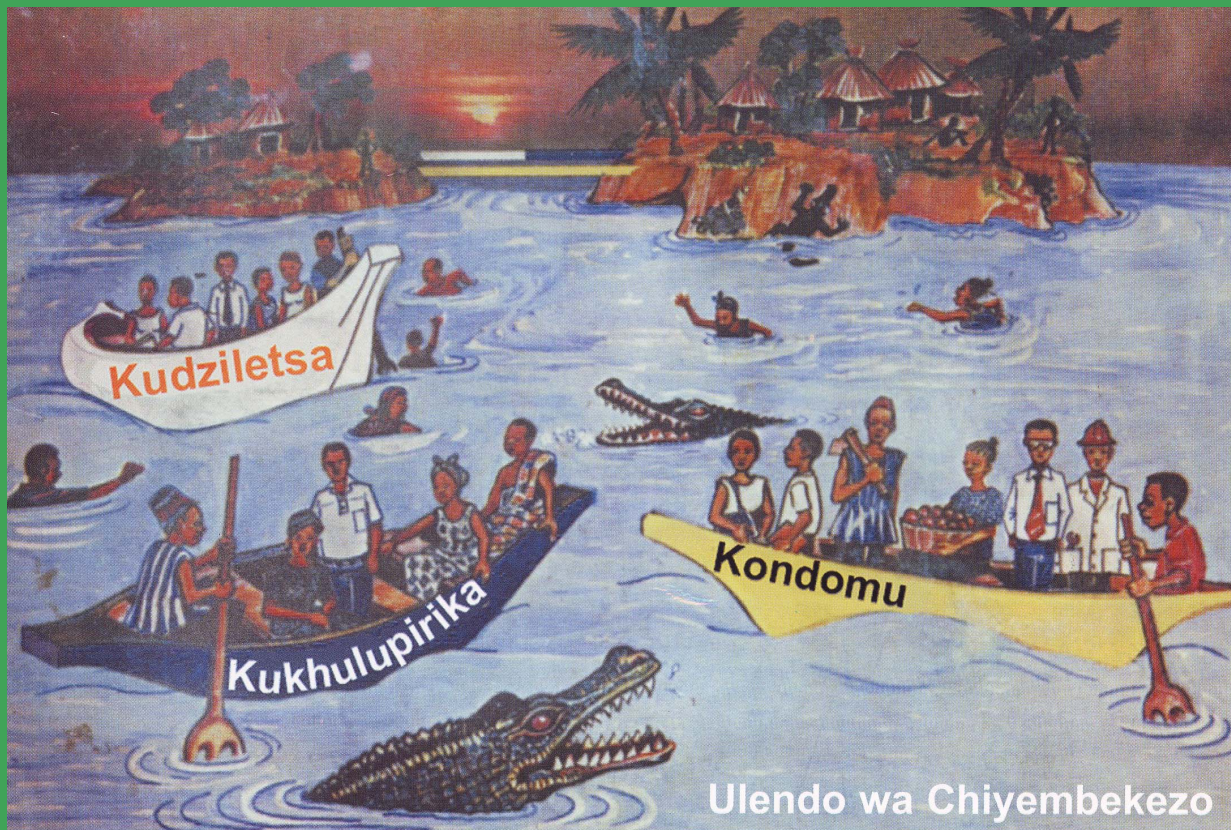


Ulendo Wa Chiyembekezo

Maphunziro Othandiza Kusankha Mwanzeru
Polimbana ndi Mliri wa Edzi



Bukhu Lophunzitsira Kudziletsa ku Edzi
M'malawi

Nditha!!
Kupewa Edzi



ULENDO wa CHIYEMBEKEZO

**Maphunziro Othandiza Kusankha
Mwanzeru Polimbana
ndi
Mliri wa Edzi**

**Bukhu Lophunzitsira Kudziteza ku Edzi
m'Malawi**

Olemba

Peter Labouchere, Glory Mkandawire ndi Kirsten Böse.

“NDITHA!”

... kunena mosabisa za Edzi, kudziletsa
kugonana, kukana zogonana,
kukhala ndi ukhondo, kukhala opanda mantha,
kukhala m'chiyembekezo nkudzakwaniritsa
tsogolo langa.



ZA MBIRI YA BUKHULI

Bukhuli linalembedwa ndi sukulu ya ukachenjeda ya *Johns Hopkins Bloomberg School of Public Health Centre for Communication Programs* ku America.

Bukhu la Ulendo wa Chiyembekezo ndi chida champhamvu chothandiza a Malawi kusankha mwanzero polimbana ndi mliri wa Edzi ndi kukhala ndi thanzi kuti adzathe kukwaniritsa zolinga za m'moyo mwawo.

Bukhuli lakonzedwa ndi chithandizo chochokera ku *United States Agency for International Development (USAID)*.

Bukhuli lidalembedwa ndi kusindikizidwa ndi *Johns Hopkins Bloomberg School of Public Health Centre for Communication Programs (CCP)*: M'chaka cha 2005.

Mukhoza kusindikiza bukhu lino ndikumaligwiritsa ntchito mutafuna, koma musachite malonda ndi mabukhu omwe mwasindikizawo, muwagawe mwaulere. Posindikiza mabukhu anuwo vomerezani kuti maganizo ali mabukhuwo analembedwanso ndi a CCP, a Peter Labouchere komanso a Bernard Joinet.

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Masomphenya a *BRIDGE Project* pa za Tsogolo la Malawi

A Malawi tonse tigwirane manja pokonza tsogolo labwino limene a Malawi onse:

- **Akhale ndi ufulu ndi mphamvu zosankha pankhani zokhudzana ndi kugonana molingana ndi zikhulupiro zawo.**
- **Akhulupirire ndi kukhala ndi chiyembekezo kuti akhoza kukhala ndi tsogolo labwino ngakhale nthawi ino ya mliri wa EDZI.**
- **Adziwe kuti mliri wa EDZI ukukhudza aliyense.**
- **Akhale ndi udindo otengapo mbali polimbana ndi mliri wa EDZI.**
- **Akambe poyera zokhudza HIV ndi EDZI osawopa kusolidwa ndi ena.**
- **Agwire limodzi ntchito yothandiza kuthetsa kusiyana pakati pa atsikana ndi anyamata popereka mphamvu kwa atsikana ndi amayi.**
- **Akhale ndi chiyembekezo m'miyoyo yawo komanso m'madera awo polimbana ndi kuthetsa EDZI.**
- **Akhale ndi chikondi ndi kuthandiza anthu omwe ali ndi HIV kapena EDZI.**
- **Akondwere kuti atengapo mbali pothandiza kukwaniritsa tsogolo la Malawiri.**

MAU OYAMBA

Powona m'mene HIV ikufalira kuno ku Africa komanso m'mene ikusakazira miyoyo ya anthu, pakufunika kuchitapo kanthu kuti tigonjetse matenda amenewa. Bukhu la *Ulendo wa Chiyembekezo* ndi chimodzi mwa zida zomwe mabungwe ngakhalenso anthu angathe kugwiritsa ntchito potengapo mbali kufalitsa uthenga odzitetiza ku mlirivu komanso posamalira amene ali kale ndi matendawa.

Ulendo wa Chiyembekezo ndi mbali imodzi yomwe Malawi *BRIDGE Project* akugwiritsa ntchito poyesa kuthandiza anthu kuti adzitetize ku kachilombo ka HIV. Ntchito ya *BRIDGE Project* ikulimbikitsa m'mene anthu angapewere HIV. Ntchito ya pulojekitiyi ikugwiridwa ndi *Johns Hopkins Bloomberg School of Public Health Centre for Communication Programs* mogwirizana ndi *Save The Children US*. Cholinga cha *BRIDGE Project* ndi kuchepetsa kufala kwa kachilombo ka HIV pothandiza a Malawi kuonjezera pa zomwe akudziwa za Edzi kuti akhalenso anthu amene akuchitapo kanthu kupewa matendawa; kuthandizana ndi mabungwe ena kuti akwaniritse mfundo zimene adakhazikitsa polimbana ndi matenda a Edzi; kuthandiza anthu kuti akhale ndi khumbo loyembekezera tsogolo labwino.

Atsogoleri a ndale, mafumu komanso ena osiyanasiyana tsopano akuzindikira ndipo akutengapo mbali kuwuzana anthu kuti adzikamba zamlirivu mosabisa, potero tidzathandizana kulimbana ndi mlirivu. Mabungwe osiyanasiyana komanso magulu ena a anthu ali nawo pankhondo imeneyi, kuwuzana anthu makamaka achinyamata kuti asinthe khalidwe lomwe lingatitengere HIV kupyolera m'maphunziro osiyanasiyana.

Cholinga cha bukhu la *Ulendo wa Chiyembekezo* ndi kulimbikitsa ntchito zomwe zikuchitika kale ndi mabungwe komanso magulu a anthu polimbana ndi mliri wa EDZI muno m'Malawi. Bukhuli likugwiritsa ntchito njira zina zosangalatsa pophunzitsa kuti kufala kwa mlirivu kuchepe. Pakali pano anthu oposa 70,000 amatenga kachilombo ka HIV m'chaka chilichonse muno m'Malawi.

Bukhuli likukamba za **“Mabwato a Ulendo wa Chiyembekezo”**, mfundo yomwe Bambo Benard Joinet wa Katolika pamodzi ndi a Jose Cantal, a Theodore Mugolola ndi ena analemba ndipo lagwiritsidwa ntchito m'mayiko osiyanasiyana. Bukhu la *Ulendo wa Chiyembekezo* lagwiritsa ntchito njira zina zatsopano zophunzitsira poyerekeza Timilatho ndi Chilumba cha Tsogolo. A Peter Labouchere ndiwo amene anamasulira njirazi ndi kuzilemba bwinobwino m'bukhuli.

Bukhu la *Ulendo wa Chiyembekezo* la Malawi lalembedwa potengera bukhu la mtundu omwewu lomwe linalembedwa ku Ghana.

Bukhuli layesedwa muno m'Malawi ndi anthu komanso mabungwe osiyanasiyana kuti likhaleli loyenera kwa a Malawi. Zomwe anthu amene analiyesa bukhuli anena zasonyeza kuti ndi losavuta, ndi lomveka bwino, ndipo lingagwiritsidwe ntchito ndi magulu osiyanasiyana pa nkhani za HIV ndi matenda a EDZI.

Bukhu la *Ulendo wa Chiyembekezo* ndi chida cha mphamvu chothandiza anthu ndi magulu osiyanasiyana kukambirana mwakuya zokhudza mliri wa Edzi. Tiri ndi chikhulupiriro kuti bukhuli lithandiza kuti anthu azindikire za mliri wa EDZI ndiponso kuti asinthe makhalidwe omwe angaika miyoyo yawo pachiswe. Tikutsimikiza kuti bukhuli ndi lothandiza kwa onse amene akukhuzidwa ndi miyoyo ya anthu a m'Malawi komanso m'mayiko ena pa dziko lonse.

Kirsten Böse

Country Representative

Johns Hopkins Centre for Communication Programs.

MAU OTHOKOZA

Alembi a bukhu la *Ulendo wa Chiyembekezo* akuthokoza kwambiri anthu awa: a Evelyn Lemani, katswiri amene adatanthauzira buku loyamba la Ulendo wa Chiyembezo kuti ligwirizane ndi chikhalidwe cha a Malawi lomwe lidayesedwa ku Kambiri m'boma la Salima; a George Alufandika (Save the Children/BRIDGE) ndi a Edward Chakhwana (MANASO) potengapo gawo lalikulu kuwongolera zomwe zalembedwa m'bukuli; a Jane Brown, a Ketan Joshi, a Isabelle Sanche ndi a Lisa Folda ogwira ntchito ku CCP ndiponso a Kent Mphepo, a Patrick Phoso, a Telina Matabwa ndi a Towera Kachingwe ogwira ntchito ku BRIDGE Project pothandizira zina ndi zina pa ntchito yolembe bukhu; a Shadreck Chikoti pothandiza kutanthauzira bukhu mu Chichewa.

Alembi a bukhu akuthokozanso Gill Gordon powavomereza kuti agwiritse ntchito bukhu lawo la *Choices*; Petra Rohr-Rouendaal popereka zojambula ziri mbuku lino ndipo a *Macmillan Education Ltd* pololeza kuti tikhoza kugwiritsa ntchito zithunzizi. Alembiwa akuthokozanso a Augusto Boal chifukwa cha luso lomwe adalipanga ku *Latin America* lotchedwa “*Theatre of the Oppressed*” lomwe ndi maziko a zokambirana kudzera m'dzisudzo “*Forum Theatre*”.

Anthu ambiri athandiza kwambiri kuti bukhu lino lifike pamene lafikapa ndipo anthuwo ndi awa:

Bambo Bernard Joinet omwe adali oyambirira kubweretsa chiganizo cha Mabwato a pa Ulendo wa Chiyembekezo chomwe chiri m'gawo lachinayi m'bukhu ndipo iwo adavomerezanso kuti chiganizo chawocho chikhoza kugwiritsidwa ntchito m'bukhu; a Cantal Rivas amene adabweretsa maganizo ogwiritsa ntchito chinsalu ndi makadi; ojambula a Theodore Mugolola a ku Tanzania, a Solomon Titus-Glover a ku Ghana ndi a Rodgers Chilemba a ku Malawi pojambula anthu a pamakadi komanso Ike Kwamena Essilfie-Essel a ku Ghana amene adajambula chithunzi chomwe chili pachikuto cha bukhu.

Alembi akuthokoza mabungwe ena popereka zida zina za m'phukusi la chiyembekezo “*Hope Kit*”: a *PSI Malawi-Pakachere* popereka mabuku a Kukhala m'Chiyembekezo ndi HIV ndi Edzi ndi a *National AIDS Commission* popereka timabukhu ta Mankhala a ARV ndi Kulandira uphungu ndi kuyezetsa magazi mosaumirizidwa. Alembiwa akuthokozanso a *Society for Women and AIDS in Malawi - Africa Division*, a *Family Planning Association of Malawi* ndi a *PSI Malawi-Youth Alert* pololeza kugwiritsa ntchito ma poster awo; akuthokozanso omwe adalembe bukhu la *Positive Living* pololeza kugwiritsa ntchito zinthunzi ndi nkhani za m'bukhu lawo za anthu a ku South Africa omwe ali ndi HIV.

Akuthokozanso anthu amene adatenga mbali yayikulu pa nthawi imene bukhu linkayesedwa kugwiritsidwa ntchito kwa nthawi yoyamba; a Peter Labouchere, a Glory Mkandawire (CCP/BRIDGE), a Joyce Wachepa (Save the Children/Umoyo Network), a Akuzike Tasowana (MANASO) komanso omwe amaphunzira kugwiritsa ntchito bukhu pa nthawi yoyesayo omwe ndi awa:

Joseph Sambaudye (Maphunziro Foundation); Timothy Bonyonga (Banja La Mtsogolo); Levson Phiri (Save the Children/ BRIDGE); William Jiya (ICOCA); Thembi Thadzi (Counseling of Adolescent & Youth Organization); Solomon Nyirenda (MANASO); Barton Kafanikhale (Kasungu AIDS Support Organization); Machilika Matemba (Tsogolo la Ana); Steve R Ndiwo (REFORD); Margaret Sibale (Nkhotakota AIDS Support Organization); Harold Chilikutali (Nzama Parish HBC); Violet Sichinga (Friends of Mzuzu Community); Edward Chikhwana (MANASO); George Alufandika (Save the Children/BRIDGE); Blandina Tauzi (Tikoleraneko); Jacob Kambemba (NAPHAM); Maggie Kambalame (Save the Children); Saiti Jambo (Muslim Association of Malawi) ndi Steve Mfuno (Salima AIDS Support Organization).

Zinthunzi zambiri mbukhu ndi za anthu amene tawatchulawa ndipo zidatoledwa pa misonkhano yosiyanasiyana nthawi imene bukhu linkayesedwa ku Salima.

Potsiriza tithokoze *Johns Hopkins Bloomberg School of Public Health Centre for Communication Programs (CCP)* omwe anathandiza kulemba bukhu komanso *United States Agency for International Development (USAID)* omwe adapereka ndalama zogwiritsira ntchito polemba bukhu.

ULENDO wa CHIYEMBEKEZO: Mau Otsogolera



Kodi Bukhu la Ulendo Wa Chiyembekezo ndi Chiyani?

Bukhu la *Ulendo wa Chiyembekezo* ndi chida champhamvu chomwe chingathandize aliyense kutenga mbali popewa mliri wa matenda a Edzi. Njirayi imathandiza onse ogwiritsa ntchito kulimbikitsa mtima wofunitsitsa kuthana ndi mabvuto a mtundu uli onse mu njira yoyenera.

Dziko la Malawi ndi limodzi mwa mayiko ambiri pa dziko lapansi amene akhudzidwa kwambiri ndi mliri wa matenda a Edzi. Mliri wa Edzi watenga kale miyoyo ya anthu oposa 555,000 m'dziko la Malawi kuyambira pamene matendawa anazindikiridwa m'dziko lino m'chaka cha 1985.

Ulendo wa Chiyembekezo ukusonyeza njira zopatsa a Malawi mphamvu zosankha moyenera poganizira zogonana. Njirazi zikulingana ndi zomwe achinyamata ngakhale akulu amakumana nazo m'moyo mwawo pankhani yogonanayi.

Ulendo wa Chiyembekezo wayerekezedwa ndi izi:

M'madzi kapena m'mtsinje mumene muli nyama zolusa monga ng'ona, njoka ndi zina zomwe zikuimirira kachilombo ka HIV koyambitsa matenda a Edzi ndi matenda ena ndi zovuta zina m'moyo wa munthu.

Mabwato atatu ndi timilato tamitundu itatu – zimenezi zikuyimira njira zitatu zothandiza kupewera matenda a Edzi za:

- Kudziletsa
- Kukhulupirika kwa mkazi kapena mwamuna m'modzi.
- Kugwiritsa ntchito Kondomu.



Cholinga cha bukhu la Ulendo wa Chiyembekezo

- Kuthandiza achinyamata m'dziko lino kuthetsa matenda a Edzi.
- Kuthandiza anthu onse amene afuna kukhala pa ubwenzi ndi mkazi kapena mwamuna kuti asatenge matenda a Edzi.
- Kulimbikitsa achinyamata komanso akuluakulu kusankha njira zopewera matenda a Edzi popewa kugonana, pokhulupirika kwa mkazi kapena mwamuna m'modzi komanso pogwiritsa ntchito Kondomu.

M'mene Cholingachi chingakwaniritsidwire

Kuti cholingachi chikwaniritsidwe, bukhu la Ulendo wa Chiyembekezo likusonyeza izi:

- Kulola kukamba poyera komanso mwatchutchutthu zokhudza umoyo waubereki ndi za matenda a EDZI ndi kachilombo ka HIV.
- Polola ophunzira kutengapo mbali mosangalala ponena nthano ndi pochita masewero ena osiyanasiyana.

- Posonyeza ophunzira njira zosiyanasiyana zopatsa mphamvu yodzitezera ku matenda a Edzi (kudziletsa, kukhuluprika kwa mwamuna kapena mkazi mmodzi, ndi kugwiritsa nchito kondomu).
- Kulimbikitsa a Malawi kusankha njira zoyenera zosamalirira miyoyo yawo kuti akwaniritse zolinga zawo.
- Kugwiritsa ntchito njira zosiyanasiyana zothandiza anthu kusintha khalidwe lomwe lingawatengere kachilombo ka HIV.
- Kuthandiza anthu kukhala ndi mphamvu zomakambirana pa nkhani zogonana pachibwenzi komanso pabanja.
- Kulongosola mwatsatanetsatane zoyezetsa magazzi ndi kulandira uphungu pa za matenda a Edzi.
- Kupitiriza kukumbutsa anthu kuti awonetse chikondi kwa anthu omwe ali ndi kachilombo ka HIV kapenanso omwe akuvutika ndi matenda a Edzi.

Amene adagwiritsapo ntchito bukhu lino ndi zomwe akukamba

Bukhu la Ulendo wa Chiyembekezo lakhala likugwiritsidwa ntchito m'mayiko ena monga Zambia, Ghana, South Africa, Sri Lanka, France ndi Britain. Tsopano tiri ndi mwayi kuti eni bukhu loyambirirawo adatilola kuti tikhoza kusintha zina ndi zina kuti zomwe zili m'bukhu loyambalo zigwirizane ndi kuno ku Malawi.

Ku Malawi kuno msonkhano woyambirira wa Aphunzitsi udachitika mu January 2005 ndipo udathandiza kuwunikira kuti bukhuli likhale m'mene lilirimu.



Chithunzi 1: Msonkhano oyamba wa Aphunzitsi a Ulendo wa Chiyembekezo ku Malawi



Ndemanga zokhudza bukhuli

Pa nthawi yoyesa bukhuli kuno ku Malawi ndi pomwe adagwiritsa ntchito mabuku oyamba ku mayiko ena anthu adapereka ndemanga zawo zokhudza zochitika m'bukhu la *Ulendo wa Chiyembekezo*.

Ndemanga zina za ku Malawi zidali motere:

“Anthu anakhudzidwa kwambiri ndi zochitika zimene ziri mphukusi la Ulendo wa Chiyembekezo kotero kuti ambiri asintha mfundo zimene adamanga. Ulendo wa Chiyembekezo wabweretsadi kusintha khalidwe losayenera. Ulendo wa Chiyembekezo ukuthandiza anthu kukhala m'chiyembekezo ndi HIV ndi Edzi”

Magaret Sibale, Nkhotakota AIDS Support Organization, Nkhotakota.

“Ine ndikuganiza kuti kukamba za tsogolo ndi chinthu chomupangitsa munthu kuzindikira za udingo wake komanso kumudziwitsa kuti ndichinthu cha nzeru kuti adzitetze kumatenda a Edzi. Zochitika za m'bukhu la Ulendo wa Chiyembekezo ndizosavuta kuzitsata.”

George Alufandika, Save the Children US, Salima.

“Ine ndinakhudzidwa kwambiri ndi zochitika za m'mbukhu limeneri makamaka zokhuza Chilumba cha Tsogolo kotero kuti tsopano ndinapanga chiganizo kuti ndikwaniritse tsogolo langa. Bukhuli ndi labwino kwambiri ndipolosavuta kuligwiritsa ntchito.”

Thembi Thadzi, Counselling of Adolescent & Youth Organization, Lilongwe.

“Ine ndimaganiza kuti ndidzakhala oyitanira ma mini basi mpaka kalekale koma nditapanga nawo sewelo la Chilumba cha Tsogolo ndaona kuti nditha kisitha tsogolo langa ndi kulikwaniritsa bwinobwino.”

Mnyamata oitanira ma mini basi ku Balaka.

Ndemanga zina za ku mayiko ena zidali motere:

“Bukhu la Ulendo Wa chiyembekezo ndi chida cha mphamvu chophunzitsira za kuwopsya kwa

kachirombo ka HIV ndi matenda a EDZI. Limathandiza anthu kumvetsa bwino za mliri umenewu ndiponso kusintha mkhalidwe. Ophunzira amaphunzira kudzera m'masewero osiyanasiyana mosangalala. Ndi bukhu losangalatsa ndithu”

Maurice Acquaye, AIDS Co-ordinator, salvation Army, Ghana.

“Sindinagwiritsepo ntchito kondomu koma m'mene ndamveramu kuti ikhoza kunditeteza monga mmene mlatho učitira, ndili okonzeka kukagula makondomu asanu lero masana”

Mayi wochokera ku Begoro, Ghana.

“Mafunde ndi zilumba zomwe zatchulidwa m'bukhuli ndi zinthu zomveka bwino ndithu makamaka pamene tikhala ndikulangiza anthu ofuna chithandizo. Ndagwiritsa ntchito Chilumba Cha Chiyembekezo ndi anthu amene anali ndi nkhwana komanso otaya mitima”

Theresa Matafwali, Wopereka Uphungu, Zambia.



Phukusi la Ulendo wa Chiyembekezo (*Hope Kit*)

Pali phukusi lomwe muli zinthu zosiyanasiyana kuphatikizapo zomwe zimagwiritsidwa ntchito mothandizira bukhu lino. Phukusiri liri ndi zinthu izi:

1. Bukhu la Ulendo wa Chiyembekezo.
2. Bukhu la Mauthenga a HIV ndi Edzi.
3. Timatabwa topinda (milingo yake 22mm x 22mm x 1.8mm mulitali) Kathabwa kena ndi koyera (*white*) mbali ina ndi yabuluwu (*blue*). Pamene kathabwa kena ndi kachikasu (*yellow*) konse.
4. Nsalu yayikulu yabuluwu yojambulidwa mabwato atatu a mtundu oyera, buluwu ndi chikasu.
5. Pepala lalikulu mulingo wa A4 losonyeza nyanja momwe muli anthu, mabwato, ng'ona ndi zilumba.
6. Makadi 10 osiyanasiyana okhudza za HIV ndi matenda ena opatsirana pogonana oti anthu akambirane.
7. Makadi awiri a ng'ona, awiri a mvuu ndi khadi limodzi la njoka.
8. Khadi limodzi la Chilumba.
9. Zithunzi zodulidwa zokwana 25 pomwe pali anthu osiyanasiyana komanso a zaka zosiyana.
10. Makadi 10 a A4 okamba za anthu amene ali ndi HIV.
11. Bukhu lotchedwa “Kukhala m’Chiyembekezo ndi HIV ndi matenda a Edzi”.
12. Timapepala tokamba za Mankhwala a ARV ndi Kulandira uphungu ndi kuyezetsa magazi mosaumirizidwa.
13. Zikwama ziwiri za pulasitiki zoyikamo zinthu zimene zatchulidwa pa 7 kulekeza 12.
14. Chifanizo cha maliseche aamuna (Mbolo) chosema.

Powonjezera zinthu zomwe zili m’phukusiri, ophunzitsa ayeneranso kukhala ndi zinthu izi:

- Mapepala okwanira munthu aliyense pomwe adzajambulepo Chilumba cha Tsogolo.
- Zolembera.
- Makondomu ndi zina zomwe angaphunzilizirepo kugwiritsa ntchito kondomu monga maliseche a bambo osema.
- Mafomu olembapo m’mene maphunziro akuyendera.

