

femina
hip

SEPTEMBER - DECEMBER 2023

HALIUZWI

femina

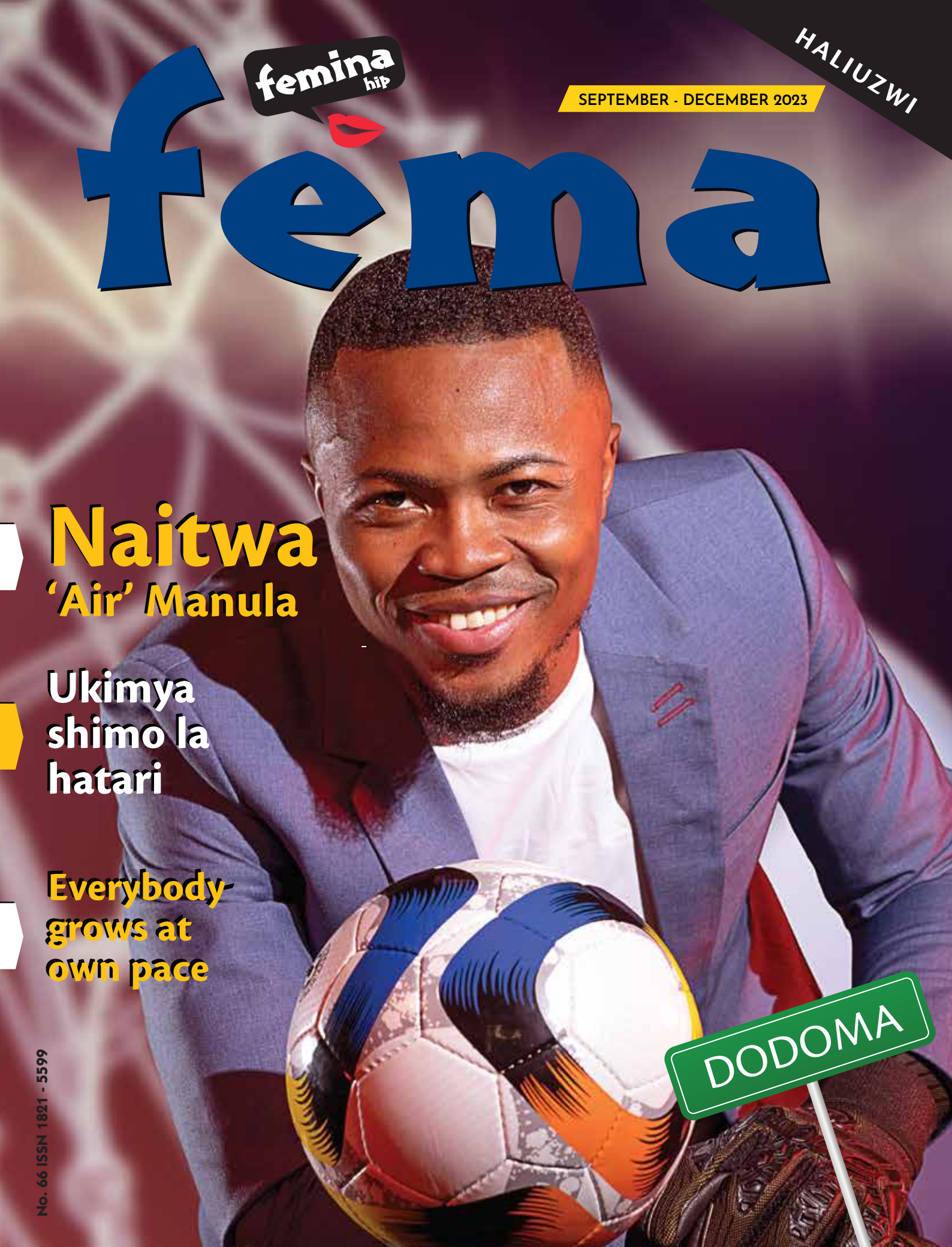
Naitwa 'Air' Manula

Ukimya
shimo la
hatari

Everybody
grows at
own pace

No. 66 ISSN 1821 - 5599

DODOMA



WASILIANA NA FEMINA HIP



Tunakusubiri
wewe tu!

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mpango
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Una maswali, mrejesho au mapendekezo
kuhusu kazi zetu?
Au kuna tatizo lolote la ufikaji wa
Fema katika shule yako?
Tuma SMS kwenda **0753003001**
kuwasiliana nasi!

1 NO POVERTY



3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



5 GENDER
EQUALITY



8 DECENT WORK AND
ECONOMIC GROWTH



10 REDUCED
INEQUALITIES



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



Boys boys!

It's always a pleasure to welcome you all to a new issue of Fema. Always full of new stuff, new angles and new ideas. Hata zamu hii mambo ni motoooo!

We love it when you give us feedback, and this, is response to one of a requests you have sent us - an issue of Fema that addresses boys' issues; the issues that you yourselves have identified. As you flip the pages you will read about adolescence and puberty, mental health, economic and social pressures, and much more. It's stories told by your peers and role models, as well as advice from experts various fields.

It's been a while since we spotlighted a sports figure in Fema magazine. Allow us to bring you Aishi Manula, a.k.a Air Manula, the top goalkeeper for both Taifa Stars and Simba Sports Club. His story is the Cover Story, and will inspire you.

Find Story Yangu in the magazine and meet Amani. He is from Dabalo in Chamwino, Dodoma, wants you to learn something that changed his life, for the better. He talks about his journey as a peer educator, his faith in open talk and planning your family before you start one.

Friendship is friendship, gendered narratives should not destroy bonds, that's what Ng'ambi, Matonya, Mazengo and Nyemo tell us in the photostory. Four good friends whose journey together push them to learn about each other's challenges.

There is a lot more too, yaani kazi ni kwako! Enjoy.



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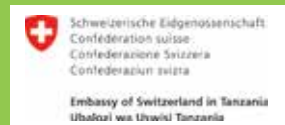
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NA MARY MBAGO

Niliitwa Aishi ili niishi

Alipenda kucheza soka tangu akiwa mdogo. Lakini pia soka ilikuwa kimbilio pale mambo yalipobadilika nyumbani. Aliucheza mpira kwa mapenzi makubwa, nao ukampenda pia. Lakini wakati huo hakuwahi kuwaza kwamba atakuwa kipa, achilia mbali kuwa kipa namba moja wa Tanzania. Anaitwa Aishi Manula, nyota wa soka aliyejizolea sifa nyingi kwa kuwanyima raha washambuliaji wa ligi za nchini na za Kimataifa. Utaalam wake wa kwenda hewani na kuzuia mipira ukampatia jina Air Manula. Fema ilipomuomba kufanya naye mazungumzo alikuwa ndio kwanza anapona pona majeraha yaliyomnyima raha ya kucheza mpira kwa miezi kadhaa. Akatuambia anaendelea vizuri, na anajiandaa kuanza mazoezi ili arudi uwanjani. Akatusimulia mengi.

Named Aishi to survive

His love for soccer goes way back since he was a little boy. But soccer was also his refuge when things changed at home. He played football with great passion, and soccer loved him too. However, he never thought he would one day become a goalkeeper, let alone the number one goalkeeper in Tanzania. His name is Aishi Manula, a soccer star who has gained a lot of praise for denying strikers the score joy, locally and internationally. His ability to 'fly' and stop balls earned him the name Air Manula. When Fema asked him for an interview, he was just recovering from injuries that deprived him of the pleasure of playing football for several months. He told us he was doing well, and getting ready to start training so he can return to the field. He had a lot to tell us.



Jina lenye maana kubwa

Septemba 13, 1995 ndiyo siku niliyozaliwa, lakini kabla sijazaliwa mimi kuna ndugu zangu walipoteza maisha. Ni changamoto ambayo mama alikuwa anaipata kila alipokuwa akijifungua baada ya kaka yangu wa pili ambaye anaitwa Maisha. Mama alihisi na mimi nitapoteza maisha akanipa jina la Aishi. Na kwa hakika Mungu akasikia sala yake. Kwetu nilikozaliwa ni Kilombero mkoani Morogoro. Mimi ni mtoto wa tatu katika familia ya watoto sita.

A name with deeper meaning

I was born on September 13, 1995, but before I was born, my mother lost a few babies at birth, after she gave birth to my second brother named Maisha (life). My mom was worried I would also die, she named me Aishi (let him live). And indeed, God heard her prayer. My place of birth is Kilombero in Morogoro region. I am the third born in a family of six children.

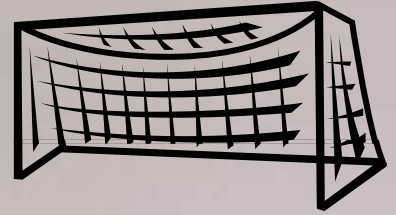
Nilikuwa beki, sikuutaka u-kipa

Safari yangu ya kuwa goli kipa ilianza wakati nacheza mpira na wenzangu, kipindi nipo darasa la sita. Nilikuwa nacheza nafasi ya beki namba mbili, lakini changamoto ilikuja, kulikuwa na wenzangu ambao walikuwa wananzidi uwezo wa kucheza namba hiyo. Siku moja tukiwa mazoezini golikipa wetu hakuhudhuria, mwalimu wetu akauliza ni nani atakaa golini leo? Hakuna mtu aliyejitokeza, basi mimi nikajitolea kwa siku hiyo. Cha kushangaza wachezaji wenzangu walinisifia sana, lakini mimi rohoni sikufurahi, kwani nilikuwa sitaki kabisa kuwa golikipa, nilitaka kuwa beki. Kadri siku zilivyozidi kwenda, mwalimu akawa ananihamasisha nicheze golini na nilikuwa nakataa kabisa. Kuna siku akanambia nichague kati ya kuwa kipa au nikae benchi, sikupendezwa na machaguo hayo, nikaona bora nikae benchi. Lakini mwishowe nilikubali. Yote kwa yote, mpira nimetoka nao mbali, kwenye magumu.

I was a defender. I didn't want to be a goalkeeper.

My goalkeeping journey started when I was in standard six, playing football with my friends. I was a defender, but my challenge was that there were teammates who could play that position better. One day in practice our goalkeeper didn't show up, our coach asked for volunteers, but no one responded. I volunteered just for that day. Surprisingly, my teammates praised me a lot, but deep inside I was not happy, because I didn't goal, but I kept refusing. One day he told me to choose between being a goalkeeper or sitting on the bench. I chose the bench. In the long run though, I accepted. All in all, the ball and I have come a long way, against the odds.





Baba

**alifariki, mama
akatupambania**

Nilimpoteza baba nikiwa darasa la tatu. Maisha yakaanza kuwa magumu sana nyumbani. Baba alikuwa ni mfanyakazi katika kiwanda cha sukari Kilombero na pia alikuwa ni mkulima. Kabla hajafariki maisha yalikuwa safi sana, naweza sema uhakika wa kula vizuri na hata kuvaa vizuri ulikuwepo. Hii ni kwasababu ya kazi ya kiwandani na pia kilimo ambacho walikuwa wakisadiana na mama. Mama alipobaki peke yake kila kitu kikawa ni yeye tu. Alipambana sana kuhakikisha napata elimu bora. Kuna muda aliingia madeni kwa watu wake wa karibu ili mimi niweze kusoma. Siku moja nikaenda na mama kununua viatu, nakumbuka hiyo siku nililia sana kwasababu mama alininunulia viatu vikubwa sana ambavyo aliamini nitakua navyo na nitavaa hadi nitakapomaliza shule. Sikuwa na namna, nikavivaa, maana hata sare za shule zenyewe hazikuwa katika hali nzuri. Ikawa kila nikivaa kiatu kile kilichonizidi ukubwa wanafunzi wenzangu wananicheka na kunitania kuwa nimevaa "SKONKIKO". Pamoja na kutaniwa hivyo sikuwahi kukasirika. Nilijua namna ambavyo mama alikuwa anajinyima ili watoto wake tusiteseke. Kuna wakati mama alikataa kuolewa tena, hata alipokuja tajiri mmoja hivi, kwasababu hakumhakikishia mama usalama na furaha ya watoto wake.

Tulifanya

donation ili tule

Maisha ya shule hayakuwa rahisi, ukichanganya na hali halisi ya uchumi nyumbani. Mama alikuwa amemchukua mtoto wa mdogo wake tunaishi naye, ikawa wakati mwingine yeye na mdogo wangu wanashindwa kula mpaka mimi nitoke shule ili tule kwa pamoja, maana chakula kilikuwa hakitoshi kugawanywa gawanywa. Ni jambo ambalo lilikuwa linaniumiza sana, ilinibidi niwaambie wasiwe wananisubiri wala kuniwekea chakula. Nikawa natoka naenda mpirani, nakutana na washikaji wa shuleni, unapitishwa mchango wa pamoja kisha wanaenda kupika chakula na kila mmoja anakula. Mwenye kuleta unga, mboga, mpasua kuni, mpishi na muosha vyombo. Sekta yangu ikawa ni kuosha vyombo maana sikuwa nachangia kitu chochote. Baada ya kula tunacheza mpira.

Father

**died, mother
held the fort**

I lost my father when I was in standard three. Life became very difficult at home. My dad used to work with the Kilombero Sugar factory and was also a farmer. Before he died, life was very good, things like food and clothing were never an issue. This was because of the factory work, and farming, which he did with mother. Then mother was left alone, everything now depended on her. She put in everything to make sure I got a good education. There was a time when she went into debt so that I could go to school. One day I went with her to buy shoes. I remember that day I cried so much, because my mother bought me oversized shoes so I could 'grow with them' and wear them until I finish school. I had no choice but to wear them, because even the school uniforms were not in good condition. Every time I put on the shoes my classmates would laugh at me saying that I was wearing "SKONKIKO". I never got angry though because I knew how my mother had sacrificed a lot so that her children would not suffer. She once refused to remarry, even when it was a rich man, because he did not guarantee the safety and happiness of her children.

Contribution

for food

School life was not easy, given the economic situation at home. My mother had taken her younger sister's daughter to live with us. Sometimes she and my younger brother could not eat until I came back from school, so that we could eat together, because the food was too little to break into portions. This made me so sad. I told them not to wait or keep food for me. I would leave and go play ball. I would meet my buddies from school, we do a contribution for food, and then they would go and cook and everyone eats. Some would bring flour, others vegetables, one would chop wood, or cook and washes dishes. My department was dish washing because I didn't bring anything. After eating it was football time.



Nisimtangulie mama

Huwezi kuniambia kitu juu ya mama yangu, upendo niliokuwa nao kwake ni mkubwa mno kutokana na mchango mkubwa katika mafanikio yangu. Natamani mama yangu afe kabla yangu, naweza sema hii ni kauli tata kidogo ila kwa upande wangu ina mantiki. Nisingependa mama yangu ateseke baada ya mimi kutangulia, maana mimi ndio tegemeo kwenye familia kwa sasa, hivyo kutangulia kwangu kunaweza kusababisha changamoto kwenye maisha yake.

I don't want to die before my mother

My mother is everything to me, the love I have for her is immense due to her great contribution to my success. I wish for my mother to die before me, and yes that is a complicated statement, but it makes sense to me.

I wouldn't want my mother to suffer if I go first, because I am the one supporting the family now, so if I go first, she might face a lot of challenges.





Siwezi

kumwambia "sina"

Kutokana na upendo na thamani aliyonipa mama yangu, ni jambo gumu sana kwangu kumwambia mama sina pale anapokuwa na uhitaji. Najitahidi kadri ya uwezo wangu kupambana na kuhakikisha nampa mama kila anachohitaji kama ambavyo yeye alifanya kwangu wakati nikiwa na uhitaji.

Moro mpaka Dar

Mwaka 2010 nikiwa na timu yetu ya shule nilipata nafasi ya kushiriki mashindano Copa Coca Cola, tukafanikiwa kufika fainali. Hatukushinda, tukawa washindi wa pili. Hapo ndipo Azam FC walipoona kipaji changu wakaamua kunichukua nikacheze kwenye timu yao ya vijana. Namshukuru mungu kadri muda ulivyokuwa unasogea nilikuwa nikipatiwa nafasi ya kucheza, uwezo wangu ukaanza kuonekana kwenye macho ya watu wengi zaidi, na safari yangu ya mafanikio ikaanzia hapo.

Nasema nawe

kijana wa leo

Maisha ya leo bila elimu sio kitu. Pamoja na changamoto unazopitia usiache elimu, maana ndiyo inayokujenga kwa maisha ya kesho. Pia juhudi, imani na kujitoa ni mambo muhimu ya kuzingatia kwenye maisha, maana bila mambo hayo nisingekuwa Manula mnaemfahamu hii leo."

I can't

tell her

"I don't have"

For the love and value my mother gave me, it is very difficult for me to tell my mother that I can't give what she needs when she has a need. I am doing my best to make sure I give my mother everything she needs, just like she did for me when I was in need.

Moro to Dar

In 2010 I had the opportunity to participate in the Copa Coca Cola competition with my school team. We managed to reach the finals. We didn't win, we were runners-up. That's when Azam FC saw my talent and recruited me for their youth team. I thank God as time went by, I was given chances to play and show my ability to more people. And my journey to success was set in motion.

I'm talking to

you, young people

Today's life without education is nothing. Despite the challenges you are going through, don't give up on education, because it is what builds you for tomorrow's life. Also, effort, faith and dedication are important things to observe in life, because without those things I wouldn't be the Manula you know today."

SAFARI YA AIR MANULA

2006	Beki na Golikipa (shuleni na mtaani)
2010	Golikipa Copa Coca Cola
2011	Golikipa Azam Academy
2011	Golikipa Azam FC kubwa
2011	Golikipa Bora wa Mashindano ya UHAI CUP kwa U20
2012	Golikipa timu ya Taifa
2015	Golikipa namba moja timu ya Taifa
2017	Golikipa Simba SC
2017	Golikipa namba moja Simba SC
2014/2015-2019/2020	Golikipa Bora wa Ligi Kuu Soka Tanzania Bara
2018	Ndoa
2021	Mtoto



GEMU LAKO LA MAISHA UMELIPANGAJE?

