



**#TAKEYOURSEAT**

**CARD GAME**



**MAMBO AMBAYO**

**HATUYAZUNGUMZII**

**VYA KUTOSHA...**

HUDUMA YA UZAZI  
WA MPANGO BILA  
MALIPO?

**She** Decides.

**MAMBO AMBAYO**

**HATUYAZUNGUMZII**

**VYA KUTOSHA...**

WANAWAKE  
KUTOTAKA KUZAA.

**She** Decides.

**MAMBO AMBAYO**

**HATUYAZUNGUMZII**

**VYA KUTOSHA...**

KUUTAWALA MWILI  
WA MWANAMKE NA  
KUPIGA MARUFUKU  
UTOAJI MIMBA.

**She** Decides.

**MAMBO AMBAYO**

**HATUYAZUNGUMZII**

**VYA KUTOSHA...**

HEDHI.

**She** Decides.

**MAMBO AMBAYO**

**HATUYAZUNGUMZII**

**VYA KUTOSHA...**

ZAIDI YA WANAWAKE  
MILIONI 7 HULAZWA  
MAHOSPITALINI KILA  
MWAKA SABABU YA  
UTOAJI MIMBA USIO  
SALAMA.

<sup>1</sup> World Health Organization **She** Decides.

**MAMBO AMBAYO**

**HATUYAZUNGUMZII**

**VYA KUTOSHA...**

KARIBU NUSU YA  
UTOAJI MIMBA SI  
SALAMA. NINI HASA  
TATIZO?

**She** Decides.

**MAMBO AMBAYO**

**HATUYAZUNGUMZII**

**VYA KUTOSHA...**

KUTENGWA KWA  
WENYE MIELEKEO  
TOFAUTI YA KINGONO  
NA JINSIA.

**She** Decides.

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

KWA NINI HUDUMA YA  
UZAZI WA MPANGO  
IMEKUWA NGUMU  
KUPATIKANA.

**She** Decides.

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

**KWA NINI UTOAJI  
MIMBA HUTAFSIRIWA  
KAMA TENDO LA AIBU.**

**She Decides.**

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

**AIBU.**

**She Decides.**

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

**UNYANYAPAAJI JUU  
YA KUKOMA HEDHI  
MAKAZINI.**

**She Decides.**

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

**KUKOMA HEDHI.**

**She Decides.**

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

**JE! UMEWAHI KUPATA  
MAGONJWA YA ZINAA?  
JE, ULIJISIKIA UKIWA AU  
UJASIRI KUPATA  
MATIBABU?**

**She Decides.**

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

**MIMBA TATU KATI YA  
KUMI ULMWENGUNI  
HUISHIA KUTOKA.**

<sup>1</sup> World Health Organization **She Decides.**

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

**UWOGA ANAO UPATA  
MWANAMKE KUTUMIA  
NJIA ZA UZAZI WA  
MPANGO.**

**She Decides.**

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

**"JE, NI WAKATI WAKO  
WA HEDHI?"**

**She Decides.**

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

JINSI KUKOMA KWA HEDHI KUNAVO ATHIRI MAISHA YA MWANAMKE YA KILA SIKU.

**She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

JE, MAGONJWA YA ZINAA HUCHANGIA KUONGEZEKA KWA UNYANYAPAAJI?

**She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

KUPATA HUDUMA YA UTOAJI MIMBA WAKATI WA KARANTINI.

**She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

WATU MILIONI 73.3 HUSHAWISHIKA KUTOA MIMBA KILA MWAKA.

<sup>1</sup> World Health Organization **She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

UTOAJI MIMBA USIO SALAMA HUFANYIKA KWA IDADI YA MILIONI 25 KILA MWAKA.

<sup>2</sup> RCOG

**She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

JINSIA YA KIKE.

<sup>2</sup> RCOG

**She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

KUNA MITAZAMO HASI JUU YA JINSIA YA KIKE.

**She** Decides.

**MAMBO AMBAYO**

**HATUYAZUNGUMZII**

**VYA KUTOSHA...**

MARA YA KWANZA KUFANYA MAPENZI.

**She** Decides.

**MAMBO AMBAYO  
HATUYAZUNGUMZII  
VYA KUTOSHA...**

**UKAVU WA UKE.**

**She** Decides.

**MAMBO TUNAPASWA  
KUZUNGUMZIA...**

**PENGO LILILOPO  
KWENYE KURIDHIKA  
KINGONO.**

Tofauti kati ya wanaume na wanawake kuridhika kingono wanapo fanya mapenzi.

