



Auntie Stella

Bwalo la achinyamata



DONGOSOLO LA OTSOGOLERA ZOKAMBIRANA



Training and Research
Support Centre, Zimbabwe





We are grateful to the SIDA Regional HIV/AIDS Team in Africa and Solon for their generous financial support in the production of this publication.



Youth Net and Counselling (YONECO) is a non-profit making non-governmental organisation that was formed in September 1997. It was established to address the social injustice and reproductive health issues affecting youth, women and children. YONECO is registered with the National Youth Council of Malawi under the National Youth Council (1996) Act, under the Trustees Incorporation Act (1962) and with the NGO Board.

YONECO is committed to: Empowering the youth, women and children; Combating the spread of HIV infection; Mitigating the impact of AIDS; and, Promoting human rights and democracy for socio-economic development.

YONECO went into partnership with TARSC of Zimbabwe and Solon in implementing a project called: 'Preserving the Future Generation: Addressing Adolescent Sexual and Reproductive Health Needs in Malawi' through the pack, *Auntie Stella – Teenagers talk about sex, life and relationships*. The project seeks to empower adolescents to actively take part in protecting themselves against unsafe sex, early pregnancy, STIs and HIV and AIDS by making proper informed decisions that affect their lives. The project adapted and translated *Auntie Stella* into Chichewa for use in Malawi.

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TARSC is a learning and knowledge organisation, with a particular focus on skills building and methods to support community-based work, and with a commitment to long term capacity building in the public sector and in civil society. TARSC researched, wrote and produced the English version of *Auntie Stella – Teenagers talk about sex, life and relationships*. The kit is now available in English, Shona, Ndebele, Portuguese, Swahili and Chichewa.

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Auntie Stella: Bwalo la achinyamata is published by
Training and Research Support Centre (TARSC)
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ISBN: 978-0-7974-3730-2

Printed by: Easi-Print, 199 Lower Main Road, Observatory, Cape Town, Tel: 021 448 4181

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Otsogolera zokampirana!

Werengani bukhu lino musanayambe kugwiritsa ntchito thumba la Auntie Stella. Bukhuli limakuwuzani zonse zimene mungafune kudziwa za thumbali ndipo lidzakuthandizani kuti mudziwe mmene mungagwiritsire ntchito makhadi a mthumbali komanso mmene mungapangire ndondomeko ya ntchito yanu pa maphunziro amenewa.

Zigawo zofunikira kwambiri kwa inu ndi:

- Udindo wa mtsogoleri (tsamba 9)
- Mmene mungagwiritsire ntchito thumba la Auntie Stella (tsamba 12)

Zigawo ziwiri mu bukhu lino zalembedwa kuti zithandize mabungwe:

- Kuphunzitsa ndi kuthandiza anthu otsogolera maphunziro amenewa (tsamba 28)
- Kugwiritsa ntchito thumba la Auntie Stella kuti ligwirizane ndi malo kapena dera kumene achinyamata ali komanso potengera chikhalidwe chathu (tsamba 32)

Tili ndi chikhulupiroro kuti bukhu ili likuthandizani inu ndi achinyamata anu kukhala osangala ndi olimbikitsidwa kugwira ntchito limodzi pokonza tsogolo la bwino komanso Malawi wa bwino limene achinyamata amatha kupanga zisankho zoyenera komanso kutenga mbali pomanga mfundo zimene zimakhudza miyoyo yawo.



Dongosolo la otsogolera zokambirana

THUMBA LA AUNTIE STELLA NDI CHIYANI?

Thumba la Auntie Stella ndi ndondomeko ya maphunziro imene achinyamata amakhala pa modzi ndi kumakambirana nkhani zokhuza kugonana, moyo wawo komanso zokhuza ubwenzi osiyanasiyasiyana umene amakhala nawo. Maphunziro amenewa ndi oyenera achinyamata a dzaka zapakati pa 12 ndi 19 za kubadwa. Maphunzirowa anayamba kukonzedwa ku Zimbabwe koma akhoza kugwiritsidwa ntchito mmaiko onse a muno mu Africa komanso maiko ena a padziko lino lapansi

Thumbali limagwiritsa ntchito mafunso ochokera kwa achinyamata ndi mayankho amene Auntie Stella amapereka. Mafunso amenewa amakhala ngati amene achinyamata amalemba ku manyuzi pepala osiyanasina kuti awathandize pa zinthu zina zokhudza moyo wawo. Mafunso a m'tumba limeneri amakhudza mavuto osiyanasiyana amene achinyamata paokha (monga nkhani zogonana) amakumana nawo komanso mavuto amene amawachitikira chifukwa cha anthu ena kapena chifukwa cha chikhalidwe ndi zikhulupiro zathu. (Onani mndandanda onse wa mavuto amenewa pa tsamba 8).

Achinyamata akakumana kumakambirana nkhani za mthumbali, amakhala mmagulu. Nthawi zina magulu amenewa amakhala ophatikizana anyamata ndi atsikana ndipo nthawi zinanso amakhala magulu anyamata okhaokha atsikananso okhaokha. Pa gulu pawopo amawerenga khadi limene liri ndi kalata. Akatero, amakambirana mafunso amene alembedwa kuseri kwa kalatayo. Akamaliza, amatenga ndi kuwerenga khadi limene liri ndi yankho limene Auntie Stella apereka. Pomaliza penipeni amachita masewero osiyanasiyana monga role plays, kuchita mtsutso, kujambula zithunzi, kulemba ndi kuimba nyimbo ndi zina zotero malinga ndi mmene zaperekedwera pa khadi limeneri. Nthawi zina achinyamatawa akhoza kuchita izi onse pamodzi.

Cholinga cha Auntie Stella

- Kupereka mwai kwa achinyamata okhala omasuka ndikumakambirana posaopa chirichonse nkhani zimene zimakhudza moyo wawo monga zogonana, za matupi awo ndi ubwenzi osiyanasiyana umene amakhala nawo;
- Kuwapatsa achinyamata uthenga ndi mfundo zenizeni zokhudza iwo eni komanso zokhudza matupi awo;
- Kuwathandiza kukhala odzidalira popanga chisankho kapena zisankho zoyenera pa moyo wawo komanso kuti adzitha kuthandizana popanga zisankho zoyenerazi;
- Kuwapatsa luso lowathandiza a chinyamata kukonza ndondomeko yawo pawokha, kulankhula za ku khosi, kupita okha kukafuna chithandizo chimene akufuna, kucheza ndi kukambirana ndi makolo, abwenzi awo komanso kumapita kumakacheza ndi anthu kapena mabungwe amene angawathandize pa moyo wawo;

- Kulimbikitsa achinyamata kuti adzigwiritsa ntchito zithandizo zosiyanasiyana zimene zimapezeka m'dela lawo komanso kuti adzikhala pa tsogolo powonesetsa kuti mabungwe amenewa akupereka chithandizo chokwanira ndi choyenera kwa achinyamata.

Nthawi zambiri achinyamata amadziwa kwambiri zimene akufuna pa moyo wawo, amangosoweka kuthandizidwa kuti akwaniritse zimene akufuna. Chifukwa cha ichi, Auntie Stella samawauza achinyamata kuti pangani chakuti ayi. Mmaloko mwake, amawathandiza kuti adzitha kuganiza mozama pawokha za chisankho chimene angachite zokhudza iwo eni kapena a pa banja pawo ndi abwenzi awo. Amalimbikitsidwa kuti apeze njira zimene zingawathandize kuti adzikambirana ndi kugwiririra ntchito limodzi, kutengapo mbali popanga mfundo zimene zimakhudza moyo wawo komanso ndi kulankhula za kukhosi. Pakuchita izi, amalimbikitsidwa kukonza tsogolo lawo ndi udindo umene ali nawo pokonza tsogolo limeneri.

Thumba la Auntie Stella ndi njira zophunzitsira maphunziro a mthumbali, linayamba ndi kafukufuku amene achinyamata a ku Zimbabwe anachita pa zimene achinyamata amafuna kapena zimene amasowa ndi mavuto amene amakumana nawo. Pologalamu ya maphunziro a mthumbali isanayambe, makhadi amthumbali anayamba kaye awayesezera mmaiko a Malawi, South Africa, Tanzania ndi Zambia kuti awone ngati amagwirizanadi ndi mavuto amene achinyamata amakumana nawo mmaiko amenewa.

Thumbali liri ndi makhadi 40 (amafunso 20 ndi amayankho 20), bukhu lino komanso makhadi ena awiri (lina la mndandanda wa maphunziro amene ali mthumbali komanso lina limene likufotokozeramau ovuta). Thumbali linatsindikizidwa koyamba mchaka cha 1997 ndipo analiwunikanso ndi kulisindikiza kachiwiri mzaka za 2004/2005. Panopa makhadi amapezeka mzilankhulo zosiyanasiyana monga Chindebele, Chishona, Chipwitikizi ndipo panopa thumbali lathanthauziridwanso Mchichewa.

Auntie Stella pa website

Auntie Stella akupezekanso pa www.tarsc.org kapena pa www.auntiestella.org ndi pa ma CD-ROM. Amene akufuna kuphunzira paokha, awiri awiri kapena mmagulu a ng'ono ang'ono akhoza kugwiritsa ntchito web imeneyi. Anthu amenewa amagwiritsa ntchito makina a computer akamaphunzira.

MNDANDANDA WA MA KHADI A AUNTIE STELLA

- 1 Kodi ndingathe kugonana naye?
- 2 Kodi chokodzera changa ndi chaching'ono kwambiri?
- 3 Kodi ndigonane naye mwamuna wa mchemwali wanga?
- 4 Ndikusamalira munthu odwala matenda a Edzi
- 5 Ndine mutu wa banja lathu tsopano
- 6 Ndikufuna ndidzichita zogonana ngati mmene amachitira anzanga
- 7 Ndinatengapo matenda opatsirana pogonana – Kodi sindidzabereka?
- 8 Aphunzitsi anga akufuna kuti adzigonana nane
- 9 Mnzanga ndi wamakhalidwe ogonana amuna okhaokha
- 10 Chibwenzi changa chiri ndi mimba
- 11 Ndimakhala ndi chilakolako chofuna kugonana ndi atsikana pafupipafupi
- 12 Kodi sindiyenera kugonana naye ngakhale ndi mamuthandiza mu njira zosiyanasiyana?
- 13 Ndiri ndi tiziphuphu (totupa) pa chokodzera changa
- 14 Mwina ndiri ndi kachilombo ka HIV
- 15 Ndikuwopa khansa ya m'chiberekero
- 16 Ndinagwiridwapo
- 17 Kodi ndiyambe uhule kuti ndipeze ndalama?
- 18 Ndimatulutsa umuna ndikagona usiku
- 19 Kodi ma ARV ndi chiyani?
- 20 Akufuna kuti ndizigonana nawo.
- 21 Papita nthawi yaitali ndisanapange piriyadi
- 22 Kodi ndimuuze kuti ndiri ndi kachilombo ka HIV?
- 23 Kodi chamba chingandichotse manyazi?
- 24 Makolo anga ndi ovuta
- 25 Kodi ndimuuze kuti ndiri ndi matenda opatsirana pogonana?
- 26 Ndiri ndi kachilombo ka HIV. Kodi ndimwalira?
- 27 Kodi ndiri ndi mimba?
- 28 Bwenzi langa akukwatiwa
- 29 Aphunzitsi anapereka mimba kwa mnzanga
- 30 Mwamuna wanga ndi wachimasomaso
- 31 Ndimakhala ndi nkhowa popanda chifukwa
- 32 Sindikumfuna mwana ameneyu
- 33 Chipembedzo changa chimaletsa makondomu
- 34 Ndimafuna kukhala mchikondi ndi akazi okha okha – kodi alipo angandikonde
- 35 Ndimamva ululu kwambiri ndikakhala kuti ndiri kumwezi (ndikusamba)
- 36 Achidya makanda anga amandizunza
- 37 Chikondi chimandilepheretsa kuwerenga
- 38 Mai anga ali ndi kachilombo ka HIV ndipo samabisa
- 39 Ndingathane nazo bwanji ziphuphu zanga?
- 40 Ndine oyembekezera komnso ndiri ndi kachilombo ka HIV
- 41 Mchimwene wanga anachita mdulidwe
- 42 Ndiri ndi zibwenzi zambiri zogonana nazo

UDINDO WA MUNTHU OTSOGOLERA MAPHUNZIRO

Anthu osiyanasiyana akhoza kutsogolera anthu pa zochitika zosiyanasiyana monga: achinyamata ophunzitsa anzawo, aphunzitsi, anthu ogwira ntchito za umoyo, anthu opereka uphungu kapena kuti makhansala, kapena achinyamata amene amagwira ntchito zosiyanasiyana za boma. Monga mtsogoleri, ndi bwino kuti:

- Muzidziwa mozama za umoyo wa ubereki wa achinyamata, kumene mungapezeka zida zophunzitsira komanso zimene achinyamata ayenera kudziwa.
- Muzikhala munthu omasuka kucheza ndi achinyamata komanso kumakamba nawo nkhani zokhudza kugonana ndi za zibwenzi.
- Muzipereka mpata kwa munthu wina aliyense otenga nawo mbali pazokambilana zanu ndiponso mukhoza kuthandiza magulu kuti athe kukambirana pofuna kupeza maganizo amene angathe kuthetsa mavuto osiyanasiyana.
- Mukhoza kuwasiya achinyamata mmagulu kuti azikambirana; ndiponso simuyenera nthawi zonse kumawauza chochita kapena kudziwa china chilichonse chimene akunena.
- Achinyamata amakupatsani ulemu chifukwa mumawamvetsetsa ndiponso mumawathandiza maganizo pankhani yolimbikitsa ubale wawo ndi anthu a mdera lawo.

Choncho udindo wanu mu zokambilana za Auntie Stella ndiofunika kwambiri. Ntchito yanu yofunika kwambiri ndiyoonetsetsa kuti achinyamata akukumana ndikumakambirana momasuka nkhani zokhudza moyo wawo, akutha kugawana nzeru, akufunsana mafunso ndiponso akuphunzira mmene zisankho zosiyanasiyana zokhudza moyo wawo angamapangire. Cholinga chanu ndikuonetsetsa kuti achinyamatawa akumakambirana, kupereka maganizo awo, kutsutsa zimene sakugwirizana nazo, akusangalala ndi zimene zikuchitika. Akuchita mtsutso, kuimba nyimbo ndikuchita masewero osiyanasiyana. Komanso mayankho a mavuto amene akukambirana asamachokere kwa inu koma achinyamata okhaokha pokambirana.

Atsogoleri ena a magulu a Auntie Stella ndiodziwa kale ntchito yawo ndipo safunikiranso kuphunzitsidwa. Ngakhale izi zili choncho bukhulu ndilofunikilabe kwa anthu amenewa. Koma ngati mukuona kuti ndikoyenerabe kuphunzitsidwa, kambilanani ndi akuluakulu akumabungwe anu ndipo onani zina mwa zinthu zimene zingakuthandizeni pa tsamba 28-29.



ZINA MWAZINTHU ZIMENE ACHINYAMATA AYENERA KUDZIWA

- Konzekerani mokwanira zimene achinyamata ayenera kukambilana akakumana mmagulu awo. Simuyenera kudandaula mukaona kuti ndikoyenera kusintha zomwe munakonza kuti achinyamata akakambirane malinga ndi zofuna zachinyamatawo panthawiyo. Muyenera kukhala munthu omvetsetsa ndikuchita zimene achinyamatawo akufuna kuchita.
- Onetsetsani kuti chikonzero cha zokambiranazi chikupereka mwayi kwa wina aliyense. Munthu aliyense akhoza kupereka maganizo ake nthawi ina iliyonse imene iye akufuna. Musadandaule nazo ngati azikangana kapena kuchita phokoso.
- Onetsetsani kuti mukupereka ndondomeko kapena malangizo omveka bwino pa zinthu zina zilizonse zimene mukufuna kuti achinyamata achite ndiponso onetsetsani kuti aliyense wamvetsa chomwe mukufuna kuti achite.
- Maganizo awina aliyense ndiofunika. Onetsetsani kuti zokambirana zachinyamatawa sizikuyendera maganizo anu okha.
- Chilichonse chimene mwamva pazokambiranazi ndi chachinsisi. Chonde musauze anthu ena pankhani iliyonse imene mwamva muzokambiranazi chifukwa mukatero achinyamatawa sadzakukhulupiliraninso.
- Muwakumbutse achinyamata onse kuti ayenera kulemekeza maganizo a anzawo ndipo nkhani ina iliyonse imene yakambidwa pagulu ndi yachinsisi. Atsogoleri amene asankhidwa kuti adziimilira gululi akhoza kuthandiza pakufotokozera anzawo zakufunika kosungilana chinsisi.
- Gulu lisankhe lokha chiyankhulo chimene akumafuna kugwiritsa ntchito pokambirana.
- Onetsetsani kuti mwauza akuluakulu kaya mabungwe mdela lanulo za ntchito imene mukugwira ndi achinyamatawa ndipo muwapemphe kuti azikuthandizani m'njira zosiyanasiyana. Kuonjezera apo, werengani makadi onse kuti mudziwe zinthu zofunika ndi kuzichita.
- Konzekelani mokwanira popeza zida zina zophunzitsila khadi ina iliyonse. Zidazi mutha kuzipeza ku mabungwe osiyanasiyana monga a boma, omwe sali a boma, mabuku, makanema ndi zina. Ntchito yanu ina ndikuthandiza achinyamata maganizo pamene akuchita kafukufuku.



KUKAMBIRANA M'MAGULU

Zokambirana zambiri za pulogalamu ya Auntie Stella, zimachitikira m'magulu ang'ono ang'ono. Nthawi zina gulu lonse limakhozanso kukhala pamodzi pochita zokambirana zawo. Udindo wanu m'magawo awiriwa ndi osiyana.

Kukambirana m'magulu ang'ono ang'ono

Mu magawo amenewa, achinyamata amakhala m'magulu pamene akukambirana za ma khadi a Auntie Stella. Maguluwa amakhala osakaniza anyamata ndi atsikana. Nthawi zina maguluwa amakhala anyamata okha okha komanso atsikana okha okha. Muzokambirana za m'magulu inu muyenera:

- Kuyambitsa kuti achinyamatawo ayambe zokambirana zawo ndipo mukatero muwasiye kuti apitirize okha;
- Gulu lililonse lizikambirana modekha m'mene angathere;
- Akamaliza kukambirana za pa khadi imene ali nayo, apatseni ina;
- Muwalimbikitse kuti adzikufunsani ngati akufuna kudziwa chinthu china chiri chonse chimene sakuchimvetsetsa, kapena pamene sakudziwa chochita komanso ngati apeza mau ena amene sakuwadziwa kutanthauza kwake (Tsamba 13 likofotokoza tsatanetsatane wa zimene muyenera kuchita);
- Musamamvetsere zimene akukambirana kapena kuwafunsa mafunso pa zimene akufotokozerana;
- Musamapereke maganizo anu pa zokambirana zawo.

Kukambirana kwa onse pamodzi

Nthawi zina ndi bwino kuwasonkhanitsa onse pamodzi pochita zokambirana zawo. Zinthu zimene angakambirane onse pamodzi kapena kuchitira pamodzi ndi monga pamene akukambirana mitu ikulu ikulu ya mthumba la Auntie Stella, ndime yowunikanso zimene akhala akukambirana kwa ka nthawi, pamene akukambirana kufunika kwa Auntie Stella ndi pamene mwakonza kuti achite masewero, mtsutso, kuimba nyimbo ndi zina zotero (Ndondomeko ya mmene mungachitire zimenezi ikupezeka pa tsamba 16-22):

- Konzekerani ndime ndi zochitikachitika zonse mokwanira ndithu. Mukawona kuti sizikuyenda monga mmene munakonzera poyamba, muyenera kusintha kuti zigwirizane ndi nthawi imene achinyamata akutenga kuti amalize zimene akukambirana kapena zimene akuchita.
- Mudziwawongolera ndi kuwatsogolera pa zokambirana ndi zochitikachitika zawo.
- Muzionesetsa kuti akukambira zoon. Akonzeni mosawadzudzula ngati akupereka maganizo olakwika kapena a bodza ndipo muwauze kumene angapite kuti akadziwe zambiri.
- Muwapatse nthawi yokwanira imene ayenera kutenga pa zokambirana zawo ndipo auzeni kuti atsala ndi nthawi yaitali bwanji nthawiyo isanatheretu.

MMENE MUNGAGWIRITSIRE NTCHITO THUMBA LA AUNTIE STELLA

Mukhoza kugwiritsa ntchito Auntie Stella mu njira zosiyanasiyana monga mkalasi, ku magulu a za achinyamata, magulu okambirana za Edzi, magulu ochita za masewero osiyanasiyana, popereka uphungu kwa achinyamata komanso kwa makolo. Nthawi zina ndime ya zokambiranazi imatenga mphindi pafupifupi 40 (nthawi zambiri kukakhala ku sukulu) ndiponso nthawi zina ikhoza kutenga mmawa kapena masana onse.

Musanayambe

- Werengani makhadi onse ndi kumvetsetsa zimene akukamba kuti muthe kufotokozera achinyamata amene angafune kuti muwathandize.
- Musanayambe ndime iri yonse kapena zokambirana ndi zochita ziri zonse onesetsani kuti mwawerenga mokwanira za mmene muyenera kuchitira dongosolo limene mwakonza. Dongosolo la zonsezi likupezeka pa tsamba 16-22
- Konzani ndondomeko ya mmene mukufunira kuti zokambirana zanu ziyendere. Ndongomeko imeneyi mukhoza kuisintha nthawi ina iri yonse malingana ndi mmene zokambirana zanu zikuyendera. (Onani chitsanzo cha bwino mu bokosi liri mmunsimu.)
- Pamene mukukonza ndondomeko yanu, dziwani kuti makhadi ena akhoza kukhala osafunikira ku gulu la achinyamata limene muli nalo (kaya ndi ku mudzi kapena ku tawoni) komanso chifukwa cha kusiyana miyambo ndi chikhalidwe. Ngati ndi choncho muyenera kuwasiya ma khadi amenewa kapena mukhoza kukambirana za mavuto ofanana ndi amene ali pa ma khadi a mtundu uwu amene achinyamata aku dera lanu amakumana nawo.
- Werengani nkhani iri mu bokosi lomwe liri munsimu imene ikukamba za kugwiritsa bwino ntchito nthawi. Zimenezi zidzakuthandizani kukonza ndondomeko ya bwino.

Kugwiritsa bwino ntchito nthawi

Ngakhale kuti kusunga nthawi ndi kofunika kwambiri, ndi bwino kuonesetsa kuti zimene mwakonza kuti muchite, mwa chichita bwino bwino ndi kuchimaliza kusiyana ndi kuchita zinthu zambirimbiri nthawi imodzi.

Ngati muli ndi gulu lalikulu, zokambirana zanu zimatenga nthawi yaitali. Choncho ndi bwino kuwagawa anthu kuti akhale m' magulu okhala ndi anthu ochepa. Magulu onse akamaliza kukambirana abwere pamodzi kuti adzagawane ndi anzawo zimene amakambirana kumagulu awo. (Onani pa tsamba 17-22 kuti mudziwe zambiri za mmene mungachitire izi)

Palibe vuto ngati mukuona kuti magulu ena akufulumira pa zokambirana zawo ndipo ena akutsalira mmbuyo. Kumbukirani kuti Zoyenera Kuchita (Action Points) zina zimene ziri pa makhadi zikhoza kudikira mpaka nthawi ina imene mudzakonzenso kuti gulu lonse lidzakhale pamodzi pa zokambirana kepena pa zochita zina

Pa nthawi imene mukuchita kwizi (quiz), mtsutso ndi ma roleplays, onesetsani kuti mwawauza kuti zimenezi zitenga nthawi yaitali bwanji. Nthawi ikatsala pang'ono kutha muziwachenjeza ndi cholinga chakuti amalize zimene akuchitazo pa nthawi yake.

Pokonza ndondomeko, onesetsani kuti mwakonzekera mokwanira kuti pamene chochita chafika kumapeto, nthawi yomweyo mukhoza kupitiriza pochita chinthu china kuopa kutaya nthawi. Pa nthawi imene zochitika kapena zokambirana zikuchitikira pa gulu lonse, onesetsani kuti mwasunga mphindi zisanu kumapeto kwake kuti muthe kuwafotokozera mwachidule zimene akhala akuchita ndi kukambirana nawo zimene aphunzirapo. Dziwiranitu zimene akufuna kuti adzachite mukadzakumananso ngati kuli kofunika kutero. Nthawi zonse tsekani zokambiranizi kapena zochitikazi bwino bwino osati mothamanga ayi.

Kuyamba zochitika

Onesetsani kuti muli ndi filipi tchati ndi zolemba.

- Chitani kalikonse kamene kangachititse kuti anthu akhale omasuka. Adziwane ngati akukumana koyamba.
- Aonetseni makhadi amafunso komanso amayankho ndipo muwauze mmene adziwagwiritsira ntchito.
- Pa makhadiwa pali Zoyenera Kuchita komanso Zoyenera Kukambirana. Auzeni kuti zonsezi ndi zofunikira kwambiri chifukwa zimaonetsa m'gwirizano umene uli pa makhadi ndi zinthu zimene zimachitika mmiyoyo yawo.
- Muwawerengere ndi kuwaonetsa mndandanda wa maphunziro amene adzikambirana.
- Agwirizane ndi kukhadzikitsa malamulo amene azigwiritsa ntchito pa nthawi imene abwera ku zokambirana. Mwachitsanzo:
 - Osasekana
 - Kupereka mpata kwa wina aliyense kuti aperekepo maganizo ake
 - Kusungirana chinsinsi

Akamaliza amate zimene agwirizanazo pa khoma.

- Muwatsimikizire kuti inu simumamvetsera zimene iwo azikambirana koma angathe kukufunsani china chiri chonse ngati akufuna kutero. Muwaonetse khadi limene lalembedwa kuti “mau awa akuthandauza kuti chiyani” ndipo muliike pa malo akuti aliyense akhoza kuliona ndi kuligwiritsa ntchito. Muwauze kuti nanunso mukhoza kuwafotokozera.
- Aliyense asankhe gulu limene akufuna kukhala. Magulu amenewa akhale a anthu osachepera anthu 4 komanso osapitirira anthu 6. Gulu lirilonse lisankhe dzina la gulu lake.
- Gulu lirilonse lidzisunga mndandanda wa makhadi amene amaliza kugwiritsa ntchito. Azichita izi motsatizira zimene zalembedwa pa tsamba 14. Inunso muyenera kukhala ndi mndandanda wa gulu lirilonse.
- Gulu lirilonse lidzisankhire mtsogoleri. Muwalongosolere kuti ntchito ya mtsogoleri ndi kuthandiza gulu lake kuti lidzisunga malamulo, kulemba mndandanda wa makhadi amene amaliza kukambirana komanso kukumbutsa anzake kuti akafotokozere anzawo a magulu ena za zimene akhala akuchita.
- Maguluwa apeze malo akuti samamverana zimene anzawo akukambirana ndipo muwauze kuti akhoza kumalankhula chilankhulo chiri chonse chimene akufuna.
- Yambani ndi zinthu zosavuta. Mukaona kuti aliyense akutsatira bwino zochitika mu thumba la Auntie Stella mukhoza kuyamba kugwiritsa ntchito makhadi enawo.

CHITSANZO CHA KALEMBEDWE KA KAUNDULA WA MAKHADI AMENE MAGULU ATSIRIZA KUKAMBIRANA

Kaundula wa otsogolera zokambirana			
Gulu	Nambala ya khadi ndi tsiku limene anamaliza	Zimene anachita	Ndemanga
			<p><i>Ndemanga izi zikhale zokhuza zinthu zimene mwaona kuti zimayenda bwino, mavuto amene munakumana nawo, zinthu zimene mukuganiza kuti ndi zofunika kukonzanso ndi zinthu zimene mukuona kuti mukhoza kuchita mwa mtundu wina mutakhala ndi mpata wina ochitira zinthu zimenezi.</i></p> <p><i>Ngati munakhazikitsa gulu la atsogoleri, kaundulayu adzakukumbutsani zinthu zimene muyenera kukambirana.</i></p>

Kaundula wa gulu			
Dzina la gulu		Malo	
Tsiku	Khadi limene amaliza kukambira	Zimene anachita	Ndemanga ndi mafunso
			<p><i>Ma mamembala a gulu lirilonse akhoza kulemba zimene amaona nthawi imene amakambirana kapena amachita. Zimenezi zikhodzanso kukupindulirani inu ngati mtsogoleri.</i></p> <p><i>Ndemangazi ndi mafunso amenewa sayenera kulembedwa mwatsatanetsa-tane ayi koma mwachidule ngati chonchi- zokambirana zathu zinali zosangalatsa kwambiri kapena nthawi inali yochepa.</i></p>

NDIME YOKAMBIRANA ZINTHU ZOYAMBIRIRA

Mundime imeneyi achinyamata amakhala m'magulu ang'ono ang'ono ophatikizana anyamata ndi atsikana. Gulu lililonse limawerenga kalata yomwe iri pa khadi yomwe apatsidwa ndipo limagwiritsa ntchito mafunso amene ali pa Zoyenera Kukambirana kuti awathandize pokambirana vuto limene liri mkalatayo. Kenako amawerenga yankho limene Auntie Stella anapereka pa khadi la mayankho. Akatero amachita zimene khadiyo yanena kuti achite. Zochitazi akhoza kuchita pa nthawi imene akukambirana kapena nthawi ina atamaliza zokambirana ndipo amadzafotokozera anzawo za zimene anachita akamadzakumananso. Zochitikachitikazi zimawathandiza kumvetsetsa nkhani imene akukambirana komanso mmene nkhaniyo imakhudzira miyoyo yawo ya tsiku ndi tsiku ndi kudziwa zimene angachite pothana ndi zinthu ngati zimenezi.

Zimatenga pafupifupi mphindi 15 kuti gulu lililonse limalize kukambirana khadi limodzi. Izi zimatengera ndi chidwi chimene ma membala a gululo ali nacho pa nkhani imene akukambiranayo komanso zimene akuchita.

Machitidwe ake amakhala chonchi:

- Gulu lililonse lipatseni khadi. Mwachitsanzo ngati muli ndi magulu 5, yambani 1, 9, 17, 25 ndi 32 motsatzana ndi 2,10,18,26 ndi 33. Gulu lililonse likhozanso kusankha khadi limene akulifuna.
- Gulu lililonse likambirane pa lokha ndipo azibwera kwa inu akafuna kudzatenga khadi la mayankho kapena khadi la mafunso kapenanso pamene akufuna kuti muwathandize kapena kukufunsani mafunso.
- Mphindi 10 ya ndime ya zokambirana isanathe, gulu lililonse muliuzese kuti lisiye zokambiranazo ndipo ligwiritse ntchito nthawi yotsalayo polemba mu kaundula wa makhadi amene agwiritsa ntchito. Makhadi amene sanawakambirane akhoza kudzawagwiritsa ntchito nthawi ina.
- Mutenge mndandanda wa kaundulayu ndikumusunga mu thumba la Auntie Stella.
- Muwafunse ngati ali ndi funso lina lililonse la kagwiritsidwe ntchito ka makhadiwa.
- Mu gawo lina lililonse, muzionesetsa kuti malamulo awo aja amatidwa pa khoma kapena pa bolodi. Aliyense ayenera kukhala pa gulu lake (asasinthe gulu) pokhapokha ngati pali chifukwa chokwanira chimene wina akufunira kusinthira gulu. Mudziwakumbutsa a tsogoleri a m'magulu kuti adzikumbutsa ma membala awo za kufunika kwa kusunga malamulo.
- Kenaka magulu atenge kaundula wawo wa makhadi amene amaliza ndi makhadi amene sanawakambirane. Poyamba zokambirana zina ayenera kugawana ndi anzawo zimene anachita chisiyanilareni pa gawo kapena ndime yatha.



GAWO LA AWIRI AWIRI, LOLEMBA KALATA, NDI LOKHALA M'MAGULU AKAZI KAPENA AMUNA OKHA OKHA

Pali njira zambiri zogwiritsira ntchito makhadi a Auntie Stella. Njira zimenezi zimachititsa kuti pulogalamu ya Auntie Stella kukhala yosangalatsa komanso zimakupatsani mwai owonesetsa kuti wachinyamata wina aliyense akudziwa zoono zenizeni. Zina mwa njirazi ndi izi:

Kukhala awiriawiri kapena atatuatatu

Poyambirira onse akhale m'magulu awo ndipo kenaka akhale awiri awiri kapena atatuatatu. Ali awiriawiri choncho awerenge khadi la funso ndi zoyenera kukambirana ndipo alembe mayankho awo limodzi. Akamaliza abwerere ku gulu lawo kumene onse awerengenso funso lija ndi mayankho ake. Akatero agwirizane chimodzi. Kenako awone mmene Auntie Stella anayankhira. Awonenso zoyenera kuchita. Kuchita zonsezi kumatenga nthawi yaitali kotero kuti mwina mukhoza kufuna kukumana kangapo kuti mukwaniritse kuchita zimenezi.

Kulemba kalata kwa Auntie Stella

Aliyense payekha alembe kalata kwa Auntie Stella yokhuza vuto lake, kepana vuto la m'nzake kapenanso vuto la m'bale wake. Muwatsimikizire kuti palibe munthu amene adziwe yemwe walembe kalata ina iri yonse. Iwo sayenera kulemba dzina pa kalata zimene alembe. Apatseni mphindi 20 kapena 25 zolemba kalata zimenezi. Amene wamaliza msanga akhoza kulemba kalata ina. Onse akamaliza kulemba kalatazi, abwerere m'magulu awo ndipo apindepinde kalata zawo ndikuziika mu thumba kapena mu bokosi. Membala aliyense wa gulu azitenga kalata imodzi mu thumbali ndi kuiwerenga mokweza kuti ma membala anzake amve. Akatero ma membala onse akambirane ndi kugwirizana zoti ayankhe. Muwakumbutse kuti pa nthawi imeneyi ndi kofunika kwambiri kusungu malamulo awo aja. Muonesetse kuti palibe munthu amene akuseka kapena kuipidwa ndi zolembedwa mu kalata ina iri yonse. Kutu magulu onse amalize, mwina mungafune nthawi yochulukirapo kapena kudzapitiriza nthawi ina.

Magulu a akazi kapena a amuna okha okha

Achinyamata ambiri amasangalala akhala m'magulu ophatikizana amuna ndi akazi. Komabe mudzaona kuti mavuto ena amene ali pa makhadi ena ndi ofunika kuti anyamata akambirane paokha atsikananso akambirane paokha. Gulu lililonse (la anyamata ndi la atsikana) likhoza kusankha lokha makhadi amene likufuna kuti lidzakambirane pa gawo limeneri ndipo inu mungowauza nthawi imene achitire zimenezi. Poyamba pa ndime yotsatira adzabwerera ku magulu awo akale aja ndipo akhoza kudzawauza ma membala anzawo zimene amakambirana pa gulu la tsopanoli.

Makhadi amene akhoza kusankha pa gulu la tsopanoli ndi awa:

- 2 Kodi chokodzera changa ndi chaching'ono?
- 5 ndikuopa kukhala ndi matenda a khansa ya m'chiberekero
- 8 Ndimalota ndi kugonana ndi mtsikana
- 9 Ndimapanga piliyodi patali patali

NDIME YOKAMBIRANA MTU IKULUIKULU

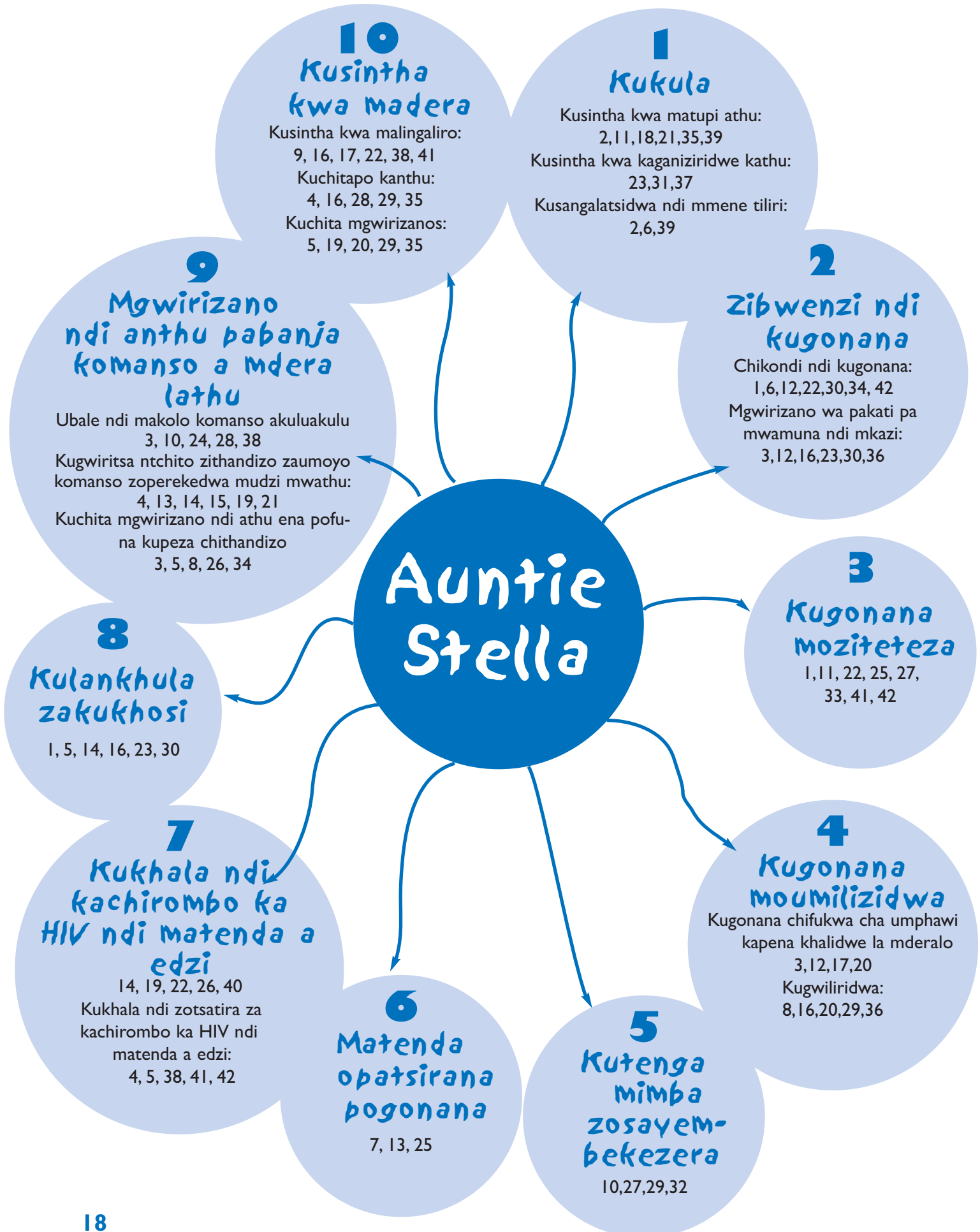
Ndime yokambirana mitu ikuluikulu (m'magulu aakulu ndi aang'ono)

Mu ndime imeneyi gulu lililonse limakambilana mutu umene lasankha, pogwiritsa ntchito makhadi oyenera. Patsamba 18 pali mitu khumi ikuluikulu imene gulu lililonse lingathe kusankhapo kuti likambirane ndipo mitu ina yagawidwanso mmitu ina ing'onoing'ono. Akasankha mitu yoti akambirane afunseni kuti ndi mitu iti imene akuona kuti ndiyowayenera iwo.

Makhadi ambiri ndiwogwirizana ndi mitu yambiri imene yaperekedwayo. Choncho zokambirana zanu pamituyi zimagwirizana ndi zinthu zomwe zili pamakhadiwa.

Musanayambe ndimeyi:

- Sankhani mutu/mitu. Posankha mutu kapena mitu ganizirani mozama zantchito imene mumagwira osati za Auntie Stella zokha ayi. Choncho ndikoyenera kupeza zida zoyenera zophunzitsira kupatulako makhadi. (onani pa tsamba 30 pamene palembedwa za zipangizo zina zimene muyenera kukhala nazo).
Kumbukirani kuti pa makhadi ena, khadi lonse ndilogwirizana ndi mutu umene mwasankha pamene pa makhadi ena ndi kagawo kakang'ono chabe kazochitika kamene kakugwirizana ndi mutu womwe mwasankha. Onetsetsani izi pamene mukukonza ndondomeko yazokambilana zanu.
- Pali njira zambiri zimene mungachitire ndime yokambirana mitu ikuluikuluyi. Onani njira zina pa tsamba 19 ndi 20 ndipo musankhe njira yomwe mukufuna kugwiritsa ntchito. Komanso mukhoza kupanga njira yanuyanu ngati mukudziwa bwino ntchito yanu ndi gulu la achinyamata limene muli nalo.
- Konzani ndondomeko ya ndime ina iliyonse bwino lomwe ndiponso mudziwe kuti ndime ina iliyonse idzatenga nthawi yotalika bwanji. Mitu ina ikhoza kukutengerani masiku awiri kapena kupitilira apo.
- Konzekeranitu kuti mudzafuna kuchita chiyani mmagulu ang'onoang'ono ndipo ndiziti zimene mwachita pamodzi ndi gulu lonse. Ganiziraninso kuti mudzakhala ndi magulu ang'onoang'ono angati.
- Konzekeraninso zimene mwadzachite ngati zochita mmagulu zidzatenga nthawi yochepa kapena yaitali kuposa mmene munakonzero poyamba.



Njira yoyamba

- 1** Onesetsani kuti muli ndi zida zokwanira zimene mungafune kugwiritsa ntchito monga zalembedwera pa tsamba 17.
- 2** Musanayambe gawo kapena ndime iri yonse, yambani mwawafotokozera matanthauzo a mau ena amene mukuganiza kuti ndi ovuta kuwamvetsa, kapena mau achilendo monga “kupereka ndi kalandira uthenga” komanso “kuchita m’gwirizano”.
- 3** Poyamba pa phunziro achinyamata akhale awiri awiri ndipo alembe mafunso amene ali nawo okhuza mutu umene wasankhidwa. Inu mulembe mafunso amenewa pa chipepala chachikulu ndipo muwamate kapena kukhoma pa khoma kapena pa mtengo kuti wina aliyense adzionapo pa nthawi imene akukambirana m’magulu awo.
- 4** Mugawe magulu malinga ndi kuchuluka kwa makhadi amene muli nawo. Mwachitsanzo ngati muli ndi makhadi anayi, ndiye kuti magulu akhalenso anayi. Gulu lililonse mulipatse khadi limodzi ndipo akamaliza asinthane makhadiwo kuti gulu lililonse likhale ndi mwai wokambirana makhadi anayi onsewo. Ngati panali choti achitire onse pamodzi, muwauze kuti achisiye kaye mpaka nthawi yake itakwana
- 5** Onse akamaliza kuwona makhadiwa, afunse kuti akuuzeni zimene makhadiwa akuphunzitsa ndipo inu muzilembe pa chipepala chachikulu. Mukatero muwatsogolere kukambirana kapena kuchita zinthu zimene analephera kuchita ali m’magulu awo kapena zimene inu mwaona kuti ndi zofunika kuchitira limodzi. Muonesetse kuti pali m’gwirizano pakati pa zimene akuchitazi ndi maphunziro amene analemba poyamba paja.
- 6** Pomaliza onaninso mafunso amene analemba poyamba pa ndime ino. Kodi akhoza tsopano kuyankha mafunso amenewa? Ngati pali mafunso ena amene akuwavutabe awuzeni kumene angapite kuti akawathandize ngati inuyo simungathe kutero. (Nthawi zina mukhoza kuwona kuti zimene sakuzimvetsetsazo ndi zofunika kudzakambirana pa mutu wina ndipo izi zizakupatsani mwai wokonzekera ndondomeko ya bwino ya zokambirana za tsiku lina).
- 7** Pomaliza muwafunse kuti akufuna kuchitapo chiyani atamaliza kukambirana za mutu umenewu – aliyense payekha; ndi abale awo; zibwenzi zawo komanso ndi anthu ena a m’madera awo. Kumapeto kwa ndime ino ndi ndime zina zonse ndi kofunika kwambiri. Choncho onesetsani kuti muli ndi nthawi yokwanira.

