

HEALTHY ADOLESCENCE

AFYA NJEMA KIPINDI CHA UJANA BALEHE



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Author / Mtunzi: Marni Sommer, Sylvia Kaaya,
Samuel Likindikoki, Leonida Ngongi,
Lusajo Kajula and Allison Carney.

Illustrator / Mchoraji: Abdul Gugu

Translator / Mfasiri: Richard Mabala &
Annagrace Rwehimbiza

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AFYA NJEMA

KIPINDI CHA UJANA

BALEHE



This book contains real stories been written by Tanzanian adolescent girls and boys who shared their experiences.

Kitabu hiki kina simulizi na shuhuda za kweli ambazo zimeandikwa na vijana balehe wa Kitanzania, wakike na kiume kuhusu maisha ambayo wamepitia.

This book is for 15-19 year old Tanzanian youth. This book should be read after:

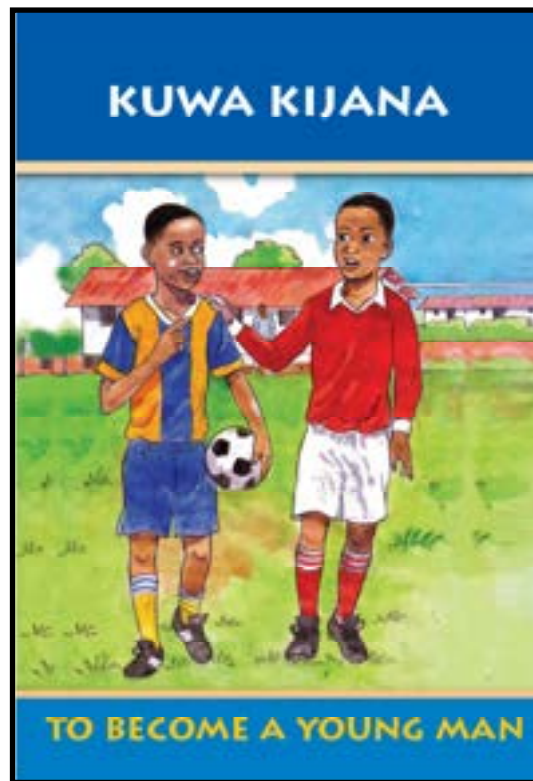
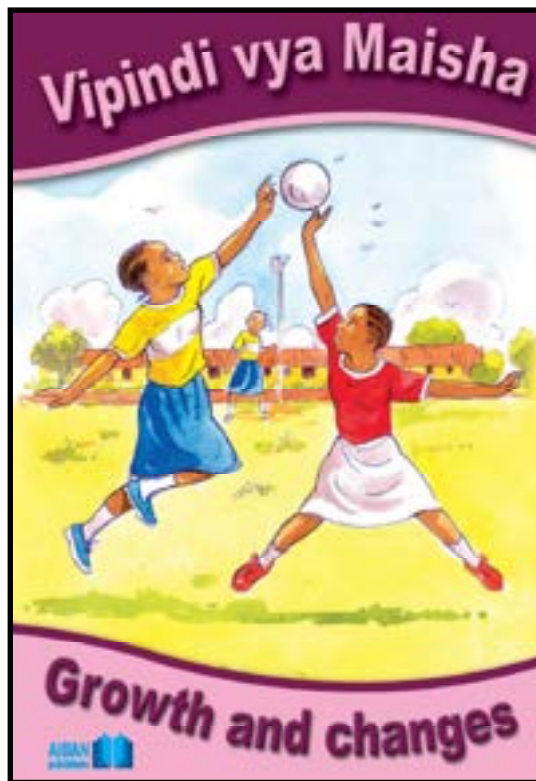
- Vipindi Vya Maisha - (Growth & Changes)
- Kuwa Kijana - (To become a young man)

Vipindi Vya Maisha & Kuwa Kijana are for 10-14 year olds.

Kitabu hiki ni maalumu kwa vijana wa Kitanzania wenye umri wa kati ya miaka 15 – 19. Kitabu hiki kisomwe baada ya kusoma machapisho yafuatayo:

- Vipindi vya Maisha
- Kuwa Kijana

Vipindi vya Maisha na Kuwa Kijana ni kwa umri wa miaka 10-14.



Your changing bodies

Girls and boys experience many physical changes as they become young adults. It is important to understand what is happening in your bodies.

Girls:

- Are learning to manage monthly bleeding (menstruation).
- Are adapting to larger breasts, wider hips and a smaller waist.
- Are adjusting to new hair growing under arms and in the pubic area.

Boys:

- Are learning to manage having wet dreams at night.
- Are adjusting to wider shoulders and chest, stronger muscles, a deeper voice, and new hair growing under arms and in the pubic area.
- Are learning to shave or manage new facial hair (or beard).
- Are adjusting to having erections and ejaculation of sperm.

Mabadiliko kwenye mwili wako

Wasichana na wavulana hupitia mabadiliko mengi ya kimwili wanapoanza kuwa watu wazima. Ni muhimu kuelewa na kutambua mabadiliko yanayotokea kwenye mwili wako.

Wasichana:

- Wanajifunza kumudu hedhi zao.
- Wanaanza kuzoea ukubwa wa maziwa yao, nyonga pana na kiuno chembamba.
- Wanaanza kuzoea nywele kukua kwapani na sehemu za siri.

Wavulana:

- Wanajifunza kumudu ndoto nyevu.
- Wanaanza kuwa na mabega mapana na kifua, misuli imara, sauti nzito na kukua nywele kwapani na sehemu za siri.
- Wanajifunza kunyoa au kuhudumia nywele zinazoota kwenye kidevu (ndevu).
- Wanaanza kuzoea suala la kudindisha na kukojoa au kumwaga manii.

Girls and boys experience many new emotions as their bodies are changing. The body's hormones cause them to feel many strong emotions, from sadness to joy to embarrassment to anger. This is all normal.

Girls sometimes feel sad or short of temper just before or when their monthly menstruation begins. Boys sometimes feel embarrassment or shame when they cannot control their wet dreams or erections.

Girls and boys should accept and support each other and understand that they are both experiencing new and very natural emotions.



Wasichana na wavulana hupata hisia nyingi mpya kadiri miili yao inavyobadilika. Homoni ndani ya miili huwafanya kusikia hisia nyingi kwa nguvu sana, kutoka kwenye huzuni mpaka furaha, kutoka kwenye kusikia aibu mpaka kuwa na hasira. Hii yote ni kawaida.

Wakati mwingine wasichana hujisikia huzuni au kupata hasira pindi wanapokaribia au wanapopata hedhi. Wavulana hujisikia aibu au fedheha pale wanapokuwa hawawezi kutawala ndoto nyevu au kudindisha uume.

Wasichana na wavulana wanapaswa kujikubali na kusaidiana na kuelewa kwamba wote wanapitia hisia mpya za ukuaji.



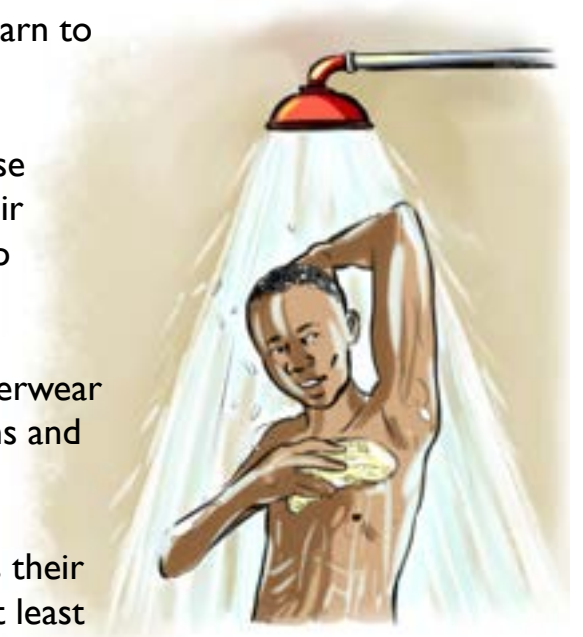
Learning to manage your changing bodies...

Girls and boys in adolescence must learn to manage their changing bodies.

For example, girls need to learn to use sanitary pads or cloths to manage their menstruation each month and to keep themselves and their clothing clean.

Boys need to learn to wash their underwear and bedsheets after having wet dreams and to keep themselves clean.

Girls and boys start to sweat more as their oil glands develop and should bathe at least two times a day.



Kujifunza kumudu mabadiliko ya mwili...

Wasichana na wavulana katika kipindi cha balehe ni muhimu wajifunze kumudu mabadiliko ya miili yao.

Kwa mfano, wasichana wanahitaji kujifunza jinsi ya kutumia pedi au vitambaa vya kujisitiri wakati wa hedhi kila mwezi na kuwa wasafi pamoja na mavazi yao ya ndani.

Wavulana wanahitaji kufua nguo zao za ndani na mashuka yao kila wanapokuwa wamepata ndoto nyevu na kujiweka safi.

Wasichana na wavulana huanza kutokwa jasho zaidi kwa kadiri tezi zao za mafuta zinavyozidi kukua na hivyo wanahitaji kuoga angalau mara mbili kwa siku.



Getting enough sleep

So many changes are happening as a young person grows. You are growing taller and your feet and hands get larger.

*You can mark on a wall,
measuring your height every 3-6 months to see your growth.*

Your weight increases. Some youth gain 2-5 kilos in one year. Your brains are developing so you can understand more complex ideas. You need to get enough rest and sleep – around nine hours each night - as this helps your body to grow.



