

HALIUZWI

femina
hip

JANUARY - APRIL 2023

femina

“
I Dare You
”

Mkono
Kwa Mkono

Kuwa Jasiri! Ripoti!

Sikustahili Hili!

TANZANIA

**UKATILI
WA KIJINSIA
SASA BASI!**



Read. Feel. Act.

Life gives us a lot of wonderful things – family, friends, love, joy, you name it. Then life, sometimes, twists our stories into puzzles and questions we struggle to answer. For example, we ask, why would one human being deliberately commit an act of harming another human being? Is it life, or just the cruel human being? Ngumu kujibu. But we must find answers, and solutions, because if we don't the harm harms the wonderful things that life gives us.

Sometimes, to find such answers, we have to travel to places we usually don't. Which is why in this issue of Fema, we take emotional trips to the hearts of our fellow, but brave, human beings, who have agreed to share their painful memories to paint the reality of this ugly picture that we don't always visualize. In this issue, that picture is vivid. Inaumizal! Inakera!

But first, let's take a moment, to say this, thank you to each and every one who shared their stories, we can promise that your experiences will teach us something, if not a lot. Asanteni sana.

Our call to everyone reading this issue of Fema is that after reading these stories, let's summon the power within, the power that each one of us have, and do something. Let's show respect and appreciation to those who have shared their life experiences with us, by doing something to end these crimes.

Make a plan, involve others, take your actions to the next level. Ask yourself; what will I do to change the situation for the better? What will I do to PREVENT Gender Based Violence and Violence Against Children? What will I do to support SURVIVORS of GBV and Violence Against Children? What will I do with everything in my power and everything in my everything?

Tanzania bila ukatili wa kijinsia inawezekana. Tanzania bila ukatili kwa watoto inawezekana. It's about time!



A Gender Based Violence Drama by Buyuni Secondary School

EXECUTIVE DIRECTOR

Ruth Mlay

DEPUTY EXECUTIVE DIRECTOR

Amabilis Batamula

HEAD OF MEDIA AND INNOVATION

Tunu Yongolo

SENIOR EDITOR

Mark Wahome

CONTRIBUTORS

Sumaiya Karim
Asha Maneno
Constancia Mgimwa
Mary Mbago
Msafiri Mwaikusa

FOUNDER

Minou Fuglesang

COVER PHOTOGRAPHY

K15 Photos

LAYOUT DESIGN

Daudi Daudi

CARTOONS

Babutau, Inc.

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ROYAL DANISH
EMBASSY
Dar es Salaam

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Confédération suisse
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Embassy of Switzerland in Tanzania
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COVERSTORY



NA TUNU YONGOLO

"Kuna zimwi majumbani mwetu na mitaani kwetu! Linanitisha kwa kila hali na kila mahali. Lipo kwenye mijii yetu na vijiji vyetu! Haulioni? Haulisikii? Kuna zimwi pande zote! Haulihisi? Ninaogopa."

"There is a monster in our homes and in our streets! It's terrifying every bit of me. It's in our towns and in our villages! Can you not see it? Can you not hear it? There is a monster all around! Can you not feel it? I am scared."

Thubutu!

Mimi ndio zimwi lenyewe! Sionekani lakini ni jitu, sikaribishwi na nina kiburi balaa. Siogopi mtu, isipokuwa tu wale wenye nia ya dhati kufanya jambo. Nimekuwa nikipitapita huko naumiza watu, na nitaendelea kufanya yangu mpaka mtakaponifukuza. Nawapima uthubutu wenu. Ngoja nikwambie...

...Ndiyo, wewe msichana

Nakuona hapo, ukicheza na rafiki zako, na gauni lako zuri linapepea pepea. Nakuona hapo, uko njiani kwenda shule, na sare zako za shule nzuri na safi. Nakuona umekaa darasani, utulivu wako ukiwa sehemu muhimu sana ya haiba yako. Nakuona hapo unapanda zako basi, njiani unawapungia wanaokutangulia kushuka.

Ah! Binti, nakuona, na siwezi kusubiri kukuvamia! Kwa kuwa mimi ni mgeni nyumbani kwenu, mimi ni mwanaume wa hapo mtaani, mimi ni mwalimu ninayekufundisha darasani. Mimi ni yule mwendesha bodaboda njiani, mimi ni dereva wa basi, mimi ni msaidizi kwenye siti ya nyuma. Huwezi kunikimbia! Huwezi kujificha! Na hapa hakuna mtu wa kuweza kukulinda. Tena, fahamu hili; mama na baba hawatakuamini. Labda mpaka hiyo siku watakayokuamini ifike, kabla ya hapo fahamu kwamba uko katika mikono yangu, na ninaweza kukufanya lolote!

Roaaaarrrr! Mimi ni zimwi!

...Ndiyo, wewe mvulana

Nakuona hapo, ukilipiga kabumbu na kufurahia mchezo na wenzio. Nakuona hapo, unatoka dukani, unatembea kwenda nyumbani, bila kusindikizwa. Nakuona mvulana mgeni shulenii, tayari kupata marafiki wapya. Nakuona hapo unanitembelea nyumbani na kulalia kitanda ninacholalia.

Ah! Mvulana wewe mdogo, nakuona, na siwezi kusubiri kukuvamia! Kwa maana mimi ndiyo kocha wa timu, mimi ni mwenye duka, mimi ni mvulana mkubwa darasani. Mimi ni mjomba unayemtembelea, mimi ni kaka unayeishi naye, mimi ni baba asijua hili wala lile. Huwezi kusema! Unaona aibu! Na unaajua ni kwasababu wewe ni mvulana tu. Lazima uelewe kwamba hakuna atakayekuhurumia, na hakuna atakayehisi unavyojisikia. Mpaka watakafanya tofauti na hivyo, utaendelea kuwa katika mikono yangu, na ninaweza kukufanya nitakavyo!

Grrrrrrrrrr! Mimi ni zimwi!

I Dare You!

I am the monster! Invisible but enormous, unwelcome and arrogant. I fear no one but a serious resolve. I have been making rounds, terrorizing people, and I will continue until you kick me out. I dare you. Let me tell you this...

...Yes, you girl

There you are, playing with your friends, your pretty dress dancing in the air. There you are, on your way to school, your school uniform nice and clean. There you are, sitting down in class, your innocence an essential part of you. There you are boarding the bus and waving at everyone who reaches their destination.

Ah! Little girl, there you are, and I just cannot wait to attack you! For I am a guest at your house, the man on the street, or the teacher in your class. I am the rider along the road, the driver of the bus, or the assistant in the back seat. You cannot run! You cannot hide! And you have no one here to protect you. You must realize, that mom and dad will never ever believe you. Until they do, I have you in the palm of my hands, I can do whatever I want with you!

Rooaaaaarrr! I am the monster!





...Yes, you boy

There you are, kicking the soccer ball, and enjoying the game with others. There you are, coming from the store, walking home, completely unaccompanied. There you are, the new boy in school, ready to make new friends. There you are visiting me at home and sleeping where I sleep.

Ah! Little boy, there you are, and I can't wait to attack you! For I am the coach of the team, the owner of the store, or the older boy in your class. I am the uncle you visit, or the brother you live with or the father who knows no better. You cannot tell! You are ashamed! And you know it's because you are a boy. You must realize, that no one will empathize with you, and no one here will feel what you feel. Until they do, I have you here in the palm of my hands, and I can do whatever I want with you!

Grrrrrrrrrrrrrrr! I am the monster!

...Ndiyo, wewe dada

Nakuona hapo, umekua, lakini unaburutwa kwenda kukeketwa. Nakuona, bado uko shule lakini mara tu unaozeshwa. Nakuona, umeolewa ukiwa mdogo, unapigwa na mumeo. Hapo ulipo, una mtoto, huwezi kupata uzazi wa mpango.

Ah! dada, nakuona, na siwezi kusubiri kuvamia! Kwa sababu mimi ni mzee wa kijiji, baba anayekuozesha, au mume asiyejali. Mimi ni mkwe anayetaka watoto zaidi, au mwanaume anayeatumia mwili wako, na kuutumia nitakavyo. Huwezi kulia! Huwezi kusema! Na huwezi kuondoka hapa. Lazima uelewe kwamba haya ni maisha yako, na ndivyo jamii inavyotegemea maisha yako yawe. Mpaka hapo hali hiyo itakapobadilika, utaendelea tu kuwa katika mikono yangu, na naweza kukufanya ninavyotaka!

Rooaaaaarrr!! Mimi ni zimwi!

...Yes, you young woman

There you are, finally grown, but being dragged off to be cut. There you are, still in school, but suddenly getting married. There you are, married young, being beaten by your husband. There you are, with a child, unable to get family planning.

Ah! Young woman, there you are, and I can't wait to attack you! For I am the elder in the village, the father marrying you off, or the husband who does not care. I am the in-law who wants more children, or the man who uses your body, and takes it as I please. You cannot cry! You cannot yell! And you cannot leave this place. You must realize, that this is your life, and it is what society expects of you. Until those circumstances change, I have you here in the palm of my hands, and I can do whatever I want with you!

Rooaaaaarrr! I am the monster!



...Ndiyo, wewe kaka

Nakuona hapo, hujajiriwa, uko na baba ambaye haoni fahari juu yako. Nakuona, kipato chako hakitoshi, uko kwenye huruma ya mke asiyefurahishwa nawe. Au hapo ulipo, unajaribu kupata watoto, lakini hawaji. Nakuona, unajaribu kila uwezalo, lakini hakuna anayekupongeza. Hapo ulipo unafanya kazi kwa bidii, lakini haupongezwi. Nakuona, unasaidia familia yako, lakini hakuna anayekupa mwanya wa kupumzika.

Ah! Kaka, nakuona, na siwezi kusubiri kukuvaria! Kwasababu mimi ni baba ambaye hauwezi kumridhisha, ni mke ambaye hauwezi kumfurahisha, au jamii usiyoweza kuifanya ione fahari juu yako. Mimi ni kaka nisiye na msaada, ni bosí asiyesifia, na ndugu asiyeacha kukuhoji. Hauwezi kusema! Hauwezi kumshirikisha mtu! Na hauwezi kuliongelea hili. Lazima uelewe kwamba wewe ni mwanaume, na wanaume lazima wawe shupavu. Hadi hapo utakaponiumbu hadharani, wewe uko kwenye mikono yangu, nami naweza kukufanya nitakavyo!

Grrrrrrrrr! Mimi ndio zimwi!

...Yes, you young man

There you are, unemployed, your father not proud of you. There you are, earning less, and at the mercy of your displeased wife. Or there you are, trying to get children, but none are coming yet. There you are, trying your best, but no one pats you on the back. There you are working hard, but there is no recognition. There you are, supporting your family, but no one lets you rest.

Ah! Young man, there you are, and I can't wait to attack you! For I am the father you cannot please, the wife you cannot impress, or the society you cannot make proud. I am the brother with no support, the boss with no praise, or the relatives that keep on asking. You cannot speak! You cannot share! And you cannot talk about this. You must realize, that you are a man, and men must always be strong. Until you expose me, I have you here in the palm of my hands, and I can do whatever I want with you!

Grrrrrrrrrrr! I am the monster!

...Naam, nyinyi nyote!

Nawaona hapo, mnaniangalia, mnatazama tu majanga ninayosababisha. Nawaona, mnanikaribisha, na kuficha maovu yangu yote.

Mnadhani mnaweza kuniondoa au kunifuta? Wanyoge wangu nyie, na nitaendelea kuwapiga matukio ya kutisha. Kwa sababu gani ujue, mpo tu hapo, hamniripoti wala kujaribu kunishtaki. Mpo tu hapo, mnasikia yote yanayonihusu lakini hamfanyi lolote kunizua. Labda siku moja mtachukua hatua dhidi yangu na hatimaye mfanikiwe kunizua. Lakini mpaka hiyo siku ikifika mnaishi na zimwi!

Niko hapa, mimi ndiye zimwi. Mimi ni Ukatili wa Kijinsia!





... yes, you everyone!

There you are, all looking at me, and watching the wreck that I am causing. There you are, welcoming me, and concealing all my evils.

You think you can get rid of me or erase me? You are weaker, and I will continue to terrorize you. Because there you are, not reporting me, and never trying to prosecute me. There you are, hearing all about me, but doing nothing to stop me. Maybe one day you will take action against me, and finally manage to stop me. But until then, you are living with a monster!

Here, I am, I am the monster. I am Gender-Based Violence!





**TAKRIBAN
WASICHANA
6,475
NCHINI TANZANIA
WALIACHA SHULE
MWAKA 2020
KUTOKANA NA
UJAUZITO.**

**Chanzo: Hotuba ya Kassim Majaliwa katika Uzinduzi na Ajenda ya
Kitaifa ya Uwekezaji katika Afya na Maendeleo kwa Vijana
Balehe - April 17, 2021**



UKATILI WA KIJINSIA NCHINI TANZANIA



40%

40% ya wanawake wote wenye umri kati ya miaka 15 hadi 49 nchini Tanzania wameshawahi kufanyiwa ukatili wa kimwili.

Chanzo: TDHS-MIS 2015-2016.



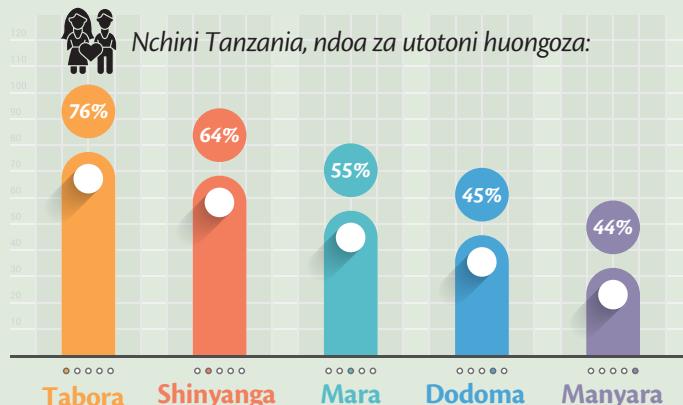
Takriban mwanamke 1 katika wanawake 3 walipitia ukatili wa kijinsia kabla ya umri wa miaka 18.

Chanzo: TDHS-MIS 2015-2016.

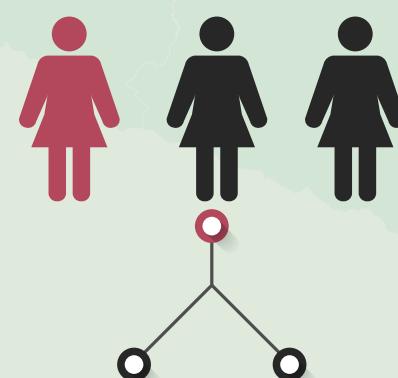
Asilimia 17

ya wanawake wenye umri kati ya miaka 15 hadi 49 nchini Tanzania wamepitia ukatili wa kingono.

Chanzo: TDHS-MIS 2015-2016.

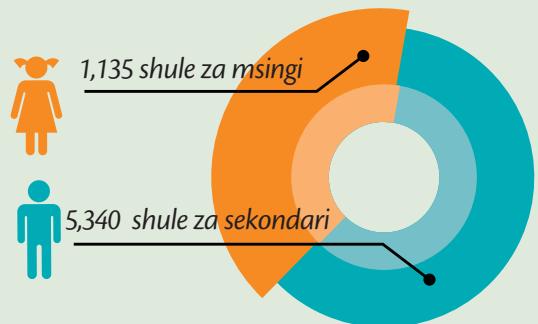
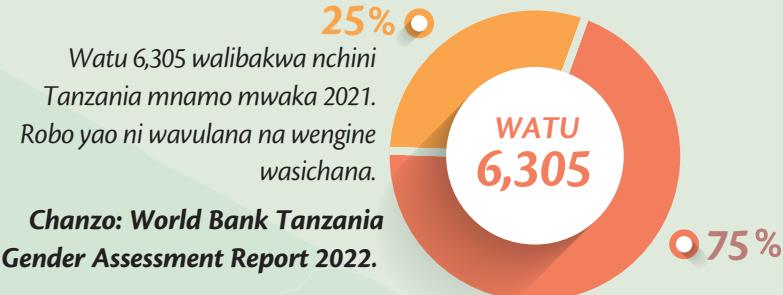


Chanzo: National Survey on the Drivers and Consequences of Child Marriage in Tanzania, February 2017, p. 39.



Zaidi ya mwanamke 1 katika wanawake 3 nchini Tanzania anaolewa kabla ya umri wa miaka 18.

Chanzo: TDHS-MIS 2015-2016.

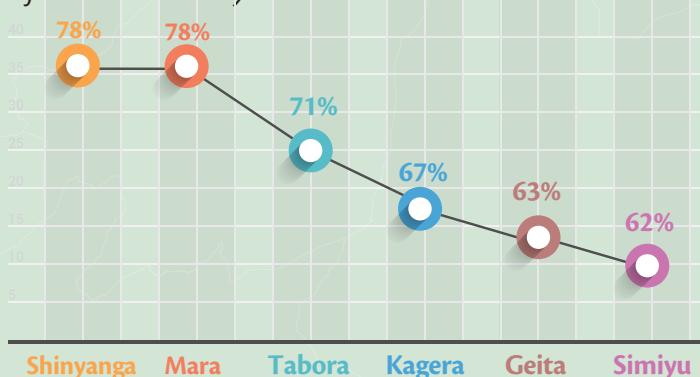


Nchini Tanzania, mkoa wa Manyara unaongoza kwa ukeketaji 58%

Chanzo: Female Genital Mutilation/Cutting: A statistical overview and exploration of the dynamics of change. UNICEF, July 2013, page 31.



Nchini Tanzania, uktili unaofanywa na wenza uko juu katika mikoa ya



Chanzo: WHO. Violence Against Women Prevalence Estimates, 2018. Global, regional, and national prevalence estimates for intimate partner violence against women and global and regional prevalence estimates for non-partner sexual violence against women.

Wanafunzi 1,135 wa shule za msingi na wanafunzi 5,340 wa shule za sekondari waliacha shule mwaka 2020 kutokana na ujauzito.

Chanzo: Hotuba ya Waziri Mkuu, Kassim Majaliwa, Aprili 2021.



Mwanamke 1 katika wanawake 10 nchini Tanzania amekeketwa na kuwekwa kwenye hatari kadha wa kadha za kiafya wakati na baada ya kukeketwa.

Chanzo: TDHS-MIS 2015-2016.

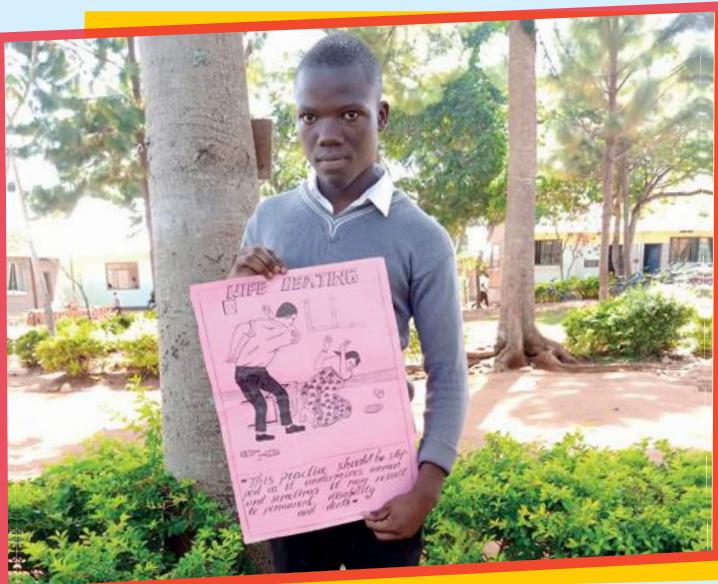




Pamoja Tunaweza

NA: SUMAIYA KARIM

Mambo vipi pande hizo? Huku mjengoni tuko poaaaa kabisa na kama mnavyoju, mapambano yanaendelea! Si mafahamu kuwa safari hii tumejikita zaidi katika vita dhidi ya ukatili wa kijinsia? Basi tukae humo humo. Sasa, baadhi ya wanafamilia wenzetu wameshiriki katika zeozi la kuandaa mabango yenyе jumbe mbalimbali za kupinga ukatili wa kijinsia. Ndiooo, wao walifanya kwa nafasi yao na kila mmoja afanye kwa nafasi yake kupaza sauti kupinga ukatili wa kijinsia, ndo maana tunasema "Pamoja Tunaweza." Hebu tuone walichoandaa.



Kaigara nao wawakilishwa

Remigius Pancras naye ana ujumbe kutoea Kaigara Fema Club. Remigius amechora mchoro unaoonesha mke kupigwa na mume wake ukiambatana na maneno yanayokemea kitendo hicho Kitendo hichi kimekuwa kikifanyika sana na kuonekana cha kawaida. #PingaUkatili

Ujumbe tuuzingatie!

"Kila uhai unathamani, tokomeza mauaji na ukatili dhidi ya wanawake na watoto". Kauli mbiu yenyе ujumbe mzito kutoka kwa Olturumet Fema Club juu ya suala zima la kupambana na ukatili wa kijinsia. Cheki bango zao zenye ujumbe matata wakiwa kwenye pozi flani hivi yani. Olturumet eeh, wajamaa waliowawakilisha kwenye picha hawajawaangusha. #Tuzingatie ujumbe.





Kwedizinga wakaenda extra large

Hawa jamaa hawajawahi kubaki nyuma. Kwenye suala hili wao wamekuja na jumbe maalum juu ya ndoa za utotoni, mgawanyo wa kazi usiozingatia usawa wa kijinsia na ukatili wa kingono. Tena basi, wakaona wasiandike tu jumbe, wakapiga na picha zinazoeleza jumbe zao. Sweetness Tailor, Shanina Shabani, Mwanaidi Mchako, Bakari Aweso, na Maliki Mussa si watu wa maneno tu, vitendo vilihuksika kama mnavyoona.

Vijana mbele kwa mbele

Hawa wenzetu hawakujitaja walipotuma ujumbe wao wa nguvu kwa vijana wote. Lakini, kikubwa ni kuwa, ujumbe huu utufikie vijana sote na tuufanyie kazi.

Hao walikuwa ni baadhi tu ya wanafamilia hii kubwa ya Femina Hip. Kikubwa kutoka kwetu ni pongezi kwa walichokifanya. Sote kwa pamoja tuendelee kupinga ukatili wa kijinsia.



Azania wakemea ukatili

Kutokea pande za Dar es Salaam, Azania Fema Club aka Aza Boys wameonesha nafasi ya jinsia ya kiume katika mapambano dhidi ya ukatili wa kijinsia. Wao wameona wazungumzie suala ya 'human trafficking' na namna ambavyo linamnyima mtoto wa kike haki ya kusoma na kusababisha mimba za utotoni. Wanasema figa moja halipiki ugali, wana wakapangana na kutoa mchoro mmoja amaaazing! Heshima kwenu aiseee....

20 YEARS

*** ANNIVERSARY ***

Ya Kusema Na Fema

Si mnakumbuka kwamba mwaka jana Fema Club tulifikisha miaka 20!!!!!! Sasa bwana, kuna watu hawakulaza damu. Waliamu kufanya jambo ili kushereheke miaka 20 ya Fema Club. Em tujionee wenzetu walifanya ili kushereheke birthday yetu Fema Clubs. Bila kusahau tusiangalie na kupata, tunaweza kutumia nafasi hii kujifunza kutoka kwa club zengine, wanafanya nini, wanafanyaje halafu dizaini flani hivi na nyinyi mnaenda kufanya cha kwenu kwa ubora zaidi au sio?

Twende kazi!

