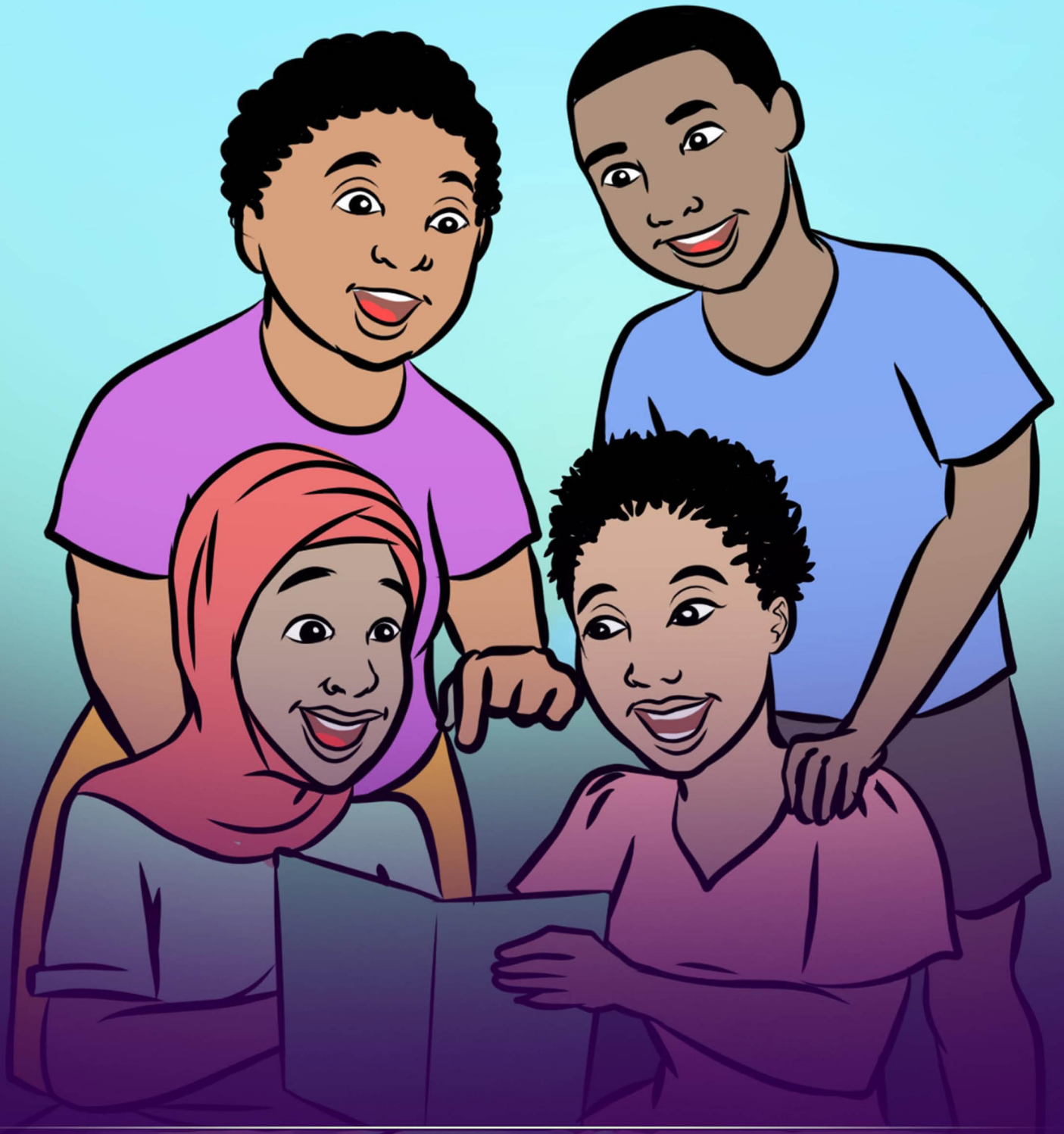
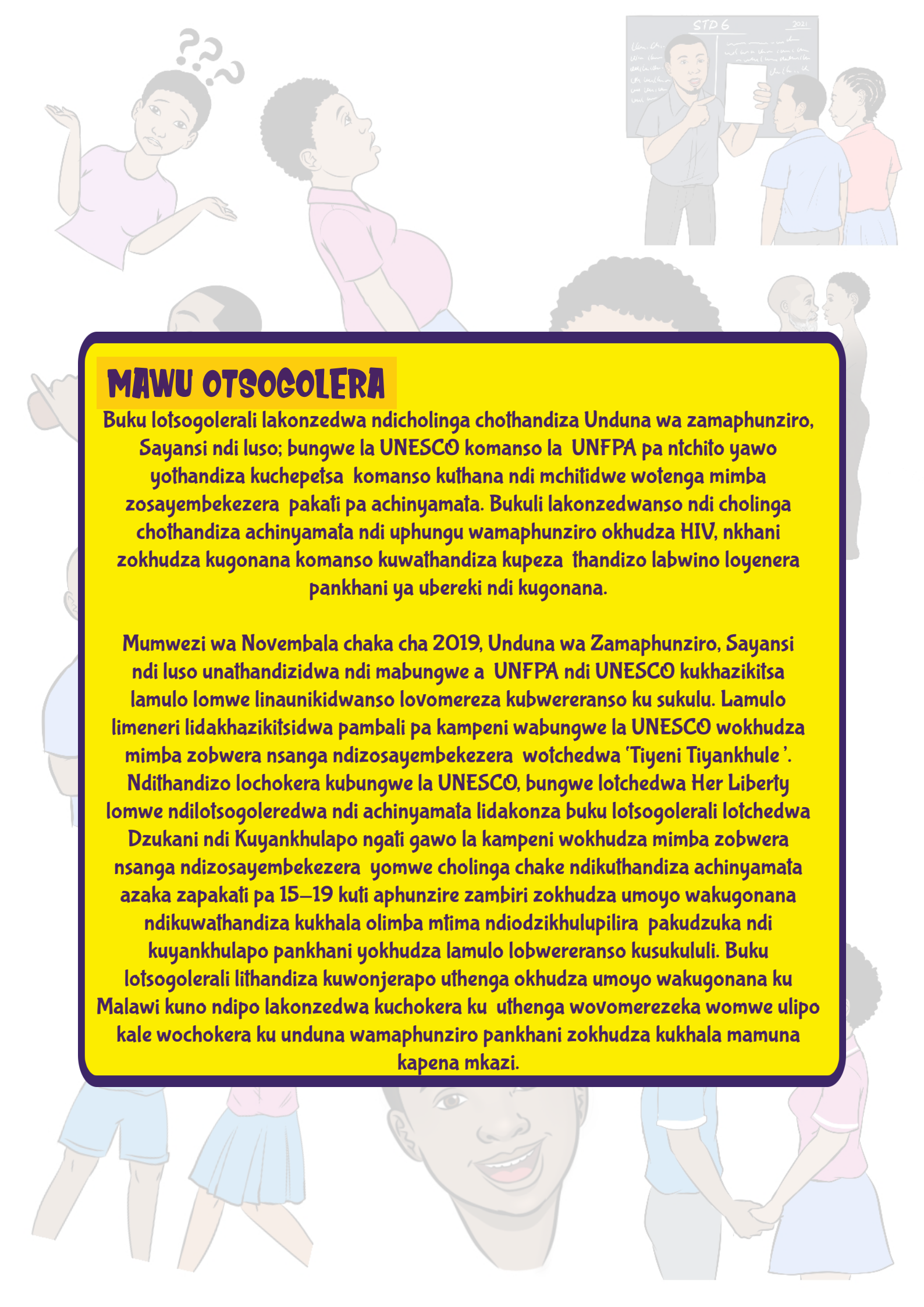


DZUKANI NDI KUYANKHULAPO



KUPEREKA MPHAMVU KWA ACHINYAMATA PANKHANI ZOKHUDZA
KUGONANA, MOYO UCHEMBELE KOMANSO LAMULO LOKHUDZA
KUBWERERANSO KUSUKULU MMALAWI MUNO.



MAWU OTSOGOLERA

Buku lotsogolerali lakonzedwa ndicholinga chothandiza Unduna wa zamaphunziro, Sayansi ndi luso; bungwe la UNESCO komanso la UNFPA pa ntchito yawo yothandiza kuchepetsa komanso kuthana ndi mchitidwe wotenga mimba zosayembekezera pakati pa achinyamata. Bukuli lakonzedwanso ndi cholinga chothandiza achinyamata ndi uphungu wamaphunziro okhudza HIV, nkhani zokhudza kugonana komanso kuwathandiza kupeza thandizo labwino loyenera pankhani ya ubereki ndi kugonana.

Mumwezi wa Novembala chaka cha 2019, Unduna wa Zamaphunziro, Sayansi ndi luso unathandizidwa ndi mabungwe a UNFPA ndi UNESCO kukhazikitsa lamulo lomwe linaunikidwanso lovomereza kubwereranso ku sukulu. Lamulo limeneri lidakhazikitsidwa pambali pa kampeni wabungwe la UNESCO wokhudza mimba zobwera nsanga ndizosayembekezera wotchedwa 'Tiyeni Tiyankhule'. Ndithandizo lochokera kubungwe la UNESCO, bungwe lotchedwa Her Liberty lomwe ndilotsogoleredwa ndi achinyamata lidakonza buku lotsogolerali lotchedwa Dzukani ndi Kuyankhulapo ngati gawo la kampeni wokhudza mimba zobwera nsanga ndizosayembekezera yomwe cholinga chake ndikuthandiza achinyamata azaka zapakati pa 15–19 kufi aphunzire zambiri zokhudza umoyo wakugonana ndikuwathandiza kukhala olimba mtima ndiodzikhulupilira pakudzuka ndi kuyankhulapo pankhani yokhudza lamulo lobwereranso kusukululi. Buku lotsogolerali lithandiza kuwonjerapo uthenga okhudza umoyo wakugonana ku Malawi kuno ndipo lakonzedwa kuchokera ku uthenga wovomerezeka womwe ulipo kale wochokera ku unduna wamaphunziro pankhani zokhudza kukhala mamuna kapena mkazi.

ZOTSOGOLERA 1

Kodi malemba awa akuimira chiyani?

Chiyambi

Kodi chifukwa chiyani ndili ndi buku lotsogolerali?

Kodi mu buku lotsogolerali muli chiyani?

Gawo A

Kutha Msinkhu

Kutha msinkhu ndi chani?

Zilakolako zomwe zimakhalapo nthawi yokutha msinkhu

Zosintha zomwe zimachitika mwa anyamata

Zosintha zomwe zimachitika mwa atsikana

Chikondi ndi zilakolako zokhudza kugonana

Msambo

Kodi msambo ndi chiyani?

Chisamaliro cha umwini nthawi yam sambo

Pakati/mimba

Kodi mimba imatheka bwanji?

Ndingadziwe bwanji kuti ndili ndi mimba/pakati?

Mimba zofulumira komanso zosayembekezera

Kodi zotsatira za mimba zofulumira komanso zosayembekezera ndi chani?

Kodi nditatenga mimba koma ndikanali pasukulu zingatani?

Chingachitike ndi chiyani kwa mnyamata amene wandipatsa mimbayo?

Zikhulupiliro ndi malingaliro olakwika okhudza mimba

Nkhani zochitika kuchokera kwa achinyamata omwe adatengapo mimba

nthawi isanakwane komanso yosayembekezera

Kupewa mimba yobwera nthawi isanakwane komanso yosayembekezera

Kudziletsa

Kudziwa zambiri zokhudza njira zakulera

Zikhulupiliro zokhudza njira zakulera

Mimba yobwera munjira yogwirira

Lamya yoyimbirako nkhanu

ndi abambot

1

2

3

7

9

10

11

14

23

pa amayi

Matenda opatsirana pogonana

Kapewedwe ka matenda opatsirana pogonana

HIV ndi EDZI

Kodi kachilombo ka HIV ndi chani?

Ndondomeko yakachilombo ka HIV

Kodi anthu amatenga bwanji kachilombo ka HIV?

Ndingachepetse bwanji chiwopsezo chotenga kachilombo ka HIV?

Ma Ubale

(a) Ubale wapabanja

Munamvako zamachezedwe a kholo ndi mwana?

Chifukwa chiyani ndikuyenera kuyankhula ndi makolo anga kapena ondiyang'anira zokhudza mimba komanso matenda opatsirana pogonana?

(b) Ubale wa anthu amisinkhu yofanana

(c) Ubale wapakati pa amuna ndi akazi

Kodi ubale wabwino ndi chani?

Kodi ubale wosakhala bwino ndi chani?

Kodi mukuyenera kutani ngati muli mu ubale wosakhala bwino?

Mafunso okhudza kuchita zogonana

Mwachidule

Gawo B

(a) Kudziwa za lamulo lobwereranso kusukulu

(b) Dzukani!

Dziwani amene mukugwira nawo ntchito yofanana

Dziwani momwe mungafotokozere zokhudza vuto

Ufulu ndi udindo

Yankhulani!

Dziwani zolinga zanu zoyankhulirapo

Mungafikire bwanji vuto lotenga mimba nsanga ndiyosayembekezera komanso kusiya msanga sukulu?

Nanga kusonkhanitsa uthenga wanga wamsonkhano?

Mapeto

31

35

35

36

36

40

41

42

43

46

KODI MALEMBO AWA AMAYIMIRA CHIYANI?

Powerenga buku lotsogolerali, pakhoza kukhala zinthu zina zomwe simungazimvetse, monga malemba akuluakulu omwe amaoneka ngati liwu limodzi, mwachitsanzo: SRH. Ichi ndi chidule ndipo liwu lililonse limayimira mawu ena ake. Mukawona mawu achidulewa ndipo simukutha kukumbukira kuti akuimira chani, mukhoza kuwonapo pa mndandanda wa mawu omwe ulipowu.

AIDS

Acquired immunodeficiency syndrome

CVSU

Community Victim Support Unit

EUP

Early and Unintended Pregnancy

GBV

Gender Based Violence

HIV

Human Immunodeficiency Virus

ICT

Information Communication Technology

MoEST

Ministry of Education Science and Technology

OSC

One-Stop Centers

PEP

Post-Exposure Prophylaxis

PrEP

Pre-Exposure Prophylaxis

SGBV

Sexual and Gender-Based Violence

SRHS

Sexual Reproductive Health services

STI

Sexually Transmitted Infection

UNESCO

United Nations Educational, Scientific and Cultural Organization

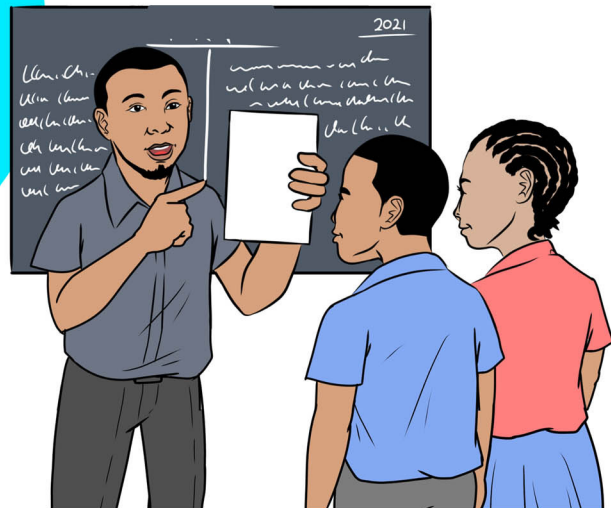
UNFPA

United Nations Population Fund

VMMC

Voluntary Medical Male Circumcision

MAWU OTSOGOLERA



Kukula sichinthu chapafupi, pamakhala zambiri zomwe zimachitika ku thupi lanu ndipo ndikofunikira kumvetsa zomwe zikukuchitikirani, makamaka mukayamba kutha msinkhu, kugwa mchikondi ndinso kuyamba kupanga ma ubwenzi. Ndikofunikira kudziwa zamoyo wanu okhudza kugonana ndicholinga choti mupange zisankho zoyenera zokhudza thupi lanu, moyo wanu komanso tsogolo lanu.

Tikufuna kuwonetsetsa kuti mulindi tsogolo lowala lomwe likufunika kuti mumalize sukulu. Kodi mukudziwa kuti pali atsikana azaka zapakati pa 10–18 omwe anatengako komanso atenga mimba? Mukhoza kukhala kuti mukudziwa winawake pasukulu yanu kapena mdera lanu amene anatengako mimba aliwachichepere ndipo anasiya sukulu. Mukatenga mimba pa msinkhu umenewu, zikhoza kukulepheretsani kumaliza sukulu.

Mukatenga mimba ndikusiya sukulu, zikhoza kukhala zovuta kwambiri kuti mubwerere. Mukhoza kumakhala ndi mantha komanso manyazi. Mukhoza kukhalanso ndi vuto la umphawi kunyumba kapena kusowa munthu okuthandizani kusamalira mwana mukapanga chiganizo chobwerera kusukulu. Koma dziko la Malawi lili ndi lamulo lotchedwa kubwereranso kusukulu lomwe lingakuthandizeni kubwereranso kusukulu. Buku limeneri likufotokozeraninso za lamulo limeneri.

CHIFUKWA CHİYANI MULINDI BUKU LIMENERI?

Buku limeneri likuthandizani kumanga chidziwitso komanso kuchedwa kuyamba mchitidwe wogonana mpaka mutakonzeka kusangalala ndi ubwenzi wabwino womwe mwagwirizana kumachita mchitidwe ogonana modzitezeza kupewa kachilombo ka HIV ndi matenda ena opatsirana pogonana. Bukuli lithandiza kuyankha mafunso omwe mungakhale nawo, mantha, zikhulupiliro komanso malingaliro olakwika. Buku limeneri likuthandizandinso kudziwa za lamulo lobwereranso kusukulu ndimomwe mungagwiritsire lamuloli pa inu kapena kuthandiza mzanu amene anatenga mimba ndipo akuyenera kubwerera kusukulu.

