



**KHU  
LUMA  
SIKUVE**

*kulilungelo lakho.*



The Kingdom of Eswatini



# IS YOUR CHILD SAFE?

One in three girls in Eswatini is sexually abused by the age of 18.

*Together we can stop the violence.*

**SPEAK OUT. CALL FOR HELP:**  
**951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**





The Kingdom of Eswatini



## THEY SAY NOT TO GET INVOLVED IN OTHER PEOPLE'S BUSINESS BUT....

I will NOT stand by while violence continues.

*Together we can stop the violence.*

**SPEAK OUT. CALL FOR HELP:**  
**951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**





The Kingdom of Eswatini



**MY DISABILITY  
DOES NOT DISCOUNT  
MY RIGHTS.**

**BE MY SUPPORTER.**

*Together we can stop the violence.*

**SPEAK OUT. CALL FOR HELP:**

**951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**





The Kingdom of Eswatini



## IS YOUR CHILD SAFE?

One in three children experience physical violence in Eswatini.

*Together we can stop the violence.*

**SPEAK OUT. CALL FOR HELP:**

**951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**



kulilungelo lakho.



The Kingdom of Eswatini



## IS YOUR CHILD SAFE?

One in three children experience bullying in Eswatini.

*Together we can stop the violence.*

**SPEAK OUT. CALL FOR HELP:**

**951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**



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The Kingdom of Eswatini



## UMNTFWANA WAKHO UPHEPHILE NA?

Yinye intfombatane kulamatsatfu lapha Eswatini isuke ihlukubeteke ngekwelicansi ingakafiki eminyakeni lengu 18.

*Sibambisene singaluncoba ludlame.*

**KHULUMA SIKUVE: SHAYA UTFOLE LUSITO:  
951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**





The Kingdom of Eswatini



## **BATSI UNGATINGENI TINDZABA TEBANTFU KODVWA....**

**Ngeke ngithule ngibona  
kuhlukubetana kuchubeka.**

*Sibambisene singaluncoba ludlame.*

**KHULUMA SIKUVE: SHAYA UTFOLE LUSITO:  
951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**





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# **KUKHUBATEKA KWAMI AKUWANCIPHISI EMALUNGELO AMI.**

**NGIVIKELE UNGANGI HLUKUBETI.**

*Sibambisene singaluncoba ludlame.*

**KHULUMA SIKUVE: SHAYA UTFOLE LUSITO:  
951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**





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# UMNTFWANA WAKHO UPHEPHILE NA?

Munye umtfwana kulabatsatfu  
uyahlukubeteka Eswatini  
ngekushaywa.

