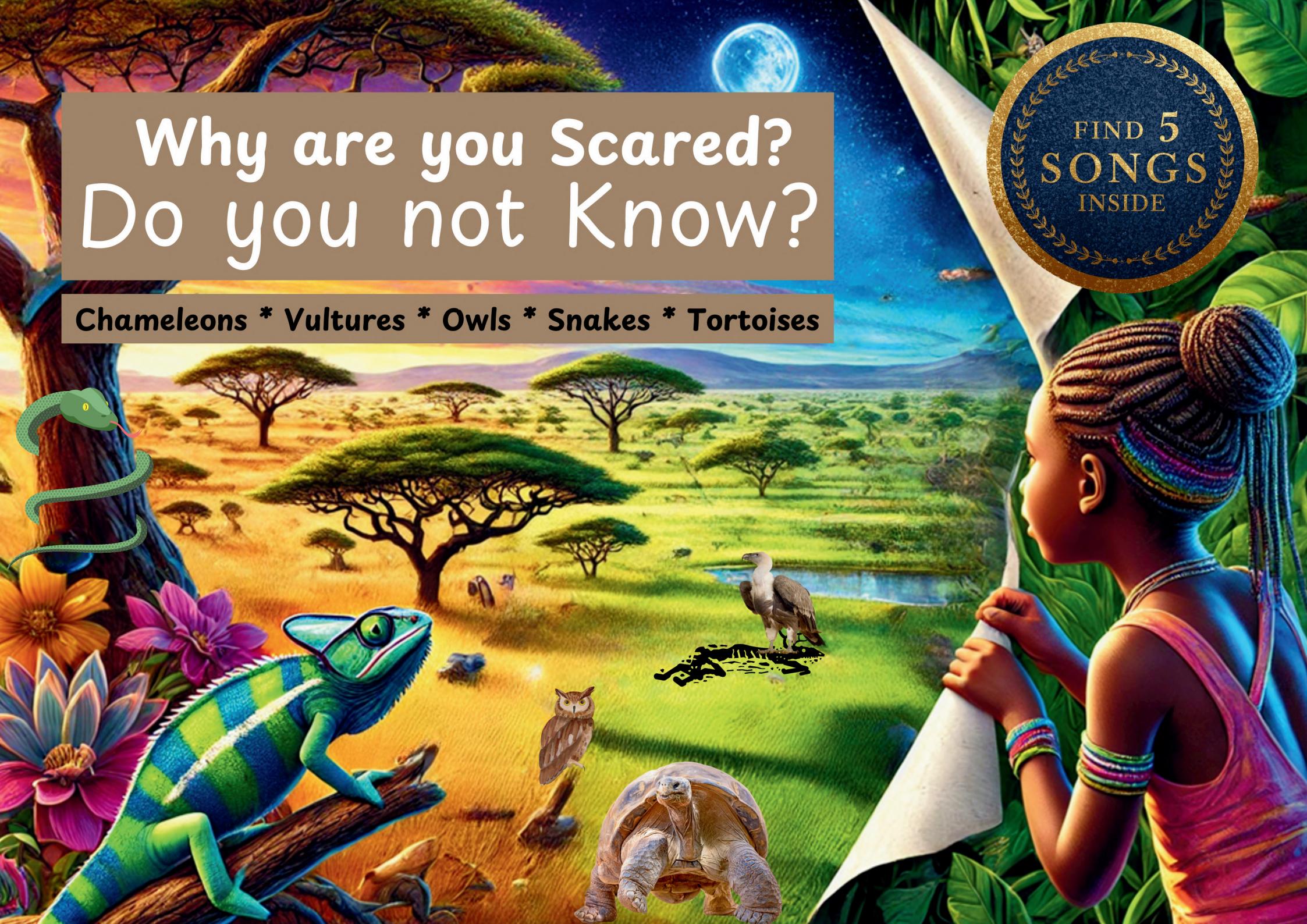


Why are you Scared? Do you not Know?

Chameleons * Vultures * Owls * Snakes * Tortoises



This is a family book – that means there's something for everyone.

There are colouring pages for your little sister, picture pages for your younger brother, and more detailed pages, with more complicated information for Mama and Baba. Some pages will help you practice your English, and others reflect conversations you might have had with your grandparents, aunties or uncles.

Everyone in the family can find something to enjoy and learn from.

There are 3 Hofu Ni Nini? songs that go with this book. Scan the QR code to find the song you like.



Swahili/English Mix



Swahili Repetitive Beat



Swahili Whistling





Why Are You Scared? Do You Not Know?

Written by Hollie M'gog

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Victor & I have experimented heavily with AI in translating and creating the imagery of this book.

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I acknowledge and thank all organisations featured in this FREE publication.

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Photography is credited where it is used.

Creative Design by Sarah Daleke
Swahili version by Victor Ogolla

Second Edition



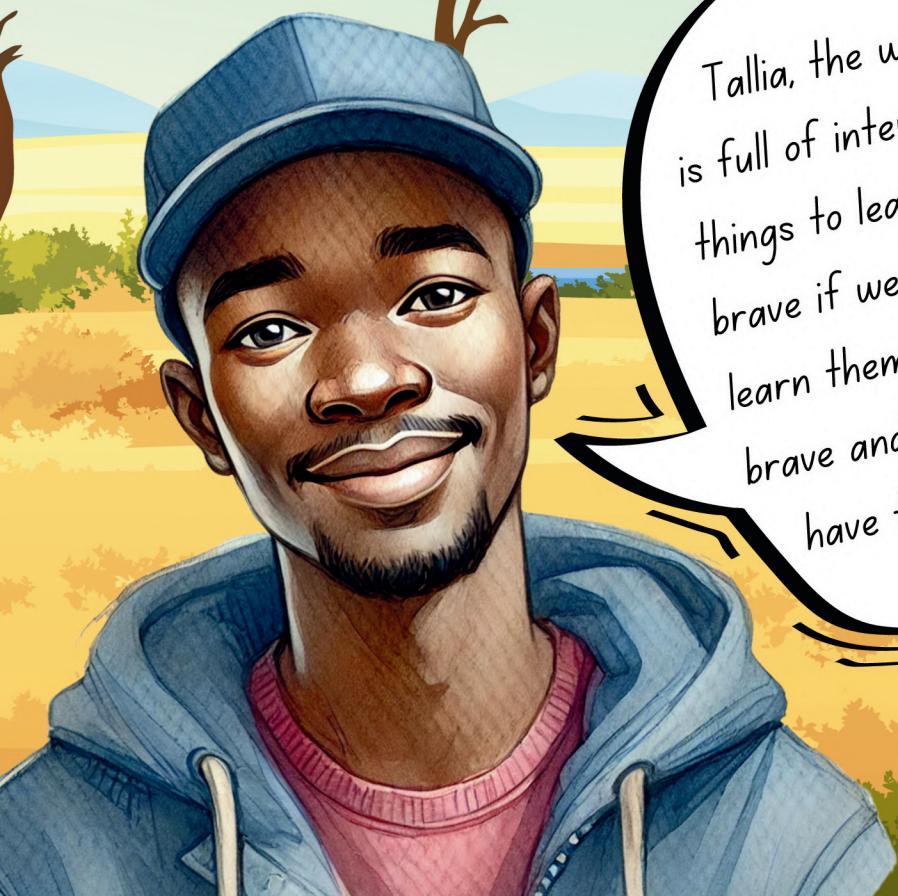
For Tallia Akoth (Cherop) Ogolla

Who has learnt so much from her father about the world we live in.



Tallia, the world is full of interesting things to learn. We are brave if we choose to learn them - Will you be brave and hear what I have to teach you?

"Thank you Babi for teaching me to be curious. I don't want to be scared or fearful any more. I am interested to learn new things.





What is Fear?

Fear is the feeling you get when something seems scary or strange. It can make your heart beat faster, your hands feel shaky, or even make you want to run away.