**Cheza salama,
usikubali kuburuzwa;
dawa za kulevya
zinatokomeza malengo!**



NA SALOME AMOS NHABI

DODOMA INAPENDEZA



Salamu nazituma, kotekote nchi nzima,
Ni wajijini Dodoma, waziwazi tunasema,
Ni jiji zuri Dodoma, njoo ulione hima,
Dodoma inapendeza, tena yapendeza sana,

Ikulu ipo jueni, kwenye jiji la Dodoma,
Na viongozi makini, wanapatikana Dodoma
Wizara zote jueni, zimehamia Dodoma,
Dodoma yapendeza, tena yapendeza sana,

Na bunge lipo Dodoma, tunafurahia sana,
Maisha twapata mama, maisha kusongeshana,
Soko la Ndugai jama, bidhaa zapatikana,
Dodoma inapendeza, tena yapendeza sana





Vyakula vya asilia, navyo twajivunia,
Ugali mlenda pia, wenyewe twajipikia,
Afya bora tupatia, kweli twafurahia,
Karibu kwetu Dodoma, hakika hutojutia,

Ngoma zetu za asili, wenyewe twajichezea,
Na miziki ya asili, mazeze marimba pia,
Twajivunia kwa hili, ukija we'tajionea,
Karibu kwetu Dodoma, hakika hutojutia,

Ni Dodoma mkoani, vipaji twajivunia,
Ni Monicentrozone, na Mc Mboneke pia
Ben Paul na Gaston, Ndio tunajivunia
Karibu kwetu Dodoma, hakika hutojutia,

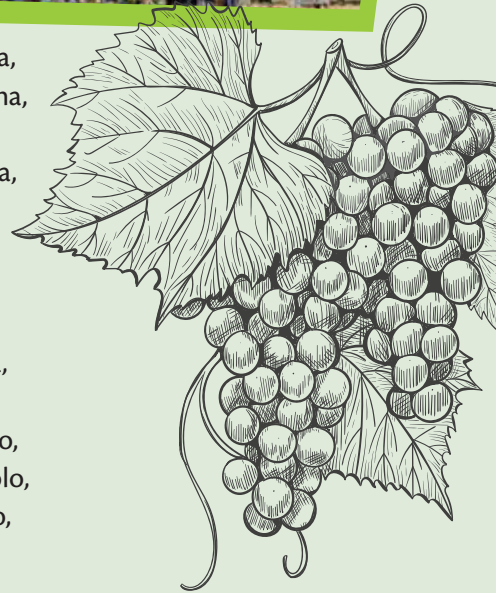
Kaniki twajivalia, hakika twapendeza,
Vazi letu asilia, hakika tapendeza,
Kigogo twakiongea, mababu walieleza,
Karibu kwetu Dodoma, hakika hutojutia,

Ee Mola wetu jalia, amani yetu idumu,
Wageni tutembelea, hilo ni jambo muhimu,
Tamati tumefikia, twamshukuru karimu,
Kalamu naiachia, chini inanilazimu.

Na wakazi wa Dodoma, zabibu wanazilima,
Kina baba kina mama, wanaitunza Dodoma,
Na kwa ufanisi mama, uliojaa hekima,
Dodoma inapendeza, tena yapendeza sana,

Alizeti twazalisha, mafuta twajipatia,
Kwa mahitaji yatosha, na pesa twajipatia,
Na tunawaelimisha, Alizeti jilimia,
Dodoma yapendeza, tena yapendeza sana,

Samaki twajipatia, toka bwawani Hombolo,
Vitoweo jipatia, kwenye bwawa la Hombolo,
Perege, Kambale pia, wapatikana Hombolo,
Karibu kwetu Dodoma, hakika hutojutia,





HII NI KWENU FEMA CLUB MENTORS

Nakala za Fema si ndio hizi zimefika? Enhee, sasa kwenye mgao hapo, inakuwaje? Tunapenda kuwakumbusha kwamba jarida la Fema linapokuja shuleni, lengo kuu ni Club ikutane na kujadili mada mbalimbali zilizomo ndani yake, kushiriki shughuli pendekezwa na hata pia kushiriki challenge zinazotolewa kama Club kwa pamoja. Na baada ya hapo watengeneze mikakati ya kuhakikisha uelimishaji rika na uelimishaji jamii unafanyika. Kama kuna utaratibu wa kuazima na kurudisha, basi ufanyike baada ya zoezi la mijadala ya ndani ya Club kukamilika. Ni hayo tu, kila la heri kwenye malezi!

Hii sasa ni kwenu Fema Club members!

Hamna baya kabisaaa, maana sio kwa mambo haya mazuri mnayoyafanya. Mnahakikisha ajenda zote tatu mnaenda nazo sawa; elimu ya afya na uzazi, ushiriki wa kiraia na mnavyokiwasha sasa kwenye uwezeshaji kiuchumi, daah, imekaa vizuri sana.



Kwingine uchafu, kwao fursa!

Ni Usa High Fema Club kutoka Usangi Day Sec. Kwao karatasi sio uchafu bali ni mali pesa. Wenzenu wametuonesha kwamba unaweza ukatengeneza mkaa kwa kutumia karatasi ambazo zimekwishatumika. Faida ya mkaa huu ni kwamba hauna gharama kubwa na pia mbinu kama hizi zitazuia athari ya ukataji miti. Vipi nyie mnasubiri nini? Anzeni na nyinyi anzeni sasa!



Kipaji kimepata uwanja!

Unaambiwa huyo dogo anachoraaa, balaaa! Yani hata akiwa amelala. Anapatikana Shule ya Sekondari Runzewe.

Ni kijana ambaye anajipatia kipato chake kwa sasa kwa kupitia picha ambazo anachora yeye mwenyewe. Klabu ya Fema ya Runzewe imegundua kipaji chake na kumwongezea fursa ya kukionesha. Michongo ya Fema Club ndio kama hivyo, kipaji ni mtaji, ni faida. Daah, hongera sana.

Masotojo ndani ya shamba

Kwa mahindi haya sijui watakula kande, sijui watapika popcorn au ndo watachoma? Yaani ni uamuzi wao tu, maana sio kwa hayo masotojo yalivyo stawi shambani. Tunaomba mwaliko ikifika wakati wa mavuno maana wanasema vizuri kula na wenzio. Haikuwa rahisi, lakini imewezekana. Ni vijana wa Selebu Sec. Fema Club kutoka Kilolo, Iringa wakifanya yao na ajenda ya Ruka Juu.



Paramawe wana kitu, watafika mbali!

Hii ni Klabu mpya kabisa na ina kitu chake, hebu tuanze kwa kuwapongeza; HONGERENI! Sote tunafahamu kwamba ni utamaduni wetu kama wana Fema Club kujitolea katika jamii zetu ili kuwezesha jambo fulani au mabadiliko chanya. Wenzetu wa Paramawe wamelionesha hili kwa kuchangia damu ili kuokoa maisha ya ndugu zetu ambao wana uhitaji huo.



Hodi hodi!

Lukuledi Sekondari hawataki kuachwa nyuma! Majuzi tu hapa wakajipanga, wakaizindua Fema Club yao ambayo walichukua muda kuijenga. Ilikuwa shughuli kubwa, mada zikawasilishwa, maonesho ya vipaji lukuki nayo yalikuwepo; wenye kuchora, kuimba, kuigiza, wote wakafanya yao. Wanakaribisha wageni ili washirikishane na kupeana uzoefu. Hongera sana Lukuledi.



Shout Out ya toleo

Kutoka makao makuu ya Femina Hip Dar es Salaam mpaka mkoani Kigoma sasa mzigo umewafikia. Wametokelezea na jarida la Fema toleo namba 65, na hawa sio wengine ni Lugufu Girls Fema Club ya Uvinza-Kigoma. Hapo vipi? **Tusisahau kutokelezea na jarida linalokuja!**

Graduu yenye kisomo

Mapema kabisa bila kuchelewa, Fema Club ya Bwabuki Sekondari, Wilaya ya Missenyi, Kagera, walipiga bonge la graduu, kuwapongeza na kuwaaga wenzao ambao wanamaliza kidato cha nne. Wanajua haoooo! Shughuli waliipamba wenyewe, burudani walitoa wenyewe, na kila kitu kilikuwa fayaa! Vibe sio la kitoto.





Utamaduni wa Fema Day

Businde Fema Club walishaamua siku nyingi, kwamba kila tarehe 5 ya mwezi Agosti ni Fema Day. Ni utamaduni wao. Mwaka huu wakaamua kuremba na kuboresha eneo lao la Club, pamoja na shughuli nyingine za kiFema Fema kama tunavyozijua. Kiliwaka.



Mpandandogo sio ndogo

Naam! Katika kuadhimisha Siku ya Vijana Duniani, Club za Fema za Mpandandogo Sec na Kakoso Sec mkoani Katavi ziliunganisha nguvu na kufanya tamasha, wakazidi kuweka msisitizo kwenye umuhimu wa kuzuia ukatili wa kijinsia. Muhimu sana huu ujumbe.



Mtutura na ndoto njema

Ndoto yako ni ipi? Una malengo? Mtutura wanatupa mthani hapo. Wao washafanya yao, hata sisi tunaweza kujiuliza na kujibu hayo maswali. Usipojua unapotaka kwenda utakwenda popote.



Hii imeenda...

Mikakati, elimu, study tour na mazagazaga kibao yenye burudani na elimu ndani yake yalitawala kusanyiko la mwaka la walimu walezi wa Club za Fema Tanzania kutoka Tanzania nzima, palee mji kasoro bahari mwishoni mwa mwezi wa sita. Zilikuwa siku tatu zenye maana sana, zilizoshiba ujuzi, heshima, kutambuliwa, na bila kusahau burudani. Hii ilikuwa ni mara ya tano walezi hawa wanakutana, na kila mwaka mambo yanazidi kunoga. Wale walioshindwa kufika kwasababu mbalimbali, waliotumiwa picha mpaka wakatamani waruke na kufika Rock Garden au St. Peters ulipofanyika mkutano na mawasilisho ya mada mbalimbali. au Mikumi National Park ambako washiriki walipata fursa ya kusalimiana na maliasili ya nchi yetu.

Pamoja na walezi hao walikuwepo pia wawakilishi kutoka makao makuu familia ya Femina Hip, viongozi wa serikali na wadau kutoka Dawati la Jinsia na Watoto, Jeshi la Polisi. Shukrani za dhati zikawaendea wote waliowezesha, ikiwa ni pamoja na Ofisi ya RAS na Afisa Elimu Mkoa, mambo yalikuwa bambam. Ulifanyika uchaguzi, ikapatikana timu mpya ya uongozi wa Taifa. Hapo pia ukafanyika uamuzi wa mkutano wa mwaka kesho ufanyike wapi. Watu wakapiga kampeni za kutosha, mwisho wa siku, tukutane Geita, Juni 2024! Hongera sana kwa walioshiriki, na kwa ambao hawakuweza kushiriki, Geita inawasubiri, wenyewe wanasema samaki wapo wa kutosha.

Huu hapa uongozi mpya

Mtandao wa Walezi wa Club za Fema Taifa umepata uongozi mpya. Timu hii ilichaguliwa wakati wa mkutano uliofanyika Morogoro mwishoni mwa Juni. Uchaguzi hufanyika kila baada ya miaka miwili. Hongereni sana, na kila la heri kwenye majukumu haya muhimu.

Hii hapa safu nzima:

- | | |
|-----------------------------------|-------------------------------------|
| i) Mwenyekiti | - Sekela Mwaibale (Mbeya) |
| ii) Makamu mwenyekiti | - Benjamin Mhada (Njombe) |
| iii) Katibu mkuu | - Seif Salim (Tanga) |
| iv) Katibu msaidizi | - Lolesia Lugata (Mwanza) |
| v) Mhazini | - Scholastica Francis (Kagera) |
| vi) Mratibu | - Laisha Ngomandodo (Dar es Salaam) |
| vii) Afisa habari mkuu | - Lusekelo Enos (Singida) |
| viii) Afisa Habari Msaidizi | - Frank Patrick (Kagera) |
| ix) IT | - Alex Msai (Geita) |
| x) Mshauri wa Masuala ya Kisheria | - Juma H. Mwinchande (Mwanza) |



Kuhitimu Kidato cha Sita sio kazi ndogo, maana ni njia ndefu sana iliyojaa milima na mabonde. Kujipongeza kutokana na juhudi za kumaliza elimu ya sekondari lazima kuwe na shamrashamra. Msimu huo ulikua umewadia. Mahafali yalitanda maeneo mbalimbali, Femina Hip ikafanikiwa kudaka picha kutoka Klab ya Mkula iliyopo wilaya ya Busega, mkoa wa Simiyu, ambayo ilifanya mahafali na kugawa vyeti mbalimbali ikiwemo vyeti vya Fema na madikodiko kibao. Tabasamu na furaha zilitapakaa kwenye nyuso za wahitimu. Hongereni kwa kweli.

Fa'mchezo nini na kumaliza shule?!

Kijiwe cha Wilaya



Watu wa Makao Makuu ya nchi wana moto balaa. Fema Clubs za Dodoma Jiji wameweka kijiwe kambi katika Shule Sekondari Bihawana, yaani kijiwe hicho unaweza pata vifaa vyote vya kufanyia sherehe, mikutano na harakati mbalimbali zinazofanyika kwenye Club, na vitu hivyo vipo katika usimamazi mzuri wa uongozi wa Club na mwalimu mlezi. Club yoyote katika mkoa wa Dodoma inaweza kupata ifaa hivyo hapo, na baada ya matumizi wanavirudisha katika Kijiwe cha ABihawana. Huu utaratibu ni mzurisana.

Je, Club zenu zinakutana?



Club za Fema za Msalato Girls na Bihawana Boys walifanya tamasha la ujirani mwema hivi majuzi tu, kwa lengo la kuonesha vipaji mbalimbali, kupata burudani na kubadilishana uzoefu wa namna bora ya kuendesha Club zao. Kwa hakika vipaji vilikuwepo vya kutosha; dancers kama wote, wachekeshaji, sarakasi, waimbaji, fashion show, na ma MC walitoka humo humo shughuli ikaenda fresh. Wenyewe wanasema



Kirando 'iliwaka'

Siku ya Muungano Klab ya Kirando iliandaa sherehe fulani hivi ya kishkaji kwa ajili ya kuwaaga wanachama wa Kidato cha Sita. Mambo yalikuwa poaaaa! Wahitimu walikabidhiwa vyeti vya vya kutambua mchango wao katika Klab ya Fema. Na kama mnavyojua Femina Hip ilipo basi burudani pia ipo, na elimu humo humo; vyote havikosekani. Hongereni na tunawatakia kila la kheri.



Kumbe! Kila mtu kwa wakati wake

NA MARY MBAGO

Kutana na Adenai, kijana mwenye umri wa miaka kumi na mitatu. Siku moja akiwa bwenini na rafiki yake aitwaye Ali na walikuwa wakipiga stori za hapa na pale kumaliza siku. Ali ambae ni mwenzake wa bweni moja alikuwa anazungumzia mabadiliko anayoyaona kwenye mwili wake, na hakuwa na mtu wa kuzungumza naye. Adenai hakuwa na uzoefu, lakini alikumbuka kwamba mama yake aliwahi kumwambia kuhusu mabadiliko ambayo atakabiliana nayo kwenye mwili wake. Akamsikiliza rafiki yake kwa utulivu.

Ali alimwambia Adenai kuna vitu vinamtoka lakini havielewi. Akamwambia anaona sauti yake inakuwa ya ajabu hivi saa nyingine haamini kama ni ya kwake. Halafu kuna harufu anayo siku hizi haipendi kabisa. "Inawezekana nina shida eeh?"

Adenai akamwambia rafiki yake, "Mmh, sidhani kama kuna shida, maana mama yangu aliwahi kunigusia kidogo kuhusu balehe, akasema mambo kama hayo yanaweza kutokea."

Mama alisema hivi...

"Mwanangu kuna wengine wanaweza kuwa na sauti nzito na wengine wanaweza wasiwe na sauti nzito, hilo wala lisikupe shaka kwa

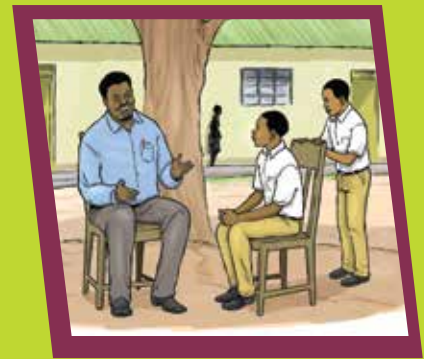
kuwa kila mtu ana staili yake ya ukuaji. Lakini pia ukuaji wa nywele ni wa kawaida kwa kila mwanume, ila tu ujue ya kwamba wengi wanapata ndevu, lakini pia wapo ambao hawapati. Mwanangu, katika umri wa balehe inapaswa uwe makini sana maana ni kipindi ambacho pia unapanuka zaidi kiakili."



Ali hakuwa amepata majibu yote aliyoyahitaji, akaaga na kwenda kulala huku akiwa bado na maswali mengi kichwani. Kesho yake asubuhi na mapema Adenai akamfuata, "Ali, au twende kwa mwalimu wa biology basi tumuulize zaidi?" Ali akakubali.

Kwa Mwalimu ikawa hiviii...

"Shikamo mwalimu," Adenai na Ali walisalimia kwa pamoja pale alipokuwa ameketi kwenye kivuli cha mti. "Marahaba vijana wangu, mnasemaje?" akaitikia mwalimu Msemakweli. "Samahani mwalimu, tuna shida," akasema Ali. "Enhee,



niwasaidie," mwalimu akawapa moyo. "Tuna maswali kuhusu balehe mwalimu," Adenai akagundua mwenzake anaogopa, akaweka wazi. Mwalimu alifurahi sana kwa vijana wake kuwa jasiri na wawazi, maana watu wengi hawana ujasiri wa kumfuata mtu mzima na kumuuliza. Akawaweka sawa.

Alianza kwa kuwauliza kama wanajua chochote kuhusu kubalehe kwa ujumla. Adenai akajibu kwamba mama yake alimwambia kwa ufupi kuhusu hilo, na mwalimu alikuwa na shauku ya kujua anachojua. Kwa hivyo alisema kuwa mama yangu aliniambia kuna mabadiliko kadhaa ambayo nitakuwa nayo ambayo ni sauti yangu itaongezeka, kutakuwa na ukuaji wa nywele katika sehemu tofauti za mwili wangu kama kwapa, kifua, uso na sehemu za siri.

Mwalimu alifurahi akawaambia balehe ni hatua ya kukua kutoka utoto kwenda utu uzima, na

SWALI:

Ni sehemu gani sahihi mtoto wa kiume anaweza pata ushauri na msaada wakati wa balehe?



Wilbert Godfrey Chimuleba
Buigiri Secondary School

Sehemu sahihi ambayo mvulana anaweza akapata ushauri wakati wa balehe ni akiwa shuleni kwa Mwalimu mlezi kumueleza kila kitu na kumpa ushauri mzuri.



