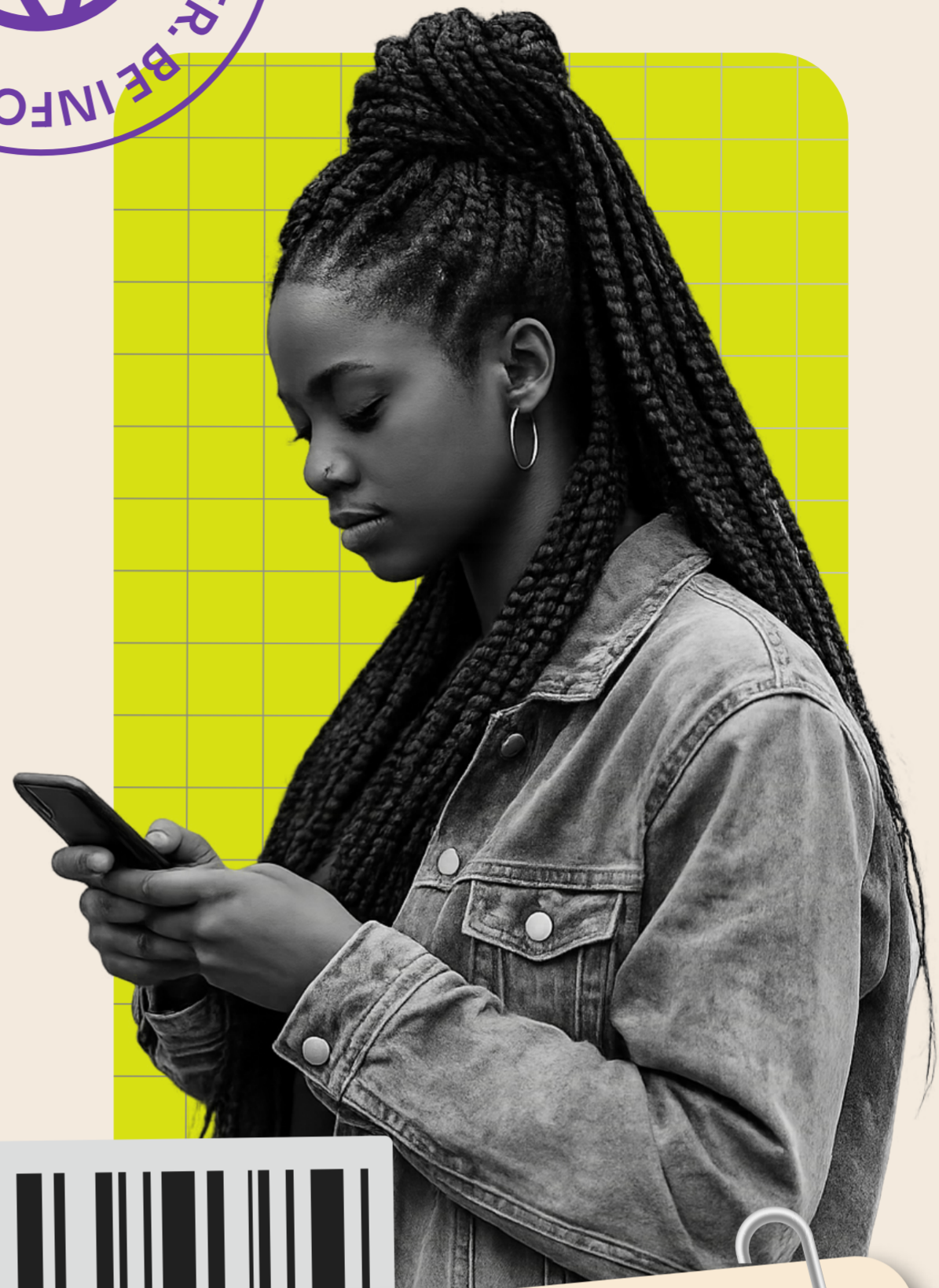




Jua Digital Health Rights Zako

GUIDE YA VIJANA KENYA

Niko Na **Rights Gani** Niki-Try
Kupata **Health Information Online**



01. DATA YAKO, SIRI YAKO

02. RIGHTS ZA AFYA YAKO

03. RIGHT YA KUTOBAGULIWA NA HESHIMA

04. HAKI YA KUJUA NA KUSHIRIKI

05. RIGHTS ZAKO MTANDAONI

GET HELP. GET INFORMED.

Find guides, tools and support at the resource hub



DATA YAKO YA HEALTH ILINDWE



You do not need to be a lawyer to use this guide. You just need to know that you have rights — and know enough to act when they are taken from you.

