

BAZUU!

ISHU 1 2021 NOT FOR SALE

AFYA YETU. COMIC YETU.



**STRAIGHT
TALK**
THE VOICE OF THE YOUTH & ADOLESCENTS

UKWELI AU VAKO? (MYTH AND MISCONCEPTION)

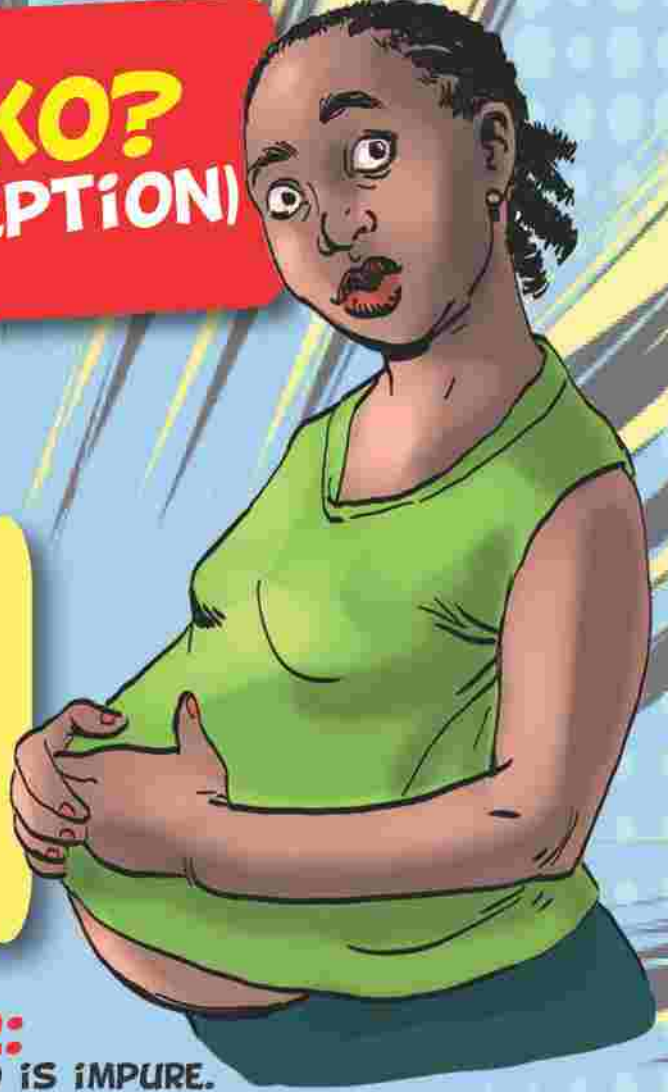
MYTH 1:

A FEMALE CANNOT GET PREGNANT IF SHE HAS SEX DURING HER PERIOD.

FACT:

A FEMALE CAN GET PREGNANT ANY TIME SHE HAS SEX WITHOUT RELIABLE BIRTH CONTROL. SPERM SURVIVE UP TO FIVE DAYS INSIDE THE FEMALE BODY AND OVULATION CAN HAPPEN DURING A PERIOD. THERE IS A CHANCE THE SPERM AND EGG WILL GET TOGETHER.

A SEXUALLY ACTIVE COUPLE-MALE AND FEMALE, THAT DO NOT WANT TO GET PREGNANT, SHOULD ALWAYS USE RELIABLE BIRTH CONTROL.



MYTH 2:

PERIOD BLOOD IS IMPURE.

FACT:

MENSTRUATION IS AN ABSOLUTELY NATURAL PROCESS. SCIENTIFICALLY SPEAKING, THE MENSTRUAL DISCHARGE DOES NOT CONTAIN ANY TOXIC COMPONENTS. ABOUT HALF OF MENSTRUAL FLUID IS BLOOD. OTHER COMPONENTS INCLUDE CALCIUM, IRON, SODIUM, CERVICAL MUCUS, ETC. IT IS NO MORE DANGEROUS THAN REGULAR BLOOD