MALANGIZO KWA OPHUNZITSA



Ndani angaphunzitse pogwiritsa ntchito bukhu la Chiyembekezo?

Bukhu limeneli angagwiritse ntchito anthu monga awa:

- Ophunzitsa achinyamata
- Aphunzitsi a sukulu
- Anamwino ndi Alangizi a zaumoyo
- Aphunzitsi a zachitukuko
- Opereka uphungu
- Alangizi a zamalimidwe
- Aphunzitsi a Sukulu za Kwacha
- Ndi ena omwe angaone kuti bukhuli lingawathandize



Zomuyenerereza munthu kuti aphunzitse mwadongosolo pogwiritsa ntchito bukhu la Ulendo wa Chiyembekezo

- Luso lophunzitsa pogwiritsa njira zoti anthu amasuke
- Kudziwa za kachilombo ka HIV ndi matenda a Edzi
- Kudziwa chilankhulo cha ophunzira onse
- Kudziwa kuthandiza ophunzira munjira zoti aphunzilire

M'malo amene bukhuli lingawiritsidwe ntchito

Bukhu la Ulendo wa Chiyembekezo lalembedwa ndi kugwiritsidwa ntchito m'malo osiyanasiyana: m'misonkhano, pophunzitsa akuluakulu, achinyamata, komanso amipingo. Mukhozanso kuligwiritsa ntchito ndi anthu omwe sadziwa kulemba kapena kuwerenga. Nazi zitsanzo zamagulu osiyanasiyana momwe bukhuli lingawiritsidwe ntchito:

- M'misonkhano yosiyanasiyana
- M'magulu a achinyamata
- M'sukulu
- M'magulu a chipembedzo
- M'magulu a ana osowa mabanja owasamalira ndipo amayendayenda m'misewu ndi mmatawuni
- M'magulu ophunzitsa za Edzi
- M'magulu othandiza anthu omwe ali ndi kachilombo ka HIV kapena matenda a Edzi
- Magulu a asing'anga azitsamba kapena azamba kuti awuze anthu zowona za kachilombo ka HIV ndi matenda a Edzi
- M'malo momwe mumapezeka galimoto, maminibasi ndi anthu oyenda maulendo awo
- Popereka uphungu kwa munthu kapena mabanja amene ayezetsa magari awo pankhani za Edzi
- Pabanja pokambirana za matenda a Edzi
- Pocheza ndi anzathu m'sukulu ngakhale ku ntchito pa nkhani za matenda a Edzi
- M'malo omwera mowa

Kugwiritsa ntchito bukhuli ndi anthu omwe ali ndi HIV kapena EDZI

Bukhuli ndi chida champhamvu chomwe chingawiritsidwe ntchito ndi anthu omwe ali ndi kachilombo ka HIV. Gawo la Chilumba cha Chiyembekezo ndi lomwe liri lofunika kwambiri chifukwa ndi lopereka chilimbikitso kwa munthu amene ali ndi HIV kuti akhoza kukhala ndi moyo wabwino popanga zinthu zoyenera komanso pokhala ndi chikhulupiriro poganizira za tsogolo lake. Kudziteza pogwiritsa ntchito kondomu ndi njira yomwe anthu awa angadzitezere kuti asatenge tidzilombo tina ta HIV komanso kuteteza ena kuti asatenge kachilombo ka HIV.

Kuganizira zokhudza akazi ndi amuna (Gender)

Nkofunika ndithu kuganizira zovuta ndi zofuna amayi komanso abambo zokhudza matupi awo komanso moyo wawo okhudza zogonana. M'mayiko ambiri ngakhalenso muno m'Malawi, abambo amapezeka kuti akukhala ndi mphamvu zolamulira azimayi. Pachifukwa ichi, amawoneka ochepa mphamvu ndipo sadziwa kusamalira ndi kuteteza matupi awo. Izi zimaonekeranso makamaka pamene pali nkhani yofuna kugonana. Ichi nchifukwa chake amayi ambiri akupezeka ndi kachilombo ka HIV kuposa abambo. Izi ziri chomwechi makamaka m'mayiko akum'mwera kwa Africa m'mayiko monga Malawi. Pa nkhani yomweyi, Ripoti ya ofesi ya UNAIDS la Global Epidemic 2000 linasonyezanso kuti atsikana ambiri a zaka zapakati pa 15 mpaka 19 ali ndi kachilombo ka HIV kuposa anyamata a misinkhu yomweyi.

Choncho pamene mukukambirana musaiwale kuti zofuna, zochita, udindo ndi khalidwe la akazi ndi losiyana ndi amuna. Mphunzitsi alimbikitse akazi ndi amuna kuti azikambirana momasuka nkhani yokhudza zogonana akakhala pabanja kapena paubwenzi.

Kagwiritsidwe ntchito ka zigawo m'bukhuli

Zigawo ndi zochitika za m'bukhu lino zayikidwa m'ndondomeko yake yomwe mukhoza kuitsatira. Koma gawo ndi chochita chilichonse ndi choima pachokha. Ngati inu mukuwona kuti mungathe kuchita bwino lomwe potsatira ndondomekozi, muli omasuka kutero ngati zikugwirizana ndi zokhumba zanu. Chochita chilichonse chikhoza kuyima pa chokha. Choncho mukhoza kusankha gawo kapena chochita mosatsatira ndondomeko ija malingana ndi zosowa za gulu lanu kapena nthawi yomwe muli nayo.

Kukula kwa gulu

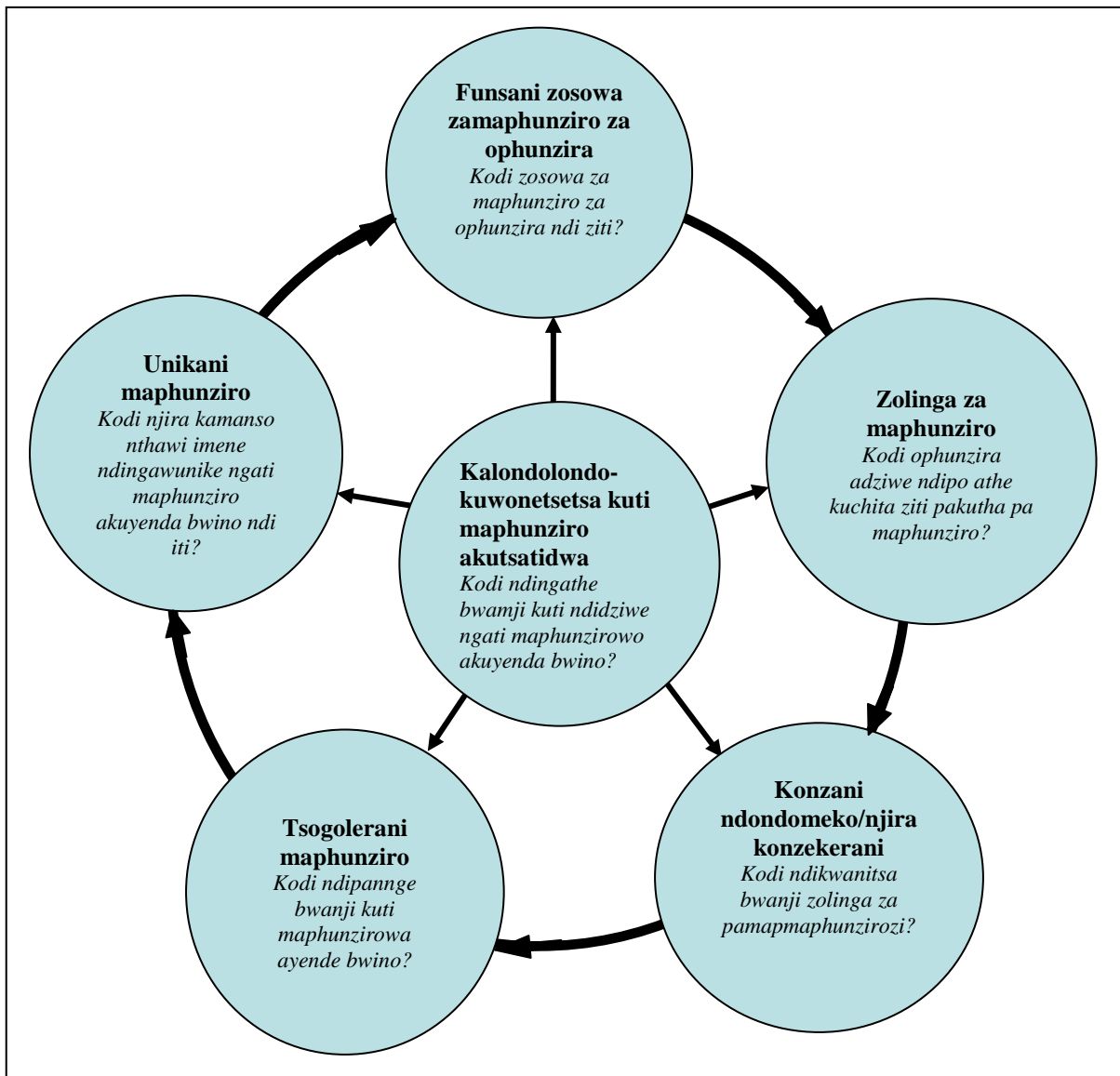
Pogwiritsa ntchito bukhu, ndibwino kuti magulu asakhale aakulu kupyolera anthu makumi atatu(30) kuti ophunzira onse athe kutengapo mbali. Magulu ochepera monga a anthu awiri mpaka asanu zithunzi zochepera za mulingo wa A4 ndizo zoyenera kugwiritsa ntchito kusiyana ndi nsalu yabuluwu. Zithunzi zimenezi zingagwiritsidwenso ntchito ngati malo ophunzirira ndi ochepa.



Bukhuli ndilongokutsogolerani, Sibukhu la malamulo ayi!

Mungakhale bwanji Mphunzitsi wabwino?

Anthu ambiri amaganiza kuti akayima pakati pa anthu ndi kuwatsogolera m'zochitika ndiye kuti iwo ndi aphunzitsi abwino. Izi sizowona. Pali zinthu zingapo zofunikanso kudzitsa kuwonjezera pa kutsogolerako. Zinthuzi zafotokozeredwa mu chithunzi chotsatirachi.



Chithunzi 2: Ndondomeko yoti Aphunzitsi atsature potsogolera maphunziro

Monga m'mene mwawoneramu ndondomekoyi imakhala yozungulira ngati chingerengere, kotero kuti zimene umaphunzira kuchokera ku zomwe unawunika m'mbuyo zimakuthandiza kuti ukonze bwino phunziro lako la mtsogolo.

1. Fufuzani zosowa za maphunziro za ophunzira

Musadakumane ndi gulu lanu mufufuze kaye zinthu izi:

- Kodi pali kale zinthu zokhudza HIV ndi matenda a Edzi zimene ophunzira anga akufuna kuti adziwe?
- Nanga zimene akuzidziwa kale iwowo ndi zotani? Ali ndi luso lamtundu uliwonse? Nanga maganizo awo ndi otani?
- Ndichiyani chimene chingawapangitse iwo kuti asamvetse zimene ndi kuphunzitsa?
- Chimene iwo akuyembekezera pa maphunziro amenewa ndi chiyani?

Ndi chinthu cha nzeru kuti inu mucheze ndi akuluakulu ena a m'gulu lanu. Mukhoza kuwafunsa mafunso kuti mudziwe zina za iwo.

Pofuna kufufuza luso la anthuwo muzindikire kuti pali kusiyana pakati pa kuzindikira kuti munthu akhoza kuchita chinthu ndi kuchichitadi chinthucho. Mwachitsanzo, anthu ambiri amanena kuti amadziwa kugwiritsa ntchito kwa kondomu pamene chilungamo chake ndi chakuti anthu ambiri sadziwa kagwiritsidwe ntchito ka kondomu.

Pofunsa mafunso osamafunsa mafunso amene munthu akhoza kuyankha ndi “EYA” kapena, “AYI.” Anthu azikhala ndi mwayi ofotokozera akapatsidwa funso.

Zochita zina m'bukhu lino, monga chochita 4A, zikhoza kuthandiza kuti mudziwe bwino lomwe zinthu zimene zimachitika m'dera limene inuyo mukuphunzitsalo. Chochita 4A chikukakamiza anthu a m'dera limene mukuphunzitsalo kuti akambe zimene zimachitika m'dera lawo.

2. Zolinga za maphunziro

Muzidziwa zenizeni zimene mukufuna kuphunzitsa pa phunziro limene mukukonzekera kuphunzitsa. Kodi pamapeto ake aphunziro lanu mukufuna ophunzira adziwe chiyani? Zimenezi muzidzidziwiratu musadayambe kuphunzitsa.

3. Kukhazikitsa ndondomeko, ndi kukonzekera

Muzidziwiratu njira imene mugwiritse ntchito pophunzitsa. Koyambirira kwa phunziro liri lonse m'bukhuli kuli malangizo a m'mene mungaphunzitsire.

a. Musadayambe kuphunzitsa

- Werengani kaye zonse zimene mukuyenera kuphunzitsa.
- Kodi ndi zochita ziti zimene mukufuna kuchita, nanga ndondomeko yake ndi yotani? Zigwirizana bwanji ndi zosowa za ophunzira anu?
- Panokha yeserani m'mene muzikachitira pophunzitsa.
- Muyeserenso panokha m'mene mukuganizira kuti ophunzira akhoza kuyankhira mafunso.

b. Kukonza zipangizo ndi malo

- Onetsetsani kuti muli ndi zonse zofunikira pophunzitsa.
- Ngati pali mapepala ena akuti ophunzira awerenge kapena kuwona, mukonzeretu zoonjezera.
- Ngati mugwiritse ntchito fomu yowunikira m'mene maphunziro ayendera, muyikonzeretu fomuyo anthu asadayambe kuphunzira kuti mukawapatse. Mukhoza kukonza fomu yanuyanu kapena kugwiritsa ntchito imene iri pa Zowonjezera 2 kumapeto kwa bukhu.
- Mufike pa malo ochitirako maphunziro patatsala mphindi 15 kuti maphunziro ayambe.

4. Kutsogolera maphunziro

Gawo lanu inuyo ndi kutsogolera phunziro kuti ophunzira adziwe okha nkhani ya HIV ndi Edzi ndi kuti akhoza kupewa bwanji kapena kudzisamalira motani pa nkhani yokhudza matenda a Edzi.

Kutsogoleratu sikuphunzitsa ayi. Mukhoza kuphunzitsako pang'ono ngati pali zina zimene ophunzirawo sadziwa. Koma maphunzirowa akhoza kukhala aphindu ngati mungavomere kuti ophunzirawo azitengapo gawo lalikulu pokambirana ndi kuchita mwa iwo okha zochitika zimene ziri m'maphunzirowa. Azipeza mayankho pa iwo wokha, pokhudzana ndi nkhani imeneyi ya HIV ndi Edzi. Inu ntchito yanu ndi kutambasula/kuwonjezera ngati ena afotokoza kapena ayankha mwachidule kwambiri.

Luso la utsogoleri woterewu mukhoza kuliphunzira, sikuti ndi zinthu zovuta ayi. Pano pali zinthu zina zakuti zikuthandizeni inu kukhala mtsogoleri wabwino.

a. Pa chiyambi pa maphunziro

- Landirani ndi kupereka moni kwa ophunzira anu. Awuzeni dzina lanu.
- Khalani a nsangala ndi omweturira.
- Ngati nkotheke, chitani kanthabwala kuti anthu akhale ndi chidwi. Tikupatsirani zitsanzo za zimene inu mukhoza kunena kuti anthu akhale ndi chidwi ndi phunziro limene inu mukuphunzitsa. Ndi bwino kumayamba motere, “Dzina langa ndine... ndipo ndimakonda ku...” Chitani izi ngati ophunzirawo ali ochuluka.
- Muwafunse ophunzira zimene akuyembekeza kuphunzirolo.

b. Fotokozani cholinga cha phunziro lanu

- Tsindikani kuti cholinga cha maphunziro a *Ulendo wa Chiyembekezo* ndikuti anthu akhale a ukhondo, akhale ndi moyo wautali, ndi kuti akwaniritse zolinga zawo ndi maloto awo pa moyo wawo. Kambiranani zokhudza HIV ndi Edzi.
- Ngati mukuchita phunziro lotsatira, yambani mwakumbutsana kaye zimene mudaphunzira nthawi yopitayo kuti muwakumbutse amene akhoza kuyiwala.
- Onetsetsani kuti anthu akumvetsetsa chilankhulo chimene inu mukugwiritsa ntchito.
- Mugwirizane ndondomeko ya m'mene maphunziro anu aziyendera, monga:
 - Nthawi yoyambira ndi kutsirizira maphunziro anu.
 - Kulemekeza maganizo a mzako.
 - Asamangoyankhula anthu amodzimidzi.
 - Kupereka mpata kwa munthu aliyense kuti alankhulepo. Alimbikitseni anthu amanyazi kuti atengepo gawo.
 - Muzisunga zinsinsi za anthu amene akufuna kuti muwasungire zinsinsi zawo.

c. Panthawi imene mukuphunzitsa

- **Mvetserani** anthu akamalankhula.
- **Onetsetsani** kuti anthu akutsatira mutu umene mukukambirana.
- **Munthu asamangolankhula yekhayekha** nthawi zonse.
- **Limbikitsani** anthu ofatsa kutengapo nawo mbali.
- **Fotokozeraninso** bwinobwino zokambiranazo mozifupikitsa.

- **Gawanani** ntchito yophunzitsa ndi anzanu.
- **Gwiritsani** ntchito chiyankhulo chomveka kwa gulu.
- **Mvetserani** bwinobwino zimene ophunzira akunena ndipo alimbikitseni kuti nawo azimvetsera zimene anzawo akuyankhula.
- **Alimbikitseni** ophunzira anu kuti akambe maganizo awo, m'mene akumvera kapena zomwe akukumana nazo m'moyo mwawo m'malo momangowawuza chochita.
- **Onetsani chidwi ndi ulemu** pa maganizo a anthu ena ngakhale inuyo mutakhala kuti simukugwirizana nawo maganizowo.
- **Onetsetsani** nkhope za anthu amene mukuwaphunzitsawo ndi zochita zawo kuti zikufotokoza chiyani osangodalira zomwe akuyankhula.
- **Pezani** chochita china anthu akatopa kuti muchotse kutopako.
- **Yankhani** mafunso mowona mtima, ngati yankho la funso lakusowani, awuzeni ophunzirawo kuti panthawiyo mulibe yankho ndipo mufufuza kapena awunikireni kumene angathe kukapeza yankho.

Funsani mafunso akuti munthu afotokozere, monga awa:	Osafunsa mafunso amene angayankhidwe mwachidule, monga EYA kapena AYI, monga awa:
1. Tingawathandize bwanji amene ali ndi HIV kapena amene akudwala Edzi? 2. Kodi ndi ziti zimene zingakuthandizeni inu kugwira ntchito ngati gulu limodzi?	1. Kodi ndi bwino kuthandiza anthu amene ali ndi HIV kapena Edzi? 2. Nkotheka kugwira ntchito ngati gulu limodzi?

d. Pa mapeto pa phunziro

- **Tsenderani** pomangirira zonse zimene mwakambirana mwachidule.
- **Fotokozani** zimene mudzachite mukadzakumananso.
- **Awuzeni** ophunzira m'mene angakupezereni ndi kuti angadziwe bwanji zambiri zokhudza HIV ndi Edzi.
- Ophunzira akuwuzeni m'mene awonera zokambiranazo ndi m'mene mwatsogolerera (onani nfunso ili m'munsimu).

5. Kuwunika maphunziro

Kuwunika m'mene maphunziro anu ayendera ndi chinthu chofunikira kwambiri, choncho...

- Sinkhasinkhani njira yophunzitsira imene ikuyenda bwino yoti mukhoza kuyigwiritsa ntchito thawi zina.
- Fufuzani zimene sizikuyenda bwino ndikupeza njira yomwe mungakonzere mukhoza kuzikonza bwanji.
- Unikani zosowa za maphunziro zimene zikadalipobe pakati pa ophunzira anu.
- Unikani zomwe zingathandize kupitiriza maphunziro kapena kusintha njira zophunzitsira.

Kuwunikanso phunziro kukhoza kuchitika pa mapeto pa maphunziro. Nthawi zina kuwunikaku kukhoza kuchitika patapita nthawi ophunzira atakhala ndi mwayi ogwiritsa ntchito zomwe adaphunzira.

a. Mapeto a phunziro

Aphunzitsi aloleni ophunzira kuti akuwuzeni mwatchutchutchu maganizo awo pa m'mene awawonera maphunziro. Mphunzitsi wabwino amafunika kumvera zimene ophunzira ake akunena pokhudza m'mene maphunziro ayendera. Pa nthawi imene inu mukuphunzitsa onani m'mene maphunziro akuyendera. Pomaliza pa maphunzirowo funsani maganizo a ophunzira anu kuti awawona bwanji maphunzirowo. Ophunzira akhoza kulemba maganizo awo kapena kukuwuzani pakamwa. Funsani ophunzira mafunso monga awa:

- *Chinthu chaphindu chimene inu mwaphunzira pa inu nokha ndi chiyani?*
- *Nanga zimene mwaziphunzirazi mukazigwiritsa ntchito bwanji?*
- *Chimene chinakusangalatsani pa phunziroli ndi chiyani?*
- *Chimene sichinakusangalatseni ndi chiyani? Nchifukwa chiyani sichinakusangalatseni?*
- *Takambanipo za m'mene mwayiwonera ndondomeko ya maphunzirowa. Chabwino chimene chinalipo ndi chiyani? Nanga chimene tikhoza kusintha ndi chiyani?*
- *Kodi mukadali ndi mafunso ena okhudza nkhanu ya HIV ndi matenda a Edzi?*

Kapena

- Afunseni amene amatha kulemba kuti alembe maganizo awo pa mapepala ndipo akupatseni akamaliza. Mukhoza kugwiritsa ntchito fomu imene ili Mzowonjezera 2: *“Kuwunika ntchito yogwiritsa phukusi la Chiyembekezo”* pa tsamba 69 kapena imene ili mu phukusi la *Ulendo wa Chiyembekezo*.
- Mukhoza kuwasiyira ma fomuwo kuti azilemba pang'onopang'ono kwa masabata angapo.

b. Maphunzirowo akangotha

Ena akuthandizeni kuwunikanso phunzirolo. Muwonetsetse zimene ophunzira aja akuwuzani. Mukambirane za njira zimene zinayenda bwino ndi zimene sizinayende bwino ndikuchita kafukufuku kuti mungatani mukamadzachitanso maphunzirowo. Chitani kalondolondo pa zinthu monga:

- Fufuzani zina ndi zina zimene zinakuvutani kuwafotokozera ophunzira pokambirana.
- Ngati padakali zinthu zina zimene ophunzira ena akufuna kuti adziwe pawokha apatseni mpata oti mukambirane nao.

c. Patapita nthawi maphunziro atatha

Kuti mudziwedi ngati anthu akupindula ndi maphunzirowo, ndi bwino kuti mumverebe maganizo kuchokera kwa iwo za m'mene akuwonera maphunzirowo ndikuti maphunzirowo akuwapindulira bwanji pa moyo wawo. Ngati nkotheke, maphunzirowa akatha, mudzakumanenso ndi

ophunzirawa, kapena atsogoleri awo kuti adzakufotokozereni m'mene maphunzirowa akuwathandizira pa moyo wawo patatha masabata angapo. Kodi maphunzirowa akuwagwiritsa ntchito bwanji m'moyo mwawo. Kambiranani mozama ndi ophunzirawo.

6. Kalondolondo-kuonetsetsa kuti maphunziro akutsatidwa

Pa ndime iri yonse imene muliri nthawi ya maphunziro onetsetsani kuti mukutsatira komanso kuwunika m'mene maphunziro akuyendera, m'mene inu munafunira kuchokera pa chiyambi.

NTHABWALA NDI MASEWERA OCHOTSA TULO

Pali masewera osiyanasiyana omwe mphuzitsi ngakhalenso ophunzira angachite kuti achotse tulo pa nthawi imeme akuphunzira. M'munsimu muli zitsanzo za masewerawa.

1. Sunthani ngati...

Anthu wonse akhala pansi ndipo akhala mozungulira, munthu m'modzi yemwe akusowa pokhala, (oyitana) ali pakati pagulu lija.

Woyitana uja aziti: "Sunthani ngati uli... nkumatchula chimene akufuna.

Chitsanzo: Sunthani ngati mwavala chofiira. Aliyense amene apezeke m'gulu lotchulidwalo akuyenera kusuntha pokhala. Munthu amene azikhala yekhayekha ali choyima ndi amene tsopano azitenga ntchito ya oyitana, chifukwa oyitana oyamba uja azikhala atapeza mpando okhala.

2. Bwato lomira.

Mufunse ophunzira kuti angoganiza kuti pali bwato limene likumira mwamsangamsanga. Tsono kuti anthu akwere bwato lina limene labwera kuti liwapulumutse akuyenera kukhala m'magulu a anthu owerengeka.

Awuzeni ophunzira kuti angokhala pachigulu chimodzi, kenako mukuwe kuti, "bwato likumira, khalani atatu atatu." Anthu akhala m'magulu a anthu atatu atatu koma pakhoza kupezeka munthu m'modzi kapena awiri amene alibe gulu, amenewo ndiye kuti amira limodzi ndi bwato ndipo awuzeni kuti akhale pansi.

Mubwereze chochitachi potchula manambala osiyanasiyana, monga "bwato likumira, seveni, kaya faifi, choncho."

GAWO LOYAMBA: Kumvetsa bwino za HIV ndi EDZI

Mau Otsegulira

M'gawo ili muli zochita zokondweretsa zimene cholinga chake nkufuna kutiwuza momveka bwino kuti HIV, Edzi komanso mankhwala a ARV ndi chiyani. Gawoli likufotokozanso m'mene kachilombo koyambitsa Edzi ka HIV kamafalira ndi chimene chimachitika m'thupi la munthu amene ali ndi kachilomboka. Zochita za m'gawoli ndizoti zimupangitse munthu kuganizira mozama zinthu monga kulandira uphungu ndi kuyezetsa magazi komanso nkhani ya amene ali ndi kachilombo koyambitsa matenda a Edzi.