Njira ya chiwiri

- Gwiritsani ntchito ndondomeko 1, 2, ndi 4 zimene ziri mu njira yoyamba;
- Aliyense akamaliza kuwona makhadi mufunse mafunso awa:
 - Mwaphunzirapo chiyani pa zokambirana zanu?
 - Kodi mavuto amene amakambidwa m'makhadi akugwirizana bwanji ndi mavuto amene mumakumana nawo pa moyo wanu wa tsiku ndi tsiku kapena miyoyo ya anthu a m'dera lanu?
 - Kodi mukudziwapo anthu kapena mabungwe ena amene akugwira ntchito yothana ndi mavuto ngati amenewa ku dera lanu? Kodi anthu ndi mabungwe amenewa amatani?
 - Ndi zinthu ziti zimene mungafune kuti muzisinthe m'dera lanu malingana ndi nzeru zimene mwapeza pokambirana ndi anzanu pa mutu umenewu?
 - Kodi ndi luso lotani limene mungafune kuti mukhale nalo lakuti likuthandizeni kusintha zinthu zimene mwatchulazi? Nanga luso limeneri mulipeza bwanji?
- Pomaliza muchite zinthu zimene munakonza.

Njira ya chitatu

- Gwiritsani ntchito ndondomeko 1 ndi 2 ya njira yoyamba;
- Gulu lililonse likambirane khadi limodzi losiyana ndi la anzawo ndipo muwapatse nthawi yakuti akambirane. Akamaliza abwere onse pamodzi kudzagawana ndi anzawo zimene akambirana poyankha mafunso awa:
 - Kodi ndi vuto lanji limene limakambidwa pa khadi limene munali nalo?
 - Nanga ndi langizo lotani la bwino limene lingaperekedwe ku vuto limeneli. Apereke chifukwa chani?
 - Kodi khadi limeneri ndi lofunika bwanji pa miyoyo yanu? Abwenzi anu? Ndi anthu ena a m'dera lanu?
- Pomaliza imbani nyimbo kapena kuchita sewero, mtsutso kapena china chiri chonse chokhuzana ndi mutu umene amakambiranawu.

Njira ya chinayi

- Sankhani zoyenera kuchita kuchokera pa makhadi malinga ndi mutu umene mwasankha kuti gulu lonse likambirane.
- Chakumapeto azokambirana zawo, afunsi achinyamata kuti akambirane mafunso otsatirawa. Poyamba akhale awiri awiri ndipo akatha abwere onse pamodzi.
 - Kodi mwaphunzirapo chiyani?
 - Kodi mukufuna kuchitapo chiyani malingana ndi nzeru zimene mwagawana ndi anzanu pokambirana za mutu umenewu ngati munthu panokha, ndi abwenzi anu komanso ndi anthu a m'dera lanu.

KUWONANSO NDI KUWUNIKA ZIMENE MWAKHALA MUKUKAMBIRANA

Kuwonanso ndi kuwunika zimene mwakhala mukukambirana (m'magulu aakulu ndi aang'ono)

Mu gawo limeneri, achinyamata amakambirana zimene akhala akuphunzira ndi mmene zikusinthira miyoyo yawo. Akhoza kukufunsani mafunso ena aliwonse amene ali nawo. Izi zimakupatsani inu mwai wodziwa mmene pulogalamuyi ikuyendera ndi kudziwa zinthu zimene achinyamata aphunzira. Ndi chinthu cha nzeru kukhala ndi gawo limeneri makamaka pakakhala kuti papita nthawi yaitali achinyamata akukumana m'magulu ang'onoang'ono asanakumane onse pamodzi. Udindo wanu pa gawo limeneri, ndi kupereka uthenga umene achinyamata ayenera kuwudziwa, kukonza maganizo amene mukuona kuti ndi olakwika komanso kuwaunikira kumene angapite kuti akadziwe zoonza zenizeni. Lembani mafunso otsatirawa pa chipepala chachikulu kapena pa bolodi gawo limeneri lisanayambe.

Mafunso oyenera kufunsa mu gawo limeneri

- Tchulani chimene chikumakusangalatsani kwambiri kapena pang'ono pa makhadi a Auntie Stella?
- Kodi ndi zinthu ziti za phindu zimene mwaphunzira kuchokera ku makhadi amene mwakhala mukugwiritsa ntchito? Kodi muli ndi mafunso ena aliwonse pa nkhani zimene mwakhala mukukambirana?
- Tchulani zinthu zimene mukuona kuti ndi zofunikira kwambiri zimene mwakhala mukuchita?
- Kodi pali kusintha kwina kuli konse kumene kwachitika pa moyo wanu (kaya kusintha khalidwe, maganizo ndi machitidwe a zinthu zina) chifukwa cha pulogalamu imeneyi?
- Kodi mwakhala mukugwira ntchito bwanji ntchito ndi anzanu kapena mabungwe a m'dera lanu pofuna kusintha miyoyo yanu komanso madera anu?



Nthawi zambiri chimakhala chinthu cha pafupi kuti anthu akambirane mafunso amenewa mmagulu mwawo kaya makamaka akakhala ochuluka kupitirira 15. Akatha kukambirana mmagulumo abwere onse pamodzi kudzagawana ndi anzawo zimene amakambirana.

Akabwera onse pamodzi, zokambirana zawo, mwachidule, zikhuze mitu itatu iyi:

1 Zimene makhadi akufotokoza

Ndemanga zawo pa zinthu zimene aphunzira komanso pa mafunso amene ali nawo

2 Dongosolo la Auntie Stella

Zimene akonda komanso zimene sanazikonde

3 Kusinthika

Ngati pali kusinthika kwa mtundu wina uliwonse, kaya mmiyoyo yawo, m'mabanja awo kapenanso m'madera amene amakhala

Onesetsani kuti maganizo awina aliyense akulemekezedwa, kaya akunena zopanda nzeru kaya za nzeru. Komanso muzisiyanitsa pakati pa mfundo ndi maganizo chabe.

Mafunso ena owonjezera amene mungathe kugwiritsa ntchito pa gawo limeneri

- Kodi chimene mwachipeza cha phindu mu Auntie Stella ndi chiyani?
- Ngati munalemba kalata yanu, kodi muli ndi nkhani kapena mafunso amene mungafune kuti mugawane ndi anzanu?
- Inu anyamata, kodi munawaona bwanji maganizo a atsikana pa nthawi imene munali nawo gulu limodzi? Nanga inu atsikana, munawaona bwanji maganizo a anyamata pamene munali nawo gulu limodzi?
- Kodi Auntie Stella akuthandizani bwanji pa za mmene inu mukumaganizira tsopano za; inu ndi thupi lanu, ubale wanu ndi anzanu, ndi abwenzi anu, a pabanja komanso anthu a m'dera lanu?
- Kodi Auntie Stella akusinthani pa zinthu zimene mumachita m'moyo wanu? Fotokozani.
- Mwaphunzira zotani za anthu kapena mabungwe amene amagwira ntchito yothandiza achinyamata m'dera lanu (kaya a zamaphunziro, a zachipatala komanso atsogoleri osiyanasiyana a m'dera lanu)? Kodi Auntie Stella akusinthani maganizo a momwe mukumaganizira za anthu kapena mabungwe amenewa?
- Kodi ndi njira ziti zimene mwapeza kuti inu ndi anzanu mukhoza kuzigwiritsa ntchito kuti musinthe zinthu?
- Kodi tsopano mutha kutengapo mbali pogwira ntchito zimene zimakhudza moyo wanu zochitika m'dera lanu?
- Kodi ndi zinthu ziti zimene mungafune kuti m'zazisinthe mtsogolomu?

MMENE MUNGAKONZERE MASEWERA OSIYANASIYANA

Masewero

Anyamata amapatsidwa nkhani kapena kuyerekeza kuti china chake chachitika kapena chikufuna kuchitika ndipo iwo amafunsiidwa kuti akanakhala kuti iwo ndi amene akhudzidwa mu nkhaniyi akanatani pothetsa vuto limene laperekedwalo. Mwachitsanzo- mtsikana kuyesezera kuuza bwenzi lake kuti agwiritse ntchito kondomu kapena mnyamata kukakamiza bwenzi lake kuti agonane naye. Cholinga cha role play kapena sewero la mtundu uwu, ndi kuona zimene zimachitika anthu akamakambirana ndi mmene zochitika mseweroli zimakhudzira miyoyo yawo tsiku ndi tsiku osati kuti katswiri ndani ayi.

Role play kapena sewero la mtundu uwu likhoza kupangidwa ndi anthu awiri kapena atatu pamene gulu lonse lingoonerera. Kapenanso aliyense akhoza kutengapo gawo m'seweroli kenako onse ndikubwera pamodzi kudzakambirana zimene zimachitika mu sewelo.

Ngati akuchitira mmagulu awo, muwauze kuti adzigwiritsa ntchito mafunso amene ali pa makhadi. Ngati onse akuchitira pamodzi onesetsani kuti mukuwathandiza kwambiri. Pomaliza muwathokoze onse amene anapanga nawo role play. Musaiwale kuliwaza gulu lonse kufunika kwake kochitira zimenezi. Nthawi zonse akamaliza kuchita role play muziwafunsa kuti –mumamva bwanji mu mtima mwanu pamene mumachita role play. Nanga anzanu amakuganizirani zotani?



Role play in action

Izi zimathandiza kulekanitsa umunthu wa mu role play ndi umunthu weniweni. Zimathandiza kwambiri ngati mu role play muja munthu amatenga mbali yoonetsa makhalidwe oipa.

Kenaka onse akambirane: Chimachitika ndi chiyani? Chifukwa chiyani zimachita zimenezi? Kodi zimenezi zingachitiki mmojo wathu wa tsiku ndi tsiku? Kodi amene amachita role play aja, anapeza njira ya bwino yothetsa vuto? Kodi mwatolapo kapena kuphunzirapo chiyani kuchokera mu role playi? nanga ndi chithandizo cha mtundu wanji chimene mungafune kuti chikuthandizeni kuthana ndi mavuto ngati amenewa?

Sewero loyimitsa

Uwu ndi mtundu wina wochitira role play. Chimene chimachitika ndi chakuti achinyamata ena amachita sewero ndipo ena amangoonerera. Amene akuonerawa akaona kuti wina sakuchita bwino monga mmene iwo angachitire pothetsa vuto limene liri museweromo amaimitsa seweroli pokweza dzanja. Akatero iwo amasinthana ndi muthu amene amamuona kuti samachita bwino uja.

Pomaliza musakambirane kuti katswiri ndani pochita seweroli ayi. Koma mukambirane za njira ya bwino imene ena anagwiritsa ntchito pofuna kukwaniritsa cholinga cha seweroli. Mwachitsanzo, kufunsa akuluakulu kuti akuthandizeni maganizo.

Kugwiritsa ntchito ziganizo pokambirana

Mumakhala ndi ziganizo zingapo. Ziganizo zimenezi zikawerengedwa, achinyamata amanena kuti akugwirizana nazo kapena kuti sakugwirizana nazo. Poyamba aliyense amalemba yankho lake payekha. Kenaka amakhala awiri awiri kapena mmagulu awo mmene amawerenganso ziganizo zimenezi ndi kuona ngati mayankho awo akufanana. Akasiyana, amayenera kugwirizana chimodzi.

Ngati onse achitire pamodzi, lembani mau akuti ndikuvomereza, sindikuvomereza ndi ndikukaikira. Liwu lililonse muli khome pa lokha pa lokha. Mukatero mudziwerenga chiganizo chimodzi chimodzi ndipo achinyamatawo aziyankha pokhala kapena kuima pamene palembedwa yankho limene ali nalo. Musachite izi kwa nthawi yaitali kuti achinyamata angayambe kutaya chidwi.

Kufunsa ndi kuyankha mafunso

Njira ina yoyambira zokambirana ndi yofunsa mafunso kuti achinyamata aziyankha. Ichi ndi chinthu chokondweretsa ndipo tisachite ngati mayeso m'kalasi. Mukhoza kuchita m'magulu a anthu awiriawiri kapenanso kuposerapo pang'ono. Mwinanso mukhoza kuwerenga mafunso kuti aliyense ayankhe ndikudzichongera payekha.. Chofunika kwambiri ndi kukambirana akamaliza kuyankha mafunso chifukwa mafunso ena amakhala okhuza mmene munthu amaganizira pa zinthu zina osati okhuza mfundo zenizeni za zinthu.



From a drawing by Mkhululi Khumalo

Zithunzi ndi zinthu zojambula

Achinyamata akhoza kujambula zithunzi pa pepala, bolodi kapenanso pa mchenga. Muwafotokozere kuti chofunika ndi maganizo awo osati kutha kujambula zinthu zokongola ayi. Agwiritse ntchito zimene ajambulazo pofuna kuwonetsa maganizo awo ngati mmene akanachitira akanakhala kuti akulemba. Mwachitsanzo, pofuna kuwonetsa gwero la vuto, ajambule mtengo nawonetsa mizu imene ikuimirira kapena kuonetsa zoyambitsa vuto komanso kuwonetsa nthambi za mtengowu zimene zikuimirira zotsatira za vutolo ndipo tunthu liimirire vuto lenileni.

Mtsutso

Sankhani mutu kapena phunziro loyenera makamaka limene achinyamata samalimvetsetsa bwino. Musankhe awiri amene adzitsutsa ndiponso ena awiri amene azivomerezana ndi mutu umene wasankhidwawo. Magulu onse awiri muwapatse nthawi yokuti akonzekere mfundo zawo. Musaiwale kusankha wa pampando kuti aongolere mtsutso umenewu.



Mukhozanso kuchita mtsutso umenewu ndi ma gulu 6; atatu otsutsa enanso atatu ovomereza. Gulu lirilonse lidzisankhire munthu amene adziliyankhulira komanso kulithandiza kusunghanitsa mfundo. Cholinga chochitira motere ndikufuna kupereka mwai kwa wina aliyense kuchita nawo mtsutso umenewu. Onesetsani kuti mwakonza nthawi yokwanira ndithu monga nthawi yokonzekera, nthawi ya mtsutso komanso nthawi ya mafunso.

Masewero ndi nkhani

Masewerowa akhoza kukonzedwa ndi gulu lirilonse palokha. Akamaliza abwere kuti adzaonetse ku gulu lonse. Muwapatse mutu kapena nkhani yakuti achitire sewero. Mwachitsanzo nkhani yokhuza kutenga pakati mtsikana asanakhwime msinkhu kapena yoyezetsa magari kuti munthu adziwe ngati ali ndi kachilombo ka HIV kapena ayi. Inu musawapatse maganizo anu kapena tsatanetsatane wake ayi. Gulu lirilonse mulipatse nthawi yokonzekera komanso yakuti lionetse sewero lake. Konzani nthawi yokwanira yakuti magulu aonetse masewero awo. Ngati nthawi yakutherani konzani nthawi ina kapena tsiku lina kuti muwapatse mwai magulu amene sanaonetse kuti adzaonetse masewero awo nthawi imeneyo. Pomaliza kambiranani nawo za zimene aphunzirapo pa masewero amenewa.

Kuitana anthu ogwira ntchito za achinyamata

Mukhoza kufufuza ndi kuitana anthu amene amakonda kugwira ntchito ndipo ali ndi luso lothandiza achinyamata kuti adzayankhule ndi gulu lanu pa za ufulu wa achinyamata komanso pa za mavuto amene achinyamata ambiri amakumana nawo. Muwauze achinyamata anu kuti akonzekeretu mafunso kuti adzafunse pa nthawiyo.

Kafukufuku

Achinyamata mukamapita nawo kumalo kumene akhoza kukapeza chithandizo monga kuchipatala, amalimbikitsidwa kukhala ndi luso lofunsa ndipo pa tsogolo pake amatha paokha kupita kukapeza chithandizo chimene akufuna. Inuyo kambiranani ndi mabungwe amene amathandiza achinyamata m'dera lanu kuti nawonso akhale gawo limodzi la Auntie Stella. Izi zidzathandiza kwambiri achinyamata kumapita okha kumabungwe amenewa kuti akadziwe zinthu zimene zimawavuta pa moyo wawo.

Akabwerako kochita kafukufuku ndipo akufuna kugawana ndi anzawo zimene apeza onesetsani kuti mwawapatsa nthawi yokwanira.

Ngati achinyamata akugawana maganizo ndi uthenga olakwika?

Izi zikhoza kuchitika mmagulu pamene inu simumamvetsera zimene amakambirana. Vuto ngati ili mukhoza kulithetsa pogwiritsa ntchito mayankho odalirika a Auntie Stella. Pa nthawi ija yowunikanso zimene mwakhala mukuchita, mukhoza kudziwa zimene anyamata akhala akukambirana ndipo pa nthawi imeneyi mutha kupereka maganizo kapena mfundo zokhonza kapena zolondola.

Komanso onesetsani kuti mukusiyanita pakati pa maganizo chabe ndi mfundo zenizeni. Muyeneranso kuwonetsetsa kuti achinyamata akudziwa zowona zenizeni (monga mmene kachilombo ka HIV kamafalikira) pakugwiritsa ntchito njira zosiyanasiyana monga kuchita mtsutso, mabuku owerenga ndipo akamaliza kuwerengako abwere onse pamodzi kuti adzakambirane zimene amawerengazo. Koma pa zinthu zokhudza achinyamata kuti apereke maganizo awo (monga mwachitsanzo, kuti tidzitsata miyambo ya makolo kapena ayi) palibe yankho lolondola kapena lolakwika. Pamenepa yankho la wina aliyense ndi lanunso ndi lofanana. Chofunika kwambiri ndi kuwalimbikitsa achinyamata kulankhula maganizo awo. Inu mukaperekapo maganizo anu muwauze kuti ali ndi ufulu owatenga kapena ayi chifukwa sakukakamizidwa kutero.

Ngati achinyamata akukambirana zinthu zimene inu mukuganiza kuti ndi zochititsa manyazi kapena zolaula

Anthu ambiri amachita manyazi kulankhula pagulu zinthu zimene zimakhudza kugonana. Komabe inu ngati mtsogoleri muyenera kuyesetsa kumatero. Poyamba zimakhala zovuta kwambiri. Koma pakapita nthawi, mumayamba kuzolowera. Miyoyo ya achinyamata ikhoza kukhala pa chopsyezo chachikulu ngati sitiwithandiza kudziwa zinthu zimene zimakhudza miyoyo yawo ndiponso ngati sitiwapatsa luso losiyanasiyana limene lingawathandize kuchita chisankho choyenera ndi kuchita zinthu zimene zingawathandize kuteteza miyoyo yawo. Ayenera kukhala ndi mwai wokambirana zinthu zimene zimakhudza miyoyo yawo komanso zinthu zina za chinsinsi. Choncho khalani omasuka kwambiri powalimbikitsa kuti alankhule za kukhosi ndi kuwalimbikitsa kulankhula pamene akuchita manyazi. Sibwino kungokhala chete chifukwa kutero kumalimbikitsa kuti achinyamata azikhalabe ndi maganizo olakwika. Kukhala omasuka kumathandiza achinyamata kumakambirana zinthu zabwino zimene zingasinthe miyoyo yawo.

Nthawi zina zimathandiza kuti pakhale mtsogoleri wa mwamuna ndi wa mkazi. Wa mwamuna azikhala pa gulu la anyamata ndipo wa mkazi azikhala pa gulu la atsikana. Zikatha zokambirana m' maguluwa onse adzibwera pamodzi kudzagawana zimene amakambirana.

Ngati inu kapena achinyamata simukugwirizana ndi zimene Auntie Stella akunena

Palibe vuto ngati inu kapena achinyamata simukugwirizana ndi zimene Auntie Stella akunena. Dziwani kuti palibe mayankho olakwika kapena olondola (pokha pokha zikakhala mfundo zenizeni). Mukawonesetsa pa Zoyenera Kuchita Auntie Stella amangofunsa kuti maganizo achinyamata ndi otani. Chofunika kwambiri ndi chakuti achinyamata adzitha kusiyanita maganizo osiyanasiyana ndi kuchita chisankho choyenera. Musawakakamize kuti atenge maganizo anu.

Ngati m'modzi wa achinyamata akukwiya kapena kukhumudwa kwambiri?

Maphunziro ambiri a Auntie Stella amakhudza miyoyo ya anthu. Choncho sichikhala cha chilendo kuti wina akhumudwe kapena kukwiya. Ngati wina wakwiya kapena kukhumudwa kwambiri, mutengereni pa mbali kuti mukakambirane naye kapena kukangokhala naye kuti mwina mtima wake ungakhale pansu. Pezani khansala (munthu opereka uphungu) ngati ndi kofunika kutero. Musanayambe ntchito yanu, pezeranitu ma khansala abwino amene amapezeka m'dera lanu. Ma khansala abwino amapereka uphungu ndi kumuthandiza munthu kuti achite chisankho choyenera osati kumulangiza munthu ndi kumuza zochita ayi.

Ngati achinyamata akutsutsana kwambiri?

Ili sivuto ayi. Kumbukirani kuti cholinga cha Auntie Stella ndi cholimbikitsa wa chinyamata wina aliyense kumapereka maganizo pa zokambirana zina ziri zonse. Ngati onse ali pamodzi ndipo wina aliyense akufuna kupereka maganizo ake nthawi imodzi, ndi chanzeru kuti muwagawe akhale mmagulu ndi kuwauza kuti ayenera kuti adzipatsana mpata polankhula.

Njira ina ndi yopereka ka mtengo kwa munthu amene akufuna kulankhula. Akamaliza ampatse mnzake. Muchite izi mpaka aliyense atalankhulapo ndipo muchite izi ngati macheza. Ndi udindo wa atsogoleri kuonesetsa kuti izi zatheka. Muwapatse nthawi yakuti akambirane ndipo aonesetse kuti agwirizana chimodzi nthawiyi isanathe.

Ngati ena akuchita phokoso kwambiri lakuti lingasokoneze anzawo, auzeni kuti akakambirane panja.

Ngati achinyamata sakufuna kulankhula?

Izi zikhoza kuchitika pamene achinyamata onse ali pamodzi. Poyamba muonesetse kuti wina aliyense wamvetsetsa chimene chiyenera kuchitika. Kodi kapena mafunso ndi ovuta? Onesetsani kuti mwawalembanso bwino kuti asakhale ovuta ndipo ngati zikukanikabe, mungochotsa mafunso amene akuvutawo.

Ngati sakulankhula chifukwa cha manyazi, auzeni akambirane mmagulu awo, kapena awiriawiri, kapena atatu atatu ndipo muwauze kuti onse akamaliza abwere pamodzi kuti adzakambirane ndi gulu lonse.

Ngati sakulankhula chifukwa chakusasangalatsidwa ndi phunziro, inu musadandaule ayi. Mungolisiya phunziro limeneri ndi kutenga lina.

Ngati mulibe nthawi yokwanira yochitira zonse zimene mwakonza

Izi zimachitika nthawi zambiri pamene achinyamata akukambirana kapena kuchitira zinthu pamodzi. Ili sivuto lodetsa nkhawa ayi. Chimene muyenera kuchita ndi chakuti muzisintha zochita malingana ndi mmene zikuwasangalatsira kapena akuchitira. Zina mwa zinthu zimene mungachite ndi izi:

- Mukhale ndi nthawi yambiri kapena magawo ambiri pokambirana mutu umodzi;
- Mukonze ndime imodzi kuti mudzachite zochitikachitika za khadi limodzi;
- Mudziyamba mwadziwa zimene achinyamata akufuna kuchita;
- Muziyamba kuchita chinthu chofunika kwambiri;
- Muzigwiritsa ntchito njira zosiyanasiyana pamene akukambirana mitu ikuluikulu (mwachitsanzo mukhoza kuyamba ndi gawo la kufunsa ndi kuyankha mafunso). Onani gawo la kugwiritsa bwino ntchito nthawi pa tsamba 12.



MAPHUNZIRO OYENERA ANTHU OTSOGOLERA ZOKAMBIRANA NDI CHITHANDIZO CHIMENE ANGACHIFUNE

Ngati munaphunzitsidwapo kale kutsogolera maphunziro ngati a Auntie Stella ndiponso kuti mukudziwa kale zambiri za mavuto a umoyo wa ubereki wa achinyamata ndiye kuti simuvutika kugwiritsa ntchito Auntie Stella. Atsogoleri ena akhoza kupindula kwambiri ndi maphunziro apadera okonzedwa bwino owathandiza mmene angatsogolere maphunziro a Auntie Stella. Zina zimene atsogoleri amenewa ayenera kuchita ndi izi:

- Ayambe kaye aphunzira magawo onse a Auntie Stella ngati munthu wina aliyense.
- Mukhale oyamba kudziwa mfundo zenizeni zokhudza mitu yofunikira kwambiri imene ikupezeka m'makhadi ena. Tiyenera ifeyo kukhala oyamba kuchotsa maganizo athu ena oipa pa nkhani zimene zimakhudza achinyamata.
- Pezani mwai wokonzekera kutsogolera maphunziro amtundu uwu amene amapereka mwai kwa wina aliyense kutengapo mbali. Ndipo muyese kugwiritsa ntchito njira zosiyanasiyana zimene zimapezeka m'maphunzirowa ndiponso mukambirane ubwino ndi kuipa kwa njirazi.
- Mukhoza kukhala nokha, kapena awiri awiri pamene mukukonzekera kutsogolera maphunzirowa ndipo nonse mukhale ndi nthawi yokambirana pamodzi zimene mukuphunzira. Ngati wina anali ndi vuto, amathandizidwa nthawi imeneyi.
- Kambiranani kufunika kosunga chinsinsi kuti achinyamata adzikukhulupilirani. Miseche ikhoza kuononga maphunziro onse a Auntie Stella.
- Muphunzire kukhala ndi zinthu zomuyenereza mtsogoleri wa bwino ndi khansala wa bwino. Kumbukirani kuti khansala wa bwino ndi amene amathandiza munthu kupanga yekha chisankho choyenera osati kumuza munthuyo zochita.

Chitsanzo cha ndondomeko ya padera ya maphunziro apadera a mtsogoleri yaperekedwa pa tsamba 29. Maphunziro ngati amenewa amachitika malinga ndi zimene ophunzira akufuna kudziwa, nthawi imene iripo komanso chuma chimene chiripo.

Ngati atsogoleri sakudziwa china chiri chonse chokhudza umoyo wa a chinyamata, ayenera kuphunzitsidwa nthawi yaitali.

CHITSANZO CHA NDONDOMEKO YA MAPHUNZIRO A ANTHU OTSOGOLERA ZOKAMBIRANA

TSIKU LOYAMBA:

Gawo 1: Kudziwana

Anthu ayambe adziwana. Anene zimene akuyembekezera kupeza pa maphunzirowa komanso zimene akuopa. Akambirane ndi kugwirizana malamulo amene adzitsatira pa nthawi ya maphunziro.

Gawo 2: Kudziwa za kutsogolera maphunziro kumene aliyense amapatsidwa mpata otengapo mbali?

Zimene anthu akudziwa kale (role play), Kodi mtsogoleri wa bwino amatani? Kufunika kopereka mwai kwa wina aliyense kutengambo mbali pa maphunziro okhudza nkhani za kukula kapena kutha msinkhu ndi umoyo wa ubereki wa achinyamata.

Gawo 3: Kodi Auntie Stella ndi chiyani?

Magulu agwiritse ntchito makhadi a Auntie Stella kwa mphindi 45–60. Akamaliza onse abwere pamodzi kudzakambirana zimene aphunzira, zimene akonda, zimene sanazikonde komanso zimene akuona kuti ndi zovuta. Kenaka aphunzitsi afotokoze kufunika kwa makhadiwo komanso njira zimene zimagwiritsidwa ntchito pa ndondomeko ya Auntie Stella.

Gawo 4: Kusanthula thumba la Auntie Stella

Otsogolera akhale mmagulu ndipo asanthule thumba lonse la Auntie Stella. Kenaka asankhe makhadi awiri kapena atatu kuchokera pa mndandanda wa makhadiwa. Makhadi amene angasankhe akhale amene maphunziro ake ndi achilendo kwa iwo, akuwadetsa nkhuwa kapena amene akuwasangalatsa. Akamaliza kukambirana mmagulu abwere onse pamodzi ndipo akambirane mmene angagwiritsire ntchito makhadiwa ku madera a kwawo.

TSIKU LA CHIWIRO MPAKA TSIKU LA CHITATU

Kudziwa mfundo zenizeni za maphunziro ena a mthumba la Auntie Stella (Akhoza kusankha kuti aphunzire kapena ayi).

Nkhani ya kachilombo ka HIV ndi matenda a Edzi, umoyo wa ubereki wa achinyamata, kugwiritsa ntchito chithandizo chopezeka m'madera komanso cha za umoyo ndi achinyamata ngati otsogolera zokambirana pa nkhani yosintha zinthu. Mu gawo limeneri mumagwiritsa ntchito makhadi ena a Auntie Stella kuti mumvetsetse.

TSIKU LA CHINAYI:

Gawo:1 Kukambirana mwa chidule zimene zinachitika dzulo

Gawo:2 Udindo wa mtsogoleri

Mgawo ili anthu akhoza kukhala m'magulu kapena akhoza kukhala pamodzi ndipo amakambirana za ndime ya kufunika kwa kuwonanso kapena kuwunikanso zimene achinyamata akhala akuchita komanso za nthawi ya bwino yokambirana ndime imeneyi.

Gawo 3: Zoyenera Kukambirana ndi Zoyenera Kuchita

Kusiyana kwa zinthu ziwirizi. Zinthu zoyenera kuchita zimene ziri mthumba la Auntie Stella, Kukambirana za anthu kapena mabungwe amene amagwira ntchito yothandiza achinyamata mongodzipereka.

Gawo 4: Ndime yokambirana mitu ikuluikulu yopezeka mthumba la Auntie Stella

Kukambirana za mitu imeneyi ndi njira zosiyanasiyana za kagwiritsidwe ntchito ka mitu imeneyi

Gawo 5: Mavuto amene otsogolera zokambirana angakumane nawo (akhoza kusankha kuphunzira kapena ayi)

Awerenge zimene zalembedwa mbukhu lino pa nkhani za mavuto ngati amenewa. Atsogoleriwa akhale mmagulu ndipo ayesezere kuwonetsa mavuto amene mtsogoleri amakumana nawo pamene achinyamata akukambirana. Ena azichita makani kapena kutsutsana kwambiri ndipo ena azipereka maganizo a bodza. Akamaliza onse abwere pamodzi kuti akambirane njira zimene angathe kugwiritsa ntchito pothana ndi mavuto ngati amenewa.

Gawo 6: Kukonzekera

Nthawi yokonzekera mmene adzikagwiritsira ntchito thumba la Auntie Stella akabwerera kwawo kapena kumalo awo a ntchito. Nthawi imeneyi ndiyofunika kuwonanso zimene anthu analemba zokhuza zinthu zimene amayembekezera kuphunzira komanso zimene amaopa. Mukatero tsekani maphunziro atsogoleriwa.

Choices: A guide for young people

Bukhu limeneri analemba ndi Gill Gordon ndipo mukhoza kulipeza pa www.talkuk.org

Ngati muli ndi ndalama zokwanira kugula bukhu limodzi lokha, ndiye bukhu lake likhale limeneri. Bukhu limeneri limakamba zinthu zambiri za chinsinsi zokhuza achinyamata ndipo limapereka chikoka kwa achinyamata. Ndilophweka kuwerenga ndipo analisindikiza mwamakono.

ABC of all the questions we never dare to ask

Bukhu ili linatsindikizidwa ku South Africa ndi Akwela Books (www.kwela.com) komanso ndi a Weaver Press a ku Zimbabwe (www.weaverpresszimbabwe.com)

Bukhuli liri ndi mafunso ochokera kwa achinyamata komanso limapereka mayankho osavuta kumvetsa. Ndi losavuta kuwerenga, lokongola, limafotokoza zinthu zimene zingathe kuchitika ndiponso liri ndi uthenga othandiza kwambiri.

Bodywise: Sex education, health and advice for South African youth

Bukhu iri linatsindikidwa ndi Sached Books PO Box 396 Cape Town 8000 South Africa.

Ndi bukhu losangalatsa kwambiri komanso lomwe liri ndi nkhanu zosavuta kuwerenga zimene zimachitikira achinyamata. Bukhuli liri ndi maganizo ochokera kwa achinyamata. Chosangalatsa china ndi chakuti liri ndi makatuni ndi zithunzi zokomera achinyamata.

You, your life, your dreams: A book for adolescents

Bukhu iri linalembedwa ndi Caroline Watson ndi Ellen Brazier. Linatsindikidwa ndi a Family Care International (Kenya) ndi a Straight Talk (Uganda) Email: fcipubs@familycareintl.org

Ndi bukhu lalikulu ndithu limene liri ndi uthenga ofunikira kwambiri wokhudza makulidwe.

You asked... We answered! : Answers to questions on HIV and AIDS asked by youth in Southern Africa!

Bukhuli mungalipeze kuchokera ku SafAIDS pa infor@saf aids.org

Pali timabuku ting'ono ting'ono titatu tokhala ndi mafunso komanso mayankho pa nkhanu zosiyanasiyana za HIV ndi Edzi.

Stepping stones

Linalembedwa ndi Alice Welbourn ndipo mungalipeze kuchokera ku TALC pa www.talcuk.org ndi bukhu la bwino kwambiri lophunzitsira nkhanu za HIV ndi Edzi, kupereka ndi kulandira uthenga, luso lofunika kukhala nalo pa nkhanu ya ubale ndi zibwenzi.

Kumbukilrani

Bungwe lina lirilonse likhonza kupereka uthenga wina woojzera pamfundo zosiyanasiyana zokhudza umoyo ndi kakulidwe ka achinyamata.



Kuthokoza kwapadera

KUTHOKOZA KWAPADERA

Bungwe la YONECO likuthokoza anthu ndi mabungwe a muno m' Malawi komanso kunja kwa dziko lino amene anatengapo mbali ndi kuthandiza pakusindikizidwa kwa bukhu la 'Auntie Stella' Mchichewa. Thandizo limeneli ndila mtundu wina uliwonse monga, Kafukufuku, Kulemba, kumasulira mchichewa, Kukhala nawo pa misonkhano, kupereka ndemanga, kujambula zithunzi za mubukhuli, kuyesa bukhu ndi achinyamata komanso thandizo la ndalama. Mwapadera, tikuthokoza anthu ogwira ntchito kumabungwe a YONECO ndi TARSC chifukwa cha kudzipereka kwawo pantchito yosindikiza bukhu.

Maganizo a Bukhuli:	Barbara Kaim (TARSC)
Womasulira Mchichewa:	Golden Raphael Kang'oma
Alangizi apadera:	Mac Bain Mkandawire ndi Senele Dhlomo
Kafukufuku ndi kuyesera:	Felix Limbani ndi Emmanuel Kanike
Mkozi wa Bukhuli:	Margo Bedingfield
Wojambula:	Anxious Katuruza, Mashet Ndhlovu ndi David Chikoko

Kafukufuku ndi Kuyesera Pakati pa Achinyamata

Achinyamata ndi alangizi amene anatengapo mbali pakafukufuku komanso ntchito yoyesera bukhu la 'Auntie Stella' Mchichewa anachokera ku mabungwe awa:

Counselling of Adolescents Youth Organization (CAYO)
Foundation for Community Support (FOCUS)
Hope for Life
Kanengo AIDS Support Organization (KASO)
Motomoto Youth Organization
Nkhotakota Youth Organization
Restored Hope Foundation for Rural Development (REFORD)
Youth Against AIDS Organization (YOGAO)
Youth and Children Rights Shield (YOCRIS)
Youth Net and Counselling (YONECO)
Youth development and Advancement Organization (YOUDAO)

Mabungwe ena omwe anatengapo mbali

Concern Universal
Safe Schools Programme (SSP)
The Story Workshop
Malawi Network of AIDS Servicing Organizations (MANASO)
Zomba District Assembly
Machinga District Assembly
Ministry of Education, Science and Technology
National Youth Council of Malawi (NYCOM)

Anthu omwe athandizapo

Gift Chimbanga	Eunice Kutsata
Fryson Chodzi	Sewenthe Chipofya
Smith Mnenula	Marbel Makondetsa
Kossam Munthali	Edison Chikoko
Ndaona Muyaya	Patrick Makonde
Chisomo Zileni	Ruth Kuwani
Richard Yohane	Salikani Mvula
Edna Nhdlovu	Gertrude Chmbalanga
Esnart Nawa	Jack Paina
Jennings M.M. Kayira	Talent Phiri
Philemon Ndolo	Ben Wanja
Panji Kajani	Moses Busha
McGregory Alufandika	Dan Mhango
Charles Simbi	Chimwemwe Mhango
Bahati Nyirenda	Mrs Murono
Victor Mkolongo	

Thandizo la Ndalama

Ntchito yomasulira bukhu la ‘Auntie Stella’ mchichewa yatheka ndi thandizo la ndalama zochokera ku mabungwe a Solon and Sida ku Sweden.

Kwa onse amene ayiwalidwa pa mndandanda wa anthu ndi mabungwe amene athokozedwa, landirani kuthokoza kwathu.

Ofuna Kudziwa Zambiri

Tili okonzeka kulandira ndemanga iliyonse imene mungakhale nayo yokhudza makhadi komanso bukhu lonse la *Auntie Stella*.

Tikufuna kudziwa

- Mmene mukuwagwiritsira ntchito thumba la Auntie Stella
- Maganizo a achinyamata pa bukhuli
- Njira zina zimene mwatsata pogwiritsa ntchito bukhuli
- Zimene mukukonda kapena simukukonda pa bukhuli
- Mmene tingalishire thumbali kuti likhale loyenera kwa inu.

Mukhonza kutipeza pa:

Auntie Stella

Youth Net and Counselling (YONECO)

PO Box 471 Zomba, Malawi

Kazembe Location

Near Likangala Secondary School

Tel: +265 1 525 674

Fax: +265 1 525 560

Email: director@yoneco.org.mw

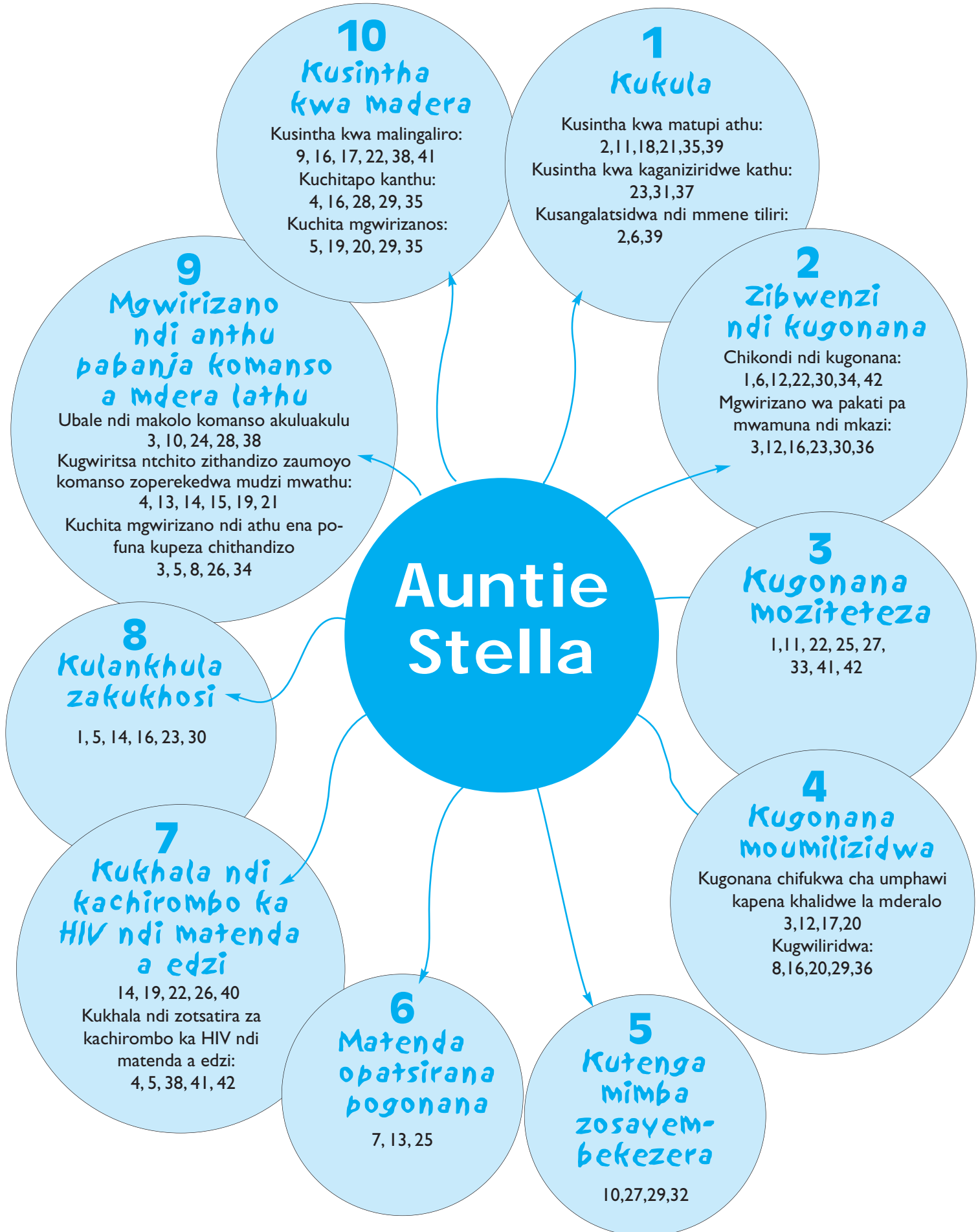
Website: www.yoneco.org.mw



MNDANDANDA WA MA KHADI A AUNTIE STELLA

- 1 Kodi ndingathe kugonana naye?
- 2 Kodi chokodzera changa ndi chaching'ono kwambiri?
- 3 Kodi ndigonane naye mwamuna wa mchemwali wanga?
- 4 Ndikusamalira munthu odwala matenda a Edzi
- 5 Ndine mutu wa banja lathu tsopano
- 6 Ndikufuna ndidzichita zogonana ngati mmene amachitira anzanga
- 7 Ndinatengapo matenda opatsirana pogonana – Kodi sindidzabereka?
- 8 Aphunzitsi anga akufuna kuti adzigonana nane
- 9 Mnzanga ndi wamakhalidwe ogonana amuna okhaokha
- 10 Chibwenzi changa chiri ndi mimba
- 11 Ndimakhala ndi chilakolako chofuna kugonana ndi atsikana pafupipafupi
- 12 Kodi sindiyenera kugonana naye ngakhale ndi mamuthandiza mu njira zosiyanasiyana?
- 13 Ndiri ndi tiziphuphu (totupa) pa chokodzera changa
- 14 Mwina ndiri ndi kachilombo ka HIV
- 15 Ndikuwopa khansa ya m'chiberekero
- 16 Ndinagwiridwapo
- 17 Kodi ndiyambe uhule kuti ndipeze ndalama?
- 18 Ndimatulutsa umuna ndikagona usiku
- 19 Kodi ma ARV ndi chiyani?
- 20 Akufuna kuti ndizigonana nawo.
- 21 Papita nthawi yaitali ndisanapange piriyadi
- 22 Kodi ndimuuze kuti ndiri ndi kachilombo ka HIV?
- 23 Kodi chamba chingandichotse manyazi?
- 24 Makolo anga ndi ovuta
- 25 Kodi ndimuuze kuti ndiri ndi matenda opatsirana pogonana?
- 26 Ndiri ndi kachilombo ka HIV. Kodi ndimwalira?
- 27 Kodi ndiri ndi mimba?
- 28 Bwenzi langa akukwatiwa
- 29 Aphunzitsi anapereka mimba kwa mnzanga
- 30 Mwamuna wanga ndi wachimasomaso
- 31 Ndimakhala ndi nkhwana popanda chifukwa
- 32 Sindikumfuna mwana ameneyu
- 33 Chipembedzo changa chimaletsa makondomu
- 34 Ndimafuna kukhala mchikondi ndi akazi okha okha – kodi alipo angandikonde
- 35 Ndimamva ululu kwambiri ndikakhala kuti ndiri kumwezi (ndikusamba)
- 36 Achidya makanda anga amandizunza
- 37 Chikondi chimandilepheretsa kuwerenga
- 38 Mai anga ali ndi kachilombo ka HIV ndipo samabisa
- 39 Ndingathane nazo bwanji ziphuphu zanga?
- 40 Ndine oyembekezera komnso ndiri ndi kachilombo ka HIV
- 41 Mchimwene wanga anachita mdulidwe
- 42 Ndiri ndi zibwenzi zambiri zogonana nazo

Mitu khumi ikuluikulu



Auntie Stella

Chichewa Question Cards

Okondedwa Auntie Stella

Ndine mtsikana wa zaka 17 ndipo ndiri ndi chibwenzi cha zaka 19. Vuto langa ndi lakuti amafuna kuti ndizimuonetsa chikondi mu njira imene ine sindimagwilizana nayo.

