



Speak Out

2018 ISSUE

GVRC

**GENDER VIOLENCE
RECOVERY CENTRE**

We bring back meaning to the lives of survivors and their families



Message from the ED

The Gender Violence Recovery Centre is a (GVRC) is a non-profit making, non-partisan; charitable trust of the Nairobi Women's Hospital (NWH). GVRC's purpose is to bring back meaning to the lives of survivors and their families through the provision of comprehensive free medical treatment and psychosocial support to survivors who have undergone any form of violence such as physical, sexual, psychological or emotional abuse. GVRC has become a centre of excellence on Gender Based Violence (GBV) issues and management in Kenya.

The GVRC-NWH headquarter is located at Malik Heights 8th Floor, Ngong Road. The Gender Violence Recovery Centre (GVRC) takes a keen interest in children's welfare and as they are an important part of the community, need to be protected against and enabled to protect themselves against child abuse. GVRC believes in providing children with the necessary information on forms of child abuse and how to protect themselves in the face of such situations. Parent, guardians, teachers and adults are encouraged to provide a conducive environment that favors a child's will to express their concerns in case of any form of abuse.

Child abuse leaves a child scared, damaged and confused, affecting their general performance and attitude towards life. Education in this ever evolving world is an important tool for children. Dropping out of school due to abuse and depression that comes from it is not new. This has reinforced efforts, with support from DANIDA (Embassy of Denmark), to reach out to children through the school based awareness and education for prevention of violence and the annual child awareness contest and school forums to remind children that they have a voice and they can stand up against abuse. Children being part of fighting for their own rights is a way to ensure that we are taking better steps to protecting them.

Children can report abuse by calling these numbers; GVRC 0719 638 006; HAK 1195; Childline Kenya 116 or visit any GVRC Centre found in all Nairobi Women's Hospital Branches; Adams – Kirichwa Road, Opposite Adams arcade; Hurlingham – Argwings Khodek Road, Kitengela – Namanga Road, Rongai – Magadi Road, Nakuru Hyrax – Nairobi Highway, Behind Tusky's (Hyrax) Supermarket and Nakuru CBD – CBA Centre. GVRC also extends warm wishes to all pupils for this academic year, we wish you flying success.

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IMPOSSIBLE IS YOU

By
John Chege
Implementing Program Officer- primary
prevention and advocacy
Gender Violence Recovery Centre



Greetings to you my younger brothers and sisters, like I always call you and you know that I am not 'teacher' or sir. It's been a minute since we last talked and here I am, again to reassure you of our support, our love and commitment in making this world a safer and a better place for you. Our pride lies in you, the future lies in your hands and we can only hope that you do better than us. As we already know, Child abuse is any act or failure to act on the part of a parent or caretaker, which results in death, serious physical or emotional harm, sexual abuse or exploitation, or an act or failure to act which presents an imminent risk of serious harm to the child. The Gender Violence Recovery Centre remains committed to achieving this, the reality that Children are empowered, protected and provided with the best opportunities and environment to prosper

In this version, I want to emphasize to you the message that you have heard before, from your teachers or other concerned parties; The importance of self-awareness and self-esteem to you as a child. Like we said 'Kujichocha or kujiamini' is the true essence of achieving the impossible, nothing is impossible my younger brothers and sisters. Just remember that self-awareness is the skill of complete self-understanding. Knowing one's own abilities, weaknesses, likes and dislikes, know and remember these things about yourself and continuously work to improve your overall self. While on the other hand, self-esteem is how you value yourself as a child, what do you think is your value? Remember, as a man thinketh, so he is, you are a sum total of your thoughts, your dreams and ambitions. So it is only impossible if you think it is, but very possible if you think it is doable. "When you have eliminated the impossible, whatever remains, however, improbable must be the truth."- Sir Arthur Conan Doyle, The Sign of Four. But even as you think of how everything is

possible, remember the difference between possibility thinking and wishful thinking is a very thin line, when your thinking is not backed by a plan to achieve your plans, ambitions and goals, then it's just but wishful thinking. Even as a child you, should know what you want, have a plan to achieve your goals and stay focused to the goal. As GVRC, we will support you by creating an enabling environment to help you achieve this. Do not be afraid, do not be cowed and be ready to push and sweat, be ready to go the extra mile one more time especially when it gets tough for in order to attain the impossible, one must attempt the 'absurd.'

If you lack self-esteem, you will avoid trying new things and your dreams will disappear, you may feel unloved and unwanted, you will be that child that always blames others for your own shortcomings, you will feel, or pretend to feel, emotionally indifferent and unable to tolerate a normal level of frustration. Without self-esteem, you will quickly put down your own talents and abilities and of course, you will be easily influenced increasing your vulnerability to abuse and seriously compromising your chances to develop, grow and prosper. You can do better, you can achieve the impossible. By working on your self-esteem you will realize that Children with high self-esteem act independently and make their own informed decisions, they take proper responsibility and pride in accomplishments, they tolerate frustrations better, they are always ready to attempt new tasks and challenges, and they handle positive and negative emotions well and offer assistance to others. This my friends are the recipe for achieving the impossible and being proactive in your own protection. No matter how many times you fail, take reassurance in the fact that every great accomplishment in the world is at first impossible, make possibility your new home and dwell there forever. Stop looking for reasons why something is NOT possible because trust me, you will find the reasons as to why you are not succeeding. Your limitations are a figment of your thoughts.

So as I say good-byes, for now, take home this message, that everything is as it is because of your belief in yourself, everything will be as you wish or want it to be. Remember that "I can't.....It's not possible, I'm not good enough....," harbors the demons and enemies of your dreams that scare your endless possibilities. My dear boys and girls, your past failures and unfavourable experiences do not define who you are and evidence of other people's failures is not your portion, you are a King, you are a Queen and this your time, for if not you, who? If not now, when? So, Kings and Queen's enjoy this magazine Jichoche, Jiamini and go on to become great, **IMPOSSIBLE IS YOU.**

GREETINGS FROM NYERI COUNTY

By
Peter G Muriithi
Beacon Chair-Nyeri County



It is with overwhelming joy that I write this note to give my gratitude and thanks to the beacon teachers' movement and all our facilitators and mentors from the Gender Violence Recovery Centre. I wish to note that the training by GVRC and TSC equipped me with knowledge on child protection and further improved my perception of the importance of this.

Through gaining knowledge on the benefits of child protection and positive discipline, my eyes have been opened to see the real value in my pupils and they too have found a friend in me. This has made them feel more secure to open up to me and fellow beacon teacher on issues concerning them; be it child abuse, relationships, reproductive health, academics or even that just plain chats. Truly, being a beacon teacher is a calling and I take pride in the fact that in under one year,

I have seen the self-esteem and confidence in my children grow exceptionally, improved communication and strategic advocacy issues have been advanced by the Kings and Queens Club members and this has resulted in strengthened child protection interventions at Kiriti primary school.

Through these efforts, the children are now fully maximizing their potentials, especially in education and sports. Many of the Kings and Queens Club members have moved from average academic pupils to produce outstanding performances. In last year's KCPE (2017) the top performers were members of the Kings and Queens joined National and extra county schools. We have also greatly improved in sports and drama festivals and are now regarded as strong competitors in Nyeri County.

My head teacher, Mr. Stephen M Gacharia has been very supportive of child protection and I can say that with his support, we have been able to achieve a lot in one year and we can only get better in the coming days, he is a man of substance with children at the centre of his heart. As for my personal achievement as a teacher, I am honoured to inform you that I was awarded teacher of the year 2018 in my sub-county, this is only through the visibility and fruits of the child protection initiatives I have undertaken. As we continue to enhance the self-discovery of our sons and daughters in schools, we highly appreciate your support and cannot thank you enough for it. "You will always stand taller when you kneel down to help a child."

THE 21ST CENTURY BEACON TEACHER AND CHILD PROTECTOR; MY STORY

By
Calvin Nyaberi
Beacon Chair-Nakuru County

The importance of protecting our children is a pertinent issue that cannot be stamped over. For decades, adults have been tasked with a golden opportunity of protecting the delicate innocence of children. Our forefathers did this with so much passion and integrity, consequently raising up children who were not only respectful but also responsible and all round disciplined.