Uthenga Ofunika

- Aliyense amene amagonana ndi wina osadzitetedza adziwe kuti akhoza kutenga HIV.
- Sizotheka kudziwa kuti munthu ali ndi HIV pongomuona maonekedwe okha ayi. Samalani chifukwa maonekedwe amapusitsa.
- Nkotheka kuti munthu akhoza kukhala ndi kachilombo ka HIV koyambitsa Edzi koma nkumamva m'thupi mwake kuti muli bwinobwino komanso nkumaoneka wa thanzi.
- Limbikitsanani kupita kukayezetsa magazi kuti mudziwe ngati muli ndi kachilomabo ka HIV kapena ayi. Izi zikuthandizani inu kupanga zisankho zoyenera m'moyo wanu.
- Njira zofalitsira Edzi zilipo zochepa. Munthu sangatenge HIV chifukwa cholimidwa ndi udzudzu, kukumbatirana, kugawana chakudya kapena kugwiritsa ntchito chimbudzi chimodzi.

Chochita 1A: Moto Olusa

Cholinga

- Kuti ophunzira adziwe m'mene HIV komanso matenda ena obwera kamba ka kugonana angafalikire.
- Kuwonetsa kuti nkhani ya HIV ndi yofunika kukambirana chifukwa zotsatira zake n'zokhudza miyoyo yathuyi.



Kukonzekera

M'chochita ichi kupatsana chanza kukusonyeza mchitidwe wogonana popanda chitetezo ngati njira imodzi imene imafalitsa kachilombo ka HIV. Ili ndi gawo limene liyenera kuwapangitsa anthu kuti ayambe kukambirana za kafalidwe ka HIV ndi m'mene kachilomboka kakhoza kuwonongera miyoyo yawo. Pemphani anthu awiri amene akuphunzitsa kapena amene akuphunzira amene angafune kuti atsogolere monga anthu awiri otsegulira gawo la “kukhala moyo ndi kachilombo ka HIV.”

Chochitachi chitenga mphindi 10 kapena 15.

Chochitachi chikugwirizana bwanji ndi zochita zina?

Chochita ichi chidzapangitsa ophunzira kuganizira mozama nkhani ya kuyezetsa magazi mwakufuna kwawo, ndipo izi zikhoza kugwirizana ndi chochita 5D: *Kupereka uphungu ndi kuyezetsa magazi mosaumirizidwa.*



Kachitidwe kake

1. Uzani ophunzira za zokambirana

Musanayambe uzani ophunzira za zokambirana pogwiritsa ntchito ndondomeko ya pa tsamba xv: *Kutsogolera zokambirana mu gawo la Malangizo kwa ophunzitsa.*

1. Kugwirana chanza

Onetsani njira yosangalatsa yomwe mungaperekere moni kwa munthu wina. Mwachitsanzo: Gwirani mphuno yanu ndi dzanja lanu la manzere, kenaka ikani dzanja lanu la manja mopingasa kudzera pa m'pata womwe wapangika ndi dzanja manzere lija ndi kupatsa chanza nzanu yemwe wachitanso chimodzimodzi, monga mukuonera pa chithunzichi:

Chithunzi 3: *Chithunzichi chikuonetsa m'mene okonza bukhuli adayeserera chochitachi pa zokambirana zomwe zidachitika pa msika wa pa Mikute (Kambiri Turn Off) ku Salima.*



2. Zungulirani bwalo

Funsani ophunzira kuyenda momasuka kuzungulira bwalo ndi kupatsa moni anthu enanso okwanira atatu pogwiritsa ntchito moni watsopanoyu. Atamaliza kugwirana chanza ayenera kubwelera kumbuyo kwa bwalo lophunzilirapoli.

3. Tanthauzirani chochitachi

Funsani anthu awiri odzipereka kubwera kutsogolo kwa bwaloli. Fotokozani kuti mu masewerawa anthuwa tiwayerekeza kuti ali ndi HIV. Kenaka funsani omwe anagwirana chanza ndi anthuwa kuti nawonso abwere kutsogolo.



Fotokozani kuti:

“Mu masewerowa, kugwirana chanza kwa njira imeneyi kukuyimira kugonana opanda chitetezo ndi munthuyu komwe kungapangitse kutenga kachilombo ka HIV. Choncho aliyense yemwe anagwirana chanza ndi anthuwa akhoza kutenga kachilomboka.”

Funsaninso omwe atsalira kumbuyo kwa bwaloli omwe anagwirana chanza ndi anthu omwe angobwera kutsogolo kwa bwaloli kuti nawonso abwere kutsogolo. Fotokozerani kuti malingana ndi chochitachi nawonso ali pam’ndandanda wa anthu omwe akhoza kutenga kachilombo ka HIV. Pa nthawiyi ambiri ngati si onse ayenera kukhala atayima kutsogolo kwa bwaloli.



Funsani ndi kukambirana, molingana ndi chochitachi:

1. Ndi anthu angati omwe anali kale ndi kachilombo ka HIV?
2. Ndi angati tsopano omwe ali pangozi yotenga kachilomboka?
3. Kodi izi zikutiwuza chiyani pa za momwe HIV ingafalire m’dera lathu?



Pitirizani kufotokoza motere:

“Molingana ndi seweroli, mchitidwe ogonana omwe mwakhala nawo wakuikani pa ngozi yotenga kachilombo ka HIV. Munthu siungadziwe kuti watenga kachilombo ka HIV nthawi iliyonse yomwe wagonana ndi wina popanda chitetezo. Njira yokhayo mungathe kudziwira ndi kudzera m’kuyezetsa magazi.”

Chochitachi chitha kukuthandizani kukambirananso zokhudza kulandira uphungu ndi kuyezetsa magazi mosaumirizidwa. Onani *Kulandira uphungu ndi kuyezetsa magazi mosaumirizidwa* omwe uli m’gawo la Zowonjera 1 kumapeto a bukhuli.

Chochita 1B: Ndani ali ndi kachilombo ka HIV?

Cholinga

- Kufuna kukambirana za kuweruza komanso maganizo olakwika oti ndani ali ndi HIV kapena alibe.
- Kufotokozerana kuti maonekedwe a thupi sichizindikiro chodalirika pofuna kudziwa za HIV.
- Kufuna kuthandiza anthu kuti amvetse bwino za nkhani za anthu omwe ali ndi HIV ndi kutanthauza kwa kukhala m'chiyembekezo ndi HIV ndi Edzi.
- Kulimbikitsa ophunzira kupita kukayezetsa magazi kuti adziwe za moyo wawo okhudzana ndi HIV.



Kukonzekera

Werengani ndi kudziwa bwino nkhani za anthu osiyanasiyana omwe ali pa zithunzi zomwe mugwiritse ntchito.

Sankhani zithunzi za anthu omwe ananena poyera ndipo akukhala momasuka ndi HIV, chithunzi chilichonse chikhale pa pepala la A4 ndi nkhani zawo.

Ngati nkotheke, funsani munthu yemwe ali ndi HIV kuti akhale nanu pa zokambiranazi, ndipo perekani ndi kuyankha mafunso kuchokera kwa ophunzira anu. Onetsetsani kuti munthuyu akhale wathanzi komanso amene akukhala momasuka ndi HIV.

Chochitachi chitenga **mphindi 60** (kapena 90 ngati pali munthu yemwe ali ndi HIV kuti alankhule)

Chochitachi chikugwirizana bwanji ndi zochita zina?

Chochitachi chikugwirizana ndi kafotokozedwe ka chochita 1C: *Chimachitika ndi chiyani m'thupi la munthu amene ali ndi HIV kapena ayi?* Chochitachi chikugwirizananso ndi chochita 2B: *Kuwoloka pa Timilato kwa anthu amene ali ndi HIV*, chochita 5D: *Kuyezetsa magazi ndi kulandira uphungu mosaumirizidwa* ndi chochita 5E: *Zinthu zomwe anthu amene ali ndi HIV, odwala Edzi, mabanja ngakhale anansi awo ayenera kudziwa ndi kuchita.*



Kachitidwe kake

Ophunzira asankhe yemwe akuganizira kuti ali ndi HIV kapena ayi kuchokera pa zithunzi zosiyanasiyana (zosakanizidwa kutengera mtundu, msinkhu ndi ngati ndi mkazi kapena mwamuna). Zifukwa za kusankha kwawo zikambidwe mtsogoleri asanalongosole za mbiri zawo ndi kuwatsimikizira kuti anthu onse ali pa zithunzizo ananena poyera ndipo amakhala momasuka ndi HIV.

1. Sankhani chithunzi cha amene mukuganiza kuti ali ndi HIV kapena ayi.

Sankhani ndi kuyala zithunzi za anthu amene ananena poyera kuti ali ndi HIV ndipo amakhala momasuka: (monga mukuonera pa chithunzi 4), kapena patsani ophunzira ena kuti anyamule chithunzi chimodzichimodzi ndikuti aliyense athe kuona bwinobwino. Funsani ophunzira kuti aloze anthu omwe ali ndi HIV ndinso omwe akuganizira kuti alibe HIV. Afunseni kuti achotse zithunzi za anthu omwe akuganizira kuti ali ndi HIV ndi kuziika pambali komanso za anthu omwe alibe ndi kuziika mbali ina ndi kusiya pakati zithunzi zomwe sakudziwa mbali yake yeniyeni.



Chithunzi 4: Ophunzira akuyang'ana zithunzi zomwe zayalidwa

2. Zokambirana



Funsani ophunzira kuti afotokoze zifukwa

zomwe asankhira zithunzizo. Mwachitsanzo, ngati wina anganene kuti ali ndi HIV chifukwa choti akuwoneka osasangalala: ayankheni powafunsa ngati munthu aliyense owoneka osasangalala ali ndi HIV. Izi zimapangitsa ophunzira kuganizira za kuweruza ndi maganizo awo olakwika omwe ali nawo pa nkhani ya HIV.

3. Mau kuchokera kwa munthu yemwe ali ndi HIV (muli ndi ufulu kuchita gawoli kapena ayi)

Ngati muli ndi munthu yemwe ananena poyera kuti ali ndi HIV komanso okhala momasuka angakhale ali ndi HIV yemwe ali okondwa kugawana za mbiri ya moyo wake ndi gulu lanu muwonetseni kugululo. Mupatseni nthawi yoti awalankhule, ayankhe mafunso ndi kukambirana nawo ophunzira anuwu.

4. Yalani zinthunzi ndi nkhani zake

Zokambirana zikatha, ikani pamodzi zithunzi za nkhani zija za anthu amene ali muzithunziwo kuti ophunzira aone komanso awerenge nkhanizo paokha ngati nthawi ilipo.

Chochita 1C: Chimachitika ndi chiyani m'thupi la munthu amene ali ndi HIV, Edzi kapena ayi?

Cholinga

- Kulongosola bwino kusiyanana komwe kulipo pakati pa HIV ndi Edzi.
- Kufotokozerana momveka chomwe chimamuchitikira munthu ndi chitetezo cha m'thupi mwake ngati munthuyo ali ndi HIV ndi m'mene Edzi imayambira m'thupi la munthuyo.
- Kufotokozerana kuti ndi zotheke kuti amene ali ndi HIV atha kuoneka wa thanzi kwambiri.
- Kufotokoza mosavuta ntchito ya ma ARV.



Kukonzekera

Chochitachi chimagwiritsa ntchito sewero ndi cholinga chofuna kufotokozerana bwino za HIV, Edzi, matenda opatsirana osiyanasiyana, komanso zomwe ma ARV amachita. Inu monga mtsogoleri kapena owerenga, muyenera kupeza anthu anayi, kapena asanu kuti akuthandizeni (kuphatikizapo ena mwa ophunzira anu), amene ayenera kutenga mbali ya asilikali a chitetezo cha m'thupi, HIV, matenda ena, ndinso ARV.

Muchochitachi otenga mbali ayenera kusonyeza mbali yoimira thupi la munthu ndi kuchita zinthu zosiyana potsatira izi.

1. M'thupi musadalowe tizilombo

Chitetezo cha m'thupi (asirikali a m'thupi) ndi cha mphamvu komanso chimatha kulimbana ndi matenda ali wonse.

2. Kukhala ndi HIV, popanda zizindikiro

HIV ikalowa m'thupi, asirikali achitetezso cha m'thupi amagwira ndi kukankhira HIV pa kona. Asirikaliwa akadali ndi mphamvu zakutha kulimbana ndi matenda ena monga malungo.

3. Kukhala ndi Edzi/ kulandira chithandizo cha mankhwala a ARV

HIV imafoola asirikali achitetezo cha thupi ndi kulola matenda osiyanasiyana kulowa m'thupi la munthu.

Mankhwala a ARV akafika amathandiza asirikali kukhalanso ndi mphamvu ndipo amatha kulimbana ndi matenda osiyanasiyana monga m'mene mukuonera pa chithunzi 5.

Werengani kachitidwe kake ka chochitachi m'munsimu ndipo pangani ndondomeko ya momwe mungaphunzitsire mu chilankhulo chomveka bwino, ndi chovomerezeka ndi gulu lanu.

Ngati muli ndi okuthandizani kuphunzitsa funsani m'modzi kapena awiri kuti atenge mbali zofunikira kwambiri muchochitachi monga asirikali achitetezo cha thupi ndi HIV.

Pangani zobisira nkhope kapena zizindikiro zoyimira mbali imene munthu akuchita (izi mukhoza kuchita kapena ayi).

Muchochitachi mugwiritsa ntchito Timilato tija, kapena chiri chonse chomwe mungayikire malire a m'thupi monga kulemba pansu ndi mtengo kapena choko.

Chochitachi chitenga **mphindi 15 kapena 30.**



Chithunzi 5: Ma ARVs amathandiza Msirikali wa m'thupi kukhalanso ndi mphamvu zolimbana ndi matenda osyanasiyana



Kachitidwe kake

1. Konzani malo amene azifanizidwa ngati thupi la munthu

Konzani kapena jambulani bwalo lokwanira *mamitala* awiri mopingasa pogwiritsa ntchito timitengo, zingwe, kapena choko.

2. Gawirani ntchito kwa anthu omwe apange seweroli

Funsani anthu asanu odzipereka kuti akuthandizeni kupanga sewero lanu (kuphatikizapo okuthandizani kuphunzitsa aja). Perekani ntchito zosiyana kwa wina aliyense. Onetsetsani kuti munthu yemwe akhale msirikali wachitetezo chathupi akhale wamtali ndi wamphamvu kuposa onse pagulupo.

3. Pangani sewero lanu

Gwiritsani ntchito maganizo omwe ali kumanzere kwa bokosi liri pa tsamba lotsatirali, kapena fotokozerani nkhanayi m'mene mungakondere. Onetsetsani kuti opanga sewero akuonetsa zomwe inu mukunena pochita zomwe zalembedwa kumanja kwa bokosiri. Pumani kwa mphindi zingapo mukamaliza chigawo choyamba ndi kuyamba gawo lina pofuna kuonetsa kusiyana.

4. Mafunso ndi zokambirana

Athokozeni omwe amachita sewero ndipo funsani anthu kuti awawombere m'manja. Mufunse ngati anthu ali ndi mafunso kapena zokamba pa sewereroli. Muwawuze kuti zithunzi zonse zomwe anaziwona mu chochita 1B: *Ndani ali ndi kachilombo ka HIV?* ndi za wanthu amene ali ndi kachilombo koyambitsa a matenda a Edzi.

Chochitachi chitha kulumikizana ndi Gawo Lachisanu: *Zochitika pa njira yaku Chilumba cha Tsogolo*. M'gawoli muli zochitika zimene zikukhudza anthu amene ali ndi HIV komanso Edzi.

Zomwe Aphunzitsi ayenera kunena	Zomwe opanga seweroli ayenera kuchita
Gawo loyamba: asanatenge kachilombo koyambitsa matenda a Edzi	
<i>Mkati mwa bwalo ili mukuimira munthu wa thupi la thanzi. M'thupi limeneri muli mazanamazana a asirikali achitetezo chathupi a pakati pa 600 kapena 1000 pa dontho liri lonse la magazi. Ntchito ya asirikaliwa ndi kuteteza komanso kulimbana ndi matenda aliwonse olowa m'thupi la munthuyi. Iyi ndi mbali ya chitetezo cha thupi. Tiyeni timulandire msirikaliyu ndi m'manja.</i>	Msirikali wa chitetezo cha m'thupi kulowa m'bwalo, pa malo pakonzedwa kuti palowe m'malo mwa thupi la munthu paja. Akudzigwedezagwedezwa, kuwoneka wadzimphamvu, wankhongono ndipo wayima ngati chimunthu cha ndewu.
<i>Ndichachidziwikire kuti asirikali a chitetezo cha mu thupi ndi amphamvu ndipo akhoza kulimbana ndi nthenda iri yonse imene ingabwere m'thupi la munthu. Onani kachilombo koyambitsa kutsegula m'mimba ndi mpHERE kakulowa m'thupi.</i>	Kachilombo kulowa m'thupi. Msirikali wa chitetezo cha m'thupi kulimbana ndi kachilombo kaja ndi kukatulutsa kunja kwa thupi.
<i>Pano tikuwonanso kachilombo kena koyambitsa matenda, mwina TB.</i>	Kachilombo kena kulowa m'thupi. Msirikali wachitetezo atamenyana nako kwa kanthawi wakagonjetsa nkukaponyera kunja kwa thupi.
<i>Chitetezo cha m'thupi ndi chokwanira kuthana ndi matenda wamba ndi kuwagonjetsa mwamsanga.</i>	Msirikali uja wachitetezoyu, nkudzigwedezagwedezwa kuwonetsa ukali wake.
Gawo lachiwiri: Kukhala ndi HIV m'thupi mwako popanda zizindikiro.	
<i>Tsiku lina HIV yalowa m'thupi. Nthawi zambiri imalowa kudzera m'kugonana opanda chitetezo, pamene munthu agonana ndi munthu amene ali ndi kachilomboka. Msirikali wa chitetezo kumenyana nayo HIV ndikuyikankhira pakona. Koma sangayigonjetsere tu ndikuyipha.</i>	HIV yalowa m'thupi ndi kuyamba kulimbana ndi msirikali wa chitetezo cha thupi. Msirikaliyo wakankhira HIV mbali imodzi kukona kwa thupi ndipo wayikhazika pansu HIV.
<i>Pamene asirikaliwa akhazika pansu HIV sikuti asiya kumenya nkondo ndi tizilombo tina tobwera mu thupi. Asirikaliwa akhoza kumenya nkondo imeneji kwa zaka zambiri. Nthawi zambiri zimakhala zaka zokwanira zisanu kapena khumi, nthawi zina zimatha kufika ngakhale zaka 20. Kudya bwino, kukhala osadandawula, kumakhala ndi chiyembeke zokomanso kumwa ma ARV zimathandiza kuti ukhale moyo wawutali. Anthu ena pang'ono amene ali ndi HIV mwina sadzadwala matenda a Edzi.</i>	Matenda alowa m'thupi ndipo msirikali wa chitetezo cha thupi uja walimbana nawo ndikuwakankhira kunja. Matenda ena alowanso.
Gawo lachitatu: Kukhala ndi matenda a Edzi komanso kumwa ma ARV	
<i>Nthawi zambiri kachilombo ka HIV kaja kamayamba kuchulukira mphamvu ndipo kamagonjetsa asirikali ambiri a chitetezo cha m'thupi ndikuwatenga monga akapolo ake. Zikatero ndiye kuti chitetezo cha mu thupi chimachepa.</i>	Kachilombo ka HIV kayimilira ndi kuyamba kumenyana ndi msirikali wa m'thupi uja. Kachilombo kaja kamugwira msirikaliyo ndikumuyika manja ake onse kumbuyo kuti asamenyenso nkondo.
<i>Ndiye matenda ena akalowanso m'thupi, asilikali aja amalephera kumenyana nawo. Chitetezo cha m'thupi chacheperatu ndipo matenda ali onse angalowe m'thupimu akhoza kutakasuka kwambiri. Chitetezo chacheperatu ndipo thupi likhoza kudwala nthenda zosiyanasiyana. Imeneji ndiye Edzi.</i>	Matenda alowa m'thupi ndipo akungovina, kuyenda m'mene angafunire ndipo pa nthawi imeneji msirikali wa mu thupi uja adakali m'manja mwa HIV ndipo sangathe kuyenda.
<i>Munthu ukuyenera kuti ukayezetse kuti udziwe ngati ukhoza kuyamba kumwa ma ARV. Ma ARV amachepetsa chiwerengero cha tizilombo ta HIV m'thupi, koma sikuti mankhwalawa angaphe tizilomboti ayi. Ma ARV amapatsanso nyonga asirikali achitetezo aja kuti abwerere ku nkondo.</i>	ARV alowa m'thupi nkuyamba kumenyana ndi HIV, msirikali anagwida uja wawomboledwa ndipo HIV wakankhidwiranso kukona kuja. Msirikali uja watenganso mphamvu zina ndipo wayambiranso kuchita nkondo.

Chochita 1D: M'mene HIV ingafalire

Cholinga

Kufotokoza njira zosiyanasiyana m'mene HIV imafalira.



Kukonzekera

Zithunzi za pa makadi zosonyeza anthu amene ali ndi kachilombo ka HIV zija zidzagwiritsidwa ntchito ndi cholinga chofuna kuthandiza kukambirana pa nkhanayi.

Werengani Zowonjezera 1 gawo lomwe likunena za *Kachilombo ka HIV koyambitsa matenda a Edzi*.

Zoti mugwiritse ntchito ndi makadi ndipo kuchokera pa makadi paja musankhepo:

- Mayi ndi bambo m'modzi owoneka a zaka zofanana
- Mayi woyembekezera
- Sing'anga

Chochitachi chitenga **mphindi 10 kapena 15**.

Chochitachi chikugwirizana bwanji ndi zochitika zina?

Chochitachi chikhoza kugwiritsidwa ntchito pamodzi ndi chochita 2A: *Kuwoloka pa Timilato* kapena 4A: *Kugwiritsa ntchito makadi ndi mabwato a Ulendo wa Chiyembekezo* pofuna kufotokozerana khalidwe limene lingamugwetse munthu m'madzi momwe muli zinyama zolusa, kapena limene lingamupangitse munthu kuwoloka bwinobwino.



Kachitidwe kake

1. Chimene chikhoza kumugwetsera munthu m'madzi kapena ayi

Mutenge makadi awiri pamene pali mzimayi ndi mzibambo owoneka a zaka zofanana ndipo mufotokoze kuti:

Anthu awiri awa anakumana posachedwapa ndipo kachibwenzi kakukula ndithu pakati pawo. Asadakumane, aliyense mwa iwowa adalinso ndi chibwenzi chomwe amagonana nacho. M'modzi wa iwowa akhoza kukhala ndi tizilombo ta HIV.

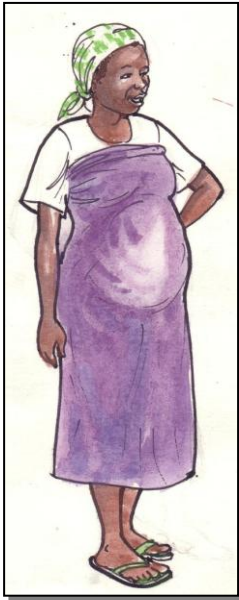


Funsani kuti:

- Ngati zinthu izi zitachitika, kodi anthu amenewa angapatsirane kachilombo ka HIV?
- Atabwerekana zomera
- Atagwirana manja kapena kukumbatirana

- *Atapsyopsyonana*
- *Udzudzu utaluma uyo ali ndi HIV nkukalumanso wopandayo.*
- *Mzimayiyo atachita ngozi nkukalandira magazi ochokera kwa munthu amene ali ndi HIV.*
- *Mkaziyo atayetsemulira ku nkhope kwa bamboyo.*
- *Atagonana pogwiritsa ntchito kondomu*
- *Atagwirizana kuti adzakhala okhulupirika kwa wina ndi nzake ndi kuti adzgonana opanda kondomu.*
- *M'modzi mwa iwo ali ndi matenda opatsirana pogonana koma akumagananabe popanda kondomu.*
- *Bamboyo atagonana ndi mkazi amene mwamuna wake adamwalira ndi cholinga chofuna kuyeretsa mkaziyo komanso azimu (kulowa kufa).*

2. Kutenga mimba ndi nkhani ya HIV



Chithunzi 6: Mayi Wapakati

- Mutenge khadi pali chithunzi cha mzimayi wapakati chija.
- Muwafunse ophunzira kuti:

Ngati mayiyu ali ndi kachilombo koyambitsa matenda a Edzi, munganenepo chiyani za mwana yemwe akumuyembekezerayo?



Chithunzi 7: Singa'nga

3. Kubwerekana malezala ndi masingano

- Onetsani chithunzi cha sing'anga.
- Muwafunse ophunzira:
- *Kodi atapita kwa sing'anga uyu, amene amagwiritsa ntchito maleza podzicheka, ngakhalenso pocheka anzake mphini, akhoza kutenga kachilombo ka HIV?*

Zoti Aphunzitsi Adziwe



Kodi chitetezo chilipo kapena ayi?

