DAGA HUTU

TARIHIN JIHAR BAUCHI

An kirkiri Jihar Bauchi a watan Fabrairu a shekara ta 1976 daga tsohuwar Jihar Arewa maso Gabas. Jihar tayi iyaka da Jihohin Jigawa da Kano ta arewa maso yamma, Kaduna ta yamma, Filato, Taraba, da Gombe ta kudu, da kuma Yobe ta gabas.

Jihar Bauchi na da jimillar kabilu 55. Daga cikin manyan kabilun akwai Hausa, Fulani, Gerawa, Sayawa, Jarawa, Bolewa, Kare-Kare, Kanuri, Warjawa, Zulawa, da kuma Badawa. Haka nan Jihar na da Kananan Hukumomi guda 20.

A bisa alkalumar Kidayar Jama'a ta shekarar 2006, Bauchi tana da yawan jama'a kimanin sama da miliyan 5,000,000. Jihar tayi fice a noman auduga, gahawa, da gyada, da sauran kayan amfanin gona masu daraja.

BAYANI AKAN SWAG

Stand with a Girl (SWAG) Initiative, kungiya ce mai ragista tare da jagorori matasa masu rajin daukaka martabar 'ya'ya mata don tabbatar da kowace yarinya a kasar Nijeriya ta samu damar cimma muradunta a ko ina take da zama a cikin fadin Kasar.

BAYANI AKAN DMS PROJECT

MANUFA:

Karfafafa damar samun ingantattun bayanai na ilimin kula da lafiyar kai, jima'i da inganta iyali ga matasa a Najeriya.

MURADU:

- Haɓaka kokarin fafutukar matasa kan samar da bayanai don tsare-tsare.
- Karfafa gwiwar mahukunta wajen amfani da bayanai don tsare-tsare da shirye-shirye.
- Fassara bayanan AYSRH a cikin sauƙi, jan hankali, da kuma tsari mai jan ra'ayin hahukunta wajen tsare-tsare.
- Haɓaka littattafan labarai na AYSRH don sadar da sakonni kan ingantacciyar ilimin fasahar kariya daga samun ciki.

GARGADI

Wannan aikin almara ne. Sunaye, jarumai, kasuwanci, da abubuwan da aka bayyana samfurin tunanin mawallafin labarin ne. Duk wani kamanceceniya da wasu mutane, dake a raye ko matattu, ko wasu abubuwan da suka faru baya cikin kudurin labarin.

Aliya tana tafe zuwa gida fuskar ta cike da annuri, tana wake-wake,domin kuwa muradin ta na tafiya birni ya kusa cika.

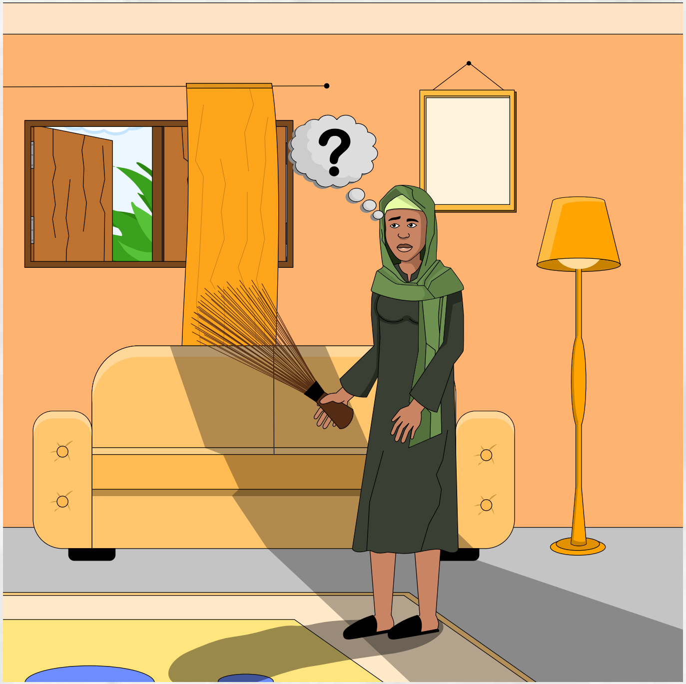
Shekarun Aliya goma sha bakwai (17), yarinya ce mai basira sosai daga nan Garin Malam dake jihar Bauchi. 'Yar Baba, kamar yadda mahaifiyar ta Adama ke kiranta.

Mafificin muradin ta shine tayi hutun karshen zangon karatu a Ganye inda Aunty ta Saude ke aiki a matsayin mai kula da lafiyar al'umma. Tayi farin ciki kwarai da wannan damar zuwa birnin ziyarar bude ido, tayi fatan more dukkan yanayin da zata samu kanta. Aliya ta fada wa kawayenta tafiyar ta zuwa Ganye zai bata damar sanin sabin al'amura.