GAWO
A



KUTHA MSINKHU

CHIKONDI NDI ZILAKOLAKO ZOGONANA

MSAMBO

MIMBA

MATENDA OPATSIRANA POGONANA

HIV NDI EDZI

MAUBWENZI

GAWO B



DZUKANI

Kudziwa za lamulo lobwerezedwa
lokhudza kubwereranso
kusukuluUfulu ndi udindo
wa mkulu wa pasukulu

YANKHULANI

Momwe mkulu wapasukulu,
oyendetsa sukulu
and akuluakulu a mdera
angafikiridwe Momwe
mtsikana angawonetsetsedwe
kuti wabwerera kusukulu

KUTHA MSINKHU



Moni,dzina langa ndi Chikondi...



Moni,dzina langa ndi Chimwemwe...



Ndili mu sitandade 6 ndipo ndilipano kukuthandizani kudziwa zokhudza kutha msinkhu



Inenso ndili mu sitandade 6 ndipo ndilipano kukuthandizani kudziwa zokhudza kutha msinkhu makamaka kwa anyamata zomwe amakumana nazo

Kodi kutha msinkhu ndi chiyani?

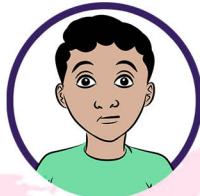
Iyi ndi nthawi imene matupi amasintha kuchokera ku thupi la mwana kupita ku thupi la munthu wamkulu. Panthawi imeneyi, timadutsa muzosintha zambiri komanso kukumana ndi zinthu zachilendo. Malingaliro ndi kakhalidwe kanu kakhoza kukhala komveka mosiyana ndi mwamphamvu—kakhoza kukhala kosokoneza! Anthu kawirikawiri amayamba kutha msinkhu pakati pa zaka 8 ndi 14. Atsikana kawirikawiri amayamba kutha msinkhu anyamata asanayambe.

Momwe thupi limamvera nthawi yotha msinkhu

Kutha msinkhu kumachitika ndi mahomoni (zinthu zomwe thupi limapanga palokha zomwe zimathandiza thupi kupanga zinthu zina— monga kukula! mwachitsanzo esterogini ndi progesterone), ndipo zimenezi zimakhudza zilakolako ndi thupi. Mukhoza kukumana ndi zotsatirazi:



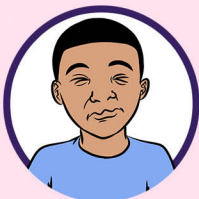
KUFUNITSITSA KUDZIWA



KUSAMASUKA



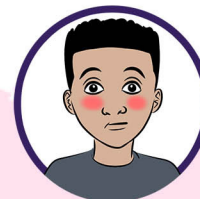
KUSANGALALA



KUIPIDWA



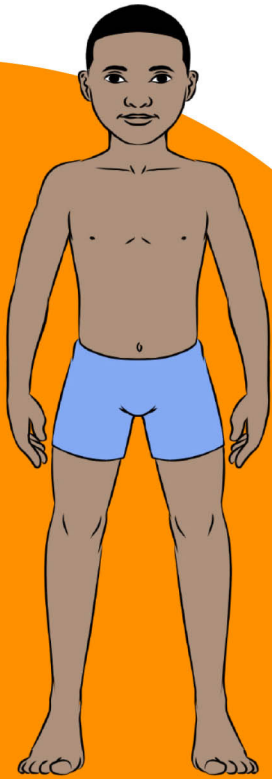
WAMANYAZI



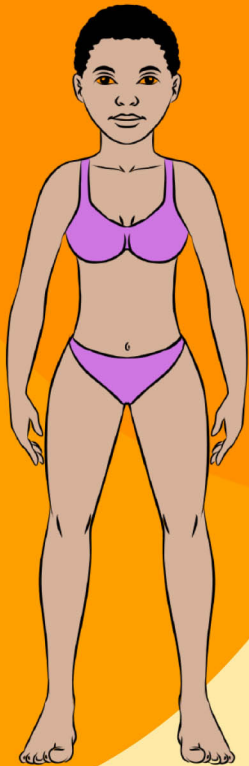
MANYAZI

Zimenezi zikhoza kuchitika pamene tikuyankhula ndi anzathu, akubanja kwathu ngakhalenso wina aliyense amane tilinaye chilakolako.

Pambali pa zimenezi, pali kusintha kwina kwa thupi komwe kumachitika!



- Machende amakula
- Chida cha amuna chogwiliitsa ntchito pogonana chimakula
- Tsitsi limamera kunkhwapa komanso mavuzi kumaliseche
- Amatuluka thukuta kwambiri
- Umana umakhwima ndipo maloto otulutsa umuna amayamba (mukhoza kudabwa kuti maloto otulutsa umuna ndi chani? Musadandaule tiphunzira zambiri zokhudza malotowa mu gawo likubwerali)
- Mawu amayamba kumveka besi
- Akhoza kuyamba ziphuphu
- Amatalika ndikukhala ndikumera minofu kwambiri
- Tsitsi limayamba kumera kumaso, pamtima ndi kumsana



- Amatalika mu msinkhu
- Amayamba kukhala ndi ziphuphu kumaso
- Mabere amayamba ndikukula
- Amatuluka thukuta kwambiri
- Tsitsi limamera kunkhwapa komanso mavuzi kumaliseche
- Chiuno ndi matako zimakula ndipo thupi limakhala lomasuka mwachikoka
- Amatulutsa chikazi chochulukirapo
- Ma ovale (ziwalo zosunga mazila) amakhwima ndipo amayamba msambo komanso akhoza kutenga mimba.

Kutha msinkhu kukhoza kukhala nyengo yodabwitsa pa moyo wanu koma ndi ndondomeko ya chilengedwe yomwe ikuyenera kuchitika. Kupeza zichitochito (majowajowa) zomwe zili zokondweretsa komanso zopatsa thanzi zikhoza kukuthandizani kuthana ndi nkawa komanso zilakolako zomwe zikukusowetsani mtendere. Njira zina zothanirana ndizimenezi ndi monga:

- Kujowajowa
- Kudya moyenera makamaka zipatso ndi masamba
- Kumakambilana momwe mukumvera ndi anthu a banja lanu, anzanu komanso atsogoleri a mipingo
- Kuwerenga
- Kuseka
- Kumapanga zinthu zomwe zimakusangalatsani kuchita
- Kutenga nawo gawo pazochitika mdera lanu

Mungalembeko zinthu zitatu zomwe mudakumana nazo zowoneka ndi maso kapena zokhudza malingaliro nthawi imene mumadutsa nyengo yokutha msinkhu komanso njira zomwe mukugwiritsa ntchito kapena zomwe muyambe kugwiritsa ntchito kuthana nazo.

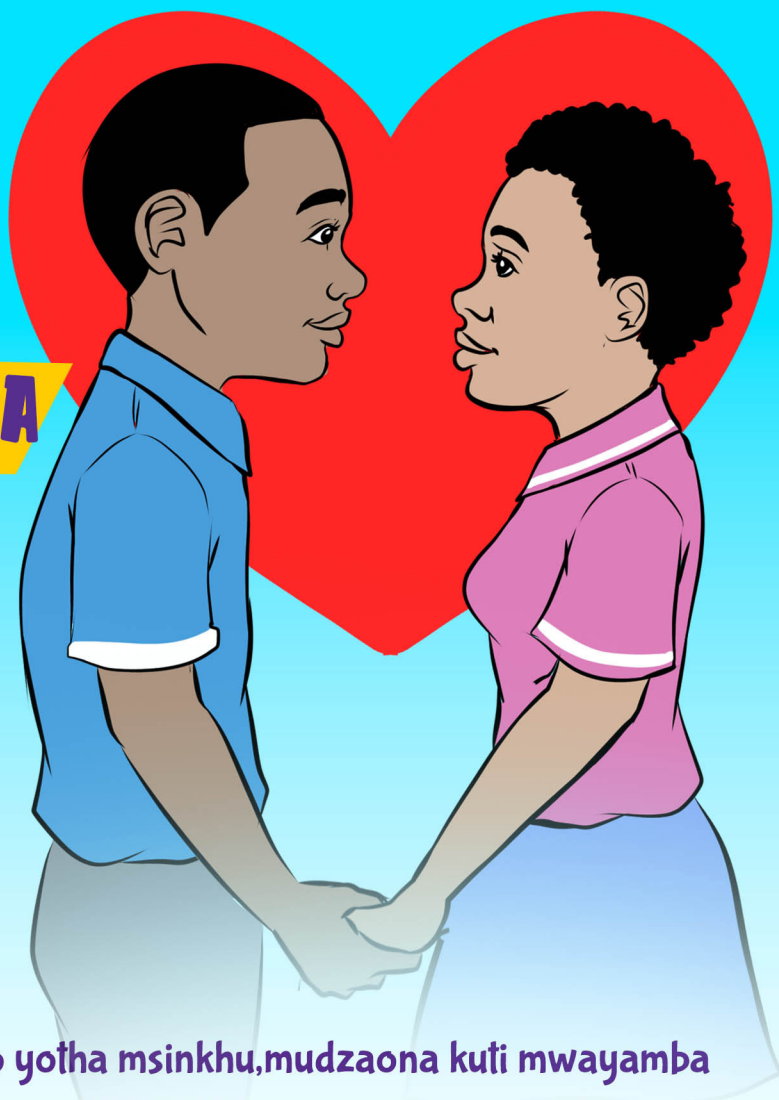
KODI MUKUDZIWA?

Aliyense amasintha munthawi yake nyengo yakutha msinkhu. Ena mwa anzanu akhoza kumasintha ndi kukula mwachangu kuposa inuyo koma ngakhale zilichoncho munthawi yake aliyese amakwanitsa kufikapo. Kumbukirani kuti palibe mawonekedwe oyenera kapena olakwika. Ndikofunikira kudzikonda wekha momwe ulili.

CHIKONDI

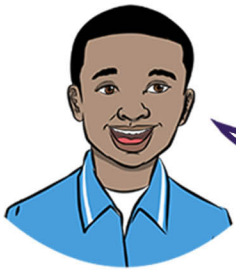
NDI

ZILAKOLAKO ZOONANA



Pamene thupi lanu layamba kusintha nyengo yotha msinkhu, mudzaona kuti mwayamba kukhala ndi malingaliro achilendonso. Iyi ndi nthawi mmoyo wanu yomwe mumayamba kuwuzana anzanu kapena anzanu apamtima kuti 'mumasangalatsidwa' kapena 'mumamufuna' munthu wina wake. Nthawi zina 'mukasangalatsidwa' kapena 'kufuna' winawake mukhoza kumaona kusintha kowoneka ndi maso kwa thupi lanu myengo yokutha msinkhu komwe kumawuzana thupi lanu kuti likonzeke kukhala ndi mwana. Koma izi sizikuthandiza kuti mukhale ndi mwana pomwe thupi lanu latere. Poyamba ndikofunikira kudziwa chomwe chikuchitika ndi thupi lanu panthawi imeneyi ndipo kenaka mukhonzana kuphunzira zambiri zokhudza kupanga chisankho choyenera chokhudza amene mungapange naye ubwenzi komanso kuti nthawi yabwino yokhala ndi ana ndi iti. Buku ili likuthandiza kukutsogolera pazisankho zimenezonso.

KODI MALOTO ONYOWA NDI CHANI?



MONGA MNYAMATA, TIKAKHALA NDI CHILAKOLAKO CHOGONANA, UKHOZA KUTOTA NDIKUKHALA NDI MALOTO ONYOWA.

Nthawi yotha msinkhu, thupi limatulutsa mahomoni otchedwa testestoloni omwe amapangitsa machende kuyamba kupanga umuna. Pamene thupi layamba kupanga umuna, timadzi tonyamula umuna timatulutsidwa kudzera ku Chida cha amuna chogwilita ntchito pogonana. Izi zimatchedwa kutulutsa umuna. Ndiye maloto onyowa amachitika pamene kutulutsa umuna kukuchitika pafupipafupi nthawi imene mnyamata akugona ndipo akukhala ndi maloto okhudza zogonana. Nthawi zina mukakhala ndi maloto onyowa koyamba, mukhoza kumaganiza kuti mwakodza pa bedi kaya pa matilesi kapena mzovala koma ukhoza kukhala umuna. Maloto onyowa ndi abwinobwino mukakhala nawo komanso ndizabwinobwino kusakhala nawo. Simukuyenera kudandaula kapena kuchita manyazi izi zikakuchitikirani. Kwa atsikana amene atha msinkhu, nawonso akhoza kukhala ndi maloto onyowa koma kwa iwo maloto onyowa akhoza kuchitika chifukwa chakuwutsidwa kwa chilakolako chogonana zomwe zimadzetsa kumva kosangalatsa mthupi mwawo komanso kutulutsa timadzi kundata tomwe timatchedwa ukazi.



MONGA MTSIKANA, MUKAKHALA NDI CHILAKOLAKO CHOGONANA MUKHOZA KUMAMVA KUNYOWA KUNDATA KOMANSO KUTUPA KWA MABELE.

Nanga kuwutsidwa kwa chilakolako chogonana?

Izi zikhoza kuchitika munyengo monga:

- Pamene mukupuma komanso omasuka
- Pamene muli ndi nkawa kapena mantha
- Pamene muli okopeka mwachikondi kwa winawake popanda chifukwa chilichonse

Kukhala okopeka mwachikondi ndi munthu wina kapena kukonda munthu wina sizitanthauza kuti mugonane nawo! Pali njira zambiri zosonyezera momwe mukumvera pa iwo, kaya mokhudza kugonana kaya ayi, tizona bwino mtsoholomu.

MSAMBO



CHABWINO ANYAMATA NDI ATSIKANA. NDIKUTENGERANI PA MUTU WOTCHEDWA MSAMBO. ANYAMATA MUSAWONE NGATI MUTUWU NDI ATSIKANA. INUNSO MUKUYENERA KUMVETSA ZOMWE ZIMACHITIKA KU THUPI LA MTSIKANA.

KODI NSAMBO NDI CHANI?

Nsambo umadziwikanso ngati 'kukhala ndi nthawi yanu'. Iyi ndi nyengo yapakati pa masiku 2 mpaka 7 amene mtsikana kapena mzimayi amataya magari. Iyi ndi nthawi imene magari komanso tizinthu tina ta mthupi timachoka mthupi kudzera ku ndata. Mwezi uliwonse, magari komanso tizinthu tina ta mthupi timamangana mchiberekero (chiwalo cha mkati mwa mzimayi momwe mwana amakuliramo) ndikukonzekera dzila lomwe lakumana ndi umuna kuchitira kuti mzimayi akhoza kutenga mimba. Mimba imachititika pamene umuna wakumana ndi dzira podzera munjira yogonana. Dzira lomwe lakumana ndi umuna limadzidzala mchiberekero ndipo mimba imachitika. Ngati dzira silidakumane ndi umuna, chikhokhombe chadzira chimachoka mthupi kudzera kundata ndipo mtsikana kapena mzimayi amakhala ndi nsambo.

ZINA ZOMWE MUKUYENERA KUDZIWA:

Ngakhale akazi amataya magari mwezi uliwose, nsambo umakhala osinthasintha kwa anthu ambiri. Musachite mantha izi zikakuchitikirani.

Ndikofunikira kudziwa tchutchutthu wokhudza nsambo. Tiona zina mwa Mfundo Tsopano:

- Nsambo ndimsintho wofunikira kwambiri pa moyo wa mtsikana ndipo zimatanthauza kuti akhoza kutenga mimba. Nsambo ndi wachilengedwe komanso njira ya moyo wabwino. Ndikofunikira kumvetša mokwanira njira ya nsambo.

Tiyeni tiwone zina mwa mfundozo:

Kutuluka kwa dzira lokhwima kuchoka mumavava ake kumachitika pakati pa masiku 12 ndi 16 nsambo usanachitike. Ngati ndondomeko yozungulira ya nsambo wa mzimayi ndi yosadutsa kapena ndiyodutsa masiku 28, dzira lokhwima silingatulutsidwe pakatikati pa ndondomeko yozungulira ya nsambo. Izi ndizabwinobwino ndipo sichinthu choti mudandaule.

Umuna ukhoza kukhala mkati mwa thupi la mzimayi kwa masiku osadutsa asanu ndi awiri (7). Ndiye, mzimayi amene ndondomeko yozungulira ya nsambo wake wagonana mosadziteteza pamasiku awiri akumapeto a ndondomeko yozungulira ya nsambo wake

Amayi osiyanasiyana amakhala ndi kufalika kwa ndondomeko yozungulira ya nsambo yosiyanasiyana. Kufalika kwa nyengo kukhoza kukhala kwa pakati pa masiku 21 ndi 35 kapena kuposera apo. Momwe mzimayi amakhala ndi nsambo zimatengera kufalika kwa nyengo yake yozungulira. Ikhoza kukhala yayifupi kapena yayitali kuposera mwezi umodzi. Nyengo yake ikhoza kukhala yosasinthika (kukhala yotalika chimodzimodzi) kapena yosinthika (yotalika mosiyanasiyana). Amayi 4 mwa 10 aliwonse amakhala ndi nyengo yawo yozungulira ya nsambo yomwe imasiyana ndi masiku oposera 7 mwezi uliwonse

Mankhwala, kudwala, nkhwala, kukhumudwa ndi kadyedwe koperewera zimatha kusintha kazungulilidwe ka nsambo

Sinthawo zonse kuti mukhoza kutenga mimba mukangotha nsambo ngakhale kuti zikhoza kuchitika. mumakhala pa chiwopsezo chotenga mimba kukatsala masiku ochepa dzira lisanatuluke ku mavava kapena nthawi yomwe dzira latuluka. Nthawi yomwe simungatenge mimba ndi pomwe dzira lisanatuluke ku mavava. komabe ndizovuta kudziwa nthawi yeniyeni yomwe dzira limatuluka pokhapokha mutakhala ndi kalendala ya momwe nsambo wanu umayendera.