- Kugwiritsa ntchito limodzi zinthu ngati masupuni, makapu ndi zina za kukhitchini. **Chitetezo chilipo.**
- Atagwirana manja kapena kukumbatirana. **Chitetezo chilipo.**
- Atapsopsonana. **Chitetezo chilipo.**
- Udzudzu utaluma uyo ali ndi HIV nkukalumanso wopandayo. **Chitetezo chilipo.** *Udzudzu ukakuluma umakuthira malovu amene amakhala ndi kachilombo koyambitsa malungo. Udzudzu siuthira magari amene amakhala ndi kachilombo koyambitsa matenda a Edzi.*
- Mkaziyo atayetsemulira ku nkhope kwa mzibamboyo. **Chitetezo chilipo.**
- Atagonana pogwiritsa ntchito kondomu. **Chitetezo chilipo.**
- Atagwirizana kuti adzakhala okhulupirika kwa wina ndi mzake ndikuti adzigonana opanda makondomu. **Chitetezo palibe pokhapokha atakayesetsa magari awo.**
- M'modzi mwa iwo ali ndi matenda opatsirana pogonana koma akumagonanabe popanda kondomu. **Chitetezo palibiretu, munthu akatenga matenda opatsirana pogonana ndi chitsimikizo chakuti mwina adatenga kachilombo koyambitsa matenda a Edzi. Matenda oterowo amabweretsanso tizilonda kumaliseche ndipo izi zimapangitsa kuti pakhale mwayi wawukulu wakuti kachilombo ka HIV kalowe m'thupi la munthu.**

Mayi wapakati kupatsira mwana wake wakhanda.

- Kamwana ka khanda kakhoza kutenga kachilombo koyambitsa matenda a Edzi kwa mayi ake kakadali m'mimba, kapena pobadwa, kapenanso kudzera mu mkaka wa m'maere. Koma ndi ana atatu okha mwa ana khumi amene angatenge kachilombo koyambitsa matendawa kwa kholo lawo. Izi zikhoza kuchepetsedwa ngati mayi wa mwanayo angamalandire mankhwala okhudza HIV pa nthawi imene ali ndi pakati komanso pamene mwanayo akubadwa.

Chitetezo kumatendawa pamene upita kwa asing'anga.

Popita kwa sing'anga muzitenga lezala lanulanu. Nthawi zina asing'anga amatema mphini pa thupi la munthu.

Zoti Aphunzitsi Adziwe



Miyambo ina imene ikuwonjezera kuti kachilombo ka HIV kafalikire.

Pali miyambo ina imene ikupititsa patsogolo kufala kwa kachilombo ka HIV. Miyamboyo ndi monga iyi.

ChokoloKulowa kufa. Kugonana ndi namfedwa wa mkazi mamuna wake atangomwalira chakumene ndi cholinga chomuchotsera mizimu.

Kulowa mu uvuni. Izi zikuchulukirachulukira tsopano. Anthu amakhulupilira kuti akamawotcha njerwa akuyenera kuti agonane ndi atsikana pa usiku umene akuwotcha njerwawo ndi cholinga chakuti njerwazo zipse bwino.

Hlazi-kumupatsa mwamuna mng'ono wa mkazi wake ngati njira yomuthokozero kuti akusamalira bwino mkazi wakeyo.

Fisi.

Magule awusiku. Awa ndi magule amene amavinidwa nthawi yachisangalalo. Anthu amavina usiku onse. Magule ambiri otere amakhala owutsa mudyo ofuna kugonana ndipo nthawi zambiri mowa umaphikidwa ndikumwedwa, zomwenso zimaonjezera kuti anthu akhale osasamala.

Miyambo ina imene imapititsa patsogololo mchitidwe wa kugonana.

- Mkazi sachepa.
- Okawona nyanja anakawona ndi mvuu zomwe.
- Mphongo ya chiwala sichepa.

GAWO LACHIWIRI: Timilato

Mau Otsegulira

Uthenga wa m'mene tingapewere kutenga kachilombo koyambitsa matenda a Edzi komanso matenda obwera kaamba kogonana ndi odziwika. Ndiyetu m'malo mongokambirana chabe za nkhanayi, m'gawo lino muli masewero osangalatsa zedi komanso osayiwalika. Masewerowa akusonyeza m'mene tingapewere matenda opatsirana pogonana pogwiritsa ntchito njira zitatu zodziwika zija: kudziletsa, kukhulupirika kapena kugwiritsa ntchito kondomu (*kuwoloka pa Timilato*) kuti tisatenge HIV (*kugwidwa ndi ng'ona*) kuti tikafike bwino ku tsogolo lathu (*chilumba*).



Uthenga Ofunika

- Munthu aliyense ali ndi udindo odziteteka komanso kuteteza ena ku kachilombo ka HIV.
- Kachilombo ka HIV kamayambitsa matenda oopsya a Edzi omwe pakali pano alibe mankhwala.
- Kusiya mchitidwe ogonana, kukhulupirika kwa bwenzi mmodzi, mkazi kapena mwamuna wathu amene alibe kachilombo ka HIV komanso kugwiritsa ntchito kondomu ndi njira zomwe zingatithandize kudziteteka ku kachilombo ka HIV.
- Makolo akuyenera kukambirana ndi ana awo mosabisa zakufunikira kodikira osagonana kufikira mwana atakhwima maganizo kuti akhoza kupanga chisankho chopewa matendawa payekha.
- Anthu apabanja akuyenera kumasukirana pokambirana za m'mene angadzitetekere komanso m'mene angatetezere ena ku kachilombo ka HIV.
- Aliyense amene amagonana ndi wina akuyenera kukambirana mosabisa komanso mwatchutchutchu ndi bwenzi lakelo nkhanu zokhudza HIV komanso Edzi.

Chochita 2A: Kuwoloka pa Timilato

Cholinga

- Kuti tifotokoze bwinobwino za njira zimene ziripo zopewera kutenga kachilombo komanso matenda opatsirana podzera m'kugonana.
- Kuwapatsa ophunzira chithunzithunzi chogwiritsa ntchito njira zitatatu zija monga kupewa, kukhulupirika kapena kugwiritsa ntchito kondomu popewa kachilombo ndicholinga chakuti akhale ndi tsogolo labwino.



Kukonzekera

Mundimeyi ophunzira amayesera kuoloka mtsinje pogwiritsa ntchito kamulatho kamodzi kakang'ono kamene kamayimira kupewa kugonana usadakwatiwe ndipo kutsogolo kwake kukhala okhulupirika kwa mwamuna kapena mkazi wako m'banja.

Timilatoti tiri pamwamba pa madzi omwe muli ng'ona ndi nyama zina zolusa.

Ng'onazi zikuyerekezedwa ndi kachilombo ka HIV komanso matenda opatsirana kudzera m'kugonana.

Kwa omwe akulephera kuyenda pa kamlatho kamodzi, kamlatho kena kamawonjezedwa pambali pa koyamba kaja (kamlathoka kakuyimira kondomu) ndipo munthu amakhoza kuwoloka bwinobwino



Chithunzi 8: Kamlatho kamodzi ndi zilombo zolusa

Zofunika pophunzitsa ndi izi:

- Timilato ta thabwa
- Zithunzi za ng'ona, njoka, mvuu komanso chilumba
- Chinsalu cha buluwu ngati mukufuna
- Malo okwanira osesa bwino ngakhale pa bwalo.

Yeserani chochitachi ndipo muphunzire kupinda ndodo zatimilatoyi kuti musawononge lasitiki wake.

Chochitachi chitenga **mphindi 15 kapena 20**

Chochitachi chikugwirizana bwanji ndi zochita zina?

Chochita cha m'gawo lino chikugwirizana kwambiri ndi chochita cha m'gawo lachinayi: *Chilumba cha Tsogolo*. Komanso chigawochi chikugwirizana ndi zokambidwa m'gawo lachisanu: *Zochitika m'jira ya ku Chilumba cha Tsogolo*, lomwe likukamba za zimene tingachite paulendo wathu wa kuchilumba cha tsogolo.



Kachitidwe kake

1. Kukhazikitsa malo

Yalani chinsalu cha buluwu pansi mozondotsa kuti ngalawa zikhale pansi. Pamwamba pawoneke popanda kanthu. Ngati pansi pali poyipa monga pali madzi kapena matope musagwiritse ntchito chinsaluchi monga momwe awonetsera mu chithunzi 8.

Ikani zithunzi zolusa monga ng'ona, mvuu ndi njoka pansi ngakhale pa chinsalu cha buluwu.



Chithunzi 9: Kuwoloka pa ka mlatho kamodzi

Yalani pansi thabwa lokhala ndi utoto woyera mbali ina wabuluwu pakati pa zinyama zolusazo. Ikani chithunzi cha chilumba kumapeto kwa thabwa limene liri ndi mtundu wabuluwu kapena pansi (Onani chithunzi 8).

2. Kusonyeza kugwiritsa ntchito milato

Powawuza ophunzira za chochitachi, onetsetsani kuti mwawawuza mowapatsa chidwi.



Awuzeni motere:

Tiyeni tiyerekeze kuti patsogolo pathu pali mtsinje waukulu. Mu mtsinjemo muli ng'ona komanso zilombo zina zolusa. Muyenera kuwoloka mtsinjewu pogwiritsa ntchito mulatho uwu poyenda pang'onopang'ono kutsogoza phazi limodzi. Phazi lina litsalire pambuyo pa chidendene cha phazi lomwe liri patsogolo. Pitirizani choncho mpaka mutaoloka'



Yambani mwasonyeza kuyenda pa kamlathoka inuyo kuyambira koyamba kwa thabwa loyeralo. Mwadala dzigwetseni pa kamlathoka.

3. Onetsani chizindikiro cha NDITHA!

Muwawuze ophunzira kuti munthu akakwaniritsa kuwoloka mlatho onse akuyenera kumuthandiza kusangalala pokuwa kuti “Nditha!” uku akusonyeza chizindikiro pokweza chala chawo chachikulu.

4. Ophunzira ayese kuyenda pa timilato

Uzani ophunzira kuti, “Ine ndinalephera kuwoloka pa kamlathoka, tsono amene akhoza kundiposa ine ndi yani?”

Chithunzi 10: Chizindikiro cha “NDITHA!”

Uzani ophunzira amene akufuna kuti awoloke pa mlatho kuyambira kumene kuli mtundu woyera kukalekeza kumene kuli mtundu wabuluwu.

Wina akakwaniritsa kuwoloka onse akuyenera kusangalala naye pamodzi pokuwa kuti NDITHA!

5. Ophunzira amene analephera kuwoloka pa kamulatho kamodzi agwiritse ntchito timilato tiwiri.

Onse amene anadzipereka kuwoloka pa timilatoti akamaliza, muwayamikire, maka iwo amene anawoloka bwinobwino.

Olephera muwatsimikizire kuti asadandaule pakuti muwonjezera mlatho wina kuti awoloke bwino.

Muyike kathabwa kachikasu kaja pafupi ndi kathabwa kena kaja ndipo timatabwato titalikirane kwa phazi limodzi. Awonetseni ophunzira m'mene angawolokere kukafika kuchilumba pogwiritsa ntchito matabwa onse awiri, kathabwa ka chikasu komanso kamene kali ndi mtundu woyera ndi wa buluwu kaja.



Chithunzi 11. Kuyenda pa Timilato

Amene anagwera m'madzi koyamba kaja, ayaserenso kachiwiri. Panopa amenewo akuyenera kuti awoloke ndithu. Muwalimbikitse.

Munthu akawoloka bwinobwino onse akuyenera asangalale naye pamodzi pakuwa kuti NDITHA! pamene ena akululutira ndi kuwomba m'manja.

6. Kukambirana tanthauzo la chochitachi komanso phunziro lake



Funsani ophunzira mafunso okhuza chochitachi. Munamva bwanji?

- Pamene munali pakati pa kamlatho?
- Pamene munawoloka bwinobwino?
- Pamene munalephera nkugwera m'madzi?

Mufotokozere zinthu izi:

Chilumba chija chikuyimira tsogolo labwino, lowala, komanso zinthu zimene inu mumazifuna kuti mudzachite ndikukhala nazo mtsogolo. Kuyenda pa milato kuja kukusonyeza njira imene inuyo mudzayendamo musadakafike ku tsogolo lanulo.



Funsani mafunso awa:

- Kodi mukuganiza kuti ng'ona, mvuu, komanso njoka zimene zinali m'madzi zija zikuyimira chiyani?

Nyama zimenezi zikhoza kuyimira zinthu zambirimbiri zokhumudwitsa zimene munthu akhoza kukumana nazo pamene m'moyo wake, zinthu monga matenda monga obwera kamba ka kugonana komanso HIV.



Ophunzira wina akatchula kuti zilombo za m'madzizo zikhozanso Kuyimira HIV kapena matenda opatsirana pogonana mufunse funso lakuti:

- Kodi njira zimene munthu ungapewere HIV komanso matenda opatsirana pogonana ndi monga ziti?



Ophunzira aja akakuwuzani njira zonse zitatu za m'mene munthu angapewere HIV komanso matenda odza kamba kugonana, inuyo mufotokoze mwatsatanetsatane. (yang'anani zolembedwa m'musimu):

- Kamlatho kamene kali ndi mtundu woyera komanso wabuluwu kuyimira kudziletsa, osagonana kufikira utapeza banja (mtundu oyera) komanso kukhulupirika kwa mkazi wako kapena mwamuna wako ukakhala m'banja (mtundu wabuluwu). Anthu ena amakwaniritsa ndithu kukhala osagonana ndi munthu kufikira atalowa m'banja komanso kukhulupirika akakhala m'banja kwa moyo wawo onse. Koma ambiri amalephera ndipo amagwera m'madzi m'mene muli zilombo zolusa zija. Tsono kuti tisagwere m'madzimo tikhoza kugwiritsa ntchito kamlatho kachiwiri kaja kachikasu kamene kakuyimira kondomu.



Pitirizani pofunsani mafunso awa:

- Zinatheka bwanji kuti muwoloke?
- Nanga izi zikutanthawuzanji ku moyo wathu wa tsiku ndi tsiku?
- Mwaphunzira chiyani?

Mutsogolere kukambirana pa mafunso ali pa mwambawa. Palinso maganizo ena pano akuti mukhoza kuwonjezera ngati ophunzira akuvutika pokambiranapo.

7. Kugwiritsa ntchito chizindikiro cha NDITHA!

Pamene ophunzira akhala chete kukhala ngati akuganiza mozama, muwawuze kuti ayang'ane m'mene nkhope za anzawo zikuwonekera.

Aliyense apange nawo chizindikiro cha NDITHA! Izi kawirikawiri zimabweretsa chimwemwe komanso kumasuka pakati pa ophunzirawo pakuti zimawakumbutsa kuti ndi zotheka kukafika pa chilumba chija.

Muwawuzenso ophunzira tsono kuti ayang'anenso nkhope za anzawo zija kuti awone m'mene zasinthira.

Muwafunse ophunzira aja kuti anamva bwanji m'mene anakuwa kuti NDITHA!

Zoti Ophunzitsa Adziwe



Zokuthandizani kuti muwoloke bwino

- Nchofunika kuti pamene munthu afuna kuwoloka pa timilato, ayike mtima wake pachilumba chimene akupitako. Ngati munthu akhala ndi nkhawa ndi kumangolingalira za mavuto a m'moyo mwake akhoza kugwera m'madzi ndi kugwidwa ndi ng'ona.
- Nkofunika kulimbikitsana powoloka pa timilatoti.
- Munthu akhoza kuwoloka mosavuta ngati atasiya katundu wake pansi komanso kuchotsa nsapato. M'moyo mwathunso nthawi zina tiyenera kusintha makhalidwe athu ena kuti tidziteze. Mwachitsanzo, pali miyambo ina yamakolo athu monga mwambo wa Chokolo, Kulowa kufa ndi ina yomwe tikamaitatira tiyika miyoyo yathu pachiswe.
- **Kusiya kuledzera** - munthu woledzera komanso wogwiritsa ntchito mankhwala ozunguza bongo monga chamba sangathe kuwoloka bwinobwino patimilathoti ndipo akhoza kugwera m'madzi momwe muli ng'ona.
- Kathabwa kachikasu kakuimira njira yogwiritsa ntchito kondomu pamene tigonana ndi anthu ena. Njira iyi ikhoza kuteteza munthu ku HIV.
- Anthu ambiri amanenadi kuti munthu kuti adziteze ku kachilombo ka HIV, ayenera kudziletsa, pokhala okhulupirika kwa bwenzi limodzi kapena kwa munthu amene tiri naye pabanja. Alipodi anthu ena amene akhoza kutsatira njira izi mmoyo mwawo onse. Koma alipo anthu ena amene sangathe kukwanitsa njira ziwiri zimenezi. Kwa anthu oterewa, palibe njira ina yodzitezera yoposa kugwiritsa ntchito kamlatho kachikasu kamene kakuimira kondomu.

Zoti Aphunzitsi Adziwe



Njira zitatu zopewera HIV

Kudziletsa

Uwu ndiye mlatho umene uli wotetezeka kwambiri kuposa yonse. Ndi njira yokhayi imene munthu akhoza kukhala odzidalira kwathunthu kuti sangatenge kachilombo ka HIV kudzera m'kugonana. Kwa ena, kudziletsa kapena kuti kupewa chiwerewere zimatanthawuza kuti asakhale ndi chibwenzi. Ndi zotheka kukhala ndi chibwenzi koma osamagonana nacho. Bwato limeneritu ndiye lotetezeka kwambiri. Mukhozatu kupsopsonana, kugwiranagwirana, kaya kusisitana koma osagonana.

Kukhala okhulupirika kwa bwenzi limodzi limene liribe kachilombo komanso pabanja

Izi zimafunika abwenzi amene apanga chisankho chokhwima kuti sadzagonananso ndi wina aliyense koma bwenzi lawolo limene liribe kachilombo. Ngati mukufuna kukwera bwato limeneri choyamba ndikupita kaye kukayezetsa magazi ndipo muonetsetse kuti nonse mulibe kachilombo koyambitsa matenda a Edzi. Ngati m'modzi wa inu adagonanapo ndi wina kapena mwina adalandirako magazi kwa wena ndi zotheka kuti akhoza kukhala ndi kachilombo. Mupite mukayezetse magazi anu komanso kulandira uphungu.

Kugwiritsa ntchito kondomu moyenerera nthawi imene mukugonana

Iyi ikhoza kukhala kondomu ya amuna kapena akazi. Kondomu yachimuna amavala ndi amuna ndipo imatha kusunga umuna kuti usalowe mkati mwa chiwalo cha mkazi, kaya ndi mkamwa kapena malo ochitira chimbudzi. Kondomu ya chikazi nayonso ndi yapulasitiki ndipo imakhala ndi mkombero kumapeto kwake konse kuwiri. Imeneyi imalowetsedwa kumaliseche kwa mkazi ndipo mkombero uja ndi umene umapangitsa kuti kondomuyo isavute kukhala m'malo mwake.

Kondomu ya chikazi imapereka ufulu wambiri kwa amayi kuti agwiritse ntchito kondomu kapena ayi? Kondomuyi imagwiritsidwa ntchito pofuna kupewa kupatsirana kachilombo ka HIV, matenda opatsirana pogonana komanso kuteteza kutenga mimba. Njirayi ikhoza kugwiritsidwa ntchito ndi anthu amene ali kale pa banja komanso amene angoyamba kumene ubwenzi wawo.

Chochita 2B: Kuwoloka pa Timilato kwa Anthu amene ali ndi HIV

Cholinga

- Kufuna kutsimikiza mfundo yonena kuti amene ali ndi kachilombo koyambitsa matenda a Edzi akhoza kukhala ndi moyo nthawi yayitali komanso mosangalala.
- Kufuna kutsimikiza mfundo yakuti tisaganizire kwambiri za mavuto amene tiri nawo, m'malo mwake tiziganizira zinthu zomwe tikufuna tidzakwaniritse m'moyo mwathu.
- Kufuna kufufuza njira za m'mene tingathandizire anthu amene ali ndi kachilombo ka HIV koyambitsa matenda a Edzi.



Kukonzekera

Chochitachi chimagwiritsa ntchito timilato tomwe tija koma mwa mtundu wina. Cholinga chake ndi chofuna kupatsa maganizo anthu kuti akambirane zokhudza amene ali ndi kachilombo ka HIV. Chochitachi chimasonyeza njira zimene achibale, anzake a munthu, kaya ogwira nawo ntchito akhoza kusamalira munthu amene ali ndi kachilombo ka HIV kapena matenda a Edzi.



Muwerenge mbuku lotchedwa: *'HIV, Edzi ndi Chithandizo'* lomwe liri m'phukusi la Chiyembekezo.

Zipangizo zofunika ndi: ng'ona, mvuu, njoka, timilato, komanso chilumba.

Chochitachi chitenga mphindi 10 kapena 20

Chochitachi chikugwirizana bwanji ndi zochita zina?

Chochitachi chikugwirizana ndi chochita 5E: *Zomwe anthu amene ali ndi HIV ndi odwala Edzi, mabanja ngakhale anasi awo yenera kudziwa ndi kuchita.*



Kachitidwe kake

1. Kuyenda pa timilato pamene uli ndi kachilombo ka HIV

Ikani kamlatho kamodzi ndipo ikani zilombo zolusa zija m'madzi. Awuzeni ophunzira kuti, pamene mukuwoloka pa kamlathoka.



"Mudzidzitenga ngati kuti ndinu munthu m'modzi amene adapezeka ndi kachilombo ka HIV. Ndipo mukutha kuwona zipsinjo komanso zinthu zosawutsa mtima zitakuzungulirani. Popeza muli ndi kachilombo koyambitsa Edzika ndiye kuti basi mumwalira, choncho ndiye kuti tsogolo lanu mwalitaya basi. Kodi mavuto amene anthu amene ali ndi kachilombo amakumana nawo ndi monga ati?"

Anthu akhoza kumatchula zinthu monga kusalidwa, kukanidwa ndi achibale, anzako, ndi zina zambiri.

2. Kuthandiza munthu amene ali ndi HIV



Funsani:

Kodi anthu ena angamuthandize bwanji munthu yemwe ali ndi HIV?

Ngati wina apereka ganizo lakuti munthu ali ndi kachilomboyu athandizike, inuyo mufunse amene ali omasuka kukuthandizani kuwoloka pa kamlathoka.

Muwonetse m'mene angakuthandizireni kuwoloka kamlathoka powuza ena kuti akugwireni dzanja, kaya ndi m'mapewa kuti muwoloke bwino mlathowu. Pamene muwoloka muwauze ophunzira kuti tsopano chilumba chakutsogolo chija mukutha kuchiwonanso ndipo muuze wina kuti ayike chilumbacho kutsogolo kwa mtsinje pothera pa kamlathopo.

Mukambiranebe njira zimene mukhoza kuthandizira munthu amene ali ndi kachilombo ka HIV koyambitsa matenda a Edzi ndi njira zina za m'mene mungam'thandizire.

GAWO LA CHITATU: Chilumba cha Tsogolo

Mau Otsegulira

Kuti munthu apange chinthu monga kusintha khalidwe ndi chinthu chofunikira kwambiri kuti iyeyo awone payekha kuti nkofunikira kutero. Munthu amasintha khalidwe akawona kuti m'kusintha khalidwelo muli phindu monga tsogolo labwino. Tsono gawo ili lithandiza ophunzira kuti akhale ndi masomphenya a tsogolo lawo. Gawoli likatero lipangitsa achinyamata ndi anthu ena aja kuti aunikire moyo wawo ndi kuwona ngati zimene akuchita pakali pano pokhudzana ndi nkhani yogonana zingawapatse tsogolo labwino.



Uthenga Ofunika

- Munthu aliyense aganizire moyo wabwino umene akufuna adzakhale nawo mtsogolo.
- Pali chiyembekezo cha tsogolo labwino ngati munthu apanga chisankho chogwiritsa ntchito mabwato achitetezo omwe akuyimira kudziletsa, kukhulupirika m'banja kapena pa ubwenzi ngakhalenso kugwiritsa ntchito kondomu
- Ndi chinthu chofunikira komanso cha phindu kuti anthu amene ali ndi HIV aziganizira za tsogolo lawo ndi zimene akuzifuna m'moyo mwawo osati azingoganizira za imfa kapena mavuto ena.

Chochita 3A: Chilumba cha Tsogolo

Cholinga

Kuthandiza ophunzira kuti:

- Aganizire za moyo wawo wa m'tsogolo.
- Aganizire za njira zopewera kachilombo koyambitsa matenda a Edzi zimene zikhoza kuwathandiza kuti adzafike bwino kutsogolo limene akulifunalo.



Kukonzekera

Ophunzira aliyense aganizire za chilumba cha tsogolo lake, m'mene akufunira kuti moyo wake udzakhalire mtsogolo. Ayike mtima pa chilumba cha tsogolo lakecho ndipo aganizire za njira zopewera kachilombo, (kukhalabe pa timilato, kapena m'mabwato a chitetezo aja) ndi cholinga chakuti akafike bwino pa chilumba cha tsogolo lake. Ganizirani komanso konzekerani za chitsanzo chimene mungapereke cha chilumba chanu cha tsogolo.

Onetsetsani kuti chilumba chanucho chikhale choona ndi kuti mutha kuchikwaniritsa. Izi ndi zothandiza kuti phunziroli likhale la tanthauzo osati zongosewera ayi.

Zipangizo zofunika ndi izi:

- Timakadi tankhani
- Timilato ta thabwa
- Chilumba, ng'ona, mvuu ndi njoka
- Khadi la nkhani ya Fatsa ndi makadi ena amene mungagwiritse ntchito
- Chithunzi cha malo amene Fatsa amachitirapo bisinesi yake
- Chithunzi cha nyumba ndi banja la Fatsa
- Mapepala osalembedwa
- Zolemba

Chochitachi chitenga **mphindi 30 kapena 45**.

Chochitachi chikugwirizana bwanji ndi zochita zina?

Chochitachi chikhoza kukhala chopambana ndithu ngati chigwirizana ndi zochita za m'gawo lachiwiri monga chochita 2A: *Kuwoloka pa Timilato* kapena 2B: *Kuwoloka pa Timilato kwa anthu amene ali ndi HIV*. Chikhozanso kulumikizana ndi gawo lachinayi: *Mabwato a Ulendo wa Chiyembekezo*.



Kachitidwe kake

1. Konzani malo

Ikani timilato tonse tiwiri pansu ndi zilombo zolusa zija (ng'ona, njoka ndi mvuu) komanso chilumba cha tsogolo pothera pa timilatoti. Onetsetsani kuti chilumba chili kumapeto kwa mbali ya buluwu kwa kathabwa ka mitundu iwiri kaja monga zawonetsedwa pa chithunzi 11.