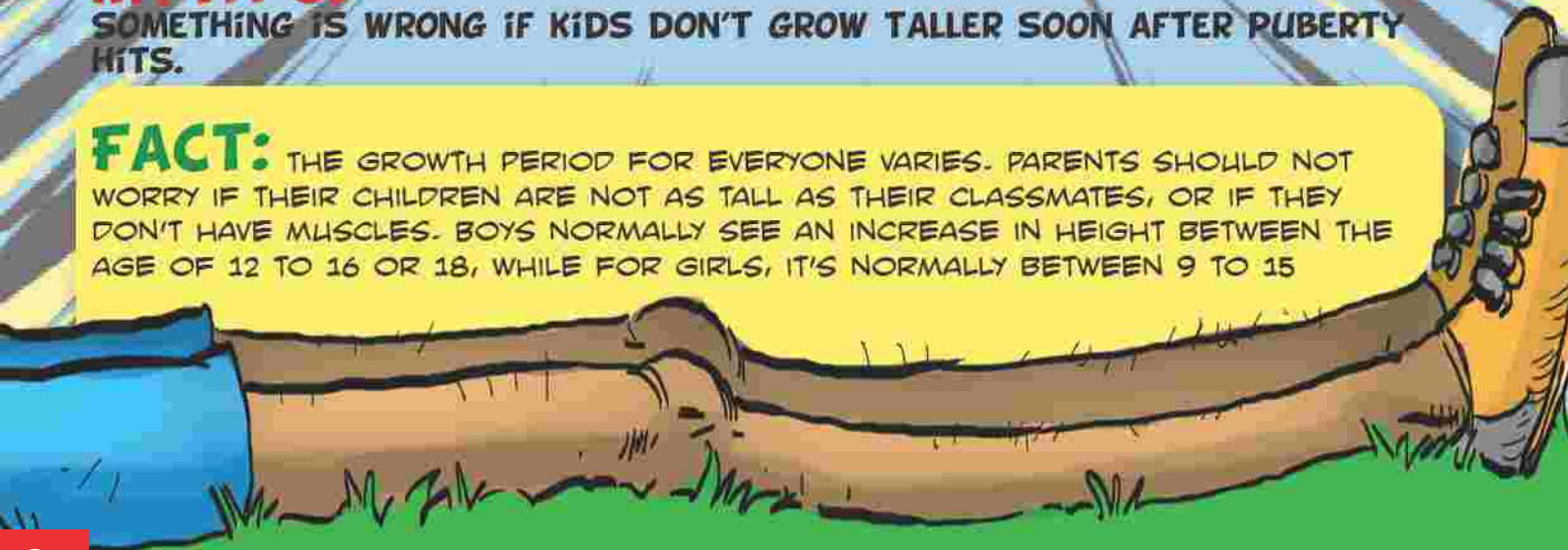


MYTH 3:

SOMETHING IS WRONG IF KIDS DON'T GROW TALLER SOON AFTER PUBERTY HITS.

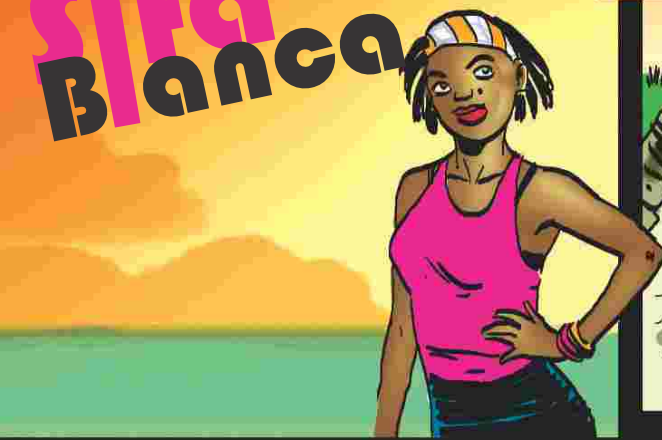
FACT:

THE GROWTH PERIOD FOR EVERYONE VARIES. PARENTS SHOULD NOT WORRY IF THEIR CHILDREN ARE NOT AS TALL AS THEIR CLASSMATES, OR IF THEY DON'T HAVE MUSCLES. BOYS NORMALLY SEE AN INCREASE IN HEIGHT BETWEEN THE AGE OF 12 TO 16 OR 18, WHILE FOR GIRLS, IT'S NORMALLY BETWEEN 9 TO 15



Sifa Bianca

SIFA BIANCA NA KUNDI LAKE LA SUNSHINE DIVAS DANCE GROUP WAKO TIZINI KWENYE BEACH, WAKIJIANDAA KUSHIRIKI KATIKA UPCOMING HOLIDAY FESTIVAL.



NYINYI WATATHI SONGENI MBELE,
TUTASONGA NYUMA HIVI,
HAYA TUCHUKUE KUTOKA JUU.
AND...1,2,3



HEY, WAJUA YULE JAMAA PALE ANAYEJIFANYA
KUSOMA LILE JARIDA AMEKUWA AKITUTIZAMA
HWO MUDA WOTE? SASA NAONA ANA-WINK!



KUMBUKENI,
TULIJIFUNZA
NINI ILE SIKU?
DISTRACTIONS NI
ADHI WAKO SUGU!
MLENGE KANZE.
HAYA, DROP.



UUUUUUHH!...
TALKING OF DISTRACTIONS,
MMESIKIA KUMHUSU AMINA?
AMINA ALIJARIBU KUJIJA LAKINI
ALIPATIKANA NA KUKIMBIZWA
HOSPITALINI!

ETI? KWANI NINI
KAMKUMBA HADI ATENDE
KITENDO HICHO?

KWANI HUKUSKIA
KAPACHIKWA MIMBA?

JE, WAKUMBUKA
YULE JAMAA WAKE MZEE
ALIEKUWA AKIMCHUKUA KWA
MERCEDES KILA WIKENDI?
KILA MTU ANAJUA MIMBA
HIYO NI YAKE!



NAJUA SASA HUYO JAMAA
ALIPOTEA ASIONEKANE TENA....

KABISAAA...
ANGETUSIKILIZA TU
TULIPOMWONYA...

LA! SI HALALI!
LAZIMA TWENDE
TUKAMHONE!

NDIO! TWENDENI!

NI WAZO BORA. ANGALAU
TUMHONDOLEE UPWEKE.