*Sibambisene singaluncoba ludlame.*

**KHULUMA SIKUVE: SHAYA UTFOLE LUSITO:  
951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**



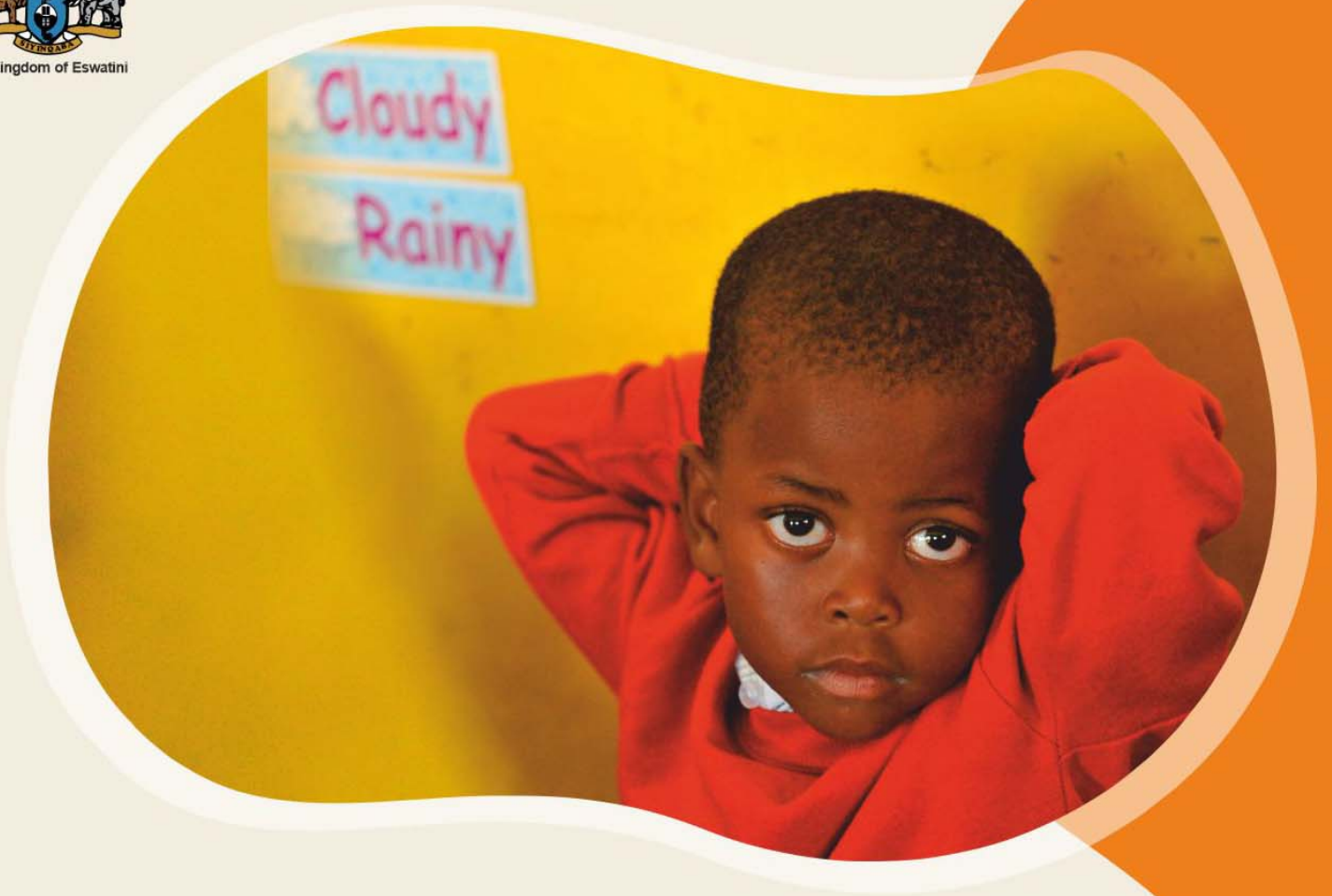


# UMNTFWANA WAKHO UPHEPHILE NA?

Munye umtfwana kulabatsatfu  
uyabhulishwa Eswatini.

