

# Shajara Magazine

June 2022 Issue

Children and  
Elections



**Know  
your rights!**  
pg 16



**Fun  
Games  
Inside**



**Read about children's perspective  
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know the  
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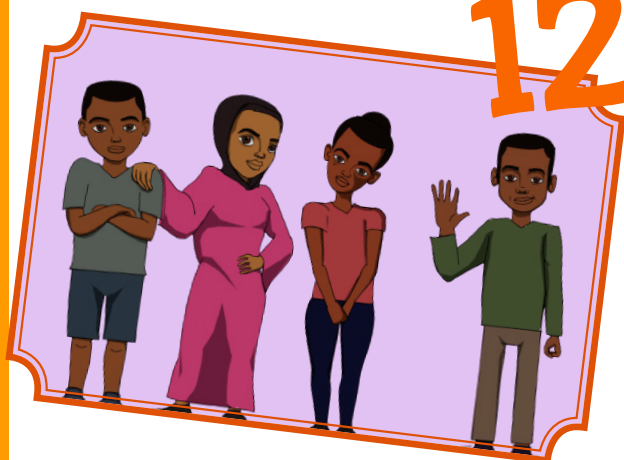
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# Letter From the Editor

When I was growing up, I did not get to know my rights as a child, nor did I get to voice out my thoughts.

Adults made that decision for me so I would put my needs aside, and live by what they thought was what I wanted.

You have a chance to let people hear your voice, you have a chance to know your rights, you have the right to ask what you want, and not what people think you Need.

And well, we are in the Campaign and election season. As well as you might want people to hear your voice, you must also be cautious of the Campaign crowds and Violent groups.

Thank you for reading 'Shajara'. We hope you will have fun Reading It.

Remember to Stay Safe.



# Robbed of my Innocence

Story continued from Shajara Magazine May issue

Anonymous



**Judge:** Why do people go to court?

**Mumbi:** To case

**Judge:** Mumbi do you have a case yourself

**Mumbi:** Yes

**Judge:** What about?

**Mumbi:** (the question is so technical for the 8 year old child and therefore the intermediary explains the question once more to Mumbi.

(Pointing at baba)

Alinifanya tabia mbaya (head bent in shame.

**Prosecutor:** Madam Intermediary tell Mumbi to explain clearly what she means by 'Alinifanya tabia mbaya'

Intermediary talks to Mumbi in the local dialect and Mumbi is seen demonstrating something to the intermediary with her hand crotched to a fist.

**Mumbi:** (intermediary) He put his big stick which they use to urinate in my bottom (she stands to demonstrate where)

Prosecution desk

rest their questions

**Judge:** What followed?

**Mumbi:** Some people took me from school with my brother and sister and took me to the hospital.

**Judge:** Ask the defendant whether he has anything to ask.

**Defendant:** (directing the question to the intermediary) 'wewe madam Kwa nini mulikataa kun-





ishtaki kutoka wakati mtoto alikuwa nursery school mnanishtaki akiwa grade one? {hey madam, Why did you fail to sue me when the child was in nursery school? and are accusing me while she is in grade one? ‘

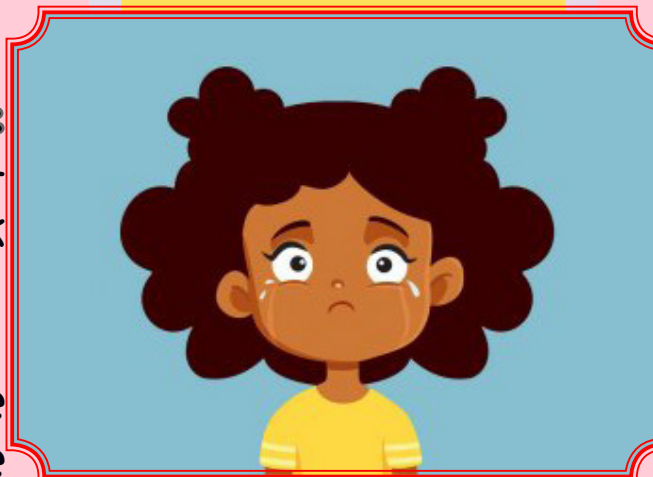
**Prosecutor:** Don't ask the intermediary, ask the child.

