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hip

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HALIUZWI

femina

Rosey
Manfere

**“Maumivu
nyuma ya
taji langu”**

**Stress ya
kubalance
cash na class**

Tatizo lake ni letu

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



Social Norms. Mental Health. Lifeskills.

Dear Readers,
Welcome to Fema 70!

It is another opportunity to come together, learn together and win together. This issue is packed with thoughtfully and carefully written content, all about life skills for mental wellbeing especially in the context of the social norms that shape how young people live, think, and feel. Mental health is not only about being free from sickness; it's about knowing how to manage stress, express feelings, and support one another in healthy ways.

Soma Cover Story, The Pain Behind My Crown, ukutane na Rosey Manfere, Miss Tanzania 2020! She shares her journey of enduring and defeating the pain that came with her childhood dream title. It wasn't easy.

In Sema Tenda, we see how friendship and solidarity can rescue someone from a harmful situation. Neema's friends dared to act, and their courage changed her life. Bibi is back with her Dondoo, and she reminds parents to listen to their children's feelings and not overload them with heavy responsibilities. A child deserves education, love, and the freedom to dream, she says.

What social norms affect adolescents and young people's mental wellbeing? This issue dives into that zone and attempts to give you some answers and some solutions, but we know you also have some to share with others where you live. We hope this issue will inspire you to reflect, speak out, and take action for your own wellbeing and for those around you. We are reminded that strength is not hiding your pain, it's having the courage to say, "I need help."

Happy reading!
With love,
The Fema Team



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Rosey Manfere

“Maumivu nyuma ya taji langu”

Pata picha! Umekaa chini, mawazo mazito yamekujaa. Ghafla; mwili mzima unatetemeka mithili ya mtu aliyeshikwa na degedege.

Unajaribu kujizuia, unashindwa.

Unaanguka chini.

Unapofumbua macho tena, unajikuta kitandani, hospitalini, mikononi dripu nne zikining'inia.

Unajaribu kuamka, lakini mwili hauna nguvu hata kidogo.

Unakumbuka tu kwamba kabla ya kuanguka, hata kufika sebuleni ilibidi ujishikilie ukutani.

Hukumbuki ni lini mara ya mwisho ulikula chakula cha maana.

Hukumbuki usingizi mzuri ukoje.

Hukumbuki amani moyoni.

Ni sonona, iliyochochewa na msongo wa mawazo, hofu na wasiwasi uliokuteka.

Sasa, kwako hiyo ni picha tu, lakini kwa, kwa mwanadada Rosey Manfere, Miss Tanzania 2020, haikuwa hadithi tu, ilikuwa halisi. Hali hii ilianza miezi michache tu baada ya kulitwaa taji na ikaendelea kwa takribani mwaka mmoja.

The pain behind my crown

Imagine this: you're sitting quietly, weighed down by heavy thoughts. Suddenly your whole body trembles as if gripped by convulsions.

You try to hold yourself steady, but you can't. You collapse.

When you open your eyes again, you're in a hospital bed, four drips hanging from your arms. You want to sit up, but your body has no strength. You only remember that before you fell, even walking to the sitting room forced you to cling to the wall.

You can't recall the last time you ate a proper meal.

You can't remember what good sleep feels like.

You can't remember peace in your heart.

It was depression, fuelled by stress, fear and endless anxiety.

To you, this might sound like just a picture. But for Rosey Manfere, Miss Tanzania 2020, it was her reality. Only a few months after winning the crown, she slipped into this painful struggle, one that lasted almost a year.



Taji lilivyomfunga

Siku Rosey anatangazwa mshindi wa Miss Tanzania 2020, aliamini maisha yake yatabadilika. Fursa nyingi, umaarufu, na maboresho ya maisha ndivyo alivyovitarajia. Lakini loh! Haikuwa hivyo.

Ililazimu akae ndani muda mwingi, kuwa makini na kila sehemu anayoenda, kila mtu anayeonana naye, na kila kitendo alichokifanya, ili kulinda heshima ya taji. Hii ilimuweka mbali na shughuli zilizokuwa zikimuingizia kipato kama vile majukwaa madogo ya fasheni, na kazi ndogo za uanamitindo. Sasa alikuwa chini ya uongozi, ambao uliamua nini afanye na nini asifanye.

Fursa kubwa zilijitokeza, lakini kila moja ilikataliwa bila sababu. Wiki zikawa miezi. Hakuna kipato. Badala ya kumfungulia milango, taji likamfunga.

Rosey akaanza kujiuliza: Nilitegemea taji litanisaidia kujikuza katika tasnia ya fasheni na uanamitindo, lakini sasa?

When the crown became a cage

The night Rosey was crowned Miss Tanzania 2020, she believed life would change. She expected doors to open, opportunities, fame, a brighter future. But the reality was different.

She had to spend most of her time indoors, cautious about every place she went, every person she met, and every move she made, all to “protect the dignity of the crown”. That meant stepping away from the jobs that supported her, such as small fashion gigs and modelling events. Now under management, others decided what she could and could not do.

Big opportunities came her way, but each was turned down without explanation. Weeks slipped into months. No income. Instead of opening doors, the crown locked her in.

Rosey wondered: I thought this crown would help me grow in fashion and modelling. But now... what's left?



Kujipambania kukaniponza

Baada ya kuona kimya kwa muda mrefu bila fursa yoyote, nikawafata wasimamizi wangu na kuwaomba nizikubali fursa ambazo zitajitokeza huku nikilinda heshima ya taji langu. Wakakubali.

Nikaanza kuzifanyia kazi fursa hizo. Mara baada ya kufanya hivyo, nilipokea barua moja kwa moja kutoka kwa BASATA (Baraza la Sanaa Tanzania.) Hii ilinishtusha sana kwa maana nina amini hadi uitwe BASATA basi umefanya kosa kubwa sana.

Nilijiandaa na kuanza safari ya kwenda BASATA. Wakati niko njiani nilikuwa na mawazo sana, kwani wale wanaonisimamia hawakuwahi kuniita na tukaongea juu ya suala lolote ambalo halikuwapendeza juu yangu.

Taking matters into her own hands

After a long period of silence with no opportunities coming my way, I approached my managers and asked for permission to take on any opportunities that might arise, while still upholding the honour of my title. They agreed.

I began to pursue those opportunities. Shortly afterwards, I received a letter directly from BASATA (the National Arts Council of Tanzania). This came as a real shock to me, because I've always believed that being summoned by BASATA usually means you've done something seriously wrong.

I set out for BASATA. On my way there, I was lost in thought, wondering why my managers had never called me in before to discuss any issue they might have been unhappy about concerning me.

Mawazo yakaanza

Kikao kiliisha huku nikiwa nimejawa machozi. Nilihisi kuonewa, kutokueleweka, na kuachwa peke yangu gizani. Nilishtumiwa kwa kuwa na kiburi na kuvunja mkataba.

Waliokuwa wananisimamia, ambao walipeleka kesi BASATA, walianza kunitishia. Walisema kama nitaendelea na kiburi, hawatanisaidia kwenda Miss World. Tuliondoka bila kufika hitimisho.

Nilihisi kama dunia imenigeuka, mawazo mazito yalijaza akili yangu kila sekunde.

Hapo kumbuka mwaka 2020 niliamua kuahirisha masomo yangu ya mwaka wa kwanza pale Chuo Kikuu cha Ardhi ili kushiriki Miss Tanzania. Sasa siwezi kufanya kazi, na safari yangu ya kwenda Miss World imejaa mashaka.



Heavy thoughts

The meeting ended in tears. She felt accused, misunderstood, and abandoned. Management, who had taken the matter to BASATA, warned her: if she kept being “stubborn”, she would not go to Miss World. We left without any resolution.

I felt like the world had turned against me. Heavy thoughts filled my mind every second.

Remember, back in 2020 I had postponed my first-year studies at Ardhi University just to compete in Miss Tanzania. Now I couldn’t work, and my path to Miss World was full of doubt.”

Uvumilivu ukafika mwisho

“Rosey, tumefanya maamuzi. Hatutaendelea na wewe kuiwakilisha Tanzania kwenye Miss Universe. Badala yake mshindi wa pili ndiye atakayeenda. Tutakusaidia tu kwa kutokukuvua taji.” aliniambia mmoja wa watu waliokuwa wananisimamia.

Nilikaa chini, machozi yakanibubujika kwa uchungu. Nililia sana, sana, sana, na sikuweza kuacha. Nilihihi moyo wangu ukiwa wa baridi na moto kwa wakati mmoja. Niliona kila ndoto, kila jitihada, kila uhakika niliojiwekea, yote yalikuwa hatarini kupotea.

Hapo ndipo hali ilipoanza kuwa mbaya.

The breaking point

Then came the final blow: “Rosey, we’ve decided you won’t represent Tanzania at Miss World. The runner-up will go instead. We won’t strip you of the crown, but that’s all we can do.”

Rosey broke down. “I cried and cried, and I couldn’t stop. I felt my heart turn hot and cold at the same time. Every dream, every effort, every hope I had built seemed to collapse.”

That’s when things really got worse.

Moto ukawaka

Habari zilipotangazwa rasmi, mitandao ya kijamii iliwaka moto. Maneno mabaya, kejeli, matusi. Nilikuwa siamini macho yangu. Kila neno liliniumiza zaidi.

Simu yangu ikaanza kuita. Kila saa. Familia, ndugu, na marafiki. Kila mtu alikuwa anataka jibu. Sikuwa na nguvu ya kupokea simu.

‘Ni sawa binti yangu. Usijali. Tupo hapa kwa ajili yako.’ yalikuwa maneno ya baba yangu mara tu nilipopokea simu yake baada ya masaa mengi kupita.

Maneno yake yalinipa amani sana. Nilihihi kidogo kwamba nitakuwa sawa. Lakini hii ilikuwa mwanzo tu wa safari ya sonona.

Siku zilivyozidi kwenda, kejeli zilizidi. Matusi yaliendelea. Sikutaka kutoka nje wala kumuona mtu. Nilikaa tu ndani peke yangu, sili wala silali.

Mwili wangu ulianza kushindwa. Nikashindwa kutembea. Nikawa napata mshtuko wa ghafla mara kwa mara, mwili ukitetemeka. Ikawa kila nikiwa na mawazo basi napata mshtuko wa ghafla.

Things erupted

“When the news was officially announced, social media exploded. Hate, mockery, insults. I couldn’t believe my eyes. Every word cut deeper. My phone wouldn’t stop ringing. Hour after hour. Family, relatives, friends, everyone wanted answers. I had no energy to pick up.

‘It’s okay my daughter. Don’t worry. We are here for you,’ my father said when I finally answered his call after many hours.

His words gave me peace. I felt, even if just a little, that I’d be okay. But that was only the beginning of my journey with depression.

As days passed, the mockery grew. The insults continued. I didn’t want to go out or see anyone. I just stayed inside, not eating, not sleeping.

My body started failing. I couldn’t walk. I had sudden seizures, my body trembling. Every time my mind got crowded with thoughts, the seizures came.”



Kukubali na uamka tena

Siku zikaenda, mshindi wa pili akaenda kushiriki mashindano ya Miss Universe. Nilijiuliza: Kukaa hivi kutabadilisha nini?

Nikaanza safari ya kujitafuta; kumtafuta yule Rosey Manfere aliyekuwa na ndoto kubwa sana kwenye tasnia ya fasheni na mitindo. Haikuwa rahisi. Nilianza kwa hatua ndogo ndogo, lakini kila hatua ilikuwa ikinisogeza mbele. Familia na marafiki wa karibu walikuwa nguzo yangu.

Nilianza kwenda kwa mtaalamu wa saikolojia. Ukiachilia muda ambao tulikuwa tukiongea na yeye kunishauri, nilijifunza mbinu mbalimbali za kudhibiti hofu na mawazo hasi.

Nikaanza kupika, kuogelea, na kufanya shughuli ndogo zinazonifurahisha kila siku, ili akili yangu isijipe nafasi ya kuzama katika mawazo hasi. Hii ilinisaidia kujenga utulivu, kuongeza furaha, na kuchukua hatua ndogo ndogo kuelekea hali bora ya akili, hatua kwa hatua.

Na zaidi ya yote, nilijikita katika sala. Nilimwambia Mungu kila maumivu na kila tumaini. Nilijifunza kuwa imani inaweza kuwa muongozo unapohisi umepotea.

Polepole, nilianza kuwa sawa. Nikarudi chuo, na mwaka 2023 nikahitimu shahada ya Usimamizi wa Mifumo ya Habari, pale pale Chuo Kikuu cha Ardhi, Jijini Dar es Salaam mwaka 2023.

Choosing to rise again

"Time went on. The runner-up went to Miss World. I asked myself: Will staying like change anything?

I began the journey of finding myself again; finding the Rosey Manfere who once had such big dreams in fashion and modelling. It wasn't easy. I started with tiny steps, but each one pushed me forward. My family and close friends were my pillars.

I began seeing a psychologist. Beyond the talks and advice, I learned practical ways to manage fear and negative thoughts.

I started cooking again, swimming, and doing small daily activities that made me happy, so my mind had no room to drown in negativity. It helped me stay calm, find joy, and take small steps toward mental wellness, day by day.

And above all, I turned to prayer. I poured out to God every pain, every hope. I learned that faith can guide you when you feel lost.

Slowly, I started to get better. I went back to university, and in 2023 I graduated with a degree in Information Systems Management at Ardhi University in Dar es Salaam."

Safari inaendelea...

"Wakati nasoma, nilianza kuwa mwanaharakati wa masuala ya Afya ya Akili. Nikawashirikisha watu hadithi zangu, nikapata nafasi ya kufanya kazi na makampuni makubwa, na kazi yangu ya kwanza ya televisheni kama mtangazaji wa kipindi cha fasheni kwenye ST Bongo.

"Na hapo nikampata Rosey Manfere aliyepotea!" alisema Rosey.

Leo hii, Rosey anang'aa tena. Amefanya matangazo na chapa kubwa kama Fanta, Prima Afro Hair, Nivea, na Tigo.

Hadithi ya Rosey inatukumbusha hata ukiwa gizani, unaweza kuanza kuchukua hatua ndogo ndogo na kufikia mwanga wako.

The journey continues...

"While studying, I became a mental health advocate. I shared my story, I got opportunities to work with big companies, and I landed my first TV job hosting a fashion show on ST Bongo.

And that's where I finally found the lost Rosey Manfere again!" said Rosey.

Today, Rosey shines once more. She has worked on campaigns with big brands like Fanta, Prima Afro Hair, Nivea, and Tigo.

Her story reminds us that even when you're in darkness, you can start taking small steps and find your way back to the light.



Fema Club Zone

NA MARY MBAGO

Hii ndiyo sehemu zinapokaa habari motomoto kutoka kwenye Fema Club mbalimbali nchini kupitia Fema Clubs! Kama kawaida, waandishi wa Femina Hip tumefuatilia, tumeona na tumekusogezea stori kali za ubunifu, michezo, elimu, na mshikamano kutoka kwa wana Fema. Twende tukasome, tuone wenzetu wamepiga hatua gani na tujifunze kutoka kwao!



Utafiti na ubunifu!

Vijana wa Mkula Fema Club, kupitia kitengo cha Utafiti na Ubunifu, walianza kufanya utafiti juu ya ubora wa dawa za kienyeji zinazotumika kutibu kuku. Mradi huu unalenga kukuza ubunifu na uvumbuzi wa vijana, na kuendeleza ujuzi wa kisayansi shuleni. Hongereni sana madaktari bingwa wa leo!



Ukarabati na matangazo sahihi!

Buyuni Fema Club Dar es Salaam hawanaga jambo dogo! Juzi waliona kuna haja ya kuboresha mazingira ya shule, wakafanya yao. La kwanza ikawa ni ukarabati wa viti vya shule na la pili ikawa ni kuhakikisha ubao wa matangazo umerekebisha na kuwa na mwonekano mzuri. Mafundi katika mradi huu walikuwa ni wana Fema wenyewe, wakionesha ubunifu na mshikamano shuleni. Hongereni sana Buyuni.



Fema Club Kondoa na Kijana Acha Alama!

Wana Fema Club kutoka Shule ya Sekondari Regina Mumba Lowassa, mitaa ya Kondoa, wamejenga kimbweta shuleni chini ya kauli mbiu "Kijana Acha Alama!" Mradi huu unawahimiza vijana kuchangia na kuacha alama chanya katika shule zao, huku wakiboresha mazingira ya kujifunzia kwa njia ya ubunifu na ushirikiano.



Furaha na Hedhi Salama!

Fema Clubs Tanga waliamsha amsha sana siku ya Hedhi Duniani, yaani ilikuwa ni matukio kila kona. Kwa ufupi kulifanyika matamasha na makongamano ya uelimishaji jamii, ambapo ujumbe wa hedhi salama uliwasilishwa, ukajadiliwa na malengo ya kupunguza changamoto za hedhi kwa wanafunzi yaliwekwa. Siku hiyo ungepita Kwediboma Sec., Korogwe Girls au Semkiwa Sec, ungekutana na salamu za May 28, a.k.a Siku ya Hedhi Duniani, pengine na wewe ungeondoka na elimu ya kukutosha kuchukua hatua. Wacha angalau tukupe kauli mbiu ya siku hiyo, ujumuike japo kwa kuchelewa - "Wezesha mazingira ya hedhi yenye utu kwa wasichana na wanawake wote." Hongereni sana Fema Club za Tanga na uongozi wa shule husika.



Ubunifu kwa usafi wa mazingira!

Mazingira safi ni muhimu kwa afya ya mwanafunzi, au sio jamani? Sasa wanafunzi wa Fema Club wa Magufuli High School wameubeba ukweli huo kwa kina zaidi, wameamua kutengeneza sabuni ya maji kwa ajili ya usafi wa mazingira yao, ikiwemo vyoo, mabweni na madarasa. Hii ilifanywa baada ya kupata mafunzo kutoka kwa mwalimu mlezi, na sasa sio tu inawasaidia kwenye usafi bali pia inawapa fursa ya kujifunza ujuzi na ubunifu. Imekaa poa sana hii.



Upambaji na elimu juu!



Wanaitwa Mwisho wa Shamba Fema Club, Wanapenda sana mazingira ya shule yao yawe ya mfano kwa shule nyingine, na kwa sababu hiyo, wanaFema hawa wameazimia kuipamba shule yao kwa vibao vyenye ujumbe wa kuelimisha vijana wenzao na jamii kwa ujumla. Kazi imeanza, na wanasema mradi huu unalenga kueneza elimu na kuhamasisha ushirikiano shuleni, na katika jamii. Yaani ukisoma tu kibao, umepata ujumbe! Kudos to you wana Mwisho wa Shamba. Siku moja mtwambie hili jina la shule yenu lilitokana na



BARAKA

Hello wana Fema Club, mambo vipi?

Tuzo zije au zisijee? Nimelisikia jibu! Basi ili tuzo zije kuna mambo haya hapa. Fema Club zinazotambulika kama bora zaidi ni zile zinazoonisha uhai wao kwa ubunifu, ushirikiano, na mchango chanya kwa jamii kwa njia endelevu. Club hizi huandaa shughuli mbalimbali kwa ufanisi, huwasilisha kazi za club zao kupitia njia mbalimbali za mawasiliano kama vile makundi ya WhatsApp ya Wilaya, Mikoa, Kanda na Taifa, kundi (group) maalum la walezi wa Fema Club kupitia mtandao wa FaceBook (Fema Club Mentors), na kuwahusisha wazazi ili kuonesha faida za ushiriki wa vijana.

Fema Clubs hizi huunda mitandao imara na shule nyingine, huandaa matukio ya pamoja kama vile mahafali ya wahitimu wa kidato cha 4 na/au 6, mabonanza ya pamoja, na kuanzisha matukio ya kipekee yanayochochea wengine kuiga na/au kujifunza. Kujitolea kwao kunaonekana kupitia utoaji wa taarifa za utendaji kazi wa Fema Club shuleni kwao kwa wakati kwa Femina Hip na mamlaka za serikali zinazowaongoza, kuwaalika wataalam kutoa elimu kwa wanafunzi, na kufanya ziara za kujifunza. Kwa kuendana na ajenda za Femina Hip; Cheza Salama, Ruka Juu na Sema Tenda, Fema Club hizi hutumia jarida la Fema kujenga jamii ya wanachama walio hai, wenye maarifa, na wanaoshiriki kikamilifu katika masuala ya kijamii na kuwa mfano wa kuigwa kwa wengine katika mikoa mbalimbali.

Ndiyo, shule yenu inaweza kuwa Best Fema Club nchini. Inawezekana. Siku zote zingatieni umoja na kujifunza kwa kushiriki baina ya wanachama na, kwa ushirikiano mkubwa na mlezi kiongozi a.k.a mentor, muwekeze katika uhai wa Fema Club shuleni kwenu kwa kuanzisha na kuendeleza shughuli mbalimbali ikiwa ni pamoja na kuweka mfumo thabiti wa uongozi na wa wanachama.

Imekaaje hiyo?

Siku ya Mtoto wa Afrika!

Kila tarehe 16 ya mwezi Juni bara letu huadhimisha Siku ya Mtoto wa Afrika, na makundi mbalimbali huchukua fursa hii kulisitiza ujumbe wa haki za watoto. Basi bwana pale Balozi Mshangama Secondary, Fema Club waliadhimisha kwa shamrashamra zenye maarifa na ubunifu. Wanafunzi na walimu walikusanyika, kusherehekea na kukumbuka umuhimu wa haki, heshima na nafasi ya mtoto barani Afrika.