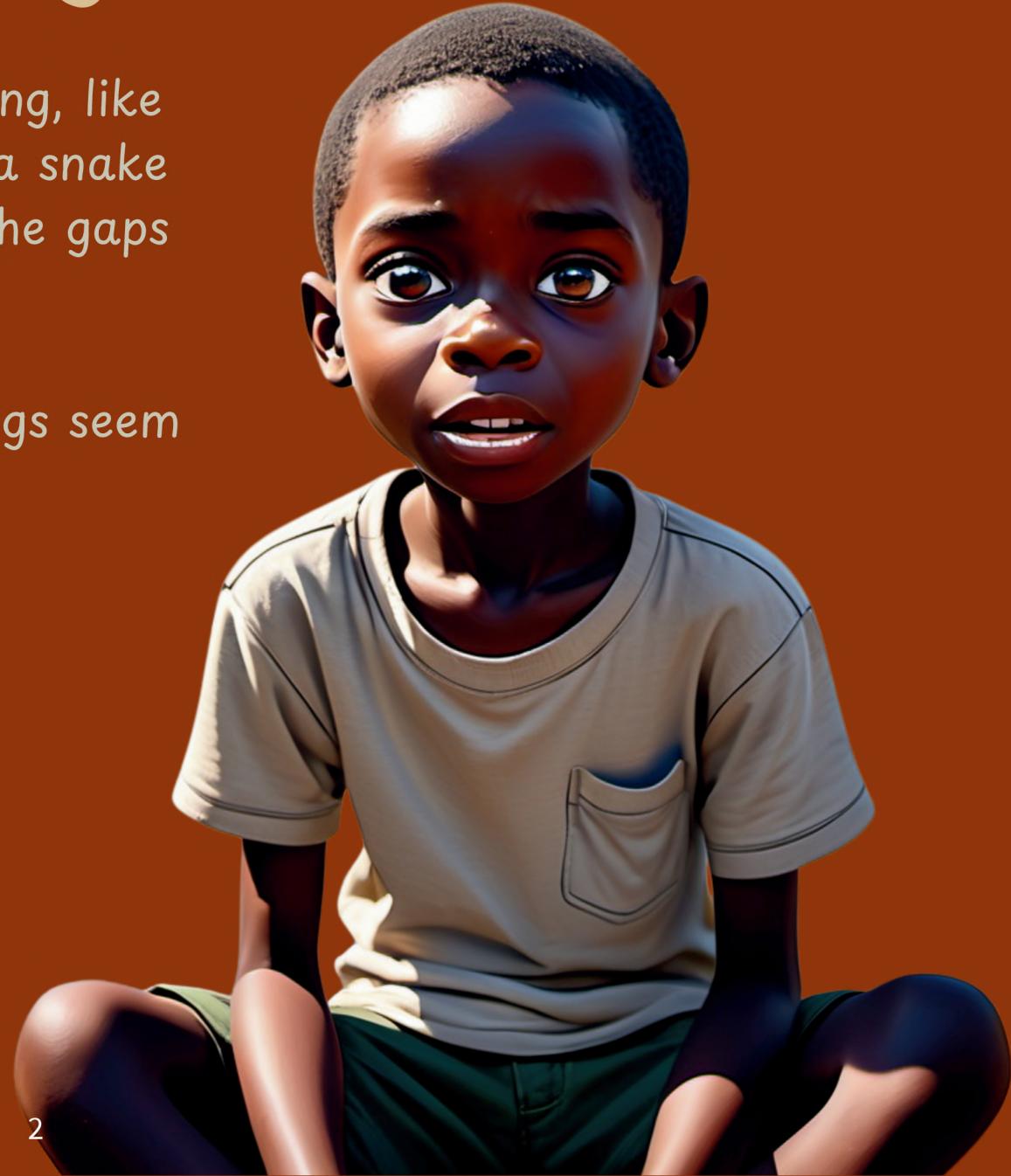
Did you know that fear often comes from not knowing?

It is not knowing

When we don't understand something, like why an owl hoots at night or how a snake moves so smoothly, our minds fill the gaps with stories and guesses.

Sometimes, these stories make things seem scarier than they really are.

But here's a secret: knowledge conquers fear. The more we learn about something, the less scary it becomes. When we understand that a chameleon changes colour to stay safe or that vultures clean up the land, we start to see how amazing they truly are.





So, when you feel afraid, ask yourself: What don't I know?

Then, look for answers.
You might just discover something . . .

incredible!

Why are you scared of Owls?

Babi; Mama tells me when I hear owls hooting, one of our family members will die soon!

But Tallia, how can an owl call to his mother or his friends if he cannot hoot? Dogs bark, owls hoot, you shout! Those are the voices our creator gave us.

Shosho tells me owls are linked with witches and evil spirits. Is that true Babi?

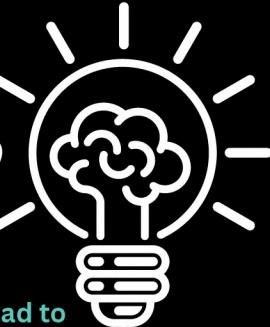
I think people believe that because owls fly in the dark. Many people are afraid of the dark. They think all bad things live in the dark.

Uncle said they bring bad luck and misfortune ...

Sometimes people believe things because they don't have the knowledge to change that belief. I am here to tell you that Uncle is simply wrong. This is called association and is not based on facts.



DID YOU KNOW?



Owls hunt at night, if you had to find food at night you would need big eyes to see far and really good hearing too.

Owls can hear and see very well at night!

They also have special feathers that allow them to fly very quietly so the panyas do not hear them coming.

INTERESTING FACT

Ahh! But let me tell you ... their feathers and their eggs bring supernatural powers to us Babi!



Killing any animal because of a belief not based on fact shows we are not learning - now we have learnt new facts we will not do this anymore.



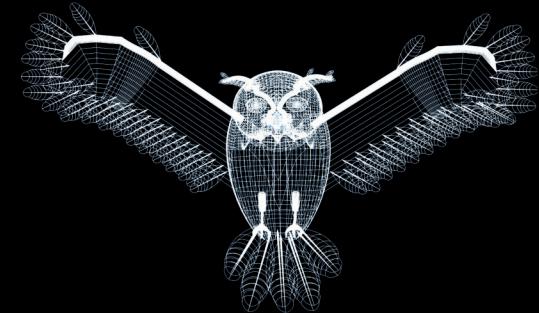
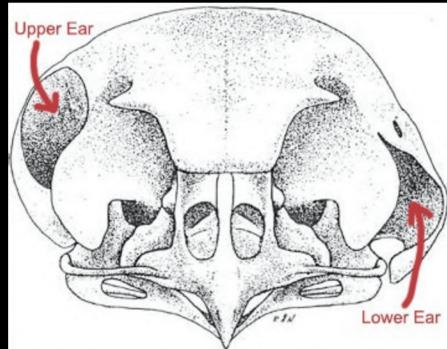
Is it True? NO!

You think these are my ears ... they are my ear tufts which I use for display & visual communication with other owls & predators.

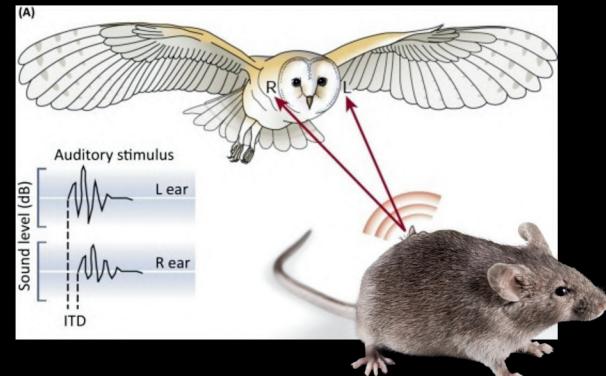


**You NEED me,
Please don't poison my mice,
or me!**

I like to perch on bare branches with no rustling leaves around so I can hear really, really well.



My one ear hole is higher than my other, this means I can pinpoint where exactly that mouse is when I fly down in the dark!



I hunt & kill my prey (mostly rats & mice) with my feet, also called talons.



My eyes are big to catch all the light from the moon to help me see my prey. My eyes are also fixed in my head (I can't move them) so I move my whole head instead!



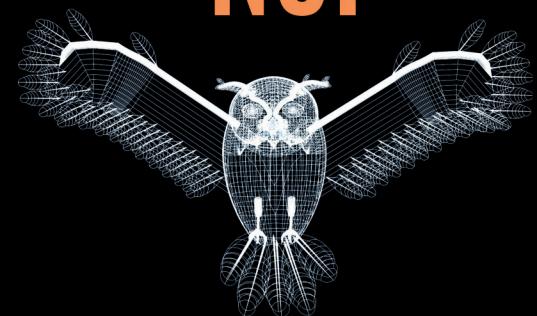
I have specialised feathers that allow me to fly almost completely silently so that rats and mice cannot hear me coming.



My beak is very weak, I cannot hurt you with it. I use my feet, or talons to catch mice.



Am I really a bad omen? NO!



I hoot, I whistle, I screech ... it's just how I communicate!



This poster accompanies a set of educational talks that can be found on the ShareScreen Africa Website

This educational infographic has been fact-checked by raptor expert Simon Thomsett and is FREE to use, print, display & share . Details correct as of July 2023. Poster designed by Hollie M'gog

AMAZING



Higher ear cavity
Lower ear cavity



Most owls have asymmetrically placed ear cavities that are disguised by their feathers. These assist in determining the direction a sound is coming from.

Owls have 14 neck vertebrae compared to seven in humans. This makes their necks more flexible.

Most, but not all owls, have special flight feathers that allow for almost silent flight.

The colouration of the owl's plumage plays a key role in its ability to sit still and blend into the environment, making it nearly invisible to prey. Owls tend to mimic the colouration & sometimes the texture & patterns of their surroundings, the barn owl being an exception.

These are not ears, but ear tufts that are used in communication.



The concave facial disk on some owls acts to magnify sounds & helps with hunting.

Eyes that are forwards facing, giving better depth perception for low light hunting. Some, like this Verreaux's Eagle-Owl have pink eyelids that are used in communication. Their eyes are far-sighted & fixed in their sockets and so they must move their whole head to change views.

The beak of the owl is short, curved, and downward-facing, and typically hooked at the tip for gripping and tearing its prey.

Owls hunt with their talons so that is where their strength lies. Their beaks are not so powerful.

Two toes in front, two toes behind.

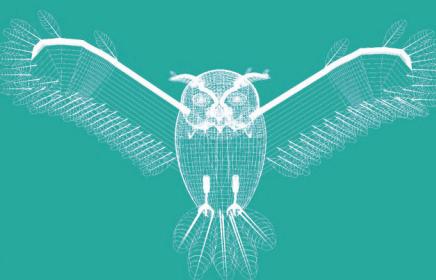


OWLS

Kingdom: Animalia
Phylum: Chordata
Class: Aves



A breeding pair of barn owls eat around 4,000 rodents a year.



Owls have one to four young a year.
Sometimes more.

When owls sleep in the day they choose somewhere they are very well hidden and are always aware of what is happening around them. You may tell their whereabouts if small birds engage in mobbing behaviours.