**She** Decides.

**MAMBO TUNAPASWA  
KUZUNGUMZIA...**

**UBAGUZI WA MAPENZI  
YA JINSIA MOJA.**

**She** Decides.

**MAMBO TUNAPASWA  
KUZUNGUMZIA...**

**KWA NINI MWANAMKE  
KUFURAHIA TENDO LA  
NDOA HUCHUKULIWA  
KAMA KITENDO KIOVU?**

**She** Decides.

**HEBU TUZUNGUMZE  
JUU YA HAYA...**

**KWA NINI  
TUNAWAHAKUMU  
WATU KULINGANA NA  
IDADI YA WAPENZI  
WALIO NAO?**

**She** Decides.

**HEBU TUZUNGUMZE  
JUU YA HAYA...**

**ASILIMIA 30 YA  
WANAWAKE  
ULIMWENGUNI  
WAMERIPOTI MARA YAO  
YA KWANZA KUFANYA  
NGONO ILIKUWA KWA  
KULAZIMISHWA.**

<sup>3</sup> UN Women

**She** Decides.

**HEBU TUZUNGUMZE  
JUU YA HAYA...**

**NGONO NJE  
YA NDOA.**

**She** Decides.

**HEBU TUZUNGUMZE  
JUU YA HAYA...**

**JE, UJINSIA UNA  
MAANISHA NINI  
KWAKO?**

**She** Decides.

HEBU TUZUNGUMZE

JUU YA HAYA...

UBIKIRA.

She Decides.

HEBU TUZUNGUMZE

JUU YA HAYA...

UNYANYASAJI WA  
KIJINSIA.

She Decides.

HEBU TUZUNGUMZE

JUU YA HAYA...

AINA ZA  
UNYANAYASAJI WA  
WANAWAKE NA  
WASICHANA BADO  
ZIMEENEA KATIKA  
JAMII NYINGI.

She Decides.

MAMBO AMBAYO

HATUYAZUNGUMZII

VYA KUTOSHA...

UKATILI WA KIJINSIA.

She Decides.

MAMBO AMBAYO

HATUYAZUNGUMZII

VYA KUTOSHA...

WASICHANA MILIONI 3  
ULIMWENGUNI WAKO  
KATAIKA HATARI YA  
KUKEKETWA KILA  
MWAKA.

<sup>4</sup>World Health Organization

She Decides.

MAMBO AMBAYO

HATUYAZUNGUMZII

VYA KUTOSHA...

PONOGRAFIA YA  
KISASI\*

\*Kusambaza picha za ngono,  
au video, bila ya idhini ya  
mhusika.

She Decides.

MAMBO TUNAPASWA

KUZUNGUMZIA...

1 KATI YA WANAWAKE  
3 WAMEPITIA UKATILI  
WA KIMWILI AU  
KINGONO.

<sup>5</sup>World Health Organization

She Decides.

MAMBO TUNAPASWA

KUZUNGUMZIA...

1 KATI YA WANAWAKE  
4 WAMEPITIA UKATILI  
WA KIMWILI AU  
KINGONO WAKATI WA  
UJA UZITO.

<sup>6</sup>OCHA reliefweb

She Decides.

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

WANAWAKE KATI YA UMRI 15 – 44 WAPO KATIKA HATARI KUBWA YA KUPITIA VITENDO VYA UBAKAJI AU UKATILI MAJUMBANI KULIKO KANSA, AJALI AU MAJERAHA KATIKA VITA.

<sup>6</sup>OCHA reliefweb

**She** Decides.

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

JE, UNAJUA UKEKETAJI WAWASICHANA NI NINI?  
JE, UNAJUA WANAWAKE MILIONI 200 WAMEWAHI KUKEKETWA?

<sup>7</sup>World Health Organization

**She** Decides.

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

WASICHANA 28 CHINI YAMIKA 18 HUOLEWA KILA DAKIKA.

<sup>6</sup>OCHA reliefweb

**She** Decides.

**MAMBO TUNAPASWA**

**KUZUNGUMZIA...**

USAWIRI WA WANAWAKE KAMA VYOMBO VYA KUJIFURAHISHA KIMAPENZI KATIKA VYOMBO VYA HABARI.

**She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

38% YA MAUAJI YA WANAWAKE HUFANYWA NA MWENZI WA KIUME.

<sup>5</sup>World Health Organization

**She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

WASICHANA MILLION 150 ULIMWENGUNI HUBAKWA AU HUPITIA UKATILI WA KIJINSIA KILA MWAKA.

<sup>6</sup>OCHA reliefweb

**She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

NI VIPI UNaweza KUELEZA UKATILI WA KIJINSIA?

**She** Decides.

**HEBU TUZUNGUMZE**

**JUU YA HAYA...**

ZAIDI YA WANAWAKE MILIONI 700 WALIO HAI LEO WALIOLEWA WAKIWA WATOTO (CHINI YA UMRI WA MIAKA 18).

