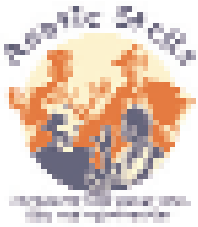


AUNTIE STELLA

ANSWER CARDS

(SHONA VERSION)



Training and Research
Support Centre (TARSC)
Zimbabwe
July 2006



Auntie Stella is a participatory toolkit for youth. An interactive web version is available in English at www.tarsc.org and www.auntiestella.org. Auntie Stella is also available in Shona, Ndebele and Kiswahili, with plans for translations into French and Portuguese in the coming year. These translations can be accessed at <http://www.tarsc.org/publications/> under the Children, women and youth section. To make it easier to access these materials, we have divided each translated version into 3 files:

- Auntie Stella question cards
- Auntie Stella answer cards
- Auntie Stella Facilitator s and Adaptation Guide

Please make sure you download all three documents for a complete set.

Auntie Stella is also available on CDROM and as a printed pack with the letters on cards. The toolkit contains 40 laminated question and answer cards, a 40-page Facilitator s and Adaptation Guide and two information cards — one listing the topics in the letters and the other explaining difficult words.

To find out more about the Auntie Stella programme, or to place an order for a CDROM or hard copy, please contact admin@tarsc.org or Box CY2720 Causeway, Harare, Zimbabwe

Wadiwa Zandile

Zvakaoma kana pavanhu vaviri mumwe wavo achida zvinhu zvakasiyana nezvinoda mumwe. Asi yeuka: kumhanya handi kusvika (usamhanyira kuita chinhu usati wagadzirira). Vanhu vakawanda havasangani pabonde kusvika vakura kana kuti varoorana. Izvi zvine zvazvakanakira zvakanakira. Kana wakura, pfungwa dzako dzinenge dzokwanisa kuronga zvakanaka pane zvekudanana. Zvakare, kana usiri kusangana nemunhu pabonde hausu panjodzi yekutapura zvirwere zvenjovhera neHIV, uye kubata pamuviri pausina kugadzirira.

Parizvino, chinhu chakanaka kuti muri vaviri munokwanisa kumbundirana nekutsvodana, muchigumira ipapo. Iyi inzira inoyevedza yekutaridzana kuti munodana zvakadii. Usanetseka mupfungwa, vakomana – nevasikana – vanokwanisa kugumira pakumbundirana, panguva ipi zvayo, pasina chakaipa chinozoitika kwavari.

Zvisinei, vechidiki vazhinji vanofunga kuti mukange chete matanga kubatana nekutsvodana munoguma masangana pabonde, saka zviri nane kupedza nguva muchitandara muri pamwe neshamwari, pachinhambo chekuva penyu mega muchigumbatirana.

Chiripo ndechekuti vechidiki vanofanira kuzvisarudzira vega kuti chakanaka ndechipi, pasina mumwe munhu anovamanikidzira. Taura nemukomana wako. Kana achikuda zvechokwadi achakunzwisisa.

Kana mazofunga kusangana pabonde, ivai nechokwadi kuti mashandisa makondomu. Tauriranai izvi musati matanga – zvinozonyanyonetsa kutaura pava pasure. Yeuka kuti vasikana vanokwanisawo kuwana nokutakura makondomu evarume nevakadzi. Uve nerombo rakanaka.

Tete Stella

ZVOKUITA

- Unofunga kuti zvinokwanisika here kubatana-batana nokumbundirana, muchigumira ipapo, musina kuzoita zvekusangana pabonde? Kana zvisingagoni, chii chaungaita? Dai waiva iwe Zandile, ndepapi pawaigumira, kuitira kuti unakidzwe asi usingazopfurikidzi kusvika pakuzoita zvinhu zvausingadi?

MIBVUNZO Tasvika pokuti tingaita zvepabonde here?

Pindura mibvunzo iyi uri wega kana kuti muri mose nemudiwa wako. Mhinduro ngaive HONGU, KWETE, kana KWETE ZVAKANYANYA.

- 1 Tinonyatsozivana uye mumwe nemumwe wedu anovimba nemumwe here?
- 2 Tiri shamwari dzepamwoyo here?
- 3 Tinokwanisa kutaurirana takasununguka here nezvepabonde uye nezvekuti tinofanira kufara kusvika papi?
- 4 Takambotaurirana uye kubvumirana here kuti tingadzivirira kubata pamuviri sei uye kuti tingadzivirirana kuzvirwere zvenjovhera neHIV sei?
- 5 Takambokurukura here nezvekunoongororwa utachiwana hweHIV tisati tasangana pabonde?
- 6 Takambotaurirana here nezvatingazoita kana musikana akaita nhumbu?

MHINDURO: Kana mhinduro yenyu pane upi zvawo wemibvunzo iyi ikange iri KWETE kana KWETE ZVAKANYANYA, pamwe iwe nemudiwa wako hamusati masvika pachinhano chekuti musangane pabonde. Zvinoda kudzamisa pfungwa.

- Muboka renyu, nyorai zvikonzero zvinoita kuti vamwe vechidiki vaenderere mberi, vachinoita zvekusangana nemunhu pabonde. Pashure, nyoraiwo zvikonzero zvinoita kuti vamwe vamire kusvika vakura. Ndezvipi zvaungasarudza iwe? Ipa zvikonzero.

Wadiwa Peter

Usanetseka – hapana chakaipa pauri. Nhengo dzevakomana dzekuberekesa dzinotanga kukura pavanenge vava kuyaruka, kazhinji pazera remakore ari pakati pe I I ne I 5, asi dzevamwe dzinogona kutangira zera irori kana kuzokura pava pashure. Zvinoitika muupenyu kuti vakomana vaenzanise nhengo dzavo, asi sezvo vanhu vachiyaruka zvakasiyana, zvinoitikawo kuti vakomana vezera rimwe vaite nhengo dzakasiyana kukura kwadzo.

Kunyange zviya muviri wako wazokura kuita murume, hapana chinhu chinonzi kukura kwenhengo kunofanira kuwanikwa pamunhu wese. Miviri yevanhu inosiyana – ndizvo zvimwe nenhengo dzevarume dzekuberekesa.

Zvakare, kukura kwenhengo yako hakunei nezvakawanda panyaya yekugutsa mudiwa wako pamunosangana pabonde. Chiripo ndechekuti unoshandisa nhengo yako nezvimwe zviri pamuviri wako sei kuitira kuti iwe nemudiwa wako mugutsikane. Kazhinji, vakadzi vanofarira kubatwa-batwa kwenguva refu nhengo yemurume isati yapinda munhengo yavo, nekuti vanonoka kunzwa kuda kuita zvepabonde kupinda varume. Vanhu vanonakidzwa pabonde zvakanyanya kana vaine munhu ane hanya navo, anoziva zvavanofarira nezvavasingadi. Zviri nyore kuzoita rudo rwakadai kana wakura kupinda zvauri, uye wava kukwanisa kutaurira mudiwa wako zvaunoda.

Tete Stella

ZVOKUITA

- Kukura kwenhengo yekuberekesa hakuna kukosha pakuva munofadzana murudo rwenyu, asi chakakosha chiiko? (Funga zvauroi uye zvaunoita semunhu, kwete kungofunga zvechimiro chako.)
- Nyora zita rako nechekumusoro kwepepa, ugopa pepa racho kune vamwe vemuboka mako, mose muchitambidzana mapepa ane mazita enyu. Paunotambidzwa pepa remumwe, nyora zvaunoona zvakanaka pamunhu wacho. (Semuenzaniso, unganyora kuti: Kunyemwerera kwako kunoyevedza/ Ndinofarira mapendekete ako mahombe/ Une vhudzi rakanaka.) Kana uchida, unogona kunyora zita rako pamberi pemazwi aunenge wanyora pamusoro pemumwe wemuboka renyu wacho. Panozodzoka pepa rako kwauri pashure pekunge ratenderera muboka, uchaona kuti ndezvipi zvinoyemura vanhu pauri.
- Pane nzvimbo here inokwanisa, kana munhu anokwanisa kukupa mazano akanaka pazvinhu zvakaita sezvomuviri wako, zvepabonde, uye zvekudanana kwakanaka – mumhuri mako, pachikoro, kuchipatara, kana kusvondo? Kurukurai nezvenzvimbo dzacho kana vanhu vacho, kana kuti edzai kushanda nevanhu vacho, mugoona kuti ndevapi vanopa rutsigiro nemoyo wese uye ndevapi vanobatsira zvakanaka. Mune kodzero dzekubvunza mibvunzo ipi zvayo uye kupiwa mhinduro dzisingasiiriri zvinhu, uyewo kupiwa rubatsiro runonyatsoshanda muupenyu.
- Kana vechidiki vasingakwanisi kuwana ruzivo nerutsigiro munzvimbo mamunogara, ndezvipi zvamungaita nezvazvo? Pane nzvimbo yakamirira vechidiki here (*youth centre*) kana kuti mototangisa yenyu here? Kurukurai nezvazvo, mozosarudza pfungwa dzamunoona dzakanaka pane dzese dzabuda.

Wadiwa Patricia

Babamukuru vako vanonyepa nezvechivanhu. Patsika dzechishona nechiNdebele, chiramundechekungotamba mese muchinemerana, musikana nababamukuru kana nababamunini. ChiramunHACHIREVI kuti musikana anofanirwa kurara muimba imwe kana kusangana pabonde nababamukuru vake; izvi hazvitombobvumidzwi pachivanhu chedu. Une kodzero dzakasimba dzekuramba kana munhu mukuru achida kukukanganisa.

Kumbira rubatsiro kuna tete vako, sahwira wemhuri yenyu kana mumwewo munhu mukuru anonzwisisa – zvinoita nyore kugadzirisa nyaya iyi uine anokutsigira. Edzawo kutaura nemukoma wako.

MuZimbabwe, imhosva kuti munhu asangane pabonde nemwana ane makore ari pasi pegumi nematanhatu. Munhu mukuru upi zvake anoita izvi anogona kutoendeswa kujeri. Imhosva zvakare kumanikidzira munhu, chero wezera ripi zvaro, kusangana pabonde. Kumanikidzira kunonzi kubata chibharo kana kubhinya, uye kunofanira kumhan'arwa kumapurisa. Zvakare, pane njodzi huru yekubata pamuviri neyekutapura njovhera neHIV.

Chivanhu chedu, kana kuti tsika nemagariro zvedu zvinoyevedza, zvakanosha uye zvinotibatsira kugara takabatana semhuri, uye sevanhu vari munharaunda imwe. Vanhu havafaniri kushandisa 'chivanhu chedu' kubata vamwe vanhu zvisina kunaka – zvikuru vechidiki.

Tete Stella

ZVOKUITA

- Tsika nemagariro zvevanhu vazhinji vekuchamhembe kweAfrica zvine zvakawanda zvakanangana nevechidiki nekusangana pabonde, zvakaita sekudzingswa, kuongororwa umhandara, kugadza nhaka, nezvimwewo. Nyorai pasi tsika dzakadai dzamunoziva. Mapedza, kurukurai zvamunofarira nezvamusungafariri patsika dzacho. Semuenzaniso, ndedzipi tsika dzinodzivirira uye ndedzipi dzinokonzera kupararira kweHIV?
- Pachivanhu chenyu, vakomana nevasikana vanobatwa zvakafanana here? Kana zvisizvo, imi munonzwa sei panyaya yacho? Ndezvipi zvamungaita?
- Mungashanda sei nevakuru nevatungamiri vechivanhu chedu kusandura tsika dzinokanganisa upenyu hwevechidiki vanhasi? Ndevapi vamwe vangabatsira?
- Vanhu vamwe nevamwe vanotungamirirwa upenyu hwavo kwete netsika dzavo dzechivanhu chete, asiwo nedzimwewo tsika dzinobva kunze. Gadzira mufananidzo (kana kunyora mazwi) uchitaridza zvaunonyanya kufarira patsika dzedu dzepasichigare UYE patsika dzechizvinozvino, dzakabva kumwe. Ungakwanisa here kutora zvose zvakana zvetsika idzi kuti zvikutungamirire muupenyu hwako?

Wadiwa Petronella

Chokutanga, hapana chikonzero chekuti ubve pamba. Hausi panjodzi. Sezvo iko zvino babamunini vako vava kunyanya kurwara vava kuda munhu anovavaraidza nekuvabatsira.

Pane nzira nhatu dzinonyanya kutapuriranwa nadzo HIV: kusangana pabonde nemunhu ane HIV usina kuzvidzivirira; kupindwa neropa rine HIV kuburikidza nemukubaiwa netsono kana kuchekwa nebanga zvamboshandiswa nemunhu ane HIV; mwana achitapura HIV kubva kuna amai vanayo, paya mwana paanozvarwa kana kuti paanonwa mukaka waamai.

HAUTAPURI HIV pakushandisa ndiro, matauro, nechimbuzi chimwe nemunhu ane HIV kana pakurara mumba mumwe naye. Pane kanjodzi kadiki kekutapura HIV kana uine ronda rekuchekwa paruoko, pobva painda ropa remunhu ane HIV. Kuti uve wakanyatsochengetedzeka, pfeka magirovhosi erhabha, kana kuputira maoko ako nepepa repurasitiki, paunenge uchigeza zvinhu zvine ropa kana dzimwe mvura dzinobva mumuviri. Nguva dzose, geza nesipo maoko ako uye nhumbi nemachira zvemurwere. Unogonawo kushandisa mishonga yekuuraya utachiwona, yakaita sejik.

Zvakaoma kuchengeta munhu anorwara, saka unoda vamwe vanokubatsira. Kune masangano nevanhu vanowanikwa munzvimbo zhinji vanokwanisa kupa rubatsiro pane zveutano uye kupa mazano, vachikwanisawo kutaura newe pane zvinokunetsa. Dzimwe nguva vanotobatsirawo nezvekudya nemari yechikoro.

Saka yeuka: babamunini vako vanoda rubatsiro rwako, uyewo mwoyo wako munyoro. Usatya.

Tete Stella

ZVOKUITA

- Mumhuri zhinji, madzimai ndiwo anoita basa rekuchengeta vanhu vanorwara. Ko, ndezvipi zvingaitwa nevakomana nevarume? Sei zvakakosha kuti vave vanobatsirawo vanorwara? Nyorai pasi zvinhu zvamunogona kuita kubatsira. Semuenzaniso; kubatsira kutsvaira dzimba dzevarwere; kutaudzana navo; kutamba nevana vavo kana kubatsira vana pabasa rekuchikoro; kutsvaka huni uye kubika.
- Tsvagurudzai kuti ndeapi masangano, svondo kana zvipatara zvemunzvimbo menyu zvinobatsira mhuri dzinenge dziri kuchengeta vanhu vane HIV kana AIDS. Pane vamwe vavo here vanopa zvidzidzo zvemachengeterwe anoitwa varwere kumba? Ungada here kupiwa zvidzidzo izvi? Unokwanisawo kupinda muboka revaya vanotsigira vechidiki vanenge vachichengeta vanhu vane HIV neAIDS. Taurira vamwe zvinokunetsa pamoyo, uye vaudzewo nezvezvimwe zvinhu zvawakamboita zvakabudirira zvakanaka.
- Muboka menyu, nyorai zvikonzero zvinoita kuti vechidiki vakawanda vatapure HIV. (Zvikonzero ngazvisanganisire zvemagariro evanhu, zvezvitendero, zvetsika, nemamwewo matambudziko akaita senhamo, urovha, kushaya rubatsiro kuzvipatara, nezvimwewo.)
 - a Ndeapi matambudziko amungakwanisa kupedza? Munoapedza sei?
 - b Ndeapi matambudziko akanyanya kukura zvekuti anotoda masangano makuru kuti aagadzirise?
 - c Pane pangapindawo here vechidiki vachibatsira masangano acho makuru aya?
- Ndezvipi zvaungaita kuzvibatsira iwe nevamwewo kuti musatapura HIV?

Wadiwa Lovemore

Zvinosiririsa kuti amai vako vakasiya vasina kunyora magoverwe avaida kuti nhaka yavo izoitwa. Dai vakanyora, upenyu hwenyu hungadai husina kunyanya kuoma sezvahuri. Vanasekuru vako vanofanira kunyara kuti vakatora zvinhu zvemhuri yenyu.

Pazera rako, haufaniri kuedza kugadzirisa dambudziko iri wega. Musha wega wega une vanhu nemasangano anochengeta nekutsigira vana vasina vabereki. Vatsvage, ugovakumbira rubatsiro. Kumbira mazano kuvatungamiri vesvondo. Taura nevanhu kana kuti masangano emunharaunda menyu, zvikuru vemapoka anobatsira mhuri dzakatarisana nematambudziko anounzwa neAIDS. Bvunza vatungamiri vezvikoro, varapi, vatungamiri vemisha kana vatungamiri vematunhu vanoshandira hurumende.

Usaora moyo uye usanyara kukumbira rubatsiro – vechidiki vese vane kodzero dzekuchengetedzwa, nedzekuwana zvekudya, zvekupfeka, pokugara, dzidzo neupenyu hwakadzivirirwa kunjodzi.

