



BUKANA YA BOKAEDI E E ROTLOETSANG METSE  
GO TSAYA KGATO MO GO FOKOTSENG DIPHATSA  
TSA BASETSANA MO GO TSENWENG KE MOGARE  
WA HIV/AIDS

## GO COMMUNITIES!







Bukana e e dirilwe ka thotoetso ya batho ba lefatshe la America ka lenaneo la Presidents Emergency Plan for Aids Relief (PEPFAR) le U.S Agency for International Development, USAID ka fa tlase ga tumalano ya GHH-I-00-07-00032-00, USAID, Project SEARCH, Task Order 01. Se se kwadilweng ke sa Go Girls! Initiative ebile ga go reye gore megopolo e e mo teng key a PEPFAR kgotsa Goromente wa United States.



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FOKOTSENG DIPHATSA TSA BASETSANA MO GO TSENWENG KE MOGARE WA HIV/AIDS



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## Ditebogo

Bukana e,e diragaditswe ke Joanna Skinner a dirisa "How to Mobilize Communities for Health and Social Change" ya ga L.Howard-Grabman and G.Snetro, Health Communication Partnership, 2003.

Go ne go diririwa go itsanape jwa bo Patricia Poppe, Ma-Umba Mabiala, Jane Brown, Carol Underwood, Jessica Fehringer, Tinaye Mmusi, Maipelo Madibela, Assana Magombo, Dorothy Nyasulu, Enni Panizzo and members of the PEPFAR Gender Technical Working Group ba mafatshe a PEPFAR Botswana, Malawi and Mozambique.

Re eletsa gape go leboga mekgatlho ele mmalwa le didirisiwa tse re didi dirisitseng mo bukaneng e.tseo ke:

- Health Communication Partnership Zambia. *Simplified Guide to Participatory Planning and Partnerships*.
- "The Community Tool Box" website, available at: <http://ctb.ku.edu>
- International HIV/AIDS Alliance (2006). *All together now! Community mobilisation for HIV/AIDS*. Brighton, UK.
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Seanepe ka Jane Brown, a dirisa Photoshare.



## Mafoko a a kgaoetsweng

AIDS	Acquired Immune-Deficiency Syndrome
CCP	Center for Communication Programs
GGI	Go Girls Initiative
HIV	Human Immune-deficiency Virus
NGO	Non-governmental organization
PTA	Parent-teacher association



## Ketapele

### Re a go amogela mo Go Girls! Initiative!

Lokwalo lo lo dirilwe e le bokaedi ba kgato ngwe le ngwe mo go nonotsheng bokgone ba barotloetse le batshegetse ba baagedi ba motse mo go rotloetseng le go tshegetsa baagedi ba motse mabapi le bodiphatsa ba mogare wa HIV/AIDS mo basetsaneng. Go solo felwa gore lokwalo lo lo tla thusa mo tirong ya go rotloetsa le go tshegetsa baagedi ba motse.

#### Go Girls ke eng!?

Lokwalo Iwa Go Communities! Lokwalo lo lo dirilweng e le Bokaedi go Roetloetsa Baegedi ba Motes go Tsaya Kgato go fokotsa Diphatsa tsa banan mo mogareng wa HIV/AIDS lo dirilwe ka thotloetso ya lenaneo la Go Girls!. Lenaneo la Go Girls le rotloeditswe ke U.S. Agency for International Development lone le rotloeditswe ke U.S. President's Emergency Fund for Aids Relief, le ne le beetswe dingwaga di le tharo (2007-2010) maikemisetso a lone e le go fokotsa manokonnoko a mogare wa HIV mo basetsanyaneng ba ba mo diphatseng ba di ngwaga tse di magareng ga lesome le lesome le bosupa mo Botswana, Malawi, le Mozambique.

Le diragadiwa ke Johns Hopkins Bloomberg School of Public Health Centre for Communications Programs (CCP). Go Girls! E ne e ikemiseditse o go nonotsha dikgang tse di amanng le bong lefatshe ka bophara ka go simolola mekgwa ya go itebaganya le dikgang tse e mentsha le go atolosa e e teng go fokotsa diphatsa tsa banana tsa go tsenwa ke mogare wa HIV. Go abelana maduo a lenaneo lefatshe ka bophara, mekwalo ya botlhokwa - go akaretsa le didirisiwa tse kalang diphatsa tsa basetsanyana le mekwalo yotlhe ya lenaneo, go akaretsa le lone lokwalo lo – e teng e sena tlhwatlhwgo thusa ba dira melao le ba bangwe go rotloetsa banana ba ba tiileng le baagedi ba metse ba ba tiileng lefatshe ka bophara. Go kcona go bona mekwalo yotlhe ya Go Girls!, ikopanye le U.S Agency for international Development ko GHCommunicationsTeam@usaid.gov kgotsa ikopanye le CCP at [www.jhuccp.org](http://www.jhuccp.org).

#### Keng re rotloetsa basetsana ba ba tiileng le baagedi ba metse e e tiileng?

Maikemisetso a Go Girls! Ga se fela go rotloetsa boitekanelo mme gape ke go dira go thusa motho le motse go tsaya dikgato tse di lolameng mmoogo. Basetsana le baagedi ba metse ba tlhophile lefoko "basetsana ba ba tileng" ka thuotloetso ya go tsaya kgato, go kcona go nna kgatlhanong le matlhapo le kgokgontsho, mme ba tswelele pele ka ditoro tsa bone " Baagadi ba Metse e e Tiileng" ga raya thata ya go kcona go bereka mmogo. Baagedi ba metse ba bone" Basetsana ba ba Tiileng" le "Baagedi ba Metse ba ba Tiileng" e le moono o o aging e beli o rotloetsa.



## Ke eng re itebagantse le basetsana e seng basimane?

Mongwele mongwe – Bsiname le Basetsana, Banna le Basadi - botlhe ba mo diphatseng tsa HIV/AIDS. Le fa gontse jalo, bosupi bo supa gore basetsana le makgarejwana ke bone bal eng mo diphatseng tse di tona tsa go tsenwa ke mogare wa HIV. Sekai:

- ✓ Basetsana ban a letshono tse di kotlase tsa go tsena sekole kgotsa go tswelela le dithuto tsa bone
- ✓ Basetsana ba gab a kgone go bona dithuto ka HIV/AIDS
- ✓ Basetsana ba na le ditshono tse di kotlase tsa mananeo a itsholelo a madi go gaisa basimane, se seka ba dira gore ba tlhakanele dikobo gore ba fiwe madi
- ✓ Ditiro tsa ngwao di ka dira basetsana gore ba seka ba i kemela, ba ipuelela mo botshelong
- ✓ Basetsana ka bontsi ba tsena monyalong bas a bannyne gape ba simolola go tlhakanela dikobo bas a le bannyne go gaisa basimane; gape
- ✓ Go na le kgonagalo e ntsi ya gore basetsana ba nne ba tswa setlhabelo mo kgokgontshong ya tlhakanelo dikobo go gaisa basimane.

Mananeo ka bontsi a a itebagantseng le go thibela go tsenwa ke mogare wa HIV ga a itebaganye le dilo tse ga mmogo le mabaka mangwe a a baying basetsana mo diphatseng tse di tona tsa go tsenwa ke mogarrewa HIV/AIDS, e bile go na le kgonagalo ya gore a seke a tsaye kgato e e faphegileng ya go akaretsa basetsana mo dikgannyeng tse tse. Go Girls! E ne e itsholofeditse go fetola se. ka jalo e ne e itebagantse le se basetsana base tlhokang.

### Tlhaloso ya diphatsa tsa basetsana mo mogareng wa HIV

Basetsana ba ba mo diphatseng tsa go tsenwa ke mogare wa HIV Ba mo diphatseng tse di tona tsa go tsenwa he mogare wa HIV go gaisa basetsana ba bangwe. Basetsana ba ba mo diphatseng tse di tona tsa go tsenwa ke HIV ke masiela, ba ba tlogelang sekole ka bofeso, ba morafe o sa ba tseyeng tsia, ba ba sa nneng golo go le gongwefela le ba ba tshelelang mo diemong tsa botlhoki. Mabaka a otlhe, ga mmogo le tse dingwe jaaka kitso, go ikgotsofalela, go nwa bojalwa, go sa nna le botsalano le batsadi fa gongwe di kopana di baya basetsana mo diphatseng tse di tona tsa go tsenwa ke mogare wa HIV.

## Go dirisa bukana ya Go Girls!

Bukana e ya Go Girls e diretswe go nonotsha lenaneo lel akaretsang le le ikemiseditseng go fokotsa diphatsa tsa banana mo go tsenweng ke mogare wa HIV/AIDS ka go yak o metseng, dikoleng, batsading le ko basetsanyaneng ka go dirisa go lemotsa ka go tsaya karolo, ditiro tsa metse le didirisiwa tse di aging botsipa. Diririswa tse di lekeleditswe mo mafatsheng ka boraro a go diragadiwang mo go one – Malawi, Mozambique le Botswana - tsa ba tsa baakangwa go lebilwe maikutlo go tswa mo ba tsamaising le batsaya karolo go tswa mo go nngwe le nngwe ya mafatshe a mararo.



- Go Students! Maitemogelo a botsipa jwa botshelo a a remeletseng mo sekoleng mo basetsaneng le mo basimaneng ba tsenang sekole: Bukana ya bokaedi ya morutabana – bukana e ya bokaedi e thusa morutabana go ruta baithuti botsipa bo le bontsi jwa botshelo bo bo tlaa ba thusang go itshireletsa mo mogareng wa HIV/AIDS
- Go Teachers! Go dira tikologo e ebablesegileng e bile e rotloetsa basetsana ba ba ko sekoleng: bukana ya bokaeidi e e rutang ya babereki ba bangwe ko sekoleng le barutabana – bukana e ya bokaedi e thusa ba bereki ba go tlhaloganya le go nonotsha boikarabelo jwa bone jaaka basireletsi ba basetsana ba ba mo diphatseng le badiragatsi ba diphetogo mo dikoleng tsa bone ka go rotloetsa dithuto tse di itebagantseng le tekatekano e e amang bong ba bob a itebaganya le mekgwa e e amang basetsana e bo e ba baya mo diphatseng tsa go tsenwa ke mogareng wa HIV.
- Go Families! Go aga botsipa jwa bagolo go buisana le banana: Bukana ya bokaedi e e rutang – Bukana e e thusa batsadi, batlhokomedi, le bangwe bagolo ba ba amegang ba ba ka buisanang le banana botoko mo matshelong a bone. Lenaneo le ikemiseditse go nonotsha bagolo mo go buisaneng, go aga dikgantshwane le botsipa jwa botsalano le banana
- Go Communities: Bukana ya bokaedi e e rotloetsang e be e tshegetsa baagedi ba motse go tsaya kgato go fokotsa diphatsa tsa basetsana mo mogareng wa HIV/AIDS – Maikaelelo a bukana e ke go nonotsha botsipa jwa ba ba rotloetsang ba bo ba tshegetsa le batsamaisi ba motse go tlhagafatsa motse go fokotsa diphatsa tsa banana mo mogareng wa HIV/AIDS
- Go Girls! Maitemogelo a botsipa jwa botshelo a basetsana a a remeletseng mo motseng: Bukana ya bokaedi e e rutang. Bukana e ya bokaedi e diretswe go nonotshamaitemogelo a botsipa jwa botshelo a basetsana ba dingwaga tse di lesome le boraro go ya go lesome le bosupa, ba bas a tseneng dikole kgotsa ba le mo diemong tse dib a baying mo diphatseng.

Bukana e e akaretsa mekwalo e mebedi e e kaela mo 1) Go nonotsheng ditshono tsa mananeo a madi mo basetsaneng ba ba mo diphatseng le masika a bone 2) Go tokafatsa thotloetso ya baagedi ba motse ka go dirisa seromamowa

Bukana e e akaretsang ya Go Girls! I diretswe go nna kgatlhanong le mabaka a mantis a a bayan basetsan amo diphatseng tsa go tsenwa ke mogareng wa HIV ka jalo maikaelelo ke gore dikarolo tsotlhe tsa lenaneo di diragadiwe mmogo. Lefa gontse jalo fa madi a sa letle gore dikarolo tse di diragadiwe mmogo, dikarolo di ka diragadiwa di ikemetse ka nosi.

Tsamaiso le dikgato tse sutisitsweng di ne di beilwe mo go tse di latelang:

- Motho mongwe le mongwe o na le bokgone go tokafatsa botsogo ba gagwe.
- Boagedi ba motse bo itse botoka gore mathata a bone a botsogo a ka rarabololwa jang. Tharabololo e e tswang mo boageding ba motse key one e e ka tshelang lobaka lo lo leelee ebile e sa tlhokane le thuso e e tswang ko ntle.
- Go tla mmogo jaaka boagedi ba motse go thusa go rarabolola mathata a magolo gona le ka fa dira motho a le mongwe a ka kgonang ka teng
- Go tsenelela ga boagedi ba motse botlhe go botlhokwa thata: borre le bomme, banana le bagodi. Mogopolo le tebo ya botlhe e botlhokwa.
- HIV/AIDS e ama mongwe le mongwe ka jalo go e thibela go tshwanetse go tshwaraganelwa ke mongwe le mongwe.



Mo tsamaisong yotlhe o tla thusa baagedi ba motse go lemoga dinonofo tsa bone le go go dira mmogo le bone go thama lenaneo le go le dirafatsa ka manontlhotlho ka maikaelelo a go fokotsa bodiphatsa ba gmogare wa HIV/AIDS mo bastsaneng.

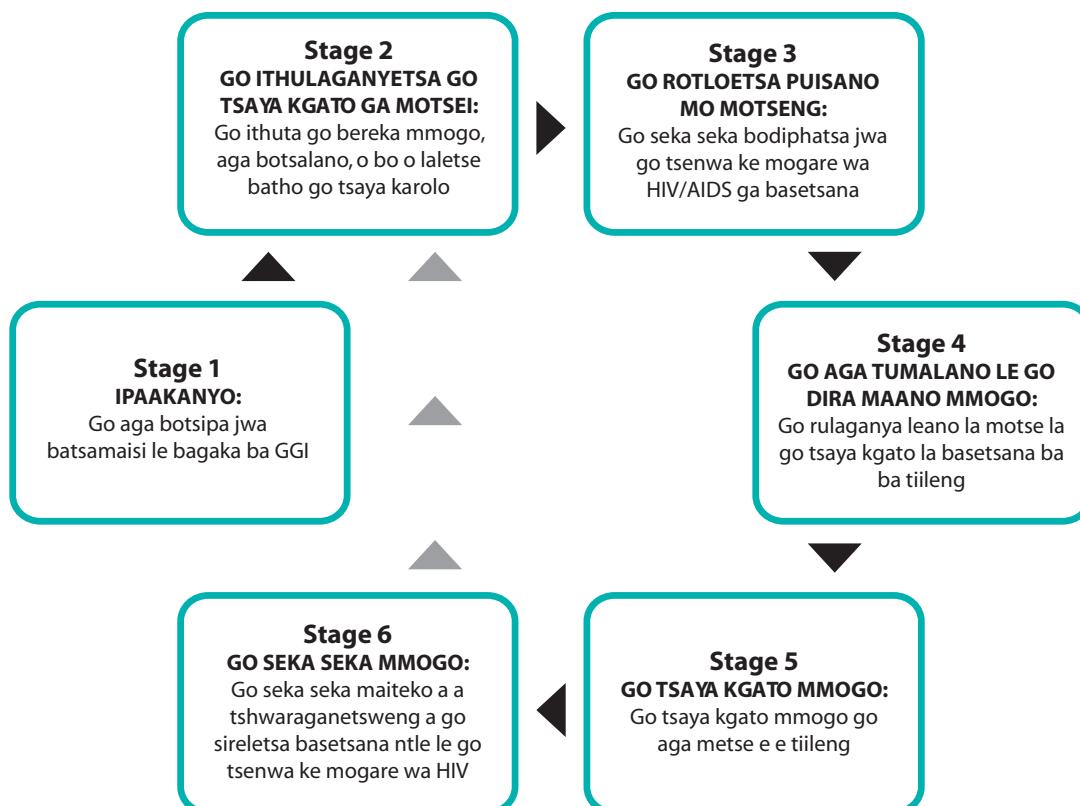
Diane tsa Setswana e ka nna tsela e e mosola ya go bua bothhokwa ba go dira mmogo.  
Jaaka e le tlwaelo gore:

**"Kgetsi ya tsie e kgonwa ka go tshwaraganelwa"** ("Collectively we achieve more")  
**Botswana**

### Tiriso ya bukana e

Lokwalo lo lo thametswe go dirisiwa ke barotloetse le batshegetse ba baagedi ba motse go ba tshegetsu mo tirsanong ya bone le baagedi ba motse go itebaganya le bodiphatsa ba mogare wa HIV/AIDS. Mo lokwalo le morotloetsi le motshegetsi o tlhalositswe e le motho yoo berekang le batsamaisi ba motse le batho ka kakaretso ba motse. Barotloetsi le batshegetsie ke batho ba ba tsayang boikarabelo jwa go nna baeteledipele mo tsamaisong ya go rotloetsa le go tshegetsa. Lokwalo le le rulagantswe ka go latelana ga dikgato tse thataro tsa go tsaya Kgato ga motse kgotsa Community Action Cycle (CAC). Ka bokhutshwane CAC ke dikgato kgotsa distage tse di salwang morago ke bamotse gore ba tseye kgato ka tsela ya go tsaya karolo e e lolameng go sireletsa basetsana ba ba mo diphatseng mo metseng ya bone.

Dikgato tsa boagedi ba motse go fokotsa bodiphatsa ba mogare wa HIV/AIDS mo basetsaneng, ka fa go tsamaisiwang go dira ka boagedi ba motse (Community Action Cycle-CAC)





Bukana e e nale dikarolo tse nne tsa konokono:

**(1) Bokaedi jwa kgato e ngwe le engwe**

Kgato e ngwe le e ngwe ya CAC e na le dikgato tse di tshwanetseng go tsewa. Ntswa ka fa go rulagantsweng dikgato tse go tswa mo go se se dirilweng pele mo mafelong a mangwe, go ka tlhokafala gore go rulaganya mo go baakangwe go itebaganya le ka fa boagedi bo ntseng ka teng mo nakong eo.

**(2) Didiriwa tse di botlhokwa tse di dirisiwang ka nako ya go rotloetsa le go tshegetsu**

Didirisiwa tse di sutsitsweng mo bokaeding ba kgato e ngwe le e ngwe di ka fitlhelwa kwa bofelong ba kgato e ngwe le e ngwe. Didirisiwa tse , di ka kopololwa tsa baakangwa go itebaganya le letlhoko la boagedi bongwe le bongwe. Didirisiwa tse di tswara 10 mo lokwalong lo.

**(3) Go lepa tsamaiso ya go rotloetsa le go tshegetsu**

Fomo e e thusang go lepa tsamaiso ya go rotloetsa le go tshegetsu etlaa thusa barotloetsi le ba tshegetsi go sala morago go tsamaiso ya go rotloetsa le go tshegetsu mo motseng, jaaka fa tlase:

**(4) Bukana e e kaelang ya batsamaisi ya motse (Annex 1)**

Bukana e akaretsa kgato nngwe le nngwe ya bokaedi go batsamaisi ba motse ba ba iteletseng pele baagedi ba motse wa bone ka tsamaiso ya go rotloetsa le go tshegetsu. Bukana ya batsamaisi ba motse e nankola ka tlhamalalo ditiro tsa batsamaisi mo motseng tse di dirwang jaaka karolo ya tsamaiso. Motho yoo rotloetsang aba a tshegetsa o tshwanetse go fa motsamaisi mongwe le mongwe wa motse bukana e ko tshimologong fa madi a letla.