Shughuli zilijumuisha vipindi vya elimu vilivyobeba jumbe muhimu kuhusu haki za watoto na wajibu wa jamii, maigizo yaliyogusa mioyo na kuibua mjadala, michezo ya ushirikiano iliyojenga mshikamano, pamoja na burudani za muziki na ngoma za asili zilizoamsha furaha na hamasa. Hongereni sana kwa kueneza elimu na mshikamano huu wa thamani



Vipaji na michezo!



Ni Usa High Fema Club kutoka Usangi Day Secondary, Mkoa wa Kilimanjaro (Kanda ya Kaskazini), Hivi karibuni walivaibisha kwenye vipaji upande wa michezo, wakapiga tukio ambalo lilisheheni burudani kwa wote walioshiriki. Washindi walipata heshima zao, soda zikanywewa bila kusahau fujo yenye amani. Tupo proud sana kwa vijana hawa washindi. Hakika mlitisha sana.

Mkutano wa Mentors Dar ulinogaaa!

Si unajua walezi wa Fema Clubs wakikutana huwa ni elimu burudishi kwa viwango vya juu? Basi bwana, Juni 25–28 Dar es Salaam, zaidi ya walezi 120 kutoka mikoa mbalimbali walikusanyika Azania Secondary kwa mkutano mkuu wa saba wa walezi wa Fema. Kulikuwa na kila kitu; hotuba zenye msukumo, mafunzo ya ubunifu, michezo, burudani na hata matembezi ya utalii. Dkt. Elizabeth Mshote, akimwakilisha Katibu Tawala wa Mkoa wa Dar es Salaam alifungua rasmi mkutano, akisisitiza moyo wa uzalendo, kujitegemea na afya bora kwa vijana.



Mada zilipikwa vizuri: umuhimu wa sanaa katika uelimishaji, afya ya akili na mabadiliko ya tabianchi, na mbinu za kufufua uhai wa Club shuleni. Walezi waliboresha katiba ya mtandao, wakutuzwa wale waliofanya vyema, na wakatembelea Makumbusho ya Taifa, Mahabusu ya Watoto, Kaole na fukwe za Bagamoyo. Kila siku ilikuwa na mchanganyiko wa kujifunza, kuenjoy na kushirikishana mawazo.

Kilele kilikuwa uchaguzi wa viongozi wapya wa Taifa na ugawaji wa vyeti, huku kanda ya Kati ikikabidhiwa bendera ya kuandaa mkutano wa 2026.

Walezi waliondoka wakiwa na mbinu mpya na hamasa mpya, wakijua kwamba malezi bora ya vijana si kazi ya mtu mmoja, bali nguvu ya pamoja na mioyo inayowaka moto wa kiFema Fema. Sema na Femaaa...



Viongozi waliochaguliwa kwa ajili ya kuhudumia 2025 - 2027 ni wafuatao:

1. MWENYEKITI
Seif J. Salim (Tanga)
2. MAKAMU MWENYEKITI
Benjamin Mhada (Njombe)
3. KATIBU MKUU
Lolesia Stephano (Mwanza)
4. NAIBU KATIBU
Lusekelo Enos (Singida)
5. MHASIBU
Scolastica Francis (Kagera)
6. AFISA HABARI
Abasi Shaha (Tanga)
7. AFISA HABARI MSAIDIZI
Frank Patrick (Kagera)
8. MRATIBU
Laisha Ngomandodo (Dar-es-Salaam)
9. TEHAMA
Tuly Ally (Geita)
10. MSAIDIZI WA KISHERIA
Barnaba Ndelwa (Njombe)

Kipengele cha Tuzo

Best Fema Club Mentor

Hii ni tuzo ya mlezi wa Fema aliyefanya vizuri zaidi kwa mwaka husika. Aliyetunukiwa tuzo ya kipengele hiki ni Paul Elius Musala – Mkula Fema Club, Simiyu



Best Fema Club

Hii ni tuzo ya Club ya Fema iliyofanya vizuri zaidi kwa mwaka husika, lakini washindi waliotunukiwa walipitiliza maana walifanya vizuri 2022 mpaka 2024. Club iliyotunukiwa tuzo ya kipengele hiki ni Igwamanoni Fema Club – Shinyanga.



Extraordinary Performance Award

Hii ni tuzo kwa ajili ya walezi waliofanya shughuli nyingi nzuri na kujitolea katika shughuli za Fema na malezi ya vijana. Waliotunukiwa tuzo katika kipengele hiki ni:

1. Stephano Richard – Shinyanga.
2. Baraka Luambano – Dar-es-Salaam.
3. Tully Ally - Geita.
4. Seif Salim - Tanga.
5. Fidelis Gamone – Mara.
6. Violeth Lusapa – Kilimanjaro.
7. Glory Mihua – Iringa



THABITI

Salamu nyingi ziwafikie kutoka dawati langu.

Kama kawaida kuna ujumbe maridhawa hapa, na zamu hii ni mahsusi kabisa kuhusiana na tuzo za Fema! Tujikumbushe kidogo vigezo vya kuchagua washindi. Walezi bora wa Club na Mitandao ya Fema wanatambuliwa kwa ubunifu wao, uthabiti, na kujitolea kwa dhati katika kuwalea na kuwaongoza vijana. Walezi hawa huandaa matukio ya Fema Club na mitandao yao ya Wilaya/Mkoa au Kanda kwa ufanisi na ushirikiano baina yao lakini pia, kukuza uongozi miongoni mwa wanachama, na kujenga ushirikiano thabiti na mamlaka za serikali pamoja na uongozi wa shule zao.

Kwa kutumia zana mbalimbali kama vile Fema App, na kushiriki katika majukwaa ya kitaifa kama vile mkutano mkuu wa walezi unaofanyika kila mwaka, wanazingatia utoaji wa taarifa za maendeleo ya Fema Club wanazoziongoza kwa wakati, malezi ya kitaaluma, na wanaendesha shughuli za Fema Club kwa kuendana na ajenda kuu za Femina Hip; Cheza Salama, Ruka Juu na Sema Tenda.

Walezi vinara wa Fema Club wanaongoza juhudi za kuunganisha shule mbalimbali, kushirikiana na wataalamu, na kuanzisha shughuli za kipekee zinazawahamasisha wengine. Kama mfano wa kuigwa, wanaonesha taaluma, umahiri wa kidigitali, na kujitolea kwa dhati katika kukuza jamii ya wanafunzi yenye afya, uelewa wa kijamii, na ushiriki hai. Kila mlezi wa Fema Club ana uwezo wa kuwa mlezi kinara katika tuzo zinazotolewa kila mwaka kwenye mkutano mkuu wa walezi wa Fema Club Taifa, ni wakati wako, chukua hatua, oneshwa uwezo, peperusha bendera ya Fema Club shuleni kwako!

Executive Director Special Award.

Hii ni tuzo maalum kutoka kwa Mkurugenzi Mtendaji wa shirika la Femina Hip kwa walezi waliofanya vizuri zaidi. Waliotunukiwa tuzo katika kipengele hiki ni:

1. Stephano Richard – Shinyanga.
2. Baraka Luambano – Dar-es-Salaam
3. Tully Ally - Geita
4. Seif Salim - Tanga
5. Fidelis Gamone - Mara
6. Vaileth Lusapa - Kilimanjaro
7. Glory Mihua - Iringa
8. Benjamin Mhada - Njombe
9. Sekela Mwaibale - Mbeya
10. Lolesia Stephano – Mwanza
11. Scolastica Francis – Kagera
12. Basil Rogat – Njombe
13. Salum Msakuzi - Njombe



Best participation

Hii ni tuzo ya ushiriki bora kwa mkoa ambao ulikuwa na wajumbe wengi zaidi katika mkutano. Tuzo hii ilikwenda kwa Mkoa wa Tanga.



Tuzo kwa Mstaafu

Mavunde, ambapo washiriki walioshinda mashindano mbalimbali kwenye mkutano uliopita, Geita, walitunukiwa.





UJUE MKOA WA SHINYANGA



Habiba Njile
Selemani

Karibu Shinyanga – Ardhi ya Maajabu

Nafurahi sana kukukaribisha katika mkoa nina jidai nao, ninaoona fahari kuuita nyumbani. Hapa ni Shinyanga, ukisafiri kutoka Dar kwenda Mwanza kwa barabara au treni lazima upite hapa, basi nikualike siku moja ushuke japo kidogo, utembe, utafurahi.

Shinyanga yetu iko Kaskazini Magharibi fulani hivi mwa Tanzania. Tumepakana na mikoa ya Simiyu, Geita, Tabora na Singida. Hapo awali, Shinyanga ilikuwa na maeneo ambayo sasa ni sehemu ya mkoa mpya wa Simiyu. Kwa sasa tunazo wilaya tatu yaani

Shinyanga, Kishapu na Kahama ambayo inaongoza kwa ukuaji wa kiuchumi katika mkoa wetu.

Kwa mujibu wa wazee wetu wakongwe, jina “Shinyanga” linatokana na neno la Kisukuma “Inyanga”, ambalo ni jina la mti unaotumika kuweka alama katika makaburi ya Wasukuma. Inasemekana kuwa wakati wa ukoloni, wazungu walishindwa kutamka neno hilo vizuri, na badala yake wakasema “Shinyanga”, likabaki hadi leo.

Utamaduni wa Wasukuma

Mkoa wa Shinyanga kwa asili na sehemu kubwa tunaishi Wasukuma. Utamaduni wetu ni wa kipekee sana kwa sababu tunaupenda sana, hasa vyakula na ngoma zetu. Ni sifa ya Wasukuma kula ugali, lakini pia tunaipenda micheembe, mlenda, maziwa na matobolwa. Siku ukija utapewa na wewe ufurahie.

Ngoma za asili ni sehemu muhimu ya utamaduni wetu. Tunao wasanii mashuhuri wa nyimbo za asili kama Mama Ushauri, Kisima, Gudegude, na Elizabeth Maliganya. Muziki wao unatokana na ngoma zetu pendwa na lugha yetu tamu. Yaani hao wakiwa na shoo hata aje msanii gani mkubwa, Wasukuma wa Shinyanga tunaenda kwao tunamuacha msanii mgeni na jukwaa lake.

Pia tunapenda baiskeli! Ziko nyingi sana. Tunazitumia kwa usafiri binafsi, kukodi kama bodaboda, lakini pia tuna mashindano mengi ya kuendesha baiskeli. Hakuna sherehe kubwa au tamasha tunafanya bila kuwa na hicho kipengele.



Uchumi wetu

Uchimbaji wa madini ni chanzo kikubwa cha mapato ya mkoa wetu. Madini ya thamani kama almasi na dhahabu yanapatikana maeneo ya Mwadui, Buzwagi, na Mwampangabule. Lakini pia wakazi wengi wa Shinyanga wanajishughulisha na kilimo cha mahindi, mpunga, mtama, na karanga, pamoja na ufugaji wa ng'ombe, mbuzi, na kondoo.

Kilimo

Halafu kitu kingine, tuna utamaduni wa kusaidiana kulima, kundi kubwa mnalima pamoja shamba la mtu mmoja, mkimaliza mnamia kwa mwenzenu mwingine, na mwingine, hadi mashamba ya wote yanalimwa. Vikundi hivyo vinaitwa Masalenge au Wiambiyo. Hapo na muziki unakuwa unapigwa, watu wanalima huku wakiimba na kucheza, kazi inaenda haraka, kwa raha na burudani. Ushawahi kuisikia hii? Karibu Shinyanga.

Tunao walinzi, wanaitwa Wasalana. Hawa ni walinzi wa jadi, wanaume walioboea katika kulinda jamii - watu muhimu sana hawa.

Vivutio vya Utalii

Mkoa wetu una miamba aisee! Ni mingi, mikubwa, mizuri na mingine ya kustaajibisha jinsi ilivyojipanga. Lakini pia tunayo chemchemi ya maji ya moto iliyopo Ibadakuli, na makumbusho ya makazi ya watemi wa zamani huko Usule, kama vile ngome na kaburi la Mtemi Kajala. Halafu ujue Rapcha katokea huku huku eeh?

Naitwa Habiba Njile Selemani, ni mwanafunzi wa Tinde Girls High School, asante kwa kuyasoma ninayojivunia kuhusu mkoa wangu.

Karibu Mkoa wa Shinyanga – mkoa wenye maajabu!



Habiba Njile Selemani



DESTURI HATARISHI

Kwa afya ya akili ya vijana

Vijana wengi wanapigana na mengi kimya kimya bila msaada, huku wasiwasi, hofu, msongo wa mawazo na hata sonona ikiwatafuna taratibu. Na hii si kwa sababu wanataka kuteseka, bali kwa sababu mila na desturi fulani zinawazuia kuzungumza, kuomba msaada au hata kuelewa kinachoendelea ndani yao. Ni mfano wa namna ambavyo mila na desturi zenye madhara zinaweza kuathiri afya ya akili ya mtu.

Afya ya akili siyo tu kuhusu magonjwa au hospitali. Ni kuhusu jinsi tunavyofikiri, tunavyojihisi, tunavyohusiana na wengine, na tunavyokabiliana na changamoto za maisha. Hebu tuangalie baadhi ya mila na desturi za namna hiyo ambazo zinachangia matatizo ya afya ya akili miongoni mwa vijana, na stadi kadhaa za maisha unazoweza kutumia kujilinda au kuwasaidia wenzako.



Afya ya Akili ni nini?

Kwa mujibu wa Shirika la Afya Duniani, Afya ya Akili ni hali ya ustawi ambapo mtu anatambua uwezo wake, anaweza kukabiliana na msongo wa kawaida wa maisha, anaweza kufanya kazi kwa tija na kwa ufanisi, na anaweza kuchangia katika jamii yake.

Changamoto za afya ya akili

Ni yale mambo ambayo tunapambana nayo kila siku yanayoathiri mawazo, hisia, au tabia zetu. Ni mambo ambayo yanaweza kuisha au kuondoka kulingana na hali za maisha, msongo au shinikizo. Mtu akipata msaada au akatumia mbinu za kukabiliana nayo yanaisha au yanapungua.

Ugonjwa wa akili

Hutokea pale changamoto hizi zinapokuwa kubwa zaidi, za muda mrefu, na zikasababisha mtu kushindwa kuendesha maisha yake ya kawaida. Mara nyingi huhitaji uchunguzi na matibabu ya kitaalamu. Ugonjwa wa akili unaweza pia kusababishwa na maambukizi tofauti tofauti ikiwa yatafika kwenye ubongo.



Ukimya ni mzigo

Miongoni mwa desturi zenye nguvu sana ni hii kwamba ukikaa kimya wewe ni mtu imara sana. Kuanzia utotoni tunafundishwa kwamba kueleza hisia zako hasa zile zinazoumiza moyo wako, ni udhaifu. Wavulana wanaambiwa 'kuwa mgumu wewe' na wasichana wanaambiwa kaa kimya, tii. Lakini ukimya ni mzigo. Uchungu na maumivu visiposhughulikiwa huzalisha majanga kama vile msongo wa mawazo, sonona na wakati mwingine tabia hatarishi.

Kuzungumza juu ya hisia zako sio udhaifu, ni hatua ya kwanza ya kupyonyana kulinda afya yako ya akili.

Nidhamu au nidhamu ya woga?

Heshima kwa wakubwa ni miongoni mwa tunu muhimu katika jamii zetu. Inatufundisha shukrani, unyenyekevu na namna ya kuwasiliana na kizazi kilichotutangulia. Na hili ni jambo la muhimu. Shida inakuja pale heshima inapochukuliwa kama kukaa kimya na kamwe usiulize maswali. Jambo hili linaweza kuwafanya vijana washindwe kujieleza hasa pale wanapoonewa, kufanyiwa ukatili au wanapohitaji msaada kutoka kwa watu wazima, wakiogopa tu kuambiwa hawana heshima. Matokeo yake mkusanyiko wa hasira, kukata tamaa na kutokua cha kufanya unaweza kuzalisha matokeo hasi kwa mhusika.

Heshima si ukimya. Heshima ya kweli hujengwa kwa kusikiliza na masikilizano, uaminifu, na kujali.

Kufeli ni nini?

Thamani ya elimu ni kubwa na hakuna anayeweza kulipinga hilo; elimu hufungua milango mingi ya maana. Ila sasa, pale ufaulu wa mtihani unapokuwa kipimo pekee cha uwezo au thamani ya mtu, kufeli mtihani hugeuka kuwa mwisho wa ndoto. Wanafunzi wengi hujikuta wakikata tamaa na kujawa na aibu yanapowakuta hayo. Waliofeli hubezwa wakilinganishwa na waliofaulu kwa kebehi. Ukilichukulia jambo hili kwa mazoea unaweza kuliona ni dogo, lakini kwa mhusika mwenyewe ni njia ya kuelekea kwenye kujidharau, kujinyanyapaa, na asipopata msaada anaweza kwenda pabaya.

Kuifaulu mtihani ni jambo zuri, na kumpa mtu fursa ya kuonesha uwezo mwingine alionao ni jambo zuri pia.

Ushike lipi, uache lipi?

Mambo ya mapenzi na mahusiano nayo ni kitu kingine kinaleta tafrani. Kijana akiwahi kuingia kwenye mahusiano anaambiwa unakimbilia wapi? Akichelechelewa ajipange, anaambiwa unakwamba wapi? Na hii iko kila kona; nyumbani na mtaani, na hata miongoni mwa marafiki. Matokeo yake vijana wanaweza kujenga kutojiadini wakidhani wana tatizo. Ni rahisi kuingia katika tabia hatarishi au kuishi kwa wasiwasi na kujitenga.

Mahusiano ya kimapenzi si suala la kumlazimisha mtu, kumbeza au kumbushia kumbushia. Kila mtu ana safari yake.





Kwanini unyanyapaa unakubalika?

Jamii imeamua kwamba kumnyanyapaa mtu kwa shida anazopitia ni suala la kukubalika. Hivi tulifikaje huko? Hii sio sawa. Vijana wenye ulemavu au changamoto zinazowanyima raha na kuwatia kiwewe, wanapitia hali ngumu ya kutengwa, kunyooshewa vidole au kuitwa majina, badala ya kupewa msaada salama. Wakati mwingine wanaambiwa wasiseme kwa sauti mambo wanayoyapitia, wasije wakache-kwa. Wale wanaofanyiwa ukatili wanaumia zaidi kwasababu tatizo ni maradufu; wanaumizwa na wananyanyapaliwa. Wakiishi na mapambano hayo kimyakimya matokeo yake ni mfadhaiko, unyogovu, kutojiamini na hata kutojithamini.

Unyanyapaa wa namna yoyote humuumiza anayetendewa, na haumsaidii chochote anayetenda.

Mtego wa mwonekano

Ulimwengu wa kisasa umejaa kudamsh, kutokelezea, kubarua na mengine mengi kama hayo. Mitandao ya kijamii inaongeza shinikizo, lakini shinikizo rika kwa njia yoyote ni mtihani. Vijana wanajilinganisha na picha za mitandaoni ambazo zimefanyiwa editing ya kutosha, zikionesha mavazi ya bei kali ambayo wapigwa picha pengine wameazima tu. Lakini mtego huu wa mwonekano unawapa presha sana vijana, unawanyima usingizi. Kila uchao wanawaza wavaeje, wapige make up gani ili watoshe kwenye vipimo rika vinavyowasubiri huko nje. Wasiwasi kila siku.

Yaliyoko mtandaoni yanaweza kutusaidia kujifunza, lakini yanapotulazimisha kuyafuata au kutuachia masononeko yanageuka kuwa hasara badala ya faida.



Baada ya kujua hayo...

Hizi ni baadhi tu, lakini zipo nyingine ambazo zinaweka mzigo mzito kwenye akili na mioyo ya vijana. Tunaweza kuanzisha mazungumzo nyumbani, shuleni au kwenye vikundi, ili mila hizi na desturi zisibaki kifichoni. Kuongea kuhusu hisia siyo udhaifu, ni nguvu. Wavulana na wasichana wote wanapaswa kufundishwa kwamba kujieleza ni sawa, kuuliza maswali siyo kukosa heshima, na thamani ya mtu haipimwi kwa matokeo ya mtihamu au likes za mitandaoni.

Lakini pia, hatuwezi kupambana peke yetu. Tunahitaji kushikamana kama jamii; wazazi, walimu, viongozi wa dini, marafiki na hata taasisi rasmi, kuanzia Dawati la Jinsia na Watoto, One-Stop Centres hospitalini, vituo vya huduma rafiki kwa vijana, hadi namba ya msaada 116. Tukiwa na mitandao hii ya msaada tunapunguza ukimya, aibu na lawama zinazotuumiza ndani. Badala yake, tunajenga kizazi kipya cha vijana jasiri, wenye uwezo wa kusimama imara hata mbele ya changamoto kubwa.

Changamoto za afya ya akili ni pamoja na:

Msongo wa mawazo (Stress):

Mwitikio wa mwili na akili pale unapokumbana na shinikizo. Huweza kukufanya ukose utulivu, au kuona mambo yamezidi uwezo wako.

Wasiwasi (Anxiety):

Wasiwasi unaosababisha hofu, wakati mwingine bila kujua sababu ya wazi ya moja kwa moja. Inaweza kuondoa utulivu.

Huzuni (Sadness):

Hisia za uzito moyoni au kupoteza furaha, hadi mambo uliyokuwa ukifurahia yanapoteza ladha.