Hongu, vechidiki vakawanda vane dambudziko rimwe newe iri. Taura navo. Mune zvizhinji zvamunokwanisa kukurukurirana – zvekusuwana, kutambura uye kubudirira kwenyu pane zvimwewo zvinhu. Munokwanisawo kupana mazano neruzivo rwekuti mungagadzirisa matambudziko enyu sei. Rongai zvimwe zvinhu zvamunoita mose – sekuti kugadzira bindu renyu remuriwo. Kumbirai rubatsiro rwezvinhu zvamungada pabasa racho kuhurumende kana kune mamwe masangano: kana muri boka, makabatana, simba renyu rinenge rakawandawo.

Ndinovimba kuti iwe nevanin'ina nehanzvadzi dzako muchava neupenyu huri nane.

Tete Stella

ZVOKUITA

- Vana vanoda rudo, zvekudya, pokugara, dzidzo neupenyu hwakachengetedzeka kunjodzi. Munzvimbo menyu mune vana vadiki – vane vabereki kana kuti nherera – vasina zvinhu izvi here? Vari kurarama sei?
- Munzvimbo menyu, ndokupi kungawanikwa rubatsiro nevana nevechidiki vakaita saLove more? Unofunga kuti vanowana rubatsiro rwakakwana here? Kana vasingaruwani, ndezvipi zvaungaita iwe nevawakagarisana navo kubatsira kusandura upenyu hwavo?
- **MUTAMBO:** Itai mutambo muchiedzesera boka revechidiki vakafirwa nevabereki vadaidzwa kumusangano wemudunhu mavo wezveutano, wakananga kukurukura navo nezverubatsiro rwavangada kubva kuvanhu vemunzvimbo mavo. Bvumiranai kuti ndevapi vamwe vanhu vanofanira kuva pamusangano wacho (semuenzaniso, murapi, mushandi wemuhurumende, munhu anoshanda nesangano rezveAIDS). Kana mutambo wapera, kurukurai pamusoro peizvi:
 - a** Chii chaitika pamusangano uyu? Vanhu vakuru vanga vachiteerera here zvanga zvichitaura vechidiki? Nemhaka yei?
 - b** Ndezvipi zvingaita vechidiki kuti vanhu vanoona nezveutano nezveugaro hwevanhu hwakanaka vateererewo pfungwa dzavo pane izvo zvavanoda muupenyu. Nderupi rutsigiro rungadikwa kuti izvi zvibudirire, uye ndiani angapa rutsigiro rwacho?

Wadiwa Titus

Ndinonyatsokutaurira chokwadi kuti hapana mushonga waunoda kuti mumwe munhu akude.

Chinhu chinonakidza kuda mumwe munhu asi haungazvimanikidzire. Zvinongoitika zvega. Vamwe vanhu vanokwanisa kuita mukomana kana musikana wavanodanana naye pazera rako, asi kune vanhu vakawanda vasingaiti vadiwa kusvika vakura kupfuura zera irori. Kunyange vakava nevadiwa pazera iri, hazvirevi kuti vanofanira kuita zvepabonde.

Usanyanya kuzvidya moyo nezvinotaura shamwari dzako. Yeuka kuti dzimwe nyaya zhinji dzavanotaura dzezvepabonde dzinogona kuva dzekunyepa. Vakomana vanozivikanwa kuti vanovhaira nezvepabonde zvasasina kumboita.

Zvekare, hazvirevi kuti munofanirwa kuita zvakafanana neshamwari dzako nguva dzose.

Tevedzera zvinoda mwoyo wako, uye vimba nezveupenyu hwako iwe wega.

Nekudaro, rega kunetseka – gara zvako usina mudiwa asi wakafara, kusvika zuva rauchasangana newako chaiye wepamoyo. Zvekuti hauna zvaunoziva nezvepabonde hazvizombova nebasa panguva iyoyo.

Panguva ino, simbirira chikoro, tsvaka zvimwe zvinokutandadza, uye dzidza kuremekedza uye kutaudzana nevasikana usinganetseki nenyaya dzezverudo. Rudo runozokusimudza rwega kana ruchinge rwauya, parwunouyira.

Tete Stella

ZVOKUITA

- Nyora zvinhu zvose zvaunoita uchizviitira kuti uve seshamwari dzako. Cherechedza kuti ndezvipi zvakanaka nezvine njodzi. Ungada here kurega kuita zvacho zvine njodzi? Kurukura nevamwe vemuboka mako kuti ungaita zvipi kuti uzviregedze.
- Zvipe chibozwa chiri pakati pechimwe nezvibozwa gumi (1 – 10) panyaya yekuti uri munhu anovimba nezvaari here uye anovimba nezvese zvaanenge afunga kana kuronga here. Bvunza shamwari yepedyo kuti anobvumirana nechibozwa chawazvipa here. Kana chibozwa chako chakanyanya kuderera, mungabatsirana sei kuti iwe uve munhu akasimba mupfungwa? Kana chakanyanya kukwiririsa, ndezvipi zvaungaita kuti uve unokwanisa kuteererawo pfungwa dzevamwe?
- Nyora pasi zvinhu zvose zvaunoona zvakanaka pauri iwe semunhu. Isawo zvinhu zvakaita sekuti: ndine moyo munyoro; ndinokwanisa kuseka nevamwe nyore; ndinokwanisa kugadzirisa nyaya dzinenge dzanetsa. Zvakare, isa zvinhu zvaunokwanisa kuita, sekuti: ndinokwanisa kutamba mumhanzi; ndiri nyanzvi pakurima; ndiri mutambi webhora wemandiriri; ndinokwanisa kuitira vana vadiki ngano. Isa zvawanyora panzvimbo paunokwanisa kuzviona nyore, wozopota uchiwedzera zvimwe zvaunenge wafunga.
- Pavanhu vaunoziva, zvinokwanisika nyore here kuti vasikana nevakomana vave shamwari neshamwari, pasina zverudo? Ungada kuti izvi zviitike kakawanda here? Kana uchiti 'hongu', shanda neboka rakasangana vakomana nevasikana, muchironga kuti ndezvipi zvinhu zviviri kana zvitatu zvamungaita svondo rino muchinakidzwa mose seshamwari. Pakupera kwesvondo, kurukurai zvakadzidza pane zvakaita pakuva shamwari.

Wadiwa Fortunate

Une rombo rakanaka. Dai mukomana wawakarambana naye uyu asina kukuudza nezvenjovhera yake, pamwe ungapai usina kuzviziva kuti une chirwere. Asi sezvo wakakurumidza kurapwa, mukana wekuti uzova nedambudziko mushoma.

Vanhu vakawanda havana rombo rakanaka serako. Kazhinji, vakadzi vanoita nguva refu vasina kubuda zviratidzi zvenjovhera, uye havatombosivi kuti vane chirwere. Kana vanhu vakasarapwa njovhera nekukasika, zvibereko zvavo zvinogona kupedzisira zvavharika, vachigona kuzoguma vasingachakwanisi kuita vana.

Kuramba kwaunoita uchibata njovhera ndiko kukura kunenge kuchiita njodzi yekuti usazoita vana uye kuti ubate HIV. Nekudaro, panguva dzinotevera shandisa makondomu pose paunosangana nemunhu pabonde.

Zvakare, njovhera haisiyo chete inokonzera kuti munhu asakwanisa kuita vana. Mamwe matambudziko ezveutano anogonawo kukonzera izvi. Zvakakosha kuti vanhu vaviri vanenge vatadza kuita vana vataurirane nyaya yavo vachinzwisana, uye vachiedza kupedza dambudziko racho vari pamwe. Kumakiriniki ezvekuronga mhuri vanogona kubatsira.

Vanhu vazhinji vanowanza kupomera mhosva yekushaya mwana kumukadzi, asi zvakaonekwa kuti uwandu hwevakadzi vanenge vaine dambudziko iri hwakangoenzanawo nehwevarume. Vanhu vasingakwanisi kuita vana vanoda rutsigiro, kwete kushorwa.

Ndinovimba kuti pfungwa idzi dzichakubatsira.

Tete Stella

ZVOKUITA

- Vanhu vanoti kudini pamusoro pevarume vasingakwanisi kuita vana? Ko pamusoro pevakadzi vasingakwanisi kuita vana? Nyorai mapoka maviri ezvinhu, muchitaridza zvinotaurwa pamusoro pevarume nezvinotaurwa pamusoro pevakadzi. Zvakafanana here? Ndevapi vanonzwirwa tsitsi kupinda vamwe? Unofunga kuti sei zvakadaro?
- Kurukurai nzira dzamungatevedza kuti mukwanise kunzwira vanhu vasingakwanisi kuita vana tsitsi. Ndezvipi zvamungaita kubatsira kusandura mafungiro nemaitiro evanhu vamakagarisana navo?
- Dai iwe nemudiwa wako maida vana asi motadza kuita vana vacho, mungakwanisa kufunga nezvekutora mwana asina vabereki mogara naye sewenyu here? Nemhaka yei? Ndedzipi pfungwa dzine vanhu vemunharaunda mako kana verudzi rwako panyaya yekutora mwana asiri wako, zvikuru mwana anenge abva kumhuri isiri yenyu?
- Ona makadhi 13 ne25 ane rumwe ruzivo rwakawanda rwezvezvirwere zvenjovhera.

Wadiwa Sithabile

Uri kuita zvakanaka kuramba zviri kuda kuitwa nemudzidzisi wako izvo zvakaora uye zvakaipa. Vanhu vakawanda vangabvumirana neni kuti mudzidzisi uyu haafanirwi kubvumirwa kurairidza kana pachikoro chipi zvacho, nekuda kwezvaakaita izvi. Ndapota, Sithabile, usaregedza kuenda kuzvidzidzo zvake, asi ona zvaungaita nekukasika asati akukuvadza. Kubatwa chibharo kwakaipa. Taurira shamwari, vabereki vako, kana mumwewo mudzidzisi, vagokupa rubatsiro.

Kana uchifunga kuti vanhu havazobvumi zvaunovaudza, tsvaka shamwari yepedyo yaunotaurira, moronga kuti pese paunonzi nemudzidzisi usare, shamwari yako inosara newe. Kana mudzidzisi akapikisa achiti unofanira kusara wega, iva nechokwadi kuti shamwari yako inenge iri pedyo zvekuti inonzwa zvese zvinenge zvichiitika. Kana mudzidzisi akadzokorora mabasa ake aya, ridza mhere, shamwari yako yozova chapupu chako. Ibvai mangopira nyaya yacho kumukuru wechikoro nekukasika. Mhan'araiwo kumapurisa, kana kuti zivisai vebazi rinobatsira vana vanofurufushwa nevanobatwa chibharo.

Tete Stella

ZVOKUITA

- Kana mudzidzisi upi zvake kana mumwewo munhu mukuru akaita zvakadai kwauri kana shamwari yako, taurira munhu waunovimba naye, mobva maendesa nyaya yacho kumapurisa nekukasika.
- Vana nevanhu vakuru vemunyika zhinji dzekuchamhembe kweAfrica vanokwanisa kuwana rubatsiro pashure pekunge vachaya runhare panhare iri nyore kupinda, yakaitirwa vanhu vanoda rubatsiro (*helpline*). Nhare iyi haibhadharwi, uye unogona kuchaya runhare panhamba yacho uri kupi zvako munyika muno. Tsvagurudza zita, kero nenhamba zvekwaunokwanisa kuchayira nhare yekutsvaka rubatsiro iyi mudunhu menyu.
Varovere runhare kana kuvanyorera tsamba kana uchida rubatsiro, uye taurira shamwari dzako nezvavo.
- Kokai mupurisa, kana mumwewo anoita basa rezvematambudziko evechidiki, kuti auye kuchikoro chenyu azotaura nezvekubatwa chibharo uye zvimwe zvekufurufushwa kwevanhu zvinoenderana nezvepabonde.



Wadiwa Samuel

Ndine chokwadi kuti wakashamisika Misheck paakakutaurira zvaanonzwa pamusoro pako, asi nyangwe zviru kukunetsa, zvimwe zvaunofarira paari hazvina kusanduka. Hapana chikonzero chekuregera kuva shamwari yake nekuda kwekuti chete anonzwa kuda vakomana. Akazvishingisa zvikuru kuti akutaurire chokwadi chake.

Mutsanangurire pachena zvaunofunga. Muudze kuti iwe hausi ngochani saka haungakwanisi kuva mukomana wake. Usamushungurudza pfungwa dzake. Kana ukakwanisa, ita kuti azive kuti hausi kumusvipa, uye hausi kuda kuti izvi zvikanaganise ushamwari hwenyu.

Edza kufunga kuti iye anonzwa sei, uye mukumbire kuti akutaurire nezvekuva ngochani. Pamwe anogara akashurikirwa kana vanhu vaanogarisana navo vachivenga ngochani. Kana asingazivi vamwe vanhu ngochani kana masangano anoona nezvengochani, mukurudzire kuti azivane navo.

Chero zvipi zvazvo zvaunenge wafunga kuita neushamwari hwako naMisheck, haufaniri kutaurira kana munhu upi zvake – iye ega ndiye anosarudza kuti otaurira ani, panguva ipi. Vanhu vamunogarisana navo nevamunodzidza navo pamwe vanenge vachishoropodza ngochani zvakanyanya, saka vanhu vazhinji ngochani vanenge vasingadi kubuda pachena. Asi Misheck ishamwari yako, uye anoda rubatsiro.

Tete Stella

ZVOKUITA

- Unofungei nemhinduro yaTete Stella? Samuel angakwanisa here kuita zvavati aite?
- Ngatiti vanhu vese ingochani, kunze kwako iwe wega. Vanhu vangati kudini kwauri? Ungakwanisa sei kuti vanhu vabvumirane newe kuti wakangozvarwawo wakadaro? Unoziva sei? Unganzwa sei pamoyo pako kana vanhu vachiti zvauri ndezvekuzviitisa?
- Kana iwe usiri ngochani, unofanira here kuziva zvakawanda nezveungochani? Ndezvipi zvimwe zvaunoda kuti unyatsonzwisisa? Uye ndezvipi zvaungaita iwe kana nevamwe veboka rako kusandura mafungiro anoita vanhu nemabatiro avanoita ngochani? Nyora pfungwa dzako, uchitsvakawo dzimwe pfungwa kumasangano anoshanda nengochani. Taurira kuboka rako pfungwa dzawakawana, pashure pemasvondo maviri.
- Fungawo mamwe mapoka evanhu vanoshorwa muupenyu, (vakaita sevarombo, vakaremara, kana vanhu vane rudzi rwakasiyana nerwako). Unofunga kuti sei vanhu vachishoropodza vanhu vakadai?

Wadiwa Vusi

Dzimwe nguva zvidzidzo zvikuru muupenyu zvinouya kuburikidza nemukuona kukanganisa kwatinenge taita. Tose tose tine patinombokanganisa – pamwe tichiita mhosho huru, pamwe diki – uye chinhu chikuru chinodikwa kana zvadai kubvuma kuti wakatadza, wobva watsvaka nzira yakanaka yekugadzirisa zvawakakanganisa zvacho.

Zvazvisingachaiti kuti utore mazano ababa vako panyaya yako iyi, zano randingakupa nderekuti utange wataura nemusikana wako, moona kuti ndezvipi zvamungaita. Uchazofanira kutaura nasekuru kana tete vako, ivo vozotaurira baba vako.

Unofanirawo kuzotaura nevabereki vemusikana wako. Hameno kuti vachazvitora sei, asi yeuka kuti mese mune chekuita nemwana wacho ari munhumbu. Usada kuzvinyengedza uchiti iyi imhosva yemusikana ari ega.

Ndinovimba kuti uchapedzisa dzidzo yako, ugozova mubereki ane hanya. Ndinovimbawo kuti kana mwana wako ava kuyaruka uchawana nzira yekumubatsira kuti agozokwanisa kusarudza zvakanaka nezvakaipa paanenge ozoronga upenyu hwake.

Tete Stella

ZVOKUITA

- Pane vechidiki vaunoziva here vakaroorana kana kuita mwana vachiri kuchikoro? Ndezvipi zvazvakazoita izvi kuupenyu hwavo?
- **MITAMBO YEKUYEDZESERA:** Muri mumapoka evanhu vana, itai mitambo muchitevedzera Vusi aina sekuru kana tete vake, vachiudza vabereki vake nyaya iripo iyi. Vachaudza vabereki seiko? Baba naamai vachataura chii, nokuita sei?
- Ndedzipi yambiro nemazano zvaunopiwa nevabereki vako? Unovateerera here? Kana usingavateereri, imhaka yei?
- Funga pawakamboita chimwe chinhu chaive nenjodzi, sekuti kubuda mumba wega usiku uchienda kunofara, kunwa doro zvakanyanya, kana kusangana nemunhu pabonde usina kuzvidzivirira.
 - a Neiko wakazviita?
 - b Zvakapera zvakanaka here kana zvakaipa?
 - c Ndezvipi zvimwe zvawaigona kuita kunze kweizvo wakaita?
 - d Kangani uchiita zvinhu zvinogona kukupinza panjodzi?