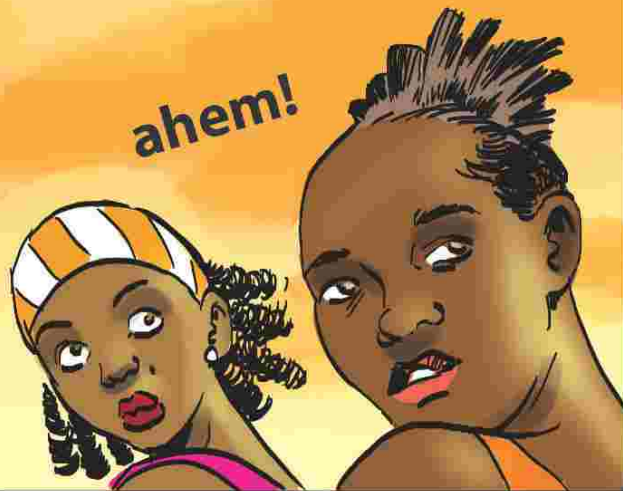
ATA TUMEMALIZA PRACTICE.
TWENDE KESHO TUMCHEKI.



NAKUAMBIA KILA MTU AMEKUA
AKIMLENGA TANGU IGUNDULIKE.
SI SAWA.



ahem!



NIWIENI RADHI MABINTI, JINA LANGU MR. HAMISI

NAOMBA KUWAPATIA LIFT? KWOTE MTAKAKO
NI SAWA.

SHUKRAN, LAKINI TUKO SAWA.
SISI TUNGEPENDA KUTEMBEA.
TUWE CHONJO KIAFYA PIA.



NYINYI NYOTE VIDOSHO,
NINA MAZURI CHUNGU NZIMA GARINI.
NAWAAHIDI MTABAMBIKA.



BOSS, NADHANI ULIMSIKILIZA SIFA.
AKINENA, SOTE TUMENENA.



ENDELEENI NA MARINGO HIYO YENYU,
IKO SIKU MTAKUWA-DESPERATE NA MTANIKIMBILIA.
NGOJA TU! MTANIPATA HAPA TU NIKINGOJA
KUWAHARIBU, HEHEHE!



MWANAHME WEIRD
SANA HUYU. TUFANYEJE
AACHE KUTUFIHATA
KAMA MWEWE?



MLENGENI TU NA
MKAE NGUMU.

AKIZIDI
TUTAMSHTAKI.

THE NEXT DAY...

SALAAM ALAIKUM,
HADI WAPI LEO,
DADA ZANGU?

ALAIKUM SALAAM.
TWAENDA KWA KIVULI
KUMHONA RAFIKIZE AMINA.

SIFA, WADHANI KWELI DANCING SKILLS
TUNA-BUILD ITAKUA USEFUL MBELENI?
NIMEKUA NIKIWAZA SANA FUTURE NA
NINACHOFANYA SAA HII.
KWANZA KINACHOMTENDEKEA AMINA.
NATAKA SANA NIJITEGEMEE.

HSIJALI UMESKIA NINI, SALMA. DENSI
INAWeza KUWA KAZI PIA KIVYAKE
UKIWA SERIOUS. YATAKA TU UWE DISCIPLINED
AND CONSISTENT. TIZAMA BINAMU YANGU MALKIA,
KUNDI LAKE LA DENSI HUZUNGUKA DUNIA
HUKU IKIWALISHA KUTOKANA NA PASSION
NA SKILLS ZAO.

NA HAKIKA WAJHA
KUHUSU MISSY REESE,
YEYE PIA NI DANCE
INSTRUCTOR.
CHOCHOTE
CHAWEZEKANA!

KWELI KABISA. UFANISI NI ABOUT
DISCIPLINE NA CONSISTENCY. NA SIKU HIZI
FURSA NI NYINGI KWA MABINTI NA NYINYI
NI KAMA MKO **NGANGARE**.

HAYA, TUMEFIKA.
MUWE NA SIKU NJEMA.

GENERAL
HOSPITAL



POLE SANA MAMA AMINA.
TULISKIA KILICHOTENDEKA.

AHSANTENI SANA KUFIKA.
MARAFIKIZE WENGI WAMEMHEPA. NYINYI KUWA
HAPA NI TULIZO KUBWA SANA KWAKE.

JE, TWAVEZA
KUMHONA?

LA, DAKTARI ALISEMA HATARUHUSU WATHU WENGI
WAMHONE KWA SABABU ZA KIAFYA.
NAOMBA MUELEWE.

SAWA MA. TUTAMHONA
AKIREJEA NYUMBANI.

MA?
TWAVEZA KUS Aidia KUKUSANYA
HELA ZA HOSPITALI KUPITIA
CHARITY CONCERT
WIKENDI HII.

WAO!
WAZO BORA
SANA
HIYO!