Atsikana ambiri amakhala ndi nsambo owawa. Akhoza kumwa mankhwala monga panado kapena bufeni

Njira zolera zikhoza kugwiritsidwa ntchito kuteteza mtsikana kuti asatenge mimba. Zitsanzo za njira zolera ndi monga makondomu, mapilisi, jakiseni ngakhalenso lupu. (dziwani zambiri zanjira zolera pa tsamba 22 mpaka 23).

UKHONDO WAMUNTHU PAYEKHA NYENGO YA NSAMBO

Ukhondo wa munthu payekha nyengo ya nsambo umatchedwa kusamalira ukhondo wa mwezi. Izi ndizokhudzana ndi njira za ukhondo nthawi imene nsambo ukuchitika. Ndiye poti mwadziwa zomwe zimachitika kuthupi lanu nthawi imeneyi, tiyeni tikambepo za chisamaliro ndi ukhondo munyengo imeneyi:

Atsikana mukakhala mu nsambo, mukuyenera kuwoneketsa kuti mukugwiritsa ntchito:

Zipangizo zaukhondo kuti zizitolera mwazi otayika nthawi ya nsambo (zikhoza kukhala zipangizo ngati ma padi)

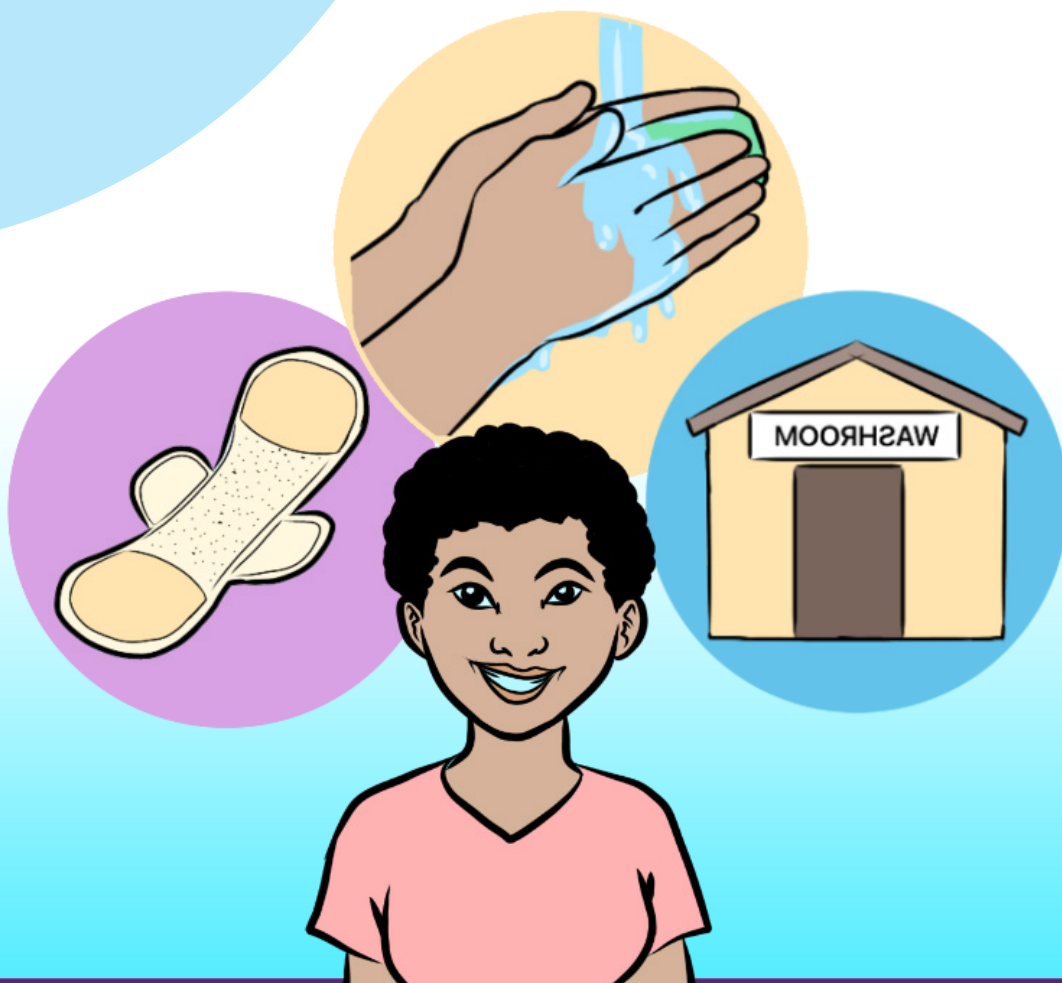
Malo abwino achinsinsi osinthalako kawirikawiri ma pad kapena zipangizo zina zilizonse zogwiritsidwa ntchito nthawi ya nsambo (monga chimbudzi)

Kusamba komanso kuwoneketsa kuti kumaliseche kwanu ndikwa ukhondo tsiku lililonse kapena ndimomwe zikufunikira kutero

Ukhondo wabwino nthawi ya nsambo umathandiza kukutetezani kumatenda odza ndi tizilombo totchedwa bakiteliya komanso kuyabwa kwa kumaliseche ndi mavuto ena okhudza mthupi. Izi zikhoza kuthandiza kuti mukhale olimba mtima monga nthawi zonse komanso omasuka ndi matupi anu pomwe muli mu nsambo.

KODI CHISAMALIRO NDI UKHONDO NTHAWI YA NSAMBO NDI CHIYANI?

-  Sambani mmanja nthawi zones ndikusintha padi kapena china chilichonse chomwe mukugwiritsa ntchito nthawi ya nsambo pakati pa maola 2 ndi 4 kapena maola 4 ndi 6.
-  Tsukani kumaliseche kawiri patsiku ndi madzi ofunda
-  Valani kabudula wamkati (panti) wochapa bwino tsiku lililonse ndipo sinthani ngati mukuona kuti zamkati zanyowa ndi nsambo
-  Vungani pa kapepala padi yomwe mwagwiritsa ntchito kapena china chilichonse chomwe mumagwiritsa ntchito ndikutaya mu bini. Osataya padi yogwiritsa ntchito muchimbudzi, zikhoza kutseka chimbudzi. Osatayanso kuchire, sizabwino kwa chilengedwe.
-  Ngati mumagwiritsa ntchito ma pad omwe amatha kuchapidwa ndikugwiritsidwanso ntchito, onetsetsani kuti mwachapa ma padi wa mukagwiritsa ntchito ndikuwayanika padzuka.



KODI MUKUDZIWA?



Nsambo ndi njira yathuthu yachilengedwe ndipo ndikofunika kugwiritsa ntchito ma padi nthawi imene tili mu nsambo ndicholinga choti zisatayikire ndikuonongera madilesi, siketi kapena pamene tinakhala kapena kugona.

MIMBA



CHABWINO ANYAMATA NDI ATSIKANA. NDIKUTENGERANI PA MUTU WOTCHEDWA MSAMBO. ANYAMATA MUSAWONE NGATI MUTUWU NDI ATSIKANA. INUNSO MUKUYENERA KUMVETSA ZOMWE ZIMACHITIKA KU THUPI LA MTSIKANA

Mimba imabwera pamene mwachita zogonana. Apa ndi pamene mamuna kapena mnyamata wayika Chida chake chogwilitsa ntchito pogonana ku ndata ya mzimayi kapena mtsikana ndikuthira umuna omwe umakumana ndi dzira ndikuyika chonde.

MIMBA IMACHITIKA BWANJI?



Uku ndi kufotokozera kwa ndondomeko yamomwe mimba imachitikira

Kamodzi mu nyengo yozungulira ya mzimayi yokhudzana ndi nsambo, dzira limatulitsidwa, kutanthauza kuti dzira limodzi limatulitsidwa kuchokera ku vava limodzi. Dzira likachoka mu vava, limayamba kuyenda kutsikira ku mafalopiyani kulunjika ku chibelekero. Pamlingo wapakatikati, nthawi iliyonse yomwe amuna athira, amatulutsa pafupifupi umuna okwana 100 miliyoni koma zimatengera umuna umodzi okha kuti uyikire chonde ku dzira kapena kupanga mimba. Umuna ukakumana ndi dzira, umuna umodziwo umatha kulowa dziralo. Kukumana kwa dzira ndi umuna kumatchedwa kuika chonde. Ngati mugonana mosadziteteza panthawi yomwe dzira latulutsidwa ku mavava kapena pamasiku asanu dzira lisanatulutsidwe ku mavava, mimba ikhoza kuchitika.

NDINGADZIWE BWANJI NGATI NDILI NDI MIMBA?

Njira yabwino yotetezeka kuti mudziwe ngati muli ndi mimba ndikupita ku chipatala chomwe chimapeleka thandizo lokhudza umoyo kwa achinyamata kapena chipatala chilichonse kukayezetsa ngati muli ndi mimba pakapita masabata awiri kapena atatu chigonaniraneni mosadziteteza.

Zina mwazizindikiro zomwe zingakusonyezeni kuti muli ndi mimba ndi izi:

-  Kumva ngati nselu koma osasanza
-  Kusanza
-  Kumva kupweteka mutu
-  Kukomoka ndi chizungulire
-  Kudana kapena kukhala ndi chilakolako cha chakudya china chake
-  Kusapanga nsambo
-  Kufewa, kutupa mabele



CHIDZIWITSO:

Nthawi zina, zizindikiro zimenezi zimangotanthauza kuti mwadwala kapena mukhala ndi nsambo ndiye ndikofunika kukayezetsa mimba kuti mukhale otsimikizika ngati muli ndi mimba kapena ayi.

Mungaganizeko njira zina zomwe mungatengere mimba? Zilembeni pansipa:

KODI MUKUDZIWA?



Mtsikana akhoza kutenga mimba asanagonane molowetsedwa chida cha mwamuna koma ngati umuna ukhudzana ndi ndata yake.

MIMBA ZOTENGA NTHAWI ISANAKWANE KOMANSO ZOSAYEMBEKEZEREKA



POTI PANO MUKUDZIWA MOMWE MIMBA IMACHITIKIRA, KODI MIMBA YOTENGA NTHAWI ISANAKWANE KOMANSO YOSAYEMBEKEZERA NDI CHANI?

Mawu oti yanthawi isanakwane amagwirizana ndi kuchepa msinkhu kapena zaka komanso yosakonzekera. Mimba ngati izi zimawonjezera chiwopsezo cha mavuto a zaumoyo komanso zotsatira zosakhala bwino pa mayi ndi mwana obadwayo. Mwatsoka ilo, mimba zotenga nthawi isanakwane komanos zosayembekezera ndizambiri ku Malawi kuno ndipo zimapangitsa atsikana ambiri kuti asiyire sukulu panjira kapena kuchotsedwa sukulu, zomwe zimadzetsa zotsatira zoyipa zanthawi yayitali pa moyo wawo monga umphawi, kugwiritsa ntchito mankhwala ozunguza ubongo komanso ma ukwati a ana.

KODI ZOMWE ZINGAKHALE ZOYAMBITSA KUTENGA MIMBA ZOTENGA NTHAWI ISANAKWANE KOMANSO ZOSAYEMBEKEZERA NDI ZITI?

CHOYAMBITSA

KUFOTOKOZERA



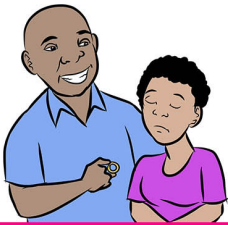
KUSAGWIRITSA BWINO NTCHITO ZIDA ZOFAITSIRA UTHENGA

Kufikira uthenga woyenera komanso olondora okhudza mimba ndi matenda opatsirana pogonana kuphatikizapo HIV komanso nkhani zina zofananiranako ndikofunikira ndicholinga choti achinyamata akhale ndi chidziwitso ndi upangili oti apange zisankho zoyenera komanso za umoyo wabwino.



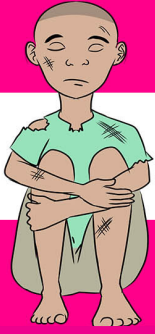
MIYAMBO YOWOPSA YACHIKHALIDWE NDI CHIPEMBEDZO

Kumwa mowa ndikugwiritsa ntchito mankhwala ozunguza bongo kumawonjezera chiwopsezo chochita makhalidwe oyipa chifukwa zimatha kusokoneza kapangidwe kachiganizo ndikupangitsa mchitidwe ogonana mosadziteteza. Komanso zimawonjezera chiwopsezo chopangidwa chipongwe kapena kutengeledwapo mwayi.



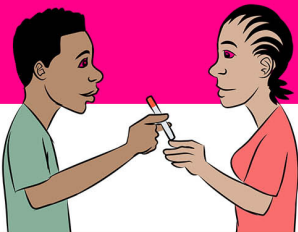
MAUKWATI A ANA

Maukwati a ana amawonjezera mwayi otenga mimba nthawi isanakwane komanso yosayembekezera. Achinyamata amene amalowa m'banja nsanga sagwiritsa ntchito njira zolera kawirikawiri kuti achedwelepo kukhala ndi mimba yoyamba.



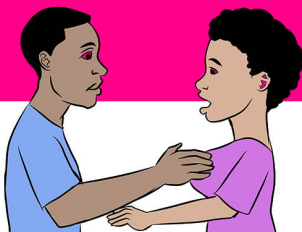
UMPHAWI

Umphawi ukhoza kupangitsa achinyamata kupanga ma ubwenzi ndi abambo kapena amayi akuluakulu amene amawapatsa ndalama, zovala, chakudya ndi zinthu zina posinthana ndi kugonana nawo. Achinyamata ammbiri amene amapanga ubwenzi anthu akuluakulu samakwanitsa kukana kugonana mosadziteteza.



UKALI WONERA

Atsikana ndi anyamata amene anatha msinkhu amakonda kuwonera makhalidwe a anzawo ndipo makhalidwewa akhoza kuwakhudza molunjika kapena mwanjira zina kuti nawonso azipangitsa anzawo amsinkhu ofanana nawo kumapanga mchitidwe ogonana nthawi isanakwane. Atsikana amene amapangitsidwa makhalidwewa ndi anzawo a msinkhu ofanana nawo amatenga mimba kawirikawiri kusiyana ndi amene sapangitsidwa makhalidwewa ndi anzawo.



UKALI WONERA

Atsikana ndi anyamata amene anatha msinkhu amakonda kuwonera makhalidwe a anzawo ndipo makhalidwewa akhoza kuwakhudza molunjika kapena mwanjira zina kuti nawonso azipangitsa anzawo amsinkhu ofanana nawo kumapanga mchitidwe ogonana nthawi isanakwane. Atsikana amene amapangitsidwa makhalidwewa ndi anzawo a msinkhu ofanana nawo amatenga mimba kawirikawiri kusiyana ndi amene sapangitsidwa makhalidwewa ndi anzawo.



NKHANZA ZOKHUDZA KUGONANA

Nkhanza zokhudza kugonana kuphatikizapo kugwiriridwa zikhoza kupangitsa kutenga mimba. Kawirikawiri pankhanza zokhudza kugonana sipakhala kugonana modziteteza zomwensho zimawonjezera chiwopsezo chotenga kachilombo ka HIV ndi matenda ena opatsirana pogonana.



