii ni jukumu la nani?**



Ni jukumu letu sote kama wanafema kukumbushana kila wakati na kuikumbusha jamii kwa ujumla kwa kuelimishana juu ya madhara ya ukatili wa kijinsia.

**JACKLINE MAIGE (15) MALAMPAKA**



Suala la kupambana na ukatili wa kijinsia ni jukumu la jamii nzima. Viongozi na raia wakishirikiana kwa kujiamini tutatokomezwa kabisa tatizo hili.

**RAPHAEL JILALA (18) SIMIYU**



Kupambana na ukatili wa kijinsia ni jukumu la jamii nzima kwa ujumla kwa maana ukatili huu unaiathiri jamii kwa namna moja au nyingine.

**STANSTAUS CHRISTOPHER (19) MASWA**



**Ukatili wa kihisia:** Hivi ni vitendo vinavyomiza hisia za mtu. Ukatili wa kihisia unaweza kuwa ni pamoja na kumwita mtu majina mabaya, kumfanya mtu ajisikie hatakiwi, au kutishia kumwacha/kumtelekeza.

**Ukatili baina ya wenzi:** Ni ukatili unaotokea baina ya watu wenye uhusiano wa kimapenzi, pale mmoja wa wenzi hao anapomsababishia mwenzake madhara ya kimwili, kingono au kihisia, ikiwa ni pamoja na kipigo, kumlazimisha kufanya ngono na kuonyesha hali ya kumdhibiti kwa mwenzi wake.

**Uketetaji:** Vitendo vyote vinavyohusisha kuondoa sehemu ndogo tu au sehemu yote ya via vya nje vya uzazi vya mwanamke/msichana au kumsababishia majeraha kwenye via vyake vya uzazi kwa sababu zisizokuwa za kitabibu.

**Ndoa za utotoni:** Ni ndoa au muungano wa watu wawili, huku mmojawao au wote wakiwa na umri chini ya miaka 18. Wakati mwingine wazazi wamekuwa wakiwaozesha binti zao mapema ili wajipatie mali. Huu ni ukatili wa kijinsia.

**Ukatili wa kiuchumi:** Inahusisha vitendo vyote vya kumdhibiti mtu asipate fedha, na kutishia kumsitishia huduma za kifedha au kumnyima fursa za kiuchumi. Vitendo vya udhibiti vinaweza pia kuhusisha kumnyima huduma za afya, ajira nk.

**Ukatili wa maneno:** Hii ni pamoja na kumdhalilisha mtu (iwe mko peke yenu au hadharani), kumbeza mtu, matumizi ya lugha mbaya dhidi ya mtu, au vitisho vya maneno dhidi ya mtu au mtu wake wa karibu. Ukatili wa maneno unaweza pia kuhusisha historia ya mtu, kumtukana, kumdhihaki au kumtisha kwa misingi ya dini yake, mila na tamaduni za kwao, kabila lake au jinsia.



## **Ufanye nini kama umewahi kufanyiwa unyanyasaji au kutishiwa kufanyiwa unyanyasaji?**

- \* Mweleze mtu unayemwamini. Watu wanaokufanya unyanyasaji wa kijinsia mara nyingi watakwambia kwamba ukisema hakuna atakayekuamini, au kwamba hii iwe siri baina yenu wawili, kama Mwajuma alivyoambiwa na mwalimu wake. Usikubali, mwambie mtu.
- \* Pata msaada na mwongozo kutoka katika kituo cha polisi kilicho karibu nawe, kwenye Dawati la Jinsia na Watoto.
- \* Kama umejeruhiwa/umebakwa, nenda moja kwa moja hospitali.

## **Unawezaje kumsaidia mtu aliyefanyiwa/ anayefanyiwa unyanyasaji au anayetishiwa kufanyiwa unyanyasaji?**

- \* Msikilize na umtie moyo atoe taarifa za mtu anayemfanyia au aliyemfanyia unyanyasaji, kwa mwalimu anayehusika na unasihi hapo shuleni au akaripoti katika Dawati la Jinsia na Watoto katika kituo cha polisi kilicho karibu naye.
- \* Mpongeze kwa ujasiri wake wa kufunguka kuhusu jambo hilo. Mwambie kwamba hayuko peke yake, wapo watu wengine wanaopitia hali hiyo na wala si kosa lake.
- \* Mwache aamue cha kufanya. Jitolee kumsindikiza kwa mshauri, hospitali, au kwenye Dawati la Jinsia na Watoto.



# Sexual harassment is not by consent

BY LESLEY READER

Susan found her friend Mwajuma crying after school. "What's wrong?" she asked.

"I'm just so confused and don't know what to do!" wailed Mwajuma.

"Tell me what's happened, and I'll try to help." responded Susan.

"Well, you know our new English teacher? Recently he has been very nice to me, complimenting me and offering to help me improve my grades. But he's also started touching me when no one else is looking; giving me a hug or a pat on the bottom. I'm not comfortable with it." Mwajuma explained. "Today he asked me to stay after class and told me that he can give me good marks for our annual exams if I agree to have sex with him. Then he told me not to say anything to anyone and that it would be our little secret. I'm so upset." exclaimed Mwajuma.

"I'm quite glad you told me about this!" replied Susan.

"No one should be able to pressure you into having sex, including your teacher. What he is doing is called sexual harassment, which is a type of gender-based violence (GBV). It's shocking behaviour. Remember in our Fema Club when we discussed all about consent, which was one of the articles in Fema magazine issue 58? If you agree by being intimidated or threatened, that isn't considered consent because you did not give it freely. Also, you cannot give consent when he has power over you, being your teacher. If you had given into his threat, then that would be rape, which is GBV. You did the right thing to speak up. We need to report him to the Head of School before he does this again to you or to someone else!"

If like Mwajuma you are in an uncomfortable situation with a teacher, a boda boda driver, a family member, or your partner, how do you know when that's gender-based violence?

## What are the common types of GBV?

**Sexual Harassment:** These are unwanted sexual advances, requests for sexual favours or unsuitable remarks in a home, school, or social situation – usually as a condition for getting a reward such as good grades in school.

**Physical Violence:** Acts of violence are those that cause physical harm to one's body such as being slapped, pushed, hit with a fist (punched), kicked, or beaten or hurt with a weapon such as a stick or knife etc.

**Sexual Violence:** This is forced sex. Any sexual act that is done against someone's will, including non-consensual sexual intercourse (rape), attempted acts of non-consensual sex, or unwanted touching.

**Emotional Violence:** These are actions that hurt one's emotions. Emotional abuse can be such as being called bad names, being made to feel unwanted, or being threatened with abandonment.

**Intimate Partner Violence (IPV):** Violence that happens within an intimate relationship when one partner causes another physical, sexual, or emotional harm, including physical violence, forced sex, emotional abuse and controlling behaviours.

**Female Genital Mutilation (FGM):** All procedures involving the partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons.

**Early Marriage/Child Marriage:** Marriage between two people in which one or both is younger than 18 years old. Parents can wish to marry off their young daughters early for financial gain.

**Economic Violence:** The control of an individual by binding them in terms of distribution of money, and constantly threatening to deny them access to economic resources. The acts of control may also include controlling the person's access to healthcare services, employment, etc.

**Verbal Violence:** This includes being talked down to (in private or in public), being made fun of, the use of bad language, or verbal threats of violence against the victim or against somebody or something dear to them. Verbal abuse can also be related to the background of the victim, insulting or threatening them on the basis of religion, culture, language, (perceived) sexual orientation or traditions.

## What should you do if you have been abused or threatened with abuse?

- \* Tell someone that you trust. Abusers will often tell you that no one will believe you or that this should be a secret between the two of you like in Mwajuma's case, but tell someone.
- \* Get support and guidance from the nearest police station with a Gender and Children's Desk.
- \* If you are injured/raped go straight to the hospital or if available in your area, a one stop center.

## How can you help someone who has been/is being abused or threatened with abuse?

- \* Listen to them and encourage them to report the abuser to a counsellor at school or at the Gender and Children's Desk at the nearest police station.
- \* Praise them for their bravery in talking about it. Tell them that they are not alone, and it is not their fault.
- \* Let them decide what to do. Offer to accompany them to the school counsellor, hospital, or to the Gender and Children's Desk.



# SHOMA

MTOTO SHOMA! UKISIKIA MTU AMEPONEA KWENYE TUNDU LA SINDANO, NDO KAMA HIVI! KUFA HAKUFA LAKINI AMECHUNGULIA KABURI! ANGEKUWA NA NAFASI YA KURUDISHA MKANDA NYUMA HAKIKA ASINGEFANYA ALICHOKIFANYA. KULIKONI? FUATILIA...

Babataa Media Inc. 2021



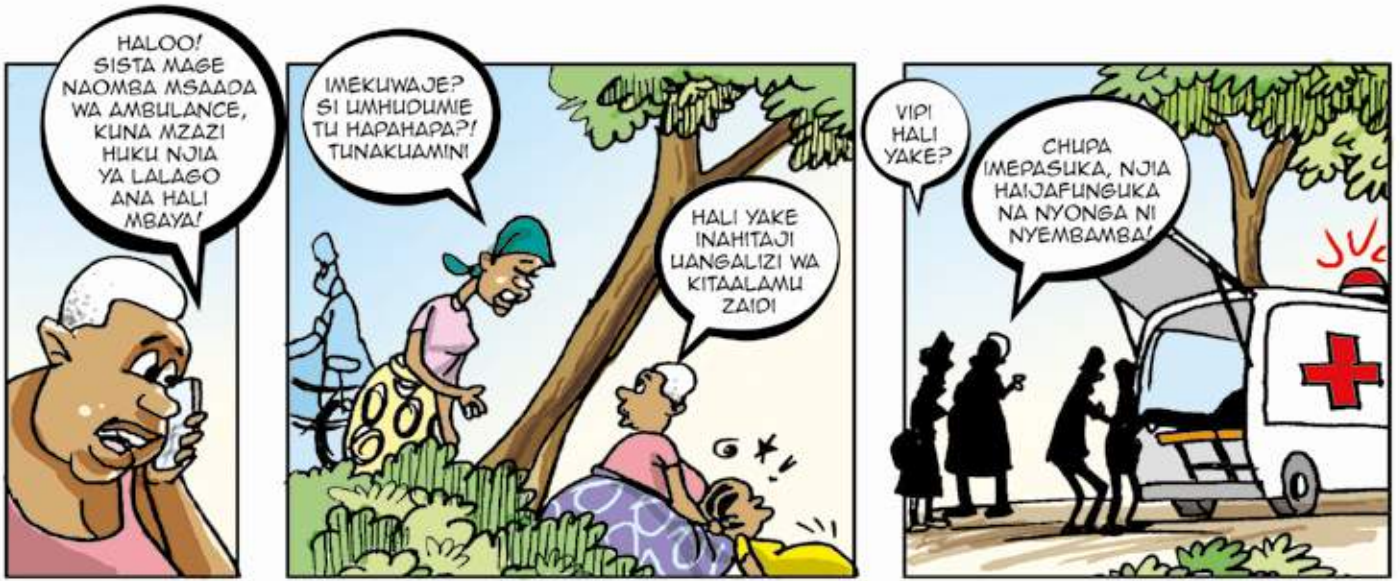
SASA ULIPATAJE UJAUZITO?













