

JYU DISSERTATIONS 671

Mesiäislehto, V. (2023). *Sexual and reproductive health and rights through the lens of belonging: Intersectional perspectives on disability, gender, and adolescence in Tanzania*. University of Jyväskylä. <http://urn.fi/URN:ISBN:978-951-39-9680-2>

Easy read versions of articles included in the dissertation

Original article I

Mesiäislehto, V., Katsui, H., & Sambaiga, R. (2021). Disparities in Accessing Sexual and Reproductive Health Services at the Intersection of Disability and Female Adolescence in Tanzania. *International Journal of Environmental Research and Public Health*, 18(4), Article 1657. DOI: [10.3390/ijerph18041657](https://doi.org/10.3390/ijerph18041657)

- [Easy read version of paper 1 in English](#)
- [Easy read version of paper 1 in Kiswahili](#)

Original article II

Mesiäislehto, V. Rethinking gender-based violence and access to sexual and reproductive health services through the perspectives of Tanzanian adolescent females with disabilities. *In review*.

- [Easy read version of paper 2 in English](#)
- [Easy read version of paper 2 in Kiswahili](#)

Original article III

Mesiäislehto, V., Lehmuskoski, M., Katsui, H., & Sambaiga, R. (2022). Menstrual pain realities of young females with disabilities in Tanzania : Towards a nuanced understanding of pain and embodiment. In H. Katsui, & V. Mesiäislehto (Eds.), *Embodied Inequalities in Disability and Development* (pp. 35-61). African Sun Media. DOI: [10.52779/9781991201812/02](https://doi.org/10.52779/9781991201812/02)

- [Easy read version of paper 3 in English](#)
- [Easy read version of paper 3 in Kiswahili](#)



**Easy
Read**

**Looking at what Tanzanian girls
with disabilities say about health
services to do with bodies, sex,
relationships and having children.**





In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.

Introduction



This **study** looks at how girls with disabilities, who live in Tanzania, have access to **health services** that are to do with bodies, sex, relationships and having children.



A **study** is where people spend time collecting information to find out new things.



Health services that are to do with bodies, sex, relationships and having children can involve:



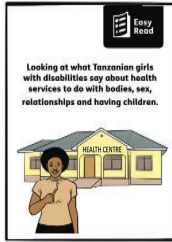
- Helping people to get tested for diseases you can get from having sex.



- Helping people to decide if and when they want to have children.



- Health care if you are having a baby.



This information will tell you more about the study and what was discovered.

About the study



The study collected information on how girls with disabilities in Tanzania felt about accessing health services.



This was done by asking girls with disabilities to tell a story about how accessing health services might go for them or for others.



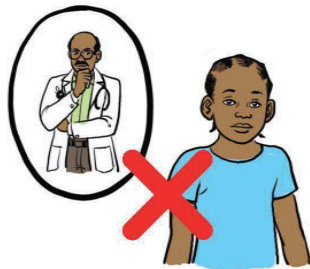
The stories show problems girls with disabilities have when accessing health services.



The information collected from these stories was looked at by Tanzanian people with disabilities who helped to carry out this study.

What was discovered?

The study found out that:



- Girls with disabilities feel that they cannot access health services as well as other people.



- To be able to access health services, girls with disabilities need support from family and friends with:



- Paying for health services and the travel to health services.



- Getting into the health care buildings and the toilets.



- Communicating with health care staff.



- Being safe when accessing health services.



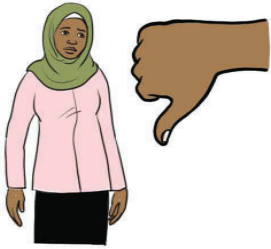
- Girls with disabilities often feel embarrassed about needing health services.



- Feeling embarrassed about needing health services often stopped girls with disabilities from getting the services they need.



- Girls with disabilities feel that when health care staff and family members are kind, they feel more comfortable accessing health services.



- Lots of health care staff do not treat girls with disabilities who need health services fairly or kindly.



- Lots of people without disabilities do not think that girls with disabilities should have sex or become mothers, because of their disability.



- Girls with disabilities are scared of being **sexually abused** by health care staff.

Sexual abuse is when anything sexual happens to you, that you have not agreed to.

Understanding what was discovered



From what the study found, it seems **relationships** are very important.

Relationship means connection with other people.



Different relationships stop girls with disabilities from accessing health services. Good relationships can help them to access health services.

Relationships within health services

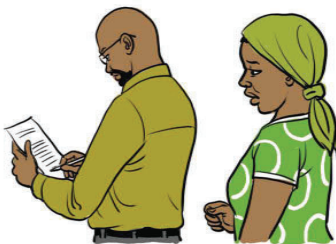


Girls with disabilities do not enjoy good relationships within health services.

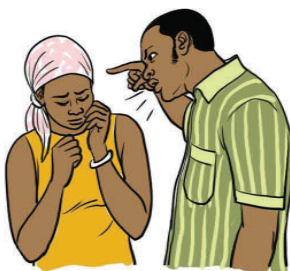


Girls with disabilities think health services should support them better.

Instead, health services treat girls with disabilities unkindly and unfairly by:



- Ignoring their needs.



- Insulting and abusing them.



- Not caring about their health and safety.



- Sometimes sexually abusing them.

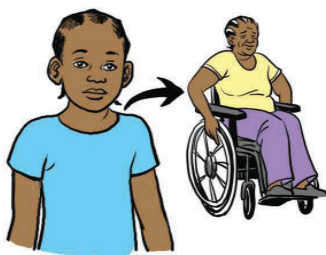
Health services do not treat girls with disabilities kindly or fairly because of their:



- Disability.



- Gender.



- Age.

Relationships within communities

Communities are very important to girls with disabilities, but they often:



- Leave out or forget about girls with disabilities and their families.



- Do not follow rules and laws about supporting people with disabilities.



- Have no local plans on how to provide services for girls with disabilities.

Communities also often:



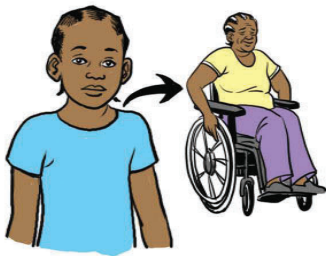
- Treat people unfairly because of their:



- Disability



- Gender



- Age



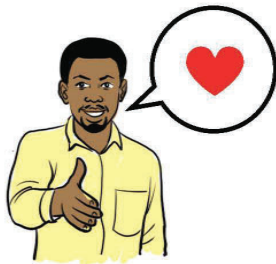
- Sexual activity, for example if you get pregnant before you are married.