Tikakumana timapyomphyonana zinthu zomwe zimandisangalatsa kwambiri. Ngakhale timachita izi, sindimamulora kugonana nane. Iye amandiuza kuti ndikamamusiya m'malere choncho zidzamuchititsa kuti adzakhale osabereka.

Atsikana anzanga amandiuza kuti ndiyenera kuti ndizigonana naye ngati ndikufuna kuti akhalebe wanga. Ine ndikuopa kuti ndikapitirira kukana kugonana naye ayamba kugonana ndi atsikana ena. Kodi ndigonane naye? Iye akuti aliyense wa msinkhu wathu amachita zogonana.

Zione



ZOKAMBILANA

- Kodi inuyo ndi anzanu munayamba mwakumanapo ndi zimene Ziona ndi chibwenzi lake akukumana nazo zakuti wina akufuna mugonane pamene wina sakufuna? Inu mumachita chiyani?
- Uzani anthu awiri agulu lanu kuti wina akhale Ziona ndipo wina akhale bwenzi la Ziona ndipo apange kasewero. Ziona auze chibwenzi chake kuti amamukonda koma sakufuna kupanga zogonana. Bwenzi lake ayesetse kukambilana naye kuti alole kugonana nacho. Pamapeto pa kukambilanaku afunseni kuti anamva bwanji kukumana ndi zomwe Ziona ndi bwenzi lake akukumana nazo. Kodi kusagwirizana kwawoko anakuthetsa? Ngati sanagwirizane kanthu, auzeni kuti abwerezenso mpaka agwirizane chimodzi.
- Kodi chibwenzi cha Ziona chikunena kuti chidzakhala chosabereka ngati zione apitiriza kumamusiya m'malere. Kodi chibwenzi cha Ziona chikutanthauza chiyani chikamati m'malere? Kodi ndi zinthu zina ziti zimene anyamata amanena kuti ziwachitikira ngati:

- a) Atota chifukwa chogwiranagwirana ndi kupyomphyonana koma osagonana chifukwa wina sakufuna
- b) Sakuchita zogonana?

Kodi mwa zinthu zimenezi, ndiziti zimene ziri zoono? Kodi zimenezi amaneneranso atsikana?

- Kodi pali njira zina ziti zimene zibwenzi zingasangalatsane ndi kumvana kukoma kupatula kugonana? Kodi inu mungavomereze kuti izi zidzichitika?

Okondedwa Auntie Stella

Ndine mnyamata amene ndili pafupifupi kukwanitsa zaka khumi ndi zinayi (14) ndipo ndili ndi vuto lomwe limandizunguza. Vutoli ndi chokodzera kapena kuti maliseche anga omwe ali aang'ono kwambiri. Ndili odandaula chifukwa sakukula monga mmene maliseche a anthu ena ndawaona amakulira ndipo ndimaona kuti ndidzakhala ndivuto ndikadzayamba zogonana kutsogolo kuno. Choonde auntie, tandiuzani kodi chokodzera cha mnyamata wa zaka khumi ndi zinayi (14) chimayenera kukhala chachikulu bwanji pakuti izi zikundisowetsa mtendere.

Peter



ZOKAMBILANA

- Kodi ndi chifukwa chiyani anyamata amadandaula akakhala ndi chokodzera chaching'ono? Kodi kuchepa kapena kukula kwa chokodzera cha a mwamuna ndi kofunika kwambiri kwa mkazi?
- Ndi chifukwa chiyani anyamata amakhala ndi zokodzera zosiyanasiyana? Kodi zimatengera:

- zaka zawo?
- maonekedwe a msinkhu kapena thupi lawo monga kunenepa, kuonda?
- Mtundu wa munthu kapena chibadwa monga muja ena amakhalira ndi danzi ngakhale abambo awo alibe dazi
- ngati anagonanako kapena ayi?
- zinthu zina?

- Kodi pali msinkhu weniweni wa chokodzera cha mnyamata wa zaka khumi ndi zinayi monga peter?
- Kodi mukuganiza kuti msinkhu wa chokodzera cha mwamuna chingapangitse kuti mwamunayo asachimvetse kukoma mokwanira chibwenzi chake nthawi yogonana? Kodi china chingavute chaphindu ndi chiyani?
- Kodi ndi zinthu zina ziti zomwe anyamata ndi atsikana amadandaula zokhudzana ndi matupi awo? Gawanani magulu amuna okhaokha komanso akazi okhaokha. Jambulani papepala matupi anu. Sonyezani malo a thupi lanu omwe inuyo ndi anzanu mumada nawo nkhawa kapena kuti simusangalatsidwa nawo. Kodi tingamuuze chiyani munthu amene ali ndi nkhawa zoterezi kuti nkhawa zake zithe. Kambilanani maganizo anu ndipo yesetsani kusankha zomwe zili zoposa zinzake ndipo ndichifukwa chiyani?

Okondedwa Auntie Stella

Ndine mtsikana wa zaka khumi ndi zinayi (15) ndipo ndimakhala ndi mchemwali wanga ndi mwamuna wake. Alamu angawa ndi ochezeka kwambiri komanso amapatsidwa ulemu ndi anthu a kwathu. Nthawi zonse amaseleulana kapena kuti kuchita nane nthabwala ndi kumanena za chilamu. Posachedwapa anandiuza kuti akufuna kuti ndikagone kuchipinda kwawo, ndipo akuti ndiyenera kutero chifukwa ndi chikhalidwe (traditional) chatu.

Kodi ndipange chiyani? Kodi zimenezi ndizoyenera? Ndikuopa kuti akungofuna kuti agonane nane. Koma ndikanenanso kuti toto, andiuza kuti ndichoke pakhomo pawo.

Patricia

ZOKAMBILANA

- Kambilanani zomwe mukudziwa za chilamu? Kodi khalidwe lamdera lanulo lili ngati lomwe lili kwa Patricia? Kodi choyenera kuchitika ndi khalidwe limeneli ndi chiyani? Chimachitika kwenikweni ndi chiyani?
- ‘Lemekezani akuluakulu’-kodi mukuganiza kuti nthawi zonse ana azilemekeza akuluakulu ngakhale kuti akuuzidwa kuchita zinthu zoti zingaononge moyo wawo? Kodi achinyamata angapeze kuti thandizo atakumana ndi zoterezi?
- Kodi Patricia mungamulangize kuti chiyani? Angamuthandize ndi ndani?

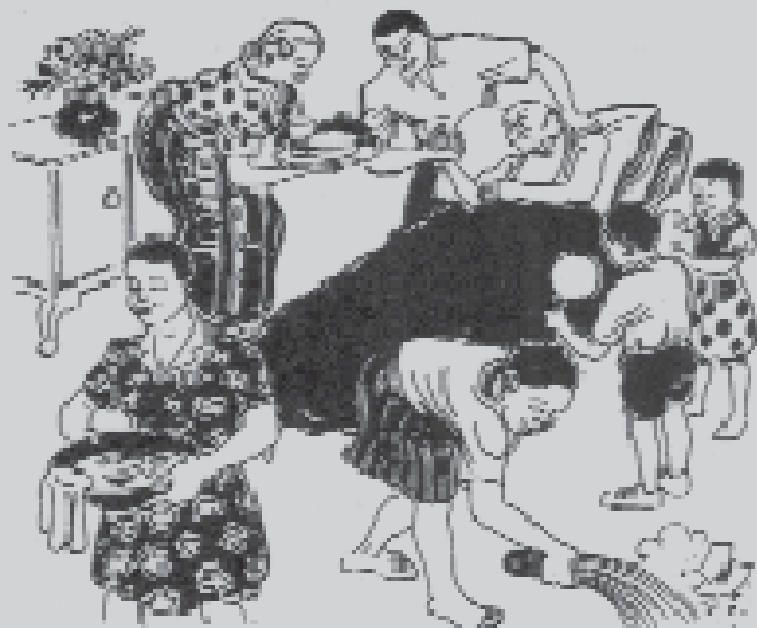


Okondedwa Auntie Stella

Ndine mtsikana wa dzaka 15 za kubadwa ndipo ndimaopa kwambiri matenda a Edzi. Dzaka dziwiri zapitazo akazi amalume anga anamwalira ndipo malumewo anabwera kumadzakhala kwathu. Panopa akudwala kwambiri. Mai anga anandiuza kuti malumewa akudwala matenda a Edzi. Chifukwa cha kudwalaku, malumewa anaonda kwambiri ndipo nthawi zonse amakhaira kugona.

Nkhawa yanga ndi yakuti ndikuopa kuti mwina ndikhoza nanenso kutenga matendawa kuchokera kwa malume angawa chifukwa timadyela nawo mbale imodzi, timagwiritsanso ntchito chimbudzi chimodzi ndiponso nthawi zambiri ndimathandiza mai anga kumawasamalira malumewo. Chonde ndithandizeni chifukwa ndikuopa kuti ndikamakhala pafupi ndi malumewa, ndikumapuma mpweya umodzi nanenso ndikhoza kutengerako matendawa. Kodi auntie ndichokepo pakhomopa?

Maria



ZOKAMBILANA

- Kodi mumadziwa njira zimene kachilombo ka HIV kamafalira? Lembani mndanda wa njira zimene inu ndi anzanu mungatengere kachilombo ka HIV. Mukamaliza onetsetsani kuti mwakhwacha njira zonse zimene mukuona kuti ndi zabodza. Muonetsetsenso kuti inu ndi anzanu mukudziwa kusiyana kwa HIV ndi Edzi.
- Kodi Maria akulondola kunena kuti akuopa kutenga kachilombo ka HIV kuchokera kwa a malume ake? Kodi iyeyu ali pa chiopsezo chachikulu bwanji?
- Kodi anzake a Maria ndi anthu ena onse amene amakhala nawo pafupi angathandizepo bwanji pa matenda a malume a Maria? Ena ndi ndani amene angathandizepo pa vuto limeneri?
- Ngati pali anthu amene akudwala matenda a Edzi m'dera lanu:
 - a) Amasamaliridwa ndi ndani?
 - b) Kodi amakumana ndi mavuto otani? Nanga ndi chifukwa chiyani amakumana ndi mavuto amenewa?
 - c) Nanga anthu amene amasamalira anthu odwala matenda a Edzi amenewa, amakumana ndi mavuto otani? Kodi ndi chifukwa chiyani amakumana ndi mavuto amenewa?
 - d) Kodi mavuto amenewa angathe bwanji?

Okonedwa Auntie Stella

Ine ndine mnyamata wa zaka 15 ndipo wamkulu m'banja lathu. Bambo athu anachoka kalekale ndipo mayi athu anamwalira ndi matenda a Edzi mmiyezi ingapo yapitayi. Pali ana amuna ndi akazi anayi omwe anabadwa ine nditabadwa kale ndipo onsewa ndikuyenera kumawayang'anira ndi ineyo.

Mai anga mmene amamwalira sanalembe chikalata chosonyeza mmene katundu wawo angagawidwire, iwo atamwalira, choncho amalume anga anatenga katundu yense. Anangotisiyira kanyumba, tizovala ndi timapoto basi.

Nthawi zina abusa a kuchalichi amatipatsa chakudya ndipo nthawi zina ndimathandiza azimayi ntchito zakumunda, koma izi sizimatikwanira. Nthawi zambiri sindigona chifukwa ndimakhala ndili ndi nkhwana kuti tikhala bwanji. Pali ana ena amene ali ndi vuto ngati langali koma sitimalankhulana.

Chonde ndithandizeni auntie, pakuti vutoli likundivuta masana ndi usiku omwe.

LoveMore

ZOKAMBILANA

- Mukudziwapo achinyamata ena omwe ali ndi mavuto monga amenewa? Akuchita chiyani podzithandiza okha komanso mabanja awo? Akuwathandiza ndi ndani?
- Chingachitike ndi chiyani kwa ana monga amenewa m'dera lanulo. Angathandizidwe ndi ndani?
- Kodi wilu ndi chiyani? Kodi anthu a m'dera lanu amalemba ma wilu? Chimachitika ndi chiyani ngati munthu amwalira asanalembe wilu.
- Kodi ana ndi achinyamata amafuna chiyani kuti azipeza zofunikira ndikukula mosangalala ndi mwathanzi ndikuyesetsa kupanga zabwino pamoyo wawo? Lembani mndandanda wake. Lembani maganizo anu kuyambira ndi choyambana kwambiri pa zonsezo.
- Kodi ndi malangizo otani mungampatse Lovemore.



Ndikufuna ndizichita zogonana ngati mmene amachitira anzanga!

6

Okondedwa Auntie Stella

Ndine mnyamata wa zaka 16 za kubadwa ndipo ndiri mu form 3 pa sekondale sukulu ina yake yogonera komweko. Vuto langa ndi la kuti: Ndimadziwa atsikana ambiri koma ndimafuna kupeza mtsikana wa makhalidwe abwino wakuti ndizidzakondana naye. Anzanga onse amanena kuti amagonana ndi zibwenzi zawo ndipo inenso ndikufuna kuti ndizichita zimenezi.

Munthune ndikukula ndipo ndikuopa kuti ndikadzakwatira mkazi wanga azizandiseka kuti sindimatha kugonana ndi mkazi

Pakadali pano ndikuganiza zokatenga mankhwala a chikondi (konda ine) kwa a sing'anga kuti atsikanawa adzindikonda kwambiri.

Titus



ZOKAMBILANA

- Kodi pali kusiyana kotani pakati pa chikondi ndi kugonana?
- Kodi mukukhulupirira kuti anzake a Titus anayamba kale kuchita zogonana ndi zibwenzi zawo? Ngati sizoon, mukuganiza kuti ndi chifukwa chiyani akumanamizira kuti amagonana ndi zibwenzi zawo?
- Kodi ndi zinthu ziti zimene mumanamizira kuti mumachita? Kodi zimenezi ndi zothandiza kwa inu kapena kwa anzanu?
- Ndichifukwa chiyani inu ndi anzanu mumafuna kukhala ngati amodzi ndi kumachita zinthu zofanana? Kodi ubwino wa zimenezi ndi otani? Nanga kuipa kwake ndi kotani?
- Kodi ilipo nthawi ina imene simumagwirizana ndi zochita za anzanu? Kodi inu mumawauza anzanuwo za maganizo anu kapena mumangokhala chete?
- Kodi Titus apitedi kwa a sing'anga? Kodi Titus mungamulangizenso zotani?

Ndinatengapo matenda opatsirana pogonana - Kodi sindizabereka?

7

Okondedwa Auntie Stella

Ndinathetsa chibwenzi miyezi ingapo yapitayo chifukwa ndinazindikira kuti chibwenzi changa chimagonananso ndi atsikana ena. Chokhumudwitsa ndi chakuti sabata latha iye anabwera kudzandiuza kuti ali ndi ma STI kapena ndinene kuti matenda opatsirana pogonana. Iye anandiuza kuti ndipite kuchipatala kuti akandiyeze poopa kuti mwina anandipatsira matendawa.

Ku chipatala atandiyeza, anandipezadi kuti ndiri ndi matenda opatsirana pogonana ndipo anamwino (Nurse) anandiuza kuti ndiyenera kumwa mwankwala onse amene anandipatsa chifukwa ngati sinditero ndikhoza kudzakhala munthu osabereka.

Izi, zikundiopsa kwambiri! Ndimalakalaka nditadzakhala ndi ana ambiri ndikadzalowa m'banja. Ndimakhulupirira kuti ndi bwino kungofa ngati munthu uli osabereka.

Kodi zimenezi ndi zoonza Auntie? Kodi mukuganiza kuti sindidzabereka? Chonde ndithandizeni maganizo.

Eda

ZOKAMBILANA

- Kodi ndi zoonu kuti wa chinyamata amene wakhala ndi matenda opatsirana pogonana nthawi yaitali akhoza kudzakhala osabereka? Kodi ndi zinthu zina ziti zimene zimachititsa kuti munthu akhale osabereka?
- Kodi chingakudandaulitseni kwambiri ndi chiyani mutakhala kuti mwapezeka kuti mudzakhala osabereka?
- Pamene banja likulephera kubereka mwana, kodi inu mumaganiza kuti ndi chifukwa chakuti:
 - Mwamuna ndi osabereka?
 - Mkazi ndi osabereka?
 - Kapena kuti onse mwamuna ndi mkazi ndi osabereka?
- Kodi mukuganiza kuti banja likhoza kukhala losangalala ngati liribe mwana? Fotokozani mayankho anu.
- Kodi mumadziwako njira ina iriyonse imene imathandiza kuchiritsa kusabereka?



Okondedwa Auntie Stella

Ndine mtsikana wa zaka 15 za kubadwa ndipo ndiri mu form 2 pa sekondale sukulu ina yake yogonera kumweko. Aphunzitsi athu a Science abwera chaka chomwe chino. Chaka chatha tinalibe aphunzitsi a Science .Atabwera aphunzitsiwa anadzipereka kuti akhoza kumatithandiza enafe pomatiphunzitsa zina ndi zina zomwe sitidaphunzire chaka chatha, tikaweluka.

Tsiku lina titamaliza kuphunzira anandiuza kuti nditsalire kuti ndiwathandize kunyamula mabuku. Anzanga onse atapita anayamba kumandigwira mabere ndi ku maliseche ndi kumandiuza kuti amandikonda. Ndinachita manyazi kwambiri ndipo ndinali ndi mantha akulu kuti ndiwauze kuti asiye zimene amandichitazo.

Panopa ndinasiya kumakaphunzira nawo phunziroli chifukwa ndimaopa kuti mwina akandichitanso zimenezi. Kodi pamenepa nditani? Ndikuopa kuti nditsalira kwambiri pa phunziro limeneli.

Cecelia



ZOKAMBILANA

- Kodi zimenezi zinachitikirapo wina aliyense amene mumamudziwa? Kwa atsikana okha kapenanso anyamata . Kodi chinachitika ndi chiyani kwa a phunzitsi?
- Kodi Cecelia
 - Asiye kudandaula chifukwa inu mukuganiza kuti palibe nkhani yodandaulitsa pamenepa?
 - Akhale chete ndi kusunga chinsinsi ndiponso asiye kupita kumakaphunzira nawo phunziro la Scienceli?
 - Ayenera kuulula zimenezi msanga pomuuzza mnzake, kapena makolo ake, kapena aphunzitsi ake ena alionse ngakhalenso mphunzitsi wa mkulu wa pa sukulupa?
 - Ayenera kuulula kwa aliyense kuphatikizapo a polisi kuti mphunzitsi ameneyu amumangitse komanso amuchotse ntchito?
 - Awakakamize a phunzitsi amenewa kuti amukwatire?
 - Achite china chake? Ngati chiyani?
- Kodi Cecelia angachite chiyani ngati aphunzitsi amenewa atafuna kuti abwerezenso zimene anamuchitazi?

Okondedwa Auntie Stella

Ndine mnyamata wa zaka 15. ndiri ndi mnzanga dzina lake misheck yemwe ndinadziwana naye kale kale. Timakhala mmudzi umodzi. Tili kalasi impodzi ndipo tonse timasewera mpira limodzi.

Sabata latha iye anandiuza kuti iye ndi mmodzi wa anthu amene amachita zoganana amuna okha okha ndipo amafuna kuti ineyo ndikhale mamuna wake. Izi zinandidabwitsa kwambiri! Misheck amaoneka munthu wabwinobwino ndipo ndi katswiri pa mpira. Zitheka bwanji kukhala munthu ochita zogonana amunan okha okha?

Sindikudziwa kuti ndichite chiyani? Ndikufuna kuti akhale mnzanga chabe basi. Osati mamuna wake ayi. Ndikuopanso kuti mwina tsiku lina akhoza kudzandikisa kapena kuchita chinthu china choipa. Komanso, ndikuopa kuti anthu akadziwa kuti iyeyu ndi otere, adzayambanso kundiganiziranso ine ngakhale ndiri ndi chibwenzi.

Sindikufuna kuti akhalebe mnzanga. Vuto ndi lakuti tili kalasi imodzi ndipo tonse timasewera mpira limodzi. Nditani pamenepa? Ndimuulule kwa anzanga kapena makolo ake? Chonde ndithandizeni.

Samuel

ZOKAMBILANA

- Kodi Misheck anachita bwino kumuza Samuel za mmene iye aliri? Chifukwa chiyani mukuganiza choncho? Kodi mukuganiza kuti misheki amamva bwanji asanamuuze Samuel? Nanga panopa akumva bwanji atamuuza Misheki?
- Kodi inu mukuganiza bwanji za zimene Samuel akudandaula? Kodi akumvemvera chiso mnzakeyo kapena wakwiya naye? Kodi mungamulangize zotani Samuel?
- Kodi anthu ali ndi maganizo otani a anthu amene amagonana amuna okha okha kapena akazi okha okha? Kodi anthu oterewa amapatsa maina otani? Kodi zimene amawaganizirazo ndi zabwino kapena zoipa? Kodi ndi ziti zimene mukuona kuti ndi zoonza?
- Chitani sewero pa mitu ili munsiyi:

- Samuel auze wina aliyense za Misheck (mukhale anai kapena kupitirirapo)
- Samuel auze Misheck kuti sangathenso kukhala mnzake (anthu awiri)
- Samuel auze Misheck kuti akhalabe mnzake koma osati mwamuna wake (anthu awiri)

Pomaliza onse amene amachita masewerewa anene zimene amamva pamene amchita sewero. Kenako kambiranani kuti njira yabwino inali iti?

Okondedwa Auntie Stella

Ndine mnyamata wa zaka 17 zakubadwa ndipo ndiri mu fomu 4. Ndine wamkulu ndithu mwakuti nditha kufunsira mtsikana ngakhale ndiri pa sukulu. Nthawi zonse bambo anga amandichenjeza kuti akadzangondiona kapena kungomva chabe kuti ndiri ndi chibwenzi adzakhala mapeto amaphunziro anga.

Nditafika pa msinkhu wokhwima ndinayamba kumakhala ndi chilakolako chofuna kumakhala ndi atsikana ndipo ndinayamba kusamvera zimene bambo anga amandilangiza. Ndinayamba kumafunsira atsikana kuti ndizichita nawo zibwenzi ndipo mmodzi wa atsikanawa ndinagonana naye. Vuto ndi lakuti mtsikana amene ndinagonana nayeyu wandiuza kuti ali ndi mimba kapena ndinene kuti ndi woyembekezera ndipo abwera kuti adzikhala ndi ine ngati mkazi wanga. Bambo anga sindinawauze za nkhaniyi chifukwa ndi kuopa kusiya maphunziro anga

Chonde Auntie ndithandizeni chifukwa nkhaniyi ikundisowetsa mtendere kwambiri.

Zalimba

ZOKAMBILANA

- Kodi mukuganiza kuti ndi chifukwa chiyani Zalimba sanamvere malangizo a bambo ake? Kodi achinyamata amamvera malangizo a makolo awo nthawi zambiri?
- Kodi ndi chiyani chimene Zalimba ndi chibwenzi chake angachite tsopano?
- Onani chithunzi chiri mmunsichi. Malingana ndi zimene mukuona pa chithunzi, kodi ndi zotheka kusangalala ndi moyo wako uku ukumvera malangizo amakolo? Kodi izi zingatheke bwanji?

Baibulo limandiuza kuti ndizilemekeza makolo anga komanso ndisangalale ndi unyamata wanga koma ndizikumbukila kuti ndizaweluzidwa ndi zintchito zanga

Anzanga akundiuzza kuti ndisangalale ndi unyamata wanga ndi kuchita chiri chonse chifukwa moyo umabwera kamodzi kokha.

Makolo anga akundilimbikitsa kuti ndilimbikire maphunziro ndi kuyiwala chiri chonse mpaka nditaphunzira.

Ndikungofuna kusangalala ndi moyo wanga komanso kukhala ndi udindo. Chifukwa chiyani izi ndizovuta?



Ndimakhala ndi chilakolako chofuna kugonana ndi mtsikana pafupipafupi

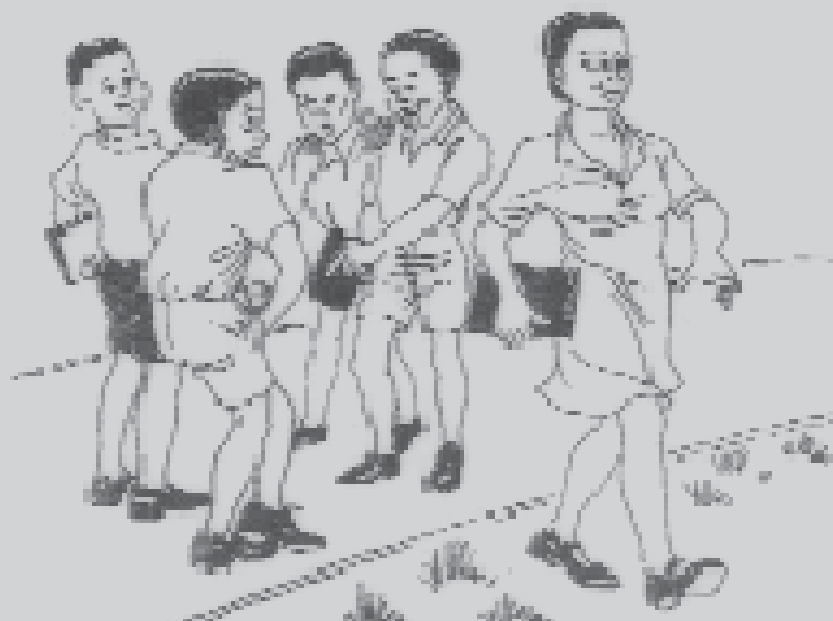
11

Okondedwa Auntie Stella

Ndine mnyamata wa zaka 15 zakubadwa ndipo ndiri mu fomu 2 .Vuto langa ndi lakuti ndikangoona mtsikana kapena ndikangoganiza za kugonana chokodzera changa chimatota kwambiri ndipo sichimaphwerapo moti ndimaopa kuti anthu andiona. Ena mwa anzanga amandiuza kuti ndi zibunyula kapena ndinene kuti ndizichita ka m’manja kuti ndithetse vutoli. Pamene azinzanga ena amandiuza kuti kubunyula kukhoza kundichititsa kuti ndidzakhale osaona kapena kudzakhala osabereka. Chinanso chimene chikundisautsa maganizo ndi chakuti akuluakulu azipembedzo amanena kuti kubunyula ndi tchimo ndipo aliyense wochita zimenezi akalangidwa kumwamba

Kodi kubunyula ndi kwabwino? Ndidzakhala osangalala mukandiuza kuipa kwake ndisanayesere kubunyulaku.

Yohane



ZOKAMBILANA

- Kodi mukuganiza kuti anyamata ambiri amatota akamaganiza za kugonana ndi mtsikana? Kodi mukuganiza kuti akhoza kuchita chiyani kuti asamatote popeza ndi chimodzi mwa zinthu zimene zimawachititsa manyazi?
- Kodi kubunyula ndi chiyani? Kodi mchimwene kapena m'longo wanu wa m'ng'ono atakufunsani kuti mumuuze kuti kubunyula ndi chiyani inu mungamufotokozere bwanji?

Mafunso: KUBUNYULA

Gwiritsani ntchito mayankho awa oyankha mafunso amene ali munsimu: Zoon; Zabodza kapena Ndikukaikira (Mayankho a mafunsowa mungawapeze pa khadi lomwe liri ndi mayankho okhaokha)

- 1 Kubunyula kumamuchititsa munthu kuti adzifuna kumachita zogonana nthawi zonse
- 2 Kubunyula ndi imodzi mwa njira imene imathandiza anyamata kuthetsa chilakolako chogonana ndi mtsikana komanso ndi njira yabwino yomwe imathandiza mnyamata kulidziwa bwino thupi lake.
- 3 Anyamata amene amabunyula amamaliza umuna m'matupi mwawo ndipo chifukwa cha ichi sangapereke mimba kwa mkazi.
- 4 Kubunyula kukhoza kukuchititsa munthu kukhala osabereka kapena kuchita misala
- 5 Atsikana sangathe kubunyula
- 6 Kubunyula kukhoza kuchititsa kuti tsitsi limere mmanja mwako
- 7 Kubunyula kukhoza kukuchititsa kuti usadzathe kugonana ndi mkazi wako ukadzalowa m'banja.

- Kodi Yohane mungamulangize zotani?

Kodi sindiyenera kumagonana naye ngakhale ndimamuthandiza mu njira zosiyanasiyana?

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Okondedwa Auntie Stella

Ndine mnyamata wa pa sukulu. Ndimalakalaka ndi tagonana ndi chibwenzi changa koma iye amandikaniza. Komatu ine ndimamuthandiza pa zosoweka zake. Nthawi zina ndimamugulira mphatso zosiyanasiyana koma ndikamuuza kuti tikagonane iye amakana. Anzanga amandiuza kuti atsikana ambiri sachita khalidwe losayamikali. Kodi ndi chifukwa chiyani chibwenzi changachi sichifuna kumagonana ndi ine ngati njira imodzi yondithokozera pa mphatso zosiyanasiyana zimene ndimamupatsa?

Themba



ZOKAMBILANA

- **Atsikana:** Kodi mumaona kuti ndi kofunika kugonana ndi chibwenzi chanu akakupatsani mphatso kapena ndalama:
- **Anyamata:** Kodi mumayembekezera kuti chibwenzi chanu chizigonana nanu mukamachigulira zinthu?
- Kodi mukuganiza kuti ndi chifukwa chiyani chibwenzi cha Themba chikukanira kugonana naye? Kodi mungamulangize zotani Themba? Nanga mungachilangize zotani chibwenzi cha Themba?
- Anthu ena amanena kuti zinthu zimene anyamata ndi atsikana amafuna akakhala pa chibwenzi ndi zosiyana. Kodi anyamata amayembekezera chiyani akakhala pa chibwenzi? Nanga atsikana amafuna chiyani akakhala pa chibwenzi?

Taonani chithunzi chimene chiri m'munsichi. Kodi mukuganiza zotani za malingaliro kapena chikhulupiriro cha Themba? Lembani malingaliriro anu kapena chikhulupiriro chanu chokhudza kugonana, moyo wanu komanso kuchita zibwenzi?

Bo magaye? Anzanga akuti ndizigonana ndimatchikiwa. Koma mukudziwa? sindingagonane ndi tchiki iliyonse panopa chifukwa nthawi ikadalipo. "Ndibwino kukhala wotetezedwa panopa kusiyana ndi kudzadandaula patsogolo.



Okondedwa Auntie Stella

Ndine mnyamata wa zaka 17 za kubadwa. Vuto langa ndi lakuti kutsogolo kwa chokodzera changa kukutuluka zotupa (tiziphuphu). Ndili fomu 2 ndipo aphunzitsi anatiuza kuti munthu akatuluka zotupa chonchi ndiye kuti ali ndi matenda opatsirana pogonana mosadziteteza ndiponso munthu akhoza kupenga misala ngati salandira chithandizo kuchipatala msanga. Kodi ndi zoonza? Ndikuopa kupita kuchipatala chifukwa aliyense amanena kuti madokotala amawakalipira achinyamata ngati ali ndi matenda opatsirana pogonana. Kodi nditani Auntie?

Kondwani



- Kodi mukuganiza kuti vuto la Kondwani ndi chiyani? Kodi alidi ndi matenda opatsirana pogonana? Kodi mungamulangize zotani?

Mafunso: MATENDA OPATSIRANA POGONANA

Kodi ziganizo zili mmusizi ndi zoonza kapena zabodza. (Mayankho akupezeka pakhadi la ZOCHITA)

- 1 Sungatenge matenda opatsirana pogonana ngati sunagonaneko ndi aliyense.
- 2 Matenda opatsirana pogonana akhoza kuchizika ngati ugonana ndi munthu yemwe sanagonane ndi aliyense.
- 3 Kugwiritsa ntchito kondomu moyenera nthawi zonse ndi njira yokhayo yopewera kutenga matenda opatsirana pogonana.
- 4 Matenda onse opatsirana pogonana amapweteketsa munthu ukamakodza.
- 5 Matenda ambiri atha kuchizika ngati talandira chithandizo kuchipatala mwansanga.

- Kodi ndi chifukwa chiyani anthu ena ogwira ntchito kuchipatala amakalipira achinyamata akapita kukapeza chithandizo cha matenda opatsirana pogonana? Kodi titani kuti zimenezi zithe?

Okondedwa Auntie Stella

Ndili ndi zaka 18 za kubadwa ndipo bwenzi langa ali ndi zaka 20. Takhala tikugonana kwa miyezi inayi tsopano. Poyamba tinali kugwiritsa ntchito makondomu koma chibwenzi changacho sichimasangalatsidwa nazo. Patapita miyezi iwiri, adandiuza kuti tidzikhulupilirana ndipo tisiye kugwiritsa ntchito makondomu. Zitatero ine ndidaganiza zoyamba kumwa mankhwala olerera chifukwa sindimafuna kutenga mimba.

Panopa ndadziwa kuti m'modzi wa zibwenzi zake zakale ali ndi matenda a Edzi ndipo ndikuopa kuti bwenzi langayu anatenga kachirombo ka HIV ndipo anandipatsira. Ndagwira njakata! Ndidamvako pawalesi zoti anthu amapita kukayezetsa magazi kuti adziwe ngati ali ndi kachirombo ka HIV koma ndidamva kuti amafunsa mafunso ovuta kwambiri, zotsatira zimatha kukhala zolakwika ndipo anthu ena atha kudziwa zotsatira zanga.

Sindingamuze bwenzi langayo ngakhale munthu aliyense za nkhani imeneyi. Sindikudziwanso ngati ndikufunadi kudziwa zotsatira zamagazi anga. Ndichite chiyani?

Auntie, chonde ndithandizeni, ndikumangokhala wodandaula.

Florence

ZOKAMBILANA

- Kodi zimachitika anthu pa chibwezi kuyamba kugwiritsa ntchito makondomu kenaka ndi kusiya? Amasiya chifukwa chiyani? Kuopsya kwake ndi kotani?
- Kodi Florence achite chiyani tsopano?

- Kodi amuuze bwenzi lake zoonza kuti amangodandaula ndipo ayambirensa kugwiritsa ntchito makondomu?
- Akayezetse mwachinsinsi osauza bwenzi lake kenako apange chisankho payekha?
- Amuuze bwenzi lake kuti onse akayezetse?
- Apitilize kugonana osadziteteza?

Fotokozani ubwino ndi kuyipa kwa chisankho chimene Florence angapange?

- Kodi mumadziwa zotani zokhudza kuyezetsa magazi kuti mudziwe ngati muli ndi kachilombo ka HIV? Chimachitika ndi chiyani kumalo oyezetsera magazi? Kodi zimatenga nthawi yayitali bwanji kuti mudziwe zotsatira za kuyezetsa magazi anu?

Ukayang'ana thupi langa lokongolali, kodi ukuganiza kuti HIV ingalowemo?



Ayi, Memo, chonde tiyeko tipite tikayezetse magazisiti-kudziwa za kachilombo ka HIV

Okondedwa Auntie Stella

Ndili ndi zaka 15 za kubadwa ndipo ndiri ndi nkhawa pazimene ndinamvapo. Azakhali anga anandiuzako za mzawo yemwe akudwala kwambiri yemwe akuti ali ndi khansa ya m'chiberekero ndipo ndinamva kuti nthendayi ikhoza kupha mzimayi.

Ndinali ndisanamvepo za matendawa ndipo ndili ndi nkhawa. Kodi anthu amatenga bwanji nthenda imeneyi? Kodi eti ndi zoonna kuti itha kupha munthu?

Lusibiro

ZOKAMBILANA

- Kodi munamvapo za khansa ya m'chiberekero?
- Kodi mukudziwa kuti imayamba bwanji?
- Kodi mukudziwa kuti ndi anthu ochuluka bwanji amene ali nayo kuno ku Malawi?
- Kodi atsikana ndi amai achite chiyani kuti ayipewe?
- Kodi itha kuchiritsika?



Okonedwa Auntie Stella

Ndikusowa mtendere ndipo sindikudziwa kuti ndiuze ndani! Ndine mwana, pamodzi ndi azing'ono anga, amalume anga amatikonda kwambiri ndiponso ankatipatsa mphatso. Koma chaka chathachi, pamene ndinakwanitsa zaka 12, anayamba kumanditsatira kudambo kumene timakatunga madzi ndipo amandigwira mabele ndi kumaliseche. Ndinali ndi mantha kwambiri koma ankandiuza kuti zimenezi tidziwe anthu awiri basi ndipo ndikaulura, tonse zitivuta.

Sabata yathayi anabwera kumaliro ndipo madzulo ake anthu anali kumwa mowa. Kutada usiku, ndikuchokera kukakodza, anandidikilira panjira. Anandigwira, kundikankhira pansi ndipo anandigona. Ndinamva kuwawa kwambiri koma ndikati ndilire amandimenya.

Atatha anandiuza kuti linali vuto langa chifukwa ndinatuluka kupita kukakodza nditangovala kamisolo yokha opanda zovala zina ndiye zinawapangitsa kuti akhale ndi chilakolako chogonana nane.

Auntie, chonde ndithandizeni. Zikundipweteka ndipo ndikungoona ngati zaumve zimene zandichitikirazo. Ndikumangokumbukirabe zimene andichita amalume. Ndikuopa kuuza makolo anga chifukwa ndikuganiza kuti andikalipira chifukwa chakuti amalumewo amatithandiza ndi chakudya ndi ndalama kwathu. Koma nanga akadzandigwiliranso? Ndikuopa, auntie! Ndichite chiyani?

Regina

ZOKAMBILANA

- Kodi kugwililira ndi chiyani? Kodi mchitidwe umenewu ndi ochuluka bwanji m'dera lanu? Kodi anthu amene amagwililira amakhala achilendo kapena owadziwa? Kodi amakhala am'banja mwathu momwemo?
- Kodi mu nkhani tawerengayi, amene analakwitsa ndi ndani? Ndi chifukwa chiyani a malume a Regina anachita zimenezi?
- Kodi tingamunene mtsikana kapena mzimayi kuti ndiolakwa pamene wagwiliridwa chifukwa chakuti anavala zovala zochititsa amuna kukhala ndi chilakolako chogonana ndi mkazi ? Chitani mtsutso pa nkhani imeneyi.
- Kodi Regina mungamulangize kuti chiyani?
- Kodi inu mutagwiliridwa mungachite chiyani? (anyamata ndi atsikana onse ayankhe). Mungakanene kupolisi? Kodi ubwino ndi kuipa koulula ngati wagwiliridwa ndi chiyani?

**Chetechete
sautsa nyama
koma suyo suyo**



Okondedwa Auntie Stella

Ndine mtsikana wa zaka 19 za kubadwa ndipo ndili Form 4 . Makolo anga adamwalira ndipo ndikukhala ndi agogo anga amene sangakwanitse kundilipilira ndalama zakusukulu. Amalume anga ankanditumizira ndalama koma chaka chathachi, nawonso adamwalira ndipo ndilibenso wina yemwe angandithandize. Ndikufunitsitsa nditamaliza sukulu yanga ndikupeza ntchito koma ndilibe munthu amene angandithandize. Ngakhale kuti ndilembe mayeso, pakufunika ndalama zambiri kotero kuti sindingakwanitse.

Kodi ndi bwino kuti ndiyambe kugonana ndi amuna kuti ndizipeza ndalama pakuti sindikuonanso njira yina yakuti ndidzilipilire sukulu kuti ndimalize maphunziro anga? Kwathu kuno kuli azibambo ambiri amene akhoza kundilipilira sukulu koma pokhapokha nditagonana nawo. Koma izi zikundiopsa chifukwa mzanga wina wake yemwe amagonana ndi azibambowa adandiuza kuti nthawi zina amakana kulipira ndalama yokwanira ndipo nthawi zinanso amamumenya. Chonde, auntie, ndithandizeni.