**(5) Difomo tsa go sekaseka tswelelepele**

Mekwalo e supa ditshwantsho tse di tlhalositsweng ka mokwalo mabapi le dintlha tsa botlhokwa mabapi le bodiphatsa ba mogare wa HIV/AIDS mo basetsaneng ka tsela e e motlhoho go tlhaloganya. Bokaedi bo ba kgato e ngwe le e ngwe le didirisiwa tse, di thusa go tlhaloganya go dirisa mekwalo e ka nako ya go rotloetsa le go tshegetsa boagedi fa bo sekaseka mathata a magolo. Difomo tse nne di dirilwe go thusa go lepa GGI le tswelelepole ya go rotloetsa le go tshegetsa ga motse. Tlhaloso ya dipampiri tse di lepang e a latela ko tlase.



## Tlhaloso ya ditshwantso

Mo lokwalong lwa bokaedi lotlhe, ditshwantsho di tla supiwa go thusa mo tirisong ya dofomo.



Thuso



Sedirisiwa se se botlhokwa



Kgakololo ya go dirisa ditlhaloso tse go nang le ditshwantsho (visual briefs)



## Go lepa tswelelopele ya thotloetso le tshegetso ya motse

**Go lepa ke eng?** Go lepa tswelelopelo ke go lekola se re se dirang go bona gore a re tshwere nako le gore a re dira ditiro tse re rulagantsne go di dira. Re nna re ipotsa potso e "A re dira sese mo thulaganyong?" go thusa gape go lemoga mathata a a tlhagogileng le diphetogo tse di tshwanetseng go dirwa go itebaganya le mathata a.

**Ke eng re lepa?** Go lepa tsamaiso ya go rotloetsa le go tshegetsa motes go re thusa go dira mokwalo wa se re se dirileng re be re sekaseka gore a rentse re motseleng ee siameng.

**Go lepiwa jang?** Selo sa kono kono ka go lepa ke go bua nnete. Fa ele gore phuthego e tsenwe ke batho bale batlhano fela, kwala botlhano eseng. Ke fela fa re na le mokwalo wa nnete o o supang se se diragetseng re ka kgona go bereka mmogo go tlhaloganya se se tsamaileng sentle kgotsa se se tsamayang sentle le dikarabo mo dikgwetlhong dingwe tse re kopaneng le tsone.

### **Maikeelelo a fomo e e lepang ke eng?**

Maikaelelo a fomo e e lepang ke go kwala palo, go tsenelela phuthego, boeteledipele, le moono wa phuthego le ditiragalo. Mtho yoo rotloetsang a ba atshegetsa o tshwanetse go tlatsa fomo e e morago ga bokopano bongwe le bongwe kgotsa ditiragalo tse di tshwerwng e le bontla bongwe jwa karolo ya tsamaiso ya go rotloetsa le go tshegetsa.



### Fomo ya ntlha : sedirisiwa se se lepang go rotletsa le go tshegetsa baagedi ba motse

Ditaelo go ba rotloetsi le ba tshegetsi : tlatsa fomo e mo bokopanong bongwe le bongwe kgotsa ditiagalo dingwe le dingwe tse di diragalang e le bontlha bongwe jwa karolo e ya go rotloetsa le go tshegetsa baagedi ba motse. Tse di ka akaretsa bokopano le baeteledipele ; bokopano jwa batho ba motse ka kakaretso le bokopano jwa go tsamaisa. Gape e ka akaretsa ditiragalo tse di rulagantswe ke baagedi ba motse, jaaka diphuthego tsa phatlalatsa kgotsa tsa godiragatsa ga metshameko.

Leina la motsamaisi: \_\_\_\_\_

Localidade: \_\_\_\_\_

Letsatsi: \_\_\_\_\_ CAC Stage : \_\_\_\_\_

Mofuta wa diragalo: \_\_\_\_\_

Nako ya go simolola: \_\_\_\_\_ Nako ya go fetsa: \_\_\_\_\_

#### 1) Bala palo ya batho ya kakanyetso ba ba tseneletseng bokopano jo o bo o kwla fa tlase

	<b>Basadi ba ba dingwaga tse di lesome le bofera bobedi le go feta.</b>	<b>Banna ba ba dingwaga tse di lesome le bofera bobedi le go feta</b>	<b>Basetsana ba ba dingwaga di lesome go ya go lesome le bosupa</b>	<b>Basimane baba dingwaga di lesome go ya go lesome le bosupa</b>	<b>Palo ya Batho botlhe</b>
Palo ya batho					

#### 2) Ke mang yoo rulagantseng bokopano jo?

<b>Morulaganyi</b>	<b>Tshwaya jaana (x)</b>
Nna morotloetsi le motshegetsi	
Moeteledipele wa motse	
Setlhophha se se tsamaisang	
Mongwe gape ( bua goer mang)	



**3) Ke dikgato dife tsa Community Action Cycle kgotsa tse di amang bodiphatsa tsa basetsana tse go buisanweng ka tsone mo bokopanong jo.**

Di kai sa dikgang tse:go bona bojalwa motlhofo, go tswa mo sekolo, kgokgontsho ya tlhakanelo dikobo, botsalano le bagolo, kitso Ka HIV/AIDS le maikutlo, Boitshwaro a tlhakanelo dikobo, dilo tse di amang setso le go rupa, ditshonotsa mananeo a puso a madi jalo, jalo.

Kgang	
Tshwetso e e tserweng	
Lenaneo la dikgato Kgato tse di latelang	
Mathata a go kopanweng le tsone	
Mathata a rarabolotswe? Jang?	

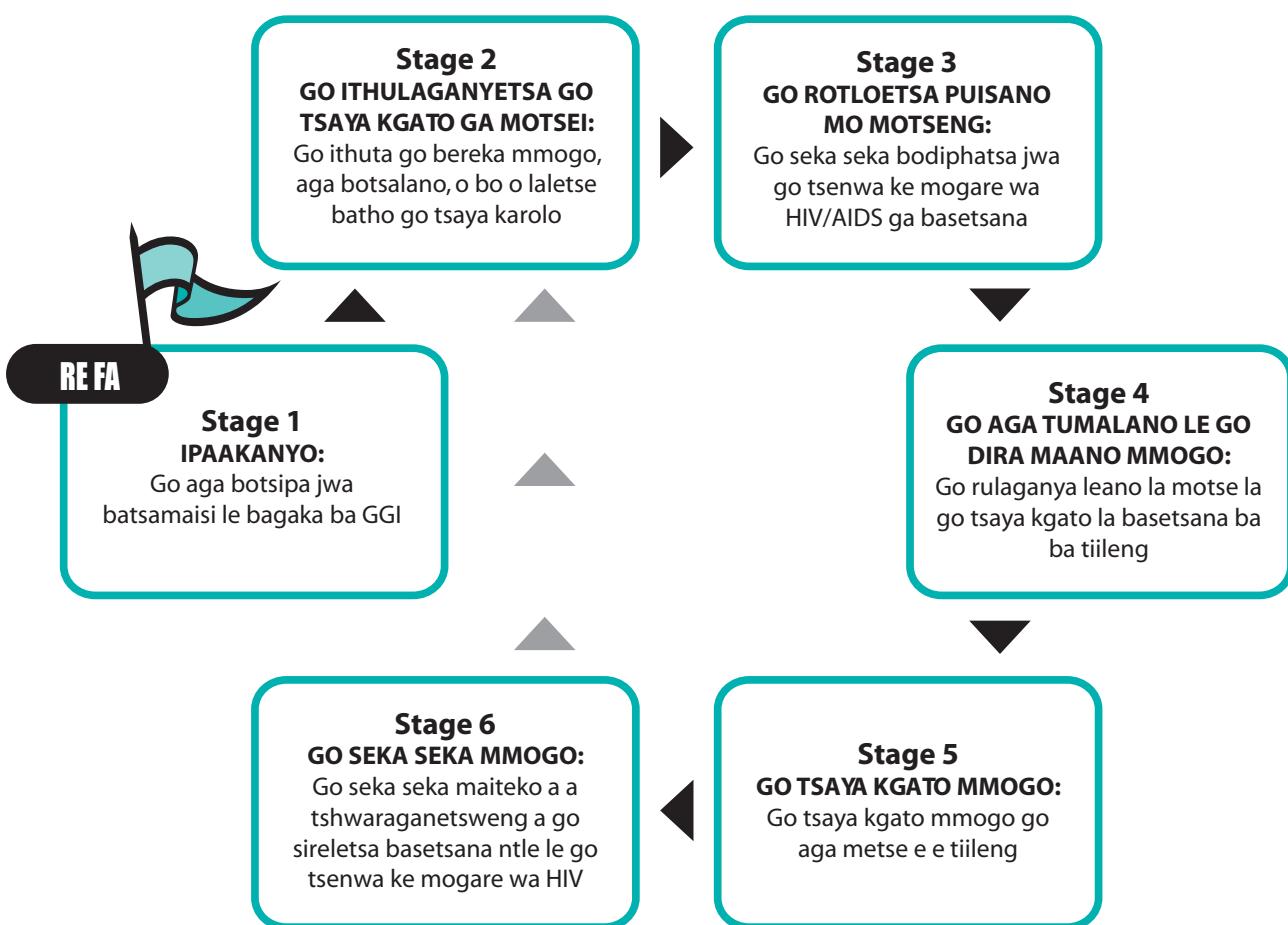


## Stage 1

### GO IPAAKANYA: Go aga botsipa jwa barotloetsi le batshegetsi ba motes

#### Go nale dikgato tse 3 stageng se:

1. Ithute kae Go Girls! Initiative
2. Ithute ka bodiphatsa jwa go tsenwa ke HIV/AIDS ga basetsana
3. Ithute ka go rotloetsa le go tshegetsa baagedi ba motse le ka dikarolo le dikgato tse baagedi ba motse ba ka disalang morago go tsaya kgato mo motseng



## Step 1: Ithute ka Go Girls! Initiative

### Go Girls! Initiative! Ke eng?

Go Girls! ikemiseditse go fokotsa bodiphatsa jwa basetsana mo go tsenweng ke mogare wa HIV. Dioatlisiso di supile gore basetsana ba mo diphatseng thata go gaisa basimane, bomme le borre. Mokgwa o remetse mo goring bodiphatsaa jwa go tsenwa ke mogare wa HIV ga go felele fela mo mothong. Go na le kgonagalo e ntsi ya gore basetsana b aka tswa ba le mo diemomg tse dib a baying mo diphatseng tsa gore ba tsenwe ke mogare ka go botikologo e se na seabe se se kotlase, basetsana bas a itshephe, go tlhoka kitso, botlhoki le botsalano jo bo sa tiayang le batsadi. Mokgwa o wa Go Girls o lemoga gore basetsana ba rotloediwa ke ditsala tsa bone, ba losika, melao ya metse le ya lefatshe. Mokgwa o o itebaganya le se basetsanayana ba dingwaga tse di lesome go ya go lesome le bosupa ba se tlhokang ka go bereka mmogo le baagedo ba motes ka kakaretso-basimane, basimane, bomme le borre.

### Ke eng go itebagangwa bogolo le basetsana gona le basimane?

Go Girls! E lemoga gore basimane le basetsana, borre le bomme ba amiwa ke bodiphatsa ba mogare wa HIV/AIDS botlhe fela. Mme, go na le bosupi ba gore basetsana le bomme ke bone ba ba amiwang bogolo ke HIV. Sekai:

- Basetsana ba na le ditshono tse di botlana tsa go tsena sekolo kana go tsweledisa dithuto tsa bone
- Basetsana ba na le bokgone bo bo botlana ba go bona melaetsa ka HIV/AIDS
- Basetsana ba na bokgone bo botlana ba go dirisa ditshono tsa madi le go itshtesa go na le basimane, se se ka dira gore ba ithekise mmele go bona madi
- Seabe sa basetsana ka tlwaelo se ba itsa go ipoelelela
- Basetsana ba nyalwa ba bob a semolola go tlhakanelo dikobo ba le bannyne go na le basimane
- Basetsana ba tshabelelwa ke dikgokgontsho tsa go tlhakanelo dikobo gona le basimane

### Maikaelelo a konokono a go rotloetsa le go tshegetsa mo Go Girls! Ke eng?

"Go agisanya baagedi ba motse go netefatsa gore basetsana ba tshela matshelo aa itekanetseng aa tletseng boitumelo, ba kgone go fetsa dikolo, ba sireletsegile ntle le HIV/AIDS"

### Maitlamo a Go Girls! A go rotloetsa le go tshegetsa mo motseng ke eng?

1. Go oketsa go tlhaloganya gore ke eng basetsana ke eng ba le mo diphatseng tsa go tsenwa ke HIV/AIDS
2. Go oketsa maitlamo a baagedi ba motse gore ba sireletse bastes basetsana
3. Go ema baagedi ba motse nokeng fa batsaya dikgato tsa go sireletsa basetsana ntle le mogare wa HIV/AIDS,



## Step 2: Ithute ka bodiphatsa jwa basetsana go tsenwa ke ke mogare wa HIV/AIDS

### Ke tshwanetse go itse eng ka bodiphatsa jwa HIV/AIDS mo basetsaneng?

Pele ga go simolola go bereka mo metseng. Barotloetsi le batshegetsi ba tshwanetse go netefatsa gore ba tlhaloganya sentle dikgang tsa konokono tse di amanang le bodiphatsa jwa HIV/AIDS mo basetsaneng

O ka tswa o itse gole nnye kgotsa gole gontsi ka metse e o yang go bereka mo go yone. Mme a o kile wa nna le tshono ya go bereka mo motseng wa lona ka dikgang tse di amanag le bodiphatsa jwa HIV mo basetsananeng? Fa go sa nna jalo, go botlhokwa go itse tikologo ya basetsana mo motseng wa lona.



Ditshwantsho tse di supang bodiphatsa jwa mogare wa HIV/AIDS mo basetsaneng di dirilwe go thusa go tsamaisa dithuto Ka bodiphatsa jwa mogare wa HIV/AIDS. Di tshwanetse go diriwa go nonotsha kitso ya gago mo setlhogong se gore o phuthologe go tsamaisa dipuisano ka dikgang tse di farologaneng le ka fad i amanang ka teng le diphatsa tsa basetsana. Di ka dirisiwa gape go rokotsa dipuisano le baagedi ba motes ka go dirisa tsamaiso ya go rotloetsa le go tshegetsa baagedi ba motse. Sekai, fa o sekaseka dilo tse di bakang bodiphatsa jwa basetsana mo karolong ya boraro, ditshwantsho di ka dirisiw go ntsha ditlhogo tse din eng di sa akanngwa kgotsa go rotloetsa go akanya thata mo kgannyeng e. Gape mo go lepeng le mo go sekasekang, ditshwantsho di ka dirisiwa go gakolola se motse o lekang go itebaganya le sone.

Ditshwantsho di akaretsa dikgang ka bontsi, le:

- Go ama ditsela ste di tona tse ka tsone mogare wa HIV o tshelwanang le ka fa o ka thibelwang ka teng.
- Tshoboko ya se GGI e se ithutileng ka bodiphatsa jwa mogare wa HIV/AIDS go tswa mo dipuisanong le metse.
- Dintlha tsa konokono tse di amang bodiphatsa jwa basetsana mo mogareng wa HIV/AIDS. Dingwe tsa dintlha tse di tlisa diphatsa fela mo baetsaneng, jaaka kgokgontsho, mme tse dingwe di ka nna diphatsa kgotsa tsa sireletsa, jaaka botsalano le balelapa le bagolo ba bangwe.
  - Ditiro tse ka setso go itsegeng ele tsa bomme kgotsa tsa bo rre
  - Kitso le maikutlo ka HIV
  - Boitshwaro jwa tlhakanelo dikobo
  - Bojalwa
  - Kgokgontsho
  - Botsalano le balosika
  - Botsalano le balosika
  - Thuto
  - Tsa botsogo
  - Lehuma le ditshono tsa itsholelo
  - Go rupa



- Megopolu e baagedi ba ka e tsayang go bereka mmogo go itebaganya le bodiphatsa ja go tsenwa ke mogare wa HIV/AIDS ga bana ba basetsana.



Go ka tswa go lebega e kare go nale dikgang tse di ntsi tse di tshwanetseng go lejwa. Se se botlhokwa ke go gakologelwa gore baagedi ba motse o ka dira pharologanyo fa o ka tsaya kgato mo dipe tsa tsone, kgotsa go di rarabolola bongwe ke bongwe.

### **Go bua le basetsana ka bodiphatsa jwa HIV/AIDS**

Fa o buisana le baagedi ba motse ka lenaneo le bodiphatsa jwa HIV/AIDS mo basetsaneng go botlhokwa go dirisa puo e e motlhofo e bile e tlhamaletseng. Sekai, mo godimo ga go dirisa mafoko a a thata jaaka "vulnerability", "indicators", kgotsa "evaluation", dirisa puo e etlhamaletseng jaaka" basetsana ba ba mo kgokgontshong ya tlhakanelo dikobo" basetsana ba bambo diphatseng tsa go tsenwa ke mogare wa HIV", "Go bona gore a re mo tseleng e e tshwanetseng" le "go bona gore dilo di fetogitswe jang ke dikgato tsa rone".

### **Go bua ka dikgang tse di bokete**

Mabaka a abayang basetsana mo diphatseng tsa HIV/AIDS a tlhoka gore go buiwe ka dikgang tse di thata, jaaka tlhakanelo dikobo le kgokgontshong ya tlhakanelo dikobo. Le fa go seke go nna motlhofo go buisana ka dikgang tse, go na le ditsela tse di ka dirang gore go nne motlhofonyana, dingwe tsa tsone di akaretsa:

- Tshepho e ntsi e o nnang le yone mo tlhaloganyeng dikgang e tlaa go thusa gore go nne motlhofo go buisana ka tsone.
- Go supa gag ago gore ga o a phuthologa go tlaa thatafaletsa ba bangwe go phuthologa
- Maikaelelo a puisano ga se go bua ka tlhakanelo dikobo. Ke go bua ka dikgang tse di bothhokwa jaaka tsa basetsana go tswa mo sekolong ka mabaka go boimana kgotsa go nowa ga bojalwa mo motseng.
- Dirisa puo e e tlhapileng – diteme tsotlhe dinale mafoko a a amogelesegileng go nale go dirisa mafoko a a tlhamaletseng.
- Dira tikologo e e phuthologileng – go baya batho mmogo le ba ba tshwanang le bone, jaaka ka bong kgotsa dingwaga, go dira motlhofo go buisana ka dikgang tse di masisi ( sekai bong bobo tshwanang/ balekane mmogo)
- Ka go isa moono wa puisana ko motshamekong kgotsa ko polelong, kgonagalo ya gore batho ba gogomoge maikutlo e ya kotlase mme batho ba sekaseka dikgang ka mokgwa o o lolameng.



## Kgato ya boraro: Ithute ka tshegetso le go tsaya kgato ga motse le ka leotwana la go tsaya kgato

### Motse ke eng?

Motse go ka tewa dilo tse dintsi go tswa fela gore ka nako eo go buiwa ka ga eng. Sekai ka nako tse dingwe motse o ka raya:

- Setlhophpha sa batho ba lo arogana ditlamelo mmogo (sekai, sediba kgotsa maraka)
- Batho balo tsenang kereke mmogo
- Balolwapa la gago
- Ba motse wa gago
- Babmetse mabapi
- Ba lefatshe la gago

Motse ke setlhophpha sa batho se se nang le sengwe se ba tshwanang ka sone. Mme le fa ba na le dikeletso tse di tshwanang kgotsa ba tlhoka dilo tse di tshwanang go bo tlhokwa go gakologelwa gore nako le nako go tlaa nna le dipharologanyo mo motseng.

Go rotloetsa le go tshegetsa baagedi ba motse, ke tsamaiao ya go phutha batho mmogo go arogana toro, go rotloetsa puisano, go aga bokgoni jwa bone le go tsaya kgato mmogo go itebaganya le mathata a amang motse otlhe. Go dira batho gore b ikutlwe gore ke maloko a motse le fa ba sa amiwi ke kgang e.

### Leotwana la go tsaya kgato kgotsa CAC ke eng?

CAC ke dikarolo le dikgato tse baagedi ba motse ba ka di salang morago go tsya kgato ka tsela e e rulaganeng. CAC ke dikarolo le dikgato tse baagedi ba motse ba ka di salang morago go tsaya kgato ka mokgwa wa go tsaya karolo o o lolameng go sireletsa basetsana ba ba mo diphatseng mo metseng ya bone.