Awiiiiii....awaaaaaaaa

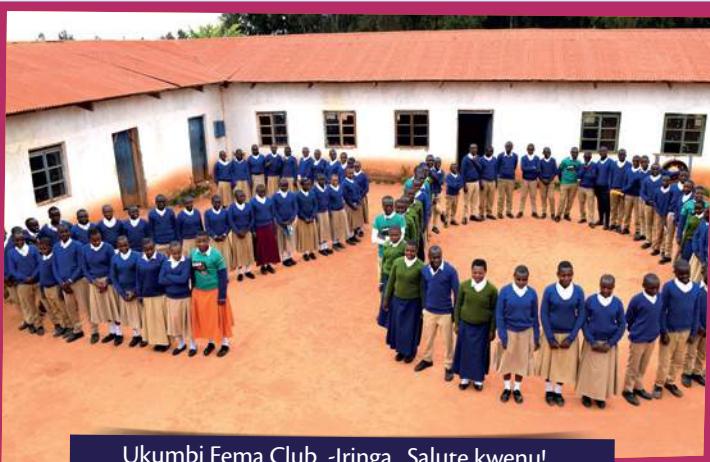
Kushereheke miaka 20 ya Fema Club, Femina Hip tuliangusha party flani hivi ya kishkaji, si mnajua tena miaka 20 si mchezo! Sasa kama mnavyojua shughuli ni ya miaka 20 ya Fema Cluba na wana Fema ndo nyinyi, basi bwana, tukachukua vitu amazing viliviyotengenezwa na Fema Club na kuwekwa mbele kabisa kwenye party yetu. Aisee, tuwaambieni tu ukweli, MMETISHA SANA! Yaani wageni walitokwa na macho.

High five kwenu @ Juhudi Fema Club, @Kemakorere Fema Club, @Igwamanoni Fema Club,
@J.J.Mungai Fema Club, na Buyuni Fema Club.



20 yetu!

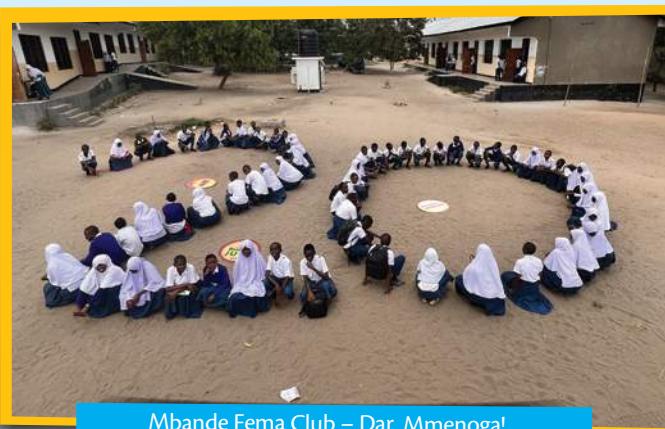
Asikwambie mtu, mwaka jana tulivyotimiza miaka 20 ya Fema Club, wana Fema Club tulijua kusherehekeea kweli kweli, si mnajua Fema Club hatunaga mbambamba! Pata picha ambavyo Fema Club hatunaga jambo dogo, 20 kama zote zikachorwa na kutupiwa kwenye mitandao yetu ya kijamii. Em tuoneni hawa walivytisha.



Ukumbi Fema Club -Iringa. Salute kwenu!



Buyuni Fema Club – Dar. Sio poa!



Mbande Fema Club – Dar. Mmenoga!



Saku Fema Club – Dar. Hii style hii!



Selebu Fema Club – Iringa. Mmetisha!



Aisha Rashid - Fema Cluber



20 Years Anniversary Cake

Mwendo wa kutamba tu!

NA SUMAIYA KARIM

Msimu wa mahafali huwa ni msimu wa kutamba kwelikweli!

Uzuri zaidi unakuja pale unapo-graduate na kusepa na gamba lako matata. Kwani hujui kuwa kila Fema Clubber anaondoka na cheti chake? Basi wacheki hawa jamaa walivyotamba na magamba yao wakati wa mahafali ya Clubs zao.



Kwedizinga kama kawa!

Jumamosi flani hivi ya tarehe 22/10/2022 Kwedizinga Fema Club kama kawaida yao wakakiwasha. Wakaangusha mahafali hatari ya kuwaaga wanachama wa club ya FEMA kidato cha nne. Si mnajua raha ya graduu, chetiiii, basi bhana vyeti vilikuwepo na wahitimu waligawiwa. Jamani, kabla hatujasahau, keki ya Kwedizinga Fema Club mmeiona?????



Bungu Fema Club wanoga!

Jumamosi flani hivi *amazing* miezi si mingi sana, Bungu Fema Club wakafanya yao na kuhakikisha mahafali ya kuwaaga kidato cha sita yalikuwa ni hatarii. Kulikuwa na fashion show, muziki, elimu na kisha *form six* wenyewe wakawaita mentors wao na wakapiga picha matata na vyeti vyao. Wacha tusiongee sana, picha zinajieleza, yaani wamependeza hatari. Mwaka mpya ndio huu, tunasubiri kwa hamu tuone matashtiti ya graduu. *All the best!*

Graduu tena, hatuna dogo!

Wazungu wanasema 'a golden chance never comes twice', basi Iganzo Fema Club na lyela Fema Club kutoka Mbeya wakaunvalia njuga huu msemo. Mahafali yakaandaliwa na kuhudhuriwa na shule zote mbili. Kama kawaida ya wanaFema, elimu na burudani, kisha baada ya hapo wakapiga picha moja ya kufungia mwaka wakiwa na vyeti vyao kutoka Femina Hip. Aisee.....kufanya mahafali ni raha sana, tena inanoga pale ambapo unajua unakaribia kufikia malengo ya ndoto zako. Kula msuli watu waje kula keki ya graduu hiyo!



Bukoba kuliwaka!

Tukisema Bukoba kuliwaka, tunamaanisha mambo yalikuwa ni moto kuliko kawaida. Kitu kilihappen bwana. Siku hiyo bwana, ilikuwa ni mahafali ya kidato cha nne Bukoba Fema Club halafu kwa kukoleza zaidi, mgeni rasmi alikuwa Mr. Raymond, Mkuu wa shule ya Bukoba Sekondari. Kama kawaida ya wana Fema Club, hawakulaza damu ni talents za hatari! Pale picha linakaribia kuisha tu, ikaletwa kaki ya Fema Club iliyokatwa na hela ikatolewa. Basi siku hiyo mfuko wa Club ukatoka umenona ile mbaya. Watu walitembea na kuRuka Juu! Watu ni wajanja kinoma. Hongereni Bukoba Fema Club!

Mkula walikiwasha

Ndugu zetu hawa nao walitisha sana, walimualika mgeni rasmi ambaye ni ndugu Amedeus S. Michael, Mratibu wa Injili na Umisheni kutoka kanisa la FPCT kanda ya Magu. Mgeni rasmi aliwaasa wahitimu juu ya mambo mengi sana muhimu likiwemo suala la kujituma na kufanya kazi zinazolinda utu na heshima zao. Kulikuwa na kitu cha kipekee sana kwenye mahafali haya. WanaClub walijichanga ili kumuwezesha mwenzao ambaye anaishi kwenye mazingira magumu kuijunga na kidato cha sita huko Nsumba. Ilipatikana shilingi elfu thelathini na tano (35,000) ya ada ya muhula wa kwanza. Umewaona hapo kwenye picha? Ndio hao sasa.



NEW ERA Fema Club!

Yaani, unaambiwa ilikuwa ni shangwe kama lote siku ya mahafali ya kidato cha sita ndani ya New Era Fema Club, Tabora hiyo. Siku ya mahafali hii hapa ikafika, halafu kidizaini flani hivi wanaFema Club wakaitwa mbele kupewa vyeti vyao vya uanachama. Yaani, wanachama wa Fema Club walikuwa ni weuweee weuweee, ilikuwa ni furaha isiyo na kifani. Shule ina raha yake jamani asikwambie mtu.





Sikustahili Hili!

NA FEMA TEAM

Siku isiyo sahihi?

Alikuwa ni kijana wa hapa mtaani, na kila mtu alimfahamu. Naamini hakuwa na umri wa miaka 20, lakini ni dhahiri kuwa, alikuwa na umri mkubwa kuliko kijana wa kidato cha pili ambapo mimi nilikuwa nasoma. Alikuwa akikaa kaa tu kijiweni pembedi ya njia siku nzima, na hakuwa na la kufanya ila kuangalia wapita njia wakienda na kurudi.

"We njoo hapa!" alikuwa akiniambia anionapo nikipita kwenda shule.

"Hapana!" nilimjibu kwa ukali.

"Nimesema njoo!" alirudia.

"Nimesema hapana!" nilimkaripia, na kuendelea na safari yangu ndefu na ya kuchosha.

"Sawa!" alibwatuka. **"Kuna siku nitakupata tu!"**

Lakini sikujali wala kumtilia maanani kabisa, nikaendelea na njia yangu. Inasikitisha kwamba sikuwahi kuwaza kwamba kuna siku vitisho vyake kwangu vitakuja kutimia!

Mahali pasipo sahihi?

Siku hiyo, maumivu makali ya tumbo yalinipa tabu. Nilikaa darasani siwezi kutulia kusikiliza, na badala ya kusikiliza alichokuwa anazungumza mwalimu nilijikunyata nikiguna kwa maumivu hayo.

"Nini tatizo Sharifa*?" mwalimu aliuliza, na ninakumbuka vizuri kabisa nilishindwa kujibu.

"Haya, nenda kamuone nesi wa shule na mwalimu mkuu uombe ruhusa ya kwenda nyumbani." Mwalimu alinielekeza, na mimi taratibu nikaamka na kufanya kama alivyoelekeza.

Muda si mrefu baada ya hapo nikawa taratibu njiani najikokota kwenda nyumbani, siwezi hata kusimama wima. Bila mimi kujua, kumbe kijana yule yule, hakukaa mbali sana, na asili yake ya ujanja-ujanja wa kikatili, akisubiria fursa ya kurarua mhanga mwininge.

Kwa bahati mbaya, nilikuwa mahali pasipo sahihi.

"Sharifa!" akasema, huku akiinuka kutoka alipokuwa ameketi.

"Mbona kama mapema sana unatoka shule sasa hivi?"

"Hebu achana na mimi!" nilisema nikiwa sina mpango na porojo.

"Sijisikii kuzungumza, siko vizuri."

"Nimebahatika basi!" alikenua. **"Leo ndio leo!"**



Muda ambao si sahihi?

Kwa nguvu, yule kijana akanivuta mkono na kunikokota mpaka kwenye kichaka kilichokuwa karibu. "Unafanya nini?" nilisema, nikijaribu kunyonganyonga kiwiko chake kuuchomoka mkono wake wenyewe nguvu. "Hebu niache!"

"Nimesubiri sana," alijibu, "Na wewe umezidi kuringa! Sasa leo ndiyo siku yangu!" Alishangilia, na hapo, nyuma ya kichaka asipoweza kutuona mtu, akanisukuma kwa nguvu chini na kuanza kufungua suruali yake.

Alikuwa amenikamata muda ambao hata sikuweza kujitetea, yaani hata sikuweza kupiga kelele kwa kupayuka kwa sauti kama ilivyo siku zote.

Alipoweza kunidhibiti na kupandisha nguo zangu juu ya kiuno, akanipasua kama vile siyo binadamu. Akanibaka kikatili huku akitabasamu kwa kebehi. Wala hakujutia hata chembe, na kiukweli, alionekana kujivunia kwamba ameweza kunisthinda nguvu na kunitawala! Hiyo haikuwa sawa! Sikustahili hili!

Alipotea fasta baada ya kujua kwamba nimemwambia mama na kuripoti polisi. Mpaka leo, hajawahi kuonekana mkoa huu tena.

Yote Maovu!

Kila mara nikifiki juu ya ile siku ya kutisha, naweweseka kuona jinsi tukio moja tu liliyobadilisha maisha yangu yote. Inaumiza sana kwamba tukio moja la ukatili usio na huruma niliofanyiwa umebadilisha mwenendo wa miaka yote, na jinsi mhalifu mmoja alivyoharibu kila kitu changu.

Sasa nimetambua kwamba hakuna kitu kama kuwa sehemu isiyi sahihi, mahali pasipo sahihi wala wakati usio sahihi. Kilichopo ni kwamba, kuna mtu muovu ambaye anafanya maovu! Kubaka ni ukatili kwa mwili na nafsi, kwa roho na kwa uwezo wa mtu kujithamini na kujiheshimu. Ni kutenda kwa nguvu, kutokejali, na hatimaye, ni uovu kabisa.

Niliachwa mjamzito na nisiyeweza kuendelea na masomo baada ya kubakwa, kijana akakimbia. Sasa hivi nina mtoto wa kumhudumia na sina mtu wa kunisaidia na ulezi. Mama yangu ana ulemavu, anaweza kusaidia kwa kiwango kidogo tu. Kila asubuhi inabidi niende kuuza mboga mboga, bila hivyo, mwanangu, mama na mimi hatutakuwa na kitu cha kula siku hiyo.

Mwaka jana, wakati najiandaa kwenda barabarani kutafuta wateja wa mboga mboga, radio pembedi ilikuwa inasikika.

Nikasikia tangazo kutoka kwa Mh. Ummy Mwalimu, tangazo ambalo wote tulikuwa tunalisubiri kwa hamu. Alisema kwamba wasichana waliopata ujauzito wanaruhusiwa kurudi shulen baada ya kujifungua. Oh, ni jinsi gani natamani ningeweza kurudi shule! Lakini nikirudi, nani atamwangalia mwanangu? Nani atamwangalia mama yangu? Na nani atazunguka kwenye mitaa hii katili kutafuta pesa ya kununua chakula na mahitaji muhimu...?

Hakuna mwingine zaidi yangu awezaye kufanya haya... na hivyo, inabidi niendelee nayo tu.

Shule itabaki kuwa ndoto ambayo ingaliweza kuwa yangu.

Sharifa* siyo jina lake halisi, hata hivyo simulizi hii imetokana na habari ya kweli. Ni msichana ambaye kwa sasa anamtunza mtoto wake wa kiume wa miaka miwili, na anaendesha maisha yake kwa kuuza mboga mboga mitaani.

Kama akibahatika, Sharifa* anatumaini kuwa fundi cherehani.





Bibi, naumia hadi leo!

NA TUNU YONGOLO

Bibi alikaa kitako, akakunja miguu yake na kutema mate pembeni kwenye rundo la udongo. Aliangalia barua iliyokuwa mapajani mwake na kutoa tabasamu la kupendeza. "Ni muda mrefu tangu nipokee barua ilioandikwa kwa mkono," Bibi alijisemea, "na siku hizi, hawa vijana wanaandika ujumbe mfupi wa maneno tu. Wakati mwingine wanampigia Bibi kwenye simu yake iliochoka, lakini mara nyngi Bibi anashindwa kuikimbilia kupokea. Sasa huyu atakuwa nani huyu? Nani kamwandikia Bibi barua?"



Bibi yangu kipenzi,

Ukurasa wa Dondoo za Bibi kwenye jarida la Fema huwa unanifurahisha sana, na huwa natamani kuwaambia wengine kuhusu umuhimu wa kuwa na Bibi maishani, kwa sababu mimi pia ninaye Bibi, na ndiye alikuwa mfariji wangu katika nyakati ngumu maishani na tangia hapo amekuwa mshauri na rafiki. Ngoja nikushirikishe kisa changu.

Asubuhi moja, wakati mama ametoka kwenda kazini kliniki, jirani, aliyekuwa akiishi peke yake, aliniita ili kunituma dukani. Nilikuwa na miaka kumi na moja tu wakati huo hata hivyo, nilikuwa nimeshazoea kutumwa mara kwa mara na majirani waliokuwa wakiishi karibu nasi.

Basi nikaenda mpaka hapo nyumbani kwake, lakini siku ile, badala ya kuamka kutoka kwenye kiti chake na kwenda kuleta sarafu kadhaa wakati mimi nasubiri nje kama kawaida, aliniita nimfuate. Nilikubali kwa shingo upande lakini aliniongoza hadi chumbani kwake ambapo ghafla akafunga mlango baada ya mimi kuingia. Kilichofuata sitokisahau maishani mwangu, na wala hakuna kitakachofuta kumbukumbu hiyo akilini mwangu!

Huyo jirani, niliyemjua kwa miaka mingi, na hata mama yangu alikuwa akimjua, akabadilika na kuwa dubwana la kutisha. Alinisukumia kitandani na kuchukua kisu chake kipyachenyepi wa rangi nyekundu na nyeupe kutoka kwenye kigoda kilochokuwa karibu. Alinishikia kisu shingoni, akaniziba mdomo na kuniambia nikipiga kelele ataniua. Nakumbuka dhahiri alivyoviu sketi yangu na kuchanachana nguo zangu za ndani, kisha bila huruma, akanibaka.

Nililala hapo nikishindwa kupiga kelele, na yeye aliendelea kunilalia na kunikandamiza, bila kujali machozi yaliyokuwa yakinirika mashavuni mwangu. Nakumbuka mwili wangu ukiwa kwenye maumivu makali sana, mdomo wangu ukitaka kupiga kelele kuomba msaada, lakini cha kuhuzunisha, sikuweza, maana niliogopa sana kwamba angeweza kuniua.

Akanitishia nisimwambie mtu yelete, lakini nikakimbilia nyumbani, na haraka haraka nikamwambia mama mara tu aliporudi. Yeye akamwambia bibi na pamoa, wakamwenda mwenyekiti wa kijiji ambaye alitisha kikao na alienibaka. Yaani Bibi, hapo kwenye kikao hawakuficha hata sura yangu, yaani kila mtu akawa ananiangalia. Mwisho wa kikao hicho, huyo jirani alichoambiwa ni kwamba alipe tu faini ndogo, na amlipe baba yangu wa kambo kipande cha ardhi. Nilijisikia kusalitiwa na kuumia sana moyoni! Kwa nini hakuna alienipigania, na kwa nini yeye hata haadhibiwi?

Miezi kadhaa baadaye, mama na baba wa kambo walitengana, na Bibi akanichukua nikaishi kwake, na akanisaidia kuweza kuchukuliana na yote yaliyonipata. Akanipatia ushauri nasaha na kunishauri akinisaidia kupona kiwewe cha shambulio lilioumiza mwili na roho yangu. Alinifundisha kwamba bila kujali tukio lile, mimi bado ni msafi. Akaniambia kile kilichonitokea hakipaswi kunitambulisha mimi. Mwili wangu ni wangu. Nafsi yangu ni yangu, na yajayo ni yangu.

Bibi, nayapenda maneno yako ya hekima, na nilisoma hii katika moja ya kurasa zako, "Kuna walimwengu si watu wema," nayajua hayo, kwa yale yaliyonipata.

Hili ni langu sasa ninalolisema mara kwa mara ninapowafikiria mabibi zangu wote wawili, "Uzeekao ni mwili siyo roho", kwa hiyo asante sana kwa kuwepo kwa ajili yangu, na kwa ajili ya vijana wengine wote.

**Wako mwaminifu,
Pili.**

"Oh Pili! Pole sana kwa yaliyokufika, na ninashukuru kwamba Bibi yako aliweza kukusaidia! Ngoja nikwambie kitu; ingawa ukatili wa kijinsia umefanyiwa wewe, wazazi pia huwa wanajisikia roho ikiwasuta, na wanajisikia hasira na huzuni kwa kushindwa kulkulinda.

Wazazi wengi wanajilaumu kwa kutozia ukatili uliofanyika, au hata kwa kutokuwepo wakati hayo yanatendeka. Kujua kwamba mwanao amebakwa au ameshambuliwa kijinsia hutisha na kutesa sana, wakati mwingine ni jambo linaloweza kumfanya mtu ashindwe kuzungumzia au kutatua suala hilo.

Hata hivyo, na ninasisitiza hapa, wewe ndio ulikuwa mtoto; mama, bibi, mwenyekiti wa kijiji na hata huyo baba wa kambo, walipaswa kulkulinda!

Kwa hiyo, kwa wazazi nitasema hivi; nyie ndiyo walezi wa Pili na

wengine wengi kama yeye, ambao wamepitia mashambulio ya kijinsia. Kama mwanao au mtoto yelete amefanyiwa ukatili wa kijinsia au yuko katika hatari hiyo, lazima uchukue hatua! Papo hapo tembelea kituo cha Mkono kwa Mkono karibu yako, au kituo cha polisi, au Dawati la Jinsia na Watoto. Na kama mwanao anahitaji uangalizi wa kidaktari, kimbia hospitali ili kuona kama kuna majeraha, maambukizi ya magonjwa ya ngono, na kwa wasichana kupima ujauzito.

Mzazi, kama ukatili wa kijinsia unafanyika au ulishafanyika, bado wewe unaweza kuwa wa msaada sana. Mwanao anaweza kupona maumivu yaliyomfika, lakini ili apone, anapaswa kwanza kujisikia salama, anayesikilizwa na kusaidiwa. Ile tu kujua kwamba kuna watu karibu yake wanaomwamini, na wako upande wake na wanataka kumwona anavuka, ni msaada mkubwa sana kwa manusura wa unyanyasaji wa kijinsia."

Pili* siyo jina lake halisi ingawa barua hii imetokana na tukio halisi la msichana kutoka Tabora. Kwa sasa yuko kidato cha pili, anapenda kupika, rangi anayoipenda ni nyekundu na chakula pendwa kwake ni ugali na samaki. Akikua, anatumani kuwa mwalimu, na anatumani kwamba siku moja, atembelee jiji la Dar es Salaam.

Mpaka leo, kitu kimoja anachoogopa kupita vyote ni wavulana na wanaume, hata darasani kwake. Aliyoyapitia yamemfanya aogope hata wanafunzi wenzake...



INAUMIZA. TUFANYE JAMBO.

NA TUNU YONGOLO

Jori aliketi, mikono yake ikitetemeka na miguu ikicheza cheza. Hakujua ni kwanini alikuwa ameitwa ofisini kwa Mwalimu Mkuu.

"Usiogope Jori." Mwalimu Mkuu, Mwalimu Sitiri, alisema. **"Ningependa tu tuongee."**

"Kuna kosa nimefanya mwalimu?" Jori aliuliza, akishangaa kuona kwamba mama yake naye pia alikuwa ameitwa kwenye kikao hicho.

"Hapana," Mwalimu Mkuu alikazia. **"Kama nilivyo sema, ni maongezi tu."**

"Ni sawa mwalimu," Jori alijibu kwa shingo upande huku akimgeukia mama yake.

"Haya, Jori," alianza Mwalimu Mkuu, **"unaweza kutuambia nini huwa kinatokea nyumbani?"**

"Nyumbani?" Jori akajibu, kwa mshangao kidogo. **"Kuna nini nyumbani?"**

"Ninachomaanisha Jori ni... je, baba yako huwa anakufanya ukatili wa kijinsia?"

NYUMBANI...

"Jori! Jori!" aliiita mtoto Joseph. **"Jori uko wapi?"**

Joseph, mdogo wake Jori kwa baba, alitamfuta dadake kila mahali. Hakuwepo mahali popote alipotarajia kumkuta. Na hivyo tu, bali pia alikuwa hata haitiki, kitu ambacho hakikuwa kawaida yake. Alikuwa wapi?

Ilikuwa ni jioni ya saa kumi na mbili na nusu, na mida hiyo Jori huwa amesharudi nyumbani kutoka shule, ameshafua na kuanika sare zake za shule, na ameshaanza kufanya mambo apendayo kufanya majira ya jioni. Atakuwa aidha anafanya kitu akipendacho kupita vyote; kupaka rangi, au kuna katuni kwenye runinga ambayo ingekuwa imekamata macho yake. Kama haikuwa moja kati ya mambo hayo, basi lazima angekuwa yuko bustanini, akikamata vipepeo katikati ya maua mazuri.

Lakini Jori hakuonekana popote.