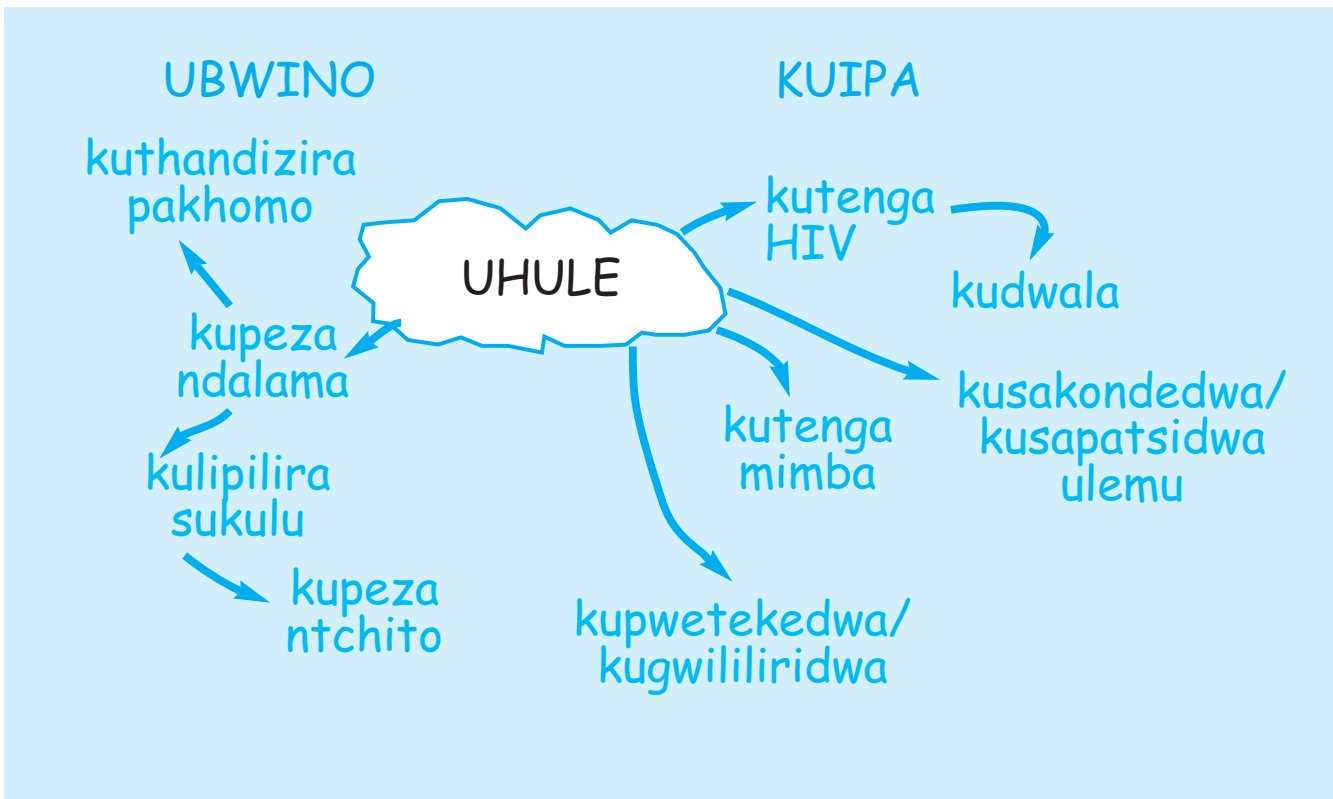
Janet

ZOKAMBILANA

- Khalani awiriawiri. Wina akhale Janet, ndipo wina akhale mzibambo yemwe akufuna kumulipira Janet kuti agonane naye. (Mwina Janet akufuna agwiritse ntchito kondomu, koma mzibamboyo akukana)

- a) Kambiranani.
- b) Kenaka auzeni anzanu zimene mwakambirana
- c) Muwauzenso mmene mumamvela nthawi imene mumapanga kaseweroka.
- d) Pomaliza, kambiranani kuti mwaphunzirapo chiyani pazokambiranazi.

- Jambulani chithunzi ngati chiri mmunsichi kuti muonetse ubwino ndi kuipa kogonana kuti mupeze ndalama makamaka kwa munthu yemwe ali ndi mavuto ngati a Janet. Kodi ndikoyenera kupeza ndalama munjira imeneyi?



- Kodi Janet atakhala kuti akuchokera kudera lanu, achite chiyani kuti apeze ndalama zolipilira sukulu ndi mayeso ake?

Okonedwa Auntie Stella

Ndili ndi zaka 15 za kubadwa ndipo ndili ndivuto limene ndikukhulupilira kuti inu mukhoza kundithandiza mosavuta. Sindinagonanepo ndi mtsikana aliyense koma ndimalotalota ndi kugonana ndi atsikana ndikagona usiku. Ndikadzuka m'mawa ndimapeza pogona panga panyowa nditimadzi tomata toyera timene timatuluka kuchokera ku chokodzera changa ndiri mtulo. Izitu zimachitika ngakhala sindikuganizako zogonana.

Ndikuopa kuti ndikadzakwatira, izi zitha kudzaononga ubwenzi wathu ndi mkazi wanga chifukwa zimachitika katatu kapena kanayi pasabata iliyonse. Sindikupeza mtendere mumtima chifukwa chavutoli ndipo sindikudziwa kuti ndingathane nalo bwanji.

Kodi ndiye kuti mwina ndili ndivuto ndi thupi langa kapena olakwa ndine kuti ndimangolotalota maloto ngati amenewa?

Edison

ZOKAMBILANA

- Kodi mukudziwa ngati izi zimawachitikira anyamata kawirikawiri?
- Kodi mukuganiza kuti zimayambitsa maloto amenewa ndi chiyani?
- Kodi mukuganiza kuti maloto amenewa akutanthauza kuti....
 - Edison ali bwinobwino?
 - Edison apite kuchipatala?
 - Edison agonane ndi mtsikana kuopa kuti angadwale?
- Kodi Edison adzidzakhalabe ndi maloto amenewa akadzakwatira kapena akadzayamba kuchita zogonana?



Okondedwa Auntie Stella

Ndili ndi zaka 19 za kubadwa ndipo ndili ndi mwana wamkazi m'modzi yemwe ali ndi zaka zitatu. Bwenzi langa anali wamkulu kuposa ine ndipo chibwenzi chinatha. Panopa akudwala Edzi.N dimakhala kumudzi ndi agogo anga akazi. Timalima chimanga ndipo timakolola bwino kukakhala mvula yokwanira. Ndimagulitsanso matemba koma ndalama zimene ndimapeza ndizosakwanira.

Miyezi yapitayo, azakhali anga adapita nane ku chipatala kukandiyezetsa ngati ndili ndi kachilombo ka HIV ndipo ndi pamene ndinadziwa kuti ndili ndi kachilomboka

Mzimayi wina kumpingo kwathu adandiuza kuti kuli makhwala ena otchedwa ma ARV ndipo atha kundithandiza kupezako bwino koma vuto ndi lakuti, amadula kwambiri.

Komabe ine ndikufunitsitsa mankhwala amenewa.Vuto langa ndi lakuti sindikudziwa kumene ndingakawapeze mankhwalawa. Kuonjera apo, ndiribe munthu wina aliyense amene angadzandilerere mwana wanga ine nditamwalira chifukwa agogo anga akalamba komanso amadwaladwala. Ndikufunitsitsa mwana wanga atapita ndikumaliza sukulu kuti asadzavutike m'moyo wake.

Ngati alipo malo amene ndingapeze mankhwalawa, chonde auntie, ndiuzeni.

Thandi

ZOKAMBILANA

- Kambiranani zimene mukudziwa zokhudza ma ARV. Kodi pali uthenga okwanira okhudzana ndi ma ARV?
- Ngati palibe uthenga okwanira, ndi chifukwa chiyani? Inu mungatani kuti mudziwe zambiri.
- Kambiranani za malo kumene mungapezeco chithandizo cha mankhwala a ma ARVs
- Ngati ma ARV ndi osowa, Thandi achite chiyani kuti akhalebe ndi moyo wathanzi?



Ma ARV amatipatsa chiyembekezo!

Okondedwa Auntie Stella

Ndine mnyamata wa zaka 15 ndipo ndinapeza malo ogona pafupi ndi sukulu yimene ndimaphunzira. Makolo anga amagwira ntchito ku esiteti ya mzunguwina ndipo ndikutali ndi kusukulu kumene ndili. Nthawi zina makolo anga amachedwa kunditumizira ndalama zakuti ndilipire renti ndipo akazi awo a eni ake nyumba yimene ndikugona amabwera mnyumba mwangamo ndikumandiuza kuti ndigonane nawo ndipo ndikatero sindiripira renti mwezi umenewo. Ndimaopa kuti ndikawakanira akhoza kunditulutsa mnyumbamo ndipo kulibe kwina kwakuti ndikhoza kupita. Pakadali pano, ndimanamizira tizifukwa tosiyanasiyana kuti atuluke mnyumba mwangamo asanafike pachimake pakuti agonane nane. Ndikusowa munthu wakuti ndimuuze za nkhaniyi ndipo sindikudziwa chakuti ndichite. A eni nyumba, amene ndi amuna awo, akhoza kundinena atawapeza akazi awo ali mnyumba mwanga.

Patrick

ZOKAMBILANA

- Kodi mukuganiza kuti anyamata akhoza kugwiliridwa? Ndi ndani yemwe angawagwililire, amuna kapena akazi?
- Kodi anthu amati chiyani za anyamata amene agwiliridwa? Kodi zimakhala zosiyana ndi zimene amanena akagwiriridwa mtsikana?
- Kodi pali kusiyana pakati pa kugwilira ndi kugonana ndi mwana ?
- Kodi Patrick auzeni ndani za nkhani imeneyi? Nanga apangenso chiyani?
- Kodi makolo a Patrick angathandize bwanji?



Okondedwa Auntie Stella

Ndine mtsikana wa zaka 15 za kubadwa ndipo ndinayamba kusamba (kupanga piriyadi) ndili ndi zaka 13. Vuto ndi lakuti, miyezi inayi yapitayi, sindinapange msambo. Sindinagonaneko ndi mwamuna ndipo ndilibe chibwenzi. Anzanga ena akuti ndine wosabereka, eti ndi zoonza? Kodi ndili ndi vuto lililonse pamenepa? Chonde, azakhali, ndili ndi nkhwana kuti mwina sindidzabereka.

Irene



ZOKAMBILANA

- Kodi atsikana ambiri amene mukuwadziwa inu amasamba kapena kupanga piriyadi kangati pamwezi?

ATSIKANA: Auzeni anzanu zokhudza msambo wanu!

ANYAMATA: Auzeni anzanu zimene mukudziwa zokhudza msambo!

Pelekani zifukwa zimene atsikana ena amapezeka kuti akupitilira miyezi ingapo osasamba ngati Irene?

- Kodi ndi zoonana kuti ngati mtsikana sanasambe ndiye kuti ndi osabereka?
- Kodi m'dera lanu muli zikhulupiliro zANJI zokhudzana ndi achinyamata pa nkhani zogonana, mimba ndi nkhani zina zokhudzana ndi zimenezi? Mwachitsanzo, anthu ena amakhulupilira kuti ngati mtsikana akusamba kawiri pamwezi ndiye kuti adzabereka mapasa. Enanso amakhulupilira kuti mnyamata akakhala ndi tsitsi pankhope yake ndiye kuti anachitapo zogonana. Enanso amakhulupirira kuti kugonana ndi mkazi pamene akusamba kapena akuchita piriyadi akhoza kukupha kapena ukhoza kudwala kwambiri.
- Lembani zikhulupiliro zonse zimene mukuzidziwa ndipo munene kuti ndi ziti zimene mukugwirizana nazo ndipo ndi ziti zimene mukutsutsana nazo.

Okonedwa Auntie Stella

Ndine mtsikana wa zaka 19 za kubadwa ndipo chaka chatha ndinapezeka kuti ndili ndi kachirombo ka HIV. Nditamva sindinakhulupilire ndipo ndinali wamantha koma nditamuuza mkulu wanga anandithandiza kuwafotokozera amai anga. Sitiulula kwa anthu ena za nkhanayi. Sindinayambe kudwala ndipo ndimagwirabe ntchito yanga yosoka bwinobwino.

Ndinayamba kuyimba kwaya ya kumpingo kwathu ndipo kumeneko ndinakumana ndi mnyamata wina dzina lake Gobede yemwe anandifunsira kuti tikhale pa chibwenzi. Koma vuto ndi lakuti, sindikufuna kumuuzza kuti ndili ndi kachirombo ka HIV poopa kuti andisiya sitikhalanso pa chibwenzi ndipo mwina akhoza kuuza anthu ena. Izi mwina zikhoza kuchititsa anthu ena kusiya kumadzasoketsa zovala zawo kwa ine.

Kodi nditha kukhala ndi chibwenzi? Kumalo kumene timakumana anthu amene tili ndi HIV amatilangiza kuti palibe chovuta kugonana koma tiyenera kugwiritsa ntchito makondomu. Kodi ndidikire kudzapeza mnyamata yemwe nayenso ali ndi kachilombo ka HIV poganizira kuti mwina iye angadzamvetse vuto langa?

Vuto langa ndi limeneli: ndimuvomere Gobede? Nanga ndikamuvomera, ndimuuze kuti ndili ndi HIV tisanakhale pa chibwenzi? Chonde azakhali, ndithandizeni.

Emily

ZOKAMBILANA

- Mungagule kapena kusoketsa malaya anu kwa munthu yemwe ali ndi kachilombo ka HIV? Chifukwa chiyani? Kodi mumadziwa bwino mmene kachilombo ka HIV kamafalikira?
- M'maganizo mwanu, ndi achinyamata angati amene amagonana osadziwa ngati wina ali ndi HIV kapena ayi? Kodi kugonana ndi munthu yemwe simukudziwa ngati ali ndi kachilombo ka HIV ndi koopsya bwanji kapena ndi kosaopsya bwanji?
- Kodi palibe chovuta Emily kugonana ndi Gobede ngati Gobede alibe HIV? Pali kuopsya kwina kulikonse? Angapewe bwanji kuopsya kumeneku?
- Kodi ndi zotheka kuti mwina Gobede nayenso ali ndi HIV? Ngati ndi choncho, apange chiyani awiriwa?
- Nanga Emily aulure liti kwa Gobede kuti ali ndi HIV?

- Asaulure
- Asanayambe kugonana
- Pokhapokha Gobede atafunsa
- Akadziwana kwambiri
- Pokhapokha atafuna kukhala ndi ana

Pelekani zifukwa pamayankho anu onse.

Kodi payankho lililonse laperekedwa m'mwambalo, chimene chingachitike ndi chiyani? Ganizirani chabwino ndi choipa chimene chingachitike.

Okonedwa Auntie Stella

Ndili ndi zaka 16 za kubadwa ndipo ndili Form 3. Ndili ndi vuto lalikulu chifukwa ndimachita manyazi ndi atsikana. Nthawi zina ndimachita manyazi ngakhale kuwayang'ana. Anzanga amandiuza kuti nditasuta chamba, manyazi akhoza kuchoka ndipo nditha kumawalankhulitsa atsikana. Anzanga onse ali ndi zibwenzi ndipo ndimazona otsalira pakati pa anzanga. Ndimafuna nanenso nditakhala ndi chibwenzi koma sindimafuna kusuta chamba. Kodi ndingatani?

Jack



ZOKAMBILANA

- Kodi manyazi ndi vuto lalikulu pakati pa achinyamata achichepere? Kodi vutoli ndilalikulu pakati pa anyamata kapena atsikana?
- Kodi anthu ambiri amene mukuwadziwa inu, amafuna atakhala ndi chibwenzi chifukwa chakuti anzawo ali ndi chibwenzi? Kodi ichi ndi chifukwa choyenera chokhalira ndi chibwenzi?
- Kodi chamba chingamuthandize Jack? Pelekani chifukwa pa yankho lanu? Nanga kumwa mowa kapena kumwa mankhwala ozunguza bongo, kukhoza kumuthandiza Jack?
- Kodi Jack mungamulangize chiyani
 - a) Kumbali yochotsa manyazi?
 - b) Kumbali yopanga ubwenzi ndi atsikana?
 - c) Kumbali yosuta chamba?
 - d) Kumbali yokhala ndi chibwenzi pa msinkhu wake?

Okondedwa Auntie Stella

Ndine mnyamata wa zaka 18 za kubadwa ndipo vuto langa ndilakuti makolo anga akundiiza chilichonse chimene ndiyenera kuchita. Amandisankhira anzanga ocheza nawo ndipo amandiopsyeza zogonana ndikadali wamng'ono. Amachita kundiiza kuti ichi nditha kuchita ndipo ichi ayi sindiyenera kuchita. Zimenezi zimandilepheretsa ine kuwafunsa mafunso kapena kuwafotokozera mavuto amene ndili nawo. Amalume anga amakhala kutali kotero kuti ndilibenso munthu wina wamkulu yemwe ndingapite kuti andilangize kapena ndimufunse mafunso. Kodi nditani?

Davie



Kuwona maso
ankhono ndi
kudekha (sunga
khosi mkanda
woyera udzavala)

ZOKAMBILANA

- Kodi achinyamata ambiri amakangana ndi makolo awo kapena amagwirizana nawo?
- Nanga inu, makolo anu mumagwirizana nawo kapena mumakangana nawo?
 - Kodi ndi kwapafupi kukambirana ndi makolo anu?
 - Kodi pali mavuto otani pakati pamakolo anu ndi inu?
 - Kodi amene mumagwirizana nawo ndi ndani pakati pa amayi anu ndi atate anu?
- Kodi makolo anu amakuthandizani moyenera? Kodi mukuganiza kuti ndi chifukwa chiyani makolo anu amakuthandizani mmene mwafotokozera? Kodi anyamata amawathandiza mosiyana ndi atsikana? Ngati ndi choncho, inu mukuganiza kuti ndi chifukwa chiyani?
- Kodi mungapereke malangizo otani kwa achinyamata anzanu kuti azimvana ndi makolo awo?
- Kodi kupatula makolo anu, pali akuluakulu ena amene mukhoza kumasuka nawo? Ndi ndani? Ndi chifukwa chiyani mumamasuka nawo?

Okondedwa Auntie Stella

Ndine mnyamata wazaka 17 ndipo ndili pa sukulu. Ndili ndi chibwenzi ndipo tinayamba kugonana miyezi ingapo yapitayo. Nthawi ya tchuthi chapitacho ndinapita kukacheza kwa amalume anga ku Blantyre ndipo kumeneko ndinakumana ndi mtsikana wina panja pamalo omwera mowa. Titakambirana tinagwirizana zogonana ndipo tinagonana kamodzi kokha. Nditabwelera kumudzi ndinazindikira kuti ndili ndi matenda opatsirana pogonana.

Kusukulu aphunzitsi anatiuza kuti tidziuza bwenzi lathu ngati tili ndi matendawa. Zimenezi ndinayamba ndawerengakonso m'malo ambiri. Koma ndi chifukwa chiyani ndiyenera kumuza bwenzi langayo? Ndikuopa kuti akhoza kundikwiwira. Kodi sangadziwe pamene tikugonana kuti ndili ndi matendawa ngati sindimuza? Sindikufuna bwenzi langa andisiye. Kodi nditani?

Alex

ZOKAMBILANA

- Kodi Alex amuuze bwenzi lake za matenda amene ali nawo? Kodi chingachitike ndi chiyani atapanda kumuuza? Nanga atamuuza?
- Alex akanakhala chibwenzi chako, iwe ukanafuna kuti apange chiyani?
- Kodi mungamve bwanji bwenzi lanu atagonana ndi mtsikana kapena mnyamata wina? Mungapange chiyani?
- Kodi matenda opatsirana pogonana ndi ochuluka pakati pa achinyamata amene mukuwadziwa inu? Kodi chimayambitsa matendawa ndi chiyani? Kodi matendawa atha kupewedwa? Mungatani kuti muwapewe?
- Kodi mungadziwe kuti munthu ali ndi matenda opatsirana pogonana? Ndi zizindikiro ziti zimene mukuzidziwa inu zimene zimaoneka pakati pa akazi? Nanga pakati pa amuna?



Okonedwa Auntie Stella

Ndili ndi zaka 18 za kubadwa ndipo ndimagulitsa ndiwo zamasamba kumsika wapafupi ndi kwathu. Masiku apitawa ndinapita kukayezetsa ngati ndili ndi kachirombo ka HIV ndipo ndinapezeka kuti ndili nako. Ndimakhala ndi azakhali anga chifukwa amayi anga anamwalira ndipo abambo anga anachoka ndili wamng'ono kwambiri. Ndili ndi manyazi kuti ndiwauze azakhali anga, anzanga komanso aliyense kumsikako chifukwa amakonda kuwanyoza anthu amene ali ndi Edzi. Ndikuopanso kuti azakhali anga akwiya kwambiri.

Sindikukumbukira zimene anandilangiza mlangizi pa zamatenda a Edzi nditapita kukayezetsa magazi. Ndingatani kodi? Pali zakudya zapadera zimene ndiyenera kudya? Kodi kuli magulu a anthu amene ali ndi HIV okhaokha? Ndikuphunzira luso la ulimi wa njuchi. Kodi ndipitirize kapena ndingosiya ndizingodikira kuti ndife?

Sindikudwala ayi koma ndimangodandaula kotero kuti ndimalephera kudya kapena kugona bwinobwino. Ndikungoona ngati ndafika pamathero a moyo wanga. Ndikadakonda nditakhala ndi moyo monga amakhalira wina aliyense, kupeza wa chikondi, kukhala ndi ana, ndi zina zotero koma zonsezi sizingatheke tsopano. Pena ndimaganza kuti ndi bwino kungodzipha kusiyana ndikudikira kuti ndidzafe ndi Edzi. Auntie, chonde thandizeni, palibenso wina amene ndingamuuze.

Charity

ZOKAMBILANA

- Kodi kusiyana kwa HIV ndi Edzi ndi chiyani?
- Kodi m'dera limene mumachokera, kuli anthu ambiri amene ali ndi HIV kapena Edzi? Kodi amakamba mosabisa kuti ali ndi Edzi? Chifukwa chiyani amakamba? Chifukwa chiyani samakamba?
- Mutapezeka lero kuti muli ndi HIV, chimene mungaope kwambiri ndi chiyani?
- Kodi Charity azingodikira kufa kapena pali njira zina zimene angachite kuti akhale ndi moyo wabwino? Mungamuyankhe motani funso lake lokhala ndi moyo monga amakhalira wina aliyense koma ali ndi HIV?
- Lembani mndandanda wa zinthu zimene anthu amanena za anthu amene ali ndi HIV kapena Edzi. Zigaweni muzigawo ziwiri: zolimbikitsa ndi zokhumudwitsa. Kodi ndi ziti zimene zili zambiri? Mukuganiza kuti ndi chifukwa chiyani zili chonchi?



Okondedwa Auntie Stella

Ndine mtsikana wa zaka 16 za kubadwa ndipo ndakhala ndiri pa chibwenzi ndi mnyamata kwa miyezi inayi tsopano. Nthawi zonse amalimbikira zakuti tigonane koma ine ndimakana. Koma tsiku lina, tinagonana ndipo sindinamve kukoma ngakhale pang'ono. Izi zachitika miyezi iwiri yapitayo. Chichitikireni izi sindinapange msambo. Komatu tinagonana kamodzi kokha ndipo sitinagwiritse ntchito kondomu. Anzanga akuti sindingatenge mimba pogonana kamodzi kokha, eti ndi zoonna?

Ndinamvakonso anzanga akunena za mankhwala amene munthu umamwa mmawa mwatsiku limene wagonana kuti munthu usatenge mimba ngati wagonana mwangozi kapena wakakamizidwa. Kodi nditha kumwa mankhwalawo panopa kapena ndachedwa? Sindikufuna kuchotsa mimba ayi. Ndi zoopsya!

Chonde ndithandizeni ndikusowa chochita.

Doreen



- Kodi mumadziwa mmene mungapewere kutenga mimba? Yankhani mafunso ali mmusiwa.

Mafunso: OKHUDZA KUTENGA MIMBA

Tchulani ziganizo zimene zili zoonā ndipo zina zimene sizoonā:
(Mayankho ali komalizira kwa khadi lino)

- 1 Mtsikana sangatenge mimba pamene akugonana koyamba
- 2 Sungatenge mimba pamene mukugonana choimilira
- 3 Sungatenge mimba ngati mwamuna atulutsa chokodzera asanathire umuna
- 4 Sungatenge mimba ngati utsuka maliseche kapena kukodza utangotha kugonana
- 5 Mtsikana sangatenge mimba ngati sanayambe kusamba
- 6 Sungatenge mimba ngati mnyamata ali ndi zaka zochepera 15

- Kodi munamvako za mankhwala amene munthu akhoza kumwa m'mawa mwa tsiku limene mwagonana? Pachingerezi amatchedwa morning after pill.. Kodi ntchito ya mankhwala amenewa ndi chiyani? Kodi mukhoza kuwapeza kuti?
- Lembani zinthu zimene anyamata amanena powanyengelera atsikana kuti agonane nawo. Lembani mayankho ake. Kodi amene angakane motsimikizadi kuti sakufuna zogonana ndi ndani? Chimene chingakuthandizeni kukana ndi chiyani?

Ziganizo zonse zimene zapelkēdwa pamwambapo ndi zabdza. Tetezani bwenzi lanu kusatenga mimba.

Okondedwa Auntie Stella

Ndine m'nyamata wa chisodzera, ndipo ndili pa ubwenzi ndi mtsikana wotchedwa Suzeni. Tonse timalimbikira maphunziro, ndipo tinagwirizana zozakwatirana tikadzamaliza maphunziro athu a fomu 4. Vuto lathu ndi lakuti makolo a bwenzi langalo akuyendetsanso zakuti iye akwatiwe ndi munthu wina. Iye adawauza kuti akufuna kukwatiwa ndi ine, koma iwo adamuza kuti akuyenera kutsata zomwe makolo akewo adanena.

Kodi pamenepa titani? Iye akapitiliza kusamvera za makolo akezo adzamuza kuti si mwana wawonso. Mwamuna yemwe akuti akwatiwe nayeyo ngwachikulire komanso wachuma zedi. Ndikudziwa kuti makolowo akufuna kuti Suzeni akwatiwe ndi mwamunayo chifukwa cha chuma chimene ali nachochi. Pakali pano ayamba kale kukambirana zakuti apereka ndalama zingati za malowolo.

Kodi azakhali, makolo ndi oloedwa kukakamiza mwana wawo wa mkazi kukwatiwa ndi mwamuna yemwe iye sakumufuna? Tithandizeni azakhali.

Joshua

ZOKAMBILANA

- Kodi pachikhalidwe chanu , pamakhalanso mabanja ochita kukonzedwa? Kodi zimakhala ngati zimene akumuchitira Suzenizi kapena zimakhala zosiyana?
- Anthu ena amaganiza kuti kulowola kumakulitsa ubale pakati pa mbali ziwiri,(kuchimuna ndi kuchikazi), ena amati kumaphwanya ufulu wa munthu wa mayi, pamene ena amati masiku ano kulowola kwangolowa bizinezi. Nanga inu mukuti chiyani?
- Fotokozani ubwino ndi kuyipa kwa:
 - a) Mabanja ochita kukonzedwa.
 - b) Mabanja omwe eni ake achita kusankhana okha.
- Kodi Joshua ndi Suzeni angachitepo kanthu kuti Suzeni asakhale pa banja lomwe sakulifuna? Kambilanani njira zomwe angatsate, ndipo pambuyo pake kambilanani njira yomwe ndi yabwino koposa.
- Inuyo mungamve bwanji makolo anu atakukonzerani ukwati omwe simumafuna?(Apa anyamata ayankhe, atsikananso ayankhe)



Okonedwa Auntie Stella

Ndine mtsikana wa zaka 17, ndipo ndikulemba mayeso a fomu 4 chaka chino. Mnzanga weniweni dzina lake Loveness wazaka 16, tinali kalasi imodzi, mpaka mwezi wathawu. Mchigawo chotsiliza cha sukulu, mphunzitsi wathu wa masamu anamuuza kuti azimuphunzitsa mwa padera, popeza sankakhoza bwino masamu. Koma atamuphunzitsa kwa masiku ochepa, mphunzitsiyo anamufunsira chibwenzi. Iye analephera kukana chifukwa anali mphunzitsi wake kotero kuti sanafune kumuonetsa ngati woyipa. Atatenga mimba, Loveness anathamangitsidwa sukulu, pamene aphunzitsiwo sanapatsidwe chilango chilichonse.

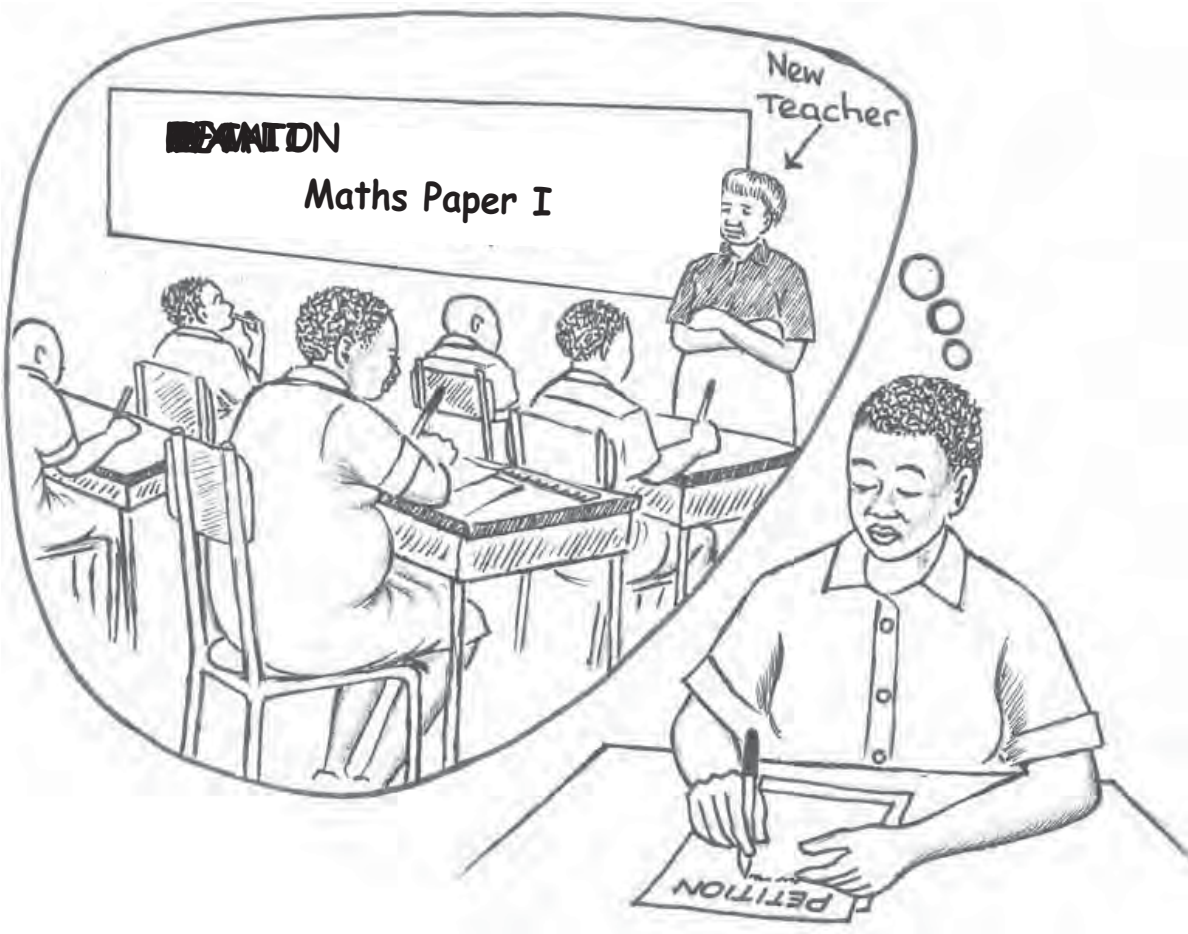
Ine ndi anzanga tikuona kuti nkhanayi siyinayende mwa chilungamo. Ndichifukwa chiyani mphunzitsiyu sanalandire chilango chifukwa chopereka mimba kwa mwana? Panopa tikukambirana ndi anzanga, chifukwa tikuona kuti mphunzitsiyu ndiye olakwa kwambiri. Tikufuna kuti mphunzitsiyu alangidwe, ndipo Loveness aloledwe kubwera kudzalemba mayeso ake. Panopo tikuganiza kuti tikapeleke nkhanayi kwa sukulu komiti.

Anthu ena akuganiza kuti ife sitikuyenera kuchitapo kanthu pankhanayi, popeza akulu akulu oyendetsa sukulu ino pamodzi ndi makolo ndiamene awone zoti achitenaye mphunzitsiyu. Koma nanga ngati sachitapo kanthu? Ife tikuganiza kuti tikuchita zinthu zolondola, koma anthu ena akuti zimenezi zisatikhudze. Nanga inu azakhali mukuti bwanji?

Cynthia

ZOKAMBILANA

- Kodi mukuganiza kuti maganizo a Cynthia ndi anzake ndi olondola? Chifukwa chiyani?
- Mukuganiza bwanji za maganizo awo ofuna kuchita msonkhano? Kodi mukuganiza kuti njira imeneyi ithandiza pa vutoli? Fotokozerani maganizo anu
- Kodi chikalata cha dandaulo ndi chiyani? Kodi kulemba chikalata cha dandaulo kungamuthandize bwanji Loveness?
- Kodi kwanuko chimachitika ndi chiyani, mtsikana wa pasukulu akapatsidwa mimba? Kodi angathe kupitiliza maphunziro ake? Nanga mwamuna wopeleka mimbayo, zimamukhudza bwanji?



Okonedwa Auntie Stella

Ndinakwatiwa zaka ziwiri zapitazo ndiri ndi zaka 19 za kubadwa. Nthawi imeneyo tinali pachikondi kwambiri ndipo panopa tiri ndi mwana wokongola ndithu. Ndisanakwatiwe ndinali ndisanagonanepo ndi munthu wina aliyense kupatula mwamuna yemwe anandikwatira, Charles. Koma kuyambira miyezi 6 yapitayo iye anayamba kubwera kunyumba mochedwa. Akamabwera chonchi amandinamiza kuti amachokera ku ntchito, koma ine ndimadziwa kuti akuchokera ku chibwenzi. Ine ndimaopa kwambiri matenda opatsirana pogonana ndipo tsiku lina ndinamuwuza kuti agwiritse ntchito kondomu ngati akufuna kugonana nane. Iye anakwiya kwambiri ndikumandiuza kuti sindikumukhulupirira

Kenaka, ndinadziwa kuti amayenda ndi mkazi wina amene amakhala chapafupi ndipo nditamufunsa mwamuna wanga za izi, iye anavomeradi kuti chinali chibwenzi chake.

Anandiuzanso kuti athetsa chibwenzi chimenechi chifukwa amandikonda. Koma nditamuuza kuti sindidzagonana nayenso pokhapokha atakayezetsa magari kuti adziwe ngati ali ndi kachilombo ka HIV, iye anakana ati chifukwa sakufuna kuti adziwe.

Izi zakhala zikuchitika kwa mwezi umodzi tsopano. Nthawi zambiri ndimamuuza kuti akagone m'khichini ngakhale iye amadana nazo zimenezi. Koma ine ndingatani azakhali.

Mwamunayu ndimamukondabe. Koma ndikuopa kuti mwina akhoza kundipatsira kachilombo ka HIV. Mwina ndinalakwitsa kukwatiwa ndikanali wa mng'ono msinkhu.

Josephine

ZOKAMBILANA

- Josephine anakwatiwa ali ndi zaka 19 zokha. Kodi anthu ambiri mdera lanu amakwatiwa ali ndi zaka ngati zimenezi kapena zocheperapo? Kodi ubwino ndi kuipa kwa kukwatiwa munthu ukanali wa mng'ono msinkhu ndi kotani?
- Ndi chifukwa chiyani amuna kapena akazi amachita za chimasomaso ngakhale kuti ali pa banja? Lembani mndandanda wa zimenezi ndipo mupeze njira zimene mungathetsere khalidwe limeneri.
- Ku chigawo chino cha kumwera kwa Africa, amai ambiri okwatiwa amapezeka kuti ali ndi kachilombo ka HIV. Kodi inu mukuganiza kuti ndi chifukwa chiyani izi ziri chonchi?

Kodi Josephine achite chiyani tsopano? Nanga Charles achite chiyani?

**Kanthu n'khama
phwiti adakwatira
njiwa**

**Sunga khosi
mkanda oyera
uzavala**



Okonedwa Auntie Stella

Ndili ndi zaka 15 ndipo ndili ndi vuto lomwe likundipangitsa kukhala moyo wosasangalala. Nthawi zina ndimakhala ndi nkhawa koma palibe chifukwa chenicheni choti ine ndikhale ndi nkhawa choncho.

Anzanga onse amakhala akusangalala, kotero kuti ine ndimangodzi umiliza kuti ndikhale ngati nanenso ndikusangalala. Ndikovuta kuchita izi, koma ndikudziwanso kuti ngati sindingatero ndiye kuti sindingakhale ndi anzanga ocheza nawo. Kodi pamenepa, vuto langa ndi chiyani? Chonde azakhali, ndithandizeni.

Lucy



- Kodi alipo achinyamata ambiri omwe amamva mthupi mwawo ngati zimene zikumuchitikira Lucy? Ngati ndi choncho, ndichifukwa chiyani? Jambulani makwelero. Lembani zinthu zomwe kawiri kawiri zimapangitsa achinyamata Kukhala osasangalala pa sitepe yapamwamba kwambiri ya makwelero anu. Kenakanso mulembe zifukwa zotsatira, m'musi mwa sitepe yoyambayo motsatana mpaka pansu peni peni.
- Ma dotolo amati achinyamata amatha Kukhala okhumudwa ndi opanda chikhulupiliro nthawi zina chifukwa cha zochitika mthupi mwawo pamene akukula. Makamaka atsikana amatha kukhala ndi nkhawa, komanso amatha kukwiya mwa msanga akayandikira kupanga msambo. Kodi izi zimakuchitikirani? Kodi zikuthandizani bwanji, pozindikira kuti zimenezi zimachitika chifukwa cha chilengedwe?
- Ichi ndi chiyani ndi kulinga muli awiri. Mwambi umenewu umatanthauza kuti nthawi zonse munthu uyenera kugawana ndi anzako za vuto lako. Kodi inu mukugwirizana nawo maganizo amenewa, poyang'ana nkhani ya Lucy, kapena pa zochitika za moyo wathu watsiku ndi tsiku?
- Kodi Lucy angapange chiyani pofuna kuthana ndi vuto lake? Kodi inu mumapanga chiyani mukaona kuti muli ndi nkhawa, kapena vuto?

Okonedwa Auntie Stella

Ndine mtsikana wa zaka 16. Ndikanali pa sukulu koma ndili ndi mimba. Panopo ndikufuna kudzipha. Ndinatenga mimba ngakhale ndinagonana ndi chibwenzi changa kwa masiku owerengeka . Nditamuza bwenzi langalo, anandifunsa kuti ndikudziwa bwanji kuti anandipatsa mimba ndi iyeyo. Ndipo sakundilankhulanso. Ndikawauza makolo anga akhoza kundithamangitsa pa khomo pawo. Mayi anga amavutika kwambiri kuti apeze ndalama zondilipilira sukulu, ndipo kuti amve zimenezi adzakhumudwa kwambiri.

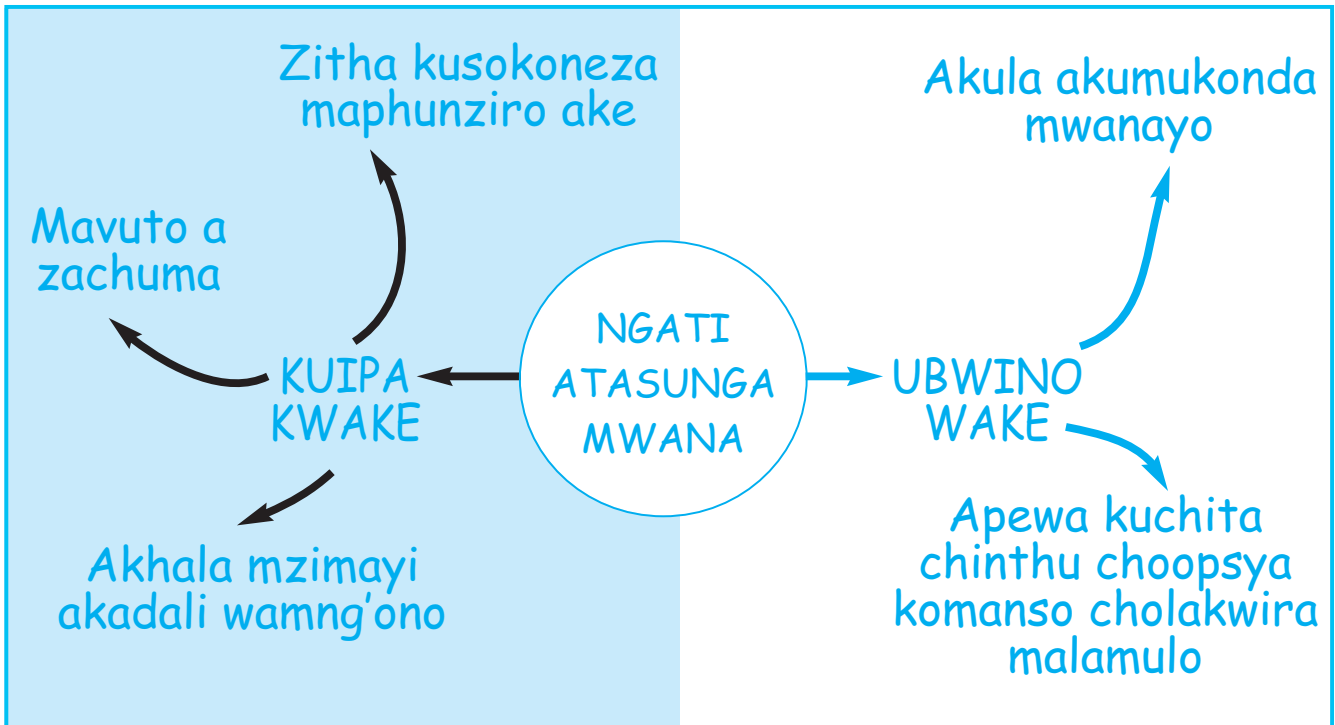
Ine sindikufuna mwana ayi, ndipo sindikufuna kusiyira maphunziro anga panjira. Zinthu zandivuta koma sindikufunanso kumuza aliyense za nkhaniyi. Njira yokhayo yomwe ndikuiganizira ndi yakuti ndipeze munthu woti andithandize kuchotsa mimbayi, koma vuto ndi lakuti ndilibe ndalama zoti ndingakalipire kochotsa mimbako. Chonde azakhali ndithandizeni maganizo.

Patuma



ZOKAMBILANA

- Lembani zisankho zoyenera zomwe mukuganiza kuti Patuma akhoza kuchita mmene ali ndi mimbamu. Kenako jambulani chithunzi choonetsa zotsatira za zisankho zimenezi- zabwino ndi zoipa zomwe. Onani chitsanzo chili m'munsimu.



Kodi inu mukanakhala Patuma, mukanatani?

- Patuma akuganiza zochotsa mimba. Kodi kuopya kochotsa mimba mozembera malamulo ochotsera mimba ndi kotani?
- Kodi mukuganiza kuti bwenzi lake la Patuma anasiya kulankhula naye chifukwa chiyani? Mukuganiza kuti bwezi lakelo amamva bwanji za nkhanayi? Kodi nanga mnyamatayu ndi makolo ake akuyenera kupanga chiyani pa nkhani ngati imeneyi?
- Kodi Patuma angatsate njira yotani kuti adziwitse makolo ake za nkhanayi ndi cholinga chakuti avomereze za vutolo, komanso amuthandize?