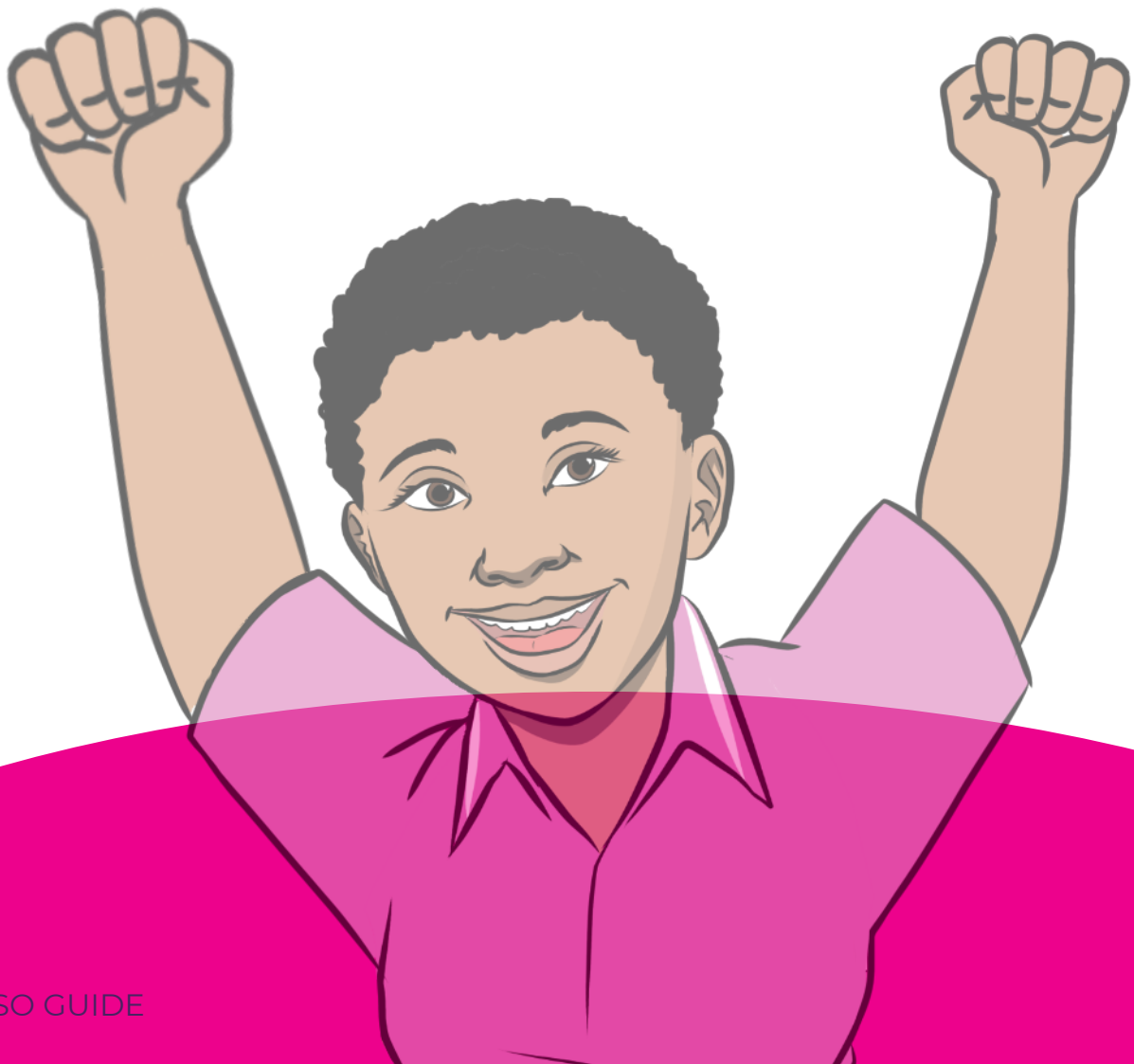
KUSOWEKERA KUFIKIRA
THANDIZO LOKHUDZA
KUGONANA NDI UCHEMBELE

Kugwiritsa bwino ntchito zida zofalitsira uthenga kukhoza kuwonjezera chidziwitso komanso kudzetsa chitsogolo pakati pa achinyamata. Koma, ngati zida zofalitsira uthenga sizigwiritsidwa bwino ntchito, zikhoza kukhala ndi zotsatira zolakwika. Mwachitsanzo, kumapeza patsamba la intaneti ndi kugawa zinthu zolaula kukhoza kupangitsa achinyamata kufuna kukayesa pakati pawo kapena ndi munthu wina wamkulu zomwe zingapangitsa mchitidwe oopsa okhudza kugonana.



KUSOWEKERA KUFIKIRA
THANDIZO LOKHUDZA
KUGONANA NDI UCHEMBELE

Pali miyambo yambiri yowopsa yachikhalidwe, yachipembedzo ndi yachikhalidwe m'madera athu yomwe ingapangitse achinyamata kutenga mimba. Iyi ndi monga fisi, kulowa kufakuchotsa fumbi ndi maukwati a ana.



KODI ZOTSATIRA ZA MIMBA YOTENGA NTHAWI ISANAKWANE KOMANSO YOSAYEMBEKEZERA NDI CHANI?

ZOTSATIRA ZOWONEKA

- Chiwopsezo chowoneka chokhudza umoyo kwa amayi ndi mwana ndi monga mimba yokhala ndi mavuto ngati fistula ndikuphulika kwachiberekero, kuchoka kwa mimba kosatetezeka ndinso imfa ya mayi.
- Chiwopsezo chowoneka chokhudza umoyo kwa mwana ndi monga kubadwa nthawi isanakwane, kubadwa ndi sikelo yotsika, kunyentchera komanso imfa ya mwana
- Nkhawa zokhudza malingaliro, makamaka pamene mtsikana wakanidwa ndi amene anamupatsa mimba, banja lakwawo komanso anthu mderalo zikhoza kupangitsa mtsikana kudzionera

ZOTSATIRA PAMAPHUNZIRO

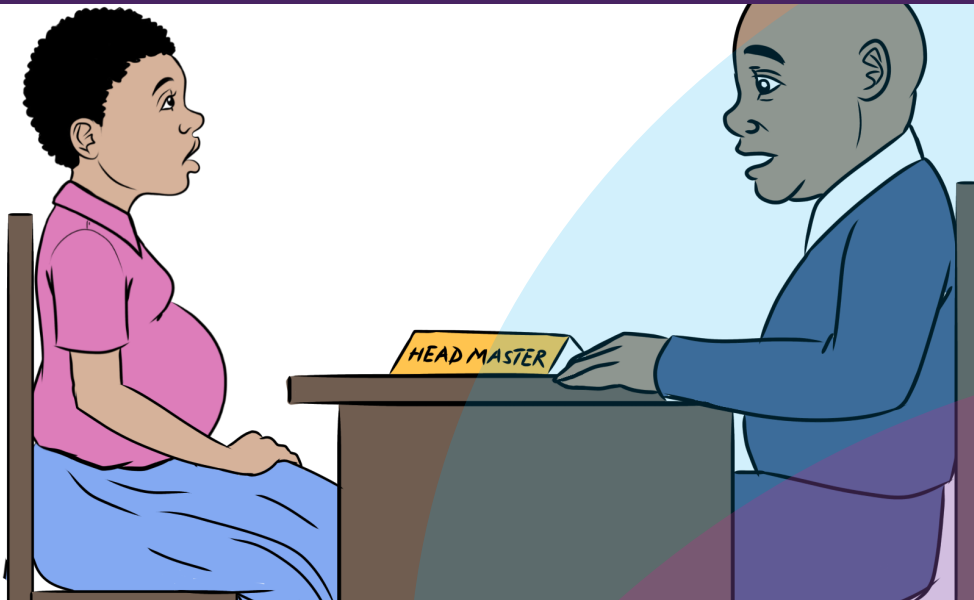
- Kusiya sukulu panjira kapena kuchotsedwa sukulu ndi zomwe zimachitika kawirikawiri
- Kupita patso golo ndi maphunziro kukhoza kukhudzidwa ndi mimba kudzera mukutopa komanso kusowekeka chidwi chochilimika. Mtsikana wachichepere amene watenga mimba amavutika kuphunzira chifukwa amakhala pa mavuto ankhawa ndi kukhumudwa zomwe zimakhudza ndondomeko ya kuphunzira. Izi zimapangitsa kuganiza kuyamba kusapita mkalasi kupanga nawo maphunziro pazifukwa chokhza chipatala
- AMayi achicheperewa amakhala pachiwopsezo chotsalira m'buyo pantchito ya sukulu Kamba kaudindo ochulukirapo monga kukhala ophunzira komanso amayi.

ZOTSATIRA ZOKHUDZA CHIKHALIDWE

- Mimba zotenga nthawi isanakwane komanso zosayembekezera zimasalidwa m'Malawi. Atsikana oyembekezera kawirikawiri amakhala onyazitsidwa kusukulu komanso m'dera lawo
- Kutenga mimba nsanga kukhoza kupangitsa kulowa m'banja nsanga pakuti mtsikana amakamizidwa kukwatiwa ndi bambo wa mwana wake.
- Atsikana ena amakanidwa ndikunyazitsidwa ndi mabanja akwawo ndikusiyidwa opanda malo okhala zomwe zimawonjezera mchitidwe wankhanza zokhudza kugonana.



KODI NANGA NDITATENGA MIMBA PAMENE NDILI PASUKULU?



Mimba zotenga nthawi isanakwane komanso zosayembekezera zimapereka chiwopsezo chosamaliza sukulu chifukwa chosiya sukulu panjira ngakhale kuti izi siziyenera kutero! Atsikana amalimbikiitsidwa kubweleranso kusukulu akabereka ndicholinga choti amalize sukulu komanso kukwanilitsa maloto awo ndikukhala ndi tsogolo labwino.

Lamulo lobwerezedwa lobwerreranso kusukulu m'masukulu a pulayimale ndi sekondale ku Malawi limalora ophunzira amene atenga mimba ali pasukulu 'kutenga tchuthi kusukulu kuti akabeleke ndikubwerreranso kusukulu pakapita miyezi isanu ndi imodzi atabeleka'. Ophunzira akhozanso kuloledwa kubwera ngakhale miyezi isanu ndi umodzi isanakwane ngati akudzalemba mayeso. Aphunzitsai aakulu nawonso ali ndi udindo othandiza ophunzira aakazi amene atenga pathupi ndikuwalembetsanso mukalasi yomwe anali (kaya sitandande 8 kapena folomu 2) asanatenge tchuthi kukabeleka mwana wake. Mphunzitsi wamkulu akhoza kuthandizira kupititsa ophunzira yemweyu kusukulu kwinsano, ngati makolo kapena omuyang'anira ndinso iye mwini agwirizana.



KODI CHICHITIKE NDI CHANI KWA ANYAMATA AMENE
APEREKA MIMBA?

Mnyamata nayenso azayimitsidwa sukulu ndipo adzayenera kulemba mafomu obweleranso kusukulu kuti abwelere kusukuluko.

Ndikofunikira kuti mnyamata ndi mtsikana alandire uphungu kuchokera kwa ogwira ntchito pasukulupo. Uphungu umenewu ukuyenera kukhala monga kukhazikitsa kumvetsetsa kwakufunikira kopereka thandizo lokhudza makhalidwe, malingaliro ndi ndalama kwa mtsikana. Ophunzira wamkazi akabweleranso pasukulu, akuyeneranso kulandira uphungu wina kuchokera kwa ogwira ntchito pasukulupo kuti athandizike momwe angakhalire.

Mnyamata akuyenera kudziwitsidwa za zotsatira zovomereza kapena kukana kuti ndi bambo wamwana komanso zotsatira zomwe zingakhalepo zopereka uthenga wabodza. Zikuyenera kufotokozedwa momveka kwa onse kuti onse opereka mimba makamaka yobwera chifukwa chogonana mokakamiza adzaperekedwa kwa adindo oyenera monga apolisi.

KODI KUTAYA MIMBA NDI CHIYANI?

Kutaya kapena kuchotsa mimba ndipamene mimba yatha ndicholinga choti mathero ake pasakhale kubadwa kwa mwana. Kutaya mimba kukuyenera kutengedwa mozama. Ku Malawi, kuchotsa mimba kumaloledwa ndi lamulo ngati mimbayo ikuyika moyo wa mayi pachiwopsezo.

China chake chomwe mukuyenera kudziwa chokhudza kutaya mimba:

'Ndikosaloledwa ndinso kowopsa kwambiri kuvomereza munthu osaphunzitsidwa kuti akuthandizeni kuchotsa mimba kapena kuchotsa nokha. Izi ndi zomwe amazitcha kutaya mimba kosatetezeka. Mchitidwe umenewu ukhoza kuyambitsa matenda owopsa a ziwalo zogwiritsa ntchito pogonana, kutaya chonde choberekera ngakhale imfa imene. Zikhozaso kukumangitsani pakuti uwu ndi mlandu.'

Ndikudziwa ndizowopsa ukatenga mimba, ndipo sunakonzekere. Osawopa ndipo dziwani kuti kuli anthu amene mungawayankhule. Ndikofunikira kuyankhula ndi makolo anu ngakhale kuti mulindi mantha chifukwa akhoza kukuthandizani. Mukhozanso kuyankhulana ndi munthu wina amene angapezeke pachipatala chomwe chilipafupi ndinso chimapereka thandizo loyenera kwa achinyamata, wogwira ntchito kuchipatala ndi akuluakulu a mpingo amene angapeze njira ndikukuthandizani.



NKHAMBAKAMWA NDI TCHUCHUCHU ZA KUTENGA PAKATI

NKHAMBAKAMWA

TCHUCHUCHU



SINDINGATENGE

MIMBA NGATI

NDIGONANA NTHAWI

YA NSAMBO

MUMAKHALA KUTI MUKANALI NDI CHONDE PAMENE MUKUSAMBA NDIYE CHONCHO MUKHOZA KUTENGA MIMBA NGATI MUGONANA MOSADZITETEZA MUNYEGOYI.



NDIKHOZA

KUTENGA

MIMBA NGATI

NDIGONANA

CHOIMILIRA

KUCHITA MCHITIDWE OGOANA MMAKHALIDWE OSIYANASIYANA KUKHOZA KUKUTENGETSANI MIMBA



NDIKHOZA KUTENGA

MIMBA NGATI

NDISAMBA NDI MADZI

NDITANGOMALIZA

KUGONANA

PAMENE UMUNA ULI MTHUPI MWANU, KUSAMBA SIKUNGASIYITSE UMUNA KULOWA NDIKUKUMANA NDI DZIRA. KUSAMBA SIKUNGAKUPEWETSENINSO KUKACHILOMBO KA HIV NDI MATENDA ENA OPATSIRANA POGONANA.



NDIKAGONANA NDI

MUNTHU WAMKULU

KWAMBIRI KUPOSA

INEYO SINDINGATENGE

MIMBA

ZILIBE KANTHU KUTI MAMUNA ALINDI ZAKA ZINGATI CHIFUKWA TIKAFIKA KU NKHANI YA CHONDE KWA AZIBAMBO, AMATULUTSABE UMUNA MPAKA ATAKALAMBA.



NGATI NDIGWIRITSA

NTCHITO KONDOMU

CHITSIMIKIZO

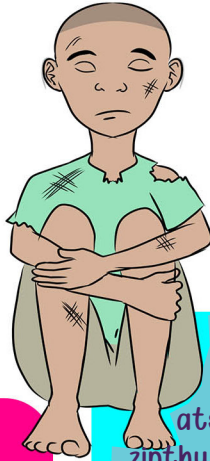
CHOTETEZEDWA KU MIMBA

NDI 100 PELESENTI

MAKONDOMU AMATHA KUBOWOKA KAPENA KUNG'AMBIKA NDIPO UMUNA UKHOZA KUTULUTSIDWA NDIKUPANGITSA KUTI MIMBA ICHITIKE. ATSIKANA AYENERA KUPHUNZITSIDWA BWINOBWINO MOMWE ANGAGWIRITSIRE NTCHITO KONDOMU.

NKHANI ZENIZENI ZOCHITIKA KUCHOKERA KWA ACHINYAMATA AMENE ADATENGAKO MIMBA NTHAWI ISANAKWANE KOMANSO YOSAYEMBEKEZERA

NKHANI YOKHUDZA UMPHAWI -TIYANJANE



'Ndinali ndi chibwenzi ndipo anayamba kupereka thandizo landalama ku banja lakwathu. Banja lakwathu lidavomera thandizo la ndalamali ndipo amatha kumalamulanso zambiri. Ndinalibe mwayi opanga chisankho chilichonse kupatulapo kumagonana naye. Cholinga changa sichinali kutenga mimba koma kuwonetsa kuthokoza kwanga pakuthandiza banja lakwathu.'

Umphawi ndi chinthu chenicheni chomwe chimayambitsa mchitidwe wogonana mosinthana ndi zinthu, pamene atsikana achichepere amagonana ndicholinga chopeza zinthu ngati ndalama yolipilira sukulu. Kawirikawiri atsikana amakhala alibe mphamvu yonenerera kuti agonane modziteteza. Izi siziwayika pachiwopsezo chotenga mimba zosafuna kokha koma chiwopsezonso cha kachilombo ka HIV ndi matenda ena opatsirana pogonana. Kutengera nkhani ya tiyanjane, ndikofunika kupanga ma ubwenzi ndi anyamata amsinkhu umodzi nanu. Kuwonjezera apo, pali njira zambiri zowonetsera chikondi ndinso momwe mumavera pa iwo posagonana. Mwachitsanzo, kugwirana manja ndikukumbatirana pamalo osabisika.

NKHANI YOKHUDZA KUGONANA KOKAKAMIZIDWA -GRACE



'Bwenzi langa lidandigitana kunyumba kwake pamene analiko yekha. Timacheza mpaka kunada. Anandipempha kuti tigonane ndipo ndidamuwuza kuti sindinali okonzeka. Pamene ndidamuwuza kuti ndikufuna ndizipita kunyumba, adakiya zitseko ndikundiletsa kutuluka pokhapokha nditagona naye. Ndidakakamizidwa kugonana naye ndicholinga choti ndizipita chifukwa ndimawopa kuti amayi anga akandithamangitsa ndikakafika mochedwa.'

Kukumana malo obisika kukhoza kuwonjezera chiwopsezo chogonana (mofuna kapena mokakamizidwa) zomwe zingapangitse kutenga mimba. Grace adayenera kufusa bwenzi lake kuti akumane malo osabisika kapena limodzi ndi anthu ena kapenanso kuwuzana munthu wina amene aliwapafupi naye za komwe wapiti kuti apewe zinthu ngati izi. Grace amayenera kukanena kwa munthu wina wake amene aliwapafupi naye kapenanso ku polisi kapena kwa opereka thandizo la umoyo kuti wagwiriridwa. Kaya ndipaubwenzi kapena ayi, kugonana mosavomereza kapena mosagwirizana ndi winayo kumatengedwa ngati kugwiriridwa ndipo ndikuphwanya lamulo. Pachifukwa ichi, zizinedwa ku polisi.

NKHANI

YOKHUDZA

UKALIWONERA

-CATHERINE

‘Anzanga amakhala akukambirana nkhani zokhudza kugonana zomwe akumana nazo kwanthawi ndipo ine ndimasigidwa pankhani zokambilana zokhudza zimenezo. Kenaka anayamba kumandithawa pakuti ndinalibe nkhani ngati zimenezo zoti nkugawana nawo. Ndinamva kukakamizidwa kuti ndipange zogonana ndicholinga choti ndikhale ndi china chake chofanana ndi anzangawo. Ngakhale zinali choncho, anzangawo anali asanakambeko zodziteteza ndiye pomwe ndimagonana ndinali ndisakudziwa kalikonse kuti ndiyenera kudziteteza ku mimba yobwera nthawi isanakwane komanso yosakonzekera kapena matenda opatsirana pogonana ndipo pamapeto ake ndidatenga mimba.’