"Jori!" Joseph aliiita tena huku akiingia chumbani kwa dada yake, bila uhakika kama hata anaweza kuwa huko.

Lakini huko ndiko alikomkuta Jori.

Alikuwapo huko, baba yao akiwa amemlalia, akimbaka!





SHULENI KWA JOSEPH...

"Kwa hiyo tumejifunza nini watoto wazuri?" aliuliza mwalimu.

"Tuwe wasafi kila wakati!" alijibu msichana mdogo baada ya kunyoosha mkono kujibu swali la mwalimu.

"Vizuri" alisema mwalimu, "**Nini kingine?**"

"Hakikisha hakuna mtu anakushika sehemu za siri! Na kama akikushika, mwambie mtu unayemuamini!" alijibu Bob, rafiki yake Joseph.

"Kabisa!"

Mara tu, kengele ikagonga, na watoto wote wakakurupuka kukimbilia nje.

"Unajua nini?" Joseph aliuliza mara walipokuwa nje, "**mi nashangaa.**"

"Kwa nini unashangaa?"

"Alichosema mwalimu wa sayansi leo, kwamba tusimruhusu mtu ye yeyote atushike-shike isivyostahili? Sasa, wiki chache zilizopita, niliingia na kumkuta baba akimshika-shika dada'ngu."

"Nini???" Bob aliuliza. **"Hiyo sio sawa."**

"Hata mimi baada ya kumsikiliza mwalimu leo, naona sio sawa."

"Nitamuuliza mama nikirudi nyumbani leo," Bob alisema. **"Mamangu anajua sana kuelezea vitu."**

OFISINI KWA MWALIMU MKUU...

"... Hapo sasa ndio Bob akamwambia mama yake, akaja kunijulisha," akasema Mwalimu Mkuu, **"Na mimi nikaona kwamba mama yako anapaswa kufahamu, hivyo naye nikamwita hapa."**

"We tuambie ukweli tu Jori." mama yake akachomekea. **"Sisi tunataka kuja tu."**

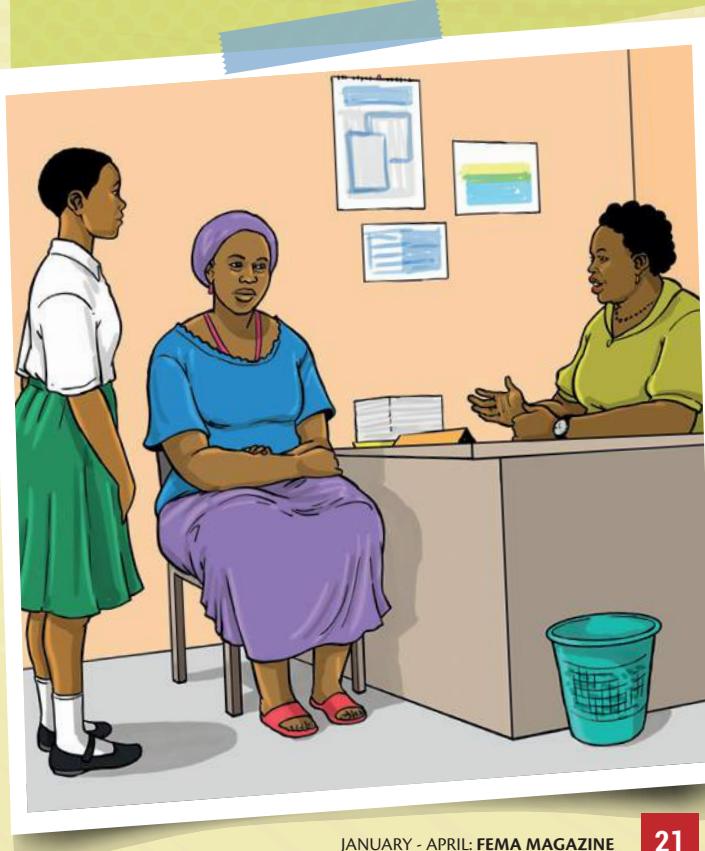
"Nili... Ni... Nili..." Jori alipatwa kigugumizi.

"Jori, usiogope. Unaweza kuongea na sisi bila shida." Mama yake alibembeleza.

"Je, baba yako huwa anakufanyia mchezo mbaya?" Mwalimu Mkuu aliuliza tena. **"Jisikie huru tu kutuambia."**

"Ndiyo." Mwishowe Jori akasema, baada ya kukaa na siri hiyo kwa muda mrefu. **"Mama (wa kambo) akiwa amekwenda kazini zamu za usiku, hapo ndipo huwa anafanya hayo."**

Wazazi wa Jori walitengana kabla baba yake hajamuo mama yake Joseph. Mama yake akaondoka, na kwa sababu ya shida za kiuchumi, aliona ni vema kwamba Jori abaki na baba yake.





KITUO CHA MKONO KWA MKONO..

Wiki moja baadae, Jori na mama yake walifika Kituo cha Mkono kwa Mkono, kama alivyoshauri Mwalimu Mkuu. Ilikuwa hapo ambapo Jori alipata ushauri nasaha na msaada aliouhitaji. Na kama angeridhia, basi Jori angelifikisha suala hili mikononi mwa polisi, kwa msaada na uchunguzi wa kitabibu ambaeo Kituo cha Mkono kwa Mkono kingempatia.

“Baba alisema nikimwambia mtu yeyote ataacha kunilipia ada ya shule,” Jori alisema, sauti yake ikitetemeka na machozi yakimbubujika. **“Na mimi ninapenda sana shule.”**

“Ni kwa muda gani mambo haya yamekuwa yakinendeke?” aliuliza tena mfanyakazi wa huduma za jamii.

“Tangu nilipokuwa na miaka sita,” alijibu Jori ambaye sasa alikuwa na umri wa miaka minane.

“Na hakuna yeyote aliyejua?”

“Hakuna aliyejua.” alijibu Jori. “Ilikuwa ni mara moja tu mtoto Joseph alipotukuta”

Baada ya kikao hicho, ilikubaliwa kwamba Jori ahame na kwenda kuishi na mama yake, ili kuzuia ukatili zaidi. Afisa ustawi angewatemelea kwa ajili ya ufuatiliaji, ili kuhakikisha kwamba Jori alikuwa akiendelea vizuri.



NYUMBANI KWA MAMA JORI

“Habari mama Jori. Mnaendeleaje wewe na Jori?” aliuliza Afisa Ustawi alipoenda kuwatembelea wiki moja baadae.

“Safi.” alijibu mama Jori kwa mkato-mkato.

“Kweli? Mmmmmmh. Sawa. Naomba kuzungumza naye tafadhalii?”

“Hayuko hapa. Nimempeleka arudi kuishi na baba yeke,” mama yake alisema kwa sauti ya kukata tamaa. **“Sikuwa na jinsi! Sina hela ya kumtunza, kwa hiyo inabidi aishi na baba yake! Yeye anaweza kumpeleka shule!”**

MWISHO*

Hii ni simulizi ya kweli ya maisha ya msichana aishiyе katika moja ya majiji makubwa ya Tanzania. Jori* siyo jina lake la kweli.

Kusoma zaidi kuhusu Kituo cha Mkono kwa Mkono, fungua ukurasa wa 44.



CHUKUA

HATUA

Fungua kurasa za Sema Tenda, na pamoja, kwa makini msome na kujifunza kuhusu jinsi Kituo cha Mkono kwa Mkono kinavyofanya kazi. Tengenezeni wasilisho juu ya hiyo mada kisha muombe kuwasilisha wakati wa assembly. Msisahau kututumia picha!



Kumbuka:

Hakikisha hakuna mtu anaeshika sehemu zako za siri! Na ikitokea mtu akashika, mwambie mtu unayewamini!

PAINFUL! LET'S TAKE ACTION

Jori sat down, her hands trembling and her legs shaking. She didn't know what she had been called into the Headteacher' office for.

"Don't worry Jori." Madam Sitiri said. "I would just like us to talk."

"Am I in trouble?" Jori asked, surprised to see that her mother had also been called.

"Not at all," the Headteacher assured her. "Like I said, it's just a conversation."

"Yes, madam," Jori replied reluctantly, turning to look at her mother.

"So, Jori," the Headteacher began, "Can you tell us what's happening at home?"

"At home?" Jori replied, a little puzzled. "What's happening at home?"

"What I mean is Jori is..., is your father sexually abusing you?"

AT HOME...

"Jori Jori!" little Joseph called out!

"Jori where are you?"

Joseph, Jori's little stepbrother, has searched everywhere. She wasn't anywhere where she would normally be. And not only that, she wasn't responding to the sound of her name, something that was so unlike her. So, where was she?

It was half an hour past six in the evening, and Jori would usually be home by now, already having returned from school, made sure her uniform was washed and hung it out to dry, and would have already started her favourite evening activities. She would either be doing her much-loved hobby; colouring, or maybe a cartoon on television would have caught her eye. If it wasn't any of those two things, she would then most definitely be in the garden, looking for butterflies amongst the colourful flowers. But Jori was nowhere to be seen.

"Jori!" Joseph called out again as he walked into his sister's room, unsure of why she would even be there in the first place. But it was there that he found Jori. She was there, with their father lying on top of her, raping her!

TAKE

ACTION

Turn to Sema Tenda, and together, carefully read and learn about how One Stop Centres work. Create a presentation about it and request to perform it during a school assembly. Don't forget to send us pictures!

AT JOSEPH'S SCHOOL...

"So, what did we learn today girls and boys?" asked the teacher.

"We should always be clean!" answered a little girl who had raised her hand to respond to the teacher's question.

"Good" said the teacher, and what else.

"Make sure no one touches your private parts! And if they do, tell someone you trust!" answered Bob, little Joseph's best friend.

"Exactly!"

Just then, the bell rang, and all the children scurried out of their classes.

"You know what?" Little Joseph told Bob once they were outside, "I'm so confused."

"Why are you confused?" Bob asked.

"Well, you know what the teacher said today during science class? That we shouldn't let anyone touch un inappropriately? Well, a few weeks ago, I walked in and found my father touching my sister."

"What??" Bob said. "That doesn't seem right."

"After hearing what teacher said, I don't think it was right too."

"I will ask my mother when I get home today," Bob said. "She is good at explaining things."

IN THE HEADTEACHER' OFFICE...

"... and so, Bob told his mother, who came and told me." the Headteacher said, "And I thought your mother should know, so I called her too."

"Just tell us the truth Jori." Her mother chipped in.

"We just want to know."

"I... I... I..." Jori stammered.

"Jori, don't be scared. You can talk to us." Her mother coaxed.

"Is your father sexually assaulting you?"

Headteacher asked again. "Just feel free to tell us."

"Yes." Jori finally said, after having stayed with the secret for too long. "When stepmother has her night shift at work, that's when he does it."

Jori's biological parents, had separated before he married Joseph's mother. Her mother had left,

and because of financial woes, she had seen that it was better if Jori stayed with her father.

AT THE ONE STOP CENTRE...

A week later, Jori and her mother sat at the One Stop Centre, as advised by the Headteacher. It was there that Jori would be able to get the counselling and support that she needed. If consenting, Jori would also be able to file a police report, with the support of the medical examinations that the One Stop Centre would be able to provide.

"Father said if I told anyone then he would stop paying for my education," Jori said, her voice shaking and her tears running. "And I like school."

"How long has it been going on for?" asked the social worker again.

"Since I was six," said the now eight year-old Jori. "And no one ever knew?"

"No one knew." Answered Jori. "until that day little Joseph walked in."

After that session, it was agreed that Jori would relocate and begin to live with her mother, to prevent further abuse. The social worker would then call in for follow ups, just to ensure that Jori was doing better.

BACK AT MAMA JORI's HOUSE

"Hello Mama Jori. How are you and how is Jori?" The social worker asked when she called to follow up a week later.

"Fine." Mama Jori said dismissively.

"Really? Mmmmh. Okay. Can I speak to her?"

"She isn't here. I've sent her back to live with her father," her mother said, her voice now frustrated.

"I had no choice! I have no money to take care of her, so she has to live with her father! He can send her to school!"

THE END*

This is a true story of a girl in one of the big cities in Tanzania. Jori* is not her real name.

REMEMBER:

Make sure no one touches your private parts! And if they do, tell someone you trust!

CARTOON STORY



SIKU TEGEMEA!

WANZA NI KIJANA
ANAYEISHI NA MAMA
YAKE BAADA YA WAZAZI
WAKE KUTENGANA. BABA
YAKE NI TAJIRI NA ANA
MILIKI MALI KAMA ZOTE.
GHAFLA, WANZA
ANAAMUA KUFANYA YAKE.
NI YAPI HAYO?
SOMA UJUE...

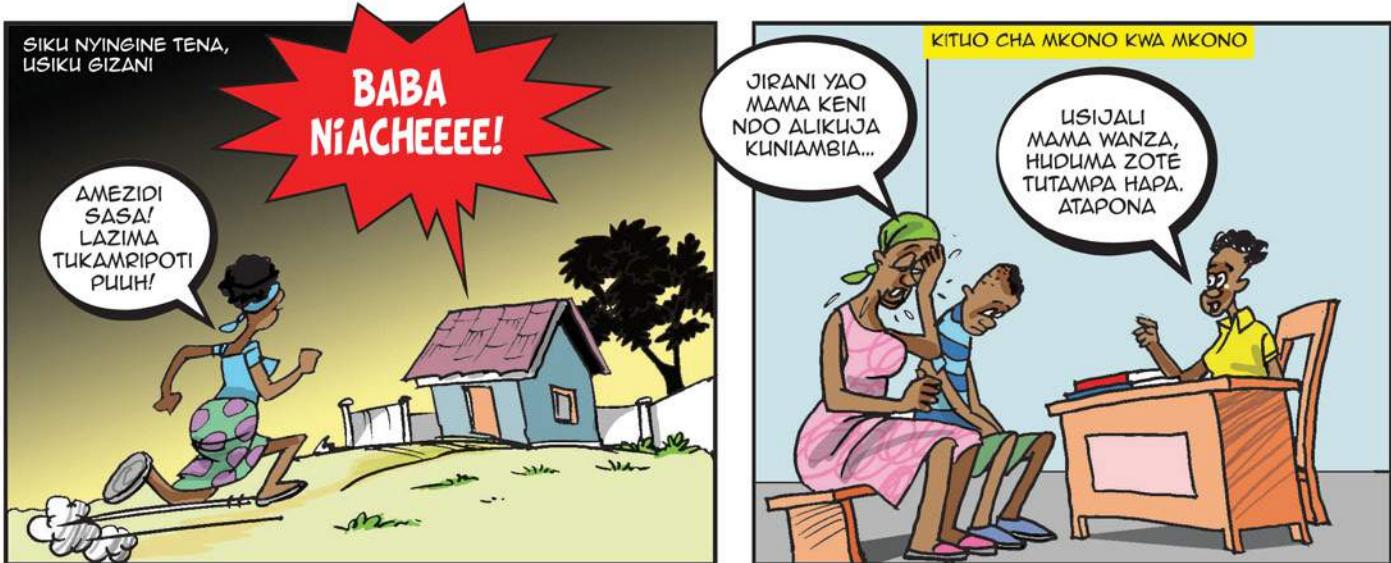
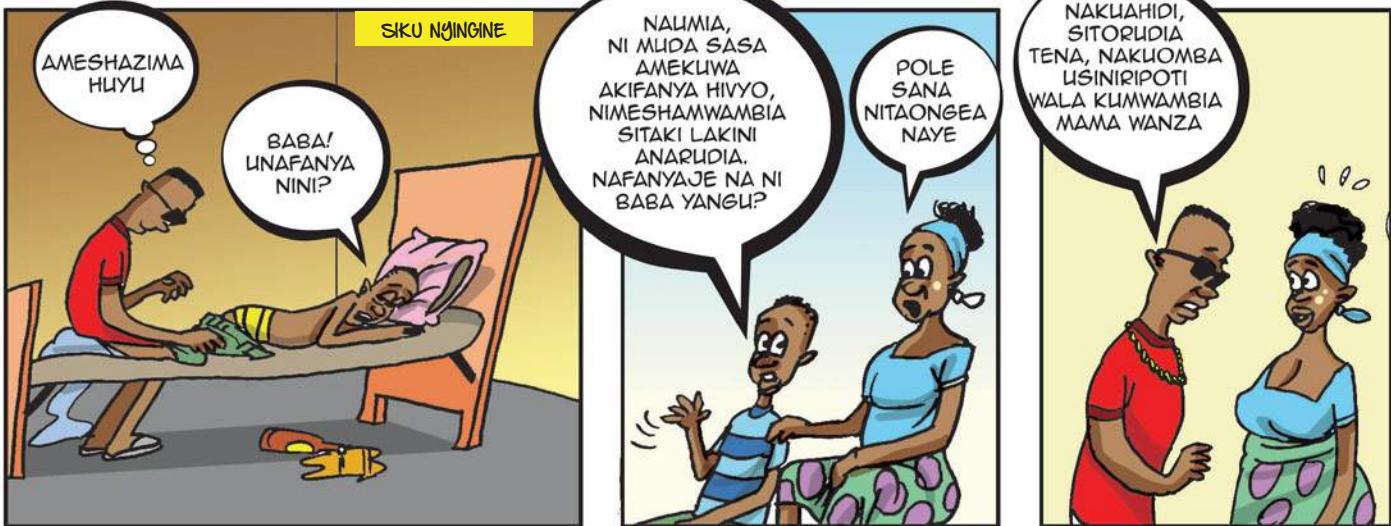
Babatau Media Inc. 2022



CARTOON STORY



CARTOON STORY





Nyuma ya Pazia

NA SUMAIYA KARIM

Mama Wanza hakuamini kile alichokuwa akikisikia kutoka kwa Mama Keni. Moyo ulimuuma na nafsi yake ilijaa majonzi akifikiria yaliyomkuta mwanae mara kwa mara. "Baba Wanza huyu huyu?" alijisemea mama Wanza, "Lakini, siku za mwizi arobaini tu, zimefika za Baba Wanza, atazeekea jela!"

Tuanze na swalii. Je, ungeambiwa kuwa hii stori ni ya kweli, ungejisikiae? Kaa hapo hapo, ngoja niongeze dozi... hii sio hadithi ya kutunga; ni stori ya kweli iliyomtokea kijana mwenzetu. Pia, sio stori ya mbali saaana au ya nje ya nchi, hii ni ya kwetu humu humu nchini kwetu. Hii hii mikoa yetu. Hizi hizi jamii zetu. Humu humu ndani ya kaya zetu!

Aaaaah! Aibu!

Haya sasa. Najua wengi mtaomba turudi mwanzo. Mnaweza sema Wanza alipaswa kubaki na mama yake. Au kwamba Wanza alipaswa kuendelea na masomo. Kwamba, angefanya hivyo asingekumbana na yaliyomkuta.

Mhhhh. Labda.

UPANDE WA PILI:

Ukweli unabaki palepale, kwamba mhalifu ni baba yake mzazi!

Sasa basi, huu ndo muda wa maswali:

- Je, Wanza angeweza kumkwepa baba yake maisha yake yote?
- Je, Wanza kuamua kuishi na baba yake kulifanya astahili kuitia ukatili huu?
- Je, Wanza angesoma akamaliza shule kisha akaenda kusimamia mali za baba yake asingekumbana na ukatili wa kijinsia?
- Je, pombe aliyoshawishiwa kunywa na bangi aliylazimishwa kuvuta ilikuwa na mchangano gani?
- Je, mama Keni alikuwa sahihi kumjulisha mama Wanza kuhusu mwanaye? Na je, alikuwa amechelewa au huo ndio ulikuwa muda sahihi?
- Je, kusuluhisha matukio kama haya kifamilia, kuna faida yoyote? Je, ni madhara yapi yanayoweza kutokea?
- Ungependa kuona mwisho wa hii stori ukiwa upi?



Tu pause kidogo kila mtu atoe point zake chap chap.....

Wazazi wetu ni muhimu kwetu, tunawapenda na kuwathamini, **LAKINI**, hakuna mzazi wala ndugu yako ye yeyote mwenye haki ya kukufanyia ukatili wa kijinsia; iwe ni mjomba, kaka, shangazi au ye yeyote yule!

WEKA AKILINI:

Anayekufanyia kitendo cha ukatili ndiye mwenye makosa, sio wewe. Hakuna kitu chochote chini ya jua utakachowea kufanya kitachopelekeea wewe au mtu ye yeyote yule, kustahili kupitia ukatili wa kijinsia.

Hata hivyo, zipo hatua stahiki unazoweza kuchukua. Kwanza kabisa jitahidi, jaribu kujitoa, au kupata msaada kutolewa katika mazingira ambao una ukatili wa namna hii. Pili, ikiwa utapitia ukatili wa kijinsia ongea na mtu unayemuamini akupatie msaada au nenda moja kwa moja kwenye Kituo cha Mkono kwa Mkono, watakupatia msaada. Again, USIJALI, suala lako litakuwa siri, hata kwa wazazi wako au walezi wako. Wao wataambwiwa pale tu utapotoa idhini yako. Vivyo hivyo unaweza kwenda pia Dawati la Jinsia na Watoto.

CHECK OUT UKURASA NO 44 UPDATE NONDZO ZAIDI!

Adui Kaingia Nyumbani!

NA TUNU YONGOLO



"Njoo hapa!" Adui anasema! "Kaa hapa!" Anaagiza. "Lala hapa chini na usipige kelele!" Anaamrisha, na oh, hebu ona jinsi sauti ya adui ni kali na yenyekutisha!

Tahadhari!

Adui yuko hapa!

Ni nani? Na anafananaje?

Adui ni mrefu, lakini pia mfupi. Mwembamba, lakini pia mnene. Adui ni mweusi, lakini pia mweupe, mwenye nguvu, lakini pia dhaifu. Adui ni mwanaume lakini pia ni mwanamke, mgeni lakini pia rafiki. Adui ni yote haya kwa sababu adui ni kila mmoja, na adui pia ni yeyote. Yeye ni adui ambaye hakuna aonaye akija. Adui ambaye hakuna amtazamiye.

Ni mgeni asiyetakiwa na mtu yeyote!

Adui amejibanza nyuma ya madirisha na nyuma ya milango! Adui amejifcha nyuma ya tabasamu na nyuma ya ndita. Yuko kote nyuma na mbele, kote kwenye kujulikana na kutokujulikana. Adui ni mwujiza wa namna hii, lakini kwa muda huo huo amezoeleka, wa karibu sana lakini pia wa mbali sana. Oh, ni kitendawili gani adui huyu! Lakini sasa ni wakati wa kukitegu!

Adui Huyu ni Nani?

Adui ni Ukatili wa Kijinsia, ni ubakaji, kujamiihana kati ya ndugu, na unajisi wa watoto. Adui ni ukatili wa mwandani na utumikishaji wa kingono, ni usafrishaji haramu wa watu na kulazimisha ngono. Adui ni unyanyasaji wa kijinsia. Atafika nyumbani kwako na kukushurutisha wewe au wapendwa wako, kuingina kwenye matendo ya ngono bila ridhaa.

Sasa adui amefika! Adui ameingia katika shule zetu na kwenye madarasa yetu. Katika ndoa za wazazi wetu, na kwenye mahusiano ya familia zetu! Adui yupo barabarani na kwenye maduka. Adui yuko katikati ya marafiki, na katikati ya wageni. Lakini subiri! Kuna zaidi! Adui hakuja mikono mitupu! Adui amekuja na silaha! Anatumia hofu, umri, ugonjwa, ulemavu, na/au pombe au madawa mengine ya kulevyta, kuleta madhara. Adui analenga yeyote yule pamoja na watoto, vijana, watu wazima na hata wazee!

Ni mwovu, ni katili!

Wazazi, walezi, tupambane na adui!