**Defendant:** (He repeats the same questions to his own daughter)

**Mumbi:** (She shrugs her shoulders to indicate that she does not have an answer.

At that moment I cursed the court and its insensitive procedure of pouring more and more salt to the injuries that Mumbi had

suffered. Mumbi touched my hand, and I saw fear on her face. She requested me to take her to the toilet or give her my phone so that she can play games.



This really affected me, so I sweet talked her to be patient so that we can finish with the judge before doing all those things.

**Judge:** Ask the defendant whether he has another question.

**Prosecutor:** Do

you have another question?

**Defendant:** Ask her (Mumbi). As she claims that I defiled her many times, were there no neighbors who could have noticed my actions?

**Mumbi:** (She seems lost about the questions or does not want to hear the father's voice.

**Judge:** (Asks the defendant to sit)

**Prosecutor:** First witness administer oath to witness

**Witness one:** (She narrated the whole story without any contradiction from what the court had gathered from Mumbi and in the proceedings. The judge adjourned the case until a lat-

er date the following month.

We walked out of the courtroom, tired and feeling tortured, my mind filled with questions on when will that case come to an end?.

Mumbi was tired of endless journeys to the court and Mumbi's mother felt that the case might turn to her, for leaving the children with a monster.

How I wish there was a faster way of dealing with cases of defilement as long as the doctor's report has evidence. I prayed daily to God for Mumbi to receive justice.

## END VIOLENCE AGAINST CHILDREN

Report cases of violence against children to a trusted adult,  
or call child helpline 116.



**Spot it  
Stop it**

Spot the signs: dial \*116#

BY CALLING OUR  
ANONYMOUS  
AND FREE HELPLINE

**116**

**#EndViolenceAgainstChildren**

**#SpotItStopIt**



MINISTRY OF LABOUR  
AND SOCIAL PROTECTION

unicef   
for every child



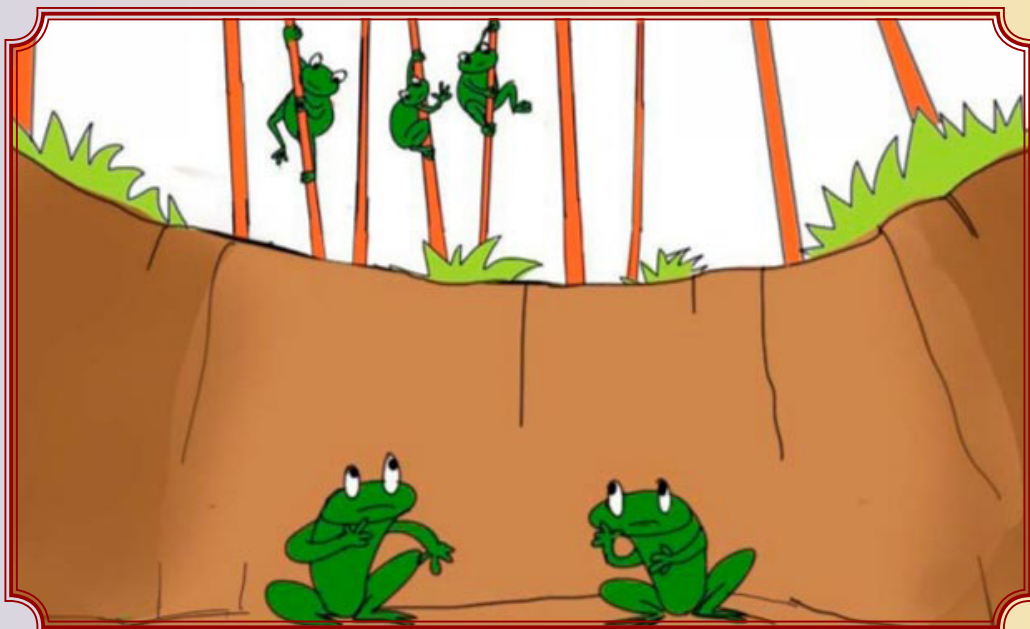
# The Story of Two Frogs

By Omar Hemed

A colony of frogs is traveling across a forest in search of a pond. While hopping around, two frogs fall into a deep pit.