Ukaliwonera ndiwabwinobwino pakati pa anthu achichepere. Kukhala ndi anzawo ndi chinthu chofunikira kwa anthu achichepere pamene akukula. Komabe ndikofunika kuzindikira machitidwe amene ali abwino komanso osakhala bwino. Pankhani ya Catherine, sanayenere kutengera mchitidwe wa anzake ogonana nsanga. Ngakhale sizapafupi, anayenera kukhala olimba mtima ndikuwauza anzake kuti sanali okonzeka kuyamba zogonana kapena kufuna uthenga okhudza zogonana asanapange kaye kuti adziteteze ku mimba komanso matenda opatsirana pogonana. kuphatikizapo kachilombo ka HIV. Anzanu akuyenera kukuvomerezani momwe mulili apo ayi ndiyekuti si anzanu abwino ndipo sakuyenera kukhala pafupi nanu.

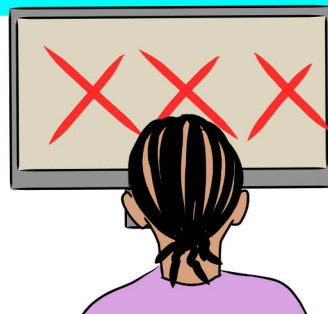
NKHANI

YOKHUDZA

ZINTHU ZOLAULA

-LINDA

‘Bwenzi langa linandiyendera kunyumba pamene ndidali ndekha. Tinayamba kuwonera zinthu zolaula pa foni yake ya mmanja. Tonse tidayamba kumva ngati tipange zomwe tidaonazo ndipo tidagonaana osadziteteza pamapeto ake. Sindinaganizireko zoti ndingatenge mimba kungogonana kamodzi.’



Zinthu zolaula zimapereka chithuthuzi chabodza chokhudza zogonana ndi maubwenzi zomwe zingapereke chiyembekezo chomwe sichingadzakwanilitsidwe. Simungadziwe zowona zokhudza kugonana kuchokera kuzinthunzizi. Zithunzi zolaulazi sizidapangidwe kuti ziphunzitse koma kugulitsa ndi kupezapo ndalama. Amakuonetsani zomwe akuganiza kuti zikhoza kukupangitsani kuti mubwerenso ndikuzagula zambiri. Zolaulazi zimakupangitsani kuganiza kuti kugonana ndi chinthu choti mukhoza kupanga nthawi ina iliyonse, paliponse, ndi wina aliyense komanso opanda zotsatira monga kutenga mimba ndi matenda opatsirana pogonana. Zimapereka chithuthuzi chochepera chosonyeza kuti maziko a ubwenzi alipa kugonana popanda kudzipereka, kusamalana komanso kukhulupilirana mbali zonse. Umu simomwe ma ubwenzi akuyenera kukhalira-momwe aliri-pa moyo weniweni. Pewani kuwonera makanema olaula pakuti akhoza kukupangitsani kukachita zogonana. Linda adayenera kukumana ndi bwenzi lake pamalo osabisika.

NKHANI YOKHUDZA KUSAGWIRITSA NTCHITO BWINO KONDOMU-JAMES

'Ine ndi bwenzi langa tinkagwiritsa ntchito makondomu nthawi zones tikamagonana. Koma nthawi ina, kondomu ija idaphulika ndipo tonse tinasokonezeka kuti vuto linali chani. Umu ndi momwe bwenzi langa adapezeka kuti watenga mimba.'



Makondomu ndi mtundu wokhawo wa njira yakulera yomwe ikhoza kuthandiza kupewa zones, mimba ndi matenda opatsirana pogonana koma akuyenera kumagwiritsidwa ntchito moyenera ndi pafupipafupi mosalekeza ndikusungidwa bwinonso. Makondomu amatha kung'ambika nthawi yogonana ngati sanavalidwe moyenera. Mwachitsanzo, kusasiya mpata okwanira kutsogolo. Akhozaso kung'ambika ngati akhudzana ndi zala zamunthu, mphete, ndolomano kapena chinthu china chakuthwa. Ngati kondomu yaphulika, ndikofunika kupita kukayezetsa mimba. HIV ndi matenda ena osiyanasiyana.

KUPEWA MIMBA ZOBWERA NTHAWI ISANAKWANE KOMANSO ZOSAKONZEKERA



PALI NJIRA ZAMBIRI ZOMWE MUNGAPEWERE MIMBA MONGA KUDZILETSA KAPENA KUGWIRITSA NTCHITO NJIRA ZOLERA

KUDZILETSA

Kudziletsa ndi njira yotetezeka komanso yokhayo yopewera mimba. Kudiletsa ndi njira yokhayo yomwe ili 100 pa 100 yopewera mimba ndi matenda opatsirana pogonana chifukwa sipakhala kugonana. Kudziletsa kukhozanso kuthandiza achinyamata kuyika chidwi pazinthu zina zomwe zili zofunika kwambiri pa moyo wawo monga maphunziro, masewera othamangathamanga, udindo pa banja lakwawo ndikumachita zinthu zosangalatsa ndi anzawo! Achinyamata amene amachedwa kuchita zogonana pomwe ali achichepere sangatenge mimba kapena kachilombo ka HIV kapena matenda ena opatsirana pogonana.

KODI UBWINO WAKUDZILETSA NDI CHANI?

Ndikwaulele: Sipakhala kulipira kalikonse

Kumatengera masomphenya anu amoyo wanu, monga mwachitsanzo, kupewa mimba, ndidzachita zogonana pokhapokha nditamaliza sukulu

Ndikosinthika: mukhoza kudikira nthawi yayitali momwe mufunira

Ndikwathanzi: Simungatenge matenda opatsirana pogonana kuphatikizapo HIV

Pamene kudziletsa ndi chisankho chotetezeka, pali nyengo zina pamene anthu achichepele amachita mchitidwe ogonana kapena kukwatira msanga. Kuti apewe mimba munyengo ngati zimenezi, ndikofunika kugwiritsa ntchito njira zolera kupewa mimba.

DZIWANI ZAMBIRI ZOKHUDZANJIRA ZOLERA

Musanagwiritse ntchito njira ina iliyonseb yolera, mukuyenera kudziwa za njirazi kuti musankhe yomwe iliyabwino kwambiri kwa inuyo.

Tinakamba zina mwa njira zolera pamene timakamba zokhudza nsambo ndikupewa umuna kuti usakumane ndi dzira. Nazi njira zonse zambiri zosiyanasiyana zolera zomwe zilipo:

Kondo

MTUNDU	NTCHITO YAKE	KUPE- WA HIV	UBWINO WAKE	KUIPA KWAKE	ZOTSATIRA ZAKE
Kondomu ya abambo	Gwiritsani ntchito kondomu yatsopano nthawi iliyonse mukugonana. Gwiritsani ntchito kondomu yopangidwa ndi mtundu wa pulasitiki otchedwa polyurethane ngati mumayabwidwa ndi labala.	Eya	Ndi yamtengo yotsika, yodalilika. Amakhala a ulele ku zipatala. Ndi imodzi yokhayo ya njira zolera yomwe imateteza ku mimba ndi matenda opatsirana pogonana kuphatikizapo HIV.	Imafunika kugwiritsidwa ntchito molondora ndinso mosadukiza.	Zotsatira zomwe sizikhalapo kawirikawiri pamakondomu ndi monga kuyabwidwa khungu kwa anthu amene amayabwidwa ndi labala.
Kondomu ya amayi	Imapangidwa ndi pulasitiki otchedwa polyurethane ndipo imavaliidwa ku maliseche a mzimayi nthawi yogonana.	Eya	Monga ngati kondomu ya abambo. Imaperekanso mphamvu kw amayi kuti adzidzitezeza ku mimba ndi matenda opatsirana pogonana! Amasungidwa ndi zipatala zina ndi zina..	Imafunika kugwiritsidwa ntchito molondora ndinso mosadukiza.	Zotsatira zomwe sizikhalapo kawirikawiri pamakondomu ndi monga kuyabwidwa khungu kwa anthu amene amayabwidwa ndi labala.
Pilisi	Pilisi imamwedwa ndi amayi ndipo imateteza dzira kuti lisakumane ndi umuna	Ayi	Akamwedwa moyenera, pilisi limateteza ku mimba mwa amayi 9 pa 10 aliwose	Siyitezeza ku matenda opatsirana pogonana kuphatikizapo HIV. Choncho ndikofunika kumagonana modzitetzeze pogwiritsa ntchito kondomu.	Kutaya magazi kapena dontho lamagazi pakati pa nsambo. Kuwawa kwa mutu. Kudzadzidwa mpweya mimba.

Pilisi lolerera ladzidzidzi	Imagwira bwino mukamwa mutan—gomaliza kugo—nana mosadzite—teza. Mapilisi awiri amphamvu amamwedwa kwa masiku aſatu chigonaniraneni mosadziteſeza.	Ayi	Ndinjira yoteſezeka komanso yodalilika yopewera mimba ngati igwiritsidwa nſhifo pamasiku aſatu asanathe	Siyiteſeza ku maſenda opatsirana pogonana kuphatikizapo HIV. Amayi amene sanadutſe zaka 17 akuyenera kupatsidwa kamwedwe ka mapiliſiwa amſundu wina komanso sapezeka Wamba ku Malawi	Nseru kapena kusanza Chizungulire Kutopa Kuwawa mutu Kufewa kwa mabele Kutaya magari pakati pa nsambo kapena kukhala ndi nsambo woſaya kwambiri Kupweteka mmunsi mwa mchombo kapena kupotokola
Lupu	Iyi ndi koyilo yamſundu wina wapadera wapulaſitiki yomwe imayikidwa mchibelekero cha mzimayi kuſi apewe mimba	Ayi	ILupu ndi njira yodalilika yopewera mimba	Imapweteka poloweſa Siyiteſeza ku HIV ndi maſenda ena opatsirana pogonana ndipo siyabwino kwa amayi amene sanadutſepo zaka 25 komanso sanakhaleko ndi mwana	Kuwawa mutu Ziphuphu Kufewa kwa mabele Kusakhala ndi nsambo moyenera zomwe zimazakhazikika pakapiſa miyezi isanu ndi umodzi Kusinthaſintha kakhaliſiwe ka mmalingaliro Kupweteka kwa chinena
Jakiseni ndi nolopulanti	Awa mankhwala amene amabayidwa kapena kudzalidwa mſhupi la mzimayi kuſi aſatenge mimba	Ayi	Njira yodalilika yolerera	Siyiteſeza ku HIV ndi maſenda ena opatsirana pogonana. Imaſha kuchedweſa kubwereranso kwa nsambo ndi chonde pamene mwasiya kugwiritsa nſhifo.	Kusakhala ndi nsambo moyenera Kuwawa mutu Kutupa kwa kumaliſeche (ndata) Kuwawa kwa mabele Kusinthaſintha kakhaliſiwe ka mmalingaliro Kukhumudwa
Kuſeka	Machubu amene amanyamula mazira amadulidwa ndi	Ayi	Njira yamuyaya yolelera (imagwira mwa amai 9 pa 10 aliwonſe)	Siyiteſeza ku HIV komanso maſenda ena opatsirana pogonana ndipo imakhala ndi mwayi ochepa obwezeretſedwa	Kutaya magari Kuyambiſa maſenda Mimba yokulira mu chubu
Njira yochotſa mbolo nkuthira paſi		Ayi		Imachepetſa kukwanilitſidwa kwa onſe mamuna ndi mkazi, ndiyosaſaliſika, siyaukhondo, imakhala ndi chiwopſezo chachiſkulu choſenga mimba, maſenda opatsirana pogonana kuphatikizapo HIV	Ilibe zoſatira zoſakhala bwino ziliſzonſe

NKHAMBAKAMWA NDI KUSAMVESETSA

NKHAMBAKAMWA

MAKONDOMU AMACHEPETS
KUTAKASUKA KOMANSO
KUSANGALALA KWA THUPI
KOMWE KUMABWERA
MUKAGONANA

MAKONDOMU AWIRI
AMAKHALA BWINO
KUSIYANA NDI IMODZI

MAKONDOMU NDI UDINDO
WA ANYAMATA

MUKUYENERA KUGWIRITSA
NTCHITO NJIRA ZOLERA
NTHAWI IMENE MUKUGONANA
KACHIWIRI CHIFUKWA
SIMUNGATENGE MIMBA
KAPENA KUPEREKA MIMBA
NTHAWI YANU YOYAMBA
KUCHITA ZOGONANA

NJIRA ZOLERA ZILI NDI
ZOTSATIRA ZOWOPSA
PAMOYO WA MUNTHU

KUGWIRITSA NTCHITO NJIRA
YOLERA MONGA PILISI
ZIKHOZA KUPANGITSA KUTI
MUSAZABELEKENSO

TCHUTCHUTCHU

MAKONDOMU AMAKUPEWETSANI KUTENGA MIMBA KAPENA MATENDA
OPATSIRANA POGONANA .MUKATHA KUGONANA MUKHOZA KUKHALA
NDI KUSANGALALA KWA THUPI NGAKHALE MUTAGWIRITSA NTCHITO
KONDOMU.

KUGWIRITSA NTCHITO KONDOMU IMODZI MOYENERA KOMANSO
MOSALEKEZA NTHAWI YOGONANA NDI NJIRA YOPAMBANA YOMWE
MUNGACHEPETSERE KUTENGA MIMBA KOMANSO MATENDA OPATSIRANA
POGONANA.KUVALA KONDOMU YOPOSA IMODZI PANTHAWI IMODZI
ZIKHOZA KUPANGITSA KUTI MAKONDOMUWO ASAGWIRE BWINO NTCHITO
NDIPO AKHOZA KUMASUPULANA ZOMWE ZINGAPANGITSE IMODZI KAPENA
ZONES KUNG'AMBIKA

MOYO WANU NDI UDINDO WANU,NDIYE KAYA NDIWE MNYAMATA KAPENA
MTSIKANA.OSACHITA MANYAZI KUFUNSA BWENZI LANU KUGWIRITSA
NTCHITO KONDOMU

MOYO WANU NDI UDINDO WANU,NDIYE KAYA NDIWE MNYAMATA
KAPENA MTSIKANA.OSACHITA MANYAZI KUFUNSA BWENZI LANU
KUGWIRITSA NTCHITO KONDOMU

NJIRA ZOLERA ZILIDI NDI ZOTSATIRA ZOSAKHALA BWINO KOMA
SIZOWOPSA PA MOYO WA MUNTHU.NDIKOFUNIKA KUDZIWA KUTI
MAKNKHWALA ALIWONSE ALINDI ZOTSATIRA PA MOYO.MONGA
ACHINYAMATA,MUKULIMBIKITSIDWA KUFUNSA UPHUNGU KWA OGWIRA
NTCHITO KUCHIPATALA MUKAONA ZOTSATIRA ZOSAKHALA BWINO.

NJIRA ZOLERA ZIMANGOCHEDWETSA MIMBA.MAMUNA NDI MAKZI
AKAKONZEKA KUTI AKHALE NDI ANA,AKHOZA KUNGOSIYA KUGWIRITSA
NTCHITO NJIRA ZOLERA.

NJIRA ZOLERA SIZIGWIRA
BWINO NTCHITO POPEWA
MIMBA KAPENA MATENDA
OPATSIRANA POGONANA

NJIRA ZOLERA ZIMAGWIRA BWINO NTCHITO POPEWA MIMBA, MAKAMAKA
ZIKAGWIRITSIDWA NTCHITO MONGA MWANDONDOMEKO YOPEREKEDWA
NDI A DOTOLO, ANAMWINO KAPENA OGWIRA NTCHITO KUCHIPATALA.
NGAKHALE ZILICHONCHO, KUPATULAKO MAKONDOMU NDI KUDZILETSA
KAPENA KUGONANA KOSALOWETSANA ZIWALO, NJIRAZI SIZITETEZA KU
HIV NDI MATENDA ENA OPATSANA POGONANA.

ANTHU OKHAWO AMENE
ALI PABANJA NDIWO
AKUYENERA KUGWIRITSA
NTCHITO NJIRA ZOLERA

NJIRA ZOLERA ZIZIGWIRITSIDWA NTCHITO NDI ANTHU AMENE ALI PA
UBWENZI OGOONANA AMENE AKUFUNA KUCHEDWERAPO KUTENGA MIMBA
KOMANSO KUPEWA MATENDA OPATSIRANA POGONANA POSATENGERA
KUTI ALI PABANJA KAPENA AYI.

MUNTHU AMENE AMAPEREKA
GANIZO LOTI AZIGWIRITSA
NTCHITO KWA BWENZI LAKE
AMASONYEZA KUTI
AKUGONANA NDI ANTHU ENA

MUNTHU AMENE AKUPEREKA GANIZO LOGWIRITSA NTCHITO NJIRA ZOLERA
KWA BWENZI LAKE PA UBWENZI AMASONYEZA KUTI ALI NDI UDINDO
KOMANSO OKHUDZIDWA NDI MOYO WAWO KOMANSO WA BWENZI LAWO

MUNTHU OSAKWATIWA/IRA
AMENE AKUGWIRITSA
NTCHITO MAKONDOMU
AMASONYEZA KUTI NDI
WOKONDA MCHITIDWE
OGONANA

KUGWIRITSA NTCHITO NJIRA ZOLERA KUMASONYEZA KUTI MUKUSAMALA
KOMANSO MULI NDI UDINDO NDI CHOLINGA CHOTI MUSATENGHE HIV NDI
MATENDA ENA OPATSIRANA POGONANA KOAMSNO KUTENGA MIMBA

Mungatiuzeko nkambakamwa zina zomwe mudamvako mdera lanu?