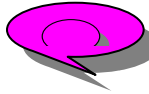
2. Zimene mukuyenera kuganizirapo kwambiri powoloka milatoyi



Funsani ophunzira:

“Kodi pamene mumawoloka pa timilato paja chimene chinakuthandizani kuti muwoloke bwino ndi chiyani?”

Anthu ambiri amawoloka bwino ngati ayika maso awo pa chilumba chimene chili patsogolo pa timilato chija. Akamayang'ana zilombo zimene ziri m'madzi zija amatha kugweramo.



Ophunzira akayankha muwawuze kuti:

“Mavuto osiyanasiyana omwe tingakumane nawo m'moyo mwathu asatipangitse kugonja ndi kuiwaliratu za tsogolo lathu. Poyamba tidzikumbutse kawirikawiri za tsogolo lathu kotero kuti tsogolo lathulo litipatse mphamvu zolimbana ndi mavuto omwe angatilepheretse kukwaniritsa tsogolo lathulo”.

3. Perekani chitsanzo cha chilumba cha tsogolo

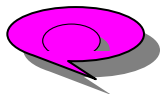
Mupereke chitsanzo chogwira mtima chimene munthu akhoza kukhala nacho cha tsogolo lake. Ichi chikhoza kukhala:

a. Chitsanzo chochokera kwa inu aphunzitsi



Kufotokoza mothandizidwa ndi chithunzi chimene mwajambula chokhudzana ndi tsogolo lanu m'mene mukufuna kuti lidzakhalire. Mufotokoze za tsogololo ngati kuti mwafikako kale, mwachitsanzo: “Pano tsopano ndi chaka cha Ndiri okondwa kwambiri chifukwa cha zinthu zomwe ndakwaniritsa. Ndine wamphamvu, wathanzi ndi osangalala m'moyo mwanga. Ndiponso zinthu zikundi yendera kwambiri”.

b. Chitsanzo cha Fatsa ndi chilumba cha tsogolo lake



Fotokozani nkhani ya Fatsa kuchokera pa khadi paja motere:

"Fatsa amakhala ndi makolo ake pamodzinso ndi achimwene ndi achemwali ake. Makolo ake akhala akuvutika kusamalira anawa ndiponso kuwalipirira sukulu. Fatsa ali ndi chibwenzi ndipo mnyamatayu dzina lake ndi Sewa. Sewa amachokera kubanja losauka ndipo amalandira ndalama zochepe. Pakati pa Fatsa ndi Sewa palibe vuto lina lirilonse. Awiriwa agwirizana kuti asayambe msanga kugonana koma iwo amasangalala kukhalira limodzi nthawi zambiri, kumacheza ndi kuseka."



Chithunzi 12: Fatsa



Funsani ophunzira:

Kodi Fatsa akugwiritsa ntchito kamlatho kati?



Pitirizani kufotokoza za Fatsa motere:

Mayi a Fatsa akhala akudandaula kuti mtsikanayo sabweretsa ndalama ku nyumba. Fatsa amazindikira kuti anzake amene amayenda ndi a chidyamakanda amavala momuposa iye. Tsiku lina akuyenda chidyamakanda china chotchewa Selo chinaimika galimoto pafupi ndi Fatsa nkumuuza iye kuti am'patsa ndalama ngati avomera kuti apite limodzi koyenda. Fatsa anakana izi monga momwe amachitira m'mbuyo monsemu.

Fatsa amadziwa kuti kachilombo ka HIV ndikopatsirana pogonana ndipo anamva kuti achidyamakanda ambiri amakana kugwiritsa ntchito kondomu, pogonana. Komabe Fatsa watopa ndi umphawi akufuna kuthandiza makolo ndi abale ake ndiponso akufuna kugula zovala zatsopano. Tsono iye akuganiza kuti mwina angoyesa kamodzi kokha.

Fatsa watsala pang'ono kulowa m'galimoto la Selo zomwe zotsatira zake zikakhale kugonana kosadzitchinjiriza.”



Uzani ophunzira kuti:

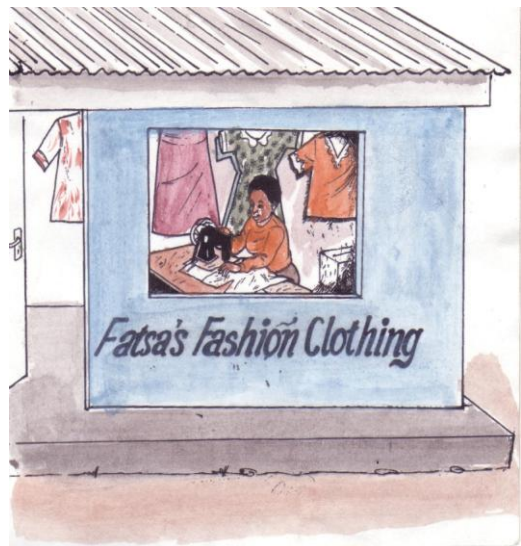
Fatsa mu nkhanayi watsala pang'ono kulumphira m'madzi momwe muli zoopsya zosiyanasiyana monga ng'ona, njoka ndi zina. Atangotsala pang'ono kulowa m'galimoto lija masomphenya a chilumba cha tsogolo lake anam'bwerera. Lozani chilumba chomwe chiri ku tsogolo kwa timilato.

Onetsani ophunzira chinthunzi cha Fatsa ndi bizinesi yake ndipo chiikeni pa chilumba.



Pitirizani kufotokoza motere:

“Fatsa akuganiza ali ndi bizinesi yosoka zovala, iye m'maganizo mwake akuyiwona bisinesiye italembedwa. “Fatsa **Fashion Clothing**” mwiniwake: Fatsa Mwali. Iye m'maganizo mwake, akuwonanso anthu akumuyamikira kuti amasoka zovala zabwino. Iye akuwona bizinesiye ikumubweretsera ndalama zokwanira kudzisamalira pamodzi ndi banja lake, ndipo zina amatha kutumizira makolo ake. Izi zimamupangitsa Fatsa kukhala wokondwa. Wamaliza ntchito yake ndipo akupita kunyumba yake imene iri kuseri kwa malo ake a bisinesi. Pachilumba cha tsogolo lakeri, iye tsopano ali pa banja ndipo iye ndi mwamuna wake Sewa ali ndi ana awiri okongola athanzi.”



Chithunzi 13: Fatsa ndi malo ake a bizinesi

Ikaninso chithunzi cha nyumba ndi banja la Fatsa pa chilumbachi.



Pitirizani kufotokoza motere:

“Fatsa akuyang’ananso m’madzi, akuganizira za chilumba chake chosangalatsachi. Iye akuganiza kuti ndi tsogolo labwino ngati limeneri sibwinonso kuyenda ndi chidyamakanda pakuti chikhoza kumuwonongera tsogolo lake.

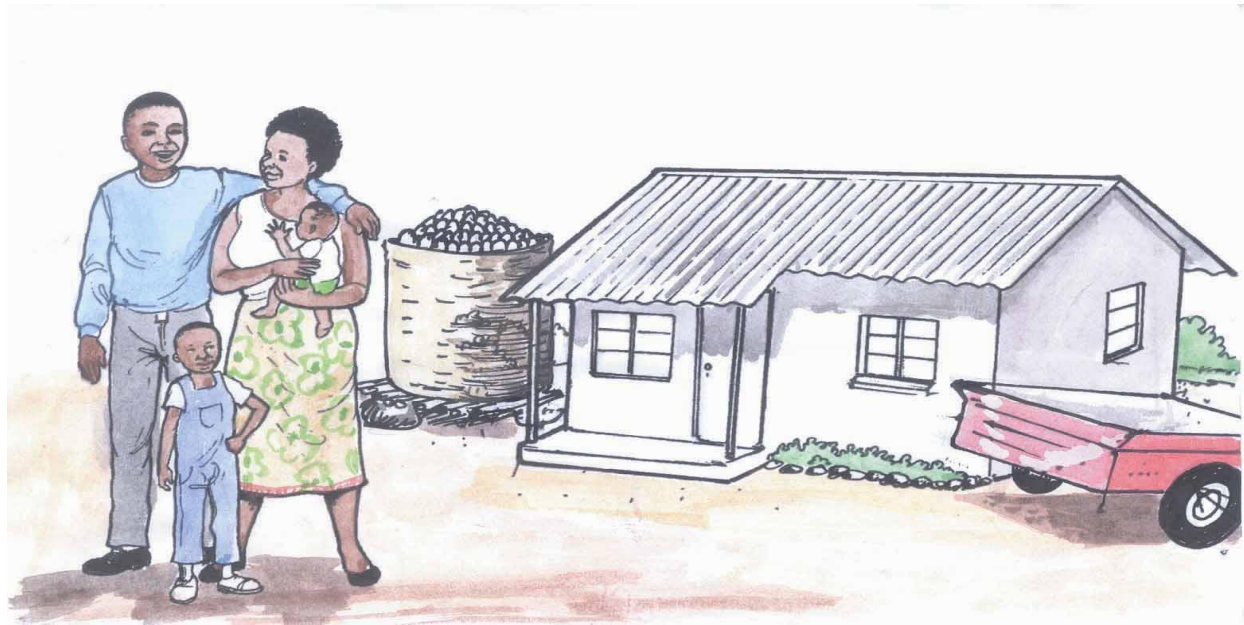
Akumuyang’ana Selo ndipo anamuza kuti: “Ine **ayi**, ndikumva chisoni kuti ine ndine mwana ndipo inu ndinu achikulire, msinkhu woyenera kukhala bambo anga. Muzipita ndipo musadzandivutitsenso. Bambo uja wachita manyazi nachoka.”



Funsani mafunso awa:

- Fatsa amachokera kubanja losauka ndipo amafuna ndalama, kodi iye anatha bwanji kukana ndalama za Selo?
- Kodi mukuganiza kuti chinampangitsa Fatsa kuganiza kuti bizinesi yake ikhoza kuyenda bwino ngakhale asanaiyambe nchiyani?
- Nanga chimene iye angachite kuti zimene akufunazo, zokhala ndi bizinesi komanso banja labwino, zidzatheke ndi chiyani?

Onetsani chithunzi 15: Njira yomwe Fatsa anadutsa kuti afike tsogolo lake. Ngati muli ndi zithuzi zochulukirapo za Fatsa muwapatse ophunzirawa kuti awone.



Chithunzi 14: Nyumba ndi banja za mtsogolo za Fatsa

Mokondwa Fatsa adakamufotokozera mzake za chilumba cha tsogolo lake komanso za buzinesi yake yosoka zovala.

“Nawenso ukhale nacho chilumba cha tsogolo lako.”

“Komatu ine zosokasokazi sindingazithe,” mzakeyo adatero.

“Zimenezo ndi za ine osati za iwe,” Fatsa adamuwuza mzakeyo, “Iwe chilumba chatsogolo lako sichingafanane ndi changa. Chako ndi chako, aliyense aziganizira za chilumba chake pa iye yekha.”



Chithunzi 15: Njira yomwe Fatsa anadutsa kuti afike tsogolo lake

4. Ganizirani za m'mene mukufunira kuti tsogolo lanu lidzakhalire



Muwawuze ophunzira kuti akhale momasuka, kaya akhala chogona, kaya akhala pansa, koma akhale motakasuka. Muwafotokozere mtima uli m'malo izi:

Aliyense wa inu akhoza kupanga tsogolo lake. Sindikudziwa kuti tsogolo lanu ndi lotani. Aliyense atakasuke ndipo aganizire za m'mene akufunira kuti tsogolo lake lidzakhalire. Mwina zikhoza kukuthandizani mukatseka maso. Muganizire tsogolo lanu ngati chilumba. Chilumba chatsogolo lanu chikuyimira zinthu zimene inu mukufuna kuti mudzachite m'tsogolo muno. Pa chilumba cha tsogolo lanuchi mukhoza kuyikapo chilichonse chimene mukufuna komanso chimene mukuganiza kuti nchotheka. Muziziwona ngati zachitikadi, mwafikadi kutsogoloko. Muli ndi thanzi ndipo zonse zikukuyenderani.



Afunzeni kuti:

Mukuwona chiyani? Amene ali ndi inu ndi yani? Mukumva chiyani? Kodi nanga anthu ena akunena chiyani za inu? Mukumva bwanji? Mukuchita chiyani pa nthawi? Nanga luso limene muli nalo pa nthawi ndi lotani? Chofunikira kwambiri m'moyo mwanu ndi chiyani? Nanga pa chilumba chimenechi inuyo ndinu yani?

5. Pezani chinthu choyimira tsogolo lanu

Patsani ophunzira aliyense pepala kuti ajambulepo chilumba cha tsogolo lake. Muwafotokozere kuti simukufuna kuti iwo ajambule zokongola ngati sangathe. Chofunika kwambiri nchakuti iwowo amvetsetse za chimene ajambulacho.

Omwe sangathe kujambula kapena amene alibe zojambulira akhoza kutenga chithu china chilichonse monga mwala kuti chiyimire tsogolo lawo. Izi zichitike mu mphindi 15 kapena 20.

6. Kuchita sewero lokhudza chilumba cha tsogolo lanu



Muwawuze ophunzira kuti akhale motayana ndipo aganizire za chilumba cha tsogolo lawo. Ayike mwala wawo kapena kalikonse kamene kakuyimira tsogolo lawo pakati pa malo amene awapeza. Ngati akufuna akhoza kugwiritsa ntchito zinthu zina monga mpando kuti asonyeze tsogolo lawo. Ndiye muwawuze ophunzirawo kuti ayendere anzawo kuti akamve kuti tsogolo la anzawolo ndi lotani ndipo nawonso akuyenera kufotokozera anzawo za tsogolo lawo.

7. Kugawana ndi anzanu za tsogolo lanu komanso kukonzekera kuti mungakafikeko bwanji ku tsogolo lanulo



Mufunse amene angathe kuti afotokozere gulu za tsogolo limene akulifuna ndipo azifotokoza ngati kuti wafikako kale ku tsogololo.

Ngati ajambula chinthunzi awonetse gulu chithunzicho ndipo afotokozere. Muwawuze kuti akayime ku tsogolo kumene mwayika chilumba kuja ndipo azifotokoza ngati kuti afika kale ku tsogolo lawolo.



Muwafunse kuti:

- *Kodi izi zikuchitika m'chaka chanji? Ndinu ndani? Mukuwona chiyani? Mukumva chiyani? Mukumva bwanji m'thupi mwanu?*

Muwauze ophunzirawo kuti asiye tsogolo lawolo kapena zizindikiro za tsogolo lawozo kutsogolo kwa timilato pa chilumba chija ndipo abwere koyambirira kwa timilato kuja.



Muwauzenso kuti:

Tsopano tiri kuno, osatinso kutsogolo lanu lija. Tsogolo lathu lija ndi ilo liri ukolo ndipo nditsogolodi labwino zedi. Aliyense aganizire ndi kudzifunsa mafunso awa:

- *Kodi mlatho umene ine ndikugwiritsa ntchito kapena umene ndikuyenera kuti ndigwiritse ntchito ndi uti?*
- *Nanga mlatho odalilika umene ungandithandize kuti ndifike kutsogolo langalo ndi uti?*
- *Chinthu choyamba chimene ine ndingapange lero kapena sabata ino chakuti chindithandize kukafika ku tsogololi ndi chiyani?*

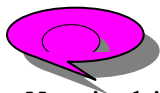


Mufunse amene akufuna kuti awoloke pa timilato paja kupita ku tsogolo lawo. Akawoloka bwinobwino aloleni kuti atenge chomwe chikuimira tsogolo lawo

kuchita chizindikiro cha NDITHA!

Chitani izi ndi anthu angapo amene anatha kugawana ndi anzawo za tsogolo lawo.

8. Zilumba zowonjezera



Fotokozani:

Ngati chilumba chanu chikuwoneka kuti chiri kutali komanso chovuta kufikira, mukhoza kufuna kupanga chilumba china chimene chiri pafupi nanu komanso chimene chikuwoneka chosavuta kuchifikira. Ndi bwino kumakhalanso ndi zinthu zofuna zimene ukhoza kuzikwaniritsa pasanapite nthawi yayitali. Mukafika pa chilumba chinacho, onetsetsani kuti mukupitiriza ulendo opitanso kuchilumba china.



Muwafunse ophunzira kuti:

- *Kodi chilumba chawo chapafupi ndi chotani?*
- *Nanga patha nthawi yayitali bwanji asadafikeko?*

Muwawonetsenso chinthunzi cha Fatsa ndi njira zake pamene akuganizira za tsogolo lake komanso bizinesi yake yosoka.

9. Kugwiritsitsa masomphenya komanso zilumba za tsogolo zolumikizana

Ophunzira asunge zizindikiro zimene zikuyimira tsogolo lawo. Mupereke maganizo awa kwa ophunzira.

- Chojambula chanuchi mukachisunge kunyumba kuti chizikakukumbutsani za tsogolo limene inu mukulifuna.
- Mukhoza kusintha chilumba chanu ngati mukufuna ndipo mukhozanso kuwonjezera zilumba zina.
- Mugawane maganizo a zilumba zanuzo ndi okonedwa anu. Mukambirane kuti mukhale ndi chilumba chimodzi ngati nkosowekera kutero. Mukhozanso kukambirana ndi ana anu kuti muwone m'mene mungawayikire pa chilumba chimenechi.
- Mufufuze chimene mukuyenera kuchita pofuna kufika pa chilumbacho ndipo muyambepo kuchita zimenezo.

Zoti Aphunzitsi Adziwe



Mbukhu ka Ulendo wa Chiyembekezo, timafuna ophunzira kuti aganizire za tsogolo lawo ndi m'mene iwo akufunira kuti lidzakhalire ndipo tsogololi timaliwonetsa ngati chilumba.

Zinthu zina zomwe zingathandize anthu kuyerekeza za chilumba chawo ndi izi:

- Kuyerekezaku kumayenda bwino ngati munthu wakhazikitsa mtima wake pansi. Choncho uzani ophunzira kuti akhazikitse mitima yawo pansi akamayerekeza za momwe zinthu zingakhalire ali pa chilumba cha tsogolo lawo.
- Inu ngati aphunzitsi mungathandize pofewetsa mau anu ndi kuyankhula mosafulumira mukamaunikira anthuwa m'mene angayerekezere za chilumba cha tsogolo lawo.
- Mphunzitsiyo akhonzanso kuthandiza pofotokoza zonse ngati kuti zikuchitika tsopano: Kodi mukumva bwanji mthupi lanu? Mukuwona chiyani? Mukununkhiza chiyani? Nanga mukumva chiyani pa malopo?
- Funsani mafunso ofuna kudziwa zotsatira monga awa:
 - Mukufuna mutachita chiyani?
 - Pali njira zingati zokafikira kumeneko?
 - Mwasowa chithandizo chanji?
 - Chinthu choyambirira choti mupange panopa ndi chiyani?

Mafunso ngati amenewa amawathandiza ophunzira kuti ayike maso awo pa tsogolo. Zimapatsanso anthu maganizo abwino akuti achitepo kanthu. Mafunso ngati awa ali bwino pamene mukukambirana za HIV kapena matenda a Edzi. Mafunso otere ndi abwino kusiyana ndi amene amakhazikika pa zovuta monga: “Vuto lanu ndi chiyani?” “Analinayambitsa ndani?”

GAWO LACHINAYI: Mabwato a Ulendo wa Chiyembekezo

Mau Otsegulira

Gawoli likuyamba ngati m'mene linayambira gawo lachiwiri la timilatho pogwiritsa ntchito mabwato ndi cholinga chofuna kuwoloka bwino nyanja kapena mtsinje momwe muli nyama zolusa zomwe zikuimira HIV. Zithunzi za pa makadi zija zigwiritsidwanso ntchito kuti anthu akambirane nkhanizo mozama.



Uthenga ofunika

- Kachilombo ka HIV kakufala kwambiri muno m'Malawi monga madzi osefukira. Munthu aliyense amene sadziteza akhoza kutenga matenda opatsirana pogonana komanso kachilombo ka HIV.
- Munthu akhoza kudziteza kuti asatenge kachilombo ka HIV pochita izi:
 - **Kudziletsa**
 - **Kukhulupirika** pokhala ndi mkazi kapena mwamuna m'modzi ogonana naye amene alibe kachilomboka
 - Kugwiritsa ntchito **kondomu nthawi zonse komanso moyenerera**. Izi ziri ngati kugwiritsa ntchito mabwato atatu.
- Munthu akuyenera kuti apeze bwato limene akwere. Bwatolo likhale lakuti munthuyo wasankha yekha osati kukakamizidwa potengerana ndi chikhalidwe, chipembedzo, komanso m'mene akhalira m'moyo mwake.
- Ngati munthu awona kuti sangakwanitse njira ina mwa njira zomwe tatchulazi akhoza kusintha ndikutenga njira ina.

Chochita 4A: Kugwiritsa ntchito makadi ndi mabwato a Ulendo wa Chiyembekezo

Cholinga

Kuthandiza ophunzira kuti akambirane momasuka zokhudza HIV zimene zikuwakhudza komanso zimene zikukhudza dera lawo.



Kukonzekera

Kufala kwa kachilombo koyambitsa matenda a Edzi m'Malawi muno kukufanizidwa ndi kusefukira kwa madzi (nsalu ya mtundu wa buluwu) ndi nyama zolusa zomwe ziri momwemo (mavuto a moyo uno kuphatikizapo HIV, Edzi ndi matenda opatsirana pogonana). Mabwato atatuwa akuyimira kudziletsa, kukhulupirika ndi kugwiritsa ntchito kondomu. Ophunzira azifotokoza nkhani ya munthu amene ali pa khadi ndipo aziyika khadilo akatha kufotokoza nkhaniyo mu bwato kapena m'madzi malingana ndi nkhani ya munthuyo. Ngati nkhani ya munthu wa pa khadi lina pali mavuto ophunzira akambirane kuti munthuyo angamuthandize bwanji.

Musanayambe chilichonse, sankhani makadi apakati pa khumi ndi awiri kapena khumi ndi asanu. Makadi osankhidwawa akhale a anthu amene ophunzira anu akhoza kuwaziwa msanga. Mwachitsanzo mukhoza kuyikapo mzimayi wapakati ngati mukufuna kukambirana za m'mene mwana wakhanda angatengere kachilombo koyambitsa matenda a Edzi kwa kholo lake.

Zofunika kugwiritsa ntchito ndi izi:

- Makadi a anthu osiyanasiyana
- Chinsalu cha buluwu
- Malo opachikapo chinsaluchi kapena kuyala
- Ng'ona, njoka komanso mvuu

Chochitachi chitenga **mphindi 30**.

Chochitachi chikugwirizana bwanji ndi zochita zina?

Zimene ophuzira angakambirane apa zikhoza kugwirizana ndi zomwe ziri m'gawo lachisanu la *Kukambirana kudzera m'zisudzo (Forum Theatre)*.



Kachitidwe kake

1. Kukhazikitsa malo



Fotokozani:

“Nthano iyi ikufanizira madzi osefukira owopsya amene anafika kumalo ena ndi m’mene anthu akudera limenelo anadzitetezera kumadziwo. Madziwo anasefukira kwa zaka zingapo ndipo anaononga nyumba, midzi komanso matawuni”

Yalani chinsalu chabuluwu pansi kapena pakhoma.

Ikani ng’ona, njoka ndi mvuu pachinsalupo ndipo muyerekeze kuti zimenezi zili m’madzi.



Uzani ophunzira kuti ng’ona ndi zilombo zina za m’madzi zingafane ndi mavuto osiyanasiyana amene timakumana nawo m’miyoyo yathu kuphatikizapo matenda opatsirana pogonana komanso kachilombo ka HIV.



Pitirizani kufotokoza motere:

“Anthu ambiri sakudziwa komwe madzi osefukirawa akuchokera. Ena akukwera pamadenga a nyumba zawo, ena akuthawira kuntunda. Ena akungoyang’ana madziwo koma sakufuna kusiya zinthu zimene iwo akuchita. Pali mabwato atatu omwe anthu angagwiritse ntchito podzitetenza. Mabwatowa akuimira Kudziletsa, Kukhulupirika ndi Kondomu.

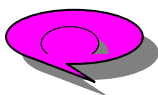
Aliyense wa anthuwa malingana ndi chikhalidwe kapena chipembedzo chake, akhoza kusankha kuti kodi akwera bwato lit. Aliyense amene sali pa mabwatowa ndiye kuti akusambira m’madzi ndipo akhoza kugwidwa ndi zilombo zolusa zija. Anthu ena akuyesetsa kuti akwere limodzi mwa mabwatowa koma akulephera.”



Chithunzi 16: Ophunzira akuyika khadi malingana ndi nkhani yake

2. Kuwadziwitsa ophunzira za anthu a pa khadi

Muwawonetse ophunzira makadi amene mwawasankha ndipo muwawuze kuti iwo akuyenera kufotokoza nkhani za anthu amene ali pa makadiwo ndikuti amachita chiyani pa moyo wawo. Mugawe makadiwo pakati pa ophunzirawo. Ngati nkotheka muwalole ophunzira kuti asankhe okha makadi amene akuwafuna.



Muwauze ophunzira amene ali ndi makadi kuti:

“Akambe za munthuyo ndi dzina lake. Akambe moyerekeza za mbiri ndi khalidwe lamunthu wapakhadipo ngati kuti akumudziwa. Akambe zomwe akuganizira kuti munthuyo akupanga pakali pano. Ayike khadilo pachinsalu cha buluwu m’malo m’mene akuganizira kuti akuyenera kukhala. Ngati ophunzira akusowa pomuyika munthu wa pakhadiyo amuyike m’madzi muja. Awayike pamene akuganizira kuti ali panopa osati pamene akuganizira kuti akhoza kudzakhala.”



Muwawuze ophunzira kuti alumikize nkhani za anthu amene ali pa makadiwo. Mwachitsanzo, ngati munthu wina wapakhadi watchulidwa kuti ndi mayi wa banja lake, mufunse ngati alipo wina amene ali ndi mwamuna wake wa mayiwo pa khadi lina. Poto mukhoza kuwona kuti kukambirana kwanu kukukhudzana mwambiri ndipo kudzera mwa anthu osiyanasiyana a pa makadiwa mukhoza kukambirana zambiri ndithu.