Sonona/unyogovu (Depression):

Hali ya msongo wa hisia wa muda mrefu, hali ya kukata tamaa na kujitenga, mara nyingi ikihusisha mabadiliko katika usingizi, hamu ya kula, au nguvu za mwili.

Kuchoka kupita kiasi (Burnout):

Uchovu wa kimwili, kiakili na kihisia unaosababishwa na msongo wa muda mrefu kutokana na majukumu mbalimbali yaliyozidi kiasi shuleni, kazini, au majukumu mengine.

Kiwewe (Trauma):

Maumivu ya kihisia yanayosababishwa na matukio yenye kuumiza au kutisha, ambapo kumbukumbu zake hujirudia mara kwa mara.

Kujidharau (Low self-esteem):

Kujiangalia vibaya, kuhisi si wa thamani, au kuamini hujitoshelezi.





Nyumbani panapogeuka mwiba

NA AMABILIS BATAMULA

Mwanzo ilikuwa ni kelele tu. Adina na mdogo wake, Joseph, waliziba masikio yao usiku wakitumaini ghasia zingekoma. Lakini kelele zikageuka vipigo, matusi na shutuma zisizoisha. Baba yao aliwahi kudai kuwa wao hata sio watoto wake, akamwambia mama yao awe mtiifu kwa kuwa anamsaidia kulea watoto wasio wa kwake. Alimzuia asiwe anatoka toka nyumbani wala kwenda kufanya biashara yoyote. Ikawa ndio maisha ya familia yao, kila siku ni mbaya kuliko jana yake. Majirani waliosikia walisema ni mambo ya kifamilia. Hofu, wasiwasi na hasira vikawa sehemu ya maisha ya Adina na Joseph.

Adina anakumbuka siku ambayo mama yao alipigwa hadi kuzimia, kwa 'kosa' la kuchelewa kuweka chakula mezani. "Kabla ya kipigo kilichomweka mama chini, baba alimpiga makofi mawili, mama akajitetea kwa kunyanyua kikombe cha udongo kilichokuwa pale mezani, akakirusha ili kimpige baba, lakini kilimkosa. Ndipo baba aliporusha ngumi na mama akaanguka chini. Tulilia sana tukijaribu kumwamsha mama, lakini ilimchukua kama dakika tano hadi kuzinduka.

Baba hakujali, alitufokea, akatufukuza kwa fimbo, akasema amechoka, kwanza mama amezeeka, atatuacha tuhangaike, yeye ataenda zake akaishi vizuri sehemu nyingine. Na kweli kesho yake aliondoka, hadi sasa mwaka wa nne hatujawahi kumwona wala kumsikia tena. Ila mwaka jana alikuja baba mdogo, akadai baba alimtuma aje kutuangalia."

Adina sasa yuko Kidato cha Tatu, na Joseph yuko la Saba. Mama yao sasa anajaribu kufanya biashara ndogo ndogo akiwatunza watoto, lakini ni ngumu kwa kuwa mtaji wake uliharibiwa miaka hiyo ya kufungiwa ndani. Maisha ni magumu. "Baba mdogo alisema niondoke naye nitapata mchumba, lakini mimi natamani kusoma sana, sitaki kuishi maisha kama ya wazazi wangu," anasema Adina, "ninachoogopa ni mdogo wangu Joseph, si mchangamfu kama wenzake, na siku akikasirika anapigana huko shuleni hadi mama anaitwa. Natamani afaulu la Saba, lakini hafanyi vizuri darasani," anaongeza Adina huku machozi yakimlengalenga.

Makovu yasiyoonekana

Kama unafikiri hiki ni kisa cha familia moja, fikiria tena. Nyuma ya milango mingi nchini kwetu kuna watoto wanaoishi kwenye mazingira kama haya; nyumba ambazo zingepaswa kuwa kimbilio la watoto, zimegeuka kuwa uwanja wa vita. Ugomvi, ukatili, kutelekezwa na kupuuzwa hufichwa na kuta za nyumba, huku jamii ikiyaita “mambo ya kawaida ya kifamilia.” Lakini, wataalamu wanasema, kwa watoto madhara ni makubwa na ya muda mrefu.

Ukatili wa maneno au wa mwili unawaacha watoto wakiwa na hofu kila siku. Badala ya nyumba kuwa mahali pa salama, inakuwa chanzo cha wasiwasi. Watoto kama Adina na Joseph hushindwa kuzingatia masomo, wanaogopa kumwamini mtu yeyote, na wakati mwingine hukata tamaa kuhusu ndoto zao. Maneno ya dharau na shutuma huchoma roho sawasawa na kipigo.

Kutelekezwa na kupuuzwa huacha kovu jingine. Mtoto anapojisikia hana maana, huamini hastahili kupendwa au kuthaminiwa. Baadhi huzama kwenye huzuni na msongo, wengine hutafuta kukubalika kwa kupitia njia ambazo zina madhara, kama vile madawa ya kulevya, uhusiano usio salama, au hata kutoroka nyumbani.

Mtoto anayeshuhudia ukatili kila siku, kushambuliwa yeye mwenyewe au kuwekewa mipaka isiyoheshimu utu, anakua akijiona duni. Wengine hunyamaza kimya, wakibeba maumivu ndani, wengine hujawa na hasira. Mambo haya hukatisha ukuaji wao kihisia na kubomoa ndoto zao.

“Ninabeba maumivu ya wazazi wangu”

Kama vijana wangepewa nafasi ya kusema kwa sauti, wengi wangesema:

“Ninabeba maumivu ya wazazi wangu mgongoni.”

“Wakigombana, nahisi moyo wangu unachanika.”

“Ninatamani mtu aone ninachopitia nyumbani.”

Lakini mara nyingi sauti hizi hazisikiki. Vijana hufundishwa kunyamaza au kujifanya kila kitu kiko sawa. Ukweli unabaki kuwa kwamba ukimya hauponyi, unaficha tu mambo. Ndani, maumivu yanaendelea kujenga utambulisho wake na jinsi gani awachukulie watu wengine au hata mtazamo mpana wa maisha.

Afya ya akili ni muhimu

Wataalamu wanatwambia nyumbani panapogeuka mahali pa maumivu, afya ya akili ya watoto huumizwa na kudhoofu. Wanaweza kujiona hawana thamani, kuishi kwa hofu au wasiwasi, na kushindwa kuamini watu wengine; unakuta mtoto amejitenga akiamini hawawezi kuwa na marafiki. Wakati mwingine mtoto hushindwa kuelekeza akili shuleni, hupoteza hamasa ya kusoma. Wengine huanza kuiga tabia za ukatili kana kwamba ndizo maisha ya kawaida, na baadhi hutumia pombe au dawa za kulevya kuficha maumivu ya ndani.

Unajua nini, athari hizi haziishii utotoni; hata wakiwa watu wazima wanapata shida sana kuamini watu na inakuwa ngumu kujenga uhusiano wenye afya. Hasira na uchungu ambavyo havikupatiwa ufumbuzi hupelekea mzunguko wa ukatili hujirudia kizazi hadi kizazi. Lakini kuwa na afya njema ya akili ni pamoja na uwezo wa kufikiri kwa uwazi, kudhibiti hisia na kukabiliana na changamoto. Msaada wa kusikilizwa, kuongozwa na kuhamasishwa katika mazingira salama ni vinaweza kuvunja mzunguko huu na kujenga maisha mapya.

Sikia hii...

Hata katikati ya maumivu, bado kuna njia za kujilinda na kupona. Kwanza kabisa, ni muhimu kukumbuka kuwa ukatili si jambo la kuzoea, na wala si kosa lako. Changamoto za wazazi au watu wazima nyumbani sio kipimo cha thamani yako; unastahili heshima na upendo.

Zaidi ya yote, kumbuka una uwezo wa kuvunja mzunguko. Maumivu ya nyumbani hayakulazimishi kurudia historia; unaweza kuamua kujenga maisha yenye mahusiano bora na baadaye ukawa kimbilio kwa wengine.



Hebu tuone stadi kadhaa ambazo zinaweza kukuvusha

1. Udhhibiti wa hisia

Hii inaweza kusaidia kudhibiti hofu, hasira, huzuni na wasiwasi uliopita kawaida.

Unaweza kujenga stadi hii kwa kupitia kupitia tiba maongezi, maeneo mengine ambako ni salama kuzungumza yaliyoko moyoni, na mazoezi ya akili na roho kama vile kukaa kwenye ukimya na kutafakari au kusali. Usisite kutafuta msaada, kwa mfano kupiga simu ya bure 116 Tanzania.

2. Stadi za mawasiliano

Hizi ni muhimu katika kueleza hisia ulizo nazo, kuomba msaada, na kuwashiriki wengine uzoefu wako bila kujumiza zaidi.

Ili kujenga stadi hizi ni vizuri ukashirikiana na wengine ili kwa pamoja msimuliane hadithi, mshirikishane uzoefu, mfanye maigizo dhima, lakini pia ukiwa peke yako unaweza kuandika yale ambayo ama unayapitia, unayahisi au unayaona.

3. Kutatua matatizo na kufanya maamuzi

Stadi hizi zinakupa nyenzo za kuichambua changamoto na kufanya uamuzi salama hata katika mazingira magumu.

Kwa kuanzia, unaweza kujenga stadi hizi kwa kushiriki shughuli ambazo zinakupa changamoto chanya kama vile michezo na mashindano mengine, miradi ya club, uongozi wa shule au club n.k. Shughuli hizi zinakupa fursa ya kufikiri kwa kina kutafuta matokeo mazuri, na kwa kufanya hivyo unajiimarisha.

4. Ustahimilivu na kujiamini

Stadi hizi zinaimarisha hisia zako za kujithamini na uwezo wa kusimama tena baada ya kujeruhiwa kihisia. Hii ni kwa ajili ya leo lakini pia kwa ajili ya maisha ya baadae.

Hizi zinaweza kujengwa kupitia kuamini kwamba unaweza, kwamba kila jambo linaweza kuwa na upande wa pili ambao ni tofauti na unayoyapitia, na kwamba wewe pia unastahili kuuona na kuuishi huo upande. Pia inaweza kukusaidia ikiwa wengine wanaokuzunguka kama vile marafiki na walimu, watakuhamasisha na kutambua uwezo wako.

5. Ushirikeli na usuluhishi wa migogoro

Stadi hizi zinawafundisha vijana kuvunja mzunguko wa ukatili kwa kuelewa hisia za wengine na kushughulikia migogoro kwa amani.

Unaweza kujifunza stadi hizi kwa kushiriki shughuli za pamoja kama timu, kufuatilia simulizi za watu ambao wanatenda wema na haki, au ikiwezekana kuzungumza nao. Lakini pia siku zote amini kwamba kila binadamu anastahili kuishi kwa furaha, bila kuteswa au kunyimwa haki.

Stadi hizi haziwezi kufuta madhara ya kushuhudia ukatili, lakini zinawapa watoto nyenzo za kukabiliana, kupona, na kuepuka kuiga mitindo ya ukatili wanayoiona nyumbani.

KUMBUKA

Chagua kutafuta msaada

CHUKUA

HATUA

Jadili katika Club - ni kwa namna gani mtaufikisha ujumbe huu kwa wazazi na jamii? Halafu mfanye kweli.

TIRIRIKA

JE UMEWABI KUISIKIA
KUSHINIKIZWA KUFANYA JAMBO
FULANI KATIKA MAISHA, LAKINI
MOYO WAKO UKASEMA HAPANA?
ULIFANYA NINI?



LUTHFIA ISMAIL SHABANI

Ndiyo nimewahi, nilisikilza moyo wangu unavyosema na sikufanya niliamini hisia zangu na nikazifata



RAZAK JUMA

Ndio nimewahi kushinikizwa niache shule, lakini nilikataa kwa sababu hakuna anayejua maisha yake ya baadae, nilijitafakari sana nafsi ikanambia naweza kuendelea na shule na kuja kuwa mtu mkubwa sana baadae



ELIZABETH JOSIAH MRWAFU

Ndiyo niliwahi kushinikizwa kuacha Kwenda kumsalimia mama yangu, niliamua kuondoka Kwenda kwa mama kwa siri bila ruhusa ya baba wala kumwambia mtu yeyote.

When home becomes a thorn

BY AMABILIS BATAMULA

At first, it was just shouting. Adina and her younger brother, Joseph, would cover their ears at night, hoping the noise would stop. But shouting turned into beatings, insults, and accusations. Their father once claimed they weren't his children, telling their mother to obey him because he was raising kids who were not his. He forbade her from leaving the house or running any business. Life became worse with each day. Neighbours who heard it all called it "family matters." Fear and anger became part of Adina and Joseph's daily life.

Adina remembers the day their mother was beaten until she fainted, simply for serving food late. "Before she fell, Dad hit her twice. Mom tried to defend herself by throwing a cup at him but missed. Then Dad punched her, and she collapsed. We cried, trying to wake her, but it took five minutes."

Father did not care. He yelled and chased us away with a stick, saying he was tired. He said mother was old and that he would go live a better life somewhere, leaving us to struggle. And he did leave the next day. It has been four years now, we have never seen or heard from him again. Last year, though, our uncle, his younger brother, came and said Dad had sent him to check on us."

Adina is now in Form Three, and Joseph is in Standard Seven. Their mother is trying to run a small business, but it is hard since she lost her capital during the years she was not allowed to leave the house. "My uncle told me to leave with him, that I will get a husband, but I want to study. I don't want a life like my parents," Adina says. "I am worried for Joseph. He's not as cheerful as other kids, and when he gets angry, he fights at school to the extent that our mother gets called. I wish for him to pass the standard seven exam, but he is not doing well in class," Adina adds, with tears in her eyes.

Invisible scars

If you think this is just one family's story, think again. Behind many doors, children live like this. Homes that should be safe have become battlegrounds. Fighting, meanness, neglect, and being ignored hide behind walls, seen by community as "normal family affairs." Experts on the other hand, say the damage to children is deep and lasting.

Verbal or physical abuse leaves children living in fear. A home meant to be safe becomes a source of worry. Children like Adina and Joseph struggle in school, fear trusting others, and sometimes give up on dreams. Words of disrespect wound like blows.

Abandonment leaves another scar. A child who feels worthless may believe they don't deserve love or respect. Some sink into depression, others seek acceptance through harmful paths like drugs, unsafe relationships, or running away.

A child who witnesses daily cruelty, suffers attacks, or has their dignity denied, grows up feeling inferior. Some go silent, carrying the pain inside; others are filled with anger. These experiences hinder emotional growth and destroy dreams.

"I carry my parents' pain"

If children could speak freely, many would say:

"I carry my parents' pain on my back."

"When they fight, I feel my heart tearing apart."

"I wish someone would see what I'm going through at home."

But often, their voices are not heard. Children are taught to stay silent or pretend all is well. Silence does not heal; it hides pain that shapes identity and how they see life.

Mental health is important

Experts say that when home is a place of hurt a child's mental health suffers. They feel worthless, live in fear, and struggle to trust others. Some isolate themselves, lose focus at school, or copy cruel behaviour. Others turn to alcohol or drugs to hide pain.

These effects often continue into adulthood. Trust becomes hard, relationships fragile. Anger and pain left unresolved may nourish a cycle of violence across generations. Mental health means thinking clearly, managing emotions, and coping with challenges. Support, guidance, and encouragement in a safe environment can break the negative cycle and build a new life.

Listen to this...

Even in pain, healing is possible. It is important to remember that cruelty is not something you should get used to, and it is never the child's fault. Parents' struggles do not measure your worth. Every child deserves love and respect.

Most importantly, remember you have the power to break the cycle. Pain at home does not force you to repeat history. You can choose to build good relationships and become a safe place for others.

Skills that can help you

1. Managing emotions

This can help in managing excessive fear, anger, sadness, and anxiety.

You can build this skill through talk therapy, other safe spaces where you can openly share what's on your mind, and mental or spiritual practices such as sitting in silence, meditating, or praying. Don't hesitate to seek help, for example, by calling the free national hotline 116.

2. Communication skills

These are important for expressing your feelings, asking for help, and sharing your experiences with others without hurting yourself further.

To build these skills, it helps to work with others by sharing stories, exchanging experiences, and doing role plays together. When alone, you can also write down what you are going through, feeling, or observing.

3. Problem solving and decision making

These skills give you the tools to analyse challenges and make safe decisions even in difficult situations.

You can start building these skills by taking part in activities that challenge you positively, such as sports and competitions, school or club projects, or leadership roles. These activities give you the chance to think critically to achieve good outcomes, and by doing so, you strengthen yourself.

4. Resilience and self-confidence

These skills boost your self-worth and help you bounce back after emotional hurt. They are useful not only for today but also for the future.

You can build these by believing in yourself, recognising that every situation has another side beyond what you're going through, and knowing you deserve to see and live that better side. It also helps when people around you, such as friends and teachers, encourage you and acknowledge your abilities.

5. Empathy and conflict resolution

These skills teach young people to break the cycle of cruelty by understanding the feelings of others and handling conflicts peacefully.

You can learn these skills by participating in team activities, following the stories of people who act with kindness and fairness, or even talking to them if you get the chance. But also, always believe that every human being deserves to live happily, without being tortured or denied their rights.

You can learn these skills by joining team activities, listening to stories of people who act with kindness and fairness, or even talking to them if you get the chance. Always remember that every human being deserves to live happily, without suffering or being denied their rights.

These skills can't erase the harm of witnessing cruelty, but they give children the tools to cope, heal, and avoid imitating the cruel behaviours they see at home.

REMEMBER
Choose to seek help.

TAKE

ACTION

Discuss in your Club - how will you get this message to parents and the community? Then, make it happen.

VISHAWISHI VYA MARAFIKI

NGOLO NI BINTI WA NDOTO KUBWA, LAKINI LIFE LINAMPIGA CHENGA BAADA YA KUBEBWA NA VISHAWISHI VYA MARAFIKI NA UGUMU WA NYUMBANI. ANAHANGAIKA KATI YA KITAKA KUKUBALIKA NA KUSIMAMA NA MAADILI YAKE. SWALI NI MOJA TU: NGOLO ATATOBOA AMA ATABEBWA NA MAJI? HEBU TUCHEKI....

NGOLO NA MARAFIKI ZAKE SHULENI

LEO MSTARINI NIMEPONEA CHUPUCHUPU.

MMM ILA WE NAE UMEZIDI! UMEKUWA ROUGH SANA SIKU HIZI.

BORA UMEONGEA WEWE NINGEBEMA MIMI NINGEONEKANA MNAFIKI

ACHENI KUNAMBIA JINZI YA KUISHI.

WE NAE NDO MANA NATUTAKUAMBIA YILE BOYS WANABEMA UNANUKA

KAUSHA BHANA! USINWAMBIE.

SIKU MPPA SHULENI, NA MWL. SENENE

PUMBAYU, MTOTO MCHAFU SANA WEWE

NAOMBA UNISAMENE MWALIMU.

SHULE UMEIFANYA YA NYUMBANI KWENU SIO.

HAPANA MWALIMU ILA WAZAZI HAWANA PESA ZA KUNINUNULIA SARE.

TOA KWATO ZAKO MBELE YANGU. KESHO UJE NA SARE MPPA.

SAWA! MWALIMU ASANTE

NYUMBANI KWA KINA NGOLO

BABA SINA VIATU, SOKSI, SHATI LIMECHANIKA NA ILE SKETI YANGU BADO SIJAIKOMBOA KWA FUNDI.

NILISHAKUAMBIA SINA HELA YA KUMSOMESHA MTOTO WA KIKE, UKIOLEWA YATAISHA.





MAGETONI KWA BUDA



NGOLO HUYO AMEFIKA MAGETONI



NDANI YA GETO



HUU NI MCHEZO WAKUIGIZA HAUNA UHUSIANO NA MAISHA HALISI NA WAIGIZAJI HAWA.

NGOLO AKIWA DARASANI



DARASANI KWANGU SITAKI WANAFUNZI WENYE AKILI NUSU. NIKUONE OFISINI BADAÉ.

AM SORRY MADAM, HAITAJIRUDIA.



SORRY FOR YOURSELF! TUONANE OFISINI..

SAWA MADAM

BAADA YA MIEZI 2, NGOLO NI MJAMZITO



BRO NATAKA MSAADA, DEMU WANGU AMEBEBA MIMBA.

HILO TU! TWENDE KWA MGANGA DOGO, SHIDA KWISHINEY

MUZA DUKA, BUDA NA NGOLO KWA MGANGA



KUNYWA HII DAWA ITAMALIZA KILA KETU..

ASANTE SANA MGANGA.

ASANTE..

AFYA YA NGOLO YADORORA, MGAMBO AINGILIA



UWII! MUYSI SI NILILUONA KWA MGANGA

HEBU TWENDENI KITUONI, TUNATAKA MAELEZO.

NAUMIA JAMANI

OFISINI KWA MTENDAJI



WAZAZI WA NGOLO, MTOTO WENU MLIMTELEKEZA NA MNAJUA SHERIA ZIPO.

KWELI KABISA MTENDAJI, NA ALINITAJI MSAADA WAO. HAYA YASINGETOKEA.

NIKIRI KWAMBA MWANANGU HAKUFANYA VIZURI. NIPO TAYARI KUSHIRIKIANA NA MAMLAKA.

* UONGOZAJI: MARY MBAGO.
* Picha: CASTORY MUTAGWABA
* UIGIZAJI: IGWAMANONI SEC.

ZAIDI YA STORI

Ni mimi au wao?