Ukatili wa kingono dhidi ya watoto na vijana balehe ni moja ya matatizo makubwa sana ulimwenguni yanayokaliwa kimya. Na ukatili huu hauji peke yake, unaongozana na aina nydingine za ukatili wa kijinsia kwa watoto.

Kila mmoja anaweza, na anapaswa kuhusika katika kuhoji na kubadilisha mila na desturi zinazoshabikia ukatili wa kijinsia. Mapokeo yanayolazimisha matarajio fulani juu ya wanawake au wanaume, kukosekana kwa usawa, na lawama kwa manusura wa ukatili vinachangia na kuendeleza ukatili wa kijinsia. Sasa ni wakati wa kila mmoja, hasa hasa wazazi, kuwa sehemu ya utatu:

- Kuwa mfano wa tabia nzuri kwa wanaokuzunguka
- Ongea na watoto wako kuhusu maendeleo ya ukuaji na afya yao ya uzazi, ridhaa na mipaka binafsi.
- Kemea uonapo tabia zisizofaa. Ni vema kujianaa kwa matukio kama haya kujua utakalosema au kufanya.
- Ongea na wataalam ufahamu ni wakati au umri gani wa kuwashirikisha wanao taarifa hizi.
- Waalike wataalam waje kuzungumza na jumuiya au vikundi vyenu vya kidini, mtaani, mahali pa kazi au shulenii.
- Jifunze zaidi kuhusu ukatili wa kijinsia, na uwashirikishe wengine kile ambacho umejifunza.
- Jifunze kuhusu kuripoti watu wanaohisiwa kuwa wadhalilishaji watoto kijinsia. Fahamu utafanya nini pale unapohisi au mtu anapohisi mtoto amefanyiwa ukatili wa kijinsia.

Mama, baba, shangazi na mjomba, haya unayaweza!

Wazazi na walezi wapo katika nafasi nzuri ya kuwasaidia watoto na vijalunga wanaopitia ukatili wa kijinsia, kwa sababu wanaona alama za hatari kabla ya wengine; inaweza kuwa ni mabadiliko ya ghafla ya tabia au hali kwa mtoto, matokeo mabaya shuleni, kujitenga, pamoja na dalili nydingine. Watoto na vijalunga wanaweza kuja kwako kwa ushauri. Kila mtu mzima ana jukumu la kuwaweka salama watoto na kuwalinda dhidi ya madhara.

Kila mmoja anaweza kutoa msaada!

Manusura wa ukatili wa kijinsia wanapata maumivu ya ndani na kusononeka, na kila mtu anapokea hali hiyo kitofauti. Wengine wanafunguka mara moja, lakini wengi hawasemi kabisa yaliyowakumba, au wanakaa nalo miaka mingi ndio wanaweza kuyazungumzia. Mtu akifunguka kuhusu ukatili wa kijinsia, thamini sana nguvu yake na ujasiri. Na hapa kuna dokezo juu ya mambo mengine unayoweza ya kufanya:

- Tengeneza mazingira salama kwa mtoto kuongea na kukushirikisha. Waruhusu kumudu mazungumzo kadri iwezekanavyo.
- Sikiliza na waruhusu kukushirikisha kiwango cha taarifa ambacho wao wameridhika kikutoa.
- Waamini. Manusura mara nydingi wanaogopa kutoa taarifa za udhalilishaji kwasababu ya hofu kwamba hawataaminika. Inachukua ujasiri mkubwa sana kwao kukuamini na kukwambia undani wa stori zao.
- Kuwa muwazi na mkweli kuhusu majukumu yako. Watoto na vijalunga wana haki ya kuwa salama, kujaliwa na kuheshimiwa. Waunganishe, haraka iwezekanavyo, na huduma wanazohitaji, kama vile Vituo vya Mkono kwa Mkono au watu waliofundishwa kutoa msaada endelevu.





Zaidi ya Kazi

NA SUMAIYA KARIM

“Wanakukandamiza chini, wanapanua miguu yako halafu wanapitisha wembe na kukukata...” Binti mmoja aliwaambia rafiki zake.

“Inauma?” Akauliza mwagine.

“Dadaangu alizirai, na ilipofika zamu yangu, sikuweza kutembea kwa muda mrefu!”

“Kila wakati wa kwenda kukojoa iliuma mpaka nikawa nalia!” Akaongeza mwagine.

“Kakaangu mwenyewe ndiye alinibeba kunipeleka kwa ngariba, na mama yangu alikuwa mmoja wa watu waliosaidiana kunikandamiza chini, sikuwaelewa kabisa...” Akasema binti mwagine, macho yake yakijawa na machozi.

Baada ya kusikia hayo, hofu ilijaa ndani ya mioyo ya mabinti ambao hawajakeketwa bado, kwa sababu waliogopa zamu yao ikifika. Mmoja wa mabinti hao alikuwa Naishiye.*



Ama Amekusudiwa Aolewe...

Machozi yalibubujika usoni kwa Naishiye huku akijitahidi kuyazuia. Zamu yake ilikuwa imefika, na hakuweza kuikabili...

Manyara, mkoa wake, ingawa umebarikiwa kuwa na ziwa zuri sana, samaki watamu, na watu wazuri, lakini hugeuka mahali pa kutisha sana kila ufkapo mwezi Disemba. Mabinti wa umri wake walikuwa wakiogopa sana, wazazi wao walijawa na dukuduku na huku mangariba wakijawa na furaha, kwa sababu huu ulikuwa ndiyo muda wa kupiga hela! Ndio wakati wa mabinti kukeketwa!

“Nilikuwa sina budi kukimbia!” Naishiye alisema huku machozi yakimtoka mfululizo. **“Walitaka kunikeketa na kuniozesha kwa mwanaume wa miaka 42!”**

Naishiye alikuwa binti wa miaka 13 tu. Aliketi huku akiangaliana na Happy Daniel, mkononi akiwa amekamata kwa nguvu kipande cha karatasi, almanusura akichane kutokana na jasho lililokuwa likimtoka

mikononi. Alipoongea, sauti yake na mwili vilitetemeka kiasi cha mtu kutambua kwamba hofu ilimjaa binti huyu. Nini kitatokea katika maisha yake? Ndoto zake? Yaani hakuweza hata kupata picha ya maisha hayo yaliyojaa dhiki na taabu.

“Familia yangu ni masikini, na mama hata hajui kusoma wala kuandika; lakini sasa, kunioza mimi kutakuwa vipi utatuzi wa shida hizo?” Naishiye alihoji.

Happy Daniel alimsikiliza. Hakukuwa na njia nyingine. Ilimpasa kuwachukua. Ilibidi nyumbani kwa Happy kuwe ndiyo Nyumba Salama.





Lakini Naishiye hakuwa peke yake.

Mara tu baada ya Naishiye kuondoka, Nanyori* akafika nyumbani kwa Happy, na stori yake haikuwa tofauti sana na ile ya Naishiye. **"Mimi ndiyo kwanza niko kidato cha nne,"** Nanyori alilia, **"halafu wanataka kunikeketa na kuniozesha."**

Happy aliketi akimsikiliza Nanyori na mabinti wengine kwa makini, kwa sababu hakuwa mgeni kwa visa vyatia namna hii.

...Au Amezaliwa Keshaoleta!

"Nilizaliwa nimeshaolewa," alisimulia Nyankumbu*, binti mdogo kuliko wote walio wahili kuomba hifadhi nyumbani kwa Happy. "nilikuja kujua kwamba tangu nikiwa tumboni mwa mama yangu, nilikuwa nimesha ozeshwa kuwa mke wa baba mmoja rafiki wa familia yetu, na mahari ilikuwa imeshalipwa, nikiwa nasubiriwa kwa hamu. Na sasa nimefikisha miaka saba, napelekwa kwa huyo baba aliyenilipia mahari, lakini kwanza, niende kwa ngariba."

Happy akavuta pumzi.

Hawa mabinti walikuwa wameonesha ujasiri wao na kujiamini. Ili kufika tu nyumbani kwa Happy, iliwalazimu kwanza kutembea na kukatiza mapori na vijiji kadhaa ili kufika mahali ambapo wataweza kupanda basi. Bahati nzuri, madereva wengi wa mabasi walikuwa wameanza kuwapakiza bure mabinti wadogo, wakijua kwamba watakuwa wanayatoroka magumu fulani.

Kwako Kunaweza Kuwa Boma Salama Pia!

"Jina langu ni Happy Daniel, nina miaka 35. Mimi ni mama wa watoto wawili, ni Afisa wa Polisi na pia ni mfugaji wa kuku, bata n.k. mkoani Manyara. Nilihamia Simanjiro baada ya kumaliza mafunzo yangu ya kipolisi huko Moshi mwaka 2010.

Huu sasa ni mwaka wa saba tangu nilipoanza kuwahifadhi mabinti walio katika hatari ya kukeketwa, na mpaka sasa, nimetoa hifadhi kwa takriban mabinti 30. Mkoani kwetu, ukatili wa kijinsia, hasa hasa ukeketa, ni moja ya changamoto kubwa zaidi zinazotukabili.

Haijawahi kuwa rahisi kufanya ninachofanya. Wakati mwingine nyumbani kwangu kunakuwa na mabinti hadi wanane kwa wakati mmoja, lakini kuwarudisha makwao siyo jambo sahihi la kufanya. Kwa hiyo tunajibana tu hivyo hivyo. Kwa sasa ninaishi kwenye nyumba ndogo tu, mimi na mume wangu na watoto wetu wawili, hata hivyo, sijawahi kumkataa binti ye yote aliye kujua kwangu. Kuna wakati alikuja binti kutokeea Sukulo, hiyo ni kilometra 160 kutoka hapa! Hebu vuta picha! Unamrudisha vipi nyumbani mtu kama huyo?

Baada ya mambo kuwa magumu zaidi nyumbani kwangu ilibidi nitafute nyumba ya kupanga kwa madhumuni ya kuifanya boma salama na ilibidi niweke mgambo wawili kwa ajili ya kuwalinda na kuwapa usaidizi. Mambo hayakuwa mepesi, na mara nyingine nikalazimika kukopa ili kulipia mahitaji muhimu, lakini siku zilisonga. Mwanzoni mume wangu alikuwa hanielewi, lakini mwishowe amekuja kuelewa. Amefahamu kwamba kwangu mimi, kuweza kuwasaidia watoto wa kike na kuona wanafanikiwa, ndicho kinachonifanya niishi.

Kufuta kabisa ukeketa jaji Manyara ni changamoto kubwa kwa sababu ni desturi iliyoneea sana katika mila na tamaduni za watu. Nashukuru kwamba sasa kuna mafanikio kidogo ikiwa ni pamoja na kuwaleta pamoja polisi na wazee wa vijiji, na kuzungumza nao kuhusu madhara ya ukeketa jaji.

Hata hivyo, juhudii zetu hazijaishia hapo; tunatembelea shule na kuwafundisha wasichana kuhusu madhara ya kukeketwa, ndoa na mimba za utotonii, na umuhimu wa elimu. Wengi wakawa marafiki zetu, na wakaandika jina langu na namba za simu ili waweze kunitafuta wanapohitaji msaada. Ndio kama kile kipande cha karatasi alichokuwa amekishika Naishiye..."





Beyond Call of Duty

BY SUMAIYA KARIM

"They hold you down, spread your legs and then use a razor blade to cut you..." one girl tells her friends.

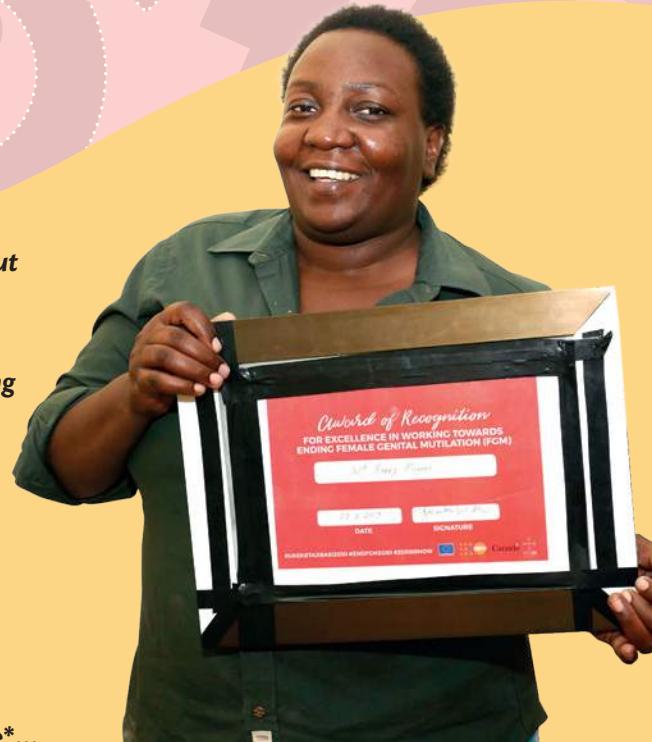
"Does it hurt?" asked another.

"My sister fainted, and when it was done to me, I couldn't walk for a long time!"

"Every time I urinated it would hurt so much that I would cry!" added the third one.

"My very own brother carried me to the cutter, and my mother was among the people who held me down, I couldn't understand..." said another girl, her eyes filled with tears.

After hearing such, fear lived in the hearts of the girls who were uncut, for they dreaded their turn, and one of these girls was Naishiye*...



Either destined for marriage...

Tears streamed down Naishiye's face as she fought back her fears. Her turn had come, and she just couldn't face it...

Manyara, her home region, though blessed with an amazing lake, delicious fish, and beautiful people, it always turned into absolute horror every December. Girls her age would be terrified, their parents anxious and the Ngaribas happy, for it was time to make money! It was time for the girls to be cut!

"I had no choice but to flee!" Naishiye said as she wept continuously. **"They wanted to cut me and marry me off to a 42-year-old man!"**

Naishiye was the 13-year-old girl, who sat across from Happy Daniel, holding on tightly to a piece of paper that was almost torn from the sweat in her hands. As she spoke, her voice trembled, her body shivered, and one could tell she was edged with fear. What would become of her life? Her dreams? She just couldn't fathom the thought of a life so miserable.

"My family is poor, and my mother can neither read nor write; but how can marrying me off be the solution?" Naishiye continued.

Happy Daniel listened to her. She had no choice. She had to take Naishiye and other girls in. Happy's home had to be their safe house.

Naishiye wasn't the only one.

Soon after Naishiye left, Nanyori* arrived at Happy's house, and her story was no different from Naishiye's. **"I am only in form four,"** Nanyori cried, **"and they want to cut me and marry me off."**

Happy sat there and listened to Nanyori and other girls intently, for she was no stranger to these stories.

...Or born married!

"I was born married," said Nyankumbu*, the youngest girl to ever come seek refuge at Happy's house. "I came to learn that while still in my mother's womb, I was already pointed to be a wife to a friend of my family, where my dowry was paid, and they impatiently waited for me. Now that I'm seven years, I am being sent to the man who paid my dowry, but first, they want me cut."

Happy sighed.

These young girls had shown her so much bravery and confidence. To reach Happy's house, they had had to walk through forests and pass several villages to get to a place where they could board a bus. Luckily, most bus drivers had begun to give free rides to young girls, knowing that they were possibly escaping some form of hardship.

Yours can be a Safe House too!

"My name is Happy Daniel, and I am 35 years old. I am a mother of two. I am a police officer and a poultry businesswoman in the Manyara region. I relocated to Simanjiro after having completed my police training in Moshi in 2010.

This is the seventh year since I started taking in girls at risk of Female Genital Cutting (FGC, formerly known as FGM), and to date, I have taken in almost 30 girls. In our region, gender-based violence, especially FGC, is one of the biggest challenges we face.

It hasn't been easy doing what I do. Sometimes, there would be up to eight girls at a time in my house, but needless to say, sending the girls back to their families is not an option. So, we all make do. I currently live in a small house with my husband and two children, but still, I have never turned any of the girls away. There was once a girl who came to me from Sukulo, which is 160km from here! Just imagine! How could I send such a girl back home?

After things became more difficult in my home, I had to rent a house and turn it into a safe house, with two guards stationed there to protect them and assist them as needed. Things were not easy, and I had to seek loans at times to pay for basic necessities, but in the end, days passed. My husband didn't understand me at first, but he's finally come around. He understands that helping girls and seeing them succeed is what keeps me going.

Eradicating FGC in Manyara is challenging because the practice is so firmly embedded in the people's tradition and

culture. Thankfully, we have made some strides, including bringing together the police and the village elders, and speaking to them about the consequences of FGC.

However, our efforts didn't stop there; we educated schoolgirls about the negative impacts of female genital cutting (FGC), child marriage, teen pregnancy, and the value of education. Many became our friends, and they wrote down my name and phone number so they could contact me when they need support. That was the little piece of paper that Naishiye was holding..."

Naishiye*, Nanyori* and Nankumbu* are not their real names. However, this is a true story of three girls and more, who face the threats of Female Genital Cutting in Manyara Region.

Happy...

Tangu mwaka 2019, Happy alianza pia kuwaunganisha mabinti na NGO iitwayo NAFGEM, ni shirika linalopambana na ukeketaji na kuwasaidia wasichana walio katika hatari ya kukeketwa. Amekuwa pia akishirikiana na NGO nyingine iitwayo PINGO katika mambo ya utetezi.

Mwaka 2019 Happy Daniel alishinda tuzo ya Umoja wa Mataifa iitwayo GBV UN CHAMPION TZ Award.

Wako Wapi Sasa?

Naishiye...

Happy aliwasiliana na wazazi wa Naishiye, akaongea nao pamoja na viongozi wa kijamii Pamoja na uongozi wa shule, na wakakubali kumuacha Naishiye asome. Naishiye sasa yuko mwaka wa pili katika chuo kikuu.

Nanyori...

Baada ya kusikia kisa cha Nanyori, wakurugenzi wa kampuni moja ya Manyara walijitolea kumlipia ada ili aendelee na shule. Baadae wazazi wake nao wakaanza kumsaidia. Sasa hivi Nanyori amejiriwa na kampuni hiyo, ni mwasheria wao.

Happy akavuta pumzi.

Hawa mabinti walikuwa wameonesha ujasiri wao na kujiamini. Ili kufika tu nyumbani kwa Happy, iliwalazimu kwanza kutembea na kukatiza mapori na vijiji kadhaa ili kufika mahali ambapo watawenza kupanda basi. Bahati nzuri, madereva wengi wa mabasi walikuwa wameanza kuwapakiza bure mabinti wadogo, wakijua kwamba watakuwa wanayatoroka magumu fulani.

On Air!

NA POWER TEAMS

Sema na Fema... Paza sauti yako!

Haya sasa! Saa ngapi Power Teams hatujapata mualiko kutoka studio za wadau wa Morogoro? Ni kikundi kinachoendesha program za vijana. Mualiko matata sana!

Habari ndo hiyo! mualiko huu ulihusisha maongezi ya kina juu ya mimba za utotoni, na sisi kama kawaida yetu, tulichangamkia fursa! Asha na Hindo tukawachagua watuwakilishe, na wakafika mapema kabisa kwa ajili ya kushusha nondo. Sijui walipania au vipi maana, sio kwa kunoga huku!



Presenter Kwishy (huku akitabasamu): Mic check... 1... 2... mic check, jamani karibuni kila mtu na mic yake, msije mkaacha kutoa nondo mkaesema mic hazitosh ha haa haaa ... DJ, tupe beat ya amsha amsha twende kazi. DJ akakiwasha kama sekunde 30 hivi.

Presenter Kwishy: Hellooooo na karibuni katika kipindi cha Kijana Sema hapa ndani ya mji kasoro bahari! Leo tupo na vijana wenzenetu kutoka Femina Hip wakiwakilisha timu ya Nguvu ya Binti na timu ya Nguvu ya Kaka. Mimi ni yule yule presenter wako Kwishy na leo, tutapiga story juu ya ishu nzima ya mimba za utotoni. Yaani usiende hata kuchukua maji, utakosa mengi.

Wote wakacheka!

Presenter Kwishy: Karibu Asha, karibu Hindo.

Asha na Hindo: Asante.

Presenter Kwishy: Ninayo karatasi hapa inayosema kwamba, mwaka 2020, wasichana 6,475 nchini Tanzania walilazimika kuacha shule kutokana na mimba za utotoni. Katu ya hao, 1,135 walikuwa wanafunzi wa shule za msingi



na 5,340 wa shule za sekondari. Hii ilitamkwa na Waziri Mkuu Kassim Majaliwa, Aprili 17, 2021 katika hotuba yake ya kuzindua Ajenda ya Kuwekeza kwenye Afya na Maendeleo ya Vijana Balehe (NAIA – AHW) Jijini Dodoma. Aisee... mbona namba zipo juu sana? Asha na Hindo ebu tuambiane, ni nini sababu?

Asha: Vijana tunatofautiana uwezo wa kuhimili changamoto. Baadhi ya wanafunzi wanatoka katika familia zenyen hali ngumu ya kifedha na hii huwapelekea kuingia katika tabia hatarishi.

Presenter Kwishy: Mhhh Asha, ebu subiri kwanza. Wengi huniita 'mbangu' lakini hapana, nina swal! Hizi changamoto ni zipi kiasi cha kwamba mtu anashindwa kuzihimili? Mbona wengine wanaweza?

Asha: Chukulia familia ambayo wazazi hawana uwezo wa kulipa kodi, kununua chakula, au hata vifaa vya shule kwa ajili ya watoto wao... ukichukulia mfano huo, baadhi ya wasichana huingia kwenye mitego au vishawishi na kuishia mikononi mwa mtu ye yeyote atakaye mtimizia mahitaji yake...

Hindo: Hicho anachokisema Asha kipo, zipo situation ambazo, mtoto wa kike anakuwa ameona kuwa hamna namna, ni lazima ajiingize katika tabia hatarishi ili kujipatia msaada wa kifedha. Na hili suala huwa tunalijadili sana kwenye timu yetu ya Nguvu. Kuna zaidi ya hilo; sababu kuu inayopelekea mimba za utotoni ni **ubakaji!**



Presenter Kwishy: Maongezi mazito! Maongezi mazito! Msikilizaji, kachukue maji urudi, break fupi hii hapa, tukirudi tumhoji Hindo ana maana gani akisema ubakaji...

Muziki ♫♪♪♪♪

Presenter Kwishy: Haya Hindo tumerudi... Umesema Ubakaji???

Hindo: Ndiyo! Wasichana, na sasa wavulana pia, hukutana na vitendo vya unyanyasaji wa kijinsia wa kingono kutoka kwa wanafunzi wenzao, walimu, majirani, walini, wauza duka, nk.

Asha: Weeeee! Umewasahau ndugu!

Hindo: Kabisaa, wazazi wenyewe pia mule mule!

Asha: Na kuna wafanyakazi wa ndani pia! Na hapo hata hujawahesabu madereva boda boda, wauza chipsi na mafundi wanaowavizia wanafunzi baada ya kuwaona wakipita kwenda shule kila siku.

Hindo: Linalotokea ni moja kati ya haya mawili. Moja, hao wahalifu watatumia mbinu kama zote kumlaghai mwanafunzi, au pili, watamvizia, wamkamate, na kumlazimisha afanye nao ngono. Hata hivyo, yote ni ubakaji!

Presenter Kwishy: Lakini, mbona hiyo ya kwanza hakulazimishwa?

Hindo: Kitendo cha kujamiihana na mtoto ye yote yule aliye chini ya miaka 18, ni ubakaji. Kisheria, mtoto wa umri huo hana uwezo wa kutoa ridhaa yoyote katika jambo hili.

Presenter Kwishy: **Sasa**, hapo mmetaja watu wengi, kutoka sehemu tofauti tofauti. Kama ni hivyo, je, watoto wetu watakuwa salama wapi?