THE TYRANT TEACHER

My first posting as a teacher in a public school was in the year 2012 and it was an experience of a lifetime. The cultural orientation at the time was such that the measure of a serious teacher was based on the ruthlessness exhibited on the child: specifically how much pain one would inflict through the cane especially when on duty. The days that I was on duty 99% of the children would report to school as early as the birds would sing their sweet lulling melodies. Alas! After my duty was over the number would drastically drop to less than 50%. I often found myself wondering why, a question that was never answered until I encountered the GVRC team. During and after exams I was the "Supreme Court Judge" who would prescribe the kind of beating to be administered to those who had failed their exams. I would single handedly cane a whole class of about 150 children in the name of wanting to improve the performance of the school. Children would come to school shaken up but their grades remained the same with others only getting worse". The rest of the teachers would join in the tyranny by giving a minimum of 3 canes. In a group of about 10 teachers, each child would receive on average around 30 very hot canes. During the lesson the story of musical chairs would persist upon the children. I as the stern disciplinarian had the longest cane ready to cross paths with the slightest sign of indiscipline. I was on a mission to evoke out the evil that laid in the nature that comes with indiscipline and the whole village was excited of the new "disciplinarian" teacher who forced the children to abide by the rules. I was then recruited into the discipline department as the chief "KDF" officer, but guess what the result still remained the same. There was no evident change as far as performance was concerned, without the cane indiscipline reigned rampant and the only language the children understood was fear.



THE REFORMED TEACHER

GVRC in the partnership with TSC organized a workshop that was geared towards training The Beacon Teacher Movement in one of the best hotels in Nakuru County "Hotel Kunste". A residential meeting it was and fate had it that I was selected as one of the trainees from Njoro Sub County. Little did I know that this meeting would not only change me as a teacher but would cause a paradigm shift on my outlook of discipline. The facilitators one John Chege (Chase) Joel (The Cool One) from GVRC and Zipporah Supuk (Supuu) from TSC came in as the game changers. "Child rights and protection!" was the catch phrase of the day that not only caught my tongue but my mind and soul a well. We were taken through a vast array of topics including; Gender and Gender based violence, Gender mainstreaming, Child protection, Alternative approaches to discipline, TSC circular and legal instruments related to GBV and child protection. The topics are things that I had heard before, but a wise man once said there is a huge difference between hearing and listening. I tend to believe till this day it is the way the content was packaged and delivered with so much passion that caused me to listen and awakened a sleeping warrior within me that till Date fearlessly fights for the rights of children.

The why question that had wrung in my tyrant years was finally answered as I realized that discipline was not paramount to the degree of fear instilled into our children rather tapping into the innate self drive through mentorship was the best way to assist children. The realization of my disservice to the children as a perpetrator resulted in the transformation of my mind like Saul in the bible the persecutor of Christians who turned Paul the preacher of the gospel. They say human evolution is still ongoing and I too have evolved drastically from a perpetrator to a child protector (001). I changed my name from "Calvin the Tyrant Caner" to "Calvin the Chief Child Protection champion Nakuru County". I am a proud, reformed, well informed; better teacher and I thank the GVRC and TSC for a job well done in transforming me into the ideal disciplinarian. Indeed something has changed, grades are improving, parents are happy and discipline is there in the absence of the cane.

ACHIEVEMENTS AND SUCCESSES

1. THE LAUNCH OF KINGS AND QUEENS CLUB.

A club that was established to educate children on their rights and create child ambassadors that spread the message with the aim of protecting children from abuse. It is the most vibrant club in my school, the most active and most educative. It has an award winning play on child rights that represented Njoro Sub County in the drama festivals at the County level in Subukia. More learners have come out and opened up on the personal challenges they have gone through and Lydia Mugangai the case manager (GVRC) Nakuru took them through counseling sessions. One case being a girl who had been raped for four years from class three to class seven by her brother-in-law.

The girl has expressed how impactful the counseling sessions have been in helping her overcome the challenges that resulted from the abuse. I want to thank Lydia for her passionate and timely response when such cases arise ensuring the child gets the much needed psychological and medical care. The children have learnt the song on "private parts" that has aided in their understanding of sexual abuse.

2. IMPROVED CLASS PERFORMANCE

It's only after about 2 terms of my active involvement in the program as a beacon teacher that I realized my class mean score had improved steadily, from 208.42 to 257.6. This I know is only possible as a result of dropping the cane, being friendly to children and ensuring that they are well protected within and out of school, a well protected child in a friendly environment will definitely perform better.

3. OFFICE OF THE SENIOR TEACHER

Through the reform agenda, the school in general and the administration have promoted me from a teacher to the position of a senior teacher in charge of the children affairs and curriculum development. My office doubles up as the GVRC office that listens to the learner's welfare and gives solutions through guidance' and counseling with assistance from queen Rose Ndirangu. My advocacy role in the protection of children rights has seen me rising through the ranks of my profession. It has also given me an opportunity to engage education stakeholders like the county directors.

4. COUNTY BEACON MOVEMENT CHAIR

Having exhibited exemplary work in matters of child rights and protection, I sit in the National Forum as the Chair of the Nakuru County Beacon Movement where I am tasked with planning events and activities for Nakuru County. I established the What's-App group for the county for communication and networking purposes. I heart fully thank you Zipporah Supuk for mentoring me on this vital role.

5. CHALLENGES MET AND HOW THEY WERE OVERCOME

New arising cases of abused children in the Nakuru County. The Nakuru County is a vast/ large and densely populated County that makes reaching each and every corner as difficult as finding a needle in a haystack. So I in consultation with other members decided to divide the movement into various clusters for easier co-ordination i.e. Nakuru Municipality, Naivasha, Subukia, Njoro, Gilgil(Section A), Kuresoi North, Kuresoi South, Rongai, Molo(Section B). They hold separate meetings, and then we hold a conjoined one after sometime to share achievements, successes and challenges experienced in our mission of child protection Logistics Planning of meetings and activities is a challenge due to the tight school calendars and terms dates but most of the meetings are done during weekends and evenings .The cancellation of the official launch of the Kings and queens club in Nakuru was a hard blow. However, Joel Muriithi, John Chege and Lydia Mugangai you came through in big way for the children. Visiting the children, encouraging them and giving them the T-shirts while providing them with an opportunity to present to the team was the platform that they needed to make them see that the movement was big. Thanks a million as I believe this is what made them succeed in the County drama festivals.

6. DOCUMENTATION

All the activities, meetings, counseling sessions, events and materials described above are well documented in both soft copy and hardcopy. Minutes, reference materials and files are some of the ways of documentations with WhatsApp forum being our major mode of record keeping. We regularly update the programs officer John for follow up through emails.

7. RECOMMENDATIONS

The group that was trained need further training and follow up to further sharpen their skills and develop an understanding of the challenges they encounter hence help them bridge existing gaps. More training to be carried out regularly in the county to reach out more teachers and community members in matters child protection. Heads of institutions and administrators also need training so as to understand how to protect the children better (it is long overdue). Before any activities are rolled out from the national office, let the county directors be in the know to avoid conflict of interest

DISCLAIMER

Don't you think we can do more to protect the children from the menaces of sexual violence, early pregnancies, corporal punishment and lack of provision of basic needs? "Pamoja Twaweza". My name is Calvin Nyaberi a child protector and I urge all of you to join me today and yes together let us ensure our children get what is rightfully theirs.



GENDER VIOLENCE

By
Hiram Njenga
Kiamaina Primary school

The act of abusing anyone physically is what is known as violence. It is considered an illegal act. Some of these acts are in different forms such as, raping, a thief being beaten by a mob and some as homicide. Some of these cases occur without the people around or even the cops knowing. Arguments between parents leave the children suffering. Some fight and lose their lives leaving children orphaned. The next of kin are left to take care of the children, some are taken to orphanages so as not to be a burden to their kin and others are left and wander around the streets begging for money.