The other frogs gather around the pit and express their concern over the situation. As the two frogs try to jump out of the deep pit, the other frogs discourage them by saying how impossible it is to jump out.

The two frogs choose to ignore the demotivating words of others and decide to jump out of the pit. They try very hard and put in all their efforts to come out of the pit while the frogs watching from the top





tell them to give up.

Eventually, one among them is influenced by the other frogs and dies as it gives up on the struggle to come out of the pit. The other frog continues to jump as hard as it can.

After an immense struggle, it finally comes out of the pit alive. Other frogs are surprised and ask how it managed to come up in spite of them telling it to give up. The frog explains that it is deaf and assumed that everyone was cheering for it.





# Little



# Chefs



## Tiger Butter Fudge

By Brian King

### Ingredients

-1 bag vanilla chips 312 grams

-1/2 cup Creamy peanut butter

-1/2 cup semi-sweet chocolate chips

### Instructions

-Line a baker's quarter sheet with a foil.

-Put the semi-sweet chocolate chips in a small glass bowl, then Microwave for 1 minute and stir gently until smooth. Then Set it

aside, we will use it later.

-Pour the vanilla chips in a medium sized glass bowl.

Microwave for 1 minute

and 30 seconds.

Stir gently until smooth then

you have to add peanut

butter and stir until it

is well combined and smooth.

-Pour the vanilla-peanut butter mixture we have onto the prepared pan.

The Mixture may not reach the edges of the pan and that is OK.



Once it's settled, take the melted semi sweet chocolate and pour it onto the vanilla-peanut butter mixture in lines.

-Take a knife and run it the opposite direction of the chocolate lines you created, to achieve a swirl pattern. Run your knife through the mixture as much as you'd like, to create your desired swirl pattern.

- I would recommend putting the mixture in the fridge to let it cool, but if you don't have a fridge then you can just leave it on a countertop.

After the mixture has cooled down, you can now cut it into small squares.

Store in an airtight container.

**Enjoy!**





# It's Riddle Time!



**1.** I'm tall when I'm young, and I'm short when I'm old. What am I?



**2.** What is full of holes but still holds water?



**3.** What is always in front of you but can't be seen?



**4.** What has many keys but can't open a single lock?



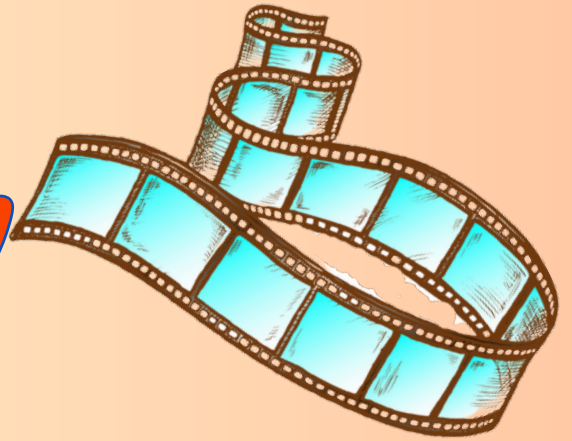
**5.** What has one eye, but can't see?



Send us the answers to these riddles on 0790 568 290 and we will appreciate you in our next Shajara magazine issue.



# Movie Review



By Brian King

**Encanto** is an animation that is centered on the Madrigals, a family whose members possess special and unique powers because of a miracle that was given to them at their time of need.

Personally I fell in love with this movie because of how the animators showed that sometimes those who seem the least special in life are actually the most special, they showed this using Mirabel who at first was looked down upon because she did not have any powers and seemed normal until

the miracle went out and everything seemed lost until Mirabella's powers finally revealed themselves saving the whole family.