Na MARY MBAGO

Mpo freshi? Hebu niulize kitu, umeshawahi kujikuta unafanya jambo sio kwa sababu unataka, bali kwa sababu wengine walikusukuma? Mfano, unajikuta unakunywa pombe, unavuta bangi au kuingia kwenye mahusiano mapema. Hiyo ndiyo, nguvu ya ushawishi inaweza kukusukuma ufanye jambo kinyume na misimamo yako ili tu usionekane tofauti.

Hadithi ya Ngolo najua imetugusa wengi, maana ni uhalisia wa maisha yetu au ya watu tunaowafahamu. Ngolo ana ndoto kubwa, lakini changamoto ni nyingi: ushawishi wa marafiki, shinikizo la jamii, na masharti ya familia. Kila hatua anakutana na maamuzi magumu. Anajiuliza “Je, nibaki na misimamo yangu, au nifuate shinikizo la wengine nisiwe tofauti nao?”

Watu wanaotuzunguka wanaweza kutupa shinikizo la kufanya mambo tusiyoataka, kama vile kuacha shule, kuingia kwenye mahusiano mapema, kutumia vilevi, au hata kuumiza wengine. Wakati mwingine, kama ilivyo kwa Ngolo, kukosa msaada nyumbani kunafanya iwe rahisi zaidi kuangukia kwenye mitego hii.

Baada ya ujauzito Ngolo anaenda wapi?

Hapo ndipo vijana wengi hukwama. Baada ya kupata ujauzito, Ngolo aligundua marafiki ambao awali walikuwa wakimsukuma sasa hawakuwepo kumpa msaada. Wengi walimsema vibaya, wakimcheka na kumlaumu. Buda, kijana

aliyemshawishi na kumdanganya kwa msaada wa sare, naye alikwepa majukumu. Familia yake, badala ya kumpokea na kumsaidia kutafuta suluhisho salama, walimlaumu na kumpa presha zaidi aolewe ili kuondoa aibu. Yalimkuta mengi.

Lakini hadithi ya Ngolo isiishie tu kwenye maumivu; tunahitaji kujiuliza, ni nini kingeweza kumsaidia kufanya uamuzi bora mapema?

Njia ya kubadili stori

Habari njema ni kwamba vijana tuna nguvu ya kubadili stori zetu. Tunawezaje sasa ni kwa kutumia stadi za maisha kama kufanya maamuzi, kutatua matatizo, na kujieleza kwa ujasiri kunaweza kutusaidia kukabiliana na changamoto ambazo zipo kwenye jamii zetu. Hapa kuna mambo ya kujiuliza kidogo wakati tutatumia stadi za maisha hizo:

1. Fikiria mbele: Jiulize, nikikubali leo, nitaishi vipi kesho?
2. Tafuta taarifa sahihi: Jiweke karibu na vyanzo sahihi vya taarifa. Uliza wataalam. Hakikisha unajua faida na hasara za jambo unalokusukuma kulifanya.
3. Pata mtu wa msaada: Tafuta mtu unayemuamini, mshirikishe changamoto zako, omba ushauri.
4. Jifunze kusema hapana: Hapana ni jibu kamili; usione kwamba kila unapoalikwa kufanya jambo ni lazima useme “ndiyo” au “sawa”, la hasha.

5. Kumbuka malengo yako: Ukiwa na maono ya maisha yako, ni rahisi kukataa ushawishi unaoweza kukuangusha. Usipojua unataka kwenda wapi utakwenda popote. Je, unajua unataka kwenda wapi? Chagua njia inayolinda ndoto zako.

Lakini kwa nini tunaiga hata tukijua sio sawa?

Maswali haya tuliwahoji vijana na tunapenda na wewe ujiohoji pia:

Ni kwa sababu gani tunaogopa kuachwa peke yetu; ni kwa sababu hatuna watu wazima wa kutuamini na kutuongoza, au ni kwa sababu hatujafundishwa namna ya kufanya maamuzi yanayoendana na misimamo yetu?

Katika kujitafakari zaidi, jiulize maswali haya:

- Je, umewahi kushawishiwa kufanya jambo ambalo hukulipenda? Ulifanyaje?
- Kwa nini unadhani vijana wengi hufuata mkumbo hata wanapojisikia vibaya?
- Ni nini huwatokea vijana wanapokwenda kinyume na imani zao, ili tu kukubalika?
- Ni nani anayekusapoti kufanya maamuzi chanya? Unamshirikishaje changamoto zako?
- Je, umewahi kujuta kwa kukubali presha ya marafiki? Unadhani ni nini ungefanya tofauti kama ungepata nafasi nyingine?

Maswali haya si ya kujibu darasani au ndani ya Club pekee, bali ni ya maisha yako ya kila siku.



Umetufolo?

Kwanza kabisa ni shukrani kwa walimu, wazazi, ndugu na jamaa zenu wanaFema ambao wametufolo katika mitandao yetu ya kijamii; Facebook, Instagram, X na TikTok. Maua yenu hakika yapo. Kwa wale ambao bado, fanya basi kutufolo, itakaa freshi sana!



Kule mtandaoni

Tuliiza swali Facebook

"Kipi muhimu kwako, afya ya akili au pesa?"

Majibu yalikuwa mengi sana, tofautitofauti, pata hapa baadhi, ukiona vipi na wewe ingia uongeze la kwako.

Mwenzetu Paul yeye alisema

"Binafsi naona ni muhimu kuwa na afya ya akili kwani huturuhusu kuhifadhi ustawi wetu, kwa kushughulikia dalili za matatizo yanayoweza kutokea, au matatizo yaliyotokea na kuwasaidia wengine kufanya vivyo hivyo."



Ngonjera

Sasa bwana, kuna wenzetu tena madogo wanasoma shule ya msingi, wakajiwazia... kwani barua pepe nayo si ndo yale yale? Basi wakatutumia shairi kwa email kwa kushirikiana na mwalimu wao mlezi, na sisi tunaliweka hapa. Kwa wale ambao hawajui jinsi ya kutuma barua pepe, tunawaachia chalenji. "Muombeni mwalimu wenu mlezi awafundishe jinsi ya kutuma barua pepe kisha ututumie ulichojifunza kwenye hili jarida, kupitia barua pepe yetu ya info@feminahip.or.tz"



Clemence alianza kwa emoji maana mada ilimfurahisha sana

"Pesa kwanza, maana pesa ndio chanzo cha Afya ya akili. AFya ya akili huja kutokana na kukosa pesa aiseeeee. Pesa first"

Abby akasema hivi

"Muhimu ni afya ya akili kwani itakuwezesha kupata hizo pesa na kuzimanager vizuri"



Mtu Makini, aliandika hivi

"Sasa lini uliona chizi akawa na hela?"

Ruksa kutoa comment juu ya comment!

Kuingia: Ngo ngo ngo ngonjera tunaingia*2
I shake shake ngongo ngonjera tunaingia*2

1. Nina swali lanitatiza,
Yenu majibu yatanifunza,
Kwa nini mtoto apigwe bila sababu?
Kwa nini mtoto aolewe kabla ya ndoto zake kutimia?
2. Ehhe, hapo hapo naongeza,
Yangu maswali kuuliza,
Utata unitoke,
Kwa nini msichana abaki nyumbani akinyimwa elimu kwa visingizio vya jadi?
3. Na mimi kimya sitokaa,
Swali langu niulize,
Kwa nini jamii, mzazi na jirani amnyanyase kijana bila huruma?
4. Mimi swali sina,
Ila ninayo majonzi,
Watoto wanalia, wananyamaza,
Wanateseka kwa sababu tumenyanamaza na kuwanyamaza waovu.
5. Lakini leo tunasema inatosha,
Tumesimama na tupo tayari na tunaripoti.

6. Ndio ndio ndio,
Kukaa kimya ni kushirikiana na waovu,
Kutoa taarifa ni kulinda maisha ya kesho.
7. Bila kusahau,
Tukiwa wamoja, hakuna wakatili watakaoshinda,
Tukiwa wajasiri tutalinda maisha ya mtoto.
8. Kwa hayo maneno napata furaha,
Tukiripoti leo tunajenga kesho bora,
Kesho yenye ndoto, elimu na heshima.
9. Siyo tu furaha,
Bali pia matumaini,
Kesho yenye amani furaha na mshikamano,
Kesho isiyo na ukatili wala manyanyaso.

Note: Kwa Pamoja tunasema,
Hapana kwa vipigo,
Hapana kwa ndoa za utotoni,
Hapana kwa manyanyaso ya kingono.
Kutoka: Wana ngonjera hao,
Tunaondoka hao,
Shangilieni hao 🌟

Asanteni sana vijana wadogo wa Shule ya Msingi Kamsisi, Mlele, Katavi, mmetisha sana.



Mzigo mzito usimtwishe mtoto

Nianze na salamu kama kawaida; wajukuu zangu na wanangu, hamjambo? Bibi yenu mtembezi mie, nikienda huku na kule kubadilisha mazingira, na kuona mambo yanayowakuta wajukuu zangu ili niongee vizuri na wanangu. Kwa hiyo wajukuu zangu, kama wazazi wenu hawajaona huu ukurasa, hakikisha wanaona na wanapata ujumbe wangu.

Katika pitapita zangu nikakutana na Mwalimu Ikamaja Mazigwa, yeye ni Mkuu wa Shule ya Sekondari Buyange, mkoani Shinyanga. Tuliongea mengi, akanisimulia mengi kuhusu malezi ya watoto, kwa kuwa yeye amejifunza mengi akiwa mlezi na mwalimu. Akakubali kuongea na wazazi wenzake, yaani wanangu ambao ni wazazi wenu wajukuu zangu. Anasema hivi...

"Vijana wanapitia mambo mengi mazito, yanakaa vichwani mwao. Wengine wanajitahidi kusoma huku wakilazimishwa kufanya kazi za kuingiza kipato nyumbani, wengine wanaambiwa wachague masomo ambayo hawayapendi na wengine wanashawishiwa na wazazi eti mtoto ajifelishe ili aolewe! Kweli? Tumefikia huku? Nikiwa kama Mkuu wa Shule hapa Buyange, kila siku nakutana na visa vya namna hii, Kwa mfano mwanafunzi kutoweka shuleni kwa siku nne, kumbe anaenda kumwagilia mashamba, badala ya kuwa shuleni!"

Jamii zetu bado zinaamini mafanikio yanapatikana tu kwenye kilimo, ufugaji, au urithi wa mali. Ndiyo maana baadhi ya wazazi huona elimu si ya msingi. Lakini mambo yamebadilika! Dunia ya leo inahitaji maarifa, ubunifu na nafasi kwa vijana kufuata ndoto zao. Na hata kilimo kinahitaji mabadiliko ambayo bila elimu hayatatimia.



Wazazi, kumbukeni!

Zungumzeni na watoto wenu. Wape nafasi ya kueleza hisia zao. Tuongozane nao katika safari ya maisha yao. Tuwalee kwa upendo, si kwa hofu. Mtoto ana haki ya kusoma na ndoto zake zinaanzia darasani. Hata kama wewe ulinufaika na kilimo, mtoto akielimika ataendeleza kilimo hicho kwa maarifa ya kisasa na kufanikisha zaidi. Tusimkatishe tamaa mtoto kwa kumdharau, kumshurutisha au kumwekea mzigo mkubwa wa matarajio bila kumpa nafasi ya kujieleza.

Sheria za nchi na za kimataifa zinasisitiza kwamba mtoto analindwa na ana haki ya kusikilizwa. Msingi bora wa afya ya akili kwa mtoto ni kuwa na familia inayomthamini, kumuelewa, na kumshirikisha katika maamuzi.

Leo, chukua hatua moja, zungumza na mtoto wako, si kwa ubabe bali kirafiki. Usimkatishe tamaa anaposhindwa kujieleza vizuri, mtie moyo azungumze tena kesho.

Vijana wanajisikiaje?

Kwa hayo yote tunayoyafanya wazazi, je umewahi kumuuliza mtoto wako anajisikiaje? Si tu kuhusu kazi za darasani, bali hisia zake? Wapo watoto wanaohisi kuwa hawathaminiwi kwa sababu wana poonesha huzuni, hasira au uchovu wanapigwa, husemwa vibaya na kubanwa. Lakini hizi ni hisia za kawaida. Ukimkataza mtoto kueleza anavyojisikia, unamnyima nafasi ya kupumua kiakili.

Wapo wanafunzi wanaosoma huku wakiwa na msongo wa mawazo; nyumbani familia zimevurugika, au kuna ukatili, na tunaona pia watoto wakifanyishwa kazi nzito wakitoka shule, hawapewi muda wa kupumzika wala wa kujisomea. Kesho yake wakija shule wamechoka wanasinzia. Je, unategemea atafanya vizuri darasani? Ni sawa wazazi kuwafundisha watoto kazi, ila kwa sasa tunaona watoto wakipewa kazi zilizopitiliza, katika masaa ambayo si sahihi.

Mwl. Ikamaja Mazigna



Wajukuu zangu,

Jitambueni mapema. Shuleni ndipo unapojifunza, kujiamini na kujitengezea maisha. Ukiona changamoto nyumbani, mwambie mwalimu wako. Sisi walimu ni walezi pia, tuko hapa kwa ajili yenu.

Asante sana mwalimu

Mmesikia hayo? Asante sana mwalimu umenisaidia kazi yangu. Siongezi neno hapo, mimi Bibi na dondoo zangu nasubiri wajukuu zangu mniambie wazazi wenu wamesemaje mlipowapelekea habari hii.



Vijana Wanaobalance Cash na Class

Na MARY MBAGO

Mambo vipiii? Hapa kwenye Ruka Juu tunazungumza mambo ya hela, kipato na mapocket money. Najua kabisa mnakutana na presha kubwa ya kutaka kupata pesa haraka. Swali ni, je, naweza kweli kusoma, kufanya hustle pembeni, na bado nikatunze afya yangu ya akili?

Jibu ni ndiyo, lakini ndiyo yenye masharti. Iko hivi, unahitaji stadi sahihi za maisha za kukuwezesha kusimama imara. Tuanzie hapa; pata kwanza hizi stori za marafiki zetu waliopitia presha hiyo, lakini wakaibuka na ushindi, si kwa kukimbizana tu na pesa, bali kwa akili na mpangilio mzuri wa maisha.



Nilijifunza kubalance shule na biashara

Kutana na Debora, msichana mwenye umri wa miaka 24 anayesoma katika Chuo Kikuu cha Dar es Salaam. Anakumbuka kipindi rafiki zake waliponunua simu mpya kwa pesa walizopata kupitia vibarua vyao. Alianza kujihisi kama yuko nyuma ya wengine.

"Nyumbani, mama alikuwa akiniambia: Debora, angalau saidia nyumbani... unangoja degree ikulee? Maneno hayo yalinikata maini sana, niliona bora niachane na shule kwa muda ili niende kuuza mitumba sokoni," anasema.

Mwanzo biashara ilimwendea vizuri. Alikuwa na uwezo wa kujinunulia nguo nzuri, vipodozi vya bei mbaya na hata

kusaidia nyumbani kama mama alivyotaka. Lakini baada ya miezi michache alianza kuhisi presha kubwa, usingizi umepungua, kila saa akili inawaza masoko, na ndoto yake ya kusoma ilianza kumrejelea kichwani. Bahati nzuri, siku moja akiwa soko la mitumba alikutana na binti mmoja aliyempa kijikaratasi cha programu ya vijana inayofundisha stadi za maisha kama kupanga muda, kujiamini, na kujitambua.

"Sikuchelewa nikajiunga. Elimu iliniingia, nikaanza kupanga vizuri muda na malengo yangu. Sasa nina ratiba ya masomo, biashara, na mapumziko. Niligundua kwamba inawezekana, ikiwa una stadi sahihi," anasema Debora.

Boss wa wikendi

Nyasinde ni kijana wa miaka 14, mwanafunzi wa kidato cha pili katika Shule ya Sekondari Buyange, mkoani Shinyanga, na pia mwanachama wa Fema Club. Anajulikana shuleni sio tu kwa ufaulu wake kwenye somo la biashara, bali pia kwa ubunifu wake wa kuendesha biashara ndogo bila kuathiri masomo. Kila Ijumaa jioni na wikendi, Nyasinde huuza maandazi na karanga anazotayarisha na mama yake.

“Mama hunifundisha jinsi ya kupangilia biashara, kutengeneza bajeti ndogo, na kuwahudumia wateja. Nilipoanza, lengo lilikuwa kusaidia familia baada ya baba kuugua ghafla. Lakini nikagundua pia naweza kutumia sehemu ya faida kununua sare mpya, madaftari, na hata kuchangia ada ndogo ya mitihani,” anasema.

Nyasinde anasema ilimchukua muda kuelewa jinsi ya kuepuka uchovu wa kupitiliza.

“Nilijua nikijaribu kufanya kila kitu kila siku ningeishia kuchoka. Nikaongea na mwalimu wangu wa Fema Club. Akanishauri niwe na siku moja ya kupumzika kabisa, nisifanye biashara wala kujisomea, nipumzike tu. Alinifundisha pia namna ya kuandika malengo na kujiwekea vipaumbele. Sasa nimeweka ratiba siku za shule nazitumia kusoma na kufanya mazoezi, kisha napanga muda maalum wa biashara wikendi. Pia najiwekea muda wa burudani, kama kuangalia mechi au kukutana na marafiki, sina stress” anaeleza.

Kwa njia hii, anabaki na nguvu za kusoma, huku akiendeleza ujuzi wa biashara, mawasiliano, na huduma kwa wateja. “Najua stadi hizi zitasaidia sana nikimaliza shule, maana nitakuwa tayari nimejifunza jinsi ya kuendesha biashara na kuwasiliana na wateja,” anasema kwa tabasamu.

Mmewasikia eeh? Ninawashukuru sana kwa kuwapa sikio na macho rafiki zetu hawa wawili; Debora na Nyasinde. Sasa, hebu tuchambue baadhi ya stadi za maisha walizotumia, ambazo naamini zinaweza pia kuwasaidia ninyi.



Stadi za maisha zinazowasaidia

Kupitia stori za Debora na Nyasinde, kuna mambo muhimu vijana wanaweza kujifunza ili kubalace hustle na masomo bila kuharibu afya ya akili:

1. Kujitambua

Kujua nguvu na mipaka yako hukusaidia kuepuka kuchoka kupita kiasi. Nyasinde alitambua mwili na akili vinahitaji mapumziko, hivyo akapanga siku za kupumzika.



2. Kusimamia muda

Ratiba inayojumuisha masomo, kazi, na mapumziko inakuwezesha kufanikisha yote bila kuathiri moja kwa moja afya yako. Debora alipanga siku za masomo na siku za biashara, na hii ilimsaidia kupunguza msongo wa mawazo.



3. Mawasiliano

Kuweza kueleza hisia na mahitaji yako kwa walimu, familia, au marafiki kunakuondolea presha ya kufanya kila kitu peke yako. Nyasinde alipata msaada kutoka kwa mwalimu wake wa Fema Club baada ya kuzungumza naye.



4. Uamuzi na

Kutatua Matatizo

Kuwa na uwezo wa kuchanganua changamoto na kuchukua hatua sahihi hukusaidia kubaki kwenye mstari. Unapojua kufanya maamuzi kwa utulivu na kwa wakati, unajiepusha na kupoteza mwelekeo au kukata tamaa. Kwa mfano, Debora alipoona biashara inamvurugia masomo, aliamua kurekebisha ratiba yake ili aendeleo na shule bila kuacha hustle yake.





Kwa nini haya ni muhimu kwa kesho yako

Kazi ndogo unazofanya sasa zinaweza kukupa ujuzi wa thamani sana katika maisha ya baadaye.

Kupitia biashara yake, Nyasinde amejifunza kupanga bajeti, kuhifadhi faida, kushughulika na wateja, na kuendesha shughuli kwa mpangilio. Ujuzi huu utamrahisishia kuingia kwenye soko la ajira au kuanzisha biashara yake mwenyewe.

Vilevile, uwezo wa Debora wa kupanga muda na kuweka vipaumbele utamsaidia hata akimaliza shule na kuingia kwenye kazi au biashara kubwa zaidi.

Neno la kufungia

Msikate tamaa kwa sababu ya changamoto. Siku zote changamoto zitakuwepo kwenye maisha yetu. Elimu ni msingi, na stadi za maisha ndio ngazi inayokupandisha juu. Hustle yako iwe ya kuongeza thamani, si ya kuondoa amani yako ya akili. Kama Debora na Nyasinde wameweza kusoma na bado wakafanya biashara bila kuathiri afya zao, na wewe unaweza.

KUMBUKA

Ukiwa na stadi sahihi unaweza kusoma na ukafanya biashara, ili mradi kila kitu kwa kiasi chake.

CHUKUA

HATUA

Katika Club yenu fanyeni utafiti na muorodheshe ni biashara gani wanafunzi wanaweza kufanya bila kuathiri masomo wala afya ya akili.

TIRIRIKA

NI CHANGAMOTO GANI KUBWA UNAYOKUTANA NAYO UNAPOTAFUTA PESA, NA UNAİKABILI VIPI?

SHIMILIMINA JOSHUA JUMA



Changamoto ni kukatishwa tamaa jinsi ya kuikabili ni kuwa na msimamo na uvumilivu wa hali ya juu.