Back in the day, female genital mutilation was common among communities. As the lads were taken to be circumcised, the lasses were taken to their grandmothers for the same purpose. It was not considered an illegal act back then laws were developed to protect girls from mutilation. They are cold bloodedly cut as they profusely loose blood. The perpetrators have been apprehended and sentenced. This has reduced the number of cases. The cases we have heard break our heart. Female genital mutilation must be cut throat. A monotonous case of a parent killing his spouse and children occurs in all corners of the world. Some after committing homicide end up strangling themselves. Some run hoping not to be caught by police. This is an unacceptable act, condemned by the community. It leaves orphaned children who may end up in criminal activities and immoral behaviours.

This act must be stopped and the perpetrators should be sentenced to jail.

This has also happened to me when my father came home late at night and beat up my mother. I was in deep sorrow seeing my mother bleeding profusely. I tried calm my father down but he was drunk and could not listen to me. He would drag me to bed and beat me up. I was very elated when my father could go to work and leave us in peace.

My mother could pack her luggage and depart to my grandmother's. She would then come back home after sometime and reconcile with my father. He was an irresponsible father. I built castles in the air of how my father would turn over a new leaf but he was still the same father I knew. My mother would sweat her skin off while my father comes and demands for money.

I had to involve myself in illegal activities to provide for my mother and father. I used to confront my father, trying to stop him. My mother would faint if she heard what I was a criminal.

All ended one time when my father came home as usual and beat my mother up. I stood aside trying to confront him in a hoarse voice. He ran outside and fell onto the door. He hit his head so hard that he bled. I ran to the police station and reported what had happened. They rushed and apprehended him he was sentenced to life imprisonment.

DOMESTIC VIOLENCE

It has been usual in the past, people believe that it's normal to see a man chasing his wife through forests passing rivers and in towns and as he gets the chance to catch her, he decides to kick her but the kick misses and one of his gumboots gets off his foot and flies through the air.

Well, you can think that that is actually funny but if you see a picture of a woman with a club as big as my head chasing a man and when she gets a chance she hits him with a club....

Domestic violence can be of any kind, either between parents, relatives, grandparents or neighbours too. I am going to narrate you a story of a helpless man who has been getting canes from his wife. It was August holiday, I had gone to visit my grandparents in Munyaki, Murang'a County. On the second week my grandmother sent me to the shop. When I was coming back from the shop I heard screaming from

a certain homestead. I suspected that something was amiss so I decided to sneak in the compound and find out what was wrong, as curious as a cat I lifted up my head and looked through the window and to my shock I saw a woman sitting on her husband canning him using a long cane as he screams out of pain. I heard her tell her husband that that is the day he was going to know why goats don't speak.

I was so scared that I did not even spend any other minute in that homestead. I ran as fast as my legs could carry me. When I reached home I told my grandparents everything that had happened, my grandparents warned me never to there ever again. As the days went by, I found out that the man used to sleep under the table and that the woman was a drunk who used to come home with other drunk men just like her. In my opinion, domestic violence is not a joke

CHILD ABUSE

Child abuse is the exposing of children to conditions that do not allow their natural healthy development. It is the subjecting of children to responsibilities meant for adults. In a nutshell child abuse is the misuse of children due to the inability to protect or defend themselves. Child abuse may be caused by many evil forms. They could be, child labour, sexual molestation, child battering and even marrying of underage girls to men old enough to be their guardians. Children have and continued being used for economic production from our homes to our industries. The use of children as house helps is quite rampant. Many children are subjected to this throughout the country, especially in urban areas. They are commonly found in bars. In rural areas they are forced to pick up the cash growing crops like tea, coffee pyrethrum and cocoa. They are treated harshly and are not allowed to bargain on their own terms' Sexual molestation is also a widespread practice in our country. More often than not we witness or read from the paper that underage children, some as young as two years old have been raped or defiled. They are exposed to prostitution and immoral behavior. In females they are exposed to the female genital mutilation. (FGM)

All these unfortunate incidents have a serious effect on children and their rights to develop normally. They lead to children not going to school and this apart from making them unable to have responsible

families in future, also has a negative effect in the future development of our country. Child labour and lack of parental care also exposes our children to poor mental and physical development. They are exposed to sexually transmitted diseases and HIV/AIDS related infections. Child prostitution also leads to the increase in the number of street children and destitute. Child abuse should be condemned by all sundry in the society because every child has a right to love, care and protection. Denying children education is tantamount to killing the future of the nation because as we often claim, they are the future leaders.

Let us defend the child!

By
Maureen Wanjiru
And
Fiona Wairimu
Arap Moi Primary





Child abuse is the act or crime of harming a child physically, sexually or emotionally. It can even be the act of treating a child very badly especially forcing him or her into child labour. Once there was a girl called Jane. She was very hardworking and very competitive. She lived with her uncle and aunt because her father passed away and her mother was working in Dar es Salaam in Tanzania. Her relatives took great care of her but she felt as if she was a prisoner under her own skin, a prisoner who had to keep looking over her shoulders for she doesn't know who her tormentors are.

Nevertheless, while she was in standard two, her uncle started abusing her sexually. He raped her many times. She did not understand the seriousness of this until when she got to class five. Her uncle repeatedly abused her almost every week. There was a particular day when her uncle would rape her. Her aunt used to arrive home from work at around ten o'clock at night. Sometimes when she was in standard six, I started seeing some unusual things happening to her. Her class performance went down, she kept to herself most of the time, and generally she looked unhappy. Occasionally, she could cry for no apparent reason. When in the field for outdoor games, she kept to herself and preferred to sleep on the grass. I was worried of her but I didn't know what to do to help her.

One day I confidently walked towards her and confronted her and asked the reason as to why she would just sit like that and start crying and why she would miss some lessons. She cried bitterly and in pain while telling me that her uncle has been sexually abusing her since she was in standard two. I was startled. This tickled my mind very much. I confidently confronted the teacher and told her about Jane. This is when the teacher confronted Jane and told her to clearly explain her problems. Before she told the teacher, she was really confused whether to tell her or not. At first, she was also afraid but she knew she couldn't hide anything forever. She felt as if the world had stopped evolving around her because her uncle told her never to tell anyone.

The teacher took a step and informed the head teacher. The head teacher also took a step and informed the children administration. Jane didn't want this to go too far but I made her understand that it was for her own good. Her aunt took her to boarding school before they could handle her uncle's case. Later on, her uncle was taken to a psychologist and was talked to an informed about child abuse. From there, charges were pressed and he was put in prison for four years. What I learnt from Jane was that no one should be trusted. I therefore take great care of myself even when I'm with my kin.

By
Grace Mwaiwa.
Nyamachaki Primary School.

CHILD LABOUR

By
Shaleen Wanjiru

"Head teacher Mrs. Pride, deputy head teacher Mr. Kobu, senior teacher, monitors and my fellow pupils, good morning. Today we are gathered here to talk about forms of child abuse. Child abuse can lead to death. Forms of child abuse are as follows: denied education, shelter, food, clothing, health education and many more. Some of us have been victims of this so we must stand together and fight child abuse.

The rights our parents are to give us are as follows: right to education, shelter, clothing, health education food and many more. If we try to avoid child abuse we can reduce the death of some of us. Child abuse can be prevented by us but not any other person.

Let us agree on one thing, that we shall fight child abuse. Yes we can do it. That is all I have today and let us fight child abuse.