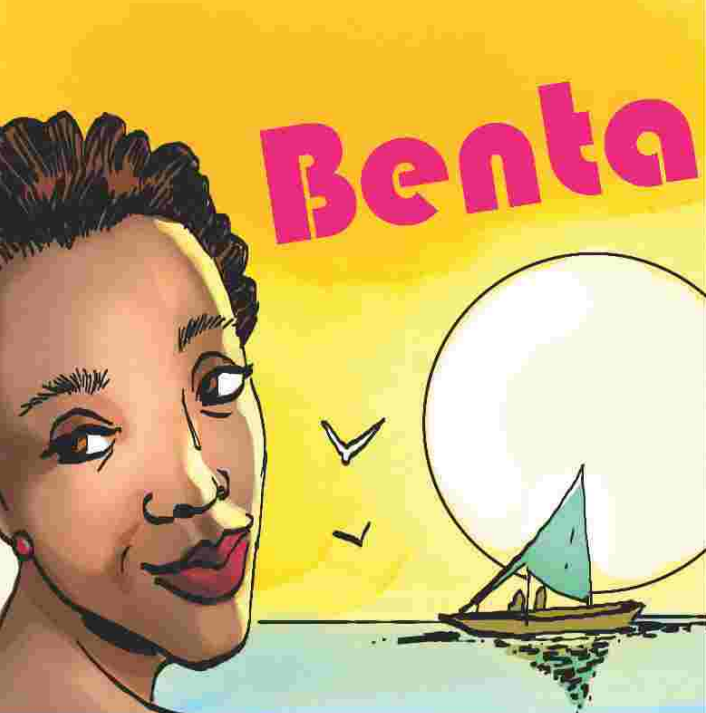
LAKINI TAFADHALINI MABINTI, MSIJIPATE KATIKA HALI HII. JARIBU KU-ABSTAIN FROM SEX AMA
TUMIA PROTECTION. ITAKUPA WEWE NA WAPENDWA WAKO PEACE OF MIND. WANISKIA?

NAAM,
MAMA!-

AHSANTENI SANA.
HELA YOYOTE ITAS Aidia SANA NA
PIA INFORMATION SHARED KWA
CONCERT ITAKO KA MAISHA YA
BINTI WENGINE.

LABDA TWAVEZA AMBIA YULE BWANA HAMISI
ATUMIE HELA ZAKE KWENYE MRADI
HUU MUHIMU?

ha ha ha!



Baadaye...

NILITUMA PESA ULIKUA UNATAKA. ZINGINE LABDA ANOTHER TIME.
BADO UNAKUJA IN AN HOUR AMA? SAWA, SEE YOU
MY SWEET SUGAR!

MOM, NANI UYO UME-CALL SAI?
TUNA MGENI MWINGINE TENA
LEO USIKU?

BEB YANGU!
LAKINI MIND YOUR OWN BUSINESS.
SAWA? EBU ENDA KWA ROOM YAKO
NIPATE SOME PEACE.

SAWA MA! NAENDA LAKINI
USISAHAU **TOURNAMENT**
YANGU YA **AJUA**
INAKUJA IN A FEW DAYS.

BABANGU MPENDWA, TANGU UTHWACHE,
MOM AMEKUWA AKI-TRY KU-FILL
GAP ULIACHA NA THESE CRAZY
BROKE YOUNG BOYS, WENGINE ATA
MIAKA YANGU. TUFANYEJE BABA?
MI NAONELEA ...

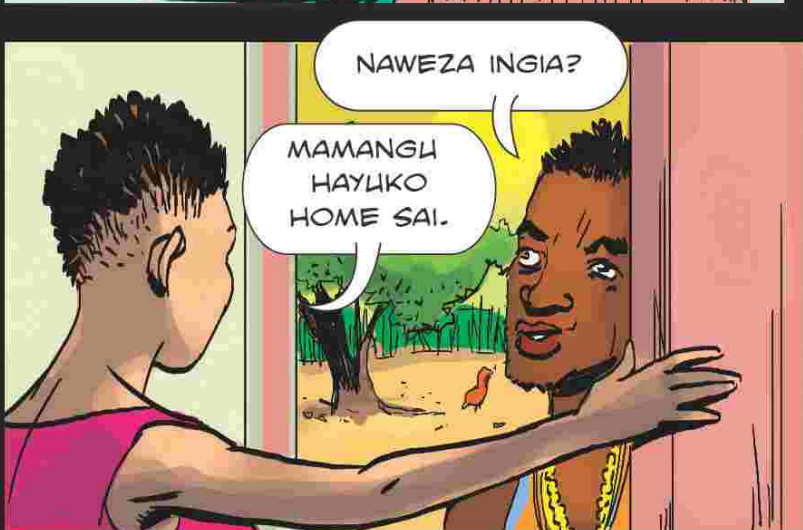
**NOK
NOK**

OH NO! NOT HIM AGAIN...

BENTA ako nyumbani pekee yake.....



NOK...
NOK...



NAWEZA INGIA?

MAMANGU
HAYUKO
HOME SAI.



NAJUA, LAKINI KIASI TU. KUNA KITU
NATAKA KUKHAMBIA NIKIMNGOJEA.

OKEI.



SO, NIAMBIE? NA UNANUKA POMBE !
UMEKUA UKIKUNYWA?



UNAJUA NILIKUA BESTE YA MAMAKO
NDO NIKUPATE WEWE.
UNAJUA NAKUPENDANGA, SINDIO?



AIII?
WEWE NI CHALI
YA MAMA YANGU!
MI SITAKI ...

NYAMAZA MSCHANDE!
ATA WEWE UTA-ENJOY!

UTAONA UTAMU UMEKHA
LIKIKOSA, NYAKO!

HAPANA!
SITAK--

TWAP!

LAWI!
NINI HII?

NISAIKIE MA! ANATAKA
KUNINAJISI!

POLE SANA MY DAUGHTER.

AAH...

NYINYI WOTE NI MAFALA!
MTANITAMBUA LEO!

WACHA KUPIGA
MAMA YANGU!