FORTUNATA MIHAYO MWANANDAMA



Ni pale ninapomuomba mzazi wangu pesa ana kusema hana, changamoto hii niliikabili kwa kwenda kwenye vibarua wakati wa likizo na kuuza sambusa

DEOGRATIUS SELEMAN RAPHAEL



Changamoto kubwa ni pale tunapokubaliana kiasi kikubwa cha pesa lakini wakati wa malipo ninalipwa kiasi kidogo Hii unifanya kuwa mvumilivu kwa hayo yote yanayotokea.



SMS: Andika FEMA acha nafasi andika maoni yako kisha tuma kwenda 0753 003 001. SMS tu, usipige!

Young people balancing cash and class

What's up, fam? Here on Ruka Juu we're talking money, side hustles, and pocket money. I know many of you are under pressure to make money fast. But the big question is: can you really study, hustle on the side, and still take care of your mental health?

The answer is yes, but with conditions. You need the right life skills to keep you steady. Let's start here; meet some of our friends who faced the same pressures, but came out victorious, not from just chasing money, but by being smart and making a good life plan.

I learnt to balance school and business

Meet Debora, a 24-year-old student at the University of Dar es Salaam. She remembers the days when her friends would show off new phones they bought with money from part-time jobs. She started feeling left behind.

"At home, my mum kept telling me: Debora, at least help out at home... are you just waiting for your degree to take care of you? Those words really cut me deep. I decided to leave school for a while to sell second-hand clothes," she recalls.

At first, business was great. She was able to buy herself nice clothes, expensive skin care products, and even support her family, just like her mother wanted. But after a few months, the pressure hit hard. Sleep became scarce, her mind was always stuck on sales, and her dream of finishing her studies kept coming back to her.

Luckily, one day at the market she met a young woman who handed her a flyer about a youth programme that teaches life skills like time management, confidence, and self-awareness.

"I joined immediately. That training changed me. I began planning my time and setting clear goals. Now I have a timetable for studies, business, and some rest. I realised it's possible, if you have the right skills," says Debora.

Boss on weekends

Nyasinde is 14, a Form Two student at Buyange Secondary School in Shinyanga, and a proud member of a Fema Club. At school, he's known not only for excelling in business studies, but also for his creativity in running a small business without neglecting his studies. Every Friday evening and on weekends, Nyasinde sells buns and peanuts that he prepares with his mother.

"Mum teaches me how to plan the business, make small budgets, and serve customers. At first, my goal was to support the family after Dad fell sick. But I later realised I could also use part of the profits to buy new uniforms, notebooks, and even contribute a bit to my exam fees," he explains.

It took time for Nyasinde to figure out how not to overwork himself. "I knew if I tried doing everything every day, I would just get exhausted. So I talked to my Fema Club teacher. She advised me to set aside one full day just to rest; no studying, no business, just relaxing. She also taught me how to write down goals and set priorities. Now, I use school days mainly for studying and exercise, and I reserve special times for business on weekends. I also create time for fun, like watching football or hanging out with friends. No stress," he says.

In this way, he still has the energy to focus on his studies while sharpening his skills in business, communication, and customer service. "I know these skills will really help me after school, because I'll already know how to run a business and deal with clients," he adds with a smile.

Did you catch that? A big thanks to our friends Debora and Nyasinde for sharing their journeys. Now, let's unpack some of the life skills they used, which can also guide you.

Life skills that help you balance

From the stories of Debora and Nyasinde, here are key lessons young people can learn to balance 'hustle' and studies without harming their mental health:

1. Self-awareness

Knowing your strengths and limits helps you avoid burnout. Nyasinde realised his body and mind needed rest, so he planned rest days.

2. Time management

A timetable that includes study, work, and rest helps you succeed without harming your well-being. Debora created a clear schedule for studies and business, which reduced her stress.

3. Communication

Expressing your feelings and needs to teachers, family, or friends takes away the pressure of handling everything alone. Nyasinde got useful advice after speaking to his Fema Club teacher.

4. Decision making and problem solving

The ability to weigh challenges and take the right action helps you stay on track. When Debora noticed her business was hurting her prospects of going back to school, she adjusted her timetable so she could do school without abandoning her business.

Why this matters for your future

The small jobs you do now can give you valuable skills for life ahead. Through his business, Nyasinde has learnt budgeting, saving, customers care, and managing operations. All these are skills that will make it easier for him to enter the job market or start his own business.

Similarly, Debora's ability to manage time and set priorities will benefit her long after graduation, whether in a career or a bigger business.

Final word

Don't give up just because challenges come your way. Challenges will always be there in our lives. Education is your foundation, and life skills are the ladder that helps you climb higher. Let your hustle add value, not steal your peace of mind. If Debora and Nyasinde could manage both studies and business without harming their health, so can you.



REMEMBER

With the right skills, you can study and run a business, as long as you find the balance.

TAKE

ACTION

In your Club, do some research and list the kinds of businesses students can do without affecting their studies or mental health.



Linda Mazingira, Linda Akili!

NA MARY MBAGO

Niaje pande hizo? Ni mimi tena, Mjanja wa Tabianchi! Kabla hatujaendelea, hebu leo tuanze na kajiwimbo kidogo...!

Raha ya dunia ni mambo manne... ya kwanza ni Afya, ya pili Elimu, ya tatu ni Mali, ya nne ni Bahati ya kupendwa na watu.

Lakini tunapoteza maji, misitu na mazao kwa sababu ya mabadiliko ya tabianchi, je, bado tutabaki na raha hizi?

Kiukweli hapa kuna mambo ya kuzingatia ili kuelewa jinsi mabadiliko ya tabianchi yanavyoweza kuathiri afya ya akili ya sisi vijana, na nini tunaweza kufanya:

Hebu tushuhudie...



Sasa bhana... katika kijiji kimoja mkoani Shinyanga, binti aitwaye Kwegu mwenye umri wa miaka 17 alikuwa na jukumu la kuchota maji kila asubuhi kabla ya kwenda shuleni. Zamani, mto ulikuwa karibu na nyumbani, lakini sasa umekauka kabisa kutokana na ukame wa muda mrefu. Kwegu anajikuta akiamka saa kumi alfajiri kutembea zaidi ya kilomita tano kutafuta maji. Anaishi kwa hofu, mawazo mazito na kuchanganyikiwa, sio tu kwa sababu ya ukame, bali pia kwa sababu hajisikii salama. Kila akipiga hesabu za kutembea safari ndefu kutafuta maji, akili inamuuliza, "itakuwaje nikikutana na vibaka au wakorofi njiani?" Usiku halali vizuri, anaiwaza asubuhi.

Mnajua nini?

Hali kama hii inawakumba vijana wengi nchini. Mabadiliko ya tabianchi siyo tu kubadilika kwa hali ya hewa, bali pia yanagusa hisia na afya ya akili. Wakati mito inakauka, miti inakatwa ovyo, na mashamba kushindwa kutoa mazao, familia nyingi hukosa kipato na chakula cha kutosha. Mara nyingine, wazazi huona suluhisho ni kuwaoza mabinti zao hata kama ni wadogo, wakiadini wanajipunguzia mzigo, bila kujali ni mzigo gani binti anabebeshwa. Hapo tunakutana na suala la ndoa za utotoni. Wengine hukumbwa na hasira na msongo, ambavyo visiposhughulikiwa vinaweza kukua na kuzalisha migogoro. Migogoro hiyo ya nyumbani inaweza kubadilika kuwa ukatili. Kwa upande mwingine, wasichana wanaotafuta msaada wa haraka huingia kwenye uhusiano usio salama, wakijikuta wana maambukizi au mimba wakiwa bado wadogo.

Shughuli za binadamu kama vile ukataji miti hovy, kilimo kisicho endelevu, na uchomaji misitu ni miongoni mwa sababu zinazopelekea mabadiliko ya tabia nchi na athari zake. Habari njema ni kwamba vijana wanaweza kuwa sehemu ya suluhisho. Kupanda miti, kutumia mbinu bora za kilimo, kuelimisha jamii kuhusu uhifadhi, na kushirikiana kwenye miradi ya kijani ni baadhi ya hatua ndogo lakini zenye matokeo makubwa.

Pia, kujifunza stadi za maisha kama vile uwezo wa kutatua matatizo, kushirikiana, na kuzungumza wazi kuhusu hisia, kunaweza kusaidia kupunguza msongo wa mawazo. Kwegu, kwa mfano, sasa amejiunga na Fema club na wameandaa programu ya upandaji miti na kusafisha vyanzo vya maji kijijini kwao. Anasema, "Najisikia vizuri nikijua ninachangia kurudisha uhai wa mazingira yetu."

Kila kijana ana nafasi ya kuwa mshindi kwenye vita dhidi ya mabadiliko ya tabianchi. Tukipanda miti leo, tutakuwa na maji kesho. Tukilinda misitu leo, tutakuwa na hewa safi kesho. Na tukishirikiana leo, tutakuwa na nguvu kesho.

Stadi muhimu

Sasa rafiki zangu, stadi hizi hapa zinaweza kuwa muhimu kwako unapochukua hatua ya kuwa sehemu ya suluhisho la kulinda mazingira na afya yako ya akili. Ni silaha yako muhimu:

1. Tatua matatizo kwa kibunifu.

Usikate tamaa ukikumbana na changamoto kama ukame au msongo wa mawazo. Fikiria hatua ndogo unazoweza kuchukua, kama kupanda mti au miti kadhaa, kutumia taka kama njia ya kuingiza kipato kama vile urejelezi, kutafuta njia bora ya kuhifadhi maji, au kujadiliana na wenzako namna ya kutatua changamoto.

2. Shirikiana na wengine.

Peke yako unaweza kuchoka haraka, lakini ukiungana na marafiki, klabu za shule au kikundi cha kijamii, mnaweza kushirikiana kupanda miti, kuelimisha wengine, au kuanzisha miradi ya kijani. Ushirikiano hujenga mshikamano na pia hupunguza hisia za upweke.

3. Zungumza na dhibiti hisia zako.

Mabadiliko ya tabianchi huleta hofu na wasiwasi, lakini ukijua namna ya kueleza unavyojiskia, hautabaki na mzigo peke yako. Ongea na rafiki, mwalimu au kikundi chako, na tafuta mbinu salama kama michezo au sanaa ili kupunguza msongo wa mawazo.

Kumbuka, stadi hizi ni kama mbegu; ukizipanda leo, zitakua na kukusaidia kulinda mazingira yako, afya yako ya akili, na pia kesho yako. Hatua ndogo unayochukua leo inaweza kuwa mwanzo wa mabadiliko makubwa.



Marafiki au wanafiki?

Be Authentic
Be You
Stay True!



Tunaamini kwamba marafiki ni watu ambao wanatujenga na kutusaidia kujitambua, hadi

kutusogeza karibu na ndoto zetu, si ndio? Itakuwaje ikiwa watatuvuruga na kutupa msongo wa mawazo? Haya yanaweza kutusaidia kugundua tofauti ya aina hizo mbili za watu.

Baadhi ya mambo ya kukusaidia kumtambua rafiki asiye bora

- Anakubeza au kukudharau hadharani au faraghani.
- Anakushinikiza kufanya mambo yanayokuhatarisha au hayakupendezi.
- Anatoweka unapomuhitaji, lakini akikuhitaji anaonekana.
- Anakuonea wivu au kushindana nawe kwa kila kitu.
- Anaeneza siri zako au kukuongelea vibaya wakati haupo.

Baadhi ya mambo ya kukusaidia kuchagua rafiki bora

- Anakuheshimu na kuheshimu mipaka yako.
- Anakuunga mkono na kufurahi na wewe unapofanikisha malengo yako.
- Anaweza kukuambia ukweli kwa heshima, hata unapokosea.
- Anashirikiana nawe bila masharti au maslahi ya siri.
- Anakuhamasisha kufanya mambo mazuri, sio mabaya

Tumesahau nini hapo kwenye orodha?
Ongeza na mengine.



daily affirmations

- I believe in myself
- I love my uniqueness!
- I am learning each day.
- I can choose to be happy no matter what!
- I am always doing my best!
- I can do hard things
- Everything will work out
- My voice matters
- Good things are happening
- I am unstoppable!
- I don't give up
- I am enough
- Today is going to be amazing!
- I am loved!

Spotlight Person!

Mwaka 1999, Dr. Minou Fuglesang, akiwa na moyo wa kujitolea na maono makubwa, alianzisha Femina Hip na akaawalia wenzake kujiunga naye. Aliona changamoto kubwa; vijana kukosa taarifa sahihi na mwongozo wa kujiendeleza, na akaamua kuchukua hatua.

Tangu wakati huo, Femina Hip imekuwa daraja la maarifa na fursa, ikiwafikia mamilioni ya vijana kote nchini kwa elimu ya afya ya uzazi na ujinsia, ujasiriamali, haki, ushiriki na ushirikishwaji, na yote hayo yakiongozwa na stadi za maisha. Kupitia kazi yake, vijana wamepata ujasiri, maarifa na nafasi ya kushiriki kikamilifu katika jamii.

Leo, tunampongeza na kumshukuru Dr. Minou kwa uthubutu wake. Ni kiongozi wa mfano, anayetuonesha kwamba kuwa na maono makubwa na ukayafuatilia, halafu uongeze bidii, yanaweza kubadilisha vizazi.



MAFANIKIO NI NINI?

Mara nyingi tunaaminiwa kwamba mtu aliyefanikiwa ni yule mwenye fedha nyingi, au mwenye cheo kikubwa na mshahara mkubwa. Inawezekana. Lakini huo ni mtazamo finyu wa mafanikio tunaolazimishwa kuuamini.

Mtazamo mpana na bora wa mafanikio unaangalia vitu vingi. Ni mchanganyiko wa:

- Mahusiano mazuri na wengine
- Kujifunza kwa uendelevu maisha yote
- Kuleta tofauti chanya katika maisha ya wengine
- Kufurahia unachokifanya
- Afya ya kifedha. Si lazima uwe nazo nyingiiiiii, la hasha, lakini unazopata zinasosha
- Kuwa na fani au kazi
- Muda wa kupumzika na kufanya mambo mengine
- Afya njema na ustawi wa mwili na akili



DID YOU KNOW

The fear of long words is called
Hippopotomonstrosesquippedaliophobia.

III,III,III x III,III,III = 12,345,678,987,654,321

Jaribu

Njia ya uhakika kabisa ya kufeli jambo, ni kutokujaribu. Kutokujaribu kunakupa asilimia mia za uhakika wa kufeli. Lakini ukijaribu, unapata asilimia kadhaa za uhakika wa kufaulu na asilimia kadhaa za uhakika wa kufeli. Kipi bora hapo?



JOKES KIDOGO

Mwalimu: Kuna swali lolote?

Mwanafunzi: Ndiyo mwalimu, likizo inaanza lini?

Kuna mtu aliulizwa kwenye interview ya kazi,
"so how far did you go with your education?"

Akajibu: No very far, the school was just behind our house!



Jamaa alienda hospitali,
maongezi yake na daktari yakawa hivi

Jamaa: Dokta wiki nzima sasa kila nikilala naota nyani wanacheza ligi

Dokta: Kwa hiyo unataka nikupe dawa usiote tena hiyo ndoto?

Jamaa: (akamwamangalia dokta kwa sekunde kadhaa, kisha akajibu): Ila dawa isianze leo Dokta,



Piga **116** bure
kwa huduma ya
msaada kwa watoto



NGUVU SIYO ZA MISULI TU

MUSSA NI MWANAFUNZI WA KIDATO CHA TATU UKINTAZAMA, NI KIJANA MWENYE NGIZU, LAKINI NGANI YAKE ANAISHI NA SIO NZITO AMBAJO INAMFANYA ALIE KILA SIKU KWA KUJIFICHIA NA INAWNYONG'ONYEZA HADI KUYDHEKA MAISHA YAKE HATAKINI. JE, NI SIKI GANI NA JE, ATAWEZA KUISHI NAYO? FIATILIA STORI KAMILI!

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Ujasiri wa kukubali msaada

NA MARY MBAGO

Dah, pole sana Mussa, lakini hongera kwa kuwa na rafiki kama Kashinje. Unajua, kinachompata Mussa kwenye stori hii ya katuni, kinawapata wavulana wengi sana. Mila na mitazamo ya jamii imewafundisha wavulana wengi kuficha hisia zao na 'kujibeba' hata wanapoumia moyoni. Matokeo yake? Wengi hubaki kimya wakibeba maumivu makubwa, na mara nyingine hali inafika pabaya sana.

Kwenye jamii zetu, kauli kama "wewe ni mwanaume, komaa" au "wanaume hawalii" zimezoeleka sana. Lakini ukweli ni kwamba kila binadamu, awe msichana au mvulana, anapitia changamoto zinazogusa moyo na akili. Kuficha hisia siyo dalili ya nguvu, bali mara nyingi ni mzigo unaoweza kuumiza zaidi.

Hofu aliyowekeka na mjomba ilimfanya Mussa akae kimya, lakini hofu hiyo ilizidi maradufu pale aliposukumwa kuficha hisia zake, pale ambapo hata alipotamani kusema alinyamazishwa na hofu ya kuhukumiwa na sauti kali zilizomhimiza kukomaa kwa chochote alichokuwa anakutana nacho. Isipokuwa rafiki mmoja! Rafiki wa kweli huyu.

Wavulana wengi wanaogopa kusema ukweli wa wanachopitia kwa hofu ya kudharauliwa au kuchekwa. Wengine wanaona aibu kuzungumza mambo ya ndani, wakihihi hawatapewa nafasi ya kusikilizwa bila hukumu. Hii huwafanya wengi wafungie maumivu mioyoni, na hata kupoteza matumaini ya kuendelea kuishi, kama ilivyompata Mussa.

Utafiti uliofanyika nchini mwaka 2020 kuhusu mila na desturi zinazochangia ukatili kwa watoto na wanawake, unaonesha kuwa matarajio ya jamii yanapowazuia wavulana kueleza hisia, huongeza hatari ya msongo wa mawazo, huzuni ya muda mrefu, na hata mawazo ya kujiua.

Shukrani za kipekee kabisa ziwaandee Fema Club ya Nyihogo Secondary mitaa ya Kahama pale, kwa kazi nzuri ya kutafti na kuandika stori hii ya katuni, na kwa msemu huu wenye maana ya kina sana "nguvu siyo za misuli tu, ni pamoja na ujasiri wa kusema ninahitaji msaada." Na msaada upo; unaweza kutoka kwa rafiki wa kweli, mshauri wa kijiji, afisa ustawi, au mtu mzima unayemwamini. Kufunguka siyo udhaifu, ni hatua ya kwanza ya kupona.

Tunajifunza nini katika Cartoon Story hii? Kwenye jamii zetu yapo, au hayapo? Tufanyeje? Tukutane kwenye mjadala.

KUMBUKA



Kufunguka kwa mtu unayemwamini si tu kunatunza afya yako ya akili, bali pia kunakusaidia kushusha mzigo ulio moyoni na akilini, ili tuweze kupata nafuu na utulivu.

Sema.
Tenda!

Tatizo lake ni letu

NA AMABILIS BATAMULA

Neema aliketi kibarazani akiwaza na kuwazua. Alijiuliza maswali bila majibu. Hakutaka kuyakubali yaliyomkuta, kwa sababu hakuwahi kufikiri maisha yake yangeenda hivyo yalivyoenda. Kwa umri wake wa miaka 15 alikuwa mjamzito, akiishi na mume ambaye hakumchagua, hakumtaka na hata kuolewa kwenyewe haikuwa ridhaa yake. Ilikuwa ni amri ya baba yake, yeye alitii tu.

Akiwa ameketi pale kibarazani alikumbuka alivyoambiwa afeli mtihani wa Darasa la Saba, akakataa, na kipigo alichokipata toka kwa baba yake alipofaulu mtihani huo. Alikumbuka jinsi alivyotoroshwa na kupelekwa katika nyumba ambayo sasa anaiita kwake, na jinsi alivyohuzunika baada ya kusikia amepangiwa kwenda sekondari kwenye shule aliyoipenda sana.

Neema akawa si Neema yule wa miaka ile. Ucheshi ukawa umepotea. Akawa mnyonge, mkimya, na mara nyingi akaonekana akilia. Rafiki zake walitamani kumtembelea lakini walimwogopa huyo mume wake. Ni mkali huyo babaaa! Na hatakagi kuzoewa zoewa.

Uthubutu na ubunifu

Kuamini kwamba unaweza na ukajaribu, ni njia pekee ya kuanza kufanya jambo. Na unapotaka kufanya mabadiliko katika mazingira magumu, uthubutu ni moja ya stadi muhimu unazohitaji kuzitumia. Na hivyo ndivyo ilivyokuwa kwa rafiki zake Neema. Walichoshwa na hali ya kupita mbali barabarani huku wakimwona Neema kajiinamia kwa mawazo. Siku moja, wakati wakijiandaa kutoka shuleni Laila na Swazi wakawa wanazungumza

Laila: Swazi unaonaje tukimwandikia Neema barua halafu tukipita pale kwao leo tumrushie kwa mbali, akiisoma ataelewa tunachotamani kufanya, si ndio?

Swazi: Bonge la wazo. Tuandike sasa hivi, leta karatasi.



Mambo Neema? Tafadhali soma hii, halafu ukiweza tuandikie majibu kesho jioni tutapita tuchukue.

Tunaumia tunavyokuona unasikitika, tunajua kwamba unataka kusoma kama sisi, tunatamani kuja kukusalimia lakini tunamwogopa mzee Madoshi. Kwanza tunataka ujue kwamba sisi tunakupenda na tunataka kukusaidia. Tumeongea na mwalimu amesema hii ni kesi na inaweza kupelelewa polisi.