Wadiwa Simba

Usanetseka hako. Zvinoitika kuti vakomana vanzwe kuda kurara nemunhu zvakanyanya, uye kuti nhengo dzavo dzekuberekesa dzimire nguva nenguva pavanofunga nezvekusangana nemunhu pabonde. Bonyora kana kuti bonyoonyo inzira iri nyore kupedza dambudziko iri, asi ita bonyora racho uri pako wega pasina vanhu.

Bonyora kubata-bata nhengo yako yekuberekesa, uchinakidzwa, kazhinji uchiguma wasvika pachinhano chepamusoro-soro chekunakidzwa. Paunenge uchiita izvi, nyama dzenhengo yako dzinozvimbirira, muviri wese uchinzwa kusekenyedzwa. Kana mukomana asvika pachinhano chekunakidzwa chepamusoro-soro, nhengo yake yekuberekesa inobudisa hurume. Kana musikana asvika pachinhano chekunakidzwa chepamusoro-soro, nhengo yake yekuberekesa inozvimba, mukati mayo muchinyorova kana kuti kutota.

Vese vakomana nevasikana vanogona kunakidzwa nekuzvibata-bata. Vanhu vaviri vanodanana, vasingadi kusangana pabonde zvine njodzi, vanogonawo kubatana nhengo dzekuberekesa, vachinakidzana pamwe nekugutsana. Bonyora harina charinokanganisa muviri wako kana pfungwa dzako. Rinobatsira kutapudza havi yezvepabonde, uye inzira ine utano yekunyatsonzwisisa muviri wako. Vanhu vemazera ose (vakaroorwa/vakaroorwa nevasina) vanoita bonyora.

Kunyange zvazvo zvimwe zvitendero zvichiti bonyora rakaipa, vamwe vezvimwe zvitendero vanoti zviri kumunhu ega ega kusarudza zvaangada panyaya yacho.

Tete Stella

ZVOKUITA

● **MHINDURO kumibvunzo yezvebonyora**

Mubvunzo wechipiri chete ndiwo we**CHOKWADI**. Mimwe yese ndeye**KUNYEPA**. Ndezvipi zvimwe zvinhu – zvechokwadi kana zvekunyepa – zvamakambonzwa pamusoro pebonyora? Tsvakai kuti pazvinhu zvacho zvamunoziva, zvechokwadi ndezvipi.

● Vanhu vemunzvimbo mamunogara vanoona sei nyaya yebonyora – semuenzaniso, vanoti chinhu chakanaka, chinochengetedza upenyu, chinowanikwa muvanhu vose here kana kuti chinhu chakaipa? Maonero evanhu acho akafanana here pabonyora revakomana nerevasikana? Vanhu vanotaura nezvazvo nyore nyore here kana kuti vanozvivanza. Kana muchifunga kuti vechidiki vazhinji vanofanirwa kutora bonyora sechinhu chakanaka, kurukurai kuti ndezvipi zvamungaita kuti vechidiki vacho vasandure mafungiro avo.

● Kazhinji vechidiki vanonzwa kuda kurara nemunhu. Kunze kwebonyora, ndezvipi zvimwe zvavangaita kuzvibatsira asi vasingasangani nemunhu pabonde? Nyorai pfungwa dzamunobudisa (sekuti munhu akamhanya havi yake inopera), mozosarudza pfungwa dzakanaka kupinda dzimwe.



Wadiwa Themba

Zvinonetsa kana vanhu vaviri vachitarisira zvinhu zvakasiyana parudo rwavo, uye zvinotaridza sekuti zvepabonde zvakakosha kwauri iwe kupinda kumusikana wako. Zvisinei, vasikana vashoma vanoda kumhanyirira kurara nemunhu. Havafari kana vakomana vachivabata sechinhu chawakatenga, uye uchitarisira kuti ukamupa mari nezvipo anobva arara newe.

Vakomana nevasikana vazhinji vanoona zvakanaka kuregera zvinhu zvinogona kukonzera matambudziko anouya nekuda kwekurara nemunhu uchiri mudiki. Havadi kuzonetseka nenyaya dzepamuviri, zvirwere zvenjovhera neHIV, saka vanosarudza kumbomira kusvika vakura.

Funga nezvekudanana kwakanaka – inzira yekuwana kurara nemunhu here, kana kuti unoda kuva neshamwari yechokwadi inokuda nemoyo wese? Kana uchida ushamwari nerudo rwechokwadi, unofanira kunyatsofunga nezvezvinodikwa nemusikana wako. Usamumanikidzira kuita zvepabonde; haadi hake.

Vamwe vanhu vangangova vanobata vakomana nenzira yakasiyana nemabatiro avanoita vasikana, asi izvi zvava kusanduka. Vakomana nevasikana vanotorwa sevanhu vakaenzana. Ndinovimba kuti uchaita zvivindi zvekubata musikana wako semunhu akaenzana newe uye kuti muchava nerufaro muri vaviri.

Tete Stella

ZVOKUITA

- Munofungei nemhinduro yaTete Stella? Munobvumirana here nezvavaudza Themba? Kana musingabvumirani nazvo, ndeapi mazano amungapa?
- **VASIKANA:** Nyorai pasi zvinhu zvinofanirwa nezvisingafanirwi kuitwa kana kutaurwa nevakomana kana vachida ushamwari hwakanaka nevasikana.
VAKOMANA: Nyorai pasi zvinhu zvinofanirwa nezvisingafanirwi kuitwa kana kutaurwa nevasikana kana vachida ushamwari hwakanaka nevakomana.
Pashure, mapoka avasikana ngaachinjane zvaanyora nemapoka evakomana. Ongororai zvanyorwa nevamachinjana navo. Mapedza, chisanganai vakomana nevasikana, muchibvunzana mibvunzo kuti muzive zvakadzama nezvezvinofungwa nevamwe venyu.
- Itai gakava pane mumwe wemisoro iyi:
 - Musikana anofanirwa kurara nemukomana wake kana mukomana wacho achimutengera zvinhu.
 - ‘Rudo rusina zvepabonde rwakafanana nebindu risina maruva’. Munobvumirana nazvo here?
 - Hazvina kunaka kurara nemunhu musati maroorana.

Wadiwa Jabulani

Waita zvakanaka kukumbira mazano. Mapundu panhengo yemukomana kana yemusikana yekuberekesa anogona kungova zvawo mapundu, kunge aya anowanikwa kumeso, kana kuti mapundu acho anenge achitaridza kuti une chirwere chenjovhera.

Kana usati wamborara nemunhu, pane chokwadi kuti hauna njovhera. Kana wakarara nemunhu mumazuva achangopfuura, usina kuzvidzivirira, mapundu aya angangoreva kuti une imwe yenjovhera dzakaita *se-genital warts, syphilis, chancroid* kana *genital herpes*. Mudzidzisi wako weFomu 2 pamwe aireva njovhera yerudzi rwe-syphilis iyo inogona kukanganisa pfungwa kana ikasarapwa. Unofanira kuongororwa nevarapi wobva wangorapwa nekukasika.

Kana uine njovhera, zvakanakosha kuti utaurire mudiwa wako, kana vadiwa vako, kuitira kuti vagorapwawo. Vakadzi, kunyanya, vanogona kubata njovhera asi isingataridzi kuti iripo.

Nekudaro, ndapota, enda kuchipatara nekukasika. Zvirwere zvenjovhera zvizhinji zviru nyore kupora kana zvikarapwa nekukasika. Enda neshamwari kana mumwe munhu mukuru waunovimba naye kuti agokutsigira, nekuti pamwe varapi vanogona kukushaira hanya kana kukushoropodza. Une kodzero yekurapwa zvakanaka, pasina kutsvinyirwa. Uve nerombo rakanaka.

Tete Stella

ZVOKUITA

● **MHINDURO** kumibvunzo yenjovhera

Mibvunzo 1 na5 ndeyeCHOKWADI. Mibvunzo 2,3 (kurega kurara nemunhu kunogona kukuchengetedza) uye mubvuno 4 (njovhera dzakasiyana dzine zviratidzo zvakasiyana uye vakadzi kazhinji havaiti zviratidzo) ndeyeKUNYEPA.

● **BASA REKUITA:** Shandisai magwaro makuru, mifananidzo nerumwe ruzivo rwezvenjovhera runobva kubazi rehurumende rinoona nezveutano. Boka rimwe nerimwe rinosarudza njovhera imwe chete rogadzirira zvekuzotaurira vamwe. Taurai pamusoro peizvi zvinotevera, kana mukakwanisa kuwana ruzivo rwakakwana:

- Zita renjovhera iyi nderekuti chii? (RechiShona, rechiRungu nerinoshandiswa kuzvipatara.)
- Ndezvipi zviratidzo zvenjovhera yacho? (Kuvarume nekuvakadzi.)
- Njovhera yacho inorapwa sei?
- Ungazvidzivirira kubata njovhera yacho sei?

Pashure peizvi, gadzirai mibvunzo gumi iri maererano nezvese zvamadzidza nezvenjovhera. Chengeterai mhinduro dzacho papepa rakasiyana nerine mibvunzo. Chinjanai mibvunzo neverimwe boka, mopindura mibvunzo yacho, pashure mozoongorora kuti vagona kupindura zvakanaka ndevapi. Vawana zvibozwa zvakanaka ndevapi?

● Daidzai murapi kana munhu anoshanda nezveutano kuti azokutaurirai nezvenjovhera uye nezvekodzero yekurapwa zvakanaka pasina kufurufushwa nevarapi. Bvunzai kuti ndezvipi chaizvo zvinoitika kana munhu wechidiki aenda kukiriniki nedambudziko renjovhera. Kana makiriniki emunzvimbo menyu asingabatsiri vechidiki zvakanaka, ndezvipi zvamungaita kuti zvinhu zvimire zvakanaka? Ndiani angabatsira?

Wadiwa Florence

Ndine urombo kuti une dambudziko rakadai, asi zvakanaka kuti uri kufunga nezvekunoongororwa utachiwona hweHIV. Ichi chingangova chimwe chezvinhu zvaungaita muupenyu zvinoda kunyatsoshinga – uye chiri chinhu chine musoro. Zviri nani kuziva chokwadi pane kugara uchitya.

Paunonoongororwa HIV (semuenzaniso, kuNew Start Centre) panenge paine vanhu vakanyatsodzidzira basa vanotaura newe usati waongororwa uye pashure pekunge waongororwa, vachipindura mibvunzo yako, uye vachikubatsira kutambira zvauri, zvisinei kuti wawanikwa uine HIV here kana kwete. Hausungirwe kutaura zita rako, uye zvese zvaunotaura zvinochengetedzwa muhana memunhu anokubatsira wacho.

Murapi anobaya chigunwe chako zvishoma kuti atore ropa shoma shoma. Kazhinji, unoudzwa mamiriro ako zuva rimwe chete iroro. Nzira yacho inoshandiswa kuongorora kazhinji inobudisa chokwadi – asi ukaongororwa HIV kusati kwapera mwedzi mitatu kubvira pawakaibata, haionekwi nemichina yacho. Nekudaro, kana wakarara nemunhu usina kuzvidzivirira, ukaongororwa ukawanikwa usina HIV, unofanira kunoongororwazve kechipiri mumashure memwedzi mishoma.

Ndapota, kurudzira mukomana wako kuti anoongororwa HIV. Kana akasaenda uye asingashandisi kondomu, une zvakadzama zvaunofanira kufunga kuti wozvifambisa sei.

Kana ukawanikwa usina HIV, ibva watoona kuti ucharamba usina utachiwona uhwu, ndiko kuti usazozvidyazve moyo.

Ndinoti iwe nemukomana wako muve nerombo rakanaka.

Tete Stella

ZVOKUITA

- Kana Florence akanoongororwa akawanikwa asina HIV, ndeapi mazano aungamupa kuti arambe asina utachiwona uhwu? Nderupi rutsigiro rwaangada?
- Pazasi pemusoro wega wega unotevera, nyora zvikonzero zvinokodzera:
 - a Neiko vanhu vasingadi kuziva kuti vane HIV kana kuti havana?
 - b Sei zvakakosha kuti uongororwe kuti une HIV kana kuti hauna?Ndepapi pabuda zvikonzero zvakanwanda? Ndeapi mazano aungamupa munhu ari kufunga zvekunoongororwa kuti ane HIV here?
- Tsvagai kuti nzvimbo yekuongororwa nekupiwa mazano nezveHIV iri pedyo ndeipi – sekuti New Start Centre kana kiriniki. Bvunzai kana pachifanirwa kubhadharwa mari, kana kuti vanhu vanoongororwa pachena. Pane mazera anonzi haaongororwi here panzvimbo pachochi?
- Wakamborara nemunhu here usina kondomu? Kana wakambodaro, funga nezvekunoongororwa HIV. Nderupi rubatsiro rwaangada kuti uwane zvivindi zvekuita izvi? Batsiranai pese pamunokwanisa kubatsirana.
- **MUTAMBO WEKUTEVEDZERA:** Vanhu vaviri vanotevedzera Florence nemukomana wake. Ngavayedzesere hurukuro yavo apo Florence anoudza mukomana zvinhu zviri kumunetsa, nekumukumbira kuti vaende vese kunoongororwa HIV. Chii chinoitika pamitambo yenyu yokutevedzera iyi?
Kana mukomana akaramba, kurukurai kuti Florence angaita zvipi kuti abvume.
- Onai mazano ezvekurarama kwakanaka, kune tariro, uine HIV, ari pakadhi 26.

Wadiwa Shamiso

Wagona nekubvunza kwawaita, Shamiso. Chirwere chegomarara rerudzi urwu chinobatira pamuromo wechibereko. Ndicho chirwere chegomarara chinonyanya kuwanikwa muvakadzi muZimbabwe, asi vanhu vashoma vanoziva nezvacho. Chikarapwa nekukasika chinogona kupera zvachose.

Mukadzi ane mukana wekubata chirwere ichi kana:

- akatanga kurara nemurume ari pazera diki (pamakore ake okutanga kutevera)
- akarara nevarume vakawandisa
- mudiwa wake waanorara naye akamborara nevanhu vakawanda
- akamboita mapundu enjovhera panhengo yekubereka
- aine HIV kana AIDS
- apfuura zera remakore 35.

Vamwe vakadzi muZimbabwe vava kuita gomarara iri vaine zera remakore ekumakumi maviri. Nyatsofungisisa usati warara nemunhu, uchiri pazera rechidiki, uye zvichengetedze. Kana uchinge watanga zvekurara nevarume, unofanirwa kuongororwa gomarara iri kamwe chete pagore kana uchirara nevarume vakawanda, kana kamwe pashure pemakore matatu kana uchirara nemunhu mumwe asingarari nevamwe vakadzi vakawanda. (Nzira yekuongorora gomarara iri inonzi Pap Smear.) Zvipatara nemakiriniki mazhinji zvinokwanisa kuita ongororo iyi. Hapana mukadzi anofanira kufa nguva yake isati yakwana, kana gomarara iri rikaonekwa nekukasika.

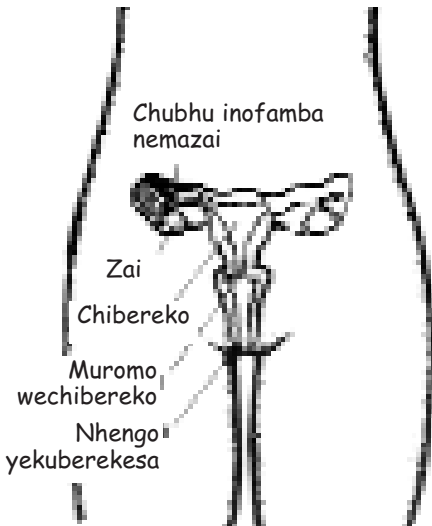
Tete Stella

ZVOKUITA

- Ndezvipi zvawadzidza nezvegomarara remuromo wechibereko? Tauriranai nezvegomarara iri nehama dzako dzechikadzi. Vaudze nezvekuongororwa gomarara racho.
- Tarisa zvikonzero zviru mutsamba ya Tete Stella. Pane njodzi iripo here yekuti iwe kana mudiwa wako angangozoita gomarara iri makura. Kana paine njodzi iyi, tsvaga rumwe ruzivo rwezvegomarara iri, uye kuti rinoongororwa sei.
- **MUNOGONA KUITA IZVI:**
 - Daidzai murapi kuti azotaura nemi nezvegomarara remuromo wechibereko; kuti rinombova chii, ringaonekwa sei, uye rinorapwa sei.

KANA KUTI:

- Ita tsvakurudzo yezvegomarara remuromo wechibereko, uchishanyira kiriniki kana imba inochengeterwa nekukweretwa mabhuku (*library*). Gadzira gwaro raunonyora ruzivo rwaunozopawo kushamwari nehama dzako.



Mamiriro echibereko

Wadiwa Sibongile

Ndine urombo kunzwa nyaya yako. Zvakaitwa nababamukuru vako zvakaipisisa. Haisi mhosva yako – ivo ndivo vakapara mhosva uye vanofanira kumiswa kuita zvakadai zvakare.