There are 45+ species of owls in Africa, including Madagascar and the smaller outlying islands.



BARN OWL



SCOPS OWL



WOOD OWL



MARSH OWL

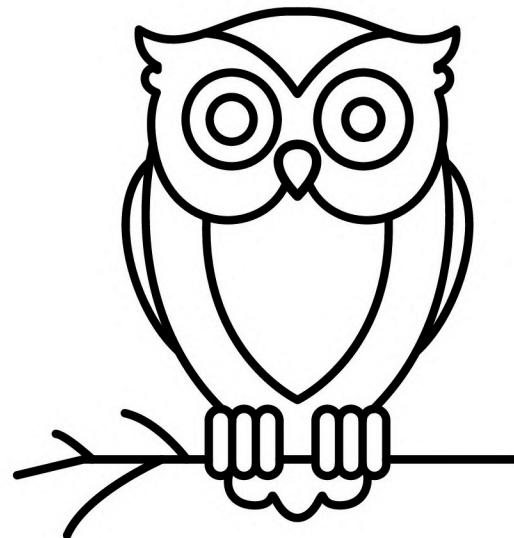
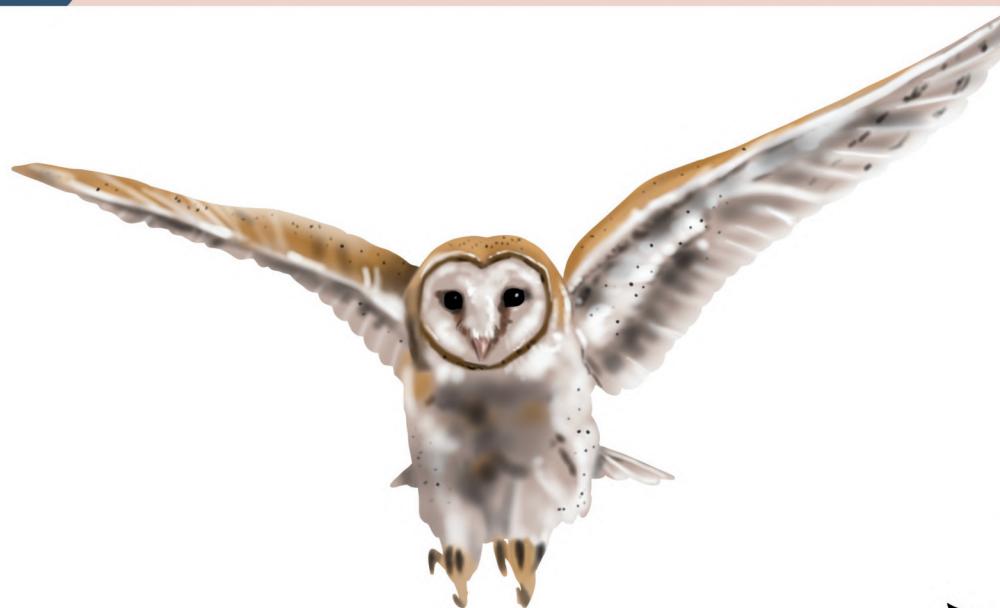
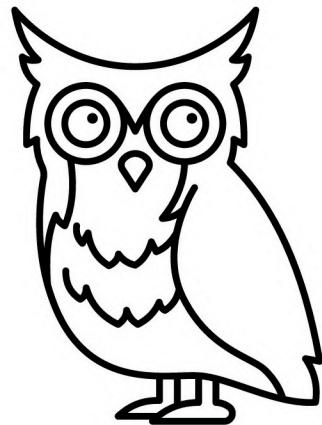


PEARL-SPOTTED OWLET



PEL'S FISHING OWL

Colour your own Owl



You Should be Careful, not Scared, of Snakes



LEARN ABOUT THE DIFFERENT SPECIES

DID YOU KNOW?

Of the 200+ species of snakes in East Africa there are only a few that are the cause of most injuries and deaths:

Puff Adders
Black Mambas
All the Spitting Cobras
Gaboon & Carpet Vipers
Egyptian Cobra & Burrowing Asps

INTERESTING FACT



Mama tells me that the only good snake is a dead snake!

But snakes eat all our rats! Nearly all snakes are more scared of humans than we are of them. When they feel our vibrations on the ground they get away as fast as possible.

Auntie tells me that a snake is only dead when you have cut off its head!

When a snake feels threatened and is cornered it will attack. Never try to cut off a snake's head, this is when most fatal injuries occur.

Babu tells me that if a snake bites you, it is either a curse that has been put on you, or a sort of spiritual punishment.

Eh! But how can a snake be told what to do and where to go? I cannot even get my dog to behave. How can someone control a snake?

NEVER GET CLOSE!

Did you know that a black mamba snake is not black? But you can tell it easily because it's head is coffin shaped and the inside of its mouth is black.



Keep your distance, make sure the snake has an escape route ... you too!

Uncle tells me that if a snake enters my home there will be death or misfortune in the family.

So many snakes are harmless and if you find one in your home, open the door, give it space and quiet to leave and it will leave. Death and misfortune are not caused purposely by any of our creator's creatures.

Snakes



All the interesting things

- Do NOT cut the area around the snake bite.
- Do NOT try to suck the venom out.
- Do NOT remove skin or tissue around the bite.
- Do NOT use electric shock as treatment.
- Do NOT freeze the area around the bite.
- Do NOT use tourniquets, constriction bandages or pressure immobilisation.
- Do NOT use any 'venom extraction devices.'
- DO NOT drink alcohol.
- DO NOT burn or freeze the bite site.



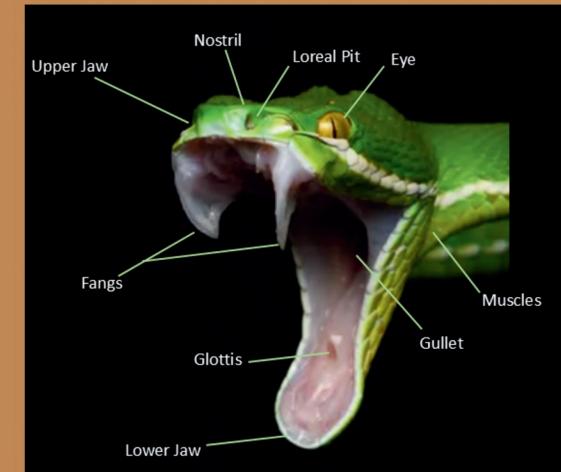
Snake Bite Safety



- Be Safe! Move away from the snake.
- Remove constrictive clothing and jewellery.
- Check breathing and open airway.
- Keep the blood flowing to the affected area.
- Give painkillers. Immobilise limb.
- Take the patient to hospital .. now!
- If you can photograph the snake quickly & carefully, this will help with treatment.

Different Venom Types

- **Neurotoxic** affects the nervous system by blocking or disrupting nerve signals, leading to paralysis or respiratory failure.
- **Hemotoxic** targets the blood and cardiovascular system, destroying blood cells and preventing clotting, which causes internal bleeding and tissue damage.
- **Cytotoxic** destroys cells and tissues, resulting in severe pain, swelling, and tissue death around the bite site.

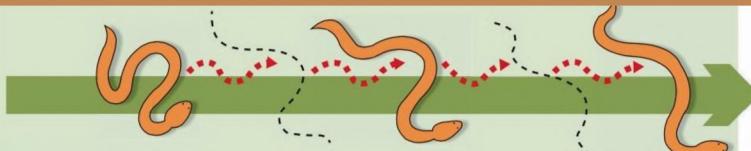


Concertina: Bending – straightening – bending – straightening

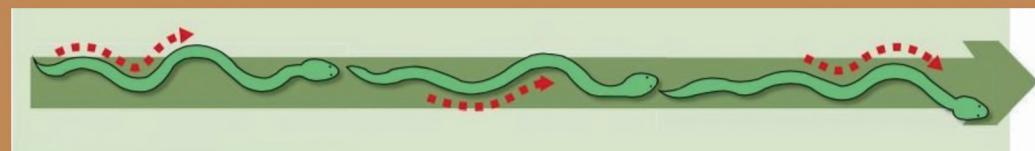


Caterpillar: A slow movement. The muscles contract to move forwards in a rippling movement.

Snake Movement Types

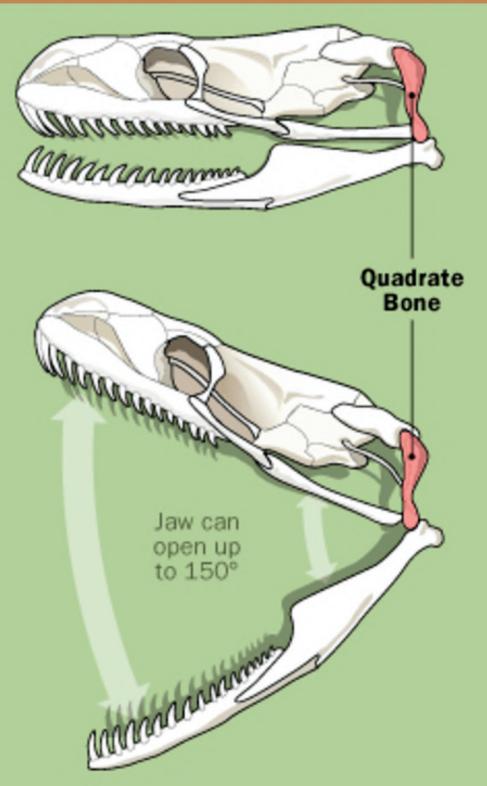
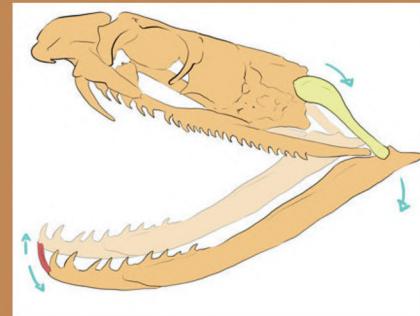


Sidewinding: The snake throws its head forwards & the rest of the body follows.