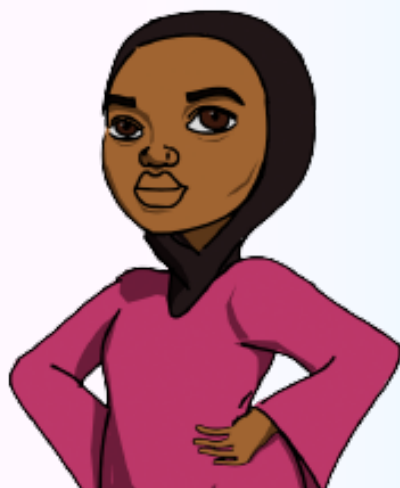
Something else I enjoyed in Encanto was how through Bruno we learned that we should not try to handle everything on our

own but instead ask for help from our loved ones and that is why I believe Encanto is a must watch for every kid and adult out there.



# Children's Voices

By Khadija Mbesa



**Suheila Mbeti** 10 Years Old, Class 5, Mombasa

**Interviewer:** What are elections?

**Suheila:** Elections is whereby people go to vote for 'Baba' or 'Ruto'

**Interviewer:** Do children in Likoni Mombasa go to Political Rallies

**Suheila:** Yes, Even my small cousin usually goes to the rallies, despite his mom telling him how dangerous it is.

**Interviewer:** And do you think that is Okay?

**Suheila:** No, I don't think it is okay. Children should stay at home where it is Safe.





**Effie Nyambura**, Class 7, 13 years old, Lamu

**Interviewer:** What are elections?

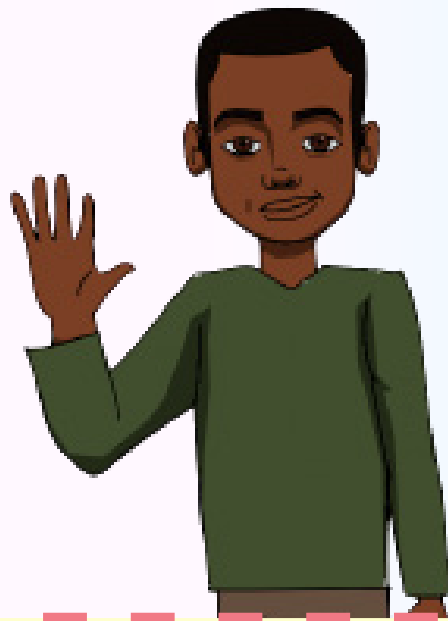
**Effie:** Elections are when people Vote for a certain Leader

**Interviewer:** Should Children be allowed to attend political rallies?

**Effie:** No, I do not think Children Should go to Campaign rallies, because they can not defend themselves when violence arises, not only that, but also to escape from drug abuse and foul language.

**Interviewer:** What are the effects of Campaign rallies in the daily life of a child?

**Effie:** Campaign Rallies have been affecting our studies, Since our school is near the road, we get to hear all the noises from the rallies, hence distracting us, because most of the children would want to go near the windows so they can see what is going on.



**Wycliffe** , A child Actor from Dandora

**Interviewer:** What Role do Children Play in elections?  
Are children involved enough in Elections?

**Wycliffe:** I think we are not involved in any way in elections, something that needs to be done. This is because, Adults will never exactly understand our needs well. They make decisions based on what they think we need, not what we really want.

Politicians should involve us enough and ask us directly what we need.

The only time the politicians involve us is when they want to incite violence, that is when they come with money and ask us to create a dispute somewhere.

And at the end of the day children are the most affected during elections and politics.

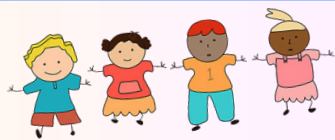
# Try out this Tongue Twister



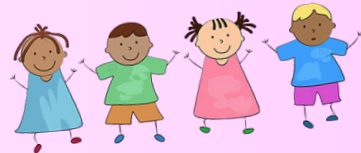
A skunk sat on a stump and thunk  
the stump stunk, but the stump thunk  
the skunk stunk.