<sup>6</sup>OCHA reliefweb

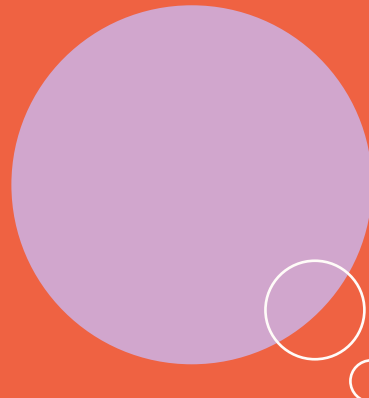
**She** Decides.

HEBU TUZUNGUMZE  
JUU YA HAYA...

IDHINI.

She Decides.

JE, UNGEPENDA  
KUZUNGUMZIA NINI?



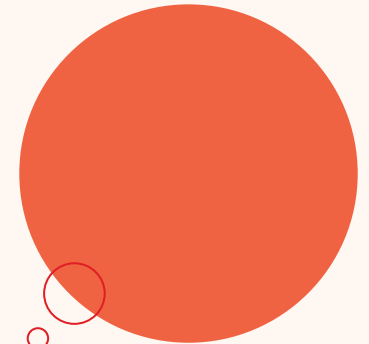
She Decides.

JE, NI SUALA GANI  
TUNALOHITAJI  
KUZUNGUMZIA?



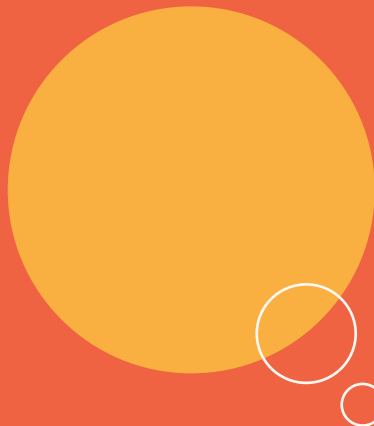
She Decides.

UKIPENDELEA  
NIAMBIE ZAIDI.



She Decides.

UNAJISIKIAJE?



She Decides.

TUPATE MAPUMZIKO  
KIDOGO



She Decides.

## HOW TO PLAY



Shuffle the deck and draw a card.  
On the back will be a conversation starter.

What does the statement, question or fact  
make you feel?

What conversations does it spark?

These cards are a tiny selection of the  
things we don't talk enough about.

She Decides.



TAKE



YOUR

SEAT

She Decides.

TAKE



YOUR

SEAT

She Decides.

TAKE



YOUR

SEAT

She Decides.

TAKE



YOUR

SEAT

She Decides.

TAKE



YOUR

SEAT

She Decides.

TAKE



YOUR

SEAT

She Decides.

TAKE



YOUR

SEAT

She Decides.

TAKE



YOUR

SEAT

She Decides.

## References

### 1 World Health Organization

<https://www.who.int/news-room/fact-sheets/detail/preventing-unsafe-abortion>

Singh S, Maddow-Zimet I. Facility-based treatment for medical complications resulting from unsafe pregnancy termination in the developing world, 2012: a review of evidence from 26 countries. *BJOG* 2015; published online Aug 19. DOI:10.1111/1471-0528.13552.

### 1 World Health Organization

<https://www.who.int/news-room/fact-sheets/detail/preventing-unsafe-abortion>

Bearak J, Popinchalk A, Ganatra B, Moller A-B, Tunçalp Ö, Beavin C, Kwok L, Alkema L. Unintended pregnancy and abortion by income, region, and the legal status of abortion: estimates from a comprehensive model for 1990–2019. *Lancet Glob Health*. 2020 Sep; 8(9):e1152-e1161. doi: 10.1016/S2214-109X(20)30315-6.

### 2 Royal College of Obstetricians and Gynaecologists

<https://www.rcog.org.uk/en/news/over-25-million-unsafe-abortions-take-place-every-year/>

### 3 UN Women

<https://www.endvawnow.org/en/articles/299-fast-facts-statistics-on-violence-against-women-and-girls.html>

### 4 World Health Organization

<https://www.who.int/teams/sexual-and-reproductive-health-and-research/areas-of-work/female-genital-mutilation/prevalence-of-female-genital-mutilation>

### 5 World Health Organization

<https://www.who.int/news-room/fact-sheets/detail/violence-against-women>

### 6 OCHA reliefweb

<https://reliefweb.int/report/world/16-shocking-facts-about-violence-against-women-and-girls>

### 7 World Health Organization

[https://www.who.int/health-topics/female-genital-mutilation#tab=tab\\_1](https://www.who.int/health-topics/female-genital-mutilation#tab=tab_1)