Dikarolo tsa konokono tsa CAC ke:

### Stage 1. Go ipaakanya: Go aga nonofo ga ba jaaaka barotloetse le batshegetse ba eleng bagaka ba GGI

Barotloetsi le batshegetsi ba ipaakanya ka o ithuta ka metse e ba tlaa berekelang mo go yone, le dikgang tsa konokono tsa bodiphatsa jwa HIV/AIDS mo basetsaneng. Ba nna bagaka ba GGI gape ba dumela mo botlhokweng jwa go sireletsa basetsana.

### Stage 2. Go ipaaketsa kgato ya boagedi ba motse: Go ithuta go dira mmogo, go simolodisa go tshela mmogo le go kopa go tsenelela ga boagedi

Barotloetsi le batshegetsi ba ikopanya le bagolwane ba motse ba bo ba rulaganya phutheogo ya ntlha ya motse e e tona. Ko phuthegong e, ba banang le kgatlhego ba tlaa aga "setlhophpha sa batsamaisi' se barotloetsi le batshegetsi ba tlaa berekang le sone go etelela pele motse mo tsamaison ya go kgato mo basetsananeng ba bambo diphatseng.

**Stage 3. Go rotloetsa puisano mo boageding ba motse: Go lebisia bodiphatsa ba mogare wa HIV/AIDS mo basetsaneng**

Barotloetsi le batshegetsi ba tlaa sekaseka ba bo ba buisana ka kgang ya bodiphatsa jwa HIV/AIDS, pele le setlhophapha sa batsamaisi morago le motse ka bophara, gore ba kgone go bona mabaka a gore keng basetsana ba la mo diphatseng tsa HIV.

**Stage 4. Setlhophapha sa batsamaisi se tlaa dirisa kitso e ephuthilweng go**

baakanyetsa go tsaya kgato go tswa foo ba bo ba berek ale motse go batla dikarabo tsa mathata a matona a a bonweng. Batlaa dira lenaneo la baagedi ba motse la go tsaya kgato le le supang dikgato tse motse o tlaa di tsayang, mang o tlaa dira eng, le gore dikgato di tlaa tsewa leng.

**Stage 5. Go tsaya kgato mmogo: go bereka mmogo mo mesteng e etiileng**

Barotloetsi le batshegetsi ba tlaa thusa motse mo go diragatesng se ba se rulagantseng le go lepa ditiro tsa bone.

**Stage 6. Go sekaseka mmogo: go sekaseka sese dirilweng mmogo go sireletsa basetsana mo HIV**

Barotloetsi le batshegetsi ba tlaa bereka le setlhophapha sa batsamaisi go tsamaisa tshekatsheko e e tlhakanetsweng go kala ka fa ditiro tsa bone di fetotseng seemo ka teng. Tse dilemogilweng di ka diriwa go simolola lenaneo gape. E ke nako gape ya go arogana dipolelo tsa phenyo!

**Tiro ya motho yoo orotloetsang a ba ba tshegetsa ke eng?**



Jaaka "morotloetsi le motshegetsi", tiro ya batsamaisi ba go rotloetsa le go tshegetsa baagedi ba motse ke go:

- ✓ Aga botsalano jo bo siameng le ba motse
- ✓ Go bereka thata le batsamaisi be eleng maloko a motse ebile ba eteletse tsamaiso ko pele.
- ✓ Create awareness and interest in the issue of girls' vulnerability to HIV/AIDS
- ✓ Go tsosolosa temogo le keletso mo kgannyeng ya bodiphatsa jwa HIV/AIDS mo basetsaneng
- ✓ Guide and facilitate the process of community mobilization
- ✓ Go etelelapelle le go tsamaisa tsamaiso ya go rotloetsa le go tshegetsa motse
- ✓ Go retloetsa baagedi ba motse go tsaya tsia boleng jwa bone le didiriswa tse ba nang natso
- ✓ Go bayo ditsholofelo tse di ka kgonagalang – go nna le nneta mo baageding ba motse ka se lenaneo le tlaa sedirang le se le tlaa se direng
- ✓ Go dirisana le maphata a mangwe fa lenaneo la Go Girls le sa kgoneng go fa thuso teng – sekai go aga matlwana a boitiketso mo dikoleng.

### **Boitshwaro le maikutlo a a siameng a barotloetsile batshegetsi ke afe?**

Go nale maikutlo le boitshwaro bole bontsi bo bo ka dirang gore motsamaisi a nne yo o lolameng. Jaaka:

Boitshwaro/Maikutlo	Sekai...
<b>Reetsa go nale go re ra</b>	Leba batho mo mathong Se tsene batho ganong Akgela ka se se builweng Dirisa puo e e didimetseng ee kgothatsang
<b>Ithute mo go ba bangwe</b>	Lettelela batho gore ba fe bopaki Dirisa dikgantshwane
<b>Ithute mo go ba bangwe</b>	Lettelela batho go fa bosupi Dirisa batho baba tlotliwang Dirisang batho baba dirang dilo tse di siameng tse di sa tlwaelesegang
<b>Tlotla kitso ya batho ba mo motseng</b>	Tlotla megopoloo ya mongwe le mongwe Supa gore o lebogela megopoloo ya mongwe le mongwe
<b>Nna o nale kitso ka megopoloo le boitshwaro jwa gago</b>	Itse dilo tse o setseng o nale dikitso le megopoloo ka tsone
<b>Dira dilo motlhoho</b>	O seka wa tlhakanya dipuo O sek wa dirisa dipuo tsa ko mmerekong
<b>O seka wa tshwaa phoso</b>	O seka wa nna ka go tshwaya phoso – go ka lotlhanya


**Tlhomamiso ya Stage 1:**

<b>Kgang</b>	<b>Tshwaa</b>
Aa o lebalebile dikitsiso tsa metse e GGI e berekelang mo go yone?	
Aa o tlhaloganya ka bo tlalo dikgang tse di bothhokwa tsa bodiphatsa jwa basetsana go tsenweng ke mogare wa HIV/AIDS?	
Aa o ikemiseditse go nna moemedi wa popotla wa basetsana?	

Fa o dirile dilo tse tsotlhe, ke nako ya go yak o Stage 2, "Go ipaakanyetsa go tsaya kgato ga motse: Go ithuta go bereka mmogo, go aga botsalano le go laletsa botsaya karolo"

Fa ele gore o santse o nale dipotso ka nngwe ya tse, o seka wa lebala go botso mookamedi wag ago. Batsamaisi ba metse e mengwe le bone gongwe ba ka thusa, jalo gakologelwa go berekisana le bone.

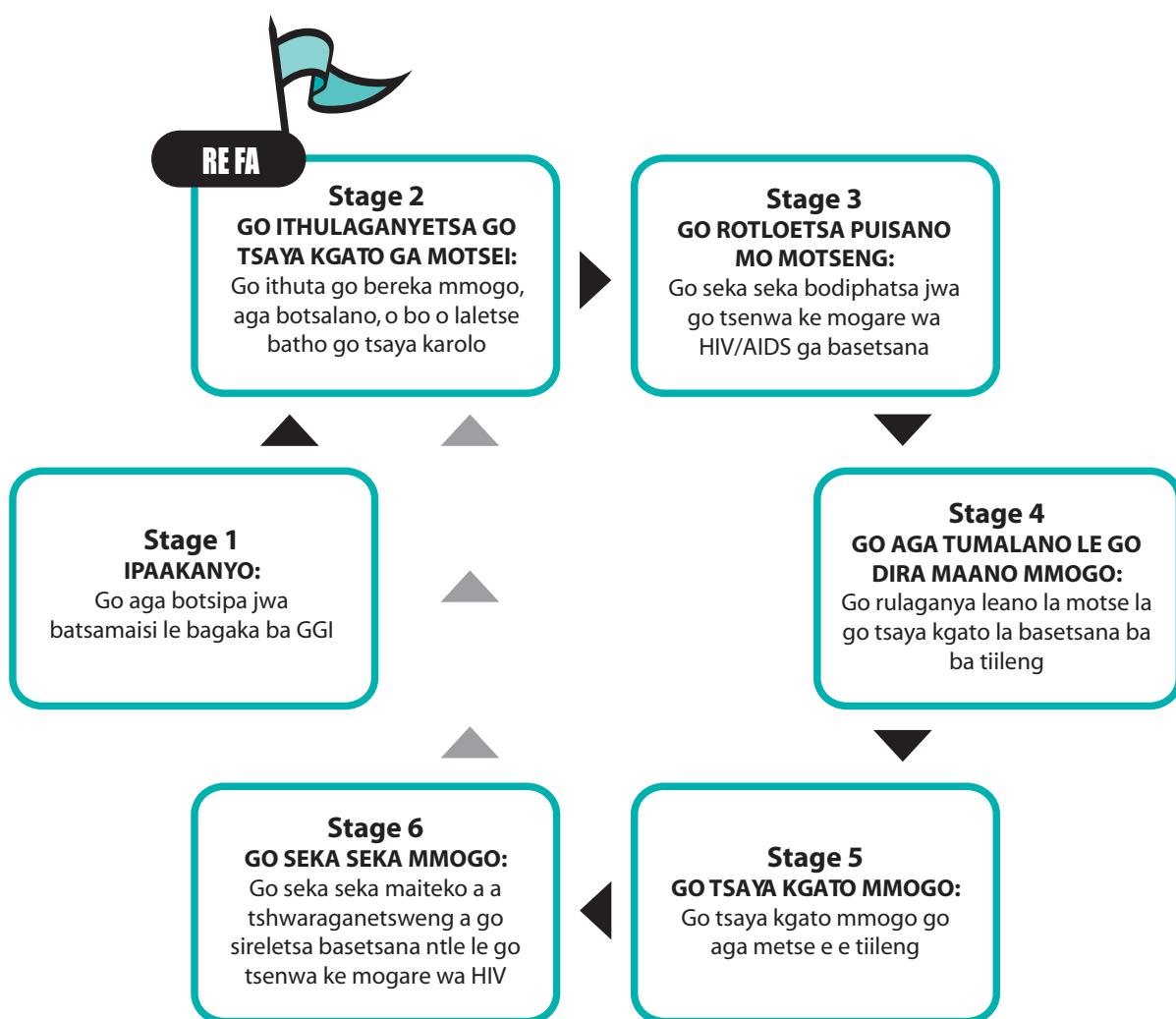


## Stage 2

**GO IPAAKANYETSA GO TSAYA KGATO GA MOTSE:** Go ithuta go bereka mmogo, go aga botsalano le go laletsa botsaya karolo

**Go na le dikgato di le tlhano mo karolong e ya bobedi:**

1. Batla o bo o kopane le baeteledipele ba ba botlhokwa
2. Rulaganyetsa bokopano jwa ntlha le baagedi ba motse
3. Tshwara bokopano jwa ntlha le baagedi ba motse o bo o age setlhophpha sa batsamaisi
4. Kopana le setlhophpha se se tsamaisang o bo o se age kitso ya bone.



Jaanong ka o ithutile ka mathata le dikgwetlho tsa konokono tsa bodiphatsa ba HIV/AIDS mo basetsaneng, ke nako ya ikatometsa boagedi go simolola go tsenelela ga bone mo thulaganyong e.

## Step 1: Batla o be o kopane le baeteledipele ba konokono

Fa, barotloetse le batshegetse ba ithuta gotswa mo baeteledipele ka fa ba ka kgonang ka teng ka ga boagedi ba motse. Setlhophpha sa GGI se ka tswa ae setse se kopane le bangwe ba baeteledipele go rokotsa go ikemisetsa go tsenelela thulaganyo ga bone. Se se raya gore bangwe ba batho ba o buang le bone ba ka tswa ba setse ba lemoga thulaganyo eibile ba swegaswega go simolola!

- ▲ Batla bagolwane ba motse ba ba kafa molaong le ba ba seng kafa molaong. Go bona ba basing kafa molaong, netefatsa go botsa baagei ba motse dikakanyo tsa bone ka gore ke mangy o ba akanyang gore o a tlotlega ebeile a ka kgora go fetola diemo mo motseng.



### **Bagolwang ke bo mang?**

**Bagolwane ba ba ka fa molaong** ba akaretsa batho jaaka dikgosi, dikgosana, mapolotiki, baemedi ba puso, baruti, babereki ba ba tlhophilweng kgotsa batho ba bangwe ba ba nang le maemo a a ka fa molaong.

**Bagolwane ba ba seng ka fa molaong** akaretsa ba ba kgonang go fetola diemo mo motseng, le fa ba sa tlhophwa ka fa molaong. Sekai, mokapotene wa kgwele ya dinao, baeteledipele ba metshameko/drama, baeteledipele ba mekgatlho ya bomme, baeteledipele ba mekgatlho ya banana, dingaka tsa setso, barutabana le ba bangwe.

- ▲ Rulaganya go kopana le bagolwane ba ba ka fa molaong le ba ba seng ka fa molaong ka nako e esiametseng mongwe le mongwe. Netefatsa go kopana le bagolwane ba ba farologaneng, jaaka ka setlhophpha sa morafe o le mongwefela, bong, dingwaga, kgotsa tumelo. O ka nna wa kopana le bone ka bongwe ka bongwe kgotsa ka setlhophanyana, go tswa mo go reng bagolwanw ba ba ka fa molaong le ba ba seng ka fa molaong.
- ▲ Maikaelelo a matona a diphuthego tse ke go aga thotloetso ya lenaneo go tswa mo bagolwaneng ba konokono le go kopa thuso ya bone go rulaganyetsa phuthego ya ntlha ya bagaedi ba motse. Gape kopa mogolwane mongwe le mongwe yo o kopanang le ene gore a kopa ba bangwe go mothusa go rulaganya phuthego e nngwe

### **Se o buisanang ka sone le bagolwane ba motse**

- Ipege o bo o bege maikaelelo a gago. Ela tlhoko gore maikaelelo agago ke go bereka mmogo le bone. O SEKA wa re, "ke tlile go lo rulaganya go tsaya karolo mo lenaneong la Go Girls" bogolo o kare: "re eletsa go bereka mmogo le baageid ba motse go dira tikologo e e babalesegileng gape e sireletsa basetsana go netefatsa gore ba sireletsegile mo HIV/AIDS", Mogopolo o wa go bereka mmogo o botlhokwa go o tlhomamisa gore o dire tirisano mmogo e e tshephafalang le motse.
- Itsese batho ka lenaneo la lona le gore batho botlhe ba ba ttileng go bereka le lona tiro ya bone e tlaabo e le eng.



- Ba itsese gore go diragatsa lenaneo go simolola ka go rotloetsa le go tshegetsa baagedi ba motse. Tsamaiso ya go rotloetsa le go tshegetsa e tlaa etelelwa pele e be e okamelwa ke baagedi ba motse.
- Kopa thotloetso le go tsaya karolo ka matlhagatlhaga mo bagolwaneng: sekaseka dikagato tse di botlhokwa ebile gape di kgonafala tse bagolwane ba motse ba ka di tsayang.
- E gape ke tshono ya go ithuta ka ditiro tsa bagolwane ba mo motseng gape le go ithuta thata ka motse ka kakaretso le go tlhaloganya gore ke eng se se ka amang go tsaya karolo ga motse mo lenaneong la GGI. Dingwe tsa dipotso tse o ka di botsang:
  - ✓ O na le dingwaga di le kae o nna mo motseng o/o le karolo ya motse o?
  - ✓ Fa lo lebaganwe ke kgwetlho ke dife dilo tsa botlhokwa tse motse o didirisang go itebaganya le yone?
  - ✓ Ke dife dikgwetlho tse di ton a tse motse o lebaganang le tsone fa o leka go itebaganya le mathata a teng.
  - ✓ Ditshwetso di tsewa jang mo motseng ka dilo tsa konokono le ka fa ditlamelo di kgaogangwang ka teng (tsa madi, batho, jalo, jalo)?
  - ✓ A ditlhophapha kgotsa maphata a motse a kile abereka mmogo ka dikgang dingwe fela tse di amamng HIV/AIDS kgotsa matshwenyogo a banana? Fa karabo e le ee, dikagang dife? Ditlhophapha dife? Ba dirile eng? Maduo e ne e le afe?
  - ✓ Ke bafe batho le ditlhophapha kgotsa maphata a a botlhokwa go a akaretsa mo ditirong dipe fela tsa go fokotsa bodiphatsa jwa mogare wa HIV/AIDS mo basetsaneng?
- Leka go bona maina a a boeletsweng ke bagolwane ka go farologana – ba kanna baemedi ba ba siameng ba motse – gakologelwa gore, gantsi batho ba tsaya tshwetso ya go tsenelela phuthego ba remeletse mo go reng a ke ba koo le gore phuthego e lebega e le ya ga “mang”.

## O ka bereka jang le bagolwane ba ba dingalo?

- Nna pelo telele – o seka wa fela pelo – tswelela o bereka le bone.
- Batlisisa go eke eng ba ne bale dingalo. Aa go nae sengwe se se ka ba latlhegelang? Aa o ne wa mo kgopisa ka go dira sengwe se se supang go tlhoka botho jaaka go tla morago ga nako? E ka tswa e le sengwe se se motlhoho se se ka baakangwang kgotsa se le boteng.
- Bua le batho ba bangwe ba ba kileng ba bereka le mogolwane yo-batlisisa ka mogolwane yo, ga a rate enng, batho ba bangnwe ba kgonne jang go bereka le ene?
- Dirisa batho baba ka ba dirisang go motsena ka bone-ba lelwapa la gagwe, mosadi/monna wa gagwe, babereki ka ene, bagolwane ko mmerekong jalo jalo o dira gore ba go utlwe.
- Dira gore o leboga dithusa tsa batho mo sechabeng, le fa di ka bo dile dinnye go le kae, e bile o supe go leboga.

## Step 2: Rulaganya phuthego ya ntlha ya motse

- ▲ Leka go batla setlhophapha se se nang le dikeletso tse di tshwanang sa bagolwane ba motse go rulaganyetsa phuthego ya ntlha. Fa dikeletso tsa bone di farologana thata, ba tlaabo ba lwa go na le gore ba rulaganye. Nako tse dingwe go lekane go nna le batho ba ka nna babedi go yak o go boraro FA e le gore ba kcona go phutha motse. Fa go sa nna jalo, o ka nna wa tlhoka go oketsa ka bagolwane ba ba kafa molaong kgotsa ba ba seng ka fa molaong.
- ▲ Bereka le bagolwane bao ba motse go rulaganyetsa phuthego ya ntlha ya motse. Se se akaretsa go baakanyetsa tse dingwe jaaka gore phuthego e ya go tshwarwa leng le gone kae le go tsaya tshwetso ka moono wa phuthego. Dirisa Tool 1 "Tlhomamiso ya lenaneo la thulaganyo ya phuthego ya ntlha ya motse" go go thusa.
- ▲ Ntsha mogolo wa gore bagolwane ba motse be ipaakanyetse go tsaya karolo ka go dirisa bangwe ba ba motseng, jaaka ditlhophapha tsa banana, ditlhophapha tsa bomme. Dikereke ka go farologana, gore mongwe le mongwe a utlhwe ka bokopano jo. Mo godimo ga moo ntsha mogopoloo wa go ntsha kitseso e ka bophara ko marekisetsong kgotsa ka methale e mengwe gape. Gokolola bagolwane go tsamaisa kitsiso beke pele ga bokopano jo, e seng pele thata mo batho ba ka lebalang kgotsa gaufi thata le letsatsi le mo batho ba lka se kgoneng go tsenelela bokopano jo.
- ▲ Baakanyetsa batsaya karolo ka go dirisa bangwe ba motse ba o ka ikgolaganyang le bone, jaakaditlhophapha tsa banana, ditlhophapha tsa bomme, dikereke ,go phatlhalatsa lefoko ka phuthego e etlang. Mo godimo ga moo dira di kitsiso tse dingwe ko marekisetsong le ka ditsela tse dingwe. Phatlhalatsa dikitsiso e ka nna beke pele ga phuthego- e seng pele thata mo batho ba ka lebalang, ebole e seng gaofi thata le tiro mo batho ba ka sekeng ba kgone go tsenelela.