Serpentine: The snake thrusts its body from side-to-side, moving forward in a waved motion.

There is a common misconception that snakes 'unhinge' or 'dislocate' their jaws in order to swallow large prey. They in fact have two major adaptations that allow them to open abnormally wide: A mobile quadrate bone and a split lower jaw.



The bones of a snake's jaw are not fused in the front. Instead, they are connected by an elastic ligament. This allows each side of the jaw to stretch outward and move independently.

In snakes, the quadrate bone has become a mobile hinge between the skull and lower jaw, giving the lower jaw a greater degree of motion ... it can open wider!



- **Proteolytic** venom breaks down proteins and tissues, aiding in digestion and causing rapid tissue destruction.
- **Mixed Venoms** combine effects, such as neurotoxic and cytotoxic properties, to subdue prey in multiple ways.



Snakes

The Kenya Emergency Number

0707 577 748



Snakes are venomous not poisonous

VENOM

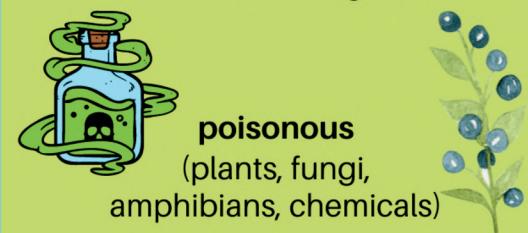
Venom is injected via stings and bites.



venomous
(bites or stings)

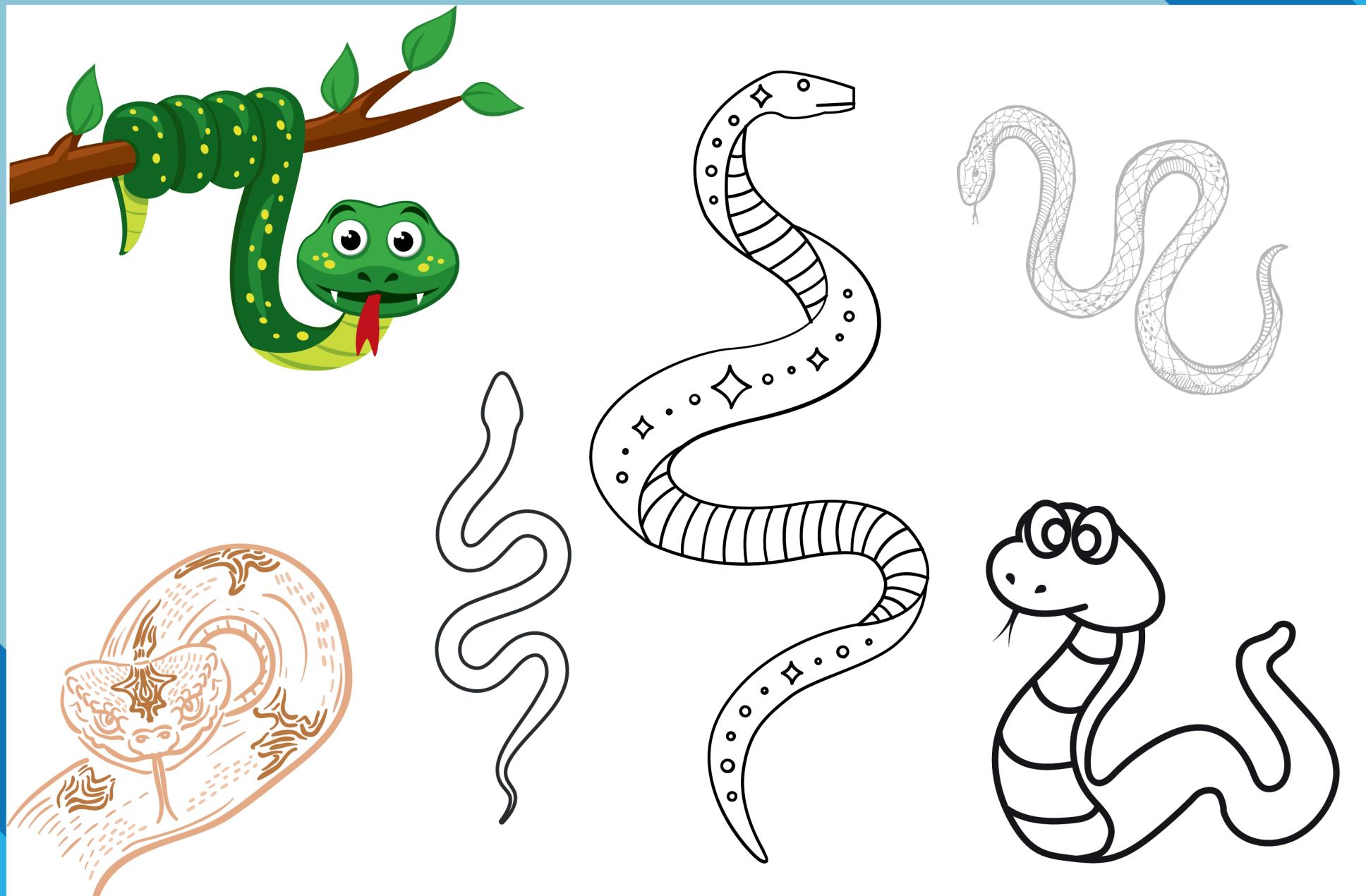
POISON

Poison is consumed, inhaled, or absorbed through skin.



poisonous
(plants, fungi, amphibians, chemicals)

Colour your own Snake



Why are you scared of Vultures?

C'mon Babi! Everyone knows that vultures are symbols of death and bad luck!

Tallia, you don't have to believe it! That makes me know you have not learnt the things I know let me teach you! I think many believe this story because people always see the vultures on a dead animal. If we did not have vultures cleaning up our dead animals, we would have so much more disease because the flies would have more time to lay their eggs. Flies spread disease. Vultures are more important than almost any other bird if we want to live healthily.

Huh Babi! So you are telling me that vultures do not spread disease from one area to another? I have heard they bring that disease to our cows at the water when they come to drink.

No Tallia! Vultures have some very strong acids in their stomachs and the diseases like anthrax and others cannot survive. The acids are so strong they can digest rotting flesh without getting sick. If it were true that vultures spread disease, then there would be disease everywhere ... and there is not!



DID YOU KNOW?

Vultures are highly social birds and often feed in groups. They have complex behaviors and communication. Both parents care for the chicks.

Vultures love cleaning themselves and will do this regularly, seeing a vulture at a waterhole cleaning itself is a very special thing to see.

Without vultures we would be plagued by flies (who do bring disease) and there would be more stray dogs.

INTERESTING FACT

Babi, I am not sure that everything you tell me is correct - how do you know these things and our wise elders do not - who are you to decide what is truth and what is just a story.

Tallia, for thousands of years people tell stories. Stories help us explain things we do not know or things we are scared of - like the future. Everybody wants to make themselves safe, stronger and more powerful. If we believe in stories, then we have chosen not to learn facts. I love learning because it is interesting!

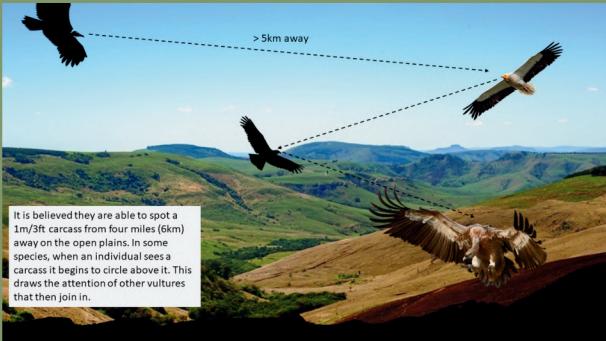


Babu told me that vultures can see into the future. I know there are some witch doctors that say if you sleep with a vulture head under your pillow you will see the lottery results or who you are going to marry!

Eh Tallia! You cannot seriously believe such nonsense can you! Maybe you do not know what I know. Vultures have very good eyesight and can see a long way but they cannot see into the future! All the vultures are watching all the other vultures (and the Bateleur eagle by the way).

When one vulture in the chain sees another drop to the ground, carcass or no carcass, it does the same. This happens all the way down the chain. Maybe it looks like the vulture who is furthest away has seen into the future, or predicted death but no! It does not know there is a carcass, it is just following the behaviour patterns of the vultures and eagles it can see in the sky nearest to it.