Samson Steven Simon
(Buigiri Secondary School)

Sehemu sahihi ambayo mtoto wa kiume anaweza kupata ushauri na masaada ni kupitia wazazi, kwasababu wazazi watawafundisha kama mtoto wao, na kuweza kumuepusha na majanga.



Martin Msambwa
(Ujana salama champion)

Nitamshauri apate ushauri kwa mtu sahihi na anae muamini na mwenye uelewa na balehe mfano wazazi na walimu

humtokea mtu wakati wa ujana. Akawaambia mtu anaweza kuona aibu anapopitia mabadiliko hayo lakini jambo la kawaida na kila binadamu hulipitia. Akafungua kitabu alichokuwa amekishika mkononi, akawaonesha ukurasa wenye picha inayoonesha mabadiliko mbalimbali wakati wa balehe.

"Mnaona sasa, kama inavyoonesha hapa

- Utapata mabadiliko kama kuongezeka kwa kasi ya ukuaji kwa urefu na uzito,
- Umbo la mwili, yaani mabega yanaweza kuwa mapana na misuli kuanza kukua,
- Mabadiliko ya sauti: sauti huongezeka na wakati mwingine kupasuka wakati wa mchakato,
 - Kuota nywele: nywele huota sehemu mbalimbali za mwili mfano kwapa, kifua, uso na sehemu za siri,
- Wakati mwingine ngozi hubadilika: ngozi, hasa ya uso, huwa na mafuta mengi na zinaweza kutokea chunusi, na mwili hutoa jasho lenye harufu kali.
- Ukuaji wa sehemu za siri: korodani na uume hukua zaidi.
- Mabadiliko ya kihisia: balehe pia inaweza kuleta mabadiliko ya kihisia kutokana na kubadilika-badilika kwa homoni.

Vijana wangu, hayo ni baadhi ya mabadiliko yanayoweza kutokea kwenye mwili wako, na kumbuka kwamba kila mtu hupitia balehe

kwa njia tofauti na kwa kasi yake mwenyewe, ni sehemu ya kawaida ya kukua!" akamalizia hivyo, na kuwauliza kama wana swali la ziada. Ali alikuwa nayo mawili.

Nini kinasababisha mabadiliko?

Mwalimu Msemakweli akajibu, "Wanangu, mabadiliko wakati wa balehe husababishwa na homoni. Na kwa nyinyi wavulana homoni kuu inayoendesha mabadiliko haya ni testosterone. Homoni hizi kwa husababisha kasi ya ukuaji, mnaweza kujiskia mihemko ya ngono, kunakuwa pia na mabadiliko ya hisia na mabadiliko katika mwili kwa ujumla. Hapo sasa wanangu lazima muwe makini, msije mkajikuta mmeingia pabaya kwa kuziacha hisia ziwatawale."

Tutapata wapi ushauri wakati wa balehe?

"Wakati wa balehe wavulana mnaweza kutafuta taarifa mbalimbali na usaidizi kutoka kwa vyanzo mbalimbali kama vile watu wazima wanaoaminika kama vile wazazi, walezi au walimu wanaweza kutoa mwongozo, au wataalam kama vile madaktari au washauri nasaha. Lakini pia mkiwa na maswali zaidi, njooni mniulize." akamalizia Mwalimu.

Ali na Adenai walifurahi sana, wakamshukuru Mwalimu, wakaondoka huku wakitabasamu na kunong'onezana, "nilikwambia mimi, si unaona?"



KUMBUKA:

Ukibalehe sio lazima utoke ndevu, uwe na sauti ya besi, utanuke kifua, uote nywele za kifua au kwapani. Usidanganywe.

CHUKUA

HATUA:

Kwenye mkutano wa Fema Club fanyeni mjadala, nyote wasichana na wavulana, mada ikiwa ni kwa namna gani changamoto za balehe kwa wavulana zinaweza kujenga au kubomoa mahusiano miogoni mwa wanafunzi. Baada ya mjadala, ombeni nafasi ya kuwasilisha kwa shule nzima na mruhusu maswali. Mrejesho wa zoezi zima ni muhimu sana, msisahau kututumia.



Each one at own pace

NA MARY MBAGO

Meet Adenai, a thirteen-year-old boy. One day in the dormitory with his friend, Ali, they were chit chatting before going to bed. Ali, who is his dom mate, was talking about the changes happening on his body, and he had no one to talk to. Adenai was inexperienced, but he remembered that his mother had told him about the changes he would experience on his body. He listened to his friend calmly.

Ali told Adenai there were things happening to him that he couldn't understand. He said he had noticed that his voice had become so strange that sometimes he couldn't believe it was his. Then there was a strong unpleasant smell on him that he didn't like at all. "Is it possible that I have a problem?"

Adenai said to his friend, "Hmm, I don't think there is a problem, because my mother once gave me hints on puberty, she said such things can happen."

Mom said this...

"My son, some people may develop a deep voice and others may not, that should not worry you, because everyone grows in their own way. About beards, just know that many

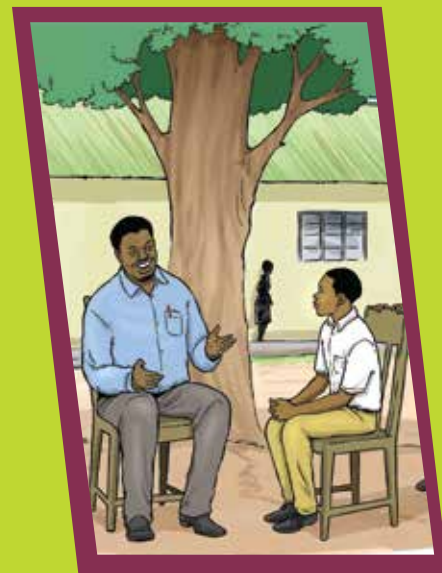
men get beards, but there are also those who don't. My son, you should be careful during puberty because it is a period when you also grow mentally."



Ali didn't get all the answers he needed, he said goodbye and went to sleep carrying many unanswered questions. Early morning the next day, Adenai followed him, "Ali, how about we go to the biology teacher and ask all our questions?" Ali agreed.

When they met the teacher...

"Good morning teacher," Adenai and Ali greeted the teacher as he sat under a tree shade. "Good morning my students, how can I



help you?" replied teacher Msemakweli. "I'm sorry teacher, we have a problem," said Ali. "Enhee, let me help you," the teacher encouraged them. "We have questions about puberty teacher," Adenai realized his friend was afraid, so opened up. The teacher was very happy that these young people were brave and open; most people don't have such courage. He set them straight.

He began by asking them if they knew anything about puberty in general. Adenai replied that his mother had told him briefly about it, and the teacher was eager to know what he knew. So he said that

"my mother told me that I would experience several changes, like, my voice changing, growth of hair in different parts of my body like armpit, chest, face and genital areas."

The teacher was happy, and told them that puberty is a stage of growth from childhood to adulthood, and it happens to a person during youth. He told them that a person may feel ashamed when they go through these changes, but it is a normal thing and every human goes through it. He opened the book he was holding in his hand, and showed them a page with a picture showing various changes during puberty. "You see now, as it shows here for boys

- You will experience changes such as increased growth rate in height and weight,
- Body shape: shoulders can be broad and muscles start to grow,
- Voice changes: the voice can get deeper and sometimes break in the process,
- Hair growth: hair grows in different parts of the body such as armpits, chest, face and private parts,
- Sometimes the skin changes: the

skin, especially of the face, can get oily and acne may appear, also the body produces strong-smelling sweat.

- In your genitals: the testicles and penis enlarge.
- Emotional changes: puberty can also bring about emotional changes due to hormonal fluctuations.

Those are some of the changes that can happen on your body, and remember that everyone goes through puberty in a different way and at their own pace, it's a normal part of growing up!" he concluded, and asked them if they had any additional questions. Ali had two.

What causes the changes?

Teacher Msemkweli replied, "My sons, changes during puberty are caused by hormones. And for you boys, the main hormone that drives these changes is testosterone. These hormones accelerate growth, can make you feel sexual urges, as well as emotional and general body changes. Now, my sons, you must be careful, lest you find yourself in a risky place just by letting your emotions dictate your actions."

Where can we get counseling during puberty?

"During puberty boys and girls can seek information and support from various sources such as trusted adults like parents, guardians or teachers, who can provide guidance, or experts such as doctors and counselors. But also if you have more questions, come and ask me." said the teacher.

Ali and Adenai were very happy, they thanked the teacher, and left smiling and whispering to each other, "You see? I told you!"



TAKE

ACTION:

At your Fema Club meeting, hold a discussion, together girls and boys, on the topic of how can puberty challenges for boys build or destroy relationships among students. After the discussion, ask for an opportunity to present to the whole school and allow questions. Send us feedback on how the entire exercise worked, it's important.



REMEMBER:

It is not a must that when puberty happens you will have beards on your chin, a deep voice, a muscular chest, hair on your chest or in your armpits. Don't be fooled.



RAFIKI WA DHATI

NG'AMBI MATONYA MAZENGO NA NYEMO NI MARAFIKI AMBAO WAMEKUWA PAMOJA TOKA SHULE YA MSINGI NA SASA WANASOMA KATIKA SHULE YA SEKONDARI MAENDELEO WAKIWA WAPO KIDATO CHA PILI. JE, URAFIKI HUU WA MUDA MREFU UNaweza UKAHIMILI RABSHA NA MISUKOSUKO YA MAISHA YA KILA SIKU HASA KUTOKANA NA KWAMBA WANAPITIA KATIKA KIPINDI CHA MABADILIKO, YA KIMWILI NA KIAKILI PIA? FUATILIA...





PHOTOSTORY



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

SIKU NYINGINE



HALAFU ULICHOFANYA NG'AMBI UNA JUA SIO POA?

NIMEFANYA NINI KWANI?

MATONYA KANIPA MKANDA MZIMA KUHUSU NYEMO NA SUALA LA HEDHI

AAAH WE NAE USINILETEE ZA KIKE KIKE



SIO HIVYO. YULE NI RAFIKI YETU MUOMBE MSAMAHA HALAFU CHA MUHIMU TUNATAKIWA KUJIFUNZA KUHUSU HEDHI ILI TUWE MSAADA KWAKE



HATA NIKI JIFUNZA, NITAKUWA MSAADA KWAKE KIVIPI?

HILO SWALI TUTAMUULIZA MWALIMU ATUSAIDIE

SIKU NYINGINE DARASANI



DARASA LA HEDHI SALAMA NI MAALUM KWA AJILI YA MABINTI KUJIFUNZA KUHUSU HEDHI SALAMA. HIVYO BASI NAOMBA MABINTI WOTE MSHIRIKI



HAYA CHANCE HII HAPA IME JITOKEZA

KAMA VIPI NA SISI TUOMBE KUSHIRIKI

HAINA SHIDA, NITAMUOMBA



SAMAHANI MWALIMU, TUNA OMBI

NAWASIKILIZA, OMBI GANI?



NA SISI TUNAOMBA KUSHIRIKI DARASA LA HEDHI

MNH!



MNASEMAJE?

*PICHA: RAPHAEL NYONI & CASTORY MUTAGABWA
 *UONGOZAJI: MARY MBAGO
 *WAIGIZAJI: NZUGUNI SEC FEMA CLUB
 *SHUKRANI: WALIMU WALEZI WA NZUGUNI SEC FEMA CLUB NA UONGOZI WOTE WA NZUGUNI SEC
 *HIGIZO HILI HALINA UHUSIANO NA MAISHA HALISI YA WAIGIZAJI



Mambo yalikuwa hiviii

Ngoja kwanza nianze kwa kuwamegea utamu wa nyuma ya pazia, kwa kigogo wanasema behind the scenes. Baasi bwana! Tulianza na mjadala kwa kuwauliza wavulana wanafahamu nini kuhusu hedhi na hedhi salama. Tukaomba wasichana watulie kwanza nao wasikie mtazamo wa wavulana. Waliweza kutulia basi? Wakataka kuingilia kati ili waweke mambo sawa lakini tukawasihi watulie, na muda wao ulipofika, waliweka mambo sawa kutoka katika mtazamo wao pia. Hatimaye wakaja na igizo hili ili kuendeleza mjadala zaidi.

Nilichojifunza

Haya sasa, turudi kwenye jukwaa kuu. Mmeonaje hili igizo? Mimi nilichojifunza hasa kutoka kwa kundi la kina Ng'ambi ni kwamba, sisi ni kaka na dada, hivyo basi tuna wajibu mkubwa sana wa kuheshimiana, kujaliana na hata kulindana ili kutengeneza mazingira salama ya kufukuzia ndoto zetu kielimu na hata kimaisha. Sijui nyie wenzangu kuna funzo gani kubwa ambalo mmelipata?

Umuhimu wa wavulana kujifunza kuhusu hedhi

Suala la hedhi linaonekana kuwa ni suala siri sana katika jamii ambalo halipaswi kuzungumziwa waziwazi, jambo ambalo limefanya wavulana wengi kubaki gizani na kuongeza kasi ya usambaaji wa mitazamo potofu kuhusiana na hedhi. Si unaona Mazengo, Matonya na Ng'ambi baada ya kutoka kwenye pindi bado walikuwa na mtazamo kwamba wanajifunza wapasue kwenye pepa tu na si kwamba jambo hilo lina umuhimu katika maisha yao.

Minong'ono naisikia!

Mnashangaa kwamba ufahamu kuhusu hedhi una umuhimu katika maisha ya mvulana? Ng'ambi yeye alitambua, ndio maana akaomba kujiunga na darasa la mafunzo maalum ya hedhi, kwasababu alifanya makosa, na hakutaka kuendelea kuyarudia. Tuna kitu cha kujifunza kutoka kwake.

Umuhimu ni kwamba

- Husaidia kuboresha mahusiano ya wavulana na wasichana kwa kufahamu sababu ya tofauti zetu za kibaiolojia.
- Wavulana kuwa msaada pindi msichana anapokuwa katika hedhi. Tunapaswa kufahamu kwamba wasichana waliobalehe wanapata hedhi lakini upataji wao wa hedhi haufanani, wengine hupata maumivu makali ya tumbo, wengine hunyong'onyea mwili, hivyo basi wavulana tunapaswa kuwa msaada kwa hali na mali ili kuwatengeneza wasichana mazingira ya hedhi salama.

Ukiaminiwa aminika

Ng'ambi aliaminiwa na Nyemo lakini akachukulia poa. Boys, hiyo haijakaa poa hata kidogo. Si mmeona jinsi ambavyo lilimuathiri Nyemo? Tunatakiwa kuheshimu privacy ya kila mtu. Ungekuwa sehemu ya photostory hii ungefurahi kucheza nafasi ya nani? Hebu tujadili.

Tusisahau kuwapashia Nzuguni Fema Club, haya pasha pasha pasha.... choma! Inatosha hiyo. Tulianza na maswali kwao na kwenu pia tunamaliza na swali; Ni vikwazo gani vinazuia Hedhi Salama na tufanye nini kuviondoa? Jadilini kwa pamoja!

Kisa cha Aurelia na Mwana wa Mfalme



Hapo zamani za kale kulikuwa na mji uliokuwa na watu wengi wenye utajiri wa vito na vitu vingine vya thamani. Mji huo ulikuwa kwenye kisiwa kilichomo kwenye bahari ya Wapendanao. Siku moja tetemeko kubwa lilitokea katika mji huo na kusababisha ardhi kumeza watu wote. Zimwi pamoja na binti mrembo aliyeitwa Aurelia walinusurika. Tetemeko hilo lilisababishwa na malkia wa majini mwenye kijicho aliyetaka aolewe na mwana wa mfalme.

Baada ya kukataliwa, malkia alisababisha tetemeko ambalo halikumuua kijana huyo bali lilisababisha mji kupotea. Aurelia alikuwa mtoto pekee kwa wazazi wake, alikuwa akijishibisha kwa matunda mawili ya komamanga ambayo yalikuwa yakitokea kila siku katika mti uliokuwa karibu na gofu alilokuwa akiishi. Zimwi lilikuwa likiishi mbali na binti huyo na hakuna aliyejua uwepo wa mwingine.

Asubuhi moja, Aurelia alishikwa na bumbuwazi kuona tunda la tatu katika mti wa mkomamanga na hakuelewa maana yake. Baada ya muda mfupi zimwi lenye pembe ndefu, meno manne marefu, kucha ndefu na manyoya mwili mzima, lilitokea kwa kishindo karibu na mahali alipokuwa amesimama Aurelia. Hapo ndipo paliposalia baada ya kasri lao kumezwa na ardhi. Kwa mshtuko na hofu kubwa ya kishindo hicho na ngurumo, Aurelia alipoteza fahamu na kuanguka. Zimwi lilimchukua aurelia hadi kwenye jumba lake. Ambapo lilimlaza kwenye kitanda kizuri likakaa pembeni yake likimuangalia. Uzuri wa Aurelia ulilifanya zimwi lizame kwenye mahaba mazito kwa siku nzima na kusahau kabisa kuwa Aurelia atazinduka wakati wowote. Wakati likiwa kwenye raha ya kupata binti, ghafla Aurelia alizinduka usingizini. Aurelia alipofungua macho alijikuta akitazamana na zimwi ana kwa ana. Alipiga yowe kuomba msaada kisha akazimia tena.

Usiku wakiwa wamelala, ulitokea upepo mkali ulioleta vumbi jingi na giza nene. Aurelia akihofia kuwapo kwa tetemeko alitoka chumbani akaelekea kwenye chumba cha zimwi. Baada ya muda mfupi, kupitia dirishani, kwa mbali aliona mji wa kwao unawake taa za rangi nyingi. Ghafla Aurelia aligeuka na kulirukia zimwi. Akalikumbatia na kulibusu kwa shukrani. Kwa kitendo hicho zimwi lilibadilika na kuwa kijana mzuri mwenye miraba minne aliyefanana na mwana wa mfalme. Aurelia alifurahi kumuona kijana wa ndoto yake siku hiyo. Kijana huyo akasema, "mimi ninaitwa Mabula ni Mwana wa Mfalme, ninashukuru sana kwa kuniokoa kutoka katika hali ya uzimwi wewe ni mke niliyekusubiri siku nyingi sana, kesho tutakwenda kwa wazazi." Kulipokucha walikwenda kwa mfalme, walikaribishwa vizuri kila mmoja akasimulia mkasa wake uliomkuta, pamoja na mji uliowaokoa. Kutokana na furaha hiyo, mfalme alipiga mbiu kuwaita watu wote na kuwaelezea, jinsi Mabula na Aurelia walivyowaokoa. Mabula na Aurelia wakaamua kuoana, na mfalme akawafanyia sherehe nzuri isiyona kifani. Wakaishi kwa raha mustarehe.