FORMS OF CHILD ABUSE

- Being employed as a worker in farms and houses instead of being in school.
- Being forced to get married to old people
- Girls being forced to undergo female genital mutilation (FGM)
- Being restricted from going to school
- Rape
- Heavy beatings and punishment
- Abusing the child

RIGHTS OF A CHILD

- Right to education
- Females are not allowed to undergo FGM
- Right to right marriage
- Right to parental love
- Right to parental guidance
- Right to shelter
- Right to clothing and eating
- Right to playing with friends
- Right to medical care
- Right to security

WHAT WE CAN DO TO AVOID CHILD ABUSE

- Making laws against child abuse
- Educating people on dangers of child abuse
- Educating children about their rights
- Creating organization to deal with matters of child abuse

WHERE TO REPORT SUCH INCIDENTS

- To the police station
- Reporting to the children's rights organisations
- The child might even report to the chief or any of the clan elders
- Report to family members
- Report to your teacher at school if anyone touches your private parts

By
Fiona Nduta Wairimu



TYPES OF CHILD ABUSE

There are various types of child abuse. The types of abuse are physical abuse, neglect, sexual abuse and emotional abuse. First, there is the physical abuse which involves hitting, burning and slapping the child. It is one of the most used abuse. Second there is emotional abuse which entails absence of parental love and care, verbal abuse, lack of appreciation, threats, rejection and discrimination. Emotional abuse has effects like fear, anger, hurt and degradation. Third is neglect which involves lack of parents care and love. If children undergo neglect they go through lots of pressure since they have to feed themselves. Teachers may also be perpetrators by refusing to mark students' assignments and removing students from class.

Lastly, there is sexual abuse. It is the most disturbing crime committed to a harmless child. It involves asking, pressuring a child to involve in sexual activities in order to satisfy one's sexual desires. Exposing one's genitals is also sexual abuse. Sexual abuse is also understood as forced or coerced or tricked sexual behaviour towards a child.

By
Evelyne Nyokabi Wangari
Kabiru-ini Girls School

Child abuse is cruelty and unfair treatment to a child. The following are some of the forms of child abuse: Rape is a crime of forcing someone to have sex by using violence. It affects the victim emotionally and physically. It has led to forced school dropout. It has also led to stigmatization, discrimination and procrastination. Spiritual negligence. This is where a child is denied his rights to worship.

This makes a child to lack moral values like dignity that a religious child should have. Labour is working hard or putting a lot of effort into something. In this case a child is overloaded. The old ditch did not lie when they said, "All work without play makes Jack and Jill a dull boy or girl. This affects the mental thinking of a child. This mainly occurs to orphans and children who live with single parents, because he or she has to provide for their children. Female genital mutilation (FGM). This is where a female child is mutilated. Mutilation is a way of damaging someone's body permanently by cutting it off or part of it. It mainly leads to death because of over bleeding.

Denied basic needs. Basic needs are things that we need for our daily living. E.g. food, clothing, shelter and other needs such as education and health services. Children may suffer from nutritional deficiency diseases which may be lethal. Lethal means it's dangerous and capable of killing someone. Lack of education makes the child illiterate. Illiterate means no able to read or write.

Drug trafficking. Trafficking is an illegal business of buying and selling things such as drugs and weapons. It is a catastrophe since a child is forced to sell drugs. This makes the child to lose concentration in class since the child is thinking of how to make money. The child is likely to start using drugs. Negligence is the failure to provide and take care of. This mainly results to low self-esteem. A child is likely to have different feelings. He/she is likely to feel hated, discriminated and may end up committing suicide. In Kenya now the rate of child abuse is forty percent (40%). It is increasing day by day. Everybody should do his or her best to minimize child abuse to the rate of fifteen percent (15%) or less. Let's stop child abuse.

By
Vera Awino
And
Yvonne Nkatha

PREVENTING CHILD ABUSE IN SCHOOL

By
Njuki Caroline Mumbi,
Kabiru-ini Girls Secondary School

As it is said, everything that has a beginning also has an end. This shows that child abuse can also need to be protected. They need to be understood and appreciated. There are various ways of preventing child abuse.

The school is major stakeholder in child protection. It can report the abusive parents and even deprive them the right to custody of children if they are incapable of raising them in a proper manner. The schools should also network with other specialized agencies for child abuse. The school can also take more radical steps of starting education on child abuse in school programs.

The school administration can help in preventing child abuse by creating awareness. There are various ways that can be used to create awareness. For instance, parents should be taught on the causes of child abuse and how to handle their children. Members of the society should also be taught how they can help and solve cases of child abuse in the society.

In addition to that, the school administration can also have speak out boxes where students or anyone else can put their suggestions. For instance, a case where a teacher falls in love with a student and the student cannot express it to the people around her but her friend who is concerned can report through the boxes to help her friend.

Moreover, the school can also provide a hotline which is 116 to the members of the society in order to make it easier to report child abuse. The administration should ensure that the parents are given the hotline number during meetings. It will help curb child abuse.

When all barriers are removed and children protected there are benefits that come along. The child who has been protected from child abuse will be able to utilize his/her potential. Also the child's well-being and that of the future generation is protected.

The other benefit is the promotion of psychological, social, cognitive and physical health. The cycle of violence created by the child abuse will be broken. Another benefit is that it enhances self-discovery, motivation and creativity. It also fulfills the government commitment to international agreement.

In the process of protecting children, there are barrier. The instances are; ignorance, ignorance from people involved might be a problem, discrimination and prejudice, whereby cases of child abuse are handled and others are solved due to family status. In cases



where cultural practices are normalized protecting children, for instance, when the country lack legislations on child protection, the children abused will not be helped. Also civil unrest, lack of information, poverty and lack of alternative to customs. If these barriers are evaded the child protection process will be successful.

In conclusion, the cycle of violence must be broken so that we protect today's children and future generation from violence. As we all know the young generation holds the future of the nation. They should be protected in order to better the economy of the nation.

A REAL STORY

There was once a girl named Joyce. She was very humble and kind. Her mother was dead and her father was a drunkard. Her father usually came late at night when she had already done her chores. She lived in an estate where houses were not close to one another. One day when her father came home and as she usually did, Joyce gave her father supper then her father held her closely and then she screamed at the top of her voice but there was no one to help her. She tried and tried to get out of the room but she was slapped. Joyce took a cooking stick and beat her father so that she could run but all the doors were closed.

When her father stood up from where he was Joyce stole the keys and started running asking for help. She went to the police station and wrote a statement and her father was caught and taken to jail. Joyce was in trouble but my mother took her in and we lived with her for a few weeks then we took her to her relatives. She stayed there until she finished her studies.

Her grandparents who stayed with her, did not have money to pay school fees. There was a man named Mzee Katumbo. He was very rich. According to Maasai culture, if you had lots of cattle you were rich. He took Joyce and forced her to be his wife. She got pregnant and had HIV/AIDS



STORY BY ROSE MUMBI

Jane could not believe her good luck. She was now back in the comfort of her home. She was very happy as a newborn baby to be back in school. She lay in bed thinking about the past two years of her lifetime. Her life time was flashed through her mind like a video show of a frightening movie.

She could remember that day, two years ago, when she was only eleven years old. She was walking home with her friend Winne. A car stopped beside them, the driver was a rough looking man. "Girls, I want to drive you home," he called. Jane said, "Sorry, we do not know you."

The man got very angry. He got out of the car, grabbed Jane and pushed her into the car. Winne managed to escape. The man threatened to kill Jane if she continued calling for help. After what seemed to be a whole day's journey, the car stopped and the man ordered Jane out. He pushed her into a one roomed house. Jane was scared because there was no light in the house. Jane started crying, tears of bitterness bathed her face, making her moist as a toad. The man came again and ordered her to come out and take a blood curdling shower.

Jane had to beg and beg so that she will not be killed. She went straight to the bathroom and took a shower. When she was coming out she saw some men coming looking at her, they followed her up to the room. Jane was so frightened. When Jane had finished dressing, she was given some water to drink. As soon as she had drank it she felt dizzy. She laid on the ground and felt like she was given some drugs. After that she passed out.

When she was awake. She was in sixes and sevens. She had been raped, she could not believe what she saw, blood all over her clothes.

Soon she was released from the forest where she was and she was thrown in front of their house. When her family members came, they found her calling for help. They first took her to the hospital. Although she was pregnant, her family laughter echoed in the house mingling with the clinking of glass for she had returned back home.