Kupata usingizi wa kutosha

Mabadiliko mengi huendelea kutokea kadiri kijana anavyokua. Huongezeka kimo na kuwa mrefu, miguu na mikono nayo hupanuka.

*Kijana anaweza kuweka alama kwenye ukuta,
kupima urefu wake kila baada ya miezi 3-6 ili kuona jinsi anavyokua.*

Uzito huongezeka (hunenepa). Baadhi ya vijana huongezeka kuanzia kilo 2-5 ndani ya mwaka mmoja. Akili zao zinakua kiasi cha kuweza kuchanganua masuala magumu. Kijana anahitaji kupumzika vya kutosha na kulala angalau saa 9 kwa siku, hii inasaidia mwili wake kukua.

Eating nutritious foods

Girls and boys need to eat healthy foods to help their body grow strong. Dieting is not healthy for growing bodies as you need many nutrients as your bodies develop.

It is important to eat *smart*, which means eating vegetables and fruits, having meat and beans and milk and avoiding fried foods or those with too much sugar and fat.

Girls in particular need iron as their bodies start to menstruate. Sources of iron include spinach, meat, chicken and fish.

Kula vyakula vyenye virutubisho

Wasichana na wavulana wanahitaji kula vyakula vyenye virutubisho ili kusaidia miili yao kuwa imara. Kujinyima chakula si vizuri kwa miili inayokua kwa sababu unahitaji virutubisho vingi jinsi mwili wako unavyozidi kukua.

Ni muhimu sana kula kwa mpangilio, ikimaanisha kwamba, kula mbogamboga na matunda, kula maharage, nyama na maziwa na kuepuka sana vyakula vya kukaangwa, au vile vyenye sukari nyingi na mafuta mengi.

Wasichana hasa wanahitaji madini ya chuma kwa kuwa miili yao huanza kutoa damu ya hedhi. Vyakula vyenye madini ya chuma ni pamoja na spinach, nyama, kuku na samaki.



Exercising

It is important to develop good exercise habits when your body is growing. This helps your muscles grow strong and keeps your body a healthy weight. If you have lots of household chores, such as fetching water, looking after the animals or farming, then you may not need extra exercise but you can still exercise for fun.

If you spend your days mostly sitting or riding in public transport or in cars, then you should begin to include some exercise in your daily schedule, such as taking walks, running or lifting weights (*but not too heavy weights!*).



Kufanya mazoezi

Ni muhimu sana kufanya mazoezi wakati mwili wako unakua. Hii inasaidia misuli kuwa imara na kuweka mwili wako katika uzito mzuri kiafya. Kama una kazi nyingi za nyumbani, kama vile kuchota maji, kutunza mifugo au kulima, unaweza ushitaji mazoezi ya ziada labda kama unafanya mazoezi kwa ajili ya kujifurahisha tu.

Kama muda wako mwingi unautumia ukiwa umekaa au kupanda daladala au gari binafsi, hapo inabidi kuongeza baadhi ya mazoezi kwenye ratiba yako ya kila siku, mfano, kutembea, kukimbia au kunyanyua vitu vizito (lakini visiwe vizito sana!).

Gender respect

Healthy relationships between young women and young men lead to a healthy society and future families.

This includes, for example, being supportive of each other to get an education and to eat healthy and exercise.

This also means not using violence with each other, such as unkind teasing, hitting or shouting, but treating each other with respect and kindness and understanding.

Treat each other as equals in the household, at school, at work and in the larger society.



Heshima kijinsia

Uhusiano mzuri kati ya msichana na mvulana husababisha jamii bora na familia zenye afya nzuri baadaye.

Hii hujumuhisha, kwa mfano, kusaidiana na kuwezesha malengo ya kila mmoja ya kupata elimu, kula vizuri na kufanya mazoezi yanatimizwa.

Hii ni pamoja na kutofanya ukatili baina yao, kwa mfano utani usio mzuri, kupigana au kukaripiana, bali kuheshimiana kwa wema na maelewano.

Kutendeanza usawa nyumbani, shuleni, kazini na kwenye jamii kubwa kwa ujumla.



What do you need know about smoking?

Smoking cigarettes (or other ways of using tobacco) cause different types of cancer, heart and lung disease. Smoking one cigarette may not seem dangerous...but cigarettes are designed to cause addiction.

Addiction means, after you start smoking, it is very hard to stop. A person develops a psychological or physical need for a habit-forming substance, such as tobacco.

Cigarette companies often target their advertisements to youth, hoping to get them addicted so they will buy cigarettes for the rest of their lives.

When someone offers you a cigarette, the best response is “no.” They may try to pressure you by saying you are afraid or weak or not a real woman or man if you don’t smoke. But you are smart.

Unahitaji kujua nini juu ya uvutaji sigara?

Kuvuta sigara (au njia nyingine za kutumia tumbaku) husababisha aina mbalimbali za saratani, maradhi ya moyo na mapafu. Kuvuta sigara moja kunaweza kusionekane ni hatari, lakini sigara zimetengenezwa kwa njia ambayo husababisha uraibu.

Uraibu maana yake ni kwamba, baada ya kuanza kuvuta, ni vigumu sana kuacha. Mtu huweza kupata matatizo ya kisaikolojia au kimwili na kujenga tabia ya uraibu wa sigara.

Kampuni za sigara mara nyingi matangazo yao huwashawishi vijana, wakitegemea wawe waraibu na kununua sigara kwa maisha yao yote.

Endapo mtu akakupatia sigara, jibu zuri na la busara ni kumwambia “hapana.” Wanaweza kujaribu kukushinikiza kwa kusema kuwa wewe ni mwoga au dhaifu au sio mwanamke / mwanamume halisi usipovuta. Lakini kumbuka wewe ni mwerevu kusema hapana.



What you need to know about alcohol and its effects

Alcohol use is very common in the society. As you walk around, you might see advertisements about the benefits of taking different kinds of alcohol, such as “a real man drinks beer” or “whisky makes you strong.”

A youth, particularly a boy, may be sent to buy alcohol for family members. He may find himself feeling pressure or wanting to taste the alcohol.

A girl may feel pressure to drink from boys or older men, or even from her girlfriends. She may be told that alcohol will help to relax or be less shy.



Unachotakiwa kujua kuhusu pombe na athari zake

Matumizi ya pombe ni kitu cha kawaida sana kwenye jamii. Ukitembea unaweza kuona matangazo yanayoeleza faida za kutumia aina mbalimbali za pombe kama vile “mwanamume wa kweli hunywa bia” au “pombe kali hukufanya uwe imara”.

Kijana, hasa mvulana, anaweza kutumwa kununua pombe kwa ajili ya wanafamilia. Anaweza kupata msukumo au kutamani kuonja pombe hiyo.

Msichana anaweza kupata msukumo wa kunywa kutoka kwa wavulana au wanaume wakubwa, au hata kutoka kwa marafiki zake wasichana. Anaweza kushawishiwa kuwa pombe itamsaidia kujiachia au kuondoa aibu.



But alcohol is not good for growing bodies and can lead a youth into dangerous situations where they become sick from the drinking or forced to do things they do not want to do.

For example, youth may not be able to say “no” to sex if they have been drinking. Alcohol impacts your ability to think clearly.

Alcohol can lead to unsafe sex because it impacts your brain’s ability to make a decision. This increases the risk of becoming pregnant or getting HIV.



Pombe sio nzuri kwa miili inayokua huweza kumweka kijana kuwa kwenye mazingira hatarishi ambapo anaweza kuugua au kulazimika kufanya vitu ambavyo hakupanga.

Mfano kijana anaweza kushindwa kusema “hapana” kufanya ngono akiwa amelewa. Pombe huathiri uwezo wa kufikiri sawasawa.

Pombe inaweza kumsababisha mtu kufanya ngono isiyo salama kwa kuwa inaathiri uwezo wa akili kufanya uamuzi sahihi. Hii huongeza hatari ya kupata mimba au maambukizi ya virusi vya UKIMWI (VUV).

Alcohol can also cause a youth to lose out on life chances and school if they start drinking and can no longer study.

Some youth drink alcohol because it makes them feel less stressed about life. But there are healthier ways to reduce stress that do not ruin your life chances. Some ideas are: exercise, talk to someone you trust, spend time with friends who do not drink alcohol, or attend community gatherings.

It can be very hard as a young person to avoid the pressure to drink alcohol.

Pombe inaweza kumsababisha kijana kushindwa masomo na kuacha shule na hata kuharibikiwa kimaisha kama akianza kunywa hataweza kuendelea na masomo.

Baadhi ya vijana wanakunywa pombe kwa sababu huwasaidia kupunguza msongo wa mawazo juu ya maisha. Lakini kuna njia nzuri zaidi za kupunguza msongo wa mawazo ambazo haziharibu maisha. Kuna mapendekezo kama: kufanya mazoezi, kuongea na mtu unayemwamini, kutumia muda mwingi na marafiki ambao hawanywi pombe au kwenda kwenye majumuiko ya kijamii.

Inaweza kuwa vigumu kwa kijana kuweza kuepuka mashinikizo ya kunywa pombe.

Alcohol Story #1

I had a friend who is now 18 years old. We were studying together and staying near to each other. After examination results, he failed and remained in the streets without doing anything while I was in school.

So, his fellow young people in the street started to look down on him and see him as useless. This led him to begin drinking alcohol like beer, viroba, mbege and gongo.