EDINA MABALA MAWE
TWAZEZA FEMA CLUB, SHISHIYU SEKONDARI
S.L.P 95
MASWA - SIMIYU

Una hadithi uliyotunga mwenyewe?

email: info@feminahip.or.tz
(kwenye subject andika
UTAM KOLEA)

Hadithi isiyozidi
maneno 350





Ndoto, Shinikizo Na Chaguo

NA SUMAIYA KARIM

Kijiji kidogo kiitwacho Charumbaga kilikuwa kimefikumbatia jua linalochomoza - kijana aliyeitwa Juma. Kijana huyu alikuwa na ndoto ya kuwa mhandisi wa umeme, lakini changamoto za kifedha zilikuwa kama mawimbi makali yanayoyumbayumba kati yake na ndoto zake. Juma akiwa kidato cha pili katika Shule ya Sekondari Mwendapole, pamoja na hali ngumu ya kiuchumi nyumbani kwao, hakukata tamaa.

"Ni vizuri umerudi kutoka shule," mama Juma alisema baada ya kumuona akichomoza kwenye uchochoro uliojaa nyasi wa kuelekea kwenye nyumba yao. "Ni nyakati ngumu mwanangu, maliza tu shule uje kutusaidia wazazi wako." Wakaketi chini na kuendelea kuongea.

Umakini wa Juma, hata hivyo, ulikuwa umegawanyika kati ya mazungumzo aliyokuwa nayo na mama yake na haja ya kubadili nguo chap atoke. Muda mfupi baadae alikuwa mtaani akitafuta vijikazi ili apate pesa aweze kuchangia mahitaji ya nyumbani. Siku zake nyingi zilimalizika hivyo.

Nuru ya maarifa

Siku moja Juma akakutana na mama mtu mzima aliyeitwa Mwalimu Shara. Alikuwa ni mwalimu mstaafu na mwenye hekima nyingi. Aliwahi kufundisha katika shuleni kwa Juma. Wawili hao walizungumza kwa muda mrefu, Juma akamweleza ndoto zake na changamoto za kifedha alizokuwa akikabiliana nazo. Majibu ya Mwalimu Shara yalijumuisha ushauri muhimu - umuhimu wa elimu ya mambo ya kifedha.



TIRIRIKA

SWALI:

Unafikiri matatizo ya kiuchumi yanamuathiri vipi mtoto wa kiume?



Stella Julius John
(Buigiri Secondary School)

Pale mtoto wa kiume akiwa na shida ya pesa anaona ni bora kwenda kujiingiza kwenye makundi mabaya ili aweze kupunguza stress alizonazo kiuchumi kumbe ndo anakua anapotea bila yeye kujua.



Anna Clement
(Ujana Salama Champion)

Anaweza kuingia kwenye makundi hatarishi kama vile ya wavuta bangi na kunywa pombe pia kupelea kuwa mwizi.



Jasimin Boniphace Murundi
(Chamwino Secondary schoSI)

Yanaweza ya kamsababisha mtoto kuacha shule na kuingia kwenye makundi ya kigaidi.

"Unajua kijana wangu," alisema Mwalimu Shara kwa upole, "kujifunza jinsi ya kutumia, kusimamia, na kutunza pesa ni muhimu ili kufikia ndoto zako. Ukielewa jinsi ya kuweka akiba, kuwekeza, na kufanya maamuzi sahihi ya kifedha, unaweza kufungua mlango wa mafanikio kifedha."

"Lakini Mwalimu kuweka akiba itachukua muda mrefu, na familia yangu inanihitaji niwasaidie kupata pesa, juzi niligombana na baba kuhusu kuendelea na shule wakati mwenzangu Kijino aliacha shule na kuwa dereva wa bodaboda ili kumsaidia familia yake," Juma alijibu kwa masikitiko makubwa.

Mwalimu Shara akadakia, "umewahi kuisikia methali ya kiingereza 'slow and steady wins the race'? (maana yake fanya bila kuchoka, hata kama utachelewa, utafika). Usikate tamaa, endelea kujifunza na fanya unayoyaweza kwa sasa. Huko siku za usoni, utakapotimiza malengo yako, familia yako itakuwa na furaha zaidi kuliko walivyo leo."



Hatua ya kwanza

Maneno ya Mwalimu Shara yalimshawishi Juma kuanza kujifunza. Alianza kutafuta vitabu vya elimu ya fedha (unai-kumbuka Fema toleo namba 57? Hakikisha unaisoma tena. Tuanzie hapo). Juma alizama katika kusoma kuhusu kuweka akiba, hata kama ni kidogo, kuwekeza katika mawazo mazuri na jinsi ya kuanzisha biashara ndogo ndogo. Kila ukurasa alioufungua uliongeza maarifa yake na kuchochea ndoto zake.

Zaidi ya hayo, aliendelea kufanya kazi za ziada na hata kusaidia majirani, ili tu kutengeneza mapato ya ziada. Ingawa alikuwa na changamoto, alijitahidi kuwa na nidhamu katika matumizi yake na kuweka akiba ili kufikia malengo yake.

Nguvu ya Ushirikiano

Muda mfupi baadaye, Juma alikutana na rafiki yake wa karibu, Kadiria. Baada ya kuzungumzia ndoto na changamoto zao, mazungumzo hayo yakampa Kadiria hamasa, akaonesha nia ya kujifunza kuhusu elimu ya mambo ya kifedha pamoja na Juma.

Vijana hawa walianza kujifunza pamoja, kubadilishana mawazo na kushirikiana katika masomo yao. Walipata fursa ya kuhudhuria semina na warsha za mambo ya kifedha katika kituo Kata. Kwa pamoja, wakakuza uelewa wao wa jinsi ya kusimamia pesa kwa busara na kutengeneza mipango ya kifedha.

"Unawaona hao wawili," alisema mshikaji mmoja wa kundi la wavulana shuleni, akimaanisha Juma na Kadiria, "Wana shida gani? Wanajifanya hawana pesa za kuungana nasi kwenye pool table, lakini tunawaona wakifanya kazi mitaani."

"Waache. Wana jambo lao, twen'zetu," alisema rafiki mwingine, wakaondoka na wenzao wengine wanne. Juma na Kadiria kwa upande mwingine, walikuwa njiani kwenda kwa Mwalimu Shara kwenye mkutano wa kupewa ushauri zaidi.

Matokeo ya Ujasiri

Baada ya muda, juhudi za Juma na Kadiria ziliza matunda. Walianzisha biashara ndogo ndogo, waliwekeza katika miradi midogo, na wakaanza kupata mapato ya kutosha. Kila mmoja wao alitambua kwamba elimu ya mambo ya kifedha ndiyo ufunguo wa mafanikio waliyoyapata.



Sasa, Juma na Kadiria ni mfano wa kuigwa kijijini. Wamekuwa mfano wa jinsi ujasiri, ujuzi wa kifedha, na ushirikiano unavyoweza kushinda vikwazo vya changamoto za kifedha. Kwa pamoja, walizindua mpango wa mafunzo ya elimu ya mambo ya kifedha ili kuwajengea wezesha wenzao uwezo na kuwapa fursa ya kujifunza jinsi ya kusimamia fedha.

Kuwa Chachu ya Mabadiliko

Simulizi hii ya Juma na Kadiria inadhihirisha kwamba hata katika mazingira ni magumu, elimu ya mambo ya kifedha, ujasiri na ushirikiano vinaweza kuwa mwanga wa matumaini. Kwa vijana wote wa Kitanzania, safari ya kuzishinda na changamoto za kifedha inawezekana.

Kupitia kujifunza, kufanya kazi kwa bidii, na kusaidiana, unaweza kuwa kichocheo cha mabadiliko katika maisha yako na jamii yako. Ukiwa kijana ambaye anafuata ndoto zake kwa ujasiri kwa kutumia maarifa ya kifedha na kushirikiana na wenzake, unaweza kujinasua kutoka kwenye minyororo ya changamoto za kifedha.

CHUKUA

HATUA

Umempenda nani zaidi katika simulizi hii? Kwa nini? Waulize rafiki zako katika kikundi, mjadili kila mmoja amempenda nani kwenye simulizi, na mtafanya nini baada ya kuisoma simulizi hii. Tushirikishe, sisi na wengine.



Kumbuka:

Safari ya mafanikio huanza kwa hatua ndogo, lakini inaweza kuzaa matunda makubwa.

Dreams, pressure and choice

BY SUMAIYA KARIM

A small village called Charumbaga was embracing the rising sun - a young man named Juma. This young man had a dream to become an electrical engineer, but financial challenges were like strong waves wavering between him and his dreams. When Juma was in Form Two at Mwendapole Secondary School, despite the difficult economic situation at home, he did not give up.

"It's good that you're back from school," Juma's mother said when she saw him emerge from an alley full of grass leading to their house. Times are tough, my son, I can't wait for you to finish school and help us, your parents." They sat down and continued talking.

Juma's attention, however, was divided between the conversation he was having with his mother and the need to quickly change into home clothes then dash out. In a few moments he was on his way to find odd jobs to earn money so he could contribute to whatever was needed at home. Most of his days ended like that.

The Light of Knowledge

One day, Juma met an old woman named Mwalimu Shara. She was a retired teacher and possessed a wealth of wisdom. She once taught at Juma's school. The two talked for a long time, during which Juma shared his dreams and the financial challenges he was facing. Mwalimu Shara's response included a key advice - the need for financial education. "You know kijana wangu," said Mwalimu Shara gently, "learning how to use, manage, and save money is crucial for achieving your dreams. By understanding how to save, invest, and make the right financial decisions, you can open the door to financial success." "But Mwalimu, saving will take a long time, and my family needs me to help them earn money. The other day, my father argued with me about continuing with school when my colleague, Kijino, dropped out and became a bodaboda driver to support his family," Juma replied with great sadness.

Mwalimu Shara interjected, "ever heard of the proverb 'slow and steady wins the race'? Don't give up. Keep learning and do what you can for now. In future, when you achieve your goals, your family will be even happier than they are today."

Step One

Mwalimu Shara's words convinced Juma to start learning. He began looking for books on financial education (do you remember Fema magazine issue no. 57? Make sure you read it and let's start there). Juma delved into reading about saving, however little you have, investing in good ideas and how to start small businesses. Every page he turned added to his knowledge and fueled his dreams. Furthermore, he continued to work extra jobs and even helped neighbors, just to earn additional income. Although challenging, he endeavored to be disciplined in his spending and saving habits to achieve his goals.

The Power of Collaboration

Soon after, Juma met his close friend, Kadiria. After discussing their dreams and challenges, inspired by their conversation, Kadiria expressed a desire to learn about financial education alongside Juma. These young people began to learn together, exchanging ideas and collaborating in their studies. They had the opportunity to attend financial seminars and workshops at their Ward centre. Together, they developed a better understanding of how to manage money wisely and create financial plans. "You see those two," said one guy in the boys' group at school, referring to Juma and Kadiria, "What is wrong with them? They act like they don't have money to join us at the pool table, but we see them working on the streets."

TAKE ACTION:

Who is your favourite person in this story? Why? Ask your friends in a group to discuss each one's favourite person in the story, and what you will do after reading this story. Share with us and others.

"Leave them be. They're up to something. Let's go," said another friend, and they left with four other colleagues. Juma and Kadiria on the other hand, were headed for their guidance session with Mwalimu Shara.

Results of Courage

After some time, Juma and Kadiria's efforts bore fruit. They initiated small businesses, invested in small projects, and started to earn a steady income. Each of them realized that financial education was the key to achievement they had attained.

Now, Juma and Kadiria are role models in the village. They have become examples of how courage, financial knowledge, and cooperation can overcome the barriers of financial challenges. Together, they launched a financial education training program to empower their peers and provide them with the opportunity to learn how to manage money.

Be the Catalyst for Change

The story of Juma and Kadiria demonstrates that even in challenging circumstances, financial education, courage, and cooperation can be a beacon of hope. For all Tanzanian youth, the journey to overcome financial challenges is attainable.

Through learning, hard work, and mutual support, you can be a catalyst for change in your life and your community. As a young person who confidently pursues their dreams using financial knowledge and collaborates with peers, you can break free from the chains of financial challenges.



REMEMBER:

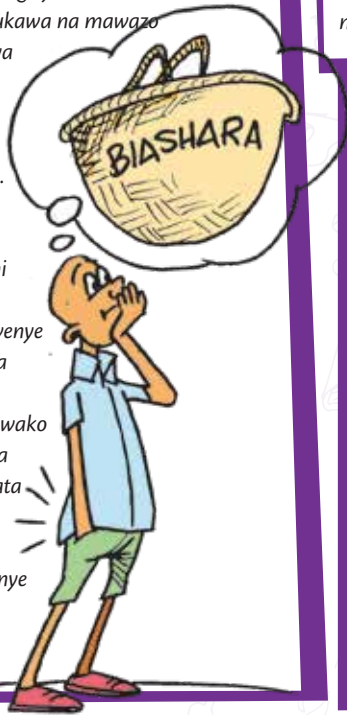
The journey to success starts with small steps but can bear great fruits.

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, mtaalam wetu wa masuala ya ujasiriamali!

Habari Anko Pesa? Mimi naitwa Kibo kutoka Lindi. Swali langu ni hili, mm nahitaji kufanya biashara ambayo itaweza kuniingizia kipato cha kukidhi mahitaji yangu lakini nina mtaji mdogo, je nifanyeje?

Habari ni njema Kibo. Hongera kwa ujasiri wa kutamani kufanya biashara, kiuhalisia hakuna mtaji mdogo kwenye biashara, unachopaswa kufahamu ni kuanza na kidogo ulichonacho huku ukiwa na malengo ya kukua na kuongezeka zaidi. Ni vyema pia ukawa na mawazo makubwa kuliko kutafuta pesa ya kukidhi mahitaji yako. Fanya tathmini kujua biashara gani ambayo unaweza kuifanya kwa mtaji mdogo na yenye faida. Kama ni biashara ya mali zinazooza haraka (perishables) kama vile mboga na matunda, ni vyema ukawa makini na kujihakikishia uhitaji wa soko kwenye bidhaa yako. Fikiria pia kuongeza thamani kwenye biashara yako kutegemea na uhitaji wa wateja wako mfano, badala ya kusubiri wateja unaweza kuzunguka na kuwafuata wateja majumbani mwao na kuomba uwe unawapeleka kila siku. Unaweza pia ukaweka kwenye vifungashio vya ukubwa tofauti ukauza kwa bei tofauti tofauti. Zingatia usafi.



Mpendwa Anko Pesa nna visenti flan ivi lakn sion biashara ya kufanya, npo kijijini nimemaliza 4m 4 mwaka jana lakini nna ndoto kubwa ya kuwa tajiri kupitia biashara. Naitwa Toney, Ushetu Shinyanga, miaka 19. Naomb ushauri nifanye biashara gani ya kuniingizia faida kwa haraka.

Habari Toney? Nimependa kwa namna ulivyo na ndoto kubwa ya kufanikiwa kibiashara. Mafanikio makubwa katika biashara hayahitaji kuwa na kiu ya kupata mafanikio ya haraka. Kazi ya mjasiriamali ni kuwa na uwezo wa kubadilisha changamoto kuwa fursa. Ni vyema ukafanya utafiti katika eneo unaloishi ili kubaini changamoto zilizopo na kisha kuja na masuluhisho yatakayoinufaisha jamii yako, na pia kuingizia kipato. Kwa mfano, kama kijijini kwako kuna uhaba wa maji, unaweza kununua mkokoteni au guta la kubebea maji na kuwasaidia wanajamii kupata huduma hiyo kwa ukaribu na uharaka zaidi.



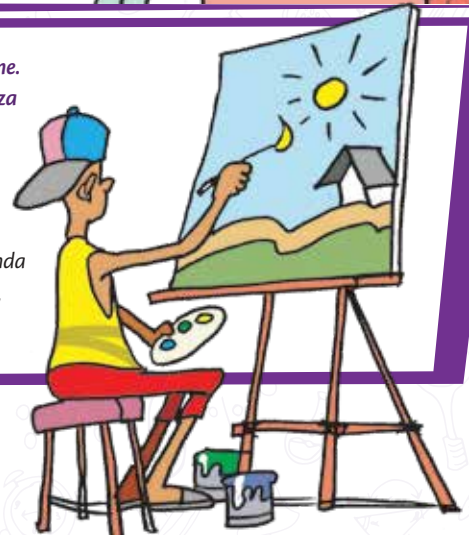
Shikamoo Anko Pesa. Swali langu mimi ni mwanafunzi wa shule ya sekondari Ngongo, ila sipendi kazi yangu niipate kwenye elimu, mimi napenda sana niwe mchezaji mkubwa na kipaji ninacho, sasa nifanyeje maana ninasoma.

Marhabaa! Hongera sana kwa kutambua kipaji chako mapema na ukiongeza juhudi na kuonekana itakusaidia kupata msaada unaohitaji ili kufanikiwa zaidi. Lakini pia usiache shule; elimu ya darasani na kijana kukua katika mazingira ya shule kuna mchango mkubwa katika maisha. Shiriki michezo ya shule na mashindano ya mtaani, na ukiweka nia ukafanya kwa kiwango watu sahihi watakuona tu.



Anko pesa pole kwa kazi. Kwa majina ninaitwa Fily Nanyamba, Mtwara, nasoma kidato cha nne. Mimi ndoto yangu kubwa ni kuendeleza sanaa yangu ya uchoraji, je nitumie njia gani kuendeleza kipaji changu?

Ahsante sana Fily. Hongera kwa kugundua kipaji chako katika sanaa ya uchoraji. Namna bora ya kuendeleza kipaji chako ni kuendelea kufanya mazoezi zaidi na zaidi ili uweze kuwa bora. Mtafuute mchoraji mahiri aliyekaribu na wewe umuombe awe mlezi kiongozi (mentor) wako. Unaweza kwenda pia Youtube, kutumia mifumo mtandao kama Adobe Illustrator, Adobe photoshop, Inkscape, GIMP, Krita, Sketchbook na nyinginezo ili kuboresha na kuendeleza kipaji chako. Ni muhimu pia kuweka mkakati wa kuuza kazi zako na kugeuza kipaji chako kuwa biashara.