*Sibambisene singaluncoba ludlame.*

**KHULUMA SIKUVE: SHAYA UTFOLE LUSITO:  
951 (SWAGAA), 999 (POLICE), 8500 (FREE SMS)**



**YOUR CHILD'S HEALTH AND WELL-BEING DEPENDS ON CLEAN WATER, NUTRITIOUS FOODS AND A SAFE HOME AND COMMUNITY.**

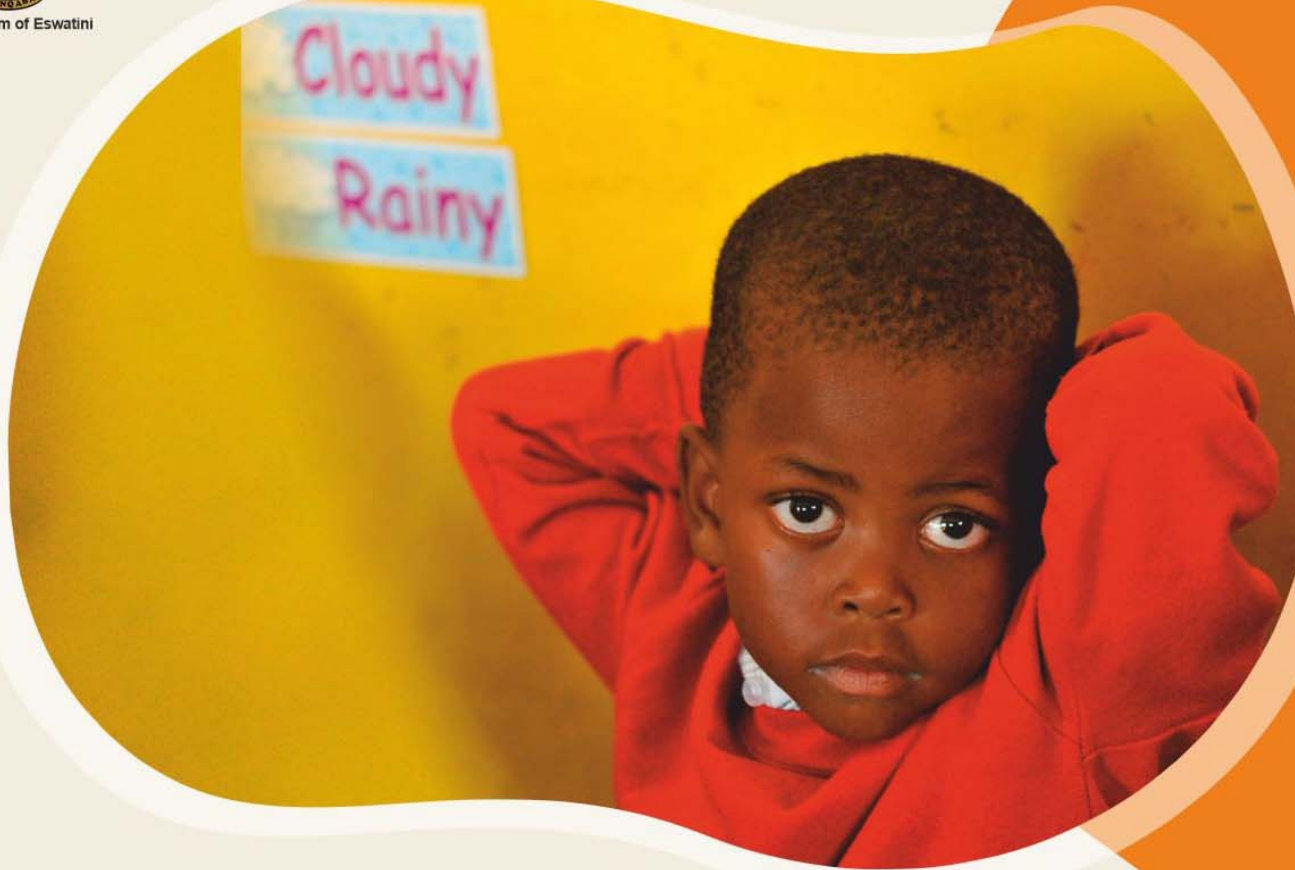
Children in areas of drought and floods are more at risk.  
COVID-19 has made things worse.

*We can protect them together.*

What is happening in your area?  
**Speak Out.**



The Kingdom of Eswatini



**IMPHILO NENHLALA-KAHLE YEMNTFWANA  
WAKHO IDZINGA EMANTI LAHLOBILE,  
KUDLA LOKUNEMSOCO KANYE NELIKHAYA  
NEMPHAKATSI LOPHEPHILE.**

**Bantfwana labasetindzaweni  
letinesomiso netimvula letinkhulu  
basengotini lenkhulu. Sifo se-Covid-19  
sesente simo sabametima kakhulu.**

*Kanye kanye singabavikela.*

**Kwentekani endzaweni yakini?  
Khuluma Sikuve.**





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**BEWATI KUTSI KUBABETE EMANTI  
LAHLOBILE NALAVIKELEKILE KUNGABANGA  
KUTSI UMNTFWANA WAKHO AGULE  
FUTSI ABE NGULONGAKONDLEKI KAHLE?**