# Mtoto anapopata mtoto!

NA FEMA TEAM

Ingawa huko mwishoni tunamwona Shoma amepakata kichanga chake, na anatabasamu, uzazi katika umri mdogo haujawahi kumwacha mtu salama!

Tazama mateso makali aliyoyapitia saa chache kabla ya kumpata mtoto huyo. Hakika ilikuwa ni kufa au kupona! Hapo hatujui kashkash alizopitia katika kipindi chote alichokuwa amebeba ujauzito!

Mimi na wewe hatujui. Lakini pia, tujiulize atamudu vipi mchakato wa kutunza mtoto ambao sasa anauanza rasmi, tena akiwa hana hata msaada wa mwenzake aliyezaa naye? Ila, kubwa na baya zaidi, Shoma amekatisha safari yake ya masomo, safari ambayo kuna uwezekano mkubwa kwamba ingemtoa!

## Mtoto kapata mtoto

Tunaposema mimba za utotoni tunamaanisha pale ambapo msichana mwenye miaka 18 kwenda chini ana mimba au ana mtoto. Msichana anapopata mimba, mwelekeo wa maisha yake hubadilika ghafla. Safari yake ya elimu rasmi huvurugika.

Si wengi wanaobahatika kusoma tena baada ya hapo, na hata wale wanaobahatika tunaona hawarudi tena katika mfumo rasmi wa elimu. Ndoto zake nyingi za maisha huzimika, majukumu yake huongezeka, fursa kwake hupungua na vipaumbele vyake ghafla hubadilika!



Basi hayo yote humsogeza katika hatari kubwa ya umasikinina mara nyingi afya yake pia hudhoofika kutokana na uzito wa majukumu, kunyooshewa vidole na jamii na msongo wa mawazo.

Kutokana na umri wake kuwa mdogo, elimu duni na ugumu wa kiuchumi, hata mtoto aliyemzaa ana uwezekano mkubwa wa kutokulelewa vizuri na hata kutokusomeshwa ipasavyo. Hii sii tu changamoto kwa taifa, bali pia ni changamoto kwa jamii na kwa familia za wasichana hawa.

Lakini mbaya zaidi, msichana aliyepata mtoto akiwa mtoto, ana uwezekano wa kurubuniwa tena na wanaume, akapata watoto wengine katika kutafuta kujikimu yeye na mtoto wake. Hizi zote ni hatari na hapo hatujazungumzia hatari ya kuambukizwa VVU na magonjwa mengine ya ngono!

## Asante Mama Maduhu

Pengine bila Mkunga Mama Maduhu, Shoma angepoteza maisha! Mwingine wa kumshukuru ni Nahene, Mhudumu wa Afya Ngazi ya Jamii (CHW), kwa kumuibua Shoma na kumshauri akapate huduma na ushauri. Wakati tukitafuta taarifa ili mchezo wetu huu uende fresh huko Itilima, Simiyu hivi karibuni, tuliongea na wakunga wa jadi na CHWs wa kutosha! Kumbe bana, zama zimebadilika. Siku hizi wakunga wa jadi hawaruhusiwi kabisa kuzalisha.

Badala yake wamekuwa wakihamasishwa kuhakikisha wanamsindikiza mama mjamzito ili akajifungulie kituo cha huduma za afya, chini ya uangalizi wa wataalam. Hii imesaidia kuepusha vifo vingi, kama tunavyoona kwa Shoma!

CHWs nao ni marafiki wazuri sana wa vijana na familia kwa ujumla. Si tumeona alivyomuibua Shoma? Basi wanapopita kwenye kaya zetu tuwaulize hata yale maswali yanayohusu afya ya uzazi na ujinsia. Kumbe hata Shoma angeuliza mapema, asingedanganyika. Angekuwa zake shule saa hizi, anasoma.



## KUMBUKA

Kuzaa katika umri mdogo ni hatari.



## HOWEZI KUJUA!

Mama yangu mzazi alifariki nikiwa na mwaka mmoja. Sijui rangi yake, wala kimo chake. Silijui tabasamu lake, wala haiba yake. Hata baba simfahamu, na sijui kama yuko hai. Silijui kabila langu, wala ukoo wangu. Pengine hili ndilo jambo baya lililowahi kunikuta. Namshukuru mama mkubwa kwa hapa nilipofikia. Leo hii nikiita mama, namaanisha mama mkubwa. Alinilea tangu utoto, hadi leo ananilea. Amenionyesha picha za mama, amenisimulia mengi kuhusu mama, ingawa hayatoshi kusema namfahamu.

## YOU CAN'T TELL!

My mother died when I was just a year old. I don't know her complexion, nor her size. I don't know her smile, nor her..... I don't know my father either, or whether he is alive. I don't know my tribe, nor my family. And I guess that's the worst thing that has ever happened to me. I have my aunt to thank for who I am today. And when I say 'mother', it is my aunt I'm talking about. She raised me since I was young, and still raises me till today. She shows me pictures of my mother, and shares stories about her, but that's not enough to say that I know her.



Naitwa James Leonard Nyamoye, Septemba 14, mwaka 1995 ndio siku niliyozaliwa. Nikipiga hesabu vizuri, nina miaka 26. Nilizaliwa katika hospitali ya Somanda, hapa hapa tunapofanyia mazungumzo leo. Ni Wilaya ya Bariadi, Mkoa wa Simiyu, ingawa wakati nazaliwa, hapa tulipoketi palikuwa Mkoa wa Shinyanga. Ni mtoto pekee kwa mama. Kwa baba siwezi kuzungumzia. Naambiwa mama yangu katika kutafuta maisha, alitembea mikoa mbalimbali akifanya kazi za ndani. Mara ya mwisho alikwenda Dar es Salaam na ndipo aliporudi na ujauzito wangu. Nikiwa na mwaka mmoja, aliugua sana, akafariki. Ndipo nikachukuliwa na mama mkubwa, akanilea na kunisomesha.

## Basi nikupe stori

Tangu utoto wangu magonjwa hayakucheza mbali nami – asubuhi mzima, jioni mgonjwa. Ilikuwa nikibanwa kifua kwa mfano, hakuna mtu nyumbani atakayelala usingizi! Mara nyingi nilitibiwa kienyeji, ilipobidi sana ndipo nilipopeleka hospitali. Mwaka 2006, nikiwa na miaka 11 nilibanwa kifua fulani hivi, hapo hata dawa za kienyeji hazikufua dafu! Ilikuwa nikianza kukohoa ni usiku kucha! Ndipo mama mkubwa akanipeleka hospitali. Nikakutwa na kifua kikuu (TB), daktari akashauri nipimwe VVU pia, akasema TB na VVU ni mara nyingi huambatana.

## Majibu yakatoka...

Nilikutwa niko *positive*, yaani nina maambukizi ya VVU. Ingawa majibu yalitolewa mbele yangu, hayakunistua hata kidogo, labda kwa sababu ya utoto. Nikaandikiwa dawa ya kifua kikuu na papo hapo nikaanzishiwa dawa za kupunguza makali ya VVU. Tangu nilipoanza kutumia dawa hadi leo sijawahi tena kusumbuka na maradhi. Naweza kupata homa kidogo lakini sio kwa kiasi cha kuzidiwa na kulala. Hata kifua kimeachia, hakibani tena. Mama mkubwa ananiambia, anaamini nilizaliwa nikiwa na VVU. Anachoamini ni kwamba, hata mama yangu alifariki kwa shida hii. Hata mimi naamini hivyo, kwa kuwa niligundulika kwamba nina VVU nikiwa mdogo sana, hata nilikuwa sijawahi kujihusisha na ngono.



My name is James Leonard Nyamoya, and September 14, 1995, was the day I was born. If I do my math, I find that I'm 26 years old. I was born here at Somanda hospital, where I am telling this story from. We are in the Bariadi district, of Simiyu region. However, when I was being born, this district was part of Shinyanga region. I am the only child to my mother. From my father, I cannot say. I am told my mother, while searching for a livelihood, worked as a house help in many regions. It is when she went to Dar es Salaam, that she returned pregnant with me. When I turned one, she fell seriously ill, and passed away. And that was when I was taken by my aunt, who raised me and sent me to school.

## Now let me tell you a story...

All throughout my childhood, illnesses and I played tag – I would be fine in the morning, sick at night. When my chest hurt, no one would sleep that night! Mostly tribal medicines were used, but in more serious cases, they would take me to hospital.

In 2006, at the age of 11, my chest hurt and ached. Even the tribal medicines didn't help. Once I started coughing, it went on all night! My aunt took me to hospital. I was diagnosed with TB (*tuberculosis*), and the doctor advised that I be tested for HIV. The doctor said in most cases, HIV and TB go together.

## Out came the results...

I was positive, which meant I had HIV. And though the results were presented in my presence, I wasn't shocked at all, maybe because I was too young. I was given medication for TB, and immediately started on the medications for HIV.

Since then, I have hardly fallen ill. Maybe a fever here and there, but none that is enough to overwhelm me and keep me in bed. Even my chest doesn't hurt anymore. Aunt tells me, she believes I was born with HIV. And she believes, my mother died from AIDS. Even I think so, for I was found to have HIV at such a young age, even before I was sexually active.