VALUABLE

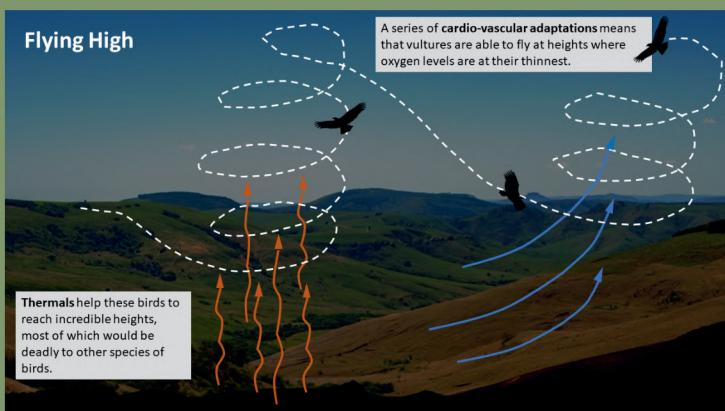


Bare neck in most species so as to make preening easier after eating but mainly a thermoregulatory adaptation to avoid facial overheating.

Strong bills for getting into and ripping carrion pieces.



The Rüppell's Vulture is the highest-flying bird. Reportedly, one was hit by a jet flying over the Ivory Coast at an altitude of 11,300 meters (37,100 feet).



WHITE-BACKED
VULTURE

They do not have good smell & find carcasses exclusively by sight.

The different sizes and shapes of vultures bills are a clue as to which part of the carcass they prefer - bone marrow, sinew, muscle or flesh.

More than half of the Old World vulture species are listed as vulnerable, endangered, or critically endangered by the IUCN Red List, threatened mostly by habitat change, poisoning & electrocution.

Talons are not as strong as other raptors but they are still large and formidable



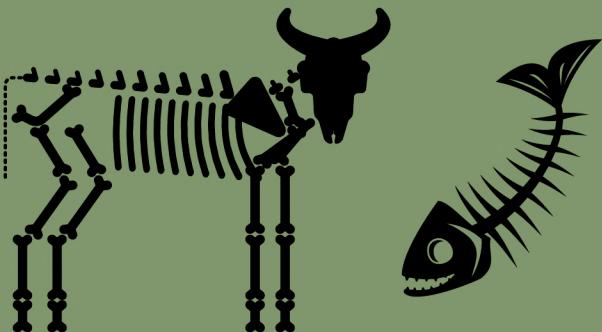
VULTURES

Kingdom: Animalia
Phylum: Chordata
Class: Aves
Family: Accipitridae

ShareScreen
Africa



Some vultures are cliff nesters, others nest on tree canopies, others inside the highest foliage.



It is incorrect to say all vultures scavenge all of the time. Although rarely, some do hunt and kill successfully. Most vultures eat meat, the Palmnut Vulture eats fruit as well scavenging fish.



Vultures roost at night on the highest, safest spot, often a dead tree on the savannah. From here they will use warmer air to help lift-off the next morning.

There are 10 species of vultures in mainland Africa. Some are resident, others migrate.



PALMNUIT VULTURE



RÜPPELL'S VULTURE



BEARDED VULTURE

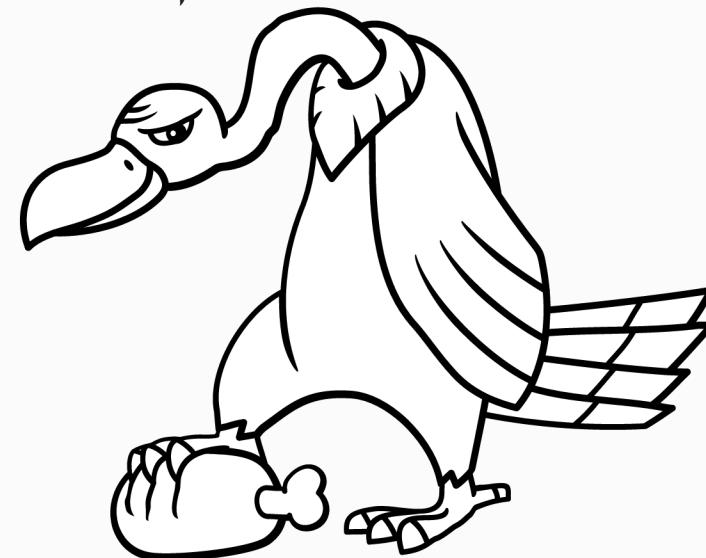
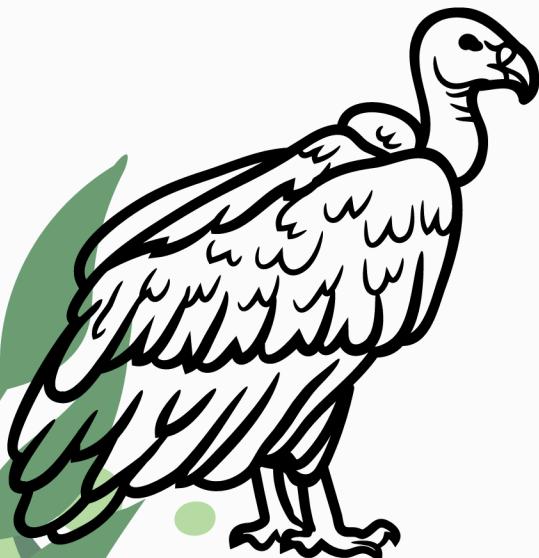


WHITE-BACKED VULTURE



WHITE-HEADED VULTURE

Colour your own Vulture





Why are you scared of Chameleons?

C'mon Babi, it is very obvious when you look like a small dragon that when you bite you will inject venom and cause illness.



Eh Tallia! Chameleons have no teeth, they cannot inject venom and so many birds and other animals eat them which proves that they are not poisonous either!

Babi, I know that only witches and medicine men are able to change their skin colour as they wish. They are crafty and evil. Chameleons are the workers and spirits of witches and medicine men.

Let me teach you something: Under its scaly skin, a chameleon has little layers of cells called iridophores. These cells are like tiny mirrors, reflecting light in different ways. When a chameleon feels happy, scared, or wants to hide, its brain sends signals to these cells. The cells stretch or shrink, changing how light bounces off them. That's how a chameleon can turn green, brown, yellow, or even pink!



Babi! I think you better be careful! I have heard those chameleons hissing and then open their mouths ... I am sure they can spit like a snake!

No chameleon can spit ... but they only use their long, sticky tongues to catch all those pesky flies from landing on our food.

My teacher told us that if a chameleon changes colour in front of you then it is casting a spell! Your life will be disrupted or you will suffer some very bad luck.

Tallia - did you think that maybe your presence has changed the mood of the chameleon, like your baby sister changes your mood when she wants to play! If you see it change colour you are seeing science and evolution in action!

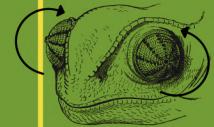
Eh Babi! I have even been told that the spirits of the dead are connected to the chameleons and if one attaches to you, you will be in big trouble!

Tallia, in many religions, the spirits of the dead go to different places. It is not the case that chameleons are connected to these spirits or can bring bad messages or bad luck.

DID YOU KNOW?



Chameleons are insectivores, feeding on small insects. They especially like all those buzzing mosquitoes that annoy you.



Chameleons can move each eye independently and this is what makes them so good at catching insects - they keep very still and very camouflaged and can see if a fly will land just with their eyes,

East Africa is a chameleon biodiversity hotspot and we have a duty to protect what our creator gave us in our countries.

Clever

Chameleons are highly sensitive to habitat loss such as land clearing, bush burning, and mining. Their numbers fall sharply.

Chameleons are known for their slow and deliberate movements, which help them remain undetected by predators.

Chameleons have excellent vision and can see ultraviolet light, which they use for locating prey and recognising mates.

Chameleons are famous for their ability to change colour. This is not just for camouflage but also for communication, temperature regulation and mood expression.

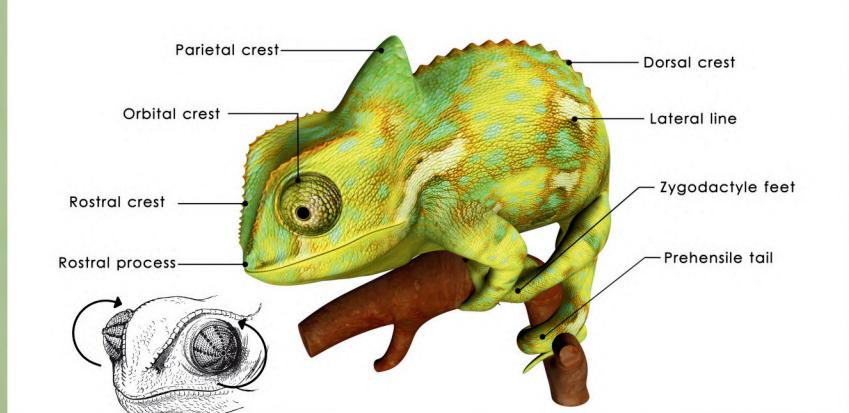
The greatest diversity of chameleons are primarily found in Africa and Madagascar, but some species also inhabit parts of southern Europe, the Middle East and Asia. They prefer warm climates and are often found in forests, savannahs and sometimes very arid areas.

Many chameleons have a prehensile tail, which acts as a fifth limb for climbing and stability.

Some chameleons puff up their bodies and hiss to intimidate predators or rivals.

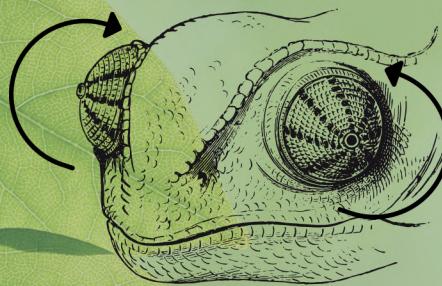


Chameleons range in size from the tiny leaf chameleon (about 2.5 cm long) to the giant Malagasy chameleon, which can grow over 60 cm.