Muwadziwitse ophunzira kuti anthu amakhoza kusintha mabwato awo achitetezo. Mufotokozere izi ndi khadi limene liri ndi munthu amene akuwoneka ngati ndi wa bizinesi motere:

“Mkuluyu ndi wa bizinesi komanso ali pa banja ndipo nthawi zambiri amakhulupirika kwa mkazi wake. Ndiye wanyamuka kupita kukachita bizinesi. Kumeneko wasankha kukwera bwato la kudziletsa, koma patangotha sabata imodzi wakumana ndi mayi wina okongola. Ngati aganiza zogonana ndi mayiyo, akuyenera kugwiritsa ntchito kondomu chifukwa ngati satero ndiye kuti agwera m’madzi muli zilombo zolusa muja ngakhale iye wakhala okhulupirika. Akagwera m’madzimo ndiye kuti akhoza kukakokeranso mkazi wake m’madzimo. Anthutu amatha kusintha mabwato pamene ali mu njira ya moyo uno.

3. Mukambirane zimene zikhoza kuwathandiza anthu ali pamakadi aja



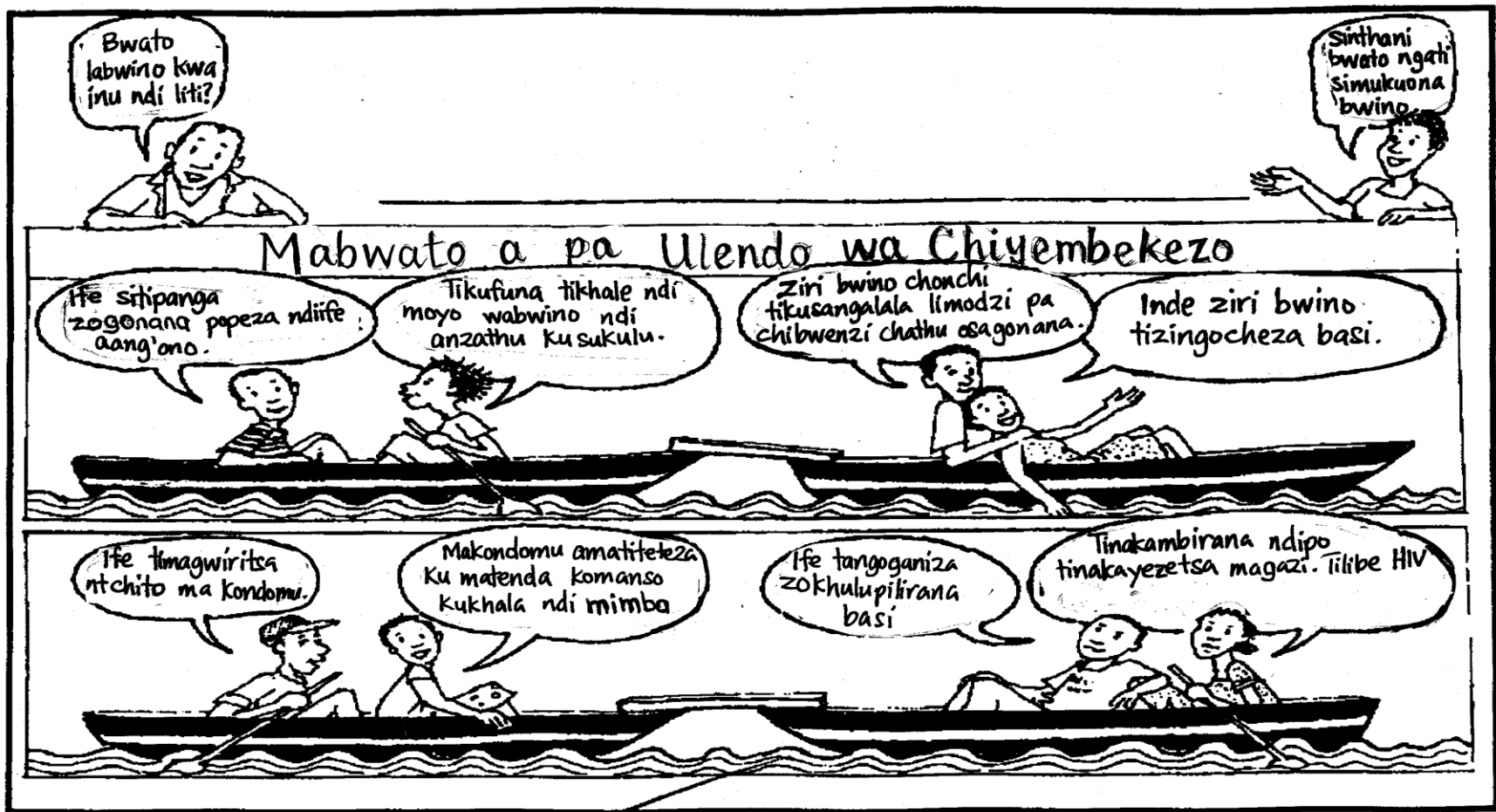
Funsani ophunzira kuti:

- *Mungawathandize bwanji anthu ali pa makadi aja pa zinthu zomwe akukumana nazo?*
- *Nanga amene ali m’mabwato aja muwathandiza bwanji kuti akhale momwemo?*
- *Nanga amene ali m’madzi aja, akhoza kutani kuti akwere nawo?*

Mugwiritse ntchito mafunsowa pokamba za anthu ali pamakadi aja, muzitenga khadi limodzilimodzi. Muwafunse ophunzira kuti akhoza kumuthandiza bwanji munthu ali pa khadiyo kuti athane ndi vuto limene akukumana nalo.

Ngati pali ena pakati pa ophunzirawa amene akukumanadi ndi mavuto ngati amene mukukambiranawo ndiye kuti izi zikhoza kuwathandiza.

Zimene zakambidwa m’gawo linozi zikhoza kufikitsidwanso pa chiyindeyinde pogwiritsa ntchito zisudzo zamgawo lotsatirali.



Chithunzi 17: Mabwato a Ulendo wa Chiyembekezo

GAWO LACHISANU: Zitsanzo zochitika pa njira ya ku Chilumba cha Tsogolo

Mau Otsegulira

Gawo lino cholinga chake ndikuti lithandize ophunzira kuti amange mfundo, luso, komanso njira zimene zikhoza kuwathandiza pa nkhani zokhudza ubwenzi, kuyezetsa magazi komanso kukhala ndi moyo wathanzi ngakhale uli ndi HIV.

Gawo ili likuyamba ndi malangizo amene mungagwiritsire ntchito Kukambirana kudzera m'zisudzo (Forum Theatre). Kenako gawoli likufotokoza za zochitika zina zimene zikugwirizana ndi Kukambirana kudzera m'zisudzo. Zokambirana zotsatirazo zikukhudzana ndi nkhani za kudziletsa, kukhulupirika, kugwiritsa ntchito kondomu, kukayezetsa magazi komanso kulandira uphungu mosaumirizidwa komanso kusamalira iwo amene ali ndi kachilombo koyambitsa matenda a Edzi.

Cholinga

Kuthandiza ophunzira kuti apeze njira komanso nzeru zowathandiza zokhudzana ndi nkhani ya kachilombo ka HIV koyambitsa matenda a Edzi ndi nkhani zina zokhudza matendawa.



Uthenga Ofunika

- Njira ya munthu yokafikira ku chilumba cha tsogolo sikuti imakhala yowongoka, yopanda mavuto nthawi zonse. Imakhala ndi zokoma komanso zoipa nthawi zina. Zimafunikira kuti munthu alimbe mtima kuti akafike ku chilumba chake.
- Kuti tisatenge kachilombo ka HIV zidzafunikira kuti tipange mfundo zathu komanso tikhale odzikhulupirira ndi omasuka kukambirana nkhani zokhudza HIV ndi Edzi ndi abwenzi amene tili nawo.

Kukambirana kudzera m'zisudzo (Forum Theatre)



Kodi Kukambira kudzera m'zisudzo ndi chiyani?

Kukambirana kudzera m'zisudzo ndi njira imene imagwiritsa ntchito zisudzo. Ngakhale owonera amatenga nawo mbali m'zisudzozi. Anthu amafunafuna njira zimene akhoza kuthana ndi vuto lokambidwa m'zisudzomo. Njira iyi ikhoza kugwiritsidwa ntchito pokambirana pa mitu yambiri.

Kugwiritsa ntchito Kukambirana kudzera m'zisudzo kwasiyana ndi m'mene anthu ambiri amagwiritsira ntchito zisudzo pokamba nkhani ya matenda a Edzi ndi kachilombo koyambitsa matendawa. Nthawi zambiri anthu amachita chisudzo kuti anthu awonere ndipo akatero amakambirana pambuyo pake. Kukambirana kudzera m'zisudzo nkosiyana chifukwa chakuti owonerera amachita nawo. Iwo amapeza njira zimene akhoza kuthetsera vuto limene likukambidwa m'chisudzomo okha. Owonererawo amayenera alongosole bwino komanso kuwonetsa m'mene akufunira kuti zinthu zikhalire. Izi zimapangitsa kuti zokambidwazo zisayiwalike.



Kukonzekera kwake

Chimene chimachitika mu Kukambirana kudzera m'zisudzo ndi chakuti bwalo lokambirana limapanga kasewero kakang'ono, kuyambira mphindi imodzi kulekeza zisanu, ndipo mwini nkhani musewerolo amapanga zinthu zimene zimayika iye m'mavuto kapena pabwino.

Ochita chisudzowa amapanga kamodzi kokha mpaka kukalekeza chisudzochi kumapeto. Kenako sewero lija limadzachitikanso kachiwiri koma ulendo uno sewerolo limayimitsidwa pamene anthu akuwona kuti mwini nkhani musewerolo akukamba kapena kuchita zosayenera. Akaliyimitsa chotero sewerolo amafunsana kuti “Tingatani kuti munthuyu timuthandize kuti apange zinthu zoyenera?” Zikatero sewero lija limapitilira ndipo zija zatchulidwa zija zimayikidwa mkati mwa sewerolo lija.

Sewero lija likayimitsidwa, amene akutsogolera zokambirana zija akhoza kufunsa munthu kuti alowe m'seweromo nakachita zimene akuganiza kuti mwini nkhani m'sewerolo ayenera kuchita. Izi zikhoza kuchitika kangapo ndithu. Kufunsa ophunzira kuti akufuna kuti mwini nkhaniyi amalize bwanji sewerolo, angamuthandize bwanji? Akakambirana njira zoyenera kudzera mu chisudzo chija, ophunzira aja amakhala awiriawiri kuti akambirane ndi kuzamitsa njira zomwe akambirana zija.

1. Ganizirani za zimene mukufuna kukambirana komanso m'mene mupangire

Kudzera mu zokambirana kudzera m'zisudzo inu mukhoza kukambirana nkhani zambiri. Sankhani nkhani imene ingakhudze anthu amene akuwonerawo. Nkhaniyu ikhoza:

- Kuchokera pa mgwirizano umene ophunzira anafotokoza kuti ulipo pakati pa anthu ali pa makadi aja.

- Kuchokera mu nkhani zolembedwa pa mapepala akuluakulu aja a A4.
- Kuchokera mu zitsanzo zoperekedwa m'gawo lino.
- Mukhoza kukonza nokha ngati nkhaniyo mukuyiwona kuti ndiyofunika kuti mukambirane.

Seweroli:

- Akuyenera kuchita ndi anthu awiri okha basi kuti lisachuluke zochita.
- Lisadutse mphindi zisanu.
- Mwini nkhani mu sewerolo azilakwitsa dala zokamba kapena zochita ndipo mathero ake azikhala oyipa.
- Lizikhala lokhudza nkhani yakuti ikhoza kuchitikadi.

2. Awuzeni anthu awiri ochita chisudzo aja zimene ayenera kuchita ndipo ayesere

Zokambirana zisanayambe muwapemphe anthu awiri ochita chisudzo aja kuti ayeserere. Muwonetsetse kuti m'modzi wa iwo akuchita dala zopanda pake koma zoti anthu owonera azikhulupirire. Asapange mwachibwana kwambiri. Muwawuze m'mene Kukambirana kudzera m'zisudzo kumakhala ndipo muwonetsetse kuti nthawi imene azidzachitanso seweroli kachiwiri lidzakhale chimodzimidzi ngati poyamba paja. Anthu owonera ndi amene akuyenera kulisintha seweroli, osati momwe mwawapephera kuti achite sewerolo ayi.

Zofunika kugwiritsa ntchito ndi izi:

- Mlatho wa thabwa umodzi
- Ochita zisudzo awiri (ophunzira kapena aphunzitsi).

Kukambirana kudzera m'zisudzo kutenga **mphindi 20 kapena 40** chitsuzo chilichose.



Kachitidwe kake

1. Dziwitsani anthu za chisudzocho

Muwawuze ophunzira kuti pali sewero limene awonetse anthu awiri. Muwafotokozere zomwe chisudzocho chikukamba ndipo mulumikize nkhani ili mu chisudzoyo ndi zina zimene mwakhala mukukambirana m'mbuyo, kaya ndi zapakhadi zija. Mukhoza kuyamba mwakamba kaye nkhani zili pa mapepala akuluakulu aja musadayambe seweroli ngati nkoyenera.

2. Chitani chisudzocho ulendo oyamba

Anthu awiri aja achite seweroli mpakana kumapeto. Ngati mukufuna kuti anthu ochita sewero aja ayambe kapena ayime, muzigwiritsa ntchito matabwa mumakonzera milatho aja. Muziwamenyetsa matabwawo ngati m'mene amachitira akamajambula kanema. Sewero likatha alimbikitseni owonera kuti awombe m'manja kuthokoza amene amachita aja. Afunseni kuti sewerolo aliwona bwanji?

3. Panganinso sewero lija kachiwiri ndipo owonerera ayambe kuyikapo ndemanga



Afotokozereni owonera chimene chikuchitika kuti:

Sewero lija lichitidwanso kachiwiri ndipo kuchita kwake kukhala chimodzimidzi ndi ulendo oyamba uja. Owonera azilowererapo tsopano ndi ndemanga zawo ndi cholinga chofuna kukonza sewero lija kuti litha bwino ndikuti mwini nkhani mu sewerolo asalakwitsenso. Mwini nkhani musewerolo akachita chinthu cholakwikwa chimene munthu wina akufuna kukonza, iye azikuwa kuti “dulani kaye.”

Chithunzi 18

Apa tikuwona ophunzitsa akuchita sewero lofanizira zochitika za a chidyamakanda. Ophunzitsa m'modziyo watenga matabwa m'manjamo akudikilira kuti m'modzi wa anthu owonerera akweze dzanja akawona kuti mwini nkhani walakwitsa musewerolo, amenyetse matabwawo. Wina akakweza dzanja ophunzitsa ayimitsa sewerolo kuti okweza dzanjayo aperekepo ndemanga yake.



Chithunzi 19

Bambo ali kudzanja lamanjayo anakweza dzanja ndipo sewero linayimitsidwa kuti bamboyi aperekepo maganizo ake. M'malo mongofotokoza pamene palakwikwa, bambo uja amapemphedwa kuti awonetse m'mene msungwana onyengereredwa ndi Chidyamakanda uja akuyenera kuchitira mu sewerolo lija. Bamboyitu watenga gawo la msungwana uja ndipo ophunzitsa uja adakachitabe mbali ya uchidyamakanda uja.



Tsono inu monga mphunzitsi, mutenge matabwa aja amagwiritsidwa ntchito ngati milatho aja. Wina owonera sewero akakweza dzanja inu muziwombanitsa matabwa aja nkunena kuti “dulani kaye.” Akayimitsa chotero mumufunse munthu amene wapangitsa kuti sewerolo liyime kuti akufuna kukonza pati.

Mumuwuze munthu walowa tsopanoyo ndi uja analowapo kale uja kuti abwerere m'buyo pang'ono nalibwerezanso sewerolo. Owonera ali ndi ufulube kunena kuti “dulani kaye.” Ayimitsebe ngati akuwona kuti amene walowa tsopanoyo akuchita zosayenera.

Sewero likatha mukambirane zimene zimachitika museweromo ndikuwona ngati kusintha sewero kuja kunathandiza. Ngati owonera aja adakali ndi maganizo ena, aloleni kuti achitenso ndipo wina akhoza kutenga mbali ya mwini nkhani. Mukhoza kubwereza ndithu kufikira owonera ndi gulu lonse litakhutitsidwa kuti sewerolo latha moyenera ndipo sewerolo likhale la zinthu zakuti zikhoza kuchitikadi ngakhale ndi zopeka.

Ngati wina owonera wafotokozera bwino zedi m'mene akufunira kuti mwini nkhani asinthire zochita zake mu sewerolo muwalimbikitse owonera kuti anene kuti "Nditha!" nkuonetsa chizindikiro chake chija.

Dziwani ichi: Ngati anthu akuchita manyazi kapena sakufuna kuti apange nawo sewerolo kachiwiri pamene mwasintha zina, muwawuze anthu awiri oyamba aja kuti apitirize kungoti azisintha zinthu zimene anthuwo akufuna kuti zisinthidwe.

4. Muwone kuti njira zimene zikuyenda bwino ndi ziti



Mufunse kuti:

*Kodi njira zimene zinamuyendera bwino mwini nkhani uja ndi zotani?
Nanga taphunzira chiyani mu chisudzo chimenechi?*

5. Yesererani m'magulu a anthu awiriawiri

Muwagawe anthu m'magulu a anthu awiri kuti ayesere zinthu zimene aphunzira. Mugulu liri lonse musankhe munthu **A** ndi munthu **B**.

- Munthu **A** atenge mbali ya mwini nkhani (mwachitsanzo msungwana wasukulu uja) ndipo munthu **B** atenge mbali ya munthu wina uja.
- Munthu **B** azipereka maganizo ake kutengerana ndi m'mene achitira, (mwachitsanzo kodi msungwana wasukulu uja adalolera zofuna za chidyamakanda chija mu njira yakuti zikhoza kuchitikadi m'moyo uno?) Anthu aja asinthane mbali.
- Munthu **A** azipereka maganizo ake kutengerana ndi m'mene achitira.

Zoti Aphunzitsi Adziwe



Kukambirana kudzera m'zisudzo

Zochita zotsatirazi ndizitsanzo zomwe zikugwiritsa ntchito 'Kukambirana Kudzera m'Zisudzo'. Zitsanzosi ndi zokhuza:

- Kudziletsa kugonana
- Kukhala okhulupirika pa banja kapena pa ubwenzi
- Kugwiritsa ntchito kondomu
- Kulandira uphungu ndi kuyezetsa magazi mosaumirizidwa
- Zomwe anthu amene ali ndi HIV ndi odwala Edzi, mabanja, ngakhalenso anansi awo ayenera kudziwa ndi kuchita.

Chochita 5A: Kudziletsa kugonana

Cholinga

- Kulimbikitsa, makamaka achinyamata amene sadakwatire kapena kukwatiwa kuti akhale ndi njira zonenera kuti “TOTO! kugonana.”
- Kuthandiza makolo komanso ana awo kuti akhale omasukirana kukambirana nkhani zokhudza umoyo komanso kugonana.



Kukonzekera

Kugwiritsa ntchito *Kukambirana kudzera m'zisudzo*, (muwone koyambilira kwa gawo lino) pokambirana nkhani makamaka zokhudza achinyamata amene sadakwatire, gawoli ndi lothandiza kuti achinyamatawo apeze njira zowathandiza kukana kugonana komanso kukambirana zinthu zoyenera kuchita kapena kusachita anthu akakhala pa ubwenzi.

Werengani m'Zowonjera 1 gawo limene likunena za *Mkhalidwe Odzidalira, Wankhanza ndi Osakhuzidwa ndi zinthu*. Werenganinso pamene palembedwa za *Kukambira kudzera m'zisudzo* koyambirira m'gawo lomwelino.

Musankhepo pa zimene zalembedwa m'kabokosimu zimene inu mukufuna kuti mukambirane komanso molingana ndi zimene ophunzira anu akufuna. Mukhoza kusankha mutu wina wapadera omwe sudatchulidwe m'kabokosimu. Mupeze anthu awiri akuti achite seweroli ndipo muwafokozere m'mene limayendera.

Mutu	Machitidwe a chisudzo
Chidyamakanda/ kukana kuti TOTO! /njira zokanira	Sewero 1. Chidyamakanda chikufunsira mwana wasukulu (mwana wa sukulu ndiye mwini nkhani m'seweroli). Mwana wa sukuluyo amafuna akane koma chidyamakanda chija chamunyengerera ndi zinthu zambiri ndipo wavomera kuti agonane naye mbamboyo mopanda chitetezo.
Kukambirana/kukana/kuvomereza	Sewero 2. Ana asukulu awiri, mtsikana ndi mnyamata. Wina akunkakamiza mzakeyo kuti agonane mosagwiritsa ntchito chitetezo chilichonse. Winayo ndiwofooka ndipo avomerezadi kugonana osadziteteza.
Makolo ndi ana, kukambira nkhani zokhudza umoyo komanso kugonana	Sewero 3. Kholo (mwini nkhani) likufuna kuti likambirane ndi mwana nkhani zokhudza HIV, ukhondo komanso chiwerewere ndi mwana wake wachichepere, koma mwana uja poyamba nkhani ija watchula liu lotukwana ndipo kholo lija lakanika kuti likambirane nkhani ija ndi mwana uja.

Zogwiritsa ntchito ndi izi:

- Thabwa limodzi lija limagwiritsidwa ntchito ngati mlatho lija
- Anthu awiri ochita sewero
- Pepala lalikulu lija la A4 limene likuwonetsa Chidyamakanda

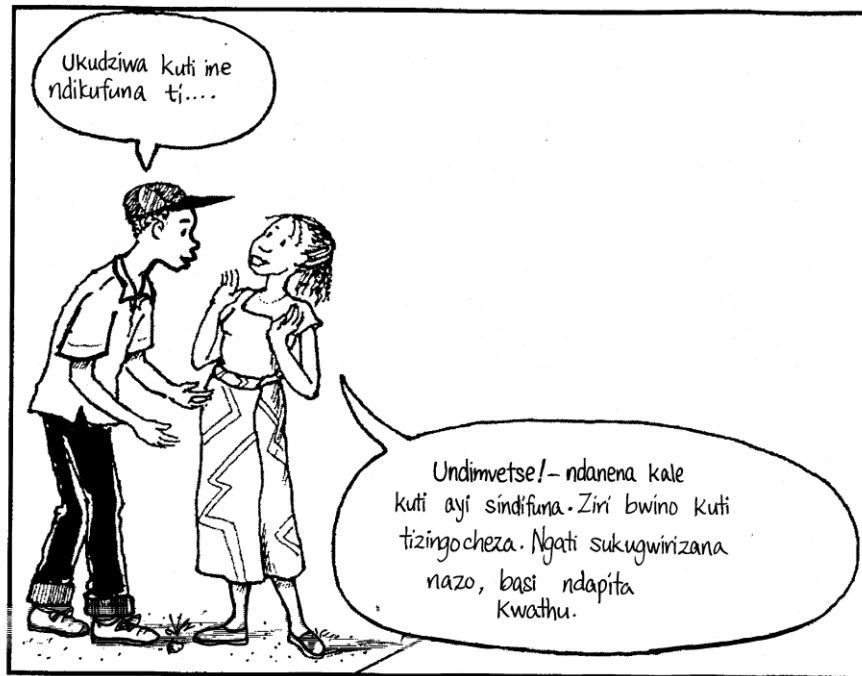
Chichitachi chitenga **mphindi 20 kapena 40.**



Kachitidwe kake

1. Gwiritsani ntchito makadi

Ngati mukukambirana za a chidyamakanda mukhoza kufuna kuyamba ndi kuwonetsa khadi la A4 limene pali chidyamakanda chikupereka makwacha kwa mtsikana.



Chithunzi 20: Ufulu okana

2. Gwiritsani ntchito Kukambirana kudzera m'zisudzo kuti mukambirane nkhani yokhudza kukana kugonana

Werenganinso zolembedwa m'bukku lino zokhudza *Kukambirana kudzera m'zisudzo* pamene mukuchita chisudzo chimene mwachisankha.

Mukafika pamfundo nambala 5, **yesererani m'magulu a anthu awiri** ndipo muwawuze ophunzira kuti apitirizebe mpaka atafika ponena kuti akhutitsidwa ndi "Toto!" wochokera kwa nzawo amene akuchita naye sewero.



Chithunzi 21: Toto wochepa mphamvu ndi toto wamphamvu

Chochita 5B: Kukhala okhulupirika pa banja kapena pa ubwenzi

Cholinga

Kuthandiza anthu amene ali pa banja kapena iwo amene akhala pa ubwenzi ogonana kwa nthawi yayitali.



Kukonzekera

Chochitika ichi chigwiritsabe *Kukambirana kudzera m'zisudzo* ndipo musankhe sewero limene ndi logwirizana ndi anthu amene ali pa banja kapena amene akhala pa ubwenzi wogonana pa nthawi yayitali.

Chochitachi chitenga **mphindi 20 kapena 40**.

Zogwiritsa ntchito ndi izi:

- Thabwa la mlatho limodzi
- Anyamata a zisudzo awiri

Mutu	Machitidwe a chisudzo
Kukambirana kuti agwiritse kondomu kapena apite kukayezetsa magazi ku VCT centre.	Sewero 4. Amayi akuganiza kuti amuna awo sakuyenda bwino. Ndiye iwo akufuna kukambirana ndi amuna awowo kuti ayambe kugwiritsa ntchito makondomu kepena akayezetse magazi kuti adziwe ngati ali ndi HIV kapena ayi. Koma amayiwo poyamba zokambiranazi ndi amuna awowo ayamba mokalipa ndipo mapeto ake anamenyana.



Kachitidwe kake

Gwiritsani ntchito chisudzo kuti mukambirane za kufunika kokambirana za ubwino wa makondomu

Pangani sewero lomwe mwasankha pa mutu umenewu wa kukhulupirika.

