

CELEBRATING CHANGE

In this exhibition, we celebrate seven extraordinary individuals who represent the force of social change for children and women in Tanzania.

These change makers not only have a vision of what they want to achieve in their communities, but they also make change happen.

Using a combination of knowledge, resources, and determination, they push through until their dream becomes real, and then they push some more.

These inspiring women, men and adolescents – and many others like them – work with passion to bridge the gaps between the haves and have-nots in Tanzania.

Tanzania has made progress in improving the welfare of its people, but 6.5 million children under the age of 15 continue to live in poverty. Social disparities are large between wealth groups, genders, rural/urban areas and among regions and districts.

Children are the first to falter when confronted with poverty and inequality. Many are denied the basics

of a decent education, quality health care, good nutrition, clean water and sanitation, and safe homes, schools and communities.

Tackling the vicious cycle of poverty and inequality starts with focusing on disadvantaged children and their families. This is where our champions of change are making their greatest impact – working tirelessly to ignite hope for even the most vulnerable children.



Acknowledgments

UNICEF Tanzania would like to thank the seven change makers for taking the time to share their stories of success.

Our partners on the ground were essential to helping us select the nominees, and we extend our gratitude to them.

We also would like to thank the Government of the United Republic of Tanzania and the Zanzibari Revolutionary Government for the support and logistical assistance that made it possible to document the work of the seven champions of change.

Credits

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70
1946
2016

unicef
FOR EVERY CHILD HOPE





"I got tired of seeing child abuse tolerated by families and law enforcers. That's why I decided to advocate against violence."

Sheikh Nassor Hamad Omar, 50 years old

Sheikh Nassor Hamad Omar is the head of the Association of Imams in Zanzibar and a leading child rights activist. He campaigns against child violence through the mass media, schools, madrasas and mosques. He was the first religious leader in Zanzibar to speak out on violence against children and has been counselling affected children and their families.



Tanzanian children who have been punched, whipped or kicked during childhood, including school.



Above: Sheikh Nassor Hamad Omar with his sons Khalid, 4, and Salum, 3.
Centre and below: Sexual violence affects 1 in 3 girls in Tanzania before they reach the age of 18. In these two images, a 16-year-old girl who was gang-raped is being seen by a counselor and medical doctor at the one-stop centre for survivors of sexual violence at Tumbi Regional Hospital in Kibaha.

All children have the right to live free from violence and abuse. In Tanzania, a large number of children are abused, beaten and exploited on a daily basis. Scaling up a child protection system and changing cultural practices that perpetuate harm against children are key to stopping this tragedy.



"We can fight malnutrition with the basic tools we have in our homes."

Laitina Mwampanda, 37 years old

Laitina is a mother of four, a farmer and a dedicated community volunteer in Lwanjilo village in Mbeya district. Supervising the work of 18 community health workers in nine villages, she helped set up 22 community groups where women and their male partners learn how to grow and use a wide range of locally available food to improve the nutrition of pregnant women, mothers and children.



58%

Stunted children who live in 10 of Tanzania's 30 regions

(Dodoma, Morogoro, Dar es Salaam, Ruvuma, Mbeya, Tabora, Kigoma, Kagera, Mwanza and Geita)



Above: Laitina shows 26-year-old Martha how to prepare a fortified and nutritious porridge for her 11-month-old daughter.

Centre: Martha feeds her daughter porridge made from maize meal, milk, egg yolk and a bit of sugar.

Below: Laitina talks to young mothers and fathers on how to give their families a diverse diet of vegetables, proteins, legumes and fruits.

More than a third of Tanzanian children under the age of 5 are not growing properly and are too short for their age. However, stunting and other forms of malnutrition can be prevented in the first 1,000 days of life between a woman's pregnancy and the child's second birthday. After that, the damage is largely irreversible.



"When we were studying, we were constantly told about Tanzania's high maternal and neonatal mortality. When I got here, I saw it with my own eyes."

Wilson Chota Mganga, 55 years old

Wilson is the clinical officer and the head of the Uturo health dispensary in Mbeya district. Passionate about the welfare of his community, he mobilised women to form mothers groups in 1998. The groups make sure that every pregnancy in the village is registered and that mothers attend ante- and post-natal care. Since then, there has not been a single stillbirth or maternal death in the village.



The poorest women in Tanzania who deliver their babies in a health facility

Above: Veronica Krosa, 26, has just given birth to her fifth child, a baby boy, at Uturo health dispensary.

Centre: Clinical officer, Wilson, and Elizabeth Mwalima, a midwife, do a check up of a pregnant woman from the village.

Below: A member of the mothers group takes notes in the community register while talking to a pregnant woman in her home.



Every day, around 20 Tanzanian women die during pregnancy and childbirth. Many babies don't survive either. Around 40 per cent of deaths of children under the age of 5 happen in the first month of life. These tragic deaths can be avoided by identifying women at the start of their pregnancies and making sure that they and their newborns have access to quality health care.





"Growing up in different circumstances, I was constantly exposed to the disadvantaged position of girls. That motivates my work with gender equality."

Professor Penina Mlama, 68 years old

Penina Mlama is a former professor of creative arts at the University of Dar es Salaam, a gender activist and founder of the girls' empowerment school clubs called 'Tuseme' (Let Us Speak Out). The Tuseme project, which started in 1996, emerged out of concerns about the poor academic performance of girls in primary and secondary schools. It now encourages both girls and boys to publicly voice their views – through play, theatre and group discussion – on issues that affect their lives in schools and the community, and to find their own solutions to the problems. More than 10 countries in Africa have adopted the innovative Tuseme club model.