# Let's Learn about Children Rights



## Parliament Passed a New Law for Children.

By Dan Amdavi



progress towards promoting the rights of children, including putting in place policies, systems and structures to support child care, protection and participation.

Good news children, both the National Assembly and the Senate passed the Children Bill of 2021 which seeks to replace the Children Act of 2001.

However, there still exist gaps and challenges for Kenyan children to fully realise their rights, necessitating policy and legal reform from time to time.

The Children's Act (2001) was a major milestone in promotion of children's rights in Kenya.

Since enactment of the Children's Act (2001), a number of issues have emerged posing significant challenges and preventing children from realising all their rights.

Since 2001, Kenya has made significant

The Bill seeks to address challenges affecting children, including increased cases of abuse and violence against children (also online exploitation); trafficking; increase of numbers of missing children; sexual grooming and exploitation; inadequate allocation of resources to child welfare programmes among others.

The Children Bill (2021) is progressive in enhancing protection and promotion of all children by aligning to the provisions of the 2010 Constitution.

The Bill also recognises the fundamental rights of children as a vulnerable group.



Inside the Parliament of Kenya.

The article will be continued on page 19



# Can you find the hidden animals?

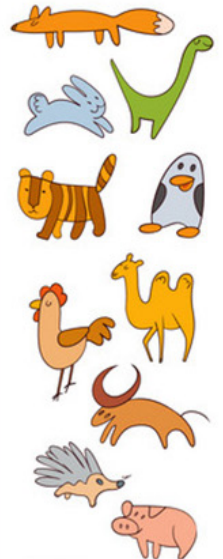


FIND THE **TURTLE**  
IN THE PICTURE

## ANIMALS OF THE AFRICAN SAVANNAH



FIND 10  
HIDDEN  
ANIMALS



**Hint:** the animals blend to the color of it's environment.



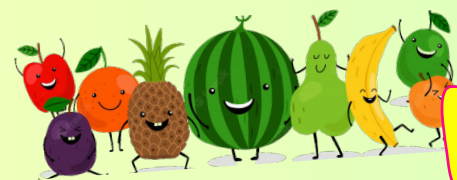
The Bill will further enhance child rights governance as it provides various opportunities for the voice of the child in all matters that affect them and ensures their participation and inclusion of their voice in policy making.

The Bill is an investment in Kenyan children and their full participation in development.

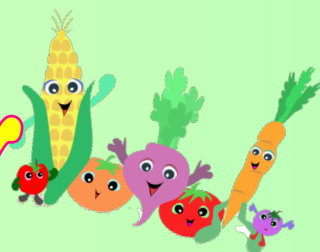
Let's collectively urge the President to assent to it. After that, it will become a law in Kenya and replace the old one of 2001



The Parliament of Kenya.



# Healthy Corner



By Amandla Busisa

Hello there, mighty chefs!  
What about a Healthy meal  
for you and your loved  
ones?

Wanna guess what we will be  
making? **Choco-chip PAN-**

**CAKES!!**

Yummm!!! I'm  
sure some  
of you are  
wondering if  
pancakes are  
healthy.

Well, they  
sure are! They  
have a mixture of all the  
right nutrients that make  
you healthy and strong.  
Not only that, they will  
leave you so full!! So let's  
get cookin'!!

If you want to make some  
delicious fluffy pancakes,  
here's what you need:

1 cup of all purpose  
flour, some baking powder,  
 $\frac{1}{4}$  teaspoon of salt, whole  
milk, melted butter or blue-  
band, one egg, and vanilla  
extract.



With the help  
of an adult,  
whisk all the  
dry ingredients  
together in  
a bowl. Then  
melt the but-  
ter and warm  
the milk using

a microwave or a sufuria.  
Whisk all the wet ingredi-  
ents in a separate bowl.  
After that, mix both the  
wet and dry ingredients  
together in one bowl and  
add some chocolate chips.  
Preheat your non-stick pan  
or just a regular pan and  
apply a little bit of butter  
or blueband. Pour portions

of the batter, that is the mix of both wet and dry ingredients, onto the pans to get the size of pancakes you want.