Pili, usijilaumu wala kujihukumu, hili sio kosa lako hata kidogo. Watu wazima na jamii iliyoruhusu uachishwe shule na kuoreshwa ndio wenye makosa. Pia sio vizuri ukae kimya na uchungu moyoni peke yako, sio nzuri kwa afya, unaweza kutueleza sisi ili tukusaidie vizuri zaidi. Tunaahidi kutomwambia mtu yeyote zaidi ya mwalimu, amesema atatuongoza.

Basi kwa furaha wakaikunja ile karatasi, kama kimpira kidogo hivi. Hawakuandika majina yao, lakini walijua akiwaona ataelewa. Walipofika pale kwa Neema wakavizia na kuona hakuna mtu amewaona, wakamrushia Neema ile karatasi, halafu haooo... wakatoka mbioooo!

Baadae sana siku ile, Neema alijificha nyuma ya nyumba. Kwa uchungu wenye furaha aliikunjua ile karatasi, akaisoma, kisha kabla mume wake hajarudi nyumbani, akachukua kalamu aliyoikuta mezani, akaandika majibu kwenye karatasi ile ile kwa nyuma.



Wapendwa Laila na Swazi

"Wapendwa Laila na Swazi, nawashukuru sana kwa kuuona uchungu wangu. Ni kweli ninatamani kusoma, lakini sina njia ya kutoroka na hata nikitoroka sijui nitakwenda wapi. Nashukuru kama mnaweza kunisadia, mwalimu pia, asanteni sana, mimi niko tayari. Naomba mfanye chochote tu, maana siruhusiwi kutoka, wala kuingea na watu, najiona mtumwa."

Aliandika huku machozi yakimtoka, tone moja lilidondokea kwenye karatasi, wino ukasambaa kidogo. Hakusubiri, aliikunja akaificha, kwa hamu akaisubiri kesho wakati Laila na Swazi watakapopita tena awarushie.



Msaada ukaja

Stori ilikuwa ndefu, lakini kwa ufupi taarifa zilifika sehemu husika, hadi polisi walifika kwa Mzee Madoshi, wakamchukua, Baba yake Neema naye alichukuliwa, Neema akaokolewa na kufanyiwa utaratibu wa kwenda shule ya bweni. Lakini ilibidi ajifungue kwanza. Ukafanyika utaratibu akae na mama yake, ili pale atakapokuwa tayari arudi shule.

Fanya kitu

Umeona sasa? Juhudi za Laila na Swazi zimezaa matunda. Bila wao pengine Neema angeendelea kuteseka, kukosa shule, na pengine kujidhuru. Kama walivyofanya Laila na Swazi, kila kijana anaweza kuchukua hatua za kuwanusuru wengine, kwa kutambua tatizo, kuwa wabunifu, kujali, kuzungumza kwa ujasiri na kutenda kwa haki. Hii ni moja ya njia za kuvunja mila na desturi hatarishi.

Stadi hizi ni muhimu

1. Uthubutu

Laila na Swazi walithubutu kuchukua hatua kwa kumwandikia Neema barua, licha ya hofu waliyonayo kwa mume wa Neema. Hii inaonesha kuwa uthubutu ni msingi wa kuleta mabadiliko.

Jinsi ya kujifunza: Anza na hatua ndogo za kuonesha ujasiri, kama vile kutoa taarifa unaposhuhudia jambo lisilo sahihi shuleni au nyumbani. Kadri unavyojioesha kusema ukweli ndivyo unavyokuwa na ujasiri zaidi kuchukua hatua kubwa.

2. Ubunifu katika kutatua matatizo

Marafiki wa Neema walitafuta njia mbadala ya kuwasiliana naye kwa siri bila kumuweka hatarini. Hii inaonyesha uwezo wa kutumia akili kutatua changamoto kwa njia zisizo za kawaida.

Jinsi ya kujifunza: Jiulize kila mara, "Naweza kufanya nini tofauti ili kupata suluhisho?" Unaweza kufanya majaribio kwa kuandika mawazo mengi, hata yale yanayoonekana madogo au ya kuchekeka, kisha kuchagua suluhisho bora zaidi.

3. Huruma na mshikamano

Walionesha huruma kwa Neema kwa kutambua uchungu wake, na mshikamano kwa kuungana naye katika hali ngumu. Stadi hii inasaidia kujenga jamii yenye mshikamano.

Jinsi ya kujifunza: Sikiliza kwa makini watu wanaokuzunguka, jaribu kuelewa hisia zao na ujiulize, "Kama ningekuwa mimi ningejisikiaje?" Pia shiriki kwenye shughuli za kijamii zinazosaidia wengine, kwani vitendo vidogo vya mshikamano vinaweza kuleta faraja kubwa.

KUMBUKA

Wakati mwingine usalama wa mtu unapatikana kutokana na jitihada za mtu au watu wengine. Jiunge na wengine kuongeza nguvu.

CHUKUA

HATUA

Chagueni stadi moja kila wiki, muijadili kwa kina, kisha mjaribu njia za kujifunza stadi hiyo.

TIRIRIKA

KAMA UNGEPEWA NAFASI YA KUBADILI KITU KIMOJA KATIKA SHULE YAKO AU JAMII YAKO KINGEKUWA NINI. NA UNGEFANYA NINI ILI KUKIFANYA KITOKEE?



ZUHURA KISENA SENG

Ningebadili mila na desturi potofu kwa kuielimisha jamii kuhusu athari za mila na desturi potofu.



SHIGELA ZABRON

Unyanyasaji kwa watoto wadogo unapotokea kuwaingilia watoto wadogo kinyume na maumbile, ningesimama kuhakikisha kwamba jamii yangu inaacha mara moja kuwanyanyasa watoto hawa.



JACKSON MIHAYO

Kutunza mazingira kwa kupanda miti na ili kitokee ningekuwa mfano kwa wanafunzi au jamii yangu kwa jinsi nitakavyotunza mazingira, pia kutoa elimu kwa wanafunzi na jamii namna ya kutunza mazingira.

Her problem is our problem

Neema sat on the veranda, thinking and rethinking. She asked herself questions without answers. She didn't want to accept what had happened to her, because she had never imagined her life would turn out this way. At just 15 years old she was pregnant, living with a husband she had not chosen, did not want, and had not agreed to marry. It had been her father's command, and she simply obeyed.

As she sat there, she remembered being told to fail her Primary School leaving examination, and how she refused to do it, then the beating she received from her father when she actually passed the exam. She remembered how she was abducted and taken to the house she now called 'home', and the deep sadness when she later heard she had been selected to join secondary school at the school she had so long desired.

Neema was no longer the girl she had once been. Her cheerfulness was gone. She became timid, quiet, and was seen crying. Her friends wanted to visit her, but they were afraid of her husband. He was harsh that man! And didn't like being treated casually.

Courage and creativity

Believing you can, and daring to try, is the only way to begin doing something. And when you want to create change in a difficult environment, courage is one of the most important skills you need. This was true for Neema's friends. They were tired of passing by the on road and seeing Neema with her head down, lost in thought.

One day, as they were leaving school, Laila and Swazi were talking:

Laila: "Swazi, what if we write Neema a letter and when we pass by her house today, we throw it to her from a distance? When she reads it, she'll understand what we want to do, right?"

Swazi: "That's a great idea. Let's write it now, give me a piece paper."

They wrote:

"Hi Neema, how are you? Please read this, and if you can, write back to us tomorrow evening we'll pass by to collect it."

It pains us to see you so sad. We know you want to go to school like us. We want to visit you, but we are afraid of Mzee Madoshi. First, we want you to know we love you and want to help you. We spoke with our teacher, and he said this is a case that can even be taken to the police.

Second, the teacher said don't blame yourself or judge yourself. This is not your fault at all. The adults and the community who allowed you to be withdrawn from school and married off are the ones at fault. Also, it is not good for you to keep silent and carry all this pain inside. It's not healthy. You can tell us, so we can help you better. We promise not to tell anyone except the teacher, and he said he will guide us."

Happily, they folded up the paper, almost like a small ball. They didn't write their names, but they knew she would recognise them. When they reached Neema's house, they made sure no one was watching, threw the letter to her, and off they ran!

Later that day, Neema hid behind the house. With tears of both sorrow and joy, she unfolded the paper and read it. Before her husband came home, she took a pen she found on the table and wrote her reply on the back of the same sheet.

"Dear Laila and Swazi, thank you so much for seeing my pain. It is true, I long to go to school, but I have no way to escape, and even if I did, I wouldn't know where to go. I am grateful if you and the teacher can help me. Thank you very much, I am ready. Please do anything you can, because I am not allowed to go out, or to talk to people. I feel like a slave."

Tears fell as she was writing, one drop soaking into the paper and spreading the ink a bit. She folded it quickly and hid it, eager for the next day when Laila and Swazi would pass by so she could throw it back to them.



Help arrived

It's a long story, but in short, the information reached the right authorities. Police came for Mzee Madoshi, Neema's father was also arrested, and Neema was rescued and prepared to join a boarding school. But first, she had to give birth. Arrangements were made for her to stay with her mother, so that once she was ready, she could return to school.

Do something

You see! The efforts of Laila and Swazi bore fruit. Without them, Neema might have continued to suffer, missed her chance at education, or even harmed herself. Just like Laila and Swazi, every young person can take steps to rescue others, by recognising a problem, being creative, caring, speaking boldly, and acting justly. This is one way to break harmful traditions and practices.

These skills matter

1. Assertiveness

Laila and Swazi dared to take action by writing Neema a letter, despite their fear of her husband. This shows that courage is the foundation for creating change.

How to learn it: Start with small steps that show bravery, like speaking up when you witness something wrong at school or at home. The more you practise telling the truth, the more courage you build to take bigger steps.

2. Creativity in problem-solving

Neema's friends found an alternative way to communicate with her secretly without putting her at risk. This shows the power of using your mind to solve challenges in unusual ways.

How to learn it: Always ask yourself, "What can I do differently to find a solution?" You can practise by writing down many ideas, even those that seem small or silly, then choose the best option.

3. Compassion and solidarity

They showed compassion by recognising Neema's pain, and solidarity by standing with her in her difficult situation. These skills help to build a caring community.

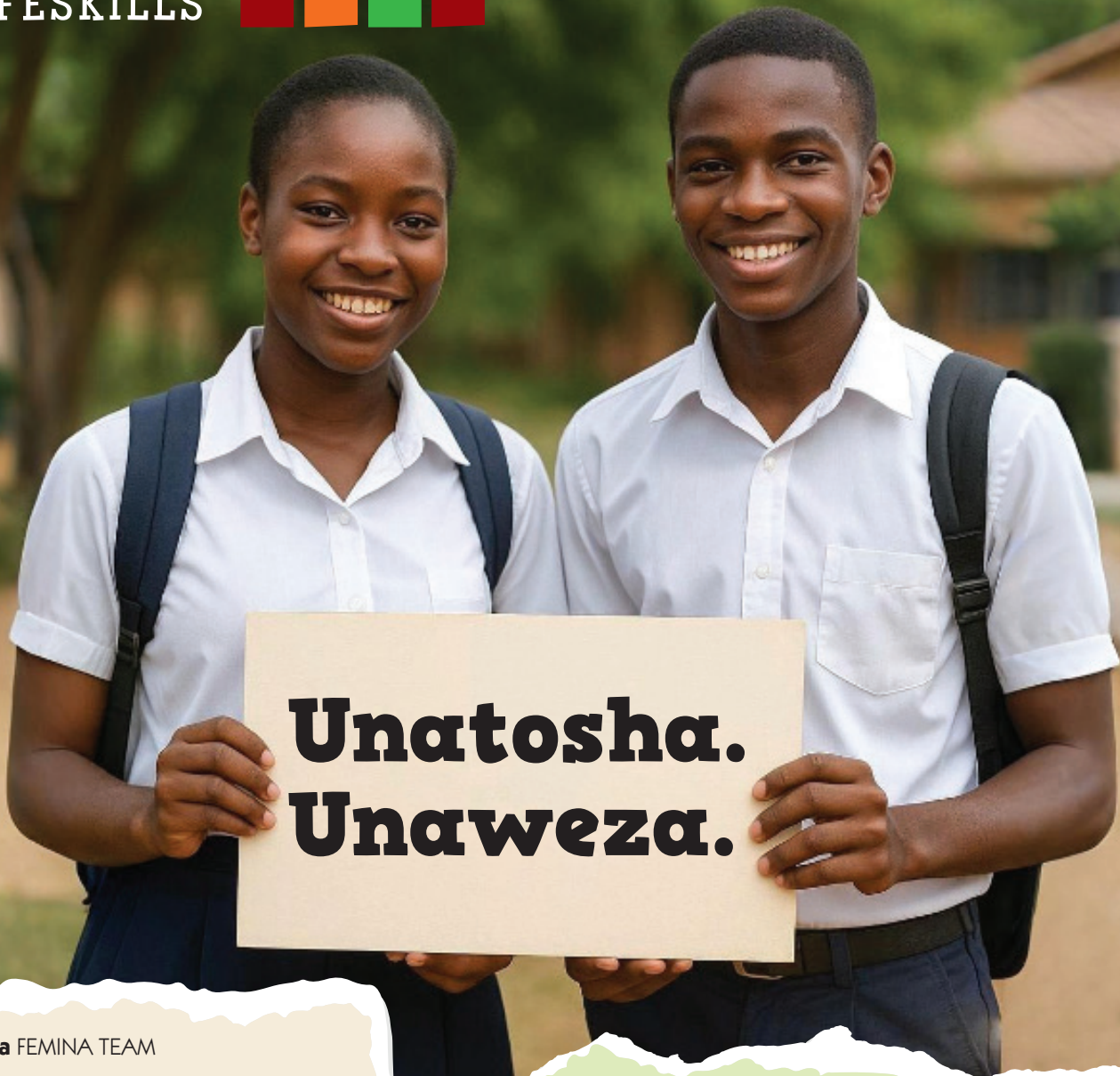
How to learn it: Listen carefully to those around you. Try to understand their feelings, asking yourself, "If it were me, how would I feel?" Also, join activities that support others, because even small acts of solidarity can bring great comfort.

REMEMBER

Sometimes a person's safety depends on the effort of someone else. Join others to strengthen the impact.

TAKE ACTION

Choose one skill each week, discuss it in depth, and try out ways to practice it.



Na FEMINA TEAM

Mara nyingi tunajikuta katika mazingira yanayotuwekea matarajio makubwa zaidi ya uwezo au malengo. Inaweza kuwa nyumbani, shuleni au hata mtaani tunapojumuika na wenzetu wa rika moja. Shinikizo rika ni miongoni mwa changamoto kubwa zinazowapa vijana balehe kimuhemu na kuwachanganya. Maswali ya “Mbona wenzangu wako hivi, mimi siko kama wao?” ni mengi. Wenzetu wenyewe wanatuongezea presha kwa matarajio yao juu yetu, kwamba kwa nini hatuko kama wao? Nyumbani ukishindwa kufanya jambo fulani au shuleni ukifeli, mara nyingi tunasikia: “Kwa nini huyu hawezi? Mbona fulani na fulani wameweza?” Hali hiyo inaweza kuondoa kujiamini, ikatupa msongo wa mawazo na kufanya tujione hatustahili mahali pale.

Matarajio ya wengine yanaweza kutufanya wanyonge, yakatuondolea kujiamini, na wakati mwingine kutufanya kujipunguzia thamani. Hata hivyo, kutojiamini si jambo la ajabu, na huwakuta wengi. Kwa kujenga stadi za kujitambua, kuhimili msongo na kuweka malengo, tunaweza kulinda afya yetu ya akili na kuamini tena kwamba tunaweza.

Maggie aliambiwa na wenzake: “Unajua katika darasa zima ni wewe tu ambaye hauna kipaji chochote?”
Usiku ule hakulala, akiwaza: “Au nina tatizo?”

Tatu na John waliambiwa na mwalimu wa Math: “Kupata chini ya wastani kila siku ni dalili kwamba mmekuja shule kucheza.” Usiku ule hawakulala, kila mmoja akiwaza kivyake: “Au nije niache shule tu?”

Shabani aliambiwa na wazazi wake: “Wewe mpaka leo unaomba hela za shule, wenzako wote wanajitafutia vibarua, sisi hapa maskini tutatoa wapi hela kila siku?”
Usiku ule hakulala, akiwaza, “Sasa mbona mimi siwezi?”

Hisia zako si za ajabu

Vijana wengi wanabeba mizigo mizito; nyumbani, shuleni na mioyoni mwao. Unapojithaminisha kwa hisia ya “sitoshi” haina maana wewe ni dhaifu; inamaanisha tu kuwa wewe ni binadamu, una hisia. Lakini kuna njia kwamba kutembea na hisia hizi bila kuziruhusu zikuangushe.

01

Itambue sauti ya kujidharau, ipige chini

Maneno hasi unayojambia, “Mimi ni mzigo,” “Siwezi kufanikisha chochote” si kweli, ni mawazo tu. Yape jina, kama vile “mzushi.” Ukisikia yanakuja, sema: “Nimekusikia, lakini sitakubali uwe utambulisho wangu.”

02

Kusanya ushahidi wa nguvu ulizo nazo

Kumbuka kipindi ulichomsaidia mtu mwingine au ulipoonesha ujasiri, kwa mfano kumsaidia jirani au kuongoza kitu shuleni. Andika ushahidi huu mahali kama vile kwenye daftari. Unapojiskia kukata tamaa soma tena pale ujikumbushe kwamba kuna vitu unaweza.

03

Tumia neno “bado”

Ukisema “Siwezi Math,” ongeza neno “bado.” Siwezi Hisabati bado. Neno hili linakupa hamasa. Linakukumbusha kuwa safari yako haijaisha. Kidogo kidogo, unaweza kuwa bora zaidi.

04

Shinda kidogo kidogo, kila siku

Gawanya malengo makubwa kuwa madogo madogo. Mfano lengo la siku, kumaliza kazi ya leo, kusoma ukurasa mmoja zaidi, au kuuliza swali moja darasani. Ushindi wa kidogo kidogo kila siku unaweka matofali yanayojenga ndoto yako kubwa

05

Lisha akili yako kama bustani

Pale msongo wa mawazo unapokuwa kama magugu, unahitaji kumwagilia mimea mizuri. Sali, kaa chini ya mti utafakari, andika mawazo yako, au ongea na rafiki unayemwamini. Fanya hivi mara kwa mara. Haimaanishi kwamba mambo haya yataondoa matatizo yote, lakini yanakupa nguvu ya kuyakabili.

06

Jiweke karibu na watu sahihi

Hata mtu mmoja tu anayekuamini, anatosha kukusimamisha imara. Anaweza kuwa rafiki, mwalimu au mzazi. Wengine wakijaribu kukuvunja moyo, tegemea sauti zinazokukumbusha thamani yako.

Jipe ‘stori’ mpya

07

Badala ya kusema “Mimi ni mzigo,” jiambie “Ninajifunza, ninakua, ninaweza.” Mwanzo inaweza kuonekana kama mzaha, lakini kadiri unavyorudia, ndivyo moyo wako utakavyoanza kuamini.

Kila unapoamka kwenda shule, kusaaidia familia, au kuthubutu kuota ndoto ya kuwa mtu fulani, unaonesha nguvu na uwezo wako. Usisubiri dunia ikuvike taji, vaa taji lako sasa hivi.

KUMBUKA

Thamani yako haipimwi kwa alama za mthani, nguo au maneno ya watu. Thamani yako iko moyoni, kwenye jitihada zako na wema unaotoa. Hiyo inatosha. Wewe unatosha.

It has been a busy first day in Mrs. Molota's classroom. "You really remember your math!" she tells her students. "That's a great start to a new school year."



We Can Be!

But only a few students - Koba, Kibena and Amani - are in class.



The lesson for the day is finished. "I'll see you bright and early tomorrow, my math whizzes," Mrs. Molota says.



As the kids head home, they chat about the school day. "Where was everyone today?" asks Koba. "They are going to get way behind if they don't come to class."



When Kibena asks Bahati why he was not in school, he points to all of the weeds that are threatening the corn crop.

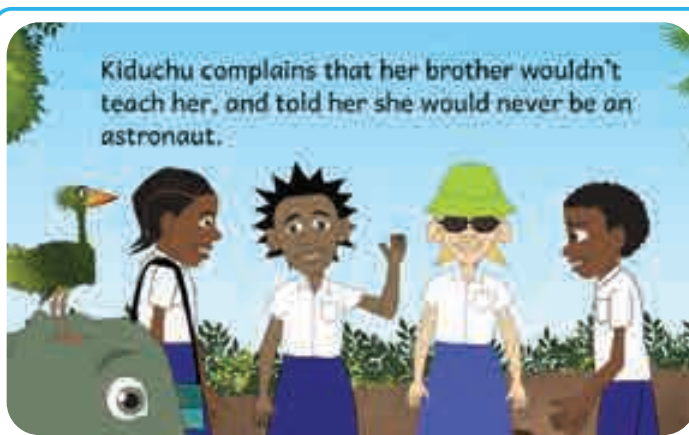


"I've got to help my dad out," Bahati says. "He can't do it alone. I'll come back to school once the weeds are gone."



"Let's go find the others," Kibena says. "We'll meet back later when we find out why they were missing. We need to come up with a way to get them all back to school!"





...Kibena dreams of being a veterinarian while Amani dreams of being a musician.