WAAI! WAAI!



UUUUUU-WIIII!

UUUUUU-WIIII!
TUSAIDIENI!



MOM! AMKA! MAJIRANI WAMEFIKA KUTUSAIDIA.
WAMEPIGIA POLISI, WAKO NJIANI.



POLE SANA MSICHANA
YANGU. SINGEMRUHUSU
AINGIE NYUMBANI.
SIAMINI ALITAKA
KUKUNAJISI.

NITAHAKIKISHA AMEOZEA
KWA JELA. AKI NISAMEHE
MY LITTLE PRINCESS.



JUA IMECHOMOZA KWELI KWELI.

JP NA TIMU YAKE TEAM JOLUPOS WAJIANDAA KUCHEZA BOL NA TIMU NOMA SANA INAITWA TEAM GIFTED KUTOKA NDORI.



HAYA, GAME IMEENZA!



TEAM GIFTED NA MPIRA.



OMERA PASS NA BOL!

OBI! MARK HIM! MARK HIM!

GIFTED YAPOTEZA BOL KWA TEAM JOLUPO!

SASA JP NA MPIRA!



OMAYA BOL!!!

JP AUGUSA TU KIDOGO NA--

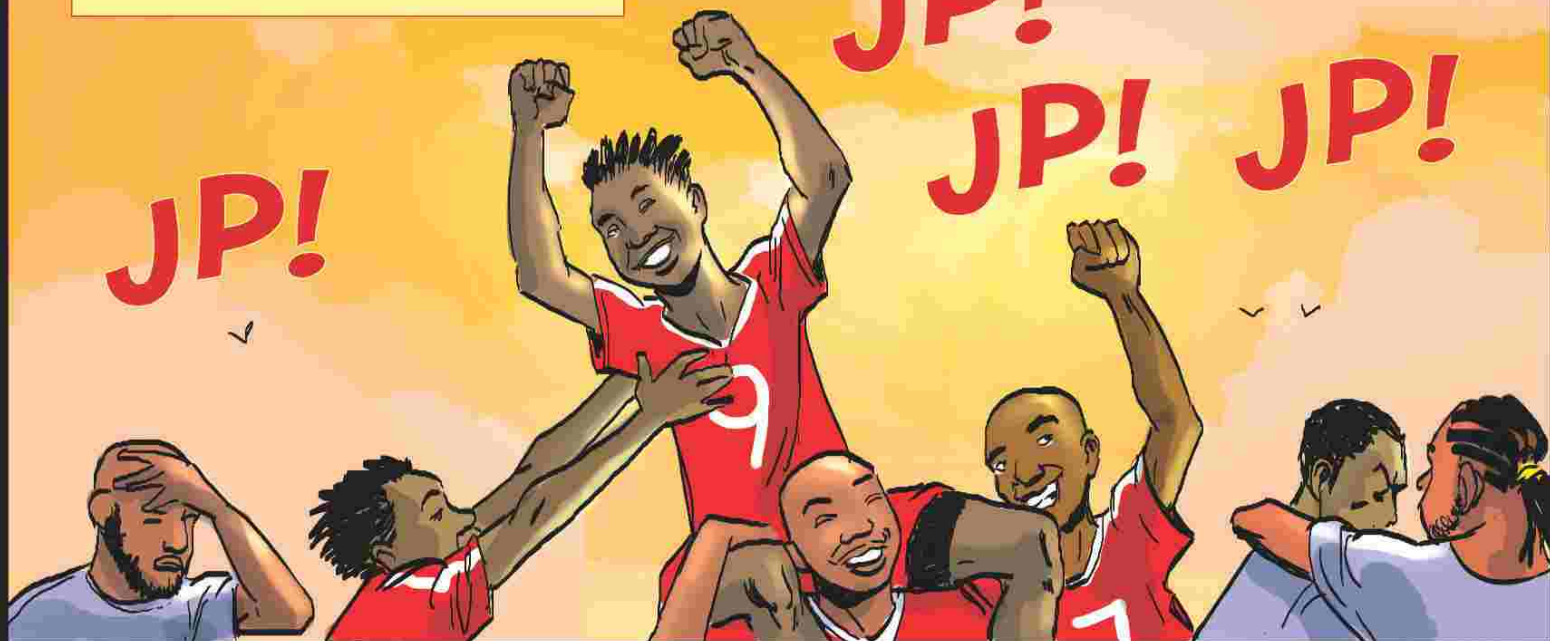
GOOOOAAA!!!



JP NA TIMU YAKE WAME-WIN MECI!

JP!

JP!
JP! JP!



LAKINI KWA BENCH...

WHATIS?! HUYO JP AKO
SAWA, WAH!
LEO TUCHAGUE MMOJA NA
TUWACHOKOZE. EH?
JAZZY, UNACHAGHA NANI?

HIVO SASA LAKINI SIWES
CHAGHA KATI YA **BRAYO** NA
WELLINGTON!



TUENDENI SISTE! **GIWUOK E PAP!**
WANATOKA KWA FIELD.



ACHA NIMCHUKULIE
ENERGY DRINK.

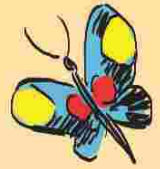


SASA **JP!** IYO ILIKUA GAME POA.
NILI-ENJOY KILA DAKIKA!