Once they are ready, pour some honey onto the pancakes and sprinkle a bit of icing sugar onto the pancakes to make them sweeter. There you have it! Your delicious fluffy choc-chip pancakes are ready to eat!! A healthy Meal, for a Healthy YOU!!

Remember to share with your friends!







# Be wary of campaign trails



By Lydia Gichuki



Hello there, gentle reader.

Did you know that we are in the campaign season?

Well yes, The campaigns are Intended for the general election which will be held on 9 th August.

I know you have seen posters of Various leaders vying for different positions in your neighbourhood.

Although it is good to know

agendas politicians have for the nation, do not get involved in the campaigns rallies.

This is because you can get hurt as campaign rallies sometimes become violent and unruly.

Also tell adults in your circle to shun violence during campaigns and elections.

This is because violence leads to destruction of property which include businesses, homes and schools.

With this, many children will be left homeless, lack basic needs and out of school.

As a minor you cannot vote

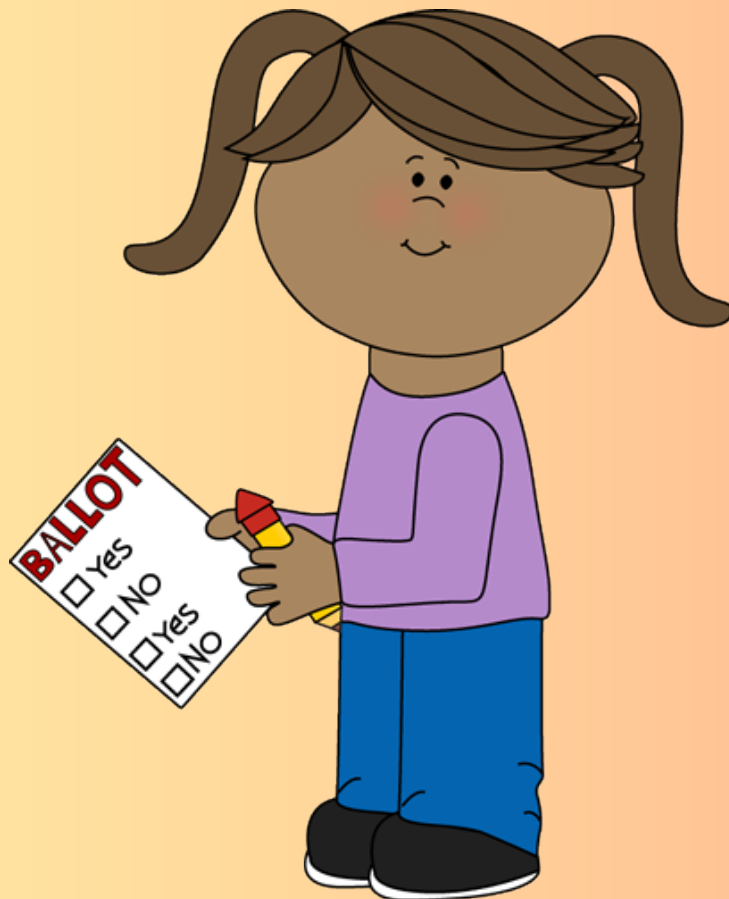
and you will have to attain 18 years to earn this right.

However, you can get involved in influencing matters affecting children's rights and other issues by being part of the Kenya Children Assembly.

The assembly gives children a platform to advocate for their rights and reach out to national leaders who can influence children's agendas.

Additionally, you will learn about the election process and the importance of elections.

Also ask adults to petition leaders to give priority to children's issues.



Can you find  
all the words?