PREAMBLE

Your health, your body, and your personal information increasingly move through apps, the internet, phones, computers, and the like. Doctors' appointments. Mental health chatbots. Reproductive health trackers. Support groups on WhatsApp and Facebook. These tools exist because someone recognised that you deserve easier, more private, less judgmental access to care. And you do.

However, **digital spaces are not automatically safe spaces**. The same world that built tools to help you also built (whether intentionally or not) systems that can exploit you. Apps that take more than you permit them to take. Platforms that share personal or confidential information. Clinics that send your most private results to the wrong phone. People who use what you share online to control, shame, or harm you.

These harms happen every day to young Kenyans. Most of the time, young people know that what was done to them was wrong, but they do not know what they can do about it.

That is what this guide is for.

Uko na legal rights zenye lazima zifuatwe na sheria. Katiba ya Kenya, 2010, inazi-protect. Ma-Acts za Parliament zinazi-protect. Regulators wako, kukuprotect. If those rights are violated, you can do something about it.

This guide is organised around 2 areas:



Five areas of digital rights that matter most to you, a young Kenyan navigating health and digital life. Each section tells you what the right is, what a violation looks like in the real world, and what you can do if it happens to you.



The last section walks you through the **four practical steps you can always take**, regardless of which right was violated.

ACKNOWLEDGEMENTS

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01.

Data Yako, Ni Yako

HII RIGHT INAMAANISHA?

Sheria ya Kenya **inalinda privacy yako** ukitafuta health information ama ukitaka kutumia health services online ama kupitia simu na other digital devices.

Madaktari, nurses, na other health professionals wanahitajika kisheria **kukeep information yako confidential**. Hawafai kushare details zako na watu wengine **bila consent yako**. Pia uko na right ya kuambiwa:

- Data yako itatumika aje
- Ni security gani imewekwa kuchunga data yako
- Nani anaweza access hiyo info



Ni poa uchekei kama health provider ni legit, Usome privacy policy yao, utumie secure apps ama connections, na ukeep screenshots ama records za consent na conversations zako.



Shida za Digital Health Rights zenye Mayouth hupitia

App ya symptom-checker inakuuliza contacts zako, location, wakati actually inahitaji tu symptom data.

Cancel

Mental health chatbot inakuongeza kwa ma-list za marketing SMS ama calls au product zingine bila wewe kujua, ikitumia zile hidden checkboxes zenye zimefichwa.

Cancel

Clinic inatuma HIV test results kwa plain SMS kwa simu ambayo inatumika na familia, hivyo inafichua status yako bila consent.

Cancel

Njia za kudeal na shida za Digital Health Rights Violations

Law: Data Protection Act, 2019

Before kutumia digital health apps: Uliza data gani inakusanywa na inatumika kwa nini kabla utumie health app ama service yoyote. Kataa ama withdraw consent kama umejua data yako inatumika kwa mambo mengine tofauti. Waagize wasifichue identity yako pale inawezekana (tumia majina fake / pseudonyms kwenye groups, ama private modes)

02.

Rights za Afya Yako

HII RIGHT INAMAANISHA?

Uko na right ya kupata ile **best standard** ya health inaeza fikiwa. Hii inamean unafaa kupata **health info ya kuaminika** kila wakati, na pia safe digital health services. Platforms za health online na mobile zinatakiwa ziwe accessible, zisibague mtu, ziwe clinically reliable, na ziwe secure, ndio uweze kupata advice, diagnosis na care bila blockers unnecessary ama zenye zitaleta issues na privacy yako.

“Clinically reliable” inamaanisha ile info ama service ya health ni correct, safe, na ikona real medical knowledge na standards, ndio uweze kuamini kama advice ya daktari wa kweli.

Shida za Digital Health Rights zenye Mayouth hupitia

1

Online clinic inakuomba info nyingi kuliko yenye inahitajika kabla huja book appointment na wao.

2

Digital health tool haipatikani ama haifanyi kazi vizuri area yako— inaunda system mbili ambapo access inategemea unapoishi, na si rights zako.



Kitu Unaeza Do

- Uliza providers waeleze wanailinda vipi records zako (security measures zao).
- Omba data yako isahihishwe ama ifutwe kama iko wrong ama haiko needed anymore.

03.

Right ya Kutobaguliwa na Heshima

HII RIGHT INAMAANISHA?