When I met him, I asked him what benefit do you get from drinking and he said that there are no benefits and that he feels very bad to be a drunkard and someone with no life plans.

I advised him to stop drinking alcohol. He told me that it is difficult for him to stop, but that perhaps as time goes on, he would stop.

I would like to advise all young people who fail in their exams, especially national exams, that they should not give up because they are supposed to do further studies.

If they stay doing nothing, they can get tempted into harmful habits like this friend of mine who has lost his way in life.



Kisa cha Kwanza kuhusu pombe

Nilikuwa na rafiki yangu ambaye sasa ana miaka 18. Tulikuwa tunasoma pamoja na tulikaa karibu. Baada ya matokeo ya mtihani, alifeli na akabaki mtaani bila kufanya kitu chochote wakati mimi nikiwa shuleni.

Hivyo, vijana wenzake mitaani walianza kumdharau na kumwona ni mtu asiye na maana. Hii ilimsababishia kuanza kunywa pombe kama vile bia, viroba, mbege na gongo.

Nilipokutana naye, nilijaribu kumuuliza ni faida gani anazipata kutokana na kunywa na alisema hakuna faida na anajisikia vibaya kuwa mlevi na mtu asiye na mipango ya maisha.

Nilimshauri kuacha kunywa pombe. Aliniambia kwamba ni vigumu sana kwake kuacha pombe, lakini labda jinsi maisha yanavyokwenda ataweza kumudu.

Ningependa kuwashauri vijana wote ambao wamefeli mitihani yao, hususani mitihani ya Taifa, kwamba wasikate tamaa kwa sababu wanaweza kuendelea na masomo.

Wakikaa bila kufanya kitu chochote, watapata vishawishi mbalimbali kama huyu rafiki yangu aliyepoteza mwelekeo wa maisha.

Alcohol Story #2

I am 19 years old. Love related problems have become a big disaster which has put many people including young ones in a big crisis.

One of the effects caused by love problems is for people to engage themselves in drinking alcohol like a fellow student did.

This is his story:

In the beginning, he said, I was highly respected, hard working, wise and among the young people who were well loved in my society.

When I was 18 years old, my girlfriend left me and got another boyfriend. That action hurt me very much and I found myself engaging in drinking alcohol to reduce the stress.

I am telling you my friends that alcohol is not your friend! It has made me lose friends as well as respect in my family and in the wider society. I advise young people not to get involved in drinking alcohol.



Kisa cha Pili kuhusu Pombe

Mimi ni kijana wa miaka 19. Matatizo ya kimapenzi yamekuwa ni janga kubwa ambalo limewaweka watu wengi ikiwemo vijana katika matatizo makubwa sana.

Moja ya madhara ambayo yamesababishwa na matatizo ya mapenzi ni kujiingiza kwenye pombe kama mwanafunzi mwenzangu alivyofanya.

Yafuatayo ni masimulizi yake: Alisema, “mwanzoni nilikuwa mtu wa heshima, mchapakazi, mwenye busara na nilikuwa miongoni mwa vijana wanaopendwa kwenye jamii yangu.

Nilipokuwa na miaka 18, rafiki yangu wa kike aliniacha na kupata rafiki mwingine. Kitendo hicho kilinimiza sana na nilijikuta naanza kunywa pombe ili kupunguza msongo wa mawazo.

Ninakwambia rafiki yangu kwamba pombe si kitu kizuri kunywa! Imenifanya nipoteze marafiki pamoja na heshima kwenye familia na jamii yangu. Ninawashauri vijana kutojihusisha na unywaji wa pombe.”

Alcohol Story #3

A friend of mine who is 17 years old was forced to have sex after she was given alcohol to drink. There were friends of her brother and she went to see them so that they can help her with some school work.

But at the end of the day, they forced her to have sex after convincing her to drink something which had drugs in it. Truly speaking she felt bad when she woke up and found that they did sexual intercourse with her without her knowledge. It pained her a lot but at the end of the day she tolerated it and continued with her studies, and thank God, she did not get HIV.

But she was affected psychologically. Since that time she has never been free to be with men alone because she is afraid of them.

I am advising young people, especially girls, to avoid risky places or being with boys in hidden places and if they encounter such a situation, they should not make a decision of killing themselves or taking poison but instead they should seek out legal measures.



Kisa cha Tatu kuhusu Pombe

Rafiki yangu ambaye ana miaka 17 alilazimishwa kufanya ngono baada ya kunyweshwa kinywaji chenye kilevi. Walikuwa ni marafiki wa kaka yake na alikwenda kwao ili wamfundishe baadhi ya masomo.

Lakini hatimaye, walimlazimisha kufanya ngono baada ya kumshawishi kunywa kinywaji ambacho kilikuwa na kilevi ndani yake. Kusema ukweli alijisikia vibaya sana alipoamka na kujikuta kwamba walimwingilia kimwili bila yeye kujua. Ilimuuma sana lakini mwisho alivumilia na kuendelea na masomo yake. Na tunashukuru Mungu hakupata virusi vya UKIMWI.

Lakini aliathirika kisaikolojia. Tangu kipindi hicho hajawahi kujisikia kuwa huru karibu na wanaume akiwa peke yake kwani huwaogopa sana.

Ninawashauri vijana, hususan wa kike, kuepuka maeneo hatarishi au kuwa na wavulana maeneo yenye kificho na kama wakikutana na tukio kama hilo, wasichukue uamuzi wa kujiua au kunywa sumu badala yake wachukue hatua za kisheria.

Alcohol Story #4

It was a day when I was 14 years old, and one of our tenants who sent me to buy him a beer and gave me 3000 Tanzanian shillings.

When I brought it to him, there was a balance which remained and he asked me, "Do you also want to drink?" I answered yes because I didn't know whether it was sweet or bitter. I took a cup and he poured some in it and when I tasted it, I found it was very bitter. I wanted to tell my father but I was afraid he would give me a very strong punishment.

I advise my fellow young people that they should not drink and not agree to be sent by people to buy it even if it is their relatives, parents or guardians because it motivates you to taste it, it is very dangerous.

Kisa cha Nne kuhusu Pombe

Nilipokuwa na miaka 14 mmoja kati ya wapangaji wetu alinipa shilingi 3000 akanituma nikamnunulie bia.

Nilipomletea, ilikuwa imebaki chenji na akaniuliza, "unataka kunywa?" nikamjibu ndiyo kwa sababu nilikuwa sijui kama ni chungu au tamu. Nilichukua kikombe na akaniwekea kidogo, nilipojaribu kunywa nikagundua ni chungu sana. Nilitaka kumwambia baba lakini niliogopa angenipa adhabu kali.

Ninawashauri vijana wenzangu kwamba wasipende kunywa pombe lakini pia wakatae kutumwa kununua pombe. Hata kama ni ndugu zao, wazazi au walezi kwa sababu itakushawishi kuijaribu. Ni hatari sana.!



Alcohol Story #5

One Saturday I was one of the bridesmaids in the wedding of a young man from my church. He asked me and our other friends to be in his wedding in the church. Thereafter we went to the beach to take photos. There is one friend of mine who is a boy of 19 years old. He liked me very much. He never told me but his friends did.

When we left the beach, we went directly to the Hall for the wedding reception where there were many drinks, such as beer, wine, soda and juice. I like juice very much so as soon as we entered I asked for juice and everyone I was with asked for their own drinks. When I asked for juice, that boy was very surprised and he asked me, “aren’t you grown up yet?” I did not like the question as I felt it showed disrespect to me. I didn’t answer him and later on he told me to stop being a child and ask for adult drinks like beer. I told him I am not used to beer and I cannot use it.

The boy pressured me a lot and even some of my friends supported him. That offended me but I refused because I knew the effects of alcohol. After a short time, a church guardian came who warned all those who ordered alcohol not to do so again as it is not good.

I was happy but the boy became angry, as I think there was something he wanted from me and that’s why he was pressuring me.

My advice is that young people should stick to what they believe and not be easily pushed around. If you don’t want something, you should remain with your correct decisions and don’t be someone who can be easily influenced because you may invite bad things which you will later regret.



Kisa cha Tano kuhusu Pombe

Jumamosi moja, nilikuwa mpambe kwenye harusi ya mmoja wa kaka zangu kutoka kanisani. Alinalika mimi na marafiki zangu kuwapo kwenye harusi yake kanisani. Baadaye, tulienda ufukweni kupiga picha. Kulikuwa na rafiki yangu ambaye ni kijana wa miaka 19, alikuwa akinipenda sana. Hakuwahi kuniambia lakini marafiki zake waliniambia.

Baada ya kuondoka pale ufukweni, tulienda moja kwa moja ukumbini kuendelea na sherehe ambayo ilikuwa na vinywaji vingi, kama vile bia, mvinyo, soda na juisi. Ninapenda juisi sana kiasi kwamba tulipoingia ukumbini niliagiza juisi na wenzangu waliagiza vinywaji vyao. Nilipoagiza juisi, yule kijana alishangaa sana na kuniuliza “hujakua bado?” Swali hili liliniudhi sana kiasi kwamba nilijihisi kama amenidharau. Sikumjibu kitu, lakini baadaye aliniambia niache utoto na niagize vinywaji vya watu wazima kama bia. Nilimwambia kwamba sijazoea kunywa bia na siwezi kutumia.

Kijana huyu alinishinikiza sana na hata baadhi ya marafiki zangu walimuunga mkono. Hii ilinikera sana lakini sikukubali kwa sababu najua madhara ya pombe. Baada ya muda mfupi, mlezi wa kanisa alikuja na kuwaonya wale wote walioagiza pombe wasirudie tena kunywa kwa sababu pombe sio nzuri.