**Sonkhe siyawadzinga emanti  
lahlobile ekunatsa nekupheka kudla.**

**Kwentekani endzaweni yakini?  
Khuluma Sikuve.**





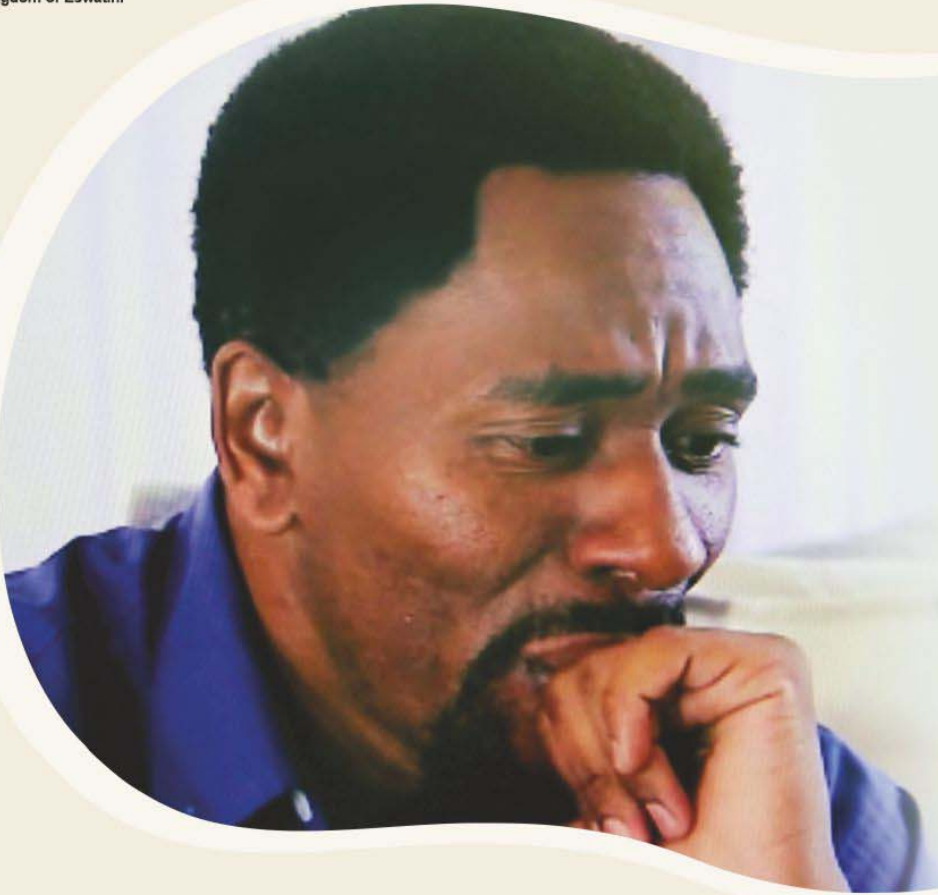
**DID YOU KNOW THAT WITHOUT  
ACCESS TO CLEAN AND SAFE WATER,  
YOUR CHILD IS MORE LIKELY TO GET  
SICK AND BECOME MALNOURISHED?**