Tsopano poti mwaphunzira za njira zolera, sizikutanthauza kuti mupite ndikukachita zogonana ndi aliyense. Khalani a nzeru! Nthawi ya unyamata wanu, chilimikani pazinthu zomwe zili zofunika pa moyo wanu monga maphunziro, masomphenya anu komanso zolinga zanu za tsogolo lanu la ntchito!

Kumbukirani achinyamata amene amachedwa kupanga mchitidwe ogonana ali achichepere sangatenga mimba kapena HIV ndi matenda ena opatsirana pogonana. Ndichifukwa chake kudikira nthawi yoyenera komanso bwenzi loyenera ndi kwabwino.

Ndizabwinobwinobe ngati mudatengako mimba muli achichepere. Simukuyenera kuchita manyazi kapena kumva kuweruzidwa.

Mimba Yobwera chifukwa chogwiriridwa

Ma ofesi a Vikitimu sapoti amapezeka pomwe pali ma ofesi a polisi. Amapereka thandizo lansanga pakachitika nkhanza. Amaperekanso thandizo lokhudza malamulo ndi uphungu okhudza maganizidwe komanso thandizo la atsikana, amayi ndi ana amene adachitiridwako nkhanza, kunyozedwa kapena kugwiritsidwa ntchito.

Ma ofesi a One stop centre amapezeka mzipatala za boma zones ndipo amapereka thandizo lokhudza umoyo, malamulo ndinso lokhudzana ndikupolisi pa malo amodzi

LAMYA YOYIMBIRAKO NKHANI ZOKHUDZA NKHANZA KWA ANA KOMANSO PAKATI PA ABAMBO NDI AMAYI

Nambala ya Tithandizane Help Line yoyimbilako, **116** imalola ana ndi akulu kuyimba lamya ndikufuna thandizo, uphungu ndi uthenga. Iyi ndi njiranso yothandizira ana amene akumana ndi nkhanza (kapena owasamalira kaya kholo kaya opereka thandizo) ndipo amatumizidwa ndi opereka nthandizo lapa lamya kuti akalandire thandizo mdera lawo paliponse pomwe pali pafupi. Lamya loyimba ndikufotokoza nkhani zokhudza nkhanza pakati pa amayi ndi abambo ndi **5600**.



MATENDA OPATSIRANA POGONANA



TAKHALA TIKUTCHULAPO ZA MATENDA OPATSIRANA POGONANA PA GAWO LOMWE TIMAKAMBA ZOKHUDZA MIMBA KOMA TSOPANO NDI NTHAWI YOTI TIDZIWE ZAMBIRI ZAMATENDAWA

Awa ndi matenda (bakiteliya, vayilasi kapena tizilombo tina towononga) amene amapastirana kuchoka kwa munthu mmodzi kupita kwa wina kudzera munjira yokhudzana mogonana mosadziteteza, Kukhudzana mogonana kukhoza kukhala koyamwana maliseche, ndata kapena kobibila.

Kodi matenda amene amakonda kupezeka opatsirana pogonana ndi chani? t(mayina ake ndiwovuta kutchula koma ndimomwe amatchulidwira!)

CHINZONONO

IYI NDI NTHENDA YPATSIRANA POGONANA YOMWE IMAPEZEKAPEZEKA NDIPO IMAYAMBA NDI TIZILOMBO TOTCHEDWA BAKITELIYA. IMAGWIRA ABAMBO NDI AMAYI ONSEMWA AZIBAMBONTHENDAYI IMAYAMBITSA ULULU KAPENA KUMVA KUWOTCHA POKODZA MOTSOGOZEDWA NDI ZINTHU ZOKHALA NGATI PHALAPHALA ZOMWE ZIMATULUTSIDWA KU MBOLO. CHINZONONO MWA AMAYI SIYINGAWONEKE NSANGA PAKUTI ZIZINDIKIRO ZAKE SIZIKHALA ZACHIZOLOWEZI KOMA NDIBWINO KUPITA KUCHIPATALA NGATI MUNAGONANA MOSADZITETEZA.

CHINDOKO

IYI NDI NTHENDA YOMWE IMAYAMBITSIDWA NDI TIZILOMBO TOTCHEDWA BAKITELIYA NDIPO IMAGWIRA MBALIMBALI MWA CHUBU CHOMWE CHIMANYAMULA MIKODZO. PAKHOSIGAWO LA MATUMBO AKULU KOMANSO PAKHOMO LACHIBEREKERO. NGATI SIMULANDIRA THANDIZO LAMANKHWALA, CHINDOKO CHIMAZAKHALA NDI ZIZINDIKIRO ZA CHINZONONO.

CHINDOKO CHA MMAGAZI

ZIZINDIKIRO ZENIZENI ZIMAKHALA KACHOTUPA KAKANG'ONO KOFEWA KOMANSO KOSAWAWA KUMALO OZUNGULIRA MALISECHE. MBOLO KAPENA NDATA. NTHENDAYI IMAYAMBITSIDWA NDI MAJELEMUSI NDIPO IMAFALA KUDZERA MUKUGONANA NDI MUNTHU AMENE ALI NAWO. IMAKULA MUMAGAWO:

1. KACHILONDA KAKANG'ONO KOSAWAWA KAMAYAMBA NDIKUWONEKA KUMALO OZUNGULIRA MALISECHE. MBOLO KAPENA NDATA.
2. KUMVA MPHEPO NDI KUPHWANYA KWA MAFUPA NDI MINOFU
3. CHINDOKO CHIMAPITILIZA KUKHALA NDI ZOTSATIRA KWA NTHAWI YAYITALI MONGA ZAKA 20 CHIYITENGERENI

MABOMU

NTHENDA IYI IMAPANGITSA TIZILONDA TING'ONOTING'ONO TOWAWA KUMALO OZUNGULIRA MALISECHE NDI MKATI MWA NDATA.

NSUNGU ZAKUMALISECHE

NSUNGU ZIMAYAMBA NDI TIZILOMBO TOTCHEDWA VAYILASI .NSUNGU ZIMAPANGITSA ULULU KAPENA KUYABWA NDI ZOTUPA KAPENA TIZILONDA PA MBOLO,NDATA,MALO OZUNGULIRA MALISECHE KAPENA PAKHOMO LOBIBILA.

NJEREWERE
ZAKUMALISECHE

NJEREWERE ZAKUMALISECHE ZIMAWONEKA NGATI TIMABULU TATING'ONO TOTUPA.TOLIMBA KOMANSO TOSAWAWA KUMALO OZUNGULIRA NDATA, CHIDA CHA BAMBOO KAPENA KOBIBILANGATI THANDIZO SILIPEREKEDWA,NJEREWEREZI ZIMAKULA NDIKUYAMBA KUWONEKA NGATI DUWA LOTCHEDWA KOLIFULAWA.MUNTHU AMENE ALI NDI NJEREWEREZI AKUYENERA KUKAWUNIKIDWA CHAKA NDI CHAKA NDI MUNTHU AMENE ADAPHUNZITSIDWA BWINO ZA NTHENDAYI.

MAUKA

MATENDA AWA AMAYAMBA NDIKACHILOMBO KOTCHEDWA FANGASLAMAZINDIKIRIDWA NDI ZIZINDIKIRO IZIKUTULUTSA ZOYERA NGATI PHALAPHALA ZOMWE ZIMAFANANA NDI MKAKA OUNDANAMATENDAWA AMAPANGITSA KUYABWA KWAMBIRI ZOMWE ZIMAPANGITSA MAKUTI AKUMALISECHE KWA MKAZI KUTUPA,ABAMBO AMATHA KUKHALA NAWO MATENDAWA KOMA OSAWONETSA ZIZINDIKIRO ZILIZONSENDIKOFUNIKIRA KUPEREKA THANDIZO LAMANKHWALA KWA ONSE MAMUNA NDI MKAZI NGAKHALE KUTI MAMUNA SAKUSONYEZA ZIZINDIKIRO.ZIKHOZA KUKHALANSO CHIFUKWA CHA ZOVUTA ZINA MTHUPI ZOKHUDZANA NDI UMoyo OSATI MATENDA OPATSIRANA POGONANA OKHA.

TINGAPEWE BWANJI MATENDA OPATSIRANA POGONANA?

Njira yokhayo yodalirika kuti musatenge matendawa kapena kupatsira ena ndikudziletsa. Njira yachiwiri ndikugwiritsa ntchito makondomu (achimuna kapena achikazi) nthawi zonse mukuchita mchitidwe ogonana komanso kusachita zogonana ngati muli ndi zokandakanda pakhungu.

China chake chomwe mukuyenera kudziwa:

“Matenda ambiri opatsirana pogonana samakhala ndi zizindikiro zina zilizonse koma amakhala kuti akuwononga thupi komanso akhoza kupatsidwira kwa munthu wina ngati sipakhala thandizo. Ngati mumachita mchitidwe ogonana mosadziteza, mukulimbikitsidwa kupita kuchipatala chomwe muli nacho pafupi ndikukayezetsa ngati muli ndi matenda opatsirana pogonana.”

HIV NDI EDZI

Tsopano poti mwaphunzira zokhudza matenda opatsirana pogonana ndi chikondi, ndifuna ndikuwuzeni zokhudza HIV komanso Edzi.?

Kodi HIV ndi chani?

Mawu oti HIV ndi achidule ndipo amayimira mawu achingerezi oti Humani Immunodeficiency Virus. Aka ndi kachilombo kamene kamagwira chitetezo cha thupi lanu. Chitetezo cha mthupi ndi chimene chimatiteteza ku matenda ena aliwonse. Chitetezo cha mthupi chimatsika, kupangitsa kuti thupi livutikire kulimbana ndi matenda kuwonjezerapo amene sakukhudzana ndi kachilombo ka HIV.

Ndondomeko ya HIV

Pali ndondomeko kapena magawo atatu a momwe matenda oyamba ndi kachilombo ka HIV amaduṣamo

1. Chipwirikiti cha matenda oyambitsidwa ndi kachilombo ka HIV: Zizindikiro zakumayambiliro za kachilombo ka HIV zikhoza kukhala: kumva ngati chimfine. Pakati pa sabata imodzi (1) ndi anayi (4) chitengereni kachilomboka, mukhoza kumakhala ndi zizindikiro zokhala ngati za chimfine. Zizindikirozi kawirikawiri sizikhalitsa (zimakhala pakati oa sabata imodzi kapena awiri). Mukhoza kungokhala ndi zina mwa zizindikirozi komanso anthu ena sakhala nazo:

Zizindikirozi zikhoza kukhala:

- Kuphwanya mthupi (kutentha thupi)
- Zokandakanda
- Zilonda zapakhosi
- Kutupa ngati matsagwidwi
- Kuwawa mutu
- Kusokonekera kwa mmimba
- Kuphwanya ndi kupweteka kwa malo olumikizana mafupa
- Kuwawa kwa minofu

Zizindikiro izi zimachitika chifukwa chitetezo cha mthupi chimakhala chikulimbana ndi kachilomboka popanga ma antibodezi—izi zimatchedwa kusinghana

2. Kusawoneka kwa zizindikiro za matenda oyambitsidwa ndi HIV Tikanena kuti munthu alibe zizindikiro, zikutanthauza kuti simukuona kapena kukhala ndi zizindikiro zilizonse koma muli ndi kachilombo. Pa nthawi imeneyi, mumayamba kumva bwino kawirikawiri, ndipo kachilombo ka HIV ka sikayambitsa zizindikiro zina zilizonse mpaka zaka 10 kapena mwinanso 15. Ngakhale zilichoncho, mumakhala kuti mulinakobe kachilombo mthupi mwanu ndipo kamakhala kakufalikira ku ndikudzichulukitsa. Kachilombo ka HIV ka kakhoza kumapatsiranidwa nthawi imeneyi.

3. AIDS: The third stage of HIV infection is when your immune system is severely damaged. At this point, you are more likely to get serious infections or diseases that the body would otherwise be able to fight off.

3. EDZI—Gawo lachitatu la matenda oyambitsidwa ndi kachilombo ka HIV ndipamene chitetezo cha mthupi chawonongekeratu. Pa nthawi iyi, mumadwala matenda owopsa kapena amene thupi likanatha kulimbana nawo.

Zizindikiro zikhoza kukhala:

- Kutsika kwa sikelo
- Kutsekula mmimba kwa nthawi yayitali
- Thukuta la usiku
- Kuphwanya mthupi
- Chifuwa chosatha
- Mavuto okhudzana ndi mkamwa ndi khungu
- Kudwaladwala
- Nthenda zakayakaya

Kodi Anthu amatenga bwanji kachilombo ka HIV?

Kachilombo ka HIV kamafala pamene magazi kapena madzi amthupi (monga timadzi tonyamula umuna kapena chikazi) a munthu amene ali ndi kachilombo ka HIV alowa mthupi. Izi zikhoza kuchitika munjira izi:

- Nthawi yogonana (makamaka kugonana kwa kulowetsa kobibila kapena kundata) Kubwerekana singano wobayila mankhwala kapena kubayidwa ndi singano amene ali ndi magazi omwe ali ndi HIV
- Kachilombo ka HIV kakhoza kuperekedwa kuchoka kwa mayi kupita kwa mwana nthawi imene mayi ali woyembekezera, pobeleka kapena poyamwitsa. Izi zimatchedwa kufala kwa kachilombo kuchokera kwa mayi kupita kwa mwana.

Kachikombo ka HIV sikafala kudzera:

- Mmalovu, zotsokomoledwa/makhololo kapena thukuta (ngati mulibe magazi)
- Kutsokomola kapena kuyeysemula
- Kugwirana manja
- Kubwerekana ziwiya zodyera kapena zomwera

Mukhoza kukhala ndi anzanu kapena akubanja kwanu amene ali ndi kachilombo ka HIV ndipo palibe vuto kugwirana nawo manja. Sichinthu chapafupi kukhala ndi kachilombo ka HIV NDIYE muziwonetsetsa kuti nthawi zonse muzikhala othandiza kwa anzanu kapena akubanja kwanu amene ali ndi HIV ndipo musaweruze anthu amene ali ndi kachilombo ka HIV.

Ndingachepetse bwanji chiwopsezo chotenga kachilombo ka HIV?

1.Kudziletsa

Kusachita zogonana ndi njira yabwino yodzitezera kukachilombo ka HIV ndi matenda ena opatsirana pogonana.

2.Kuyezetsa ndikudziwanso momwe bwenzi lanu alili mthupi

Kambilanani ndi bwenzi lanu zokayezetsa ndi kulandira uphungu musanayambe kuchita zogonana. Uphungu osakakamiza okhudza HIV ukhoza kupezeka muzipatala zonse. Ku Malawi, kuyeza kachilombo ka HIV ndi thandizo la uphungu zimaperekedwa mzipatala kumene ogwira ntchito kuchipatala amayeza odwala, zipatala zoyenda nazo zoyezetsako zokhazikitsidwa kwa kanthawi kochepa, mmakomo aanthu, pazochitikachitika za umoyo komanso malo amene amapereka thandizo la za umoyo kwa achinyamata.

3.Khalani okhulupilika kwa bwenzi lanu limodzi lomwe lilibe kachilomboka

Mukakhala ndi abwenzi ambili ogona nawo, simungalephere kukhala ndi mmodzi mwa iwo amene alindi ndi matenda opatsirana pogonana kapena amene sangamadziteze bwino ku kachilombo ka HIV. Zinthu zonsezi zikhoza kuwonjezera chiwopsezo chogawa kachilombo ka HIV.

4.Pewani makhalidwe ogonana omwe amaika pachiwopsezo

Ngati mwaganiza kuti muzipanga zogonana, gwiritsani ntchito kondomu nthawi zonse molondora ndi mosalekeza. Muzipewanso kukhala ndi abwenzi ambiri ogona nawo nthawi imodzi.

5.Kambilanani ndi a za umoyo zokhudza PrEP (thandizo lamankhwala loteteza kutenga kachilombo ka HIV)

PrEP ndi kugwiritsa ntchito mankhwala a mtundu wina wake wa ma ARV omwe amamwedwa tsiku ndi tsiku kuti mupewe HIV. Mankhwala amagwiritsidwa ntchito ndi anthu amene alibe kachilombo ka HIV koma alipa chiwopsezo chodwala kuphatikizapo achinyamata.

6. Landirani chithandizo cha PEP kuchipatala chomwe muli nacho pafupi

Ili ndi thandizo la mankhwala lomwe lili mapilisi omwe mumayamba kumwa pasanapite nthawi yayitali chipangireni mchitidwe omwe ungakuikeni pachiwopsezo kumatendawa. Izi zimachepesa mwai otenga kachikomboka. Mankhwalawa amagwiritsidwa ntchito munyengo yadzidzi yosayembekera ngati momwe lili pilisi lomwa mmawa

Mukuyenera kumwa mankhwalawa ngati ngati mwayikidwa pa m'balanganda ku kachilomboka kudzera pa chilonda cha munthu amene alinako, komanso kapena mwagwilidwa.

Uthenga ofunikira okhudza PEP:

- PEP imagwiritsidwa ngati mankhwala adzidzi basi! Akhoza kumamwedwa mwa kawirikawiri mwa ndondomeko ngakhale ndi anthu amene akuikidwa ku chiwopsezo chotenga HIV mopitilira.
- Thandizo la mankhwala oteteza kukachilomboka HIV (PEP) likuyenera kuyamba pasanadutse maola 72 (masiku atatu) chiyikidwireni pa chiwopsezo chotenga kachilombo ka HIV. Kuyamba mwachangu kumwa mankhwalawa chiyikidwireni pa chiwopsezo chotenga kachilomboka ndikwabwino! Ngati mwapatsidwa thandizo la PEP, ndiye kuti muzimwa mankhwala a HIV pamasiku 28 aliwonse.