Baada ya hapo nilifurahi na yule kijana alikasirika, kwani nahisi kuna kitu alikuwa anataka kutoka kwangu ndio maana alikuwa akinishinikiza.

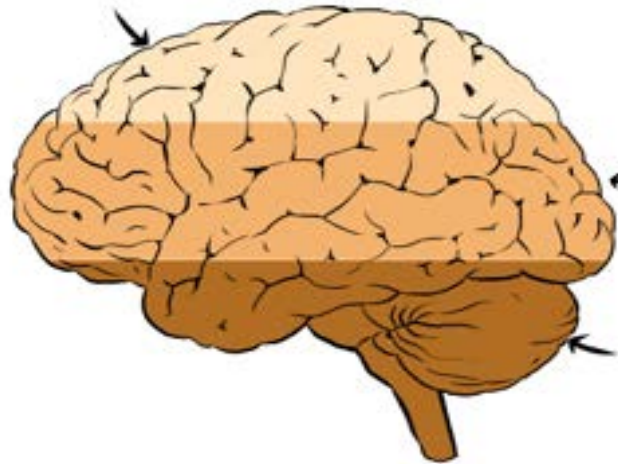
Ushauri wangu ni kwamba, nyie vijana, hamtakiwi kuyumbishwa. Kama hutaki kitu unatakiwa kubaki na uamuzi wako sahihi ili usije kumlaumu mtu.

Why is alcohol bad for young people's brains and bodies?

Youth who begin drinking before age 15 are four times as likely to become dependent on alcohol for the rest of their lives. Drinking during your growth period, when your brain is rapidly developing, can cause lifelong damage, such as reduced memory and coordination.

It can make it difficult for a youth to learn and do physical tasks in the future. Youth have brains that are wired to explore new things and learn great amounts. The desire to try new things makes them vulnerable to alcohol use.

SEHEMUYA KUMBUKUMBU YA UBONGO HUATHIRIKA



SEHEMUYA KUJIFUNZA YA UBONGO HUATHIRIKA

SEHEMUYA URATIBU YA UBONGO HUATHIRIKA

Kwanini pombe ni mbaya kwa ubongo na miili ya vijana?

Vijana ambao huanza kunywa kabla ya umri wa miaka 15 wako hatarini mara nne ya kuwa waraibu wa pombe kwa maisha yao yote.

Kunywa wakati wa kipindi cha ukuaji, wakati ubongo wako unakua kwa kasi, huweza kusababisha madhara ya muda mrefu, kwa mfano upungufu wa kumbukumbu na mpangilio.

Huweza kusababisha ugumu kwa kijana kujifunza na kufanya shughuli za kutumia nguvu hapo baadaye. Vijana wana ubongo ambao umeumbwa kufanya vitu vipya na kujifunza kwa kiasi kikubwa. Hamu ya kujaribu vitu vipya inawafanya wawe hatarini kujaribu kutumia pombe.

What do I need to know about other drugs?

That same wiring makes youth vulnerable to try drugs, such as marijuana or heroin. Your friends might tell you that you will be more grown up or modern if you try the drugs, or that it will be exciting. Do not believe them. Taking drugs causes damage to a youth's brain and body.

You can become *addicted* and find it hard to stop. Drugs impact your ability to make good decisions, so you may find yourself having unsafe sex or stealing. If you feel pressured to use drugs, talk to your parents, an elder, or a religious leader who can help you to say no.



Kwanini nahitaji kujua juu ya vilevi vingine?

Mfumo huohuo huwafanya vijana kuwa hatarini kujaribu dawa za kulevya, kama vile bangi au unga. Marafiki zako huweza kukwambia kwamba umekuwa au kuonekana wa kisasa kama ukitumia dawa za kulevya au kwamba itafurahisha. Usiwaamini. Matumizi ya dawa za kulevya husababisha madhara kwa ubongo wa mraibu.

Unaweza kuwa mraibu na kujikuta kwamba ni ngumu kuacha. Dawa za kulevya huathiri uwezo wako wa kufanya uamuzi mzuri, hivyo unaweza jikuta unafanya ngono zisizo salama au kuiba. Kama unashinikizwa kutumia dawa za kulevya, ongea na wazazi wako, mtu mzima, au kiongozi wa dini ambaye atakusaidia kusema hapana.

Other types of pressures young people feel...

There are many other pressures that youth feel when they are growing up. A main one is peer pressure or pressure from older people to have sex or relationships. It is natural to start to want to have relationships at this time in your life. Your body is developing in ways that will one day, when you are ready, allow you to start having sex and to have children if you want.

If you have questions about the new emotions that you are feeling, or the pressures you are experiencing, it's good to find a trusted adult to talk to about these things.



Aina nyingine za mashinikizo ambayo vijana hujisikia...

Kuna aina nyingine nyingi za mashinikizo ambayo vijana hukabiliana nayo wakati wa kukua. Na kubwa zaidi ni shinikizo rika au shinikizo kutoka kwa watu wazima ili kufanya ngono au kuingia kwenye uhusiano. Ni kawaida sana kuanza kutamani kuwa na uhusiano katika kipindi hiki cha maisha. Mwili wako unakua katika namna ambayo siku moja, utakapokuwa tayari, utakuruhusu kuanza kufanya mapenzi na kuwa na watoto ukipenda.

Kama unayo maswali kuhusiana na hisia mpya unazojisikia, au shinikizo unalokutana nalo, ni vyema kumtafuta mtu mzima unayemuamini wa kuongea naye juu ya vitu hivi.

More on other pressures...

There are many reasons to avoid having sex when you are a youth – a main one is that it will be safer for you. Sex may lead to pregnancy or a sexually transmitted infection, including HIV. Sex comes with responsibilities.

To prevent pregnancy or infections, you need to know how to protect yourself and to feel confident and able to protect yourself. You need to have a partner who respects you and feels the same way about protecting yourselves. You also have to ask yourself, are you ready to be a mother or a father or to manage infections?



Adolescent pregnancies bring many dangers to the health of the pregnant girl and the future baby, including death. Are you ready for that risk?

Zaidi kuhusu mashinikizo....

Kuna sababu nyingi za kuepuka ngono ukiwa ni kijana mdogo – kubwa zaidi ni kwa sababu ya usalama wako. Ngono husababisha mimba au uambukizo kwa ngono, ikiwemo VVU. Je uko tayari kuyakabili hayo? Ngono huja na wajibu.

Kuepuka mimba au magonjwa, unahitaji kujua jinsi ya kujilinda na kujiamini na kuweza kujilinda. Unahitaji kuwa na mpenzi anayekuheshimu na kukuunga mkono juu ya kujilinda. Aidha unahitaji kujiuliza, je uko tayari kuwa mama au baba katika umri mdogo au kukabiliana na maambukizo?

Mimba za utotoni huleta madhara mengi kwa afya ya msichana mjamzito na mtoto ajaye, ikiwemo kifo. Je uko tayari kwa hatari hiyo?

It can be very hard as a young person to find your way through the pressures to have sex. But there are many ways to be close to a boyfriend or girlfriend without having sex.

This could be holding hands, sitting together or hugging. All of these are natural ways to show you care about each other.

Other ways to feel close to someone are to exercise together, to go to a party together, to read a book together and to sit together and talk.



Inaweza kuwa vigumu sana kwa kijana kupata njia ya kupambana na mashinikizo ya kufanya ngono. Lakini kuna njia nyingi za kuwa karibu na rafiki yako bila kufanya ngono.

Hii inaweza kuwa kwa kushikana mikono, kukaa pamoja au kukumbatiana. Hizi zote ni njia salama na kawaida kuoneshana jinsi mnavyojaliana.

Njia nyingine ya kujisikia ukaribu ni kufanya mazoezi pamoja, kwenda kwenye sherehe pamoja, kusoma vitabu na kukaa pamoja na kuongea.