Chochita 5C: Kugwiritsa ntchito Kondomu

Cholinga

- Kuti anthu adziwe za makondomu ndi komwe angawapeze.
- Kuti anthu aphunzire m'mene angakambirane kukambirana zokhudza makondomu ndi mamuna wawo kapena bwenzi lawo komanso kulimbikitsa anzawo za ubwino ogwiritsa ntchito makondomu.
- Kuti aphunzire kagwiritsidwe ntchito ka kondomu.



Kukonzekera

M'chochitachi mugwiritsa ntchito *Kukambirana kudzera m'zisudzo* kuti muunike nkhani zomwe zimakhala pakati pa anthu m'banja kapena ubwenzi zokhudzana kugwiritsa ntchito kondomu.



Mufufuze ngati anthu amene mukuwaphunzitsawo akhoza kupeza makondomu a chikazi mwachidule, (alipo pafupi? Nanga mtengo wake ndi wotani?) ngati zili choncho muwaphunzitse m'mene angagwiritsire ntchito kondomu yachikazi komanso yachimuna. Ngati kondomu ya chikazi palibe basi ingophunzirani za kagwiritsidwe ntchito ka kondomu ya amuna.

Werengani zokhudzana *Kukambirana kudzera m'zisudzo* ndi *Kukambirana za kondomu*. Ngati mukuwona kuti izi ndi zothandiza, muwapatse ophunzira anu mapepala a patsamba limeneri. Pangani sewero lokhudza nkhani imeneyi ya kondomu. Pezani anthu awiri kuti achite seweroli ndipo apatseni mpata wakuti ayesere asadafike polichita seweroli zenizeni.

Mutu	Machitidwe a chisudzo
Kudziwa za kondomu/chifukwa chogwiritsira ntchito kondomu/kukambirana za kugwiritsa ntchito kondomu.	Sewero 5. Mnyamata, (yemwe ndi mwini nkhani) akunyadira mzake kuti iye sagwiritsa ntchito kondomu pakuti chiwalo chake ndi chachikulu ndikuti makondomu amaphulika, iye amafuna nyama ku nyama. Mnzake uja akuyesera kuti amuwuze ubwino wa makondomu koma sakufotokoza bwino chifukwa chakuti alibe mfundo zokwanira zomuuza mnzakeyo.
Kuphuzira kagwiritsidwe ntchito ka makondomu.	Sewero 6. Munthu wina (yemwe ndi mwini nkhani) akuyesera kumulongosolera mnzake kagwiritsidwe ntchito ka kondomu, koma sakufotokoza bwino.

Zogwiritsa ntchito ndi izi:

- Thabwa la mlatho
- Anthu awiri ochita chisudzo
- Makondomu a chikazi, (imodzi aliyense) ngati makondomuwo alipo ndipo ngati sangapezeke ingogwiritsani ntchito makondomu a abambo
- Maliseche abambo osema, oyerekezera chabe, (izi zimapezeka mu phukusi la ulendo wa chiyembekezo)
- Zinthu monga nthochi kapena chisononkho ndi zina zomwe zingagwiritsidwe ntchito ngati chokodzera cha abambo kuti anthu aziyeserera mavalidwe a kondomu m'magulu awo
- Ma pepala ofewa a tishu.

- Kwa iwo amene akufuna muwapatse mapepala amene palembedwa *Kagwiritsidwe ntchito ka kondomu ya abambo, Kangwiritsidwe ntchito ka kondomu ya amayi* ndi *Kukambirana za kondomu*

Chochitachi chitenga **mphindi 20 kapena 40.**



Kachitidwe kake

1. Kodi makondomu mungawapeze kuti? Nanga mitundu yake ndi yotani?



Mufunse ophunzira mafunso otsatirawa ndipo inuyo mutsogolere kukambirana pa mafunso awa:

- *Kodi m'dera lino makondomu amapezeka kuti?*
- *Mitundu ndi mitengo yake ndi yotani?*
- *Mavuto amene anthu angakumane nawo pofuna kupeza kondomu ndi otani?*

2. Gwiritsani ntchito chisudzo kuti mukambirane za kufunika kokambirana za ubwino wa kondomu

Pangani sewero lachisanu kapena lachisanu ndi chimodzi pa mutu umenewu wa kondomu. Ngati nkotheke apatseni ophunzira Chithunzi 24: *Kukambirana za kondomu.*

3. Kufotokoza kagwiritsidwe ntchito ka kondomu ya chimuna kudzera mu zisudzo

Kuti mufotokoze bwino m'mene anthu angavalire komanso kugwiritsira ntchito kondomu yachimuna, onetsani sewero la chisanu ndi chimodzi. Munthu amene ali mwini nkhani museweroli azilakwitsa dala kuti owonera aliyimitse nakonza polakwikapo.

Ngati onse akulephera kuwonetsa bwino kagwiritsidwe ntchito ka kondomu koyenera, inuyo mutenge mbali yowonetsa kagwiritsidwe ntchito ka kondomu koyenera.

4. Kagwiritsidwe ntchito ka kondomu yachikazi

Ngati ophunzira anu aja akutsimikizirani kuti akhoza kuwapeza makondomu achikazi mosavutikira muwafotokozere m'mene angawagwiritsire ntchito.

5. Kuyeserera

Kuti anthu adziwe bwinobwino kagwiritsidwe ntchito ka kondomu akuyenera kuti ayesere paokha. Kawirikawiri anthu amachita manyazi kuti atero, ndiye muwagawe m'magulu a anthu ochepa ndipo akhale ndi anthu amene akhoza kumasuka nawo.

Amuna akhale kwaokha, chimodzimodzinso akazi. Achichepere akhoza kukhalanso m'magulu awo. Ndiye kuti mukhoza kukhala ndi magulu anayi: atsikana, anyamata, abambo ndi amayi. Perekani makondomuwo.

Aliyense (ngati nkotheke) akhale ndi makondomu awiri ya abambo ndi imodzi ya amayi. Muwapatsenso zoyesezera maliseche a abambo. Muwalimbikitse kuti awone m'mene anzawo akuchitira ndipo athandizane kuti aliyense adziwe kachitidwe kake.

Zoti Aphunzitsi Adziwe



Kondomu ndi yolimba, ili ndi khoma lolimba ndithu mwakuti umuna, kapena kachilombo ka HIV koyambitsa matenda a Edzi, kapena tizilombo toyambitsa matenda ena opatsirana pogonana sitingadutse.

Ngati mungagwiritse bwino ntchito makondomu, chitetezo mukhoza kuchipeza. Makondomu amatsitsa kotheratu mafalidwe akachilombo kusiyana ndi pamene munthu akhala osagwiritsa ntchito kondomu. Amathandizanso kupewa matenda ena opatsirana pogonana komanso mimba zosafunika zimapedwa.

M'Malawi muno makondomu achimuna ndi amene amapezeka mosavuta. Makondomu achikazi sapezeka wamba ndipo amakonda kukhala okwera mtengo. Kuti munthu agwiritse bwino ntchito kondomu mpofunika kuti:

- Makondomuwo azipezeka ndipo azipezeka pa mtengo wabwino
- Muthu akhale ndi zifukwa zokwanira zomulimbikitsira kugwiritsa ntchito kondomuyo, (mwachitsanzo, ngati munthuyo akufuna tsogolo labwino, kaya ngati akufuna kukhala wa thanzi).
- Adziwe kukambirana ndi bwenzi lake za kagwiritsidwe ntchito ka kondomu.
- Akhale ozindikira m'mene kondomu ingagwiritsidwire ntchito.

Kondomu ya amuna

Kondomu ya abambo ndi ya labala monga ya amayi ndipo imatchinjiriza umuna kuti usalowe kumaliseche kwa mnzimai, mkamwa kapenanso kuthako. Makondomuwa amagulitsa komanso amapezeka m'zipatala, m'malo a zaukhondo komanso m'zipatala zing'onozing'ono.

Kagwiritsidwe ntchito ka kondomu ya amuna

1. Gulani makondomu anu ku malo agulitsira zinthu kapena ku zipatala zomwe zimagulitsa makondomu ambiri ndiponso komwe amasunga makondomuwa m'mapakete awo m'malo ozizira bwino osati padzuwa.
2. Yang'anitisitsani pakete ya makondomuwa ndipo onetsetsani kuti nthawi yake yogwiritsa ntchito kondomuyo sidathe komanso ikhale yosabooka. Ngati mtundu wa kondomu sukuoneka bwino, komanso ngati kondomuyi ikumata mukaikhudza, musaigwiritse ntchito chifukwa ikhoza kung'ambika.
3. Valani kondomu pokhapokha ngati maliseche anu alimba musanayambe kugonana.
4. Muwonetsetse kuti nsonga ya kondomu iri kunja ndipo ikuloza kumwamba. Mukamavala muzikhala ngati mukuyifunyukula kumayitsitsira m'musi kumene maliseche anu adamerera. Kansonga ka kondomu kaja mukakoke pang'ono ndi dzanja limodzi ndi cholinga chakuti pakhale mpata wakuti ukale (umuna) ugwere m'kansongamo ndikutinso isaphulike.
5. Valani kondomuyo pogwiritsa ntchito dzanja linalo ndipo muyifunyukule kufikira poyambira thupi.
6. Maliseche a mkazi akhale ndi chinyezi kupewa kuti kondomuyo ingaphulike komanso kuti musangalale pogonana. Kumaliche kwa mkazi kumakhala konyowa ngati tamukonzekeretsa mkaziyo kugonana. Khalani achikondi abwino, musanayambe kugonana yambani mwagwiranagwirana, sewerani mpaka kumaliseche kwa mkazi yemwe mukugonana naye kutanyowa.
7. Musagwiritse ntchito mafuta ngati Vaseline, mafuta a mtedza kapena mafuta a mtundu wina uliwonse kunyowetsa kondomu. Mafuta amapangitsa kondomu kuphulika.
8. Makondonomu amadalirika mukawagwiritsa ntchito bwino.
9. Mukatha kugonana, chida cha abambo chisanafote kwambiri, vulani kondomuyi. Chitani izi mutagwira kukamwa kwa kondomuyi ndi pepala lofewa mutalizunguza ku chida chanu mosamala. Izi muchite kuti musataye umuna omwe uli mkondomuyi kapena kudzitaila m'manja.
10. Chotsani kondomu ndipo mangani m'pepala ndipo katayeni m'chimbudzi chokumba kapena otchani kapenanso kukwirira. Musagwiritse ntchito kondomu kawiri. Gwiritsani ntchito kondomu yatsopano nthawi zonse pomwe mukugonana.

Zoti Aphunzitsi Adziwe



Kondomu ya akazi

- Makondomu a mayi sapezeka wamba ndipo ngokwererapo mtengo. Ngati makondomu amayi akuvuta kuwapeza kwake, basi ingophunzirani za kondomu ya abambo.
- Kondomu ya amayi ndi yofewa ndiponso imawonekera mkati. Ntchito yake ndi kupewa kukhala ndi pathupi posayembekezera, kupewa kutenga kachilombo ka HIV ndiponso kupewa matenda opatsirana kudzera mkugonana. Kondomuyi ili ndi mbali ziwiri zozungulira kumapeto ake.
- Mbali imodzi ndi yotsegula ndipo inayo ndiyotseka. Mbali yotsekayi ndikomwe mungalowetsere kondomuyi ku malicheche ogonanirana a amayi. Mbaliyi imathandizanso kuti kondomuyi isalowe mkati kwambiri.
- Mbali ina ya kondomuyi imakhala kunjira kwa malisechewa ndipo imathandiza kulimbitsa bwino kondomuyi popeza ndi yomwe imagwira nsonga ya maliseche a abambo pogonana.
- Kondomuyi imakhala yonyowetsedwa kale kuti idzitha kulowa bwino ku maliseche a amayi. Mungalowetse kondomuyi ku maliseche a amayi nthawi iliyonse musanayambe kugonana. Mukatha kugonana chotsani kondomuyi.
- Kondomu ya amayi singalowe m'thupi la mayi nkusowera momwemo. Izi ndi nkhaba kamwa chabe.

Kagwiritsidwe ntchito ka kondomu ya akazi

Mugwiritse ntchito zafotokozedwa pa tsamba lotsatira.

Chithunzi 23. Kupiringiza nkombero wakunja polowetsa kondomu mkati

- Mutenge paketi imene muli kondomu ya chikazi ndipo mulongosole izi:
- Kuyitulutsa bwinobwino m'paketi komanso kuwonetsetsa kuti kondomuyo ndi yosang'ambika.
- Kulowetsa kondomuyo kumaliseche kwa mnzimai. Mugundanitse chala cha chikulu ndi cha m'komba phala ndipo zipange dzenje ngati kumaliseche kwa mzimai. Ndi dzanja linalo mulangize m'mene angalowetserekondomuyo kumalisecheko.



Chithunzi 24: Kulowetsa chiwalo cha mwamuna mkati mwakondomu

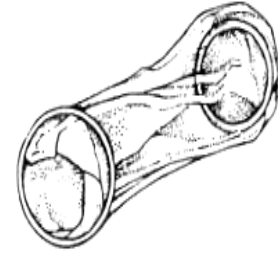
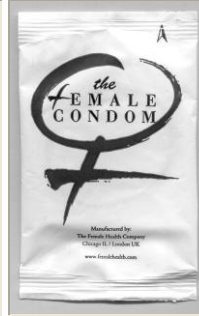
- Kulowetsa chiwalo cha mwamuna m'kondomuyo: Muwonetsetse kuti chilowe bwino osati kulowera pambali pa kondomu yomwe mayi wavala. Mukhoza kugwiritsa ntchito ziwalo za amuna zosema zija mukamawasonyeza ophunzira.
- Kupiringiza nkombero (chingerengere) wakunja ndi kuchotsa kondomu ku maliseche aja munawakonza aja.



Kavalidwe ka kondomu yachikazi

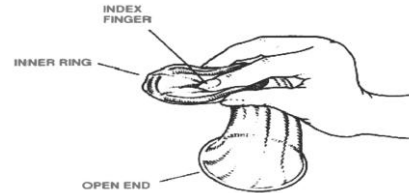
1. Tulutsani kondomu m'paketi bwino

Muwone papaketipo tsiku limene kondomuyo idzasiye kugwira ntchito yake ndipo muwonetsetse ngati kondomuyo ndi yosabowoka. Mung'ambe kondomuyo kuchokera ku mtunda cha kudzanja la manzere. Muyigwire bwino osang'amba ndi zikhadabo ayi. Muwonetsetse kuti ndi yonyowetsedwa m'kati ndi kunjwa komwe. Madzi kapena mafuta akhoza kunyowetsa kondomuyo.



2. Finyani nkombero wa kunjwa

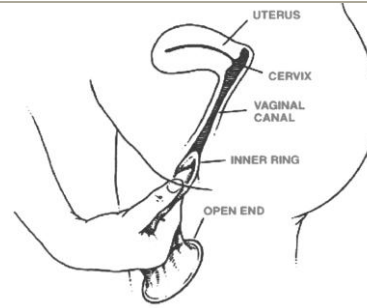
Chala chanu chachikulu ndi cha n'khala pakati chigwire nkombero wamkatiwo ndi kuwufinya kuti utalike komanso kuwonda.



3. Lowetsani nkombero

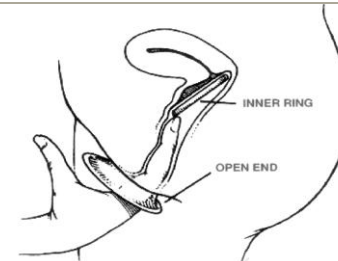
Sankhani malo ofewa. Mwendo wina uponde pa bedi, kaya pa mpando, kapena nyonyomalani kapenanso kukhala panso koma miyendoyi mutayitayanitsa. Ndi dzanja linalo kankhani milomo yomwe imaphimba kumaliseche kwanuyo. Lowetsani nkomberowo mkatikati mwa malisechewo.

Mukhoza kuvala kondomuyi nthawi iri yonse pamene musadayambe kugonana.



4. Ikankhireni nkati ndipo ilowe kwathunthu

Mulowetse chala cha mkomba phala mkati mwa kondomuyo ndipo ikankhireni mkati kwambiri. Osadandawula, sikuti ikhoza kumira yonse ayi. Muwonetsetse kuti yakhazikika bwino mosapiringizika. Nkombero wa kunjwa uja ukhale kunjwa kwa maliseche.



5. Lowetsani chiwalo cha abambo

Mofewa bwino ndi moleza, lowetsani chiwalo cha mwamuna kumaliseche anu ndi dzanja lanu kuti muwonetsetse kuti chiwalocho chalowa bwino mu kondomu kumaliseche anuwo.



6. Piringizani nkombero wa kunjwa, tulutsani kondomuyo ndi kuyitaya

Potokolani nkombero wa kunjwa uja ndipo itulutseni kondomuyo pang'onopang'ono musanadzuke. Ikulungeni pa mapepala ofewa a tissue nkuyitaya. Ikwirireni, kaya kutentha kumene, kapenanso kuyiponya kudzala. Muzigwiritsa ntchito kondomu yatsopano nthawi iri yonse imene mukugonana





Chithunzi 25: Kukambirana za kondomu

Chochita 5D: Kulandira uphungu ndi kuyezetsa magari mosaumirizidwa

Cholinga

- Kuwafotokozera anthu ndondomeko ya kulandira uphungu ndi kuyezetsa HIV ndi komwe angapeze uphunguwu.
- Kuunikira anthu ubwino oyezetsa magari mosakamizidwa.



Kukonzekera

Chochita ichi chikufotokozera bwinobwino za kulandira uphungu ndi kuyezetsa magari mosaumirizidwa (VCT). Kodi uphungu mungawupeze kuti? Nanga amene akufuna kuti akayezetse kapena kulandira uphungu atani?

Werengani Zowonjezera 1 gawo likunena za *Kulandira uphungu ndi kuyezetsa magari mosaumirizidwa* kapena kawerengeni m'kabukhu komwe adalemba a National AIDS Commission pa nkhani yomweyi.

Imvani zambiri kuchokera ku chipatala chomwe muli nacho pafupi za komwe anthu omwe mukuwathandiza angapeze uphungu waulerere ndi kuyezetsa magari.

Dziwani zambiri powerenga pa mutu okhudza *Kukambirana kudzera m'zisudzo*, imene ndi ndime yoyambirira ya m'gawo lino.

Mungathe kugwiritsa ntchito sewero lalembedwa panoli kapena mukhoza kukonza lanu nokha malingana ndi zimene ophunzira anu akufuna pokhudzana ndi nkhani yoyezetsa magariyi.

Pezani anyamata awiri azisudzo ndipo muwafotokozere m'mene *Kukambirana kudzera m'zisudzo* kumayendera.

Chochitachi chitenga **mphindi 20 kapena 40**.

Zogwiritsa ntchito ndi izi:

- Thabwa la mlatho limodzi
- Anyamata a zisudzo awiri

Mutu	Machitidwe a chisudzo
Luso lokopa ena/ubwino odziwa m'mene magari ako aliri/wina kukhala ndi kachilombo wina ayi pa banja.	Sewero 7. Mnyamata ndi mtsikana omwe akuganizira zakuti amange banja. Mnyamatayo akumuwuza mtsikanayo kuti akayezetse magari, (mnyamatayi ndi mwini nkhani). Mtsikana uja sakufuna kutero ndipo ayamba kukangana.

Chochitachi chikugwirizana bwanji ndi zochita zina?

Ubwino odziwa m'mene magazi ako aliri ndi wakuti munthu umatha kukonzekera za tsogolo lako bwino komanso tsogolo la banja lako. Izi zikhoza kufaniziridwa ndi Chochita 3A: Chilumba cha Tsogolo.

Chochita 1A: *Moto Olusa*, Chochita 1B: *Ndani ali ndi HIV?* Chochita 1C: *Chimachita ndi chiyani m'thupi la munthu amene ali ndi HIV, Edzi kapena ayi?* Zimenezi zimapangitsa anthu kufuna kukayezetsa magazi awo. Izi zimalimbikitsanso kuti anthu amene ali ndi HIV akhoza kukhala moyo ndithu nthawi yayitali ndipo athanzi.

Chochita 1B: *Ndani ali ndi HIV?* Zikuphatikiziraponso chithunzi cha Bruce Radebe. Atapita kukayezetsa magazi ake adamupeza kuti adali ndi kachilombo ka HIV koyambitsa matenda a Edzi. Adamuwuza bwenzi lake poganizira kuti mwina bwenzi wakeyo amusiya. Koma ayi ndithu, zimenezo zidangolimbikitsa chibwenzi chawo nkupititsa patgogolo chikhulupiriro chawo pa wina ndi mzake. Adamanga banja m'chaka cha 2003, nthawi zonse akamagonana amagwiritsa ntchito makondomu.



Kachitidwe kake

Choyamba

Muwafunse ophunzira anu kumene angapeze uphungu m'dera lawo kapena malo ena ozungulira. Mukambirane za malo amenewo. Muwawuze mayina amalowo, dera lake, nthawi imene amagwira ntchito kumaloko komanso mitengo yake ya kumene angapeze uphungu komanso kukayezetsa magazi ngati amalipiritsa.



Kodi chimene chimachitika polandira VCT nchiyani?

Muwafunse ophunzira mafunso awa:

- *Kodi kuyezetsa mapazi ku HIV ndi chiyani?*
- *Nanga chimene chimachitika polandira uphungu ndi kuyezetsa magazi ndi chiyani?*

Muziwakonza ophunzirawo akalakwitsa.

Chochita 5E: Zomwe anthu amene ali ndi HIV, odwala Edzi, mabanja ngakhalenso anansi awo ayenera kudziwa ndi kuchita

Cholinga

- Kuwathandiza kupeza njira zomwe zingawapangitse kukhala ndi moyo wautali anthu amene ali ndi kachilombo ka HIV kapena amene akuganiza kuti ali nako.
- Kulimbikitsa njira zoyenera zomwe tingathandizire ndi kulimbikitsira anthu amene ali ndi kachilombo ka HIV komanso omwe akudwala matenda a Edzi.



Kukonzekera

Gawo ili likukamba zambiri zokhudzana ndi m'mene munthu angakhalire m'chiyembekezo ndi HIV. Ikukambanso za m'mene munthu angafotokozere banja lake kuti ali ndi kachilombo koyambitsa matenda a Edzi. Tigwiritsanso ntchito sewero lomwe likukamba zambiri za zomwe mungachite ngati nzanu kapena mbale wanu wakuuzani kut ali ndi HIV.

Sankhani limodzi mwa masewero amene mwapatsidwawa, kapena konzani lanulanu, malingana ndi nkhani zimene mukufuna kukambirana.

Pezani anthu awiri ochita sewero ndipo muwafotokozere m'mene angachitire seweroli, kenaka awuzeni kuti ayeserere.

Chochitachi chitenga **mphindi 30 kapena ola limodzi.**

Mutu	Machitidwe a chisudzo
Kuvomereza, kumvetsetsa ndi luso loperekera uphungu.	Sewero 8: Wina anakayezetsa magazi ndipo wapezeka kuti ali ndi kachilombo. Anapita kuti akafotokozere nzake (mwini nkhani) koma nzake uja wamukana mwamwano ndipo wathetsa ubwenzi. Owonera awonetse kuti chinthu chabwino kuchita pa nthawi ngati imeneyi ndi chiyani?
Kuwululira mwana zokhudza magazi ako, muyang'ane mkabuku kaja ka <i>Kukhala m'chiyembekezo ndi HIV ndi matenda a Edzi.</i>	Sewero 9: Kholo limuwuza mwana kuti, “ndisakubisire mwana wanga ine ndiri ndi HIV ndipo ndifa!” Osamuuza mwanayo kuti Edzi ndi chiyani, osakambirana naye bwinobwino mwanayo kuti afunse mafunso ndikumvetsetsa nkhaniyo ayi. Ndiye mwana uja posadziwa naye akuti, “nanenso mundipatsire Edziyo, tifa tonse basi.” Kenako mwana uja nkuyamba kulira.

Zofunika kugwiritsa ntchito ndi izi:

- Milato
- Chilumba
- Zilombo zolusa monga ng'ona, mvuu ndi njoka
- Ochita zisudzo awiri

Chochitachi chikugwirizana bwanji ndi zochia zina?

Chochita 2A: *Kuwoloka pa Timilato* ndi chochita 3A: *Chilumba cha Tsogolo*, zikulimbikitsa kuti anthu amene ali ndi kachilombo ka HIV akhoza kukhala nthawi yayitali ndipo akhoza kuchita zinthu zikuluzikulu m'moyo uno. Chochita 2B: *Kuwoloka pa Timoloto kwa amene ali ndi HIV* chikhozanso kugwiritsidwa ntchito mu gawo lino.



Kachitidwe kake

1. Kodi zinthu zimene munthu amene ali ndi kachilombo ka HIV amakumana nazo ndi monga chiyani?

Tulutsani khadi limodzi kuchokera, “m’kati mwa madzi,” lomwe likuyimira munthu yemwe ali ndi HIV.



Muwafunse anthu mafunso awa:

- *Kodi munthu uyu angamve bwanji ndipo angatani atazindikira kuti ali ndi kachilombo koyambitsa matenda a Edzi.*
- *Nanga anthu awa angatani atamva kuti munthu ameneyi ali ndi kachilombo koyambitsa matenda a Edzi?*
 - *Anzake, mkazi wake, mwamuna wake, chibwenzi chake.*
 - *Makolo.*
 - *Ana ake.*
 - *Abwenzi ake, ogwira nawo ntchito, abwana ake.*
- *Kodi ndi chilumba chiti cha tsogolo chimene chingamuthandize iyeyu?*
- *Amene akudwala matenda a Edzi, tingawasamalire bwanji?*

2. Kuwoloka pa mlatho kwa anthu amene ali ndi HIV.

Pangani chochita 2B: *Kuwoloka pa mlatho kwa anthu amene ali ndi HIV*, pofuna kuwonetsa m'mene tingawathandizire anthu amene ali ndi kachilombo koyambitsa matenda a Edzi.