Final Status:





## Wanaonifahamu, wanafahamu.

Sio siri kwamba naishi na VVU. Shule zote nilizosoma karibu wote walilifahamu hili. Kila niliporipoti shule mama mkubwa aliwaeleza walimu hali yangu, nami taratibu niliwaeleza wanafunzi hali yangu.

Naamini kuwa wazi kunasaidia sana. Kwa mfano, enzi zangu za shule kuna adhabu ambazo nilikuwa sipewi kabisa kwa sababu hali yangu waliifahamu. Shughuli za kufagia, kulima na nyingine zinazohusisha vumbi nilikuwa nasamehewa kwa kuwa walihofia kifua kinaweza kuanza tena. Nilikuwa na muda wangu wa kufika shuleni na sikuwa nachapwa kwa kuchelewa, kwa kuwa walifahamu kwamba huenda sikuamka salama au nilisubiri mpaka nimeze dawa.

Ndugu zangu wote wanaifahamu hali yangu na nashukuru kwamba sijashuhudia unyanyapaa wowote katika familia. Wananipenda, wananisaidia. Shuleni nako niliishi vizuri na wanafunzi wenzangu, labda mara moja ilikuwa inatokea anakorofishana na mtu anakwambia "ndio maana una Ukimwi." Unajua tena, mambo ya utoto!

## Nina mke na mtoto

Sikujitenga, nilijichanganya na watu kadri nilivyoweza. Nilijitolea kuwa mwelimishaji rika katika hospitali ya Somanda, nikawa nazungumza na vijana wenzangu kuhusu umuhimu wa kupima VVU hata kama huumwi. Nadhani mimi ni mmoja wa vijana waliohudhuria makongamano mengi sana yanayohusu VVU na Ukimwi. Ni katika harakati hizo za kutembea, kujumuika na kuelimisha, ndipo nikakutana na binti kule Wilaya ya Busega. Tukajikuta tumefanana kwa mengi: naye anaishi na VVU, yeye pia hana mama, alilelewa na mama yake mkubwa, ingawa yeye baba yake yupo. Baada ya muda tukaoana na sasa tuna mtoto mmoja na hana maambukizi.



## Those who know me, know...

It is no secret that I am living with HIV. Almost all the schools I attended, know. Each time I joined a new school, my aunt would tell the teachers, then slowly, I too began to share with the students.

I believe being open helps. For example, whilst at school, there are punishments I was spared because they knew of my condition. Tasks such as sweeping, farming on anything involving dust, were not given to me for fear that it would irritate my chest. I had my own time to arrive at school and was never punished when late. The teachers were aware that maybe

I had woken up unwell or had waited to take my medication. All my relatives know of my condition and I'm thankful I never faced any discrimination from my family. They love me and help me. At school all went well with my fellow students. Only on a few occasions, during disagreements one might say, "that's why you have AIDS." But you know, it's just immaturity!

## I have a wife and child...

I did not isolate, and instead interacted as much as I could with others. I then volunteered to raise awareness at the Somanda hospital, and I speak to youth about knowing their HIV status even if they don't feel ill. I think I am one amongst many youths, who have attended the most events about HIV/AIDS awareness raising. It is during those events, of coming together and raising awareness, that I met a girl from Busega district. We had many things in common, including our HIV positive statuses. She too had lost her mother and was raised by her aunt. She still had her dad though. After a while, we got married, and now we have a child.



## Huwezi kunitambua kwa kunitazama

Tangu nianze kutumia dawa, afya yangu imeimarika sana. Sijui bila dawa ningekuwa wapi. Naweza kusahau kila kitu lakini sio kumeza dawa. Nilichagua kumeza saa mbili kamili usiku. Hata mke wangu anameza muda huo. Tunakumbushana.

## Kuna mambo natamani kuyaona.

Ningekuwa Waziri wa Afya hata kwa wiki moja tu, ningefanya mambo yanayowavutia watu kupima VVU, na kuanza dawa mapema. Ningetenga fungu kwa ajili ya watu waishio na VVU, ningeagiza waunde vikundi, wapate mikopo, wajikwamue kiuchumi. Hili lingevutia vijana wengi kupima.

Lingesaidia pia watu kuwa wazi kuhusu hali zao. Zamani ilisemekana asilimia kubwa ya waliopata VVU walipata kupitia ngono. Lakini leo hii kuna watoto na vijana, kama mimi, mashuleni na nje ya shule, ambao walizaliwa wakiwa na VVU. Uwazi unasaidia wale wanaokuhudumia kujua wakuhudumiaje ikitokea dharura. Kwa mfano ikitokea umepata majeraha, hata wao kama wanafahamu hali yako, watachukua tahadhari. Lakini pia ukiugua, watajua waanzie wapi.

Kero nyingine ni foleni kwenye vituo vya huduma za vipimo na dawa kwa watu waishio na VVU. Wengi wanataka wahudumiwe haraka waondoke, wasije kutwa na mtu anayewafahamu, taarifa zake zikasambaa kabla mwenyewe hajataka zisambae. Uchache wa watoa huduma ni kikwazo kikubwa.

## Kuna kitu sijakwambia kumbel!

Nilisoma Shule ya Msingi Somanda hadi darasa la saba, nikafaulu na kujiunga Bariadi Sec hadi kidato cha nne. Sikuendelea baada ya hapo. Nilikaa nyumbani nikijishughulisha na kilimo, ingawa kama sio msimu wa kilimo huwa naendesha bajaj na mara chache bodaboda.

Kama una swali au unatamani kujua zaidi kuhusu kuishi kwa matumaini na VVU, napatikana Bariadi, au waweza kunicheki katika namba zangu 0744 868755 voda au 0686 967020. Karibu tupige stori.

## You can't tell by looking at me.

Since I started my medication, I am healthy. I don't know where I would be without my medications. I can forget many things, but I never forget my medication. I chose to take them every day at 8pm. Even my wife takes hers at that time. We remind each other.

## There's so much I wish to see.

If for one week I were the Minister of Health, I would persuade people to get tested and treated. I would set a budget for those with HIV, and instruct they form groups, get loans, and empower themselves economically. This would entice people to test.

It would also help if people were open with their statuses. In the past, it was said that those with HIV had contracted it through sexual intercourse. However today, many children and youth like me, in school and out of school, were born with HIV. Openness helps those who attend to you in cases of emergency. For example, if injured, caretakers will take precaution because they know your status. And if you fall ill, they'll know where to start. Something else that annoys me, are the long queues at the clinics that test and treat those with HIV. Many want to get treated quickly and leave, so that they remain anonymous and their condition not be spread all over. The scarcity of health workers is a challenge!



## There's something I haven't told you!

I studied at Somanda Primary school till seventh grade. I passed and joined Bariadi Secondary school till form four. I didn't continue after that. I stayed home and busied myself with farming. During non-farming seasons, I drive a bajaj or a bodaboda.

If you have questions and would like to know more about living with HIV, I am in Bariadi, or you can contact me on 0744 868755 or 0686 967020. Come! Let's Talk.



## Je wajua! Kupima sasa 15!

"Mabadiliko haya kwa kiasi kikubwa yatasaidia katika kufikia malengo yetu ya 90-90-90..." alisema Ummu Mwalimu, ambaye wakati huo alikuwa Waziri mwenye dhamana ya Afya hapa nchini. Hiyo ilikuwa Novemba 2020.

Ni mabadiliko gani hayo? Na hayo malengo je, ni yapi?

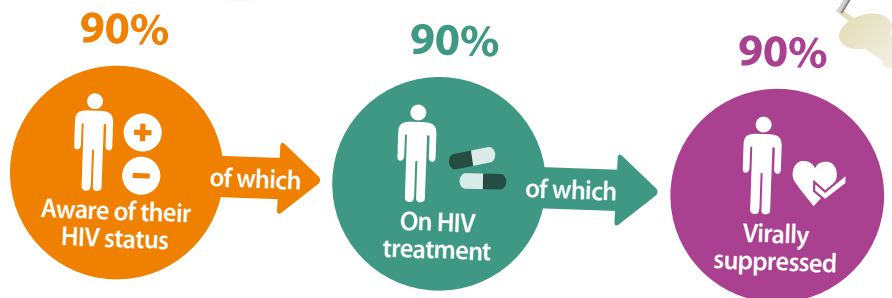
Wacha nikujuze! Haya ni mabadiliko kwenye sheria inayoongoza upimaji wa VVU nchini. Sasa sheria inaruhusu kwamba mtu mwenye umri wa miaka 15 anaweza kupima VVU bila ridhaa ya wazazi. Zamani sheria ilimtaka mtu afikishe miaka 18 ndipo aweze kupima virusi hivyo kwa kujisimamia. Mabadiliko hayo yalipitishwa na Bunge la Jamhuri ya Muungano wa Tanzania tarehe 11 Novemba, 2020.

Hata hivyo, sheria hii inasisitiza kwamba upimaji huu uwe wa hiari, na pia kwamba, misingi yote ya usiri ilindwe.

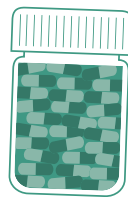
Takwimu kutoka Wizara ya Afya zinaonesha kwamba, maambukizi mapya kwa vijana wenye umri kati ya miaka 15-19 yako juu, na kila mwaka, vijana 65,000 wanapata maambukizi mapya ya VVU.

When I was a kid,  
my teacher looked my way  
and said, "Name two pronouns."  
I said, "Who, me?"

How do poets say hello?  
Hey, haven't we metaphor?



30 million  
people  
on treatment



Fewer than  
500,000  
new HIV  
infections  
annually



Source: UNAIDS data 2017

## Malengo ya 90-90-90

Umewahi kusikia Mkakati wa 90-90-90 halafu ukabaki na swali, ni nini hiki? Ni malengo yaliyowekwa ili kupima maendeleo ya mwanadamu wa dunia na nchi katika kuhakikisha upimaji na utumiaji sahihi wa dawa za kufubaza Virusi vya UKIMWI unafanikiwa kwa mafanikio mapana ya kupambana na UKIMWI. Ililengwa kwamba ifikapo mwaka 2020 malengo hayo yawe yamefikwa kwa asilimia 90. Kwamba hadi mwaka 2020:

- \* Asilimia 90 ya watu wote wanaoishi na VVU wawe wamepima na wanajua hali zao
- \* Asilimia 90 ya watu wote wenye VVU wawe wanapata kwa uendeleu dawa za kufubaza virusi hivyo.
- \* Asilimia 90 ya watu wote wanaotumia dawa za kufubaza VVU wawe wamepunguza kabisa kiwango cha virusi hivyo mwilini.
- \* Mkakati huo haukufanikiwa kadri ya matarajio, na hivyo malengo mapya yamewekwa.

