

About The Challenge

Are you a creative individual aged 18 to 35, residing in Kishapu or Temeke?

This year, AMUA has an exciting project in store. We're planning to create vibrant street murals in both Kishapu and Temeke that will focus on the theme of Comprehensive Sexual Education, targeting young individuals within and beyond the school system.

Chosen artists will have the opportunity to participate in a one-week training program, refining their artistic skills. Subsequently, their creations will be proudly displayed on street walls, serving as engaging educational tools.

Send your art depicting one or more of the challenges shown below and share it with us to be selected!

Swahili Version

Changamoto

Tunawezaje kuhamasisha uandaaji na usambazaji wa taarifa kuhusu mabadiliko ya tamaduni ili kuondoa dhana potofu ya kina ya afya ya uzazi na ujinsia

*Kukuza Uhifadhi sahihi na uenezaji wa Mageuzi ya Kitamaduni ya CSE ili kuzuia **Sintofahamu / Dhana Potofu**. (Ili kuhakikisha uhifadhi wa kumbukumbu za mageuzi ya utamaduni na kuepuka imani potofu za kitamaduni kuhusu CSE*

- Kufanya utafiti wa kina juu ya usuli (asili za) wa kitamaduni na imani za watu tunaowaundia.
- Kushauriana na wizara husika za serikali, wataalam wa kitamaduni na viongozi wa jamii ili kupata maarifa kuhusu kanuni na desturi za kitamaduni.
- **Kuchapisha matokeo ya utafiti na mapendekezo ili yajumuishe katika mchakato wa Ubunifu.**
- Endelea kukagua na kusasisha (reflect) hati ili kuonyesha mabadiliko katika utamaduni kwa wakati.
- Jaribu bunifu na washirikishe jamii lengwa ili kuhakikisha kuwa inafaa kulingana na tamaduni zao.
- Kuwa tayari kupokea maoni na ufanye marekebisho yanayohitajika kwa bunifu zako kulingana na mambo ya kitamaduni.(Taratibu za jamii husika)
- Tujielimisha kuhusu unyeti wa kitamaduni na utofautkulingana na jamii na jamii i ili kuhakikisha kwamba tunaheshimu tamaduni zote katika michakato yetu ya ubunifu.
- Kuboresha utoaji wa mawasiliano bora kulingana na mabadiliko ya tabia

Changamoto

Tunawezaje kuhakikisha uwapo na upatikanaji endelevu wa ujumbe uliosasisiwa (zilizohakikiwa) kuhusu elimu ya kina ya Afya ya Afya uzazi na ujinsia (CSE).

*Je, ni hatua gani tunaweza kuchukua ili kuhakikisha kwamba jumbe za **elimu ya kina ya Afya ya Afya uzazi na ujinsia** zilizosasisiwa zinaendelea kupatikana na kufikiwa kwa njia endelevu?*

Ili kuhakikisha upatikanaji endelevu na ufikivu wa jumbe za CSE zilizosasisiwa, tunaweza:

- Kukagua matoleo yetu ya ujumbe wa CSE mara kwa mara ili kuhakikisha kuwa yanafaa na yana thamani kwa hadhira yetu lengwa.
- Kushirikiana na wataalam wa ndani na wanajamii katika uwanja wa CSE ili kuhakikisha kuwa ujumbe wetu ni sahihi, unafaa na una msingi wa ushahidi kwa hadhira inayolengwa.
- Kukuza matumizi ya majukwaa ya kidijitali yanayoaminika na zana zingine shirikishi nchini Tanzania (URT) ili kusambaza ujumbe uliosasisiwa wa CSE, na kuifanya ipatikane zaidi na hadhira pana. Kwa mfano: Jukwaa la elimu ya Afya, WHO na African CDC)
- Shirikiana na mashirika na taasisi nchini Tanzania ambazo zinashiriki mitazamo yetu katika masuala ya CSE ili kukuza ufikiaji na athari zetu.
- Kufanya utafiti na tathmini ili kupima ufanisi wa jumbe zetu za CSE na ili ufanyiwe maboresho kulingana na maoni.
- **Tetea sera** na programu zinazounga mkono elimu ya kina ya ujinsia na ufikiaji wa huduma za afya ya uzazi na ujinsia.

Changamoto

unawezaje kushajihisha au kuhamasisha njia za ubunifu ili kuongeza uelewa wa jamii kuhusu elimu ya afya ya uzazi na ujinsia?