Gakologelwa, gore fa ba ba rotloetsang ba bob a tshegetsa ba rulaganya. Etshwanetse go nna maloko a motse a a laletsang go tsaya karolo gore se seabe sa baagedi ba motse se bonale mo dirong e.

- ▲ Dirisa dikitsiso tsa sechaba malatsinyana pele ga phuthego go gakolola batho ka phuthego e e tla tshwarwang.

### **Go fenza makgreletsi a go tsaya karolo**

Fa motse o le motona, o ka tlhoka go tshwara bokopano ba go ikitsese batho go feta gangwe fela. Dira le baemedi ba motse go akanya se o tlhokomela sekgele sa go Tsamaya, dipalamo, le botona ba lefelo la bokopano. Fa bokopano bo tla tshwarwa go feta gangwe fela, ditaletso tsa bokopano mo malatsing a a farologaneng di tlhoka go dirwa di farologane.

Batho ba bangwe ba ka eletsa go tsenelela mme ba na le dikgwetlho go dira jalo. Sekae, bomme ba ka idiya ke go tlhokomela bana ba banyenyane, banana ka tlwaelo ba ka tswa ba sa akarediwe, batho ba ka tswa ba tshwerwe ke perekole tsa malwapa, bangwe ba ka tswa ba dumela gore ga ba a tshwanelo gore ba tsenelele, bangwe ba ka tswa ba sitega go bua mo phatlalatseng kgotsa



ba etsaetsega ka bokgone ba bone go nna le seabe mo kgannyeng e.

#### **Go kareng fa bomme bas a tsenelele bokopano ba boagedi gantsi?**

Go botlhokwa gore bomme ba tsenelele bokopano ba boagedi. Gantsi fa bomme ba kgaphelwa kwa ntle mo ditiragalang tsa go nna jaana, go ka tlhokafala go nna le bokopano bo bo farologaneng kgotsa ba ditlhophana tsa bomme mo motseng.

#### **Go ka reng fa go bua borre fela?**

Mo metseng e mengwe, go lemogilwe fa bomme le banana ba le sitega go bua fag are ga bagolo ba borre. Fa sengwe sa mofuta o se diragala, dirisa ditlhophana go buisana go fa bomme le banana tshono ya go ntsha mafatlha a bone ba le nosi. Ba tshwanetse go fiwa sebaka sa go abelana megopoloo ya bone le setlhophpha se segolo ka tsela e e lebaganeng.

### **Step 3: Tshwara bokopano ba ntlha mo motseng wa setlhophpha sa batsamaisi**

- ▲ Pele ga phuthego, etela lefelo la phuthego go netefatsa gore le phepa e bile go nale maonno a a lekaneng. Fa ele gore ka tlwaelo lefelo le le a lotlelwa, mongwe o tshwanetse go tsaya maikarabelo o go tsaya key. Gape lo lebelele gore le a go dira eng ko phuthegong e.



O sekä wa lebala go tlatsa difomo tsa tshekatsheko kwa ntlheng ya lokwalo lo mo bokopanong bongwe le bongwe kgotsa ditiragalo tsotlh

- ▲ Dirisa thulaganyo ya bokopano jaaka boakaedi ba tsamaiso mo bokopanong bo. Bokopano bo tshwanetse go nna le thulaganyo e e motlhofo – gore bothle ba kgone go botsa dipotso le gore ba se ka kgorelediwa fa ba e se lekane go tswelela ka setlhogo se sengwe.



#### **Se go buisanwang ka sone ko phuthegong ya ntlha ya motse**

- Netefatsa gore go nale mongwe yo o tla go itseseng batho ko phuthegong, a bo a go laletsa go bua.
- Tlhalosa gore o simolotse go bua le bagolwane ba motse ka go dira tikologo e e babalesegileng e bile e sireletsa basetsana go netefatsa goer ba sireletsegile mo mogareng wa HIV/AIDS e bile o batla go buisana ka se le mongwe le mongwe
- Ama se o lemogileng gore se tlhalogangwa e le bodiphatsa jwa basetsana go tswa mo dipuisanong tse o nnileng le tsone le batho ba metse e e tshwananag o dirisa "ditshwantsho tse di supang bodiphatsa jwa mogare wa HIV/AIDS mo basetsaneng" Botsa batho ba motse dipotso ka bodiphatsa jwa mogare wa HIV/AIDS mo motseng wa bone. Thusa batho motse go tla mo tshwetsong ya gore ba tshwanetse go dira sengwe go itebaganya le kgang ya bodiphatsa jwa mogare wa HIV/AIDS mo motseng wa bone. Go botlhokwa go bua nnate ka kgang e, sekai palo



ya basetsan amo motseng o kgotsa mo kgaolong e ba ba duleng mo sekoleng mo ngwagwng o o fetileng ka ntlha ya boimana,. O ka dirisa metshameko go simolola dikgang tse le go tsibosa batho gore bodiphatsa jwa basetsana mo mogareng wa HIV/AIDS ke kgwetlho.

- Ba itsise gore go tla nna le diphutego tsedingwe gore ba kgone go busa ka dikgang tse ka botlalo. Netefatsa gore phuthego e ke e e bulegile gore baagedi ba kgone go botsa dipotso, ba bue matshwenyego ba bob a bue gore ba tshaba eng. O letlelele baagedi ba bangwe e nne bone ba arabang fa go kgonegang teng.
- Ko bofelong, botsa ba ba tseneletseng gore ke bafe ba ba nang le keletso ya go bopa "setlhophpha sa batsamaisi". Tlhalosa gore setlhophpha sese tsamaisang se tlaa etelelapele dikgato tsa motse tsa go itebaganya le diphatsa tsa basetsana gape batlaa akaretsa batho ba motse mo dipuisanong tsa kgang e le go bona ditharabololo tsa yone. Rotloetsa batho ka go farologana go tsaya karolo – e seng fela ba ba nang le seabe mo ditirong tseo.
- Ko bofelong botsa ba ba tseneletseng bokopano gore ke bafe ba ba nang le keletso ya go nna mo "setlhopheng sa batsamaisi". Ela tlhoko: go tswa mo tumelong le maikutlo a batho ba motse, batho ba ba tseneletseng bokopano ba ka nna eletsa go tlhophpha maloko a setlhophpha sa batsamaisi. Tlhalosa gore setlhophpha se sa batsamaisi se tlaa etelela motse pele mo go itebaganyeng le kgang e ya bodipahtsa jwa basetsana mme ba tlaa akaretsa batho botlhe ba motse mo dipuisanong tse di amannag le kgang l'emo go tsweng ka ditharabololo. Rotloetsa batho botlhe go tsaya karolo, banana, bagolo, banna, basadi e seng fela ba ngwao e ba letlelang mo ditirong tse di amanang le kgang e. Go siame gape go nnetefatsa gore go na le setlhophpha se se emetseng ditlhophpha tsotlhe- leka go batla maloko go tswa mo mafelong a a farologaneng, kgotsa dikgotla mo motseng.
  - ✓ Tlisa batho mmogo go buisana ka kgang ka botlalo
  - ✓ Tlisa batho ba batswang kontla ba ba nanng le kitso ee faphegileng ka kgang e., jaaka baoki kgotsa baemedi ba maphata a a remeletseng mo motseng.
  - ✓ Netefatsa gore mongwe le mongwe o nale tshono ya go tsenelelela e bile o a utlwiwa. Thusa baagedi go ipaakanyetsa go tsaya kgato
- Tlhopang letsatsi, nako le!
- Go botlhokwa go gatelela ka fa batla ikgodisang ka teng ka go tsaya karolo mo setlhopheng sa ba tsamaisi. Sekai, batlaa aga botsipa jwa bone, ba tlaa nna le tshono ya go kopana le batho ba bangwe, ba tlaa thusa go sireletsa basetsana ba bo ba nna le phetogo e e siameng ya sennela ruri mo motseng wa bone. Gakologelwa, fa basetsana ba tiile e bele ba itekanetse, motse otlhe o a boelwa.
- Iefelo le batho ba ba kgatlhegelang go go tlhama setlhophpha sa batsamisi ba ka kopanang ka lone. Fa bangwe ba ise ba ikemisetse go itlama, ba rotloetse go ikakanya bat la tsenenela phuthego e e latelang fa ba kgatlhegela.
- Kopa batho go buisana ka tse di diragetseng ko phuthegong le ba ban eng bas a ya.



- ▲ Go aga tirisanyo mmogo le motse e e nang le go tshephana go tsaya nako. Batho ba ka nna ba seke ba nne le kgatlhego gone foo mo kgannyeng ya diphatsa tse basetsana ba lebaganeg le tsone kgotsa ba ka nna ba itshetlele ka bokgoni ja bone go tsaya kgato. Fa go le thata mo phuthegong ya ntlha go bopa setlhophpha sa batsamaisi se se emetseng tse dingwe, go ka nna ga tlhokega go rulaganya diphuthego tse dingwe tse di ton a tsa motse kgotsa diphuthego le ditlhophpha tse di nnye go aga ditirisano mmogo tse di tiileng.



Gakologelwa gore se o se buang le seo se dirang mo phuthegong ya ntlha ya motse se botlhokwa. Fa batho ba se na keletso kgotsa ba sa rotloetsega go tsya kgato mo diphatseng tse di lebaganeng basetsana ga go na kgonagalo ya gore ba ka tsaya karolo mo ditirong tse di tlang. Dingwe tsa dilo tse o ka di bayang mo tlhoganyong di akaretsa:

- Dirisa puo e e malebang (ele motlhofo)
- Dirisa puo ya mmele e e tlhamaletseng
- Dira gore batho ba bone tota botlhokwa jwa go tsaya kgato ka tsa bodiphatsa jwa basetsana
- Tlhalosa tomagano fa gare ga HIV le dilo tse di bayang mo diphatseng (thuto, kgokgontsho jalo, jalo) nna le mogopo o o siameng
- Fa batho sebaka sa go botsa dipotso
- Reetsa se babangwe ba se buang o bo o araba
- Netefatsa gore basadi le banana ba bua mafatlha a bone

#### **Step 4: Aga setlhophpha sa batho ba ba sekasekang**

Setlhophpha sa batho ba ba sekasekang ke se se tlang tsamaisang ditshekatsheko ko befelelong jwa tsamaiso. Kago tlhophpha maloko a setlhophpha se go sale pele, maloko a a nna baela dilo tlhoko ba ba manontlhotlho mo tsamaisong fa e ntse e tsweletse gore ba kgone go sekaseka bokhutlo sentle.

- ▲ Ka go tsaya tshwetso ya gore ke mamng yoo batlang go tsaya karolo mo tsamaisong ya ditshekatsheko, ela tlhoko batho ba bantsile ditlhophpha tse di tlaa tsayang karolo kgotsa tse di nang le keletso mo lenaneong.
- ✓ Bagolwane ba motse
  - ✓ Banana
  - ✓ Bomme le borre
  - ✓ Batho ba motse ba ba nang le maitemogelo le keletso mo ditshekatshekong jaaka baoki
- ▲ Fa o sena go dira setlhophpha sa ba sekaseki, ke mogopolo o montle go dumalana ka melao e e tlamang setlhophpha, jaaka go tsena ka nako mo diphuthegong, go letlelela mongwe le mongwe go tsaya karolo mo dipuisanong, jalo, jalo.



Fa o aga setlhophpha sa batho ba ba sekasekang, netefatsa go ela tlhoko dikgang tse di amang setlhophpha, go tshephenga, botsipa kgotsa dikitsa tse di farologaneng, gore a maloko a tlaa kgonna go nna teng nako tsotlhhe le tse dingwe fela.

## **Kgato ya botlhano: Kopana le “setlhophpha se se tsamaisang” o bo o aga kitsa ya sone**

- ▲ Fa batho le ditlhophpha di supile kgatlhego mo go tseeng karolo, o tlaa simolola go bopa setlhophpha sa batsamaisi se se tlaa etelelang pele kgato mo boemomg jwa motse. Go bopa le go rotloetsa setlhophpha se s e tsamaisang ke nngwe ya ditiro tsa morotloetsi le motshegetsi tse di botlhokwa thata.



### **Dikatso tsone?**

Go dirisa dikatso tsa madi mo bathong gore ba tseye karolo go ka baka mathata. Sekai, fa dikatso di ema kamoso, go na le kgonagalo ya gore go tsaya karolo go eme. Gokolola batho ka dikatso tse e seng tsa madi, jaaka go dira tikologo e e babalesegileng mo baneng ba bone le go ba sireletsa mo HIV/AIDS. Go botoka go bereka le setlhophpha se sennye se se ikaeletseng ebile se na le keletso ya go itebaganya le dipahtsa tsa HIV/AIDS mo basetsaneng le go tokafatsa boitekanelo jwa motse wa sone go na le setlhophpha se se nang le kgatlhego mo dikatsong tsa madi fela.

- ▲ Fa batho ba palo e potlana ba ithaopile go bopa setlhophpha sa batsamaisi ko phuthegong ya motse, Bua le ba bangwe ba ba ka tswang ba na le kgatlhego. Sekai, o ka kopa ba ba ithaopileng go ngoka ba bangwe, kgotsa o ka kopa bagolwane ba motse go fa maina a ba ba tshephang. Fa o bopa setlhophpha, go botlhokwa go netefatsa gore ditlhophpha ka go farologana mo motseng di na le baemedi gore motse ka kakaretso o ikamanye le lenaneo. Sekai, a banana le bagolo botlhe ba emetswe? Borre le bomme? Ba ditumelo tse di farologaneng le merafe e e farologaneng?
- ▲ Setlhophpha sa batsamaisi ga sea tshwanelo go nna setona thata ka gore go ka nna thata go dira dilo. Fa o na le batho ba le bantsi ba ba nang le kgatlhego ya go bopa setlhophpha se, bereka le bone mo go tseyeng tshwetso ya tsela e e ka dirisiwang go tlhophha batho ba ba tlaang bopang boeteledipele jwa setlhophpha se. boeteledipele bo tlaabo bo na le maikarabelo a go kopana gantsi le go fa setlhophpha sotlhhe tsela
- ▲ Ko phuthegong ya ntlha le setlhophpha se se tsamaisang, go botlhokwa go nankola ditiro tsa bone tsa konokono, jaaka di tlhalositswe ko kgatong e e fitileng. Ga ba na go “laela” motse, mme, batlaa o thusa go bereka mmogo. O tshwanetse go tlhalosa CAC e batlaa e dirisang go bereka le motse.



- ▲ Fa setlhophpha se se tsamaisang se tsamaisang se bopilwe ebole se tlhaloganya tiro ya sone, o tlaa tshwanelwa ke go ba godisa go nna setlhophpha sese tiileng. Ntlha e nngwe ya tsamaiso e ke go dumalana ka melawana ya setlhophpha. Dirisa Tool 2, developing Facilitating Group Norms", go tsamaisa puisano le setlhophpha sa batsamaisi. Ela tlhoko gore o ka bitsa setlhophpha "Task Team"Task Force""komiti" kgotsa leina lepe fela. Go lebilwe bukana e , batlaa bidiwa" setlhophpha sa batsamaisi"

### **Go nonotsha**

Barotloetsi le tshegetsi ba ka fa setlhophpha sa batsamaisi thuso ee botlhokwa ka go aga botsipa jwa bone mo dikarolo ts edi ka ba thusang go rotloetsa le go tshegetsa motse. Bongwe jwa botsipa jo ke:

- Boteginiki le di dirisiwa tsa gorotloetsa le go tshegetsa motse.
- Boeteledipele jo bo tsayang karolo
- Methale ya go tsaya karolo
- Go bua le sechaba le go buisana ka karetso
- G o neela le go amogela megopoloo
- Go rarabolola kgothhang le mathata a mangwe.



Go aga botsipa jo e tlaa nna tsamaiso e e tswelelang mo karolong ya go rotloetsa le go tshegetsa. Ga go tlhokakafale gore e fele ka nako e.

Akanyetsa go fa bagolo ba motse tshono, go ya ka thulaganyo kgotsa kontle ga thulaganyo, go aga kitso le go ithuta ka tsamaiso ya go rotloetsa le go tshegetsa baagedi ba motse gore batle ba akarediwe mo tsamaisong ko tshimologong.

Barotloetsi le ba tshegetsi ba na tiro e e bothhokwa ya go aga bokgoni jwa setlhophpha sese tsamaisang mo boteginiking jwa go rotloetsa le go tshegetsa; ka jalo, ruta setlhophpha go dirisa di dirisiwa tse di far Loganeng mo "Field Guide"

Fa o simolola botsipa jo bo ntsha, dir agore mongwe le mongwe a tseye karolo. Metshameko ke tsela e esiameng go ikatisa mo botsipeng jo bo diragadiwang. Sekai, motshameko o o latelang o ka dirwa.

**Go tokafatsa go bua fa pele ga batho ka HIV/AIDS:** Kopa mongwe le mongwe wa setlhophpha sa batsamaise go ema ko pele ga bokopano kgotsa go nna mo setlhophaneng, ba tlhalosa karolwana e le ngwe ka bodiphatsa ba HIV/AIDS mo basetsaneng jaaka ekete ba bua le baagedi ba motse. Dira balebeldi ba ba far Loganeng – sekae, dira gore ba tlhalose ka mathata a dino mo bananeng, mo go bomme, le mo go borre. Ka tsela e, ba ka ithuta gore ba ka baakanya puo ya bone le melaetsa jang e ba e fang makalana a boagedi a a far Loganeng. Rotloetsa batseneledi go abelana se ba se akanyang ka tlhaloso ya ba bangwe le go akgela mo go ba bangwe ka gore ba ka itukafatsa jang.



**Go tokafatsa bokgone ba go agisanya:** Kopa ba se kae, ba le babedi kgotsa boraro ba setlhophpha sa batsamaise go dira motshamekonyana o e leng bone ba tsayang karolo ya go tsamaisa setlhophpha. Ba bangwe ba le babedi kgotsa boraro ba nne beng ba marekisetso a dino. Abela sengwe le sengwe sa ditlhophhana tse metsotso e le 10-15 go ipaakanyetsa go ikagisanya le baganetsi ba bone, kgang e le gore banana ba dingwaga tse 18 go ya kwa tlase ga ba a tshwanelo go reka bojalwa mo marekisetsong a. Go tsweng foo, kopa ditlhophhana tse pedi tse go tshameka go ikagisanya ga bone. Fa ba fetsa, kopa balebeledi go sekaseka dipuisano le go fa megopoloo e mengwe e e ka bong e dirisitswe go leba kgang go thusa go tla mo tshwetsong e e lolameng.

## Metshameko e mengwe e o ka e akanyang ke efe?

### Go itebaganya le megopoloo le dikakanyo tse farologaneng go ithuta sekegelana

Go botlhokwa go thibela kgothang ka nako tsotlhe, ka go rotloetsa dipuisano tse di bolegileng, go itebaganya le maikaelelo, go aga bodirammogo ka go tlota maikutlo a ba bangwe. Mme fa gongwe kgothang e kgona go nna le magareng ga setlhophpha sa batsamaise, fa gare ga ditlhophhana tse dingwe le fa gare ga boagedi ka kakaretso. Sekae ke gore bontlha bongwe ba setlhophpha sa batsamaise ba ka eletsa go dira le ba sepodise go itebaganya le go thubetsa mme ba bangwe ba akanye gore se ga se yone tsela e e tlhomameng. Kgotsa, baagedi ba ba lekang go tswalelwaa ga marekisetso a dino a a rekisetsang banana ba kwa tlase ga dingwaga tse di letlelewang ba lebagana le dikgwetlho go tswa mo go beng ba marekisetso a, kgotsa baagedi ba bangwe.



Fa o lebelela kgothang, go mosola go tsaya tsela ya fenyga maphata otlhe a a amegang. Ga se nako tsotlhe gore mapta a a fenyga otlhe, mme go na le mosola go leka jalo. Bona Sedirisiwa 4. 'Go itebaganya le kkgothang' go bona ditselana tsa go tla ka ditshwetso tsa go rarabolola kgothang.