Habari yako Anko Pesa? Mimi ni msichana mwenye umri wa miaka 23. Niliwahi kujishughulisha na biashara ya mtumba, nilienda vema ila nilianguka kila mara kimtaji nikabaini biashara ya balo za mtumba haina tofauti na mtu anaacheza bahati nasibu kwasababu nilikuwa nanunua kwa bei kubwa bila kujua zaidi ubora wa kilichopo ndani, nikafanya uchunguzi nikaona sio mimi tu niliyefeli kwa kosa kutokujua kilichomo ndani, nikaachana na biashara biashara kwasababu sikuwa na mtaji wa kujikwamua tena. Ila kwa sasa nina uwezo wa kufanya angalau biashara ya laki tatu. Nisaidie mawazo Anko.

Habari ni nzuri. Hongera sana kwa uthubutu wa kufanya biashara. Ni ukweli kabisa, kufanya biashara yoyote bila kuwa na mkakati sahihi ni kama bahati nasibu. Kabla ya kuanza biashara mpya ni vyema ukafanya tathmini ya nini kilisababisha biashara yako ikaanguka, ukishabaini mapungufu ni rahisi kuja na mkakati sahihi wa kukabiliana na changamoto hizo ili ufanye vizuri zaidi. Fahamu kuwa biashara inaanzia kwenye manunuzi ya malighafi au bidhaa ambazo unaenda kuziua. Ni vyema pia kujifunza kwa wafanyabiashara wengine waliofanikiwa katika ununuzi na uuzaji wao. Ni hatari kununua bidhaa ambayo hujui ubora wake. Unaweza kuja na mbinu bora ya kukusaidia kupata bidhaa bora mfano, kujenga uhusiano mzuri na anaekuuzia mzigo ili akupatie bidhaa bora kulingana na mahitaji yako. Kama utatamani kufanya biashara nyingine kwa mtaji wa laki tatu, jitahidi usiwekeze pesa yote kwenye hiyo biashara. Tuchukulie ni biashara ya vitafunwa, ni heri ukaanza na vichache, kwa mfano unataka kuuza mihogo ya kukaanga, maandazi, chapati, vitumbua na supu, anza kidogo kidogo, halafu utaongeza kulingana na mtaji unavyokua na soko linavyoitikia.



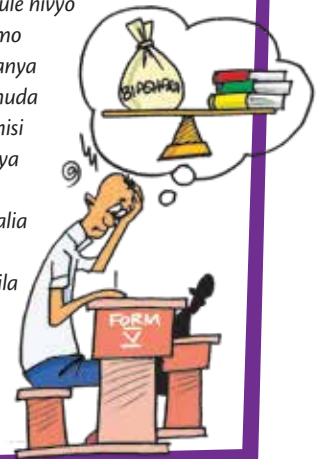
Shikamoo anko pesa mimi ni mwanafuzi wa kidato cha tatu nina matatizo ya usikivu haffu ndoto yangu ni kuwa mwigizaji lkn sijui pakuanzia nakila ninapoeleza malengo yangu wezangu hunikatisha tamaa kwa kusema mtu mwenyewe husikii vizuri utasikiaje.

Marahaba! Hongera kwa kuwa na kipaji na kwa kutambua. Kwanza usikubali mtu akukatishe ndoto yako au kukufanya ujiskie vibaya. Hata wanapokusema waoneshe kwamba ni kipaji kiko moyoni na unatamani kufanikiwa. Unapokuwa shuleni kuna fursa mbalimbali za kuigiza ndani na nje ya shule, nakushauri zitumie vizuri ili watu wajue kipaji chako. Vile vile wekeza kujifunza maarifa mbalimbali yanayohusu sanaa ya uigizaji ili uweze kuwa bora katika eneo hilo. Tafuta fursa za kujitolea mahali ambapo unajua kipaji chako kinaweza kuonekana, fanya vizuri watu wakuone. Unaweza kuwafollow wasanii wakubwa kwenye mitandao na ukawaomba wakupae mwongozo wa kufanya vizuri zaidi.



Habari Anko Pesa? Asante sana kwa elimu unayotupatia, kiukweli inatusaidia sana. Naomba kuuliza, hivi ni aina zipi za biashara ambazo mwanafunzi (wa kidato cha tano) anaweza kuzifanya ili ajiwekee akiba yake huku akiwa masomoni. Habari ni nzuri.

Ahsante kwa kushukuru na nikupongeze sana kwa kuendelea na masomo huku ukitamani pia kuwa na akiba yako. Hiyo ni tabia moja ambayo vijana wengi hawana. Kuna faida nyingi unaweza kuzipata ukiwa ni mtu wa kuanza kujenga tabia ya kuweka akiba katika umri mdogo. Shule nyingi hazina utaratibu wa kuruhusu wanafunzi kufanya biashara ndani ya shule hivyo ni vyema ukaweka mkazo kwenye masomo uwapo shuleni na kujaribu kujifunza kufanya biashara wakati wa likizo au baada ya muda wa masomo kuisha, ili usije punguza ufanisi wako katika masomo. Biashara za kufanya wakati wa likizo au wakati wa muda wa baada ya masomo zipo nyingi lakini angalia ni bidhaa gani zinaweza kutoka haraka, ambazo unaweza kuhifadhi nyumbani bila kuharibika. Au unaweza kujiunga na wenzako ambao walishamaliza shule, mkaunganisha mtaji kisha wewe ukawa unashiriki muda unaporuhusu.

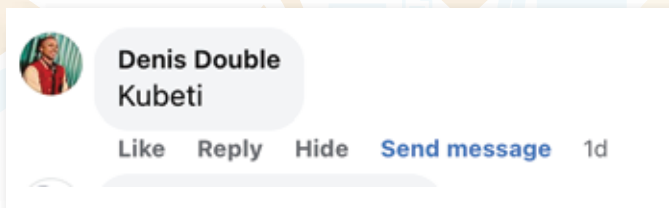
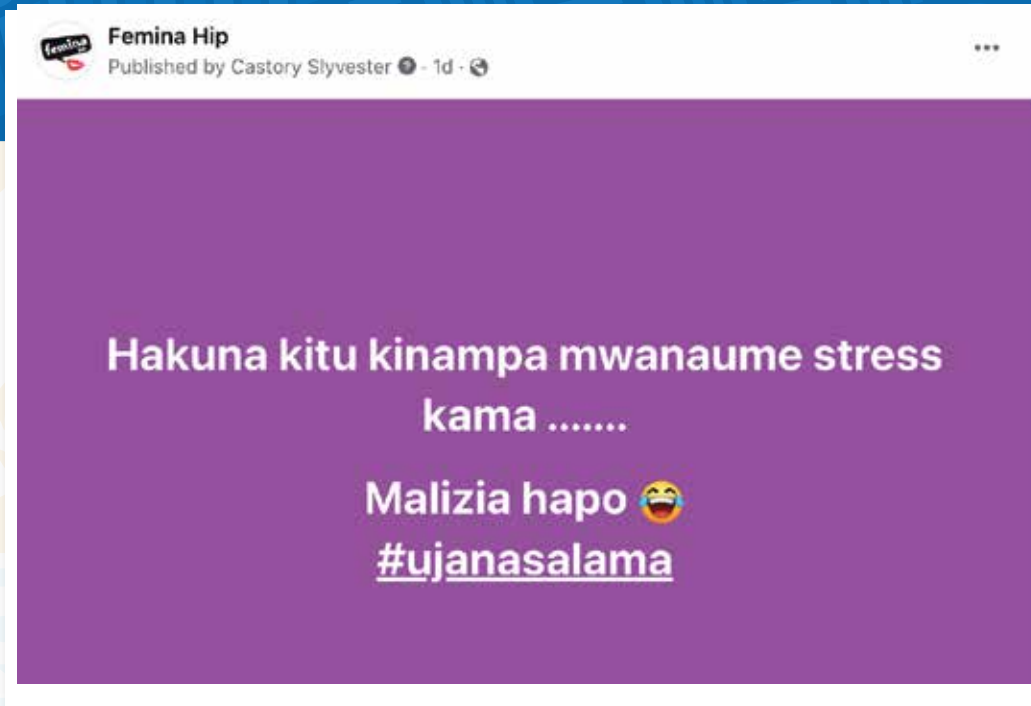


SEMA NA FEMA



Je unajua mitandao ya kijamii saa hivi ni uwanja wa kujidai na mawazo yetu, basi kwenye pitapita zetu tukaona tushare picha na swali kidogo .

Watu wakaona sio mbaya wakitiririke na mawazo yao. Usisahau kubonyeza button ya kufollow na kulike page zetu jina ni moja tu @feminahip



Most Relevant is selected, so some replies may have been filtered out.

Zakaria Mwakyembe
Kukosa mda wa kuangalia mpira

Like Reply Hide Send message 1d

Man Kayombo
Mambo mengi asee;
Kubwa ni kuwa mbali na Mungu

Like Reply Hide Send message 1d

Most Relevant is selected, so some comments may have been filtered out.

Like Reply 1d

Top fan

Amiri Kijazi
Kama kujipata katika maisha

Like Reply Hide Send message 1d

Author

Femina Hip
Amiri Kijazi kabisa

Like Reply 1d

Michael Mndeme
Kukosea mara mbili.. kosa n kosa ila sio kurudia kosa.

Like Reply Hide Send message 1d

Like Reply 1d

Desdel Nyamiti Desdel
Kuwa na hali ngumu kiuchumi wakati huo wewe ndo first born

Like Reply Hide Send message 1d

Author

Femina Hip
Desdel Nyamiti Desdel daah sio poa

Like Reply 1d

Like Reply 1d

Kalisto Mapunda
Kula hela ya Kanisa na hujui kwa kupata wakati huohuo wamemtuma mzee wa kanisa kujua kuchukua kwaajili ya kutoa zawad kwa mchungaji au padre

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Author

Femina Hip
Kalisto Mapunda

Like Reply 1d



NIMEMAKINIKA

Sitaisahau siku ambayo nilipigiwa simu, nikaambiwa unaitwa kwenye mafunzo Dodoma mjini! Niliitwa kujifunza kitu ambacho nilikuwa nakitamani sana tangu nikiwa sekondari. Fastaa, nilifunga mizigo, nikatinga kwenye basi, huyoo, mjini! Zilikuwa siku saba nzuri sana.

Ninaitwa Amani Gideoni Mkasanga. Huku mtaani kwetu wananiita kaka Amani, au mwelimishaji. Nilizaliwa mwaka 1997 kijijini Dabalo, wilayani Chamwino, Dodoma. Mimi ni wa pili kuzaliwa kwenye familia ya watoto watano. Shughuli zangu kubwa ni kilimo, hapa hapa kijijini, lakini natarajia kwamba muda si mrefu mapato yangu kutoka shambani yatanipa mtaji wa kufungua duka la nguo. Napenda kuvaa vizuri, na najua wapo wengi kama mimi, ila wakitaka kupendeza inabidi wafuate nguo mjini, ni mbali.

SMARTER, I HAVE BECOME

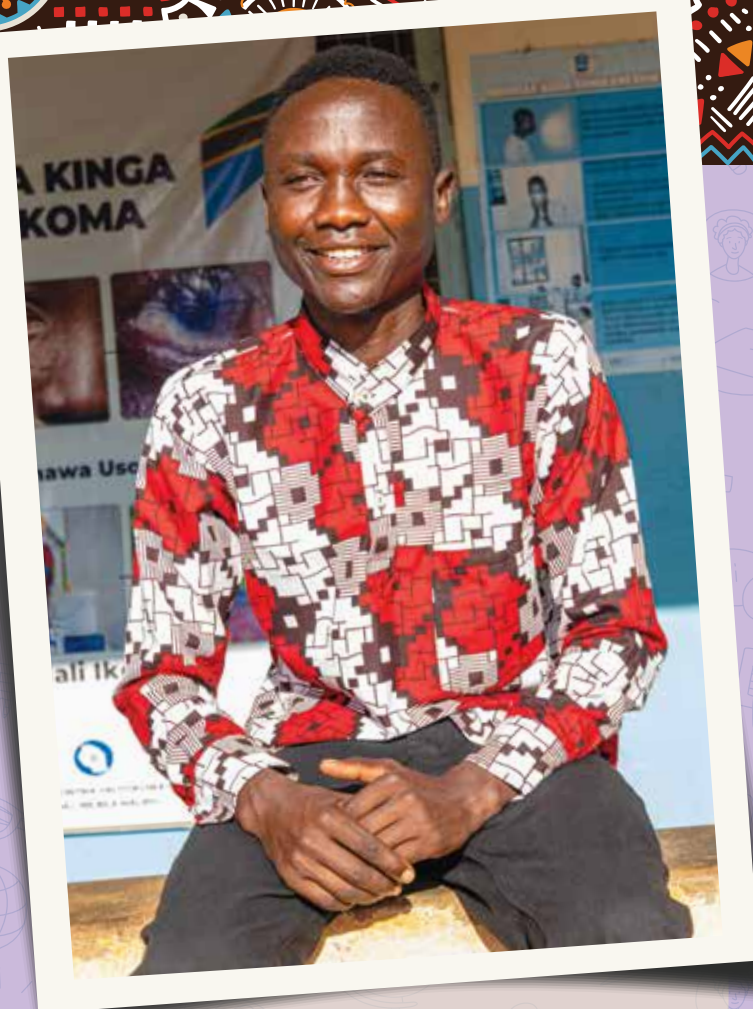
I will never forget the day I got a phone call and was told that am invited to attend a training in Dodoma town! I was going to learn something that I had longed for since I was in secondary school. I quickly packed my bags, got on the bus, and on the way to the city I was! It was a wonderful seven days.

My name is Amani Gideoni Mkasanga. In my neighbourhood they call me kaka Amani, or the educator. I was born in 1997 in Dabalo village, Chamwino district, Dodoma. I am the second born in a family of five children. My main activity is agriculture, here in the village, but I expect that soon my income from the farm will give me the capital to open a clothing store. I like to dress well, and I know there are many others like me, but if they want to look good, they have to go to the city to buy clothes, it's far.



Nilihitimu elimu ya sekondari mwaka 2017, lakini sikuweza kuendelea kidato cha tano. Nikatafuta kazi za hapa na pale huku nikifanya kilimo pia. Wakati niko kwenye hayo ndio ikaja hiyo simu. Nilipigiwa na shirika la KIWOHEDE, nikaambiwa tumeitwa vijana ili tukafundishwe juu ya afya ya uzazi na baada ya hapo tufanye uelimishaji kwa vijana wenzetu. Furaha yangu ilikuwa haielezeki, maana nilikuwa nauona umuhimu wa vijana kuongea na vijana wenzao juu ya maisha, kwasababu mara nyingi sisi wadogo hatupendi kufunguka kwa wakubwa.

Basi bwana kuanzia huo mwaka 2019 mpaka leo mimi ni mwelimishaji rika, naipenda sana hii kazi, inaniwezesha kuitumikia jamii yangu, kuwawezesha vijana wenzangu katika maeneo ya kujitambua, kuweka malengo, kuepuka tabia hatarishi na mwisho wa siku kujenga jamii iliyo bora. Kwenye mafunzo tulienda wawili kutoka hapa Dabalo, lakini mpaka sasa tumeshawawezesha na wengine ambao sasa tunasaidiana.



I completed secondary education in 2017, but I could not continue to form five. I looked for jobs here and there while doing farming as well. It was during that time when I received that call. It came from an organisation called KIWOHEDE. They were inviting young people to learn reproductive health so that we can in turn educate our fellow young people. My happiness was indescribable, because I could see the importance of young people talking to their peers about life, because often we younger people don't like to open up to older people.

So, yeah, I have been a peer educator since , 2019. I really like this engagement; it enables me to serve my community, empower my peers in the areas of self-awareness, setting goals, avoiding risky behaviors and eventually building a better society. Two of us went to the training from Dabalo, but we have now trained others to the capacity of becoming peer educators and we are doing this together.



Halafu niwaambie kitu, hii shughuli ina mzuka sana, maana kadri ninavyowafundisha wengine ndivyo na mimi ninavyojifunza zaidi, naimarika zaidi. Kwa mfano, mimi najua siku nikiwa na familia yangu nitakuwa baba bora sana, na nitakuwa mume bora sana - kwasababu ninatambua faida za kupanga uzazi, kujilinda na maambukizi, usawa wa kijinsia, wajibu wa wazazi kwa watoto, wajibu wa watoto kwa wazazi na nayazingatia sana hayo.

Hapa sijaoa, wala sina mtoto, lakini nimejiandaa. Najua mtoto wangu atalelewaje, akiwa wa kike nitafurahi sana, maana sisi kwetu tumezaliwa wavulana tupu. Na mwanangu wa kike atakuwa na uwezo wa kuzungumza na baba yake na mama yake. Muda ukifika nitaongea na mwenzangu tupange uzazi vizuri ili tuwe na familia ambayo tunaweza kuitunza vizuri.

Stori ya maisha yangu sio ndefu sana kwa sasa, bado najenga. Lakini kwa sasa napenda kuwaacha na mambo haya matano:



And let me tell you something, this activity is very exciting because the more I teach others the more I learn, the stronger I become. For example, I know that one day when I have my family, I will be a very good father, and I will be a very good husband - because I recognize the benefits of family planning, protection against infection, gender equality, the responsibility of parents to children, the responsibility of children to parents, and I pay close attention to that.

I am not married yet, nor do I have a child, but I am prepared; I know how my child will be raised, if it is a girl I will be very happy, because I come from a family of only boys. And my daughter will be able to talk to her father and mother. When the time comes, I will talk to my partner so that we plan our family aiming to have a family that we can properly take care of well.

Story of my life is not very long at the moment, I'm still building it. But for now I'd like to leave you with these five things:





Cha kwanza; tumia njia za uzazi wa mpango, najua wavulana wenzangu mnapenda zana, ni kinga nzuri, lakini pia tuwape wenzetu ushirikiano ili watumie na wao zile njia nyingine. Njia hizi zinasaidia tusipate watoto ambao hatukupanga kuwaleta duniani, halafu zinalinda afya ya mama ili asipate watoto mfululizo na kudhoofika.

Cha pili; Kabla haujaanza kutengeneza familia jipange, unataka kupata watoto wangapi, umejiandaaje kuwapa wanachokihitaji? Na je wewe na mwenzako mmezungumza mkakubaliana? Kujipanga ni muhimu sana.

Cha tatu; Tabia ya kuwa na wapenzi wengi ni hatari. Kwanza itakuumiza kiuchumi maana utahudumia sehemu nyingi, lakini pia kiafya unajiweka hatarini, unaweza kuambukizwa au kuambukiza magonjwa mbalimbali. Hii sio poa, tuikemee.

Cha nne; Fanya shughuli ambayo itakupeleka mbele, wekeza, usipende kuwa na hela ya kula tu, yaani kila siku unanza upya. Hapo maendeleo hakuna.