These bad relationships make it difficult for girls with disabilities to access health services.

What changes could be made?

The study found that health care staff and communities need to be:



- Kinder and more friendly when they are speaking.



- More welcoming to girls with disabilities who need health services.



Buildings and toilets should also be easier for girls with disabilities to enter.



In general girls with disabilities need to be listened to more, including by the Government, so that they can be helped and supported.

Help and support



You can get support if someone is violent to you. Please call the National Child Helpline: 166.

This study was carried out by Virpi Mesiäislehto, Hisayo Katsui and Richard Sambaiga and Tanzanian people with disabilities.

This study was funded by the Emil Aaltonen Foundation, the Finnish Cultural Foundation, the Finnish Society for Disability Research, the Tukilinja Foundation, and the University of Jyväskylä.



Felm¹⁸⁵⁹



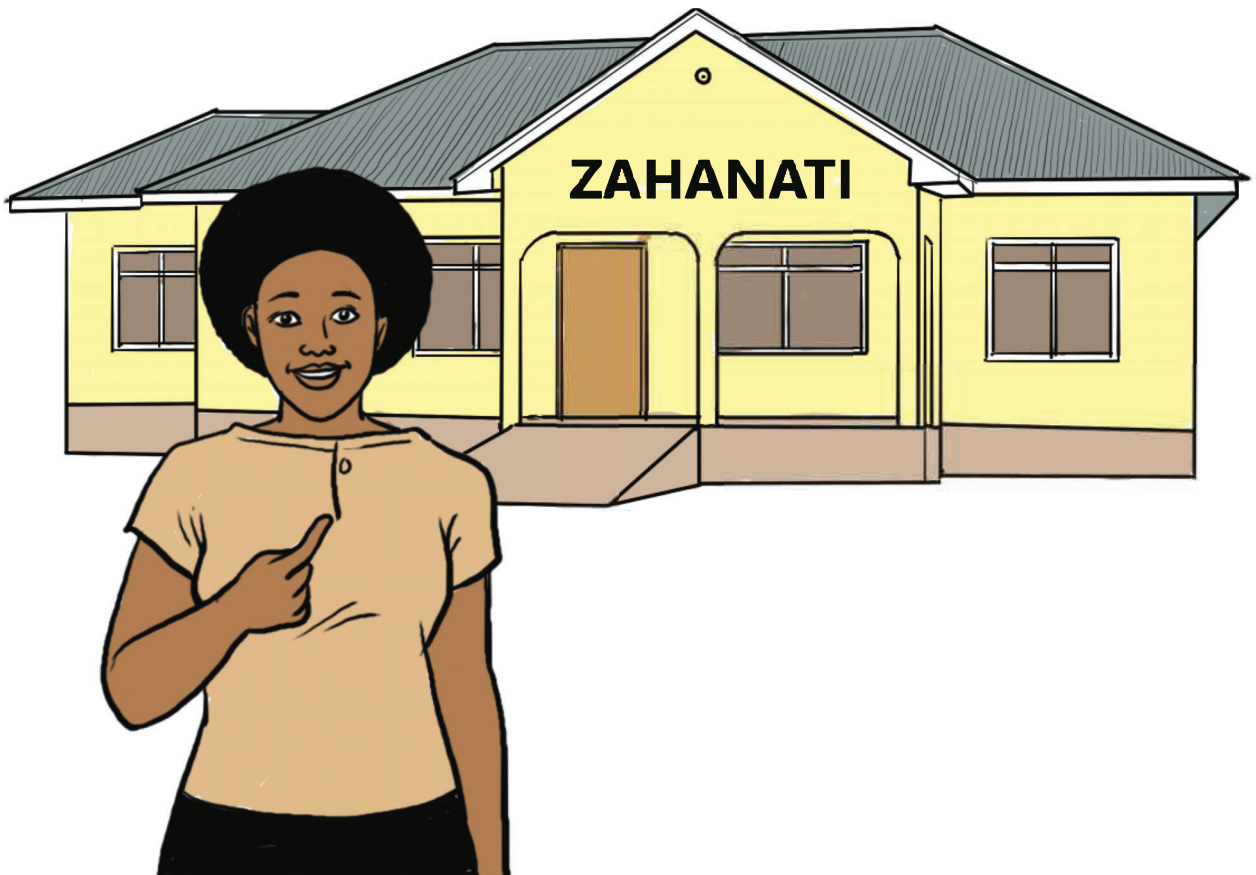
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**Mfumo
Rafiki**

**Kutazama ambacho wasichana
wenye ulemavu wa Tanzania
wanasema juu ya huduma za
afya kuhusiana na miili yao,
tendo la ndoa, mahusiano na
kuzaa watoto.**





Katika andiko hili Rahisi Kusoma, maneno magumu **yamekolezwa** wino. Tunafafanua tafsiri za maneno haya baada ya kuyatumia kwenye sentensi.

Utangulizi



Utafiti huu unatazama jinsi wasichana wenye ulemavu, wanaoishi Tanzania wanavyoweza kupata **huduma za afya** kuhusiana na miili yao, tendo la ndoa, mahusiano na kuzaa watoto.



Utafiti ni pale ambapo watu wanatumia muda kukusanya taarifa ili kugundua vitu vipya.



Huduma za afya zinazohusiana na miili, tendo la ndoa, mahusiano na kuzaa watoto zinaweza kuhusisha:



- Kuwasaidia watu kupata vipimo vya magonjwa yanayopatikana kwa njia ya ngono.



- Kuwasaidia watu kuamua kama wako tayari kuzaa watoto na wakati gani wa kuzaa.



- Huduma za afya kama una mtoto.

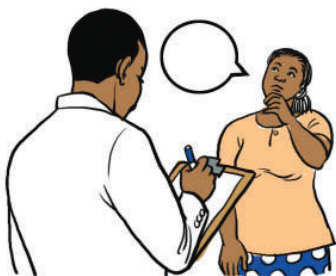


Taarifa hizi zitakwambia zaidi juu ya utafiti na nini kiligundulika.