**Pampiri ya go netefatsa se se teng mo kgatong ya bobedi:**

Kgang	Tshwaa
A o kopane le baeteledipele ba botlhokwa go botsa ka boagedi?	
A o tsere maiteko otlhe go nna le botseneldi bo bo akaretsang bothhe mo bokopanong bantlha, bogolo jang bomme le banana?	
A megopol ya bomme le banana e ne ya utlwia?	
A megopol ya makalana a batho ba bangwe e ne ya utlwia?	
A o ne wa dira setlhophya sa batsamaise?	
A setlhophya sa batsamaise se ne sa dira melawana ya go itsamaisa?	
A o thusitse setlhophya sa batsamaise go nonotsha bokgone ba bone?	
A o dirisantse le setlhophya sa batsamaise go ithuta go itebaganya le dikakanyo le megopol e e farolganeng le go ithuta go abelana le go amogela mo go ba bangwe?	
A o ne wa aga setlhophya sa ba sekaseki o bo o se tlhalosetsa tiro ya sone mo tsamaisong e?	

Fa o kgonne dilo tse tsotlhe, ke nako ya go tswelela ka kgato 3, 'Go rotloetsa puisano mo boageding ba motse: Go lebisisa bodiphatsa HIV/AIDS mo basetsaneng'

Fa o na le dipotso kana dikakgelo ka mo go sepe, o seka wa lebala go botsa moeteledipele wa gago. Barotloetse le batshegetse ba metse e mengwe le bone ba ka thusa, jalo gakologelwa go itswharaganya le bone.

## **Didirisiwa tse di mosola tsa Stage 2**

Tool 1: Leano la tlhomamiso la phuthego ya ntlha

Tool 2: Batlisesa gore Setlhophya sa Batsamaise le sa Basekaseki di tlaa Bereka Jang

Tool 3: Go lebagana le kgotlhang



## Tool 1: Leano la tlhomamiso la phuthego ya ntlha

**Tiriso:** Tse di nankotsweng tse di latelang di go gakolola dilo tse o tshwanetseng go di akaretsa fa o rulaganyetsa bokopano jwa ntlha jwa motse ka bophara.

### Ba tsaya karolo

Go lalesitswe bo mang, o tsaya gore ba tlaatla bale kae?

### Leng?

Nako, letsatsi le sebaka sa bokopano se tshwanetse go siamela batho ba motse. Mo godimo ga moo, fa batho ba motse nako pele ga bokopano gore ba kgone go ipaakanyetsa go tla. Leka go dira gore dilo tse I tla buiwang di tsee sebaka sa oura le sephatlo. Fa batho ba batla batla go nna sebaka se se leelee ka gore baa kgatlega gosiame mme se letle gore bokopanano bonne boleele jo bo ka dirang gore ba latlhegelwe ke kgatlhego.

### Kae?

Fa gongwe, ha gona ha go ka tshwarelwang bokopano teng ka lebaka la gore mafelo a batho ba motse ba ka kopanelang teng a ma nnyenyane. Fa go na le fa bokopano bo ka tshwarelwang teng, setlhophpha se tshwanetsa go lebelela gore kelefelo la ga mang, le botona joba kae, gore a lefelo leo le siamtswe ke seemo sa loapi.

### Thulaganyo

Moono wa bokopano ke go tsibosa batho ba motse ka botlhokwa jwa go sireletsa basetsana mo HIV/AIDS le go tsosolosa kgatlego ya go tsaya kgato jaaka batho ba motse. Maikemisetso a mangwe a bokopano jo ke batla baithaopi ba eletsang go aga setlhophpha sa batsamaisi le sa basekaseki. Dirisa maikaelelo a go rulaganya se se yang go buiwa – dumalana ka di ditlhogo tse di tlaa akaradiwang le gore di ya go buiwa ka tatelano efe. Akanya gape ka gore setlhogo sengwe le sengwe se tlaa tsaya nako e e kae.

Dilo tse di ka buiwang mo bokopanong le batho ba motse di ka akaretsa:

- Go itsesana le go itse mooan wa bokopano
- Go ama kgang ya diphatsa tsa basetsana mo mogareng wa HIV/AIDS
- Go itse maiteko a dirilweng ke mekgatlo le batho ba motse
- Go soboloka ka boripana tsela e batho ba motse ba ka tseyang kgato ka yone
- Go botsa gore ke mang yoo nang le kgatlhego ya ga bopa setlhophpha se se « tsamaisang » kgotsa se se « sekasekang »
- Go ultwa gore batho ba motse ba batla go tsaya karolo jang
- Go itse gore setlhophpha se se tsamaisang le se se sekasekang di tlaa kopana leng le gone kae?



## Dibui

Ke mang yoo tlaa tsamaisang Bokopano? Ke mang yoo tlaa kopiwang go baakanyetsa le go bolelela batho dithuto? Ela tlhoko gore lenaneo lotlhe le tsamaisiwa ke batho ba motse. FA BATHO BARE "Go Girls! e re bileditse bokopano jwa bone" go nna le kgonagalo ya gore ba seka ba tsaya karolo mo maitekong ka kakaretso. Tota ebile ba ka akanya gore " Go Girls e tlide gore direla eng". Mo ntlheng e ngwe, fa ba bona gore bokopano bo rulagantswe ke batho ba bangwe ba motse, gona le kgonagalo ya gore ba akanye gore ba ka dirisa jang bokopano go tlhatlosa motse wa bone.

Go ka nna botlhokwa go laletsa batho ba motse ba ba rutegileng e bile ba tlotliwa go bua mo bokopanong. Sekai, mooki kgotsa mongwe yoo tswang mo lephateng lengwe la motse o ka bua ka HIV/AIDS. Netefatsa gore dibue tsotlhе di itse ka nako e di e filweng go buwa e bile di buwa ka tsela e e motlhoho e e lolameng.

## Go tsaya karolo le metshameko

Go tsaya karolo go tlaa rotloediwa go bo go tshegediwa jang? Go tlaa dirwa metshameko efe ko bokopanong? Sekai, dipuisano mo dithopheng tse di potlana, dipina Kgotsa metshameko e e supang ditiro.

## Mokwalo le wa bokopano le maduo

Go a thusa go kwala se se diragalang mo bokopanong gore ba tsaa karolo ba ithute mo go se se diragetseng. Boikarabelo jo bo neele mongwe pele ga bokopano



## Tool 2: Bona gore Setlhophapha se se Tsamaisang le se se Sekasekang di tlaa Bereka Jang Mmogo

**Mosola:** Thuto e e thusa ditlhophapha, e ka nna se se Tsamaisang kgotsa se se Sekasekang go akanya ka fa di tlaa berekang mmogo ka teng. O ka dirisa se jaaka sedirisiwa se se tsamaisang dipuisano tsa le ditlhophapha.

1. Maloko a setlhophapha a batla go bereka mmogo jang?
2. A ba batla go tlhophapha baeteledeipele?
3. Ba tlide go aba ditiro le boikarabelo jang?
4. Ba tla buisana jang? Ba tla kopana ga kae?
5. Maloko a batla go tsaya karolo efe mo go rotloetseng le go tshegetsa motse?
6. Ba tsaya karolo ba batla maitlamo a fe mo setlhopheng? (sekai, sephiri, go tshegetsa nako, go reetsa ba bangwe, go botsa dipotso fa o sa tlhaloganye sengwe, jalo jalo)?
7. Maloko a mokgathho wa batsamaisi a batla go kwala tsamaiso, maduo a bokopano le metshameko jang?

### Dikgatiso tsa metshameko

Dikgatiso di ka nna ka mokwalo kgotsa ka go dirisa difomo tse dingwe, jaaka, go theipa mantswe kgotsa ditshwantsho. Ditlhophaphas tse dingwe di ka nna tsa seke di battle go dira mokwalo w aphuthego, bogolojang fa ba sa tshephe gore thuto e tlaa dirisiwa jang. Le fa gontse jalo, fa o tlhalosa mosola wa ga nna le diphuthego tse di gatisitsweng, go na le kgonagalo yagore batsaya karolo ba dumalane fa ba tsya tshwetso ya gore mekwalo e tlaa bewa jang e be e dirisiwa jang.

8. A setlhophapha se se tsamaisang se batla go ipha leina? Go gongwe selo fela se tshwanang jaaka le leina se kgora go thusa mokgathho o mosha go ipona o tshwana le e mengwe.



## Tool 3: Go lebagana le kgotlhlang

**Maikaelelo:** Sedirisiwa se se nankola ditsela tse di tona di le tlhano tsa go itebaganya le kgotlhlang. Kgotsa magareng ga setlhopheng sese tsamaisang le batho kgotsa le ditlhopheng mo motseng ka bophara. Sekai, maloko mangwe a setlhopheng sa batsamaisi a ka batla go bereka la mapodise go itebaganya le kgang ya thubetso mme ba bangwe bone ba sa akanye gore ke tsela e e siameng thata. Kgotsa, maloko mangwe a motse a a batlang go tswala dibara tse di rekisetsang bana ba dingwaga tse di kotlase gat se molao o di beielng go ka simolola go rekisediwa bojalwa ka tsone a kai phithhela a le kgatlhanong le barekise ba bojalwa kgotsa bangwe mo motseng .ka go akanya ka dikgato tse ,setlhopheng sese tsamaisang se ka kcona go nna mo seemomg sese dirang gore mongwe le mongwe a feny.

Go nale dikgato tse tlhano tse di tsewang go itebaganya gentle le kgotlhlang. A re tseye sekai sa go tiisa mokgatlho wa batsadi le bana, re bo re tsaya dikgato tsa teng. Mo sekaing se, babereki ba sekolo le barutabana ba supile fa ba sena kgatlhego ya go bereka le mokgatlho o jaanong ba motse ba batla go rarabolola se.

### 1. Tlhaloganya kgotlhlang

- Dikeletso tsa rona ke dife? Jaaka, go sireletsa basetsana ko sekolong
- Re kgathala thata ka eng? Sekai go netefatsa gore basetsana ba ikutlwba babalesegile ko sekoleng
- Mo kgotlhannyeng e re tshwenyegile ka eng? Jaaka, go netefatsa gore basetsana ba ikutlwba ba balesegile ko sekolong
- Re batla eng? Jaaka, Lekgotla la batsadi le barutabana le le nonofileng gape le kcona go fetola maikutlo le megopoloy a barutabana le batsamaisi
- RE tlhoka eng? Jaaka maikaelelo go tswa mo barutabaneng le batsamaisi go bereka le le Iekgotla la batsadi le barutabana
- Ke ditumalano dife tse re ka di fitlheleleng? Jaaka go nna le bokopano jwa batsadi le barutabana ga bedi mo themeng nngwe le nngwe
- Dikeletso tsa ba ba kgatlhanong le rona ke dife? Jaaka go tshegetsa dithata tsa bone?
- Ba batla eng? Jaaka Lokgotla la batsadi le barutabana le le sa nonofang
- Ba tlhoka eng? Jaaka go itse gore ba santse ba na le dithata

### 2. Buisana la ba ganetsi

- Ba reetse ka kelotlhoko go tlhaloganya dikgang tsa bone, dingongorego, matshwenyego obo o bona megopoloy a bone e e tshwanang le ya lona gore lotlhe lo feny.
- Tswelela ka go botsa dipotso le go tsaya thuto
- Rotloetsa ba ba batlang go tsaya karolo ka matlhagatlha....
- Fa go nna le kgotlhlang, le ka go e fedisa ka sengwe se se tshegesang kgotsa emisa dipuisano gore mongwe le mongwe a wela maikutlo.Nako tse dngwe go ikopa maitshwarelo go a busetsa
- Fa mongwe le mongwe sebaka yo o batlang go tsaya karolo
- Fa lo sa utlwane, se omane kopa maitshwarelo. Gantsi go kopa maitshwarelo go a busetsa.



- I tsetsepele mme o reetse. Sekai, batho ba motse ba batla gore batsadi ba tseye karolo thata mo sekolong mme ba batla tsela e e motlhoho.
- Tswelela ka go botsa dipotso le go kgobokanya se o se ithutang

### 3. Akanya ka ditharabololo tse dingwe

- Tshwara bokopano jwa go batla ditharabolo le lekgotla le le nnye go tswa mo ditlhopheng ka bo bedi
- Ela tlhoko gore tsamaiso ke e e lettelelang batho go sosologa le go ikutlwa ba ba balesegile
- Batla motsamaisi yoo ka sekeng a ntshe maikutlo a gagwe ka kgotlhlang
- Lebelela dikeletso tsotlhe tsa ba ba kgatlhanong le lona. A gona le tse di tshwanang le tsa lona
- Berekang mo go ntsheng megopololo e e bontsi jo bo ka kgonegang. Se sekaseke kgotsa se kgale megopololo pele, se seka itsa batho go akanya megopololo e mengwe e e botlhokwa.
- Batla gore mongwe le mongwe e nne mofenyi, a felele a bone se a se batlang.
- Jaaka sekolo se dumela go bereka le mokgatlo wa PTA gangwefela mo ngwageng. Se ke sengwe se go ka simololwang ka sone
- Batla tsela ya go dira tshwetso ya moganetsi wag ago motlhoho

### 4. Tlhophpha tharabololo e e siameng thata

- Ela tlhoko gape ditharabololo tsa gago
- Tshwaa megopololo e e siameng thata e o tlileng ka yone
- Ke tharaololo efe e e fang ditlhophpha ka bobedi bontsi? Tharabololo e o e kanna yone e e siameng thata

### 5. Batla ditsela tse dingwe

Go ka nna le dinako tse eleng gore ntle le bereka thata tharabololo e e amogelesegang ga e bonwe. Akanya ka dipotso tse di latelang pele le morago ga ditumalano:

- Ke ka nako efe e oka tswang mo go lekeng ditumalano? Jaaka, Fa sekolo se dumela go tshwara bokopano mme se sa bue ka dikgang tsa konokono tse di botlhokwa mo motseng, jaaka, go ratana ga barutabana le bana ba sekolo
- O ka dira eng gape fa o sa dumalane le moganetsi wa gago?
- Mathata le bomolemo jwa tse o ka di dirang gape ke eng?
- Ke dife tse di kgonegang e bile di ka direga?
- Moganetsi wa gago o ka dira eng gape?
- O ka dira eng go dira gore se o se tlhophileng se nne botoka go gaisa sa ba ka se dirang?

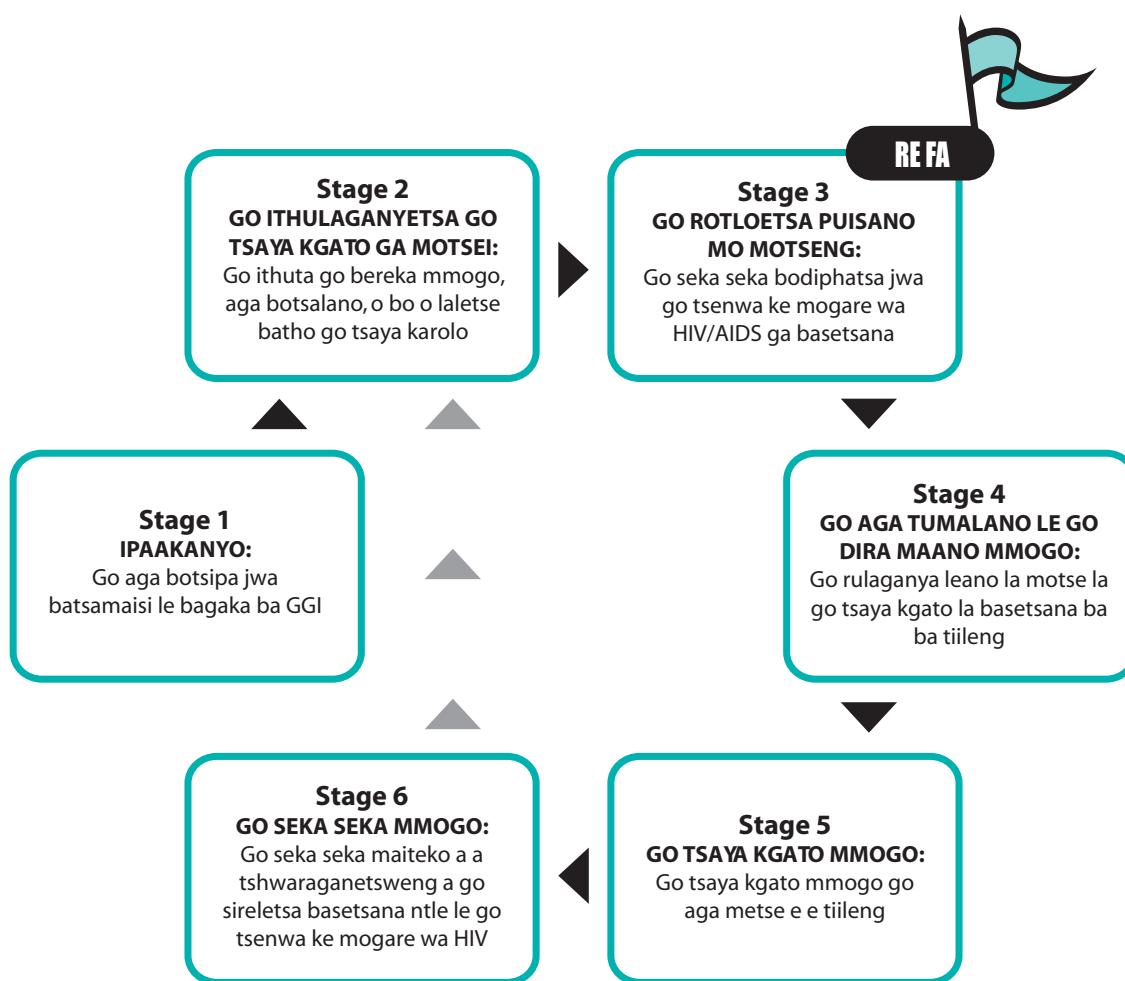


## Stage 3

**Go ROTLOETSA PUISANO MO BAAGEDING BA MOTSE:  
Go batlesisa bodiphatsa jwa basetsana jwa go tsenwa ke  
mogare wa HIV le AIDS**

**Go nale dikgato di le tlhano mo stageng se:**

1. Batlang lo bo lo buisane ka se se bakang gore basetsana ba nne mo diphatseng tsa go tsenwa ke mogare wa HIV/AIDS le setlhophpha se se tsamaisang
2. Rulaganya o bo o tshware tiro ya go simolola tsamaiso
3. Batlisesang le bo le buisanang thata ka se se bakang bodiphatsa jwa mogare wa HIV/AIDS mo basetsaneng le bagedi ba motse ka bophara
4. Sekasekang dithuto tse lo di phuthileng lo bo lo dira lenaneo la go tsaya kgato
5. Abelana maduo le baagedi ba motse lo bo lo dumalana ka tse di tlaa dirwang



Stage 3 ke karolo e e botlhokwa ya go rotloetsa le go tshegetsa maikutlo, gape e le telele.



## Step 1: Batla o bo o buisane ka kgang ya diphatsa tsa basetsana mo go tsenweng ke mogare wa HIV/AIDS le setlhophapha se se tsamaisang

- ▲ Ditlhophapha tse di tsamaisang di tlhoka go itse ka botlalo le nnete ka diphatsa tsa basetsana mo go tsenweng ke mogare wa HIV /AIDS. Fa bangwe ba maloko ba ka tswa ba itse ka se, go botlhokwa gore ba batle le go buisana ka dikgang tse ka bolele.
- ▲ Tsela ee mosola go dira se ke go dirisa tsheka tsheko ka "problem tree". Bona Tool 4 go bona dikaelo tsa tiriso.



- ▲ Ditshwantsho tse di supang bodiphatsa jwa HIV/AIDS mo basetsaneng di ka dirisiwa go rotloetsa dipuisano ka dikgang tse di bonweng kgotsa go simolola dipuisano ka dikagang tse go sa itebagangwang le tsone.