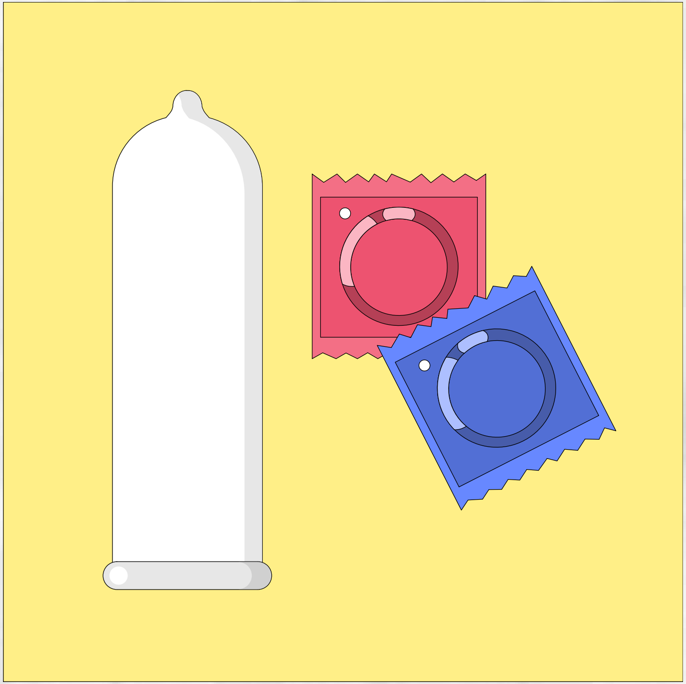
A kwana a tashi anyi hutu. Aliya ta hau mota cike da nishadi, a wannan yanayi sai ta fara tunani, “wai ko ni wacece?” Furucin da takeyi kenan a duk lokacin da wani abu ya sosa mata rai, tana kara nazari cikin nutsuwa.

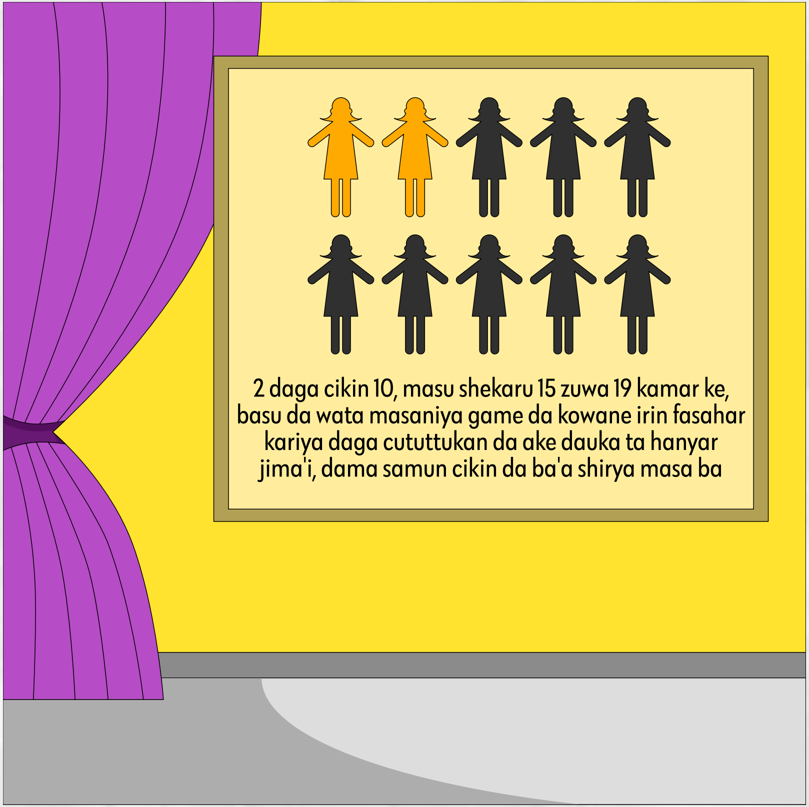
Aliya ta isa gidan Aunty Saude. Tayi mamakin gabatowar ranakun karshen mako cikin hanzari. Ranar Asabar din ta na fari a Ganye, lokacin tana 'yan share-share, sai wani abu ya bayyana mata kamar roba-roba cikin wani ma'aji mai tsafta. Tsintuwar da tayi yaja ra'ayinta don sanin menene. Aliya ta kaiwa Saude abin da ta tsinta, lallai wannan tsegumin naki ba a banza ba, saude ta fadi tana murmushi. Ko! Na gode, Aliya ta amsa duk da cewa bata fahimci menene ba.

Da yammaci, Aliya da Saude suna hira ga zobo mai sanyi suna sha. Aliya tace da Saude, Aunty menene kam abin da nayi tsintuwar sa dazu? Saude tayi mamakin sauyin zancen, tabdi! Jimin yarinya da tsegumi. To ai shikenan, zan sanar dake duk abin da na sani, taho nan kusa dani shalele.



Aunty Saude tace, wannan abin ana kiran shi Kororon roba, ana kuma amfa dashi don samun kariya. Aliya ta tsuma tace, aw! Anan ma kuna mayu ne? Saude ta fashe da dariya tana fadin, a'a, ..a'a fa!, ke ba haka nake nufi ba, tsaya ki ji da kyau.