Kuhusu Utafiti



Utafiti ulikusanya taarifa juu ya jinsi gani wasichana wenye ulemavu Tanzania wanajisikia kuhusu upatikanaji wa huduma za afya.



Hili lilifanyika kwa kuwaomba wasichana wenye ulemavu kufanya simulizi fupi juu ya upatikanaji wa huduma za afya kwao wenyewe au kwa wengine.



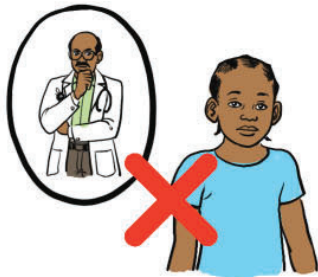
Masimulizi yanaonyesha matatizo ambayo wasichana wenye ulemavu wanayapata wakati wakipatiwa huduma za afya.



Taarifa zilizokusanywa kutokana na simulizi hizi zilipitiwa na Watanzania wenye ulemavu ambao walisaidia kufanya utafiti huu.

Nini kiligundulika?

Utafiti uligundua kuwa:



- Wasichana wenye ulemavu hujihisi kuwa hawawezi kupata huduma za afya sawasawa na watu wengine.



- Ili kupata huduma za afya, wasichana wenye ulemavu wanahitaji usaidizi kutoka kwa familia na marafiki kwa:



- Kulipia huduma za afya na nauli kwenda kupata huduma hizo.



- Kuingia katika majengo na msalani mahali zinapotolewa huduma za afya.



- Kuwasiliana na watumishi wa huduma za afya.



- Kuwa salama wakati wanapopatiwa huduma za afya.



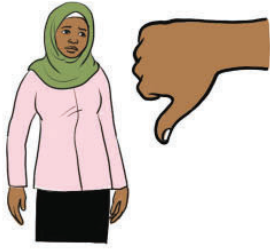
- Wasichana wenye ulemavu mara nyingi hujisikia kukwazika pindi wanapokuwa kwenye uhitaji wa huduma za afya.



- Kujisikia kukwazika wanapohitaji huduma za afya mara nyingi kumewafanya wasichana wenye ulemavu waache kwenda kupata huduma wanazohitaji.



- Wasichana wenye ulemavu wanajihisi kuwa endapo watumishi wa afya na ndugu wa familia wakiwa wema, watajisikia vizuri wakati wanapopewa huduma za afya.



- Wahudumu wa afya walio wengi siyo wakarimu kwa wasichana wenye ulemavu wanaohitaji huduma za afya.



- Watu wengi wasio na ulemavu hawadhani kuwa wasichana wenye ulemavu wanapaswa kufanya tendo la ndoa au kuzaa watoto, kutokana na ulemavu walionao.



- Wasichana wenye ulemavu wana hofu ya kudhalilishwa kingono na wahudumu wa afya. Kudhalilishwa kingono ni pale ambapo jambo lolote linaloashiria ngono linapokutokea pasipo ridhaa yako.

Kuelewa nini kiligunduliwa



Kutokana na utafiti, inaonekana **mahusiano** ni muhimu sana.

Mahusiano yanamaanisha muunganiko na watu wengine.



Kuna aina za mahusiano zinazowafanya wasichana wenye ulemavu waache kuziendea huduma za afya. Mahusiano mazuri yanaweza kuwasaidia kutafuta huduma za afya.

Mahusiano na huduma za afya

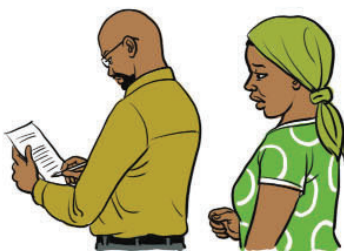


Wasichana wenye ulemavu hawana mahusiano mazuri na watoa huduma za afya.

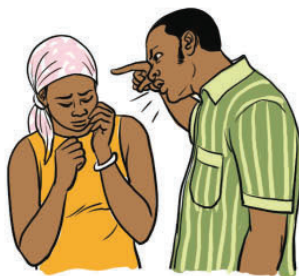


Wasichana wenye ulemavu wanadhani huduma za afya zilipaswa kuwa nzuri zaidi kwao.

Badala yake, huduma za afya huwatenda wasichana wenye ulemavu ukatili na uonevu kwa:



- Kupuuza mahitaji yao.



- Kuwatukana na kuwadhalilisha.



- Kutokujali afya na usalama wao.



- Mara nyingine kuwadhalilisha kingono.

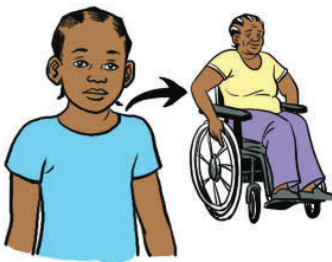


Huduma za afya haziwatendei kwa wema na usawa wasichana wenye ulemavu kwa sababu ya:

- Ulemavu wao.



- Jinsia zao.



- Umri wao.

Mahusiano na jamii



Jamii ni muhimu sana kwa wasichana wenye ulemavu, lakini mara nyingi:



- Huwaacha au huwasahau wasichana wenye ulemavu na familia zao.



- Haifuati sheria na kanuni zinazohusu usaidizi kwa watu wenye ulemavu.



- Haina mipango juu ya kutoa huduma kwa wasichana wenye ulemavu.

Jamii pia mara nyingi:



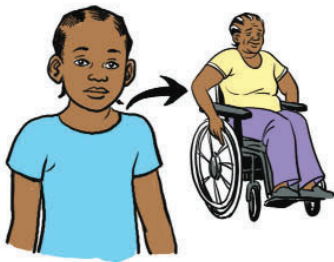
- Haiwatendei watu kwa usawa kwa sababu ya:



- Ulemavu wao



- Jinsia zao



- Umri wao



- Tendo la ndoa, kwa mfano kama utapata mimba kabla hujaolewa.



Mahusiano haya mabaya husababisha ugumu kwa wasichana wenye ulemavu kupata huduma za afya.

Ni mabadiliko gani yanaweza kufanyika?

Utafiti uligundua kuwa wahudumu wa afya na jamii wanatakiwa kuwa:



- Wapole na rafiki zaidi wanapoongea.



- Wakarimu zaidi kwa wasichana wenye ulemavu wanaohitaji huduma za afya.



- Majengo na vyoo lazima pia viwe rahisi kwa wasichana wenye ulemavu kuingia.