Okondedwa Auntie Stella

Ine ndine m'nyamata wa zaka 18, ndipo ndimamukonda kwambiri mtsikana yemwe ndili naye pa chibwenzi. Takhala pa chibwenzi kwa miyezi khumi tsopano, ndipo timatha kutengana kupita kukayenda ngati anthu okondana. Pakali pano sitinagonanepo, koma timagwirana-gwirana ngakhalenso kukisana kwambiri. Koma ndikudziwa kuti tidzayamba kugonana posachedwapa chifukwa tonse timafuna kutero.

Koma ine ndili ndi vuto limodzi. Ndine munthu wopemphera, ndipo abusa athu amatiuza kuti kugwiritsa ntchito makondomu pogonana, ngakhale kwa anthu amene ali m'banja ndi tchimo. Iwo amanenanso kuti kugonana pamene musanalowe m'banja ndikolakwika, zomwe sindimagwirizana nazo, popeza ine ndikudziwa kuti zingavute motani, ine ndi bwenzi langa tidzakwatirana. Ndisanayambe kupemphera ndinayambako ndagonana ndi atsikana angapo, ndipo ndimadziwa kuti izi zinali zolakwika. Koma tsopano ndi kudziwa kuti kugonana ndi bwenzi langayu silingakhalenso tchimo popeza pakali pano ndili mchikondi cheni-cheni, ndipo ndikufuna kuliwonetsa bwenzi langalo kuti ndimalikondadi.

Komanso pali nkhani ina. Anthu ena kutchalitchi kwathu amanena kuti ma kondomu ali ndi timabowo ting'ono ting'ono tosaoneka ndi maso tomwe tizilombo ta HIV timatha kudutsamo, kotero kuti munthu sumatetezedwa ndi kondomu. Kodi zimenezi ndi zoonza? Chonde a Zakhali ndithandizeni. Kodi ine nditani pamenepa?

Juma

ZOKAMBILANA

- Kodi chipembedzo chanu chimaphunzitsa zotani pa nkhani zokhudza kugonana ndi za zibwenzi? Lembani zomwe mukudziwa. Kodi mumagwirizana nazo zonsezi? Nanga ndi ziti zomwe inu simugwirizana nazo, nanga ndi chifukwa chiyani simugwirizana nazo zimenezi?
- Juma ali ndi nkawa ngati kondomu imatetezadi ku kachilombo ka HIV- Kodi inu mungamupatse malangizo otani pa nkhani imeneyi?
- Kodi chimene chingachitike ndi chiyani ngati Juma ndi chibwenzi chake angagonane mosadziteteza ndi kondomu?
- Kodi mungamupatse malangizo otani Juma ndi chibwenzi chake?



Okondedwa Auntie Stella

Ndine mtsikana wa za 16. Vuto langa ndi lakuti ndimafuna kukhala mchikondo ndi atsikana anzanga basi. Anyamata sindimawafuna. Ndiri folomu 1 ndinali pa ubwenzi ndi mnyamata wina wake chifukwa sindimafuna kukhala osiyana ndi atsikana anzanga. Zimenezi sizimandisangalatsa ndipo sindimamulola mnyamatayo kuti adzindikisa. Chifukwa cha ichi chibwenzichi chinatha.

Zimenezi zimandichititsa manyazi. Panopa ndikuopa kumuza munthu wina aliyense kuphatikizapo makolo anga kapena akulu a mpingo athu. Makolo anga akhoza kundithamangitsa pakhomo pawo. Ku mpingo amati munthu amene amagonana ndi mamuna mnzake kapena mkazi mzake ndi wa Satana. Sindingawauzenso anzanga chifukwa sangandimvetse. Panopa amandiseka chifukwa ndiribe chibwenzi komanso chifukwa chakuti sindimavala ma diresi.

Kodi chikundichitikira ndi chiyani? Sindikufuna kukhala osiyana ndi anthu ena. Sindikufuna kumakhala ndekhandekha chonchi. Nthawi zina ndimalakalaka ndi takhala ndi mwawi oyimbira foni munthu wina aliyense amene samandidziwa kuti ndi muuze za zimene zikundichitikira. Chimene ndikufunitsitsa ndikupeza wachikondi wanga koma vuto ndi lakuti sindinakumaneko ndi mtsikana ngati ine. Ndithandizeni!

Alice

ZOKAMBILANA

- Kodi mukuganiza kuti alipo achinyamata mdera lanu ngati Alice amene amafuna kukhala mchikondi ndi akazi okha okha kapena amuna okha okha?
- Kodi azizibisa kuti iwo ndi otere? Perekani zifukwa zake. Ngati mmodzi wa inu ali ngati Alice (ali pa chikondi ndi mkazi kapena mamuna mnzake) auze gulu za zimene amakumana nazo?
- Alice akuopa kuti palibe amene angagwirizane naye akadziwe za mmene iye aliri? Kodi zimenzi sinkhanza? Kodi anzanu ndi a pa banja panu atadziwa kuti inuyo muli ngati Alice angatani?
- Kodi mungamulangize chiyani Alice? Adzisungire chinsinsi kapena auze anthu ena? Kodi Alice angachitenso china chiyani?

Mafunso: Mtsutso

Kodi ndi ziganizo ziti zimene ziri zoonadi zeni zeni (mfundo) ndipo ndi ziti zimene ziri Nkhamba kamwa chabe?

- 1 Ndi zolakwika kugonana ndi amuna okha okha kapena akazi okha okha
- 2 Anthu ogonana amuna okha okha kapena akazi okha okha amapezeka kwina kuli konse pa dziko la pansi?
- 3 Maiko ena ali ndi malamulo oyendetsera ziko amene amavomereza kuti amuna kapena akazi akhoza kumagonana okha okha.
- 4 Anthu ogonana okha okha akhoza kutionengera ana.

- Kodi ndi chifukwa chiyani kuli kofunika kudziwa kusiyana kwapati pa mfundo zeni zeni ndi nkhaba kamwa chabe?

Ndimamva ululu kwambiri ndikakhala kuti ndiri kumwezi (ndikusamba)

35

Okondedwa Auntie Stella

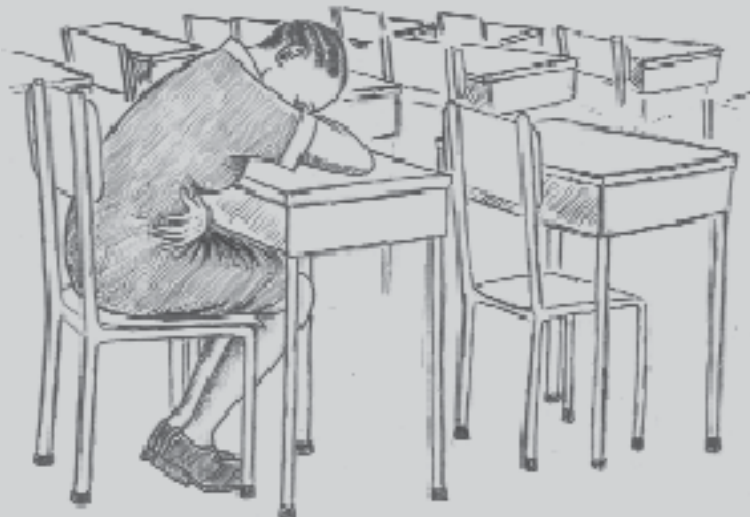
Ndine mtsikana wa zaka 17. Nthawi zonse pamene ndili ku mwezi ndimamva ululu wambiri, kotero kuti ndimalephera kuyenda bwino-bwino ndipo ndimajomba kusukulu.

Nthawi zonse ndimamva nseru, komanso nthawi zina ndimamva kuzizira, kapena kutentha. Izi zimandichitikira mwezi ndi mwezi, kotero kuti anzanga onse amadziwa kuti ndikupanga piriyodi (ndiri kumwezi) ndikajomba kusukulu. Izi zimandichititsa manyazi kwambiri.

Ndikapita kusukulu, vuto ndilakuti malo okataya thonje lomwe ndayipitsira kulibenso. Ndikakataya thonje langa ku chimbudzi cha madzi, limangotsalira mu mtondo mom'mo. Ndimachita manyazi kwambiri anthu akadziwa kuti ndili ku mwezi, chifukwa aliyense amatha kundiseka.

Choncho ndithandizeni azakhali. Ine ndimadandaula kuti ndimalephera kuphunzira nawo zinthu zambiri mkalasi, kotero kuti ndikhoza kudzalephera mayeso anga.

Agness



ZOKAMBILANA

- Kodi mukudziwa atsikana ena amene amalephera kupita ku sukulu pamene akupanga piriyodi (ali kumwezi)? Kodi izi zingakhudze bwanji maphunziro awo?
- Kodi Agness angachite chiyani pa vuto lake la kumva ululu pamene ali ku mwezi. Lembani njira zonse zomwe mukuganiza kuti zingamuthandize Agnesi.
- Kodi Agness ndi anzake angachite chiyani kuti nthawi zonse m'chimbudzi mwa atsikana muzipezeka motaya thonje lowonongela pamene atsikana ali kumwezi/ akusamba?
- Kodi inu (anyamata kapena atsikana) kapena anzanu anayamba asekapo atsikana amene akusamba / ali kumwezi? Chifukwa chake ndi chiani?
- Kodi mukuganiza kuti Agness amachita manyazi anthu akadziwa kuti iye ali ku mwezi, kapena kuti akusamba chifukwa chiyani? Kodi anzanu enanso izi zimawachitikira? Kodi inu kapena anzanu (anyamata kapena atsikana) amaganiza motani pankhani zokhudza kusamba kwa atsikana:

- Amaona ngati ndi za umve ndi zochititsa manyazi?
- Amaona ngati ndi chilengedwe chabwinobwino cha munthu wa mkazi ?
- Kapena amaona bwanji?

Kodi maganizo amenewa ndi othandiza pa miyoyo yanu kapena ayi? Nanga ngati simaganizo othandiza mungawathetse bwanji?

Okonedwa Auntie Stella

Ndine mtsikana wa zaka 16. Ndinasiya sukulu chifukwa chofuna kukhala modelo?. Bambo yemwe ndili naye pa chikondi, ndi munthu wa bizinesi komanso ali ndi esiteti ya fodya yaikulu. Mkuluyu ndinakumana naye miyezi itatu yapitayo, pamene ndinapita ku sitolo kwake, ndipo anandifunsira kuti tikhale pachibwenzi .Anzanga anandilimbikitsa kuti ndimulore popeza ali ndi chuma .Anandilimbikitsanso kuti abambo ngati amenewo amapereka kwa atsikana zinthu monga zovala , komanso zakudya zabwino, ngati nkukhu.

Poyambilira ankandipatsa mphatso, ndiponso analonjeza kuti andithandiza kuti ndidzakwaniritse maloto anga okhala modelo?Kuonjezera apo, anamulembanso ntchito mchimwene wanga pa esiteti yawo. Kunena zooni takhala tikuyenda pagalimoto lake ngakhale kukagona ku malo odula ngati kumahotelo. Koma tsopano chimene akufuna iye ndikuti tizigonana basi. Ndipo ndikafunsa china chilichonse, amangondikalipila, kumandinena kuti ndine hule.

Mulungu wathawu, ndinapempha kuti agwiritse ntchito kondomu pofuna kudziteteza, koma anakwiya kwambiri mpaka kundivulaza pamene timagonana. Anandiuza kuti ngati ndikufuna mphatso kuchokera kwa iwo , ndiyenera kugonana nawo mosadziteteza ndi kondomu. Anandilonjeza zakuti akhoza kundipezera mankhwala azitsamba ngati ndingawafune, koma ine ndimaopa. Panopa samalankhulanso nkhanu zondithandiza kuti ndikhale modelo?

Ndikudziwa anzanga sindingawafunse kuti andithandize maganizo, chifukwa andiseka. Poyamba ndinkawanyaditsa kuti azichita nane nsanje. Kodi azakhali pamenepa nditani?

Veronika

ZOKAMBILANA

- Khalani anthu awiriawiri, ndipo mujambule chithunzi cha m'bambo ali pa chibwenzi ndi mtsikana. Ngati mungafune muonetse pachithunzicho zomwe zikuchitika. Pomaliza afotokozereni anzanu za chithunzi chanu.
- Kodi ndi chifukwa chiyani abambo akuluakulu amakonda kukhala pachibwenzi ndi atsikana ang'onoang'ona ngati Veronika ?
- Kodi ndi chifukwa chiyani, atsikana ena achisodzera amafuna kukhala pa chibwenzi ndi azibambo akuluakulu. Kodi pali zifukwa zina zabwino, kapenanso zoyipa?
- Kodi mungamupatse malangizo otani Veronika?



Okonedwa Auntie Stella

Ine ndine mnyamata wa zaka 17, ndipo ndiri pa chibwenzi ndi mtsikana wina pa sukulu pathu. Panopa ndiri fomu 4 ndipo ndikufunitsitsa kuti ndidzapambane bwino mayeso anga a MSCE. Vuto limene ndiri nalo ndi lakuti ndimamkonda bwenzi langalo kwambiri mpaka ndayamba kulephera m'kalasi. Palibe chirichonse chimene chikundisangalatsa. Zowerenga ndinasiya chifukwa nthawi zonse ndi maganiza za iye basi. Nthawi ina ndinaganiza kuti ndingothetsa chibwenzi koma ndinaona kuti sindikanachita bwino ayi, chifukwa iye sanandilakwire chilichonse. Kodi pamenepa nditani? Chonde ndithandizeni. Ndiri ndi nkhawa kuti mwina ndikhoza kulephera nazo mayeso.

Mussa



ZOKAMBILANA

- Kodi mukuganiza kuti vuto la Mussa ndi lalikulu pakati pa achinyamata a chisodzera m'masukulu?
- Kodi chikondi chinayamba chakuchititsani kuti musakhale ndi chidwi pa chinthu china chirichonse? Ngati ndi choncho:
 - a) Zinakutengerani nthawi yaitali bwanji kuti zithe?
 - b) Kodi munapeza njira yothetsera vuto limeneri?
 - c) Kodi chinachitika kumapeto chinali chiyani?
- Kodi malangizo omwe mungamupatse Mussa ndi otani? Kodi akuyenera kumusiya okondedwa wakeyu? Kodi angapange chiyani ngati akufuna kuti akhale nayebe pa chikondi koma asalephere mayeso?
- Werengani ndakatulo yotsatirayi, yolakatulidwa ndi Laura ndi Monika. Kodi munayamba mwamvako chonchi?

Dzanja langa liri gwa! Silingathe kulemba kanthu kupatula
Dzina lako - chinthu chokhacho chimene chiri cha nzeru kwa ine
Maganizo anga akundiuza kuti, 'phunzira'
Mtima wanga ukuti'Paulo'
Chomwe chinali chofunikira kwa ine poyamba chapita tsopano
Kuseri kwa utsi wa chikondi choyaka ndi moto.
Yaphimba mitambo tanthauzo la moyo wanga ndi maphunziro anga.
Koma iwe!
Chikondi sichingakutsegulire khomo
La tsogolo la moyo wako
Dzuka! Ino ndi nthawi yokonza tsogolo lako

Laura Moyo and Monica Masukusa

Okonedwa Auntie Stella

Ndine mnyamata wa zaka 22. Mai anga ali ndi kachilombo ka HIV ndipo amanena poyera za momwe iwo aliri. Mai angawo amagwira ntchito ku bungwe lomwe limagwira ntchito za HIV ndi Edzi, ndipo amanena poyera kuti; 'kukhala ndi kachilombo ka HIV si chinthu chochititsa manyazi konse ayi'.

Ndinali ndili mu sitandade 4 pamene mayi anga anandiululira kuti anali ndi kachilombo ka HIV. Poyamba ndinali ndi mantha kwambiri, kuopa kuti mwina atha kufa msanga, koma panopa ndinazindikira kuti sichoncho ayi, munthu utha kukhala ndi kachilombo ka HIV, ndi kukhala ndi moyo kwa nthawi yaitali. Mayi anga panopa akhala ali ndi kachilomboka kwa zaka khumi ndi mphambu ziwiri. Amadzisamalira bwino lomwe pakudya zakudya zopatsa thanzi, komanso pokhala osangalala, kotero kuti amakhala ndi moyo wathanzi nthawi zambiri. Mayi anga amati sayenera kubisa kalikonse za matendawa, pofuna kuthetsa mantha omwe anthu amakhala nawo pa zamatendawa, komanso kusalana.

Koma ine sindimagwirizana nawo maganizo awowa, popeza nthawi zonse anthu samawaona bwino anthu omwe ali ndi kachilombo ka HIV, kotero sikoyenera kuwauza. Anthu amene ungate kuwauza ndi achibale apafupi kwambiri, komanso pokhapokha ngati ungate kukusungira chinsinsi.

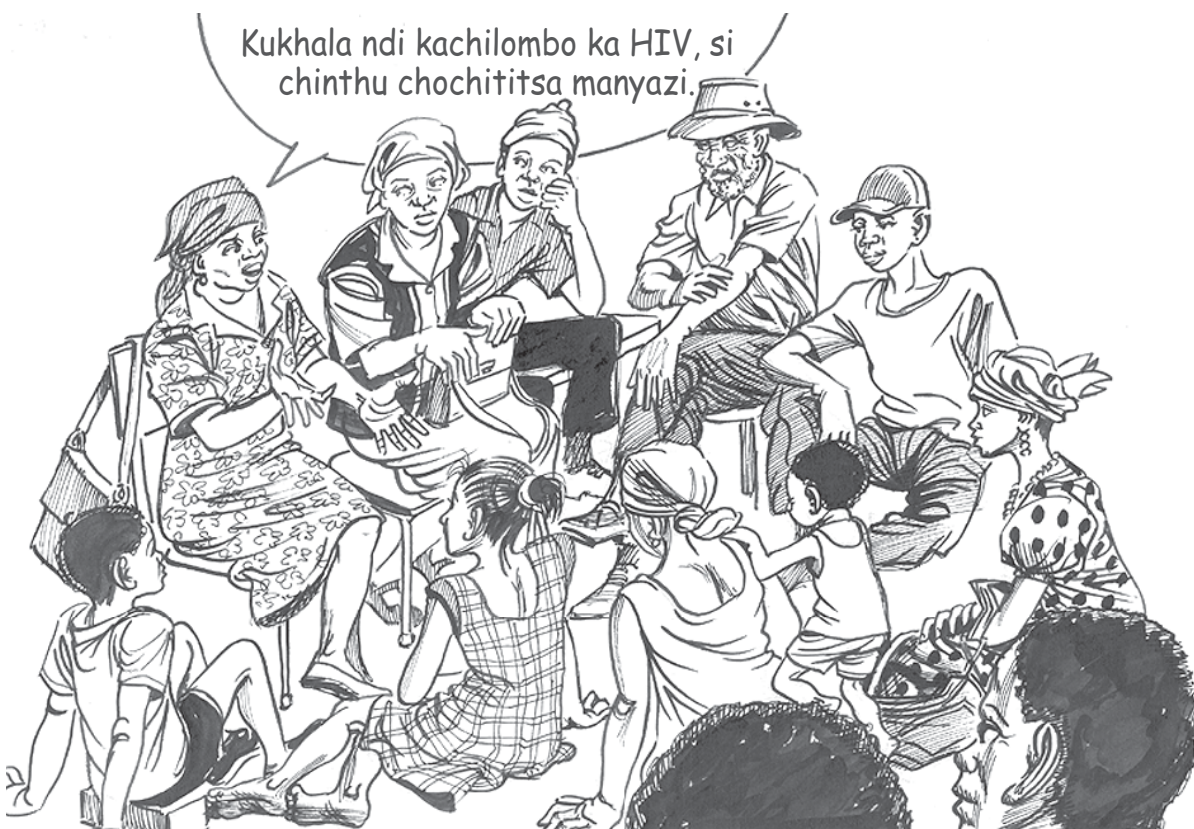
Chimodzi chokha chomwe sitimasemphana maganizo ndi mayi angawo ndi chakuti ana ako okha ayenera kuuzidwa, chifukwa ngakhale usawauze, amathabe kuzindikira okha. Ana ayenera kudziwa chilungamo chenicheni, komanso kukamba momasuka za nkhanayi.

Nanga pamenepa maganizo anu ndi otani? Inetu ndimakonda mayi angawa ndipo ndi mawanyadira, koma nanga ndi ndani mwa ife amene akulondola pa nkhanayi.

Paulo

ZOKAMBILANA

- Kodi mukuganiza kuti ubwino kapena kuyipa konena poyera ngati munthu uli ndi kachilombo ka HIV ndi kotani? Lembani maganizo anu, ndipo mugawe mayankho anuwo m'magawo awiriwa:
- Kodi inu mukanakhala kuti munapezeka ndi kachilombo ka HIV, mukanamuza ndani- phungu, banja la kwanu, anzanu, ogwira nawo ntchito ndi ena? Kodi ndi ndani amene simungafune kuti mumuuze nkomwe?
- Kodi makolo anu akamakubisirani zinthu mumamva bwanji? Auzeni anzanu mmene mumamvera, osati zomwe anakubisiranizo. Kodi mukugwirizana ndi maganizo akuti ana ayenera kuuzidwa chilichonse, ngakhale chitakhala chomvetsa chisoni?
- Kodi mukuganiza kuti makolo angathandize bwanji ana awo kuvomereza kuti makolowo ali ndi kachilombo ka HIV, kapena m'modzi mwa anawo ali ndi kachilombo ka HIV? Auzeni anzanu za maganizo anu. Afunseni ma bungwe amene amagwira ntchito yothandiza pa nkhani za HIV ndi Edzi kuti mudziwe zambiri.



Okondedwa Auntie Stella

Ndili ndi zaka 15, ndipo ndili ndi vuto la ziphuphu kunkhope kwanga, zomwe ndikamasamba mnthupi zimandipweteka. Vuto limeneli linayamba chaka chatha, koma palibe kusintha kulikonse.

Tsiku lina nditawafunsa azakhali anga, anandiuza kuti chimenechi ndi chizindikiro cha kukula, ndipo palibe njira iliyonse yomwe angandithandizire kuti vutoli lithe. Mwa anthu onse ndakhala ndi kuwafunsa za vutoli palibe aliyense anandithandiza. Koma tsiku lina ndinafunsa anamwino kuchipatala, ndipo anandilangiza kuti ndizigwiritsa ntchito sopo yocheperapo mphamvu. Kuchokera pamenepa sopo ndimagwiritsa ntchito ndiyokhayo yopanda mphamvu basi. Koma vuto ndi lakuti ziphuphu sizikuthanso, ndipo pakali pano ndi pamene zikuchuluka kwambiri kotero kuti nkhope yanga sikuonekanso bwino. Chifukwa cha chimenechi, ine sindikuthanso kumayenda ndi anzanga chifukwa ndikumachita manyazi.

Chonde azakhali, ndithandizeni mankhwala oyenera omwe ndingagwiritse ntchito kuti vuto langa lithe, ndisanaganize zopita kwa a sing'anga.

Joana

ZOKAMBILANA

- Kodi mukuganiza kuti gwelo la ziphuphu za Joana ndi chiyani?
- Kodi chimene chimayambitsa kapena kuthetsa ziphuphu ndi chiyani?
 - a) Kodi pali zakudya zina zimene zili za bwino kapena zoyipa ku khungu lanu?
 - b) Kodi pali zakumwa zina zimene zili zabwino kapena zoyipa pa khungu lanu?
 - c) Kodi pali mtundu wa sopo kapena mafuta amene ali abwino kapena oyipa pa khungu lanu?
- Kodi angathandize pa vuto limeneri ndi ndani? A dotolo? Asing'anga? Kapena wina aliyense?



Okondedwa Auntie Stella

Ndine mtsikana wa zaka 21, ndipo ndili ndi mimba ya miyezi 6. Mwamuna wanga anakhala akudwala kwa nthawi yaitali, ndipo wangomwalira posachedwapa ndipo tsopano ndinabwerera kwa makolo anga.

Nditayamba sikelo, a namwino anandifotokozera za ndondomeko yomwe ndingatsate kuti ndiyezetse magazi pofuna kudziwa ngati ndili ndi kachilombo ka HIV kapena ayi. Ndinavomera kuti andiyeze ndipo anandipeza kuti ndiri ndi kachilombo ka HIV ngakhale kuti thupi langa silikuonetsa kudwala. Ndinakhumudwa kwambiri makamaka poganizira mwana yemwe ndikuyembekezera. Sindikufuna kuti mwanayu ndidzampatsire kachilomboka.

Anamwino anandiuza kuti akhonza kundipatsa mankhwala otchedwa Neverapini pofuna kuteteza mwanayo kuti asatengere kachilomboka. Analankhulanso za nkhani yoyamwitsa mwana kwa nthawi yaitali, koma ine sindinamvetse popeza ndimangolira.

Kodi pamenepa azakhali, ndingachite chiyani kuti nditeteze mwanayu? Kodi adzabadwa ali odwala kale? Nanga pamene ndili ndi kachilombo ka HIV chonchi, ndibwino kumuyamwitsa mwanayo?

Namoyo

ZOKAMBILANA

- Kodi Namoyo akuchita bwino kukhala ndi nkhawa ndi mwana wake? Kodi chimachitika ndi chiyani pamene mayi ali ndi kachilombo ka HIV kapena akudwala matenda a Edzi? Kodi mwana angatenge kachilomboka? Kodi izi zingachitike nthawi yake iti?
- Kodi ubwino kapena kuopsya koyamwitsa mwana pamene mayi ali ndi kachilombo ka HIV ndi kotani? Kodi Namoyo mungamulangize chiyani ?
- Kodi mwambo wanu umati chiyani zokhudza amayi omwe asankha kusayamwitsa mwana? Kodi anthu angachite chiyani pofuna kusintha maganizo olakwika omwe anthu amakhala nawo okhudza amayi omwe amasankha kusayamwitsa?



Okondedwa Auntie Stella

Ndine mnyamata wa zaka 15 zakubadwa. Ndiri ndi mchimwene wanga wa zaka 22 Ndimamunyadira kwambiri. Ndiwamakhalidwe abwino, okhulupirika, ozindikira zinthu msanga mwakuti anthu anthu ambiri amamukonda ndipo anamusankha kukhala Peer educator.

Koma dzulo anandidabwitsa kwambiri. Anandiuza kuti anapita kuchipatala kukachita mdulidwe. Izi zinandithetsa nzeru kwambiri chifukwa sindikudziwapo munthu wina aliyense amene anachita mdulidwe. Ndinawerengapo penapake kuti anthu a mitundu ina ndi zipembedzo zina amachita zimenezi.

Mchimwene wangayu akuti mdulidwe umachititsa kuti chokodzera chidzikhala cha ukhondo komanso kumathandiza kuti munthu asatenge matenda opatsirana pogonana ndi HIV. Anandiuzanso kuti akadzabereka mwana wa mwamuna adzamuchita mdulidwe akanali wang'ono.

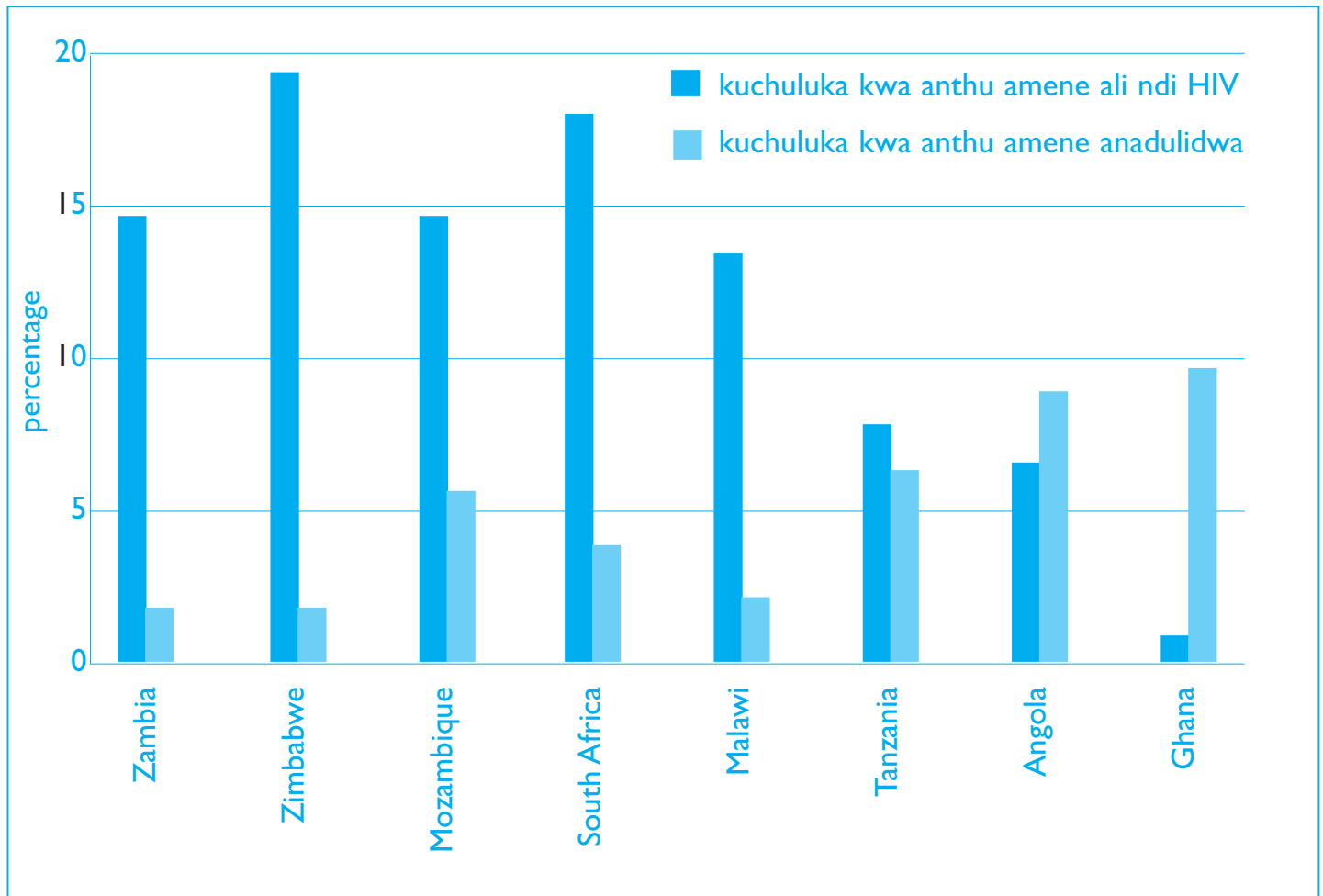
Kodi mchimwene wangayu akufuna kundiuzwa chiani? Kodi akufuna kuti nanenso ndikachite mdulidwe? Ndikuopa kwambiri ndipo sindikufunanso kumaganizira za izi. Atati alakwikwa ndi kukudula chokodzera zingathe bwanji! Ndikuopa!

Sunganani

ZOKAMBILANA

- Auzeni anzanu zimene mukudziwa za mdulidwe. Ndi chifukwa chiani anyamata ena amachita mdulidwe?

Tsopano taonani chithunzi chiri munsimu ndipo muyankhe mafunso otsatirawo.



- Kodi chithunzichi chikufotokozanji pa mgwirizano umene ulipo pakati pa mdulidwe ndi HIV? Kodi izi zasntha maganizo ano pa mdulidwe?
- Sankhani maiko awiri pa chithunzichi. Kodi mukudziwapo chiyani za mdulidwe mumaiko amenewa? Kodi Sunganani mungamulangize chiani?

Okondedwa Auntie Stella

Ndine mtsikana ndipo ndinamaliza sukulu yanga chaka chatha. Zotsatira za mayeso anga sizinatuluke ndipo ndikugwira ganyu pa golosale ya munthu wina wake dzina lake Amon Ndiri ndi chibwenzi ndi Michael, nyamata amene ndimamukonda komanso makolo anga amadziwa za iye. Tinayamba kale kuchita zogonana ndi chibwenzi changachi.

Masiku apitawa abwana anga anayamba kundifunsira ndipo ndinawalola ngakhale kuti ndi akulu kwambiri kuposa ine. Amandipatsa ndalama ndi mphatso zosiyanasiyana zimene chibwenzi changa sichingakwanitse kundipatsa. Panopa ndinayamba kale kumagonana nawo. Zakuti ndiri ndi chibwenzi amadziwa ndipo iwo amangofuna kuti ndidziwaonetsa chikondi ndi kumagonana nawo.

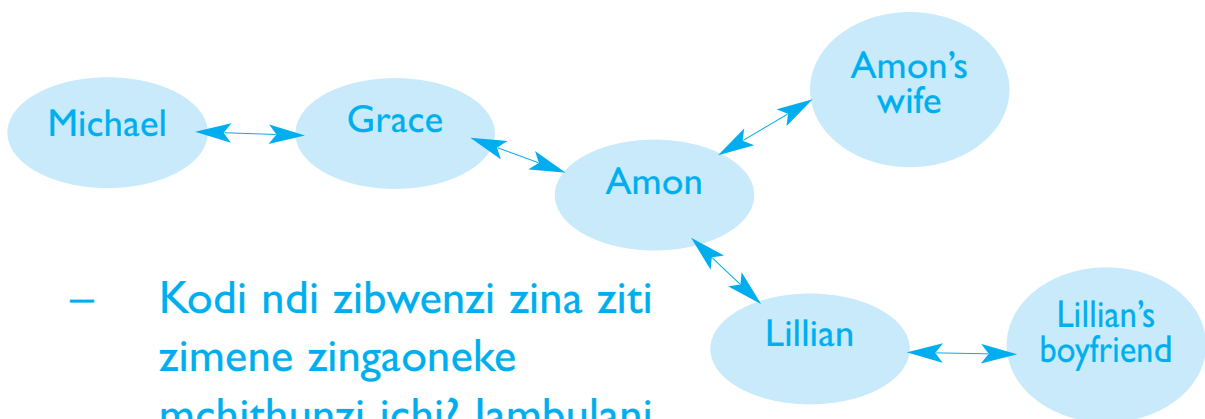
Chandikhumudwitsa kwambiri ndi chakuti abwana angawa ndazindikira kuti ali pa banja. Ndinafuna kuti ndithetse chibwenzi ndi iwo koma anandikumbutsa kuti nanenso ndiri ndi chibwenzi china choncho panalibe vuto. Ndikudziwa kuti sandikwatira komabe sindingathe kuti ndithetse chibwenzi ndi a bwanawa chifukwa adzasiya kundipatsa ndalama zimene chibwenzi changa sichingathe kundipatsa. Izi zikundisowetsa mtendere kwambiri. Nditani?

Grace



ZOKAMBILANA

- Kodi mukuganiza zotani za nkhani ya Grace. Kodi anyamata ndi atsikana a mdera lanu amakumana ndi vuto ngati limeneli?
- Lembani zifukwa zimene atsikana ena amakhalira ndi zibwenzi zambiri zogonana nazo nthawi imodzi? Kenaka lembani zifukwa zimene anyamata amachitira zimenezi? Kodi zifukwa zimene mwapeza ndi zosiyana? Ngati ndi choncho mukuganiza kuti ndi chifukwa chiyani?
- Chithunzi chiri munsimu, chikuonetsa mmene zibwenzi za Grace zimayendera. Zikuonetsanso kuti Grace samadziwa kuti Amon anali ndi chibwenzi china dzina lake Lillian.



- Kodi ndi zibwenzi zina ziti zimene zingaoneke mchithunzi ichi? Jambulani chithunzichi pa pepala ndipo munonetse maubwenzi amene angaoneke pa tchithunzichi.
 - Chibwenzi cha lillian chiri ndi HIV koma sichikudziwa. Chibwenzi chimenechi sichimakonga kugwiritsa ntchito kondomu pogonana. Kodi ndi anthu ena ati amene angate HIV ? Perekani zifukwa zake.
 - Kodi chithunzi chikutiuza zotani zokhala ndi zibwenzi zambiri zogonana nazo nthawi imodzi?
- Kodi Auntie Stella amulangize zotani Grace za zibwenzi zake ziwirizi?

Auntie Stella

Chichewa Answer Cards

Kodi ndi koyenera kuti ndigonane naye?

1

Okondedwa Zione

Ndizovuta pamene anthu awiri akufuna zinthu zosiyana kuchokera kwanzake, komabe akuluakulu amati: kuthamanga sikufika. Anthu ambiri amadikira mpaka atakula kapena kulowa mbanja ndi pamene amayamba kuchita zogonana. Ubwino wodikira kuyamba kugonana mpaka utakula ndi wambiri. Munthu akakhala wamkulu amakhala okonzeka mmaganizo kukhala ndi chibwenzi. Komanso ngati simugonana simungatenge matenda opatsirana pogonana, kachilombo ka HIV, komanso mimba zosakonzekera.

Pakali pano, ndi zabwino ndithu kuti inu awiri mumatha kukumbatirana ndi kukisana (kupyompyonana) kenaka ndikusiya. Iyi ndi njira yapamwamba yoonetserana mmene inu awiri mumakonderana. Iwe usadandaule, anyamata komanso atsikana, amatha kumangokumbatirana osapitiriza kuchita zogonana popanda choipa china chiri chonse kuwachitikira.

Komabe, achinyamata ambiri amakhulupilira kuti pamene mwayamba kugwiranagwirana ndi kukisana mumayenera kuti mugonane basi- choncho ndi bwino kuti nthawi zambiri muzikhala ndi anzanu, kusiyana kuti muzikhala nokha kumagwiranana ndi kukisana.

Pomaliza achinyamata azitha kuzisankhira zinthu zoyenera kwa iwo popanda kukakamizidwa ndi munthu wina aliyense. Ukambirane nacho chibwenzi chakocho ndipo ngati chimakukondadi chikumvetsetsa

Ngati ungaganize zogonana nacho m'tsogolo mudzagwiritse ntchito kondomu (kaya kondomu ya amuna kaya kondomu ya amai). Kondomu ingakutetezeni ku matenda opatsirana pogonana kuphatikizapo HIV ndi kutenga mimba yomwe sukuifuna ngati waigwiritsa ntchito bwino pamene mukugonana. Zabwino zonse.

Auntie Stella

ZOYENERA KUCHITA

- Kodi ndi zotheka kumangogwiranagwirana ndi kukisana kenaka ndikusiya osapitiriza kugonana? Ngati sichoncho, mungachite chiyani? Mutakhala kuti ndinu Zione, kodi mungatani kuti muonetsetse kuti mukusangala koma simukugonana?

MAFUNSO: Kodi ndife okonzeka kuyamba kuchita zogonana

Yankhani mafunsowa nokha kapena ndi chibwenzi chanu. Yankhani kuti EYA, IYAYI kapena SIKWENIKWENI

- 1** Kodi timadziwana bwinobwino ndi kukhulupilirana wina ndi mzake?
- 2** Kodi ndife a bwenzi?
- 3** Kodi tikhoza kukambirana mosavuta za nkhani yogonana ndikudziwa pamene tingailekezere osafika poti tigonane ?
- 4** Kodi tinakambiranako ndi kugwirizana za mmene tingadzitetezere kumatenda opatsirana pogonana, kupewa mimba komanso kachilombo ka HIV?
- 5** Kodi tinayamba takambirana zokayezetsa magazi kuti tidziwe ngati tiri ndi ka chilombo ka HIV mmatupi mwathu kapena ayi tisanayambe kugonana?
- 6** Kodi tinayamba takambilanapo kuti tidzachita chiyani tikadzapatsana mimba?

Mayankho: Ngati mwayankha AYI kapena SIKWENIKWENI kufunso lina liri lonse pa mafunso awa, ndiye kuti inuyo ndi chibwenzi chanu simuli okonzeka kuyamba kugonana. Kuyamba kugonana sichisankho cha masewera.

- Pagulu lanu lembani zifukwa zonse zimene zimachititsa achinyamata kuyamba kugonana. Ndipo lembaninso zifukwa zimene zimachititsa achinyamata ena kuti azidikira mpaka atakula. Kodi inu mungasankhe chiyani? Fotokozani

Kodi chokodzera changa ndi chaching'ono kwambiri?

2

Okondedwa Peter

Usadandaule – ulibe vuto lina lililonse. Chokodzera cha a nyamata chimayamba kukula pamene ayamba kumela tsitsi ku khwapa ndi kumaliseche. Izi zimachitika pakatikati pa zaka 11 ndi 15 koma zitha kuyambika mwa msanga kapena mochedwa. Sichachilendo anyamata kufananitsa maliseche awo ndi a anzawo. Anthu timayamba kumela tsitsi malo atchulidwa aja nthawi zosiyanasiyana choncho sichachilendo kuti achinyamata a zaka zofanana akhale ndi zokodzera zosiyana makulidwe ake.

Ngakhale thupi lako litakhala kuti ndilokhwima, palibe msinkhu weniweni omwe maliseche amunthu amayenera kukhalira. Anthu ali ndi matupi ooneka mosiyanasiyana, choncho maliseche awo amasiyananso.

Komanso maonekedwe a maliseche amakhudzana pang'ono chabe ndi mmene mkazi angamvere kukoma pamene mukugonana. Chinsinsi cha kupanga mkazi komanso iweyo kuti munve kukoma pamene mukugonana chagona mmene iweyo umngagwiritsire ntchito malisechewo komanso magawo ena athupi lako. Akazi kwambiri amakonda zogwiranagwirana ndi kukisana kugonana kusanayambike, chifukwa iwo amayamba kumva kukoma mochedwelapo kusiyana ndi amuna. Komanso anthu amamva bwino akamagonana ndi munthu amene amaganiza za moyo wawo nthawi zonse ndipo amadziwa zomwe iwo amakonda kapena kudana nazo. Ndikosavuta kukhala pa ubwenzi wamtundu umenewu pamene uli wankulu bwino ndipo mungathe kukambilana zomwe mukufuna.

Auntie Stella

ZOYENERA KUCHITA

- Maonekedwe kapena kukula kwa chokodzera sikungapangitse kuti mukhale ndi ubwenzi omwe mungasangalale nawo, koma ndichiyani chingapangitse izi? (Ganizani mmene inuyo mulili ndipo mumakhala bwanji osati maonekedwe anu okha)
- Aliyense alembe dzina lake pamwamba pa pepala ndipo sinthanitsani mapepalawo pagulu lanulo. Papepala lomwe mwalandiralo lembani zomwe zili zosangalatsa za mwini wake wa pepalalo (Mwachitsanzo: mumamwetulira bwino, mapewa anu ndi akulu bwino amandisangalatsa, tsitsi lako ndi lokongola). Mutha kulemba dzina lanu pomaliza ngati mungafune. Pepala lanu lija likakupezani muona zomwe anthu amasilira za inu.
- Kodi kumalo komwe mumakhala kuli malo ena monga sukulu, tchalichi, chipatala kapena anthu ena mwinanso achibale omwe amazipeleka kukupatsani malangizo oyenera okhudzana ndi thupi lanu, kugonana komanso zibwenzi. Kambilanani kapena pitani kumalo amenewo kuti muone ndi malo ati amene amamvetsa ndi kuthandiza. Muli ndi ufulu ofunsa funso lina lililonse ndi kupeza mayankho oona komanso chithandizo chenicheni.
- Ngati mdela lanulo mulibe thandizo lokwanira ndipo achinyamata satha kudziwa zambiri, mungapangepo chiyani? Muli ndi malo a achinyamata (Youth Centre) pafupi nanu kapena mungathe kuyambitsa? Uzani anzanu maganizo anuwo ndipo sankhani njira imene ili yotheka.