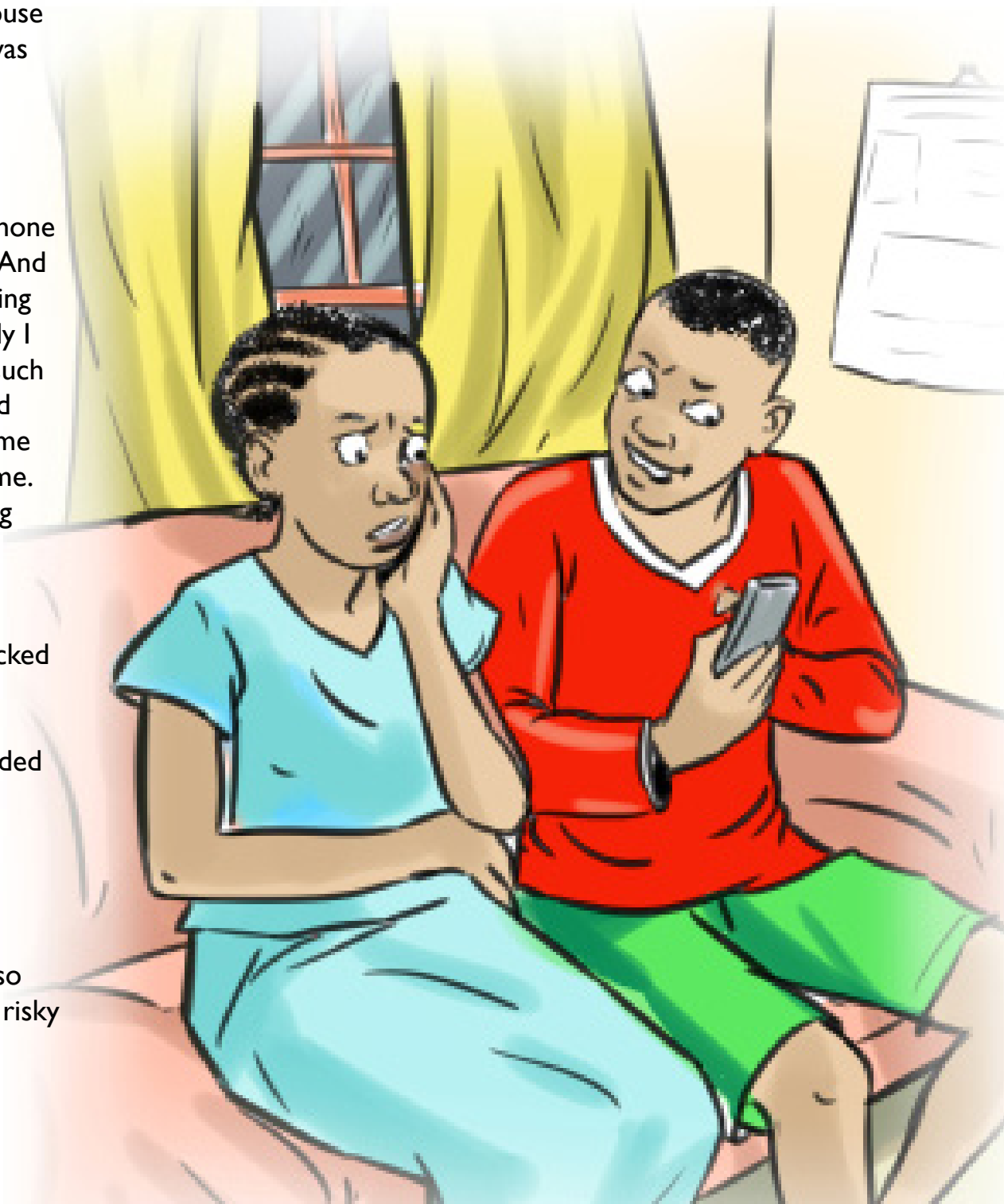
Story #1 – “Don’t try to impress me”

I had a friend of mine whom I knew since childhood. One day he came to our house and found me alone. I was 17 and he was 18 years old. When he came that day, I welcomed him inside as usual and we started chatting.

After a short while, he picked up his phone and showed me a pornographic video. And at that very moment, he started touching me and pressuring me to have sex. Truly I was afraid because I have never done such a thing. My body started feeling hot and shaking but I gained strength and became rude to him, telling him to go back home. He still persisted so I lied to him, telling him to wait for me so that I could go inside and undress.

But when I entered into my room, I locked myself in and slept. He waited for me until he got tired and went back to his home. Since that day our friendship ended completely and I feared him like a lion hunting for food.

I would like to advise my fellow young people not to involve themselves with friends who practice unsafe sex and also they should not expose themselves to risky environments.



Kisa cha Kwanza: “Sitaki Kushawishiwa”

Nilikuwa na rafiki yangu niliyemjua tangu nikiwa mdogo. Siku moja alikuja nyumbani na kunikuta peke yangu. Nilikuwa na miaka 17 na yeye alikuwa na miaka 18. Alipokuja siku hiyo, nilimkaribisha ndani kama kawaida na tulianza kupiga stori.

Baada ya muda mfupi, alichukua simu yake na kunionesha video za ngono. Na hapo hapo, alianza kunigusa na kuanza kunishinikiza kufanya ngono. Kusema ukweli niliogopa kwa sababu sijawahi kufanya kitu kama hicho. Mwili wangu ulianza kujihisi joto na kuanza kutetemeka lakini mwishoni nilipata ujasiri na nikawa mkali kwake na kumwambia aondoke. Hakunielewa hivyo ilibidi nimdanganye kwamba anisubiri niende ndani nikavue nguo.

Lakini nilipoingia chumbani kwangu nilijifungia ndani na kulala. Alinisubiri na alipochoka alienda zake nyumbani kwao. Tangu siku hiyo, urafiki wetu ulikufa kabisa na nilimwogopa kama simba mwenye njaa.

Napenda kuwashauri vijana wenzangu wasijihusishe na marafiki wenye tabia za kushawishi kufanya ngono zisizo salama na wasijiweke kwenye mazingira yasiyo salama.

Story #2 – Avoiding Temptations

I remember it was in December 2015, when I had sex for the first time. I had a girlfriend who was in a boarding school who was 19 years old while I was 17 years old. I loved her so much to an extent that I found myself engaging in sex with her.

At that time, it was hard for me because I did not know how to manage and control my feelings and I found myself giving into that behavior and had sex with her. I did not manage to use protection because I did not know how to protect myself. Because it was my first time to do it, I felt like I was sick because I was feeling cold in the whole body and excited and I swore not to do it again.

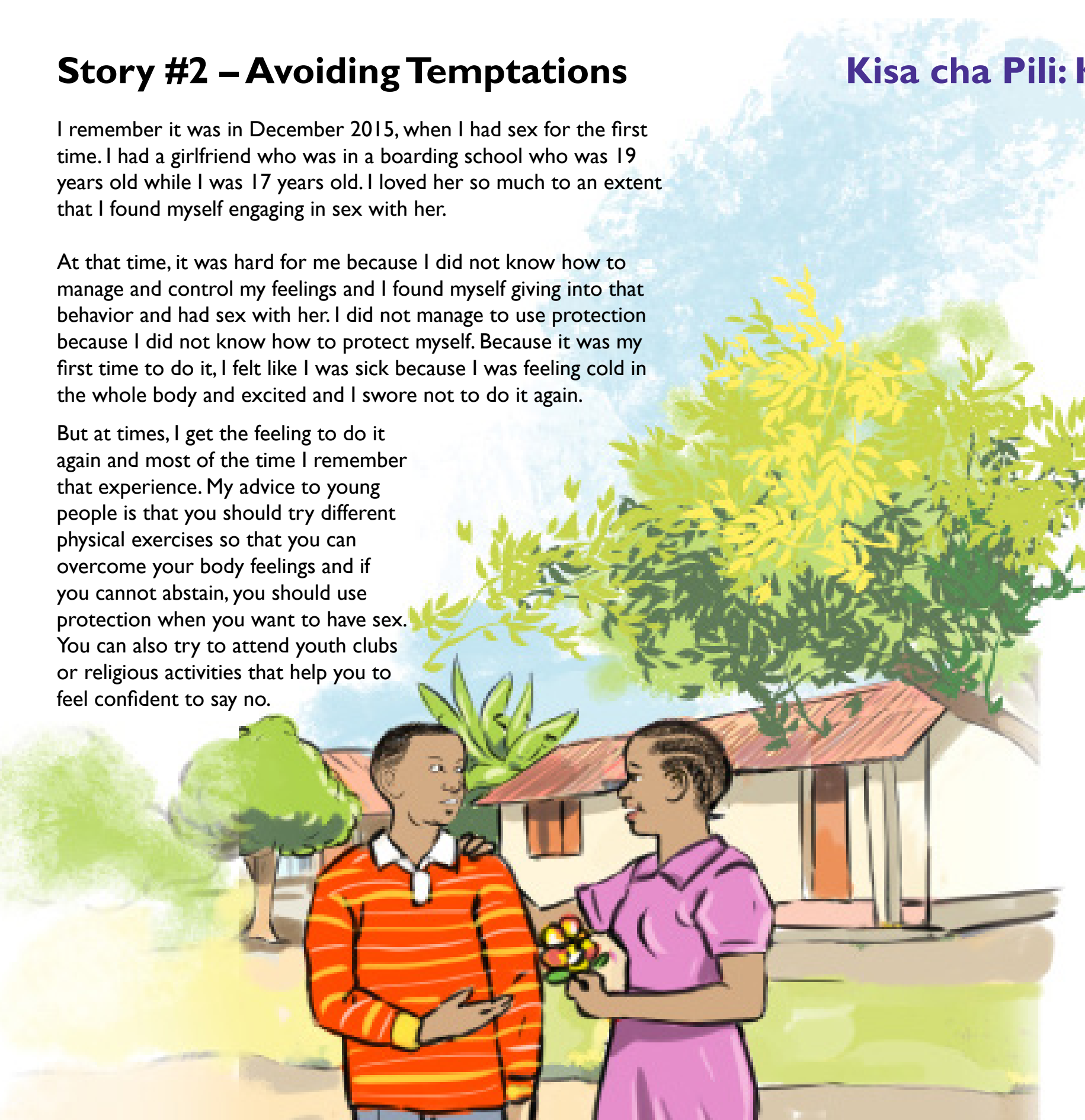
But at times, I get the feeling to do it again and most of the time I remember that experience. My advice to young people is that you should try different physical exercises so that you can overcome your body feelings and if you cannot abstain, you should use protection when you want to have sex. You can also try to attend youth clubs or religious activities that help you to feel confident to say no.

Kisa cha Pili: Kuepuka Vishawishi

Nakumbuka ilikuwa mwezi wa kumi na mbili 2015, nilifanya ngono kwa mara ya kwanza. Nilikuwa na rafiki yangu wa kike aliyekuwa anasoma shule ya bwani, ambaye alikuwa na miaka 19 wakati mimi nilikuwa na miaka 17. Nilimpa sana kiasi kwamba nilijikuta nafanya naye ngono.