Hindo: Kwa sasa, mimi naona hakuna sehemu yoyote ilio salama kwa ajili ya mtoto wa kike kwa kuwa jamii yetu haijachukua hatua stahiki za kupambana na ukatili wa kijinsia ili kuwalinda vijana. Ukatili ukitokea katika kaya zetu na jamii zetu, tunafanya ni siri, tunawalinda wahalifu. Pia, watoto wakiwataarifu wazazi au walezi wao, hawaaminwi. Labda watafute kwa kuripoti.

Asha: Hindo, hata kesi ikifanikiwa kuripotiwa katika mamlaka husika, inachukua muda mrefu sana mpaka

hukumu ya kesi kutoka au kutokeka kabisa. Hii inamkatisha tamaa manusura kuripoti na ikitokea tena hakuna atakayechukua hatua yoyote.

Presenter Kwishy: Hiyo inaitwa hali halisi! Msikilizaji, kama ndiyo kwanza umeungana nasi, hii ni Kijana Sema show uko nami Presenter Kwishy na wageni wangu studio ni Asha na Hindo kutoka Femina Hip! Tunadadavua mambo hapa, mada ni mimba za utoton! Je, wewe msikilaziji una swali lolote? Tutumie ujumbe mfupi kwenye namba yetu ta kawaida 0500 111 111. Narudia tena 0-5-0 1-1-1 1-1-1.

Presenter Kwishy: Haya, message ya kwanza ni hii: "Show amazing sana asanten! Mimi naitwa Daudi, niko Kihonda hapa. Hivi ni kwa nini manusura wa ukatili wa kijinsia huwa hawaripoti?"

Hindo: Swali zuri sana Daudi. Sababu zipo nyingi. Kwa mfano, vijana wengi wanaogopa kuripoti matukio ya ukatili wa kijinsia kutokana na malezi. Wazazi au walezi wengi huwalaumu watoto wenyewe kwa ukatili walofanyiwa, na wengine, hawawaamini kabisa.

Asha: Pia, mara nyingi, mhalifu anapokuwa ni mwanafamilia, mwankaya au mtu mwagine wa karibu, wanaogopa kumripotip wakihofia italeta ugomvi na wao ndio watalaumiwa.

Presenter Kwishy: Asha, nikupe hili la Mariamu: "Je, ni wapi manusura anaweza kupata msaada endapo atapitia ukatili wa kingono?"

Asha: Ah! Sehemu muafaka ni Dawati la Jinsia na Watoto kwenye vituo vya polisi, au kituo chochote cha Mkono kwa Mkono. Tumeandika kwenye toleo la Fema namba 64 sehemu mbalimbali ambazo mtu anaweza kwenda kuripoti au kupiga simu apate msaada na ushauri. Iko ukurasa wa 44. Vituo vya Mkono kwa Mkono bado sio vingi sana, kwa sehemu ambapo viro ukienda utaweza kupata mwongozo, ushauri, matibabu na msaada wa kisheria katika kituo kimoja.

Presenter Kwishy: Asante. Hindo, swali lako hili hapa: "Mmetudokezea kuwa, kasi ya wavulana kufanyiwa vitendo vya ukatili wa kijinsia wa kingono nayo pia imeongezeka. Je, wavulana nao wanaingiaje hapa? Si mimba za utoton ni wasichana tu?"

Hindo: Upo ukatili wa kijinsia unaofanyika baina ya vijana wenyewe kwa wenyewe, na hii mara nyingi hutokana na kwamba mmoja wao na yeze pia anakuwa alifanyiwa na mtu mwagine, na hivyo basi, tabia huendelea... Tafti zinaonesha kwamba watu wazima wanahuksika sana hapa.

Presenter Kwishy: Swali la mwisho linatoka kwangu mimi mwenyewe: Asha na Hindo... haya niambieni... lini ntapata t-shirt yangu matata na nakala moja la jarida la Fema?

Asha na Hindo (wote wanacheka): Hapo usijali kabisa, tumekuletea hizi hapa!



Kuzaliwa tu, nshahukumiwa

NA FEMINA TEAM

"Yaani! Kwasababu tu mimi ni msichana?" Rosemary alisema huku machozi yakimchuruzika usoni. "Hivi unaweza kupata picha, amekataa kunipeleka shule kwasababu tu mimi ni msichana!"

Rosemary aliangalia chini akijaribu kuficha maumivu yasiyofichika. Akazuga kwa kuhesabu machungwa kwenye sinia lake, akionekana kama vile anahesabu kiasi cha hela atakachopata akishauza machungwa hayo.

Kukua

Ni lini nilizaliwa? Hiyo sifahamu. Mimi sikusoma, na tarehe ya kuzaliwa ni kitu ambacho mtu huwa anajua mara anapo jifunza tarehe, miezi na miaka akiwa shulenii. Hata hivyo, najua nilizaliwa wapi, nilizaliwa Kigoma.

Wakati nipo huko, niliishi na mama, baba wa kambo, na ndugu ambao wote walikuwa ni wanaume. Kila asubuhi, niliwaona kaka zangu wakivaa, kula chakula, na kwenda shule. Lakini mimi, sikupata chochote kati ya hayo. Hata chakula.

"Shule ya nini?" baba wa kambo ailiuliza, "wewe ni binti, hakuna haja ya wewe kwenda shule."

Nilitaka kwenda shule, na kwasababu hiyo, hapo ndipo

nilipoamua kwamba uvumilivu ulikuwa umefika mwisho. Niliona kwamba nitaishi maisha mazuri zaidi nikienda kuishi na bibi. Bibi yangu, ambaye alikuwa akiishi na dada zangu wawili, nilikuwa sijamuona wala kumsikia kwa muda mrefu sana. Hata hivyo, yeye ndiye niliyeamini kwamba kuishi naye kwake kungenipatia nafasi nyininge ya kupata elimu.

Hata hivyo, Maisha hayakuwa na urahisi wowote nyumbani kwa bibi. Bibi alikuwa na ulemavu, hakuweza kutuhudumia sana. Badala ya kwenda shule, tulifanya kazi za nyumbani na za mtaani, ili tuweze kununua chakula.

Mara nyingi, wakati naenda kutafuta chakula, nilijiwazia ni jinsi gani umasikini unashangaza. Ni kama gurudumu ambalo haliachi kuzunguka au mpira ambao hautaacha kubingirika. Unapokuwa tu ndani yake au umezaliwa humo, dunia inakufanya ubaki humo humo.



Ndoa

Ndoto yangu haikutimia wakati naishi na bibi, na kadri miaka ilivyoenda, mimi na dada zangu tukaanza kuolewa mmoja baada ya mwingine, tukaondoka kwenda kuanza maisha mapya, tukitarajia maisha mazuri zaidi na waume zetu.

Niliolewa tarehe 9 Septemba, na ninaikumbuka tarehe kwasababu tu mume wangu alikuwa amesoma, kwa hiyo akaijua tarehe, na akanifanya niikariri. Naweza kusema nilikubali kuolewa, lakini siwezi kukataa kwamba umasikini ulikuwa ni moja ya sababu zilizonisukuma kufanya hivyo. Nashukuru kwamba bado tuko wote pamoja, ingawa, haiko kama vile nilivyotegemea iwe. Kuolewa kumeongeza tu mzigo, na siyo kuupunguza.

Watoto

Kwasababu ya kuolewa katika umri mdogo, nilianza pia kupata watoto nikiwa nikiwa mdogo. Nilikuwa na miaka 16 tu wakati binti yangu kifungua mimba amezaliwa. Mama mkwe alikuwa msaada sana kwangu, labda kwa kuwa yeye ni mwanamke pia, na alikuwa akijua ugumu wa mtoto kulea mtoto ulivyo.

Mara baada ya hapo, nilipata ujauzito mwingine wa mtoto wa pili, kabinti tena, lakini kwa bahati mbaya, nilimpoteza baada ya kupewa dawa zisizo sahihi. Yaani! Hivyo ndivyo kukosa elimu kunavyoweza kukupeleka usikotaka! Sikujua ni dawa gani ilikuwa salama. Na ndani ya kipindi kifupi tena kabla maombolezo yangu hayajapo, nikapata ujauzito wa mtoto wangu wa tatu, msichana. Halafu wa nne, mvulana.

"Kwa nini msifuate uzazi wa mpango?" unaweza kuuliza... Kweli nilisikia kuhusu hayo, na nilishawahi kujaribu mara moja, lakini kituo cha afya cha karibu kilikuwa mji mwingine, na hakukuwa na muda, achilia mbali pesa, kwenda kutafuta uzazi wa mpango. Muda uliokuwepo ulikuwa wa kutafuta chakula cha kuwalisha watoto na kujilisha sisi wenyewe. Nikaendelea tu kupata watoto.

Mtoto wangu wa tano na wa sita, wote wavulana, walikuja siyo kwa kuachana sana, na kwa mara nyingine tena, nikapoteza mtoto, alikuwa mtoto wangu wa saba. Kitinda mimba wangu, ujauzito wangu wa nane, ndiyo amefikisha miaka miwili tu, na ni tumaini langu kwamba, hakutakuwa na mwingine anayekuju.

Maisha na Pesa

Maisha yamekuwa magumu sana, na pesa imekuwa ngumu. Kila siku, naamka asubuhi, naenda nyumbani kwa jirani kukopa machungwa ya 2,000 na ninatembeza. Hapo natengeneza faida ya shilingi 2,000 ambayo naitumia kujitunza mimi na wanangu sita, na pia kuwapatia elimu. Nataka wanangu wote waelimike, wote wavulana na wasichana, kwasababu najaribu kuwa mzazi mzuri. Sijui nitawezaje, lakini najua kwamba inanipasa walau kujaribu.

Najua kwamba kama ningezaliwa mvulana maisha yangu yangekuwa tofauti; ningeenda shule, ningejifunza kuhusu mwili wangu na haki zangu, kuhusu kuwezesewa kiuchumi, na mambo mengine yote ambayo watu hujifunza shulenii, ambayo yanawasadidua kufanikiwa maishani. Bahati mbaya, inaonekana, kama msichana, nilizaliwa nimeshahukumiwa mkosaji, na kwasababu hiyo, sasa manusura wa ukatili wa kijinsia.

CHANGAMSHA BONGO:

KULINGANA NA SIMULIZI HII, UNADHANI
MSEMO HUU UNAMAANISHA NINI:
"MTOTO ANALEA MTOTO"? JADILI
KWENYE CLUB ZENU.





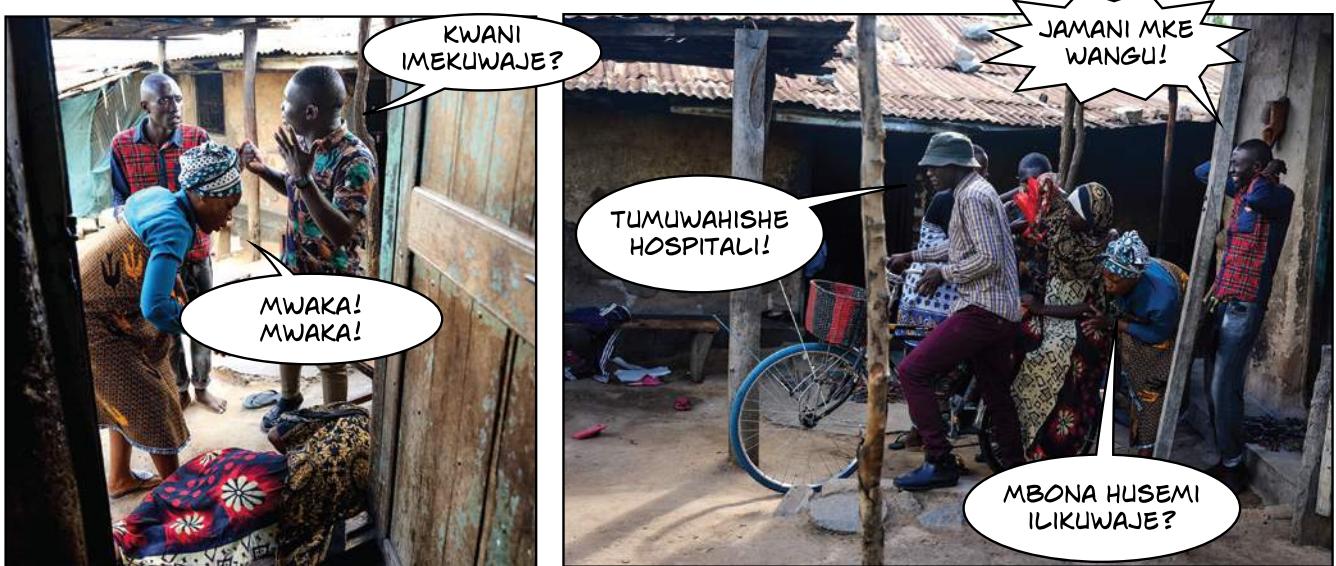
BANGI, POMBE NA UVIVU!

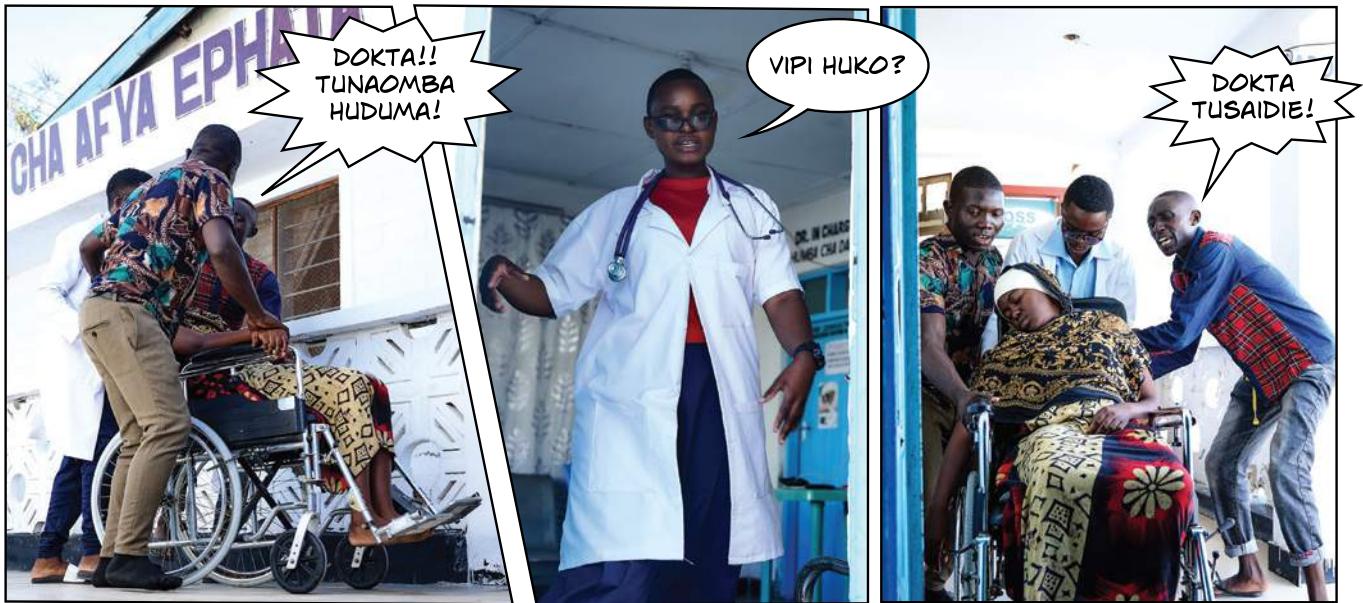
**BWANA TUMBO KALIKOROGA
KALINYWA!! UCHUNGU WAKE SI
WA KITOTO. LAKINI DAIMA
MAJUTO NI MJUKUU. SOMA
UONE MWENYEWE...**





PHOTOSTORY





MWAKA AKAPELEKWA MOJA KWA MOJA KWA DAKTARI.



BAADAYE KIDOGO...





Inawezekana kuwa kila mmoja wetu alishawahi kusikia msemo usemao "Majuto ni Mjukuu". Huu msemo unamaanisha kuwa, huwa tunafanya vitu ambayo vinazaa matatizo, matatizo hayo huzaa majuto. Majuto ni mjukuu wa maamuzi mabaya ambayo tunayafanya.

Mfano mzuri wa watu wanaofanya maamuzi mabaya ni watu wenye tabia kama za Bwana Tumbo. Wakati unasoma Photostory hii lazima utakuwa umejiuliza, sasa kwa nini Tumbo alifanya jambo kama lile? Limemfaidisha nini au limemfaidisha nani? Kwa kiasi gani? Jibu pekee unaloweza kupata ni kuwa, hakuna aliyeafaidika na ukatili ule. Badala yake, Tumbo ameambulia majuto tu.

Huo ndio uhalisia. Ukatili wa kijinsia haumfaidishi yeyote, badala yake unaleta maumivu makubwa kwenye jamii. Wapo waliojeruhiwa, wengine hata kupoterezewa viungo, na wapo waliopoterezewa maisha. Madhara ya ukatili wa kijinsia ni makubwa sana, kijamii na kiuchumi, ni ngumu kuyaelezea hapa yakaisha.

UPENDO UKO WAPI?

Kama tulivyoona, ukatili wa kijinsia mara nydingi hutekelezwa na watu wa karibu. Wengine hufanyiwa ukatili na wazazi au ndugu wa karibu. Hii inamaanisha kwamba, kama kila mmoja atakuwa na upendo wa kweli na huruma kwa watu wake wa karibu tunaweza kupiga hatua kubwa sana katika kupunguza ukatili wa kijinsia. Bwana Tumbo angeamua kumpenda na kumthamini mkewe asingempiga, asingesababishia matatizo yale kwa maamuzi yake ya hovyo. Pia, kama marafiki wa Tumbo wangkuwa na upendo basi wasingemshawishi afanye ukatili maana wangejua kuwa rafiki yao angeathirika tu kwa namna moja au nyiningine.

SURA ZA UKATILI

Ili kuweka nguvu juu ya umuhimu wa kuripoti, ebu ngoja tuangalie ukatili wa kijinsia hutokea kwa namna gani. Ukatili wa kijinsia una sura nydingi sana, ukiachana na vipigo, kuna ubakaji, kuna kushambuliwa kwa maneno kama matusi na maneno mengine ya kuudhi, kuna kunyimwa haki za msingi kama chakula, elimu na nyiningezo. Ndoa za kulazimishwa, ndoa za utotonii na ukeketaji pia ni ukatili wa kijinsia. Haya yote yanapaswa kukomeshwa ili kutengeneza

jamii yenye usawa na haki.

HAKUNA SABABU YA MSINGI

Hakika! Ukatili wa kijinsia hauna sababu ya msingi. Hakuna jambo lolote linaloweza kuwa utetezi wa mtu kumfanyia mwingine ukatili. Si ulevi kama ilivo kwa Tumbo wala kukosewa kama baadhi ya watekelezaji wa ukatili wanavyojiaminisha. Ulevi hutumika tu kutafuta huruma, mara nydingi watekelezaji wa ukatili huwa na dhamira ya kufanya hivyo, ili kujipa sababu basi anaamua kutumia vilevi. Msukumo wa marafiki pia si sababu, kwanini akili ya kuambiwa usichanganyi na ya kwako?

KILA MMOJA AFANYE JAMBO

Ndiyo! Kila mmoja ana nafasi katika kutokomeza ukatili wa kijinsia. Inawezekana haujawahi kupitia ukatili au hakuna mtu wako wa karibu aliyejahi kuupitia, lakini, lazima ufanye jambo kwa niaba ya jamii nzima. Jambo la kufanya linaweza kuwa rahisi sana, kama kuepuka kabisa kuwa mtekelezaji wa ukatili wa kijinsia. Unaweza pia kusogea mbele kidogo na kutoa elimu juu ya athari za ukatili, unaweza kwenda mbali zaidi kwa kuonesha ushirikiano kwa watu wanaopitia ukatili wa kijinsia.



Ulikuwa wapi baba?!

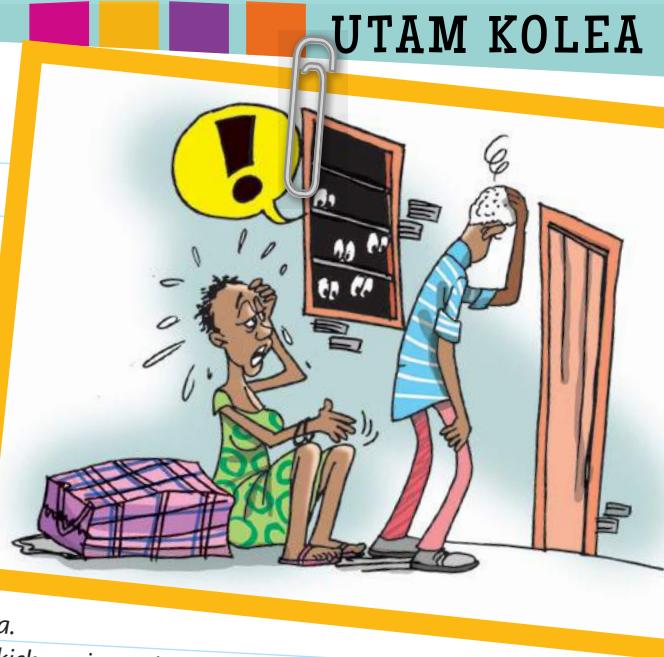
NJIANI.

Tasuu akiwa njiani na fuko lake la nguo kichwani maarufu kwa jina la shangazi kaja, hakusikia honi za wenyewe magari wala za wenyewe boda boda. Alikoswa koswa mara kadhaa kugongwa na vyombo hivyo vya moto. Baadhi ya madereva walisikika wakimkejeli "we mrembo vipi?" lakini wengine walimsikitikia "maskini mrembo huyu sijui kapatwa na nini".

Hata hivyo, pamoja na hayo, hakuna yoyote aliyethubutu kumsaidia.

Aliendelea kutembea kwa kufuata barabara asijue anakoelekea na kichwani mwake kukiwa ma miluzi mingi: "Niende wapi? Aliwaza. Kwa shangazi? Wifi? Aha! Wazo likamjia. Ila akasita.

Ni mara ngapi nimekuwa nikienda na nikaishia kurudishwa nilikotoka tena, aliwaza. Tena mara nytingine bila hata kusikilizwa? Potelea pote, akajishauri. Acha niende liwalo na liwe. Tasuu alikoamua kwenda, ni kwa baba.



KWABABA.

"Mama huyo, karibu. Kwema? Karibu mpaka ndani. Umeshindwa kututumia ujumbe kuwa unakuja!
Na unaonekana hauko sawa. Kulikoni..."

Tasuu aliketi chini na kuanza kuangua kilio! Alilia kwa uchungu na kwa sauti kubwa hata majirani wakajaa wakadhani kuna msiba. Waliulizana "Nani amefariki?" Ni kweli ulikuwa msiba, ingawa si kama tulioizoea ya mtu kutoka kwenye mgongo wa ardhi kuelekea tumboni mwa ardhi. Ulikuwa msiba kweli kweli msiba ugongao nyoyo, msiba uletao chuki.....
Tasuu aliendelea "u-l....i....ku...w...a waa...p..i baba?"

"Baba nakuuliza ulikuwa wapi?!"

Ulikuwa wapi wakati baba wa mume wangu anampeleka shule mume wangu?

Ulikuwa wapi wakati baba wa mume wangu anajinyima ili amtimizie mume wangu mahitaji yake yote ya shule?

Ulikuwa wapi wakati baba wa mume wangu anamuhimiza mume wangu kuitafuta na kuishikilia elimu bara bara? Babaaa!"

Tasuu aliendelea kulia.....

Tasuu alianza kuongea kwa kwikwi "Nimechoka baba! Nadharaulika mimi. Sina maendeleo mimi. Sina ninachokiweza.

Maisha haya baba, mpaka lini? Uliposema wewe na mama mnaishi vizuri ulidhani kila mtu ana moyo kama wako?"