3. Gwiritsani ntchito Kukambirana kudzera m'zisudzo kuti nkhanayi muyikambe ndithu mozama.

Pangani chisudzo chimene mwachisankha chija. Werenganinso zokhudza *Kukambirana kudzera m'zisudzo.*

Zowonjezera 1: Zofunika kuti aphunzitsi adziwe

1. Matenda opatsirana pogonana

Pali matenda ena opatsirana kudzera m'njira yogonana. Ena mwa matenda amene anthu angapatsirane mnjira imeneyi ndi monga: chinzonono, chindoko, mabomu, mawuka ndi ena otere. Matenda amenewa atha kuchizidwa ndi chithandizo cha kuchipatala. Padakali pano palibe mankhwala omwe angachize matenda a Edzi, komabe kuchiza matenda ena opatsirana pogonana mwansanga kungachepetse kufala kwa kachilombo koyambitsa matenda a Edzi ka HIV.

Kupezeka ndi matenda opatsirana pogonana ndi chitsimikizo chakuti munthuyo adagonanapo ndi wina mosadziteteza ndipo mwina akhoza kukhala ndi kachilombo ka HIV.

Mungadziwe bwanji ngati muli ndi matenda opatsirana pogonana?

Matendawa akamayamba samawonetsa zizindikiro zili zonse ndipo odwalayo amaonekabe wathanzi. Tizilombo tamatendawa timafala nthawi imeneyi ngati munthu wagonana ndi wina.

Zizindikiro za matendawa

- Zilonda kumaliseche, m'milomo komanso kochitira chimbudzi. Zilondazi zimapweteka kwambiri. Nthawi zina zilondazi zimakhala zambiri kapena chimodzi basi. Komanso nthawi zina munthu amachita mwanabele m'mphechepeche ndipo zotupazo zimatha kutupa ndi kuphulika.
- Ena mwa matendawa saonetsa zizindikiro ndipo munthu samamva kupweteka kulikonse.
- Abambo omwe akudwala chinzonono amamva kupweteka pamene akukodza komanso mafinya achikasu amatuluka kuchokera kumaliseche.
- Zizindikiro zamatendawa mwa amayi zimakhala zodabwitsa chifukwa zimatha kukhala zosiyanasiyana monga mafinya omwe amatuluka kumaliseche ali onunkha, komanso mafinyawa amatha kuwoneka m'mitundu iyi: achikasu, oyera komanso obiliwira (green). Malisechenso amatha kukhala ndi zilonda kapena zotupa, kuyabwa kapenanso kungopweteka chabe. Amathanso kumva kupweteka mmunsi mwa mimbamu, nsana, komanso amamva kuphwanya thupi ndi kuzizira. Mayi otereyu ayenera kupita kuchipatala msanga.

Kodi matenda opatsirana pogonanawa ndi oopsa?

Matenda ena a m'gulu limeneri monga **Chinzonono** angayambitse matenda ena omwe angapangitse mayi kulephera kubereka. Matendawa akhoza kupangitsanso kuti mwana amene angabadwe akhale wakhungu kapena kubadwa wakufa. Matendawa angapangitsenso kuti abambo akhale osabereka.

Ndibwino kuthamangira ku chipatala kukawonana ndi a dotolo pamene munthu wadwala matendawa kuti akalandire chitandizo mwamsanga ndiponso asapatsire anthu ena.

Onse omwe wodwalayu anagonana nawo ayenera kukalandiranso thandizo ku chipatala.

2. Kachilombo ka HIV koyambitsa matenda a Edzi

Kodi HIV ndi Edzi ndi chiyani?

Edzi m'chingelezi imayimira kuti *Acquired Immune Deficiency Syndrome (AIDS)*. Edzi ndi matenda omwe munthu amadwala akakhala ndi kachilombo ka HIV, ndipo mauoti HIV amatanthauza *Human Immuno-deficiency Virus*.

HIV imachita ngati momwe chimachitira chiswe chikalowa m'denga la nyumba. Poyamba kachilomboka kamalowa m'thupi ndipo kamaswana. Nthawi imeneyi palibe yemwe amadziwa kuti m'thupi muli vuto liri lonse popeza munthu otereyu amawoneka bwinobwino ndiponso wathanzi kwa zaka zingapo. Munthu otereyu ndiye kuti ali ndi HIV osati Edzi.

Monga takamba kale, chiswe chimatenga nthawi yaitali kuti chiyambe kudya denga lija. Momwemonso munthu amatha kukhala ndi HIV kwa nthawi yayitali chitetezo cha thupili chisanagonjetsedwe ndi tizilombo ta HIV.

Pakapita nthawi munthu amayamba kusonyeza zizindikiro zina monga zotupa m'malo osiyanasiyana komanso kuwonda, kumva ngati malungo, kutsekula m'mimba, kutsokomola, kutuluka zilonda m'thupi ndi zina zotero. Nthawi ikapita munthuyo amayamba kudwala kwambiri m'mapapo, mu ubongo, komanso matenda ena. Zikatero ndi pomwe amatha kunena kuti munthu wayamba kudwala Edzi.

HIV ndi Edzi zakhala m'Malawi muno kuyambira m'chaka cha 1985.

Kodi pali mankhwala omwe angachize EDZI?

Pakali pano palibe mankhwala ochiza matenda a Edzi. Mankhwala ambiri omwe amamveka ndi ongoletsa kuswana kwa kachilombo ka HIV m'thupi la munthu kuti kasayambitse msanga Edzi. Mankhwala oterewa alipo koma ndi okwera mtengo. Palinso mankhwala ena omwe amathandiza kuchiza matenda ena kwa anthu omwe ali ndi Edzi.

Kodi HIV imafala bwanji?

Tizilombo ta HIV timatha kufala podzera mu magazi, umuna kapena ukazi, komanso kudzera mu mkaka wa m'mawere wa amayi. Malovu, thukuta komanso misozi sizingamupatse munthu kachilombo ka HIV pakuti sitikhalamo mu zinthu zimenezo kufikana pakuti mpakana munthu akhoza kutenga HIV. Tizilombo tomwe timapezeka m'magazi, mu umuna kapena ukazi timafalikira mwa munthu wina pochita zinthu izi:

Kudzera m'kugonana kosadziteteza (popanda kondomu)

Kachilombo ka HIV kamafala pa nthawi imene anthu agonana. HIV ikhozanso kufala ngakhale pakati pa amuna okhaokha omwe amagonana kapena akazi okhaokhanso ogonana.

Kuchokera kwa mayi kupita kwa mwana

Mayi amene ali ndi HIV akhoza kupatsira mwana yemwe sanabadwe panthawi yomwe akubereka komanso kudzera mu mkaka wa m'mawere omwe mwana akuyamwa kuchokera kwa mayi wake. Mwa ana khumi aliwonse omwe amabadwa kwa amayi amene ali ndi kachilombo ka HIV, ana atatu amatenga HIV kuchokera kwa mayi wawo. Ndiye kuti ana asanu ndi awiri amakhalabe moyo opanda kachilombo ka HIV. Komabetu pali njira zimene zingathandizire kuti ana ambiri asamatenge kachilomboka kwa mayi wawo. Njirazi ndi monga izi:

- Kupewa kupatsa kachilomboka kapena kuwonjezera kachilomboka kwa mayi wapakati pogwiritsa ntchito kondomu.
- Kubeleka kudzera mu njira ya opaleshoni.
- Kupereka ma ARV kwa mwana wobadwayo ndi mayi wake.
- Kumupatsa mwana wobadwayo mkaka wa m'mawere okha kwa miyezi isanu ndi umodzi kenako kumuletseratu mwanayo kuyamwa.

Munthu angathenso kutenga HIV kudzera m'magazi

Ngati munthu alandira magazi kwa munthu yemwe ali ndi HIV, olandirayo akhoza kutenga kachilombo ka HIV. M'zipatala zambiri masiku ano amayesa kaye magazi kuti awone ngati magaziwu alibe kachilombo ka HIV asanaperekedwe kwa munthu wina. Ngati apeza kuti ali ndi kachilomboka, magaziwu amawataya.

Munthu angathenso kutenga HIV kudzera mu zipangizo zina

Kachilombo ka HIV kamatha kufala podzera mu kubwerekana malezala kapena jakisoni zosanyikidwa m'makhwala kapena kuwiritsidwa bwino. Anthu omwe amagwiritsa mankhwala ozunguza bongo pomadzibaya ndi jakisoni amathanso kutenga HIV m'njira imeneyi.

Nawonso asing'anga akuyenera kuyitanitsa ndi kugwiritsa lezala watsopano kwa munthu aliyense yemwe akuchekera mphini.

HIV ikhozanso kufala podzera mu njira izi:

- Kugwiritsa ntchito chodulira chimodzi podula mchombo wa mwana pakubadwa pake.
- Mwambo wamdulidwe (jando) pamene mugwiritsa ntchito chida chimodzi.
- Pometa ndipo wina wadzicheka iwe nkugwiritsira ntchito lezalo lomwelo.

Zinthu zomwe sizingafalitse kachirombo ka HIV

Kachilombo ka HIV kamapezeka mmagazi, mu umuna kapena mu ukazi komanso kachilomboka kamayenera kulowa mmagazi a munthu kuti kafale. Nchifukwa chake HIV siifala podzera m'kupsopsonana, kukumbaritana, kugwirana manja, kugwiritsa ntchito chimbudzi chimodzi, kubwerekana zovala, kugawana zakudya, zakumwa, kutsokomolerana, kulumidwa ndi udzudzu umodzi, kuphunzira nawo limodzi ku sukulu komanso kugwira ntchito limodzi ndi omwe ali ndi EDZI. Simungatengenso kachilomboka popereka magazi ngati zipangizo zotengera magazizo zili zotetezedwa bwino.

3. Kulandira uphungu ndi kuyezetsa magazi mosaumirizidwa

(Uthenga uwu wachokera m'kabukhu kotchedwa *Kulandira uphungu ndi kuyezetsa magazi mosakakamizidwa* kolembodwa ndi a National AIDS Commission ndipo kabukhuka kalonso mu thumba la Chiyembekezo)

Kodi kulandira uphungu ndi kuyezetsa magazi mosaumirizidwa kumatanthauza chiyani?

Uku ndi kulandira uphungu ndi kuyezetsa magazi mwa kufuna wekha kuti munthu udziwe ngati uli ndi kachilombo koyambitsa matenda a Edzi kapena ayi. Kulandira uphungu ndi kuyezetsa magazi kumachitika mwachinsinsi kuti munthu wokayezetsayo akhale omasuka ndipo kuti anthu ena asadziwe zotsatira zake.

Munthu wina aliyense sayenera kukakamizidwa kuti ayezetsa magazi ake chifukwa kutero ndi kuphwanya ufulu wa chibadwidwe wa munthuyo. Choncho abambo ndi amayi, makolo ndi ana awo, atsogoleri ndi anthu awo kapenanso anthu pa ntchito sayenera kukakamizidwa kukayezetsa magazi.

Kodi cholinga choyezetsa magazi ndi chiani?

Cholinga choyezetsa magazi ndi kuti munthu adziwe ngati ali ndi kachilombo koyambitsa matenda a Edzi kapena ayi.

Kodi oyenera kuyezetsa magazi ndi ndani?

Wina aliyense amene akufuna kudziwa ngati ali ndi kachilombo koyambitsa matenda a Edzi kapena ayi. Nkofunika kwambiri kuti abambo kapena amayi amene akufuna kubereka ayezetsa magazi kuti apewe kupatsira mwana wodzabadwayo. Achinyamata

amene akufuna kulowa m’banja ayenera kuyezetsa magari. Izi ziwathandiza kuti asapatsirane kachilomboka.

Ndondomeko ya uphungu ndi kuyezetsa magari

1. Kukambirana musanayezetse magari

Uku ndi kukambirana mwa chinsinsi pakati pa phungu ndi munthu ofuna kuyezetsa magari. Munthu woyezetsa magari amaunikiridwa za ubwino oyezetsa magari kwa iyeyo komanso kwa anthu ena. Kukambiranaku kumathandiza kuti munthuyo avomereze kuti ayezetsa magari ndipo kuti avomereza zotsatira zake.

2. Kuyezetsa magari

Apa woyesa magari amatenga dontho lamagazi pachala cha munthuyo ndikuyesa ngati m’magazimo muli kachiroambo koyambitsa matenda a Edzi kapena ayi. Masiku ano izi zimatenga kanthawi kochepea.

3. Kulandira uphungu mutayezetsa magari

Uku ndi kukambirana pakati pa a dokotala kapena phungu ndi munthu amene wayezedwa magari. Cholinga chamalangizo amenewa ndi chofuna kumulimbikitsa munthuyo pa zotsatira za magari ake. Mumakambirana za m’mene mungakhalire ngati atakupezani ndi kachilombo koyambitsa matenda a Edzi kapena mulibe. Uphunguwu umalimbikitsanso kuti anthu achepetse makhalidwe omwe angachititse kuti atenge kachilombo ka HIV.

Ubwino olandira uphungu ndi kuyezedwa magari

Uku ndi kukambirana pakati pa phungu ndi woyezetsa magari uja. Apa ndi pamene phungu amamuuzwa woyesedwayo zotsatira zake.

Mwa zina woyesedwa magariyo amauzidwa za m’mene angadzisamalirire kuti kachilomboka asakatenge ngati wapezeka kuti alibe; kapena za m’mene angadzisamalirire kuti asapatsire anthu ena kachilomboka ngati ampeza nako. Kaya akupeza nako kapena ayi, kukambiranaku nkofunika kwambiri.

Ubwino woyezetsa magari nkupezeka kuti ulibe HIV

- Umachita chisankho choyenera posintha khalidwe lako kuti usatenge kachilomboka.
- Umakhala ndi mtendere wa mu mtima.
- Kwaiwo amene ali pa banja, kumalimbikitsa kukhulupirirana.

Ubwino oyezetsa magari ndikupezeeka kuti uli ndi HIV

- Umaunikiridwa kufunika komathamangira kuchipatala ngati sukupeza bwino kukalandira chithandizo choyenera.

- Umaunikiridwa ndondomeko zomwe ungatsatire kuti ukhale ndi moyo wathanzi monga kupewa kumwa mowa ndi kusuta fodya.
- Umayesetsa kuti usapatsire anthu ena kachilomboka kapena kutenga matenda ena opatsirana pogonana.
- Kumadya zakudya zakasinthasinthu ndi cholinga choonjezera mphamvu m'thupi kuti chitetezo chikhale chokwanira.
- Kumachita masewero olimbitsa thupi kuti lizikhala la mphamvu.
- Kupewa nkhawa makamaka kwa amene avomereza zotsatira zawo.
- Kukonzeratu ndondomeko ya m'mene katundu wako adzagawidwire ukadzakamwalira.
- Kulandira nawo mankhwala a ARV. Ndi anthu okhawa amene adakayesetsa magazi ndipo adavomerezedwa ndi madotolo amene angalandire nawo mankhwalawa.

Komwe tingapite kukayezetsa magazi

- MACRO
- Zipatala zazikulu za boma ndi zina za zing'ono
- Zipatala za Mishoni

4. Mankhwala owonjezera chitetezo kwa omwe ali ndi HIV (ARV)

(Uthenga uwu wachokera mu kabukhu kotchedwa *Mankhwala a ARV*, kolembedwa ndi a National AIDS Commission ndipo kabukhuka kalinso m'thumba la Chiyembekezo)

Kodi ma ARV ndi chiyani?

ARV ndi mankhwala omwe amathandiza kuchepetsa kuchulukana kwa tizilombo toyambitsa matenda a Edzi m'thupi la munthu. Mankhwala siochiritsa matenda a Edzi ayi.

Kodi oyenera kumwa mankhwala a ARV ndi ndani?

Munthu amene ali ndi kachilombo koyambitsa matenda a Edzi ndipo adotolo atsimikiza kuti ayambe kumwa makhwalawa. Sianthu onse omwe ali ndi kachilomboka amene angayambe kumwa mankhwalawa. Munthu akayamba kumwa makhwalawa amamwa tsiku ndi tsiku pa moyo wake wonse.

Ubwino wa mankhwala a ARV

- Munthu wakumwayo amakhala wathanzi.
- Munthu wakumwayo sadwala pafupipafupi matenda ena monga kutsekula m'mimba ndi zibayo.

Ndondomeko zomwe zimatsatidwa munthu asanayambe kumwa mankhwala a ARV

Choyambirira munthu amalandira uphungu mosakakamizidwa kuchokera kwa akatswiri a zachipatala. Cholinga cha uphunguwu ndi kukambirana ndi munthuyo za ubwino woyezetsa magazi komanso kumulimbikitsa ndi kumuuzza zomwe angachite atamva zotsatira za magazi ake.

Kenaka munthuyo amayezedwa magazi. Ndipo ngati wapezeka ndi kachilombo koyambitsa matenda a Edzi, munthuyo amamuyeza kuchuluka kwa mphamvu ya chitetezo cha m'thupi lake nthawi yomweyo komanso mobwereza patapita nthawi. Ndipo akapezeka kuti chitetezo chake ndi chotsika kwambiri, munthuyo amauzidwa kuti atha kuyamba kumamwa mankhwala a ARV.

Munthu amene wavomerezedwa kumamwa ma ARV amauzidwa zinthu izi:-

- Kuchuluka kwa mankhwala amene ayenera kumamwa pa tsiku.
- Kodi ayenera kumwa kangati patsiku?
- Nanga ayenera kumwa nthawi yotalika bwanji?
- Amauzidwanso kuti sayenera kugawana mankhwala ake ndi wina aliyense.
- Matenda ena omwe angayambe kudwala chifukwa cha mphamvu ya ma ARV kapena chifukwa choti mankhwalawa sakuyanjana nawo.
- Kufunika kotsatira malangizo a akatswiri a zachipatala nthawi zonse pamene akumwa mankhwalawa.
- Kufunika komadya zakudya zakasinthasinth.

Zoyenera kuchita ngati munthu akumamwa mankhwala a ARV

- Kukhala ndi wachibale amene ntchito yake ikhale yokumbutsa munthuyo kuti azimwa ma ARV panthawi yake, mosalekeza komanso potsatira mulingo wake.
- Kukhala odziletsa zogonana kuopa kuonjezera tizilombo tina m'thupi kapenanso kufalitsa kwa ena.
- Kugwiritsa ntchito makondomu moyenera nthawi zonse pamene mwafuna kugonana.
- Kumathamangira kuchipatala ngati munthuyo sakupeza bwino m'thupi mwake.
- Kumachita masewera olimbitsa thupi.
- Kumapemphera pafupipafupi ndi cholinga choti munthuyo alimbikitsidwe mu uzimu.
- Kupewa kumamwa mankhwala a zitsamba amene a sing'anga ena amanama uti ndi wochiza Edzi.
- Kupewa kumwa mowa ndi kusuta fodya.

Anthu ena omwe angapatsidwe mankhwala a ARV ataonedwa ndi a chipatala

- Anthu amene agwiriridwa.
- Amayi ndi atsikana a pakati amene ali ndi kachilombo koyambitsa Edzi.
- Ana obadwa kwa amayi omwe ali ndi kachilomboka kale.

- Anthu amene akudwala chifuwa chachikulu cha TB.
- Anthu amene akhudzana kapena kugwira magazi a anthu ena makamaka pa ngozi.

Mankhwala a ARV tingawapeze kuti?

Ena mwa malo amene tingathe kupeza mankhwalawa ndi awa:

- Queen Elizabeth Central Hospital
- Kamuzu Central Hospital (Lighthouse)
- Mzuzu Central Hospital
- Chipatala cha Boma ku Thyolo
- Chipatala cha Boma ku Chiradzulu
- Blantyre Adventist Hospital
- African Bible College Clinic ku Lilongwe
- Chipatala cha Mishoni ku Ekwendeni
- Chipatala cha Mishoni ku Nguludi ku Chiradzulu
- Chipatala cha Mishoni cha Mulanje
- Chipatala cha Mwaiwathu ku Blantyre, ndi zipatala zina za Boma ndi za Mishoni.

5. Mkhaliidwe Odzidalira, Wakhanza ndi Osakhuzidwa ndi zinthu

Kudzidalira

Makolo athu amatiphunzitsa chikhalidwe chawo tikanali ana aang'ono. Mu chikhalidwe chathu, atsikana ndi amayi amaphunzitsidwa kukhala odzichepetsa makamaka kwa anyamata ndi abambo.

Polankhula ndi abambo kapena anyamata, atsikana ndi amayi amayenera kugwetsa nkhope zawo, kukhala chogwada komanso kulankhula mochepetsa mawu. Akakwatiwa, amayenera kukwaniritsa zofuna za amuna awo kaye asanakwaniritse zawo, komanso za apongozi ndi alamu awo ndiponso za ana a m'mbanjamo.

Khalidwe lodzidalira limaonekera ngati munthu anena kapena kuwuzwa ena zomwe akufuna kapena kufuna kuchita, komanso kuganiza osachita mantha ndi kubisa. Khalidwe lotere limathandiza munthu kukhala ndi mphamvu pa moyo wake. Anthunso amamulemekeza makamaka ngati sakwiyitsa ena podzidalirapo.



Chithunzi 26: Nkhanza za abambo zimachepetsa mphamvu za amayi

Amayi ndi atsikana amaphunzitsidwa kukhala osadzidalira paokha. Apa tikutanthauza kuti:

- Amayenera kusiyira amuna kapena anyamata kuti aganize zochita
- Sapereka maganizo awo pa nkhani zokhuza iwo eni
- Saganizira zodzitukula pa moyo wao
- Amabisa maganizo awo ndizowawa zawo mumtima kuti pakhale bata ndi mtendere.

Anyamata ndi abambo amaloledwa kuchita zamphulupulu, kusonyeza kukwiya pokalipa ngakhale mokuwa kapena kumenya zinthu ngakhaleenso kuwopsyeza anzawo.



Chithunzi 27: Kudzidalira kwa amayi kumalimbikitsa ubwenzi ngakhale banja

Ndondomeko yothandiza kuti munthu athe kuvomera kapena kukana

- Mudziwawuza anthu m'mene mukumvera mu mtima mwanu. Mukhonza kuwawuza kuti, 'Ine m'mene ndikuganizira ndi mwakutimwakuti' kapena kuwawuzanso kuti, " Ine ndikufuna chakutichakuti".
- Mudziyimitsa mutu wanu, khalani pansu kapena imilirani motakasuka.
- Mudzimuyang'ana munthu m'maso nthawi zonse ndipo zimene mukukamba zidzigwirizana ndi zimene zikuwoneka pa nkhope panu.
- Mudzikamba mokweza kuti anthu amve zimene mukukambazo.
- Muphunzire kuti ndi ufulu wa munthu aliyense kunena kuti TOTO! ndipo inuyo muphunzire kunena choncho panokha.
- Anthu akakuyamikirani kapena kukulangizani mudzimvera ndipo pa inu nokha mudzimva bwino.
- Muzidzilemekeza nokha ndipo mudzichita zimene inuyo mukuwona kuti ndi zabwino ndi zothandiza.
- Muphunzire kunena moleza mtima mukakwiya kuti musakhumudwitse ena.
- Osachita mantha kutsutsana ndi anthu.

Kufotokoza zimene mukufuna pogonana.

Matupi athuwatu ndi athuathu. Ifeyo tikhoza kusankha tokha nthawi imene tikufuna kuti tigonane ndi munthu wina kapena ayi. Ndi chinthu cha nzeru kuti ifeyo tidzifotokoza momveka bwino m'mene tikufunira kuti zinthu zikhalire pamene tikufuna kugonana ndi wina. Ndi ufulu wa munthu wina aliyense kugonana ndi wina komanso kukana.

Zowonjezera 2: Kuwunikanso momwe maphunziro a Ulendo wa Chiyembekezo ayendera



Tikufuna kumva kuchokera kwa inu!

Tumizani fomuyi ku: BRIDGE Project, Johns Hopkins Bloomberg School of Public Health, Centre for Communication Programs, P.O. Box 30782, Lilongwe 3, Malawi.

1. Chongani gulu la anthu omwe mwagwiritsa nawo ntchito maphunziro a **Ulendo wa Chiyembekezo**

Magulu achinyamata	
Magulu a m'midzi	
Omwe ali ndi kachilombo ka HIV ndi odwala Edzi	
Ana opemphapempha m'misewu	
Atsogoleri azipembedzo zosiyanasiyana	
Asing'anga	
Ana asukulu	
Alangizi opereka uphungu	
Ogwira ntchito zogonana mwa malonda	
Anthu ena	

2. Mukuwona kuti maphunziro a **Ulendo wa Chiyembekezo** akusintha bwanji chikhalidwe ndi zochita za ophunzirawo?

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3. Kodi ophunzira anu achita kapena anena chiyani kuti mutsimikize kuti pali kusintha?

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4. Pogwiritsa ntchito bukhu la **Ulendo wa Chiyembekezo**, ndi zinthu ziti zomwe zinayenda bwino?

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5. Ndi zovuta zotani zomwe mwakumana nazo pogwiritsa ntchito buku la **Ulendo wa Chiyembekezo?**

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6. Kodi munasinthapo kapena kuonjezera zinthu zina pogwiritsa ntchito buku la **Ulendo wa Chiyembekezo?** Ngati munatero, kodi zomwe munawonjezerazo kapena munasinthazo zinathandiza bwanji?

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7. Ndi zinthu ziti zomwe mungakonde kuti tizisinthe kapena kuziwonjezera kuthandiza kuti bukhuli limveke bwino?

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8. Kodi mukuwona kuti inuyo kapena bungwe lanu lingafunenso maphunziro ena owonjezera kapena thandizo lina lirilonse pogwiritsa ntchito bukuli la **Ulendo wa Chiyembekezo?**

- a. Inde kukufunika kutero
- b. Ayi sikofunika kutero

9. Ngati muyankha kuti inde, mukufuna maphunzirowo kuti akayang'ane mbali ziti kwenikweni? Komanso maphunzirowo akakhale a yani?

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10. Mukuganiza kuti maphunzirowa akuyenera kupindulira yani?

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11. Perekani ndemanga zina ngati ziripo.

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Dzina lanu:

Bungwe lanu:

Keyala yanu:

.....

Telefoni yanu:

Fakisi (Fax) yanu:.....

Keyala yanu ya paitaneti (E-mail Address):

Zikomo Kwambiri!

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