Usatya – unofanira kuwana munhu waunotaurira nekukasika. Mwana asingacheme anofira mumbereko, (kunyarara kunogona kuparadza upenyu hwako). Taurira vabereki vako, imwe hama kana mumwewo munhu waunovimba naye. Unoda mumwe munhu anokupa mazano nokukutsigira, achakubatsirawo kuenda kumapurisa kunopiwa rumwe rubatsiro.

Pira nyaya yechibharo kumapurisa nekukasika; kana zvichiita vataurire usati wageza muviri kana kuchinja hembe dzako, nekuti pamwe mapurisa vangangoda kuona umbowo. Zvakare, kumbira vanoona nezveutano kuti vakubatsire kudzivirira kubata pamuviri. Mamwe makiriniki ane mushonga *wepost-exposure prophylaxis* (PEP), unogona kudzivirira kubata HIV kana ukanwiwa kusati kwapera mazuva matatu kubva pawabatwa chibharo.

Kubatwa chibharo hakumbofi kwakaita mhosva yeuyo anenge abatwa wacho, asi pane nzira dzinogona kutevedzwa nemadzimai kuiitira kuti vasabatwe chibharo. Usambofamba wega, (kana uchifamba wega usaratidza kutya uye famba nekukasika). Nyangwe wava pazera ripi, usambofa wakanwa kana kuputa zvinodhaka, uchisara wararadza. Kana pane mukomana wawafarira, mutaurire zvakasimba kuti unoda kuti mutange masvika pachinhano chipi musati maita zvepabonde. Kana paita munhu ari kuedza kukubata chibharo, ridza mhere, mupfure nemakumbo, murume nemuromo, murove nemaoko kana kuti murove nemabvi pakati pemakumbo.

Sibongile, ndinovimba kuti uchawana rubatsiro rwauri kuda.

Tete Stella

ZVOKUITA

- Seiko kuine vakadzi nevasikana vakawanda vari kubatwa chibharo nekukuvadzwa muupenyu hwedu? Itai hurukuro. Pamhinduro yose yose yamunopa, bvunzai mubvunzo wekuti “Asi neiko?” kuitira kuti mubudise zvikonzero zvakadzama.

Kubatwa chibharo nekufurufushwa munharaunda maunogara

Tarisai pfungwa dzinotevera idzi. Dzinotsanangura zvakadzi zviri munharaunda maunogara? Pafungwa yega yega, iti ICHOKWADI, KUNYEPA kana kuti HANDINA CHOKWADI.

- 1 Munharaunda matinogara , vasikana nevakadzi vanokwanisa kufamba kwavanoda, kwese zvako, pasina njodzi, nguva ipi zvayo, pasina kutya.
- 2 Zvekubatwa chibharo nekufurufushwa zvinotaurwa pachena, pasina kuvanza. Kana wechidiki akataura kuti abatwa chibharo kana kuti afurufushwa, vechikuru vanoona zvavangaita kuti zvisazoitika zvakare. Hapana kana anombopomera wechidiki wacho mhosva.
- 3 Kana munhu wechidiki akabatwa chibharo, makiriniki ane mishonga neunyanzvi hwakakwana hwekubatsira pfungwa dzake, uye mapurisa anoedza napose paanogona kutsvaka nekugadzirisa munhu wacho anenge abata chibharo.
- 4 Vakomana vanotambira sechokwadi uye vanoremekedza musikana kana achinge ati haadi zvepabonde. Vakomana havafungi kuti ikodzero yavo kurara nemusikana; vanozviziva kuti vanokwanisa kuzvibata.

Mhinduro: Vashoma venyu, kana kuti hapana, vangapindura vachiti ICHOKWADI pafungwa dzese dziri pamusoro idzi. Ndezvipi zvinofanira kuitika munharaunda mamunogara kuti muve mune ugaro hwakana, musina chibharo, kufurufushana, nekukangaidzana?

- Itai tsvakurudzo, muwane ruzivo rwakadzama nezvemushonga unonwiwa pasure pekubatwa chibharo, unobatsira kudzivirira kubata pamuviri, uye mushonga wePEP unogona kudzivirira kubata HIV.

Wadiwa Similo

Matambudziko ako akaoma, asi kurara nevarume uchibhadharwa mari kunokupinza mune mamwe matambudziko akawanda. Varume vazhinji vanobhadhara kuti varare nevakadzi havadi kushandisa makondomu. Saka unogona kuguma wava nepamuviri, kana HIV, kana zvese. Unogonawo kurohwa kana kubatwa chibharo.

Kurara nevarume uchibhadharwa (kuita chipfambi) imhosva muZimbabwe, saka pakaita chakaipa chaunosangana nacho mapurisa anogona kurega kukubatsira uye unogona kuguma wava mujeri. Ndapota, usaita basa iri. Zvinokupinza mukutambura kwakanyanya.

Zvaungaita ndezvekufunga dzimwe nzira dzaungawana nadzo mari, kana kufunga kuti ungawana munhu kana sangano ripi ringakubatsira. Bvunza vanhu vakawanda – pachikoro pako, kusvondo, nemuvavakidzani vako – uye ramba uchingobvunza. Bazi rehurumende rinoona nezvehugaro hwevanhu (Ministry of Social Welfare) ringangogona kukubatsira.

Kana zvese zvawaedza zvikaramba kushanda, usaora moyo. Vanhu vakawanda vanopedza dzidzo dzavo vakura. Zvakare, kune nzira dzakawanda dzekudzidza. Tsvaka unyanzvi hwebasa chero hupi zvahwo hwaungakwanisa kuwana, zvisinei kuti uri kubhadharwa here kana kwete. Tsvaga mabasa ari kuitwa munzvimbo mako ugokumbira kubatsira. Kumbirawo mabhuku ekuverenga.

Kana wazofunga zvekurara nemunhu, zviite murudo, kwete mukutsvaga mari. Zvakare, iva nechokwadi kuti une ruzivo rwakakwana rwezemakondomu evarume neevakadzi, mapiritsi ekudzivirira kubata pamuviri, nedzimwewo nzira dzekudzivirira kubata pamuviri, njovhera neHIV.

Uve nerombo rakanaka.

Tete Stella

ZVOKUITA

- **MUTAMBO WEKUTEVEDZERA:** Shandai muri vaviri vaviri. Tevedzerai munhu akaita saSimilo ari kukumbira mazano kumunhu mukuru anoremekedzeka, mazano ekuti angabhadhara mari yake yechikoro sei.

Mapedza kuedzesera uku, taurirai vamwe vemuboka menyu kuti manga muchinzwa sei pamanga muchitevedzera Similo. Ndezvipi zvaita kuti zvive zvakaoma kana kuti zvive nyore kukumbira rubatsiro? Ndeapi mazano aungape munhu ane dambudziko seraSimilo?

- Rongai kuita gakava pamusoro unotevera uyu:

‘Vakadzi vazhinji havaiti zvekurara nevarume vachibhadharwa mari nekuda kwekuti zvinovanakidza, asi nekuda kwekuti vanenge vachida mari yekuriritira mhuri dzavo.’

- Vanhu kazhinji vanoshoropodza vakadzi vanorara nevarume vachibhadharwa asi havamboshoropodzi varume vacho vanovabhadhara mari kuti varare navo. Munofunga kuti neiko vanhu vachidaro? Zvakanaka here izvi? Kana zvisina kunaka, vanhu vangaita sei nenyaya yacho?
- Itai tsvakurudzo, muchitsvaka mitemo yemunyika muno neyekune dzimwe nyika iri maererano nezvevanhu vanorara nevanhu kuti vabhadharwe mari, uye iri maererano nevanhu vacho vanobhadhara mari. Vanhu vanoita basa iri rekurara nevanhu vanodzivirirwa zvakadini nemitemo uye vane kodzero dzakadii munyika dzakasiyana-siyana? Ndezvipi zvamunofunga kuti ndizvo zvinofanira kuitwa?

Wadiwa Edson

Ndine urombo kuti uri kunetseka nenyaya yekurota vasikana uchizomuka wakatota. Usanetseka hako, hapana chakaipa pamuviri wako uye hapana chikonzero chekuti unyare.

Zviri kuitika kwauri izvi zvinowanikwa, uye zvinotaridza kuti muviri wako wava kusanduka kubva kuhwana hudiki kuita murume mukuru. Wava kuyaruka. Pazera irori, muviri unosanduka, nhengo dzekuberekesa dzichitanga kubudisa hurume. Hurume hunenge hwangomirira kubuda munhengo yekuberekesa, uye kazhinji hunobuda paunenge uchirota zvevasikana. Unogona kuona kuti paunomuka nhengo yako inenge ichakamira. Izvi hazvirevi chete kuti pawanga urere wanga uchirota vasikana, asi kutiwo wayaruka.

Zvekurota vasikana uchizomuka wakatota zvinowanza kuitika pavakomana vezera rako, asi vamwe vanogona kuramba vachizviita kunyange vava vanhu vakuru, upenyu hwose.

Saka usanetseka hako kuti zvingazokupa matambudziko uchinge wazoroora – zviri kuitika izvi ndiwo masikirwo akaitwa varume. Varume vose vanotombozviita pane imwe nguva muupenyu hwavo. Bvunza mukoma wako kana sekuru; uchanzwa vachiti zvinoitika.

Tete Stella

ZVOKUITA

- Pedzisa zvirevo zvinotevera:
 - a** Ndinofarira kusanduka kuri kuita muviri wangu pandiri kukura nekuti...
 - b** Handifariri zimwe zvacho zviri kusanduka nekuti...
- Ndezvipi zvaudzidza pakupindura mibvunzo iyi? Pane zimwe zvaungada kuita here kana kuziva? Tsvaka kuti ndeipi nzira yakanyatsonaka yekuita izvi.
- Pane zimwe zvinhu zvaunonetseka nazvo here zvinowanikwa muvanhu vose? Taura neshamwari yako kana munhu wechikuru waunovimba naye.



Wadiwa Thandiwe

Hongu, mushonga we-antiretroviral (kana kuti ARV) unogona kubatsira vanhu vane AIDS. Mushonga uyu haubvisi HIV mumuviri, asi kuti unoimisa kuti isarambe ichiwanda, zvinobva zvabatsira muviri kuti uwane simba rekurwisa zvirwere. Hongu, mushonga uyu unodhura. Asi mutengo wacho wava kuderera sezvo mushonga wacho wava kugadzirwa muZimbabwe.

Zvisinei hazvo, mushonga weARV wakasimba uye unonetsa kushandisa, uyewo kazhinji vanhu vanozotanga kuushandisa kana vava kurwarisa. USASHANDISA mushonga uyu usina kupiwa mazano nachiremba uye usati waongororwa HIV. Zvakare, unofanira kuva nechokwadi kuti unozokwanisa kuramba uchitenga mushonga wacho upenyu hwako hwese nekuti zvine njodzi kuti kana wambotanga kunwa mushonga wacho wombomira, wozotangazve pashure penguva.

Yeukawo kuti mushonga weARV haisiyo yega nzira yekuti urarame zvine utano. Unogona kurwisa HIV nekudya zvekudya zvinokodzera, nekurarama uine tariro. Izvi zvinosanganisirawo kuona kuti pese pawarwara warapwa nekukasika.

Mushonga weARV unoita kuti unzwe zviru nani, asi HIV inenge ichingova muropa mako, saka unogona kupa mumwe HIV kana kuti iwe wacho unogona kutapura imwe HIV. Yeuka kushandisa makondomu paunosangana nemunhu pabonde, kana kushandisa dzimwe nzira dzisina njodzi.

Kunyange uchishandisa mushonga weARV kana kuti usingaushandisi, edza kurarama upenyu hune utano, ugova nemakore akawanda ekuriritira mwana wako.

Tete Stella

ZVOKUITA

● MUNOGONA KUITA IZVI:

Kushanyira kiriniki kana dzimwewo nzvimbo dziri kubatsira vanhu vaneHIV neAIDS, kuti munowana rumwe ruzivo rwezvemishonga uye rwezekurapwa kwevanhu vacho.

KANA KUTI:

Tsvakai ruzivo rwe rwamungakwanisa kuwana rwezvemushonga weARV. Unokwanisa kuwanikwa nemunhu wese here? Unopiwa vanhu mahara here, kana kuti unoita marii? Tsvakaiwo kuti ndezvipi zvakanaka uye zvinonetsa pakushandisa mushonga wacho.

- Nderupi rutsigiro runodikwa nevanhu vanoshandisa ARV? Kubva kuna ani? (Fungai nezvebasa remhuri neshamwari, uye kuti nderupi rubatsiro rungabva kumakiriniki nekune dzimwe nzvimbo dzakamirira kubatsira vanhu.)
- Kana mushonga weARV uchikwanisa kuponesa vanhu, sei uchinetsa kuwana? KuSouth Africa, ruzhinji rwevanhu rwanga rwuchishanda pamwe chete kukurudzira hurumende kuti ione kuti munhu wese anoda mushonga uyu auwana. Munyika menyu mune mapoka api anoona nezveutano ari kuedza kuti mushonga uyu uderere mutengo, uchiwanikwa nyore? Ndezvipi chaizvo zvavari kuita? Ndezvipiwo zvingaitwa nevehidiki mumapoka acho aya?
- Onai kadhi 26 rine mazano ekurarama upenyu hune utano netariro uine HIV neAIDS.

Wadiwa Oliver

Kana mukadzi wemuridzi wepamba pauri kugara achida kurara newe ari kukanganisa kodzero dzako, ari kukufurufusha. Pamutemo wenyika, imhosva yaari kuita. Unofanira kuwana rubatsiro, uye kubva paimba apa zvinhu zvisati zvanyanya kushata. Ndinobvumirana newe kuti kuudza murume wacho kunogona kukupinza mudambudziko guru. Saka ndingangokupa zano rekuti utaurire vabereki vako nekukasika uye kuti utsvake kumwe kwekugara. Ndine chokwadi kuti vabereki vako vanoda kuti ugare paimba pasina matambudziko, uye kuti vachaita zvose zvavanogona kubhadhara mari yeimba nenguva yakanaka mune remangwana. Kana mukadzi uyu akaedzazve nyaya yake usati wabva pamba apa, muudze zvakasimba kuti arege kudaro. Kana akaramba achisimbirira, shandisa simba.

Zvakaoma chaizvo kuti murume akwanise kutaridza kuti abatwa chibharo nemukadzi, zvikuru kana pasina chinhu chingatidze kuti akaita zvekumanikidzirwa nechisimba. Zvisinei hazvo, mukadzi uyu ari kuedza kukumanikidzira kuti urare naye iwe usingadi. Ari kukanganisa kodzero dzako.

Ndapota, enda kure nekukasika.

Tete Stella

Kodzero dzevechidiki pane zvepabonde nezverudo

Tarisai kodzero idzi dzinotevera dzevechidiki, dzezvepabonde nezverudo, pashure mozotaurirana nezvemibvunzo iri pazasi.

- 1 Hapana munhu anofanira kukubata kana kurara newe iwe usingadi.
- 2 Zvinofanirwa kuva nyore kuwana zvinhu zvekudzivirira kubata pamuviri, uye kuwana ruzivo rwezveutano nerwezvinhu zvinoitika pakuyaruka kwemunhu.
- 3 Vanhu vese vanoshanda panzvimbo dzakaita semakiriniki kana kamba dzemapurisa vanofanira kuva vane ruzivo rwakakwana, vachipa rubatsiro, uye vaine tsitsi.
- 4 Kunofanira kuva nekuongororwa utachiwona, kupiwa mazano, nekurapwa kwakanaka pane zveHIV neAIDS, uye panofanira kuva nemishonga ine mutengo wakaderera, isinganetsi kuwana.
- 5 Vasikana vane pamuviri vane kodzero dzekuenda kuchikoro.
- 6 Kana uine HIV kana AIDS, hapana munhu anofanira kukubata zvakasiyana nevamwe, kana kukutsvinyira.
- 7 Munhu wese – murume, mukadzi, mudiki, mukuru, murombo, mupfumi, mutema, muchena, mukobvu, mutete, ngochani, akaremara, anorwara – anofanirwa kuremekedzwa.
- 8 Vechidiki vane kodzero yekuzvirongera nzira dzekuti vawane rubatsiro rwakanaka pane zveutano.

- Munoti kudiniko nekodzero idzi? Pane zvimwe zvamungawedzera kana kubvisa here?
- Kodzero idzi dzinoshanda zvakaenzana here kuvakomana nekukasikana?
- Mungapa vanhu vemunzvimbo menyu zvibozwa zvingani kubva muzana, muchitarisa kuchengetedza kwavanoita vechidiki?
- Mumwe nemumwe wenyu ngaazvipe zvibozwa zvaanofunga kuti anokodzera, makatarisa kuti unoremekedza zvakadii kodzero dzevamwe vechidiki.

Zvipirei kuremekedza kodzero dzevamwe sekudomwa kwadzaitwa pamusoro apa, uye zvikumikidzei kuti munotsvaka rubatsiro pese panokangaidzwa kodzero dzenyu.