## Did you know

This is global

**Only 55%** of women are fully empowered to make choices over health care, contraception and the ability to say yes or no to sex.

**Only 71%** of countries guarantee access to overall maternity care.

**Only 75%** of countries legally ensure full, equal access to contraception.

**Only about 80%** of countries have laws supporting sexual health and well-being.

**Only about 56%** of countries have laws and policies supporting comprehensive sexuality education.

Source: UNFPA State of World Population Report by UNFPA



# Youth Development Policy

**Q: What does the National Youth Development Policy stand for?**

A: It is a government plan or guideline on how to deal with youth related issues.

**Q: Why is it important?**

A: Because it is the framework that guides the government on addressing the social, economic, political and cultural issues involving youth.

**Q: What are the issues youth are concerned about that will be in the Youth Policy?**

A: Youth are really concerned about health rights! They would like to see SRH rights, a good education system, skills development and inclusion in national decision making featured in the National Youth Development Policy.

**Q: So! what's the news?!**

A: The big news is that! The National Youth Development Policy of Tanzania is currently being reviewed! This review comes at a great time because;

- \* Lots of changes have happened in development sectors along the years;
- \* The Millennium Development Goals (MDGs) are now the Sustainable Development Goals (SDGs);
- \* Previously we were implementing MKUKUTA but now we are on to the Five Year Development Plan (FYDP II);
- \* Additionally! There has been so much progress in terms of science, technology and innovation.



## Twende kisayansi sayansi!

Unaujua ule wimbo wa hatuna madaktari hatuna wauguzi? Wimbo maarufu usio na beat! Lakini ni wimbo muhimu na maarufu. Hawa ni nguzo muhimu katika sekta ya afya. Swali la msingi ni je, tunawapataje kama vijana hawatakikusoma sayansi, au wale wanaosoma hawatii bidii wafaulu vizuri? Tusome Sayansi jamani, vinginevyo tunacheza makidamakida!

Which word becomes shorter after you add two letters to it?  
Short

What's the difference between a cat and a comma?  
A cat has claws at the end of paws;  
A comma is a pause at the end of a clause.

## Science Camp at UDSM

Did you know? The University of Dar es Salaam holds an annual Science Camp for High School Girls! This is a week long camp bringing together students and teachers who start by pointing out topics that they would like to be helped with. These topics could be those that students find difficult, or those that teachers find challenging to teach or understand. Students then do practical sessions in laboratories to develop hands-on skills needed for the curriculum. Teachers take part in the learning process too - they are given handouts on challenging topics, and learn different teaching methodologies for those topics.

**The main objective** of this special Camp is to increase the number of female students entering the universities to study STEM (Science, Technology, Engineering and Mathematics) subjects or pursue STEM-related professions. So, are you ready A Level students? Stay tuned for the 2022 version, when applications open usipitwe!







# UONGO MTUPU!

NA POWER TEAMS PICHA K15 PHOTOS

Mara hili mara lile, mara hiki mara kile. Ni tafrani katika dunia yetu vijana. Huyu anasikia hili, naye anamwambia mwingine, nao wanaamini na kuzidi kuyasambaza. Lakini je, umewahi kufuatilia ukweli wa hayo unayoyasikia na kuyaamini? Sio uzushi tu? Tena uzushi wa hatari kabisa, maana unaleta madhara makubwa sana katika maisha ya watu. Halafu ujue nini.....mambo ya uongo huwa yanaenea fastaaa kama moto nyikani!

Basi, leo Power Team tuko jikoni tunapata zetu chai. Eenh, si unajua mwili haujengwi kwa matofali? Basi kama kawa, huku tunakula, huku ukimya umetawala kidogo; kila mtu yuko bize na simu yake ya kiganjani, huyu anachati, yule anakula muziki, mwingine yuko insta, mara ghafla .....



Mary anaingia jikoni, anachukua kikombe, anakoroga chai.

"Hey Mary, mbona kimya kimya" Hindoo anauliza huku akiwa anakunywa kahawa.

"Amekuwa hivyo tangu amefika leo" Sumaiya anamjibu huku akiingia jikoni.

"Anh, basi tu guys kuna jambo linanivuruga woi!" anasema Mary huku akiegemea kabati.

"Jambo gani tena Mary" anauliza Sumaiya, huku akiwa anawasogelea Mary na Hindoo.

Mary huku akiweka kikombe chini "Mmmh, yani acheni. Mdogo wangu amepata mimba, halafu anasema aliambiwa akiruka kichurachura baada ya kufanya ngono basi kazi imekwisha, hapati mimba. Yaani kanivuruga, alishindwa hata kuniuliza jamani?!"

"Pole sana Mary, hizi dhana potofu zimekuwa nyingi, zimeenea mno na zinaaminiwa sana" anasema Hindoo kwa masikitiko.

"Na ubaya zaidi ni kwamba hawaulizi, hadi yanawakuta ya kuwakuta" anasema Mary.

"Lakini nyinyi akinadada, kwanini mnaamini hiyo? Au eti mtu anakwambia kwamba mkifanya ngono wakati mmesimama hupati mimba na wewe unakubali jamani?" anauliza Hindoo.

"Mi naona ni woga wa kuuliza. Watu wanashindwa kutafuta taarifa sahihi ndo kinachotuponza aisee," anajibu Mary

"Unajua nini, hebu tuziseme zote hizi dhana potofu, leo kaumia mdogo wake Mary, lakini tukiziweka wazi tutasaidia ambao hawajadanganywa," anasema Sumaiya, "aisee yaani kuna binti mmoja aliambiwa akifanya ngono kwa mara ya kwanza hatapata mimba! Hivi tunavyoongea analea"

Akadakia Mary "Maskini.....uzushi unatuponza mjue"

"Tena umenikumbusha, kuna binti mmoja, kadogo tuuu yaani... kamepata mimba juji juji tu hapa. Alidanganywa hatopata mimba akifanya ngono kwa sababu hajavunja ungo. Namwoonea huruma jamani" anasema Hindoo.

"Ila haya mambo jamani, hamjawahi kusikia eti ukinywa maji ya baridi baada ya kufanya ngono hupati mimba? Enzi zile tuko shule tulikuwa tunadanganyana kinoma yani," anasema Mary

"Hata mimi nimewahi kusikia hiyo. Zote uongo mtupu hizo!" anajibu Sumaiya.







"Em subirini kwanza, eti mtu akifanya mapenzi akiwa hedhi anapata mimba kweli?" Anauliza Hindoo

"Inaweza kutokea. Ujue miili imetofautiana na mizunguko ya hedhi imetofautiana. We jichanganye tu Hindoo. Hahahaaa" akajibu Mary.

"Hahahahaha" wakacheka wote.

"Hata sisi wakaka tunayo yetu ya uongo mjue. Mmesahau ile issue ya kibamia? Eti usipofanya mapenzi muda mrefu uume wako utakuwa mdogo na hutoweza kupata mtoto. Tulikuwa tunachanganyikiwa enzi zile," anasema Hindoo huku akiwa ameegemea kabati.

"Hehehe, achana na hiyo issue kabisa, halafu hamuwezi amini, kuna watu wazima kibao tu wanaamini hiyo issue ni kweli mnajua," akachangia Sumaiya.

"Kaaaz kweli kweli" anajibu Hindoo

"Bhana bhana, mi niliambiwa ukiwa na chunusi ni kwa sababu hujafanya ngono. Eti ngono ni tiba ya chunusi" akasema Mary.

"He! He! Hii mpya kwangu, sijawahi sikia kabsaa. Ilinipita!" Anasema Hindoo

"Ndugu mambo ni mengi ohooo. Si mmeona na yaliyompata Shoma kwenye cartoon story yetu ndani ya toleo hili?" anajibu Mary.

"Yeah, nimeona. Masikini Shoma! Angeuliza apate taarifa sahihi yote haya yasingempata," anasema Sumaiya.

"Lakini, sio sisi tu tunaodanganywa.

Hata nyinyi wakaka mnadanganywa, ndo maana mnakuja kutulisha matango pori. Mdogo wangu kalishwa matango pori!" Mary akadakia.

"Daah, pole Mary," akajibu Hindoo. Jibu lake likafuatiwa na ukimya mkubwa pale jikoni. Baada ya dakika nzima Hindoo akaongeza, "Inabidi kuchunguza taarifa na kupata ukweli kabla ya kumwambia mtu mwingine" akajibu Sumaiya.

"Guys, me naona kinachofaa zaidi ni kutokufanya ngono na kusubiri mpaka wakati sahihi au mnasemaje?" akauliza Hindoo.

"Hiyo ndo mpango mzima" akajibu Mary

"Na wakati sahihi ukifika, tuisahau kwenda katika kituo cha huduma za afya kupata elimu juu ya afya ya uzazi ili tuwe salama sisi na familia zetu." Sumaiya anasema huku akimalizia chai yake.

Wakati huo huo simu ya Mary ikaita, "ananipigia mdogo wangu, ngoja nikaongee naye," akasema Mary huku akielekea mlangoni.



Iwapo una tatizo lolote kuhusu mabadiliko ya mwili wako, afya yako, matatizo ya kifamilia, shule na hata marafiki tafadhali tuma kwa Mpendwa Anti: **FEMA**  
S.L.P. 2065, Dar es Salaam  
e-mail: [info@feminahip.or.tz](mailto:info@feminahip.or.tz)  
SMS: 0753003001

Mpendwa Anti, je, kutapika hovyoni ni dalili ya mimba?  
By Adija kutoka Arusha.