Tasuu alisimulia visanga vyooote alivokutana navyo mara zoote na hata leo pia. Watu wote hawakuamini wanachokisikia.

Baba Tasuu alijiinamia maana aliona kweli kwenye maneno ya mwanae na hakuwa na majibu ya maswali yale. Alikumbuka namna alivyokataa kumpeleka mwanae Tasuu shule na

kumlazimisha aolewe na kijana msomi na tajiri."Baba Mimi sitaki kuolewa" Tasuu alimwambia

baba yake. "Nyamaza nimesema" baba alifoka. "Ukitaka utaolewa

usipotaka utaolewa, mama yako hakusoma lakin tunaishi vizuri tu. Kaka yako pia

wanaishi vizuri na mkewe ambaye hajasoma. Kwani, wewe nani?

Akanyanyuka taratibu machungu yamemkaba akamtizama mwanae ambaye

bado anaendelea kulia akamhurumia, roho ikamuumua asijue la kufanya.

Akajuta moyoni: "laiti ningalijua, mwanangu yasingalimkuta haya leo. Angelikuwa

na kazi yake angelijisaidia yeye mwenyewe na sisi pia. Nitafanya nini mimi mweh!"

Tj
Masonry Sekondari
SLP 159
Tunduru-Ruvuma

Una
hadithi
uli yotunga
mwenyewe?



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

Hadithi isiyozidi
maneno 350





Mkono kwa Mkono!

NA FEMINA TEAM

Asia Nkini:

Asa! Mnadhani ni huduma gani wanazihitaji manusura wa Ukatili wa Kijinsia?

Sumaiya:

Daktari!

Tunu:

Mshauri Nasaha?

Castory:

Na labda afisa wa polisi...

Asia Nkini:

Ndiyo! Na tunao hao wote hapa! Na tunatamani watu wangelijua hilo!

Huyo alikuwa ni Asia Nkini, Mratibu wa Kituo cha Mkono kwa Mkono katika Hospitali ya Mwananyamala, alipotembelewa na timu ya Habari ya Femina Hip.

Timu ya Femina:

Unamaanisha nini?

Asia Nkini:

Toeni kalamu na notebook zenu myaandike haya kisha mkawaambie vijana wote ambayo mtakuwa mmeyasikia!

Asia Nkini:

Kituo cha Mkono kwa Mkono hapa Hospitali ya Mwananyamala, Wilaya ya Kinondoni, Jijini Dar es Salaam, kilifunguliwa mwezi February mwaka 2019. Timu iliyokusanya daktari, afisa wa polisi, na mtoe huduma za jamii, ikawekwa hapa kwenye kituo cha Mkono kwa Mkono na wakafundishwa jinsi ya kuhudumia manusura wa ukatili wa kijinsia.

Tunu:

Kwa nini wao?

Asia Nkini:

Manusura wanahitaji kupata huduma ya kitabibu kutoka kwa daktari aliyebolea; ushauri nasaha na ushauri wa kisheria kutoka kwa mtoe huduma za kijamii, na kuhojiwaa na polisi. Kwa matukio mengine, wanaweza kuhitaji pia kufanyiwa uchunguzi wa kidhibiti. Baada ya hapo:

1. Inakuwa rahisi kwa manusura kuripoti.
2. Uchunguzi wa kitabibu unapatikana haraka kwa manusura
3. Upelelezi na huduma za msaada zinaweza kuratibiwa

Castory:

Je, Kituo cha Mkono kwa Mkono kinakuwa wazi muda wote?

Asia Nkini:

Tunafunga saa tatu asubuhi na kufunga saa mbili usiku kila siku. Hata hivyo, kwa sababu kituo kiko ndani ya mazingira ya hospitali, huduma hizo hizo zinaweza kupatikana masaa 24. Manusura bado wanaweza kuonana na daktari/nesi na wanaweza kuomba kuonana na polisi au kushauriwa kuongea na polisi ambapo wataweza kuongea naye isivyo rasmi kabla ya kuamua kufungua faili.



Sumaiya:



Kwa nini kwenda kwenye Kituo cha Mkono kwa Mkono ni vema zaidi kuliko kwenda moja kwa moja hospitali au kituo cha polisi?

Asia Nkini:



Kitovu cha utendaji wa Vituo vya Mkono kwa Mkono ni manusura wa ukatili wa kijinsia kwa hiyo vituo vinatoa mazingira ya kuwasaidia manusura huku haki zao, utu wao na hadhi vikithaminiwa. Pia Vituo vya Mkono kwa Mkono vinatoa na kufuatilia huduma za kitabibu na kisaikolojia kwa hadi miezi sita.

Castory:



Hiyo ni nzuri kwa sababu mara nyingi jamii inahukumu sana huku ikijaribu kufunika-funika matukio ya ukatili wa kijinsia! Na tena, hakuna anayejali kuhusu hali ya manusura muda huo wala baadaye.

Asia Nkini:



Ndiyo! Tunatengeneza mazingira ambapo huduma jumuishi, usikivu na haki inapatikana. Pia tunapinga desturi zinazohalalisha ukatili wa kijinsia huku tukilenga kuhakikisha kwamba manusura wa ukatili wanapata mazingira mazuri na msaada. Hii inasaidia kujenga kuaminiana katika jamii na kuwawajibisha wanaofanya matukio haya ya kikatili.

Sumaiya:



Nimeipenda hiyo! Inahuzunisha sana kuona kwamba ni jamii yetu hii hii na desturi zetu wenyewe ambazo zinafanya ukatili wa kijinsia uendelee kutokea.

Asia Nkini:



Na ndiyo maana Sumaiya, tunatumia njia jumuishi kusaidia kuwafikia wote manusura na wakosaji.

Tunu:



Mnafanya kazi kubwa sana! Ni changamoto gani kubwa mnazokabiliana nazo?

Asia Nkini:



Zipo nyingi lakini ngoja nizitaje mbili kubwa; ya kwanza ni kukosa msaada kutoka kwa wanafamilia - watoto ama wanalaumiwa, au mbaya zaidi, hawaaminiwi wanapotoa taarifa za ukatili wanaofanyiwa, na pili, wanafamilia sio tu wanafunika-funika matukio ya ukatili wa kijinsia, lakini pia wanaendelea kuwaacha vijana katika mazingira yale yale ambayo matukio ya unyanyasaji yanafanyika.

Sumaiya:



Kama ungekuwa unaweza kuwaambia wana-klabu wa Fema maneno ya ushauri, yangakuwa yapi hayo?

Asia Nkini:



Nimependa kwamba makala yenu inaitwa Sema Tenda, kwasababu hivyo ndivyo hasa tunataka vijana wote wafanye! Tunataka waseme, na watende! Sema kama wewe, au mtu unayemfahamu, anapitia katika ukatili wa kijinsia. Tenda kwa kwenda au kumshauri manusura wa ukatili wa kijinsia aende kutembelea kituo cha Mkono kwa Mkono ndani ya masaa 72 ya tukio.

Castory:



Kwa nini masaa 72?

Asia Nkini:



Masaa 72 ni muda muhimu sana! Ndani ya muda huo, tunaweza kupata ushahidi kama vile damu, shahawa au nywele, ambao unaweza kutusaidia kumkamata mhali. Tunaweza pia kutoa dawa za kuzuia mimba zisizotakiwa na maambukizi ya magonjwa ya ngono! Pia, ni muhimu kwa manusura kupata ushauri nasaha na msaada ndani ya muda huo.

Timu ya Femina:

Ahsante sana dada Asia! Tumejifunza mengi sana! Tutahakikisha tunafanya yote tuwezayo ili kuwashirikisha vijana taarifa hizi muhimu!

A One Stop Centre!

Asia Nkini: So! What services do you think are needed by survivors of Gender-Based Violence?

Sumaiya: A doctor!

Tunu: A counsellor?

Castory: And maybe a police officer...

Asia Nkini: Yes! Exactly! And we have all of those here! We just wish people knew!

That was Asia Nkini, the Coordinator for may also need to undergo a forensic examination. From this:

1. Reporting becomes easier for survivors
2. Medical examinations are immediately available for survivors
3. Investigation and support services can be coordinated

Castory: Is the One Stop Centre always open?

Asia Nkini: We open at 9:00am and close at 8:00pm every day. However, because the OSC is located within the premises of a hospital, the same services can still be obtained 24 hours a day. Therefore, survivors can still be seen by a doctor/nurse and may self-refer or be referred to the police where they can talk informally before filing a report.

Sumaiya: Why is going to a One Stop Centre better than going directly to a hospital or to the police station?

Asia Nkini: One Stop Centres are survivor-centred and promote a supportive environment in which survivor's rights are prioritized and they are treated with dignity and respect. One Stop Centres also offer follow-up medical and psychological care for up to six months.

Castory: That's good because the society is usually so judgemental and tend to cover up issues of GBV! And then, no one

the One Stop Centre at Mwananyamala Hospital. It was during a visit by the Femina Hip's media team.

Femina Team: What do you mean?

Asia Nkini: Bring out your pens and notebooks, take notes then go and share with all youth what you are about to hear!

Asia Nkini: The One Stop Centre (OSC) here at Mwananyamala Hospital, Kinondoni District, Dar es Salaam, was cares about the wellbeing of the survivor then and after.

Asia Nkini: Yes! We create a place where comprehensive care, attention and justice is provided. We also challenge the social and gender norms that make violence acceptable and work to ensure that survivors of violence have a positive experience of external support. This helps build trust within communities to hold perpetrators of violence to account.

Sumaiya: I like that! It's so disappointing to see that it's our own social and gender norms that continue to allow GBV to happen.

Asia Nkini: And that's why Sumaiya, we implement an all-inclusive approach that helps to address both the survivors and the perpetrators.

Tunu: You do such great work! What major challenges do you face?

Asia Nkini: There are many but let me mention the major two; First is the lack of support from family members – either children are blamed, or worse yet, not believed when they report gender-based violence, and secondly, family members not only cover up incidences of gender-based violence, but they also continue to leave the youth in the same

opened in February 2019. A team consisting of a doctor, a police officer, and a social worker, were then placed at the One Stop Centre, and were trained to attend to survivors of gender-based violence.

Tunu: Why them?

Asia Nkini: Survivors need to receive medical care by a specialized health practitioner; counselling and legal advice from a social worker, and to be interviewed by police. In other cases, they environments, where the abuse is happening.

Sumaiya: If you were to give Fema Clubbers words of advice, what would they be?

Asia Nkini: I like that your article is called Sema Tenda, because that is exactly what we need all youth to do! We need them to speak up, and act! Speak up if you or someone you know, is facing gender-based violence. Act by visiting a survivor of gender-based violence and counselling them to visit a One Stop Centre within 72hours of the incident.

Castory: Why 72 hours?

Asia Nkini: The 72-hour period is extremely important! Within that time, we can still collect evidence such as blood, semen or hair, that can help us catch the perpetrator. We can also administer preventative medications to prevent unwanted pregnancies and sexually transmitted infections! It is also important that the survivor gets counselling and support within this time.

Femina Team: Thank you so much Dada Asia! We have learnt so much! We will make sure that we do our very best, to share all this important information with others!

The National Plan of Action to end Violence against Women and Children (NPA-VAWC)

The National Plan of Action to end Violence against Women and Children (NPA-VAWC) 2017/2018-2021/2022, is committed to reducing violence against women and children. Although the five years ended in June 2022, a continuation is in the works, to be launched soon.

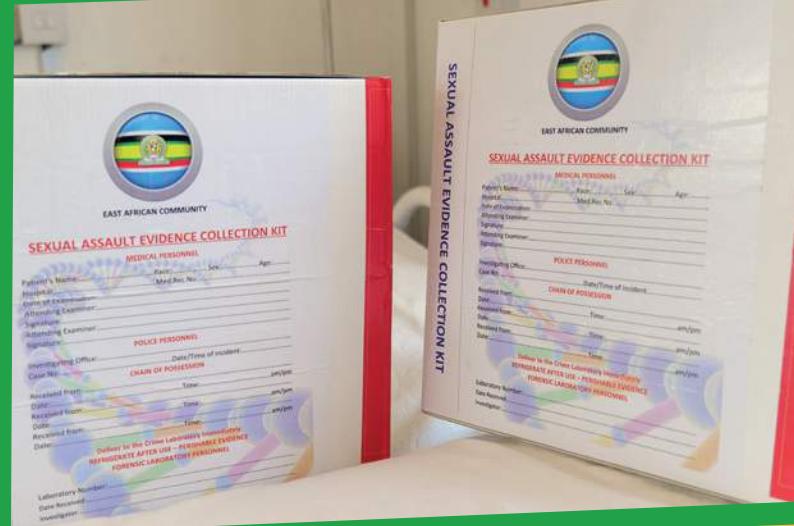
Below are some of its successes:

Till June 2022,

- Establishing 21 out of 26 planned One Stop Centres
- Establishing 18,186 women and children security committees
- Establishing 420 Gender and Children Desks countrywide
- Establishing 22 Gender Desks in universities and colleges
- Establishing 10 Safe Houses to offer primary services and emergency safe keeping
- The establishment of the National Program to End Female Genital Mutilation 2020/21 - 2024/25
- Establishing 6 Integrated Justice Centres in Arusha, Dodoma, Mwanza, Morogoro and Dar es Salaam.
- The establishment of 147 Juvenile Courts

A total of 900 students had been returned to school through formal channel and 3,333 through informal channel. This is due to the Educational Circular no. 2 of 2021 recalling to school students who dropped out of primary and secondary education for various reasons including pregnancy.

Kudos to the government and partners for these efforts!



**TAKE
ACTION**

Can your club take a trip? Research where the nearest One Stop Centre is to your school. Find a suitable date and time, and visit it, to learn all about how it works. Be sure to ask a lot of questions! Alternatively, write to the Coordinator of that One Stop Centre and invite them to give a talk at your school. Remember to invite everyone for the talk, not just the Fema Clubbers!



Remember:

The One Stop Centres promote a survivor-centred approach that creates a supportive environment in which a survivor's rights are prioritized and where they are treated with dignity and respect.



Kuwa Jasiri!

Ripoti!

NA SUMAIYA KARIM

"Puuuuuh!" Nilijisemsha mwenyewe wakati naingia chumbani kwa mwanangu wa kiume, **"ni harufu ya nini hiyo?"**

Nikapeku huku na kule, kwa shauku ya kukipata hicho kinachonuka, na nikatoa ukelele kidogo mara nilipokiona.
"Ni nguo zao! Ni kinyesi!"

Wanangu wa kiume, mmoja wa miaka mitano na mwagine miwili, walikuwa wamefundishwa vizuri, kwa hiyo ilikuwa ni jambo la kushtusha kwamba wamejichafua. 'Kuna kitu hakiko sawa,' niliwaza. 'Kuna kitu kibaya kitakuwa kinaendelea!'

Tukio hilo lilijirudia tena baada ya wiki moja. Na hapo ndipo, ukweli mbaya kabisa uliniangalia usoni. Dubwana lilikuwa ni mume wangu mwenyewe, na yeye ndiye aliyekuwa anawalawiti watoto wetu. Alikuwa akisubiri mimi niende kazini, ndiyo afanye unyama huo halafu, ili kuficha uovu wake, alifuta ushahidi kwa kutumia nguo zao.

Nilikuwa nimeshasikia kuhusu Vituo vya Mkono kwa Mkono, na kwamba tuharakishe kwenda kwa na kuripoti. Kwa hiyo, bila hata kuwaogesha, au kuwabdalisha nguo, niliwachukua watoto wangu hadi kituoni. Hapo, walichukua ushahidi wote waliouhitaji, na nikafanikiwa kufungua kesi. Tangu hapo, nimetumaini na kuomba kwamba yaliyowatokea wanangu yasiwatokee watoto wa mwagine.

Na kama ikitokea, leo nimeamua kukushirikisha, jinsi ya kuripoti tukio la unyanyasaji wa kijinsia:

HATUA 1: Tembelea kituo cha Mkono kwa Mkono kilicho karibu nawe. Hapo, utakutana na watu ambao wamejipanga

- Kukusikiliza awaambie yaliyokusibu
- Kufanya makadirio ya hali uliyonayo
- Kuamua juu ya uhitaji wa huduma za dharura
- Kuanza mara moja kutoa huduma ya ushauri nasaha

Kumbuka: Muda muafaka wa kuripoti tukio la ukatili wa kijinsia ni mara baada ya jambo kufanyika, na kabla ya masaa 72 kupita. Hii itawezesha kukusanywa ushahidi wowote unaoweza kupatikana.

HATUA 2: Ongea na mtoe huduma za jamii ambaye atauliza maswali yatakayo msaidia:

- Kufungua faili.
- Kusajili kesi.

Kumbuka: Maongezi yote kati yako na mtoe huduma ni ya kirafiki na yatabaki kuwa siri. Mtoe huduma HATATOA TAARIFA ZAKO kwa ndugu yako, mwanafamilia au mtu yeyote bila wewe kuridhia.

HATUA 3: Ukitaka kuchukua hatua za kisheria – zungumza na afisa wa polisi aliyepo kwenye Dawati la Jinsia na Watoto. Dawati hili ni chumba cha usiri, pembedi, likiongozwa na afisa mkarimu na rafiki, na huduma zote zinatolewa na Kituo cha Mkono kwa Mkono. Watafanya yafuatayo:

- Kuchukua taarifa za tukio.
- Kujaza fomu ya PF3
- Kurekodi taarifa muhimu za kipolisi ili kusaidia uchunguzi.
- Kukufahamisha hatua zinazopendekezwa au zitazochukuliwa katika hatua inayofuata.

Kumbuka: Uamuzi wa lini uchukue hatua za kisheria ni wa kwako; si lazima iwe siku hiyo hiyo. Pia, manusura wa unyanyasaji wa kijinsia wanaweza kutembelea Kituo cha Mkono kwa Mkono, wakapata ushauri nasaha, wakachukuliwa vipimo, na kupewa matibabu ya kujihadhari. Hata hivyo, kuchukua hatua za kisheria ni jambo muhimu.

HATUA 4: Kufanya vipimo. Kama aina ya tukio la ukatili ni la kimiwili au kingono, manusura anaweza kuhitaji:

- Kuonana na daktari.

- Kukaguliwa mwili.
- Vipimo vya maabara.
- Vipimo vya uthibitisho wa kimahakama.
- Huduma kinga (Dawa za kuzuia maambukizi ya UKIMWI na mimba).

Kumbuka: Vipimo vyote vya kitabibu vitafanyika PALE TU UTAKAPORIDHIA vifanyike.

HATUA 5: Weka mpango wa utekelezaji pamoja na mtoa huduma za jamii. Madhumuni ya hili ni:

- Kuweka mipaka itakayosaidia kuzuia utokeaji wa matukio mengine ya ukatili.
- Kuunganisha huduma nyingine kama vile huduma za kisheria na watoa huduma za kijamii wengine waliobobe katika maeneo maalum.

Kumbuka: Mpango wa utekelezaji ni muhimu kwa sababu unahakikisha kwamba, pale inapowezekana, manusura harudi kwenye mazingira yaleyale ambayo mhalifu yupo. Kama yupo katika hatari, manusura anaweza kubaki kituoni kwa uangalizi usiku huo mpaka njia nyingine zipatikane.

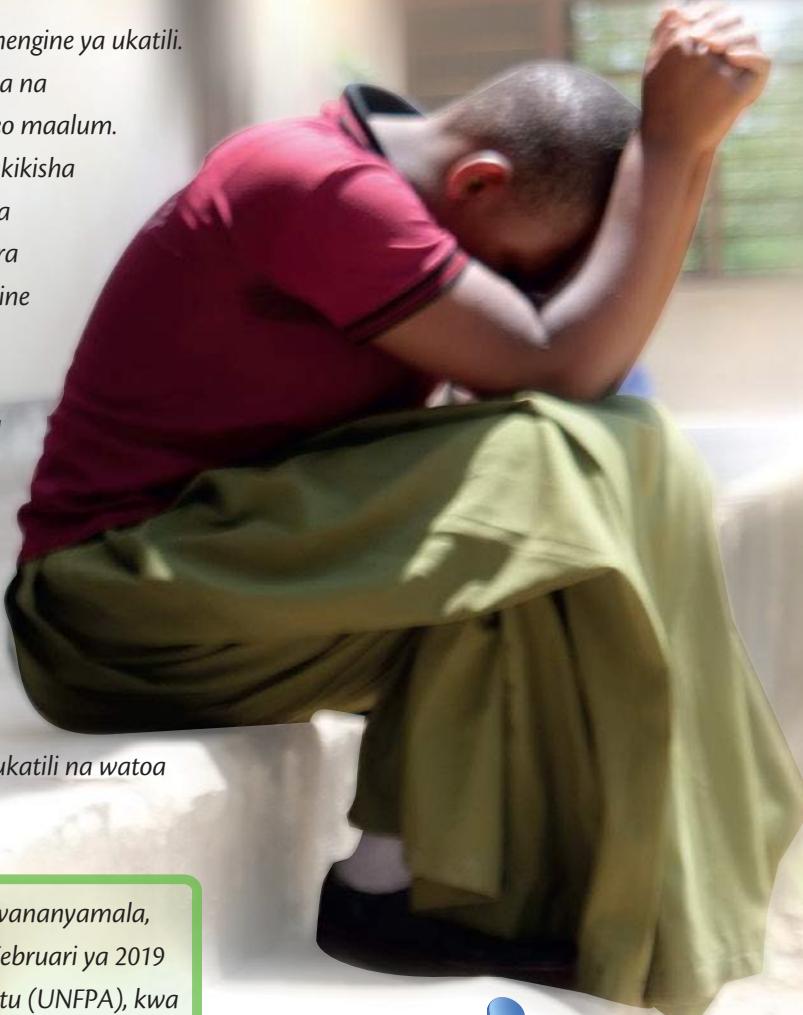
HATUA 6: Kuandaa ufuutiliaji kwa kuripoti tukio katika kituo cha polisi kilicho karibu na manusura wa unyanyasaji. Hapa polisi watajua namna ya kuendelea mbali zaidi na kesi. Hii itasaidia:

- Kumzuia manusura kulazimika kwenda mwenyewe kuripoti tukio polisi wakati bado ana huzuni.
- Itasaidia uchunguzi wa tukio.
- Itasaidia uendelevu wa huduma muhimu ya ushauri kwa manusura wa ukatili.

Kumbuka: Ufuutiliaji ni muhimu sana hivyo wote, manusura wa ukatili na watoa huduma, wafanye kazi pamoja wakati wa ufuutiliaji.

Kituo cha Mkono kwa Mkono kilichopo katika hospitali ya Mwananyamala, wilaya ya Kinondoni, jijini Dar es Salaam kilifunguliwa rasmi Februari ya 2019 na Shirika la Umoja wa Mataifa linaloshughulikia idadi ya watu (UNFPA), kwa kupitia Children's Dignity Forum, na Wizara ya Afya na Maendeleo ya Jamii, Jinsia na Watoto.

Kituo hiki ni kwa ajili ya manusura wa ukatili wa kijinsia, na hurahisisha huduma kwao. Hapo wanapata huduma za kitabibu, ushauri nasaha, huduma za kisheria na kipolisi ndani ya kituo kimoja, na vyote ni bure kabisa. Ni mazingira ya kusaidia na kutegemeza huku haki za wahanga zikipewa kipaumbele huku wakihudumiwa kwa ukarimu, kwa heshima na taadhima.