60%
Children with primary education who transition to secondary school



Above: Members of the Tuseme club at Mshewe Primary School in Mbeya Rural district school perform a motivational song.



Centre: Miriam, 12, a vocal member of the Tuseme club, performs a skit about a girl whose parents don't support her education.

Below: Two club members lead the drum beat to a Tuseme song.

Two million Tanzanian children aged 7–13 are out of school. Only 60 per cent of children who complete their primary education go to secondary school. Fewer girls finish secondary school than boys. However, an educated population is vital to Tanzania's aspiration of becoming a middle-income country. Educating girls and boys breaks the cycle of poverty and creates a ripple effect of opportunity that influences generations to come.



"Cleanliness is health. Children and adults need to practice hygienic habits of the body and of the environment. Water and toilets are very important for this."

Rahma Ramadhan Juma, 56 years old

Rahma is the driven deputy head teacher of Nyerere Nursery and Primary School in Unguja Zanzibar. Since joining the school four years ago, she has raised funds and overseen the building of school latrines for boys, girls and children with disabilities, a water tank, borehole and water taps. The school has won several awards for cleanliness, its well-maintained water, sanitation and hygiene (WASH) infrastructure, and its motivated teachers and school WASH clubs.



1:168 /1:161

The pupil-latrine ratio for boys and for girls in Zanzibar. The government standard is 1 latrine for every 50 school children.



Above: Students at Nyerere Nursery and Primary School in Zanzibar wash their hands at the school's water taps. Liquid soap is available at all times.

Centre: School boys line up to use the school's pristine latrines.

Below: Mural on a classroom wall reminding pupils to wash their hands.



Nearly half (48 per cent) of all schools in Tanzania don't have water and the vast majority (96 per cent) have no disability-friendly toilets. The national WASH-in-School programme in Tanzania needs to reach all schools to protect children's health and ensure that girls and children with disabilities are able to complete their education.



"I may be HIV-positive, but I have everything else. So why shouldn't I be able to fulfil my dreams?"

**Witness Nakanje,
19 years old**

Witness was born with HIV and lost her mother to AIDS when she was 11. When she moved in with her father after her mother's death, her stepmother treated her badly and gossiped about Witness's status to friends and neighbours, adding to the stigma and discrimination that Witness faced. However, since being trained as a HIV peer educator by Pasada, a faith-based NGO, Witness has transformed into a strong and confident young woman. She is also doing her diploma in accounting at the prestigious Institute of Finance Management in Dar es Salaam.

8%
**Adolescents
living with
HIV globally
who reside
in Tanzania**



Above: Standing in front of a colourful mural at the Pasada HIV clinic in Dar es Salaam, Witness explains how to disclose one's HIV status to friends and family.

Centre: ARVs are a lifelong commitment and Witness also helps other children and adolescents stick to their treatment regime.

Below: A young man waits at the Pasada HIV clinic to see the doctor.



PASADA SERVICES

- VOLUNTARY COUNSELING AND TESTING
- SUPPORTIVE COUNSELING
- MEDICAL ASSISTANCE
- ANTE-RETRO-VIRAL THERAPY (ART)
- PREVENTION OF MOTHER TO CHILD TRANSMISSION (PMCT)
- TB DIAGNOSIS & TREATMENT
- ORPHANS' SUPPORT
- COMMUNITY EDUCATION
- MONTHLY MEETING FOR PLWHA
- COMMUNITY BASED LOAN SCHEME FOR PLWHA
- HOME-BASED CARE AND PALLIATIVE CARE SERVICES
- TRAINING

HIV prevalence among 15–19-year-old teenagers in Tanzania has not increased since 2008 but it has not decreased either. Adolescents continue to be vulnerable to HIV but can play a key role in positive social change. When equipped with knowledge and skills, adolescents help combat the stigma and discrimination of people living with HIV and AIDS, support their peers to lead safe and healthy lives, and demand better HIV services.



"I believe that if my children are educated, they will lift us out of this difficult life."

Hidaya Salum Salehe, 46 years old

Hidaya Salum Salehe is a widow and head of household of 15 people, including grandchildren, nieces and nephews. They all sleep in one room in her home in Kinondoni district, Dar es Salaam. Hidaya sells dagaa (dried fish), rents out a room in the family home, and is a recipient of a government cash grant through the Productive Social Safety Net. With the cash support she receives and her own initiative, Hidaya has managed to send all her grandchildren, nieces and nephews to school. She is also able to put two nutritious meals on the table every day.



74%

Tanzanian children living in 'multi-dimensional' poverty. This means they are deprived of their rights in three or more of the following dimensions: education, health, nutrition, sanitation, protection, water, housing and access to information.



Above: A woman receives her monthly government cash grant from the TASAF office in Kinondoni district, Dar es Salaam.

Centre: Hidaya's 8-year-old nephew, Zahoro, and granddaughter Munira, 7, pour over their school books as their younger cousin and sister, Shamila, 3, looks on.

Below: Hidaya cleans fresh greens to cook for the family meal with Munira, Zahoro and her niece, Shani, 17.

More than a quarter of Tanzanians are poor, including 6.5 million children living in poverty. Poverty and social exclusion devastate children's lives and jeopardise the future of the country. Tanzania's current social assistance schemes, including the cash grant that Hidaya uses to invest in her children's education and nutrition, cover about 10 per cent of the entire population and need to be expanded.