Kwa ujumla wasichana wenye ulemavu wanatakiwa kusikilizwa zaidi, ikiwemo kusikilizwa na serikali, ili waweze kupata huduma na usaidizi.

Huduma na usaidizi



Unaweza kupata usaidizi endapo kuna mtu anakufanyia ukatili. Tafadhali piga namba ya huduma ya simu kwa mtoto: 166.

Utafiti huu ulifanywa na Virpi Mesiäislehto, Hisayo Katsui na Richard Sambaiga na Watu wenye Ulemavu Tanzania.

Utafiti huu ulifadhiliwa na taasisi ya Emil Aaltonen Foundation, Taasisi ya Utamaduni ya Finland, Tasisi ya Utafiti juu ya Ulemavu ya Finland, Taasisi ya Tukilinja, na Chuo Kikuu cha Jyväskylä.



EVANGELICAL LUTHERAN CHURCH
IN TANZANIA

Felm¹⁸⁵⁹



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Taarifa hizi za Mfumo Rafiki zimetolewa na easy-read-online.co.uk



**Easy
Read**

Looking at the different types of violence that Tanzanian girls with disabilities face when they access health services to do with bodies, sex, relationships and having children.





In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.

Introduction



This **study** looks at how girls with disabilities, who live in Tanzania, have to deal with violence when they access **health services**.



A **study** is where people spend time collecting information to find out new things.



This study looks at **health services** that are to do with bodies, sex, relationships and having children.

These services can involve:



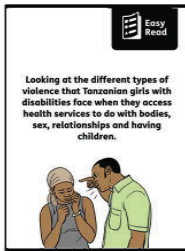
- Helping people to get tested for diseases you can get from having sex.



- Helping people to decide if and when they want to have children.



- Health care if you are having a baby.



This information will tell you more about the study and what was discovered.

About the study



The study collected information on how girls with disabilities in Tanzania felt about accessing health services.



This was done by asking girls with disabilities to tell a story about how accessing health services might go for them or for others.



The stories show different types of violence girls with disabilities face when accessing health services.



The information collected from these stories was looked at by Tanzanian people with disabilities who helped to carry out this study

What was discovered?

The study found that:



- Different types of violence against girls with disabilities are carried out by family, local communities, friends and health care staff.

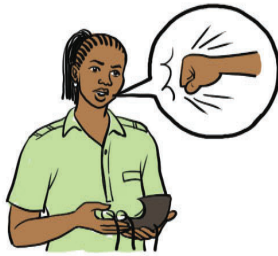


- Girls with disabilities face **emotional violence** when accessing health services.

Emotional violence is when someone uses non-physical behaviour to scare or control another person. It can involve:



- Using words to make girls with disabilities feel scared or embarrassed.



- Threatening to use physical violence.



- Controlling girls with disabilities and their actions.



- Ignoring or not meeting the needs of girls with disabilities.

The study also found that:

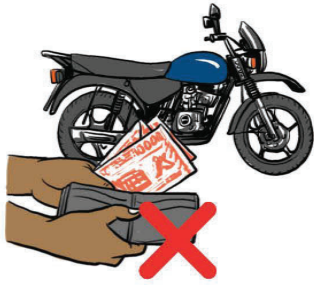
- Girls with disabilities face **economic violence** when accessing health services.



Economic violence is when someone controls another person's money, or the things that they can buy. It can involve:



- Not helping girls with disabilities pay for health services.



- Not helping girls with disabilities travel to health services.



- Giving girls with disabilities incorrect information about how much health services cost.

The study also found that:



- Girls with disabilities face **sexual violence** when accessing health services.

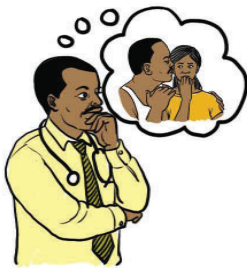
Sexual violence is when anything sexual happens to you, that you have not agreed to. It can involve:



- Health care staff saying sexual comments to girls with disabilities.



- Health care staff doing sexual acts to girls with disabilities when they have not agreed to anything sexual.



- Health care staff trying, or thinking about trying, to do sexual acts to girls with disabilities.

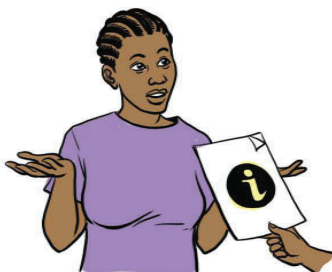


- Health care staff telling girls with disabilities they can only access health services if they do a sexual act.

The study also found that:



- Health care staff are not good at communicating with girls with disabilities who need health services.



- Girls with disabilities often do not understand the information that is given to them by health services.



- This affects their health and can even put lives at risk. This is how not being able to access health services can lead to physical harm.

Understanding what was discovered



The study found that violence can stop girls with disabilities from getting the health services they need.



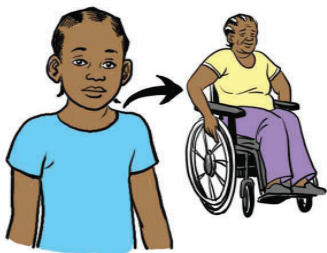
Girls with disabilities deal with violence more often than other people because of their:



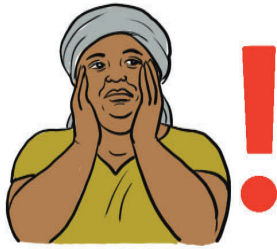
- Disability.



- Gender



- Age.



These services are very important and can save lives. When girls with disabilities are not able to access the services they need on time, this is a type of violence.



More people need to understand that making sure someone cannot access the services they need is a type of violence.

What changes could be made?



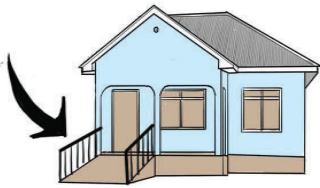
Changes that could be made to help girls with disabilities access the services they need include:



- Making sure everyone understands different ways girls with disabilities have to deal with violence.



- Thinking about girls with disabilities and their needs when planning new services.



- Making sure communication and buildings are accessible in sexual health services for girls with disabilities.



In general everyone should treat people with disabilities fairly and see them as people who have the same rights as people without disabilities.



Help and support

You can get support if someone is violent to you. Please call the National Child Helpline: 166.

This study was carried out by Virpi Mesäislehto and Tanzanian people with disabilities.