TAARIFA

- Dar es Salaam kuna vituo vitatu (3) vya Mkono kwa Mkono
1. Mkono kwa Mkono Centre Mwananyamala
 2. Mkono kwa Mkono Centre Amana
 3. Mkono kwa Mkono Centre Chanika



POLISI NI RAFIKI, SI ADUI



NA FEMINA TEAM

Ukatili wa kijiinsia ni ukatili wotewote unaotendeka kutokana na jinsia ya mtu. Ukatili huo ni ukiukaji wa haki za kibinadamu. Hapo nyuma, tulikuwa na kesi nyingi za ukatili wa kijiinsia dhidi ya wanawake na wasichana tu, hata hivyo, matukio ya ukatili dhidi ya wanaume na wavulana sasa yameanza kuwa mengi. Kuna sheria za kuwalinda manusura wa ukatili huu, na hapo ndipo sisi, tunapoingia.

Jina langu ni Richard Abwao, ni Kamanda wa Polisi (RPC) wa mkoa wa Tabora. Nina umri wa miaka 45, na ni baba wa watoto wawili. Kabla ya kuwa RPC wa Tabora nilishika nafasi mbalimbali katika kipindi cha miaka 16. Safari yangu ya utumishi ilianza kama Afisa wa Polisi, na muda si mrefu baada ya hapo, nikapandishwa cheo kuwa Mchunguzi Msaidizi, na nikapanda tena kuwa Afisa Polisi Mchunguzi. Muda mfupi baada ya hapo, nikateuliwa kuwa Mrakibu Msaidizi wa Polisi na tena kupandishwa cheo na kuwa Mrakibu. Baada ya hapo nikashika nafasi ya Mkuu wa Kituo, Kamanda wa Polisi wa Wilaya (kwenye wilaya mbili), Mkuu wa Kikosi cha Field Force, mpaka kufikia Ukamanda wa Polisi Mkoa (RPC). Nimeshawahi kuwa RPC wa Shinyanga na Simiyu pia.

Ukatili wa kijiinsia upo Tabora, ingawa kuna idadi ndogo ya kesi zinazoripotiwa kwetu. Hata hivyo, kama RPC, nahitaji kuendelea na mapambano dhidi ya vitendo hivi, na kuwatia moyo wananchi kuripoti matukio hayo. Na kwa upande wetu, nahakikisha timu yangu inatoa ushirikiano katika kupokea na kuchunguza taarifa, ili haki itendeke.

Lakini tuanzie mwanzo. Ngoja tujifunze ABC zangu za ukatili wa kijiinsia.



ABC chache za Ukatili wa Kijinsia!

A - ALL,
yaani wote katika jamii, wakubwa kwa wadogo, wameonesha kuwa wanaweza au ndio wanaofanya ukatili huu wa kijinsia. Mara nydingi ukatili wa kijinsia unatokea ndani ya familia na jumuiya, na hili ndilo mara nydingi hupelekeea manusura wa matukio haya kupata msukumo mkubwa wa kutoripoti. Baadhi ya wanaofanya matukio haya wako karibu sana na manusura kiasi cha kujenga mazingira ya ukimya kwa kuhofia matokeo ya kuripoti, hasa hasa pale mhalifu anapokuwa baba, mume au mtu ambaye familia inamtegemea.

Cha kushangaza, watoto nao siku hizi ni sehemu ya wanaofanya matukio haya. Ndiyo, watoto. Chini ya miaka 18, na hii inatisha sana. Inaonesha ni jinsi gani tatizo hili limejikita katika jamii na inaonesha kuna kitu hakiko sawa mahali. Ipo haja ya kuongeza nguvu ili kurekebisha tabia za watoto na vijana wadogo.

B - BEHAVIOUR.
Yaani Tabia. Tabia za wote wawili, wanaofanya matukio haya na wanaofanyiwa ni kipengele cha lazima kujadiliwa. Ukatili wa kijinsia ni tabia na siyo bahati mbaya. Ni mwenendo na siyo kuteleza. Hili ni muhimu kufahamu ili pale tunapomjua mfanya mambo kama haya, tunakuwa tukielewa kwamba atarudia tena na tena matendo ya ukatili wa kijinsia kama asipokamatwa au kiripotiwa.

Na kwa upande wa pili wa shilingi, tunahitaji kuangalia tabia za manusura wa matukio haya. Wanaweza kushawishiwa kwa rushwa. Mara nydingi, wao wenyewe au familia zao, wanapewa rushwa ili wasiende kuripoti polisi.

C - CORRUPTION.
Rushwa. Wakijaribu kumrubuni mtu kwenda eneo ambalo wanaweza kumfanya vitendo viovu, wafanyao ukatili huu mara nydingi hutumia rushwa. Wavulana wadogo na wasichana mara nydingi hudanganywa kwa vizawadi vidogo vidogo au ahadi nzuri nzuri ili kuwashawishi wamuache mtenda maovu awafanyie uhalifu. Hii imeonekana kuwa ni jambo la kawaida katika kesi tulizopokea. Rushwa hutumika pia baada ya mhalifu kujulikana. Baadhi ya manusura au wale wanaopaswa kuwatunza na kuwasaidia, hasa hasa kwenye matukio yaliyohusisha watoto wadogo, wanapokea rushwa kutoka kwa wahalifu, ili wasiende kuripoti au kuwashawishi wasiende kuripoti kwenye dawati husika.

D - DESK.
Dawati la Jinsia na Watoto. Maarufu kama Dawati, huwa linasimamiwa na maafisa wa polisi wataalam. Mchakato wa kuripoti ukatili wa kijinsia kwenye dawati ni rahisi na umenyooka. Kama mtu anahitaji kuripoti kesi ya ukatili wa kijinsia, anaenda kwenye kituo cha polisi cha karibu, ataelekezwa kwa afisa wa dawati la jinsia na watoto na afisa ataongea naye kwa faragha. Dawati linayo nafasi nzuri katika kujenga kuaminiana kati ya polisi na manusura wa matukio ya ukatili wa kijinsia, na hivyo kufungua njia mpya za kuweza kumaliza matukio haya. Lakini pia kwenye hospitali yetu ya Kitete, kipo kituo cha huduma jumuishi, maarufu kama Kituo cha Mkono kwa Mkono.

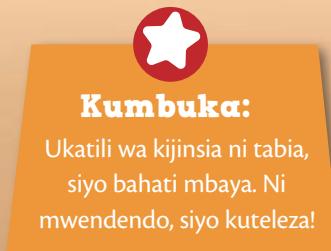
E - ENDING.
Kumaliza ukatili wa kijinsia kunahitaji ushirikiano. Kufanya kazi kwa ushirikiano na wadau wengine kunaongeza uwezo wa kutoa elimu dhidi ya ukatili wa kijinsia kwa umma, na pia kutoa mafunzo kutoka kwa wataalamu kama asasi za kiraia zilizobobea kwenye mambo hayo. Kwa kuongezea, ushirikiano huleta uchangishaji fedha wa pamoja ambao huwezesha kufadhilli vifaa na ujenzi wa vituo maalumu kama vile Kituo cha Mkono Kwa Mkono. Kitu cha muhimu zaidi kwenye ushirika huu katika kazi ni ushirikiano baina ya jamii na jeshi la polisi ili kujenga urafiki ambao utakomesha ukatili wa kijinsia.

F - FRIEND, NOT FOE.
Rafiki, si Adui. Mapolisi, ingawa mara nydingine wanakuwa wakali na kwa mamlaka wakitekeleza sheria, pia ni marafiki. Katika mkoaa wangu, sisi mapolisi tumejaribu kuongoza kwa mfano mapambano dhidi ya ukatili wa kijinsia kwasababu tuko mstari wa mbele. Kila tarehe 4 Machi huwa tunaadhimisha Siku ya Polisi na Familia kwa lengo la kulinda uhusiano chanya kati ya maafisa wa polisi na familia. Wadau mbalimbali huwa wanaalikwa na kunakuwa na matukio mbalimbali, ikiwemo uelimishaji kuhusu ukatili wa kijinsia.

Haya yote, na zaidi, yanatusaidia kuelewa na kutusaidia katika mapambano ya kutokomeza ukatili wa kijinsia.



Kukaa kimya ni kuruhusu uhalifu ukue. Toa taarifa.



Ukatili wa kijinsia ni tabia, siyo bahati mbaya. Ni mwendendo, siyo kuteleza!



FRIEND, NOT FOE

BY FEMINA TEAM

Gender-based violence (GBV) is a violation of human rights. In the past, we used to have an overwhelming number of cases of violence against women and girls only, however, incidences of violence against men and boys are now increasing. There are laws to protect survivors and would-be survivors from these violations, and that is where we, the police come in.

My name is Richard Abwao, I am the Regional Police Commissioner (RPC) for Tabora region. I am a 45-year-old, and a father of two. Prior to becoming the Regional Police Commissioner for Tabora, I held various posts over a 16-year duration. I began my journey of service as a police officer, and not long after that, I was promoted to Assistant Investigator, and then Investigative Police Officer. Shortly after, I was appointed Assistant Superintendent

and was soon promoted to Superintendent. I then held the posts of Officer Commanding Station (OCS), Officer Commanding District (OCD) in two districts, Officer Commanding Field Force Unit, till I became Regional Police Commander. I also served as RPC of Shinyanga and of Simiyu.

Gender-Based Violence is indeed present in Tabora, though the number of reported cases is low. Nevertheless, as the RPC, I need to continue the fight against GBV, and I encourage people to report cases. On our side, I ensure my team provides support in receiving and investigating the reported cases, so justice is done.

But let's all start at the beginning. Let's learn my ABC's of gender-based violence.



A few ABCs of GBV!

A – ALL

members of the society, both old and young, have shown that they can be, or usually are, the perpetrators of gender-based violence. Gender-based violence commonly occurs within families or communities, and this is what often pushes the survivors of gender-based violence into silence without reporting. Some perpetrators are so close to the survivors that they feel pressured to remain silent because they are afraid of the consequences, especially when the doers are husbands, fathers, or someone on whom the family depends.

Surprisingly, nowadays children are also among the perpetrators. Yes, children. Below the age of 18, and this is terrifying. It shows how entrenched the problem is, and it reveals that something is terribly wrong somewhere. It proves that there is a need for increasing interventions addressing the behaviour of children and young people.

B – The patterns of BEHAVIOUR of both the perpetrator and the survivor, are factors we should definitely discuss. Gender-based violence is a behaviour, and not a mistake. It is a habit, and not an error. This is important to know, so that once we learn of a perpetrator, we become aware that they will keep repeating the acts of gender-based violence, if not caught or reported. On the flip side of the coin, we need to examine the behaviour of the survivor.

The survivor can be influenced by the presence of corruption. Often times, they themselves or their families, are bribed so they do not report the case to the police.

C – When trying to lure a person/people to a location where the perpetrator can abuse them, CORRUPTION is often used. Young boys and girls are often offered small gifts or promises, to persuade them to allow the doer to commit their crime. This has



been found to be a common practice in many of the cases we have received. Corruption is also used once the perpetrator is identified. Some survivors, or those who are required to support them, especially in cases involving minors, accept bribes from perpetrators, so they either do not report, or influence survivors not to report at the relevant desks.

D – DESKS,

The Gender and Children's Desks, are supervised by specialized police officers. The process of reporting violence at gender desks is simple and straightforward. If a person needs to report a gender-based violence case and goes to a nearby police station, she/he will be directed to the gender and children's desk where an officer will speak to them privately. The gender and children's desks play an important role in establishing trust between the police and survivors of gender-based violence, opening previously unexplored paths to ending gender-based violence. Also at our regional hospital Kitete, we have a One Stop Centre where survivors can receive all required services in one place.

E – ENDING

Gender-based violence requires collaboration. Cooperating with other stakeholders increases our ability to provide anti-GBV education to the public, as well as provide training from experts such as civil societies who specialize in the subject. Additionally, cooperation leads to collective fundraising, which can fund tools and building materials for the construction of specialized facilities such as One Stop Centres. The most important collaboration, however, is that of the community and Police Force, so that we can establish a friendship, that can put an end to Gender-Based Violence.

F – FRIEND NOT FOE.

The Police officers, although sometimes strict and in charge of enforcing the law, can also be friends. In my region, we the police, try to lead by example in the fight against gender-based violence, because we are on the front line. On March 4, of every year, we hold a Police and Families Day, and the goal of this day is to maintain positive relationships between police officers and families. Various stakeholders are invited, several things happen, including providing education and awareness about gender-based violence.

All these and more, should better equip us to eradicate gender-based-violence.



MPENDWA ANTI



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

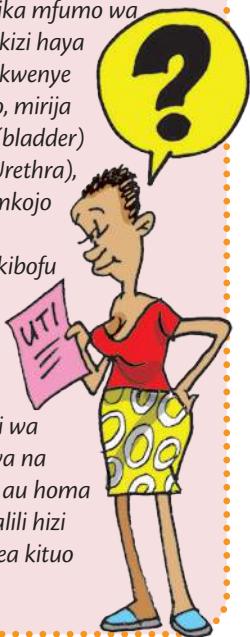
FEMINA HIP

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

Maswali yamekuwa yakimiminika kuhusu U.T.I. Ewaaaa! Naona mnayo chachu ya kufahamu zaidi kuhusu ugonjwa huu! Sawa basi vijana wangu, kilio chenu nimekisikia, leo tuongee U.T.I.

Mpendwa Anti shkamoo. Je, U.T.I ni nini? Asia A. Magonga.

Asante kwa SMS yako, U.T.I ni maambukizi katika mfumo wa mkojo. Maambukizi haya yanaweza kuwa kwenye kibofu cha mkojo, mirija inayotoa mkojo (bladder) kwenye kibofu (Urethra), mirija inayotoa mkojo toka kwenye figo kwenda kwenye kibofu (Ureter), au kwenye figo. Dalili zake zinaweza kuwa maumivu wakati wa kukojoa, kubanwa na mkojo kila mara au homa kali. Ukiwa na dalili hizi tafadhalii tembelea kituo cha afya.



Anti shkamoo. Hivi, U.T.I inasababishwa na nini? Ni mimi Rinna Baraka kutoka Serengeti.

Habari Rinna? Mnatunyima nini huko Serengeti? Nikirudi kwenye swali lako, U.T.I husababishwa na bakteria aina ya E. Coli japokuwa wapo bakteria wa aina nyingine wanaoweza pia kusababisha ugonjwa huu. Bakteria hawa kwa kawaida hupatikana kwenye mfumo wa chakula na wakihama toka kwenye mfumo wa chakula, hasa kupitia njia ya haja kubwa na kuingia kwenye njia ya mkojo, ndipo wanapoleta ugonjwa wa U.T.I.

Wanawake wana hatari zaidi ya kupata maambukizi ya U.T.I kutokana na kwamba mrija wa kutolea mkojo ni mfupi, na pia kwamba njia ya haja kubwa ipo karibu na njia ya mkojo, hivyo basi kuhama kwa bakteria hawa kunakuwa rahisi sana. Wenye magonjwa kama kisukari na matatizo ya figo nao pia wako hatarini zaidi.

Vichocheo vingine vya kitabia ni pamoja na kutokunyuwa maji ya kutosha, kukaa na mkojo muda mrefu na kutosafisha vizuri maeneo ya siri na usafi binafsi.



Mpendwa Anti, naitwa Susan kutokea Njombe. Swali langu ni je, msichana mwenye U.T.I akifanya mapenzi, kuna uwezekano wa huyo mvulana naye kupata U.T.I?

Habari Susan? Bakteria wanaosababisha U.T.I mara nyingi ni wale ambaao wako mwilini na kwa kawaida hawana madhara, hadi pale watakapoingia kwenye njia ya mkojo. Pia fahamu kuwa kwa mwanamke njia ya mkojo ni tofauti na uke. Hivyo si rahisi kwa mwanaume kuambukizwa U.T.I na mwanamke kwa kupitia ngono. U.T.I si ugonjwa wa ngono.



Shkamoo Anti, mimi naomba kuuliza. Hivi maumivu chini ya kitovu yanaweza kuwa ni dalili ya U.T.I?

Japokuwa dalili za U.T.I mara nyingi ni maumivu wakati wa kukojoa, kukojoa mara kwa mara huku ukipata kiasi kidogo cha mkojo, ambaao unaweza kuwa na harufu kali pamoja na homa kali, wapo baadhi ya watu, hasa wanawake, ambaao wanaweza pia kuwa na maumivu chini ya kitovu. Hasa eneo la nyonga. Kumbuka pia yapo magonjwa mengine yenye dalili kama hizi, hivyo kufika kituo cha afya kutasaidia kuthibitisha kama tatizo lako ni U.T.I au la, ili upatiwe tiba sahihi.



Mpendwa Anti shkamoo. Je, ukiwa mjamzito na ukapatwa na ugonjwa wa U.T.I, mtoto atapata madhara gani?

Habari? Mama mjamzito akipata U.T.I na asipotibiwa kwa wakati au kwa usahihi, anaweza kupata madhara yeye mwenyewe na mtoto wake pia. Mfano, anaweza kujifungua kabla ya wakati na kupata mtoto njiti (premature). Pia anaweza kupata mtoto mwenye uzito mdogo sana, hata kama atafikisha miezi yote tisa. Madhara mengine ni pamoja na kuongeza uwezekano wa kupata changamoto za figo na pia shinikizo la damu wakati wa ujauzito na hata upungufu wa damu. Ni vema mama mjamzito kunywa maji ya kutosha na kuwahi katika kituo cha afya mara tu anapoona ana dalili zozote za U.T.I au magonjwa mengine.



ANTI COS ANAJIBU MASWALI YENU

Habari Anti? Tatizo langu ni kwamba mimi nasumbuliwa sana na ugonjwa wa U.T.I. Kila nikipewa dawa hospitali natumia napata nafuu lakini baada ya siku chache hali hiyo inajirudia tena. Nifanyeje ili nipate afya nzuri? Ni mimi Pili kutoka Ngasamo, mkoa wa Simiyu wilaya ya Busega.

Mpendwa Pili, pole sana kwa tatizo. U.T.I. inaweza kujirudia rudia kutokana na sababu mbalimbali. Hali hii huwapata hasa wanawake kutokana na maumbile yao, kwani njia ya mkojo iko jirani sana na njia ya haja kubwa, hivyo ni rahisi kwa vijidudu kutoka kwenye njia ya haja kubwa na kuingia kwenye njia ya mkojo – hasa ikiwa mwanamke huyu hujisafisha kutoka nyuma kwenda mbele baada ya kujisaidia.

Sababu nyingine zinazoweza kusababisha kujirudia rudia kwa ugonjwa wa U.T.I ni pamoa na uwepo wa magonjwa mengine kama ya figo, kisukari, au mabadiliko ya homoni hasa kwa akina mama wanaofikia ukomo wa hedhi. Ni vema kuonana na daktarin na kujuu ni kwa nini U.T.I. inajirudia? Kufanyiwa uchunguzi kuona kama kuna magonjwa mengine ikiwemo magonjwa ya ngono ili upate tiba sahihi.

Pia unaweza kuongeza usafi maeneo ya siri kwa maji safi na sabuni ya kawaida isijo na madawa, angalau mara mbili kwa siku. Hapa nisisitize, kwa wanawake si salama kujisafisha kwa sabuni ndani ya uke, safisha kwa rje tu. Kujifuta kutokea mbele kwenda nyuma ni njia nyingine ya kuzuia U.T.I. Kunywa maji angalau lita mbili kwa siku.

Kwenda kujisaidia kila mara unaposhikwa na haja ndogo. Wanaume wanaopata U.T.I mara kwa mara pia wanashauriwa kufanya kipimo cha tezi dume.

Habari Anti? Naitwa Farida kutoka Tanga. Swali langu ni kwamba U.T.I inaweza kumpelekea mwanamke kukosa hedhi?

Mpendwa Farida, hakuna uhusiano wa moja kwa moja kati ya U.T.I na hedhi. Lakini kwa ujumla changamoto za kiafya zinaweza kuathiri utendaji kazi wa mwili, hasa pale U.T.I inapokuwa haijatibiwa muda mrefu na inaleta athari kwenye figo, kuleta sumu mwilini, kuathiri uzalishaji wa homoni na hivyo kuvuruga hedhi.



Anti, je, U.T.I inasababisha kukosa uzazi?



Japokuwa U.T.I pekee si chanzo cha ugumba kwa wanawake au wanaume, maambukizi kwenye via vya uzazi yanaweza kuwa na athari tofauti tofauti. Uwepo wa U.T.I na magonjwa mengine yanaweza kuleta athari zaidi, hasa kwa wanaume ambao njia ya mkojo ndio hiyo hiyo hupitisha mbegu, hivyo kama U.T.I isipotibiwa, inaweza kuingia kwenye mirija ya mbegu na kwenye tezi dume ambako inaweza kuathiri ubora na usafirishaji wa mbegu. Kwa wanawake si rahisi kuleta athari za moja kwa moja kwenye uzazi kwani njia ya mkojo ni tofauti kabisa na mfumo wa uzazi, japokuwa kuna athari kwa mama mjamzito akiwa na U.T.I.

Mpendwa Anti, je, tatizo la kupiga punyeto linaweza kusababisha U.T.I? Na je, naweza kuachaje? Richard Leonard kutoka Masasi.

Habari Richard? Punyeto ikifanyika kwenye mazingira ya uchafu na kuingiza bakteria kwenye njia ya mkojo, inaweza kusababisha U.T.I. Hii ni zaidi kwa wanawake. Ili kuacha punyeto unapaswa kuwa na nia ya dhati na kisha nidhamu ya kuhakikisha maamuzi yako yanatekelezwa. Jaribu kutambua vichocheo vya punyeto kwako ni vipi? Je, ni kukaa peke yako? Kutokuwa na malengo au shughuli ya kufanya? Picha za ngono? Ukipshabainisha vichocheo hivyo, epukana navyo kabisa kisha tumia muda wako vizuri ili kutimiza ndoto zako. Ukiwa na nia ya dhati utafanikiwa.



Mpendwa Anti, mimi naitwa Vanesa Elly kutoka Manyara na nipo kidato cha nne. Anti, nasumbuliwa sana na mwasho sehemu za siri na nimetumia dawa za U.T.I lakini haijasaidia. Nifanyeje?

Mpendwa Vanesa, kuwashwa sehemu za siri si mojawapo ya dalili za U.T.I, bali inaweza kuwa ni dalili ya ugonjwa wa fangasi, magonjwa ya ngono au magonjwa mengine. Tafadhalifika katika kituo cha afya kilicho karibu nawe, ili upate ushauri wa daktari na tiba sahihi. Kumbuka kuwa magoja katika via vya uzazi yasipotibiwa mapema yanaweza kuleta athari za kudumu.



MUULIZE ANKO PESA!



Una maswali lukuki kichwani mwako? Unataka kuwa mjasiriamali lakini hujui pakuanzia? Unaogopa kujitosa katika biashara? Biashara inakwenda mrاما? Una senti mbili-tatu lakini hujui uwekeze wapi? Una maswali kedekede kuhusu mambo ya mshiko? USITAABIKE! Uliza ujibiwe na ANKO PESA, mtaalam wetu wa masuala ya ujasiriamali!

Shkamoo Anko Pesa. Mimi naitwa Aloyce kutoka Mwanza. Je, nifanye biashara gani ili nijikwamue kimaisha? Nina laki mbili tu na ufaulu wa darasa la saba.

Marahaba Aloyce. Kujikwamua kimaisha haishindikani eti kwa sababu una elimu ya darasa la saba. Hicho siyo kikwazo hasa ukizingatia kwamba unajua kusoma na kuandika, kwahiyu unaweza kujideleza kielimu na kifkra. Biashara unayoweza kuanza kwa kutumia hiyo laki mbili uliyo nayo, inategemea na mambo unayopenda kufanya, fursa zilizopo hapo ulipo na namna ambayo unaendesha maisha kwa sasa.