Ukipata health info ama services online, una right ya **kuhudumiwa na dignity na bila discrimination**. That means kulindwa against:

- Kubaguliwa ama kutendewa vibaya
- Health status yako kujulikana bila consent yako
- Kukataliwa huduma ya afya
- Unfair treatment yoyote

Hizi protections zinafaa ku-happen **bila kujali health status yako, sexual orientation, gender, ama gender identity**. Digital health providers na professionals wanafaa kukuheshimu, kulinda privacy yako, na kutoa huduma bila ubaguzi. Ukikumbana na discrimination ama unfair treatment, una right ya kuripoti na kutafuta justice.

Shida za Digital Health Rights zenye Mayouth hupitia

1

Teleclinic inakataa kusajili LGBTQ+ youth, ama wanadelete account yake after amebadilisha profile details zake

2

Kuambia wazazi ama guardian information yako bila wewe kujua. Clinic ya online booking system inajua tu inakuwa inacopy wazazi automatically kwenye appointment confirmations za sexual na reproductive health services, bila consent ya huyo client.

3

Unakataliwa huduma au unachukuliwa vibaya online kwa sababu ya jinsi ulivyo kupitia call, chat, au app inakublock automatically.

Kitu Unaeza Do

Kama kuna violation kama info yako imevuja, umenyanyaswa, ama umenyimwa huduma, unaweza chukua hatua.

- Andika kile kilitokea: Weka evidence kama screenshots, majina, siku, na messages**
 - Ripoti incident kwa authorities kama: Kenya Medical Practitioners and Dentists Council (KMPDC) ama Ofisi ya Data Protection Commissioner (ODPC)**
 - Tafuta namna ya sheria: enda kortini kama inahitajika**
- Kuchukua hizi steps inasaidia kulinda rights zako na pia kuzuia hizi mambo zisihapenia watu wengine.

04.

Haki ya Kujua na Kupata Information

HII RIGHT INAMAANISHA?

Una right ya kupata public health information na pia kushiriki kwenye decisions za digital health tools na services. Hii inamaanisha unaweza **access government health guidelines, statistics, na policy documents**. Unaeza omba info kutoka public institutions kuhusu digital health services na ushiriki kwenye decision-making ya Health policies zenye zinaku-affect. Unaweza engage kupitia consultations za Ministry of Health, calls za regulators za public comments, public forums na stakeholder meetings, na processes za bunge. Kujua info na kushiriki inasaidia **kuhakikisha digital health systems** iko **transparent, accountable, na inajali needs** zako.

Shida za Digital Health Rights zenye Mayouth hupitia

1

Government body inakataa kukupatia health guidelines, data, au policy documents bila kutoa sababu ya kisheria.

2

eHealth policy au procurement decision inafanywa bila public consultation — inathiri platforms vijana wanatumia, lakini vijana hawakushirikishwa.

3

Telemedicine platform inafanya kazi Kenya lakini haitoi info inaeza accessiwa kuhusu jinsi data yako inavyotumiwa au rights zako kama user.



Kitu Unaeza Do



Andika kwa public body ukiomba info unayotaka, na utaje Access to Information Act (2016). Wakona siku 21 za kisheria za kujibu. Kama wanakataa bila sababu, enda CAJ (Ombudsman) au mahakama.



Kushiriki kwenye decisions za health, unaweza jibu calls za Ministry of Health, attend public forums, au engage na civil society groups. **Una haki ya kushiriki** — Katiba inakuruhusu.

05.

Rights Zako Mtandaoni

HII RIGHT INAMAANISHA?

Uko na a right to be **protected against any violence** inayotokea online ama kupitia teknolojia, yenye inaweza kusababisha ama kuongeza physical, sexual, psychological, social, political, economic harm, ama kuvunja rights na freedoms za mtu. Hii inaitwa **Technology-facilitated abuse** na ni ile form ya violence inafanyika, inasaidiwa, inaongezwa nguvu, ama inaamplifywa na matumizi ya ICT (information na communication technologies) ama digital media dhidi ya mtu.

Shida za Digital Health Rights zenye Mayouth hupitia

Kuweka personal info ya mtu online bila consent yake.
Personal info, kama place anaishi, phone number, emails, family details, etc.

Cancel

Kufuatilia mtu online mara kwa mara, kwa ku-bother, ku-threaten, ama kumonitor kwa njia ya tech. Inaweza hata cross kwenda offline stalking.

Cancel

Online bullying; kuspam mtu na messages ama posts za kumsumbua kwa makusudi

Cancel

Kushare intimate images za mtu bila consent.
Neno “revenge porn” ni misleading because survivor hajakubali hiyo sharing.

Cancel

Online blackmail kudemand pesa, sex, ama additional explicit images) ndio usisambaze private info ama images.

Cancel

Kufanya fake account na kujifanya wewe ni mtu mwingine, usually kwa kuharibu reputation ama kutishia usalama wa mtu.