Kwa kipindi hicho ilikuwa ngumu sana kwangu kwa sababu sikujua jinsi ya kudhibiti hisia zangu na hivyo nilijikuta najiachia kufanya naye ngono. Sikuweza kutumia kinga kwa sababu sikujua jinsi ya kujilinda. Kwa kuwa ilikuwa mara yangu ya kwanza kufanya ngono, nilijisikia kama ninaumwa, nilikuwa najisikia baridi mwili mzima na kulisimka na nikaapa kutorudia tena.

Lakini kuna wakati, ninapata hisia za kufanya tena na mara nyingi nakumbuka hicho kitu. Ushauri wangu kwa vijana ni kwamba unatakiwa kujaribu kufanya mazoezi mengine ya mwili ili uweze kuzishinda hisia zako za mwili na kama huwezi kujizuia, basi unatakiwa kutumia kinga kila unapotaka kufanya ngono. Unaweza pia kujaribu kuhudhuria klabu za vijana au shughuli za kidini zinazoweza kukusaidia kusema hapana.

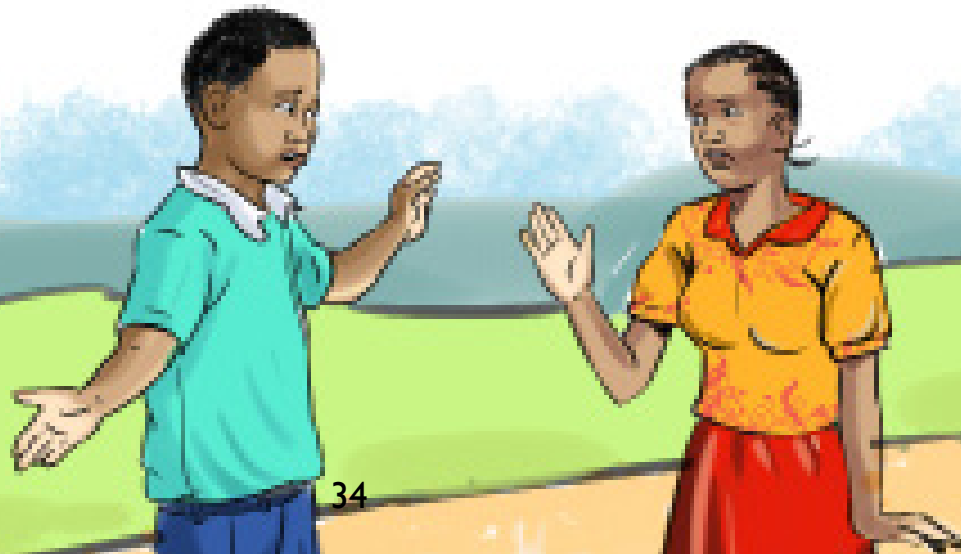


Story #3 – “Don’t always listen to your friends”

When I was in Form 3 (16 years old), I had a boyfriend. We had been together since I was in Form 1 and he was in Form 3. In our relationship, we did not like to involve ourselves with sex, as we were still students. We stayed like that without any problem and we loved each other a lot. Changes occurred when I was in Form 3 and he was in Form 5. He wanted us to have sex. At first I was very shocked as nothing like that had happened before. I asked him if he had already forgotten that we had plans to never have sex while still in school. He told me that he is tired of waiting and didn't want to discuss it anymore. Ah! I wasn't ready at all and it was very hard for me to accept it. He also told me that if I don't want to have sex with him, then we should end our relationship. In looking at it, I was still in love with him.

I asked my friend for advice and she told me to just accept it, as it would be just once and that if I keep on seeing myself as big headed, then I will lose my man. But after thinking about it more, I decided I would rather end the relationship. When I told him, he reduced his love for me for two weeks, but then he returned his love towards me.

I advise my friends to overcome such influences and that they should not break their promise. If he loves you, then he will still love you! So let us not be deceived! For students, love should not be about sex, it should be about trusting each other and sticking to their goals.

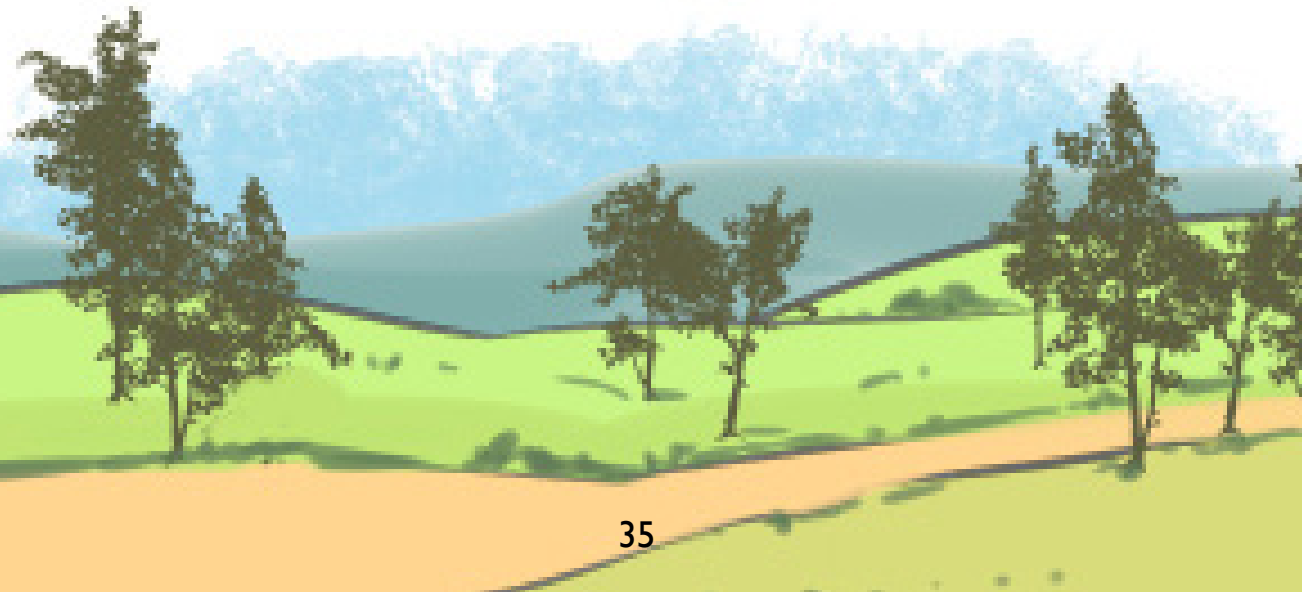


Kisa cha Tatu: “Usisikilize marafiki mara zote”

Nilipokuwa kidato cha 3 (katika umri wa miaka 16) nilikuwa na rafiki wa kiume. Tulianza uhusiano wa kirafiki kutoka nikiwa kidato cha kwanza na yeye akiwa kidato cha 3. Katika urafiki wetu hatukupenda kujishughulisha na maswala ya ngono, kwa kuwa tulikuwa bado ni wanafunzi. Tulikaa katika urafiki wetu kwa muda mrefu bila kuwa na shida yoyote. Mabadiliko yalianza kutokea nilipokuwa kidato cha 3 na yeye kidato cha 5, alitaka tufanye ngono. Mwanzo nilishtuka kwa sababu kitu kama hicho kilikuwa hakijawahi kutokea hapo nyuma. Nilimuuliza kama amekwishaahau ile mipango ya kutofanya ngono wakati bado tuko shuleni. Aliniambia kwamba amechoka kusubiri na kwamba hataki tena mjadala. Ah! Sikuwa tayari hata kidogo na ilikuwa ngumu sana kwangu kukubaliana naye. Na akaniambia kwamba kama sitaki kufanya ngono na yeye basi inabidi kusitisha urafiki wetu. Kwa kuzingatia, nilikuwa bado ninampenda.

Nilimwomba rafiki yangu ushauri, akanishauri nikubali, kwani itakuwa ni mara moja tu na kama nikiendelea kujiona na kichwa kikubwa, basi nitamkosa mwanamume wangu. Lakini nilipotafakari mwenyewe zaidi, niliamua bora niachane naye. Nilipomwambia hivyo, alipunguza mapenzi kwa muda wa wiki mbili hivi, lakini baadaye alirudisha mapenzi yake kwangu.

Ninawashauri marafiki zangu kuweza kushinda vishawishi hivyo na kwamba wasivunje ahadi zao. Kama anakupenda, basi ataendelea kukupenda tu! Hivyo tusidanganyike! Mapenzi sio ngono tu na kwa upande wa wanafunzi, kikubwa ni kuaminiana na kusimamia malengo yao.



Story #4-“Not all adults are to be trusted”

A teacher wanted a sexual relationship with my friend but she had no idea of her teacher’s intention. The teacher often invited her to his house, but she had always refused.

One Saturday morning, the teacher with his bad intentions convinced my friend to help deliver a package to his place.

When she got there, she found that the teacher had already arrived, and let her in when she knocked on his door. When she got in the house, the teacher started pressuring her to have sex with him but she refused.

She was 15 years old when all that was happening. She felt bad and it made her feel like she had no peace inside as she respected the teacher a lot and trusted him like a brother.

I advise her that when she comes across such a problem it is best that she tell her parents or her guardian so as to avoid such problems and so that they can take measures against teachers with such behavior.