Wadiwa Pauline

Usanetseka – hapana chikonzero chekuti ufunge kuti hausi kuzoita vana mune ramangwana. Zvinoitika kakawanda kuti musikana atevere mwedzi zvisina kufanana mumakore mashoma ekutanga kwake kutevera. Vamwe vasikana vanogona kutevera kwemwedzi yakati kuti, vobva vambomira kwegore rose. Zvinofanira kuzogadzikana pashure pechinguva.

Pane zvimwe zvinhu zvine chekuita nekutevera kwako – sekuti kana uri kunetseka mupfungwa, kana kuti ukaondoroka kana kufuta zvakanyanya, kana kuti ukamborwara kwenguva refu. Uye, kumusikana akamborara nemukomana, kutadza kutevera ndicho chinhu chikuru chinotaridza kuti akabata pamuviri.

Taura nemurapi wepakiriniki kana vaya vanoona nezveutano, zvikuru kana ukasatangazve kutevera pashure pegore. Edza kudy a kudy kunovaka muviri, uchidya zvinhu zvisina kunyanya kugaiwa, michero yakawanda, miriwo, nezvekudya zvine *iron* – zvakaita semiriwo ine mashizha matema, nyemba, bhinzi, *lentils*, mazai, huku, hove, nedzimwewo nyama, uye mhashu nemajuru.

Iwe neshamwari dzako munofanira kuwana ruzivo rwakanaka rwezvekusanduka kuri kuitika mumiviri yenyu. Taurai nevepakiriniki kana vaya vanoona nezveutano, vamunoziva kuti vanofarira vechidiki, mugoronga navo kuita musangano pavangazopindura mibvunzo yenyu. Kana kuti tsvakai kuti nzvimbo inoona nezvechidiki (*youth centre*) iri pedyo nemi ndeipi, muzovakumbira kuti vakupei ruzivo.

Tete Stella

ZVOKUITA

- Pauline ari kunetseka nepfungwa yekuti pamwe haakwanise kuita vana. Ndezvipi zvaunotyira iwe pamuviri wako, pane zvekurara nemunhu, uye zvekuita vana? Kurukura neboka rako mugoona kuti vangakubatsira here. Kana usingadi kuti vanhu vakuzive, nyora zvinokunetsa papepa, asi usingaisi zita rako. Isai mapepa acho pamwe, mosanganisa, mozobudisa rimwe rimwe muchikurukura nezvezvakanyorwa.

Kana boka risingakwanisi kubatsira, ndekupi kwaungaenda kunopiwa mazano?

- Vanhu vanowana ruzivo rwezvemiviri yavo, zvekurara nemunhu nezvekudanana, kubva kwakasiyana-siyana. Unowana ruzivo rwako kupi? Nyora pasi. Ungakwanisa kuona sei kuti paruzivo rwaunopiwa rwacho, zvechokwadi ndezvipi, zvemanypopo ndezvipi?
- Nyora mufananidzo wekiriniki yaungati ine vashandi vanokwanisa kubatsira vechidiki nyore, uchijekesa kuti sei uchiti kiriniki yacho inokwanisa kubatsira vechidiki nyore. Enzanisa mufananidzo wako nekiriniki chaiyo yaunosishanyira. Unofunga kuti kiriniki yemunzvimbo menyu inobata vechidiki zvine chiremera here? Kana zvisirizvo, iwe nevamwe vemunzvimbo menyu mungashanda mose sei kuti kiriniki ibatsire vechidiki zvine chiremera?

Wadiwa Winnie

Chikurukuru, ndinoda kuti kwauri kuva neHIV hakukuiti munhu akasiyana nevamwe, uye hapana munhu anodzika mitemo yekuti 'izvi ndizvo zvinhu zvinobvumidzwa.' Une kodzero yekuva nezvose zvine vamwe vanhu – kupiwa rudo, kuva nemudiwa, kurara nemunhu, kuroorana uye kuita vana. Vanhu vazhinji vane HIV vane vanhu vavanodanana navo; dzimwe nguva vadiwa vavo vanenge vaine HIV, asi kwete vese.

Hazvisi nyore kutaurira Thando, asi unotofanira kuzomutaurira pane imwe nguva. Tanga wasvika pakumunzwisisa zviru nani kupinda iko zvino, usati wamutaurira. Zviru pachena kuti munofanira kutanga makurukura nezveHIV nezvemakondomu musati marara mese. Kana akaramba kushandisa makondomu, kana akaramba kuti iwe ushandise makondomu echikadzi, uye akaramba kuti mushandise nzira dzinokudzivirirai, zvinoreva kuti wotoregera zvekurara naye. Hazvinei kuti munhu akanaka sei.

Pfungwa dzako dzakanaka dzekutya kuparadzira HIV. Ndinoti dai vanhu vese vakaita sewe. Yeuka kuti, zvisinei hazvo, kunyange mudiwa wako ainewo HIV, munongofanirwa kushandisa makondomu kuitira kuti musaramba muchipanana utachiwana pese pamunosangana pabonde.

Ndinoti uve nerombo rakanaka mune ramangwana rako, zvisinei kuti wazofunga kuita zvipi.

Tete Stella

ZVOKUITA

- Unobvumirana naTete Stella here? Nemhaka yei?
- **MUTAMBO WEKUEDZESERA:** Panodiwa vanhu vaviri. Winnie anenge achitaurira Thando kuti ane HIV.

Pasure pemitambo wacho, vatambi vanozotaurira vamwe vemuboka kuti vanga vachinzwa sei pavanga vachiedzesera. Pashure , mese mozokurukura pamusoro pemibvunzo inotevera iyi:

- a** Chii chazoitika kumagumo? Ndiani azofunga zvingaitwa? Zvanga zvakaomera vatambi vose vari vaviri here? Magumo emutambo akanaka here? Kana magumo asina kunaka, ndezvipi zvamungaita kuti ave zviri nane?
- b** Muupenyu, vechidiki vazhinji vamunoziva vangapedza nyaya yakadai nenzira imwe chete here?
- c** Zvinhu zvaisiyana here dai Thando ariye ane HIV, achifanira kutaurira Winnie? Kana zvirizvo, mutsauko ungava papi? (Itai mutambo zvekare, Thando ava iye ari kutaurira Winnie, mugoona kuti pane mutsauko here?)
- d** Ndevapi vanhu uye masangano vanokwanisa kubatsira vanhu vari panguva yakaita seiyi?



Wadiwa Philani

Shamwari dzako dziri kukupa zano rakaipa. Kunyange zvazvo vamwe vachiti mbanje inovaita kuti vasununguke, vamwe inovavhiringidza pfungwa, uye inovaita kuti vatye.

Ndinozvinzwisisa kuti unonzwa sewasaririra wega, usina musikana, asi zvaungatoita zvakanaka kutaura nevasikana seshamwari. Ushamwari hunogona kuzoguma hwava rudo.

Tanga nekungoti 'mhoru', uchinyemwerera, uye kutaura zvaungangoona zvinoita, zvechikoro kana zvemamiriro ekunze – kana zvimwewo zvazvo. Chinodikwa chete kubvunza mumwe munhu nezveupenyu hwake, uye kuva une chido chezveupenyu hwake nematambudziko ake. Vasikana vanoyemura izvi kukunda mukomana anoedza kushamisira.

Uye yeuka kuti hapana vanhu vakamirira kuona uchiita zvinhu zveupenzi. Ivo vari kutonetsekawo nenhamo yekutya kuti vasaite zvinhu zvisina musoro.

Haungapedzi nhamo dzako nekushandisa zvinodhaka zvakaite sembanje nedoro. Vanhu vazhinji vanoita zvinhu zvakaipa kana vakadhakwa, zvichikonzera matambudziko mumhuri, kushamwari nekubasa. Zvakare, kuputa mbanje imhosva, uye kunogona kukupinza mumatambudziko.

Haudi zvinodhaka kuti ugofarirwa nevamwe, uye kuti uwane zvivindi zvekuita chimwe chinhu. Kune dzimwe nzira dziri nani dzaungapedza nadzo kunyara kwako. Uve nerombo rakanaka.

Tete Stella

ZVOKUITA

- Nyora pasi zvinhu zvese zvinodhaka zvaunoziva, uye zvazvinoita kuvanhu vese vanozvishandisa. Ndezvipi zvinodhaka zvinoti ukange wazvitanga zvinogona kuita kuti usazokwanisa kuzviregera?
- Tarisa zvikonzero zvinotevera zvinoita kuti vechidiki vashandise zvinodhaka. Kurukurai kuti ndezvipi zvacho zvine chekuita neupenyu hwenyu nehweshamwari dzenyu. Zvirongi zvichitevedza kukosha kwazvo, muchitevedza kubva pana-1 kusvika 5, muchitanga nechikonzero chinonyanya kuwanikwa.

Vechidiki vanoshandisa zvinodhaka nekuti:

- shamwari dzavo dzinege dzichizviita
- vanenge vachida kuhwanda zvinhu zvinovanetsa muupenyu hwavo
- vanoda kusatarisana nechokwadi chemamiriro kana mafungiro avo
- vanofunga kuti zvinovapa zvivindi
- vanenge vasina zvimwe zvinovanakidza.

- Pashure pekukurukura nezvezvikonzero izvi, tarisai kuti mungava panjodzi yekutanga kushandisa zvinodhaka here. Imi neshamwari dzenyu mungabatsirane sei kuti musashandise zvinhu zvinodhaka? Ndiani mumwe angakwanisa kukubatsirai?

- **MUTAMBO WEKUEDZESERA:** Panodikwa mukomana nemusikana. Mukomana anenge achinyara anosvika pamusikana otanga kutaura naye. Pasure penguva, sandurai mamiriro ezvinhu, musikana ari iye anotanga kutaura.

Chiitai hurukuro, muchitarisa:

- a** zvamanga muchinzwa pakuedza kutanga kutaudzana, uye pakuva munhu wawanga uchiedzesera?
- b** zvamadzidza nezvekurwisa kunyara, uye zvekutangisa ushamwari?

Wadiwa David

Hausi wega. Vechidiki vazhinji havakwanisi kutaudzana nevabereki vavo, zvikuru pazvinhu zvemuupenyu hwavo zvakaita sezvekurara nezvekudanana nemunhu. Vabereki vanoda nguva yekujairirana newe nekuti wava kusanduka kuva munhu mutsva, uye vanoda nguva yekukunzwisisa nekuva nechivimbo newe paunenge uchibvunza, uchidzidza, uchikura.

Edza kunzwisisa kuti vabereki vako vanokuda, vanonetseka nezveupenyu hwako, uye vanoda kuti ukure wakachengetedzeka, uine rufaro, uchibudirira muupenyu. Vanorangarira, kubva kuudiki hwavo, miedzo nenjodzi zvawakatarisana nazvo, uye kuti zviriri nyore sei kukanganisa. Upenyu hwava kunyanya kutyisa kupinda panguva yavo, zvikuru nekuvapo kweAIDS. Ndiko kusaka vachigara vachingotaura zvinhu zvausingafaniri kuita. Yeuka kuti kazhinji vanenge vaine mazano akanyatsonaka avanokupa.

Unokwanisa kugadzirisa ukama hwako navo. Chekutanga, vataridze kuti vanokwanisa kuvimba newe. Tevedzera mitemo yavo. Kana uchifunga kuti havasi kukuitira zvakanaka, taura navo nezvazvo. Uye teerera kana vachikupa mazano. Chechipiri, vabvunzewe kuti vanoona sei matambudziko echokwadi aunenge uinawo.

Vataurirewo zvinhu zvaunotarisa muupenyu, kuti vagokunzwisisa zvauro. Chekupedzisira, nguva dzose taura navo wakatsiga hana, zvine ruremekedzo, usingatsamwi kana kutsvinya. Ukaona wava kuda kushatirwa, kumbira kuti muzotaurirana pane imwewo nguva, hashu dzaserera.

Ramba uchiedza – zvakanakosha zvikuru kuti ushingirire. Uye kana izvi zvikaramba kushanda, taura nemudzidzisi kana sahwira wemhuri yenyu.

Tete Stella

ZVOKUITA

- Nyora pasi zvinhu zvaunoyemura pamusoro pako – sekuti kunyemwerera kunoyevedza kwaunoita, unyanzvi hwako hwekuita zvimwe zvinhu, kana kusimba kweunhu hwako. Zvinhu izvi wakazviwana kana kuzvidzidzira kupi? Zvingava zvakabva kumhuri yako here?

Mibvunzo iyi inoita kuti unzwe sei pamusoro pekubatsira kunoita mhuri yako kuumba mafungiro nemaonero ako muupenyu?

- **MUTAMBO WEKUYEDZESERA:** Muri vaviri vaviri, tsvakai panonyanya kupesana vabereki nevanhu vechidiki kuti ndepapi. Pananai zvijanha zvekutevedzera vabereki vari kuita nharo nemwana, mozotaurira vamwe veboka kuti manga muchinzwa sei pamanga muchiita mutambo wacho.
- Mumapoka menyu, fungai kuti zvingadai zvakadini dai vabereki nevamwe vakuru vasingapi mazano kuvana nekuvanhu vechidiki. Ingadai panyika pakadini? Pirai vamwe pfungwa dzenyu muchishandisa mifananidzo, mitambo, dzimbo kana nhetembo.
- Ronga kuti utaure nemumwe wevabereki vako, kana vose, pamusoro pechimwe chinhu chinokunetsa. Gadzirira mataurire auchazoita, uye yeuka zvakataurwa naTete Stella pamusoro pekutaura wakatsiga hana, kunzwisawo vabereki vako, uye kuvaremekedza.



Wadiwa Leroy

Kurara nemunhu zvinoreva kuti mumwe nemumwe wenyu muri vaviri ane chekuita nemumwe. Haufaniri kumbofa wakaisa mudiwa wako munjodzi, saka zvakakosha kuti utaurire mudiwa wako kuti ugomuchengetedza kunjodzi yeurwere hunogona kuuya hwakaoma, huine njodzi. Uyewo, kana aine njovhera, akasarapwa, anokwanisa kuzokupawo njovhera yacho zvakare.

Zvirwere zvenjovhera zvakasiyana-siyana, uye zviratidzo zvenjovhera zhinji hazvisi nyore kuona. Vakadzi pavanobata njovhera, kazhinji vanogara kwenguva refu vasina zviratidzo.

Nekudaro, ona kuti mose muri vaviri marapwa. Kumbira murapi kuti akupe tsamba inozivisa kuti munhu ane njovhera, (uye tsamba yemukadzi akakupa njovhera wacho kana uchikwanisa kuzomupa). Musikana wako achazoenda netsamba yacho kukiriniki, onorapwa sekurapwa kwaunoitwa iwe, pasina anomubvunza mibvunzo. Musashandisa mishonga yemunhu mumwe chete muri vaviri, uye pedza mishonga wawakapiwa kunyange zviratidzo zvenjovhera zvapera.

Iwe nemusikana wako munofanira kutaurirana nezvekushandisa makondomu pese pamunorara mose. Ndiyo nzira chete yokudzivirira njovhera. Ramba uine mudiwa mumwe chete, uye, sezvo wakamborara nemunhu usina kuzvidzivirira, funga nezvokunoongororwa HIV.

Pane zverudo rwenyu – tauriranai pachena zvamunotarisisira kubva kune mumwe. Chokwadi nechivimbo zvinhu zvakakosha paukama hune mufaro. Muve nerombo rakanaka mose muri vaviri.

Tete Stella

ZVOKUITA

- **MUTAMBO WEKUYEDZESERA:** Panodikwa mukomana nemusikana. Leroy afunga zvekutaurira musikana wake kuti ane njovhera. Chii chinoitika? Makatarisa zvose zvamava kuziva, dai waiva Leroy, waitaurira mudiwa wako kana kuti vadiwa vako kuti une njovhera here?
- **BASA ROKUITA:** Gadzira chionwa chinotaridza nzvimbo (*map*) dzose dzaunoziva kunogona kutorwa makondomu nevehidiki munzvimbo menyu. Ipa mhinduro kumibvunzo inotevera, wakatarisa nzvimbo yega yega:

- a Makondomu acho anopiwa pachena here kana kuti anobhadharwa?
- b Unofanirwa kuva wezera ripi kuti ugokwanisa kuapiwa?
- c Vasikana vanoapiwawo here?
- d Makondomu evakadzi anowanikwa here?
- e Varapi vacho vanobata vechidiki zvine chiremera here?

Ipa nzvimbo yega yega zvibozwa zviri pakati pe-1 ne-10, zvichibva nemhinduro yawapa panzvimbo yacho.

Kana chionwa chako chichitaridza kuti vechidiki vemunzvimbo menyu havakwanisi kuwana makondomu pachena, zviri nyore, ndezvipi zvamungaita kupagadzirisa apa? Ndevapi masangano kana vanhu vangabatsira?

- Tarisa makadhi 7 ne-13 ayo ane rumwe ruzivo rwezvenjovhera.