Cancel

Kusambaza false info publically ili kuharibu reputation ya mtu.
Wanawake mara nyingi hushambuliwa kwa sexual rumours.

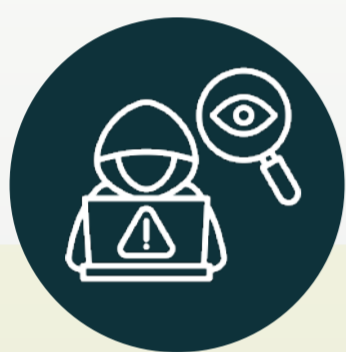
Cancel

Kudanganywa na mtu online mpaka akudhuru kingono (grooming), kuonyeshwa sexual abuse kwa live-stream, kulazimishwa kufanya ngono online, na kutumia picha ama video zako za siri kukudhuru.

Cancel

SHERIA INASEMA?

Hii imekupata? Hapa ndio sheria iko on your side.



Kuna mtu haachi kukusumbua. Threats, insults, ku-stalk kwa DMs.

This is cyberharassment, and it's the heaviest hammer you have. **Up to Ksh 20 million or 10 years in jail, or both.** You can also ask a court to order them to stop.



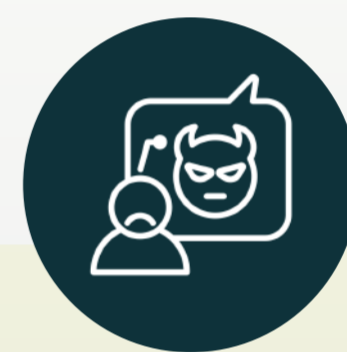
Mtu ame-share picha zako bila ruhusa yako. Someone shared your images bila consent.

Sharing intimate images of someone without their consent is a crime: **up to Ksh 200,000 or 2 years, or both.** Real talk: **this penalty is lighter than harassment**, so if the leak comes with threats or a campaign against you, that's harassment too, and that carries the heavier sentence.



Mtu ameingia kwa account zako ama simu yako bila wewe kujua au bila consent. Someone hacked you.

Getting into your device, account, or private info without permission is **unauthorised access: up to Ksh 5 million or 3 years.** If they broke in to steal or blackmail you, penalties go higher.



Kuna mtu anasambaza uongo kukuhusu. Someone's spreading lies about you.

Update: the old "false publication" crime was struck down in March 2026, so spreading false info is no longer a cybercrime on its own. But you're not powerless. If it's targeted and repeated it can count as harassment, and you can still sue for defamation in civil court.

Kitu Unaeza Do

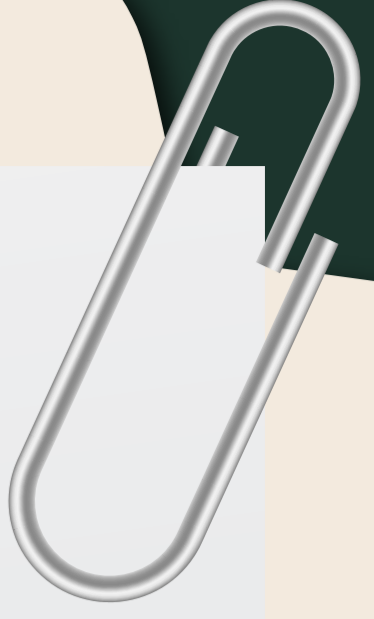
Ukiathirika unafanya nini?

- Report na ufile case Kortini
- Report kwa platforms (TikTok, WhatsApp, Facebook etc)
- Report kwa National KE-CIRT/CC (Cyber Incident Response Centre ya Communications Authority)
- Hifadhi evidence zote: screenshots, messages, links, na logs

Kumbuka kuweka records za attacks zako zote ju evidence ndio itasupport case yako, so screenshots na documentation ni muhimu sana.



Njia Za Kudeal Na Shida Za Digital Health Rights Violations



1

STOP & SECURE



Secure accounts zako: change passwords, washa two-factor authentication (2FA), na utoe devices suspicious ambazo zimeconnect na accounts zako.



Uliza app kwanza **hii data inatumika for nini**; kama haina maana, kataa kupewa hiyo info, ama uninstall app kabisa.



Kataa zile non-essential options; chukua screenshots za consent pages; halafu ukipata imetumika vibaya, withdraw consent yako na demand wafute data yako kabisa.



Zima autofill ama contact-sync kwenye dating apps, health apps na zingine sensitive.



Tumia secure networks (epuka public Wi-Fi kwa sensitive searches).

2

DOCUMENT EVERYTHING

Simple checklist ya kuprepare complaint



Explain vizuri chenye kilitokea: dates, places, apps, messages involved.