**We all need safe water to drink  
and for the food we eat.**

**What is happening in your area?  
Speak Out.**



The Kingdom of Eswatini



**BEWATI KUTSI I-COVID-19  
INGATSIKABETA LUKHONO LWAKHO  
LWEKUTSENGA KUDLA LOKUNEMSO  
KWEMNDENI?**

**Kukhatsateka kungalubanga  
ludlame.**

**Kwentekani endzaweni yakini?  
Khuluma Sikuve.**

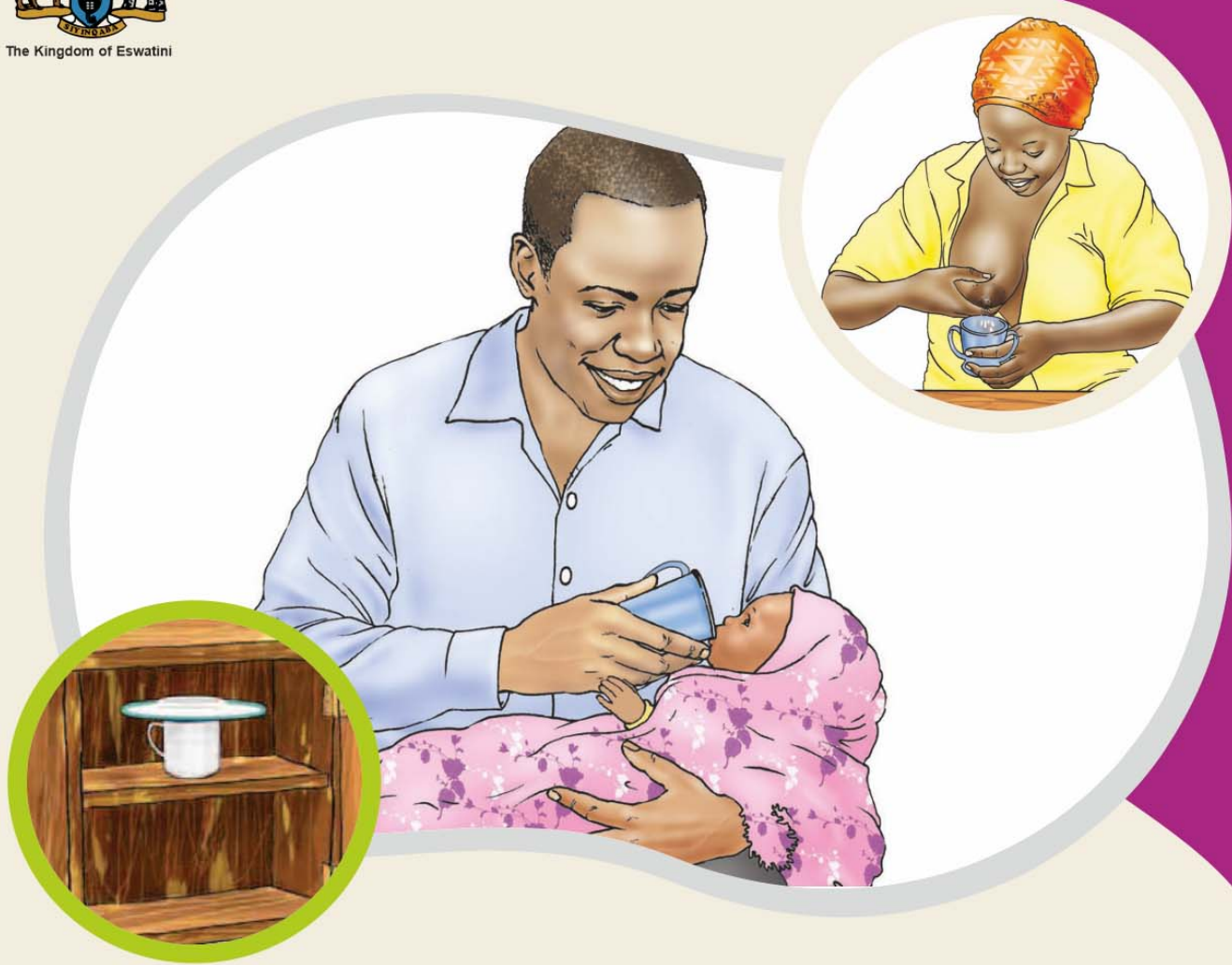




**DID YOU KNOW THAT COVID-19 CAN AFFECT YOUR ABILITY TO BUY NUTRITIOUS FOOD FOR YOUR FAMILY?**

**Stress** can trigger violence.

**What is happening in your area?  
Speak Out.**



## ARE YOU GIVING YOUR CHILD THE BEST START IN LIFE?

Everyone has a responsibility to ensure that breastfeeding is successful.

Mothers need strong supporters to take care of their baby.

Learn how to safely express milk for your baby. Visit the clinic, talk to your rural health motivator or **free SMS "Nutrition" 8500**



The Kingdom of Eswatini



## ARE YOU GIVING YOUR CHILD THE BEST START IN LIFE?

All children under 5 years should go for routine screening to monitor healthy growth and development.

Know the danger signs of malnutrition and get immediate help.

- unable to breastfeed or drink
- weight loss
- vomiting
- no energy or always sleeping

Visit the clinic, talk to your rural health motivator  
or **free SMS “Nutrition” 8500**





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# ARE YOU GIVING YOUR CHILD THE BEST START IN LIFE?

Give your baby only breastmilk for the first six months.

It's safe, it's free, it has all the nutrition your baby needs.



Introduce breastmilk within an hour after delivery.



Breastfeed your baby on demand day and night.

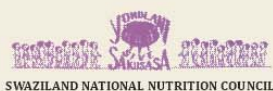


Do not give your baby water, other fluids, or food.