Chameleons

At high altitude, chameleons incubate their eggs inside their body, at low altitude they lay them on a branch.



Chameleons have specialized feet with toes grouped in opposing pairs, ideal for gripping branches.



Chameleons have long, sticky tongues, longer than their bodies. Their tongues extend rapidly to catch prey.

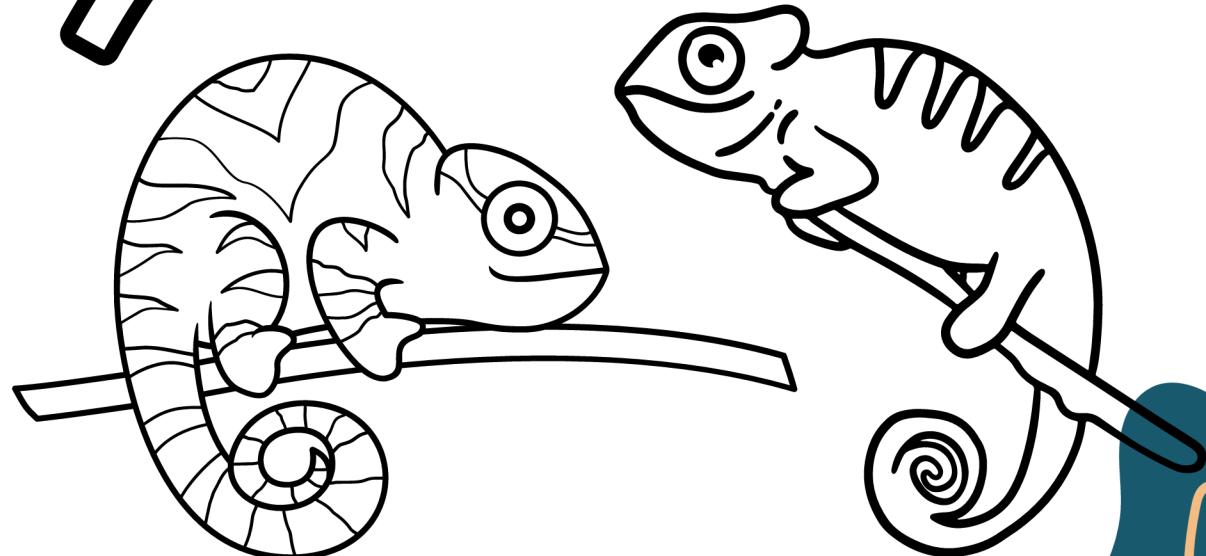
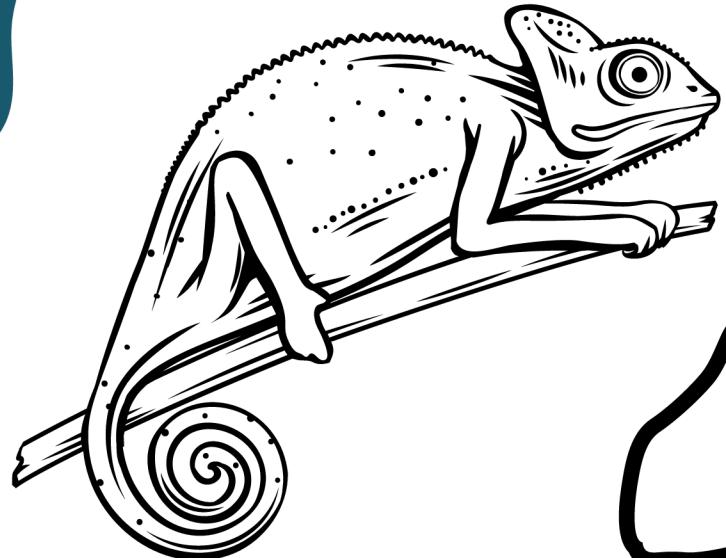
Chameleons can move their eyes independently of each other, allowing them to look in two directions at once.



Another intimidation technique is the open-mouthed hiss.

Chameleons are not poisonous or venomous or harmful to humans in any way what-so-ever.

Colour your own Chameleon



Let us be Wise like the Tortoise

Babi, all the village elders know that when you start to see tortoises, a drought is coming.

What they are actually seeing is a drought that has just finished. Tortoises are most active in the rains as they too need to conserve energy and reduce water loss. Often tortoises start to stir at the very end of the dry season or the drought when they sense the rains.



But Babi, if you cross paths with one in planting season, Eh! Then your crop will mostly fail because you have upset the ancestors.

It just so happens that you want to plant your crops at the end of the dry season to make the most of the coming rain. Tortoises too, know the rain is coming and want to find better food, find a mate and also find water to replenish what they lost in the dry season.



DID YOU KNOW?

Tortoises are known for how long they live - some of them 200+ years!

Tortoises are herbivores, which means they mainly eat grass.

Tortoises need calcium to make their shell hard, and so you may see them eating hyena poo which is full of crushed bone!

INTERESTING FACT

22



Everybody knows the story of 'The Tortoise and the Hare'...

Not me ... I don't know that story!

"Once upon a time in the African savannah, a proud hare and a wise tortoise decided to race.

The hare laughed, 'You're so slow! You'll never beat me!' But the tortoise just smiled and said, 'We'll see.'

When the race began, the hare zoomed ahead and quickly got far in front. Feeling confident, he decided to nap under a tree. Meanwhile, the tortoise kept moving, step by step, without stopping.

When the hare woke up, the tortoise was almost at the finish line! The hare ran as fast as he could, but it was too late—the tortoise had already won.

The tortoise smiled and said, 'Slow and steady wins the race.'

And the animals learned that patience and determination can lead to victory!"

In many cultures and traditions across Africa, the tortoise is considered wise and we have much to learn - It may be hard to work on fear but slow and steady, patience with yourself and you will learn so many interesting things that you will no longer fear animals and birds, insects and dreams without questioning and making your own decisions.

Tortoises



Some tortoises are long living (200+ years) and some are just short lived (30 years)

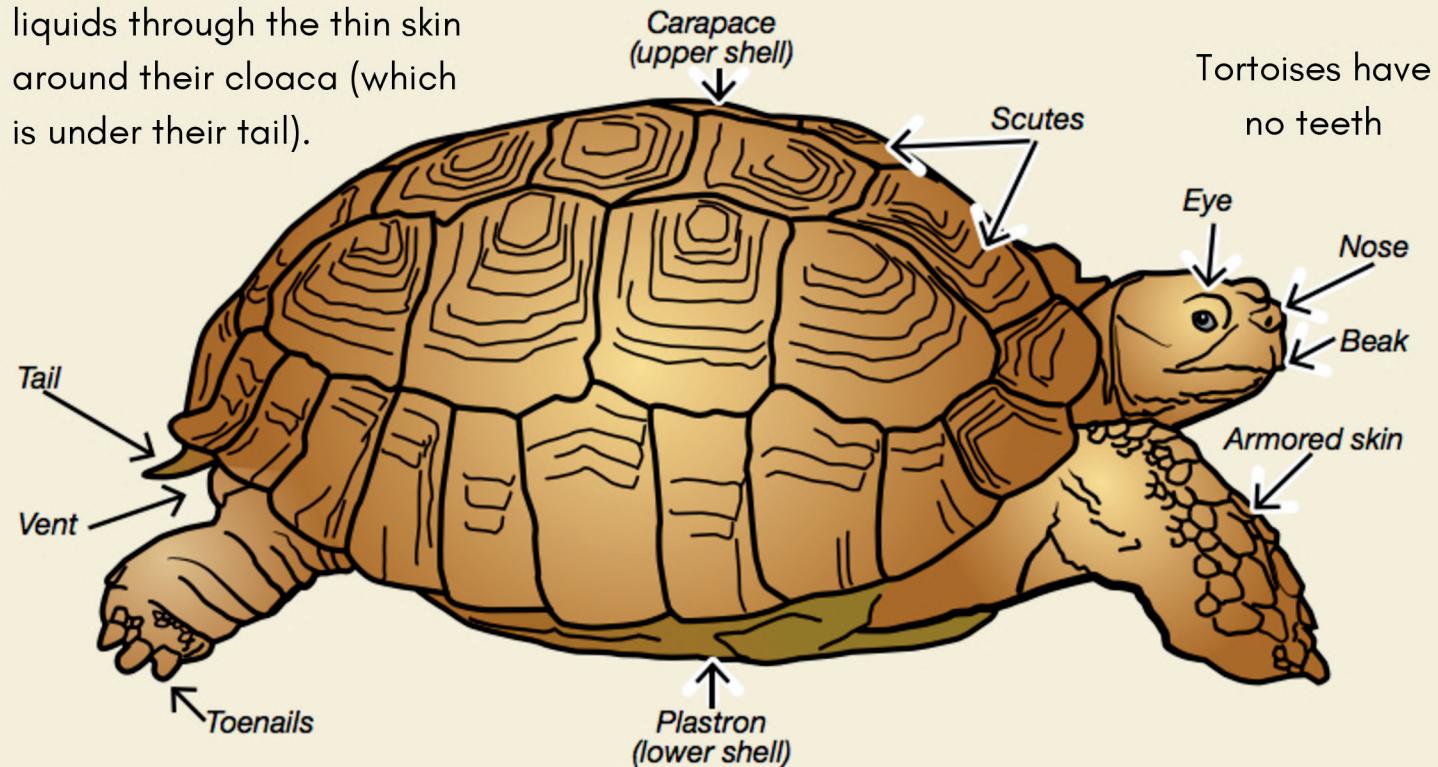
All tortoises can absorb liquids through the thin skin around their cloaca (which is under their tail).