Wadiwa Charity

Kuwanikwa uine HIV muropa mako hazvirevi kuti watotongerwa rufu. Pane nzira dzakawanda dzekuzvidzivirira kuti usarware. Chekutanga, unofanira kuzvichengeta zvakanaka – uchidya zvekudya zvisina kugadzirwa nenzira yekuti zvinosara zviine zvinhu zvinovaka miviri zvishoma (hazvidhuri), uchirara zvakakwana nekuswatanudza nhengo dzemuviri wako; usashandisa zvinhu zvakaita seshuga nedoro; rapwa nekukasika zvirwere zvese zvinenge zvakubata; uye shandisa kondomu nguva dzose paunorara nemunhu. Nzira yakakosha yekuchengetedza utano hwako ndeyekugara uine tariro, uye kuva wakazvipira kurarama upenyu hwakanaka.

Edza kutsvaka mumwe wevaya vanopa mazano nezveHIV uye boka revanhu vane HIV vanopana rutsigiro, kuti vakupe rubatsiro – bvunza kuya kwawakaongororwa utachiwana kana kunzvimbo kana kusangano rinoshanda nezveHIV munzvimbo menyu. Vanokwanisawo kukubatsira kutaura naamainini vako kana uchinge wafunga kudaro.

Vanhu vazhinji vanotyaya AIDS. Vanotyaya kufa, kuva vega, kusiiwa neshamwari, uye kusabatwa zvakanaka. Kusangana navamwe vane HIV kunobatsira kubvisa kutya uku. Vanhu vakawanda vava nemakore vaine HIV, uye vane utano hwakanaka, vari vakabudirira muupenyu; vazhinji vane vadiwa uye vamwe vanosarudza kuita vana. Nemazano uye nekutungamirirwa zvakanaka, unokwanisa kuzviitawo. Vamwe vanhu vanokwanisa kukupa tariro, uye nhoroondo dzavo dzinokusimbisa. Zvekare, unokwanisawo kubatsira vamwe.

Tete Stella

ZVOKUITA

- Taura nevanhu vasinganetseki kutaura zvekuva kwavo neHIV kana AIDS. Vakumbire vakuudze zvose zvinovabatsira kuti vararame upenyu hune utano netariro. Munhu wese anoda ruzivo urwu – shanda nemasangano kana mapoka evechidiki, uchitaurira vechidiki vakawanda.
- Ita tsvakurudzo yezvemafungiro evanhu. Kwesvondo rose, teerera zvinotaura vanhu pamusoro pevanhu vane HIV neAIDS. Ipa ruzivo rwechokwadi, uye pikisa zvine chiremera zvese zvinotaurwa zvinenge zviri padivi. Tauriranai mumapoka menyu kuti makadzidza chii.
- Funga nezveimwe nguva yawainzwa kusurikirwa uye kunzwa kunge uri wega wega, asi ukakwanisa kupedza pfungwa idzi. Ndezvipi zvakakubatsira? Taurira boka rako. Pashure ongororai kuti ndezvipi pfungwa dzako dzingagonawo kubatsira vanhu vane HIV neAIDS.
- Ona makadhi 19, 22, ne40 ane mimwe mibvunzo inobva kvanhu vane HIV.

Wadiwa Nyaradzo

Ndine urombo kuti uri mudambudziko rakaoma kudai. Zviripo ndezvekuti unokwanisa kubata pamuviri panguva yako yekutanga kurara nemunhu. Unofanira kunoongororwa kuti uve nechokwadi kuti zvakamira sei. Unogona kuongororwa kukiriniki kana kuti unogona kutenga zvekuzviongororesa wega zvinowanikwa kuya kunotengeswa mishonga.

Kana uine pamuviri, taura nemukomana wako uye nemumwe munhu ari pedyo newe. Ndapota, usazvikuvadza iwe kana mwana wako. Zviri nani kutaura nevanhu vanokwanisa kukubatsira kusarudza nzira dzinokodzera dzekuchengeta mwana wacho. Hazvisi nyore, asi ndinovimba kuti mhuri neshamwari vachakubatsira.

Piritsi raunokwanisa kunwa kudzivirira kubata pamuviri pashure pekurara nemunhu rinonzi pachiRungu '*morning after pill*'. Piritsi iri masanganiswa emapiritsi ekudzivirira pamuviri, uye rinowanikwa kumakiriniki nekuzvitoro zvinotengeswa mishonga. Rinodzivirira kubata pamuviri, ndokunge chete ranwiwa kusati kwapfuura mazuva matatu warara nemurume.

Kana usina kubata pamuviri, une rombo rakanaka. Vakomana vanokumanikidzira zvakasimba kuti murare mose, asi sezvawazoono, zvepabonde izvi hazvisi zvekutamba nazvo kana usingafariri kuzviita.

Kana uchiri kuda kuramba uchidanana nemukomana wako, asi musingacharari mose, taura naye. Ivai nenguva dzamunopedza muri mose, asi kwete muri mega, uye musanwa kana kuputa zvinodhaka. Zvinodhaka zvinoita kuti zvinetse kuchengetedza zvawakatsidza kuita.

Chekupedzisira, ndinoti mira kusvika wati kurei, wava kuziva zvaunoda muupenyu, usati warara nevarume – vanhu vazhinji vanosarudza kumira kusvika varoorana. Izvi zviri kwauri, asi chero zvawasarudza, kana wava kurara nemunhu, iva wakazvichengetedza nekushandisa makondomu echirume kana echikadzi.

Tete Stella

ZVOKUITA

- **MUTAMBO WEKUTEVEDZERA:** Muri vaviri vaviri (mukomana nemusikana), tevedzerai mukomana anonyenga musikana, iye musikana wacho obva angoti ane makondomu uye anokwanisa kubatsira mukomana kuapfeka. Ndezvipi zvinoitika?

Itai mutambo wacho zvekare, asi makasandura muchiti mukomana oita zvanga zvichimboitwa nemusikana. Zvakafanana here?

Pashure, kurukurai kuti sei vasikana nevakomana vava kuita zvekurara nevanhu pabonde vachifanirwa kufamba vaine makondomu.

MIBVUNZO: Kondomu revakadzi

Pazvirevo zvinotevera, ndezvipi ZVECHOKWADI uye ndezvipi ZVEMANYEPO? Tarisa mhinduro dziri pazasi pepeji ino.

- 1 Makondomu evakadzi anodzivirira varume nevakadzi kubata pamuviri, njovhera neHIV.
- 2 Makondomu evakadzi anodhura kupinda evarume.
- 3 Kondomu revakadzi rinokwanisa kuita ruzha parinenge richishandiswa. Kutu risaita ruzha, mukadzi anoripinza munhengo yake yekubereka pachine nguva refu asati arara nemurume.
- 4 Kana muchishandisa kondomu rechikadzi, zviri nane kuzora mafuta aya anobatsira kutsvedzerera kwenhengo dzekubereka panosangana vanhu pabonde.

- Nyora rumbo kana sirogani inokurudzira vechidiki kuti vamire kuita zvepabonde kusvika vati kurei, uye kuti varambe vaine mudiwa mumwe chete. Imba rumbo rwacho kana kuti taridza vamwe mazwi ako, mugozobvumirana kuti ndeapi mazwi akanaka kupinda mamwe.
- Onai kadhi 32 rine rumwe ruzivo rwezvamungaita kana pachinge paita pamuviri pamusingadi.

Wadiwa Farai

Ndine urombo kuti musikana wako ari mudambudziko guru rakadaro, asi ndinofara kuti wakazvipira kumutsigira.

Zverooro zvinoshanda zvakanaka kana kuchitevedzwa gwara rakarurama, kwete kana mhuri dzichitungamidza mari pamberi. Kumanikidzira mukadzi kuroorwa iye asingadi kukanganisa kodzero dzake.

Taura naSusie unzwe kuti anoda kuti umubatsire sei. Muri vaviri munokwanisa kuchizoshanda pamwe kuwana nzira yekupedza dambudziko iri.

Pamwe iwe naSusie munokwanisa kutaura nedzimwe hama dzake kuti ndezvipi zvakanakira Susie. Kana vakazvinzwisisa, vanokwanisa kuzomutsigira pahurukuro dzavangaita nevabereki vake.

Kana pasina chabuda, Susie anogona kunoona sangano rinoona nezvamadzimai, kuti vamupe rubatsiro. Asi izvi zvinogona kuzokonzera kuti adimure ukama hwake nevamwe vemumhuri make. Zvinoda kuti Susie atange anyatsofunga, nekuti chinhu chikuru ichi, saka edza kumutsigira uye usamuwedzera kuremerwa nepfungwa.

Nyaya iyi yakaoma, asi ndinovimba kuti muchawana rubatsiro kubva kune mumwe munhu wemumhuri memusikana wako, kana kubva kune mumwe munhu wemunzvimbo menyu.

Tete Stella

ZVOKUITA

- Musvondo riri kutevera, taura nevanhu gumi, vakuru nevadiki, uchivabvunza kuti vabereki vane kodzero here yekusarudza kuti mwanakomana wavo acharoorwa nani kana kuti mwanasikana wavo acharoorwa nani. Dzokai pamwe chete mozokurukura nezvezvamakawana.
- Funga mimwe mienzaniso yepanosiyana pfungwa dzevakuru nedzevechidiki panyaya yekuti zvinhu zvinofanira kuitwa nenzira ipi. Mungakwanisa sei kuwana mukana wekukurukura kusiyana kwepfungwa uku, muchinzwisana maonero enyu, uye muchizowana nzira dzekugadzirisa matambudziko acho aripo?
- Rongai nguva iyo yamunomboshandisa makadhi ano aTete Stella muine boka rakasangana vechidiki nevanhu vakuru. Kumbirai vechikuru vacho kuti vaite hurukuro dzezviri pane “Zvokutaurirana” nepane “Zvokuita”. Pashure, tauriranai nezvemaonero amunoitawo imi. Maonero acho akasiyana here? Izvi zvakatsira kuti paite kusanzwisana kushoma pakati pevechidiki nevakuru here?

Wadiwa Cynthia

Ndizvo chaizvo. Ndinonzwa manyawi nekuda kwako neshamwari dzako. Zvinoda zvivindi kuita zvinhu zvaunonzwa muhana mako kuti ndizvo zvakanaka. Zvisinei, ndava nenyaya dzakadai zhinji dzandanzwa.

Yeuka kuti kunyange chinangwa chenyu chiri chekubatsira Loveness, muri kuedza kusandura mafambisiro anoita chikoro chenyu nyaya dzevadzidzisi vanokanganisa kodzero dzevana vechikoro. Hazvisi nyore.

Edzai kutsvaka vanhu vakawanda, sekukwanisa kwenyu, vanokutsigirai uye vanonyora mazita avo pagwaro renyunyuto – vana vechikoro, vadzidzisi, vabereki, vanhu vechidiki nevemasangano anoona nezvemadzimai, nevamwewo vemunzvimbo menyu, uye zvikuru vaya vanoremekedzwa, vanoteererwa (vakaita sevatumungamiri venzvimbo, vakuru vezvematongerwo enyika, nevaridzi vemabhizimisi). Nyorai tsamba kumapepanhau emudunhu menyu nekune emunyika mose kuitira kuti vamwe vanhu nemasangano vazive zvamuri kuita. Vanhu vanokutsigirai vakange vakawanda, mukana wekuti vatungamiri vechikoro vateerere unokura.

Chimwe chinhu – musazvidya moyo kana mukasabudirira pachinhanho chino. Kazhinji, zvinhu zvinotora nguva kuti zvisanduke. Musaona semakurirwa kana mukasabudirira iko zvino. Chinhu chese chaitwa chinoedza kusandura zvinhu zvakaipa, nyangwe chiri chidoko sei, chinotova budiriro.

Tete Stella

ZVOKUITA

- Unofungei nemhinduro yatete Stella? Unobvumirana nezvavataura here?
- Pane matambudziko amunawo pachikoro penyu, musangano renyu, kana munzvimbo mamunogara amunoda kusandura here? Shandai muri pamwe kuronga zano. Bvumiranai zvamunoda kusandura uye kuti ndivana ani vangakupai rubatsiro. Itai musangano, muronge mafambisire amuchaita basa racho seizvi zviri pazasi:

Dambudziko	Zvatinoda kuti zviitwe	Nzira dzekutevedza	Zvinhu zvekushandisa	Ndevapi vachaita zvipi?	Nguva ichatorwa
Dambudziko racho nderipi?	Ndezvipi zvatinoda kuti zviitwe kusandura zviripo?	Ndezvipi zvatingaite kuti tikwanise kusandura zviripo? Semuenzaniso : kuita misangano, kutaura nevanhu vanogona kubatsira, kunyora tsamba yekunyunyuta	Ndezvipi zvatinoda kuzoshandisa? (zvachaita semari, vanhu vachaita basa nezvimwe zvinhu zvakasiyanasiyana)	Muboka medu, ndeupi a chatungamirira basa ripi? Semuenzaniso : Fadzai acharonga misangano, Jeff achagadzira zviratidzwa, Linda achabatsira kuturika zviratidzwa pamadziro.	Uwandu hwemazuva atinofanira kuva tapedza basa rega rega sekubvumirana kwedu, uye mazuva atinoda kuti zvinhu zvakati zviitike.

Wadiwa Josephine

Kuroora kana kuroorwa uchiri mudiki kazhinji kunounza matambudziko, nekuti vechidiki vanenge vachiri pakati pekusanduka uye vanenge vasati vava kunyatsoziva zvavanoda muupenyu. Asi unofanira kuziva kuti vakadzi vechidiki vazhinji mazuvano vava kuramba, kunge iwe, kurara nevarume vavo vasingashandisi makondomu. Vakadzi vazhinji vava kupikisa kusavimbika kwevarume vavo, uye vava kuramba kutapurirwa HIV nevarume vavo vakatarisa.

Wakashinga kuomesera Thulani kuti uzvidzivirire, zvikuru zvaune mwana mudiki aunofanira kufungawo nezvake. Imwe nzira iripo ndeyekuti ushandise kondomu revakadzi. Asi haungarambi uchidaro kusvika nekusingaperi. Mose muri vaviri munofanira kunoongororwa HIV. Taura naThulani nezvazvo zvekare. Nzwisawo zvaanoty. Pane mumwe munhu here angakwanisa kumukurudzira? Kana pasina, enda kuya kunoongororwa HIV unokumbira mazano.

Kana Thulani akaramba achiramba, wava kutofanira kufunga zvokuita zvakadzama – kuti ndezvipi zvakakosha kwauri uye kuti woita zvipi. Taurira murume wako zvauri kufunga uye ona kuti achiri kuda kuchengetedza muchato wenyu here. Kana muri kugara mose, uyu mukana wakanaka wekutaaurirana zvinotaririra mumwe nemumwe wenyu pamuchato wenyu. Mhuri yenyu kana vava vanopa mazano kuvakaroorana, vanogona kukubatsirai.

Muve nerombo rakanaka mose muri vaviri.

Tete Stella

ZVOKUITA

- **MUTAMBO WEKUTEVEDZERA:** Muri vaviri vaviri, tevedzerai kuva murume nemukadzi (kunyange mose muri vakomana kana vasikana). Itai hurukuro, mukadzi achida kuti murume ashandise kondomu, kana kuti achida kuti anoongororwa HIV.

Pashure penguva, taurirai vamwe vemuboka menyu kuti chii chaitika. 'Vakadzi' vacho ne'varume' vacho vanga vachinzwa sei pamoyo? Chii chamadzidza pahurukuro dzacho?

- Ndezvipi zviri nyore kuti musikana akumbire mukomana wake kuti ashandise kondomu, kana kuti mukadzi akumbire murume wake aakaroorana naye kuti ashandise kondomu? Kana kuti zvakangofanana? Kana zvakasiyana, sei zvichidaro?
- Mumapoka enyu, itai mifananidzo yemurume nemukadzi vari kufara vose. Pamufananidzo wacho, nyorai kana kuti isai mifananidzo yezvinhu zvese zvinoita kuti pave neupenyu hwakanaka pavanhu vakaroorana. Taridzai mifananidzo yenyu kune vemamwe mapoka. Mese mabudisa pfungwa dzakafanana here?

Wadiwa Sipiwe

Ndine hurombo kuti kusuruvara chinhu chinongowanikwa muopenyu hwemunhu wese. Vechidiki vazhinji vane upenyu hwakaoma nekuda kweurombo uye kuvhiringidzwa. Chero vaya vane upenyu hwakanaka vanogonawo kunzwa kusurikirwa.

Uri pazera remakore ari pakati pegumi nematatu negumi nemasere, muviri wako unenge uri kupfuura nemuzvinhano zvikuru zvekusanduka, zvinova zvinogona kuita kuti usanduke kubva mukufara kuenda mukusuwa, uchizodzokera mukufara zvakare – zvichiitika munguva pfupi pfupi. Pamwe dzimwe dzeshamwari dzako dziri kunzwawo zvauri kunzwa – vaudze nezvedambudziko rako, vachazozviwana zviri nyore kutaura newe vakasununguka.