Say no to child abuse.
Arap Moi Primary

CORPORAL PUNISHMENT

By
Joan Mumbi
Arap Moi Primary



CHOKING THE FATE OF OUR CHILDREN

By
Joeevens and Mogute
Arap Moi Primary School

Due to the relentless physical maltreatment and sexual molestation of children, the cases of child abuse have been skyrocketing to an extent that it is now habitual. In these circumstances children have been denied their vital needs and justice. In Nairobi alone 255 children have gone through harrowing experience of abuse and neglect since January this year. By the time the year ends, that number will have risen to thousands. A large portion of abuse, 97% is perpetrated by people the victims trust, such as parents and step parents, siblings or the clergy. Data from childline, a non-governmental organization that runs a child abuse helpline, reported that while carrying out their map out of abuses in Kenya, noted that fathers and mothers were most common perpetrators of violence against children. The government should be poised to cushion child abuse in Kenya. Not only the government should curb these incidents, the public should also point out the perpetrators of child abuse and being put to book. If the nation would have done this then child abuse would be a forgotten history.

Child abuse has three major words in it.

They include;

1. Child
2. Abnormal
3. Use

As we all know, a child is anyone who has less than eighteen years. Abnormal means something which is maybe out its real senses and it's not a proper way. Definition of the word use is that it is making something either helpful or useless. Therefore child abuse is denying a person who is under eighteen years of age his rights.

The following are various ways in which a child is abused

- Lack of fair parental guidance
- Denying a child his/her rights of education
- Lack of proper clothing
- Just to mention but a few.

The most common way and the most dangerous one (of abusing a child) is through sexual misuse. It can be child to child. Child to child sexual misuse can be brought by lack of respect of your opposite sex. Adults can also contribute to sexual abuse. Remember a person who can abuse you sexually is just like a normal human being. Children should make sure that they have reported such cases either to their parents, guardians, friends or even to the closest police station. As we all know that this is using a child abnormally. Teachers should help in assuring pupils of good security. They should also try to guide and counsel their pupils on dangers of child abuse and the prevention. Let us all remember that prevention is better than cure. We should all join hands as the adage sages, 'unity is power' and abolish child abuse.

SPEECHES

By
Mary N Wanjiku
Kabiruni Girls

I would like to address my speech about the horrors of child abuse in Nyeri county and Kenya in general. In the current world, there has been a tremendous increase of incidences whereby children have undergone abuse. These abuses can be witnessed in different categories depending on the measure and the extent to which the children are suppressed to. To begin with child abuse, this refers to when a parent or caregiver, through failing to act or through action, causes death, injuries, emotional harm or risk of serious harm to a child. Another definition of child abuse is when a parent or other adult causes serious physical or emotional harm to a child. There exists a variety of child maltreatment, ranging from neglect, physical abuse, sexual abuse, exploitation and emotional abuse. A child can be subjected to one or more of these forms at any given time in life. These categories are as highlighted in the following. One form of abuse is neglect. This kind of abuse can be categorized based on the terms of an omission, where the child suffers significant harm or impairment of development whereby they are deprived of fundamental needs like clothing, food, warmth, hygiene, management, medical attention, intellectual stimulation and safety; it also includes attachment to and affection from adults. The other form of abuse is emotional abuse. This is evident in the relationship between a parent or caregiver and a child in specific events or in a pattern of events. It emerges when a child's developmental need of affection, approval, consistency and security are not met. This kind of abuse is rarely manifested in physical signs.

There is also physical abuse. It is evident when a child experiences actual or potential physical harm from an interaction, which is reasonably from a person in a position of trust or power. This can be seen in single or repeated incidents involving severe physical punishment, suffocation or terrorizing with threats. A worse form of abuse is sexual abuse. This occurs when a child is used by a perpetrator for his or her own sexual gratification. It involves intentional touching or molesting the body of a child, and sexual exploitation of a child. It can be recognized as either contact or non-contact abuse. The consequences of child abuse can be long term or short term effects depending on what the child has been exposed to. They can be physical, psychological, behavioural and societal, however there's very little difference between these. For instance, a physical impact on the brain can cause psychological implications like cognitive delays. Psychological impacts can manifest as high-risk behaviours, depression and anxiety. The children can play a major role in preventing maltreatment. For instance, they should be at the forefront to report any incident of neglect or abuse. Children should be aware of any kind of abuse and be ready to say no to any of them. The school administration also has a major role to play. It should be capable of creating awareness of child abuse and position drop-boxes where children can be able to express their views. Children should be counselled once in a while and given the child helpline contacts which will give them a better chance to be assisted; the administration should also be willing to support in stopping any kind of child abuse. In conclusion, let us join hands and fight child abuse. We shall and we can win. Do not be silent about child abuse. Be the children's voice, not only for them but also you.

CHILD ABUSE • SEE IT • HEAR IT • REPORT IT • 116 (Child helpline)

By
Veronica Wambui Maina
Kirti Primary School

Child abuse is a crime of harming a child physically, emotionally or sexually. Sexual harassment might happen in school by teachers or schoolmates or at home by relatives or people around them. Children are not able to speak out because they are threatened. Insulting of children is another thing which affects the child emotionally. Children are insulted using harsh words which are very discouraging. They always stay in grief and loneliness since there is no one to talk to and no one to talk to them. If they do talk to them they utter harsh words which are unbearable. Child labour leads to school dropouts. They are always in quarries, farm plantations or at home as house helps just to mention a few. These kinds of works are not of their level and may cause injuries on their bodies. They also get flu due to dust and cold but there is no one to cry to. These conditions are harsh. Children being denied food is also child abuse. They are either fed very little or denied food. It leads to malnutrition. In school they do not concentrate because of hunger. It can also lead to death. Orphans may also be mistreated by their guardians. They do not care for them as they do with their own children. These children are mistreated just because they are helpless. They are not allowed to speak out or express themselves so they go through so much. All these abuses lead to lack of quality education. This is bad because education is key to success. This has been a major problem in our nation. We must stop this monster, "child abuse". It will destroy the roots of leadership. All of us must take an action before it's too late. All government administrators should take action because child abuse is highly spread in our country. People should be educated on child abuse and anyone who breaks the rules should be detained. Children should also be taught about their rights. We should form organisations to defend children and their rights. Let us unite to stop child abuse.



CHILD LABOUR

By
Jemima Wairimu
Purity Wanjiru
Lynn Nyanchoka
Arap Moi Primary School

Child labour refers to the employment of children in any work that deprives children of their childhood, interferes with their ability to attend regular school and that is mentally, physically, socially or morally dangerous and harmful. This activity is considered exploitative by many organisations

Around the world, the gap between rich and poor in the recent decades has forced millions of young children out of school and into work. Children between the ages of 5 and 17 currently work under conditions that are considered illegal, hazardous or extremely exploitative. Underage children work at all sorts of jobs around the world usually because they and their families are extremely poor.

Many of children work in commercial agriculture, fishing, manufacturing mining and domestic service. Many children, especially girls that work as domestic child labourers can be victims of physical, emotional and sometimes sexual abuse.

Millions of children are involved in work that, under any circumstance, is considered unacceptable for children, including the sale and trafficking of children. The rights of children are being abused especially in developing countries. Child labour cannot be eliminated unless there is free, universal and compulsory primary education. Employment of a child should be made a cognizable offence and there should be more deterrent and stringent penalties.

FREE CHILDREN FROM HARD LABOUR

The African struggles through the clay, with such a little pay whether from humble or homeless families. Stop child labour, stop mistreating us! Hey! Stop! Stop! Stop! Give us our rights to play, to educate and freedom, oh freedom from this slavery in Africa.

By,
I Moses
Hyrax Primary





KNOW YOUR STAR

MCA TRICKY

MCA Tricky as he is popularly known which simply means Member of Chokora Assembly was born in 1993 and was raised up at the coastal region of Kenya. His real name is Paul Kimani Njoroge. He is the last born in the family of three and a younger brother to two elder siblings. He attended Ikungu Primary School in Makindu, Mombasa County.

MCA Tricky life on the street

At the tender age of 12 years he was thrust into the harsh reality of harsh street life. His peers convinced him to accompany them to Nairobi in search of greener pastures without the knowledge of his parents. He was idle, frustrated and needed to survive so he agreed, only to realise that life in the city was harder than he expected.

