

FIND SUPPORT

You can get support from:

1. Teacher
2. School Counsellor
3. Headteacher/Principal
4. Child protection officer

You can access:

1. psychosocial support
2. Healthcare Services
3. Child protection Services
4. Legal assistance

PATA MSAADA

Unaweza pata msaada kwa:

1. Mwalimu
2. Mshauri wa shule
3. Mkuu wa shule
4. Afisa wa ulinzi wa watoto

Unaweza kupata:

1. Msaada wa kisaikolojia
2. Huduma za afya
3. Ulinzi wa watoto
4. Msaada wa kisheria

DISCLAIMER:

Kijatabu hiki ni cha kielimu tu,
si ushauri wa kisheria.

This guide is for information
only, not legal advice.

NEED HELP? UNAHITAJI MSAADA?

You are not alone.
There are people and organisations
that can support you .

Hauko pekee yako.
Kuna watu na mashirika yanayoweza kusaidia.



Child Helpline -116

Call 116 , Whatsapp 0722 116 116

Msaada, ulinzi na huduma kwa kina mama vijana.
(Chini ya miaka 18)

Help, advice & protection for all children.
(under 18)



GBV Helpline -1195

Call 1195 ,

Msaada kwa ukatili na unyanyasaji.

Help for violence, sexual assault and abuse.



Social Health Authority (SHA) - 147

Call - 147

Msaada wa kupata huduma za afya na uzazi.

Help accessing affordable healthcare
and maternity services.



Ministry Of Education

Call - +254 (0) 3318581

Msaada wa kurudi shuleni baada ya ujazito.

Help with returning to school after pregnancy.

KNOW YOUR RIGHTS JUA HAKI ZAKO

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Education. Support. Solutions

KNOW YOUR RIGHTS

A guide for teenage mothers in Kenya

Know your rights. Get help. Find a solution

KNOW YOUR RIGHTS

01. Right to education

Access to primary and secondary education without discrimination.

Constitution of Kenya, Article 53(1)(b); Basic Act guarantee

02. Right to return to school

Right to return to school after childbirth.

School Re-Entry Guidelines (2020); Basic Education Act, 2013

03. Right to non-discrimination

Freedom from discrimination due to pregnancy or motherhood.

Constitution of Kenya, Article 27(4)

04. Right to health and safety

Access to health and protection from abuse.

Constitution of Kenya, Articles 43 & 53

05. Right to access justice

Right to seek help when abused or your rights are violated.

Constitution of Kenya, Article 48

JUA HAKI ZAKO

Mwongozo kwa akina mama vijana nchini Kenya

Jua haki zako. Pata Msaada. Tafuta Suluhisho

Jua haki zako

01. haki ya Elimu

Kusoma shule ya msingi na upili bila ubaguzi.

Katiba ya Kenya, ibara ya 53(1)(b); Dhamana ya sheria ya elimu ya msingi

02. Haki ya kurudi shuleni

Kurudi shuleni baada ya kujifungua.

Mwongozo wa kurudi shuleni (2020); Sheria ya Elimu ya msingi, 2013

03. Haki ya kutobaguliwa

Kutobaguliwa kwa sababu ya ujauzito au kuwa mama.

Katiba ya Kenya, ibara ya 27(4)

04. Haki ya afya na usalama

Kupata huduma za afya na kulindwa dhidi ya unyanyasaji.

Katiba ya Kenya, ibara ya 43 & 53

05. Haki ya huduma za kisheria

Kupata msaada na unapodhulumiwa au haki zako kukiukwa.

Katiba ya Kenya, Ibara ya 48

REPORT AND SEEK JUSTICE

01 – Speak

Tell a teacher, school counsellor or headteacher.

02 – Report

Explain your concern to the school administration.

03 – seek support

Contact an NGO or organisation that can assist you.

04 – Escalate

If unresolved, report to an education officer or relevant authority.

RIPOTI NA TAFUTA SULUHISHO

01. – Sema

Mwambie mwalimu, mshauri au mkuu wa shule.

02– Ripoti

Eleza tatizo lako kwa uongozi wa shule.

03 – Pata msaada

Wasiliana na ngo au shirika linaloweza kukusaidia.

04 – Pandisha malalamiko

Ikiwa tatizo haijatatuliwa, wasiliana na afisa wa elimu au mamlaka husika.