They know achieving their dreams won't be easy, but they all see a brighter tomorrow.



Back at the forest meeting place, Koba gives the others the bad news. "My old boss won't loan me a movie camera. He says that kids can't make a movie," he tells them.



Baraka suggests that, rather than make a movie, they put on a play. The others are not impressed.



Just then, Amani comes back with some microphones and speakers. "I've got our sound gear," she announces. Amani thinks a live play is a great idea. She will get to perform live in front of an audience!



The next day in the school yard, the kids begin preparing for their play. Some of them make costumes, while others build a stage.



Baraka and Tiny Tembo hand out the flyers to people at the bus stop and the market.



On opening night, there is a huge crowd of people and animals who have gathered to see the show.



He tells them his dreams: first, to be a basketball star, then to be president. The crowd laughs. They start to leave when they realize there is no movie.



But they stay when Amani starts to sing, "We can be anything," she sings. "Please help us pave the way."



Malaika, as a fashion designer, creates a beautiful dress for Sister Monkey. The crowd cheers.



Kiduchu appears, dressed in a home-made space suit. The crowd erupts, jumping and shouting and waving.



Baraka, looking like a president, stands behind a podium. "If we have our rights as children, we can be ANYTHING!" he tells the cheering crowd.



"If we are given the right to go to school...to play and have fun...to healthy food and safe water...to safety and protection..."



...to speak our minds...and to follow our dreams, then we will do incredible things, and we will build a brighter future for all!" As they bow on stage, the crowd goes wild!



Well done for reading our story!

Send the word **ubongo** + your message to 15024 and tell us what you learnt!

We'll reply!

ubongo
learning

Nilijifunza kujiona ninastabili tena

*I learned to see myself
as worthy again*



Kuna kipindi katika maisha yangu nilitamani kupoteza uhai wangu kutokana na ugumu wa maisha. Sikuamini kama bado nina nafasi ya kuishi au kutimiza ndoto zangu. Maisha yalionekana kama vita isiyo na mwisho, na nilijiona kama mtu ambaye hana thamani mbele ya jamii, familia, na hata mimi mwenyewe.

Leo hii, ninapoketi chini na kuandika stori yangu, nikiwa mwanafunzi wa kidato cha nne katika Shule ya Sekondari Nyihogo, Naona nuru kubwa mbele yangu. Ndiyo, bado ninapitia changamoto, lakini tofauti ni kwamba sasa nina zana za kupambana, nina malengo, na nina imani kwamba maisha yangu yana maana. Nimejifunza kujiamini tena kupitia Fema Club, kupitia majarida ya Fema na msaada toka kwa watu wachache na hilo ndilo nataka kushirikisha nanyi leo.

There was a time in my life when I wished I could die because of how hard life was. I did not believe I still had a chance to live or fulfill my dreams. Life felt like an endless battle, and I saw myself as someone who had no worth in the eyes of society, my family, or even myself.

Today, as I sit down to write my story as a Form Four student at Nyihogo Secondary School, I see light ahead of me. Yes, I still face challenges, but the difference now is that I have the tools to fight, I have goals, and I believe that my life has meaning. I learned to believe in myself again through Fema Club, the Fema magazines, and support from a few people and that is what I want to share with you today.

Maumivu ya kukataliwa

Naitwa Emmanuel Peter, nina umri wa miaka 20. Nilizaliwa katika familia iliyovunjika; baba na mama walitengana nikiwa na umri wa miaka mitano. Baada ya hapo, nilikaa na mama yangu ambaye baadaye aliolewa na baba wa kambo. Ndiyo, ilikuwa ni familia nyingine lakini mimi sikuwahi kujihisi kama sehemu ya familia hiyo. Nilinyimwa haki zangu za msingi kama mtoto, ikiwemo huduma ya afya, mahitaji ya shule, na hata upendo wa kawaida wa wazazi.

Nakumbuka kuna kipindi nilikuwa mgonjwa sana, lakini sikutibiwa. Nililazimika kuvumilia maumivu kimya kimya. Mama yangu alikuwa hana uwezo, na alimtegemea sana baba wa kambo, ambaye hakuwa na moyo wa kunisaidia. Hali hiyo ilinifanya nijione kama sina thamani kabisa. Niliwahi kujitenga na watu kwa miezi mitatu, nikiishi mwenyewe bila kuongea sana na mtu. Nilikuwa nimejawa na huzuni, na mara kadhaa nilifikiria kujiua. Nilihisi kama dunia haikuwa na nafasi kwa ajili yangu.

Bahati nzuri, baadhi ya rafiki zangu walinipa moyo. Waliniambia, "Changamoto ni sehemu ya maisha. Usikate tamaa." Maneno yao yalikuwa kama taa ndogo iliyowaka ndani ya giza nene la maisha yangu. Polepole, nikaanza kuona uwezekano wa kuendelea kuishi.

Kuanza upya

Baadaye, mama yangu aliona hali yangu si nzuri na akaniamisha kutoka kwa baba wa kambo, akanipeleka kwa baba mdogo ndugu wa baba yangu wa damu. Hapo ndipo nilianza kuona mwanga. Kwa mara ya kwanza, nilihisi nipo mahali salama. Nilipata chakula, nilianza kurudisha afya, na nikaendelea na shule. Lakini changamoto hazikuisha.

Mke wa baba mdogo ambaye mimi namwita mama mdogo hakuwahi kuamini kama elimu yangu ilikuwa na maana. Aliniambia maneno ambayo mpaka leo hayanitoki akilini: "Soma tu, lakini hutafika popote." Maneno hayo yalinikatisha tamaa sana. Nilianza tena kuhisi kuwa sifai. Nilikata tamaa kwa muda, lakini bado niliendelea na masomo. Kulikuwa na kitu ndani yangu kilichokataa kushindwa.

Ndiyo maana tofauti na zamani, safari hii sikuacha kupambana. Niliendelea kusoma, na kadri muda ulivyopita, uhusiano wetu mimi na mama mdogo uliimarika. Leo hii mama mdogo ananiunga mkono na kuniombea mafanikio makubwa. Najivunia hilo. Hilo limenifundisha pia kuwa watu hubadilika, na maisha yanaweza kubadilika kama tutaendelea kuvumilia na kuweka juhudi.

The pain of rejection

My name is Emmanuel Peter, I am 20 years old. I was born into a broken family; my mother and father separated when I was five years old. After that, I stayed with my mother, who later got married to my stepfather.

Yes, it was another family, but I never felt like a part of it. I was denied my basic rights as a child, including healthcare, school needs, and even the basic love of a parent.

I remember a time when I was seriously ill, but I was not treated. I had to endure the pain in silence. My mother did not have the means, and she depended heavily on my stepfather, who had no heart to help me.

That situation made me feel completely worthless. I once isolated myself from people for three months, living alone and barely speaking to anyone. I was filled with sadness, and many times I thought about taking my own life. I felt like the world had no place for me.

Luckily, some of my friends encouraged me. They told me, "Challenges are part of life. Do not give up." Their words were like a small light shining in the deep darkness of my life. Slowly, I started to see the possibility of continuing to live.

A new beginning

Later, my mother noticed that I was not doing well and moved me away from my stepfather, and took me to stay with my uncle, my biological father's brother.

That is when I started to see the light. For the first time, I felt I was in a safe place. I got food, I started to regain my health, and I continued with school. But the challenges did not stop.

My uncle's wife, whom I call "Mama Mdogo," never believed that my education was meaningful. She told me words that I have not forgotten to this day: "Go ahead and study, but you'll never get anywhere."

Those words deeply discouraged me. I started to feel again that I was worthless. I gave up for a while, but I still continued with school. There was something inside me that refused to accept defeat.

But unlike before, this time I did not stop fighting. I kept studying, and over time, the relationship between me and Mama Mdogo improved.

Today, Mama Mdogo supports me and prays for my success. I am proud of that. It has also taught me that people can change, and life can change if we keep enduring and putting in effort.



Strength from Fema Club

When I was in Form One, I joined the Fema Club under our mentor, Teacher Epafra, who often gave me the chance to talk to him, listened carefully to me, and gave me guidance that really helped in healing the pain I was going through.

We used to read different stories from the Fema magazines. I began to see that my challenges were not unique. Many other young people go through hardships, but they fight and rise again.

I was especially inspired by the issue featuring Manula and Ben Pol. Their stories opened my eyes and helped me start believing that I too could achieve my dreams.

Through the Fema Club, I learned life skills like self-awareness, confidence, listening to my feelings, and setting goals. I also learned that education is a path to changing one's life.

I began to see light, that one day I too would succeed like others. The magazines were like my guide, and every story from another young person felt like a voice cheering me on. I kept saying, "If they made it, then I can too."

Nguvu kutoka Fema Club

Nikiwa kidato cha kwanza, nilijiunga na Fema Club chini ya mlezi wetu, Mwalimu Epafra, ambaye mara nyingi alinipa nafasi ya kuzungumza naye, kunisikiliza kwa makini, na alinipa ushauri nasaha uliosaidia sana kupona maumivu ya magumu ninayopitia. Tulikuwa tunasoma simulizi mbalimbali kutoka kwenye majarida ya Fema. Nilianza kuona kuwa changamoto hazinitofautishi na wengine, vijana wengi wanapitia magumu, lakini wanapambana na kusimama tena. Nilivutiwa zaidi na jarida la Manula na Ben Pol. Stori zao zililifungua macho nakunifanya nianze kuamini kwamba hata mimi naweza kufanikisha ndoto zangu.

Kupitia Fema Club, nilijifunza stadi za maisha kama kujitambua, kujiamini, kusikiliza hisia zangu na kujiwekea malengo. Nilijifunza pia kwamba elimu ni njia ya kubadilisha maisha. Nikaanza kuwa na mwanga kwamba ipo siku na mimi nitafanikiwa tu kama wengine. Majarida yalikuwa kama mwongozo wangu, Kila simulizi ya kijana mwingine ilikuwa kama sauti ya kunitia moyo. Nikawa nasema, "kama yeye aliweza, basi mimi pia naweza."



“Ndiyo, bado ninapitia changamoto, lakini tofauti ni kwamba sasa nina zana za kupambana, nina malengo, na nina imani kwamba maisha yangu yana maana.”





Kujitegemea na kusaidia wengine

Niliamua kutafuta njia za kujiongezea kipato bila kuathiri masomo. Nikajifunza kuwa fundi gereji kazi ninayofanya baada ya masomo au siku za wikiendi. Pia niliwahi kuwa na kibanda cha kuuza matunda, ingawa sasa nimekikodisha ili kiendeleo kuingiza kipato bila kunisumbua kimasomo.

Kupitia kazi hizi, ninaweza kumsaidia mama yangu. Ninamtumia fedha kwa ajili ya matibabu na mahitaji mengine. Hii imenipa nguvu zaidi ya kuwa na thamani tena. Kwamba, licha ya changamoto, ninaweza kuwa msaada kwa wengine. Sasa nina ndoto ya kuwa na gereji yangu kubwa, na vibanda vingi vya biashara ili kusaidia familia yangu na jamii.

Becoming independent

I decided to find ways to earn some income without affecting my studies. I learned how to be a mechanic, a job I do after classes or on weekends.

I also once ran a small fruit stall, though now I have rented it out so that it can keep generating income without affecting my studies.

Through these jobs, I am able to support my mother, I send her money for treatment and other needs.

This has given me even more strength to feel worthy again. That despite the challenges, I can still be of help to others.

Now, I dream of owning a big garage and many business stalls to support my family and community.

Vijana wenzangu...

Msikate tamaa. Hakuna maisha bila changamoto, lakini kila changamoto huja na funzo lake.

Leo hii ninasimama mbele yenu nikiwa kijana niliyetaka kujiua lakini sasa nina ndoto, dira, na matumaini.

Elimu ni silaha kubwa. Fema Club imenipa mwanga na mwelekeo mpya. Naamini hata ninyi mnaweza kufika mbali zaidi kuliko mimi.

Tuendeleo kupambana bila kuchoka maana kila mmoja wetu anastahili.



Fellow youth

Do not give up. There is no life without challenges, but every challenge comes with its own lesson.

Today, I stand before you as a young person who once wanted to end his life, but now has dreams, a vision, and hope.

Education is a powerful tool. Fema Club gave me light and a new direction.

I believe you too can go even further than I have.

Let us keep pushing forward without giving up because each one of us is worthy.

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: **FEMA S.L.P. 2065, Dar es Salaam e-mail: info@feminahip.or.tz SMS: 0753003001**

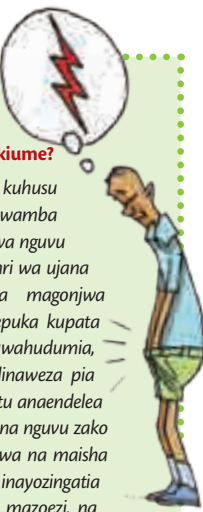


Mpendwa Anti pole na kazi. Naomba kuuliza, mwanamke akimaliza hedhi ikawa imeisha na uchafu wote umeisha halafu akakutana na mwanaume kimwili baada ya tendo damu zinaanza kutoka tena, shida inakuwa nini?

Asante kwa swali lako. Damu kutoka baada ya hedhi na baada ya tendo la ndoa inaweza kusababishwa na mambo mbalimbali, kama vile michubuko kwenye uke, mabadiliko ya homoni, maambukizi, au vidonda kwenye uke au shingo ya kizazi. Pia, inaweza kuwa ni damu iliyobaki inamalizikia kutoka. Endapo hali hii itaendelea, au inaambatana na maumivu makali, tafadhali onana na daktari kwa uchunguzi wa kina na ushauri sahihi. Tafadhali usisite kutafuta msaada wa kitaalamu mapema ili kuepuka madhara.

Helo Anti habari za kazi? Mimi ni mwanafunzi wa kidato cha kwanza naomba kuuliza eti kukaa muda mrefu bila kufanya mapenzi unaweza kukosa nguvu za kiume?

Hongera sana kwa kuchukua hatua na kutafuta uelewa zaidi kuhusu mwili wako, hasa katika kipindi hiki cha ujana. Si kweli kwamba kijana akikaa muda mrefu bila kufanya ngono atapungukiwa nguvu za kiume, huu ni uvumi tu. Kujiupusha na ngono katika umri wa ujana kuna faida zaidi, kwani utaepuka madhara kama magonjwa yanayoambukizwa kupitia ngono, ikiwemo VVU, pia utaepuka kupata watoto katika kipindi ambacho hujawa na uwezo wa kuwahudumia, yaani wewe mwenyewe bado ni mtoto, jambo ambalo linaweza pia kukatiza ndoto zako. Kumbuka, katika kipindi cha ujana, mtu anaendelea kukua kimwili na kihisia, hivyo ni vema kuelekeza mawazo na nguvu zako zaidi katika masomo na malengo yako, na mikakati ya kuwa na maisha bora zaidi baadaye. Tunza mwili wako kwa lishe bora inayozingatia virutubisho muhimu vinavyohitajika kujenga mwili, fanya mazoezi, na kuwa na marafiki wanaokusaidia kujijenga na sio kujiweka kwenye mitego.



Pole na kazi ya kuelimisha jamii, Mimi ni Joseph kutokea Kigoma Nina umri wa miaka 17 nina tatizo katika sehemu yangu ya uzazi ila sijajua kama ni tatizo kweli ni kwamba katika umri wangu huu uume wangu ni mdogo sana uko kama wa mtoto wa miaka 5 naomba unishauri nifanyeje ili uume wangu uwe kama wa rika yangu naomba ushauri wako asante.

Asante kwa swali lako Joseph. Kwa vijana uume na maumbile mengine hukua zaidi katika kipindi cha balehe. Na ukomo wa kuongezeka ni kati ya miaka 18 - 21, hivyo inawezekana bado unaendelea kukua. Pia wastani wa urefu wa uume ni inchi 4 - 6 na mzunguko wa inchi 3 - 5 wakati umejaa damu (erect). Lakini wapo walio na ukubwa chini ya vipimo hivyo vya wastani au zaidi. Kama ilivyo katika viungo vingine vya mwili, kuwa na uume mdogo au mkubwa ni maumbile ya mtu tu kama ambavyo kuna watu wengine warefu wengine wafupi, wengine wanene na wembamba, ni maumbile tu na sio tatizo. Tembelea kituo cha afya kwa ushauri zaidi. Kumbuka pia hata kama uume ni mdogo, bado unaweza kuendesha maisha yako na kuwa na mchango kwenye jamii yako. Kumbuka kuwa kila mmoja ana kasi yake ya ukuaji, na maumbile tofauti.



Mpendwa Anti shikamoo. Mimi naitwa Sarah mwenye umri wa miaka 18, mimi kila nikikaa nawaza kufanya ngono na cjui nifanyeje ili kujizuia?

Asante kwa swali lako Sarah. Ni hali ya kawaida kwa kijana wa umri wako kusikia hamu ya ngono. Hivyo ni muhimu sana kujifunza na kujenga stadi za kujizuia ili usijiingize kwenye hatari zitokanazo na ngono katika umri mdogo. Kumbuka kuwa kila jambo huanza na wazo, hivyo jaribu kutawala mawazo yako yasielekee kwenye ngono kwa kuepuka vitu vyote vinavyoweza kuchochea hamu ya ngono. Hakikisha mawazo yako yanajaa mambo tofauti na ngono. Epuka marafiki wanaozungumzia masuala ya ngono au punguza kuongelea masuala ya ngono kila wakati, usisome vitabu au kuangalia picha/filamu/tamthilia zinazochoea ngono. Fanya mazoezi, tumia muda mwingi kutengeneza malengo na kushughulikia mipango ya kutimiza malengo makubwa uliyo nayo maishani. Shiriki shughuli mbalimbali za kijamii. Unaweza kujizuia kufanya ngono kwa muda mrefu na usipate madhara yoyote. Jiwekee lengo la kutekeleza ushauri huu, angalia baada ya wiki umefanikiwaje, mwezi, na kadhalika.



Habari Antu pole na kazi. Mimi ni msichana mwenye umri wa miaka 22, swali langu ni kwamba kwa nini sipati ujauzito, hata nikiwa siku hatari?

Asante kwa swali lako. Yapo mambo mengi ambayo yanaweza kusababisha mwanamke asipate ujauzito hata anapokuwa siku za hatari. Mzunguko wako wa hedhi unaweza kuwa sababu, kwamba unaweza kudhani uko siku za hatari kumbe unahesabu tofauti. Fahamu kwanza mzunguko wako wa hedhi ni wa siku ngapi. Wanawake wengi hupata mzunguko wa siku 28, lakini pia wapo wanaopata mzunguko wa siku 21 na wengine hadi siku 35, inasababisha siku za hatari kutofautiana miongoni mwa wanawake. Matatizo ya homoni yanaweza kuathiri mzunguko wa hedhi, uchavushaji na utoaji wa mayai, pia inaweza kuathiri hali ya mji wa mimba na kusababisha mimba isitungwe. Maambukizi ya magonjwa ya ngono au katika via vya uzazi yanaweza kusababisha mirija ya kupitishia mayai kuziba. Hii ni kwa upande wa mwanamke, wakati mwingine matatizo hayo ya homoni na mirija kuziba pia yanaweza kuwa ni kwa upande wa mwanaume, na kusababisha uzalishaji haffu wa mbegu za kiume au kushindwa kusafirisha mbegu. Sababu nyingine zinazoweza kuwa chanzo kwa wote mwanamke, na mwanaume ni pamoja na kuwa na msongo wa mawazo, lishe duni, au mtindo wa maisha. Ni vema ufike kituo cha afya unone daktari wa masuala ya akina mama ili ufanyiwe uchunguzi wa kina ili kubaini chanzo, kupata ushauri, taarifa zaidi na matibabu ikiwa ni lazima.



ANTI COS ANAJIBU MASWALI YENU

Mpendwa Aunt me naitwa Julius kutoka Mwanza nina mpenzi wangu nampenda sana nataka kumuoa lakini itachukua mda mimi kuingia katika ndoa, je nifanyeje ili anisubiri?

Habari Julius? Hongera kwa kujitambua na kujua kuwa wakati huu kwako haujafaa kuingia katika ndoa. Ongea naye, mweleze ukweli ni kwa nini kwa sasa hamtaweza kuingia kwenye ndoa, mshirikishe kuhusu mipango yako na mweleze ni kwa jinsi gani kusubiri kunaweza kuwa na faida zaidi kwenu nyote na maisha yenu ya baadaye. Ni vema pia kudumisha mawasiliano wakati wote unapojipanga ili kulinda uhai wa mahusiano yenu. Pia ni vema kuhakikisha mnajiweka salama ili msilazimike kuoana kwa kuwa tu mmepata mtoto kabla wakati wako haujafika. Kuweka mambo wazi kwake kutakusaidia kukaa kwenye mstari bila kupoteza dira ya unachokitafuta. Ikiwa naye anakupenda kwa dhiti atakusubiri na atakutia moyo kufanikisha mipango yako. Nawe kama unampenda kwa dhiti utataka kuwa naye muda ukifika. Nakutakia kila la heri.



Aunt shikamoo, mimi ni Joyce kutoka Iringa, nna miaka 18. Aunt nina shida, kila nikijaribu kuacha uhusiano na mpenzi wangu anayenidhulumu, ananitishia atanidhuru. Nifanye nini?