This study was funded by the Emil Aaltonen Foundation, the Finnish Cultural Foundation, the Finnish Society for Disability Research, the Tukilinja Foundation, and the University of Jyväskylä.



Felm¹⁸⁵⁹



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Mfumo
Rafiki

Kuzitazama aina tofauti za ukatili ambazo wasichana wenye ulemavu Tanzania wanakutana nazo wakati wa kupatiwa huduma za afya kuhusiana na miili yao, tendo la ndoa, mahusiano na kuzaa watoto.





Katika andiko hili Rahisi Kusoma, maneno magumu **yamekolezwa** wino. Tunafafanua tafsiri za maneno haya baada ya kuyatumia kwenye sentensi.

Utangulizi



Utafiti huu unaangalia jinsi ambavyo wasichana wenye ulemavu, wanaoishi Tanzania, wanapaswa kushughulikia ukatili wakati wanapopata **huduma za afya**.



Utafiti ni pale ambapo watu wanatumia muda kukusanya taarifa ili kugundua vitu vipya.



Utafiti huu unatazama **huduma za afya** zinazohusiana na miili yao, tendo la ndoa, mahusiano na kuzaa watoto.

Huduma hizi zinaweza kuhusisha:



- Kuwasaidia watu kupima maradhi yanayoambukizwa kwa njia ya ngono.



- Kutoa ushauri ni njia zipi za uzazi wa mpango watumie wanapotaka kupata mtoto na lini wanataka kuzaa.



- Huduma za afya kama una mtoto.



Taarifa hizi zitakueleza zaidi juu ya utafiti na nini kiligundulika.

Kuhusu utafiti



Utafiti ulikusanya taarifa za jinsi wasichana wenye ulemavu Tanzania walijisikia kuhusiana na kupata huduma za afya.



Hili lilifanyika kwa kuwaomba wasichana wenye ulemavu kufanya simulizi fupi juu ya upatikanaji wa huduma za afya kwao wenyewe au kwa wengine.



Simulizi zinaonyesha aina tofauti za ukatili ambao wasichana wenye ulemavu wanakutana nao wakati wa kutafuta huduma za afya when huduma za afya.



Taarifa zilizokusanywa kutokana na simulizi hizi zilipitiwa na Watanzania wenye ulemavu ambao walisaidia kufanya utafiti huu.

Nini kiligundulika?

Utafiti uligundua kuwa:



- Aina mbalimbali za ukatili dhidi ya wasichana wenye ulemavu zinafanywa na familia, jamii, marafiki na wahudumu wa afya.

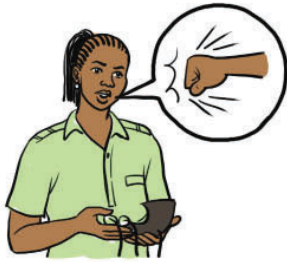


- Wasichana wenye ulemavu wanakutana na **ukatili wa kihisia** wakati wanapopatiwa huduma za afya.

Ukatili wa kihisia ni pale ambapo mtu hutumia tabia zisizokuwa za vitendo kumtisha au kumdhibiti mtu mwingine. Unaweza kuhusisha:



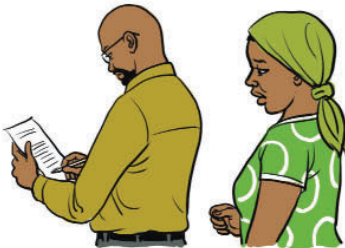
- Kutumia maneno kuwafanya wasichana wenye ulemavu kuwa na hofu au kukarahika.



- Kutoa vitisho vya kufanya ukatili wa kimwili.



- Kuwalazimisha wasichana wenye ulemavu kufanya anachotaka yeye.



- Kupuuza au kutotimiza mahitaji ya wasichana wenye ulemavu.

Pia utafiti uligundua kuwa:

Wasichana wenye ulemavu wanakutana na **ukatili wa kiuchumi** wanapohitaji kupata huduma za afya.

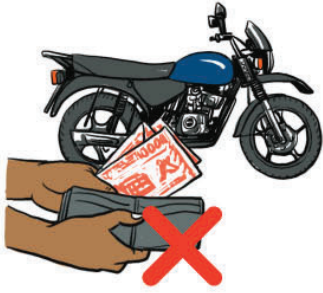


Ukatili wa kiuchumi ni pale ambapo mtu mmoja hudhibiti pesa ya mtu mwingine, au vitu ambavyo anavihitaji.

Unaweza kuhusisha:



- Unaweza kuhusisha: Kukataa kuwasaidia wasichana wenye ulemavu kulipia huduma za afya.



- Kukataa kuwasaidia wasichana wenye ulemavu kusafiri ili kupata huduma za afya.



- Kuwapatia wasichana wenye ulemavu taarifa zisizo sahihi juu ya kiasi gani cha fedha kinahitajika ili kupata huduma za afya.

Pia utafiti uligundua kuwa:



- Wasichana wenye ulemavu wanakumbana na **ukatili wa kingono** wanapopatiwa huduma za afya.

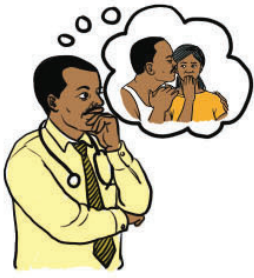
- **Ukatili wa kingono** ni pale ambapo jambo lolote linaloashiria ngono linapokutokea pasipo ridhaa yako. Unaweza kuhusisha:



- Wahudumu wa afya kutamka mambo ya ngono kwa wasichana wenye ulemavu.



- Wahudumu wa afya wakifanya vitendo vya kingono kwa wasichana wenye ulemavu pasipo ridhaa yao.



- Wahudumu wa afya wanajaribu au wanafikiri juu kujaribu kufanya vitendo vya kingono kwa wasichana wenye ulemavu.



- Wahudumu wa afya wanawambia wasichana wenye ulemavu kuwa wanaweza tu kupata huduma za afya endapo watakubali kufanya ngono.

Pia utafiti uligundua kuwa:



- Wahudumu wa afya hawana uwezo mzuri katika kuwasiliana na wasichana wenye ulemavu wanaohitaji huduma za afya.



- Wasichana wenye ulemavu mara nyingi hawaelewi taarifa wanazopewa na wahudumu wa afya.