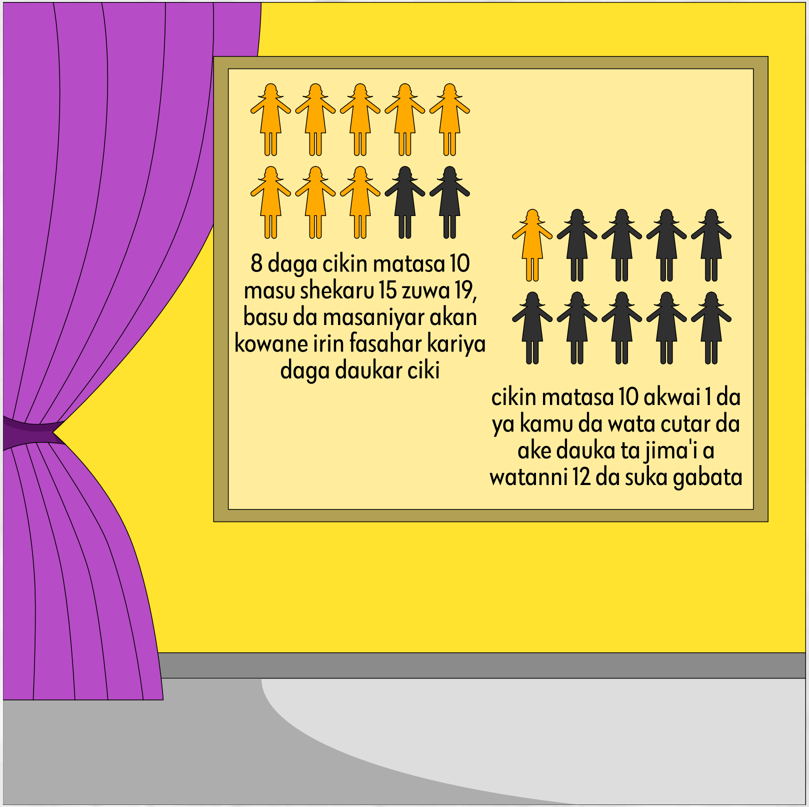
Kororon roba yana bada kariya daga cututtaka da ake dauka ta hanyar jima'i, da kuma samun ciki da ba'a shirya masa ba. Ko kin san, matasa 2 daga cikin 10, masu shekaru 15 zuwa 19 kamar ke, basu da wata masaniya game da kowane irin fasahar kariya daga cututtukan da ake dauka ta hanyar jima'i, dama samun cikin da ba'a shirya masa ba. Ba dai kin zo birni ba? Za ko kiga amfanin tsegumi, gobe akwai taron fadakarwa da za'ayi na Adolescent Youth Sexual and Reproductive Health a cibiyar lafiya da nake aiki, sai mu tafi tare.

Da gari ya waye, Aliya ta shirya tsaftsaf tana jiran Aunty Saude don halartar taron. Akan hanyar su, Saude ta matsa kusa, wai kema kina da saurayi ko? Aliya tayi murmushi, Eh mana, kuma muna kaunar juna!

Da isar su cibiyar lafiyar, sai suka tarar an fara taron. Aliya tayi murna kwarai ganin 'yan mata masu kimanin shekarunta a zaune. Ma'aikaciyar lafiyar ta bayyana cewa, taron zai wayar da kan mahalartan da ingantattun bayanai, kuma kowa na iya bayyana ra'ayin sa ba tare da tsangwama ba.

Ta ci gaba da cewa... abin da muke rajin bayyanawa shine muhimmancin al'umma don bayar da dukkan goyon baya ga 'ya'ya mata ta matasa suna nazari tare da daukan matakin da ya dace akan kula da lafiyar su.

Yayin da tattaunawar taci gaba. Aliya tayi mamakin fahimtar, a Jihar Bauchi matasa kan fara samun nishadin jima'i a kimanin shekara 15. Abin mamaki kuwa shine, 8 daga cikin matasa 10 masu shekaru 15 zuwa 19, basu da masaniyar akan kowane irin fasahar kariya daga daukar ciki. Ta ci gaba da cewa.. cikin matasa 10 akwai 1 da ya kamu da wata cutar da ake dauka ta jima'i a watanni 12 da suka gabata. Sannan akwai wasu kalubalen dayawa da matasa ke fuskanta a tsakanin al'umma.



A tare damu a wannan taro, muna tare da Asabe, wacce tayi alkawarin shaida mana labarin ta don mu kara nazari. Cikin girmamawa ta kirayi Asabe ta fito, filin naki ne. Asabe tayi tsaye, sannun ku, ina kwana. Ta gaida su duka, kowa ya amsa tare da murmushi, lafiya.