- ▲ Morago ga go dira setlhare sa maththa, go botlhokwa go botsa setlhophapha sese tsamaisang go akanya ka dipotsonyana pele ga ba tswa ba ya go sekaseka kgang le motse ka bophara, sekai:
  - ✓ PKe eng o nale kgatlhego ya go bereka mo dilong tsa bodiphatsa tsa basetsana go tsenwa ke mogare wa HIV/AIDS?
  - ✓ Aa o kile wa bereka le dilo tsa HIV/AIDS kgotsa le banana pele? Gone ga direga eng?
  - ✓ Aa batho mo motseng o, ba bona basetsanyana (dingwaga 10-17) bale mo diphatseng tsa HIV/AIDS? Fa ele nnya, ka go reng, re tshwanetse go dirang eng go dira gore ba dumele?
  - ✓ Aa batho mo motseng wa lona ba dirile sepe go sireletsa basetsana ntle le HIV? Re ka bereka jang le bone?



### Go dira batho go bua a diphatsa tse di lebaganeg basetsana

Fa lo buisana ka diphatsa tse di lebaganeng basetsana go botlhokwa go botsa dipotso tse di motlhofo, di tlhamaletse tse di amanyang thata kgang le motse. Sekai, fa o bua ka bojalwa le bodiphatsa jwa mogare wa HIV/AIDS, o ka n botsa dipotso tse ditlhomaganeng tse di motlhofo, jaaka; „A o itse batho mo motseng o ba ba iphitisang dino?...E... Go diragala eng fa ba iphithisa dino?....Ba bua thata, Ba awa...Ba dira eng gape?... Ba tlhakanelo dikobo.....Fa o bona a ba dirisa condomo?...Nnyaa..

- ▲ Palo ya dikarolo ts di tsewang go dira motshameko o e tlaa farologana. Maloko a setlhophapha sese tsamaisang a tshwanetse go phuthologa ka kgang e mme a ithuta thata ka maikutlo a bone a nako e , ditiro le ditumelo ka bodiphatsa jwa HIV/AIDS mo basetsaneng. La fa gontse jalo, ga go tlhokafale gore ba bo ba le bo maitseanape mo dikgannyeng tsa HIV/AIDS kgotsa tsa banana. Gakologelwa, ditiro tsa konokono tsa setlhophapha sa batsaya karolo ke:



- ✓ Phutha batho gore batle go bua kga ka botlalo
- ✓ Bitsa batho ba ba tswang kontle mme ban ale botsipa, jaaka babereki ba botsgo kgotsa baemedi ba makgotla a mo motseng
- ✓ Netfatsa gore mongwe le mongwe o nale tshono ya go bua
- ✓ Thusa baagedi ba motse go ipaakanyetsa go tsaya kgato

## **Step 2: Kgato ya bobedi: rulaganya o bo o tshware moletlo wa go bega tsamaiso**

- ▲ Bereka le setlhophha sa ba tsamaisi go baakanyetsa moletlo wa motse wa go bega tsamaiso ya go rotloetsa le go tsamaisa. Se agpe se tlaa dirisiwa go itsese batho ka dikarolo tsa lenaneo la GGI
- ▲ Bua le babereki ba GGI ka go rulaganya moletlo. Sekai, gore otlaa nna leng le kae, go tlaa diragala eng, batho ba tlaa lalediwa jang go tsaya karolo, ke mang yoo o tlaa eteolang pele phuthego, ke dijo dife le dino dife tse di tlaa nnang teng, go tlaa buisanwa ka eng jalo, jalo.

Maikaelelo a moletlo wa go bega lenaneo ke:

- Itsese batho ka ditiro tsa GGI tse di tlaa bong di diragadiwa mo motseng o bo o rotloetse go tsya karolo that. Gakologelwa gore meste e mebedi e diragatsa model I package le metse e mebedi e diragatsa model II package
- Rotloetsa baagedi ba motse go tsaya kgato ya bone ka go nna le seabe mo dipuisanong le mo ditirong tse setlhophha sese tsamaisang se tlaa di tsamaisang mo dibekeng le dikgwedding tse di latelang.

## **Kgato ya boraro: Seka sekä le baagedi ba motse ka kakaretso dilo tse di dirang gore basetsana ban ne mo diphatseng tsa go tsenwa ke mogare wa HIV mo motseng wa lona**



O sekä wa lebala go tlatsa difomo tse di lepang ko tshimologong ya Field Guide mo phuthegong ngwe le nngwe ya toro ya motse

Jaanong fa setlhophha sese tsamaisang se se na go sekaseka se bo se buisana ka bodiphatsa jwa HIV/AIDS mo basetsaneng, se tshwanetse go rulaganya go buisana ka kgang e le motse kabopara.

- ▲ Kgato ya ntla ke go tsaya tshwetso ya gore ba tlaa akaretsa motse ka bophara jang go buisana ka kgang e. fa tlase ke mengwe ya mekgwa ya go buisana e e rotloetsang go tsaya karolo. Ke efe mekgwa e mengwe e e kgatlhisang s=e o ka e akanyang?
- ▲ Pele ga o simolola dipuisano le baagedi ba motse ka bophara, go mosolo gore setlhophha se se tsamaisang se se phuthe dithuto le dipalo mo dikganyen dingwe tsa botlhokwa tse di

amanang le diphatsa tsa basetsana, sekai ek basetsana ba le kae ba ba imileng mo ngwageng o o fetileng?. Dithuto tse di ka banwa mo dikoleng, dikokelwana le batho ba motse. Barotloetsi le batshegetsi ba tshwanetse go sekaseka thata dipalo tse netefatsa gore di remeletse mo boammaruring e seng dikakanyetso fela. Sethlopho se se tsamaisang se ka dirisa dipalo tse mo diphuthegong tsa bone le baagedi ba motse go nonotsha go tlhaloganya dikgang tse.

### **Methale ya go bereka mmogo go sekaseka le go buisana ka tse di baying basetsana mo diphatseng tse go tsenwa ke mogare wa HIV**

Itsese setlhopho sese tsamaisang mekgwa e o bo o tlhalosa ka fa ba e dirisang go sekaseka kgang e. setlhopho sese tsamaisang se ka tsaya tshwetso ya go dirisa mofuta mongwe wa e e elatelang kgotsa sa e tlhakanya. Ba ka nna ba nna le megopol e mengwe ya go phutha kitso, jaaka go bua dipolelo.

**Go sekaseka setlhare sa mathata.** Go sekaseka selo se se koteng se se bakang mo setlhopheng se sennye. S ethusa go bona dikgang tsa botlhokwa le ditharabololo tsa tsone.

Dirisa Tool 4 "Go tshwantsha setlhare sa mathata"

**Ditlhopho tsa dipuisano.** go rulaganya ditlhophanyana tsa batho baba tshwanang go buisana ka kgang. Ditlhopho tsa dipuisano dif a batho tikolo e e phuthologileng ya go bua, le fa ba bangwe ba ka tshaba go bua se ba se akanyanag fa pele ga babangwe. Dirisa Tool 5 "go tshwara puiano ya setlhopho"

**Ditlhopho tse di potlana di bereka mo bokopanong jo bo tona.** Mo bokopanong jwa batho bale bantsi, go kgonagala go bua dikgang tse di farologaneng ka go dirisa ditlhopho tse di potlana. Kgaoganya batsaa karolo ka ditlhopho tsa batho ba ka nna 5-6 o bo o fa setlhopho sengwe le sengwe setlhogo kgotsa potso e e sa tshwaneng le ya ba bangwe. Sekai, setlhopho se sengwe se ka bua ka tsa botsogo, se sengwe se ka bua ka dithuto, jalo jalo. Fa setlhopho sengwe le sengwe nako e e khutshwane go bua ka fa setlhogo sa bone se amang diphatsa tsa basetsana mo go tsenweng ke mogare wa HIV/AIDS. Ko bofelong, kopa moemedi go tswa mo setlhopheng sengwe le sengwe go bua ka boripana se ba se lemogileng o bo o kopa batho ba bangwe go botsa dipotso le go ntsha megopol.

**Metshameko.** Motho mongwe kgotsa setlhopho sa batho ba motse se dira se be se supa motshameko o o amanang le kgang fa batho ba bangwe ba motse ba lebelela. Metshameko ke ditsela tse di botlhokwa tsa go simolola dipuisano. Sekai, fa o bua ka kgang e e masisi jaaka ya petelelo, fa gongwe go motlhoho gore batho ba bue ka motshameko wa maitirelo go na le gore ba ipuwe kana ba buwe ka batho ba bangwe ba motse.



Gosakgathasege gore go dirisitswe botsipa bofe, netefatsa gore thuto e e phuthilweng e gatisiwa ka kelotlhoko ke setlhopho sa batsamaisi. Thuto e e tshwanetse go bewa mo lifelong le le babalesegileng.



## Kgato ya bone: sekaseka thuto e ephuthilweng o bo o rulaganye ts konokono go tsaya kgato

Jaanong ka gore setlhophpha sese tsamaisang se phuthile kitso mo motseng ka se se dirang basetsana gore ba nne mo diphatseng tsa HIV/AIDS, ke nako ya go akanya ka maduo.

- ▲ Netefatsa gore o na le kgatiso yotlhe ya dipuisano le motse ka bopahara. Lebelelang tse jaaka setlhophpha gogakolola batsaya karolo se se bilweng
- ▲ Lemoga megopoloo efaologanneng magareng ga batho le ditlhophpha - ela tlhoko gore o seka wa kopanya dikarabo tsotlhe mmogo fa se se ka baka gore o tlhoke go bona dipharologanyo tse di botlhokwa.
- ▲ Leka go lebagana le meono e metona go na le go timela mo ditlheng ka bophara. Fa batsya karolo ba na le mogopoloo oo botoka wa kgang e etona gape ba rulagantse tsa konokono ba ka boela ko dintlheng ka bophara tse di maleba.
- ▲ Go thusa go tsaya tshwetso mo go tsa konokono, dirisa Tool6, "Assigning priorities for Action". Go siame thata go felela mo dikgannyaeng tsa konokono di le pedi kgotsa tharo.

## Kgato ya botlhano: arogana madu le motse lo bo lo dumalane ka dikgang tsa konokono

- ▲ DMorago ga setlhophpha sese tsamaisang se se na go lebelela kitso e e phuthilweng se be se rulaganya tsa konokono, buisanang lo bo lo dumalane gore lo ya go arogana jang maduo a go phutha kitso le motse., go akaretsa le maduo a dipuisano sa motse le dilo tsa konokono tse di bakang bodiphatsa jwa basetsana tse di beetsweng go tsaya kgato.
- ▲ Go botlhokwa go bua dilo ka tsela e e tla kgatlha batho. Sekai, setlhophpha sa batsamisi se ka dirisa lebotanan go kokometsa ditshwantsho, dinepe, kgotsa ba tshwara diphuthego, kgtso ba tshwaa meopelo kana metshameko. Aa o ka akanya ditsela tse dingwe?
- ▲ Netefatsa gore baagedi ba motse banale tshono ya go bua maikutlo a bone ka tsa konokono tse di tshwanetseng go dirwa. Tse ditshwantse go buiwa phatlalatsa le ba motse go fitlhelela tumalano e tsewa.



### Tlhomamiso ya Stage 3:

Kgang	Tshwaa
A setlhophha se se tsamaisang se buile ka diphatsa tsa basetsana mo go tsenweng ke mogare wa HIV/AIDS?	
Aa setlhophha sa batsamaisi se setse se tshwere mokete wa go itumelela GGI le ba motse?	
A setlhophha se se tsamaisang se batlile ditsela tse dingwe tsa diphatsa mo HIV/AIDS le batho ba motse?	
A bomme le basetsana bat sere karolo mo tsheka tshekong e?	
A setlhophha se se tsamaisang se sekakile se se ithutileng?	
Aa setlhophha sa batsamaisi se dirisitse maduo a a bonweng go bona gore dilo tse pedi tse tharo tsa konokono tse di bakang bodiphatsa jwa go tsenwa ke mogare wa HIV/AIDS ga bana ba basetsana ke eng?	
Aa maduo a tsheka tsheko a setse a aroganwe le ba bangwe mo motseng? Aa go nale tumalano gore dilo tsa konokono ke eng?	

Fa o fitlheletse dilo tse tsotlhe, ke nako ya gore o tswelele le karolo ya bone. "Go aga tumalano le go rulaganya mmogo: Go aga lenaneo la motse la go tsaya kgato ya go nonotsha basetsana.

Fa o na le dipotso kgotso matshwenyego ka nngwe ya dikarolo tse, se lebale go e bua le moeteledipele wa gago. Ba ba rotloetsang ba be ba tshegetsa maikutlo mo metseng e mengwe le bone ba ka thusa ka jalo gakologelwa go l kgolaganya le bone.

### Didiriswa tse di mosola tsa Stage 3

Tool 4: Go tswantsha setlhare sa mathata "problem tree"

Tool 5: Go tshwara dipuisano

Tool 6: Go dumalana gore go tsewa kgato efe pele



## Tool 4: Go tshwantsha setlhare sa mathata“problem tree”

**Tiriso:** Motshameko o o thusa go batla la go buisana ka mabaka kgotsa dilo tse di oketsang diphatsa tsa basetsana mo mogareng wa HIV/AIDS. Se se netefatsa gore baagedi ba tsaya kgato mo go tse di bakanga mathata eseng mo ditla moragong. Motshameko o o istewe gape ele “ka goreng? Ka goreng?” kgotsa “selo se se bakang”.

1. Tshwantsa setlhare, le matlhare, dikala, kutu le medi. (Ela tlhoko : se se thusa baagedi ba motse go akanya go tswa ko moding wa se se bakang mathata. Mo motshamekong setshwantsho se ka nna sa se ke se lebege jaaka setlhare –mme se tshwanetse go nna le mogopolole meomo. Sekai sa setlhare sa mathata se mo tsebeng e e latelang)
2. Tlhalosa gore thito ya setlhare e emetse mathata (bodiphatsa jwa basetsana go tsenwa ke mogare wa HIV/AIDS). Medi yone ke dilo tse di bakang mathata, matlhare le dikala ke ditla morago tsa mathata. Jaaka sone setlhare, mathata mangwe le mangwe a nale medi e e tsenelelang ko tlase thata. Fa re ka itebaganya fela le ditlamorago tsa mathata, ga re na re ama mathata a, mme fa re ka rema setlhare se ko moding re ka fetsa mathata a.
3. Jaana, re ya go seka seka dilo tse di bakang bodiphatsa jwa basetsana mabaka a a bofitlhatlha. Lantlha, tshwantsha sekele fagare ga pampiri e e tona, fagare gay one o bo o kwala “basetsana ba tsenwa ke mogare wa HIV/AIDS”.
4. Simolola ka go botsa maloko a setlhophya se se tsamaisang “Ke dife di tsela tse gantsi di bakang diphatsa tsa basetsana mo go tsenweng ke mogare wa HIV/AIDS”.
5. Mo lebakeng lengwe le lengwe le buiwang, tshwantsha lesakana ka kontle ga lesaka le tona o bo o kwala lebaka mo teng ga lone. Tshwantsha mola o o tshwaraganyang lesakana lengwe le lengwe ko lesakeng le tona. O tla laolwa ke go kgona go kwala keg a bone, gongwe go ka nn amosola go tshwantsha.
6. Fa batsaya karolo ba sena go supa mabaka a konokono, tsaya mabaka, botsa “mabaka a a bakwa ke eng?” Sekai sekolo se se a sireletsega kgotsa batho gab a itse ka melao ya bojalwa. Segela lebaka lengwe le lengwe tselana e e yang ko lebakeng le lengwe.

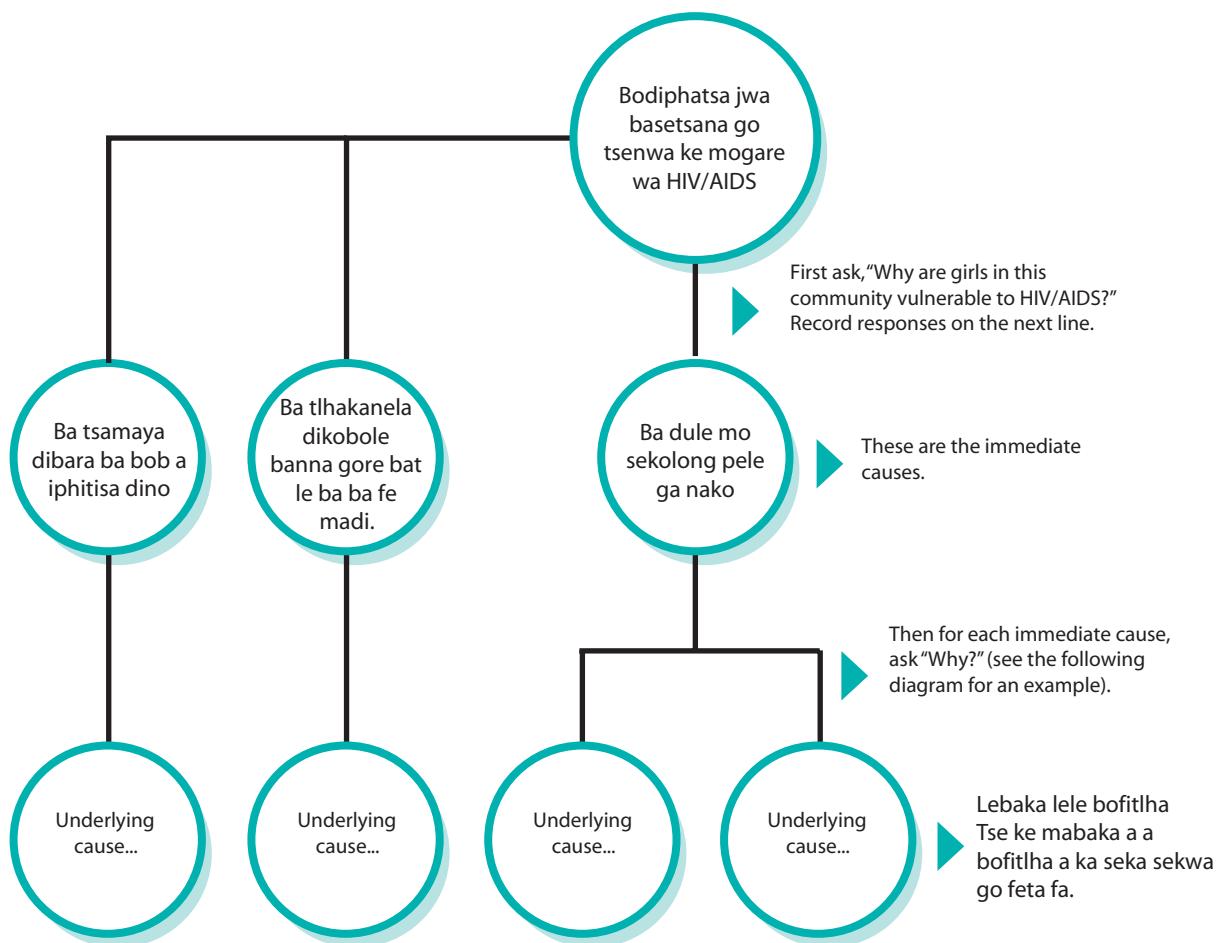
Ka gotswelela o botsa “Ka go reng?”, ba tsaa karolo batla kgona go bona mabaka a a ko teng a a bayang basetsana mo diphatseng tsa go tsenwa ke HIV/AIDS.



Batho ba bangwe ba motse ba ka se batle go itebaganya thata thata le basetsana. Sekai, ba batla go bua ka banana ba tlogelang sekolo, go akaretsa basimane. Se se ka tswa se le maleba mme go botlhokwa gore motsamaisi a rotloetse batho ba motse go ela tlhoko thata se basetsana ba se tlhokang das raparigas.



## Sekai sa setlhare sa mathata “problem tree”



A re dirise basetsa ba ba tswang mo sekolong go supa jaaka lebaka lengwe le lengwe le ka buiwa ka boteng....

Pele botsa gore “ke eng basetsana ba motseo ba le mo diphatseng tsa go tsenwa ke mogare wa HIV/AIDS?” Kwala dikarabo mo tselaneng e e latelang.