Kisa cha Nne:“Sio watu wazima wote ni wa kuaminiwa”

Rafiki yangu mmoja alikumbwa na mkasa ambapo mwalimu wake alitaka kuwa na uhusiano wa mapenzi bila yeye kujua nia ya mwalimu huyo. Kuna wakati mwalimu alimtaka aende nyumbani kwake, lakini yeye alikataa mara zote.

Jumamosi moja asubuhi, mwalimu kwa nia zake mbaya alimshawishi rafiki yangu kwenda nyumbani kwake ili apeleke mzigo fulani.

Alipofika huko, alikuta kumbe mwalimu alishafika nyumbani kwake na alipogonga mlango, mwalimu alimfungulia. Alipoingia ndani, mwalimu alianza kumshinikiza kufanya nae ngono, lakini alikataa.

Wakati mambo yote hayo yanaanza alikuwa na miaka 15. Alijisikia vibaya na ilimfanya akose amani ndani mwake kwani alimheshimu sana mwalimu na alimwamini kama kaka yake.

Ninamshauri anapokutana na tatizo kama hilo ni vyema akawaambia wazazi wake au walezi ili kuepukana na matatizo kama hayo ili wachukue hatua dhidi ya walimu wenye tabia hizo.



Story #5 – Avoiding Temptations

My friend told me she had a boyfriend who was over 18 years old. At that time we were in Standard 7 and she was tempted to have sex with her boyfriend due to the poverty in her family. The man often tried to convince her to have sex but she was against it.

But due to poverty in her family, she eventually accepted because the man was taking care of her by giving her money, buying her clothes, and even food. When she had sex with him, she felt severe pains and also bleeding.

The following month she did not get her monthly period and she was afraid and kept quiet about it. Her condition changed and she felt like vomiting and every day she kept telling her parents that she was sick.

But one day her mother found her spitting a lot and she asked her. After her mother pressured her a lot, my friend told the truth. Before that, she once told that man about the pregnancy, but he told her to forget about him and to not to mention his name and that he had a child and wife. This made her drop from school and not sit for her Standard 7 exams.

She advised us that we should avoid those things which happened to her as she doesn't want other young people to face the same problems. She told us not to involve ourselves in sexual activities while in school, and that we should wait until we finish our studies. She also advised that often men look for someone so that they can fulfill their desires, but if you get pregnant, it will add to the family poverty.



Kisa cha Tano: Kuepuka Vishawishi

Rafiki yangu aliniambia alikuwa na rafiki yake wa kiume mwenye zaidi ya miaka 18. Wakati huo tulikuwa darasa la 7 na alishawishika kufanya naye ngono kwasababu ya hali ngumu kwenye familia. Mara nyingi mwanamume huyo alikuwa akijaribu kumshawishi kufanya naye ngono lakini alikataa.

Lakini kwa sababu ya umasikini kwenye familia yao, alikubali kwa sababu yule mwanaume alikuwa anamtunza kwa kumpa pesa, kumnunulia nguo, hata chakula. Alipofanya naye ngono, alijisikia maumivu makali sana na hata kuvuja damu.

Mwezi uliofuata hakuona siku zake, aliogopa sana na alinyamaza. Hali yake ilibadilika na alijisikia kutapika na kila siku aliwaambia wazazi wake kwamba anaumwa. Lakini siku moja mama yake alimkuta anatema mate na akamuuliza. Baada ya mama yake kumbana sana, rafiki yangu alisema ukweli.

Kabla ya hapo alikwishamwambia yule mwanamume juu ya ule ujauzito, lakini alimwambia asahau kuhusu yeye na asitaje jina lake, kwani ana mtoto na mke. Hii ilimfanya aache shule na alishindwa kufanya mitihani yake ya darasa la 7.

Alitushauri kujiepusha na mambo kama hayo yaliyotokea kwake, kwani hataki wasichana wengine wapate matatizo kama yake. Alituambia tusijihusishe na mapenzi wakati bado tuko shuleni na kwamba tushubiri mpaka tumalize masomo yetu. Alitushauri kwamba, siku zote wanaume wanatutafuta ili kujiridhisha haja zao, lakini ukishapata mimba inaongeza umasikini nyumbani.

It is important to know your HIV status...

Where can you get tested? A youth can be tested at most clinics, although some clinics have specific services just for youth.

If you are HIV positive, it is important to learn about the medications you may need to take and the good nutrition your body needs. Health care workers can also give you good advice on how to stay healthy.

If you are HIV negative, it is important to learn about how to protect yourself from becoming infected and how to communicate respectfully with a friend, family member or future partner who is HIV positive.



Ni vyema kujua hali yako juu ya VVU....

Ni wapi unaweza kupata vipimo? Kijana anaweza kupata huduma ya vipimo katika vituo vingi vya afya, japo kuna vituo vinatoa huduma maalumu kwa vijana.

Kama umepata maambukizi ya VVU, ni vyema kujua juu ya dawa unazohitaji kutumia na lishe bora kwa afya ya mwili wako. Wahudumu wa afya wanaweza kukushauri jinsi ya kutunza afya yako.

Kama hujapata maambukizi, ni vyema kujua jinsi ya kujilinda na jinsi ya kuwasiliana kwa heshima na rafiki, mwanafamilia au mpenzi mtarajiwa mwenye maambukizi ya VVU.

Reminder...the key facts about HIV

You cannot get HIV from:

- Hugging and holding hands.
- Kissing or touching.
- Sneezing or coughing.
- Sharing cups or forks or spoons.
- Sharing toilets.
- Sharing beds, bed sheets, clothes.
- Mosquitos, animal bites.

You can get HIV from:

- A blood transfusion (if unchecked blood).
- An injection with an unclean needle.
- Breastfeeding (if not properly medicated).
- Sexual intercourse (anal or vaginal) without a condom.
- Mother to baby during birth (if not properly medicated).

Kumbuka...vitu muhimu kuhusu VVU

Huwezi kupata VVU kutokana na:

- Kukumbatiana ama kushikana mikono.
- Kubusu au kugusana.
- Kupiga chafya au kukohoa.
- Kutumia vikombe au uma au vijiko na mtu aliyethirika.
- Kutumia choo kimoja na mtu aliyethirika.
- Kutumia vitanda, mashuka na nguo pamoja na mtu aliyethirika.
- Kung'atwa na mbu, wadudu na wanyama.

Unaweza kupata VVU kutokana na:

- Kuongezewa damu (kama haijapimwa).
- Kudungwa sindano ambayo haijachemshwa.
- Kunyonyesha mtoto (kama hakupata matibabu mazuri).
- Kufanya ngono au ulawiti bila kutumia kinga.
- Mama kumwambukiza mtoto wakati wa kujifungua (kama hakupata matibabu mazuri).

Key facts about other sexually transmitted infections (STIs)

Many STIs have no symptoms at all...so it can be hard for a person to know if they are infected.

There can be long term health problems from STIs that are not treated. Such health problems include, for example, cervical cancer (mostly among women) and infertility.

So it is very important to not have sex while you are still a student and to wait until you complete your studies and able to discuss using condoms with a partner.

It is also important to be checked at a health clinic.

Ukweli kuhusu maambukizo mengine kwa ngono (STIs)

Maambukizo mengi kwa ngono hayana dalili hata kidogo...hivyo inaweza kuwa vigumu kwa mtu kujua kama ameambukizwa.

Inawezekana kukawa na matatizo ya muda mrefu kiasya kutokana na maambukizi ambayo hayakutibiwa. Matatizo hayo ni pamoja na saratani ya shingo ya kizazi (kwa wanawake walio wengi) na ugumba.

Hivyo ni vyema sana kutofanya ngono wakati bado ni mwanafunzi na kusubiri mpaka umemaliza masomo yako ambapo utakuwa na uwezo wa kujadili na mwenza wako juu ya matumizi ya kinga.

Ni vyema pia kupimwa kwenye kituo cha afya.

Many STIs have the same types of symptoms, including:

- Pain when urinating.
- Smelly, thick, or discolored discharge (from the penis or vagina).
- Bleeding after having sexual intercourse.
- Painful sexual intercourse.
- Painful abdomen (stomach area).
- Men's testicles may feel swollen or sore.
- Women may bleed between menstrual periods.
- Lumps or bumps may grow around the private areas.
- Sores may appear in the private areas that are painful or not.
- Rashes and itching might occur in the private areas.

Maambukizo mengi kwa ngono yana dalili zinazofanana, pamoja na:

- Maumivu wakati wa kukojoa.
- Ute mzito, usio na rangi ya kawaida na wenye kutoa harufu (kutoka kwenye uume au uke).
- Kutokwa damu baada ya tendo la kujamiiana.
- Kupata maumivu wakati wa tendo la kujamiiana.
- Kupata maumivu kwenye tumbo la uzazi (chini ya kitovu).
- Korodani za wanamume huvimba ama kutanuka.
- Wanawake hutokwa na damu kabla ya siku zao za hedhi.
- Uvimbe hutokea karibu na sehemu za siri.
- Vidonda kutokea sehemu za siri, ambavyo vingine vinauma sana, lakini kuna vingine haviumi kabisa.
- Vipele ama mwasho unaweza kutokea sehemu za siri.

Staying safe ...

When you have finished school and become an adult and if your religion allows you, it is important to know how to protect yourselves from becoming pregnant or getting an STI. This includes:

Condom

* Protects from pregnancy and STIs.

Birth control pills, IUD, contraceptive injections/implants

* Protects from pregnancy, but does **not** protect from STIs, including HIV.

Counting a young woman's "safe days"

* Does **not** protect 100% from pregnancy and does **not** protect from STIs, including HIV.