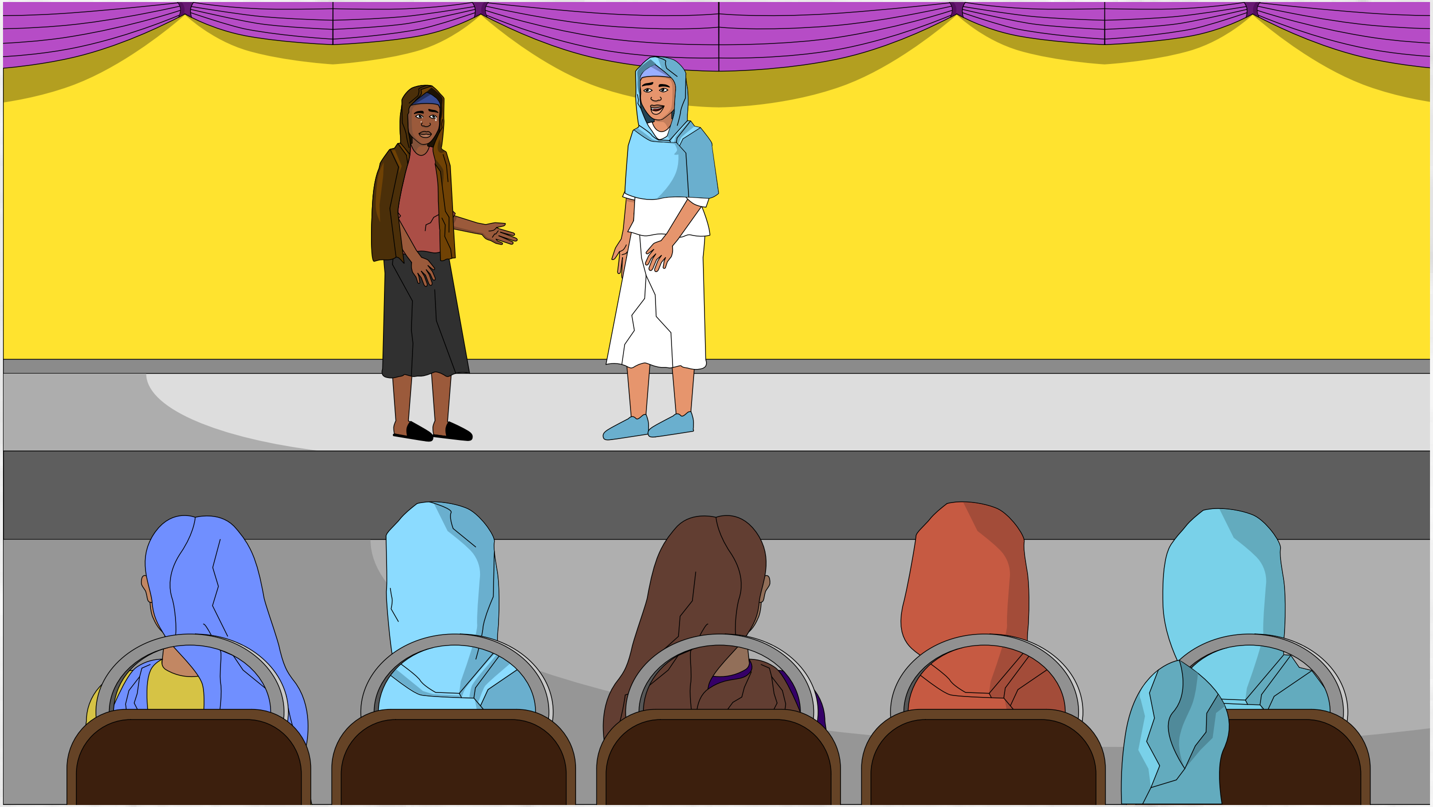
Sunana Asabe, shekaruna 17. Ina da zama a Gawo, karamar hukumar Nasara a nan Jihar Bauchi. Mahaifina Malam Danladi manomi ne, kuma nice 'yarsa ta fari. Sannan yana da mata 3.

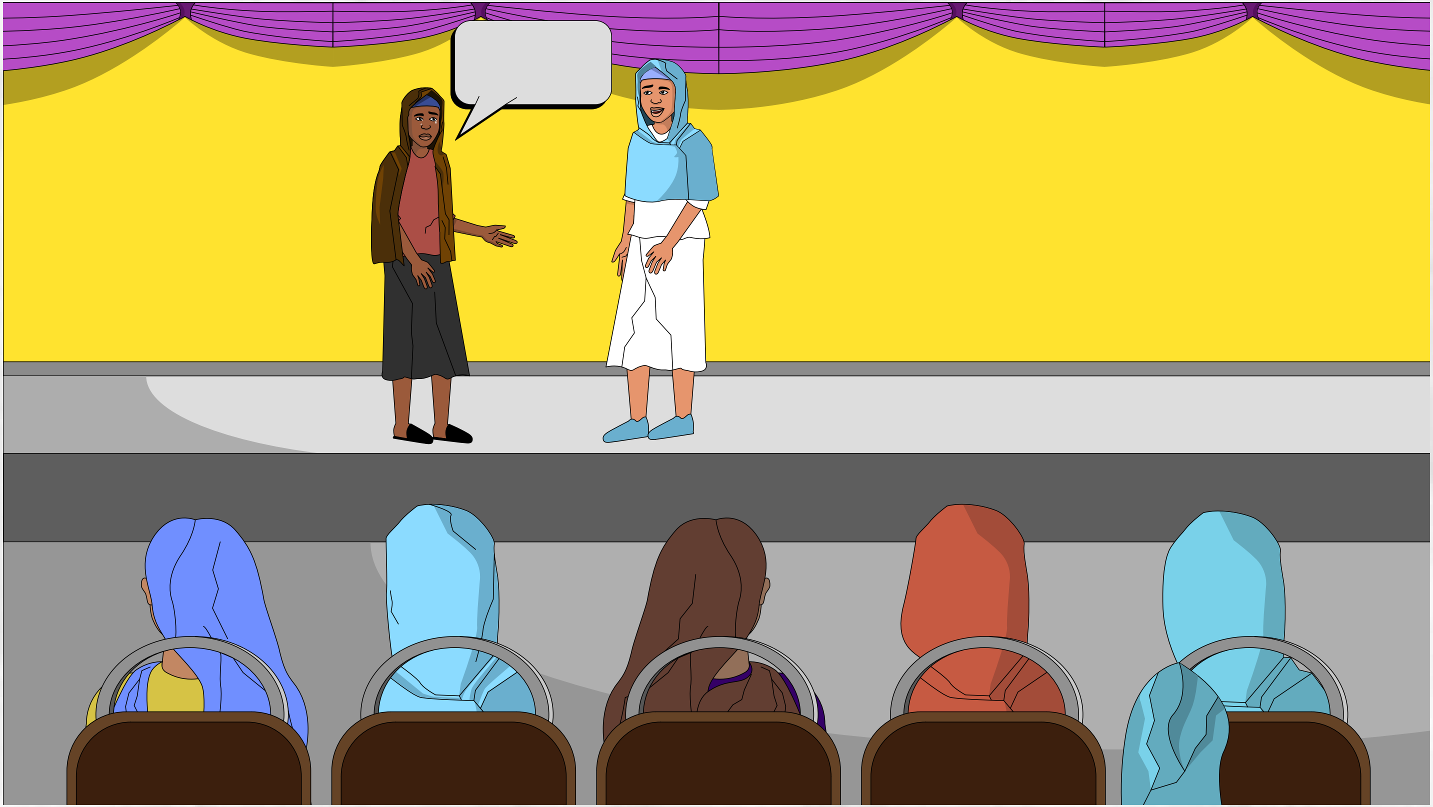
A lokacin da nake aji 2 na babban sakandaren Gawo, burina shine na zama 'yar jarida. Domin aikin jarida na bayyana bukatun mazauna karkara. Muradina akawo karshen cin zarafi, auren wuri, mace-macen mata masu ciki, da karancin cibiyoyin kula da lafiya. Na shaidawa mahaifina muradina na zama 'yar jarida. Domin cikar burina, mahaifina ya nemi taimakon d'an uwanshi Malam Mudi, wanda ke aiki a Sakatariyar Karamar Hukuma a matsayin Akawu, yamin jagoranci don cimma dukkan muradu na.