Cha tano; Tusifuuate mkumbo. Tufanye mambo kwa malengo na kwa muda sahihi. Kuna muda utafika familia zetu zitaanza kututegemea, bila malengo tutakwama.

Basi hayo ndio yangu, mkipata muda karibuni Dabalo, napenda kukutana na marafiki wapya, hasa wale wanaopenda kuitumikia jamii yao. Natamani kazi tunayoifanya kijijini kwetu ifanyike sehemu nyingi zaidi, maana vijana tuna mambo mengi, uaminifu kwenye mahusiano ni mdogo. Kuna maswali kwani?

One; use contraceptive methods, I know my fellow boys prefer condom, it is good protection, but we should also support our partners to use the other methods as well. These methods help us not to have children that we did not plan to bring into the world, and then they protect the mother's health so that she does not have back to back children and fall weak.

Two; Before you start a family, plan; how many children do you want to have, how are you prepared to give them what they need? And have you and your partner talked and agreed? Planning is very important.

Three; This habit of having many lovers is dangerous. First, it will hurt you economically because you will be distributing widely, but also health wise you are putting yourself at risk, you can be infected with various diseases or you can infect others. This is not cool, let's denounce it.

Four; Do an activity that will take you forward, invest, don't be content with just having food money - every day you day you start from scratch. That won't give you progress.

Five; Let's not follow the crowd blindly. Let's do things with clear goals and at the right time. There will come a time when our families will be depending on us to provide for them, without goals we will fail.

So that's it from me, when you get time come visit at Dabalo, I like meeting and making new friends, especially those who like to serve their communities. I wish the work we do in our village can be done in more places, because young people can be tricky, trust in relationships is low. Questions, anyone?





Swali chokonozi

Kuficha mambo yanayokuumiza na usimwambie mtu hata mmoja, ni ushujaa au ni udhaifu?

Unaweka wapi waleti yako?

Eeh, hiyo hiyo yenye noti zako! Si ndio huitwa jipu hiyo? Sasa, kama huwa unaweka mfuko wa nyuma fahamu kwamba utaratibu huo ni hatari kwa afya yako, kwa sababu hukulazimisha kuketi mkao ambao hauko sawa. Jambo hili likiendelea kwa muda mrefu linaumiza uti wa mgongo, mabega na shingo. Chukua hiyo.



Robo Karne ya Femina Hip

Unafahamu kwamba Femina Hip inatimiza miaka 25 mwakani? Tunataka kusherehekea kwa pamoja kama familia. Kila shule na network inakaribishwa - Make some noise huko huko mliko, tufanye jambo ili nchi nzima ijue tumetimiza Robo Karne ya mafanikio... Maadhimisho yatafanyika itafanyika Januari 2024. Kaa mkao wa kupokea taarifa zaidi kupitia makundi yetu ya Social Media.

Sema na Femaaa...



Hasira chanya za Shakira

Mwanamuziki maarufu duniani, Shakira, alipokuwa mdogo kwenye mitaa ya mji alikozaliwa nchini Colombia, alikerwa sana kuona wapo watoto mtaani ambao badala ya kwenda shule wanalazimika kufanya kazi au kuomba ili wapate riziki. Mwenyewe anasema alipopata umaarufu na kipato cha kueleweka, akaamua atawekeza katika kuona kwamba watoto nchini kwake, wanapata elimu ambayo wanaistahili. Mwaka 1997 akaanzisha taasisi ya Barefoot Foundation, ambayo mpaka sasa imejenga shule tano ambazo zinawawezesha watoto zaidi ya 4,000 kupata elimu na chakula. "Elimu ni msingi wa kila kitu, ni ukombozi, na ni haki ya kila mtoto," anasema Shakira. Hii ndio huitwa hasira chanya.

Mvulana ni nani?

Code moja ambayo wanaume wanayo ni kwamba mvulana ni yule ambaye hajibalehe ila mwanaume ni yule ambaye amebalehe. Unaonaje hiyo code kwako imeenda, au tupeane muda?

Somo kidogo...

Mkazi mmoja wa mazingira magumu alitembelewa na watu waliokuja kumpa mchele mfuko mmoja. Wakampanga mlangoni kwake huku mpiga picha akiwa tayari kabisa kupiga picha ya makabidhiano. Mkazi yule akaomba aingie ndani kidogo, akarudi ametinga shati na koti maridadi, halafu akamuomba yule aliyeleta mzigo ndio akae upande wa mlangoni ili picha ikipigwa ionekane kama yule mwenyeji ndio anakabidhi mzigo kwa yule aliyeleta. Akasema sasa piga picha. Wale jamaa wakagwaya, ikabidi wapige tu picha. Hadithi hii inatufundisha nini?

Cheka kidogo

Mama na mwanae mdogo walikuwa wakitembea jioni wakakutana na rafiki wa mama, akampa mtoto pipi. Mama akamwambia mwanae, "Saidi, baada ya kupokea pipi unatakiwa kumwambia nini auntie?" Saidi sasa... "naomba nyingine!" Ha haaa!

Mwalimu aliwauliza wanafunzi wake mara kadhaa, "Nani amepiga mpira na kuvunja kioo cha dirisha?" Lakini hawakujibu. Akasema anawapa nafasi ya mwisho wantaje, la sivyo anawaadhibu wote. Sefu akanyoosha mkono huku sura imejaa woga, "Mwalimu, lakini tulimwambia Thomas hatutamtaja." Tufanye wewe ndio Thomas sasa, inakuwaje hapo?

Ukimya shimo la hatari

NA POWER TEAMS

Ni muda wa kikao cha Power Teams, zoom meeting, mambo ya teknolojia hayo! Ajenda zipo, ila kwanza, kuna jambo.



Asha: Hello team! (akitabasamu)

Team: Hello Asha

Hindo: Asha hilo tabasamu ni la mkutano au menyu ya lunch ilikuwa matata?

Team: (wote wanacheka)

Olary: Jamani kabla hatujaanza, hizo ajenda zingine, yaani nashukuru tumekutana leo, maana niko na mshikaji mmoja hapa kaja kwangu na jambo linamtatiza.

Team: Enhe, jambo gani?

Olary: Si unajua sie wa kiume tunaambiwa wagumu? Sasa yeye anasoma na jamaa mmoja hivi, anasema huyo jamaa yake amelia sana jana na sababu haisemi. Wao wanamcheka.



Geoffrey: Daah, ila hilo jambo jamani, hapo ukute kashavurugwa.

Suzy: Kweli, au unaweza kuta hata kafanyiwa ukatili na mtu akamtisha asiseme, anaugulia tu eti anajikaza kiume.

Olary: Si ndio nilikuwa namwambia huyu jamaa yangu hapa, sio poa kumcheka mwenzake akilia, kuna vitu vinaumiza.

Asha: Mi pia nayaona sana haya mitaa yetu, wavulana wanaambiwa acha kulia, mambo ya kike.

Olary: Hapana jamani, hizi habari za kwamba mtoto wa kiume anaweza kujilinda, sijui akomae tu, ndio zinafanya watoto wa kiume kuumia na kutotoa taarifa pale wanapokumbwa na ukatili, hasa wa kingono.

Danny: Ukatili wa kingono umeongezeka kwa vijana na watoto wote; wa kike na kiume. Na hii hali ishaharibu maisha ya wengi. Tusipofanya kitu italeta madhara makubwa baadae. Sisi jamii inabidi kuzungumza kuhusu ukatili kwa watoto wote kwa uwazi, na tusiogope kuchukua hatua.

Asha: Asante sana mheshimiwa Daniel Haule. Yaani hapo umenigusa. Kwamba hata mtoto wa kiume anaweza kufanyiwa ukatili wa kingono.

Jennifer: Kabisa Asha. Anaweza kubakwa au kulawitiwa na sababu ni nyingi sana, mojawapo ni umasikini. Familia nyingi zenye hali ya chini ndio watoto wengi hukutana na ukatili, kwa sababu ya uhitaji wao wa vitu mbalimbali kama daftari, mavazi





Sumaiya

chakula nk. ndio huwapa mianya wahalifu kutumia vitu hivyo kuwafanyia ukatili.

Hindo: Inasikitisha. Ila pia suala la kukosa usimamizi linachangia. Wazazi wamekuwa bize kutafuta pesa na kusahau majukumu yao ya malezi. Wanasahau kuwa watoto wanahitaji usimamizi na kufuatiliwa kwa ukaribu maendeleo yao ya shule, afya, na aina ya watu wanaochangamana nao.

Geoffrey: Hebu ngoja, hizo ni sababu za ukatili kwa watoto wa kike, au nakosea?

Suzy: Unakosea, ni kwa wote. Ngoja nikusomee hii ripoti iliyotolewa January 2023 na Waziri Dorothy Gwajima, katika uzinduzi wa Chama cha Wanawake Wamiliki wa Shule na Vyuo vya Kati.

Baraka: Enhee inasemaje Suzy, leta maarifa, na umenyoosha maelezo sio mchezo.

Suzy: Inasema, kwa mujibu wa taarifa za Jeshi la Polisi kuhusu ukatili kwa watoto, takwimu zinaonyesha kulikuwa na matukio 11,499 ya ukatili katika mwaka 2021, ikiwemo ubakaji kwa watoto wa kike 5,899 na ulawiti kwa wa kiume 1,114 na hizo ni zilizoripotiwa...

Geoffrey: ...Mmh, hali si shwari! Sasa kama hiyo ni kwa mwaka 2021, mwaka huu si itakuwa balaa?

Mary: Halafu hapo mimi huwa naumia sana, kwanini zingine haziripotiwi?

Baraka: Mara nyingi wanaofanya huu ukatili ni watu wa karibu wa hao watoto. Unakuta wanasema eti wanalinda heshima ya familia, hawaripoti, wahalifu wanaendelea na tabia yao hiyo.



Baraka

Sumaiya: Hebu tuongezeane maarifa, ni madhara gani mtoto wa kiume anaweza kuyapata?

Jennifer: Madhara ni mengi. Mtu, wa kike au wa kiume, aliyepitia ukatili huu huathirika kisaikolojia, hushindwa kujiamini, huwa mwoga na kuna uwezekano mkubwa hata yeye akaja kuwafanyia wengine ule ukatili alioupitia yeye.

Suzy: Hapo ongeza uwezekano wa kupata magonjwa ya ngono, kuingia kwenye tabia hatarishi kama utumiaji dawa za kulevya, na hata wengine hujiua, kwasababu hawana sehemu ya kusemea.

Mary: Mmh! Hebu tusikae kimya. Tuzungumze na tuwajenge watoto na vijana uwezo na uthubutu wa kuzungumza.

Baraka: Tuache kuwakingia kifua wahalifu kwasababu ni watu wa karibu, tunalea uovu.

Sumaiya: Muhimu zaidi pia ni kuzuia yasitokee kabisa.

Geoffrey: Aisee Olary, mwambie jamaa yako akaongee fresh na huyo rafiki yake, amshauri akazungumze na mshauri kituo cha huduma rafiki kwa vijana. Lolote linalomsumbua asikae nalo peke yake, afunguke asaidiwe.

Sumaiya: Jamii ieleweshwe kuwa, mtoto wa kiume pia ana haki ya kuonyesha hisia zake na kuzizungumzia.

Olary: Kikubwa tuhakikishe, Watoto wote wako salama katika mazingira yoyote watakyokua

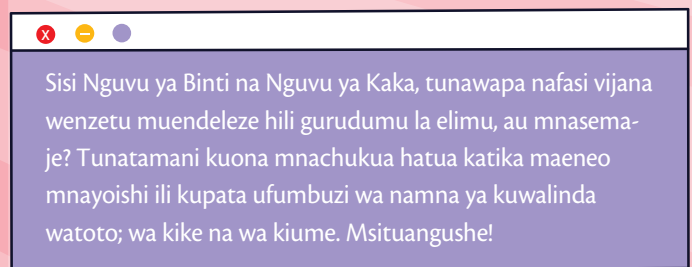
Sumaiya: Halafu Danny, hili suala inabidi ulipeleke kwenye Bunge la Vijana SADC mheshimiwa mbunge, utuwakilishe.

Danny: Msiwe na shaka na hilo. Count it done.

Hindo: Sema na fema....

Team: Paza sauti yakoooo.....!

Hindo: Tuendeleo na ajenda za kikao sasa!



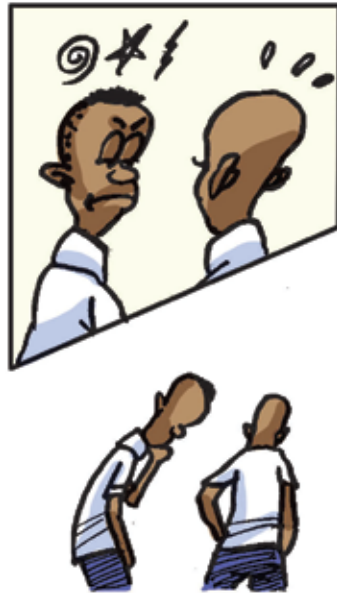
Jennifer

UJIO WA UMRI

MAVUNDE NI MWANAFUNZI WA KIDATO CHA PILI AMBAYE AMEHELEWA KUBALEHE. KATIKA KIPINDI CHAKE CHA MPITO CHA KUBALEHE ANAKUMBANA NA MISUKOSUKO MINGI KUTOKA KWA MARAFIKI ZAKE NA WANAFUNZI WENZAKE. NI MISUKOSUKO GANI HIYO? FUATILIA

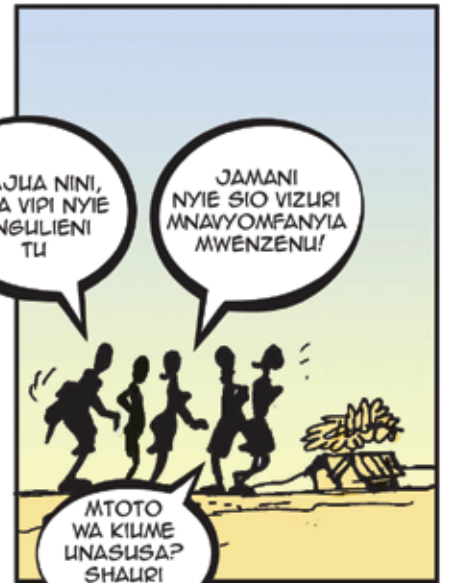
Babatau Media Inc. 2023





NJIANI KWENDA SHULE





Msingi ni kujitambua

NA RAPHAEL NYONI

Jamani ee, si sote tushamaliza kuisoma cartoon story? Haya, Sema na Femaaa... Paza Sauti Yako... Imesikika! Sasa hebu tupaze zetu kuhusiana na hii stori ya Mavunde. Enhe! Tuanzie hapohapo ilipoishia. Je, unafikiri Mavunde atampa jibu gani mama yake? Ngoja tuvae na uhusika pia, wewe ndio ungekuwa Mavunde, kwa yote hayo na upo katika hali kama hii kwa ujumla wake, ungefanya nini?

Usikubali kudanganyika

Nimewauliza kwa makusudi kwasababu nafahamu angalau kila mvulana kabla ya balehe anakuwa kama Mavunde; anatamani na yeye siku moja afikie balehe ili awe na 'heshima' ambayo anaona wavulana waliobalehe wanapeana, hasa kutokana na sababu za kimaumbile.

Ni katika kipindi hiki hiki pia ambapo elimu ya balehe hutolewa na watu kibao ambao hawana utaalim lakini wanaaminika. Umeona hiyo? Hapo ndio zinaanza sintofahamu kwa akina Mavunde. Kama isingekuwa marafiki zake kumlisha matango pori Mavunde asingejikuta njia panda.

Jiamini

Usiuonee aibu mwili wako, kila mtu ana maumbile yake; iwe ni kabla au baada ya balehe. Tofauti ni kwamba kipindi cha balehe kinakuwa na msukumo mkubwa sana kutoka ndani ambapo vichocheo (Hormone) huongezeka mwilini. Kikubwa kinachotunyima amani ni msukumo wa kutoka nje kwa kuonekana tupo tofauti na wenzetu.



Nikuambie kitu? Nguvu yetu na thamani yetu ipo katika utofauti wetu. Hivyo basi, wasikutishe! Jiamini na ujikubali jinsi ulivyo.

Ngoja nikwambie kitu, usijione mpweke au kwamba haufai katika jamii au kwamba una kasoro fulani kwasababu tu ya tofauti za kimaumbile katika mwili wako. Mwili wako hauna vinasaba vya rafiki zako, na kwa maana hiyo hauwezi kufanana nao. Usijipimie kwa Lwabe, Nolo au Malogo, na wala usijipe presha Mavunde mdogo wangu.

Kumbuka kuwa balehe ni kipindi cha mpito lakini pia imekaa kimtego sana, ukijikwaa kidogo tu unaangukia pua. Narudia tena, jikubali mwana! Cheza salama, usikubali kuburuzwa fanya maamuzi yenye tija. Mabadiliko yanayotokea wakati wa balehe ni mengi na huja kila moja kwa muda wake, na kwa muda tofauti kwa watu tofauti.

Tuchemshe bongo kidogo

Unadhani watu waliobalehe tu ndio wanaostahili heshima kwenye jamii? Wale form one walifaidika nini kumdharau Mavunde? Ni sababu zipi zitakufanya umwamini mtu fulani na kumuuliza maswali yako kuhusu balehe? Mjadala huooo mezani.



Umepigwa na shinikizo rika!

NA FEMA TEAM

Umekaa zako nyumbani mwenyewe unasoma kitabu, mara paaap, wana hao wametia timu. "Oyaa, unakaa kaa nini nyumbani, hebu twende kijiweni bwana." Utafanyaje?

Siku nyingine sasa, mko kijiweni, mshikaji mmoja anakuita pembeni, "unajua tunakaribia kukufukuza hiki kijiwe? Yaani wewe huna demu na huna hata dalili, umekua mkubwa, hebu tupe hata matumaini basi..." Hapo je, unafanyaje?



Chukua hii

Unapofanya kitu kwa sababu tu wenzako wamefanya, hata kama hukutaka na wala hukupanga, ujue kuna kitu fulani hivi, kwa kujua au kutokujua, kimekufanyia maamuzi. Umepigwa na shinikizo rika. Yaani unajikuta tu huyoooo, umejiunga kwenye msafara ambao wakati mwingine hata haujui unaelekea wapi, ili mradi tu washkaji na wana wamo humo, twende tu. Na hapo lengo linakuwa ni kutafuta kukubalika na kuthaminiwa na wenzako wa rika lako, yaani usiwe tofauti nao.