◆ Habari Adija. Dalili za ujauzito zinaweza kuwa pamoja na kukosa hedhi, kuhisi kichefuchefu na kutapika, uchovu, kupenda au kuchukua baadhi ya vyakula au harufu, kulala kwa wingi zaidi, na dalili nyinginezo. Hata hivyo, dalili hizi zinatofautiana kati ya mtu mmoja na mwingine na huanza kuonekana kuanzia wiki mbili baada ya mimba kutungwa. Kutapika pia kunaweza kuletwa na msongo wa mawazo, minyoo tumboni, baadhi ya magonjwa kama malaria, kipindupindu na mengineyo. Ili kujua kama una ujauzito au tatizo lingine, tafadhali fika kituo cha afya upate ushauri wa daktari. Usishi kwa wasiwasi! Kama hauko tayari kupata ujauzito, na kama ni mwanafunzi, acha kabisa ngono ili uweze kutimiza ndoto zako.



Anti shikamoo. Mimi ni msichana mwenye umri wa miaka 19. Nasoma kidato cha nne. Nina mchumba wangu nampenda lakini yeye anapenda tu tufanye mapenzi na pia anataka nitembee na rafiki yake na kwamba nimpe mapenzi kama ninavyompa yeye. Je, nifanyeje?

◆ Marahaba. Mshika mawili, moja humponyoka! Ni ngumu sana kuchanganya mapenzi na masomo. Fahamu kwamba si lazima kufanya ngono, endapo wewe hauko tayari, unaweza kusema NO! Mpenzi anayekupenda kwa dhati ataheshimu msimamo wako, hasa kwa kuwa wewe ni mwanafunzi bado. Mpenzi anapotaka wewe ujamiiane na rafiki yake, anaweza kuwa anakutega kuona endapo una msimamo wa kweli, au pia anaweza kuwa hakuthamini kabisa. Pia ni hatari kuwa na mahusiano ya aina hii, kwani unaweza kupata magonjwa au kupata ujauzito usiojua ni wa nani. Kukutana na hawa wawili kunaweza kukuweka kwenye hatari ya kubakwa. Jiulize, malengo yako katika maisha ni yapi? Masomo yako ni muhimu? Vipambele vyako ni vipi? Tafakari sana, tena sana kabisa!

Shikamoo mpendwa Anti. Naomba unipe ushauri juu ya njia za uzazi wa mpango. Na je, iwapo nitatumia uzazi wa mpango, nitapata hedhi kama kawaida?

◆ Kuna aina nyingi za njia za uzazi wa mpango zinazoshauriwa na wataalam, na wanawake wengi hupata hedhi kama kawaida wanapotumia njia za uzazi wa mpango. Unapochagua njia za uzazi wa mpango ni vema kumuona mtaalam wa afya umweze malengo yako kwenye uzazi na afya yako ya uzazi. Je, ungependa kuzuia mimba tu au kuzuia pia magonjwa ya ngono na VVU? Mwenza wako yuko tayari kushirikiana nawe kwenye suala hili? Hapa, kondom itafaa. Kondom inazuia mimba na magonjwa ya ngono. Jambo jingine la kujiuliza, hasa kama wewe ni mtu mzima, ni je, unataka tena mtoto baadaye au umemaliza kabisa kuzaa? Hapa utajua uchague njia ya kudumu kama kufunga mirija ya mayai kwa mwanamke na mirija ya mbegu za kiume kwa mwanume, au kutumia njia zisizo za kudumu kama kitanzi na kipandikizi. Zipo pia njia za uzazi wa mpango za muda mfupi kama vidonge ambavyo utahitaji kumeza kila siku, hivyo utaangalia ratiba na nidhamu binafsi. Vidonge vitakulazimu uvimeze kila siku pasipo kuruka. Fika kituo cha afya, jadili na mkunga au daktari kuhusu njia tofauti tofauti za uzazi wa mpango zilizo, gharama zake na changamoto zinazoweza kutokea kwa kila njia, kisha chagua inayokufaa. Zingatia maelekezo ya wataalam. Kwa mwanafunzi njia ya uhakika na iliyo salama zaidi ni kutojihusisha kabisa na ngono na kusubiri hadi umalize masomo yako. Hakuna hatari ya ujauzito wala magonjwa ya ngono endapo utaamua kusubiri.

Naitwa Simon kutoka Tabora. Swali langu ni je, nifanye nini pale mwenza wangu anapokuwa hana hamu ya kufanya mapenzi? Yaani akiwa hana hisia kabisa!

◆ Habari Simon. Kila mtu ana mamlaka juu ya mwili wake. Mwenzi wako anapokuwa hana hisia inawezekana ni kwa sababu hajiskii kufanya ngono. Pia inawezekana kwamba anataka kusubiri au ana sababu nyingine zinazompelekea asiwe na hisia kwa wakati huo, kwa mfano ana hofu ya kupata mimba au maambukizi ya magonjwa. Tafadhali heshimu uamuzi wake, kwani ana haki ya kukataa kufanya ngono. Na wewe kama mwenza wake unao wajibu wa kuelewa na kuheshimu uamuzi wake. Soma zaidi juu ya suala hili kwenye makala itwayo Ridhaa ya toleo namba 58 la Fema.



# ANTI COS ANAJIBU MASWALI YENU

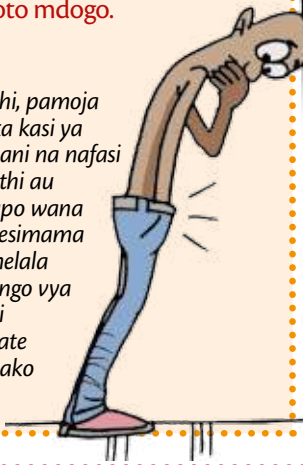
**Anti, hivi ni kwa nini mwanaume hapati hedhi kama mwanamke?**

◆ Anha, swali zuri tu hilo. Hii ni kutokana na tofauti zilizopo katika maumbile yao. Tofauti hizi ndizo zinazosababisha mwanamke kubeba ujazito na mwanaume kutokubeba. Tuongee kibaiolojia zaidi. Katika mfumo wa uzazi wa mwanamke, utakuta mji wa mimba, ovari na mirija. Kila mzunguko mmoja wa hedhi, ovari hutoa yai. Yai hili huanza safari yake kutoka kwenye ovari kuelekea katika mji wa mimba kupitia mirija. Sasa basi, endapo yai hili halitarutubishwa na mbegu ya kiume litaharibika. Kitakachofuata hapo ni ukuta uliotengenezwa kuandaa mazingira ya mimba kubomoka na hutoka kama damu ya hedhi. Hapo tunasema msichana amepata hedhi. Na mzunguko mwingine huanza. Mwanaume hana mfumo kama huu.



**Nakuja kwako mpendwa Anti nikiwa sina mwingine wa kumuuliza. Anti, mimi nina miaka 19 lakini uume wangu ni kama wa mtoto mdogo. Nifanyeje ili uume wangu ukue kama watu wengine?**

◆ Usijali, Mpendwa Anti nipo kwa ajili ya kujibu maswali yenu. Nakupongeza kwa kuuliza swali hili. Kutokana na vinasaba vya urithi, pamoja na sababu za kimazingira, binadamu wanaweza kutofautiana katika kasi ya ukuaji na mwonekano wa maumbile. Tofauti hizi hazipunguzi thamani na nafasi yako katika jamii. Saizi ya uume husababishwa na vinasaba vya urithi au maumbile kwa ujumla. Wanaume wengi wana uume wa wastani japo wana hofu kuwa ni mdogo. Ukubwa wa uume hupimwa uume ukiwa umesimama na si ukiwa umelala, hivyo wapo wanaume ambao uume ukiwa umelala unakuwa mdogo sana, lakini ukishasimama unakuwa kwenye viwango vya wastani, ambavyo ni inchi 4.5 - 6. Kama bado una wasiwasi ni vizuri kuondoa kigugumizi cha kumwona daktari, ukaenda hospitali ili upate uhakika na huduma ya kitaalam. Kuithamini na kuisimamia afya yako ni jambo la maana sana. Usidanganyike na tiba za mtaani.



**Mpendwa Anti, ni kwanini tatizo la ndoa za utotoni lipo kwa makabila mengine?**

◆ Habari. Kila jamii inayoendeleza ndoa za utotoni ina sababu zake. Wapo ambao wanaendeshwa na umaskini na wanaona kumwozesha mtoto wa kike ni chanzo cha mapato. Wako wanaohofia kuwa wasichana wanapopeleka shule wanachelewa kuolewa na hawataolewa kabisa, au watajiingiza kwenye tabia ambazo zinaweza kuwaweka kwenye hatari ya kupata ujazito na wasiolewe tena. Yote haya ni mitazamo ambayo hujenga desturi zinazomnyima msichana haki ya kupata elimu na kujenga misingi ya ustawi wake. Mitazamo inaweza kubadilika. Ni vema kuelimisha wanajamii ili watambue umuhimu wa kumuacha mtoto wa kike asome na atimize ndoto zake. Tafiti zinaonyesha kuwa wasichana walioelimika wana mchango mkubwa sana kwenye jamii na hasa kwenye malezi ya watoto wao. Pia, kwa wasichana wanaopata nafasi ya kusoma waitumie vema ili kusaidia kuondoa dhana potofu zilizopo. Ni jukumu la kila mmoja wetu kulinda haki ya wale ambao wanaathiriwa na mila kandamizi kwenye jamii zetu, mtoto wa kike akiwa ni mmojawapo kwenye makundi yaliyo kwenye hatari.



**Shikamoo mpendwa Anti. Mimi naitwa Victory na nina umri wa miaka 17. Swali langu ni kwamba, kwa nini korodani huwa na mwasho, hasa ukikimbia kwa mda mrefu?**

◆ Mpendwa Victory, unapokimbia kwa muda mrefu korodani zinapata joto na kutoa jasho linaloleta unyevu ambao unaweza kusababisha mwasho. Pia ukikimbia kwa muda mrefu, na hasa kama umevaa nguo za ndani ambazo sio size yako; kubwa sana au ndogo sana, msuguano kati ya nguo na ngozi, au ngozi kwa ngozi, inaweza kusababisha michubuko (chaffing) na mwasho. Sababu nyingine za kuwashawa katika sehemu ya korodani ni maambukizi ya magonjwa mbalimbali ikiwemo fangasi, vijidudu vinavyotokana na kuvaa nguo chafu au kutokuwa na usafi wa kutosha wa mwili. Ushauri wangu ni kwamba, mara tu baada ya kukimbia, vaa nguo zilizolowa, oga na usafishe vizuri eneo la korodani, na kisha kausha kabisa sehemu za siri ili kuondoa unyevunyevu wote. Kisha vaa nguo safi siku zote. Pia ni vema kuhakikisha una nguo za ndani na nguo za mazoezi ambazo zinakutosha vizuri. Endapo hali inazidi au ukaona dalili za fangasi au magonjwa mengine, fika kituo cha afya kwa ushauri zaidi.