Na dawo daga Makaranta wata rana, sai na tarar da Mahaifina cikin tsananin jinya. Anyi duk dawainiyar nema masa kulawar jinya da ta dace amma sai akayi rashin nasara, hakan yayi sanadiyar mutuwarsa bayan kwana 3.

'Dan uwan Mahaifina Malam Mudi, yaci gaba da daukar nauyin karatuna, ina kuma zuwa Maranta daga gidanshi. Wata rana na dawo daga Makaranta sai na tarar da fitaccen mai kudin garin mu Alhaji Naira tare da Malam Mudi suna tattaunawa. Alhaji Naira yace da Malam Mudi zai kula da dukkan bukatuna don na cimma burina matukar zai aura masa ni.

Duba da karancin wadata, Dan uwan Mahaifina ya amince da tayin da Alhaji Naira yayi masa na aure na. Ni kuwa na zama matar sa ta 4. Abin takaici, Alhaji Naira yayi watsi da alkawarin sa, karatuna kuwa ya dakata anan.

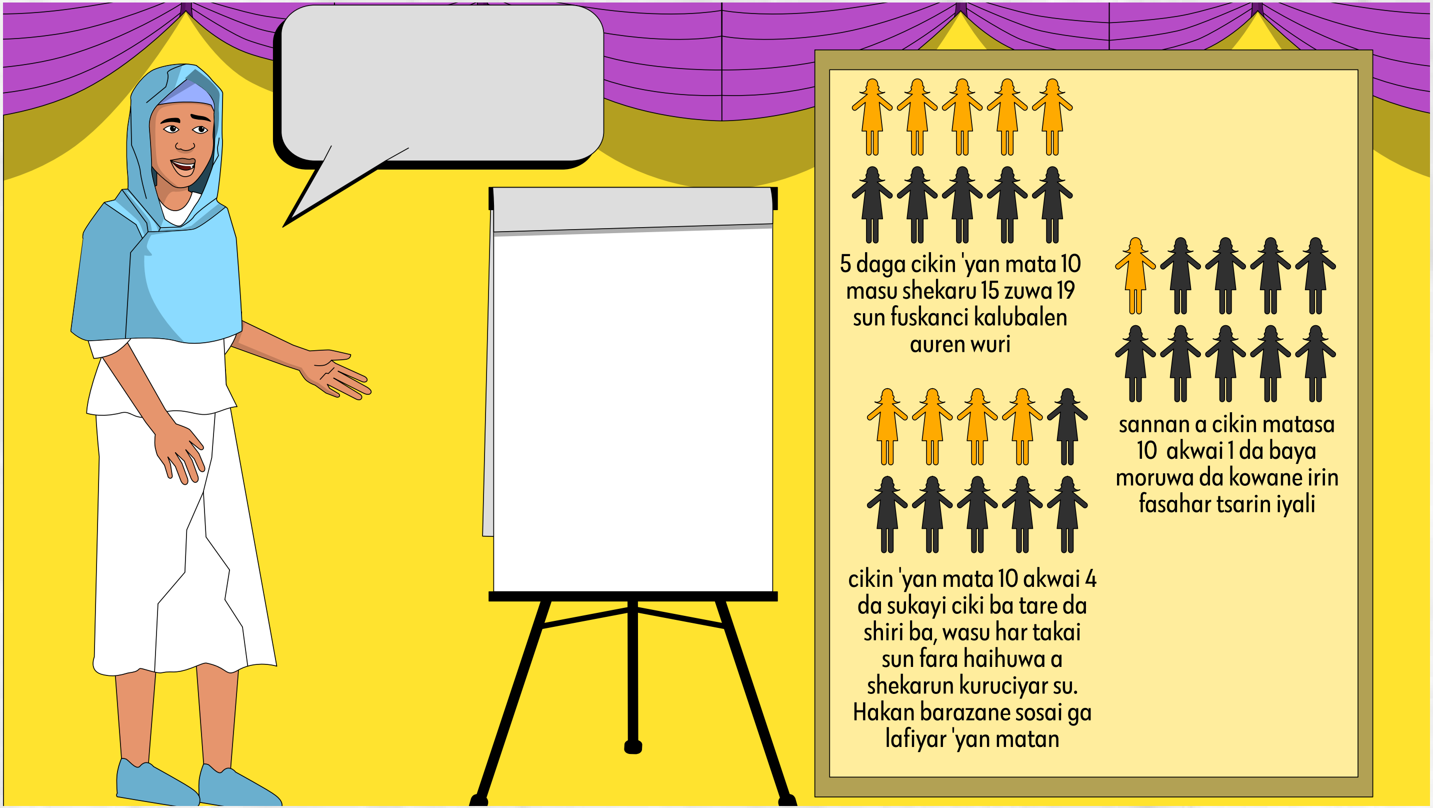




Bayan aurena da wata 2, sai na fahimci ina da ciki. Rashin ilimin kula da kai da renon ciki yayi sanadiyar mutuwar jariri na a lokacin haihuwa, ni kuwa nasha bakar wahala, na kuma kamu da ciwon yoyon fitsari, hade da karancin jini da ya kusa halaka ni.