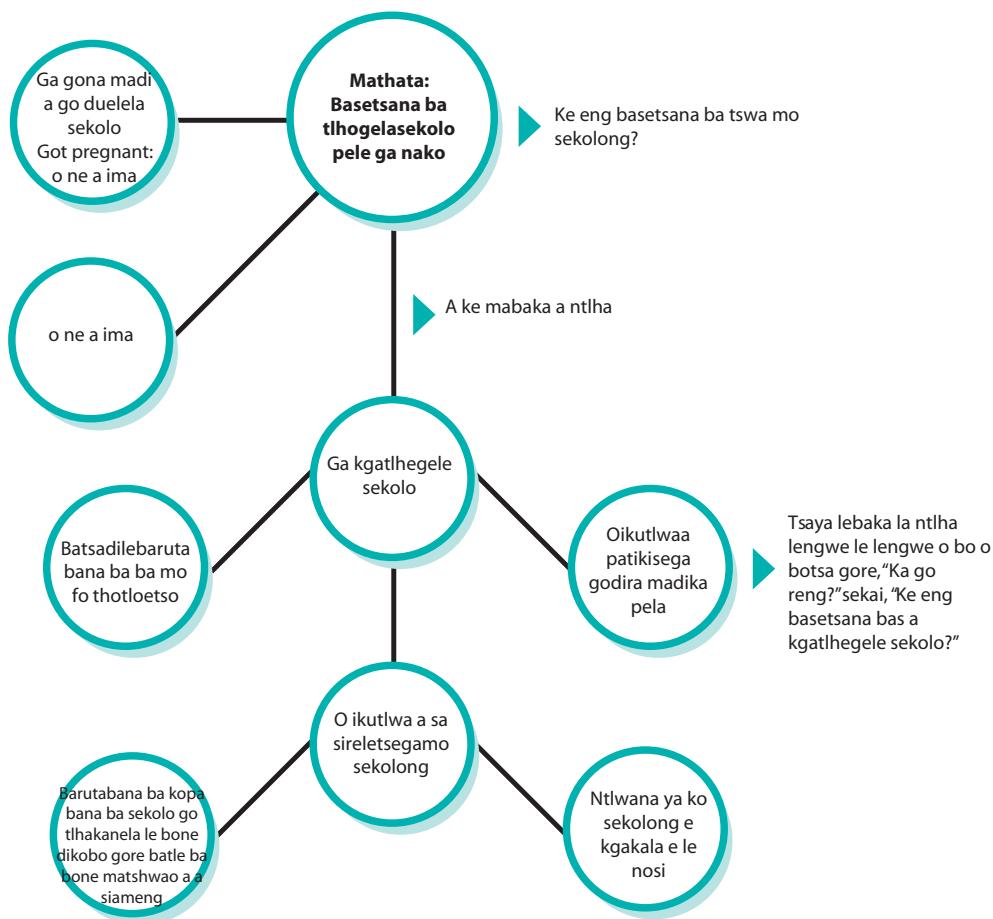
A ke mabaka a ntlha

Tsaya lebaka le ntlha lengwe le lengwe, botsa gore, “Kago reng?” (lebelela setshwantsho se se latelang go bona dikai)

Tse ke mabaka a a bofitlha a ka seka sekwa go feta fa.



## Problem tree example -Girls vulnerability to HIV/AIDS- Bodiphatsa jwa basetsana go tsenwa ke mogare wa HIV/AIDS



Gakologelwa, tse ke dikai fela tsa dilo tse di ka bakang. Batho ba motse ba tlaa dirisa thulaganyo e go batla se se bakang jaaka ba bona mo motseng wa bone.

O ak bona gole mosola go bua ka "dikala" le "matlhare"-re raya ditlamorago tsa mathata. Se se ka thusa baagedi go bona gore boditsha jwa basetsana mo HIV bo ka feleletsa bo ile ko mathateng aa ntseng jang, ga mmogo le HIV. Mme gakologelwa gore baagedu ba tshwanetse go lwantsha dilo tse di bakannng mathata eseng ditlamorago ,fa ba batla go bona diphetogo.

### Go buisana ka "problem tree"

Fa setlhophha se se tsamaisang se se na go fetsa setlhare sa mathata, go botlhokwa gore ba buisane ka se ba se boning. Sekai:

1. Aa batho baba farologaneng (sekai banna le basadi) ba bona dilo ka go farologana?
2. A go na le maduo a a hakgamatsang? Ke eng a hakgamatsa?
3. Ke dife di tshwetso tse re ka di tsayang mo maduong a?
4. Ke a fe maduo aa nan le ditlamogaro tse di botlhokwa thata mo ditirong tsa bokamoso? Ka go reng?



## Sedirisiwa sa botlhano: Go tswara dipuisano

**Mosola:** Motshameko o o thusa batho go thama dipuisano tse di upololang tse batho ba di itseng, ba di akanyang le maikutlo a bone ka tsa bodiphatsa jwa basetsana mabapi le mogare wa HIV le AIDS.

### Ipaakanyo

1. Bereka le setlhophapha se se tsamaisang go kwala batho ba ba tlaa kopanang le bone ba ba farologaneng mo motseng. Go a thusa go kgobokanya mmogo batho ba ba tshwanang gore ba kgone go bua ka phuthologo. Sekai, setlhophapha sa basetsanyana, setlhophapha se sengwe sa basetsana ba ba golwane, setlhophapha se sengwe sa borre ba ba golwane, setlhophapha se sengwe sa sa barutabana
2. A setlhophapha se se tsamaisang se batla go tshwara puisano le mongwe le mongwe wa moloko a setlhophapha gangwe fela kgotsa go feta? Ke mogopolo o montle go nna le batho ba ka nna barataro go ya go lesome (6-10) mo setlhopheng
3. Dumalanang ka dipotso tse setlhophapha se yang go itebaganya le tsone. Go mosola go nna le tse tharo kgotsa tse tlhano. Se se tla le fa nako ya go itebaganya le ngwele ngwe ka bongwe ka bongwe. Sekai, le ka simolola ka potso e tswana le, "ke eng basetsana b ale mo diphatseng tsa go tsenwa ke mogare wa HIV/AIDS?", kgotsa wa botsa wa botsa dipotso tse di tseneletseng jaaka "batsadi baa ma jang bodiphatsa jwa basetsan jwa go tsenwa ke mogare waa HIV/AIDS?"
4. Tlhophapha lefelo le le se nang modumo mo motseng le ditlhophapha di tlaa kopanelang ko go lone. E ka nna ka fa tlase ga setlhare, kana ntlwana ya borutelo morago ga sekolo. Netefatsa gore o filwe tetla ya go dirisa lefelo leo.
5. Baya nako e setlhophapha sengwe le sengwe se tlaa kopanang ka yone. Tlhomamisa gore e siametse batho ba motse. Ela tlhoko thata gore bomme bana le ditiro tsa malapa a bone. Rulaganya nako e dipuisano tsa ditlhophapha di tlaa e tsayang- Etshwanetse go letlelela dipuisano go atologa mme e se telele thata go tshwenya batho. Oura ke sebaka se se siameng.
6. Laletsa batho go tsaya karolo mo dipuisanong tsa ditlhophapha. Maloko a setlhophapha se se tsamaisang a ka ise batho ba ba ka tsayang karolo. Lefa go ntse jalo, netefatsa gore o ama motse otlhe e seng fela ba ba itseweng ke setlhophapha se se tsamaisang.
7. Fa mongwe a dumela go tsa karolo, mo fe letsatsi, nako le lefelo la setlhophapha



## Ko dipuisanong

1. ULeleko la setlhophha se se tsamaisang le tshwanetse go tsamaisa setlhophha le lengwe le tshwanetse go kwala se se builweng.
2. Motsamaisi o tshwanetse go simolola ka go kopa batho go iketsise ba bangwe.
3. Go tswa foo motsamisi o tshwanetse go itsese batsaa karolo moono wa setlhophha. Jaaka, "Go batla go itse se batho ba motse ba se akanyang le maikutlo a bone ka bodiphatsa jwa basetsana mo HIV/AIDS". Kopa ba tsaya karolo go tsaya se se buisantsweng mo setlhopheng e le sephiri.
4. Fa batho ba se na go iketsese ba bangwe, go tsamaisa puisano dirisa puisno e e latelang.
5. Ko bo felong jwa puisano lebogela botlhe go tsaya karolo.

### Dingwe tsa konokono ka tsamaiso ya dipuisano

Tiro ya setlhophha sa batsamaisi ke go botsa dipotso babo ba REETSA dikarabo, ba kwale dikarabo.

- Netefatsa gore setlhophha sa batsamisi ga se sone sa fang dikarabo tsa bone. Kgotsa, ba rerela baagedi fa bas a dumalane le bone.
- Netefatsa gore mongwe le mongwe o na le sebaka sa go bua. O sekwa wa letla gore motho a le mongwe e nne ene a buang.
- Botsa batho baba didimetseng gore ba akantse eng, se se ka ba rotloetsa go bua.



## Sedirisiwa sa borataro: Go dumalana gore go tsewa kgato efe pele

**Mosola:** Sedirisiwa se se ka diriwa ke setlhophpha sa batsamaisi go tsaya tshwetso ya gore ke dibaki dife tsa bodiphatsa jwa basetsana tse di tshwanetseng go lejwa pele.

1. Botsa setlhophpha sa batsamaisi "ke dife tsa konokono tse motse o di boneng?" Dikwale mo pampering o bo o e baya fa fatshe. Fa bas a itse go kwala o ka dirisa matshwao ape fela a mangwe
2. Neela mongwe le mongwe palo e e lekanang ya/dinawa/peo/mantswe.
3. Raya batsaya karolo ba dirise dinawa go kaya botlhokwa ba mathata. Ba kope gore ba akanya dilo tse di latelang fa ba tsa ditshwetso tsa bone: Go ama batho bale kae?
  - Go ama gole kae?
  - Aa go nale ditharabolo dingwe tse di bonweng?
  - Aa baagedi ba motse ban ale kgatlhego ya go rarabolola mathata a?
4. Kopa ba tsaya karolo go fa nngwe le ngwee ya mathata dinawa dile nngwe go yak o go dile tlhano (1-5), ele 1 e se botlhokwa 5 ele e e botlhokwa thata.
5. Fa mongwe le mongwe a sena go fetsa, bala gore mathata mangwe le mangwe a filwe dinawa dile kae.
6. Buisana ka maduo le bokopano, le bue le lebelela dipotso tsa konokono. Dira gore le dumalane ka dilo tse tharo tse le tla tsayang kgato mo tsone, le dirisa ditlamelo tse di teng.
7. Kopa mongwe mo setlhopheng sa batsamisi go kwala se se diragalang.



Leka gore mongwe le mongwe a bua la gagwe, le gore phelletsong botlhe a a dumalana.

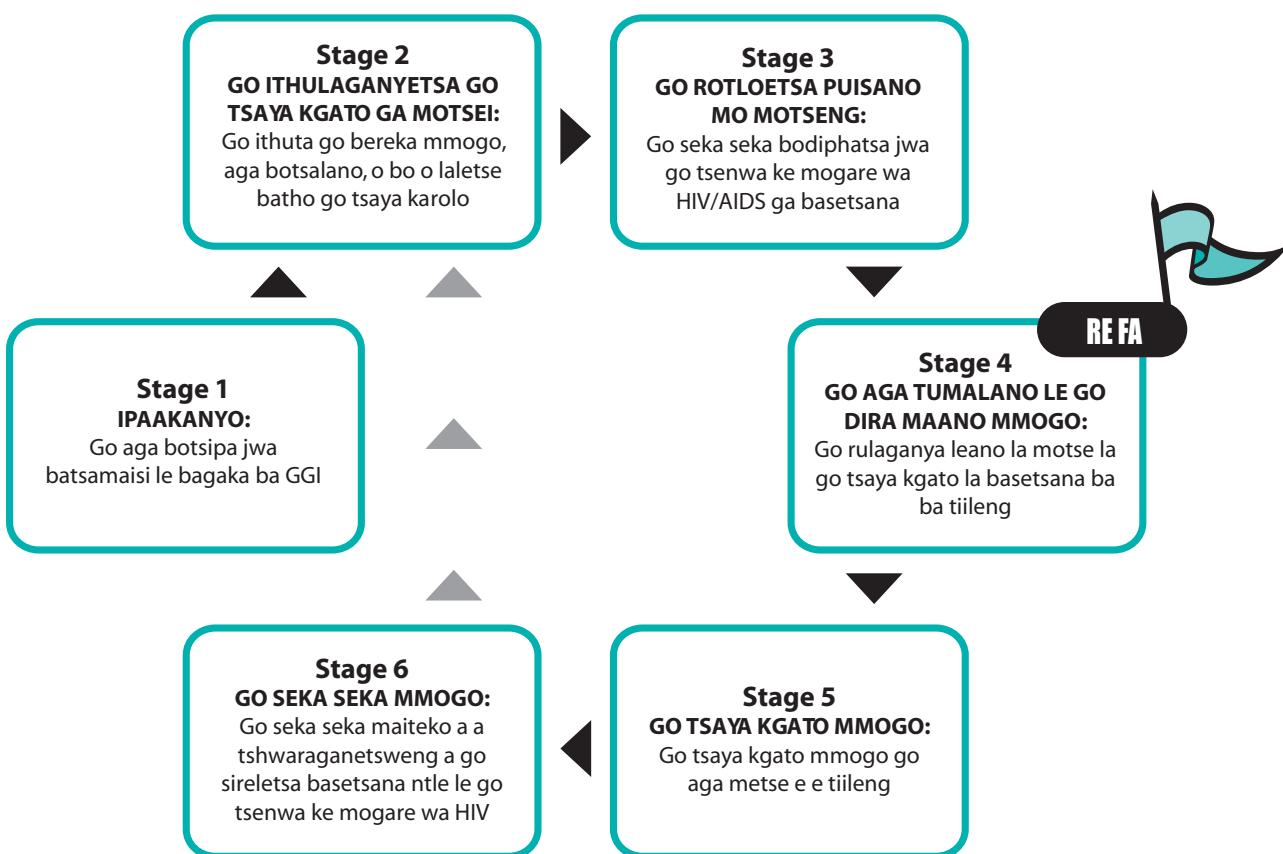


## Stage 4

### **GO DUMALANA KA MEGOPOLO LE GO LOGA MAANO MMOGO: GO thama leano lago tsaya kgato la motse la go aga basetsana baba tiileng**

**Go nale dikgato dile nne mmo staging se:**

1. Tshwantsha ditlamelo tsa motse tse di teng
2. Go batla a bo re tlhopha dikarabo tsa mathata
3. Dira leano la go tsaya kgato la motse
4. Supa lenaneo la go tsaya kgato mo bathong ba motse ka kakaretso o bo o le baakanya fa go tlhofafala





Mo karolong e o tlaa bereka le setlhophpha sese tsamaisang le motse go baakanya CAC go fokotsa bodiphatsa jwa HIV/AIDS mo basetsanengo ,lenaneo la go tsaya kgato le tlaa akaretsa:

- Motse o batla go dira eng
- Go tlaa dirwa jang (ka metshameko efe)
- Go tlhokega eng, se se tlaa tswang kae
- Boikarabelo jwa motshameko mongwe le mongwe le maduo ke jwa ga mang?
- Metshameko e tlaa dirwa leng le gone kae?
- Motse o tlaa tlhokomela tswelelopele jang le go itse leng fa maduo a fitlheletswe

Go nna le mokwalo wa Leano go thusa setlhophpha se se tsamaisang le batho ba motse go diragatsa di tirotse dumalanweng le go bona gore a di dirwa sentle go ya ka leanjo le.



### **Gakologelwa tse fa o rulaganya:**

Netefatsa gore baeteledipele ba motse ba rotloetsa le go tsaya karolo mo thulaganyong

Netefatsa gore mantswe a basetsana a utlwala mo thulaganyong

Batla o bo o atumetse ditlamelo

Netefatsa gore se se ithutilweng mo sekasekeng diphatsa tsa basetsana mo go tsenweng ke mogare wa se dirisitswe mo thulaganyong

## **Step 1: Tshwantsha ditlamelo tsa motse tse di teng**

Fa batho ba motse ba dumalane ka tse di botlhokwa go tsaya kgato, bereka le setlhophpha se se tsamaisang go dira mmepe wa ditlamelo tsa motse le batho ba bantsi ba motse. Mosola wa mmepe o ke go supetsa batho ba motse ditlamelo tse ba setseng ba na le tsone go rarabolola dikgang tse di lebaganeng ebile di amana le Diphatsa tsa basetsana mo go tsenweng ke mogare tse ba dumalaneng go di rarabolola.

- ▲ Setlhophpha se se tsamaisang se phutha batho ba bantsi ba motse, ba akaretsa bomme, le batho ba ba botlana. Gakologelwa, go botlhokwa gore megopolu ya mongwe le mongwe e utluwe
- ▲ Kopa batho ba motse go tshwantsha mmepe yo motona fa fatshe kgotsa mo pampiring kgotsa bolakaboroto. Dilo tsa tlholego jaaka ditlhokwa, matlhare le matlapa di ka dirisiwa jaaka ditshwantsho. Kgaolo e e ka akaretsa metse e mentsi kgotsa lefelo le le botlana la toropo
- ▲ Fa mmepe o tshwantshitswe, ba kope go tshwaa ditlamelo tsa motse mo mmepeng tse di ka nnang (1) se se bakang mathata a a bonweng a amana le diphatsa tsa basetsana mo go tsenweng ke mogare wa HIV/AIDS. Kgotsa (2) Dile botlhokwa mo dikgatong tsa motse go fokotsa diphatsa tsa basetsana mo go tsenweng ke mogare.

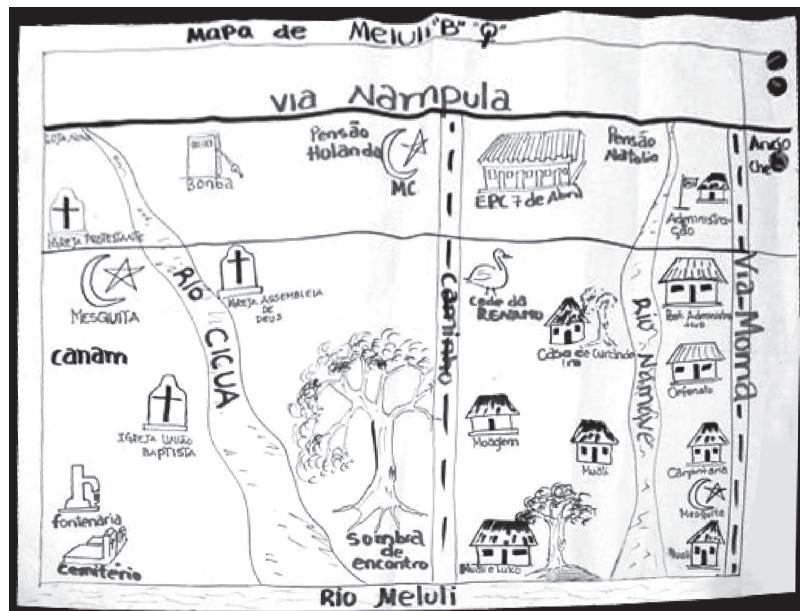


- ▲ Sekai, fa bojalwa e le kgang ya botlhokwa mo motseng, mmepe o ka akaretsa mafelo a e leng marekisetso a bojalwa , mafelo a a mangwe a banana na nwang bojalwa mo go one, mafelo a mapodise kgotsa bangwe ba ba netefatsang gore melao e a diragadiwa. Mafelo a banana ba itapolosang mo go one.