Tuelewane. Shinikizo rika linaweza kuwa hasi au chanya. Chanya ni lile linalolenga kukujenga upate matokeo chanya, kama wale jamaa waliomkomalia mwenzao arudi shule baada ya kunogewa kuuza chips wakati wa likizo, shule zilipofunguliwa akakataa kurudi shule. Hasi ni kama wale jamaa waliomshawishi mwenzao kuonja bangi apate mzuka, ikawa tabia na mambo yake yakaenda kombo jumla.



Tuanze kwa kuchemsha bongo kidogo hapa. Jiulize maswali haya kisha ufanye tafakari.

- Je, ninao marafiki wanaoathiri jinsi ninavyofikiri?
- Je, athari hizi ni chanya (nzuri) au hasi (mbaya)?
- Je, kuna mambo nafanya kwasababu ya shinikizo rika?
- Je, kuna mambo ambayo ninayafanya hata wakati sitaki kuyafanya? Ni mambo ya aina gani?
- Je, ninataka kuacha tabia ya kufuata shinikizo la marafiki?
- Je, nikiwa nyumbani na nikiwa na marafiki zangu shuleni au mtaani, kuna tofauti ya namna ninavyotenda mambo? Kwanini?

Baada ya hapo hamia na upande mwingine.

- Je, ninamdhihaki mtu kwa sababu hafanyi mambo kwa kufuata mkumbo au shinikizo? Kwanini?
- Je, mimi nikifanyiwa hivyo nitajiskiaje?



Kujinasua je?

Inawezekana. Kuna muda suala hili linaweza kuwa gumu, lakini fahamu kwamba linawezekana. Usiogope kujaribu kujinasua kwenye shinikizo rika hasi. Hebu pata ujanja hapa kwanza.

Weka mipaka

Ndiyo, ni rafiki zako, au rafiki wa rafiki zako na unaamini mmeshibana mko poa kabisa, lakini weka mipaka. Jikumbushe kila mara kwamba ninaweza kusema "hapana". Jikumbushe pia kwamba kuna vitu kama sitaki kuvifanya basi sitavifanya, na sipendi wala sitaruhusu mtu anishinikize. Unaweza pia kumwambia huyo mtu jinsi ambavyo unaona kufanya jambo hilo kutakuathiri. Weka mipaka yenye mashiko.

Chelewesha jibu

Badala ya kukubali haraka kufanya jambo ambalo usingependa kulifanya, tulia na upumue kidogo. Ikiwa mtu anakusubiri umjibu, mwambie unahitaji siku chache za kulitafakari. Ni rahisi kupinga shinikizo unapoweka muda na nafasi kati yako na hali hiyo.

Chagua kilicho bora

Jiambie "mimi ni wa thamani, ninastahili kuwa na marafiki wanaojali kilicho bora kwangu." Kama sababu yako ya kufanya kitu fulani ni kwa kuwa marafiki zako wote wanafanya na unaogopa usipofanya watakuona mshamba au umeasi kundi lenu, basi fikiria tena kuhusu ubora wa urafiki wenu. Hakikisha mara zote wenzako wanaujua msimamo wako.

Pendekeza jambo tofauti

Ndiyo. Inawezekana kabisa hatari ya mamuzi ya kundi unaiona kabisa ile pale mbele yenu, lakini unakubali tu. Noma. Pendekeza mfanye jambo tofauti, lenye mashiko. Wewe kila siku unasubiri wenzako wapange na kuamua tu, itakula kwako. Tengeneza mazingira ya kupata muda wa kuwa na rafiki zako huku mkifanya yenye kuwajenga.

Usipojua unataka kwenda wapi, utakwenda popote.



Kumbuka:

Marafiki ni muhimu katika maisha yetu, lakini wale wanaotushinikiza kufanya vitu ambavyo vinavunja malengo yetu sio marafiki wazuri. Sio ushamba kutafuta muda wa kuwa peke yako ili kutafakari na kupanga yaliyo bora kwako.





Salam kwa mazazi



Wajukuu zangu hamjambo?

Mmewasalimia wazazi wenu lakini? Kama mlisahau basi leo msisahau tena. Bibi yenu nawapenda nyinyi wajukuu zangu, nawapenda na wanangu ambao wamewazaa nyinyi.

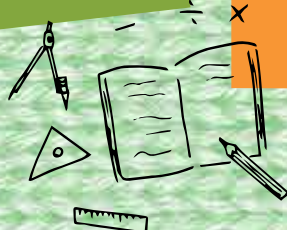
Haya, zamu hii nawasilimia toka kwenye kongamano, bibi yenu nimesafiri!! Niko huku na watu wakubwa wakubwa, waheshimiwa, mpaka na mimi najiona nimekuwa mheshimiwa!! Mnanicheka? Nimealikwa bibi yenu nije kutoa busara zangu kuhusu malezi ya watoto, eeh, na watoto wenyewe ndio nyie hapo! Mnataka kujua mawazo niliyochangia? Ngoja kwanza niwaambie nilichojifunza toka kwa wataalam.

Cha kwanza:

Wazazi wana wajibu wa kuwajali na kuwatunza watoto wao. Ni kweli. Kuzaa ni kazi moja na kulea nako ni kazi nyingine, muhimu. Kuwapa watoto wao upendo, kuhakikisha afya yao inatunzwa, wanapohitaji tiba wanapata, wanakula, wanalala, wanakwenda shule na kuhakikisha kwamba wanaongozwa kujifunza maadili mema.

Cha pili:

Wazazi wana wajibu wa kuwalinda watoto wao. Eeh, hapa napo tukakumbushana kukumbusha na wengine kwamba watoto wanahitaji kulindwa dhidi ya hatari za aina zote. Si unajua sasa hivi kuna hawa watu wasio na utu, wanaumiza watu kama vile sio watu wenzao? Wanaobaka, wanaolawiti, wanaoiba watoto, wanaouza watoto, wanakeketa, wanaoambukiza magonjwa, wanaowapa mimba, wanaowanyanyasa, wanaoaa au kuoza watoto, wote hao na wengine wengi tuwachukulie hatua ili kutengeneza mazingira salama. Sheria zipo. Lakini pia, wazazi wawafundishe watoto wao kwa kutumia mbinu zinazowajengea kujiamini. Adhabu zilizojaa ukatili kamwe si njia ya kuonesha upendo kwa mtoto.



Cha tatu:



Wazazi na walezi wana wajibu wa kufanya mazungumzo na watoto, kwa kuongea na kusikiliza pia. Hapa napo ni pa kuweka msisitizo. Tumeoneshwa tafiti huku, zinaonesha pale ambapo mama, baba na walezi wengine wanapozungumza na watoto wao, wanapotenga muda wa kuwasikiliza na kuwashauri, watoto wanajenga tabia ya kuwaambia wazazi mambo yanayowatatiza, ndio mnasema kufunguka eeh? Sasa wazazi msipozungumza na watoto mjue wataenda kuzungumza na manyang'au mafisi. Waambieni watoto wenu maneno mazuri, sio mtoto unamuita mbwa wewe, maana hakuzaliwa na mbwa! Tunaelewana?



100



Mchango wangu wa mawazo

Niliwaambia kwamba na mimi nilitoa mchango wa mawazo eeh? Haya ndiyo niliyoyasema kwenye kongamano, nayarudia hapa wazazi wenu wayajue, si mtawafkisha?

Wazazi waambieni watoto wenu kwamba katika maisha kuna kupata na kukosa. Na kukosa haimaanishi mwisho wa kutafuta. Kuna kupewa na kunyimwa. Kuna kukubaliwa na kukataliwa. Kuna wale wengine akinyimwa au akikataliwa anatumia miguvu anatenda jinai, au anajifungia ndani mwezi kusunoneka! Hapana, hayo ndio maisha. Kuna kushinda na kushindwa. La muhimu jiandae utapokeaje jibu litakalokuja.

Wazazi, wafundishe watoto, tena kwa nyinyi wenyewe kuwa mifano, kwamba ili uheshimiwe anza kwa kuheshimu wengine. Ili wengine wawe na huruma kwako anza kwa kuwa na huruma kwao. Nawaambia wanangu na wajukuu zangu, usiboziba ufa utajenga ukuta. Kama unaiba sukari nyumbani, huo ni ufa kwenye tabia yako, uzibe, vinginevyo utaiba mali za watu, pesa za umma, utakula rushwa, utakuwa huna maana katika jamii.

Wazazi msikwepe majukumu, kulea ni kazi yenu.

Nimemaliza.





Swali moja, majibu kibao

NA FEMA TEAM

Kusema ndiyo, sema, lakini kama kuna jambo linaleta shida, haitoshi kusema tu; inabidi kutenda pia. Haitoshi kusema ukatili dhidi ya wanawake na watoto ni mbaya, haitoshi. Kuna sababu na umuhimu mkubwa wa kuchukua hatua. Tulipiga hodi Muheza, waliko machampioni wa Ujana Salama, tukawauliza swali moja, lenye swali la nyongeza; "Wavulana wana wajibu gani katika kupambana na ukatili dhidi ya wanawake na watoto, na je, ni mbinu zipi wazitumie kuudhibiti ukatili huo?"



Haya hapa ni majibu yao.

Wajibu wetu wa kwanza ni kusimama katika nafasi tulizo nazo kama vijana, na kujitambua sisi ni akina nani katika jamii. Tujue majukumu yetu. Mbinu nzuri zaidi ya kuitumia kudhibiti ukatili ni kutoa elimu kwa jamii inayotuzunguka bila kuchoka. Nasema hivi kwa sababu matendo ya kikatili yanatokea kwa kutokuwapo kwa elimu katika jamaii husika.

Martine Simon Msambwa.

Sisi wavulana tunatakiwa kuwa wa kwanza kutoa elimu kuhusiana na vitendo vya ukatili kuanzia ngazi za familia na kwenye uongozi, kisha tuyafikishe kwenye vyombo vya sheria. Lakini pia elimu zaidi inahitajika kwa wazazi ili wasiwaweke wageni wa kiume na watoto vyumba vya pamoja, hii itasaidia sana kutokana na kwamba wageni wengine huwa wanakuja majumba-ni mwetu na tabia zao mbaya.

Abdallah Msopa.

Wajibu wetu wa kwanza wavulana ni kupaza sauti au kuzungumza hili jambo tusikae kimya. Pili ni kukemea unyanyasaji wa kijinsia. Tatu ni kuunga mkono uongozi wa wanawake. La nne ni kushikamana na harakati nyingine za kuwainiua na kuwalinda wanawake na watoto.

Amir Seleman Kijaz

Wavulana hapa wajibu wetu ni kupingana kwanza na mila kandamizi kwa wanawake na watoto. Tuitumie nguvu yetu katika jamii. Tuweke mifumo ya ustawishaji wanawake na watoto. Tupinge vikali mila potofu.

Salum Ally Mahimbo.



TIRIRIKA

SWALI:
Unamshauri nini rafiki yako anayepitia ukatili?



Emiliana Timothy Willson
(Buigiri Secondary School)

Namshauri kutoa taarifa endapo kama ni mwanakijiji au mwalimu anamsumbua anaweza kutoa taarifa kwa mzazi wake.



Imani Moses Eubert
(Chamwino Secondary School)

Nitamshauri achukue hatua kwa kutonyamaza, aongee na mtu anayemwamini, aombe msaada.



Zaina Idris
(Ujana salama Champion)

Nitamshauri rafiki yangu afike kwenye vyombo vilivyopo ambavyo vinahusika na masuala ya ukatili.

Wavulana watengeneze mazingira ya kukubalika katika jamii ili waweze kuitetea jamii yao. Ukishakubalika inakuwa rahisi kwa jamii kukupa ushirikiano katika harakati za kupinga ukatili, kwa mfano wakati wa kutoa elimu wanajamii watakusikiliza. Wanajamii hao ni pamoja na wazazi, walezi mashuleni, majumbani na mitaani.

Elizabeth Masha.

Wavulana tuna wajibu wa kuwapatia wanawake na watoto fursa ya kupaza sauti zao kwa mambo yanayowahusu, sio kushamirisha ukandamizaji. Pili, kuwapa elimu na kuwahimiza wasiwe kimya kama watakuwa wanafanyiwa mambo ya ukatili.

Ally H Shemndolwa.

Kwa maoni yangu mimi wavulana wana wajibu kutoa elimu katika maskani au vijiji vyote vinavyohusisha shughuli za kijamii. Pia wana wajibu wa kuchukua hatua kali kwa wale wanaowafanyia vitendo vya ukatili watoto na wanawake. Kwa maana hiyo wanao pia wajibu wa kupinga mila na desturi zisizofaa katika jamii ambazo zinaruhusu ukatili kushamiri. Wavulana wanapaswa kuwa jasiri na kuripoti pindi watakapoona kitendo chochote kile cha ukatili.

Fatma Rashid.

Vijana wa kiume tuna wajibu ufuatao: 1. Kuwakusaidia majukumu wasichana na wanawake katika ngazi ya familia. 2. Kuwa walinzi wa wadogo zetu wa kike wasifanyiwe ukatili. 3. Kuripoti matukio ya ukatili katika mamlaka husika. 4. Kuelimisha vijana wa kiume juu ya ukatili na madhara yake.



Kwa hayo yote, hizi ni baadhi ya mbinu zinazoweza kutusaidia kudhibiti matendo ya ukatili wa kijinsia: 1. Kwa kupitia michezo vijana wa kiume tunaweza kuelimisha makundi mbalimbali yanayohusika katika suala la ukatili. 2. Kupitia shughuli na sehemu za kazi vijana wa kiume tunaweza kuwa mstari wa mbele kabisa kukemea tabia za ukatili kwa watoto na wanawake.

Emanuel A. Maliselo.

Wajibu wetu wavulana. katika kudhibiti huu ukatili ni kama ifuatavyo: 1. Kufichua uovu/ukatili pale unapotokea. 2. Kutoa elimu na nasaha kwa makundi yao na watu wengine. 3. Kushawishi na kuhamasisha uundaji wa sera, sheria na kanuni zinazo dhibiti ukatili.

Wajibu wa wavulana katika hili ni kusimama katika nafasi walizonazo kama vijana wa kiume, na kujitambua wao na nguvu yao kisha kuhakikisha ufahamu wa madhara ya ukatili yanafikia jamii nzima kwani matendo mengi ya kikatili yanatokea kutokana na ukosefu wa elimu katika jamii zetu.

Jumaa Msumari.

Mbinu za kutumia: 1. Michezo katika kufikisha ujumbe wa kupinga ukatili. 2. Kutumia mikusanyiko yao na ile ya kijamii katika kukemea na kutolea matamko ya kupinga ukatili. 3. Kuonesha machungu yao na kukerwa kwao na ukatili kwa kutoa ushirikiano na ushahidi pale wanaposhuhudia tukio la ukatili.

Kikungo Champions.



Mbinu ambazo wavulana wanaweza kuzitumia katika kupambana na ukatili wa kijinsia kwa wanawake na watoto ni pamoja na mambo haya yafuatayo:

1. Kuwa rafiki mzuri, na kuwaonesha kuwa wanawajali na kwamba hawapo peke yao.
2. Kuwapa hifadhi salama, wasimrudishe kwenye ukatili kama akitaka hifadhi.
3. Wamtunzie siri yake.
4. Wamtie moyo wa ujasiri na uthubutu wa kuzungumzia matatizo yake.
5. Wasimhukumu, wasisitize kwamba si kosa lake kwamba amefanyiwa ukatili. Fatuma Mgaya.

Wavulana wanatakiwa wajitambue wao wenyewe na wajitathmini kwa vitendo viovu kama hivyo, tunaona wao ndo watendaji wakubwa wa ukatili huo, wanatakiwa wawe mstari wa mbele kukomesha ukatili, sababu wao mda mwingi wanakuwa mitaani na vitendo vinavyofanywa wanavijua, na wafanyaji wa ukatili pia wanawajua. Wanatakiwa wawe walimu kuwaelimisha wenzao haswa. 1. Kwenye mikusanyiko; kama kwenye mabanda ya mpira. 2. Kwenye sehemu za Mama Lishe. 3. Vijiwe vya bodaboda. Maria Mnyau

Chukua Hatua: Umejifunza nini kutoka kwa Machampioni? Jadili na wenzako, kisha mtwambie na nyinyi mna majibu gani kwa swali hili. Ila mkisema "kama walivyosema Machampioni..." mtakuwa mmetuangusha.



MPENDWA ANTI



Iwapo una tatizo lolote kuhusu mabadiliko ya mwili wako, afya yako, matatizo ya kifamilia, shule na hata marafiki tafadhali tuma kwa Mpendwa Anti:

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Antie shikamoo. Mimi ni msichana mwenye umri wa miaka kumi na nane sijapata hedhi miezi miwili na bikra sijatoa lakini sina hamu ya kula wakati mwingne najisikia kama kichefuchefu nna tatizo gani?

Habari Esta? Unaposema hujatoa bikra sana maana gani? Wapo ambao wamefanya ngono, na kama haikutoka damu, basi wanaamini kuwa hawajatoa bikra, kama wewe ni mmojawapo, basi kukosa hedhi kunaweza kuwa ni sababu ya ujauzito. Lakini endapo hujawahi kabisa kufanyangono, inawezekana hali inayosababisha wewe kujisikia kichefuchefu na kukosa hamu ya kula, ndiyo pia inasababisha kukosa hedhi. Tafadhali fika kituo cha afya kwa ajili ya vipimo na ushauri zaidi.



Shikamoo Aunt. Mimi nina swali labda utaweza kunisaidia. Ni kwanini mtu mwenye miaka 14 lakini bado anajikojolea kitandani mida ya usiku? Eti, huo ni ugonjwa gani, pia unasababishwa na nini? Tiba yake n.k? N.Y. kutoka Pwani.