A nan Asabe ta fashe da kuka, gaba daya farfajiyar taron yayi tsit. ...sannan kuma, ..kuma, kalaman nata suka shake. Da ganin haka, cikin tausayawa ma'aikaciyar lafiyar ta rungume Asabe tana rarrashin ta, sannan tayi mata godiya. Asabe ta koma ta zauna, Aliya tayi mata sannu.

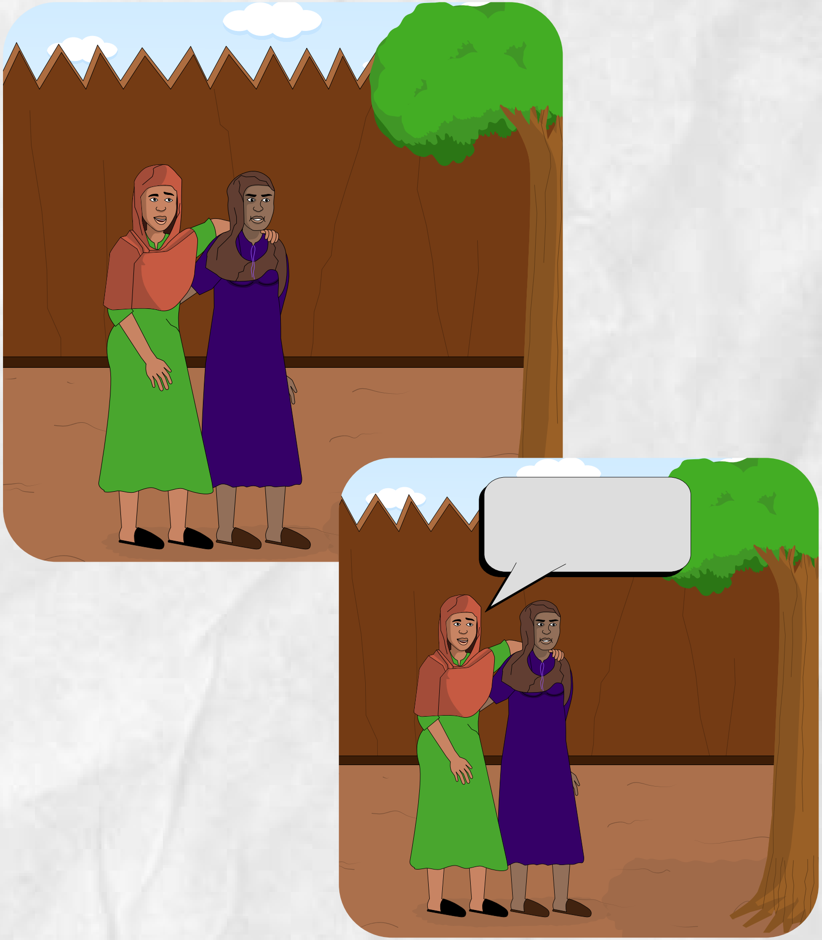
Ma'aikaciyar lafiyar taci gaba.. Shin kuna sane da cewa 5 daga cikin 'yan mata 10 masu shekaru 15 zuwa 19 sun fuskanci kalubalen auren wuri, sannan a cikin matasa 10 akwai 1 da baya moruwa da kowane irin fasahar tsarin iyali.



Hakan na nufin matasan basa samun damar nazari da zabin daya dace game da ilimin kula da lafiyar su da shirya tsarin iyali. Wannan qalubale ne dake hana su cimma muradun su na rayuwa. Kamar Asabe, cikin 'yan mata 10 akwai 4 da sukayi ciki ba tare da shiri ba, wasu har takai sun fara haihuwa a shekarun kuruciyar su. Hakan barazane sosai ga lafiyar 'yan matan.

Bayan an kammala taron, Aliya ta damu kwarai da bayanan da taji da kuma labarin Asabe. Hakan yasa ta bayyana wa Aunty Saude ra'ayin ta na wayar da kan matasa game da wadannan kalubalen. Aunty Saude tayi murna kwarai da zabin Aliya na daukaka manufar ilimantar da matasa muhimmancin AYSRH ta kuwa tabbatar zata goya mata baya.