Withdrawal

* Does **not** protect from pregnancy 100% and does **not** protect from STIs, including HIV.

Kuwa salama....

Utakapokuwa umemaliza shule na umekuwa mtu mzima na dini yako inakuruhusu, ni vyema kujua jinsi ya kujilinda dhidi ya mimba na magonjwa ya ngono. Hii ni pamoja na matumizi ya:

Kondomu

* Hukuinga dhidi ya mimba na maambukizo kwa ngono.

Vidonge vya uzazi wa mpango, kitanzi, sindano/vijiti

* Hukuinga mimba, lakini havikingi maambukizo kwa ngono, ikiwemo VVU.

Kuhesabu siku salama za mwanamke

* Haikingi mimba kwa asilimia mia moja na haikingi dhidi ya maambukizo kwa ngono ikiwemo VVU.

Kumwaga mbegu nje ya uke wa mwanamke

* Haikingi mimba kwa asilimia mia moja na haikingi maambukizo kwa ngono, ikiwemo VVU.

Common questions asked by Tanzanian youth

Q: How and in what ways can a youth avoid having sex?

A: They can say "no" to anyone who asks them, they can avoid places and people who pressure them, they can exercise and study hard and fill their time with other things.

Q: Can alcohol affect your reproduction (fertility), and if yes, how?

A: If someone is a very heavy drinker, this can impact their fertility.

Q: So as to help a person quit alcohol use, what are the steps to take?

A: There are many steps, including finding a trusted adult to help you. You can also avoid people who use alcohol and places where alcohol is used. You can ask a friend to help you and save the money you use for alcohol to spend on something good for your life.

Maswali yanayoulizwa mara kwa mara na vijana wa Kitanzania

Sw: Ni jinsi gani na kwa njia gani kijana aepuke ngono?

Jb: Wanaweza kusema "hapana" kwa anayewashawishi, wanaweza kuepuka maeneo na watu wanaoweza kuwashinikiza kufanya ngono, wanaweza kufanya mazoezi na kusoma kwa bidii na kutumia muda wao kufanya vitu vingine.

Sw: Je, pombe inaweza kuathiri uzazi wako (uwezo wa kuzaa), kama ni ndiyo, ni kwa namna gani?

Jb: Kama mtu ni mnywaji wa pombe kupita kiasi, huweza kuathiri uwezo wake wa kupata watoto.

Sw: Ili kumsaidia mtu kuacha kutumia pombe, ni hatua gani za kufuata?

Jb: Kuna njia nyingi, ikiweno ya kutafuta mtu mzima anayeaminika ili akusaidie. Unaweza kuwaepuka watu wanaokunywa pombe na maeneo ambayo pombe inauzwa. Unaweza kumwomba rafiki yako akusaidie na kutunza pesa unazotumia kununua pombe kwa ajili ya matumizi mengine.

Common questions asked by Tanzanian youth

Q: Why is it that youth change when they grow up? For example, start to use alcohol or smoke weed?

A: Part of a youth's development includes feeling like nothing bad can happen to them and a desire to explore new things. This can be good if it leads you to try new, healthy activities. It is not as good when it leads you to try things that are bad for your health.

Q: Is it real that using alcohol reduces stress?

A: For some, alcohol can make them feel less stressed. But it can also cause them to take very risky behaviors. So it is much healthier and safer for young people to find other ways to reduce stress.

Q: When you reach puberty, is it necessary that you have sex? If you don't do sex, are there any negative effects such as going crazy?

A: Not at all, in fact, young people at puberty are usually not ready to have sex as they are too young to become parents, who is possible after puberty and they are often not confident enough to protect themselves. There are no negative effects; in fact, it is healthiest to have sex when you are older and ready to manage it and the possible outcomes.

Q: Why are people drinking alcohol?

A: People drink for many reasons, including because of pressure from others, because they feel it will reduce their stress and because they want to be included in social groups.

Q: What leads to cervical cancer?

A: Cervical cancer is caused by an infection with a type of **HPV (an STI)**.

Maswali yanayoulizwa mara kwa mara na vijana wa Kitanzania

Sw: Kwanini vijana hubadilika wanapokua? Kwa mfano, kuanza kutumia pombe au kuvuta bangi?

Jb: Sehemu mojawapo ya mabadiliko katika kukua ni pamoja na kujisikia kwamba hakuna kitu kibaya kinaweza kuwatokea na hamu ya kujaribu vitu vipya. Hii inaweza kuwa nzuri kama itakusababisha kujaribu vitu vizuri kwa afya yako. Ni mbaya kama itakusababisha kujaribu vitu vibaya ambavyo ni vibaya kwa afya yako.

Sw: Je ni kweli kwamba utumiaji wa pombe hupunguza msongo wa mawazo?

Jb: Kwa baadhi ya watu, pombe huwafanya kupunguza msongo wa mawazo. Lakini inaweza kuwasababisha kufanya matendo ambayo ni hatarishi. Hivyo, ni vyema na salama kwa vijana kutafuta njia nyingine ya kupunguza msongo wa mawazo.

Sw: Je unapobalehe, ni muhimu uanze kufanya ngono? Kama hufanyi ngono, kuna madhara yoyote kama vile kurukwa na akili?

Jb: La hasha, kwanza, vijana wakati wa balehe huwa hawajawa tayari kufanya ngono kwa sababu wanakuwa bado wadogo sana kuwa wazazi, kitu ambacho ndivyo kilivyo wakati wa balehe na huwa bado hawajajiamini vya kutosha kuweza kujilinda. Hakuna madhara, ki msingi ni vizuri sana kiafya kufanya ngono wakati umekuwa zaidi ambapo una uwezo wa kukabiliana nayo pamoja na matokeo yake.

Sw: Kwa nini watu wanakunywa pombe?

Jb: Watu hunywa pombe kwa sababu mbalimbali, ikiwemo sababu ya mashinikizo kutoka kwa wengine, kwa sababu wanahisi itapunguza msongo wa mawazo walionao, na kwa sababu wanataka kuwa kwenye kundi la kijamii.

Sw: Ni nini kinasababisha saratani ya shingo ya uzazi?

Jb: Saratani hii husababishwa na maambukizi ya virusi aina ya **HPV** (ambayo ni mojawapo ya maambukizo kwa ngono).

Common questions asked by Tanzanian youth

Q: Why do youth of ages 15-19 feel sexual arousal?

A: As a youth is developing, there are many hormones moving through their bodies. They feel so many different emotions, including new sexual attraction.

Q: What are the right ways for a youth who has reached puberty to reduce his desire to have sex if he doesn't have a TV, a phone, or any sports he likes to play?

A: There are many ways! You can spend time with friends, go for walks, spend time with friends, go running, read, assist in the household or spend more time studying so you succeed in school.

Q: A youth in an environment with lots of alcohol. How can he or she avoid drinking?

A: You should always feel confident to say 'no' to alcohol. You can ask for a soda or another drink that does not have alcohol so that you are not alone in not drinking. You can stay with friends and people who are not drinking or who will not pressure you to drink.

Q: Is there any danger for an HIV+ person being in a relationship with another HIV+ person?

A: It is important that two HIV+ people are tested to see if they have the same type of HIV and to plan to wear condoms unless they are ready to have a child together and take the medication needed to protect the baby from HIV.

Maswali yanayoulizwa mara kwa mara na vijana wa Kitanzania

Sw: Kwanini vijana wa miaka 15-19 hupatwa na hamu ya kufanya ngono?

Jb: Jinsi kijana anavyokua, kunakuwa na homoni nyingi sana zinazozunguka kwenye miili yao. Wanajisikia hisia mbalimbali nyingi, ikiwemo hisia mpya za kingono .

Sw: Ni njia zipi salama kwa kijana ambaye amebalehe, kupunguza hamu za kufanya ngono kama hana TV, simu, au mchezo anaoupenda?

Jb: Kuna njia nyingi! Unaweza kwenda kwa marafiki zako, kufanya matembezi, kukimbia, kusoma, kusaidia kazi za nyumbani au kutumia muda mwingi ukisoma ili ufanikiwe kwenye masomo yako.

Sw: Kijana kwenye mazingira ambapo pombe ni nyingi. Anaweza vipi kuepuka kunywa pombe?

Jb: Unatakiwa kila wakati kujiamini na kusema "hapana" kwa pombe. Unaweza kuagiza soda au kinywaji kingine chochote ambacho hakina kilevi ndani yake ili usiwe peke yako usiyekunywa. Unaweza kukaa na marafiki au watu wasiokunywa pombe au kukushinikiza kunywa.

Sw: Je kuna hatari yoyote kwa mtu mwenye VVU kuwa na uhusiano na mtu mwingine mwenye VVU?

Jb: Ni muhimu watu wenye VVU wapimwe kwanza ili kujua kama wana VVU wa aina moja, na kupanga kutumia kinga isipokuwa kama wanataka kupata mtoto pamoja na kupata dawa zinazohitajika kwa ajili ya kumlinda mtoto dhidi ya VVU.

Stay strong and protect yourself while your body is growing!
Focus on your studies, find older people who can give you good advice and find a health care worker if you have any questions about how to stay healthy.



Kuwa shupavu na ujilinde wakati huu ambao mwili wako unakua.
Jielekeze zaidi kwenye masomo yako na umtafute mtoahuduma ya afya kama una maswali yoyote yanayohusu kuwa salama kiafya.

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Glory Msacky
Hassan Hamisi
Graca Marwerwe
Joseph Temu

contact info / Mawasiliano: marni@growandknow.org