# MUULIZE ANKO PESA!



Una maswali lukuki kichwani mwako? Unataka kuwa mjasiriamali lakini hujui pa kuanzia? Unaogopa kujitosa katika biashara? Biashara inakwenda mrama? Una senti mbili-tatu lakini hujui uwekeze wapi? Una maswali kedekede kuhusu mambo ya mshiko? USITAABIKE! Uliza ujibiwe na ANKO PESA, mtaalamu wetu wa masuala ya ujasiriamali! (angalia mawasiliano ukurasa wa mwanzo wa jarida).

**Habari Anko pesa! Je, naweza kutumia taaluma yangu kama biashara mfano: Ufundi cherehani, upambaji, upishi n.k Mary wa Kigoma.**

Habari gani Mary? Jibu rahisi ni NDIYO! Hizo taaluma ulizotaja ni huduma. Unaweza kuziingiza katika soko. Kila huduma unaiwekea bei. Unanunua raslimali, kisha unatengeneza bidhaa na kuuza. Hata unaweza kuajiri watu kama wasaidizi. Unafungua akaunti ya benki, unatafuta leseni ya jina la biashara, au kitambulisho cha machinga. Kwa sababu hiyo unaweza kukopa na kuomba tenda. Nidhamu hii na urasimishaji wa biashara - kwa maana ya kutambulika kisheria - ndio inayofanya shughuli ya kawaida kuwa ya kibiashara.



**Habari za kazi. Mimi ni kijana wa miaka 17. Naomba kuuliza Anko Pesa, kati ya biashara na elimu, kipi bora? Lucas Nkuba kutoka Mwandoya Secondary School.**

Habari gani Lucas kutoka Mwandoya Sec? Bila kupepesa macho jibu ni elimu. ELIMU! Elimu! Elimu! Hata biashara katika ulimwengu wa leo inahitaji elimu. Halafu kumbuka, muda wa kusoma unapita ila fursa za biashara zipo daima. Unaweza ukaanza kufanya biashara kwa kiasi fulani wakati unasoma ila hakikisha biashara yako haiathiri masomo. Elimu kwanza.

**Naomba ushauri Anko Pesa. Ninauza karanga kwenye ungo kwa kuzitembeza barabarani. Nilianza na mtaji wa Tsh30,000, na sasa Tsh170,000. Tatizo langu ni kwamba nimechoka kuzungukazunguka nifanyeje ili kuendeleza mtaji wangu.**

Kwanza nianze kwa pongezi nyingi kwa kukuza mtaji wako kwa asilimia 467! Pendekezo langu usiache hiyo biashara ya kuuza karanga. Endelea nayo, pengine kwa kuajiri vijana wengine, kisha anza kutumia mtaji wako ulioongezeka kwenye biashara nyingine. Unaweza ukaanza kununua mzigo wa bidhaa fulani kama viazi, nyanya au mchele kutoka wauzaji wa jumla na kusambaza kwenye magenge. Fungua macho yako na tazama mazingira yaliyokuzunguka kisha buni bidhaa utakayoingiza sokoni. Kila la heri katika hatua yako nyingine ya biashara!



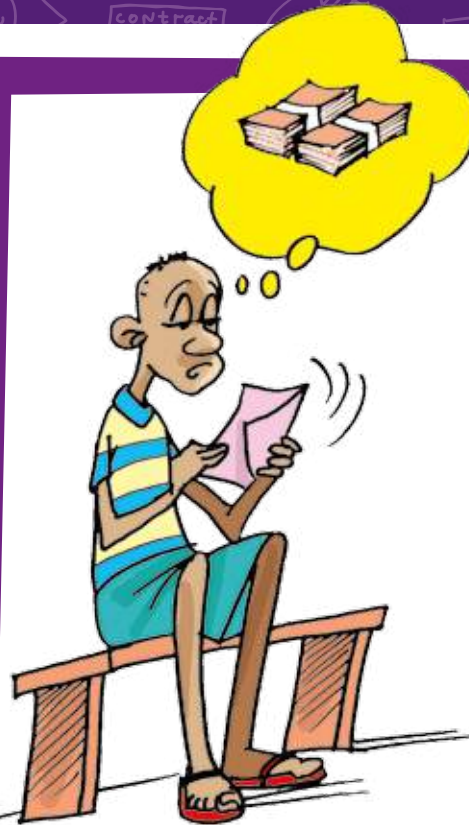
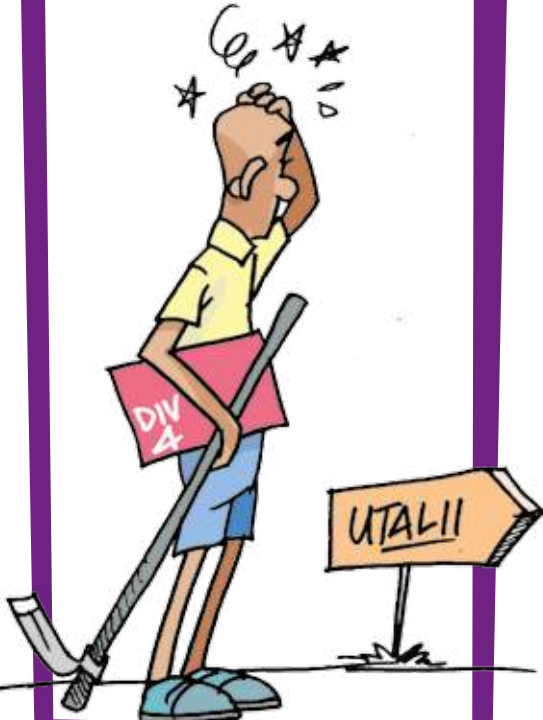


# ANKO CHRIS ANAJIBU MASWALI YENU



**Shkamoo Anko Pesa.** Mimi ni kijana mwenye umri wa miaka 19. Likija suala la masomo, uwezo wangu ni mdogo kwa kuwa nimepata Division 4 ya point 26 Kidato cha Nne. Mawazo niliyonayo ni mawili; la kwanza ni kwamba nisomee kozi ya utalii; na la pili ni kufanya kazi ya kilimo katika maeneo ya Kilimanjaro. Je, unanishaurije?

Habari gani kijana wangu! Kwanza pongezi walau umepata cheti cha kidato cha 4. Si haba! Unaweza kuendelea kusoma kozi za ufundi VETA na hatimaye kupata cheti na kujiendeleza zaidi kimasomo. Eneo lolote utakalosomea litakupa msingi mzuri zaidi wa maisha ikiwa unalipenda utafanya kazi zake kwa bidii. Kwa hiyo mimi naona utalii, kilimo, ufundi seremala, ujenzi, mechanics hata udereva n.k. zinafaa, ila tu upate ujuzi unaotakiwa na uwe na bidiii. Wahenga wanasema kila mja na riziki yake!



**Mpendwa Anko Pesa.** Pole na kazi ya kuelimisha jamii. Mimi naitwa Kimaro kutoka Busiswa na ningependa kuuliza kwamba kwa mtaji wa laki tano, nifanye mchongo gani?

Habari gani Kimaro! Habari ya Busiswa? Kwanza usiseme laki tano sema milioni moja na nusu! Kwa nini nasema hivi? Ukiweka laki tano kwenye vikoba au mashirika yanayotoa mikopo kwa wajasiriamali wadogo unaweza kukopa mpaka mara tatu ya amana uliyoiweka! Pesa hiyo unaweza ukafanya biashara ya kuchuuzua, yaani kununua hapa na kuuza pale bidhaa kama karanga za kukaanga, samaki au nyama kutoka machinjio ya mhadani. Hi ni mifano tu. Fursa ni nyingi. Inua macho yako, tazama fursa, kisha buni biashara yako ya wazo bora, na anza kuifanya. Kila la heri katika kujiajiri na biashara yako.

**Anko Pesa, hongera sana kwa kuelimisha jamii.** Mimi naitwa Mugisha na swali langu linahusu biashara ambayo inavuma sana kwa vijana kwa sasa. Eti je, biashara ya forex ipo kweli?

Habari Mugisha! Ni kweli biashara ya kununua na kuuza fedha za kigeni kwenye mtandao imekua kwa kasi miongoni mwa vijana. Kwa hiyo ipo kweli! Faida yake ni kwamba unaweza kuifanya bila kuwa unazunguka kwa hiyo unaweza kusoma huku unaifanya. Kumbuka biashara hii inapitia kwa makampuni ya uwakala au madalali ambao wana tozo zao. Pia inahitaji kuwa na uwezo wa kuchambua na kutabiri kwa usahihi mabadiliko ya thamani ya sarafu mbalimbali. Ingawa unaweza kubashiri kwa kiasi fulani, bishara hii ni kama kamari. Kuna kupata na kupoteza. Ushauri wangu ni kwamba kama unao mtaji wa kuanza biashara hii, kuwa makini, anza kidogo angalia kwanza kama mtaji unakua au la!





Inakuwaje? Tulikutana Facebook, Instagram, Twitter kwa kutumia @feminahip, halafu tukagonga cheers kule 0753003001, na kule Sanduku la Posta 2065 Dar es Salaam tulipungiana mikono. Ila unajua nini, kuna wengine hawakuwepo. Wacha tuwaonjeshe tulivyojiachia kule. Wakipenda waende waonje, wafike pia [www.feminahip.or.tz](http://www.feminahip.or.tz) wabebe vyote!