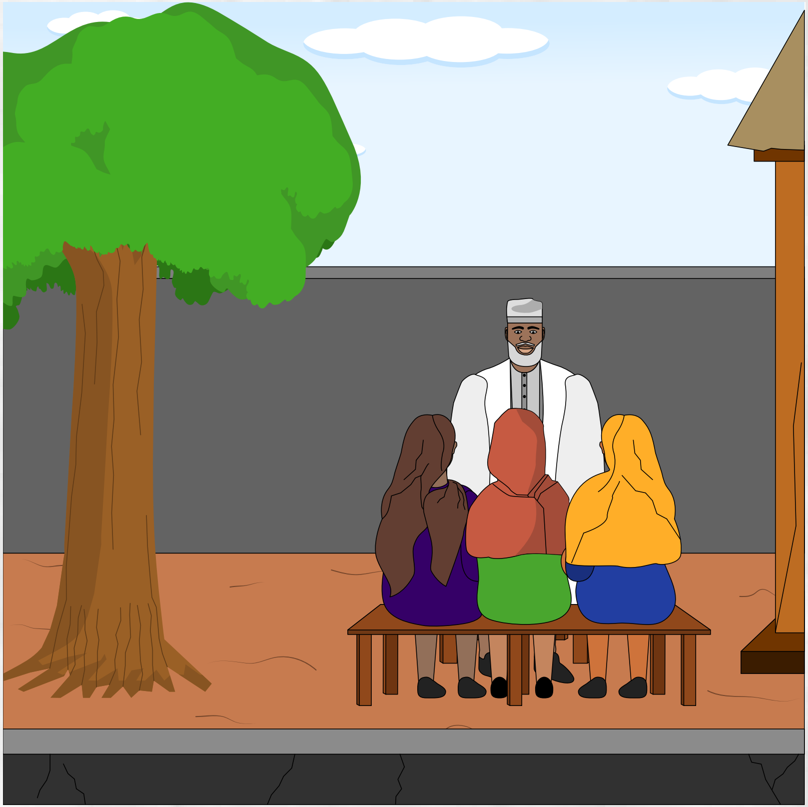
Bayan kwanakin hutun sun kare, Aliya ta koma gida. Ta kuma tattauna da kawayenta Ladidi da Jummai, ta shaida musu sabon ilimin da ta samu akan AYSRH, ta kuma sanar dasu labarin Asabe.



Wani lokaci daban, Aliya, Ladidi, da Jummai sun tattauna da sauran kawayen su, tare da wasu matasan garin. Yayin taron Ladidi tayi tambaya ko wane irin shiri zasu yi don daukaka manufar su don wannan gwagwarmaya. Aliya tayi 'yar gajerar tunani,

me zai hana mu tattauna da Baba da yamma? Jummai ta kara da cewa, yauwa, nima dai hakan na so.

Aliya da kawayenta sun shiga dakin suka tarar da Baba yana hutawa. Baba na! Aliya ta fadi. Ahh.. lallai na san wannan muryar, hmmn! Aliya! Ina fa gaya miki ki guji duk abin da kika san ba zan amince da shi ba. Da sauron haka, sai Aliya, Ladidi, da Jummai suka fashe da dariya. Baba mu fa so muke muyi gwagwarmaya don ci gaban goben mu da ma sauran 'ya'ya mata da maza matasa.



Cikin rudani, yace lallai ma, wai yaran nan me kuke nufi ne? Aliya sai ta nutsu tace dashi, lokacin da naje hutun karsheb zangon karatu Ganye, na halarci wani taron wayar da kai da aka shirya akan AYSRH a cibiyar kula da lafiya da Aunty Saude ke aiki. Muna rajin gwagwarmaya ne anan Garin Malam, don wayar da kan 'yan uwan mu matasa da iyaye akan muhimmancin AYSRH da kalubalen da matasa ke fuskanta a shekarun kuruciyar su.

Baban nata yayi murna kwarai da kudurin yaran. Ya kuma shawarci Aliya da suyi dukkan shirye-shiryen daya dace, tare da musu alkawarin nema musu damar yin jawabi don yada manufofin su a taron Zauren al'umma don gyara kayanka...

KUNDIN KALMOMI

- Yar baba (Daddy's girl): shalelen Mahaifin ta.
- Kororon roba (condom): daya daga cikin fasahar zamani don kariya daga cututtuka da ake dauka ta jima'i, da kuma daukar ciki.
- Tabdil!: furucin alamar kaduwa ga wani abin da akaji ko aka gani.
- Ba dai kinzo birni ba: now that you are in the city.
- Adolescent and Youth Sexual and Reproductive Health (AYSHR): Cikakken Ilimi ga matasa domin sanin haƙƙoƙin kula da kai, al'amuran da suka shafi jima'i, tsare-tsaren haihuwa da zamantakewa, ga matasan masu shekaru 10 zuwa 19.
- Wai ke ma kina da sarayi ko?: you too have a boyfriend, right?
- Eh mana: of course yes.
- Sannun ku, ina kwana: hello, good morning.
- Lafiya: alright.