Mbinu za Kibunifu zinazoongoza ili kuongeza Uelewa wa CSE katika Jumuiya

- Panga warsha shirikishi zinazokuza ufahamu kwa wazazi, walimu, na viongozi wa jamii kuhusu jinsi ya kuzungumza na watoto kuhusu CSE.
- Tengeneza nyenzo za kielimu, kama vile vipeperushi, video, na ushiriki katika kampeni za mitandao ya kijamii, ambazo husaidia kuongeza ufahamu kuhusu CSE.
- Shirikiana na shule, vituo vya jamii, vituo vya afya na mashirika mengine ili kutoa nyenzo na usaidizi kwa usambazaji wa ujumbe wa CSE.
- Tumia teknolojia na mitandao ya kijamii kusambaza taarifa kuhusu CSE na kuunganisha walionusurika na rasilimali na usaidizi.
- Kukuza ushirikiano kati ya wanajamii, mashirika, na wakala wa serikali ili kuunda mbinu ya kina ya kusambaza ujumbe wa CSE bora na ufaao.

What are the challenges in Sharing CSE messages to young people in and out of school?

Challenges

1. How might we ensure sustainable availability and accessibility of up to date CSE messages
2. How might we promote documentation and dissemination of the evolution of culture to avoid cultural misconceptions about CSE?
3. How might we champion Innovative ways to adopt CSE awareness in the community?

Challenges

How might we ensure sustainable availability and accessibility of up to date CSE messages

What steps can we take to guarantee that up-to-date CSE messages remain sustainably available and accessible?

To ensure the sustainable availability and accessibility of up-to-date CSE messages, we can:

- Regularly review and update our CSE message offerings to ensure they are relevant and valuable to our target audience.
- Collaborate with **local experts and community members** in the field of CSE to ensure that our messages are accurate, appropriate and evidence-based for **targeted audiences**.
- Promote the **use of trusted digital platforms and other interactive tools in Tanzania (URT)** to disseminate updated CSE messages, making them more accessible to a broader audience. **E.g, Jukwaa la elimu ya Afya, WHO and African CDC)**
- Partner with **organizations and institutions in Tanzania** that share our commitment to CSE to amplify our reach and impact.
- Conduct research and evaluations to measure the effectiveness of our CSE messages and make improvements based on feedback.
- Advocate for policies and programs that support comprehensive sexuality education and access to sexual and reproductive health services.

Challenges

How might we promote documentation and dissemination of the evolution of culture to avoid cultural misconceptions about CSE?

Promote accurate Documentation and dissemination of Cultural Evolution of CSE to prevent Misunderstandings / Misconceptions. (To ensure documentation of the evolution of culture and avoid cultural misconceptions about CSE

- Conduct thorough research on the cultural background and beliefs of the people we are designing for.
- Consult with relevant government ministries, cultural experts and community leaders to gain insight into cultural norms and practices.
- Document research findings and recommendations and incorporate them into the design process.
- Continuously review and updated documentation to reflect changes in culture over time.
- Test our designs with members of the target culture to ensure that they are culturally appropriate and effective.
- Be open to feedback and make necessary adjustments to our designs based on cultural considerations.
- Educate ourselves on cultural sensitivity and diversity to ensure that we are respectful of all cultures in our design approach.
- Enhance effective communication and behaviour changes

Challenges

How might we champion Innovative ways to adopt CSE awareness in the community?

Championing Innovative approaches to raise CSE Awareness in the Community

- Host interactive workshops that promote awareness to parents, teachers, and community leaders on how to talk to children about CSE.
- Develop educational materials, such as brochures, videos, and engage in social media campaigns, that help raise awareness about CSE.
- Shirikiana na shule, vituo vya jamii, vituo vya afya na mashirika mengine ili kutoa nyenzo na usaidizi kwa usambazaji wa ujumbe wa CSE.

Challenges

How might we champion Innovative ways to adopt CSE awareness in the community?

Championing Innovative approaches to raise CSE Awareness in the Community

- Use technology and social media to disseminate information about CSE and connect survivors with resources and support.
- Foster partnerships between community members, organizations, and government agencies to create a comprehensive approach to disseminate quality and appropriate CSE messages.
- Promote the innovatives ways in monitoring and evaluation of existing and emerging of behaviors and practices