Kodi ndigone naye Mwamuna wa mchemwali wanga?

3

Okonedwa Patricia

Mlamu wakoyo akunama zachikhalidwe. Pachikhalidwe chathu, chilamu chimakhala choseleulana pakati pa tsikana ndi alamu ake a amuna. Sizitanthauza kuti mtsikanayo akuyenera kugona chipinda chimodzi ndi mlamu wakeyo kapena kugonana naye; izi sizololedwa muchikhalidwe chathu. Muli nawo ufulu onena toto ngati alamu anu akufuna kugonana nanu.

Afunse achibale amene umamasuka nawo, anthu amene banja lanu limacheza nawo kapena wamkulu wina aliyense amene angamve chisoni kuti akuthandize. Sichikhala chovuta kuthana ndivuto limeneli utapeza thandizo. Komanso yesa kuyankhula ndi nchemwali wakoyo.

Sizololedwa kwathu kuno kuti munthu agonane ndi mwana osakwana zaka 16. Munthu wamkulu opanga izi atha kupita kundende. Sizololedwa kuumiliza munthu aliyense kugonana naye. Kumeneku kumatchedwa kugwililira ndipo muyenera kukanena ku Polisi. Kuipitsitsa kwa izi ndi kwakuti mutha kutenga mimba kapena matenda opatsirana pogonana ngakhalenso kachilombo ka HIV.

Khalidwe lathu ndilabwino ndipo limapangitsa kuti anthu tizigwirizana monga banja kapena mudzi. Anthu asamalakwire anthu anzawo nkumanena kuti chikhalidwe ndichomwe chapangitsa.

Auntie Stella

ZOYENERA KUCHITA

- Maiko ambiri aku mmwera kwa Africa ali ndi miyambo ndi machitidwe ambiri amene amakhudza achinyamata ndi mchitidwe wogonana monga kuyamba kugonana, kuona ngati sunagonaneko, kukwatira mkazi wa m'bale wako yemwe anamwalira ndi zina zambiri. Lembani m'ndandanda wanu wa zinthu monga zimenezi. Kambilanani zomwe mumagwilizana nazo komanso zomwe simugwirizana nazo zokhudza makhalidwewa. Mwachitsanzo, ndiziti zomwe zimateteza kapena kulimbikitsa kufalitsa kachilombo ka HIV.
- Kodi chikhalidwe chanu chimafanana pa akazi ndi amuna. Ngati sichoncho, mumanva bwanji pa zimenezi? Mungapangepo chiyani?
- Mungagwire bwanji ntchito limodzi ndi mafumu komanso akuluakulu yosintha chikhalidwe chomwe chili choononga achinyamata masiku ano? Ndi ndani wina/ena angakuthandizeni?
- Mudzi ulionse umayenda osati ndi chikhalidwe cha mudzi okhawo ayi komanso makhalidwe ena ochokera ku midzi ina. Jambulani chithunzi (kapena lembani mndandanda) kuonetsa zomwe mumazikonda kwambiri za chikhalidwe chanu KOMANSO za chikhalidwe cha makono. Mungathe kutenga zabwino zokhazokha kuti zizikutsogolerani pa moyo wanu?

Okonedwa Maria

Palibe chifukwa chakuti uchokere pakhomopo. Iwetu siuli pa chiopsezo cha mtundu wina uliwonse. M'mene malume ako akudwaliramu akusoweka chikondi ndi chisamaliro chochekera kwa abale ngati iwe.

Pali njira zenizeni zitatu zimene munthu angatengere kachilombo ka HIV. Njirazi ndi monga kugonana ndi munthu amene ali ndi kachilombo ka HIV mosagwiritsa ntchito kondomu; Kupyolera m'magazi, mmajakisoni kapena malezala; kapena kuchokera kwa mai kupita kwa mwana pa nthawi yobereka kapena pa nthawi imene mai akuyamwitsa mwanayo. Mai angathenso kupatsira kachilomboka kwa mwana wake pa nthawi imene mwana ali m'chiberekero.

Sungatenge HIV podyera mbale imodzi kapena kugwiritsa ntchito ziwiya zosiyanasiyana ndi munthu amene ali ndi kachilomboka, kapena kugona chipinda chimodzi ndi munthu amene ali ndi kachilombo ka HIV. Munthu umakhala pa kachiopsezo kakang'ono ngati uli ndi bala m'dzanja lako ndipo magazi a munthu amene ali ndi HIV akagwera pa bala lakolo nalowa m'thupi mwako. Kuti udziteze kwa thunthu ndi bwino kumavala ma gulovesi, mapepala kapena majumbo a pulasitiki pamene ukugwira china chirichonse chimene chiri ndi magazi. Nthawi zonse udzisamba mmanja ndi sopo komanso udzichapila sopo zovala ndi zogonera zina ziri zonse.

Ntchito yosamalira munthu wodwala ndi yovuta kotero ndi pofunika kuti anthu ena adzikuthandiza. Kumbukira kuti malume ako akufunika kuwaonetsa chikondi ndikuwapatsa chisamaliro ndi chithandizo choyenera ndi chokwanira. Choncho usaope. Limba mtima!

Auntie Stella

ZOYENERA KUCHITA

- M'mabanja ambiri, udindo wosamalira ndi kudwazika wodwala umakhala wa amai ndi atsikana. Kodi abambo ndi anyamata angathandizepo bwanji posamalirira ndi kudwazika odwala? Kodi ndikofunikira bwanji kuti amuna adzitengapo mbali posamalira ndi kudwazika odwala? Lembani mndandanda wa zinthu zimene mungachite kuti muthandize kusamalira ndi kudwazika odwala. Mwa chitsanzo kusesa pa khomo la munthu odwala, kucheza naye, kusewera ndi ana ake, kukatchola nkhu ni kapenanso kuwaphikira kumene
- Fufuzani mabungwe (kaya mabungwe a boma, mabungwe omwe si a boma, mabungwe a za chipembedzo) komanso zipatala zomwe ziri m'dera lanu omwe amathandiza ma banja amene ali ndi munthu amene ali ndi kachilombo ka HIV kapena amene akudwala matenda a Edzi. Kodi mabungwe amene mwapezawo amathandizapo pophunzitsa anthu mmene angasamalire munthu odwala ku mudzi? Kodi inu mungakondweretsedwe kuti muphunzitsidwe kasamaliridwe ka munthu amene akudwalira ku mudzi? Gawanani ndi anzanu za nkhuwa zanu komanso zakupambana kwanu pa ntchito imeneyi.
- Khalani m'magulu ndipo kambiranani zifukwa zimene zimachititsa kuti achinyamata ambiri adzitenga kachilombo ka HIV (Kambirana zifukwa zokhudza chikhalidwe, chipembedzo, umphawi, kusowa kwa ntchito, mavuto okhudza ku chipatala ndi ena otero)
 - a) Ndi mavuto ati amene mungawathetse? Fotokozani mayankho anu.
 - b) Ndi mavuto ati amene ali akulu kwambiri kotero kuti ndi ofunika mabungwe akuluakulu kuti achitepo kanthu pothetsa mavuto amenewa
 - c) Kodi pali china chiri chonse chimene achinyamata angachite pothandiza mabungwe akuluakulu amenewa?
- Kodi inuyo pa nokha mungatani kuti mudzitetze komanso kuti muteteze anzanu kuti asatenge kachilombo ka HIV?

Okonedwa Lovemore

Ndizomvetsa chisoni kuti mayi ako sanasiye wilu. Akanasiya, moyo wako sukanakhala ozunzika chonchi panopa. Amalume ako akhale munthu wamanyazi potenga katundu wanu.

Ndi msinkhu wakowo suyenera kuthetsa vuto limeneli wekha. M'dera lililonse mumakhala anthu komanso mabungwe omwe amayang'anira komanso kuthandiza achinyamata omwe alibe makolo. Ufufuze anthu kapena mabungwe oterewa kuti akuthandize. Funsira malangizo kwa abusawo. Ukambirane ndi anthu kapena mabungwe mdera lanulo makamaka magulu omwe amathandiza mabanja okhudzidwa ndi matenda a Edzi. Ukhozanso kulankhula ndi mphunzitsi wankulu, a nesi, mafumu kapena anthu ogwira ntchito boma mdera lanulo.

Usatope kapena kuchita manyazi kupempha thandizo – achinyamata akuyenera kusamaliridwa ndi kukhala ndi chakudya, zovala, malo okhala, maphunziro komanso chitetezo.

Inde, achinyamata ambiri ali ndimavuto ngati omwewa. Yankhula nawo. Muli ndizambiri zoti mungagawane – chisoni chanu, kuvutika kwanu komanso kukwaniritsa kwanu. Muthanso kugawana maganizo mmene mungathetsere mavuto anu. Mutha kugwirizana zoyamba kupanga zinthu monga dimba lamasamba. Pemphani kuboma kapena kumabungwe zinthu zomwe mungafune; mugulu muli mphamvu kusiyana ndi kuchita zinthu payekhapyekha.

Ndikukufunira iwe pamodzi ndi achimwene ndi achemwali ako nthawi yabwino.

Auntie Stella

ZOYENERA KUCHITA

- Ana amafuna chikondi, chakudya, malo okhala, maphunziro ndi moyo otetezedwa. Kodi kudera lanulo kuli ana ambiri omwe alibe zinthu zatchulidwazi? Akukhala bwanji ana amenewa?
- Kodi ana ndi achinyamata monga Lovemore angapeze kuti chithandizo m’dera lanulo? Mukuganiza kuti amapeza thandizo lokwanira? Ngati samapeza, inuyo ndi anthu a mdera lanulo mungatani kuti azikhala moyo osavutika?
- SEWERO: Pangani sewero lomwe gulu la achinyamata amasiye aitanidwa kukakumana ndi bungwe (committee) la zaumoyo pa boma kukakambirana za thandizo lomwe akufuna kuchokera mdera lawo. Taganizani ndindani angakakhale kumsokhano umenewu (mwachitsanzo a nesi, ogwira ntchito m’boma, ogwira ntchito ku bungwe lothandiza anthu okhudzidwa ndi matenda a Edzi). Likatha sewero, kambiranani mafunso awa:
 - a) Chinachitika ndichiyani ku msonkhanowu? Kodi akuluakulu amamvera achinyamata? Chifukwa chiyani amamvera kapena ayi?
 - b) Kodi achinyamata angatani pakuonetsetsa kuti a zaumoyo komanso othandiza mdera lawolo akuwamvera maganizo awo okhudzana ndi zofuna zawo zenizeni? Ndithandizo lanji mungalifune kuti izi zichitike ndipo ndindani angapereke thandizoli?

Ndikufuna ndizichita zogonana ngati mmene amachitira anzanga!

6

Okondedwa Titus

Chimene ndingakuuze ndi chakuti palibe chifukwa chokatengera konda ine kwa a sing'anga kuti mtsikana akukonde nakhala nawe pa chibwenzi.

Kukhala ndi chibwenzi sachita kukakamiza. Zikamachitika, zimangochitika zokha basi. Anthu ena amapeza chibwenzi pa msinkhu wako pamene ena amadzapeza chibwenzi atakula. Komatu ngakhale kuti atapeza chibwenzi chokondana nacho sikuti nkhani yake imakhala yogonana ngati mmene ukuganizira iwemu.

Iwe usamadandaule ndi zimene anzako amakamba zakuti amagonana ndi zibwenzi zawo. Chomwe uyenera kudziwa ndi chakuti nkhani zawozo zikhoza kukhala za bodza. Anyamata ambiri amangofuna kuwonetsera kuti iwo amagonana ndi zibwenzi zawo pamene sanagonanepo

Iwetu ndiwe munthu pawekha ndipo suyenera kuti uzichita china chirichonse chimene anzako akumachita. Iwe uzichita zinthu zimene ukuwona kuti zikuthandiza pa moyo wako.

Choncho usiye kumadandaula kuti ulibe chibwenzi- Iwe ukhale chonchi mpaka pamene udzapeze mtsikana wako wa chikondi. Zakuti sunagonanepo ndi mkazi zimenezo zilibe ntchito. Paja amatitu kuthamanga sikufika!

Pakadali pano, iwe limbikira maphunziro ako ndipo upeze chochita china. Uphunzire kumacheza ndi atsikana mosamawaganizira zoti ukagonane nawo.

Auntie Stella

ZOYENERA KUCHITA

- Lembani mndandanda wa zinthu zimene mumachita chifukwa chotsanzira anzanu. Kuchokera pa mndandanda umenewu, sankhani zimene zili za bwino komanso zimene zili zoipa. Kodi mathero ochita zinthu zoipa zimene mwalembazi ndi otani? Kodi mukulingalira kusiya kutsanzira anzanu kuchita zinthu zimene mwanena kuti ndi zoipa? Kambiranani ndi anzanu mmene mungachitire izi.
- Kodi mutati mudzipatse malikisi pa mlingo wa 10 (out of 10) podziyesa kuti mumadzikhulupilira bwanji pochita zinthu ndi pochita chisankho china chiri chonse, mungadzipatse maliksi angati? Afunseni anzanu ngati akugwirizana ndi malikisi mwadzipatsawo. Ngati munadzipatsa malikisi ochepa, mungachite chiyani kuti muyambe kumadzikhulupirira kwambiri? Ngati munadzipatsa ma malikisi ochuluka kwambiri, mungatani kuti mudzionesetsa kuti mukumamveranso zonena kapena maganizo a anthu ena.
- Lembani mndandanda wa zinthu zonse za bwino zokhudza inu eni monga; Ndine opatsa, ndine wanthabwala, ndimatha kupeza mayankho amavuto amene ndi makumana nawo, ndimavina bwino, ndimatha kulima, ndimatha kusewera bwino mpira, ndimatha kukamba nthano ndi ana. Mndandanda umenewu muuike pamalo amene mukhoza kumauona nthawi zonse ndipo mukakumbukira zinthu zina muzikaonjezera pa mndandanda umenewu.
- Kodi ndi chachilendo anyamata ndi atsikana kumangocheza osachita zogonana? Kodi mukuganiza kuti zimenezi ndi za bwino kuti zizichitika kawirikawiri? Ngati ziri za bwino, taganizirani mitundu iwiri kapena itatu ya masewero amene mungachitire limodzi (atsikana ndi anyamata) sabata ino. Pamapeto a sabata ino kambiranani zimene mwaphunzira pokhala pa gulu limodzi ndi anyamata kapena ndi atsikana.

Ndinatengapo Matenda opatsirana pogonana - Kodi sindizabereka

7

Okondedwa Eda

Kukanakhala kuti chibwenzi chako chakalecho sichinakuuze kuti chinali ndi matenda opatsirana pogonana, iweyo sukanadziwa msanga kuti nawenso unatenga matendawa. Koma chifukwa unalandira chithandizo chamankhwala msanga, ndi kotheke kuti ulibe vuto lina liri lonse.

Amai samadziwa kuti ali ndi matenda opatsirana pogonana chifukwa matendawa samaonekera msanga kwa munthu wa mai ndi mmene Chauta analengera thupi la mkazi. Ngati salandira msanga chithandizo cha mankhwala njira za chiberekero zimaonongeka ndipo izi zimachititsa kuti munthu akhale osabereka.

Kukhala ndi matenda opatsirana pogonana pafupipafupi, kumachititsa kuti munthu adzakhale osabereka komanso kuti atenge HIV mosavuta. Kudzitezeza kwake ndi kugwiritsa ntchito kondomu nthawi zonse pogonana.

Pali zifukwa zambiri zimene zimachititsa munthu kuti akhale osabereka osati matenda opatsirana pogonana okha ayi. Ukafuna kudziwa zambiri kafunse kwa alingizi a za umoyo, ku Banja La Mtsogolo komanso zipatala zina za boma.

Nthawi zambiri ngati banja likulephera kubereka mwana, anthu amanena kuti mai wa mnyumbamo ndiye amene ali ndi vuto. Izi sizoonna ayi chifukwa vutoli litha kupezeka mwa a mayi kapena a bambo Tiyenera kuwathandiza ndi kuwaonetsa chikondi Ma banja amene samabereka. Tisamawasale.

Ndiri ndichikhulupiriro kuti wathandizidwa

Auntie Stella

ZOYENERA KUCHITA

- Kodi anthu amawaganizira zotani amuna amene sabereka? Nanga amai amene sabereka amaganirizidwa zotani? Mukhale ndi mitundu iwiri ya mayankho. Wina ukhale wa amuna ndipo wina ukhale wa amai. Kodi ndi ndani amene anthu amamumvera chisoni pakati pa mwamuna ndi mkazi? Kodi mukuganiza kuti ndi chifukwa chiyani izi zimakhala chonchi?
- Kambiranani njira zimene mungathandizire anthu amene samabereka. Kodi mungachite chiyani kuti musinthe mchitidwe oipa wa anthu am'dera lanu womaseka anthu amene sabereka?
- Kodi inu ndi wokondedwa wanu mutakhala kuti mukulephera kubereka, mungaganize zotenga mwana amene alibe makolo kuti mudzikhala naye ngati wanu? Fotokozani chifukwa chake. Kodi anthu a m'dera lanu amaopa chiyani kutenga mwana wa masiye kuti adzikhala naye ngati wawo, makamaka mwana amene si wa m'bale wawo?
- Onani kadi 13 ndi 25 kuti mudziwe zambiri za matenda opatsirana pogonana

Okonedwa Cecelia

Iwetu sukulakwa kukana kuchita zogonana ndi a phunzitsi ako. Zimene akuchita a phunzitsi akozi ndi zolakwika kwambiri komanso ndi za ufiti. Anthu ambiri akhoza kugwiirizana nane kuti mphunzitsi ameneyu sayenera kuphunzitsa pa sukulu ina ili yonse m'dziko muno chifukwa cha khalidwe lake loipali. Chomwe ndingakupemphe Cecelia ndi chakuti usasiye kumakaphunzira nawo phunziro limeneri. Koma uyenera kuchitapo kanthu msanga zinthu zisanafike poipa. Kugwiriridwa kwa mtundu wina ulionse ndi koletsedwa ndi malamulo a dziko lino. Uyenera kuulula zimene zinakuchitikirazi pomuza mnzako kapena kuwauza a phunzitsi anu ena aliwonse kuti akuthandize.

Ngati ukuona kuti palibe amene angakuthandize, ndi bwino kuti upeze mnzako amene ayenera kudziwa za vuto lakoli. Udzionetsetsa kuti mnzako ameneyu nayenso adzikhallira pamene a phunzitsi ako akakuwuzwa kuti utsalire. Ngati aphunzitsi ako angalimbikile kuti utsalire wekha, mnzakoyo adzionetsetsa kuti sanapite kutali kuti adzitha kumamva zimene adzikamba aphunzitsi akowo. Ngati aphunzitsi akowo ayambanso kuchita zomakugwiragwira kumaliseche, udzakuwe ndipo mzakoyo adzakhala mboni yako. Ndipo nthawi yomweyo ukanene kwa a headmaster anu ndi kukaitula nkhanayi ku Polisi, kumabungwe monga a YONECO ndi ena onse amene amathandiza ana amene amachitiridwa nkha za zosiyanasiyana monga zogwiriridwa

Auntie Stella

ZOYENERA KUCHITA

- Ngati mphunzitsi wina aliyense kapena wachikulire wina aliyense akuchitirani zinthu za mtundu umenewu, onetsetsa kuti mwauza mnzanu kapena munthu amene mumamukhulupirira ndipo onetsetsani kuti mwakanena ku Polisi msanga
- Mukhozanso kupeza chithandizo choyenera pogwiritsa ntchito njira ya “Helpline” yomwe mabungwe ena monga YONECO ndi Banja La Mtsogolo amagwiritsa ntchito. Mukhozanso kukapeza chithandizo ku mabungwe amene amagwira ntchito mdera lanu (ma CBO) komanso kwa anthu amene amagwira ntchito zothandiza a Polisi (community Polisi)
- Gwirizanani ndi anzanu kuti muitanitse a Polisi kapena anthu ena amene amagwira ntchito yothandiza a chinyamata kuti abwere pa sukulu panu adzakufotokozereni zina ndi zina zokhudza mtchitidwe wogwirirana komanso nkhanza zina za mtundu umenewu.



Okonedwa Samuel

Ngakhale zinakudabwitsa zimene Misheck anakuuza, zinthu zimene zimakuchititsa kuti akhale mnzazo sizinasinthe. Palibe chifukwa chakuti usiyire kumacheza naye ayi. Sichapafupi kuti munthu amuuze mnzake kuti iye amangofuna kukhala mchikondi ndi anyamata anzake basi. Izi zikusonyeza kuti Misheck amakudalira kwambiri.

Iweyo ungomuuzza Misheck kuti suli ngati iyeyo ndipo chifukwa cha ichi sungathe kukhala mwamuna wake. Umuuze mwachikondi ndipo iye adzamvetsetsa. Ngati ungate, umuonetsa kuti zimenezi sizisokoneza mgwirizano wanu.

Umuthandize kuti akuuze zambiri zimene akukumana nazo. Anthu ambiri otere amasowa anthu omakamba nawo za kukhosi. Izi zimachitika ngati anthu ambiri savomereza za makhalidwe otere.

Chiri chonse chimene ungaganize pa za mgwirizano wako ndi Misheck usauze munthu wina aliyense. Iye mwini ndi amene angaganize zouza munthu wina wa ku mtima kwake. Anthu ambiri savomereza za mchitidwe ngati uwu choncho adzayamba kumamulankhulira kapena kumuchitira zosakhala bwino. Ichi ndi chifukwa anthu ngati Misheck safuna kubwera poyera. Micheck ndi mnzako ndipo asoweka chithandizo chako.

Auntie Stella

ZOYENERA KUCHITA

- Kodi mukuganiza bwanji za mmene Auntie Stella ayankhira?
- Kodi Samuel atha kuchita zimene Auntie Stella anena?
- Tangoganizani kuti munthu wina aliyense anali ochita zogonana ndi mamuna kapena mkazi mnzake ndipo inu nokha simunali choncho. Kodi anthu bwenzi akukunenerani chiyani? Ndipo mukanawatsimikizira bwanji kuti izi sizolakwika? Mukudziwa bwanji? Mukanamva bwanji anthu akumakunyazani?
- Kodi inuyo ngati simuli ngati Misheck, ndi koyenera kuti mudziwe zambiri za anthu ngati amenewa? Kodi ndi chiyani chimene mungafune kudziwa kuti mukhale munthu ovomereza za makhalidwe ngati a Misheck? Kodi inuyo ndi achinyamata anzanu, mungachite chiyani kuti muthandize anthu ambiri kuvomereza za makhalidwe ngati a Misheck?
- Taganizani za magulu ena a anthu (monga anthu osauka, olumala, odwala matenda a Edzi) amene amasalidwa ndi kunzunzidwa mnjira zosiyanasiyana. Kodi ndi chifukwa chiyani anthu amachitira zimenezi?

Okonedwa Zalimba

Nthawi zambiri timazindikira kulakwa kwathu pamene tachita chinthu cholakwika. Choyenera kudziwa ndi chakuti munthu wina aliyense amalakwa. Anthu ena amalakwa kwambiri kuposa anthu ena. Ndipo zinthu za mtundu umenewu zikachitika, ndi bwino kuvomereza ndi kufunafuna njira ya bwino yothetsera kulakwa kwathu kapena vuto lathu.

Malingana ndi mmene zinthu zachitikiramu, malangizo aja a bambo ako sangagwirensa ntchito koma choyenera kuchita ndi chakuti ukambirane ndi chibwenzi chakocho kuti mupeze njira yabwino imene ingakuthandizeni nonse. Uyeneranso kuti upeze nthawi yokuti ukambirane ndi azakhali ako kuti akawafotokozere makolo a chibwenzi chako komanso abambo ako za zimene wachitazi. Sindikudziwa kuti akailandira bwanji nkhani imeneyi, komabe zivute zitani ayenera kuidziwa nkhani imeneyi chifukwa mwana mukuyembekezerayo ndi wako basi ndipo adzasowa chikondi ndi chisamaliro chako. Udindo umenewu siwachibwenzi chako chokha ayi.

Ndiri ndi chikhulupiriro kuti ukwanitsa kumaliza maphunziro ako ndi kudzakhala bambo odalirika. Ndiri ndi chikhulupirironso kuti mwana wako akadzakula udzidzathamandiza kuti adzakule bwino ndi kudzakhala munthu ochita chisankho chabwino nthawi zonse.

Auntie Stella

ZOYENERA KUCHITA

- Kodi mukudziwapo wa chinyamata wina aliyense amene analowa m’banja kapena anabereka mwana akadali pa sukulu? Kodi zimenezi zinawakhudza bwanji?
- Chitani sewelo: Khalani anayi anayi; Chitani sewero loonetsa Zalimba ndi malume ake kapena azakhali ake akufotokozera makolo a Zalimba za zimene za chitikazi. Kodi awafotokozera bwanji makolo a Zalimba? Kodi a bambo kapena amai a Zalimba anenapo ndi kuchita chiani?
- Kodi makolo anu amakupatsani malangizo otani? Kodi mumawamvera? Ngati simumawamvera fotokozani zifukwa zake?
- Taganizirani za nthawi imene munachita chinthu choopsa kwambiri monga kuyenda usiku kwambiri muli nokha nokha, kuledzela kwambiri kapena kuchita zogonana mosadziteteza.
 - a) Munachitirani zimenezi?
 - b) Kodi zotsatira zake zinali za bwino kapena zoipa?
 - c) Kodi ndi zisankho zina ziti zimene munali nazo?
 - d) Kodi khalidwe limeneri mumachita kawirikawiri?

Ndimakhala ndi chilakolako chofuna kugonana ndi mtsikana pafupipafupi

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Okondedwa Yohane

Usamadandaule chifukwa sichachilendo kuti anyamata adzitota pafupipafupi ndikukhala ndi chilakolako chofuna kugonana ndi mtsikana akamaganiza za mkazi. Njira yophweka yothetsera vutoli ndi kubunyula komatu uyenera kumabunyula kwa wekha kwakuti munthu sangakuone.

Kubunyula ndi kudzisangalatsa wekha pomadzigwira gwira kumaliseche kuti utote kwambiri mpaka utulutse umuna. Pa nthawi imeneyi munthu umamva kutsekemera thupi lonse. Mnyamata akamabunyula ndipo akafika pa chimake, chokodzera chake chimatulutsa umuna. Mtsikana akamabunyula nafika pa chimake, maliseche ache amafufuma komanso amanyowa.

Aliyense kaya mnyamata kaya mtsikana amamva kukoma akamadzigwiragwira ku maliseche. Nthawi zina akuluakulu amene ali pa banja nawonso amatha kubunyula ngati njira imodzi yodzitetezera ku matenda (amagwiranagwira kumaliseche kuti asangalatsane mpaka mwamuna atatulutsa umuna komanso mkazi atatulutsa chikazi) .

Kubunyula kulibe vuto lina liri lonse pa thupi lathu. Kubunyula kumathandiza kuti uthetse chilakolako chogonana ndipo ndi njira yabwino yodziwila mmene thupi lako limagwirira ntchito. Anthu amisinkhu yonse kaya osakwatira kaya okwatira amabunyula.

Ngakhale azipembedzo zina amanena kuti kubunyula ndi tchimo, aliponso adzipembezo zina amene amapereka ufulu kwa anthu otsatira zipembezo kuti adzidzisankhira chochita.

Auntie Stella

ZOYENERA KUCHITA

● MAYANKHO

- Ziganizo zonse ndizabodza kupatulako chiganizo chachiwiri chokha. Kodi ndi zinthu zina ziti- kaya zabodza kaya zoonza zimene munamvapo zokhudza kubunyula? Kodi mwa zinthu zimenezi, zoonza zenizeni ndi ziti?
- Kodi anthu a mdera lanu amaganiza zotani za kubunyula? Kodi amaona kuti kubunyula ndi kwabwino pa moyo wa munthu kapena amaona kuti ndi koipa. Kodi maganizo awowa amafanana akamanena kubunyula kwa anyamata ndi kwa atsikana. Kodi anthu amamasuka akamanena za kubunyula kapena amaitenga nkhanayi ngati ya chinsinsi. Ngati mukuganiza kuti achinyamata amayenera kukhala omasuka ndi kumakhala ndi maganizo abwino okhudza kubunyula, kambiranani zimene achinyamata angachite kuti izi zitheke.
- Nthawi zambiri achinyamata amakhala ndi chilakolako chofuna kugonana. Kupatulapo kubunyula komwe mwakambirana kale, ndi chiyaninso chimene achinyamata angachite kuti athetse chilakolakochi mosagonana ndi mkazi kapena myamata. Lembani mndandanda wa maganizo anu (monga kukathamanga mtunda wautali) ndipo inu mudzisankhire njira zokukomerani



Kodi sindiyenera kumagonana naye ngakhale ndimamuthandiza mu njira zosiyanasiyana?

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Okonedwa Themba

Nthawi zambiri chibwenzi sichimayenda bwino ngati inu amene muli paubwenzi mukufuna kumapeza zinthu kuchokera ku chibwenzi ndipo pa nkhani yakoyi zikuonekeratu kuti mchitidwe wogonana ndi wofunikira kwambiri kwa iwe kuposa kwa chibwenzi chako. Uyenera kudziwa kuti ndi atsikana ochepa amene amafuna kumachita zogonana akakhala pa chibwenzi. Atsikana ambiri samasangalala anyamata akamawavutitsa kuti adzigonana nawo ngati njira imodzi yothokozera ku mphatso zimene amalandira

Anyamata ndi atsikana ambiri amayesetsa kupewa mavuto amene amabwera chifukwa cha mchitidwe wogonana munthu usanakhwime msinkhu monga kukhala ndi mimba zosakonzekera, matenda opatsirana pogonana monga chindoko komanso kachilombo ka HIV. Choncho atsikana ndi anyamata amenewa amadziletsa kwa thunthu ku mchitidwe wogonana. Iwo amadikira mpaka atadzakula nalowa m'banja.

Mwina ndikufunse, kodi cholinga cha chibwenzi ndi kugonana basi? Kapena kukhala ndi mnzako weniweni amene amakukonda ndi kuganizira za moyo wako nthawi zonse? Ngati ukufuna kukhala ndi chibwenzi cha mtundu umenewu uyenera kuyamba kulemekeza zimene chibwenzi chako chimafuna. Usiye kumamukakamiza kuti udzigona naye chifukwa iye samafuna kuchita mchitidwe woipawu.

Anthu ena amaganizabe kuti cholinga chokhalira pa chibwenzi ndi atsikana ndi chomangogonana nawo basi. Anyamata amatengedwa kukhala a pamwamba kuposa atsikana. Koma masiku ano zinthu zikusintha chifukwa anyamata ndi atsikana amaonedwa chimodzimidzi. Ndiri ndi chikhulupiriro kuti tsopano usiya za kale ndi kuyamba kumuona bwenzi lako ngati mnzako ndipo mudzakhala moyo wosangalala.

Auntie Stella

ZOYENERA KUCHITA

- Mukuganiza zotani pa yankho limene apereka Auntie Stella? Kodi mukugwirizana nazo zimene amuuza Themba? Ngati simukugwirizana nazo, malangizo anu ndi otani?
- **Atsikana:** Lembani mndandanda wa zinthu zimene anyamata ayenera komanso sayenera kuchita ngati akufuna kukhala ndi chibwenzi chopambana?
Anyamata: Lembani mndandanda wa zinthu zimene atsikana ayenera komanso sayenera kuchita ngati akufuna kukhala ndi chibwenzi chopambana?
- Tsopano sinthanani, anyamata atenge mndandanda umene analemba atsikana ndipo atsikana atenge mndandanda umene analemba anyamata. Pangani gulu limodzi ndipo mufunsane mafunso kuti mudziwe zambiri zimene anzanu amaganiza
- Tsopano chitani mtsutso pa mutu umodzi mwa mitu iyi:

- Mtsikana ayenera kugonana ndi chibwenzi chake akamugulira zinthu
- Chikondi chosagonana chiri ngati kumwa tiyi opanda shuga. Mukugwirazana nazo?
- Sibwino kugonana musanakwatirane.

Okonedwa Kondwani

Wachita bwino kulemba kalatayi. Zotupa kumaliseche a mwamuna kapena mkazi zitha kungokhala zotupa ngati mmene munthu amakhalira ndi ziphuphu kunkhope komanso chitha kukhala chizindikiro chamatenda opatsirana pogonana.

Ngati sunachitepo zogonana, zitha kutheka kuti simatenda opatsirana pogonana. Koma ngati wagonapo ndi aliyense posachedwapa mosadziteteza utha kukhala ndi matendawa ndipo atha kukhala mauka, chizonono, mabomu kapena chindoko. Aphunzitsi ako ayenera amanena chizonono chifukwa munthu amapengadi ngati sachizidwa msanga. Chimene ndinganene ndi chakuti upite kuchipatala mwamsanga kuti akakuone ngatidi uli ndi matenda opatsirana pogonana. Izi zikuthandiza kuti ulandire chithandizo cha mankhwala oyenera.

Akakakuuza kuti uli ndi matenda opatsirana pogonana, ndi bwino umuuzenso yemwe unagonana naye kuti nayenso akayezetse. Nthawi zambiri akazi atha kukhala ndi matendawa koma osonetsa zizindikiro zilizonse.

Pita kuchipatala msanga (monga ku Banja La Mtsogolo) chifukwa matenda ambiri opatsirana pogonana amachizika tikalandila chithandizo msanga. Utha kupita ndi munthu wina wamkulu ngati kuchipatala amakalipira kapena samawathandiza achinyamata. Dziwa kuti uli ndi ufulu wolandira chithandizo mopanda kulalatilidwa. Zabwino zonse!

Auntie Stella

ZOYENERA KUCHITA

● **MAYANKHO: MATENDA OPATSIRANA POGONANA**

Ziganizo 1 ndi 5 ndi zoono ndipo ziganizo 2, 3 (kudziletsanso kumathandiza) ndi 4 (matenda opatsirana pogonana osiyanasiyana ali ndi zizindikiro zosiyana ndipo akazi nthawi zambiri saonetsa zizindikiro msanga) ndi zabodza.

● **NTCHITO:** Pezani mabuku kapena zolembe zilizonse zimene zikufotokoza za matenda opatsirana pogonana. Gulu lililonse lisankhe nthenda yopatsirana pogonana imodzi ndipo mukawerenga mukonzekere kufotokozero anzanu. Muwauze anzanu zinthu izi:

- Kodi dzina la nthendayo ndi chiyani?
- Kodi zizindikiro za nthendayo ndi ziti (kwa amuna komanso kwa akazi)?
- Kodi ingachilitsidwe bwanji?
- Kodi ingapewedwe bwanji?

Kenako lembani mafunso asanu kapena khumi okhudza matenda opatsirana pogonana ndipo mulembe mayankho ake papepala losiyana ndi lamafunso. Apatseni anzanu a gulu lina mafunso aja kuti ayankhe ndipo inunso yankhani mafunso awo. Mutachonga, amene wayankha zambiri bwino ndani, inu kapena anzanu?

● Itanitsani namwino kapena ogwira ntchito za umoyo kuti adzakuzeni zambiri zokhudza matenda opatsirana pogonana komanso ufulu wanu wolandira chithandizo mosalalidwa. Fufuzani ngati achinyamata amalandilidwa bwino kuchipatala chimene muli nacho pafupi ngati wapita ndi matenda opatsirana pogonana. Ngati amalalata kapena kukalipa, kodi titani kuti tithetse kuphwanyirana ufulu kumeneku? Kodi ndi ndani angatithandize?

Okonedwa Florence

Pepa Pepa kuti wakumana ndi vuto limeneli. Koma ndati ndikuyamikire chifukwa chopanga chisankho chanzeru chokayezetsa magazi kuti udziwe ngati uli ndi kachilombo ka HIV. Izi zikuonetsa kuti ndiwe wolimba mtima ndipo umapanga zisankho zoyenera m'moyo mwako. Ndibwino kudziwa ngati uli ndi kachirombo ka HIV kusiyana ndikumakhala ndi nkhwana.

Ukapita kukayezetsa ku HTC (HIV Testing and Counselling), phungu wophunzitsidwa bwino akakulandira bwino, akakupatsa uphungu asanakuyeze komanso akakamaliza kukuyeza, akakuyankha mafunso ako onse mwansangala ndipo akakuthandiza kupanga chisankho choyenera malingana ndi zotsatira za kuyezetsa magazi, kaya uli ndi kachilombo ka HIV kapena ayi. Chilichonse chimene ukakambirane naye ndi chachinsisi ndipo sangauze munthu wina aliyense kotero kuti sukusoweka kumuza dzina lako.

Oyeza magazi akatenga magazi pachala chako ndi kuwayeza nthawi yomweyo ndipo akakawuza zotsatira pakangotha mphindi zochepe. Koma ngati unagonana ndi mwamuna mosadziteza miyezi itatu yapitayo, ndi bwino kuti udzayezetsenso kachiwiri pakapita miyezi yochepe chifukwa kachirombo ka HIV kamatenga pafupifupi miyezi itatu kuti kaonekere mmagazi a munthu.

Chonde mulimbikitse bwenzi lako kuti nayenso akayezetse kuti adziwe ngati ali ndi kachilombo ka HIV ndipo ngati sapita ndipo akulimbikira kuti sangavale kondomu, ndiye uli ndi udindo odziwa chochita pawekha. Ngati angakupeze kuti ulibe kachirombo, uonesetse kuti ukukhala moyo wa bwino ndipo usadandaulenso zankhaniyi.

Zabwino zonse kwa iwe ndi bwenzi lako.

Auntie Stella

ZOYENERA KUCHITA

- Kodi Florence akapita kukayezetsa magari ndikupezeka kuti alibe kachiroboko ka HIV, mungamulangize zotani kuti asatenge kachiroboko? Kodi angafune chithandizo chotani?
- Lembani mndandanda wazifukwa zimene anthu samafuna kudziwa ngati ali ndi kachiroboko ka HIV kapena ayi? Ndipo mulembenso mndandanda wina wa zifukwa zimene anthu ayenera kuyezetsa magari kuti adziwe ngati ali ndi kachiroboko kapena ayi?
- Kodi ndi mndandanda uti umene uli ndi zifukwa zambiri? Kodi munthu amene akuganiza zokayezetsa magari, mungamulangize zotani?
- Fufuzani kuti kodi malo amene muyenera kuyezetsa magari ali pafupi bwanji ndi kumene mukukhala? Kodi amalipilitsa? Kodi amapereka malire a zaka za anthu oyenera kukayezetsa kapena aliyense atha kupita?
- Kodi munagonanapo osagwilitsa ntchito kondomu? Ngati munagonanako, bwanji mupite mukayezetse magari anu kuti mudziwe ngati muli ndi kachilombo ka HIV kapena ayi? Kodi mumafuna chilimbikitso chotani kuti mukayezetse magari? Limbikitsanani pakati panu!
- **SEWERO:** Wina akhale Florence ndipo wina akhale bwenzi lake la Florence. Florence amuuzo bwenzi lake kuti ali ndi nkhwana kuti mwina ali ndi kachiroboko ka HIV ndipo akumulimbikitsa bwenzi lakeyo kuti akayezetse magari.
- Ngati bwenzi la Florence likukana, kodi Florence angamunyengelere bwanji bwenzi lake kuti mpaka alole akayezetse?
- Werengani Khadi 26 kuti mumve zambiri zokhala mchiyembekezo ndi moyo wathanzi pamene uli ndi kachilombo ka HIV.

Okonedwa Lusibiro

Wachita bwino kufunsa, Lusibiro! Nthenda ya khansa ya m'chiberekero imagwira khomo lachiberekero. Amai ambiri ali ndi nthenda imeneyi m'Malawi muno. Ngakhale izi ziri chonchi, ndi amai ochepa okha amene amadziwa za nthendayi. Munthu akadziwa msanga kuti ali ndi nthendayi nalandira chithandizo cha mankhwala msanga, munthu amatha kuchiriratu ku nthendayi.

Khansa yamchiberekero itha kuyamba pa zifukwa izi:

- Ngati ayamba mchitidwe ogonana akadali wamng'ono (zaka zoyambilira atangotha kumene msikhu)
- Ngati wagonana ndi anthu ambiri
- Ngati amene akugonana naye wagonana ndi anthu ena ambiri
- Ngati ali ndi mauka
- Ngati ali ndi HIV kapena Edzi

Azimai ena ngakhale ali ndi zaka zochepera 20 akupezeka ndi khansa yamchiberekero. Kodi ndi koyenera kugonana mudakali achichepere? Ngati mwayamba mchitidwe ogonana ndi bwino chaka chilichonse kuyezetsa ngati muli ndi khansa yamchiberekero. Ngati simungakwanitse chaka chimodzi ndi bwino kuyezetsa zaka zitatu zili zonse. Zipatala zowerengeka zimayeza ndipo ngati muyezetsa mwachangu palibe chifukwa chakuti mzimai amwalire chifukwa cha khansa yamchiberekero. Kafunzeni kwa alangizi a za umoyo a m'dera lanu za nkhanayi

Auntie Stella

ZOYENERA KUCHITA

- Mwaphunzira zotani zokhudza khansa yamchiberekero? Kambiranani ndi anzanu kapena abale anu a akazi. Auzeni zakufunika kwa kuyezetsa ngati munthu ali ndi khansa kapena ayi.
- Werenganinso kalata imene alemba Auntie Stella kuseri kwa Khadi ili. Kodi mukuganiza kuti muli pa chiopsezo chakuti mukhoza kukhala ndi khansa ya m'chiberekero? Fufuzani zambiri zokhudza khansa ya m'chiberekero ndikufunika koyezetsa pafupipafupi.
- Mukhoza kuitana namwino kuti adzakufotokozereni zambiri zokhudza khansa ya m'chiberekero.
- Mukhonzanso kuwerenga mabuku kapena kupita kuchipatala kuti mudziwe zambiri. Lembani zimene mwapeza ndipo muwauzekonso anzanu ndi abale anu.

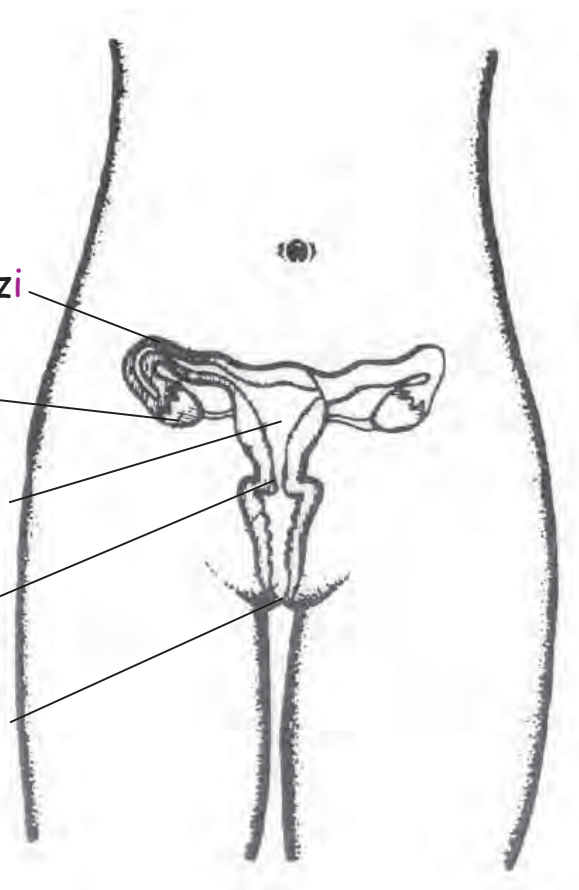
Njira yodutsira dzira la akazi

Malo opangira dzira la akazi

Chiberekero

Khomo la chiberekero

Maliseche a mkazi



Okonedwa Regina

Nkhani yako ndiyomvetsa chisoni kwambiri! Zimene anachita amalume ako ndi zolakwika. Anaphwanya lamulo ndipo akuyenera kulangidwa ndi kukaponyedwa kundende.