Hali hii inaathiri afya zao na inaweza hata kuhatarisha maisha yao. Hivi ndivyo kutopata huduma za afya kunaweza kusababisha madhara ya kimwili.

Kuelewa nini kiligundulika



Utafiti uligundua kuwa ukatili unaweza kuwafanya wasicha wenye ulemavu washindwe kupata huduma za afya wanazohitaji.



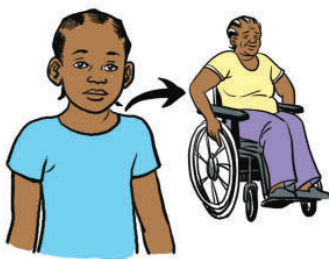
Wasichana wenye ulemavu wanakumbana na ukatili mara nyingi kuliko watu wengine kwa sababu ya:



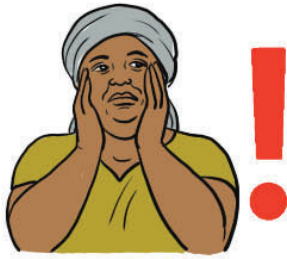
- Ulemavu wao.



- Jinsia zao



- Umri wao.



Huduma hizi ni mhimu sana na zinaokoa maisha. Wasichana wenye ulemavu wanaposhindwa kupata huduma wanazohitaji kwa wakati, hii inakuwa aina ya ukatili.



Watu wengi wanapaswa kuelewa kuwa kuhakikisha watu fulani hawapati huduma wanazohitaji ni ukatili.

Ni mabadiliko gani yanaweza kufanyika?



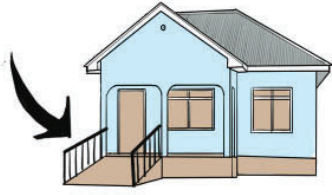
Mabadiliko yanayoweza kufanywa kuwasaidia wasichana wenye ulemavu wapate huduma wanazohitaji yanahusisha:



- Kuhakikisha kila mmoja anaelewa njia mbalimbali wasichana wenye ulemavu wanapaswa kupambana na ukatili.



- Kuwafikiria wasichana wenye ulemavu na mahitaji yao wakati wa kupanga mipango ya kutoa huduma.



- Kuhakikisha mawasiliano yanaleweka na majengo yanafikika katika kutoa huduma za afya ya kujamiiana kwa wasichana wenye ulemavu.



Kwa ujumla kila mmoja anapaswa kutenda haki kwa watu wenye ulemavu na kuwaona kama watu wenye haki sawa na watu wasiokuwa na ulemavu.



Huduma na usaidizi

Unaweza kupata usaidizi endapo kunamtu anakufanyia ukatili. Tafadhali piga namba ya huduma ya simu kwa mtoto: 166.

Utafiti huu ulifanywa na Virpi Mesiäislehto na Watu wenye Ulemavu Tanzania.

Utafiti huu ulifadhiliwa na taasisi ya Emil Aaltonen Foundation, Taasisi ya Utamaduni ya Finland, Tasisi ya Utafiti juu ya Ulemavu ya Finland, Taasisi ya Tukilinja, na Chuo Kikuu cha Jyväskylä.



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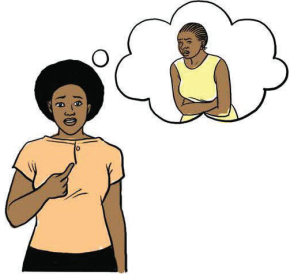
Looking at how Tanzanian girls with disabilities deal with menstrual pain.





In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.

Introduction



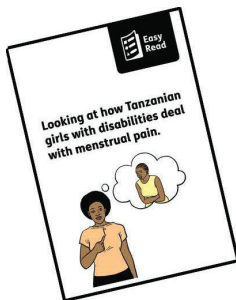
This **study** looks at how girls with disabilities, who live in Tanzania, deal with **menstrual pain** and **menstruation** in their daily lives.



A **study** is where people spend time collecting information to find out new things.



Menstrual pain is pain a girl may feel when she gets her period. When a girl is on her period it is called **menstruation**.



This information will tell you more about the study and what was discovered.

About the study

The study collected information on how girls with disabilities feel about:



- Carrying out daily activities while they are menstruating.



- Menstruation in general.

The information was collected by:



- Asking girls with disabilities to tell a story about how a girl with disabilities might feel while she is menstruating.



- Talking to women with disabilities who are leaders.



The information collected was looked at by Tanzanian people with disabilities who helped to carry out this study.

What was discovered?

From the discussions with women with disabilities who are leaders, the study found that in Tanzania:



- Girls with disabilities in are often left out or ignored in their local community.



- Not many girls with disabilities carry on with their education into college or university.



- There is in general less support and care for girls with disabilities in local communities.



- Many girls with disabilities do not feel good about themselves.



- Girls with disabilities are often not allowed to make their own decisions.



- Girls with disabilities are not able to deal with their menstrual pain because:



- They are not taught how to.



- Their carers do not know how to.

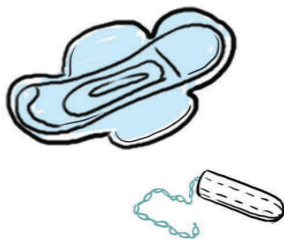


- Girls with disabilities do not know much about menstruation in general as they are not taught about it.

- When they are menstruating, girls with disabilities are often:



- Kept inside their house.



- Left without products used for menstruation, like sanitary towels.



- **Restrained.** This is when someone is stopped from moving freely.

From the stories collected from the girls, the study found that in Tanzania:



- Girls with disabilities were not able to get medicine for their menstrual pain - this is often because it is too expensive.



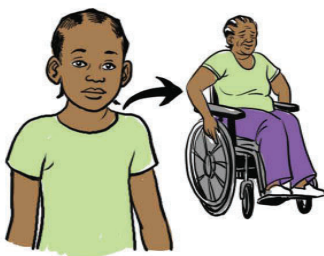
- Schools do not teach enough about menstruation or do not teach in a way that everyone can understand.



- Menstrual pain is often ignored by girls with disabilities and their families. This is because in Tanzania it is thought that:



- All girls should be able to complete all of their daily tasks when they are in pain.



- Being in pain is part of being a girl and becoming a woman.



- Girls who do not forget about or ignore their pain are lazy.



- Many people see menstruation as unclean and something to be embarrassed about.