Tortoises store water in a sac called a 'bursa'. Never pick up a tortoise in the dry season as they will empty this sac as a defence strategy – and you will think the tortoise peed on you!

But now it has no water left to survive the rest of the drought!



In the wild, tortoises are most active in the rainy season.



Tortoises have a very acute vomeronasal organ on the roof of their mouth to find food and mates. This organ picks up smells and pheromone signals in the air.

Tortoises have been on our planet for 200 million years! Modern tortoises belong to the family Testudinidae, which evolved around 50 to 60 million years ago



ANGULATE TORTOISE



SPIDER TORTOISE



PANCAKE TORTOISE



There are 22 African tortoises. 16 of are threatened with extinction. 5 are already extinct.



AFRICAN SPURRED TORTOISE



EGYPTIAN TORTOISE



LEOPARD TORTOISE



ANGONOKA TORTOISE

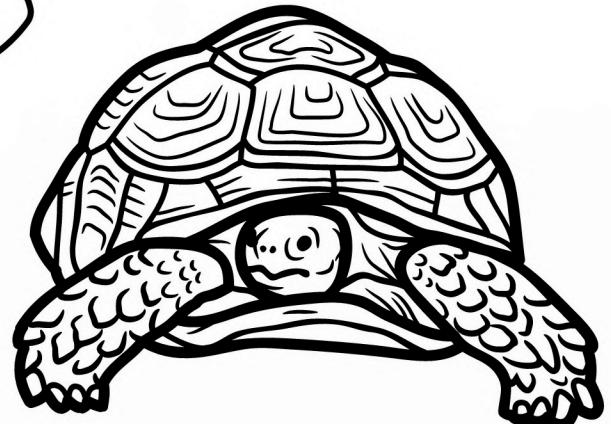
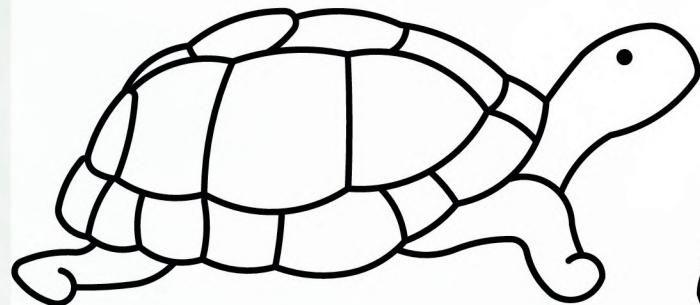
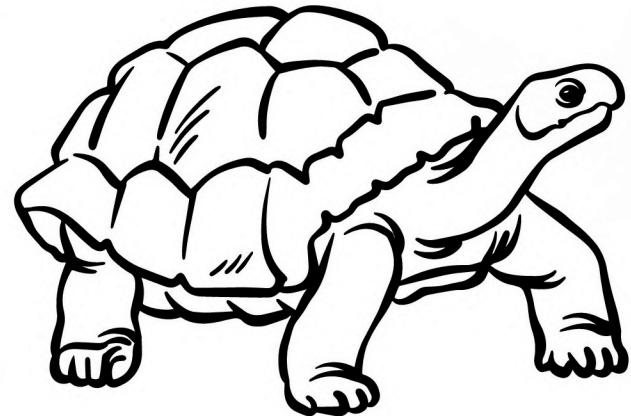
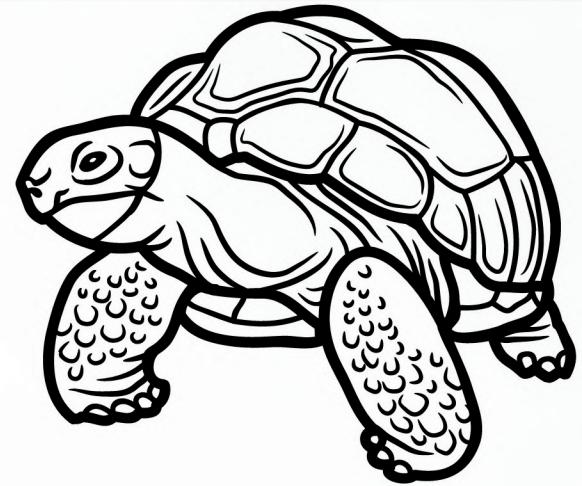
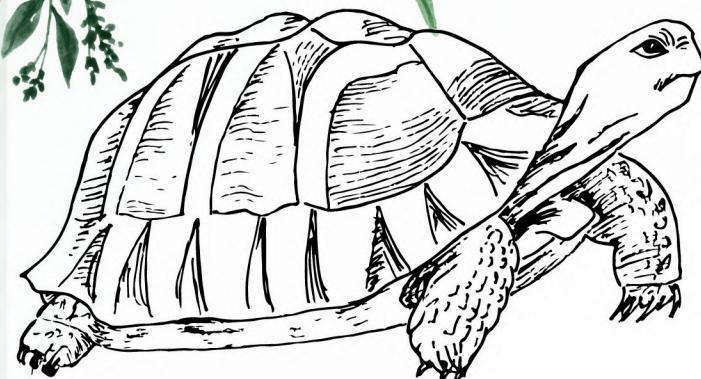
Male tortoises are concave beneath their shell to aid with mating. Females are flat underneath.

The male's cloacal opening is further up the underpart of its tail than the female opening.



Their legs are covered in scales, this defends against injury.

Colour your own Tortoise





Kinyonga



Nyoka



Tai



Kobe



Bundi

I am not scared

Kinyonga si wa kuogopa, mdogo hana hatari.

Nyoka ana sumu, lakini aliumbwa na Mungu kweli.

Tai ni msafishaji, bila yeye magonjwa hutanda.

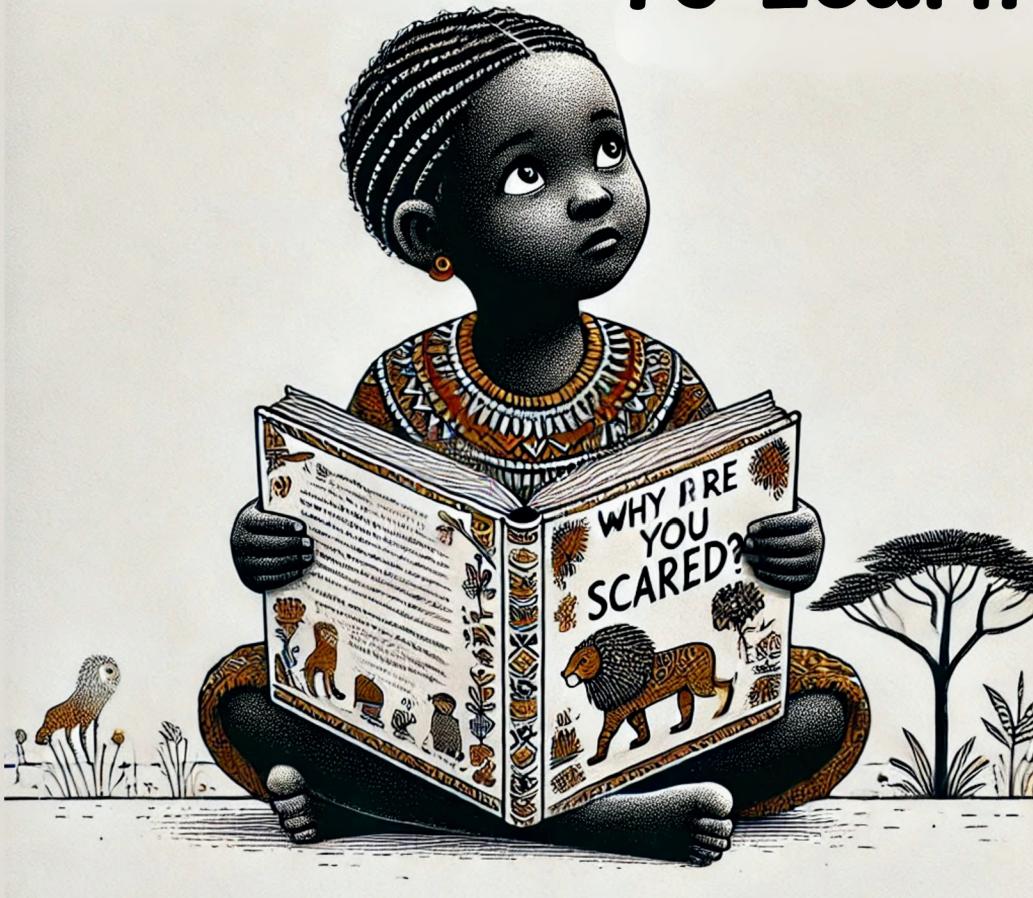
Bundi hula panya, wanaotafuna chakula chetu.

Tuwe na busara kama kobe - tusiuwe kwa kutojua!

I've now learnt a little about
chameleons, owls, vultures,
snakes and tortoises.