Usachite mantha ndipo usabise. Uwadziwitse makolo ako kapena wachibale aliyense yemwe ukumukhulupilira kapenanso ukhoza kukanena ku polisi. Pamenepa pakufunika munthu wakuti akuthandize ndikukulangiza kuti mpaka nkhani ikafike kupolisi.

Mtsikana ngati iwe ukagwiliridwa ndi bwino kukanena ku polisi nthawi yomweyo usanasambe mthupi ndiponso usanasinthe zovala ndi cholinga chakuti ukapereke umboni woyenera ku polisi. Ndi bwinonso kupita kuchipatalakuti akakuteteze kuti usatenge mimba pogwiritsa ntchito mankhwala amene munthu amamwa ngati wa gwiridwa ndi cholinga chakuti asatenge mimba ndi HIV

Kugwiliridwa sivuto la munthu wogwiliridwa ayi! Koma monga munthu wamkazi ndi bwino kupewa mchitidwewu popewa kuyenda wekha malo amene sukuwadziwa bwino, kumwa mowa kwambiri kapena kusuta chamba. Ngati uli pachibwenzi ndi mnyamata muuze malire achibwenzi chanu musanayambe zogwiranagwirana kapena kugonana. Munthu aliyense akafuna kukugwilira udzikuwa, kumuluma, kumumenya ndi bondo kapena mkono pakati pamiyendo yake, ndikuthawa.

Ndikukhulupilira kuti ndakuthandiza Regina.

Auntie Stella

ZOYENERA KUCHITA

- Kodi ndi chifukwa chiyani kugwiriridwa komanso nkhanza zimachitika kwambiri kwa amayi ndi atsikana? Kambiranani pagulu lanu. Payankho lililonse limene mupereke mudzifunse kuti ndi chifukwa chiyani? Mukhonza kufunsa chifukwa chiyani kwa mayankho onse amene mungapeze.

Kodi m'dera lanu muli m'chitidwe wogwililira ndi wankhanza ngati uwu?

Werengani ziganizo zotsatirazi ndipo muone ngati zikufotokozadi zochitika m'dera lanu. Lembani ZOONA kapena ZABODZA pambuyo pa chiganizo chilichonse molingana ndi mmene mukuonera inu.

- 1 M'dera lathu atsikana ndi amai atha kuyenda paliponse, nthawi iliyonse popanda kuopa kuchitidwa nkhanza.
- 2 Mdera lathu anthu sabisa nkhanzi zakugwililira ndi nkhanza. Aliyense akangoulula kuti wagwililidwa, akuluakulu amachitapo kanthu kuti zisadzachitikenso. Palibe amene angamunene wogwililidwa kuti ndi vuto lake ayi.
- 3 Ngati wa chinyamata aliyense wagwililidwa, achipatala amathandiza moyenera ndipo apolisi amachita zotheka kuti amugwire munthu wogwililirayo ndi kumuimba mlandu.
- 4 Anyamata amalemekeza atsikana ndipo mtsikana akati sakufuna zogonana, mnyamata amadziwa kuti mtsikanayo akukanadi ndipo samamukakamiza chifukwa anyamata a m'dera mwathu amatha kudziletsa.

Zotsatira: Ngati anthu ochepa okha mwainu mwayankha kuti ZOONA paziganizo zili m'mwambazi, kodi titani kuti madera amene tikukhala akhale opanda nkhanza ndipo opanda kugwililira?

- Fufuzani zambiri zokhudza mankhwala amene munthu angamwe ngati wagonana mosayembekezera kapena wagwiliridwa (morning after pill) ndi mankhwala oteteza kuti munthu asatenge HIV ngati wakhudzana ndi magari a munthu osamudziwa ngati ali ndi kachiroambo kapenanso ngati wagwiliridwa (post-exposure prophylaxis – PEP)

Kodi ndiyambe kuchita uhule kuti ndipeze ndalama?

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Okondedwa Janet

Vuto lakoli ndilovuta kwambiri ndipo uyenera udziwe kuti kuchita uhule kuti upeze ndalama zingokupezetsa mavuto ena ambiri. Amuna ambiri amene amapereka ndalama kuti agonane ndi mkazi amakana kugwiritsa ntchito kondomu kotero kuti ukhoza kutenga mimba, kachirombo ka HIV kapena zonse zimene. Akhonzanso kukugona osakupatsa ndalama ndikukumenyanso.

Uhule, kapena kuti mchitidwe osinthitsa kugonana ndi ndalama ndiwoletsedwa pa malumolo a dziko lino. Chilichonse chitachitika ndipo apolisi atadziwa kuti umapanga uhule, akhoza kukumanga ndikukutsekera mndende. Usayerekeze kupanga zimenezi chifukwa zingokubweretsera mavuto ambiri.'

Chimene ungachite ndikuganinzanso njira zina zoyenera zopezera ndalama kapena upeze munthu kaya bungwe limene lingakuthandizeko kukulipilira sukulu ndi mayeso. Ufufuze bwino bwino kaya kwa anzako, kuchipembezo chako, kudera kumene ukuchokera ndikwina kulikonse kumene angathandize. Dziwanso kuti Unduna wa Amai ndi ana umapereka chithandizo kudzera ku nthambi yoyang'anira za umoyo wa anthu limene pachingerezi amati Social Welfare. Ungopita kumaofesi aboma a m'boma la kwanu ndipo akakuthandiza.

Ngati zonse zalephereka dziwa kuti simathero a zonse ayi. Ukhoza kuphunzira luso lililonse kuti uzizipezera wekha ndalama kapena kupanga ganyu kumene umakhala. Anthutu amatha kuphunzira ngakhale atakula bola chidwi ndi kulimbikira kuwerenga.

Ukadzafuna kugonana, udzagonana mwakufuna kwako koma osati chifukwa ukufuna ndalama ayi. Ndipo uonetsetse kuti ukudziwa njira zonse zopewera mimba ndi kupewa kutenga kachilombo ka HIV monga kugwiritsa ntchito makondomu abambo ndi amai amene, mankhwala olerera ndi njira zina.

Zabwino zonse!

Auntie Stella

ZOYENERA KUCHITA

- **SEWERO:** Khalani awiriawiri ndipo pangani kasewero kakang'ono. Janet akupempha malangizo kuchokera kwa munthu wamkulu kuti amuthandize mmene angapezere ndalama za sukulu. Kenako sinthanani wina akhale Janet ndipo wina akhale munthu wamkulu.
- Mukatero, muwauze anzanu ena kuti munamva bwanji kukhala Janet. Kodi chimene chinali chovuta kapena chosavuta ndi chiyani popempha chithandizo. Kodi mungapereke malangizo otani kwa munthu ngati Janet?
- Pangani mtsutso pa mutu uwu:
 - ‘ Atsikana ambiri samayamba uhule chifukwa chakuti akusangalala koma chifukwa chosowa ndalama zakuti athe kudyetsa ndi kuveka mabanja awo ndi azibale awo’
- Nthawi zambiri anthu amanyoza ndi kudzudzula amene amachita uhule koma samadzudzula amuna amene amapereka ndalama kwa atsikanawa ndikumagonana nawo. Kodi mukuganiza kuti ndi chifukwa chiyani izi zimachitika chonchi? Kodi ndi bwino? Ngati sibwino, kodi anthu angachite chiyani kuti athetse mchitidwe umenewu?
- Pangani kafukufuku wa malamulo okhudzana ndi akazi amene amachita mchitidwe wogonana kuti apeze ndalama? Nanga malamulowo amanena chiyani za anthu amene akulipira ndalamazo kuti agonane ndi akaziwo? Kodi akazi amenewa ali ndi ufulu wawo wa chibadwidwe? Kodi inu mukuganiza kuti chiyenera kuchitika ndi chiyani

Okonedwa Edison

Pepa kuti wavutika chifukwa chaumuna umene ukumatuluka ukagona. Osadandaula popeza kuti palibe chilichonse chovuta ndipo thupi lako lili bwinobwino, choncho palibe chifukwa chochitira manyazi.

Kutulutsa umuna usiku ukagona ndi chizindikiro chakuti tsopano thupi lako likuchoka kuumwana ndipo likukhwima. Nthawi imeneyi, thupi limasinthana ndipo mnyamata amayamba kutulutsa umuna. Panthawi imeneyi thupi lako ndilokonzeka kutulutsa umuna ndipo njira imodzi ndiyotuluka usiku utagona ngakhale kuti sunalote ukugonana. Zimathekanso kuti mnyamata amapezeka wadzuka atamema (kutota) ndipo sizitanthauza kuti amalota akugonana ayi.

Izi zimachitika kwambiri kwa achinyamata apakati pa zaka 13 ndi 19 ngakhale kuti izi zitha kumachitika ngakhale utakula. Choncho osada nkhwana kuti izi zidzaononga ubwenzi wako ndi mkazi wako ukadzakwatira, ndi mmene matupi athu amasinthira, palibe chodandaulitsa pamenepa. Utha kufunsa munthu aliyense wamkulu yemwe umamukhulupilira kuti akutsimikizire.

Auntie Stella

ZOYENERA KUCHITA

- Pitolizani ziganizo zotsatira:

- a) Ndimasangalala thupi langa likamasintha ndikamakula chifukwa chakuti...
- b) Koma zinthu zina zimene zikusintha nthupi mwanga sindisangalala nazo chifukwa chakuti...

Auzeni anzanu agulu lina zimene mwakambirana

- Kodi mwaphunzira chiyani kuchokera pazochita zimenezi? Kodi pali zina zimene mukufuna mutadziwa kwambiri? Pezani njira ya bwino yochitira zimenezi.
- Kodi mulinso ndi nkawa pa zinthu zimene zingakuchitikireni mthupi lanu makakamaka pamene mukukula? Mukhoza kukambirana ndi anzanu kapena munthu aliyense wamkhulu yemwe mukumukhulupilira.



Okondedwa Thandi

Inde ndi zoonza kuti ma ARV amathandiza anthu amene akudwala matenda a Edzi. Ma ARV samachiza Edzi ayi, amangochepetsa kuchulukana kwa tizirombo ta HIV. Amathandizanso kubwezeretsa chitetezo cholimbana ndi matenda mthupi. Ma ARV amathandiza kuti chitetezo chimenechi chikhalebe cha mphamvu popeza kuti tizirombo ta HIV sitimachulukanso kwambiri. Mankhwalawa amadula koma kuno ku Malawi amapezeka mzipatala za boma mwaulere kwa wina aliyense amene adokotala amuona kuti ayenera kuyamba kumwa mankhwalawa.

Ma ARV ndi a mphavu ndipo anthu amayamba kumwa akapezadi kuti chitetezo chamthupi mwao chatsika kwambiri. Chonde, osamwa ma ARV popanda kuuzidwa ndi achipatala. Munthu ameyenera kumwa mankhwalawa moyo wake wonse. Sibwino kuyamba kumwa ma ARV kenako ndi kusiya chifukwa zimachititsa kuti ukadzayambanso kumwa mankhwalawa asazagwire ntchito moyenera.

Kumwa ma ARV sinjira yokhayo yokhalira ndi moyo wanthanzi ayi. Ukhonza kumadya zakudya zopatsa nthanzi, kumamwa mavitamini komanso kukhala m'chiyembekezo. Uzionesetsa kuti ukumamwa mankhwalawa ukayamba kudwala matenda ena aliwonse amene angabwere chifukwa chakuchepa kwa chitetezo cha mthupi monga chifuwa chachikulu. Kuchita izitu sizikutanthauza HIV ichoka mthupi lako ayi, pamenepa utha kupatsira anthu ena kapena kuonjezera tizirombo tina nthupi mwako ngati ugonana ndi anthu ena. Ndi bwino kumadziteteza ndi kondomu nthawi zonse ukamagonana. Izi zitha kukupatsa moyo wautari wakuti umuyang'anire bwino mwana wako.

Zabwino zonse!

Auntie Stella

ZOYENERA KUCHITA

- Ukhoza kupita kuchipatala kumene amathandiza anthu amene ali ndi kachilombo ka HIV ndi matenda a Edzi kuti ukamve zambiri zokhudza mankhwala ama ARV ndi njira zina zokhalira moyo wanthanzi.
- Ukhonzanso kuitanitsa munthu yemwe akudziwa bwino zamankhwalawa kuti adzakufotokozere kunyumba.
- Ufufuze kwambiri zokhudza ma ARV. Amapezeka kwa aliyense?, Ndi aulele? Komanso ufufuze ubwino ndi zovuta zimene zimabwera munthu akamamwa ma ARV.
- Kodi anthu amene akumwa ma ARV amafuna chithandizo chotani? Kodi ayenera kuwathandiza ndi ndani? Kodi achibale ndi anzathu atha kupereka chithandizochi? Nanga kuchipatala ndi magulu osamalira anthu amene amapezeka kumudzi kwanu?
- Ngati ma ARV amathandiza munthu kukhala moyo nthawi yayitali ndi chifukwa chiyani anthu ena amavutika kuti awapeze? Kodi amapezeka mosavuta m'dera mwanumo? Kodi inu ndi anthu ena, komanso magulu oyang'anira odwala m'mudzi mwanu mukuchita chiyani kuti mulikakamize boma kuti anthu asamayende mtunda wautali kuti akalandile ma ARV? Inu monga achinyamata, mukuchitapo chiyani?
- Onani khadi 26 kuti mudziwe zambiri za mmene mungakhalire ndi moyo wathanzi ngati muli ndi kachilombo ka HIV kapena matenda a Edzi.

Okondedwa Patrick

Ngati amai a nyumba yomwe ukakhalamoyo akufuna kumagonana nawe, imeneyi ndi nkhanza yokhudza kugonana. Nkhanza imeneyi imatchedwa “indecent assault” pachingerezi ndipo ndikuphwanya malamulo adziko. Ukuyenera upeze chithandizo ndipo utuluke m’nyumbayo mwa msanga zinthu zisanafike poyipa kwambiri.

Ndikugwirizana nawe kuti kuwauza amuna awo zankhaniyi zikhoza kukubweretsera iwe mavuto. Choncho ndikukupempha kuti uwauze makolo ako za nkhaniyi, komanso mnyumbamo utulukemo mwa msanga ndikupeza kwina kokakhala. Ndikudziwa makolo ako angafunitsitse kuti iwe ukhale ku malo komwe kulibe chiopsezo, ndipo adzayesetsa kulipila ndalama za nyumbayo mwa msanga. Ngati atakuyesanso kuti uchite nawo zoyipazo usanasamuke, iwe uvale zilimbe ndipo, udzawauze molimba mtima kuti asiyiretu. Ngati angayesere kulimbana nawe, iwenso usadzagonje.

Ndikovuta kupereka umboni wakuti mwamuna wachitiridwa nkhanza zokhudza zogonana ndi munthu wamayi, makamaka pamene palibe chizindikiro chilichonse cha nkhanzayo. Koma ndi chachidziwikile kuti mayiwo akukukakamiza iwe kugona nawo pamene iwe usakufuna, kumeneku ndi kukuphwanyira iwe ufulu wako.

Chonde uyesetse kuchoka mu vuto limeneli mwa mnsanga .

Auntie Stella

ZOYENERA KUCHITA

Ufuluwa achinyamata achisodzera wokhudzana ndi kugonana ndi ma ubwenzi

Werengani ma ufulu ali mmusiwa okhudza kugonana ndi maubwenzi pakati pa achinyamata achisodzera (achichepele)

- 1 Wina aliyense asakugwire kapena kukupangitsa kuti ugonane naye pamene iwe sukufuna.
- 2 Kuyenera kukhala kwa pafupi kwa inu kupeza chithandizo cha kulerera (maleledwe) ndi uthenga wokhudza umoyo wa bwino wogonana ndi moyo wa achinyamata.
- 3 Anthu onse ogwira ntchito kuchipatala komanso ku Polisi ayenera kukhala ndi uthenga okwanira / ozindikira bwino, othandiza, komanso akumva chisoni pa chinthu.
- 4 Pakuyenera pakhale mayezedwe abwino, kupereka uphungu, ndi mankhwala a HIV/AIDS komanso mankhwala ake azipezeka mosavuta ndi pamtengo wotsika.
- 5 Atsikana omwe ali ndi pathupi, ali ndi ufulu wophunzira.
- 6 Ngati muli ndi kachilombo ka HIV kapena matenda a AIDS, musasalidwe kapena kuchitilidwa nkhanza.
- 7 Aliyense wa mkazi, wa mwamuna, mwana, wakuda ,woyera, woonda, wa mtali, olumala, akuyenera kupatsidwa ulemu.
- 8 Achinyamata ali ndi ufulu wodzipangira ndondomeko yopezera chithandizo ndi chisamaliro chabwino cha moyo wawo.

- Mukuganiza bwanji za mndandawu? Pali zimene mungaonjezere kapena kuchotsera?
- Kodi mfundozi zimagwira ntchito mofanana kwa achinyamata ndi atsikana?
- Kodi anthu a m'dera lanu amateteza bwanji ufulu wa achinyamata? A chongereni pa teni (10) pa momwe akutetezera ufulu wa achinyamata.
- Aliyense adzichongere pa teni pa momwe amalemekezera ufulu wa achinyamata ena.

Lonjezani kulemekeza ufulu wa anthu ena komanso kukapeza chithandizo ngati ufulu wanu ukuphwanyidwa.

Okonedwa Irene

Osadandaula – palibe chifukwa choganizira kuti sudzabereka. Sichinthu chachilendo kuona kuti kusamba kwako ndi kojowa jowa, makamaka munthu ukangoyamba kusamba kumene ngati wachitira iwemu. Atsikana ena amakhala akusamba bwino bwino, kenaka ndikuyamba kudumphitsa dumphitsa ngati mmene ukuchitira iwemu, kapenanso kusiya kumene kwa kanthawi kapena kwa chaka chonse chathunthu osasamba. Koma pakapita nthawi izi zimatha ndipo amayamba kusamba bwino bwino.

Pali zinthu zinanso zimene zimatha kusokoneza kasambidwe kanu, monga kukhala ndi nkhawa , kapena pamene ukunenepa kapena kuwonda kwambiri, kapenanso pamene wadwala kwa nthawi yaitali. Koma kwa mkazi yemwe wagonana ndi mwamuna, kusasamba ndi chizindikiro choyamba kuti mwina watenga mimba.

Koma funsani a chipatala kapena a namwino, makamaka pamene kusamba kwanu sikukuyamba patatha chaka chathunthu. Muyesenso kudya zakudya za thanzi zachilengedwe, zipatso zambiri, ndi za masamba, komanso zimene zili ndi ayiloni wambiri - monga masamba obiliwira, nyemba, nandolo, mazira, nsomba nkhuku, ndi nyama zina komanso ziwala ndi ngumbi.

Iwe ndi anzako muyenera kudziwa bwino za momwe matupi anu akusinthira. Kapezeni chithandizo chimene mungachifune kwa a chipatala chothandiza achinyamata kapena ogwira ntchito ya za umoyo kuti mudziwe zambiri

Auntie Stella

ZOYENERA KUCHITA

- Irene akuopa kuti mwina iye ndiosabereka. Inu muli ndi mantha otani okhudza thupi lanu, kugonana kapena kukhala ndi ana. Kambiranani ndi anzanu za mantha anuwo ndipo muone ngati angakuthandizeni. Ngati pagulu lanu mukufuna za chinsinsi, lembani mafunso anu pa pepala lopanda dzina ndipo musakanize m'thumba. Kenaka awerengedwe kugulu kuti mukambirane.
Ngati gulu lanu silinakuthandizeni, kodi mungapite kwa ndani kukapeza chithandizo?
- Anthu amadziwa zambiri zokhudza matupi awo, monga kugonana ndi zibwenzi kuchokera kumalo osiyanasiyana ndi kwa anthunso. Kodi inu mumapeza kuti chithandizo ngati chimenechi? Lembani m'ndandanda wonse. Kodi mungazindikire bwanji kuti mwathandizidwa zoonza zeni zeni kapena mwauzidwa za bodza.
- Jambulani chithunzi cha chipatala chimene mukuganiza kuti chimathandiza bwino achinyamata. Muonetse bwino lomwe chifukwa chimene mukuganiza kuti chimathandiza bwino achinyamata. Yerekezani chithunzi chanucho ndi chipatala chomwe inu mudapitako. Kodi mukuganiza kuti chipatala chanu chimathandiza achinyamata moyenera ndi mwaulemu? Ngati si choncho, Kodi inu ndi anzanu m'dera lanu mungachite chiyani pamodzi kuti izi zisinthe?

Okonedwa Emily

Chofunikira kwambiri ndichakuti, kukhala ndi kachilombo ka HIV, sikupangitsa munthu Kukhala wosiyana ndi momwe analili poyamba, ndipo palibe munthu amene amakonza malamulo apadera azimene zimaloledwa kapena ayi. Aliyense amene ali ndi kachilombo ka HIV zosoweka zake ndi zofanana ndi ena, monga chikondi, ubwenzi, kugonana, ukwati komanso kukhala ndi ana. Ambiri mwa anthu amene ali ndi kachilombo ka HIV, ali ndi abwenzi awo, amenenso ena mwa iwo ali ndi kachilombo ka HIV.

Kuti umuuze Gobede sichinthu chapafupi ayi koma udzayenera kumuuzabe nthawi ina yake. Poyambirira umuwuze za m'mene iwe uliri musanapitirize za chibwenzi chanu chanu.

Chachidziwikire muyenera kuyamba mwakambirana kaye nkhani yogwiritsa ntchito kondomu musanayambe kugonana. Ngati angakane kugwiritsa ntchito makondomu, kapena kukulola iwe kugwiritsa ntchito makondomu achikazi, kapena sangakwanitse kuti musamalowetsane pogonana, pamenepa simuyeneranso kugonana , ngakhale angaoneke ngati ndi wabwino pamaso.

Ukuganiza bwino powopa zopatsirana kachilombo ka HIV. Ndikanakonda anthu onse akanakhala ozindikira udindo wao pankhani ngati izi monga iwe. Koma kumbukiranso kuti ngakhaletu bwenzi lakolo angapezekenso kuti ali ndi kachilombo ka HIV, muyenerabe kugwiritsa ntchito makondomu pogonana. Izi zidzakuthandizani kupewa kupatsirana tizilombo tina nthawi yomwe inu mukugonana.

Ine ndikukufunirani zabwino zonse za tsogolo lanu labwino, pamaganizo alionse amene ungapange.

Auntie Stella

ZOYENERA KUCHITA

- Kodi mukugwirizana nawo maganizo a Auntie Stella kapena ayi. Fotokozani zifukwa zake.
- **SEWERO:** Pasoweka anthu awiri, Emily amufotokozera Gobede kuti ali ndi kachilombo ka HIV.
- Sewero likatha, anthu opanga sewerowo awuze anzao ena momwe anamvera akukambirana za nkhaniyi. Kenako aliyense akhoza kukambirana nawo mafunso awa.

- a) Kodi chinachitika ku mapeto ndi chiyani? Kodi zinali zovuta kwa awiri opanga sewero aja? Kodi kutha kwake kunali kwa bwino? Ngati silinathe bwino, kodi mukanafuna likanatha bwanji?
- b) Kodi mathero awa angakhale choncho pakati pa achinyamata amene inu mukuwadziwa?
- c) Kodi mathero amenewa akanasiyana akanakhala kuti Gobede ndiye anali ndi kachilombo ka HIV ndipo amamuuza Emily? Ngati ndi choncho, kodi kusiyana kwake kungakhale kotani? (Mupangeso sewero lija, koma musinthitse ma udindo, pakati pa mkazi ndi mwamuna, ndipo onetsetsani kuti chichitike ndi chiyani).
- d) Kodi ndi mabungwe ati, kapena anthu amene angathandizepo pa zinthu ngati izi?



Okondedwa Jack

Anzakowa akukupatsa malangizo oipa. Ngakhale anthu ena amanena kuti chamba chimawachititsa kuti akhale omasuka, uyenera kudziwa kuti anthu ena chimawazunguza mutu ndikuwapatsa mantha.

Ndikudziwa kuti ndiwe osasangalala pakuti ulibe chibwezi, koma chofunika ndikumacheza ndi atsikana ngati anzako basi. Ukamacheza nao choncho, ubwenzi umayambira mukucheza komweko.

Ukhonza kuyamba kucheza ndi atsikana pa kuwapatsa moni, kuwamweturira ndikucheza nao za sukulu, zanyengo ndizina zotero. Njira ina ndi yakuti udziwe bwino anthu amene ukufuna kupalana nawo ubwenzi-monga kudziwa zimene amakonda komanso mavuto awo. Atsikana ambiri amakonda munthu wotere osati odzitukumula.

Komanso zindikira kuti palibe amene akufuna atakuona utapanga chinthu chopusa ayi. Palibe munthu amafuna kuti achite zinthu zopusa kapena zoipa.

Zindikira kuti sungathetse mavuto pakumwa mankhwala ozunguza bongo, kusuta kapena kumwa mowa. Anthu ambiri amachita zinthu zosayenera akamwa mowa zimene zimayambitsa mavuto m'mabanja awo, kuntchito komanso ndi anzawo ocheza nao. Kusuta chamba ndikoletsedwa ndi malamulo a dziko lino ndipo kukhoza kukupezetsa mavuto.

Kuti ukondedwe ndi anthu sikufuna kumwa mankhwala ozunguza bongo ayi. Pali njira zambiri zabwino zothetsera manyazi. Zabwino zonse.

Auntie Stella

ZOYENERA KUCHITA

- Lembani mndandanda wa mankhwala ozunguza bongo amene mumawadziwa ndi zimene amachita mthupi la munthu amene wawagwiritsa ntchito mankhwalawa. Nanga ndi mankhwala ati omwe umati ukayamba kuwagwiritsa ntchito ndipovuta kusiya.
- Yang'anani mndandanda wa zifukwa zimene zimapangitsa kuti achinyamata azigwiritsa ntchito mankhwala ozunguza ubongo. Kambiranani zifukwa zimene zikukukhudzani. Zilembeni mundondomeko iyi: 1-5 kuyamba ndi chifukwa chodziwika kwambiri.

Achinyamata amagwiritsa mankhwala ozunguza bongo chifukwa:

- Chakutengera anzawo
- Kuti aiwale mavuto omwe akukumana nao
- Kudzizimbaitsa
- Kuchotsa mantha
- Kusowa chochita

- Mutatha kukambirana izi, fufuzani ngati gulu lanu lili ndi vuto logwiritsa nchtito mankhwala ozunguza bongo. Kenako kambiranani zimene inu eni ake mungachite kuti muthetse vutoli. Nanga ndani wina angakuthandizeni?
- **Sewero:** Pakhale msungwana ndi mnyamata. Mnyamata wa manyazi ayambe kukambirana ndimtsikanayu. Pakapita mphindi zochepa awiriwa asinthane, mtsikana ayambe kulankhulitsa mnyamata uja. Pamapeto pake kambiranani izi:

- i) Munthu amamva bwanji kuti ayambe kucheza ndi mnzake?
- ii) Mwaphunzira chiyani za kuthetsa manyazi kapena kupanga ubwenzi ndi munthu?

Wokondedwa Davie

Sindiwe wekha. Achinyamata ambiri satha kulankhula ndi makolo awo, makamaka pa nkhani zokhudza kugonana ndi zibwezi. Makolo amatenga nthawi kuti adziwe kweni kweni za umunthu wako ukamakula kuti ayambe kukumvetsetsa ndi kukukhulupirira pamene ukukhwima msinkhu.

Uyenera kumvetsetsa kuti makolo ako amakukonda kwambiri ndipo amafuna kuti ukule bwino ndikukhala munthu wa tsogolo labwino. Makolo amadziwa bwino za mavuto amene ungakumane nawo mmoyo wako pamene ukukhwima msinkhu chifukwa nawonso adakhalapo ana. Iwo akudziwa bwino lomwe kuti moyo wa masiku ano ndi oopsa makamaka chifukwa cha matenda a Edzi. Ndi chifukwa chake akukulangiza pafupipafupi zimene uyenera kuchita. Zindikira kuti makolo ndi gwero lako la malangizo abwino.

Ukhoza kulimbikitsa mgwirizano wako ndimakolo ako mosavuta. Poyamba yesetsa kuti uzikukhulupirika pomvera malamulo awo. Ngati ukuona kuti akukulakwira uwafotokozere za ichi ndipo umvere malangizo awo. Chachiwiri uziwafusa pa zimene umalakwitsa ndipo uwauze zimene umafuna mmoyo wako kuti adziwe. Pomaliza ndikulangize kuti uzilankhula nawo modekha ndi mwaulemu, osawakwiira kapena kuwachitira mwano. Ngati mkwiyo wakufikira ndi bwino kukhala phee ndipo ulankhule patapita kanthawi.

Yesetsa kutsatira izi-udzasangalala. Ngati izi zingalephereke ukafunse aphunzitsi ako kapena wachibale kuti akuthandize maganizo.

Auntie Stella

ZOYENERA KUCHITA

- Lembani mndandanda wa zimene mumakonda-monga kumweturira, luso lomwe muli nalo kapena kusatengekatengeka. Munaphunzira kuti izi? Kapena munaphunzira kuchokera ku banja lanu?

Kodi phunziroli lakuthandizani bwanji pa zimene banja lanu linakuchitirani kuti mukhale m'mene mulilimu.

- **Sewero:** Khalani awiri awiri, sankhani kukambirana china chiri chonse chimene simumagwirizana kapena kukangana pakati pa makolo ndi achinyamata. Sinthanani kuti wina atenge gawo la makolo pa mkanganowo ndipo muwafotokozere anzanu mmene mukudzimvera.
- Pagulu lanu, fanizirani dziko lomwe makolo ndi akuluakulu sanapereke malangizo kwa ana. Nanga dzikoli lingakhale lotani? Kambiranani ndi anzanu zimene gulu lanu lapeza poyimba nyimbo, sewero kapena ndakatulo.
- Konzani tsiku lomwe mukufuna mukalankhule ndi kholo kapena makolo anu onse pa zimene zikukukhumudwitsani. Yeserani m'mene mukanenere osaiwaila paja ndakuuzani kuti muzilankhula modekha, momvetsetsa ndi mwa ulemu.



Wokondedwa Alex

Kuchita chisankho chogonane ndi munthu ndiye kuti mukudziwana ndi munthuyo. Sibwino kumupatsa matenda mnzako. Uyenera kumuteteza ku matendawa. Ngati bwezi lako liri ndi matenda opatsirana pogonana ndipo silikupita kuchipatala litha kukupatsiranso matendawa.

Matenda opatsirana pogonana alipo ambiri ndipo zizindikiro zake ndi zovuta kudziyanitsa. Pamene mzimayi watenga matendawa pamatenga nthawi kuti zizindikiro zitulukire kunja.

Nonse awiri mupite kuchipatala kuti mukalandire mankhwala. Afunse a namwino akupatse kalata yokamudziwitsa bwezi lako (komanso mzimayi yemwe unagona naye kubala uja). Popita kuchipatala adzaonetsetse kuti atenga kalata imeneyi kuti akalandire chithandizo cha mankhwala oyenera ndiponso sakawafunsanso mafunso ayi. Mankhwalawa sagawana ayi. Aliyense amayenera kulandira mankhwala ake ndipo amayenera kumaliza kumwa mankhwalawo ngakhale zizindikiro za matendewo zitatha.

Uyenera kukhala ndi mkazi mmodzi ndipo chifukwa chakuti unagonanapo ndi mkazi mosadziteteza, ndi bwino upite ukayezetse kuti udziwe ngati uli ndi kachilombo ka HIV kapena ayi.

Auntie Stella

ZOYENERA KUCHITA

- **Sewero:** Pakhale mnyamata ndi mtsikana. Alex waganiza zomuuza bwezi lake za matenda opatsirana pogonana omwe ali nao. Chichitike ndi chiyani? Kutengera pa zomwe mwadziwa tsopano, mukanakhala Alex mukanatha kumuuza bwezi lanu kuti munali ndi matenda opatsirana pogonana?
- Ntchito: Jambulani mapu osonyeza malo omwe achinyamata angapezeco makondomu. Pamalo alionse muike mayankho a mafunso awa:

- 1) Kodi makondomu ndi aulere kapena ogulitsa?
- 2) Uyenera kukhala wa zaka zingati kuti upeze makondomuwa?
- 3) Kodi amapereka makondomu kwa atsikana?
- 4) Kodi amagawa makondomu a amayi?
- 5) Kodi amalemekeza achinyamata?

Perekani malikisi 10 kwa malo ena alionse molingana ndi mayankho omwe mwapeza. Ngati mayankho anu akusonyeza kuti achinyamata sangapeze makondomu mwaulere ndi mosavuta, mungachite chiyani kuti makondomu azipezeka mosavuta? Ndi anthu ati kapena mabungwe ati amene angakuthandizeni?

- Yang'anani khadi nambala 7 ndi 13 kuti mudziwe zambiri.

Okonedwa Charity

Kupezeka ndi HIV simathero a moyo wako ayi. Pali njira zambiri zimene ungatsate kuti usadwale matenda a Edzi monga kudya zakudya zoyenera ngati za chilengedwe monga bonongwe, ziwala ndi zina zotere osati zakudya zopangidwa ku fakitole kokhakokha. Udzigonanso kokwanira ndithu ndi kumachita masewero olimbitsa thupi. Usamamwe zakumwa zoledzeretsa, zozuna (za shuga kwambiri). Nthawi zonse ukadwala uzithamangira kuchipatala kuti ukapeze chithandizo cha mankhwala. Nthawi zonse pogonana, uzigwiritsa ntchito kondomu. Njira ina yothandiza kwambiri ndi kusakhala ndi nkhawa ina iri yonse komanso kukhala wa chiyembekezo.

Ukhozanso kulowa nawo mm sapoti gulupu a anthu amene ali ndi HIV komwe amakumana ndi kumachotsana nkhawa. Maguluwa akhozanso kukambirana ndi azakhali ako za nkhanayi ngati iweyo utafuna kuti atero.

Anthu ambiri amaopa matenda a Edzi chifukwa chakuopa kumwalira, kusolidwa ndi kuchitiridwa nkhanza. Ku sapoti gulupu akakuthandiza kuchotsa nkhawa ngati zimenezi. Anthu ena anapezeka ndi HIV zaka zambiri zapitazo ndipo lero lino ali bwino bwino ndipo amakhala mosangalala, amagwira zintchito zawobwino bwino ndipo ena amabereka ana. Iwensu utalangizidwa bwino ukhoza kuchita zimenezi. Anthu ena akhoza kukulimbitsa mtima ndikukupatsa chiyembekezo. Iwensu ukhoza kuthandiza ena.

Auntie Stella

ZOYENERA KUCHITA

- Uzilankhula ndi anthu omwe ndi omasuka kulankhula zokhala ndi kachilombo koyambitsa Edzi kapena kukhala ndi Edzi imene. Uwafunse zimene amachita kuti azikhala athanzi, opanda nkhwawa ndikukhala ndi chikhulupiriro cha moyo wabwino. Ndi anthu ambiri amene ayenera kudziwa izi-ugwire ntchito ndi mabungwe ndi malo a achinyamata kuti uwadziwitse achinyamata ambiri.
- Upange kafukufuku wa maganizo a anthu pankhani ya Edzi: Kwa mulungu umodzi ukhale tcheru ndikumvera zomwe anthu amanena za Edzi. Uwafotokozere zambiri zomwe iwe ukudziwa pokambirana nawo mwaulemu maka pamene akunena zotsutsana ndi zoonza zokhudza Edzi.
- Takumbukira nthawi imene unali osasangalala ndi osungulumwa ndi zimene unachita kuti uthetse izi. Chinakuthandiza ndi chiyani? Tawauza anzako ndipo ndi mfundo ziti zomwe zingathandize anthu omwe ali ndi matenda a Edzi.
- Tayang'ana pa khadi nambala 19, 22 ndi 40 kuti uone mafunso ena omwe anthu odwala matenda a Edzi amafunsa.

Okonedwa Doreen

Dziwa kuti ukhoza kutenga mimba ngakhale munagonana kamodzi kokha. Chimene ungachite ndi kupita kuchipatala kuti akakuyeze ngati ulidi ndi mimba.

Ngati uli ndi mimba ukambirane ndi bwenzi lako komanso mnzako yemwe umagwirizana naye. Chonde usachotse mimbayi. Ndi kwa bwino kufunsa nzeru kwa anthu amene angakuthandize maganizo a mmene ungalelere mwana wako lchi sichapafupi ayi, koma abale ako ndi ena akhoza kukuthandiza bwino.

Mapilisi oteteza kutenga mimba ngati wagonana ndi mwamuna amapezeka mzipatala komanso msitolo zogulitsa mankhwala. Koma mapilisi amenewa amagwira ntchito pokhapokha ngati amwedwa pa nthawi yosapyolera maola 72 kuyambira pomwe munthu wagonana ndi mwamuna.

Ngati ulibe mimba uli ndi mwayi. Anyamata amakakamiza munthu kuti agonane naye koma monga wadziwa tsopano, kugonana sikusangalatsa ngati munthu sukufuna. Ndi bwino kupewa kumwa mowa ndi mankhwala ozunguza bongo, chifukwa zimenezi zimasokoneza zolinga za munthu.

Ndi bwino kudziletsa mpaka utakula ndi kukhwima msinkhu, usanachite zogonana. Ngati ungafune kuchita zogonana, udzigwiritsa ntchito kondomu- kaya ya chimuna kapena yachikazi.

Auntie Stella

ZOYENERA KUCHITA

● **SEWERO:** Khalani awiri awiri (mnyamata ndi m'tsikana)

Mnyamata afunsire mtsikana, yemwe ayankhe kuti ali ndi makondomu ndipo akhoza kuthandiza mnyamatayu kuti avale imodzi. Chachitika ndi chiyani?

- Panganinso sewelori, ndipo mnyamata ayerekeze ngati ndiye mtsikana ndipo mtsikana ayerekeze kuti ndiye mnyamata. Kodi zichitika ngati poyamba paja?
- Kenaka kambiranani zifukwa zomwe atsikana ndi anyamata osadziletsa ayenera kuyenda ndi ma kondomu nthawi zonse.

MAFUNSO : Kondomu ya chikazi.

Kodi muziganizo zili m'musizi, zili zoonza komanso zili zonama ndi ziti. Pezani mayankho olondola pambuyo pake omwe alipansi penipeni pa tsambali.

- 1** Ma kondomu achikazi, amateteza amuna ndi akazi kutenga mimba, matenda opatsirana pogonana, komanso ku kachilombo ka HIV.
- 2** Makondomu achikazi, ndi okwelerako mtengo kuposa makondomu achimuna.
- 3** Kondomu yachikazi imatha kupanga phokoso pogwiritsa ntchito. Kupewa izi mayi ayenera kuivala maola ochepa musanayambe kugonana.

- Lembani nyimbo kapena mawu (slogan) olimbikitsa achinyamata kuti asamagonane m'paka atakula, komanso kuti azikhala ndi chibwenzi chimodzi ngati atafuna kukhala ndi chibwenzi. Muyimbe nyimboyo, kapena onetsani mau ena ndi ena achilimbikitso. Kenaka sankhani ndi kugwirizana kuti walembe mau / nyimbo ya chilimbikitso yoposa ena onse ndi ndani.
- Onani khadi 32 pofuna kudziwa zambiri zoyenera kuchita munthu akakhala oyembekezera, mosayembekezera.

Mayankho:Ziganizo zonse ndi zoonza.

Okondedwa Joshua

Pepa chifukwa cha vuto lomwe lamugwera bwenzi lako, komabe ndili okondwa chifukwa ndiwe okonzeka kumuthandiza.

Kulowola kumakhala bwino ngati kuchitika mu dongosolo lake osati pamene anthu angotengeka ndi ndalama. Izi ndi zotsutsana ndi ufulu wa chibadwidwe wa munthu wa mkazi, wosakakamizidwa kukwatiwa pamene iye sakufuna.

Kambilana naye Suzeniyo kuti udziwe kuti iye akufuna umuthandize bwanji. Ndipo awirinu mupeze njira yothetsera vuto limeneri.

Mwinanso iwe ndi Suzeni mukhoza kukambirana ndi anthu ena a m'banja mwa Suzeniyo za zinthu zimene mukuona kuti zikhoza kumuthandiza ndipo ngati akumumvera chisoni akhoza kuthandizapo pokalankhulana ndi makolo ake

Ngati sizinathandizebe, Suzeni akhoza kukadandaula ku bungwe loona za amayi. Koma njira iyi ikhoza kubweretsa udani pakati pa iye ndi abale ake. Ichi ndi chisankho chachikulu chakuti Suzeni achite, choncho muthandizeni kuti asaonjezere mavuto ena pa amene ali nawo kale.

Nkhaniyi ndi yovuta, koma ndili ndi chikhulupiliro kuti mupeza chithandizo kuchokera kwa wina wa m'banja lakwa Suzeni kapena anthu ena a m'dela lanu.

Auntie Stella

ZOYENERA KUCHITA

- Mulungu wa mawa mufunse anthu 10 ena achikulire enanso achichepere. Mumve maganizo awo ngati kuli koyenera kapena ayi kuti makolo azipezera ana awo a akazi kapena a amuna munthu omanga naye banja. Mukamaliza, nonse khalaninso pansi ndipo kambiranani zimene aliyense wapeza pakafukufukuyo.
- Taganizirani zinthu zina zimene akuluakulu ndi achinyamata amatha kusemphana maganizo m'mene zinthu ziyenera kuyendera. Kodi mungachite chiyani kuti mukambirane nawo achikulirewa kuti kusemphana maganizoko kuthe, ndipo nonse mupeze njira imodzi yothandiza pa zinthu ngati zimenezi.
- Konzani nthawi yakuti mugwiritse ntchito makhadi a Auntie Stella pakati pa achinyamata a chisodzera ndi anthu akulu akulu. Apempheni achikulirewo kuti akambirane gawo la Zoyenera Kuchita ndi ntchito. Mukatero nanunso achinyamata kambiranani maganizo anu. Kodi maganizo anu akusiyana ndi maganizo a anthu achikulirewo? Kodi izi zimathandiza kuchepetsa kusiyana maganizo pakati pa achikulire ndi achinyamata?

Okonedwa Cynthia

Wandisangalatsa kwambiri ndipo ndikukunyadira iwe ndi anzako a m'kalasi mwako. Pamafunika kulimba mtima ngati unachitira iwemu kuti munthu aime pagulu ndi kudzudzula khalidwe loipa. Chodandaulitsa kwa ine ndi chakuti nkhani ngati izi zikuchulukira chulukirabe masiku ano

Dziwani kuti ngakhale cholinga chanu ndikumuthandiza Loveness, zimene mukuchitazi zikhozanso kusintha mmene sukulu imazengera mlandu aphunzitsi amene amaphwanya ufulu wa ana awo a sukulu. Ntchitoyi siyamasewera ayi. Ndiyovuta kwambiri.