7. Kuchita mdulidwe wa abambo mwakufuna kwanu

Mdulidwe wosakakamizidwa wa a bambo umachepetsa kufala kwa kachilombo ka HIV kuchoka kwa akazi amene ali ndi kachilomboka kupita kwa amuna (abambo 6 pa 10 aliwonse). Iyi ndi njira yopewera yodziwika ku Malawi kuno. siyipereka chitsimikizo chotetezedwa ku kachilombo ka HIV.

8. Kayezetseni ndikulandira thandizo la matenda opatsirana pogonana

Kakamirani kuti abwenzi anu nawonso ayezetsa komanso alandira thandizo. Kukhala ndi matenda opatsirana pogonana kumawonjezera chiwopsezo chotenga kachilombo ka HIV kapena kupatsira ena.

China chake chomwe mukuyenera kudziwa:

Kudziwa nsanga za momwe mulili mthupi mwanu pa nkhani ya kachilombo ka HIV ndikuikidwa pa mankhwala otchedwa ARV kapena ART kumathandiza kukhala ndi moyo wabwino komanso kuchepetsa mwayi opatsirako ena kachilomboka. Kulibe mankhwala ochiza HIV. Mukadziwa momwe mthupi mwanu mulili nsanga ndikuyamba mankhwala nsanga mutangodziwa kuti mulinako komanso kuonetsetsa kuti simukusiya mankhwala, mukhoza kuchepetsa chiwopsezo chopatsirako ena. transmitting the virus to someone else and can live a long, healthy, and normal life!

a) Maubale a anthu apabanja limodzi

Banja (makolo, akuluakulu olera ana ngati kholo kapena opereka chisamaliro kwa ana) amakhala ndi gawo lalikulu lokuphunzitsani momwe mungadzisamalire komanso kukuphunzitsani zokhudza chikhalidwe ndi zikhulupiliro. Ngati wachinyamata, mukuyenera kumayankhula ndi akubanja kwanu zokhudza mimba, chikondi ndi matenda opatsirana pogonana.

Munamvako zokhudza kuyankhulana kapena mchezo wa pakati pa kholo ndi mwana?

Makolo ambiri, akuluakulu olera ana kapena opereka chisamaliro samakhala omasuka kumayankhula ana awo zokhudza kutha nsinkhu, kukhala pa ubwenzi komanso maubale. Achinyamata komanso achinyamata achichepere kwambiri amadalira anzawo ndi njira zina monga intaneti, makanema ndi magazine ngati gowe lomwe angapezeco uthenga okhudza kutha msinkhu ndi maubale okhudza kugonana. Koma, magowe a uthengawa amakonda kukhala olakwika, osokoneza, osochereŵa kapena abodza. Kumva tchutchtchu okhudza kugonana, mimba ndinso kubadwa kwa mwana kuchokera kwa makolo, akuluakulu olera ana, akuluakulu a mdera ngakhalenso aphunzitsi kukuthandizani kupanga ziganizo zoyenera zomwe zingakupewetseni ku mimba zotenga nthawi isanakwane ndizosayembekezera komanso matenda opatsirana pogonana, kuphatikizapo kachilombo ka HIV. Chonco limbikitsani makolo, akuluakulu olera ana kapena osamalira ana kuti akuyankhuleni pankhani izi!

Chifukwa chiyani ndikuyenera kuyankhula ndi makolo anga kapena ondiyang'anira zokhudza mimba ndi matenda opatsirana pogonana?

Ndizovuta kuyankhula kwa akuluakulu zokhudza mimba ndi matenda opatsirana pogonana, makamaka makolo anu, okuyang'anirani kapena okusamalirani monga azakhali anu kapena atsibweni anu! Zikhoza kukhala zokusowetsani mtendere, zochititsa manyazi kapenanso zowopsa koman ndizofunikira kutero.

Pali zifukwa zambiri zabwino zofunikira kuti muziyankhula ndi makolo anu kapena okuyang'anirani nkhani zokhudza mimba ndi matenda opatsirana pogonana.

- Makolo anu ndi amene angakuwuzeni uthenga weni weni woyenera
- Amasamala za inu ndipo amakufunirani zabwino—kuphatikizapo kuti mukhale otetezeka
- Mukakhala pa ubale womasuka ndi makolo anu kapena okuyang'anirani mudzakhala ndikumvetsetsana kwa kuya, zomwe zingapangitse kuti muziyankhulananso mosavuta nkhani zina zofunikira, mavuto ena ndi ena komanso nkhwana

b) Ubale wa anthu ofanana misinkhu

Mukafika pa msinkhu wachinyamata, mumayamba kukhala nthawi yayitali ndi anzanu ndipo mumasangalala kuposa zina zonse zomwe mumachita. Mumawuzana nawo zambiri anzanu chifukwa mumaona kuti ndi iwo okha amene angamvetse ndikuvomereza momwe mukumvera. Nthawi yochepa imakhala yocheza ndi makolo komanso anthu ena akubanja.

Kwa atsikana, anzanu apafupi amakuthandizani kuzindikira chimene muli komanso kuzidziwa nokha. Zokambilana pakati pa maubwenzi ofunikirawu zimathandizanos achinyamata kufufuza kuti ndi aakazi kapena aamuna komanso momwe amamvera kuti ali mbali iti.

Maubwenzi a anyamata otha msinkhu samakhala apafupi kwambiri kusiyana ndi a atsikana. Anyamata amakonda kupanga ubale ndi gulu la anzawo amene amamvetsana nawo zochita kusiyana ndi oti azitha kungokhala nawo bwino.

c) Ubale wa mamuna ndi mkazi

Makhalidwe anu ndi machitidwe azinthu amatsatirana ndi momwe ena amene akuzungulirani akupangira komanso momwe iwo akufunira inuyo muzikhalira. Izi zimasiyana pakati pa amuna ndi akazi ndipo zimakhudza makhalidwe awo okhudza kugonana ndi chikondi komanso ubwenzi. Chinthu chofunikira kukumbukira ndichakuti maubale akhoza kukhala a ubwino komanso osakhala ndi ubwino ndipo zili kwa inu kuchita chinthu choyenera.

Kodi Ubale wabwino ndi chani?

- Ubale wachikondi wabwino umadziwika ndi zinthu monga kuyankhulana momasuka, kukhulupilirana kwambiri komanso umakhala wa anthu azaka zoyandikana
- Ma ubale abwino amathandiza achinyamata kuti azitha kuzidziwa bwino pawokha, kukhala ndi luso lokwanitsa kukhala bwino ndi anthu ena komanso amathandiza pankhani zokhudza kaganizidwe
- Anthu amene ali mu ubale wabwino amapatsana ulemu, amauzana mwachilungamo komwe akumvera pa nkhani zachikondi, amakhala ndi nthawi kudziwana komanso amadziwa nthawi yonenera ku AYI (ndipo amamverana pamene wina wanena kuti AYI)

Kodi Ubale wosakhala bwino ndi chani?

Ma ubale osakhala bwino amaika ziwopezezo zomwe zikhoza kukhala ndi zotsatira zoipa za nthawi yayitali. Achinyamata makamaka amakhala pa chiwopezezo chokhala m'ma ubale omwe mumachitika zinthu ngati:

- Nkhanza: Munthu amene mukuona kuti muli naye mchikondi kukupwetekani munjira ina yake kaya mowoneka, mokhudza kugonana, mmaganizo kapena zonse zitatu. Zikhoza kuchitika ulendo wanu oyamba ocheza panokha kapena patapita nthawi.
- Kugonana moyika chiwopezezo: Uwu ndi mchitidwe ogonana uliwonse omwe ungakuikeni pa chiwopezezo chotenga mimba ndi matenda opatsirana pogonana kuphatikizapo HIV, monga kukhala ndi abwenzi ambiri ogonana nawo kapena kugonana mosagwiritsa ntchito kondomu.

Kodi mupange chani pamene muli pa ubale osakhala bwino?

Mukapezeka kuti muli pa ubale osakhala bwino ndipo simungathe kuyankhula nalo bwenzi lanu kapena kuwakhulupilira, chokanimo mu ubwenzi umenewo mwansanga. Mukadikira nthawi yayitali, zimazakhala zovuta kuti muchokemo!

Mukuyenera kufunsa thandizo kwa akuluakulu amene mumawakhulupilira kapena kupeza thandizo lomwe lilipo monga:

Pa sukulu yanu: kwa aphunziŵi amene amalangiza

Mdera lani: Kwa ogwira ntchito za umoyo mmudzi mwana, mabungwe omwe si aboma, polisi yomwe muli nayo pafupi

M'banja mwanu: Kwa munthu wa m'banja lanu amene mumamukhulupilira ndipo mumamasuka naye

China chake chomwe mukuyenera kudziwa:

“Musadzachite manyazi ndi mtundu wina uliwonse wankhanza women wakuchitikirani! Sivuto lanu ndipo musadzasiye kufunsa thandizo. Kufunsa thandizo ndichizindikiro chakulimba mtima ndikudzikhulupilira osati cholepheresa!”

Pamene ma ubale a anthu amisinkhu yofanana ndiwofunika, kumbukirani:

- Musakakamizidwe kuchita chinthu chimene simunakonzেকে kuchita.
- Ngati anzanu akukukakamizani kuti muzichita zogonana musanakonzেকে, ndiye kuti mukufunika kusintha anzanu.
- Zunguliridwani ndi anzanu amene angamakupangitseni kuchita zinthu zabwino.
- Simukuyenera kutenga chilolezo pachilichonse mukufuna kuchita kwa anzanu. Anzanu akamakuwuzani kuti muzitero, ndiye kuti mukuyeneranso kusintha anzanu!

Zitsanzo za ukaliwonera

Ukaliwonera ukhoza kukhala wabwino kapena woyipa, mungaganizapo zitsanzo zilizonse?

Tiyeni tiwonere limodzi:

UKALIWONERA WABWINO

Kukakamiza nzanu kuti aziwerenga kwambiri kuti akhoze bwino.

Kupita ku sukulu ya ukachenjede kukhoza kukhala kwabwino kwa tsogolo lanu.

Kufika nthawi yabwino kusukulu kukhoza kukuthandizani kukhala ndi khalidwe

UKALIWONERA WOYIPA

Kuyeserera kumwa mankhwala ozunguza bongo kukhoza kukhala koyipa.

Kuzunza kapena kuzunguza ena.

Kusapita ku sukulu.

Mafunso okhudza kugonana

Ndingauze bwanji bwenzi langa kuti sindili okonzeka kuchita zogonana?

Achinyamata akuyenera kudziwa kuti munthu akati AYI, chisankho chawo chikuyenera kulemekezedwa. Kunena kuti ayi kapena kukana kugonana kukhoza kunenedwa munjira zosiyanasiyana:

AYI! Akhoza kunenedwa munjira izi:

'SIYA '

Kuyang 'ana mbali ina

'sindikufuna '

'Sindinakonzeke '

'Sindinakonzeke '

'kukukakhirani kumbali '

'Sindikufuna nditapanga '

Kukuwa

Kulira

'Sindikufuna kudzachitanso '

'Ndasintha maganizo '

Kodi kugonana kumapangitsa ubale kukhala wabwino komanso kutipangitsa kuti tikhale pachinzake chapafupi kwambiri?

Ayi. Kugonana kusakhale chifukwa chobweretsa anthu awiri kufupi kapena chokonzero ubale kuti ukhale wabwino. Musakakamizidwe kuchita zogonana ndi bwenzi lanu pamene

Chimachitika ndi chani ndikagonana ndi bwenzi langa?

Ndikofunikira kudziwa kuti kugonana mosadziteteza kukhoza kupangitsa kutenga mimba nthawi isanakwane ndi yosayembekezera komanso matenda opatsirana pogonana kuphatikizapo Edzi. Mimba yotenga nthawi isanakwane komanso yosayembekezera ikhoza kupangitsa kuti musiye sukulu panjira komanso kudzetsa umphawi.

Nachi chitsanzo cha Chikumbutso: Nditatenga mimba, ndinakakamizidwa kusiya sukulu. Bwenzi langa linakana kutenga udindo pa mwana wanga. Makolo anganso anakana kunditumizaso ku sukulu nditabeleka. Anadandaula kuti ndimangowononga zinthu zawo, kulibwino awone pa maphunziro a azing'ono anga amene akanali pa sukulu.

Kodi kugonana ndi njira yopangitsira wina kuti akukwatire?

Ayi. Anthu samakwatira kuti azigonana. Pali udindo osiyanasiyana m'banja omwe sukhudzana ndi zogonana, monga kusamalana ndi kuthandizana komanso kumanga tsogolo lofanana limodzi. Kugonana kumabweranso ndi udindo omwe sugwirizana ndi kukwatira. Mwachitsanzo, kugonana nthawi yomwe muli achinyamata kukhoza kubweretsa mimba yosayembekezera, kachilombo ka HIV, matenda ena opatsirana pogonana komanso mavuto ena omwe amabwera nthawi yobeleka chifukwa thupi likhoza kukhala kuti silinakhwime kuti libereke mwana.

Chifukwa chani makolo amatikaniza kugonana?

Makolo amasamala za ana awo ndipo amawafunira zabwino. Izi zikuphatikizapo kuwonetsetsa kuti ana awo ndi wotetezeka komanso amoyo wathanzi. Makolo amakaniza achinyamata kuchita zogonana kuti awateteze ku mimba zosayembekezera, matenda a HIV, opatsirana pogonana komanso ma ubale osakhala bwino. Kudziletsa ndi njira yabwino yopewera mimba zosayembekezera, HIV komanso matenda ena opatsirana pogonana.

KUOMBELA MKOTA

Kukula kukhoza kukhala kosamvetsetseka.....

Koma sizikuyenera kukhala choncho!

Mukafuna thandizo ndi mayankho kwa munthu oyenera, monga ndi makolo anu kaya okuyang 'anirani kapena amene amagwira ntchito zopereka uphungu (monga alangizi apa sukulu, ogwira ntchito zowona chisamaliro ndi ogwira ntchito za umoyo), mudzapeza uthenga umene mungafune kuti muzidziwe nokha bwino ndikukhala ndi maubale athanzi. Ngakhale, buku ilinso likuthandizani!

Umoyo wanu ndi wopambana!.....

Mukuyenera kumausamalira!

Kusamalira umoyo wanu ndikusamalira tsogolo lanu! Izi zikutanthauza kuti muzipewa ma ubale wosakhala bwino ndi makhalidwe osakhala bwino, makamaka omwe angakupangitseni kutenga mimba nthawi isanakwane ndi yosayembekezera komanso matenda opatsirana pogonana kuphatikizapo HIV.

Anzanu ndiwofunikira.....

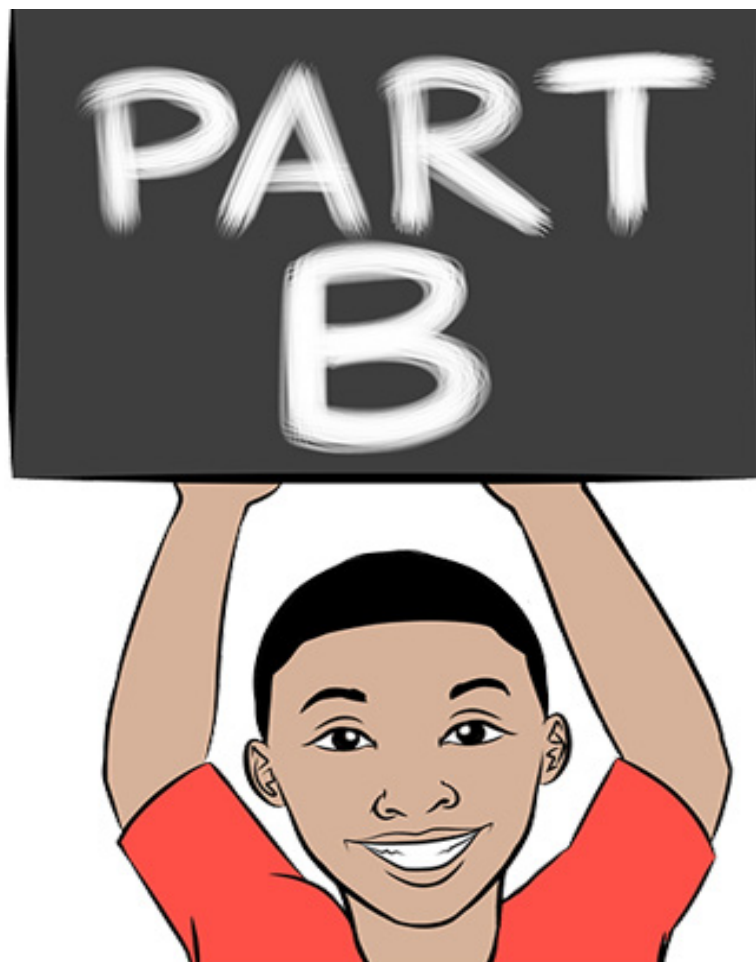
Banja lanunso ndilofunikira

Ndizabwinobwino kumakhala nthawi yayitali ndi anzanu komanso inuyo kumasamala za maubale amene mulinawo ndi anzanuwo, koma banja lanu nalo ndilofunika! Banja lanu limasamala kwambiri za inu ndipo limafuna kuti mukhale amoyo wathanzi komanso otetezeka—Ichi ndichifukwa chake nthawi zina amayesetsa kukusinthani machitidwe anu azinthu kapena kukuletsani kuchita zinthu zomwe zingakuyikeneni mmavuto.

Ana ndi achinyamata ali ndi ufulu.....

Komanso Udindo!

Anyamata ndi atsikana alindi ufulu opeza uthenga wolondora komanso okwanira okhudza kugonana ndi thandizo lokhudza moyo wa uchembele kapena ubeleki. Atsikana makamaka akuyenera kumapatsidwa ukhondo woyenera ndi zinthu zogwiritsa ntchito nthawi yomwe ali munsambo komanso azitha kubwera kusukulu akabereka. Kukula kumabwera ndi udindo ochulukanso—nonse mulindi udindo womvera ndi kulemekeza makolo, okuyang 'anirani, okusamalirani komanso anzanu amsinkhu ofanana nawo.