While in Nairobi he stayed at Nairobi's Saika estate, during which he worked as a vegetable errand boy to and from Gikomba market to survive. He experienced hunger and mistreatment by different members of public. With time, however, the people he was hanging out with introduced him to drug abuse. He ended up being tossed from one abandoned house to another. Life offered very little to laugh about but somehow he chose to embrace comedy as a vehicle to numb the misery of harsh street-life, encouraged by members of little-known Barikiwa set book group who often staged show in various colleges.

MCA Tricky as a comedian

In February 2016, he attended Churchill show auditions and beat everyone in the audition. His signature style on the stage is baggy grey coat, Red shirt and a three quarter navy blue trouser. His persona revolves around portraying the life and stories of Nairobi street boys. He puts a funny twist to his street experience to entertain and educate his fans on what it really feels like to be out on the streets. MCA Tricky has become a favorite to many lovers of the show which is shot at Carnivore and aired on NTV every Sunday. Tricky prides himself as a street boy with his accent just doing him that favor. MCA Tricky uses that character so people can stop overlooking the less fortunate he says his character has changed people's perceptions of street kids. He says people see him when they meet a chokara and they treat them like human beings. He says no one wakes up and decides to be a chokara, you just sink into it like a bad habit; it can happen to anyone.

MCA Tricky Aspirations

MCA Tricky hopes to become a mentor to the less privileged including aspiring comedians, advising them to follow their hearts' yearnings. "Nothing comes easy; it is important to give it your all if you hope to succeed. It is important to keep in mind that life is a battlefield and not a playing ground and being here for a short time we need to strive and make the best of it," he said.

MCA Tricky Family

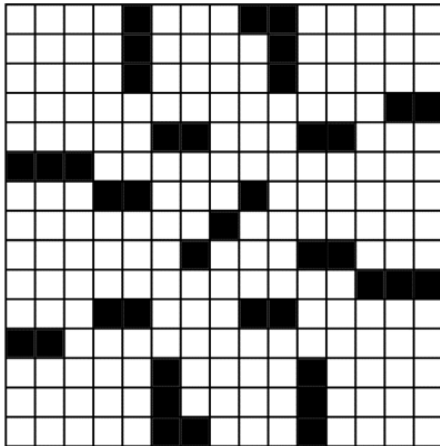
His parents are Mr. Peter and Ann Ndavi and he is the last born in a family of three.

PUZZLES

Crossword Fill In #01

3 LETTER WORDS

AIR
ALA
CAM
DAL
DOS
EAT
EST
ETA
ETC
FRO
GET
HOE
MAO
ODD
OUR
RES
REV
SLY
SPA
TIS
TNT
YAK



4 LETTER WORDS

A LOT
AGOG
COAX
CREE
EPOS
EVER
FIRM
GALA
IONS
NAGA
NAPE
OLLA
OPAH
REST
ROUÉ
RUSH

SAYS
VINO

5 LETTER WORDS

ADYTA
ANTSY
ARÊTE
CREEK
DAVIT
ENACT
ENEMA
EPOXY
ITALY
OVERS
PIXEL
PULSE
SET ON

SHALE

SOBER
TAIGA
TESTA
TEXAS
VAPID
VIOLA

6 LETTER WORDS

ATRIAL
LIAISE
NARCOS
RESETS

7 LETTER WORDS

EHRlich
GAROTTE

NEUTERS
ONSTAGE
PAHLAVI
RUMMAGE

9 LETTER WORDS

EXTREMITY
TURNTABLE

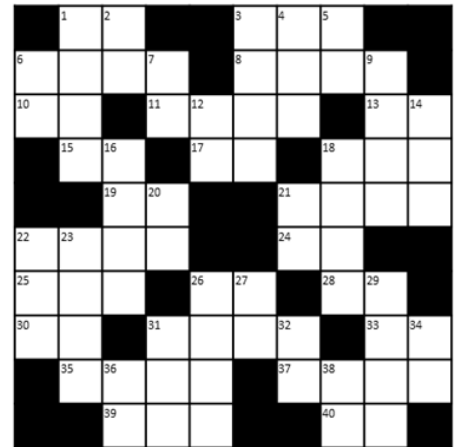
12 LETTER WORDS

CONSTITUTION
SLEDGEHAMMER

13 LETTER WORDS

ARCHIMANDRITE
MIXED METAPHOR

Cross Number #1



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ACROSS

1. 22 - 9
3. 159 - 13
6. 465 + 750
8. 2329 + 3294
10. 25 - 10
11. 18833 - 9266
13. 20 - 7
15. 15 + 16
17. 120 - 24
18. 952 - 344
19. 99 - 40
21. 445 + 8975

22. 1496 + 930
24. 124 - 46
25. 1290 - 300
26. 98 - 44
28. 11 + 5
30. 27 + 40
31. 9284 - 2589
33. 44 - 10
35. 3292 - 768
37. 9 + 1616
39. 858 - 356
40. 1 + 10

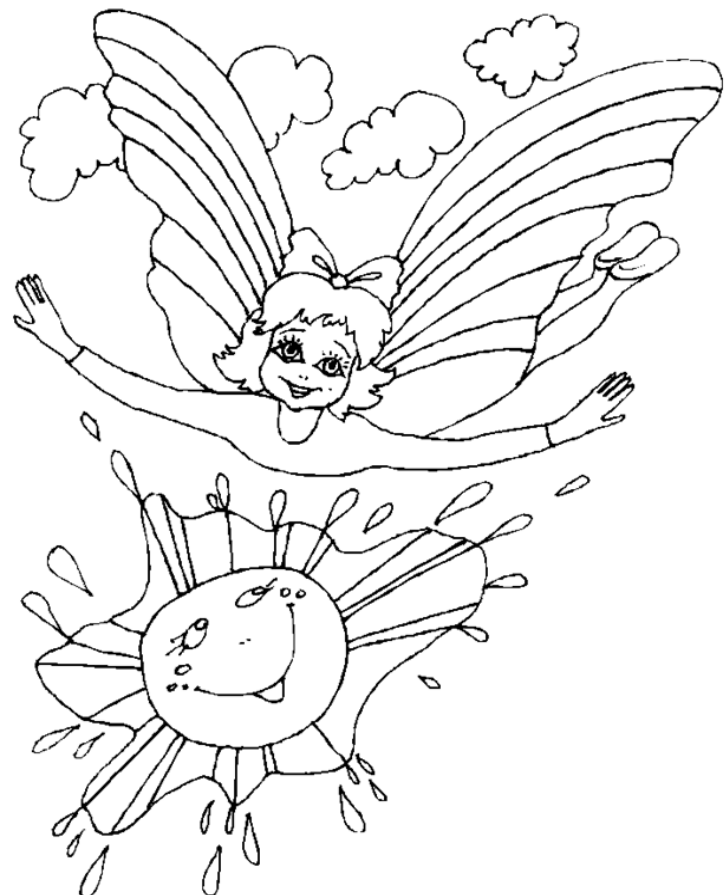
DOWN

1. 710 + 543
2. 46 - 15
3. 297 + 1269
4. 235 + 232
5. 83 - 21
6. 15 - 4
7. 29 + 30
9. 5457 - 2355
12. 24 + 35
14. 560 - 180
16. 381 + 1139
18. 12346 + 5865
20. 27 + 69
21. 183 - 86
22. 338 - 42
23. 280 + 4692
26. 10786 - 5144
27. 27 + 22
29. 12200 - 5879
31. 687 - 67
32. 62 - 11
34. 21 + 24
36. 61 - 6
38. 17 + 44