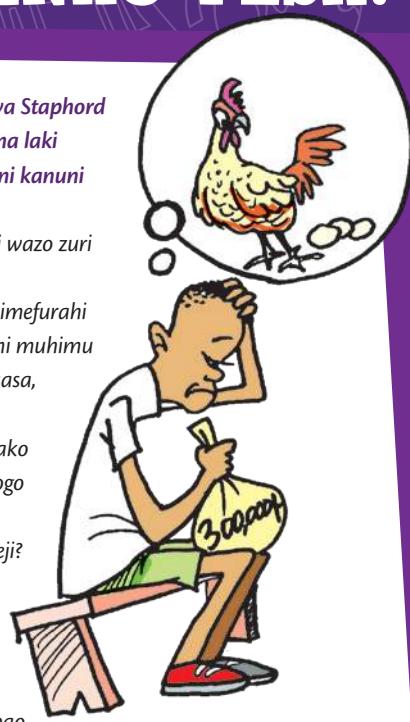
Kwa mfano, kama unakaa kwa wazazi au ndugu, ni fursa gani iliyo karibu nawe, au shughuli gani utakayotaka kufanya kama haitawakwaza au kuingiliana na ratiba za hao unaowategemea.

Nakushauri uwe mwenye subira kwanza. Jinge, na wajasiriamali walio karibu yako ili kujifunza na kushirikiana na pia kuweza kuona fursa zaidi. Ushirika huo utakuwa pia msaada kwako. Hapo mnaweza hata kuunganisha mtaji na kufanya jambo kubwa zaidi.

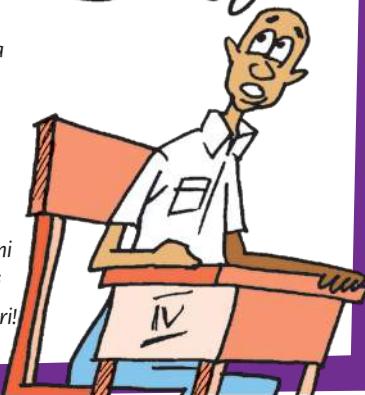


Anko Pesa pole na kazi. Kwa majina naitwa Staphord kutoka Kagera. Naomba ushauri wako; nina laki tatu na ningependa kufuga kuku lakini sioni kanuni yoyote ya ufugaji. Je, nifanyeje?

Ahsante sana Staphord. Ufugaji wa kuku ni wazo zuri sana kwa kuwa kuku ni moja ya vitoweo vinavyopendwa sana, kwa hiyo soko lipo. Nimefurahi kuona kwamba unatambua kuwa kanuni ni muhimu katika kuanzisha biashara yoyote, na kwa sasa, umekiri kwamba hauzifahamu kanuni za biashara ya kuku. Kabla ya kutumia hela yako kuanza ufugaji, ni vema kufanya utafiti kidogo ujue namna nzuri ya kufuga kwa mazingira ya Kagera. Ujue ni kuku wa kisasa au kienyeji? Kwa ajili ya mayai au nyama? Gharama za vyakula, chanjo, matibabu na vibanda. Kabla ya kufuga ni vema pia ukatafuta kuonana na mtaalamu wa kilimo na ufugaji karibu yako na baadhi ya watu ambao wanajishughulisha na ufugaji wa kuku ili kujuu changamoto na faida tarajiwa.



Anko Pesa, pole kwa kazi na hongera kwa kulisongesha gurudumu la vijana wa Fema. Mimi ni mwanafunzi wa sekondari Nyahanga Kahama Shinyanga. Swali langu kubwa ni kwamba, nataka baadae nije kuwa mfanyabiashara mkubwa wa magari ndani na nje ya nchi. Je, nifanye nini ili niweze kuyafikia hayo malengo? Ahsante sana kijana wangu, na wewe pia hongera kwa kuwa na malengo. Biashara ya magari inalipa, na pia ni fursa nzuri kwa nchi yetu kwa kuwa tunazo bandari. Kuingiza magari ambayo yataweza kuuzwa hata nchi za jirani ambazo hazina bandari, ni biashara yenyefaida sana. Kwa kuanzia unaweza kujenga uhusiano na kampuni au shirika linalouza magari au kutengenza magari na pia kusoma mtandaoni au katika majorida mbalimbali kuhusu magari ili uwe na uelewa wa magari. Haya unaweza kuyafanya wakati wa likizo. Pia anza kufuatilia fasheni za magari pendwa na mapenzi ya wanunuizi. Ukimaliza shule unaweza kuanza biashara bila mtaji kwa kuijunganisha na makampuni ya wauza magari kama wakala, unawatafutia wateja wa magari na hapo utanza kupata hela kutokana na mauzo ya magari. Kwa kujenga biashara namna hii unaweza kukua na kufikia malengo yako. Pia kuna sheria zinazoongoza biashara kama hii, kwa mfano fuatilia Mamlaka ya Mapato Tanzania ujue ni vigezo gani na masharti unatakiwa kuwa navyo ili upewe leseni ya biashara, kwa mfano kuna kusoma kozi fupi ili upate uelewa wa mambo ya kodi. Kila la kheri!



ANKO CHRIS ANAJIBU MASWALI YENU

Anko Pesa shkamoo. Naitwa James Wambula wa Musoma. Nina kuku wangu wawili nataka kuwaendeleza ila nashindwa nitafanya je. Naomba ushauri.

Marahaba James Wambula. Hongera kwa kuku wako wawili. Kaya nydingi hapa nchini hujihisisha na ufugaji wa kuku kwa lengo la kujipatia chakula na kipato. Mazao yatokanayo na ufugaji wa kuku ni pamoja na mayai, nyama, mbolea na manyoya kwa ajili ya matumizi mbalimbali. Kuwaendeleza inawezekana kabisa hasa ukijipa muda na kuwekeza kidogo kwenye kuwalea. Ufugaji wa kuku utakuwa endelevu na wenye tija kwa kufuata kanuni za ufugaji bora zifuatazo: (1) Kufuga kuku kwenye banda bora; (2) Kuwa na kuku bora wa kufuga (3) Kutunza na kulisha kuku kulingana na hatua mbalimbali za ukuaji (4) Kudhibiti na kutibu magonjwa ya kuku na (5) Kutunza kumbukumbu. Naamini ukitafuta kuongea na mtaalamu wa ufugaji kuku hapo Musoma atakupa ushauri zaidi jinsi ya kuwfuga. Pia unaweza kuangalia namna ya kushirikiana na mfugaji mwagine kwa makubaliano maalumu ili kuku wazaliane kwanza huko na uwachukue wakishaongezeka. Kumbuka kuwa, hata mbuyu ulianza kama mchicha.



Anko Pesa mimi ni Aman kutoka Mwanza. Hongera kwa kazi kubwa ya kuelimisha jamii. Swali langu ni kwamba, nimesikia masuala ya kufanya kazi online na unalipwa kama kazi nyingine. Lakini, mbona sijawahi kuona kazi kama hizo zikitangazwa mitandaoni? Je, kuna ukweli wowote katika hili. Asante Ahsante Aman kutoka Mwanza. Ukweli ni kwamba, dunia imekuwa na itaendelea kuwa ya kidigitali zaidi. Kila kitu kinahamia mtandaoni kwa mfano mawasiliano, kazi, na hata biashara. Hii inatokana na maendeleo ya teknohama. Kadri siku zinavyokwenda watu wote watajikuta wanao uwezo wa kufanya kazi mtandaoni na wakalipwa. Kwa jiji kama Mwanza ambapo mitandao ya mawasiliano imekaa vizuri, unaweza kutafiti kupitia intaneti ukaona namna ambavyo unaweza kutumia fursa hizi. Teknohana imenegeza wigo wa kazi na biashara kwa sababu inakufanya usitgemee soko la ndani tu bali hata nje ya nchi huku ukiwa hapo hapo nyumbani kwako. Nakushauri utembelee tovuti kama www.google.com, au www.youtube.com ambayo ni tovuti unayoweza kutafuta aina yoyote ile ya biashara, na ukapata maelezo yake kwa kina. Zipo pia tovuti kama www.kupatana.co.tz, au www.jiji.co.tz, ambazo ni tovuti za hapa hapa Tanzania, zitakazoweza kukupa mwanga wa jinsi ya kufanya biashara mtandaoni.



Habari! Mimi ni kijana ambae nimehitimu kidato cha nne mwaka jana. Nilifaulu lakini sikuweza kuendelea na masomo kutokana na changamoto ya fedha lakini hapa nilipo ninayo elfu hamsini. Naomba unishauri, ni biashara gani ambayo inaweza ikanifaa kulingana na fedha yangu? Habari kijana wangu. Pole kwa changamoto zilizokwamisha kuendelea na masomo yako. Usife moyo kwa sababu hujawea kuendelea na masomo. Kwamba umehitimu kidato cha nne na umefaulu ni kitu chema sana kwa sababu bado nafasi ya kuijiendelea kimasomo itatokea tu. Tumia changamoto hizo kama nguvu ya kukuhamasisha kupambana zaidi kimaisha. Elewa kwamba pesa peke yake siyo mtaji wa kukuinua. Unahitaji pia hamasa, malengo, mtazamo chanya wa maisha, ujuzi au kipaji chako kutokana na biashara au shughuli unayotaka kufanya n.k. Elfu hamsini inaweza kabisa kukuanzisha katika njia ya mafanikio lakini inabidi ujue namna ya kuanza kutokana na mahali ulipo na fursa zilizopo. Fanya utafiti wa biashara ndogo ndogo zilizopo katika kijiji au mkoaa wako, kisha orodhesha zile unazona zina faida. Baada ya hapo, tafuta waliopo tayari katika biashara hiyo, ujifunze mawili matatu kutoka kwao.



Anko Pesa, eti sungura wana soko?

Kabisa kijana wangu! Sungura wana soko. Ufugaji wa sungura ni aina moja ya ufugaji rahisi nawenye tija. Ufugaji huu bado haujawa maarufu sana. Wengi wanafuga kwa mapenzi tu au mapambo na siyo kama shughuli ya kuingiza kipato. Lakini iwapo wanyama hawa watafugwa katika mazingira ya usafi na kulishwa vizuri, biashara ya sungura huweza kukua haraka na kumpatia tija kubwa mfugaji. Faida za ufugaji wa sungura ni pamoja na: Nyama – Japokuwa faida kubwa ya ufugaji huu ni nyama, bado ulaji wa nyama ya sungura siyo maarufu nchini kama ilivyo sehemu nyininge ulimwenguni. Hata hivyo kuna ushahidi wa kitafiti unaoonyesha kwamba hivi sasa kuna baadhi ya hoteli nchini hupendelea zaidi nyama ya sungura kuliko kuku. Mikojo – Mikojo ya wanyama hawa huwa na kemikali za ammonia na uric acid. Mkojo huu huweza kuchachuliwa (diluted) na maji kwa uwiano wa 1:7 na kutumiwa kama dawa ya kudhibiti ukungu (fungicide) kwenye mimea mashambani. Mkojo pia unaweza kutumia kama kirutubisho cha majani kwenye mmea kwa kuwa na kemikali ya ammonia. Samadi – Samadi itokanayo na mnyama huyu huwa na wingi wa madini ya Nitrogeni na Phosphorus ambazo licha ya kuwa ni virutubisho muhimu vya ardhi pia husaidia kudhibiti mashambulizi kwenye mimea yanayosababishwa na wadudu na bakteria wa aina mbalimbali. Nakushauri utembelee vikundi vya wajasiri mali wafugaji, wanao uzoefu na hakika utawezza kupata maelezo zaidi ya ufugaji bora wa sungura na jinsi ya kuyafikia masoko ili kupata faida. Hongera sana kwa wazo la kipekee kwa kuwa sio wengi wanaolifkiria!





Mambo vipiii? Ni wakati mwingine tena tunakutana kwenye ukurasa wetu pendwa na kufahamu yaliyojiri katika mitandao yetu ya mawasiliano.... Hii ni sehemu tunapojoimwayamwaya na kupaza sauti zetu. Zamu hii wadau wa mitandaoni wamewafunika wenzao wa sanduku la barua na email, ila, usikonde, unaweza kutuma huko pia; barua pepe info@feminahip.or.tz na S.L.P 2065 Dar. Kwenye mitandao ya kijamii; Facebook, Instagram na twitter kote huko piga hodi @feminahip.

Message kabambe za Big Up!



Michael Nakuchima



Hongereni sana Femina Hip kwa elimu mnayoitoa! Mimi nashauri muwe mnazitembelea sana shule za pembezoni pamoja na ile mikoa na wilaya ambayo kielimu zaidi ipo chini kama vile mlivyoanza kwa wilaya ya Mafia. Karibuni na Rufiji #Mlipotupo!

Jackson Jamec



Ujumbe wangu ni kuwa Fema clubs zisikae tu mashulen! Naomba muanzishe na kutoa elimu kwa vijana wa mtaani ili na wao wafanikiwe kuunda Fema clubs zao wenyewe ambazo zitawasaidia kupata na kujua fursa za maendeleo.

Elikana Aron



Big Up sana FEMINA HIP! Mimi niko Tukuyu na ninapenda sana kusoma majarida ya Fema maana ndani yake napata elimu na burudani kabambe... Fema Pambeeeeeeee....

Beatrice kutoka Singida



Hellow! Big up sana Fema. Kazi yenu ya kuelimisha jamii nimeikubali hatari.

John wa Karatu



Big up sana Fema! Kazi zenu za kuelimisha jamii ni bomba sana!

Kona ya Maswali na Majibu



Swali: Je, ni biashara gani unayo ogopa kufanya kwa kuhofia hasara?



Xavery

Hakuna biashara isiyo na hasara! La muhimu ni kufanya utafiti kuhusu biashara hiyo ili hasara isizidi faida wala mtaji.



James Chitemo

Biashara ina mambo mengi! Ukianzia kwenye wazo lenyewe la biashara, lazima liwe bora. Swali la kijulizi ni je, unajuaje kuwa wazo lako la biashara ni bora? Ni muhimu kufanya utafiti ili kupata jibu la swali hili.

Kinachofuata ni mpango wa biashara (Business Plan). Hii inakupa muongozo wa vitu vya kufanya kwa mfano: (1) Utauza nini? (2) Utamuuzia nani? (3) Mteja yuko wapi? (4) Ana umri gani? (5) Tabia zake za manunuzi ni zipi na anapendelea nini kwa muda gani?

Mwisho, unahitaji watu wa kufanya nao kazi ili utele matokeo katika biashara yako. Je, utatumia njia gani? Hii ni kwa kifupi sana, nitaeleza zaidi nyakati zijazo!

Swali: Ni nani unayeweza kumuamini na namba zako za siri za MPESA au za kadi ya benki?

Selemani Mbonde

Inategemea... Kama akaunti inakaa na pesa ndogo ndogo, nitamuamini mtu yoyote, lakini kama ni pesa nyingi hata benki yenyewe siiamini!

Leinh De Drm Gal

Mimi nitamuamini yoyote yule alienambia na ya kwake pia.

Gilbert Mushi

Wakumuamini ni Mungu wa mbinguni tu!

Lucas Thomas

Kwa upande wangu, mimi mke wangu nimempa password zangu zote za benki na za simu zangu zote. Yeye pia amenipa za kwake na maisha ni mteremko balaa!

Teddy Sebarua

Acheni utani basi! Hakuna wa kumuamini!

Mwalimu Poul Ng'humba

Mama watoto na mdogo wangu, hao nawatuma kabisa wakanichukulie hela

Vichekesho/Message za Burudani!

Benedicto

Kwa kusema kweli, bila kwenda kinyume na itifaki, bila kukiuka uhuru wa kujieleza na bila kupoteza muda; na kwa kuzingatia uwezo wangu wa kiakili na ujizi wangu mkubwa kimbinu na kimawazo tangu mwanzo wa wakati hasa katika lugha ambayo kila mtu anaielewa... nimefikia hitimisho dhahiri na la kina kabisa kwamba sina la kusema. Ahsanteni

WASILIANA NA FEMINA



WEBSITE

www.feminahip.or.tz



FACEBOOK

Femina Hip



TWITTER

@feminahip



INSTAGRAM

@feminahip



YOUTUBE

@feminahip



ANUANI YA POSTA

Femina Hip
S.L.P 2065, Dar es Salaam, Tanzania



EMAIL

info@feminahip.or.tz



TELEPHONE

+255 222 700 742

SMS 0753003001

Tuma SMS kwenda **0753003001**
kuwasiliana nasi!



4

QUALITY EDUCATION



3

GOOD HEALTH
AND WELL-BEING



5

GENDER EQUALITY



10

REDUCED
INEQUALITIES



16

PEACE, JUSTICE
AND STRONG
INSTITUTIONS

Jamani mko tayari kumjua mkali wa Chalenji namba 33 iliyokwenda kwa jina

“CHALENJI NIKUCHALENJI”?



Haya sasa!!! Tuwakaribishe washindi wa Chalenji hiyo kwa wimbo matata unaovuma kwa sasa uliombwa na msanii pendwa Zuchu...

♪Rakata, rakata, rakata, rekete, rekete, rekete, rikiti, rikiti, rikiti, rukutu!♪

Kwa bashasha na vigelegele; Tunapenda kuwatangaza **RWEMONDO FEMA CLUB** kuwa washindi wa Chalenji namba 33!!!

Je, tuwakumbushe kuwa hii chalenji ilikuwa inataka tufanye nini? Poa. Ni hivi, hii chalenji ilihitaji mjitungie Chalenji yenu wenyeewee, kwa ufupi mjimwae mwae. Kali zaidi, chalenji hiyo ilitakiwa iwe ambayo haijawahi kutokea katika jarida la Fema. Hatari faya, au sio?! **Hongereni sana Rwemondo Fema Club!**

Tujifunze kidogo

Kwanza, wazo lao walilipa jina la “CHA KAZI GANI, NITAKIPATA LINI” na katika chalenji hiyo, Rwemondo Fema Club wakabuni wazo la kubadilisha taka kuwa chanzo cha pesa. Walianza kwa mjadala matata juu ya suala zima la athari na faida ya kutumia taka ngumu kupata pesa, na baada ya mjadala huo, walikusanya taka ngumu zilizopo katika mazingira ya shule na kwenda kwenye eneo la kazi la baba mmoja ajulikanaye kwa jina la Dauda Idd maarifu kama Chakalika. Baada ya kufika walimuuzia taka na wakapata bonus kwa kujua faida, changamoto na matumizi makubwa ya taka hizo. Rwemondo Fema Club wakapata pesa kwa mzee Chakalika na mpaka kesho wanaendelea kuuvuta mpunga. Kwa kweli walijichalenji na chalejni waliweza kweli kweli.



Special shout out!

Tunapenda kutoa special shout out kwa Iringo Secondary School! Mbali na kufanya chalenji yao, kutuma report iliyoshiba picha, pia walirecord chalenji nzima kutoka mwanzo hadi mwisho wakaweka kwenye CD na kuituma kutoka Musoma, Mara, mpaka kwenye Makao Makuu ya Femina Hip, Dar es salaam. Sisi kama team ya Femina Hip tumefurahi sana na tunawashukuru. Good Job!

CHALENJ N°35

Piga Selfie!

Deadline yetu ni
April 28, 2023
na washindi watatamba
kwenye tolea la 66.
KILA LA KHERI!

Wuuu.....jina linavutia au sio? Sasa hii chalenji tunaenda kidigitali zaidi!!! Tumesoma jarida letu, tumeona ni jinsi gani kila mtu anahitaji kuwa mstari wa mbele kupinga ukatili wa kijinsia unaotokea katika mazingira tunayoishi ili jamii yetu iwe ni sehemu salama kwa watu wote kuishi.

Chalenji yetu hii inawahitaji kuwashawishi watu wengi shulen na kwenye jamii waweke nadhiri ya kupinga ukatili wa kijinsia. Baada ya mtu kukubali kuweka nadhiri, aandike kwenye karatasi “Napinga ukatili wa kijinsia” na kisha apige selfie kabambe katika pozitif huku maneno yakionekana na kusomeka vizuri. Baada ya hapo, mtutumie hizo picha mkiainisha jina la mhusika, jina la Club pamoja na jina la shule! Shule itakayokuwa na nadhiri nyingi zaidi wataibuka washindi. Let's gooooooo!!!!!!

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



Karibu kwenye Compete and Win!!! Kwanza kabisa, hongera kwa kusoma kurasa zote za Fema 64. Tunacmini umejifunza mengi sana, juu ya ukatili wa kijinsia! Sasa unaingia ukurasa wa mwisho ingawa sio mwisho kwa umuhimu. Lile shindano lenu kabambe, lipo kama kawa. Ni namna rahisi kabisa ya kujinyakulia Tshirt bomba kutoka Femina Hip! Kumbuka, majibu ya maswali yote yanapatikana humu, hivyo ni rahisi mpaka basi!

Jinsi ya kushiriki:

- * Mtu yeote anaweza kushiriki shindano hili.
- * Ni shindano la mtu mmoja mmoja.
- * Andika maswali na majibu yako katika karatasi nyingine, sio kwenye ukurasa huu.
- * Unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta (angalia mawasiliano yetu mwanzo wa toleo hili).
- * Hakikisha unaweka anwani yako ya barua na ikiwezekana weka namba yako ya simu.
- * Washindi ishirini (20) watachaguliwa na kila mshindi atajinyakulia fulana kutoka Femina Hip!

Changamka!

Washindi wa toleo la 63 ni:

1. SABINA FRANCIS LYAKI - MATOMBO SEKONDARI
2. JOSEPH ISACK – NYAMALIMBE SEC SCHOOL
3. WATSON JACKSON – KYIMO SEC FEMA CLUB
4. SHABANI HASSAN - UKENYENGE SECONDARY SCHOOL
5. WINIFRIDA KELVIN – DR.SHEIN FEMA CLUB
6. ANGELA KAMANZI – RUGU SEC SCHOOL
7. ELIA JOEL – NYEHUNGE SEC SCHOOL
8. ASUMTHA JANUARY – LITEMBO SEC SCHOOL
9. ANICIA CHARLES – MWAMASHELE SEC SCHOOL
10. JOYCE MARTIN – MWAMASHELE SEC SCHOOL
11. AMAN BRYSON – KYIMO SEC FEMA CLUB
12. CLEOFAS LIBERATUS – RUSABA SEC SCHOOL
13. TANDIKA SALALA – NAMBINZO SEC SCHOOL
14. ESTER DENIS TULI – MWAMASHELE SEC SCHOOL
15. LOYCE DAUD – MWAMASHELE SEC SCHOOL
16. SCHOLASTICA PAUL – MWAMASHELE SEC SCHOOL
17. STELLA JOSEPH – MWAMASHELE SEC SCHOOL
18. ZAITUNI ISSA HAMIS – ISSEKE SEC SCHOOL
19. BERIA BWIRE - MLOWA SEC FEMA CLUB
20. LATIFA MACHIRA – BUKURA SEC SCHOOL

**MAJIBU YA
TUMWE KABLA
YA MACHI 31, 2023**
Angalia mawasiliano yetu ukurasa wa mwanzo wa toleo hili.
Washindi watatangazwa katika toleo no 66.
**BASI TUJIPIME AKILI
KIDOGO**

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



Shindano letu ndani ya Fema 64 linahusu Aina za ukatili wa kijinsia. Tafuta aina zote za ukatili wa kijinsia zilizoorodheshwa ndani ya jedwali letu na kwa kila neno unalolipata, zungushia duara ili lisomke, kama mfano uliotolewa kwenye RAPE unavyoonesha. Ukitanipa kuyapata yote kumi (10), utakuwa umetisha sana! **Kila la kheri kwenu wote!**

Je, niwapendelee??? Haya basi, wanaFema watatu (3) watakoweza kufafanua walau aina tano za ukatili wa kinjisia, na kuziambatanisha pamoja na majibu yao, watapata nakala tano za toleo la jarida la Fema walilopenda!!!

FRIEND,
NOT FOE



femina
hip

SI MCHEZO!