KAMATA ENERGY DRINK.
UKO POA AJE!

AHSANTE!..
NI **BELLA**, SIO?



BELLA MWENYEWEE SASA.
NA-CHEKI CHEST IMEPANUKA
KWELI KWELI.
AKI SI UKUE MPENZI
WANGU WA KISIRI?

WEH! UNAJUA SINA IYO WAKATI.
PIA SIKO INTERESTED
KUKUWA YOUR NUMBER TWO.



KUZIDISHA, KILA MTH
HAPA ANAJUA KUHUSU
ULE MZEE WAKO
ANAKUPEANGA DOH.
ISITOSHE, NI KO
KWENYE UHUSIANO
WA KURIDHISHA
NA MPENZI
WANGU **ATOTI**.

ATI NINI? KWA HIVYO
UYO **ATOTI**
NDIO ANATUHARIBIA!
ANYWAY, UYO JAMAA
MEANS **NOTHING** TO ME,
NAMTUMIA TU!

CHEKI, TUCHOME HII KIASI.
ITAKUFANYA U-RELAX!

!?

SIKO INTERESTED BELLA, HUSKII?
HIZI VITU NIALIACHA NYUMA.
SIWEZI TENA HATA KWA DAWA.
NILPITIA SHIDA SANA JUU YA HIZI VITU.



AIII, JP! KIDOGO TU NI SAWA.
ESPECIALLY KAMA UNACHOMA
NA SLAYQUEEN KAMA MIMI...



UKO NA **POTENTIAL** SANA BELLA.
USIJI-WASTE KWA UFALA KAA HIZI.
HAZITHONGEZEI **VALUE** YOYOTE.
ENYEWE SINGEPENDA KUKUONA
UKIJI-WASTE.



BUT...BUT NILIDHANI UNANIPENDA.
KWANI HUONI TUNAFAA PAMOJA?
TUMEJHANA FROM CLASS ONE.
UNAONAJE IF WE MADE IT HAPPEN
ATA MARA MOJA?



HATA UNAJISKIA KWELI UNACHOSEMA, BELLA?
NIMESEMA SIKO INTERESTED KWAKO AMA
KWA CHOCHOTE UNACHO!



EBU NIONDOKEE, NAHITAJI
KU-FRESHEN UP!
TUONANE!



WASEE! WASEE! HAWA MADEM NIAJE LEO?
HAWATUCHII NAFASI, JO!

NAKUAMBIA! ATA MIMI SIELEWI!
KWANI WAMECHOMA
NINI LEO?

NI KAMA, BRYO.
NAWAHURUMIA,
WANADHANI HIZO TU VITU
NDIO ZINA-MATTER.
HAWAJI WANAJIDHURU
WENYEWE.

MIMI KARIBU
NIVUNJE PROMISE
JUU YA UYO DAME ANAITWA
BUBBLY.
KARIBU NIINGIE MTEGONI.
NIMEONA PIA NAPENDA DEM
ANANIKATIA JUU MIMI
ENYEWE SIWEZI.
LAKINI WE!

GHYS, NAJUA JUU YA
CHANGES ZA **ADOLESCENTS** HIZO
TEMPTATIONS ZIKO.
BUT LAZIMA TO STICK TO
THE PLAN, SAWA?

YEAH!
PASSION YETU NI **FOOTAH**.
LAZMA TUWE **RESPONSIBLE**.
TUKO **STRONG** PAMOJA!

GO-O-O JOLLIPOS!

SALIM YUKO HOPITALINI KUCHUKUA
DAWA ZAKE ZA ARV...

SALIM

General Hospital

USISAHAU. MOJA YA HIZI
NA MOJA YA HIZI...
HIVO TU. RAHISI SANA.
SAME TIME KILA UCHAO. UNA
SWALI LOLOTE?

LA. AHSANTE
SANA, DAKTARI.

Hospital Parking

VRUUUM!

!

SALAM ALEIKUM,
UKO SAWA BINTI?

ALEIKUM SAALAM,
NIKO SAWA, KAKA.
AHSANTE.

SAWA? KWA HAKIKA?
SI WEWE RAFIKIYE
SIFA?

NAAM, NIKO KWENYE
DANCE GROUP
YAKE. JINA LANGU KANZE.
KWA KWELI, SIKO POA.
NAHITAJI KWENDA SOMEWHERE
LIKO SOUTH COAST.
NINA SHIDA KIASI.

HSIJALI, DADA. KALIA.
WACHA NIKUPELEKE
KULE HENDAKO.

SAWA. JULU WEWE NI RAFIKI YA
SIFA, NITAINGIA KWA TUKTUK YAKO.