- Yauwa, ni ma dai haka naso: great, that is what should be.
- Baba na: my dear father.
- Mace-macen Mata (Maternal Mortality): mutuwar wata mace a sanadiyar laulayin ciki yayin da take da juna.
- Cutar yoyon fitsari (Vesico Vagina Fistula (VVF): rashin lafiya ce dake samun mace mai ciki wacce gabobinta basuyi kwari ba bayan haihuwa. A sanadiyar tsagu tsakanin tantanin mararta da matuncinta sai a samu rashin iya rike fitsari.
- Cututtukan da ake kamuwa dasu ta hanyar jima'i (STI's): Cututtuka ne dake ake dauka ta hanyar jima'i, ciki har da jima'i na farji, dubura, da na baki. Wasu kuma ana iya yada su daga uwa zuwa ga jariri yayin renon ciki, haihuwa da shayarwa - WHO.
- Karancin jini (Anemia): rahin lafiya a dalilin karancin iskar oxygen a cikin jini dake taimakawa ayyukan gabobin jiki.

SHIRIN YA SAMU GUDUMAWAR

- Dr. Rilwanu Muhammed
- Muhammed Bakoji
- Hajara Yahaya
- Umar Adubakar
- Adamu Musa Bara
- Khalid Abdullahi
- Muhammad Bashir Hassan
- Tajudeen Haladu Muhammed
- Abbas Beni Abdullahi
- Abdulhamid Abdullahi
- Makaranta Emmanuel
- Zulaihat Musa Ahmed
- Anas Sani Munkaila
- Zakariyya Shuaibu Isa
- Ifeoluwa Praise Asogba
- Sheila Joseph

SHIRIN YA SAMU GUDUMAWAR

SHAIDAR BAYANAI

Dukkan bayanan alkaluma da akayi amfani da su wajen ƙirƙirar wannan littafin an samo su ne daga rahoton Binciken Kiwon Lafiyar Al'ummar Najeriya na shekarar 2018.

MUHIMMAN SAKONNI

- A kauracewa auren wuri, a bawa matasa damar cimma muradun su na rayuwa
- A bawa mataasa damar nazari da yin zabin daya dace game da nagartar lafiyar su
- Samar da bayanan AYSRH ga matasa na da muhimmanci
- Ingantacciyar damar samun bayanai hakki ne na kowane matashi
- A karfafa mu'amala mai tsafta da matasa don nagartar su
- 'Mu tattauna', ita ce muryar ko wani matashi
- Kada a kauracewa ilimin kula da lafiyar kai da na iyali, AYSRH don nagartar al'umma

KIRA ZUWAGA MAHUKUNTA

Ma'aikatar Lafiya, tare da Hukumar Lafiya daga Tushe

- Fatan ofishin Shugaban Hukumar Lafiya daga tushe na Jihar Bauchi zai kaddamar da zauren kula da lafiyar matasa cikin tsare-tsaren wasu daga cikin cibiyoyin kula da lafiya a Kananan Hukumomi 20 na jihar Bauchi zuwa watan December na shekarar 2023.
- Fatan jami'an wayar da kan al'umma a bangaren kiwon lafiya a Kananan Hukumonmi za suyi aikin hadin gwiwa tare da tawagar rukunin MCH, RIO1, M&E don karfafa shirye-shiryen AYSRH.
- Fatan tawagar mahukunta a dukkan Kananan Hukumomi zasu karfafa ziyarar bin diddigin alkaluma kan AYSRH a dukkan cibiyoyin kula da lafiya a Kananan Hukumomi 20 na jihar Bauchi.
- Fatan karfafa samar da dukkan bayanai akan AYSRH a Kananan Hukumomi 20 na Jihar Bauchi.
- Fatan horar da matasa 20 masu rajin rawaito bayanai akan AYSRH don taimakawa masu tattara alkaluma na Kananan Hukumomin.
- Fatan karfafa matasa don rawaito bayanai don karfafa tsare-tsare a Kananan Hukumomin 20 na jihar Bauchi.

Ma'aikatar Ilimi

- Fatan karfafa haɗin gwiwa tsakanin Ma'aikatar Lafiya da Ma'aikatar Ilimi don inganta ayyukan rukunin bada shawarwari a makarantun Jihar Bauchi.

Shugabannin Al'umma da Jagororin Addinai

- Fatan jami'an wayar da kan al'umma a bangaren kiwon lafiya tare da jagoran matasa masu rajin yada muhimman sakonni akan AYSRH zasu nemi hadin kan CAN, Imams, WDC na Kananan Hukumomin 20 na Jihar.
- Fatan jagoran matasa zasu yada muhimman sakonni daga shuwagbannin al'umma da jagororin addinai akan AYSRH a Kananan Hukumomi 20 na Jihar.

Kafafen Yada Labarai

- Fatan YDA's zasu nemi hadin gwiwar kafafen yada labarai don yada muhimman sakonni akan AYSRH.

GODIYA TA MUSAMMAN

Wannan littafin labari ya samu goyon bayan Grand Challenges Canada. Grand Challenges Canada na karkashin tallafin gwamnatin kasar Canada kuma an sadaukar da shirin don karfafa ra'ayoyi da ka iya kawo sauyi cikin alumma ®.

Dukkan bayanai da aka samar cikin wannan littafi hakki ne na Stand with a Girl (SWAG) Initiative masu rajin daukaka martabar 'ya'ya mata. Ba kuma tilas ya zama daidai da ra'ayoyin gamnnatin Canada ko Grand Challenge Canada ba.

BAUCHI STATE PRIMARY HEALTH CARE DEVELOPMENT AGENCY

BAUCHI STATE OF NIGERIA

STAND WITH A GIRL
SWAG
INITIATIVE

Motto: *When the society invest in girls, everyone wins*