- Girls with disabilities do not have access to good and safe products used for menstruation.

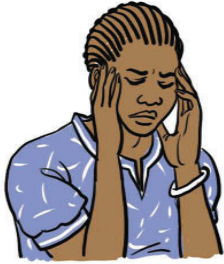


- When girls with disabilities are menstruating, they sometimes avoid doing everyday things because they feel embarrassed.



- Some girls with disabilities are scared that if men knew they had started menstruating, then they are more likely to be **sexually abused**.

Sexual abuse is when someone does something sexual to you, or makes you do something sexual, when you have not agreed to it.



- Menstrual pain is different for every girl and can affect different body parts.

Understanding what was discovered



The study shows that girls with disabilities in Tanzania deal with **disablism**.

Disablism is when people with disabilities are left out or ignored by people and organisations.

This causes girls with disabilities to:



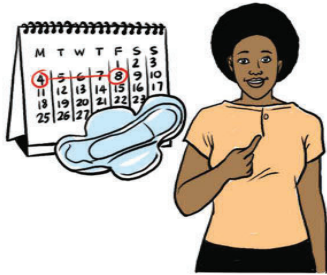
- Not be able to deal with their menstrual pain.



- Think negatively about menstruation.

What changes could be made?

In Tanzania:



- More people in need to understand that dealing with menstruation and pain can be difficult for girls with disabilities.



- Girls with disabilities should be able to deal with their menstrual pain.



- Local communities and families should make sure they are not making girls with disabilities feel bad about themselves.



- More studies should be done about whether some disabilities cause more pain during menstruation.



- More people need to understand that menstrual pain is real and hurts.



In general, we need to listen to people with disabilities more.

Help and support



You can get support if someone is violent to you. Please call the National Child Helpline: 166.

This study was carried out by Virpi Mesiäislehto, Magdaleena Lehmuskoski, Hisayo Katsui, Richard Sambaiga and Tanzanian people with disabilities.

This study was funded by the Emil Aaltonen Foundation, the Finnish Cultural Foundation, the Finnish Society for Disability Research, the Tukilinja Foundation, and the University of Jyväskylä.



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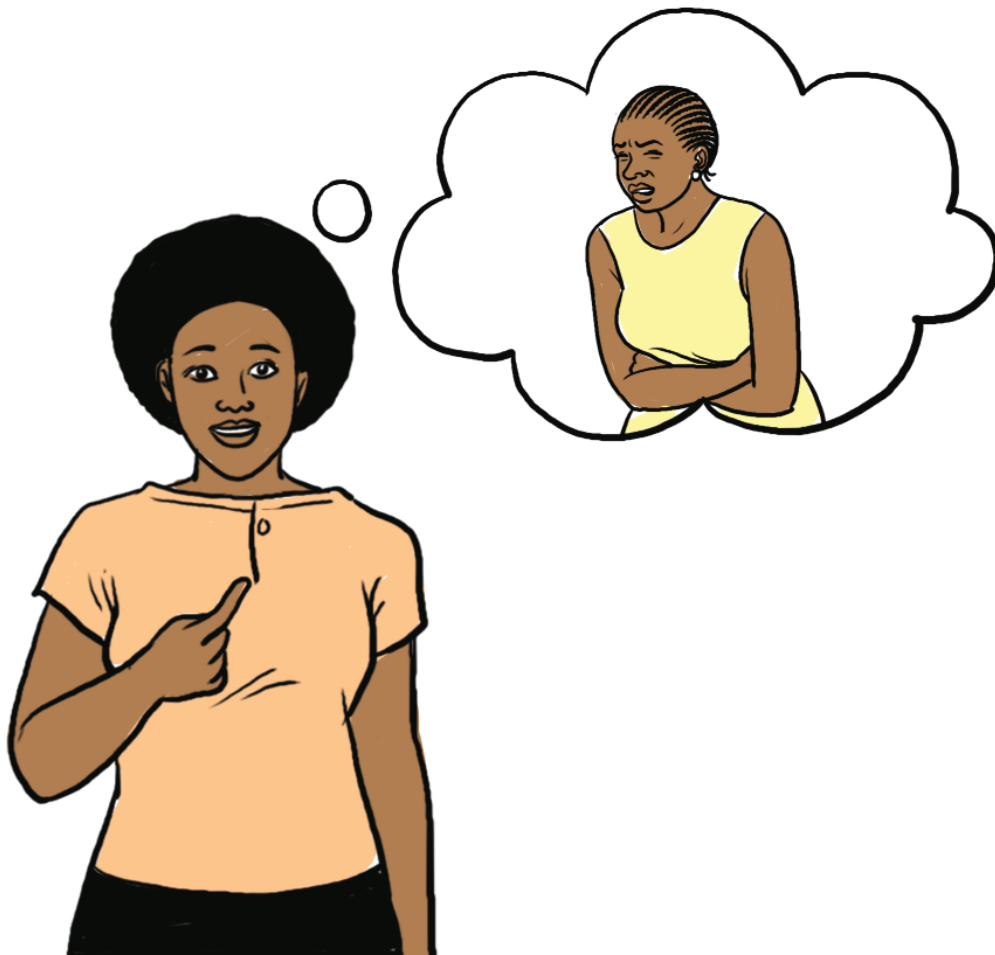


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**Kutazama jinsi wasichana
wenye ulemavu Tanzania
wanavyoshughulikia suala
la maumivu ya hedhi.**





Katika andiko hili Rahisi Kusoma, maneno magumu **yamekolezwa** wino. Tunafafanua tafsiri za maneno haya baada ya kuyatumia kwenye sentensi.

Utangulizi



Utafiti huu unazungumzia jinsi wasichana wenye ulemavu, wanaoishi Tanzania wanavyoshughulikia maumivu ya hedhi na hedhi kwa ujumla katika maisha yao ya kila siku.



Utafiti ni pale ambapo watu wanatumia muda kukusanya taarifa ili kugundua vitu vipya.



Maumivu ya hedhi ni maumivu ambayo msichana hupata anapoingia katika siku zake. Hali anayokuwa nayo msichana anapokuwa katika siku zake inaitwa **hedhi**.



Taarifa hii itakwambia zaidi juu ya utafiti na nini kilichogunduliwa.

Kuhusu utafiti

Utafiti ulikusanya taarifa za jinsi wasichana wenye ulemavu wanajisikia kuhusu:



- Kufanya shughuli za kila siku wakati wanapokuwa kwenye hedhi.