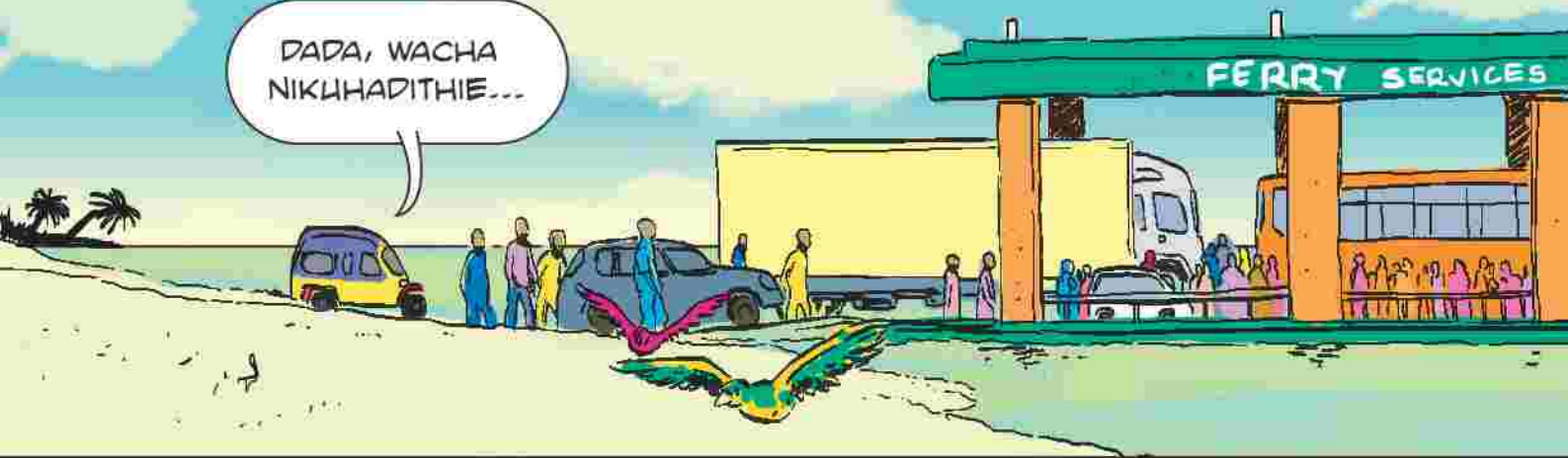
JINA LANGU **SALIM**. SO, NINI KINACHOENDELEA?
WAJUA WAVEZA KUNIAMBIA LOLOTE.

NIM-SHOW
AMA
NISIM-SHOW?

SIWEZI SEMA KULIHUSU.
SIKUJUI POA NA
SITAKI UNI-JUDGE.

PUNDE, WAWILI HAO WAFIKA KWENYE **FERRY**...

DADA, WACHA
NIKUHADITHIE...



" PALIKHA KIJANA MMOJA
UMRI WA MIKA KUMI
ALIYELAWITIWA NA
JIRANI YAKE.
KISHA AKAAMBUKIZWA
VIRUSI VYA **HIV**...



" ALIKOSA
ANGEMPLIPIA KARO
BASI ALIJIINGIZA
MDOGO
MDOGO KWENYE
BIASHARA YA
KULIZA MAYAI
APATE
TU KUKIKIMU...



...KIJANA HUYO BADO
YU HAI NA
AMENAWIRI.
JE, WAJUA KIJANA
HUYO NI NANI
LEO?"

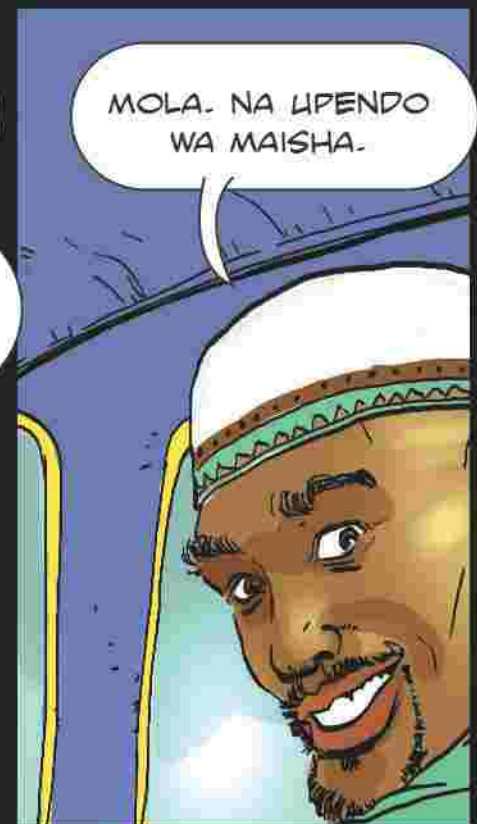
USISEME!...
NI **WEWE**?

NAAM. MIE MIMI
HAPA KIJANA
HUYO.

KWA HIVO LOLOTE LILE,
NIAMINI WAVEZA KU-MANAGE.
BORA UWE NA **THE RIGHT**
INFORMATION NA MAWAZO
YANAYOFAA.

SIKUJUA. BASI
NINI HUKUPA
NGUVU MAISHANI?

MOLA. NA UPENDO
WA MAISHA.



SAWA. LAKINI WAJIMUDU KIVIPI
NA **STIGMA** ULİYOKO
KUHUSU **HIV**?

HATIMAYE NILIPATA NGUVU YA KUJITOKEZA,
NIKAPATA TIBA ILIYONISAIDIA KUPONA NA
KUJIFUNZA JINSI YA KU-MANAGE **HIV**.
PIA NILIONA NISIWACHE HALI YANGU INITAMBUE.
VILE TUSEMALO 'MIMI SI **HIV**.'

THANKS KWA KUNI-SHOW IVO.
SINGEJUA JINSI YA KUMUDU HAYO.
NAJUA WENGI SANA WENYE
WAME-COMMIT SUICIDE JUU YA
STIGMA YA **HIV**.