Talk to your health provider if you experience any challenges.

Visit the clinic, talk to your rural health motivator or free SMS "Nutrition" 8500



kulilungelo lakho.



## ARE YOU GIVING YOUR CHILD THE BEST START IN LIFE?

After six months, keep your child healthy and strong by feeding them a variety of locally available foods.

Visit the clinic, talk to your rural health motivator or **free SMS "Nutrition" 8500**



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## ARE YOU GIVING YOUR CHILD THE BEST START IN LIFE?

Breast milk has all the nutrition your baby needs for the first six months.

Introducing porridge to your baby before 6 months is dangerous because their digestive system is not developed.

Visit the clinic, talk to your rural health motivator  
or **free SMS "Nutrition" 8500**





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## ARE YOU GIVING YOUR CHILD THE BEST START IN LIFE?

Parents need to support each other to take care of their children.

Visit the clinic, talk to your rural health motivator or **free SMS "Nutrition" 8500**





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## ENGABE UMNTFWANA WAKHO UMUNIKETA SICALO LESIHLE EMPHILWENI?

Wonkhe umuntu unendzima  
lakangayidlala kute kumunyiswa  
kwemntfwana kube yimphumelelo.

Bomake badzinga kusekelwa kute  
banakekele kahle bantfwana.

Yati kabanti ngekusenga lubisi lwemntfwanakho  
ngendlela lephephile.  
Vakashela umfolamphilo lomadvute nawe,  
khuluma nemgcugcuteli nome **utfumele** "nutrition"  
**ku8500 nge SMS.** kumahhala hha!





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## ENGABE UMNTFWANA WAKHO UMUNIKETA SICALO LESIHLE EMPHILWENI?

Bonkhe bantfwana labangephasi kweminyaka lesihlanu kufanele kutsi bahlolwe kutsi bakhula ngalokufanele futsi baphilile.

Nati timphawu tekungondleki kahle bese utfola lusito ngekushesha.

- kungafuni kumunya
- kungafuni kunatsa emanti
- kuhusheka emtimbeni
- kuhlanta
- kuphelelwa ngemandla noma kuhlala alele njalo.

Vakashela umfolamphilo lomadvute nawe, khuluma nemgcugcuteli nome **utfumele “nutrition” ku8500 nge SMS.** kumahhala hha!



kulilungelo lakho.



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## ENGABE UMNTFWANA WAKHO UMUNIKETA SICALO LESIHLE EMPHILWENI?

Munyisa luswane lwakho lite libenetinyanga letisitfupha budzala.

Luphephile, lumahhala, lunawo wonkhe umsoco lodzingwa ngumntfwanakho.



Cala kumunyisa umntfwanakho kungakapheli lihora linya atelwe.



Munyisa umntfwana emini nase busuku njalo makudzingekile.



Ungalunatsisi emanti, nome letinye tinatfo kanye nekudla.



Khuluma nebemtfolamphilo nakukhona lofuna kukwati kabanti.

Vakashela umtfolamphilo lomadvute nawe, khuluma nemgcugcuteli nome **utfumele "nutrition" ku8500 nge SMS.** kumahhala hha!





# ENGABE UMNTFWANA WAKHO UMUNIKETA SICALO LESIHLE EMPHILWENI?

Emuva kwentinyanga letisitfupha batelwe, gcina bantfwabakho baphilile ngekubondla kudla lokuhlukahlukene lokutfolakala endzaweni yangakini.

Vakashela umtfolamphilo lomadvute nawe, khuluma nemgcugcuteli nome **utfumele** “**nutrition**” **ku8500 nge SMS**. kumahhala hha!



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## ENGABE UMNTFWANA WAKHO UMUNIKETA SICALO LESIHLE EMPHILWENI?

Lubisi lwelubele lunawo wonkhe umsoco futsi linato tonkhe titsakoletidzingwa ngumntfwanakho ate abe netinyanga letisitfupha.

Kondla umntfwanakho lipalishi angakafiki etinyangeni letisitfupha kuyingoti ngoba ematfumbu akhe asuke asengakakhoni kugaya kahle lipalishi.

Vakashela umtfolamphilo lomadvute nawe, khuluma nemgcugcuteli nome **utfumele** “**nutrition**” **ku8500 nge SMS**. kumahhala hha!