- Hedhi kwa ujumla wake.

Taarifa zilikusanywa kwa:



- Kuwaomba wasichana wenye ulemavu kutoa simulizi juu ya jinsi gani msichana mwenye ulemavu anaweza kujisikia wakati anapokuwa kwenye hedhi.



- Kuongea na wanawake wenye ulemavu ambao ni viongozi.



Taarifa zilizokusanywa kutokana na simulizi hizi zilipitiwa na Watanzania wenye ulemavu ambao walisaidia kufanya utafiti huu.

Nini kiligundulika?

Kutokana na mijadala na wanawake wenye ulemavu ambao ni viongozi, utafiti uligundua kuwa ndani ya Tanzania:



- Wasichananyiingi wameachwa au kupuuzwa wenye ulemavu mara katika jamii zao.



- Siyo wasichana wengi wenye ulemavu wanaendelea na elimu hadi ngazi ya chuo au chuo kikuu.



- Kwa ujumla kuna usaidizi na uangalizi mdogo kwa wasichana wenye ulemavu katika jamii.



- Wasichana wengi wenye ulemavu hawana furaha na kuingana na hali waliyonayo.



- Wasichana wenye ulemavu mara nyingi hawaruhusiwi kufanya maamuzi yao wenyewe.



- Baadhi ya wasichana wenye ulemavu hawana uwezo wa kushughulikia maumivu yao ya hedhi kwa sababu:



- Hawajafundishwa nini cha kufanya.



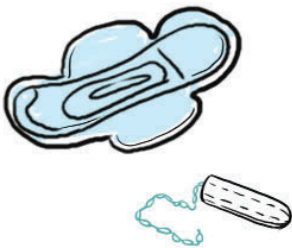
- Waangalizi wao hawajui nini dha kufanya.



- Baadhi ya wasichana wenye ulemavu hawajui mambo mengi juu ya hedhi kwa ujumla kwa kuwa hawajafundishwa.
- Wanapokuwa kwenye hedhi, mara nyingi wasichana wenye ulemavu:



- Wanawekwa ndani ya nyumba.



- Wanaachwa bila vifaa vya hedhi kama vile taulo safi za hedhi.



- **Wanazuiwa.** Hii ni pale ambapo mtu anazuiwa uhuru wake wa kutoka sehemu moja kwenda nyingine.

Kwa simulizi zilizokusanywa kutoka kwa wasichana, utafiti uligundua kuwa nchini Tanzania:



- Wasichana wenye ulemavu hawakuwa na uwezo wa kupata dawa kwaajili ya maumivu ya hedhi - mara nyingi imekuwa hivyo kwa sababu ni ghali sana.



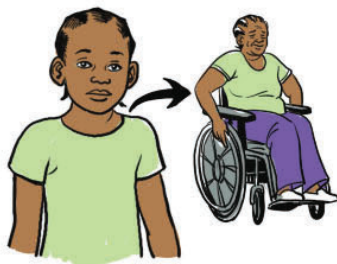
- Shule hazifundishi vya kutosha juu ya hedhi au hazifundishi kwa namna ambayo kila mmoja anaweza kuelew.



- Maumivu ya hedhi mara nyingi yanapuuzwa na wasichana wenye ulemavu na familia zao. Hii ni kwa sababu nchini Tanzania inadhaniwa kuwa.



- Wasichana wote wanalazimika kukamilisha kazi zao zote za kila siku hata kama wanamaumivu.



- Kupata maumivu ni sehemu ya kuwa msichana na kuelekea kuwa mwanamke.



- Wasichana wasioyapuuza maumivu yao ni wavivu.



- Watu wengi wanatazama hedhi kama uchafu na jambo linalokera.



- Wasichana wenye ulemavu hawawezi kupata vifaa vizuri na salama vinavyotumika kwa hedhi.



- Wasichana wenye ulemavu wanapokuwa katika hedhi, mara nyingine wanaepuka kufanya shughuli zao za kila siku kwa kuwa wanajisikia karaha.



- Baadhi ya wasichana wenye ulemavu wanahofu kuwa ikiwa wanaume watajua kuwa wameanza hedhi, basi itakuwa rahisi **kuwadhalilisha kingono. Kudhalilishwa kingono** ni pale ambapo jambo lolote linaloashiria ngono linapokutokea pasipo ridhaa yako.



- Maumivu ya hedhi ni tofauti kwa kila msichana na yanaweza kuathiri sehemu mbalimbali za mwili.

Kuelewa nini kiligunduliwa

Utafiti unaonyesha kuwa wasichana wenye ulemavu nchini Tanzania wanapambana na **mfumo unao dumaza**.



Mfumo unaodumaza ni pale ambapo watu wenye ulemavu wameachwa au kupuuzwa na watu au taasisi.

Hali hii inasababisha wasichana wenye ulemavu:



- Kutokuwa na uwezo wa kushughulikia maumivu wanayopata ya hedhi.



- Kuwa na fikra mbaya juu ya hedhi.

Ni mabadiliko gani yanaweza kufanyika?

Nchini Tanzania:



- Watu wengi wanahitaji kuelewa kuwa kushughulikia hedhi na maumivu linaweza kuwa jambo gumu kwa wasichana wenye ulemavu.



- Wasichana wenye ulemavu wanapaswa kuwa na uwezo wa kushughulikia maumivu wanayopata wakati wa hedhi.



- Jamii na familia zinapaswa kuhakikisha zenyewe sio sababu ya kuwafanya wasichana wenye ulemavu kujisikia vibaya juu ya hali zao.



- Tafiti zaidi zinapaswa kufanyika ili kubaini pengine aina fulani za ulemavu husababisha maumivu zaidi wakati wa hedhi.



- Watu wengi zaidi wanahitaji kuelewa kuwa maumivu ya hedhi ni halisi na yanaumiza.



Kwa ujumla, tunahitaji kuwasikiliza zaidi watu wenye ulemavu.



Huduma na usaidizi

Unaweza kupata usaidizi endapo kuna mtu anakufanyia ukatili. Tafadhali piga namba ya huduma ya simu kwa mtoto: 166.

Utafiti huu ulifanywa na Virpi Mesiäislehto, Hisayo Katsui na Richard Sambaiga na Watu wenye Ulemavu Tanzania.

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Foundation, and the University of Jyväskylä.



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