## MAMBO YA FACEBOOK

Femina Hip! Tumeenjoy sana kusoma Fema 59! Huwa tunafanyaga kusoma kwa sauti na wengine wakifuatilia kimyakimya. Baada ya kusoma juu ya Miiko ya Wahenga kama ilivyowasilishwa na Femina family makao makuu, ukawa ni wakati wetu mujaarabu kuambiana juu ya miiko ambayo wahenga wetu walipata kutuambia. Vicheko, elimu na burudani. Hii ndiyo ladha yetu. Emmanuel Msemakweli, Guta FEMA Club, Mara.

Habari Femina Hip! Sisi Adam K. Malima hatujambo kabisa tunaendelea kupambana. Hivi karibuni tumehamasisha uchanjaji wa chanjo ya saratani ya shingo ya kizazi kwa mabinti, na wote wenye umri wa chanjo walipewa chanjo.

Hello Femina. Ni bandika bandua kwetu Igwaseco Fema Club. Tumeanza kufanya mradi wa kupandikiza chainizi baada ya kuuza mchicha wetu. Tunaendelea kuruka juu kibabe kihivyo. By Stephano Richard.





## INSTAGRAM SASA

Habari Femina Hip! Mimi naitwa Emmanuel Edward. Naipenda sana Fema na hata nilipokuwa sekondari, niliwahi kuwa mwenyekiti wa club ya Fema shuleni. Nina motisha sana ya kuwajibika kwa ajili ya jamii. Pia niliwahi kushikiri matamasha mbalimbali ambayo yalikuwa na lengo la kuelimisha rika. Nipo tayari kushirikiana na Femina kuendelea kutoa elimu kwa vijana wengi zaidi!

*Asante Emmanuel, pamoja sana!*

Habari Femina! Tunaomba mfike mpaka huku kwetu vijijini! Huku kwetu wanafunzi wa sekondari hawajui Femina! Mtuangalie na sisi! Ni mimi John Edward kutoka Uvinza Kigoma.

*John, Uvinza Fema tayari ipo kwenye shule tisa, Basanza, Lugufu, Chumvi ni baadhi tu. Ila mwaliko mtamu, tutakuja tu one day yes!*

Hello Feminahip! I'm Sauli Jonas Ntali, a Fema Club mentor at Bogwe Secondary in Kasulu town council - Kigoma. I'm a good believer of the fact that Fema has contributed a lot to the youth such as awareness, leadership skills, confidence, speaking skills etc. Thank you for your tremendous support!

*Thanks you for this Sauli, say hi to Bogwe family.*



## ENHE! NA SMS JE!

Habari Femina! Nawapongeza sana kwa kazi nzuri ya kutusaidia katika maisha ikiwemo sisi wasichana katika namna ya kupambana na ukatili wa kijinsia. By Nelly Komba kutoka Mtwara Masasi.

*Asante sana Nelly. Tunatumaini kuwa jarida la Fema linawasaidia wote wanaopitia changamoto za ukatili wa kijinsia. Ni jukumu letu sote kulitokomeza suala hili!*

Hello Femina! Pongezi ziwafikie kwa kazi nzuri a kutuelimisha sisi wanafunzi na jamii kwa ujumla katika mambo mbalimbali kama afya ya uzazi, haki, elimu, ujasiriamali nk. Mimi Maige Japhet wa Chikanamlilo Sec School.

*Big up sana Maige kwa message yako! Ni kweli jarida la Fema linafundisha maudhui yote hayo na zaidi. Endelea kuwa nasi.*

Jamani tunatamani kupata elimu ya biashara karibuni na Simiyu wilayani Maswa kata Budekwa ili mtupatie elimu!

*Daah! Yawezekana tulipishana njiani bila kujuana mitaa ya Maswa, tulikuwa huko. Soma zaidi humu upate maujanja ya biashara ukurasa wa Anko Pesa na endelea kufuatilia matoleo mengine pia.*

## MASHAIRI YAPO!

### SIKU 100 ZA RAIS SAMIA

Sinabudi kukusifu  
Rais wangu Samia  
Kwa shairi maarufu  
Na vina kupangilia  
Nipange na kusanifu  
Shairi kukuambia

Pokea zangu pongezi  
Kwa zako siku mia  
Hakika wewe kiongozi  
Mwenye uthubutu na nia  
Tangu tupate majonzi  
We ulitupigania

Kiapo ukapokea  
Taifa kuliongoza  
Habari zikaenea  
Sita awamu kuanza  
Mama ukatulea  
Tukapata na mwangaza

Ukatupa na salamu  
Kazi lendeleee!  
Kusukuma gurudumu  
Bila kufanya uzembe  
Ile safu maalumu  
Hakuna aliye mzembe

Sekta zote umegusa  
Kwa zako siku mia  
Machizi umepangusa  
Hakuna kulialia  
Tangu pale hadi sasa  
Tanzania twajivunia

*Shairi zuri sana!  
Asante Revival George  
kutoka Galanos Sec School,  
Tanga.*



# Mwili Wangu Mali Yangu

## Rhobi

"HAPANA baba!" Aligoma Rhobi.

"Hapana? Hapana kivipi?"

"Ni kweli baba, hapana. Huo ndio uamuzi wangu!"

"Huna adabu! Huo ni ukosefu wa nidhamu!"

"Baba wewe unajua ninavyokuheshimu, na ninakupenda pia. Ninawashukuru wewe na mama mmenilea vizuri sana. Lakini jibu langu kwenye jambo hili kwa kweli liko pale pale, nasema hapana!"

"Siamini Rhobi! Mama Rhobi hebu njoo! Njoo usikie binti yako anavyokataa kufanyiwa tohara!"



## Makoye

"HAPANA mama! Hapana! Sio kwa muda huu."

"Makoye, hebu keti chini unisikilize."

"Nimekusikia mama," Makoye alisema akiketi alipoambiwa, "ila uamuzi wangu ndo huo."

"Makoye, mimi na baba yako tumeshaamua, na ng'ombe tunao wa kutosha."

"Suala sio ng'ombe mama, hamkunishirikisha."

"Hiyo hapana yako sasa utafanyaje?"

"Tutajua cha kufanya mama. Lakini mimi kuoja sasa hivi hapana!"

## Nkamba

"HAPANA. Na kama ndo hivyo itakavyokuwa basi mimi naondoka."

"Unaondoka unakwenda wapi?"

"Nimesema naondoka."

"Kwahiyo hunipendi, si ndio? Maana ungekuwa unanipenda ungekubali."

"Sema usemavyo, nimesema hapana."

"Nkamba, Nkamba, Nkamba! Nakuita mara tatu. Kumbuka yote ninayokusaidia."

"Nilidhani unanisaidia kiroho safi? Hata hivyo, hakuna chochote kinachobadilika."

"Hakuna kinachobadilika?!"

"Ndio! Hakuna kinachobadilika. Nimeshasema, kufanya ngono hapana!"







## Wacha nianze na maswali matatu kwako:

- 1** Ni nani ambaye kwa kawaida hufanya maamuzi kuhusu afya yako?
- 2** Ni nani ambaye kwa kawaida anafanya maamuzi iwapo utumie au usitumie njia za uzazi wa mpango?
- 3** Je, una uwezo wa kusema HAPANA, sitaki kufanya ngono?

Uhuru wa mwili ni haki ya mtu kudhibiti kile kinachotokea kwenye mwili wake bila ushawishi wa nje au kulazimishwa. Kuna mtu aliuliza, kwa nini jambo hili wanafundishwa watoto na vijana? Ukweli ni kwamba hili jambo muhimu watoto na vijana wafundishwe na kuelewa, kwa sababu mtoto anayejua kilicho bora na kilicho kibaya kwenye mwili wake ana uwezekano mdogo wa kuathiriwa na ukatili wa kingono, unyanyasaji wa kijinsia na hata baadaye ukatili ndani ya mahusiano na mwenzi wake. Ana uwezekano mkubwa wa kufichua visa vyovyote vya ukatili kama vitamtokea. Wazo kwamba ukatili unawatokea watoto ni gumu kukubali, lakini ukweli unabaki kuwa kwamba watoto na vijana wengi wanafanyiwa ukatili kila siku.

### Uhuru, haki na maamuzi yako!

WanaFema, hii ina maana kwamba, WEWE ndiwe mwenye maamuzi juu ya mwili wako, hupaswi kushurutishwa. Inahusisha uhuru wa kuamua iwapo uko tayari kujamiiana, na nani ujamiiane naye, usikubali kulazimishwa. Inahusisha lini upate ujauzito na uzae na nani. Kama hauko tayari na malengo yako ni tofauti, kataa ni haki yako. Inamaanisha una uhuru na haki ya kwenda kwa daktari unapokuwa unahitaji huduma. Tumelewana eenh?

Tafti mbalimbali zimefanyika kuangalia uhuru huu uko kwa kiasi gani. Kwa mfano ripoti iliyozinduliwa na shirika la UNFPA hivi karibuni ikizipima nchi mbalimbali inasema karibu nusu ya wanawake kutoka katika nchi 57 zinazoendelea hawana uhuru na haki juu ya miili yao, hususan kwenye masuala ya uzazi wa mpango na upatikanaji wa huduma za afya. Ukosefu wa uhuru na haki juu ya miili unachochea pia na mila na tamaduni. Hii ni pamoja na sheria ambazo zinakandamiza wanawake na kufanya washindwe kufanya maamuzi yao wenyewe kuhusu ngono, afya na uzazi. Ingawa hii hutokea kwa watu wa jinsi zote, lakini imeshamiri zaidi kwa wanawake. Hii hapa ni mifano michache tu;

- \* Ndoa za utotoni
- \* Kutokupewa elimu kamilifu ya masuala ya ujinsia
- \* Ukeketaji
- \* Kulazimishwa kuoa/kuolewa
- \* Kulazimishwa kufunga kizazi au kutumia njia za uzazi wa mpango
- \* Ubakaji katika ndoa
- \* Taratibu na desturi zinazomlazimisha mtu kuoana na mtu aliyembaka
- \* Kulazimishwa kuzaa
- \* Kupima "bikira"

Jifunze kutoka kwa Rhobi, Makoye na Nkamba! Fanya maamuzi yako mwenyewe!



## KUMBUKA

Mwili wako, haki yako. Na kama tunavyotaka miili yetu iheshimiwe, nasi pia tuiheshimu miili ya watu wengine. Hakuna haki bila wajibu.



