

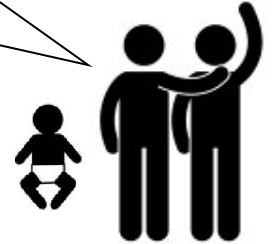


### KEY MESSAGES ON CHILD PROTECTION

Teach children about the risks in their surroundings, including risks of violence or abuse, and how they can protect themselves.

If you have challenges talking to your child, or notice something different about the child seek advice from NGOs or social workers.

Beware of people offering to take care of children or to give children a job, money, shelter, food in exchange for something – you or your children may be at risk of being hurt, exploited, or trafficked.



## Keeping children safe is everyone's responsibility

**Children should be under the supervision of someone trusted. Do not let children wander around the camp.**

As a result of the crisis, children may show signs of distress including:

- ◆ Difficulty sleeping, nightmares
- ◆ Older children may behave like younger children, sometimes bedwetting, clinging to their parents, frequent crying, thumb sucking, being afraid to be left alone
- ◆ Some children may become unusually active or aggressive, while other children may become shy, quiet, withdrawn and sad

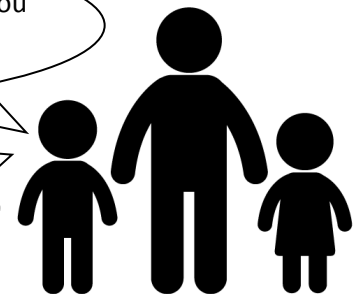


The fastest way for children to recover from stressful events is by restoring daily routine as much as possible; send your child to the CFS/Temporary Learning Spaces. Encourage your children to go school or to church and play with their friends.

Tell the children that no one has the right to touch them or demand any sexual actions/ favours in exchange for supplies.

Keep open communication so they can trust you when something or someone has hurt them.

DO NOT leave your child unattended, especially for long periods. Accompany your children to the latrines at night.



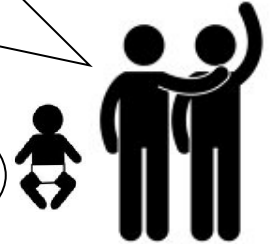


### KEY MESSAGES ON CHILD PROTECTION

Wafundishe watoto kuhusu hatari katika mazingira yanayo wazunguka, Hatari kama vurugu au unyanyasaji, na jinsi wanavyoweza kujilinda

Kama una tatizo kuongea na mtoto wako, omba ushauri kwa NGOs au wafanyakazi wa Maendeleo ya jamii. Kama utagundua jambo ambalo ni tofauti kuhusu mtoto au unaona ana matatizo unaweza pia kuyaona hayo mashirika.

Mjihadhari na watu wanao jitolea kutunza/kulea watoto au kuwapa watoto kazi, fedha, hifadhi, chakula kwa lengo kupata kitu kwa huduma aliyotoa, - ninyi na watoto wenu mnaweza kuwa katika hatari ya kuumizwa, kunyonywa au kuwa katika hatari ya kusafirishwa kinyume cha sharia



## Kulinda mtoto ni wajibu wa kila mtu

**Watoto wanapaswa kuwa chini ya usimamizi wa anayeaminika. Msiache watoto kuzurula ovyo**

Kama matokeo ya matatizo, watoto wanaweza kuonyesha dalili za usumbufu kama vile



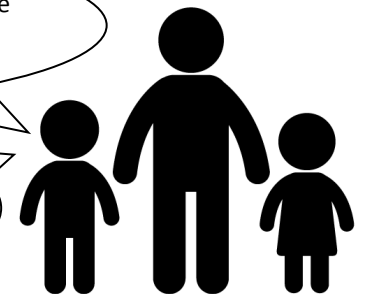
- Kutopata usingizi, kuota ndoto mbaya.
- Watoto wakubwa wanaweza kuwa na tabia za watoto wadogo, wakati mwingine kukojoa kitandani, kung'ang'ania wazazi, kulia mara kwa mara, kunyonya vidore, kuogopa kuachwa pekeyake.
- Baadhi ya watoto wanaweza kuwa na uchangamfu usio wa kawaida au ukorofi, wakati wengine wanaweza kuwa na aibu/haya, wakimya, wanaopenda kujitenga na kuwa na huzuni.

Njia ya haraka kwa watoto kurudi katika hali ya kawaida kutokana na matukio ya kushitua waliyo pitia, ni kurudisha utaratibu waliouzoea kwa haraka, mpeleke mtoto wako kwa CFS/ sehemu za kuji-funza za muda. Himiza watoto wenu kwenda shule au kanisani na kucheza na marafiki zao.

Wambie watoto hakuna mtu yeyote mwenye haki ya kuwagusa au kutaka tendo lolote la kingono/ upendeleo kwa kubadirishana kwa vitu.

Weka mawasiliano ya wazi ili kwamba waweze kukuamini pindi jambo au mtu amewadhuru

Usimuache mtoto wako bila uangalizi, hasa kwa muda mrefu. Wasindikize watoto wenu kwenda. Kuji saidia wakati wasiku



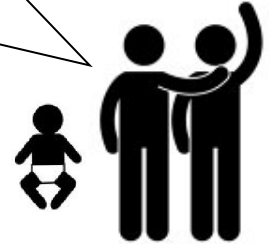


### KEY MESSAGES ON CHILD PROTECTION

Igisha abana kubijanye n'impanuka y'imibereho/ibidukikije; nkuguhohotegwa.

Aliho bikugoye kuyaga/guhanura umwana wawe, saba impanuro kuva kumashirahamwe n'abakozi bajajwe umubano. Hageze yuko ubona ingorane udatahuye kumwana, urashobora gusaba infashanyo kuri ayo mashirahamwe.

Ulagaba n'abantu baza kukubesha kugirango bagufashe kurera abana canke kubaha ibikogwa, amafaranga, ahukuba, ibiribwa – kubera bica bituma wewe canke umwana wawe ashobore guhura n'ingirane zikomeye.



## Umutekano w'abana ni igikogwa ca burimuntu

**Bikwiye yuko abana barabwa n'umuntu yemereka. Ntibishatswe kubona abana behera mukambi/mubihangare**

Ingarukambi z'ugutongana/gushwana zica zituma abana ukuyinga, akarorero;



- Ugukena agatiro, ukugangabuka gutuma asahuka,
- Abana bakuze bakigira nkabana batoya, bakifasha kuburiri, bakama hambavu y'abavyeyi umwanya wose, bakama bararira, bakwonka urukumo, kandi bagatinya gusigara ahantu barumwe.
- Bamwe barahinduka bakaba abasinzi, abandi nabo bakabana insoni zilengeje, imvuzi za make, bagatinyatinya kandi bakamana umubabaro mwishi

Inzira inyarutsa gukura abana mwizo ngorane nukubasubiriza urutonde gwabo gw'ibikogwa vya minsi yose;

Ukumutwara hadya mubigo. Abana bakabandanya kuja kwiga mumashuri, bakaja mumasengeru no ugukina n'abandi.

Igisha abana yuko atamuntu afise ubugingo bumushoboza kubafatata canke kubasaba ibijanje n'uguhuza ibitsina/ubusambanyi kuko nawo yobona kubaha ibindi bintu/infashanyo.

Bandanya guhanahana amakuru kugira ngo bazokwemere, bakwitireko hagize ikintu canke umuntu abababaza.

Ntusige umwana atawumuraba kukanya kare kare. Niyaja kuri ka sugwumwe mkajoro, mherekeze.