## Voting

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | H | F | K | I | X | E | N | S | W | B | D | A | N | Z | P | W |
| A | C | Z | Y | C | I | B | A | L | L | O | T | D | Z | P | P | B |
| V | O | Y | T | A | A | Z | S | M | R | X | H | Y | A | R | H | G |
| R | D | T | A | T | E | M | F | D | G | I | C | R | I | D | N | E |
| E | Y | G | E | I | T | O | P | S | D | Q | T | M | A | M | I | T |
| T | P | N | N | D | A | J | S | A | Q | Y | A | J | B | G | P | E |
| S | Z | I | S | P | D | N | T | Q | I | R | R | K | V | C | Q | P |
| I | W | T | I | U | I | O | I | L | Y | G | L | E | T | B | A | G |
| G | Z | O | W | Q | D | I | Q | S | L | M | N | Z | U | F | O | R |
| E | V | V | C | P | N | T | K | C | F | O | L | Y | J | Q | V | U |
| R | K | S | Y | Z | A | C | Z | Y | Q | S | P | M | K | O | L | R |
| T | Q | A | R | Y | C | E | I | V | B | Z | W | R | O | E | E | U |
| X | W | S | W | T | T | L | R | O | T | B | I | Z | A | T | T | Q |
| J | P | Y | U | P | P | E | R | N | Z | M | N | Q | O | G | U | F |
| M | S | T | U | Q | F | C | C | C | M | S | N | V | I | T | L | W |
| I | D | E | M | O | C | R | A | C | Y | G | E | M | J | Z | N | S |
| L | T | Q | T | O | J | J | R | Z | I | B | R | P | D | I | F | I |

ballot  
democracy  
poll  
voter

campaign  
election  
primary  
voting

candidate  
party  
register  
winner



# Interesting facts about Elections in Kenya



By Raisa Okwaras

The first general elections in Kenya were held on December 6, 1969.



In Kenya, general elections happen every 5 years.



A president in Kenya can stay in office for two consecutive terms, each term lasting 5 years. This makes a total maximum of 10 consecutive years in office.



During general elections, Kenyan voters elect the President, the Senate, the members of the National Assembly, the County Governors, and the members of the 47 County Assemblies.



The Independent Electoral and Boundaries Commission (IEBC) is the independent regulatory agency that organizes elections in Kenya.



According to Human Rights Watch report, more than 1,100 people lost their lives with about 650,000 more displaced during the 2007-2008 post-election violence in Kenya.



**Images obtained from:** Africanews, Deutsche Welle, Nairobi news, Biometric Update, Mail & Guardian, and The Star

# Safety measures during campaign season

By Lucy Njeshuri

Hello dear readers, we are getting closer to the general elections and politicians all over the country are Campaigning so as to get votes from citizens.

During this time, you need to be wary of your surroundings because getting involved in Campaign crowds may lead to you getting hurt or lost.

Here are some safety tips that you should observe before and after the election period.

Memorize your parents' or guardians' name, phone number and the area you live in. In case you get lost, go to a nearby police station, school, church, mosque or hospital and call your parent.



Ensure that you never walk alone while going to the shop, school, church or mosque. Always ensure that you have a friend with you. Walking in a large group of children is even better!





As a child, no one should force you to attend political meetings. If anyone forces you to be part of these campaign rallies or do something you are not comfortable with, scream, run and seek help from a trusted adult.



Any time you want to leave home, ask permission from your parent/guardian first. Your parent should know where you are at all times for your own safety.



If your friend or someone you know has been abused in any way (physically, sexually or emotionally) tell it to an adult you trust like a parent or teacher. You can also call the helpline number 116 which is free of charge.

Call 116 in case of an emergency.  
The call is free of charge!



In order to stay safe and avoid getting lost, avoid walking in unfamiliar or risky routes when leaving school, home, church or mosque. Use a route that you are familiar with so as not to get lost or encounter a rowdy campaign crowd.

# Answers to Riddles

## From Shajara Magazine May Issue

1. What goes around the city but doesn't move? - Road



2. Where can you find cities, towns, shops and streets but no people? - A map



3. What has four wheels and flies? - A garbage truck



4. What has a bed but never sleeps, can run but never walks, and has a bank but no money? - A river



5. How many months have 28 days? - All 12 of them do





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