NI KWELI. NI HALI NOMA KUJIPATA.
NDIO MAANA NILISEMA KILA CHALLENGE
INATEGEMEA **INFORMATION** BORA NA
MAWAZO YAKO. NI KO KWA **SUPPORT**
GROUP THAT ANSWERS ALL MY QUESTIONS.
NIMEPOTEZA MARAFIKI KWENYE
IYO **GROUP** COZ YA KUKOSA KUFUATA
MAAGIZO YA KUMEZA DAWA
JINSI INAVYOTAKIKANA.

OH OKAY. POLE SANA.
HABARI NDIO HII BASI, NILIKUWA
NIMEJIAHIDI KWAMBA NITA-**ABSTAIN**
HADI NDOA. LAKINI NAONA
SASA NI KO TAYARI
KU-HAVE **SEX**.

SHIDA NI SINA MTU WA
KUNI-**ADVISE** JUU YA **SEX**
SABABU NAJUA WOTE
WATANIAMBIA ETI NINGOJE
NA SIWEZI. NI HAYO TU.

NAONA...LAKINI UNA HAKIKA
KULIHUSU JAMBO HILO?

NITAHAKIKISHA SOTE TU KO TAYARI,
KISHA TWENDE **VCT** TUJIMWE NAYE.
PIA TUTUMIE KINGA VILE INAFAA.
NI MTU NAJUA NA NA-**TRUST**.

LAKINI HARAKA NI YA NINI?
WEWE BADO MCHANGA. UNA WAKATI
BADO CHUNGU NZIMA.

NAJUA TU
NIKO TAYARI, SAWA?
ANYWAY, NISHAFIKA
MIMI.

SHWARI! LAKINI KANZE, LIFIKIRIE JAMBO HILO ZAIDI
AMA ZUNGUMZA NA RAFIKIYE MMOJA
TENA AMA COUNSELLOR. SAWA?
NI MUHIMU.

SAWA SAWA.
NISHAKUPATA,
KAKA SALIM.

YAANI, NINGEKUWA NA FURSA YA KUDHIBITI
MAMBO MENGINE MAISHANI! HEEEE!
NINGENAWIRI ZAIDI YA SASA.
NAOMBA SANA ALLAH AWALINDE WAJA WAKE
KUTOKANA NA ULMWENGU HUU
WENYE KICHAA.

...NITA DO NINI NIKIJIPATA KWA SITUATION KAMA YA BENTA?

If you have been assaulted or raped, it's important to remember that what you are feeling, thinking, and experiencing is a normal reaction to trauma. And, no matter how difficult life may feel right now, there is hope.,

Get to a safe place and tell someone you trust as soon as possible.

DO NOT touch or move anything where the attack happened.

DO NOT wash your body or hair.

DO NOT wash clothes. Keep them in a bag made from paper or wrap them in newspaper or cloth.

DO NOT put them in a plastic or polythene bag. Experts can use these to help catch your attacker.

DO NOT let people interfere with or clean the place where the attack happened.

Go to a **HOSPITAL** or health center as soon as possible.

Do not queue because this is an emergency. Never wait more than **72** hours before getting medical help. Go to the **POLICE** and report the attack.

A person with a disability has the same rights to police services as anyone else.

KUMBLIKA PIA KUDEVELOP A SAVING CULTURE NI CRITICAL KWA COMMUNITY ZETH. A SAVING SOCIETY CAN ACCUMULATE WEALTH WHICH CAN BE PUMPED INTO INVESTMENTS THAT COULD CONTRIBUTE SIGNIFICANTLY TO STIRRING UP THE GROWTH OF A SOCIETY ECONOMICALLY.

KAMA SALIM MAYOUT TUNAHIJAJI KUWA NA KNOWLEDGE MBONA KUSAVE NI MUHIMU SANASANA KAMA IMEFANYWA MAPEMA . IF UNATAKA KUKUA KAMA SALIM THEN ITABIDI : UWE NA SELF-CONTROL NOMA SACRIFICE THWE NA UVUMILIVU ILI TUFIKIE DREAMS ZETH, NOTHING COMES EASY BUT WITH TIME WE CAN ACHIEVE ANYTHING.



MCHONGOANO!



**JUU COMiC Si COMiC BiLA MCHONGOANO,
AMA NiAJE?**

Ati uko na kisogo kubwa hadi ID card yako imefura nyuma

Ati unafanya job kwa posho mill hadi ukioga na maji moto unanuka ugali

Ati umezoea kuokoa jahazi hadi Safcom wanakuuliza utahama lini?

Ati camera ya phone yako ni nzee ukipiga picha unaenda kuosha

Ati weh ni fala ball gum ya colour green unasema ni mbichi

Ati umekonda hadi unavaa pete kwa kiuno

Ati dogi yenu ni mzee magondi wakikam kwenu inajishikilia

kwa ukuta ndio iweze ku-bark

Ati umekonda hadi ukipita mbele ya nursery school watoi
wanashout ONE!

Ati weh ni fala hadi una-laminate ATM Card

Ati mkono yako ngumu ukishika computer
inaandika "New Hardware Detected"

Cheki, Tutumie izo
MCHONGOZ!
Natukutambue
kwa hizi pages in
the next edition,
au vipi?

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