Vamwe vasikana nevakadzi vanonzwa kusuruvara mumazuva avanenge vava pedyo nekutevera mwedzi. Bvunza vanoona nezveutano kana mumwe mukadzi mukuru kuti ndezvipi zvingabatsira.

Pane zvimwe zvinhu zvaunogona kuita kuzvibatsira pakusuruvara. Edza kusanyepedzera. Zviri nani kuwana waunotaurira zvauri kunzwa – taura neshamwari kana vamwe vemumhuri mako. Kuita mitambo inoswatanudza nekusimbisa nyama dzemuviri, nguva nenguva, kunobatsirawo. Rara kwenguva yakareba zvakanaka, uye idya zvekudya zvine utano. Edza kuzorora, uye ita zvinhu zvaunofarira zvakaite sekuimba kana kuverenga. Uye chema kana uchinzwa kuda kuchema – zvinogona kuita kuti unzwe zviri nane.

Kana zvese izvi zvikaramba kushanda, wava kutoda kuonekwa navanachiremba kana kuti navaya vanobatsira nemazano.

Uve nerombo rakanaka. Wataridza kuti wakashinga nekukumbira rubatsiro; ndine chokwadi kuti uchashinga kurwisa kusuruvara uku.

Tete Stella

ZVOKUITA

- Pakati pepepa guru, nyora mufananidzo wemunhu akasuruvara. Uchipoteredza munhu wacho, nyora mifananidzo yezvinhu zvingamubatsira kuti anzwe zviru nane. Isa zvinhu zvinonyanya kubatsira pedyo naye, zvimwe zvacho woisa nechekure naye.
- Taurira vamwe vemuboka rako nezvepawakambonzwa kusuruvara, kuvhiringidzika mupfungwa kana kusagadzikana, mumazuva achangopfuura. Taura kana paive nezvakakonzera izvi, uye kuti zvazopera sei.
- Bvumiranai zuva nenguva dzamuchataurirana pasvondo rega rega kuti mazuva enyu apfuura anga akadini – uye rongai kuti mungabatsirana sei uye kuti ndekupi kumwe kwamungawana rubatsiro. (Kana manga magara muchisangana pasure penguva nenguva, tangai musangano wenyu nechidzidzo chino.)
- Kana uchiita mitambo yekuswatanudza nekusimbisa miviri kasingapfuuri katatu pasvondo, ronga neshamwari dzako kuti muite chimwe chinhu chinokunakidzai chinokusimbisa miviri – chakaita sekufamba kana kumhanya.
- Kubatsira vamwe vanhu ndeimwe nzira inogona kubatsira kuti unzwe zviru nane. Funga mabasa maviri aunoda kuita ekubatsira vamwe (sekuti kubatsira vamwe vekusvondo kwako kana kubatsira vana vadiki pabasa ravo rekuchikoro). Nyatsa kuronga mafambisiro auchaita mabasa acho. Pashure, kurukurai nevamwe kuti zvakaita kuti munzwe sei.



Wadiwa Priscilla

Ndine urombo kuti izvi zvakaitika. Asi hausi wega, saka usazvikuvadza iwe kana mwana wacho. Taura nemumwe waunovimba naye mumhuri menyu kana munzvimbo maunogara. Munhu iyeye anogona kuzokubatsira kutaurira vabereki vako. Vabereki vako pamwe vanorohwa nehana kana kushatirwa pekutanga, asi kazhinji vabereki vanozokubatsira pashure.

Izvi ndozvaunokwanisa kuita:

- Chengeta mwana wako, uchitsigirwa nemhuri yako, uye, ndinovimba, nemukomana wako. Unogona kuzoenderera mberi nechikoro mwana ati kurei. Kana kuti mumwe wemumhuri mako angakwanisa kukurerera mwana iwe uchienderera mberi nechikoro.
- Ipa mwana wacho kune vaya vanoronga kuti vana vatorwe vachinochengetwa nedzimwe mhuri, vachibva vatoita vana vemumhuri macho. Apa, mumwe munhu anenge aine chido chaicho chekuva nemwana anowana rufaro kuchengeta mwana wako. Pane masangano anogona kukubatsira kuronga izvi.

Ndapota, Priscilla, usabvisa pamuviri zvisiri pamutemo. ZVINE NGOZI HURU uye zvinogona kukonzera kuti usazoita vana kana kuti ufe. Usamboisa hako kana chinhu munhengo yako yekubereka, kana kurega mumwe munhu achizviita. Zvakare, usambofunga nezvekurasa mwana wako; zviru kunze kwemutemo, uye zvinoita kuti uzoshushikana, nekuzosuwira.

Funga zvakadzama izvo unoda kuita. Ndinovimba kuti uchawana rutsigiro rwaunoda. Uve nerombo rakanaka.

Tete Stella

ZVOKUITA

- MuZimbabwe, kubvisa pamuviri kunongobvumidzwa chete kana mukadzi achinge abatwa chibharo, kana kuti mukadzi wacho kana mwana wacho ari munhumbu ari panjodzi. Nzira inotevedzwa kuti upiwe mvumo yekubvisa pamuviri zviripamutemo irefu uye inonetsa. Mune dzimwe nyika, sekuSouth Africa, vakadzi vanogona kubvisa pamuviri zviripamutemo kana pamuviri pachopasati pasvitsa masvondo gumi nemaviri. Unofungei pamusoro peizvi?
Rongai kuita gakava pamusoro iwoyu.
- **MUTAMBO WEKUEDZESERA:** Vanhu vatatu vemuboka vanoedzesera munhu ari kubatsira Priscilla kuudza vabereki vake nezvepamuviri paainapo. Vamwe vanenge vachiona mutambo uyu vanokwanisa kuumisa, vopindawo mumutambo macho, vachitora chinzvimbo chemumwe mutambi, vachisandura mafambire anoita nyaya yacho. Pashure, kurukurai kuti ndezvipi zvakubuda zvinogona kunyatsoitika muupenyu, uye kuti ndezvipi zvinganyatsobatsira Priscilla.
- Ndeapi masangano kana mapoka aunoziva – emunzvimbo mako kana ekumwewo – anopa rubatsiro nemazano kuvasikana vakaita saPriscilla vane pamuviri pavasingadi? Tsvaka ruzivo rwakawanda nezvawo.
- Pamasangano aya, pane ari kuedza kuti kubvisa pamuviri kubvumidzwe pamutemo wenyika here? Vakumbirei kuti vazotaura nemi nezvebasa ravanoita.

Wadiwa Munyaradzi

Pfungwa yako yekuda kuzvidzvirira iwe nemusikana wako kubata pamuviri pamusingadi, uye kutapura HIV neAIDS, inoyemurika. Zvitendero zvizhinji zvinokurudzira kuti vanhu vasaita zvepabonde kusvika varoorana, uye haakurudziri kushandisa makondomu. Asi vanhu vari muzvitendero zvose vava kusanduka pamaonero avo; vava kubvuma kuti zviri nani kushandisa makondomu kudzvirira HIV. Vamwe vanoti kuita zvepabonde vanhu vasina kuroorana chingangova chitadzo, asi kurara nemunhu usina kondomu – uchiisa upenyu hwemudiwa wako munjodzi – chitadzowo zvakare nekuti hazvipindirani nemutemo waMwari wekuti 'Usauraya'.

Kana iwe nemusikana wako mukafunga zvekurara mose, tangai mafungisisa kunaka nekuipa kwekushandisa makondomu. Kukosha kwemakondomu pane zveutano kuri pachena, asi munofanira kufunga nezvemaonero anoita chitendero chenyu.

Pamubvunzo wako wakati pfavei: Makondomu haana maburi uye HIV haikwanisi kupinda nemaari. Anokwanisa kuvhomoka kana kutsemuka panenge pachisangana vanhu pabonde, ndiko kusaka achinzi haadzvirire zvizere. Asi kana chete uchiashandisa nemazvo, uye nguva dzose, makondomu ndiyo nzira yega yakanakisisa yatinoziva yekudzvirira kutapurirana HIV – kunze chete kwenzira yekuregera zvachose kurara nemunhu uye kuva wakavimbika kumudiwa mumwe asina HIV upenyu hwese, dzinova nzira dzinokuchengetedza zvachose. Kana wakamborara nemunhu usina kondomu, funga zvekunoongororwa HIV, usati watanga kurara nemusikana wako.

Tete Stella

ZVOKUITA

- Muna Kurume 2004, Bishop Kevin Dowling vekusvondo yeCatholic yekuRustenburg, kuSouth Africa, vakati:

‘Kuregera zvepabonde vanhu vasati varoorana, uye kudanana nemudiwa mumwe akavimbika, makaroorana – zviri pachena kuti izvi ndiwo musimboti weupenyu hwakanaka, uye wekudzivirira kubata utachiwona. Asi svondo inoita basa rayo munyika ine vanhu chaivo, saka svondo inofanira kuɓa vanhu mukana wekusarudza zvese zviripo, chimwe chacho chinova kushandisa makondomu, kwete senzira yekudzivirira pamuviri, asi senzira yekudzivirira kutapurirana utachiwona hunouraya.’

Munobvumirana nepfungwa idzi here? Neiko muchidaro?

- Itai gakava pamusoro uyu:

‘Unogona kuva muchitendero asi uine pfungwa dzako dzakasiyana pamusoro pezvinhu zvine chekuita neupenyu hwako neukama hwako nevamwe vanhu.’

- Taura nevanhu vanoshanda nemasangano ezvitendero anoshanda nemhuri uye nevanhu vane upenyu hwakakanganiswa neHIV neAIDS – vanofungei nezvekushandiswa kwemakondomu?
- Munzvimbo maunogara mune boka rinosangana vechidiki vezvitendero zvakasiyana (kana vechitendero chimwe chete) vachikwanisa kukurukura nekupana mazano pamusoro pezvinhu zvinorema zvavanosangana nazvo muupenyu here? Kana pasina, mungaronga boka rakadaro sei? Uye mungashanda pamwe nenzira ipi kuti mubatsire vanhu vemunzvimbo mamunogara?

Wadiwa Alice

Hapana chakaipa nekuva ngochani. Vanhu vanoti ungochani hauenderani nechivanhu kana chitendero chavo havanzwisisi. Usanyara.

Danho rekutanga raungatora nderekutambira zvauri. Taura nemumwe munhu angakubatsira kuti uve unovimba nezvauri. Hausi wega. Ngochani vanhu vanowanikwa muvanhu vese, pasi rose. Kana uchivanza zviri mumoyo mako nekuti unenge uchitya kusekwa nevanhu, pamwe vamwe vanoitawo zvimwe chete.

Saka danho rechipiri nderekutsvaka vamwe vanhu ngochani. Hazvina kuoma: bvunza, teerera, verenga mapepanhau nemamwe magwaro. Madhorobha makuru mazhinji ane masangano engochani. Taura navo. Uchanzwa zvakanaka ukasangana nevanhu vanonzwa zvimwe chete nezvauri kunzwa.

Zvekare, ngochani zhinji dzinozoviona kuti hama neshamwari dzavo hadzivarasi. Kazhinji kana vanhu vari vega, pasina ruzhinji, vanonzwisisa uye vanotambira chokwadi. Yeuka, kana uchitaurira vanhu chinhu chakaita seichi, mira kusvikira vasununguka, uye nyatsogadzirira zvauchazotaura, kuitira kuti uve unozotaura wakatsiga. Vamwe vatungamiriri vekusvondo vanonzwisisa zviripo kupinda vako. Vanoti kana Mwari akasika ngochani, svondo inofanira kuvatambira. Saka usanyanya kuzvidya moyo.

Uve nerombo rakanaka pakutsvaka kwako mudiwa.

Tete Stella

ZVOKUITA

- **MHINDURO KUMIBVUNZO yezvengochani:**

Zvirevo 1 na4 zviri kutaura mafungiro anoita vamwe vanhu, zvirevo 2 na3 zvinotaura chokwadi chiripo.

- Unobvumirana here nemhinduro yatete Stella? Ndedzipi pfungwa dzako dzinobva mukunyatsoziva vanhu ngochani, uye ndedzipi pfungwa dzawakawana kubva muvanhu vaunogarisana navo?
- Tsvakai kuti ndeapi masangano anopa mazano nerutsigiro kungochani. Kumbirai mumwe weko kuti azouya ataure neboka renyu nekupindura mibvunzo yenyu. Munogona kuita mibvunzo yenyu yekunyora kana muchinyara kubvunza pane vanhu.
- Itai tsvakurudzo yebumbiro remitemo yenyika yenyu, nemitemo yacho. Semuenzaniso, bumbiro rinoti 'hapafaniri kuva nemunhu anosarurwa nekuda kwekuti anofarira kurara nemunhu akaita sei' here? Izvi zvinoreva kuti ngochani dzinofanirwa kubatwa semunhu wese, sekutaura kwemutemo. Semuenzaniso, munhu ngochani anokwanisa kupinda chipurisa, kuva mudzidzisi kana mutungamiri wekanzuru yedhorobha, sezvinongoita munhu wese. Itai gakava panyaya iyi.



Wadiwa Agnes

Kurwadziwa nejeko panguva yekutevera mwedzi chinhu chinowanikwa muvakadzi vazhinji. Ndine urombo kuti jeko rako rakanyanya zvakadaro. Pane zvakawanda zvaungaita kuzvibatsira:

- Kwiza nechekuzasi kwedumbu rako, uye pfanya ruoko rwako pakati pechigunwe chikobvu nechigunwe chemunongedzo (paya pane nyama yakanyorovera).
- Nyika jira gobvu mumvura inopisa kana kuti isa mvura inopisa mubhotoro riya rekuisa mvura yekuzvidziisa (*hot-water bottle*) wobva waisa panorwadza pachu.
- Vhaidza *ginger* wozonwa mvura yacho, kana kuti inwa mimwe mishonga yechivanhu.
- Kana uchikwanisa, ita mabasa ako emazuva ese, uye edza kuita mitambo inotwasanudza nekusimbisa muviri, uye kufamba-famba.
- Inwa mapiritsi asina kunyanya kusimba ekupedza marwadzo (*seaspirin neparacetamol*).

Kana dambudziko racho rikaramba riripo, bvunza murapi wepakiriniki kana vaya vanoona nezveutano kuti vakupe piritsi remushonga wekudzivirira pamuviri, iro rinodzora marwadzo, richideredza uwandu hweropa rinobuda. Mapiritsi aya haana njodzi zvachose kuvasikana vechidiki.

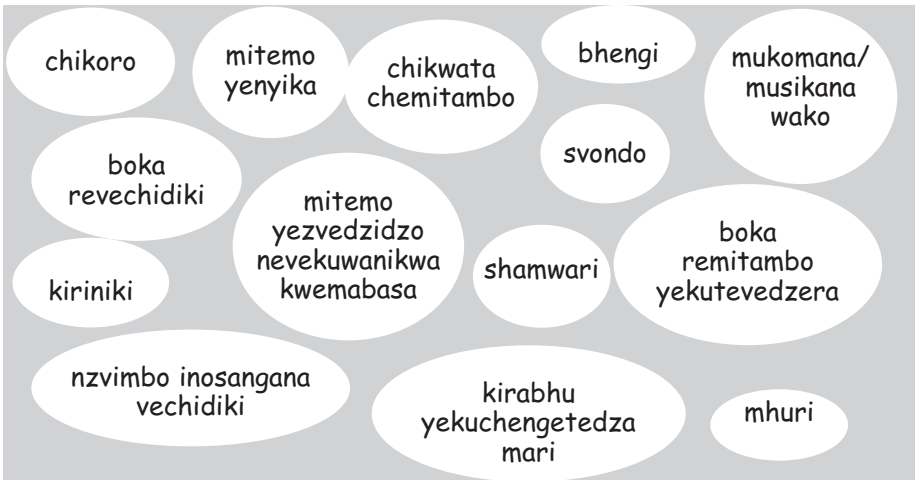
Usanyara kana vanhu vakazviziva kuti uri kutevera mwedzi. Ndiwo masikirwe emusikana kana mukadzi wese. Madii kubatana pamwe neshamwari dzako dzechisikana, mokumbira mumwe mudzidzisi wechidzimai kuti akubatsirei kugadzirisa dambudziko rezvinhu zvekushandisa pachikoro?

Une kodzero yekudzidza, saka kana izvi zvichiita kuti iwe nevamwe vasikana murovhe chikoro mwedzi wega wega, imi nechikoro chenyu munofanira kushanda pamwe kugadzirisa dambudziko iri.

Tete Stella

ZVOKUITA

- **VASIKANA:** Edzai kutevedza rimwe remazano atete Stella kana muine jeko. Taurirai vamwe kuti zvakakubatsirai sei.
- **VAKOMANA:** Taurai nehanzvadzi dzenyu kana nevasikana vamunodzidza navo. Ngavakuudzei zvimwe zvakawanda nezvekutevera, imi muchivaudzawo zvimwe zvingava zvinokunetsai panyaya iyi.
- Pane zvimwe zvinhu muupenyu hwevanhu zvatinogona kusandura kana tisingazvifariri, asi zvimwe hatina masanduriro atingazviita. Tarisa madenderedzwa ari pazasi awa, ugomaisa mumapoka matatu anoti:
 - zvirinyore kusandura
 - zvinokwanisika kusandura
 - zvakaoma kusandura.