Kukojolea kitandani kunaweza kusababishwa na mambo mengi; mwili kuzalisha maji mengi wakati wa usiku, kuwa na kibofu kinachohifadhi mkojo kidogo tu, au ubongo kushindwa kutoa mawasiliano sahihi kibofu kinapojaa na kusababisha mtu asiamke anapohitaji kwenda kujisaidia, unywaji wa vimiminika karibu na muda wa kulala. Pia magonjwa kwenye njia ya mkojo yanaweza kusababisha tatizo hili. Tatizo la kukosa haja kubwa kwa muda mrefu nalo linaweza kusababisha kubanwa kwa kibofu. Matatizo ya kisaikolojia au afya ya akili (mfano mtoto anayepitia unyanyasaji toka kwa wenzie, anaweza kuanza ghafla kukojolea kitandani), na vinasaba vya urithi vinaweza kuchangia tatizo hili, kama katika historia ya familia kuna waliokojolea kitandani, basi kuna uwezekano wa tatizo kuendelea. Hali hii ni kawaida kwa watoto wadogo na huisha yenyewe baada ya muda. Tatizo linapoendelea kuwepo baada ya miaka saba, ni vema kuhusisha wataalamu wa afya ili kubaini chanzo. Pia ieleweke kukojolea kitandani si kitu cha kujitakia, hivyo jamii iache kuwanyanyasa na kuwanyanyapaa wanaopata tatizo hili, kwani endapo shida aliyonayo ni ya kisaikolojia, basi kuwaanika na kuwanyanyasa hakusaidii kupunguza, bali huongeza zaidi. Ni vizuri kutibu magonjwa ya njia ya mkojo mapema iwezekanayo, na kushughulikia magonjwa mengine yaliyopo. Kunywa vimiminika Kutokutumia vimiminika masaa mawili kabla ya kuingia kulala, hivyo ili usisikie kiu, basi kunywa maji ya kutosha asubuhi na mchana. Kuhakikisha umejiasidia kabla tu ya kulala, ili kuondoa maji kwenye kibofu. Kwa vijana na watu wazima, kuamshwa usiku pia kunaweza kusaidia, nak ama upo peke yako basi unaweza kutumia alarm ili kuamka na kupunguza maji kwenye kibofu.



Pole na kazi ya kuelimisha Aunt. Naitwa Faith. Mimi nina changamoto nikiwa period sivuji sana ila napata maumivu makali sana. Na watu wengi wananishauri nitumie vitunguu kisha nichanganye na majivu. Swali ni kwamba, hivi hio ni dawa kweli?

Habari Faith? Hedhi inaweza kuwa na changamoto mbalimbali kama vile kuumwa tumbo, kiuno, matiti, kichwa, kichefuchefu, kutapika na mengineyo. Maumivu ni njia moja wapo ya mwili kukutaarifu kuwa kuna tatizo, na ziko sababu mbalimbali zinazoweza kusababisha maumivu haya. Ili kujua ni kwa nini unapata maumivu na kupata tiba sahihi, tafadhali fika kwenye kituo cha afya au zahanati iliyo karibu nawe, ambako pia utapata ushauri juu ya nini cha kufanya ili kuondoa au kutuliza maumivu ya hedhi unapoyapata.



ANTI COS ANAJIBU MASWALI YENU

Mpendwa Anti, mimi Helena kutoka mkoa wa Singida, shida yangu inapofika muda wangu wa hedhi naona dalili lakini sioni damu kama ilivyo kawaida. Tatizo litakuwa ni nini?

Habari? Kuna sababu nyingi za kukosa hedhi huku ukiendelea kupata dalili au viashiria kuwa hedhi inakuja (PMS) mojawapo ya sababu hizi ni ujauzito. Hivyo kama unakosa hedhi, na umeshiriki katika tendo la ngono, ni vema kufanya kipimo cha mimba cha mkojo. Sababu nyingine ni mabadiliko ya homoni mwilini, ambayo pia yanaweza kuchochewa na kuongezeka au kupungua sana uzito, msongo wa mawazo, upungufu wa damu, kukosa mlo kamili au hata kufanya mazoezi makali. Pia hii inaweza kusababishwa na magonjwa au matatizo kwenye ovari au kizazi. Sababu nyingine inaweza kuwa ni matumizi ya njia ya uzazi wa mpango ambayo haijaendana na mwili wako. Tafadhali fika kituo cha afya na kupata ushauri wa daktari ili kujua na kushughulikia chanzo cha tatizo.



Habari ya kazi Aunt? Naomba kuuliza hivi, ukiwa unatoka uchafu ukeni unaofanana kama mtindi unakuwa ni ugonjwa au ni uchafu wa kawaida?

Habari ni nzuri. Kutokwa na uchafu kama maziwa ya mtindi ni dalili ya ugonjwa wa fangasi ukeni, hali hii hutokea endapo kuna mabadiliko ya homoni mwilini, kushuka kwa kinga kutokana na sababu mbalimbali, au matumizi ya madawa mfano, madawa ya kuua bakteria. Ni vema ufike kituo cha afya na kupata ushauri na tiba. Hakikisha unakamilisha tiba unayopangiwa ili kupona kabisa na kuzuia usugu wa ugonjwa.



Naitwa Sophrina natokea Rombo. Nina miaka 17 na sina dalili zozote za kupevuka ingawa nina breasts kifuani, kwani shida itakuwa ni nini?

Habari Sophrina? Balehe humjia kila kijana kwa namna tofauti, si wote huanza kwa muda unaotarajiwa. Kwa wasichana, kwa wastani kuvunja ungo huja kati ya miaka 12 hadi 15, hata hivyo kuna wanaowahi zaidi na wako pia wanaochelewa zaidi kwa sababu mbalimbali. Jambo hili pia huchangiwa na masuala ya kurithi, baadhi ya koo wasichana huchelewa kuvunja ungo na baadhi wanawahi, pia kunaweza kuwa na sababu za kiafya kama vile lishe duni, kupunguza sana uzito, msongo wa mawazo na masuala ya homoni. Nakushauri utafute ushauri zaidi kwa daktari ili uondoe wasiwasi.



Nilikuwa nauliza hivi kama ukitoka Vkimapenzi na mvulana uko bikira unaweza kupata mimba?

Habari? Ndiyo, msichana anaweza kupata ujauzito anapofanya ngono mara ya kwanza. Kila msichana anayefanya ngono, bila kinga, anajiweka kwenye hatari ya kupata ujauzito na magonjwa ya ngono ikiwemo Maambukizi ya Virusi vya UKIMWI, na ni hatari zaidi kwa msichana bikira, kwani ana uwezekano mkubwa zaidi wa kupata michubuko anapofanya ngono kwa mara ya kwanza. Kabla ya kuamua kufanya ngono ni vema kutathmini kuhusu mambo yanayoweza kutokea iwapo utafanya ngono yakaathiri afya, ndoto na malengo yako ya baadaye. Usikubali kushurutishwa kufanya ngono, una haki ya kukataa.



Sifa za kituo cha huduma rafiki



kuhamasisha vijana waje. Wakija watapata huduma za afya kawaida, lakini pia watapata huduma za ushauri nasaha na elimu pia. Hapa pia kuna michezo mbalimbali na tunapenda kuwahusisha vijana wenyewe katika kupanga mipango ya kituo,"

Ukiskia kituo cha huduma rafiki kwa vijana unawaza nini? Mshauri Mwaka na Dokta Baitu wanatwambia vituo vyao ni mahali ambapo kijana anaweza kujisikia huru kupatiwa huduma za afya na kupewa elimu juu ya afya yake na maisha yake. Ni mahali ambapo zinapatikana huduma na elimu bila kujali umri wako, hali ya ndoa, hali ya VVU, kazi unayofanya, mahali ulipotokea au jamii inavyokuchukulia. Huduma hizi zinatolewa kwa kuheshimu faragha na bila kumhukumu mhusika

"Kwa kawaida tangu vijana wamejua kwamba hiki kituo kipo wanakuja wenyewe, lakini itakuwa vizuri wakija wengi zaidi, maana tunajua wapo wengi wenye mahitaji. Huwa tunafanya outreach kwenye jamii kwa kushirikiana na uongozi wa eneo husika, ili kuhamasisha vijana waje. Wakija watapata huduma za afya kawaida, lakini pia watapata huduma za ushauri nasaha na elimu pia. Hapa pia kuna michezo mbalimbali na tunapenda kuwahusisha vijana wenyewe katika kupanga mipango ya kituo,"



Umekiona mitaa yenu?

Vituo hivi viwili ni miongoni mwa vingi vinavyotoa huduma hizi maalum kwako wewe kijana kwenye maeneo kibao ya Tanzania. Yaani wewe kazi yako ni kutafuta tu kituo cha karibu yako kiko wapi, halafu soge hapo upate huduma. Yawezekana mitaa yako hakipo, hapo sasa kazi yako inakuwa ni kuwafuata wataalam kwenye vituo vya afya na kuwauliza wao wataanza lini. Mwongozo wa Kiserikali tayari upo, na unaweka bayana umuhimu na haki ya kila kijana kupata huduma hizi kwa njia na mazingira rafiki.



CHUKUA

HATUA

Ombeni kumtembelea Mganga Mfawidhi wa Kituo chenu cha Afya au mwalikeni, mfanye naye mazungumzo kuhusu huduma rafiki za afya kwa vijana, kisha mtupe mrejesho mmejifunza nini na mtafanya nini baada ya hapo.





Fema Club ni nini?

Akiwa Kidato cha Tano katika shule ya Sekondari Londoni, mkoani Ruvuma, Hanifa Madenge alipata wazo la kibunifu, akamfuata mwalimu wake kuomba ushauri. Mwalimu William Kihombo, akamwambia "wazo lako ni zuri, ila litakuwa zuri zaidi kama utalipeleka kwenye Fema Club." Huo ukawa ni mwanzo wa Hanifa kuingia Fema Club. Na haikuchukua muda maneno ya mwalimu kutimia; Hanifa alipata teamwork ya kufa mtu, pamoja na jukwaa la kuonesha ubunifu wake. Miaka takriban saba baadae Hanifa bado hajaisahau ile siku aliyokwenda kwa mwalimu, na hajasahau mchango wa wanaFema wenzake katika kulijenga na kulikuza wazo lake.



Tuidadavue hiyo

Umewahi kujiuliza hili swali, kwamba Fema Club ni nini? Miaka kama miwili iliyopita tuliuliza hili swali kwa wanaFema mbalimbali, majibu yalifanana lakini pia yalitofautiana. Yakapanua ufahamu wetu wa namna Club ya Fema inavyotambuliwa miongoni mwa vijana. Wengi walitoa majibu kutokana na ama mambo wanayoyafanya katika Club au wanayojifunza wanapokuwa katika shughuli hizo za Club.

Fema Club ni mahali salama, penye utaratibu wa kueleweka, ambapo vijana hukutana ili kujifunza kutoka katika jarida la Fema. Ni jukwaa linalowapa vijana fursa ya

kufikiri kibunifu, kushirikiana, kujifunza uongozi, kujitambua, pamoja na mbinu za kutambua na kukabiliana na changamoto zao au hata kuzitatua.

Fema Club ni mahali ambapo vipaji na ubunifu vinakaribishwa na kushamirishwa kwa sababu ndani ya Club mambo ni elimu burudishi. Wanafunzi wengi wanaipenda Fema Club kwa sababu inaangazia mada nyingi zinazomuathiri kijana kwa upana.

Kuna zaidi ya Club za Fema 2400 zilizosambaa nchi nzima, kwenye shule za Sekondari. Jarida la Fema ndio kiunganishi chao, wenyewe wanalita "rafiki wa kweli."

Kila Club ya Fema inaye mlezi, ambaye ni mwalimu aliyepatiwa mafunzo na Femina Hip, na jukumu lake kubwa ni kuwashauri vijana na kuwalea. Anaitwa "mentor", ni mlezi kiongozi.



"Yalaaaaa! Baba kaniambukiza...!"



Unadhani ni nani mwingine anaweza kuwa alinaswa kwenye huu mtandao? Aliingiaje?

Utafanya nini yasikukute?

“MTOKO WA CHALENJI”



Tupate burudani kabambe ya kuwaleta mabingwa wa Chalenji yetu ya jarida no 64
“Nawaleta mabingwa wetu muwaone miamba hii hapa miamba hii hapa.”

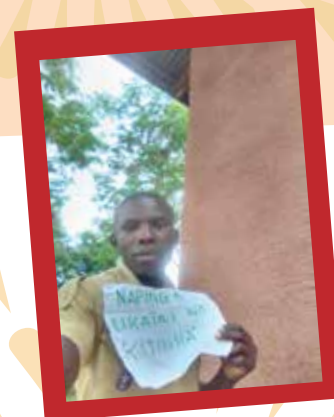
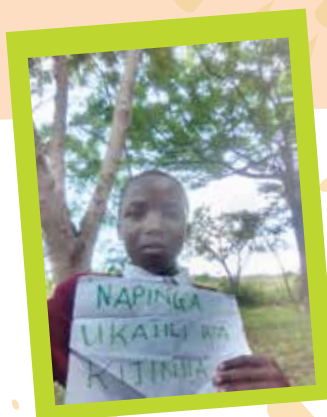
Naaam!!!! Hawa ni Bukura Sec. Fema Club, wamejipata vyema kwakuwa kidedea katika Chalenji namba 35.

Unadhani nini kimewafanya kuibuka kidedea?

Tujikumbushe kidogo. Chalenji namba 35 ilienda kwa jina la Piga Selfie. Iliwahitaji wanaFema kuwashawishi watu wengi shuleni na kwenye jamii waweke nadhiri ya kupinga ukatili wa kijinsia. Baada ya mtu kukubali kuweka nadhiri, aandike kwenye karatasi “Napinga ukatili wa kijinsia” na kisha apige selfie kabambe katika pozi matata. Sasa wenzetu wa Bukura wamefanya vyema kwa hili jambo. Ilikuwa ni bango, selfie, bango, selfie. Hapana chezeya! Suala kwao lilikuwa ni moja tu, walichukua simu kisha wakaweka mbele ya uso wao huku wakishika mabango yao yenye ujumbe walioweka nadhiri ya kupinga ukatili, huku kwa mbali wakijitokelezea na mapozi ya kimambele. Shout Out kwenu mmetisha kinouma nouma.

Washindi wengine ambao wamejipata ni:

1. Kigo Fema Club
2. Mtimbwe Fema Club
3. Ushokola Fema Club
4. Bukara Fema Club



CHALENJI NO 37

Igizo lenye ujumbe

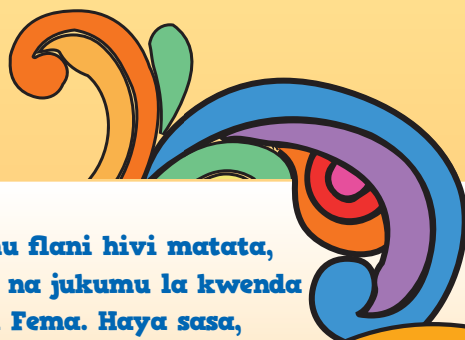
Tungeni mchezo wa kuigiza wenye ujumbe unaonesha faida za usawa wa kijinsia kwa wavulana na wanaume katika jamii. Mchezo huo uandikiwe mswada (script) kamili ukionyesha wahusika, mahali na matukio wanayoigiza. Halafu sasa, uwe ni mchezo wa uelimishaji ambao unaweza kucheza jukwaani au mtaani. Usizidi dakika tano. Kazi kwenu!! Sisi hapa tunasubiri majibu, kama kawaida mtutumie ushahidi wa mchakato ulivyokwenda, mswada wa mchezo wenyewe, mlivyouchesha kwenye jukwaa na mlipata mwitikio gani. Kajiripoti flani hivi. Hapo sasa kwa Kiinglish wanasema *the ball is in your court*.

Washindi watapimwa kwa ubunifu, utekelezaji na ufikishaji wa taarifa sehemu tofauti tofauti.

Deadline yetu ni
Februari 29, 2024 na
washindi watajishindia
T-shirt zao kwenye
toleo la 68.
KILA LA KHERI!!

MNAWEZA KUTUMA CHALENJI YENU
KWA MAWASILIANO YALIYOPO KWENYE
UKURASA WA WASILIANA NASI.

COMPETE & WIN



Hii imeenda!

Tuchomekee, tuweke kola vizuri sambamba na tabasamu flani hivi matata, tukifurahia burudani na elimu tuliyoipata, tukijiandaa na jukumu la kwenda ku-share na jamii zetu madini tuliyoyapata kwenye hii Fema. Haya sasa, muda wa zawadi umefika kwa washindi wetu 20, kila mmoja anajibebea T-shirt yake kaaali ya Fema! Ni hivi, hatuna MBA MBA MBA!

Nawaleta sasa, hawa hapa hawa...

Washindi wa toleo na 65;

Na wewe unataka T-shirt kali ushtue kitaa? Fanya hivi:

- Mtu yeyote anaweza kushiriki shindano hili.
- Ni shindano la mtu mmoja mmoja.

Changamka!

Washindi wa toleo la 63 ni:

1. JENIFER PETER PAUL - SONGE SEC.
2. SHIJA HAMISI - CHIEF NTINGINYA SEC.
3. SIMON CHARLES MASWI - NYANKONGOCHORO SEC.
4. YOHANA BERNARD MAIGE - PUMA SEC.
5. NASRA JUMA - MSEMWA - USHOKOLA SEC.
6. MAGRETH KUMBA - SHISHIYU SEC.
7. ANCIA CHARLES JOSEPH - MWAMASHELE SEC.
8. MUSSA NESTORY BUSENI- INALO SEC.
9. YUSUPH R NASSARI - MARORONI SEC.
10. HELENA MATHAYO – DIMITRIOS SEC.
11. JOYCE MARTIN MUSHILU - MWAMASHELE SEC.
12. AMANI AMUD AMRI - BENJAMIN MKAPA HIGH
13. DODI KEVINGE LUKE - NYUNDUSI SEC.
14. BERTHA BONIPHACE MKAMBATI - USHOKOLA SEC.
15. ELIAS MAMBYA MAGOIGA - TARIME SEC.
16. BULUBA P. MAHENGU - NYAKATENDE SEC.
17. PETER ABEL NDALAHWA – MTIMBWE HIGH SEC.
18. JACKLINE RENATUS – MKULA SEC.
19. MARKO EMMANUEL – BULUNDE SEC
20. AMINA MWITA - MKULA SEC.

**MAJIBU YA
TUMWE KABLA
YA FEBRUARI 29, 2024**
Angalia mawasiliano yetu ukurasa wa mwanzo wa toleo hili.
Washindi watatangazwa katika toleo no 68.

**BASI TUJIPIME AKILI
KIDOGO**

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



Shindano liko hivi: Bila shaka mmesoma jarida lote. Sasa ndani ya jarida humu humu kuna majina ya watu kadhaa yamejitokeza na yapo kwenye hili box letu. Kazi kwako sasa, chukua zako dakika chache kutujaza ni majina gani hayo.

Twende kazi! Pitia huo mchoro wa maneno, chora pembeni kwenye karatasi nyingine, zungushia duara kila jina ulilolipata. Usichore kwenye jarida, tumia karatasi ya kawaida, andika maana yake. Weka kichwa cha habari

COMPETE & WIN.

Nimemakinika!
Naihudumia
jamii yangu.

KATUNI



femina
hip

SI MCHEZO!