Kuti ntchitoyi itheke, yesetsani kupeza anthu ambiri amene angakuthandizeni kumenya nkhondo imeneyi. Ena mwa anthu amene angakuthandizeni ndi makolo, aphunzitsi, ana a sukulu anzanu, achinyamata, mabungwe, ndi anthu ena a m'dera lanu. Anthu amenewa akhale makamaka amene amapatsidwa ulemu, amene amalemekezedwa chifukwa cha nzeru zawo, otchuka komanso a chikoka, (monga atsogoleri a ndale, a mipingo, ndi ochita ntchito za malonda). Mulemberenso makalata ku mawailesi ndi kumanyuzipepala za mdziko muno kuti nkhani yanu imveke patali. Ngati anthu ambiri ayidziwa nkhanayi ndipo ali kumbali yanu, kudzakhala kosavuta kuti akulu akulu asukulu yanu achitepo kanthu pa nkhani ya mphunzitsi wochititsa manyaziyu.

Ngati mutaona kuti simukupambana pa nkhondo imeneyi, inu musadandaule. Kawirikawiri kusintha kwa zinthu sikumachitika nthawi yomweyo, kumachitika pang'onopang'ono. Choncho musaganize kuti mwagonja mukaona kuti palibe chachitika panopo. China chili chonse chimene chingachitike pa nkhanayi, ngakhale chitachepa bwanji, koma ngati chiri chofuna kukonza choipa ndi kupambana basi.

Auntie Stella

ZOYENERA KUCHITA

- Kodi kuyankha kwa Auntie Stella mukukuona bwanji? Kodi mukugwirizana nako?
- Kodi pali zinthu zina zake zoipa pasukulu panu, m'bungwe lanu, kapena m'mudzi mwanu zimene mukufuna kuti zisinthe. Gwirizanani nonse pamodzi kupanga dongosolo lomwe mungatsate pogwira ntchito yosintha zinthu zimenezi. Pangani ziganizo kuti ndi chiyani chomwe mukufuna chisinthe, nanga ndi ndani yemwe angakuthandizeni. Konzani msonkhano ndipo mukonze dongosolo ngati lili m'musimu.

Vuto	Zimene tikufuna	Njira zimene tigwiritse ntchito	Zida zimene tizifune	Ndani amene agwire ntchito imeneyi	Nthawi
Kodi vuto ndi chani?	Kodi tikufuna kusintha kotani?	Tikuyenera kuchita chiyani kuti kusinthaku kutheke. Mwa chitsanzo, kuchita misonkhano, kukambiran a ndi anthu amene angakuthandizeni, Kulemba kalata ya chidandaulo.	Zosoweka ndi chiyani? (Monga ndalama, anthu, ndi zina zofunikira kugwiritsa ntchito.	Ndi ndani mugulu lanu yemwe adzachite ntchito yanji? Mwa chitsanzo; Joyce adzakonza misonkhano, George adzakonza ma poster, Linda adzakakhoma ma poster.	Tsiku lomwe tagwirizana kudzagwira ntchito, komanso nthawi imene Tikufuna kuti zinthu zikhale zitatheka.

Okonedwa Josephine

Kulowa m'banja uli wamng'ono nthawi zambiri kumabweretsa mavuto m'banja chifukwa chakuti achinyamata amakhala akukula kumene ndipo asanazindikire bwino bwino zimene akufuna pa moyo wawo. Komabe udziwe kuti pali azimayinso ambiri angati iwe amene masiku ano amakana kugonana ndi amuna awo popanda kugwiritsa ntchito kondomu. Amayi ambiri masiku ano akuonesetsa kuti amuna awo akhale okhulupirika, ndipo akukana kuti atenge kachilombo ka HIV chifukwa cha kusakhulupirika kwa amuna awo.

Ndiwe wolimba mtima posamusekelera Charles pofuna kudziteteza wekha kukachilombo ka HIV polingaliranso kuti uli ndi mwana wamng'ono yemwe asoweka chisamaliro chanu pa moyo wake. Njira imodzi imene ungatsate ndi kugwiritsa ntchito kondomu ya amayi.. Choncho nonse muyenera kukayezetsa magazi. Uyenera kukambirana nayenso Charles za nkhani ya kulandira uphungu ndi kuyezetsa magazi. Umumvetsetse zimene akuopa. Ngati pali wina amene angamulimbikitse kuti apite koyezetsa magazi, umupeze munthu ameneyu kuti akuthandize.

Ngati Charles apitiliza kukana, uyenera kuti uganize bwino za chinthu chimene chili chofunika kwa iwe ndi mwana komanso chimene ungachite kuti chikuthandize. Umuuze mwamuna wako pa zimene ukuganiza ndipo umve maganizo ake ngati akufuna kuteteza banja lanu. Ngati mungakhalebe pa ukwati wanu, uwu ndi mwayi wakuti mukambirane za chiyembekezero cha munthu wina aliyense pakati pa anthu awirinu m'banja mwanu. Abale anu kapena alangizi akhoza kukuthandizani.

Ine ndikukufunirani za bwino zonse.

Auntie Stella

ZOYENERA KUCHITA

- **SEWERO:** Khalani anthu awiri awiri wina akhale ngati mkazi wina mwamuna Mukhonzanso kukhala m'magulu amuna kapena akazi okhaokha. Kambiranani pamene mkazi akufuna kuti mwamuna avale kondomu, kapena pamene mkazi akufuna kuti mwamuna akayezetse magari.

Kenaka uzani gulu lanu momwe zinthu zinakhalira. Kodi amuna komanso akazi awo anamva bwanji? Kodi inu mwaphunzirapo chiyani pa Zoyenera Kuchitazi?

- Kodi ndichapafupi kuti mkazi awuze bwenzi lake kugwiritsa ntchito kondomu? Kapena mkazi wa m'baja kuuza mwamuna wake? Kodi kapena ndi chimodzimodzi? Ngati ndi zosiyana ndi chifukwa chiyani?
- M'magulu mwanumo jambulani mwamuna ndi mkazi womwe akusangalala limodzi. Pachithunzicho jambulani kapena lembani zinthu zonse zimene zimachitika m'banja labwino. Kodi maganizo anu anali ofanana.

Okonedwa Lucy

Kukhala ndi nkhawa ndi mbali imodzi ya munthu wina aliyense. Achinyamata ambiri amakhala ndi moyo wovutika chifukwa cha umphawi ndi nkhaa zimene zimawaonekera.

Thupi la mtsikana aliyense wa msinkhu wako, limakhala likukhwima nthawi ndi nthawi. Izi zimachititsa kuti nthawi zina munthu uziti nthawi pang'ono wakhumudwa komanso pakapita ka nthawi kochepe wayambanso kosangalala. Sikuti ndiwe wekha ayi. Aliponso anzako amene zikuwachitikira izi. Chofunika kuchita ndi chakuti uwauze anzako za zimene zikukuchitikira ndipo iwo adzakhala omasuka kukuwuzza zimene nawonso zikuwachitikira.

Atsikana ndi azimayi ena amakhala okhumudwa pa nthawi imene ayandikira kupanga msambo. Choncho ndi bwino kufunsa azimai kapena atsikana anzako kuti akuuze zimene uyenera kumachita ukakhala ndi vuto ngati limeneri

Ukhozanso kuchita masewero olimbitsa thupi kapena kumadya zakudya zopatsa thanzi, komanso kugona nthawi yokwanira kuimba nyimbo kapena kuwerenga mabuku. Ngati ukufuna kulira, ukhoza kutero chifukwa nthawi zina kulira kumatithandiza kuchepetsa kukhumudwa kwathu. Ngati sizikukuthandiza, ndi bwino kuti ukalandire chithandizo cha mankhwala ndi kukalandira uphungu oyenera kuchipatala. Za bwino zonse.

Auntie Stella

ZOYENERA KUCHITA

- Jambulani chithunzi chachikulu cha munthu yemwe ali okhumudwa pakati pa tsamba lalikulu la pepala . Mozungulira munthu ameneyu, lembani zinthu zosiyana siyana zimene zingachitike kuti kukhumudwa kumeneku kuthe, kapena kuchepe. Mulembe zinthu zimene zingathandize kwambiri pafupi ndi munthuyu, ndipo zimene sizingamuthandize, kutali ndi munthuyu.
- Kambiranani ndi anzanu za nthawi zimene munakhalapo okhumudwa ndi osangalala. Afotokozereni anzanuwo ngati panali chifukwa china chiri chonse chimene chinakuchititsani kuti mukhale choncho. Nanga zimenezi zinatha bwanji.
- Gwirizanani pa gulu lanu kuti mukhale ndi nthawi imene muzikumana pa sabata kamodzi kuti muzikambirana za mmene sabata lanu lathera komanso za mmene mukumvera mthupi ndipo muzigwirizana za mmene mungathandizire amene angafune chithandizo komanso za kumene mungapite kuti mukathandizidweko. Ngati munayamba kale kukumana , yambani msonkhano wanu ndi ntchito imeneyi.
- Ngati mumapanga masewero olimbitsa thupi mochepera katatu pa mulungu, pangani dongosolo ndi anzanu kuti muzitha kuchita zina limodzi zimene inu mumakonda. Mwachitsanzo kuyenda, kapena kuthamanga.
- Kuthandiza anthu ena ndi njira imodzi yothandiza munthu kumva bwino. Gwirizanani zinthu ziwiri zimene mungakonde kuchita monga kugwira ntchito modzipereka ku mpingo kwanu, kapena kuthandiza ana kulemba ntchito yao ya kusukulu. Pangani ndondomeko ya mmene muzichitira zimenezi. Pomaliza kambiranani momwe mukumvera mutapanga ntchito zimenezi.

Okonedwa Patuma

Pepa kuti izi zinakuchitikira. Komatu suli wekha ayi, choncho usachite china chiri chonse chimene chingaononge moyo wako komanso wa mwanayo. Uyenera kuti ukambirane ndi munthu amene umamukhulupilira pa banja lanu kapena kumene mumakhala. Munthu ameneyu akhoza kukuthandiza kuwauza makolo ako. Makolowa adzakhumudwa kwambiri akadzamva, koma pakadzapita nthawi adzayamba kumakuthandiza.

Zina zimene ungate kuchita ndi izi;

- Samala mwanayo ndi chisamaliro chochokera ku banja lanu, komanso mwina kuchokera kwa bwenzi lakoyo. Usadandaule chifukwa ukhoza kudzapitiliza maphunziro ako mwana akadzakula. Komanso mwina wina m’banja mwanu akhoza kukulelera mwanayo pamene iwe ukupitiliza maphunziro ako..
- Ukhozanso kukamupereka kwa anthu osowa ana kuti akamutenge kukhala wawo. Alipo mabungwe amene angakuthandize kuti izi zitheke

Chonde Patuma usachotse mimbayi. Kuchotsa mimba pogwiritsa ntchito mankhwala a zitsamba ndi koopsa kwambiri chifukwa kukhoza kuchititsa kuti usadzaberekenso ndiponso ukhoza kumwalira kumene. Ndiponso usamaganize zodzamutaya mwana wakoyo chifukwa izi ndizosaloledwa mmalamulo adziko lathu lino.

Ganizira mozama ndi mofatsa usanachite chili chonse. Ndikukhulupilira kuti upeza chithandizo chomwe ukusowa. Zabwino zonse.

Auntie Stella

ZOYENERA KUCHITA

- M' Malawi, kuchotsa mimba kumaloledwa pokha pokha ngati munthu wachita kugwiriridwa ndipo kuti mayi kapena mwanayo ali pa chiopsyezo cha imfa. Njira yopezera chilolezo chochosera mimba ndi yaitala komanso yovuta. M'mayiko ena anthu amatha kukhala ndi chilolezo chochosera mimba ngati pasanathe masabata khumi ndi awiri. Inu maganizo anu ndi otani pa nkhanayi?

Pangani mtsutso pa mutu wa nkhani imeneyi.

- **SEWERO:** Anthu atatu pa gulu apange sewero lomwe m'modzi mwa omuthandiza Patuma, mseweleri awuze makolo ake a Patuma za kuti mwana wao ali ndi mimba. Aliyense mwa owonera ali ndi ufulu kuimitsa seweleri nthawi ina ili yonse iye ndi kulowamo ndi kusewera mosiyana ndi amene watulukamoyo. Kenaka kambiranani za zinthu zimeme mukuona kuti zinali zomuthandiza Patuma.
- Kodi mumadziwapo mabungwe amene amathandiza atsikana otenga mimba ngati Patuma amene ali ku dera lanu? Fufuzani za mbiri zokhuza mabungwe amenewa kuti muwadziwe.
- Kodi pali ena mwa ma bungwe amenewa amene akuyesetsa kumenya nkondo yakuti pakhale lamulo lololeza kuchotsa mimba? Afunzeni ena mwa iwo abwere ndipo adzalankhule nanu.

Okonedwa Juma

Wachita bwino pokhala ndi maganizo ofuna kudziteteza, komanso kuteteza bwenzi lako ku matenda opatsirana pogonana, kutenga mimba, komanso ku kachilombo ka HIV.

Zipembedzo zambiri zimalimbikitsa anthu awo kudziletsa osachita zogonana mpaka munthu atalowa m’banja ndipo sizimalora kuti anthu ake azigwiritsa ntchito kondomu pogonana. Ngakhale izi ziri choncho, masiku ano anthu ambiri amene amatsatira zipembezozi amadziwa kuti ndi bwino kugwiritsa ntchito kondomu podziteteza ku kachilombo ka HIV. Ena amati kugonana musanalowe m’banja ndi tchimo. Koma kugonana opanda kugwiritsa ntchito kondomu ndi kuika moyo wanu pa chiswe.

Iwe ndi bwenzi lako mukafuna kugonana, muyenera kukambirana za ubwino ndi kuyipa kogwiritsa kapena kusagwiritsa ntchito kondomu. Ubwino ogwiritsa ntchito kondomu pa moyo wako wa thupi ndi odziwikiratu, komanso ganizirani kwambiri za ubwino okhuza moyo wanu wa uzimu.

Pafunso lako losavuta lija, makondomu, samakhala ndi ma bowo ayi, ndipo kachilombo ka HIV sikangalowe pa kondomu. Nthawi zina kondomu imatha kuvuka kapena kung’ambika mukugwiritsa ntchito, ichi ndi chifukwa amati kondomu singateteze munthu kotheratu. Koma pokha-pokha mukamagwiritsa ntchito bwino, komanso nthawi zonse, makondomu amateteza kumatenda opatsirana pogonana komanso ku kachilombo ka HIV. Njira zodalirika kwambiri kupewa kutenga kachilombo ka HIV ndi kudziletsa kotheratu ndi kukhulupilika kwa okonedwa wako moyo wako onse. Koma kwa amene sangakwanitse zimenezi kugwiritsa ntchito makondomu ndi kothandiza kwambiri. Ngati munagonanapo opanda kugwiritsa ntchito kondomu, ganizirani zokayezetsa magazi anu musanayambe kugonana ndi bwenzi lanu.

Auntie Stella

ZOYENERA KUCHITA

- Mchaka cha 2004, Bishopu wa mpinga wa a katolika wa ku South Africa-Kelvin Dwling anati:

Kudziletsa musanalowe m’banja, komanso kukhulupilika pa banja lokhazikika- ndi njira zokhazo zothandiza kukhala ndi moyo wa bwino ndi kupewa matenda opatsirana pogonana. Komabe mpingo umayendetsa ntchito zake mkati mwa zipsyinjo zosiyana siyana za dziko lapansi kotero kuti uyeneranso kulora anthu kugwiritsa ntchito njira zosiyana siyana kuti akhale ndi moyo wa bwino. Imodzi mwa iyo ndi kugwiritsa ntchito kondomu, osati polera, koma kupewa imfa zodzera ku kachilombo ka HIV ndi matenda a Edzi.

- Kambiranani pa mutu uwu:
‘Munthu ukhoza Kukhala opemphera koma ndi kukhala ndi maganizo akoako pa zinthu zimene zimakhudza moyo wako ndi ma ubwenzi’
- Kambiranani ndi anthu kapena mabungwe amene amagwira ntchito ndi anthu kapena mabanja amene alindi kachilombo ka HIV ndi matenda a Edzi - kodi maganizo awo ndi otani pa nkhani ya makondomu.
- Kodi ku dera lanu kuli bungwe limene achinyamata a zipembedzo zosiyanasiyana amakambirana za mavuto amene amakumana nawo mmoyo mwawo? Ngati sichoncho, mungatani kuti mukhazikitse bungwe limeneri. Nanga mungagwire bwanji ntchito limodzi kuti muthandize anthu a m’dera lanu?

Ndimafuna kukhala mchikondi ndi akazi okha okha - kodi alipo angandikonde

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Okonedwa Alice

Palibe cholakwika munthu kukhala mchikondi ndi mkazi mnzako kapena mamuna mnzako (gay). Anthu amene amati izi ndi zolakwika, amachita izi chifukwa cha chikhalidwe ndi chimbembedzo chowo. Komatu maganizo otere ndi olakwika. Kumakhala kusamvetsa chabe.

Iwe ungomereza za mmene iwe uliri basi. Upeze munthu wina amene angakuthandize. Anthu ngati iwe alipo ambiri. Mwinanso nawonso amaopa kusekedwa ndi chifukwa chake sanena poyera. Chomwe ungachite ndi kuwafufuza anthu amenewa pofunsa anthu ena, kuwerenga manyuzipepala komanso magazini.

Nthawi zambiri abale a munthu amene amagwa mchikondi ndi mkazi kapena mamuna mnzake amakhala omvetsetsa ndipo sachita za nkhanza kwa mbale wawoyo. Anthu ambiri amamvesetsa ukakambirana nawo pa okha. Ukafuna kumuuza munthu uzionetsetsa kuti munthuyo palibe chomusokoneza maganizo. Ndipo udziyamba wayesezera kulankhula za kukhosi zakozo usanamuze. Kuchita izi kudzakupatsa mphamvu ndi chirimbikitso chachikulu. Alipotu abusa ena omvesetsa kwambiri kuposa abusa ako. Abusa amenewa amadziwa kuti ngati Chauta analenga anthu amene amagwa mchikondi ndi akazi kapena amuna anzawo ndiye kuti mpingo nawonso uyenera kuwavomereza anthu ngati amenewa. Chifukwa cha ichi usamakhumudwe.

Zabwino zonse pamene ukufunafuna wachikondi wako.

Auntie Stella

ZOYENERA KUCHITA

● **MAYANKHO A MTSUTSO**

I ndi 4 ndi nkambakamwa chabe, 2 ndi 3 ndi zooni (mfundo)

- Kodi mukugwirizana ndi mmene Auntie Stella ayankhira? Kodi, ndi zinthu ziti zimene mukudziwa chifukwa chakukumana ndi anthu amene amagwa mchikondi ndi akazi kapena amuna amuna okha okha? Nanga ndi ziti zimene mukudziwa zimene munangomva kuchokera kwa anthu ena?



Ndimamva ululu kwambiri ndikakhala kuti ndiri kumwezi (ndikusamba)

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Okonedwa Agness

Kumva ululu panthawi imene ukusamba si chinthu chachilendo ayi. Ndi chilengedwe. Pali zinthu zingapo zimene ungasathe kuchita kuti uchepetse vutol monga kuisita mimba yako panso pa mchombo, ndi kufinya pamimba ndi chikhato chako komanso kuika nsalu yolemerela bwino m'madzi otentha, kapena kugwiritsa ntchito botolo la madzi otentha ndi kuliyika pa malo pamene pakupwetekapo. Ukhozansokumwa madzi a masamba a tiyi wa mbiri, kuchita masewero olimbitsa thupi, kumwa panado, kupemphera kwa Mulungu kuti akuchize ndi kumanga nsalu kapena mpango panso pa mchombo mothinita.

Ngati zonsezi sizithandiza, upite kuchipatala kuti akakuthandize mankhwala olerera amene amachepetsa ululu ndi kuchititsa kuti usamataye magari ambiri panthawi imene ukusamba. Mankhwala amenewa ndi abwino ndithu ngakhale kwa atsikana achisodzera.

Dziwani kuti atsikana nonse muli ndi ufulu wanu kuti mulandire maphunziro, kotero kuti ngati mavuto ngati amenewa amachititsa kuti pa nthawi ina pa mwezi muzijomba ku sukulu chifukwa kulibe zinthu zothandizira panthawi imene mukusamba ndibwino kuti inuyo ndi aphunzitsi mukhale panso kuti mupeze njira zothetsera vutoli .

Auntie Stella

ZOYENERA KUCHITA

- **ATSIKANA:** Yesanipo imodzi mwa njira zimene Auntie Stella akuwuzani ngati mukumva ululu pamene mukusamba mwezi ndi mwezi.

ANYAMATA: Kambiranani ndi alongo anu kapena atsikana omwe muli nawo m'kalasi mwanu. Mvetsetsani zambiri zokhudza kusamba, ndipo awuzeni nkawa iliyonse imene mungakhale nayo pankhaniyi.

- Ku madera ena ndi kwapafupi kusintha zinthu zimene sizitisangalatsa pamene kumadera ena kumakhala kovuta kutero. Tawerengani zimene zalembedwa m'mipira imene ili pansiyoni ndipo muigawe m'magawo atatu awa;
 - Zosavuta kuzisintha.
 - Zotheka kuzisintha.
 - Zovuta kwambiri kuzisintha.



Tsopano sankhani malo, atatu kapena zinthu zitatu Kuchokera pa m'ndandanda wanu wa; “Zosavuta kuzisintha, Zotheka kuzisintha ,Zovuta kwambiri kuzisintha” Kodi ndi chiyani chimene mungakufune kuti chisinthe mu zinthu zimenezi? Kodi mungathandizane nawo bwanji anzanu kuti kusintha kumeneku kutheke? Yanga’anani dongosolo la ntchito kumapeto kwa khadi namba 29, ndipo muyambe kukonza ndondomeko imeneyi.

Okonedwa Veronika

Pepa kuti bwenzi lako sakukondanso ngati kale. Ndizachisoni kuti izi zimachitika kawirikawiri ndi amuna achikulire komanso olemera. Achidyamakanda amakonda atsikana ang'ono ang'ono chifukwa amawamva kukoma akamagonana nawo ndiponso atsikanawo samadandaula. Nthawi zina achidyamakandawa amaganiza kuti atsikana ang'ono ang'ono amakhala alibe kachilombo ka HIV.

Nthawi zambiri zibwenzi za mtundu umenewu zimakhala zopanda tsogolo. Ndipo pamene chidya makanda chatopa naye mtsikanayo chimayamba kuphwanya malonjezano ake ndikuyamba kumuzunza mtsikana uja. Ichi ndi chimene chikukuchitikira iweyo.

Kugonana mosagwiritsa ntchito kondomu ndi koopsya ndipo mankhwala a zitsamba sangathe kuchiritsa kachilombo ka HIV. Akanakhala kuti asing'anga amachiza kachilombo ka HIV bwenzi pano ali olemera kwambiri. Kumwa mankhwala azitsamba pofuna kuchotsa mimba ndi koopsya ndipo nthawi zinanso sizimatheka.

Ndibwino kuti uganize zochisiya chidyamakandacho . Chibwenzi chanuchi chiribe tsogolo. Kuli bwino upeze mnyamata wa msinkhu wako amene ungamathe kukambirana naye momasuka za kukhosi kwako ndi zatsogolo lanu.

Ganizira tsogolo lako ndi m'mene ungakwanilitsire maloto ako. Uphunzire luso lina lili-lonse limene lingakuthandize kumapezabe ndalama zokuthandiza kuti uchite za umodelo ukufunazo.

Auntie Stella

ZOYENERA KUCHITA

- Onaninso zija munakambirana, zimene munanena kuti zimachititsa atsikana kumakonda kupanga zibwenzi ndi achidyamakanda. Pamfundo ina iliyonse pezani njira imene mtsikana angachite kuti asapeze vuto. Mwachitsanzo, ndalama ndi zovala za bwino zima...(pitirizani)
- **SEWERO:** Awiri awiri, kambiranani, yerekezani Veronika akumuza chidyamakanda kuti sakufuna kumuonanso koma kodi chidyamakanda achite chiyani? Kenaka awuzeni anzanu zimene zimachitika ndiponso awuzeni kuti munamva bwanji pamene mumapanga sewero lija. Kodi mwaphunzirapo chiyani pa seweroli.
- Anthu ena amati, achidyamakanda amazunza atsikana ndipo ayenera kulandira chilango. Ena amati vuto ndi atsikanawo omwe chifukwa cha kususuka kwawo amafuna achidyamakandawo kuti apeze zofuna zawo. Inu mukuganiza bwanji?
- Mukhale awiriawiri kapena pa gulu lanu ndipo muimbe nyimbo kusonyeza maganizo anu pa nkhani ya achidyamakanda. Konzani nthawi yakuti nyimbo imeneyi mukaimbe ku gulu lonse.

Okonedwa Mussa

Chikondi cha munthu wa zaka 17 chimakhala chachikulu chimodzimodzi kwa munthu wa zaka 27. Komatu uyenera kuonetsetsa kuti zochitika zonse m'moyo wako zipitilire bwino bwino, ngakhale kwinaku ukumva za chikondi mumtima mwako. Udziwe kuti anthu ambiri anapezaka kuti akagwa mchikondi kumene, amasokonezeka pa zochita zawo koma nthawi ikamadutsa, amayamba kuganiza ndi kumachita zinthu modekha ndiponso chikondicho chimakhala chozama. Choncho iwe usadandaule ayi chifukwa zimenezi zitha ndipo uyambanso kuwerenga bwino bwino mabuku ako a sukulu.

Komabe kuzindikira kuti pali vuto ndi chiyambi chothana ndi vutolo. Ukambirane ndi wokondeka wako ndipo nonse mupeze njira imene ingakuthandizeni kuti mukhale mchikondi mbali inayi mukupitiliza maphunziro anu bwinobwino.

Mwinanso mukhoza kupanga nthawi yapadera yoti mutha kucheza. Kapena kugwirizana kuti muzionana pokhapokha mukamaliza kuwerenga phunziro lina lake. Njira ina ndiyakuti ngati nayenso akulemba mayeso, mwina mutha kumawerengera pamodzi, bola maso anu asamakhale pa wina ndi mnzake koma pa mabuku basi ndi kuwonesetsa kuti simukugwiranagwirana. Ngati chikondi chanu chili bwino, ngakhaletu kugwira ntchito zina monga kulima pamodzi zimasangalatsa.

Chilichonse chimene mungasankhe muonesetse kuti mwaika patsogolo maphunziro anu. Mukadzamaliza ndi ku pambana pa maphunziro anu, mudzatha kukwaniritsa maloto anu ndi zofuna zanu mosavuta

Auntie Stella

ZOYENERA KUCHITA

- Lembani nyimbo kapena ndakatulo ya ubwino kapena kuipa kumene chikondi chingabweretse pa moyo wanu. Kodi ambiri a inu munapeza kuti zoipa zinali zambiri kuposa za bwino kapena zinali chimodzimodzi?
- ‘Chikondi chimazunguza dziko lonse lapansi, koma sichimabweretsa chakudya pa tebulo.’

Pangani miyambi yanu-yanu yokhudzana ndi Chikondi. Kodi ndi iti mwa miyambiyi imene mwaikonda kwambiri?

- Khalani awiri awiri ndipo mukonze dongosolo la nthawi yanu sabata iliyonse. Onetsani nthawi yogwirira ntchito zanu zonse monga, Kuwerenga, kuchita masewero, kugwira nthito za pakhomo, ndi nthawi yopuma. Ndipo pamene mwaika nthawi yopuma ndi pamene mungacheze ndi bwenzi lanu. Muonesetse kuti nthawi yanu mwaigawa bwino bwino
- Nthawi zina zimene zimachitika pa moyo wathu (kaya zosangalatsa, kaya zoipa) sitimatha kudzimvetsa kuti zikutheka bwanji ndipo zimatizunguza mutu kwambiri. Kodi inu zimakuchitikirani zimenezi? Nanga mumathana nazo bwanji? (zina zimene mungachite pa nthawi ngati zimenezi ndi kupemphera, kupanga masewera, kuthandiza anzanu, kulankhula ndi anzako omwe umakondana nawo ndi kuwakhulupilira). Auzeni anzanu zimene inu mumachita ndipo nonse lonjezani kuthandizana pamene wina asoweka chithandizo.



Okondedwa Paulo

Sindingakupatse yankho la amene angakuuze kuti uli ndi kachilombo ka HIV kapena matenda a Edzi. Ndi chinthu chachikulu ndipo chovuta kuchichita. Munthu aliyense, ayenera kuchita chisankho chake. Anthu ena sauza wina aliyense, ndipo ena amauza achibale ndi anzawo komanso ena amawuza anthu ambiri pa nthawi zosiyanasiyana. Koma chisankho china chilichonse ndi chabwino.

Anthu ambiri amakhala wosangalala akauza anzawo nkhwawa zawo monga amayi ako ndi wolimba mtima kunena pagulu. Munthu wina aliyense amene ali ndi kachilombo ka HIV kapena matenda a Edzi ndi wofunikira kukhala ndi womulangiza kapena gulu lolimbikitsana nalo.

Komabe mpaka anthu adzakhale omasuka pa nkhani yokhudza kachilombo ka HIV kuwauza anthu zoti uli ndi kachilombo koyambitsa Edzi, kukhoza kukhala ndi zotsatira zovuta, monga kutha kwa ntchito, kutha kwa ubwenzi ndi anzako ngakhale kuchotsedwa pamalo omwe ukukhala. Anthu amayika pa mlingo zinthu zimene sizingakhale za bwino kapena zomwe zingakhale zabwino ku mbali yawo asanawuze wina aliyense zoti ali ndi kachilombo koyambitsa matenda a Edzi.

Ngati uli pa ntchito mpofunika udziwe za ufulu wako ngati munthu amene ukugwira ntchito pamene uli ndi kachilombo ka HIV.

Ndikugwirizana nazo kwa thunthu kuti mwana amakhala wosangalala kuti adziwe chilungamo ngakhale chikhale choswetsa mtima.

Choncho ndikukuthokoza powathandiza achinyamata pokhala omasuka. Iwe ndi nkhani ya amayi ako yapatsa chikhulupiriro anthu ambiri.

Auntie Stella

ZOYENERA KUCHITA

- Mukuganiza bwanji za yankho lochokera kwa Auntie Stella?
- Lembani mndandanda zinthu zimene inu ndi anzanu mungachite kuti muthetse m'chitidwe wosala anthu amene ali ndi kachilombo ka HIV ndi matenda a Edzi (mwachitsanzo kuchita mtsutso, kuyankhula poyera kwa anthu amene ali ndi kachilombo koyambitsa Edzi, Zovala zolembapo kuti ndili ndi matenda a Edzi kapena mzanga amene ali ndi matenda a Edzi ndi mnzangabe. Sankhani zitatu zofunikira kwambiri pa gulu lanu ndipo wonetsani mmene maganizo anu mungawagwiritsire nchito.
- **SEWERO:**

Muchite sewero pa gulu lanu lowonetsa kuti anthu akumunena munthu amene ali ndi matenda a Edzi. Anthu ambiri akunyansidwa naye munthu ameneyu koma mmodzi yekha adzitsutsa mwamphamvu kuti anthu enawo asinthe maganizo awo. Kodi chimene chichitike kumapeto ndi chiani?.
- Itanani anthu ena monga Paulo ndi amayi ake kudzayankhula za mavuto amene anakumana nawo chifukwa cha maganizo a anthu ena pa za kachilombo ka HIV ndi matenda a Edzi. Afunzeni zimene zinawathandiza kuti athetse kusalidwa kotere.



Okonedwa Joana

Zikuwoneka ngati uli ndi ziphuphu zimene zimatuluka kunkhope kwa achinyamata akatha msinkhu kapena akamakhwima. Ziphuphu ndi chimodzi mwa zizindikiro za kuti munthu akukula ndipo nthawi zambiri zimatha zokha. Pali zinthu zingapo zimene ungachite kuti vuto lako lithe ndipo zina mwaizo ndi izi:

- Choyamba, zimene umadya ndi zofunika kwambiri. Uzidya zipatso ndi masamba kwambiri komanso ufa wa mgaiwa. Osakonda tizakudya totsekemera ngati maswiti ndi mabisiketi, zakudya zamafuta ndiponso zakumwa zotsekemera. Zipatso kapena chimanga chophika kapena chootcha ndi zakudya zabwino kusiyana ndi mabanzi.
- Chachiwiri, kumamwa madzi ambiri. Madzi amachapa m'thupi.
- Chachitatu ndiponso chofunikira, musamadzole mafuta ambiri ku nkhope yanu ndiponso musamazifinye ziphuphu. Nthawi zonse mudzigwiritsa ntchito madzi ofunda ndi sopo posamba kunkhope kwanu.

Achinyamata ena akhoza kukafuna chithandizo cha mankwala ku kuchipatala

Usamangoganiza za ziphuphu zakozo ayi koma kumbukiranso zinthu zabwino zimene zili pa thupi lako ndiponso usasiye kukacheza ndi anzako. Sikuti anthu amangokhala kuganiza za ziphuphu zathu ayi. Timangowaganizira. Ndikufunira zabwino zonze.

Auntie Stella

ZOYENERA KUCHITA

- Tchulani zakudya zimene mumadya kawirikawiri. Zigaweni magulu awiri; zakudya zabwino ndi zakudya zosathandiza thupi lanu. Taganizirani za nthawi imene mumadya zakudya zosathandizazi ndi chifukwa chimene mumachitira izi.
- Jambulani chithunzi chanu. Onetsani zinthu zabwino pa thupi lanulo ndi ntchito zake. Chitsanzo; miyendo yamphamvu yomenyera mpira, maso akuluakulu owonera, makutu abwino omvera mavuto a wanthu, mano oyerabwino, manja wothandizira banja langa. Onetsani zinthu pafupifupi zisanu. Pomaliza jambulani nkhope yanu ikusangalala kwambiri.



Okondedwa Namoyo

Zikomo Zikomo kwambiri chifukwa cholimba mtima kuyezetsa magazi kuti udziwe ngati uli ndi kachilombo ka HIV kapena ayi. Panopo utha kuchita zinthu zambiri pofuna kudzisamalira, komanso kusamalira mwana ukuyembekezerayo. Ana ambiri amene amabadwa kwa amayi omwe ali ndi kachilombo ka HIV, amabadwa opanda kachilomboka. Atatu mwa ana khumi aliwonse ndiwo amene amatha kubadwa ndi kachilomboka. Anawa amatenga kachilomboka pamene ali m'mimba, kapena pamene akubadwa, ngakhaleenso poyamwa. Masiku ano pali njira zambiri zimene zimathandiza kuti mwana asatenge kachilombo ka HIV kuchokera kwa mai.

Zipatala zambiri mdziko muno zimapereka mankhwala a Neverapini mwa ulere kwa amayi oyembekezera omwe ali ndi kachilombo ka HIV. Mankhwalawa amateteza kuti mwana asatenge kachilombo ka HIV pamene akubadwa, komanso kwa masiku atatu oyambilira atangobadwa. Kafunzeni zambiri kuchipatala za njira zotetezera mwana kuti asatenge kachilombo ka HIV kuchokera kwa amake. Komanso mukhoza kudzayamwitsa mwana wanu mkaka wa m'botolo. Mukhozanso kukafunsa ku chipatala za mmene mungayamwitsire mwana wanu ndi mkaka wa m'mawere okha okha popanda kum'patsa chakudya china chilichonse ngakhale madzi akumwa, kwa miyezi 6 kuti asatenge ka chilombo ka HIV. Pakatha miyezi 6, mwana ayenera kusiya kuyamwa ndi kuyamba kudya ndi kumwa zinthu zina zosiyana siyana.

Komanso muyenera kuteteza mwana wanu pakudzisamalira bwino thupi lanu, ndipo mutha kumva zambiri kuchokera ku chipatala. Achipatala adzakufotokozerani nthawi imene mwana wanu adzayenere kuyezedwa ngati watenga kachilomboka komanso momwe mungamusamalire.

Auntie Stella

ZOYENERA KUCHITA

- **SEWERO:** Mzimayi yemwe ali ndi kachilombo ka HIV waganiza zakuti ayamwitse mwana wake mkaka wa m'mawere okha kwa miyezi 6 , ndipo akuyenera kuwauza apongozi ake kuti asamamupatse mwanayo chakudya kapena chakumwa china chilichonse. Kodi mukuganiza kuti kunena zimenezi ndikovuta? Nanga chingachitike ndi chiyani kuti vutoli lithe?
- Lembani ubwino ndi kuyipa koyamwitsa pamene mayi ali ndi kachilombo ka HIV. Lembaninso chimodzimodzi mokhudzana ndi kumpatsa mwana m'kaka wa m'botolo. Kodi mukanatani zimenezi zikanakuchitikirani ?
- Kodi mukuganiza bwanji za moyo wa munthu yemwe ali ndi HIV komanso mwana wake ndi wodwalika? Fufuzani za ntchito za m'dera lanu zimene zimathandiza amayi omwe ali ndi mavuto ngati amenewa. Kodi ma bungwe amenewa akusoweka chithandizo chotani? Nanga inu mungachitepo chiyani?
- Werengani nkhani ya pa khadi nambala 26 kuti mudziwe zambiri za m'mene mungakhalire moyo wabwino ngakhale muli ndi kachilombo ka HIV.



Okonedwa Sunganani

Mchimwene wako akunena zoonu ndipo wachita bwino kuchititsa mdulidwe kuchipatala. Kafukufuku amasonyeza kuti mdulidwe umthandiza munthu kuti asamatenge matenda opatsira pogonana kuphhatikizapo HIV. Ngati sunadulidwe ndipo wa chita zogonana mosadziteteza, tizilombo ta HIV timakakamila ku songa ya chokodzera chako choncho ndi kwapafupi kutenda HIV.

Maiko ambiri muno mu Africa anayamba ntchito yolimbikitsa anthu kuti adzichita mdulidwe ana awo amuna akanali ang'ono.

Iweyonso ngati ungfune, upite kuchipatala kumene anthu ophunzitsidwa bwino pa ntchitoyi amapezeka komanso malo ndi zochitika zonse zimakhala za ukhondo. Amakupatsanso mankhwala ochepetsa ululu.

Ukakachititsa mdulidwe, uyenera kukhala masabata asanu ndi limodzi usanagonane ndi munthu kuti bala lipole msanga. Uyeneranso kukhulupirika kwa chibwenzi chako ndipo pogonana mudzigwiritsa nchito kondomu. Mdulidwe umathandiza kuchepetsa mpata wakuti munthu angatenge HIV koma sumakutetezeratu ku HIV. Yankhula nayenso mchimwe wakoyo ndipo umumvere malangizo amene angakupatse.

Auntie Stella

ZOYENERA KUCHITA

- Kodi mukuganiza kuti ndi bwino kuti anyamata adzichita mdulidwe? Auzeni anzanu za zimene mukuganiza pa nkhanayi?
- Chitani mtsutso pa mutu eakuti achinyamata onse adzichita mdulidwe kuti apewe kutenga HIV
- Kodi tsopano mukufuna kuchitapo chiani pa nkhani yolimbikitsa anzanu ndi anthu a mdera lanu kuti adzichita mdulidwe. Dziwani amai nawonso akhoza kuchitapo kanthu pa nkhanayi. Lembani zonse zimene mukufuna kuchita ndimene mudzichitire.
- Pitani kuchipatala chimene muli nacho pafupi kuti mukamve mmene amachitira mdulidwe. Musanapite yambani mwalemba mafunso anu pa pepala kuti musakaiwale. Mukhozanso kuitanitsa wina amene amadziwa bwino za mdulidwe kuti adzakulankhuleni ku sukulu kapena kumalo kumene mumakumanirana.

Okonedwa Grace

Nkhani yako ndi yondandaulitsadi. Mchitidwe ogonana ndi amuna ambiri ukhoza kukuchititsa kutenga HIV. Komanso mamuna amene ali okullirapo msinkhu ngati Amon akhoza kuti anatenga kale kachilombo ka HIV. Ndizotheka kuti Amon ali ndi zibwenzi zina za mseri zimene zikhoza kukhalanso ndi HIV.

Kukhala ndi zibwenzi zambiri zoganana nazo ndi koopsa kwambiri chifukwa ndi kwapafupi kutenga HIV. Choyenera kudziwa ndi chakuti munthu amene wangokatenga kumene kachilombo ka HIV ndi chapafupi kuti apatsire munthu amene akugonana naye ngati sakugwiritsa ntchito kondomu. Munthu otereyu amakhala ndi tizilombo tamabiri zedi mthupi mwake makamaka miyezi itatu yoyambirira chitengereni kachilomboka.

Ngati mwakhala mukugonana osadziteteza ndi bwino kuti ukayezetse magazi ako kuti ukadziwe ngati uli ndi HIV. Udziuze zibwenzi zakozo kuti nazonso zikayezetsenso.

Uwetu ukadali wang'ono ndipo utadzisunga bwino ukhoza kudzakhala ndi tsogolo la bwino. Kodi unonge tsogolo lako ndi la Michal chifukwa cha zinthu zakutha zimene Amon amakupatsa?

Ndiri ndi chikhulupiriro kuti upanga chisankho chabwino. Zabwino zonse.

Auntie Stella

ZOYENERA KUCHITA

- Kodi mukuganiza bwanji za yankho la Auntie Stella? Kodi mwaphunzirapo kanthu kena katsopano pa zakuopsa kugonana ndi anthu ambiri?
Kambiri za nkhani ili mmunsiyi
- Maxwell anali ndi zibwenzi zitatu nthawi imodzi. Brighton amakhala ndi chibwenzi chimodzi pa nthawi koma zibwenzi zake zonse zinakwana zitatu. Chibwenzi chake choyamba chinatha miyezi 8, chachiwiri chinatha miyezi itatu ndipo panopa akanalibe ndi chibwenzi chachitatu. Kodi pakati pa Maxwell ndi Brighton amene ali pachopsezo chotenga HIV ndi ndani? Perekani chifukwa chake.
- Chitani sewero. Nkhani yake ikhale yakuti mnzake wa Maxwell adzimulangiza za kuopsa kokhala ndi zibwenzi zambiri nthawi imodzi. Maxwell akhuzidwe kwambiri ndipo anene kuti akufuna kusiya mchitidwewu. Mnzakeyo amuthandize mmene angasiire khalidwe loopsali.
- Gulu la achinyamata mdera lanu likufuna kuyamba ntchito yoteteza achinyamata ku HIV ndi Edzi. Gululi likudziwa kuti achinyamata amachita chisankho chabwino ngati ali ndi uthenga okwanira komanso owona ndipo likufuna anthu kuti awathandize maganizo pa ntchitoyi.

Khalani mmagulu ndipo mugwirizane ma uthenga a mitundu patatu amene angakhale pa poster. Pa uthenga ulionse jambulani poster imodzi. Mukatero gwirizanani kuti musankhe maposter abwino kwambiri ndipo muwakhome mmalo osiyanasiyana mdela lanu