Zvino chisarudza zvinhu zvitatu kubva muboka rezvinhu ‘zvirinyore kusandura’ kana zvirinyore muboka re‘zvinokwanisika kusandura’.

Ndezvipi zvaungada kusandura pazvinhu zvacho? Iwe nevamwe vako mungashanda pamwe sei kuti zvamunoda kusandura zviitike?

Tarisai mazano ebasa ringaitwa ari pamagumo pekadhi 29, mobva matanga kuronga.

Wadiwa Nyarai

Ndine urombo kuti mudiwa wako haachakuitiri zvakanaka, asi ndizvo zvinowanza kuita varume vakura seizvi, vaine mari. Varume vakuru vakaita sewako vanoda vasikana vadiki nekuti vanonakidza uye havavanetsi. Zvakare, pamwe vanenge vachiti vasikana vadiki havana HIV.

Asi ukama hwacho hunenge husina kuenzana, uye kana murume wacho ava kuneta nazvo anotanga kutyora zvitsidzo zvake, nekubata musikana wacho zvakaipa. Izvi ndizvo zvirikuitika kwauri.

Kurara nemunhu usina makondomu kune njodzi huru, uye mishonga yechivanhu haikwanisi kurapa HIV – dai yairapa n'anga dzingadai dzava nemari yakawanda. Kubvisa pamuviri nemishonga yechivanhu kunogona kuva nengozi, uye zvinogona kuramba kushanda.

Ndinovimba kuti uchafunga zvekusiya mudiwa wako uyu – rudo rwakadai harukwanisi kukufadza. Edza kutsvaka rudo rwekuti muri vaviri munenge muchitorana sevanhu vakaenzana, uye uchikwanisa kutaura zvaunoda.

Funga nezveremangwana rako, uye kuti uchada kuti zvinangwa zvako zvibudirire sei. Kana ukadzidzira humwe unyanzvi, ukawana mari, unogona kuzodzidzira basa rawakananga iri. Vaya vanoita zvekuratidzira mbatya vanofanirawo kuva vakadzidza, uye kazhinji vanenge vaine mamwezve mabasa avanoita, nekudaro tsvaga zvimwe zvaungaita kuti urarame.

Tete Stella

ZVOKUITA

- Tarisai pane ‘Zvokutaurirana’ zvamakaita zvepakadhi rino, muone kuti ndezvipi zvikonzero zvamakapa zvinoita kuti vasikana vade varume vechikuru. Pazvinhu zvacho, tsvakai nzira dzekuti vasikana vangawana nadzo chimwe nechimwe chazvo asi vasingazvipinzi panjodzi yekudanana nevarume vakuru.
Semuenzaniso, mungati: Mari nehembe dzakanaka zvinogona ku-
...
- **MUTAMBO WEKUEDZESERA:** Muri vaviri vaviri, edzeserai panenge pachitaura Nyarai kuna Godfrey kuti haachadi kumuona zvakare. Godfrey wacho anoita sei? Pashure, taurirai vamwe vemuboka menyu kuti ndezvipi zvaitika uye kuti mumwe nemumwe wenyu anga achinzwa sei pamanga muchiita mutambo uyu. Ndezvipi zvamadzidza?
- Vamwe vanoti varume vakuru vanodanana nevasikana vadiki vari kukanganisa kodzero dzevana, saka vanofanira kupiwa chirango. Vamwe vanoti dambudziko riripo nekuda kwevasikana vacho avo vanokara, vanodanana nevarume vakuru kuti vawane tunonaka. Imi munoti kudini?
- Muri vaviri vaviri kana kuti muri mumapoka madiki, rongai rumbo runobudisa zvamunofunga nyenya yevarume vakuru vanodanana nevasikana vadiki. Rongai nguva yekuzoimbirana nevamwe vose vemuboka renyu.

Wadiwa Farayi

Rudo pazera remakore gumi nemasere runogona kungopisa serudo pazera remakore makumi maviri nemasere. Asi unofanira kuregera zvimwewo zveupenyu zvichienda mberi, iwe hako uchinzwa zviroto nekutapirirwa mumoyo mako nerudo.

Sezvineiwo, zviuru nezviuru zvevadiwa zvava kuziva kuti rudo rwunopisa kwemwedzi yekutanga rwunozosanduka kuva rudo rwakatsiga, rwakadzama, saka unogona kuona pasure penguva pfupi zvava nyore kuti uise pfungwa dzako pamabhuku ako.

Zvisinei, kuziva kwawaita kuti une dambudziko ndiro danho rekutanga rakakosha pakugadzirisa dambudziko racho. Taura nemusikana wako nezvezvauri kunzwa, uye tauriranai kuti mungaramba muchidanana, asi muchienderera mberi nedzidzo yenyu sei.

Pamwe munogona kuronga nguva yamunenge muchimboonana zvenyu. Kana kubvumirana kuti munozoonana pashure pekunge maita chakati nechakati. Kana kuti, kana iye ari kunyorawo bvunzo, munogona kuedza kuverengera bvunzo dzenyu muri pamwe chete – chero chete muchizokwanisa kuramba maziso ari pamabhuku, maoko enyu asingazotangi zvekubatana. Kana rudo rwenyu rwakanaka, chero mamwe mabasa asinganakidzi, akaita sekusakura mumunda, anogona kukufadzai kana muchiaita muri mose.

Chero zvawafunga kuita, iwe nemusikana wako munokwanisa kukurudzirana kuita basa renyu rekuchikoro. Zvinangwa zvako zvemangwana – zverudo kana zvimwewo – zvinokwanisa kuzobudirira nyore kana wabudirira zvakanaka mubvunzo dzako.

Tete Stella

ZVOKUITA

- Nyora rumbo kana detembo rinotaridza zvinhu zvakanaka nezvakaipa zvinogona kuitwa kwauri nerudo. Verengera kana kuti imbira vamwe veboka detembo kana rumbo rwacho. Vazhinji venyu maona zvakanaka zverudo zvakananda kupinda zvakaipa here, kana kuti maona zvakanogonana?
- ‘Rudo ndirwo rwunoita kuti upenyu hufambe, asi harupinzi zvekudya mumba.’ Gadzirawo dimikira rako kana tsumo yako yezverudo. Ndeapi madimikira kana tsumo zvamunofarira pane zvamagadzira mose vemuboka renyu?
- Muri vaviri vaviri, gadzirai chironzwa chekuti svondo renyu richafamba sei. Isai nguva yezvidzidzo kana yebasa, yemitambo, yekubatsira mhuri, yekuverenga neyekuzorora – inoiva ndiyo nguva yaunokwanisa kuona mudiwa wako. Rongai nenziira inokwanisika kuzotevedzeka pachokwadi.
- Dzimwe nguva zvatinozwa mumoyo – kungava kufara kana kusuwa – zvinoita kunge rwizi rwuri kuyerera nekukasika pashure pekunge kwanaya mvura yakawanda, makumbo edu achitadza kutsika pasi zvakanaka. Kana zvakaizai zvikinge zvaitika kwauri, ndezvipi zvinokubatsira kuti unzwe zviri nani – kunamata, kutaura neshamwari yepamoyo, kubatsira mumwe munhu, kana kutamba mitambo, semienzaniso? Taurira vamwe vemuboka, mose mozovimbisana kutsigirana kana paine anenge achida rubatsiro pane imwe nguva.



Wadiwa Taurai

Handingakupi mhinduro yekuti ungaudza ani kana uine HIV kana AIDS; chinhu chikuru uye chakaoma kusarudza wekuudza. Munhu ega ega anofanira kuzvisarudzira. Vamwe havana wavanoudza, vamwe vanoudza hama yepedyo kana shamwari, vamwewo vanoudza vanhu vakawanda – uye vanozviita izvi panguva dzakasiyana dzemuupenyu hwavo. Chero zvipi zvinenge zvasarudzwa nemunhu zvakangonaka.

Vanhu vakawanda vanonzwa kusununguka kana vakawana wekutaura naye zviru mumoyo mavo, uye vamwe, saamai vako, vakashinga zvekuti vanokwanisa kutaurira ruzhinji rwevanhu. Uye, kumunhu wese ane HIV kana AIDS, zvakaosha kuwana munhu anoshanda nezveAIDS kana boka revanhu vanotsigirana, uchitaura navo.

Zvisinei hazvo, kusvika pachatanga vanhu kusavanza zveHIV, kutaurira vanhu kuti une HIV kunogona kukonzera matambudziko makuru, akaita sekudzvingwa basa, kutizwa neshamwari, kurambwa nemudiwa kana kudzingwa paimba paunogara. Vanhu vanofanira kutanga vaongorora kuti ndezvipi zvakaipa zvinogona kuzoitika kwavari, vasati vataurira vanhu kuti vane HIV. Kana uri pabasa, unofanira kuziva kodzero dzako, dziri pamutemo, semushandi ane HIV.

Zvechokwadi, ndinobvumirana newe kuti vana kazhinji vanofara kana vakaziva chokwadi, kunyange chokwadi chacho chichirwadza.

Ndinotenda nekubatsira kwaunoita vechidiki vakawanda kuburikidza nemukushinga nekubuda pachena kwako. Rungano rwako nerwaamai vako ruchapa tariro kuvanhu vakawanda.

Tete Stella

ZVOKUITA

- Unofungei nemhinduro yatete Stella?
- Nyorai pasi kuti ndezvipi zvamungaita neshamwari dzako kurwisa kusarurwa kwevanhu vane HIV kana AIDS. (Semuenzaniso, kuita mitambo, makwikwi ekupindura mibvunzo, makakava, hurukuro nevanhu vane HIV, kugadzira hembe dzakanyorwa mazwi anokurudzira kuremekedza vanhu vane HIV.) Sarudzai nzira nhatu dzamunoti ndidzo dzakanakisisa muboka menyu, mugoronga kuti mungafambisa basa racho sei.
- **MUTAMBO WEKUTEVEDZERA:** Muri mumapoka menyu, rongai mutambo unenge uine vanhu vari kutaura nezvemumwe munhu ane AIDS. Vanhu vazhinji vanenge vachishoropodza munhu wacho chaizvo, asi mumwe wavo mumwe chete anoedza kukakavara achizama kusandura mafungiro avo. Chii chinoitika kumagumo?
- Kokai munhu akaita saTaurai naamai vake kuti vazotaura nezvemamatambudziko avanosangana nawo nekuda kwemaonero anoita vamwe vanhu HIV neAIDS. Vabvunzei kuti chii chinovabatsira kutarisana nemamatambudziko acho.

Wadiwa Joan

Zvinotaridzika sekuti unongova nemapundu anowanikwa muvazhinji, kana mburwa dzinowanikwa mune vechidiki vava kuputudza. Ichi chinongova chiratidzo chekuti wava kuyaruka, uye kuvanhu vazhinji izvi zvinongopera zvega nenguva. Zvisinei, izvi hazvibatsiri padambudziko rako raunaro iko zvino. Mburwa dzinogona kunetsa kurapa pakarepo, asi zvinonyatsobatsira ukatevedzera mazano anotevera:

- Chekutanga, zvaunodya zvakakosha. Idya michero nemiriwo yakawanda sekukwanisa kwaungaita, uye idya zvekudya zvisina kunyanya kugaiwa, zvakaita sechingwa che-*brown* neupfu hwemugaiwa. Usadya zvekudya zviya zvinonaka asi zvisingavaki muviri - zvihwitsi, mabhisikiti, zvekudya zvakazara mafuta nezvinwiwa zvemumabhoto zvinopupuma. Muchero kana chibage chakabikwa kana chakagochwa zviru nani chose kupinda mabhanzi nechinwiwa chemubhoto.
- Chechipiri, inwa mvura yakawanda. Inosuka muviri wako.
- Chechitatu – chinova chakanyanya kukosha – bata kumeso kwako zvakana. Usazadza kumeso nemafuta kana mishonga. Usasvina mburwa dzacho. Geza kumeso zvinyoro-nyoro nesipo nemvura inodziyirira, wozopuruzira ganda rako zvinyoro-nyoro. Kuzora kumeso kwako upfu hwechibage hwakaiswa mvura kunogeza ganda, kuchiriritawo kuti ritsvedzerere.

Vamwe vechidiki vanogona kuda rubatsiro kubva kuna chiremba, sekuti kupiwa mushonga wekunwa.

Edza kusafunga nezvemburwa dzako. Yeuka zvimwe zvakana zviru pamuviri pako. Uye usaregera kufamba-famba pane vanhu. Vanhu havambonyanyi kutarisa mburwa sekufunga kwatinoita kuti vanoita. Uve nerombo rakanaka.

Tete Stella

ZVOKUITA

- Nyora pasi zvinhu zvikuru zvaunowanza kudya. Zviise mumapoka anoti rezvekudya zvakanaka nerezvakaipa. Ongorora kuti inguva dzipi dzaunodya uye nei uchidya zvekudya zvisina kunaka. Ndezvipi zvaungaita kuti udye zvekudya zvakanaka kakawanda?
- Nyora mufananidzo wako. Nyora zvinhu zvese zvakanaka zviri pamuviri wako, nezvinhu zvinogona kuitwa nemuviri wako. Semuenzaniso, ungati: makumbo akasimba ekutambisa bhora; maziso makuru anoona njodzi ichiri kure; nzeve dzakanaka dzekuteereresa matambudziko evanhu; mazino machena anoyevedza; maoko anobatsira mhuri yangu. Apa unenge uchiisa mitsetse inonongedza nhengo yacho yemuviri yauri kutaura nezvayo. Isa zvinhu zvisiri pasi pezvishanu.

Pekupedzisira, isa pamufananidzo wechiso chako muromo uri kunyatsosekerera.



Wadiwa Chipa

Wakaita zvakanaka kushinga kunoongororwa HIV. Iko zvino wava kukwanisa kuita zvakananda kuzvichengetedza iwe nemwana awakatakura munhumbu. Vana vazhinji vanozvarwa naamai vane HIV vanenge vasina HIV. Vana vatatu pagumi rega rega ndivo chete vanotapura HIV kubva kuna amai. Izvi zvinoitika mwana achiri munhumbu, pakuzvarwa, kana kuti pakunwa mukaka waamai. Rombo riripo nderekuti pane nzira dzakananda dzekuderedza mukana wekuti mwana atapure HIV kubva kuna amai.

Chekutanga, makiriniki nezvipatara muZimbabwe vanopa mushonga unonzi Nevirapine kumadzimai ane pamuviri, vachipiwa mahara. Mushonga uyu unoitika kuti zviremere HIV kupinda mumwana pakuzvarwa, uye unodzivirira mwana wacho pamazuva matatu ake ekutanga pashure pekuzvarwa. Bvunza vekukiriniki nezvechirongwa chekudzivirira vana kutapura HIV kubva kuna vanaamai, chinonzi *Prevention of Parent to Child Transmission (PPTCT)*. Zvakare, wotonwisa mwana wako mukaka wemumagaba, kana kuti wototsvaka ruzivo rweese runodikwa rwenzira dzinochengetedza upenyu dzekupa mwana mukaka waamai chete chete (pasina chimwe chaunopa mwana wacho, kana mvura chaiyo) kwemwedzi mitanhatu yekutanga. Panongokwana mwedzi mitanhatu unofanira kubvisa mwana pamukaka zvachose, wotanga kumupa kumwe kudywa.

Zvakare, batsira mwana wako nekuzvichengetedza iwe amai vacho zvakanaka sekukwanisa kwaungaita – kumbira mazano kukiriniki. Vekukiriniki vanokwanisawo kukutaurira kuti mwana wako anofanirwa kuzoongororwa HIV riini, uye kuti ndezvipi zvaungaita kuti agare aiine utano.

Uve nerombo rakanaka pakupa kwako mubereki.

Tete Stella

ZVOKUITA

- **MUTAMBO WEKUEDZESERA:** Amai vane HIV vafunga kuti vayamwise mukaka mwana wavo mucheche kwemwedzi mitanhatu yekutanga, saka iko zvino vava kufanirwa kutaurira vamwene vavo kuti havakwanisi kuti vape mwana wacho kumwe kudya kana kunwa kupi hako.
Munofunga kuti iri idambudziko here muupenyu chaihwo?
Ndezvipi zvingaitwa nezvazvo?
- Nyora pasi zvese zvakanakira nekuipira kuti amai vayamwise mwana mukaka kana vaine HIV. Nyorawo zvakanakira nekuipira kupa mwana wacho mukaka wemugaba. Dai uri iwe amai vari pakadai waiita sei?
- Unofunga kuti chinhu chakadai kuva amai vane HIV, vane mwana ari kurwara? Tsvaka ruzivo rwezvezvirongwa zviru munzvimbo maunogara zvekubatsira madzimai ane dambudziko rakadai. Vanoda rumwe rubatsiro here? Ndezvipi zvaungaita kubatsira?
- Ona kadhi 26 rine mamwe mazano ezvekurarama kune tariro.