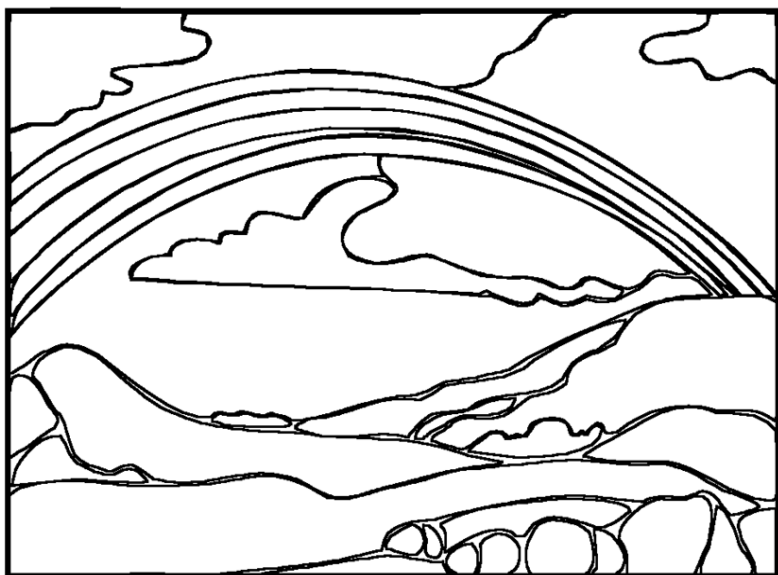
Insects Word Scramble

All of the scrambled words below are names of insects you have probably heard about. Can you put the letters in the right order to spell the 19 different insect names correctly?

OUTMQISO	MOSQUITO
BTLTEUYFR	
MTHO	
LEEBET	
CCIDAA	
ELYFSRHO	
PAWS	WASP
ITKSCGBU	
AYGPRNI NMATSI	
EBE	
ALFE	
LNFOAYGRD	
AGDBLYU	
PSESHRAGPOR	
EIRETTM	
COOCHRKAC	
NAT	
RIEKCTC	
YLF	



COLOURING



FUN RHINO FACTS

1. There are five different species of rhinoceros

Three are from southern Asia and two are from Africa. They are the Black Rhinoceros, White Rhinoceros, Indian Rhinoceros, Javan Rhinoceros and Sumatran Rhinoceros.

2. The name rhinoceros means 'nose horn' and is often shortened to rhino.

It comes from the Greek words rhino (nose) and ceros (horn).

3. White rhinoceros are the second largest land mammal

The white rhino is the largest rhino species and can weigh over 3500 kg (7700 lb) and is the largest land mammal after the elephant. Elephants can grow to be 7,000 kg (15,000 lb)

White rhino is the second largest terrestrial animal around the globe only to the African and Asian elephant. There are only two remaining white rhinos..

4. Rhinos can grow to over 6 feet tall and more than 11 feet in length.

5. Three of the five rhinoceros species are listed as being critically endangered.

The Black Rhinoceros, Javan Rhinoceros and Sumatran Rhinoceros are all Critically Endangered which means they have 50% chance of becoming extinct in three generations.

6. Rhinoceros have thick, sensitive skin.

Rhino skin maybe thick but it can be quite sensitive to sunburns and insect bites which is why they like wallow so much – when the mud dries it acts as protection from the sunburns and insects.

7. Relative to their large body size, rhinoceros have small brains.

But this doesn't mean they are stupid

8. Rhinoceros horns are made from a protein called keratin, the same substance that fingernails and hair are made of.

The rhino's horn is not bone and is not attached to its skull; it is also not hollow like elephant tusks. It is actually a compacted mass of hairs that continues to grow throughout the animal's lifetime, just like our own hair and nails. The longest known on a black rhino was 4 feet 9 inches long (they average about 20 inches in length on the black rhino).

9. Some rhinos use their teeth – not their horns – for defence.

When a greater one-horned rhino is threatened it slashes and gouges with its long, sharp incisors and canine teeth of its lower jaw.

10. Rhinoceros are herbivores (plant eaters).

They have to eat a lot to fill their large bodies

11. A group of rhinoceros is called a 'herd' or a 'crash'.

12. Despite their name, White and Black Rhinoceros are actually gray.

The white rhino's name is taken from the Afrikaans word "weit," which means "wide" and describes its mouth. Early English settlers in South Africa misinterpreted the "weit" for "white". Black rhinos probably got their name from the dark wet mud in their wallows that made them appear black in colour. Both species are essentially gray in colour.

13. The closest living rhino "relatives" are tapirs, horses and zebras.

They are part of a group of mammals called odd-toed ungulates.

14. Rhinos are speed machines

They can run up to 30 – 40 miles per hour; the fastest human can run 15 miles an hour, so finding a tree to climb is a better strategy than trying to outrun a rhino!

15. Rhino pregnancies last forever

Or at least it might feel like it, they are pregnant for 15-16 months! Mother rhinos are very nurturing. The young stay with them until they are approximately 3 years old.

16. Rhinos have poor eyesight, but very well-developed senses of olfaction (smell) and hearing.

A rhino has difficulty detecting someone standing only a hundred feet away if the individual remains still. However, if the person makes the faintest sound or the rhino is able to smell the person, it will easily detect him, even at much greater distances. The olfactory portion is the largest area of the rhino's brain.

17. African rhinos are a good 'home' for oxpeckers

The oxpecker eats ticks and other insects that it finds on the rhino, and creates a commotion when it senses danger. This helps alert the rhino.

18. Rhinos communicate by doing a poo!

Rhinos use piles of dung to leave "messages" for other rhinos. Each rhino's smell is unique and identifies its owner. It can also tell a rhino if the other rhino is young/old/male or female. They also tell other rhinos that this is their territory.

19. Rhinos have been around for over 50 million years

They haven't changed much since prehistoric times (though of course they tended to be a lot woollier back then!) Some of the first rhinos didn't have horns and once roamed throughout North America and Europe. No rhino species have ever inhabited the South American or Australian continents.

20. The Sumatran rhino is the closest living relative of this ancient extinct woolly rhino.

These rhinos had thick, shaggy coats and were hunted by early humans and are depicted in cave paintings dating back more than 30,000 years ago.

21. What you eat matters

The black rhino has a hooked lip which allows it to feed on trees and shrubs. The white rhino has a long, flat upper lip perfect for grazing on grasses. The upper lips of the three Asian rhino species allow these animals to browse vegetation in tropical forest habitats.

22. The Javan rhino is the world's rarest land mammal.

Less than 50 individuals survive in Indonesia's Ujung Kulon National Park, this is the only population and none exist in zoos

23. Not all rhinos are solitary creatures.

White rhinos commonly live in extended family groups, particularly females and their calves, and can sometimes be seen in large numbers. The greatest concentrations or densities, however, appear to be those of greater one-horned rhinos in India's Kaziranga National Park, where visitors can typically see more than a dozen individuals at one time and as many as 50 in a single day!

24. Rhino horn is used in traditional Asian medicine

Powdered rhino horn is commonly used to reduce heat from the body for things like fever; it is wrongly believed to have detoxifying qualities.

25. Fighting rhinos

Black rhinos fight each other and have the highest rate of death among mammals in fights among the same species. Fifty percent of males and 30% of females die from these intra-species fights.

RIDDLES



Q: What do you get when you cross a karate expert with a pig?

A: A pork chop.

Q: Who says sticks and stones may break my bones, but words will never hurt me?

A: A guy who has never been hit with a dictionary.

Q: Why was the math book sad?

A: It had too many problems.

Q: Poor people have it. Rich people need it. If you eat it you die. What is it?

A: Nothing

Q: What comes down but never goes up?

A: Rain

Q: Mary's father has 5 daughters – Nana, Nene, Nini, Nono. What is the fifth daughter's name?

A: If you answered Nunu, you are wrong. It's Mary!

Q: How can a pants pocket be empty and still have something in it?

A: It can have a hole in it.

Q: What goes up when rain comes down?

A: An umbrella!

Q: If I drink, I die. If i eat, I am fine. What am I?

A: A fire!



Q: Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

A: Corn on the cob, because you throw away the husk, cook and eat the kernels, and throw away the cob.

Q: What word becomes shorter when you add two letters to it?

A: Short

Q: What occurs once in a minute, twice in a moment and never in one thousand years?

A: The letter M

Q: If I have it, I don't share it. If I share it, I don't have it. What is it?