Pole sana kwa hali unayopitia. Kutishwa na mpenzi ni jambo hatari sana, na unapaswa kuchukua tahadhari kwa ajili ya usalama wako. Usichukulie poa kabisa. Tafuta msaada kutoka kwa mtu mzima unayemwamini, kama mzazi au mlezi. Pia toa taarifa polisi ikiwezekana. Hifadhi ushahidi wa vitisho vyake, kama vile ujumbe au simu, ili iwe rahisi kuchukua hatua za kisheria ikiwa italazimu. Jitahidi usikutane naye ukiwa peke yako. Na ikibidi kuonana naye, basi hakikisha kuna watu wengine wanaojua uko wapi na uko na nani. Uhusiano wa aina hii unaweza kukuathiri kisaikolojia, tafuta msaada wa mshauri au mtu salama wa kukutia moyo ili usijisikie mpweke. Tembelea ofisi ya Kata ukutane na Afisa Ustawi wa Jamii au Maendeleo ya Jamii kwa ushauri zaidi. Kituo cha Polisi unaweza kuonana na afisa wa Dawati la Jinsia na Watoto. Usisite kutafuta msaada pindi unapoona usalama wako na wa mali zako unazidi kuwa hatarini. Nakutakia kila la heri.

Mpendwa Anti, nawezaje kujua kama nina maambukizi ya magonjwa ya ngono kama sioni dalili zozote?

Habari? Si kila mtu aliyeambukizwa magonjwa ya ngono huonesha dalili kama kuwashwa, kutoa majimaji yenye harufu, maumivu, vidonda sehemu za siri na dalili nyingine zinazowapata watu wengi. Endapo unahisi kuwa una maambukizi, hasa kama ulikutana na mtu mwenye maambukizi, au unataka tu kujua hali yako kiafya, na kuwa na uhakika kama umeambukizwa magonjwa au la, tafadhali fika zahanati au kituo cha afya kilichoko karibu nawe ili kufanyiwa uchunguzi na kupata ushauri tiba.



Mpendwa Aunt, mimi ni Emmanuel kutoka Morogoro. Je, ni kweli kwamba mwanamke hawezi kupata mimba ikiwa atasimama baada ya kufanya mapenzi au akijiosha mara moja?

Mpendwa Emmanuel, hii si kweli, ni uvumi na uzushi tu ambao unawaweka wanawake, hasa wasichana, katika hatari kubwa ya kupata mimba zisizotarajiwa. Wakati mwanume anapofikia mshindo, mbegu zinaweza kurushwa kwenda ndani zaidi ukeni, ambako hata kama mwanamke atajiosha hataweza kufikia. Pia mbegu zina mikia inayoziwesha kusafiri haraka kuelea kwenye mji wa mimba na kufika kwenye miraji ya mayai, bila kujali msichana alisimama au kulala wakati wa tendo, na kusababisha ujauzito. MSIDANGANYIKE! MSIDANGANYANE!

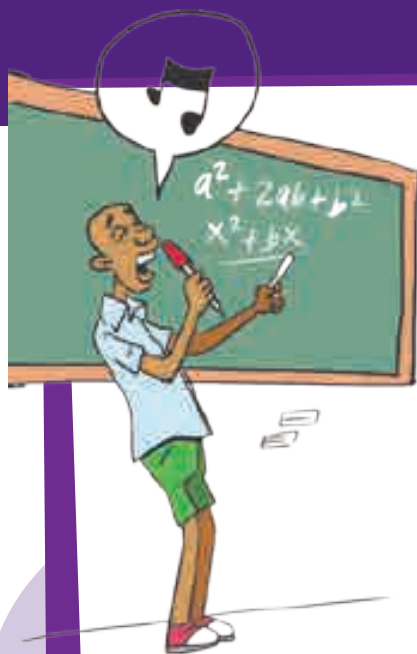


Mpendwa Aunt, ninaitwa Dennis wa Nachingwea, nasoma kidato cha tatu. Aunt kweli mimba za utotoni ni tatizo kubwa huku kwetu. Nawezaje kumsaidia rafiki yangu asijikute kwenye hali hiyo?

Mpendwa Dennis, hongera sana kwa kuwa rafiki mwema na kujali maisha ya rafiki yako. Kila mmoja wetu anahitaji rafiki kama wewe. Ni kweli mimba za utotoni ni changamoto kubwa kwenye jamii zetu. Ili kujiepusha nazo mhamasisha rafiki yako kutambua malengo yake ya maisha na kuweka mikakati ya kufikia malengo hayo. Pia mnaweza kujadili ni kwa namna gani mimba inaweza kuathiri safari yake ya masomo na kufikia malengo yake. Pia jadili naye kuhusu afya ya uzazi, mabadiliko ya miili yenu wakati wa ujana, changamoto mnazopitia na namna bora zaidi ya kukabiliana na changamoto hizi kwa njia salama. Jadili naye kuhusu mimba za utotoni, na madhara yake kwa kuangalia mifano halisi kwenye jamii yenu kama ipo, na njia za kuepuka mimba. Mnaweza nyote wawili kutembelea kituo cha afya na kujifunza zaidi. Unapoongea naye hakikisha unaanzisha majadala na mnajadili pamoja na kutafuta majibu sahihi pamoja. Endapo unahisi rafiki yako yuko hatarini, tafuta msaada kwa mwalimu wa malezi, mlezi wa Fema Club au mtu ambaye yeye na wewe mnamwamini ili kuwasaidia kujiweka salama. Lakini unaweza pia kuendesha kampeni ya uelimishaji ndani ya jamii ili kuwasaidia na wengine. Endelea kuwa rafiki mwema na mfano bora!



MUULIZE ANKO PESA!



Anko Pesa, shikamoo, naitwa Mashaka ni mwanafunzi wa Form 1. Anko naomba ushauri wako Ninasoma kwa bidii shuleni na ninatamani kufikia malengo yangu ya kuwa mwalimu na Ninatamani kuwa mwimbaji bora kwani ninacho kipaji cha usanii. Swali langu kwako Anko Pesa ni je, naweza kutekeleza vyote kati ya malengo yangu na kipaji changu au niache kimoja? Maana wenzangu wananisapoti lakini wananiambia mshika mawili moja humponyoka. Je, ni kweli?

Jibu

Mashaka, hongera sana kwa kuwa na ndoto kubwa na kipaji cha uimbaji. Kumbuka, si lazima uache kimoja ili kufanikisha kingine. Dunia imejaa watu walioweza kufanya mambo mawili kwa wakati mmoja. Mfano mzuri ni msanii Mwana FA, Alianza kama msanii wa muziki na wakati huohuo akifanya kazi ofisini kama mwajiriwa. Baadaye alichaguliwa kuwa Mbunge na sasa ni Naibu Waziri wa Utamaduni, Sanaa na Michezo, lakini hakuwahi kuacha muziki, bado anatoa nyimbo, kutumbuiza majukwaani na kuheshimika. Sio msanii huyu tu, wapo wengine kama Bonta msanii wa Hip-Hop kutoka Kundi la Weusi ambaye mpaka sasa ni Katibu wa Afya Halmashauri ya Ushetu na amekuwa akiimba huku akiwa mtumishi wa umma. Vile vile, kuna walimu wengi wanaofundisha shuleni na bado wanaimba nyimbo za dini au kuandika vitabu. Siri ya mfanikio katika jambo hili ni kupanga muda wako vizuri na kuipa kipaumbele elimu kwanza, Elimu itakuwa msingi wako wa kudumu, huku kipaji kikikupa nafasi ya kuonyesha ubunifu na kipato cha ziada. Kipaji chako cha uimbaji unaweza kukiendeleza taratibu shuleni, kwenye kwaya, matamasha ya shule au mashindano. Usikate tamaa, mshika mawili si lazima apoteze vyote, ukijituma unaweza kushikilia vyote na kuvifanya vikuletee mafanikio. Usiogope, ndoto zako zote ni muhimu.

Anko Pesa mimi kila mradi ninaouzindua unanifelisha hadi nimekosa nifanye kipi niache kipi. Maisha tegemezi kwa kila kitu licha ya hali ya ulemavu wangu nilio nao kichwa changu kinaplani nyingi lakini kuapply hizo plan ndo ishufanyaye? Naombeni ushauri. Nilishajaribu hata kufuga mbuzi akafa na sasa hivi nafuga kuku wa kienyeji lakini tangu nianze kufuga sijawahi fikisha kuku thelathini wakubwa. Ni mimi swahiba wenu kutoka mkoani Kagera, Ngara huku.

Jibu:

Swahiba wangu wa Ngara, kwanza hongera kwa kuwa na mawazo na jitihada za kujaribu miradi mbalimbali. Kumbuka, kushindwa haimaanishi wewe ni dhaifu, bali ni darasa la kukufundisha namna bora ya kufanya tena. Hata wafanyabiashara wakubwa unaowajua walipata changamoto nyingi kabla ya kufanikisha. Siri ni kujikita kwenye mradi mmoja tu kwa muda na kuujenga taratibu. Mfano, umeanza na kuku wa kienyeji, usikate tamaa kwa kuwa hawajafika 30. Anza kwa kujifunza kutoka kwa wafugaji wengine waliopo karibu yako, uliza lishe bora, chanjo na mazingira mazuri ya kuku. Ulemavu wako si kizuizi, bali ni changamoto inayoweza kukupa nguvu ya kuthibitisha uwezo wako. Chagua mradi mmoja unaoupenda zaidi, ujifunze vizuri, uanze kidogo na uwe na subira. Hakuna mafanikio ya haraka, lakini hatua ndogo ndogo huleta matokeo makubwa. Hapa nimekuwekea miradi midogo midogo inayoweza kufanikishwa na vijana kama wewe:

1. Kufuga kuku wa kienyeji au bata.
2. Kilimo kidogo cha mboga za majani au viazi kwenye shamba dogo.
3. Uzaji wa vitafunwa au juice shuleni.
4. Ushauri wa mitandao au kuandika maudhui au makala mitandaoni au magazetini.
5. Ufundi mdogo kama kutengeneza simu, kutengeneza mavazi, au kazi za mikono.



Naomba kufahamu tofauti kati ya mjasiriamali na mfanyabiashara. Na je, nawezaje kuwa mjasiriamali?

Jibu:

Kuna tofauti ndogo lakini muhimu kati ya mfanyabiashara na mjasiriamali. Mfanyabiashara ni mtu anayefanya biashara ili kupata faida, Mara nyingi anauza bidhaa au huduma zilizopo tayari. Mfano, mtu anayefuga kuku, anayeza nguo au kuuza vitafunwa nk. mtu kama Said Lugumi ambaye anafanya biashara mbalimbali na uwekezaji, lakini anafuata mifumo iliyopo. Mjasiriamali ni mtu anayetengeneza au kubuni wazo jipya, kuunda bidhaa au huduma ambazo hazipo sokoni. Mfano ni Benjamin Fernandes, mwanzilishi wa kampuni ya teknolojia ya kufanya miamala (NALA), ambaye alitengeneza suluhisho jipya la kutuma na kupokea pesa duniani bila kutumia intaneti.

Ili kuwa mjasiriamali, angalia changamoto zinazokuzunguka, maana kila tatizo ni fursa. Fikiria wazo jipya, jaribu kidogo kidogo, jifunze kutokana na makosa, na usikate tamaa. Ukiwa na nidhamu, uvumilivu, na ubunifu, unaweza kuunda mradi wako binafsi na hata kusaidia jamii inayokuzunguka. Kumbuka, kila biashara ilianza na wazo, halafu ikawa kweli.



Swali langu ni kwamba mpendwa anko pesa mimi ni msichana wa miaka 21 napenda kujituma na kufanya biashara lakini nashindwa kwa sababu naishi na ndugu zangu na nikitoka tu fikra zao wanahisi nimekwenda kwa wanaume nifanyeje? Napenda kufanya kazi.

Jibu:

Mpendwa, hongera kwa kuwa na hamasa ya kufanya kazi na kujitegemea. Kumbuka, nia yako ni nzuri na inakuhitaji uwe jasiri, lakini mara nyingine watu wanaweza kutokuelewa au kutoa maoni yasiyo sahihi na wengine kukukatisha tamaa.

Usiruhusu mawazo ya wengine yakuzuie kufikia ndoto zako. Anza kwa kufanua mipaka na ndugu zako, toa maelezo ya wazi kuhusu shughuli zako, muda na mahali unapoenda. Ukiona upinzani umezidi, unaweza kuchagua kuwaalika waambatane na wewe katika shughuli zako ili wale ambao unajali support yao waridhike. Kumbuka, kufanya kazi si kosa bali ni njia ya kujitegemea na kufanikisha ndoto zako na jamii yako.



Naitwa Isack nipo Mara. Nafikiria kuanzisha biashara ya kuagiza bidhaa ya viatu vya kike kutoka China na kuuza huku, lakini mtaji wangu ni mdogo sana Pia nashindwa kupata kampuni sahihi ya kusafirisha bidhaa hiyo kutoka China kwa sababu ya kuogopa kutapeliwa. Naomba ushauri, nifanye nini?.

Jibu:

Isack, hongera kwa kuwa na ndoto ya kuanzisha biashara yako. Kwanza, kumbuka kuwa kila mfanyabiashara anaanza kidogo na kwa tahadhari. Ukianza na mtaji mdogo, anza kwa kuchagua bidhaa chache na za bei nafuu ili uweze kuzisafirisha kwa urahisi. Tafuta kampuni zinazoaminika za usafirishaji kwa kuzingatia maoni ya wateja wao, angalia rekodi zao Pia usisahau kuuliza kwa marafiki au wafanyabiashara waliowahi kuagiza bidhaa kutoka China. Hapa nchini tunayo makampuni ya usafirishaji kwa njia ya meli au ndege, mengi na yanayoaminika, kama vile Silent Ocean, Shamwaa, Toshi Cargo, Kilimanjaro Star Cargo nk.



Pia, fikiria kutumia njia ya ushirikiano na wenye uzoefu kuagiza au majukwaa ya mtandaoni yanayosaidia vijana kuagiza bidhaa kutoka nje kwa usalama kama Kelvin Kibenje anayosaidia na kufundisha wajasiriamali wadogo kuagiza bidhaa kutoka China. Jaribu kuagiza kiasi kidogo kwanza, ili ujifunze jinsi mchakato unalivyo bila kupoteza mtaji mkubwa. Mifano ya kuigwa ni wafanyabiashara wadogo hapa Tanzania ambao wameanza na bidhaa chache na sasa wana biashara kubwa mfano Biashara za Ramsek, Niffer, Afrobest, Tuagize na Berogenge. Kumbuka, uvumilivu, mipango mizuri na tahadhari ndizo silaha zako kuu. Usikate tamaa, kila hatua ndogo inakupeleka karibu na mafanikio.

Habari Anko Pesa, mi ni msichana mwenye umri wa miaka 19 nimefanikiwa kufanya biashara kwa muda wa mwaka sasa lakini pia nimefanikiwa kupata mchumba, lakini ninahofia kuolewa na sababu biashara yangu bado ni changa na nahisi biashara yangu itarudi nyuma. Naomba ushauri wako.

Jibu:

Kwanza hongera sana kwa kuanzisha biashara yako na kupata mchumba. Vyote viwili ni baraka, na pia vina changamoto zake. Hofu yako ni ya kawaida. Watu wengi wanapojikuta kati ya kujenga maisha yao binafsi na kujenga biashara wanajiuliza kama wanaweza kuvibeba vyote. Siri kubwa ni mawasiliano na mipaka ya wazi. Mapema kabisa kaa na mchumba wako mzungumze kwa uwazi kuhusu ndoto zako, hofu, na malengo yako ya biashara. Mweleze kwamba unataka kujijenga zaidi ili biashara yako isimame imara. Hii itakusaidia kuona kama mchumba wako anakuelewa na yupo tayari kusimama nawe.

Kumbuka, ndoa yenye afya haipaswi kuwa kikwazo cha ndoto zako. Ikiwa unahisi ndoa sasa hivi inaweza kurudisha nyuma biashara yako, mwambie mchumba wako mvute subira kidogo uweke mambo sawa. Kama anakupenda kwa dhiti, ataelewa. Pia, usiogope. Wapo wanawake wengi waliofanikiwa kuendesha biashara na kulea familia kwa wakati mmoja, kinachohitajika ni kupanga na kushauriana na mwenza wako. Mwisho, usiingie kwenye ndoa kwa presha, ndoa sio mashindano ya haraka, ni safari ya maisha.

Mwisho, kuwa na uthubutu wa kufanya kazi kwa bidii na kuwa na maono ya muda mrefu. Usikate tamaa kwenye changamoto, hizo ni fursa za kujifunza na kukua zaidi. Endelea kujifunza na kuboresha kila wakati.



Kidedea tena!

Waswahili wanasema: “aliyejitahidi hula matunda yake.” Leo, Mkula wameonesha jitihadi zao na kuvikwa ubingwa kwa kazi nzuri waliyofanya! Na sisi kama timu ya Femina Hip pamoja na vijana wa Fema Club, hatuna budi kuwapongeza; Makofi matatu mazito kwao tafadhali!

Paaa... Paaa... Paaa... Hongereni sana, Mkula!

Hawa hawakuwa washindi bure!

Chalengi ilikuwa: “Buni namna ya kutatua changamoto ya maji shuleni au kuboresha mifumo ya maji ambayo ipo!”

Baada ya kusoma jarida la Fema na kujadiliana kuhusu Chalengi, wana Fema Mkula wakakagua mazingira ya shule, wakaona kwamba mfumo wa maji uliopo una changamoto na wakakubaliana kuuboresha. Wakajigawa makundi na kupangiana kazi. Shughuli ilikuwa pevu; wa kubeba mabomba, wa kuunganisha sehemu zilizokuwa zimekatika, na wengine walihusika na kipengele cha kuhakikisha mfumo wa kupokelea maji kutoka kwenye mabati unasafishwa na kurekebisha kwenye maeneo yaliyokuwa yamechakaa.

Kama mnavyoona kwenye picha kazi ilikamilika na leo hii Mkula Fema Club wamefanikiwa kugeza changamoto kuwa ubunifu wa kweli. Imenda hiyo!



CHALENJI NO. 49

Soma Fema mtandaoni!

Kwa muda mrefu tumezoea kupata nakala za Fema shuleni kwetu, tukisoma kwa pamoja kama Fema Club. Lakini safari hii tunakupa changamoto mpya! Dunia inabadilika, teknolojia inakua kila siku, na Fema inapatikana pia mtandaoni kupitia tovuti ya www.feminahip.or.tz

Ripoti za
CHALENJI no 41
zitumwe kabla ya
28 Februari 2026
GOOD LUCK!

Zawadi:

Mshindi wa Kwanza

- Atatangazwa kwenye jarida la Fema.
- Club itapewa T-shirt 20 za Fema.

Nafasi ya Pili hadi ya Tano

- Zitapata nafasi ya kutangazwa kwenye jarida la Fema pia.

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

Chalengi yetu iko hivi...

Kama jarida la Fema halikuchapwa na limewekwa tu mtandaoni, mtafanyaje kama Fema Club kuhakikisha kwamba mnalisoma, na wanafunzi wengi shuleni kwenu wanalisisoma pia?

Jinsi ya kushiriki

1. Kaa kama Fema Club na mjadili suluhisho lenu.
2. Tutumie maelezo ya suluhisho mlilokubaliana na namna mlivyolitekeleza.
3. Msisahau kuambatisha picha zinazoonesha ubunifu wenu.

MAZAWADI:

Ni muda mwingine wa kujishindia zawadi, na kuwafahamu washindi wa toleo lililopita. Kaa mkao wa kula maana hapa kuna bidii yako halafu kuna bahati yako! Lakini si unajua usipojaribu ndio umekosa tayari? Twende kazi, fuata tu maelekezo na mambo yataenda sawa kabisa.

Kumbuka, hili ni shindano la mtu mmoja mmoja, na mtu yeyote anaweza kushiriki. Jumla ya washindi ni 20, na kila mmoja anaondoka na t-shirt yake moja.

COMPETE & WIN

Chemsha Bongo

Swali:

Nina marafiki wengi sana duniani. Wote wananipenda lakini hakuna anayeweza kuniona. Mimi ni nani?

Andika jibu lako, kisha usisahau kulituma kwetu!

Taja majina

Taja jina moja moja, la mtu, kutoka katika kila stori iliyoko ndani ya toleo hili la Fema. Tutumie orodha yako upate nafasi ya kujishindia zawadi.

Hongera Washindi wa Toleo Namba 68!

1. Suzana John
Komnyang'anyo Sec School
2. Christina Paulo
Sumaye Sec School
3. Benson Laurent Alphonse
Mshikamano Sec School
4. Emmanuel Simon
Makanda Sec School
5. Onesmo Willy Simkoko
Chitete Sec School
6. Nusra Hamisi
Ntuntu Sec School
7. Suzana John
Komnyang'anyo Sec School
8. Sophia Daudi Ichiwizo
Makanda Sec School



MAJIBU YOTE YATUMWE KABLA YA FEBRUARI 28, 2026.

Angalia mawasiliano yetu kwenye ukurasa wa WASILIANA NA FEMINA HIP ndani ya toleo hili.

Washindi watatangazwa kwenye toleo namba 71. HAYA TUCHANGAMSHE AKILI KIDOGO.



Tafuta Tofauti!

Angalia picha hizi kwa makini sana. Kuna tofauti ndogo zimejificha ndani yake. Je, unaweza kupata zote?

Andika majibu yako na ututumie!



**Nilijifunza kujiona
ninastahili tena**



femina
hip

SI MCHEZO!