# Again, tuanze na washindi



B...u...y...u...n...i Fema Club ndio washindi namba moja wa challenge no 30! Neno Buyuni linasomeka vizuri hapo au hizo nukta zinaleta chenga? Makofi matatu mazito kwao tafadhali. Naaam! Asanteni.

Wanapatikana Dar es Salaam vijana hawa na kwa kweli wamefanya mambo makubwa. Si wote tunakumbuka challenge no 30 iliyokuja kwenu kupitia toleo namba 59?

Enhee, hiyo hiyo iliyowataka muandae kijarida kidogo cha Fema chenye mastori kabambe kuhusu mila na desturi za jamii iliyowazunguka.

Basi Buyuni wao wamezungukwa na Wazaramo kwa sana na wanasema hata wanafunzi wa shule ile wengi ni Wazaramo. Ee bana eeh! Walifanya interviews kali na wazee wa Kizaramo, wakachimba mpaka basi!

Wakatoka na jarida lao bomba kinoma lenye sections kibao kuanzia cover story, cartoon story, photostory, utam kolea na nyinginezo!

Burudani hazikukosekana humo. Picha na michoro ya kutosha. Hakika team ilijipanga vilivyo. Mwishoni wakatuacha na compete and win moja amazing! Tena wakasema mtu yeyote anaruhusiwa kushiriki, hata staff wa Femina. Wacha nasi tujipinde tushinde zawadi kutoka Buyuni Fema Club. Pongezi nyingi kwenu Buyuni. Mmejishindia Tshirts 20 na khanga doti moja.



## Washindi wengine watano hawa hapa:

Businda Fema Club, Geita  
Kate High Fema Club, Rukwa  
Mabogini Fema Club, Kilimanjaro  
Ngudu Fema Club, Mwanza  
Ndanda Fema Club, Mtwara

Makofi mengine matatu mazito kwa washiriki hawa watano walioibuka na ushindi. Halafu tupige makofi mengine mengi kwa kila Club iliyoshiriki challenge hii. Hakika kuna mambo mengi mmejifunza in the process, hamkupoteza muda. Hongereni sana. Washindi hawa watano wamejishindia khanga za Femina, doti moja kwa kila Club kwa ajili ya kupamba wanapokuwa na events. Zitatumwa kwao soon.

# CHALLENGE NO. 32

Challenge yetu namba 32 inakwenda kwa jina "showcase your talents".

Ni challenge inayowataka 'mjidai' kwa vipaji mliyojaliwa. Tunajua kila Fema Club ina watu wenye vipaji. Vipaji viko vingi sana tu, ila hapa tunahitaji vipaji vile ambavyo vinaweza kutumika katika kuelimisha wengine, yaani kufanya peer education a.k.a uelimishaji rika. Vipaji vinavyoweza kutumika kuwafikishia elimu na ujumbe wenzetu. Tunachelea hata kutoa mifano, kwa kuwa tunajua mmelewa vizuri sana. Sasa: Kila Club ituoneshe vipaji vitatu bomba kabisa ilivyonavyo. Vipaji hivi vioneshwe vikiwa vinatumika kufikisha ujumbe (kuelimisha). Kulingana na vipaji mliyovonavyo mtaamua wenyewe kama mviwasilishe kwa njia ya michoro, video, maandishi, picha nk. You guys know better, sisi tunasubiri tu. Kumbuka, ni vipaji **vitatu** tu kabambe!

Washindi kama kawa watakuwa sita. Mshindi wa kwanza atajishindia fulana 20 za Femina na washindi wengine watano watajishindia doti moja ya khanga kwa ajili ya shughuli za Club.

**Deadline yetu ni**  
**MARCH 15, 2022.**  
Na washindi wataangazwa katika toleo namba 63.  
**KILA LA KHERI!**

**KWA MAWASILIANO TAZAMA UKURASA WA MWANZO KABISA WA TOLEO HILI.**



# COMPETE & WIN



Hongera kwa kusoma kurasa zote za Fema 61. Na sasa unaingia ukurasa wa mwisho ingawa sio mwisho kwa umuhimu. Hapa, tunakuletea shindano kabambe, shindano ambalo linakupa nafasi ya kujishindia fulana moja matata kutoka Femina. Kumbuka, washindi wetu kama kawa watakuwa ni 20 na kila mshindi atajinyakulia Tshirt.

## Shindano letu liko hivi:

Tafuta majina halisi na rasmi ya Malengo ya Maendeleo Endelevu ya dunia (Sustainable Development Goals) miongoni mwa haya na uyapange kwa mtiririko sahihi, yaani kuanzia lengo la kwanza hadi la mwisho.

## Kila la kheri

- Mtu yeyote anaweza kushiriki shindano hili
- Ni shindano la mtu mmojammoja
- Andika majibu yako katika karatasi nyingine, sio kwenye ukurasa huu
- Unaweza kutuma majibu yako kwa baruapepe, kwa njia ya posta, au kuleta kwa mkono ofisini kama hiyo ndiyo njia rahisi kwako.
- Kwenye subject andika Compete&Win
- Hakikisha unaweka anwani yako ya barua na ikiwezekana weka namba yako ya simu.

**MAJIBU YATUMWE KABLA YA DESEMBA 15, 2021.**

Angalia mawasiliano yetu ukurasa wa mwanzo wa toleo hili. Washindi watatangazwa katika toleo no 62.

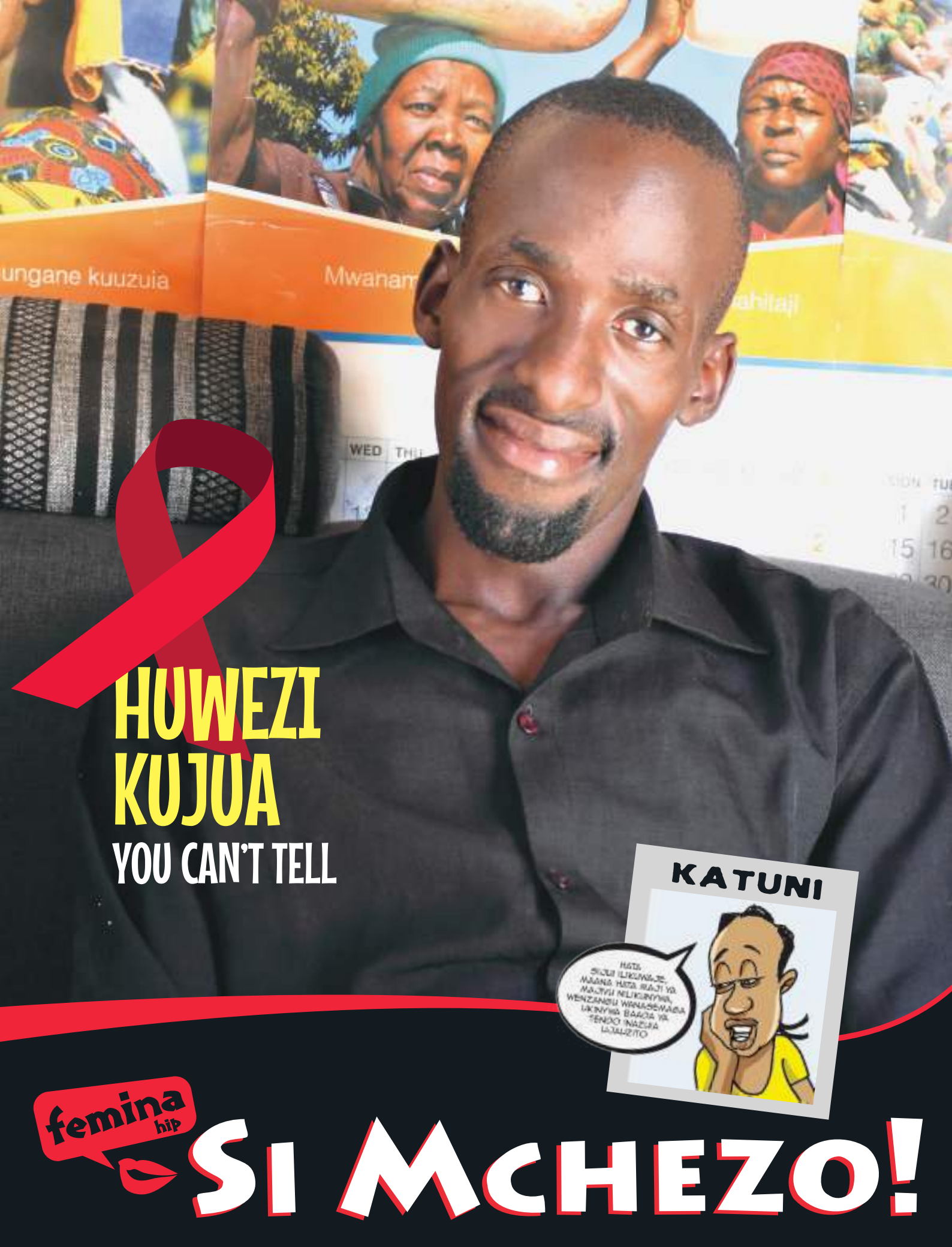


## Basi tuvunje mbavu kidogo

Je, kati ya hawa nani hamnazo zaidi?

1. Aliyemwamsha mgonjwa usingizini ili amchome sindano ya usingizi?
2. Aliyemwagilia bustani wakati mvua inanyesha?
3. Aliyepanda juu ya mwembe, akabinya embe akakuta imeiva, kisha akashuka chini na kuanza kuitungua kwa mawe?
4. Aliyesoma mpaka chuo kikuu akiwa na ndoto ya kuwa mganga wa kienyeji?

Kichekesho hiki kimeletwa kwenu na Buyuni Fema Club na kilikuwa ni sehemu ya burudani kwenye mini – Fema magazine yao walipowasilisha club challenge. Asanteni Buyuni, tumecheka!



ungane kuuzuia

Mwanam

ahitaji

WED THU

SUN TU

1 2

15 16

29 30



**HUWEZI  
KUJUA**

**YOU CAN'T TELL**

**KATUNI**

HATA  
SIKU ILIKWAJE,  
NAANA HATA RAJI YA  
MAJYU NLIKUNYWA,  
WENZAMU WANASWAGA  
LAKINYA BAGA YA  
TENGO INAZUA  
LAKAZITO



**SI MCHEZO!**