Tiyeni tiphunzire zokhudza:

Lamulo lobweleranso kusukulu ndi momwe tingapangire kuti lizigwira ntchito

A) KUPHUNZIRA ZA LAMULO LOBWELERANSO KUSUKULU

Tsopano ndi nthawi yoti tiphunzire kuti ma ufulu athu ndi ati komanso momwe tingamafunsire ufulu wathu kuti ugwire ntchito, momwe tingachitire pamene pali nkhani yotenga mimba nthawi isanakwane ndiyosayembekezera komanso momwe tingabwereranso kusukulu pogwiritsa ntchito lamulo lokhudza kubwereranso kusukulu.

Koma poyamba, kodi lamulo ndi chani?

Lamulo ndi mndandanda waziganizo zomwe zayikidwa ndi boma kapena mkatikati mwa mabungwe zomwe zimagwiritsidwa ntchito ngati nsanamira opangira ziganizo. Masukulu nawo akhoza kukhala ndi malamulo awo.

Tsopano poti mwadziwa kuti lamulo ndi chani, kodi nangalamulo lobwereranso kusukulu ndi chani?

Ili ndi lamulo laboma lomwe limawonetsetsa kuti atsikana ambiri amaliza sukulu pakuvomereza atsikana amene ali achichepere kuti azibwerera kusukulu akabereka pakatha miyezi isanu ndi umodzi. Lamulo limeneli ndilotso golera kwa onse ogwira ntchito zosiyanasiyana mdera lanu, makamaka aphunziitsi ndi akuluakulu apasukulu. Ndizofunikira komanso zoyenera kuti iwo amvetse za lamuloli komanso kudziwa momwe angathandizire ophunzira ndikuthandizira momwe angabwerezera ndikumaliza sukulu.

Kodi ntchito ya lamulo lobweleranso kusukulu ndi chani?

- Kulimbikitsa mwayi wamaphunziro ofanana kwa anyamata ndi atsikana.
- Atsikana achichepere amene abeleka akuyenera kuthandizidwa kuti abwelere kusukulu kuti nawonso azakhale ophunzira ndikukhala nzika zothandiza zomwe zingathandize kutukula dziko komanso nyumba zawo.
- Lamulo limeneri:
 - Lidzapangitsa ndondomeko yobwerera kusukulu ya atsikana achichepere amene abereka kukhala kosavuta
 - Lidzapereka utsogoleri kwa madera komanso masukulu pa momwe angapangire mtsikana akatenga mimba ndikusiya sukulu.
 - Lidzachepetsa chiwopsezo cha ophunzira kusiya sukulu
 - Lidzapereka mangolomera pa ndondomeko za sukulu zopereka uphungu kwa ophunzira omwe abwereranso kusukulu kuti akhale pasukulu.

Tsopano poti mwadziwa za lamulo lobwereranso kusukulu, tiyeni tikambe za GUSO (Dzukani! Yankhulani!). Ngati ndinu ophunzira wachikazi amene anatengapo mimba ndipo mukufuna kubwereranso kusukulu kapena mukudziwa wina wake amene zinamuchitikirapo, umu ndi momwe mungachitire:

- 1) **Dzukani!** Konzekerani kuchitapo kanthu pakumvetsetsa za magulu ogwira ntchito zokhudzana ndikubwereranso kusukulu komanso ufulu ndi udindo wanu.
- 2) **Yankhulani!** Chitanipo kanthu pakufikira ndikulandira thandizo kumagulu osiyanasiyana amene akugwira ntchito zokhudzana ndi nkhani zobwereranso kusukulu (monga aphunzitsi, gulu la amayi, atsogoleri amudzi ndi amipingo) komanso kufikira atsikana ena pakukhala ndi msonkhano ogawana uthenga.

B) DZUKANI!

Musanachite china chilichonse, mukuyenera kuphunzira zokhudza ndondomeko yomwe mungatenge kuti muonetsetse kuti inu kapena mzana mukhoza kubwereranso kusukulu mwana atabadwa.

Dziwani magulu amene akugwira ntchito zokhudza kubwereranso kusukulu

Kuti mukonzekere ntchito, mukuyenera kudziwa amene akugwira ntchito ngati zimenezi. Awa ndi magulu a anthu amene angakuthandizeni kuti pakhale kusintha. Awa ndi monga makolo, aphunzitsi, anyamata, magulu a amayi, atsogoleri amdera, atsogoleri amipingo, mabungwe ogwira ntchito m'dera komanso atsikana eni akewo. Kuti titengepo gawo tikuyenera kudziwa omwe tingagwire nawo ntchito.

Dziwani momwe mungayankhulire za vutoli

Mukadziwa amene mufuna muwafikire, nthawi zina kukhoza kukhala kovuta kuti muwafotokozere zavutolo. Ndikofunikira kudziwa momwe mungafotokozere vutolo ndicholinga choti adziwe momwe angathandizire kapena kuthanirana nawo.

Nazi ziisanzo za mavuto afaa omwe afaikana otha msinkhu amakumana nawo komanso momwe mungayankhulire zamavutowa



VUTO

MOMWE MUNGALIYANKHULIRE

Mimba

Pamene ndikukula, ndimadzipeza ndekha kufuna kukhala pa ubwenzi kapena kukhala pa ubwenzi kumene. Koma chifukwa chakusowekera uthenga okhudza kugonana ndi ubeleki, kugonana kukhoza kundipangitsa kutenga mimba yanthawi isanakwane ndi yosayembekezera. Pachifukwa ichi ndikuyenera kuyankhulana ndi munthu wachikulire amene ndingamukhulupilire kuti angandipatse uthenga olondora zomwe zingandipewetse mimba yosayembekezera. Uthenga ukhoza kupezeka malo amene amapereka thandizo la za umoyo kwa achinyamata mzipatala, magulu a amayi komanso makolo ngati ali womasuka kuyankhulapo zokhudza zimenezi.

Nkhanza pakati pa amayi ndi abambo

Ngati ndakumana ndi nkhanza ya mtundu uliwonse, poyamba ndikuyenera kufotokoza kwa wina aliyense amene angakhale pafupi mthawiyo ndikutsatira ndondomeko yoyenera yofotokoza yomwe angatiuze. Mwachitsanzo patakhalankhani yakugwiridwa, fotokozerani makolo ndipo musasambe. Kaneneni ku polisi amene angapititse nkhanzi ku chitpatala kuti akakuyezeni ndikupereka chithandizo patakhalankhani kuti mwapatsidwa matenda ndi mimba komanso uphungu. Zikaterere nkhanzi ija imatengedwera ku bwalo la milandu. Ngati pali mimba chifukwa chogwiridwa, ndizabwinobwino kukhala ndi mantha koma dziwani kuti mukhoza kulandira thandizo komanso sivuto lanu. Onetsetsani mwayankhula ndi makolo anu ndi okusamalirani kuti mupeze njira zodzithandizira munthawi imeneyi.

Kukwatiwa msanga

Ngati ndakumana ndi nkhanza ya mtundu uliwonse, poyamba ndikuyenera kufotokoza kwa wina aliyense amene angakhale pafupi mthawiyo ndikutsatira ndondomeko yoyenera yofotokoza yomwe angatiuze. Mwachitsanzo patakhalankhani yakugwiridwa, fotokozerani makolo ndipo musasambe. Kaneneni ku polisi amene angapititse nkhanzi ku chitpatala kuti akakuyezeni ndikupereka chithandizo patakhalankhani kuti mwapatsidwa matenda ndi mimba komanso uphungu. Zikaterere nkhanzi ija imatengedwera ku bwalo la milandu. Ngati pali mimba chifukwa chogwiridwa, ndizabwinobwino kukhala ndi mantha koma dziwani kuti mukhoza kulandira thandizo komanso sivuto lanu. Onetsetsani mwayankhula ndi makolo anu ndi okusamalirani kuti mupeze njira zodzithandizira munthawi imeneyi.

Ufulu ndi Udindo:

Musanachitepo kanthu, mukuyenera kudziwa zokhudza ufulu ndi udindo umene sukulu ulinawo:

Ufulu Waŵu:

- Atsikana ali ndi ufulu olemberanso kuti abwelele ku sukulu ndikubwelera kusukulu pakatha miyezi isanu ndi umodzi mwana akabadwa. Monga zanenedwa kale,kale chimakhala chaka chimodzi asanalembere kuti abwelere kusukulu. Koma tsopano ndi lamulo lobwerezedwa, mzimayi wachichepere akhoza kulemba kuti abwerele kusukulu pakatha miyezi isanu ndi umodzi atabadwiŵa mwana.
- Atsikana onse ali ndi mwayi ofanana opeza maphunziro
- Ndi ufulu wa atsikana kukhala otetezeka ku mchitidwe uliwonse wankhanza komanso wosalana
- Ophunzira aliyense amene wabwerelanso kusukulu awonetsetse kuti wapatsidwa mphunziŵi womupatsa uphungu

Mphunziŵi wamkulu ndi ma udindo a sukulu:

- Mutakhala kuti pali mimba, mukhoza kupempha ma fomu osiyira ndikubwereranso kusukulu kuti muwalembe kapena akhoza kulembedwa ndi okuyang 'anirani ndinso mphunziŵi wa mkulu.
- Onetsetsani kuti ophunzira wamkazi amene watenga mimba wabwerera kusukulu akabereka
- Ophunzira onse amene abwereranso kusukulu akuyenera kuwonetsetsa kuti akutha kupeza chithandizo cha uphungu. Fufuzani ndi oyendetsa sukulu kuti muonetsetse kuti akupereka thandizoli chifukwa lamulo limanena kuti liziperekedwa mmasukulu.
- Kaneneni mchitidwe uliwonse wozunza kapena wankhanza omwe mzimayi wachichepere akhoza kukumana nawo pamene wabwerera kusukulu. Izi mukhoza kukafotokoza ku malo amene ali mdera lanu monga vikitimu sapoti, apolisi a mdera,ogwira ntchito zoteteza ana komanso magulu a azimayi.
- Onetsetsani kuti mukudziwa momwe aphunziŵi and ophunzira akuyenera kuchitira zinthu ndipo zikulondolozedwa.



Atsikana ndi anyamata akuyenera kumveitsa momwe angayankhulire nkhani zomwe zikuwakhudza moyo wawo. Umkhala pakati ndikuyankhula nkhani zomwe zilizofunikira, kudzimenyera ufulu komanso kumenyera ufulu ena komanso kutchukumitsa kuti pakhale kusintha kwabwino. Njira zina zopangira zimenezi ndi monga:

- Kuyankhulana ndi magulu ogwira ntchito nkhani zokhudza chiwerengero cha atsikana amene akusiyira sukulu panjira Kamba ka mimba zotenga nsanga ndizosayembekezera komanso kufunikira kochepetsa chiwerengerochi.
- Kuwafotokozera magulu ogwira ntchito osiyanasiyana zokhudza lamulo lobwereranso kusukulu.
- Kuthandiza kusintha kawonedwe kazinthu kama magulu ogwira ntchito pankhani ya mimba zotenga nsanga ndizosayembekezera ndikupeza thandizo lawo pankhani yothandiza atsikana kuti azimaliza sukulu mdera lawo.
- Kuyankhula ndi aphunziŵi pa gawo lomwe alinawo komanso udindo wawo.

Kudziwa zolinga zoyankhulira

Mukuyenera kudziwa chomwe mukufuna kukwanilitsa pamene mukuyankhula nkhani zokhudza mimba yobwera nsanga ndi yosayembekezera komanso kubwereranso kusukulu kwa amayi achichepere.

Zitsanzo za zomwe mungafune kukwaniritsa ndi monga:

- Kutukula umoyo wa ophunzira amene abwereranso kusukulu
- Kuthandiza amayi achichepere kumaliza maphunziro
- Kuthandiza anthu a mdera monga makolo, oyanga 'nira ana, osamalira ana, atsogoleri a mdera kapena a mipingo pazotsatira za mimba yobwera nsanga ndi yosayembekezera komanso kusiyira sukulu panjittira.

Kodi mungafikire bwanji nkhani zokhudza mimba yobwera nsanga ndi yosayembekezera komanso kusiya sukulu panjira? Ngati sukulu yanu ili ndi malamulo oyikidwa okhudza momwe aphunziṣi akulu kapena aphunziṣi angachitire pothana ndi vuto losiyira sukulu panjira ndikuthandiza amayi achichepere kubwerera kusukulu akabeleka, mukuyenera kuchita izi:

1) Dzukani ndi kuyankhulapo!— Afikireni aphunziṣi akulu pasukulu yanu kuti mumvetse ndondomeko kapena njira zopewera komanso chomwe chimachitika pakakhala mimba yobwera nthawi isanakwane komanso yosayembekezera.

Ngati zinthu zikusowekera, fufuzani ngati sukulu ili ndi chikonzero chithana ndi vuto la mimba zobwera nthawi isanakwane komanso yosayembekezera ndikuthandiza amayi achichepere kubwerera kusukulu. Izi zikakanika, mukhoza kukakumana kapena kulemba kalata kwa mkulu oyang'anira maphunziro m'bomalo kuti akuthandizeni. Mukhonzaso kugwirira limodzi ntchitoyi ndi makolo kudzera mu gulu la makolo ndi aphunziṣi kapena gulu la amayi.

2) Fikirani ophunzira anzanu pasukulu — Mukhoza kuwafikira ophunzira ena munjira zosiyanasiyana. Mukakhala pasukulu, mukhoza kugwiritsa ntchito makalabu apasukulu kumene ophunzira ambiri amakumana malo amodzi. Mukhoza kuyamba pakuyankhula ndi atsogoleri agulu la achinyamata amene angakonze nthawi yazokambilana kapena kufotokozera nkhanayi.

Mukhozanso kugwiritsa ntchito mwayi wa nthawi yomwe sukulu yose yakumana pamzere ndikupempha mphunziṣi wamkulu kuti akupatseni mpata nthawi ya zolengeza kapena kuwuzana asukulu otsogolera anzawo monga mtsogoleri wa atsikana kuti akuyankhulireni.

Masukulu ena alindi magulu a amayi otsogolera amene mungawafikirensa pankhani za mimba yobwera nthawi isanakwane ndi yosayembekezera, mwachitsanzo, mukatenga mimba ndipo simukudziwa momwe mungawauzire makolo anu mukhoza kuwafikira magulu a amayi amenewa kuti akuthandizeni momwe mungawauzire makolo, kulondoloza komanso kuwonetsetsa kuti amayi achichepere abwerera kusukulu.

Madera ambili ali ndi magulu a chinyamata amene amakumanirana kunja kwa sukulu, magulu achinyamata apa mpingo komanso mikumano ina yapadera ya achinyamata amene angagwiritsidwe ntchito kupereka uthenga ndi chidziwitso chokhudza ufulu wa atsikana ndikuthandiza amayi achichepere kubwerera kusukulu.

Onetsetsani kuti mwalandira uthenga wamomwe zayendera mutagawa uthenga ndipo kambilanani ndikupanga dongosolo la chitsogolo ngati pali kufunikira kutero.

Mukhoza kukonza misonkhano yanu mukaweruka ku sukulu kapena ku tchalitchi ndi aphunziŵi anu, makolo, ophunzira, mafumu kapena atsogoleri amipingo ndi magulu ena ogwira ntchito.

Mukamakonzekera misonkhanoyi, onetsetsani kuti mwayikiratu tsiku, nthawi ndi malo okumanirana.

Mukhonzanso kupempha aphunziŵi pasukulu, kholo kapena atsogoleri a mdera kuti akuthandizeni kukonzekera msonkhano. Yitanani magulu ogwira ntchito ku msonkhanowu kutatsala masiku asanu tsiku la msonkhano lisanakwane powafotokozera za malo, tsiku, nthawi ndi zokhudza msonkhanowu. Magulu a anthu ogwira ntchito akhoza kuyitanidwa kudzera mu kalata, kukumana nawo pa maso, kuyika ma posta komanso misonkhano ya mmudzi kudzera mma fumu ndi njira zina.

Nthawi ya msonkhano:

Onetsetsani kuti mwakonza ndikuika cholinga cha msonkhano mowoneka ngati chonchi:

- Alandireni magulu ogwira ntchito omwe abwera ku msonkhano.
- Fotokozani thunthu la mutu wa nkhani kapena msonkhano.
- Uzani magulu ogwira ntchito kuti apereke njira zothetsera mavuto a mimba zobwera nthawi isanakwane ndi zosayembekezera komanso kuthandiza amayi achichepere kubwerera kusukulu.
- Kupita chitsogolo—Kodi chingachitike ndi chani kuti tichepetse mimba zobwera nthawi isanakwane ndi zosayembekezera komanso kusunga amayi achichepere pasukulu.

Tsopano, mukuyenera kulondoloza njira zomwe zaperekedwa ngati zothanirana ndi vutolo ndipo onetsetsani kuti kusintha komwe mukufuna kuwona kukuchitika!



KUTSENDERA

Mwachita bwino! Mwaphunzira zambiri zokhudza thupi lanu, moyo okhudza kugonana, maubale komanso lamulo lokhudza kubwereranso kusukulu. Ndikhulupilira kuti mukuzimva kupambana koamnso kukonzeka kukumana ndi vuto linalililonse lomwe mungakumane nale pamene mukukula. Tikhulupilira kuti ndinu okonzeka kudzithandiza nokha komanso anzanu ofanana nawo misinkhu pankhani zokhudza kutenga mimba muli achichepere. Muli ndi tsogolo lowala ndipo musamachite mantha kudzuka ndikuyankhual za mavut omwe mukumana nawo kunyumba, kusukulu kapena mdera.