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## ENGABE UMNTFWANA WAKHO UMUNIKETA SICALO LESIHLE EMPHILWENI?

Batali badzinga kubambisana  
ekunakekeleni kahle bantfwababo.

Vakashela umfolamphilo lomadvute nawe,  
khuluma nemgcugcuteli nome **utfumele** “**nutrition**”  
**ku8500 nge SMS**. kumahhala hha!





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**WE DEPEND ON SAFE WATER.  
ARE YOU DOING YOUR PART TO  
PROTECT IT?**

Recycled water can be used to grow healthy foods for your family.

**CONTACT YOUR LOCAL WATER COMMITTEE  
FOR MORE INFORMATION.**





The Kingdom of Eswatini



## **WE DEPEND ON SAFE WATER. ARE YOU DOING YOUR PART TO PROTECT IT?**

**Always wash your hands with  
clean water and soap**

- before preparing food, serving and eating meals
- after using the toilet
- after changing the baby's nappy

**CONTACT YOUR LOCAL WATER COMMITTEE  
FOR MORE INFORMATION.**



kulilungelo lakho.



The Kingdom of Eswatini



## **WE DEPEND ON SAFE WATER. ARE YOU DOING YOUR PART TO PROTECT IT?**

Open defecation from people or animals can contaminate your water supply.

*Build toilets away from water sources.  
Fence traditional water points from animals.*

**CONTACT YOUR LOCAL WATER COMMITTEE  
FOR MORE INFORMATION.**



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**WE DEPEND ON SAFE WATER.  
ARE YOU DOING YOUR PART TO  
PROTECT IT?**

Keep clean water safe by covering it  
in a clean container in the house.

**CONTACT YOUR LOCAL WATER COMMITTEE  
FOR MORE INFORMATION.**





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**WE DEPEND ON SAFE WATER.  
ARE YOU DOING YOUR PART TO  
PROTECT IT?**

Safe water sources in your community need to be protected so that everyone benefits.

**CONTACT YOUR LOCAL WATER COMMITTEE  
FOR MORE INFORMATION.**





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## **EMANTI LAHLOBILE AYIMPHILO. WENTANI KUTE UWAGCINE AHLOBILE?**

Emanti laphindze ahlobiswa  
angakhona kunisela kudla  
kwemndeni wakho.

**CHUMANA NELIBANDLA LEMANTI,  
KUTE WATI KABANTI.**





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## **EMANTI LAHLOBILE AYIMPHILO. WENTANI KUTE UWAGCINE AHLOBILE?**

**Geza tandla takho ngemanti  
nensipho sonkhe sikhatsi**

- ungapheki kudla, ungaphekeli, ungapkadi
- ngemuva kwekusebentisa umthoyi
- ngemuva kwekushintja umntfwana

**CHUMANA NELIBANDLA LEMANTI,  
KUTE WATI KABANTI.**



## **EMANTI LAHLOBILE AYIMPHILO. WENTANI KUTE UWAGCINE AHLOBILE?**

Kushiya emangcoliso ebantfu nome etilwane asebaleni ngaphandle kungawangcolisa emanti lophila ngawo.

*Yakha umthoyi bucalu nalapho ukhakhona emanti. Biyela tindzawo lakutfolwa khona emanti, kute tilwane tingawangcolisi.*

**CHUMANA NELIBANDLA LEMANTI,  
KUTE WATI KABANTI.**



The Kingdom of Eswatini



## **EMANTI LAHLOBILE AYIMPHILO. WENTANI KUTE UWAGCINE AHLOBILE?**

Gcina emanti ahlobile ngekuwambonya  
esigubhini ngekhatsi endlini.

**CHUMANA NELIBANDLA LEMANTI,  
KUTE WATI KABANTI.**





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## **EMANTI LAHLOBILE AYIMPHILO. WENTANI KUTE UWAGCINE AHLOBILE?**

Emanti lahlobile endzaweni yakini  
adzinga kuvikelwa kute wonkhe  
umuntfu atfole kusitakala ngawo.

**CHUMANA NELIBANDLA LEMANTI,  
KUTE WATI KABANTI.**