A: A Secret.

Q: Take away my first letter, and I still sound the same. Take away my last letter, I still sound the same. Even take away my letter in the middle, I will still sound the same. I am a five letter word. What am I?

A: EMPTY

Q: What has hands but cannot clap?

A: A clock

Q: What is at the end of a rainbow?

A: The letter W!

Q: What is as light as a feather, but even the world's strongest man couldn't hold it for more than a minute?

A: His breath!

Q: What is so delicate that saying its name breaks it?

A: Silence.

Q: You walk into a room with a match, a kerosene lamp, a candle, and a fireplace. Which do you light first?

A: The match.

Q: A man was driving his truck. His lights were not on. The moon was not out. Up ahead, a woman was crossing the street. How did he see her?

A: It was a bright and sunny day!

Q: Which weighs more, a kilo of feathers or a kilo of bricks?

A: Neither, they both weigh one kilo!

Q: We see it once in a year, twice in a week, and never in a day. What is it?

A: The letter "E"

Q: They come out at night without being called, and are lost in the day without being stolen. What are they?

A: Stars!

Q: What goes up but never comes down?

A: Your age!





These are the cries of the words
Who are in need
Our parents should make a choice
Of protecting us
Our rights are precious than minerals
No child should miss his or her rights

I am a child looking forward for my future life
I'm in the middle of trouble in my life
My goal is to hold innocent lives
I'm a kid crying far from my rights and life
No child should miss his or her rights

I'll be strong as a lion
We should be happy as a king and brave as a
lion in Zion
We children should live a life like that of Zion
No child should miss his or her rights

We suffer with no care of our mothers
No child should give up on child matters
I am looking after and working on my
characters
Parents should work hard in kids' life
No child should miss his or her rights

By
Shammah Kinyanjui

BADO NINGALI KIJANA

Kwa nini huruma huna, nieleze waziwazi,
Mbona kunitesa sana, kwayo nyingi hino kazi,
Sasa nimekondeana, macho hanyeshi machozi,
Ni unyama sio kazi, name ningali kijana.

Nilipunjwa hiyo jana, kwao mingi ubazazi,
Kwambiwa kazi hakuna, naja kula mandazi,
Halafu 'tasoma sana, pasi kamwe simbulizi,
Kumbe naja fanya kazi, name ningali kijana.

Masikio kanikuna, kuniita mchopozi,
Chakula wanyima tena, eti ni 'rada ya mwizi',
Mwili kubaki rabana, kwa kukikosa kivazi,
Huruma huna mzazi, name ningali kijana

Japo pesa nying sina, nakwelezea waziwazi,
Nina haki kubwa sana, mimi kamwe sio bozi,
Liso na mwisho hakuna, hata liwe ujakazi,
Ya madhila hino kazi, name ningali kijana.

Nimepevuka nanena, hutoweza nibazazi,
Kunita mjalaana, fakiri na mkwepuzi,
Sasa mwanga nimeona, nimekutambua wazi,
Tena nakwambia wazi, mimi ningali kijana.

Nataka kusoma sana, kila kitu nimaizi,
Mawi nipate yanena, wote wapate maize,
Kwamba wajakzi wana, wala si punda wa kazi,
Watambue waziwazi, mimi ningali kijana.

Kutungwa na Allan Irungu
Nyamachaki Primary



She wakes up at four in the morning,
The employer is always in rage,
She goes to bed at eleven in the evening,
And at the end of the month, she collects her one-
thousand-shilling wage
Imagine yourself working as a maid,
And your employer is not of aid

This is the shackled short,
Shamelessly shackled,
Her dreams shattered,
Covered and overpowered,
Never to rise to the tower of power,
The promise of bloom,
Hers a life of gloom,
She had a dream,
To be among the society's cream
Now in despair she works there

With these greedy employers,
They take what's not theirs,
It is a duty to the wise,
To combat child abuse vice
Employer's children enjoy quality
education,
But the poor are overworked beastly

By
Allan Irungu
Nyamachaki Primary School



WHAT ABOUT THIS CHILD?

Ouch! That's so painful!
The slap
Mama baby yells,
The clothes, not sparkling clean,
But I'm only ten and two,
Not ripe for such punishment chores,
Her own, like a sponge, absorb,
Knowledge,
What about this child?

Oops! That's so awful!
The morsels,
Mama baby declares,
The family meal, too good for my
uncivilized mouth,
But my growing body demands,
A nourishing meal, not stale left overs,
Her own, like a volcano, belch with
satisfaction,
What about this child?
Alas! So cold!
The floor
Mama baby directs,

The hard floor in the store, my
bed,
But my fragile frame needs
Comfort or restful sleep,
Her own, like queens,
pampered to slumber,
What about this child?

My! That's so potent!
The hope
Mama baby will finally cease,
Exploiting me, oppressing
me,
But only if you care enough,
To unshackle me.

By
Consolata Wangari Njeru
Kabiruini Girls

A CHILD'S CRY

BY IFMY

Papa, papa I want to go to school
Papa said shut up your mouth you little fool
Now go to work with your lunch and tool
Before the sun melts the dawn cool

So, I start my lonely walk
Keeping my thought private with no one to talk
with I can hear the song of the skylark
As I gaze longingly at the children park

After my long stroll, I reach the mine
Where I have to work till nine I pretend
everything is fine and start to work
Otherwise I won't have anything to dine

My heart is broken, because my friend ted
is dead Some say it is because he inhaled
poisonous lead Whatever it is, his face was red
And he fell sick and died in bed

This job is mine, is worst I hate My mother says,
Dear Tom this is our fate My father says go to
work, if you want to eat a full plate I'm sure I will
die if I work at this rate

My greatest dream is to learn and to get a job
by it and earn When I see other school going
boys my heart burns With desire to study, alas
my heart can only yearn

By
Tabitha Karimi
And
Cynthia Njeri
Arap Moi Primary

GENDER VIOLENCE

EXTREMISM

Gender violence, it has been a custom to many
We should vanquish this tendency
Feeble children abused everyday
To our utter astonishment people believe that if
you. Are infected with the HIV virus you may hoax
A little girl and have intercourse with her to get
cured

Don't you think this is insane?
It's a catastrophe all over the world,
This problem should be outspoken and
eradicated. Let's hold hands and fight for our right

Child abuse Your heart knows it's wrong Your
mind is wrong Then why do you do it

All around the world human rights are violated
Why don't we respect others?
Treat others as you would like them to treat you
All for one, one for all

Girls, women, grandmothers, most affected
victims. They are forced to sex In their
unwillingness, they are beaten up to death Surely!
When shall we stop this madness?

Boys, men. Grandfathers second most affected
victims Sodomized day in day out
Why can't we have a sense of humour?
Stop destroying lives!

By
Joy Mukami
Arap Moi Primary School



STOP CHILD LABOUR

Hopeful eyes, happy smiles
Soft hands, million dreams
Is this not the identity of a child?
Then why do I see
Tears filled eyes terrified
Rough hand and shattered dreams

Deprived of their childhood
Overloaded with work
Burdens with responsibility
At such a young age

So much to learn
So much to accomplish
But not given enough time
Fight for a cause
Raise your voice
Stop child labour

Put a smile back on their face
Give them the childhood
That was stolen from them
Fight for a cause
Raise your vice
Stop child labour

HEADQUARTERS
THE GENDER VIOLENCE RECOVERY CENTER (GVRC)
M: 0719 638 006

ADAMS
KIRICHWA ROAD, OPP. ADAMS ARCADE, OFF NGONG ROAD
M: 0703 081 001

HURLINGHAM
ARGWINGS KODHEK ROAD
M: 0722 760 146 | 0733 618 353

KITENGELA
NAMANGA ROAD
M: 0707 899 909 | 0786 464 607

ONGATA RONGAI
M: 0704 135 245/6 | 0788 534 529/30 | 0754 530 832/3

NAKURU
NAIROBI HIGHWAY, BEHIND TUSKYS (HYRAX)
M: 0711 113 499

NAKURU CBD
CBA CENTRE
M: 0734 237 272