Chukua evidence: screenshots, files, na majina ya witnesses (kama wako).



Identify mwenye anahusika: app, hospital, mtu, ama telecom operator.



Eleza kilichotokea: emotional, physical, financial ama discrimination.



Sema vile unataka usaidiwe: content removal, data deletion, apology, compensation, ama criminal action.

3

REPORT



Report incident kwa platform husika (WhatsApp, Facebook, TikTok, X) kutumia in-app reporting tools zao.



Contact ODPIC kama health data yako imepeanwa online, info yako imepeanwa kwa wengine bila consent yako, hospital, app ama insurer inakunyima access ya data yako, ama data yako inatumika kwa kitu hukukubali.



Unafaa **approach NGEIC kama umenyimwa health services** kwa sababu ya gender, disability, age ama status yako, health info yako inatumika kukusababisha stigma ama discrimination, ama digital health platform ama program ni exclusionary ama haiko fair.

4

SEEK REDRESS



Tafuta support kwa NGOs za health rights ama human rights kama KELIN, wakusaidie na guidance.



Jiunge na community peer groups (kama WhatsApp support groups), lakini hakikisha admins wako trusted na tumia private channels kulinda privacy.



Tafuta **legal aid clinics na pro bono lawyers** (Lawyers wa bure) kama unahitaji court case ama compensation claim.



Tumia **youth-friendly na key population-friendly health services**, na omba confidential services pamoja na digital safety advice ukihitaaji.

KEY CONTACTS

WHO TO REPORT TO

ORGANISATION	WHAT FOR	CONTACT
Office of the Data Protection Commissioner (ODPC)	App ilichukua data yako bila kukuambia, ama mtu amesambaza health info yako bila ruhusa yako.	File a complaint: https://www.odpc.go.ke/file-a-complaint/ Phone: 0796 954 269 / 0752 896 867
Kenya Medical Practitioners and Dentists Council (KMPDC)	Daktari au kliniki ilikuaribishia vibaya, ilivuja siri yako, au ilikukatalia huduma.	Phone: +254 111 052 222 / +254 727 666 444 Email: info@kmpdc.go.ke
Kenya National Commission on Human Rights (KNCHR)	Walikudiscriminate, walivuja siri yako, au wakakufanya ujisikie vibaya kwa sababu tu ya wewe ni nani.	WhatsApp: 0798 849 871 Phone: 0726 610 159 / +254-020-3969000 SMS: 22359 File a complaint: https://www.knchr.org/Report-Violation Email: complaint@knchr.org
National Gender and Equality Commission (NGEC)	Wakikatalia kukuhudumia au wakakutendea different kwa sababu ya gender yako, age, ama sexuality yako.	Toll-free: 0800 720 187 Phone: +254 709 375 100 File a complaint: https://www.ngeckkenya.org/file-complaint Email: info@ngeckkenya.org
Commission on Administrative Justice (CAJ)	Uliripoti kwa hospitali ya serikali au ofisi ya umma na wakakupuuza tu.	Toll-free: 0800 221 349 Email: complain@ombudsman.go.ke
National Kenya Computer Incident Response Team Coordination Centre (KE-CIRT/CC)	Mtu alihack account yako, alisambaza picha zako bila ruhusa, au anakusumbua online.	Emergency hotlines: +254-703-042700 / +254-730-172700 Report: https://ke-cirt.go.ke/report-an-incident/ Email incidents: @ke-cirt.go.ke
National Legal Aid Service (NLAS)	Unataka kwenda kortini lakini huna pesa ya wakili.	Phone: +254 110 149 938 +254 110 149 935 +254 110 149 939 Email: info@nlas.go.ke

MENTAL HEALTH SUPPORT

Kenya Red Cross — Chat Care	Kitu kilitokea online na unahitaji mtu wa kuzungumza naye, bila judgment, bila pressure.	Chat https://redcross.or.ke/chat-care/ Phone: 1199 (toll-free)
LVCT Health — One2One Hotline	Unahitaji support ya mental health kwa siri. Hii line ni ya vijana specifically, na kila kitu unachosema kinabaki kati yako na wao.	Phone: 1190 More info: https://one2onekenya.org/help/call

A NOTE ON THIS GUIDE

This is a simplified guide. It covers the essentials, but the full toolkit goes deeper, with more scenarios, more detail on your rights, and step-by-step guidance on reporting. Read the complete version here:

<https://www.kelinkkenya.org/wp-content/uploads/2026/06/Know-Your-Digital-Health-Rights-A-Practical-Guide-for-Young-People-in-Kenya.pdf>