To Learn is to be Brave



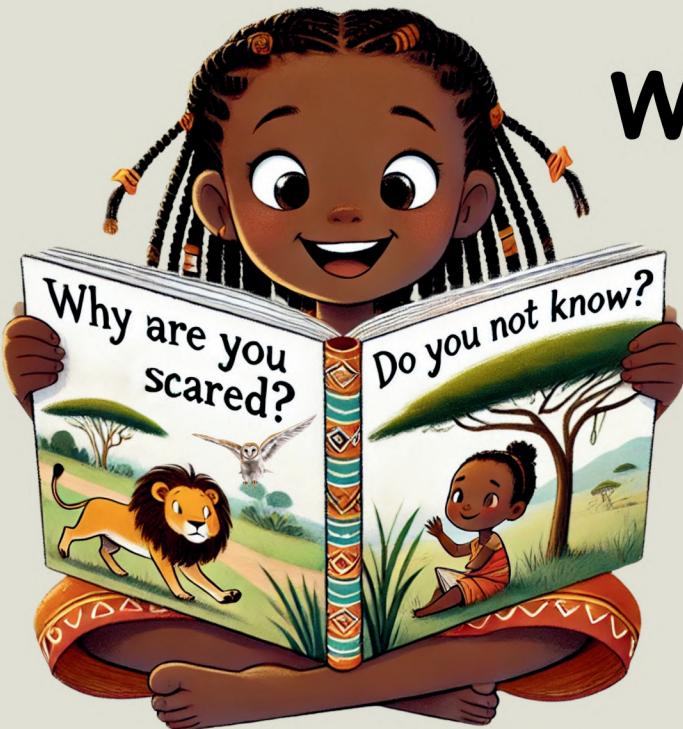
Because of this, people often mis-identify animals. Old beliefs passed down from parents or grandparents might say, "That snake is evil," or "That chameleon will bring bad luck." These beliefs are often based on fear and a lack of knowledge, not facts. And so, when someone sees a snake or chameleon, they might kill it out of fear without stopping to think:

Imagine if everyone called all boys "Daniel." There's Daniel Kimondo, who is tall and loves football, and there's Daniel Mbuya, who is shorter and enjoys drawing. But if we just said "Daniel," how would we know which one we're talking about? We might even confuse one for the other and misunderstand who they are.

This happens with animals too. In East Africa, many animals like snakes, chameleons and tortoises have names in local languages. For example, in Swahili, snakes are often called nyoka, tortoises are kobe, and chameleons are kifaru mdogo (meaning "little rhinoceros"). These names are beautiful, but often they make you think that all snakes, tortoises, owls, vultures or chameleons are the same. Not all Daniel's are the same! Some like to draw, some like football. Not all snakes are dangerous, in fact the majority are completely harmless.

Where did my fear come from?

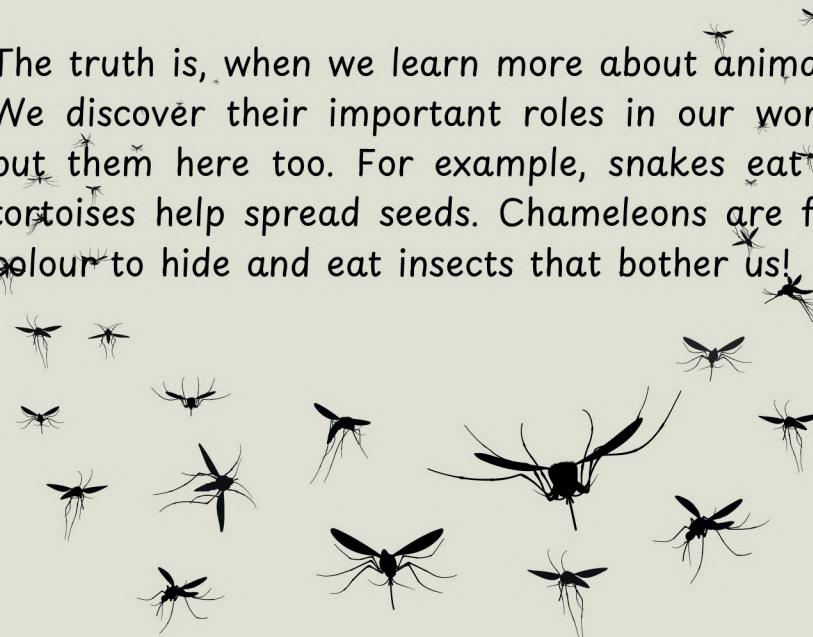
Where did your fear come from?



Is it based on something real, or did you inherit it without questioning?

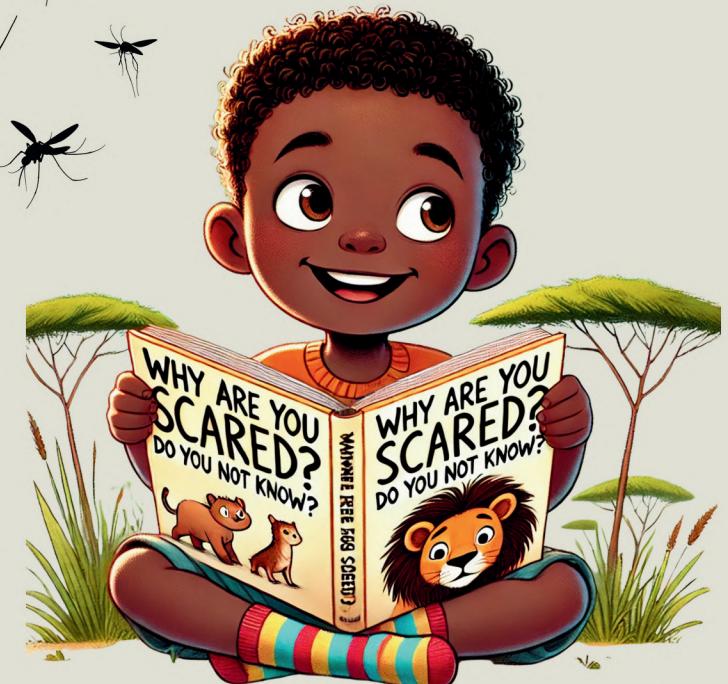
What would happen if you learned some exciting facts about the things you are scared of - animals, the dark, spiders?

The truth is, when we learn more about animals, we understand them better. We discover their important roles in our world. We learn why our creator put them here too. For example, snakes eat pests that destroy crops, and tortoises help spread seeds. Chameleons are fascinating — they can change colour to hide and eat insects that bother us!



When we stop and learn, we become brave. Learning calms fear and replaces it with understanding. Instead of fearing or harming animals, we can respect them and help protect them.

So, the next time you see a snake, a chameleon, or even a tortoise, don't act out of fear. Be brave and curious. Ask yourself, "What can I learn about this creature?" To learn is to be brave!



Very often, wild creatures are scared of us.

We get to choose how we act. If we choose to use poisons then we must know that we kill more than the targeted creature.

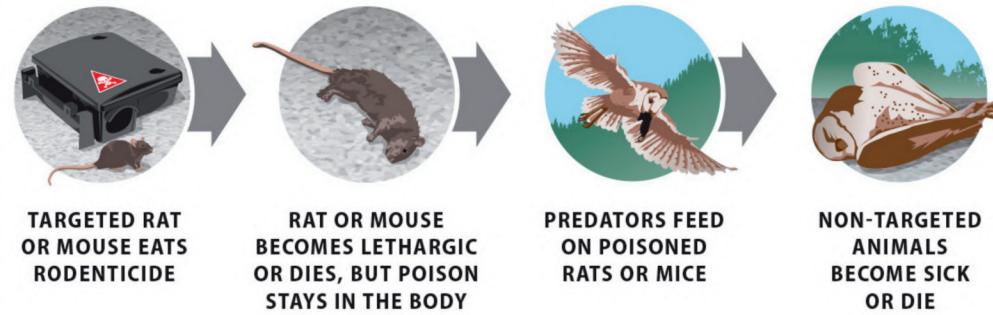
A poisoned rat gets eaten by an owl, or an Augur Buzzard, or your pet dog or cat. You then kill these creatures too.

Rat poisons also kill chickens if they eat it by mistake.

We must choose to look after the creatures put with us on Earth by our Creator.

RODENTICIDE WARNING

All over Africa we are losing species, after species, after species



There is no safe poison

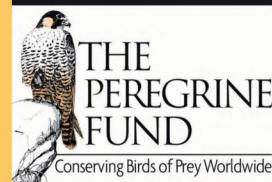


It kills your pets



It kills our birds

**Rethink Rodenticides! Use traps that kill quickly & keep rodent numbers down
INCINERATE (BURN) all dead rodents.**



A conservation education initiative of ShareScreen Africa, KaiNav Conservation Foundation & The Peregrine Fund.
Photos are credited to gov.bc.ca, intobirds.com, barnowltrust.org.uk

This educational infographic has been fact-checked by raptor expert Simon Thomsett and is FREE to use, print, display & share
Details correct as of July 2023. Poster designed by Hollie M'gog

This poster accompanies a set of educational talks that can be found on the ShareScreen Africa Website



A POISONING INCIDENT NEAR RUAHA NATIONAL PARK



Based on Information collected by the Ruaha Carnivore Project, TANAPA and WCS, May 2016. WCS Ruaha vulture project is funded by USAID.

Here are 2 songs about poisoning.
Scan the QR code to find the song
you like.

Sumu Siyo
Suluhisho



Poison Is Not
the Way!



What is behind the Fear?

Sometimes, fears are just questions waiting to be answered. Let's find out together!

You are not alone!

Everyone feels scared sometimes. It's okay! You have friends, family and facts to help.

Curiosity is a superpower!

When we're curious, fear turns into adventure — how amazing is that?

Kindness beats fear!

A little kindness, even to that which you are fearful of, can make even the scariest moments feel small.

You are stronger than you think!

Inside every scary moment is a chance to grow big, bold and strong!

Fear is a Teacher!

Did you know? Fear helps us learn to be brave and discover new things about the world!

Why are you scared?