Ditlamelo di ka akaretsa:

- Malapa
  - Mekgatlho (Dikereke, dikolo, mafelo a tsa botsogo)
  - Sepodisi
  - Dimaraka le dishopo
  - Dibara
  - Mekgatlho ya banana
  - Mabala e go tshamekelwang ko go yone
  - Gore bagolwane ba motse ba ka bonwa kae
  - Metsi a bonwa kae
  - Tsa maranyane jaaka diradio le ditlhaeletsanyo tse dingwe
- ▲ ATsenya dingwe tse batho ba motse ba akanyang gore di tshwanetse go supiwa mo mmepepeng, jaaka ditsela
  - ▲ Tshwaa ka letshwao la naledi go supa mafelo a adiphatso mo basetsanyaneng
  - ▲ Jaanong akanya ka bangwe ba bakontle ga motse ba ba ka thusang mo go sekasekeng kgang e.Tshwaaa tse ka kontle ga mmepe
  - ▲ Leloko la setlhopho se se tsamaisang le tshwanetse go kopolola mmepe jaaka o ntse mo pampering la o bay sentle.

## Sekai sa go tswantsha motse



## Step 2: Go batla a bo re tlhopha dikarabo tsa mathata

Fa setlhophpha sa batsamisi se sena go bereka le ba motse go rulaganya dilo tse di tshwanetseng go tseelwa kgato, ke nako ya botsa ba motse gore megopololo ya bone ke eng ka di tharabololo

- ▲ Go mosola go simolola go nna le megopololo a mentsi ya go itebaganya le dibaki tsotlhe. Tool 7, go bona ditharabololo mmogo ka "Margolis Wheel", E bonwa ko befelong jwa kgaolo e ya bone (stage 4). Ke mothale o o mosolo go ntsha megopololo e mentle.



Netefatsa gore batsaya karolo ba itse gore bokopna ke kaga eng, ka ikutlwba sireletsegile, ba phuthologile e bile ba bua mafatlha a bone, ba rotloetsega go bua.

- ▲ Lebelela mabaka a konokono a a bayang basetana amo diphatseng , le dikitso tse ditserwang mo motseng ka ditlamelong tse di teng.
- ▲ Fa ba motse ba nale ditharabolo, ke nako ya o dumalana gore bat la diraga tsa dife. Setlhophpha sa batsamaisi sa ka dirisa Tool 8 "Go tlhopha Ditharabololo", to tlhopha tseo tse di maleba go dirisiwa ke ba motse.



## Megopololo ya go bona ditharabololo

Go thusa ba tsaya karolo go dira ditharabololo, setlhophpha sa batsamaisi se ka dira se:

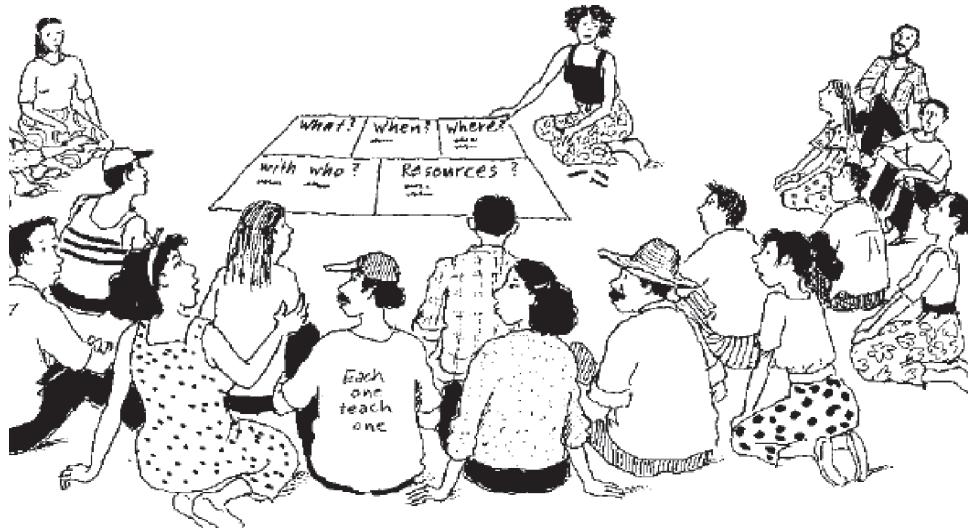
- Dirisa megopololo e e ko bofelelong jwa "Visual briefs on Girls Vulnerability to HIV/AIDS" to simololola puisano ka ditharabololo.
- Akanya ka methale e o kileng wa edirisa ee berekileng. Ke eng se se dirleng gore e bereke? O ka dirisa jang methale e o gore o rarabolole mathata a?
- Akanya gore motse wag ago o dira eng go gaisa metse emengwe yotlhe e o e itseng. Ke botsipa bofe, ditlamelo kgotsa botsamaisi bofe jo bo dirang gore se se kgonege?

## Step 3: Dira leano la go tsaya kgato la motse

Jaananong fa baagedi ba sena go tlhopa ditharabololo tsa ba batlang go di berekisa, setlhophpha sa batsamaisi sa ka leka go dira leano la go tsaya kgato, se se ka thusa go fa kitso e e ntsi ka metshameko yotlhe.

Dilo tsa konokono tsa leano ke go netefatsa gore mongwe le mongwe o dumalana mabapi le:

- **Kgato** ee tla tsewang.
  - **Motho/Batho** ba ba dirang (Leka go dira gore batho ba arogane maikarabelo le gore mongwe le mongwe o nale se a se dirang)
  - **Nako** ya go tsaya kgato (netefatsa gore kgato e ka tsewa mo nako ee sa fediseng pelo- mo dibekang kgotsa dikgweding tse di sa fediseng pelo)
  - **Ditlamelo tse di tlhogegang.**
- ▲ Fa ditlamelo di le teng tshwantsho setshwantsho se se tshwanang le se se kwa tlase mo pampitshaneng mo kholomong ya ntlha o bo o kwala dikgang tsa konokono.



- ▲ Jaanong, kwala se baagedi ba riling ba batla go se dira le metshameko e ba batlang go e tshameka mo motseng. Rotloetsa batho go bua dilo tse ba di batlang. Sekai, fa batho bat la go "arogana kitso ka HIV" motshameko e ka nna "go dira motshamko wa drama gangwe fela mo bekeng" kgotsa go bereka le baruti gore ba bue ka bo diphatsa jwa basetsana basetsa le maloko a kereke".
- ▲ Fa metshameko yotlhe e tsene, boela kwa morago o kwale mo setshwantshong sotlhe, re akaraetsa gore ke mang yo tsayang boikarabelo jwa metshameko, ditlamelo tse di tla tlhokiwang, nako, le dikao tsa phenyo.



### **Re dira jang fa setlha se sa itse go kwala?**

Go a kgonega go dira leano ka tsela e e sa tlhekeng batho goregore ba bob a itse go kwwla

- Dumalana le setlhophpha gore dikgato tse di yang go tsewa ke dife.
- Kgato ya ntlha, kopa baithaopi go tsaya boikarabelo. Kopa baithaopi go ema mmogo ka setlhophpha. Dira jalo mo dikgatong se di latelang.
- Fa mongwe le mongwe a sena go ithaopela kgato ele nngwe, kopa ditlhophpha gore di dumalane ka nako e ba yang go e tsaya le ditlamelo tse ba di tlhokang. Morago netefatso gore setlhaphha se se golwane se a dumalana.
- Kwa bofelong, setlhophpha se tshwanetse go dumalana gore batla lepa jang ba bo b a seka seka metshameko. Ba tla iste jang fa ba atlegile? Di tshwnetse gore di kgone go balwa le go bonwa.
- Setlhophpha sa batsamaisi se tshwanetse go kwala ditshwetso tse di tsewrang.

### **Go tila mangwe mathata a atlwaelesegileng mo leanong la motse la go tsaya kgato:**

**Mathata:** Nako ga e letle go fetsa tiro.

**Karabo:** Thusa batsamaisi go rulaganya gore ditiro tse di botlhokwa ke dife, kgots afokotsa nako e e tlhokiwang

**Mathata:** lenaneo la kgato le tlhoka ditlamelo tse dintsit.

**Karabo:** Thusa ba tsaya karolo go akanya gore ba ka tswaraganya jang manaeo a bone le emengwe gaufi le kgakala le motse. Se ke botsipa jo bo botlhokwa ebole bo ka dirisiwa le kamoso mo mananeo go tokafatsa matshelo a baagedi.

**Mathata:** Batsaya karolo ba eme ditlhologanyo.

**Karabo:** O ka aragogana tse di kileng tsa go diragalela fa o bereka mo metseng e mengwe kgotsa di sele. Kgang ga se go ba patika go dira methale, kgang ke go ba rotloetsa go akanya ka ditharabololo tse di sa tlwaelesegang.



**Mathata:** Batsaya karolo gab a dumalane ka tharabololo le metshameko.

**karabo:** Fa ele gore le ntswa le buile mabako otle a methable batsaya karolo ntse gab a dumalane, go nale dingwe tse di ka dirwang. Batsaya karolo ba ka dumela gore ga bana go dumalana, ba bob a dirisa methale yoo bedi, (fa go kgonega) go bona gore ke ofe o o tla berekang botoka. Kgots aba leke go tlhakanya methale fa go kgonega. Kgotsa ba akanye megopol e mengwe e e dirang selo se. gape ba ka batla kitso e ngwe pele gab a tsaya tshwetso.



**Sekai sa leano la go tsaya kgato la motse**



## Step 4: Rolela motse leano la go tsaya karolo, o bo o baakanya fa go tlhokega

- ▲ Fa leano la go tsaya kgato le fedile, setlhophha sa batsamaisi se tshwanetse go rulaganya phuthego le ba motse le manaeo a a berekelang mo motseng.

Phuthego e, e tla thusa go:

- ✓ Dira motse o bone gore o ka tsaya kgato mmogo ba itokafaletse dilo
- ✓ Berekisana le manaeno a mangwe, mananeo a motse, bagolwane ba motse, bagolwane ba dikereke le babereki ba botsogo gore leano la go tsaya kgato le amogelesoge.
- ✓ Bona gore go tlhokega eng
- ✓ Berekisana le bomme le banana
- ✓ Rotloetsa batho ba ba neng ba sa tsaya karolo mo go thameng leano gore ba tseye karolo.

- ▲ Ka nako ya phuthego, thusa baagedi go bona ditsela tse ba ka berekang mmogo ka tsone. Go nale ditsela tse di ntsi tse se se ka dirwang ka tsone go ka farologana ka motse. Sekai e ka nna gore, morago ga go arogana leano la go tsaya kgato, dikereke di ka dumela go arogana dikitsiso tsa mangwe a mathata ka nako ya kopana le maloko a kereke.
- ▲ Botsa baagedi ka maikutlo le megopoloo ya bone mabapi le leano la go tsaya kgato. Go ka tsoga mathata a fe? A ka rarabololwa jang? Keng mang gape yo o ka tsayng karolo?
- ▲ Morago ga phuthego, baakanya leano la go tsaya kgato o lebile dikgakololo tsa baagedi ba motse.

**Re a go akgola! Jaanong motse o nale lenao la go tsaya kgato!**



### **Thomamiso ya Stage 4:**

<b>Kgang</b>	<b>Tshwaa</b>
Aa ditlamelo tsa motse di bonwe gore di ko kae?	
Aa setlhophpha sa batsamaisi se berekile le baagedi ba motse go supa dikarabo tsa mathata a konokono aa bayang basetsana mo diphatseng?	
Aa batsamaisi ba dirile leano la go tsaya kgato ba lebile dipuisano tsa bone le baagedi ba motse?	
Aa leano le bua gore go tla dirwa metshameko efe, ke mangy o o nang le boikarabelo, e tla dirwa leng le gore go tlhokega ditlamelo dife?	
Aa motshameko mongwe le mongwe o nale sekao sa katlego?	
Aa leano la go tsaya kgato le boleletse baagedi ba motse?	
Aa leano la go tsaya kgato le ne la fetolwa go akaretsa megopoloy ya baagedi ba motse?	

Fa o dirile dilo tse tsotlhe, ke nako ya go yak o Stage 5, "Go tsaya kgato mmogo go aga metse e e nonofileng"

Fa ele gore o santse o nale dipotso ka nngwe ya tse, o seka wa lebala go botso mookamedi wag ago. Batsamaisi ba metse e mengwe le bone gongwe ba ka thusa, jalo gakologelwa go berekisana le bone.

### **Didirisiwa tse di mosola tsa Stage 4**

Tool 7: Go bona ditharabololo mmogo re dirisa "Margolis Wheel"

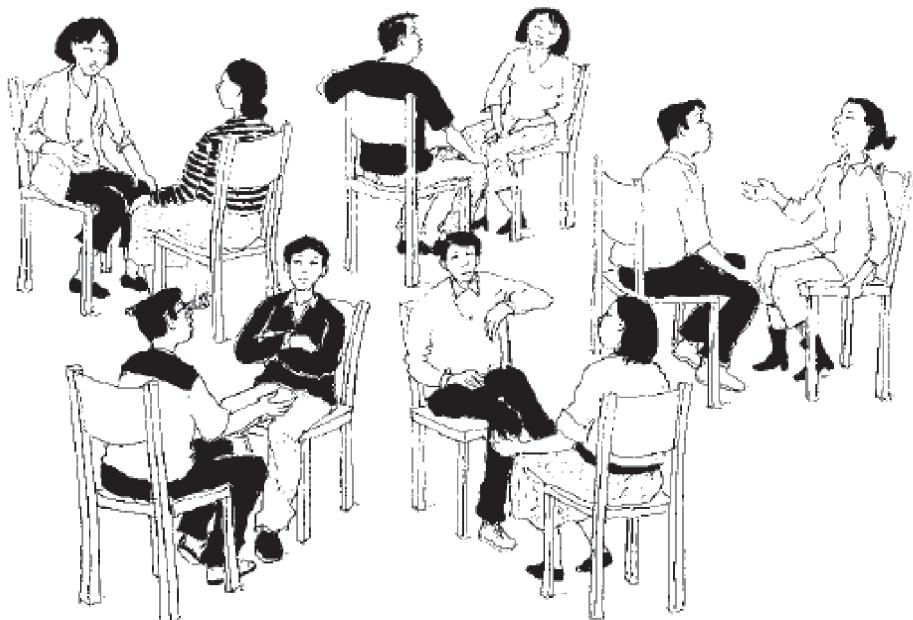
Tool 8: Go tsaya tswhetso ka ditharabololo



## Tool 7: Go bona ditharabololo mmogo re dirisa “Margolis Wheel”

**Mosola:** motshameko o, o thusa batsaya karolo go bona ditsela tse di farologanyeng tsa go rarabolola mathata a basetsana a bodiphatsa jwa go tsenwa ke mogare wa HIV/AIDS. O ka dirisiwa ke setlhophpha sa batsamaisi kgotsa ke babangwa fela mo motseng go bona ditharabololotse ba ka didirisang.

1. Kgaoganya batsaya karolo gore ba dire ditlhophpha tse dinnye tsa batho bale bane kgotsa botlhano.
2. Setlhophpha sa batho bale bane kgotsa batlhano batla dira sekele ba lebagane, gore motho mongwe le mongwe a fitlhelie a lebagane le yo mongwe. Ba ba ka kwa teng ga sekele e tla nna baseka seki; ba ba kwa ntle e tla nna batho ba ba batlang ditharabololo tsa mathata a ba a boneng.
3. Kopa mmatla tharabololo mongwe le mongwe go akanya ka mathata a ba nang nao go diragatsa kgato (sekai:baagedi ga ba kgatlhegela go tsenele dithuto tsa botsogo)





4. Mmatla tharabololo o fiwa metsotso ele etlhano go tlhalola mathata a gagwe. Moseka seki o nale metso tso ele methlano go mo araba. Batho ba botlhe ba Tshwane go bua ba nako ele nngwe. O seka wa ba itlhaganelo, fa ba tlhoka nako e ntsi, ba letlelele- le gale o seka wa letlelele go feta metsotso e lesome- seke go rotloetsa batho go akanya ka pela.
5. Fa nako a chaile, mmatla tharabololo a eme ka dinao e ye ko setilong se se lateng ka fa mojeng. Ba bo ba boeleta tiro le moseka seki o o latelang.
6. Tsweledisa metshameko go fitlhelela mmatla tharabololo a nnile le tshono ya go bua le moseka seki mongwe le mongwe.
7. Kopa batsaya karolo go fetola manno gore s so that former consultants are now solution seekers and vice versa. Repeat the exercise.

### **Botsa batsaya karolo dipotso morago ga motsameko wa “Margolis Wheel”**

1. Ba bone mefuta e e ntseng jang ya ditharabololo?
2. Ke mang yo o tla lekang sengwe se se iseng se lekwe pele ga motshameko o?



Rotloetsa batho go akanya thata ka megopoloo epe e tlang mo go bone. Ba tla nna le nako ya go bona gore tota ba diragatsa efe morago.



## Tool 8: Go tlhopa ditharabololo

**Mosola:** Fa motse o sena go tlhopa ditharabololo dile mmalwa, sedirisiwa se se ka dirisiwa go go tlhopha tse di gaisang tse dingwe ka go itebangya le mathata a a baying basetsana mo diphatseng.

Sedirisiwa se, ke sone se re neng re se dirisa go rulanganya dilo tse di baying basetsana ka fa musing- gompieno re e dirisetse go rulaganya ditharabololo.

**Mo boemong jwa selo sa konokono sengwe le sengwe se se bayang basetsana mo diphatseng se se bonweng ke setlhophsa sa batsamaisi, salang dikgato tse di latelang moraga go lemoga gore le tla tsaya tshwetso ya go diraga tshwetso efe.**

1. Botsa Setlhophsa sa batsamaisi "Mo lefelong la konokono, baagedi bane ba bona ditharabololo dife?" Di kwaleng mo pamphitshaneng le bo le diya fofatshe, fa bontsi bas a itse go bala le go kwala dirisa ditswantsho kgotsa dipe fela boemong jwa go kwala.
2. Fa mongwe le mongwe palo e e lekanang ya dinawa/matlapa.
3. Kopa batsaya karolo go akanaya ka ditharabololo, ba bob a tsaya tshwetso gore ba batla a fa nngwe le nngwe dinawa dile kae. Ba kope gore ba akanye dilo tse di lateng:
  - A re ka se dira? A renale ditlamelo, botsipa, nako?
  - A gonale kgonagalo e e tona ya gore re kgone
  - A a bagolwane ba re eme nokeng?
  - Aa tharabololo e motlhofo gore mongwe le mongwe a se tlhaloganye?
  - Go tla tsaya sebaka se se kae?
  - Tharabololo e e ama batho bale kae?
  - Aa tharabololo e e a dirisiwa? Fa gole jalo, a a e a bereka?
4. Kopa batsya karolo go fa tharabololo nngwe le nngwe matshwao fag are ga 1 le 5, 1 a raya e e ka sekang ya bereka thata, 5 a raya e e ka berekang thata.
5. Fa mongwe le mongwe a feditse bala palo ya dinawa.
6. Buisanang ka maduo, le lebile gore go kgonagala gole kae le gore a go ka bereka. Dumalang gore le a go diratsa dife le lebile ditlamelo tse le nang natso.



Motsamaisi o tshwanetse go thusa motse ka go rulaganya, mme a seka a tsenya megopoloy gagwe mo teng.

7. Jaanong dira motshameko o gape o lebile dilo tsa konokono ts abobedi le ya boraro.



## 8. Kopa mongwe mo setlhopheng sa batsamaisi gore a kwale tsotlhe tse di diregang.

Ditharabololo tse di tlhophilweng jaanong di ka dirisetswa leano la go tsaya kgato. Gakologelwa, fa ditharabololo di sa tlhophiwang gompieno di ka diriwisa mo nakong e e tlang, sekai, fa motse o nale ditlamelo tse dingwe.



O eletlhoko ditharabololo tse di ganetsanang, jaaka tse di lekang go rarabolola mathata mme dib o di felela din ale ditla morago tse di bosula. Sekai, fa ele gore mathata ke gore basetsana ba a kgokgontshiwa fa ba leka go rekisa ko maketeng ka mafelo a beke, batsadi ba bob a tsaya tshwetso ya go sa b aroma ko maketeng go rekisa, se s eka feleletsa ele gore jaanong lelapa le tsena mo lehumeng le le tona. Go ka nna botoka gore go bonwe tharabololo e nngwe jaak ago dira lefelo la go rekisa lele ba balesegileng mo basetsaneng ka mafelo a beke go na le mogolo a ba lebeletse.

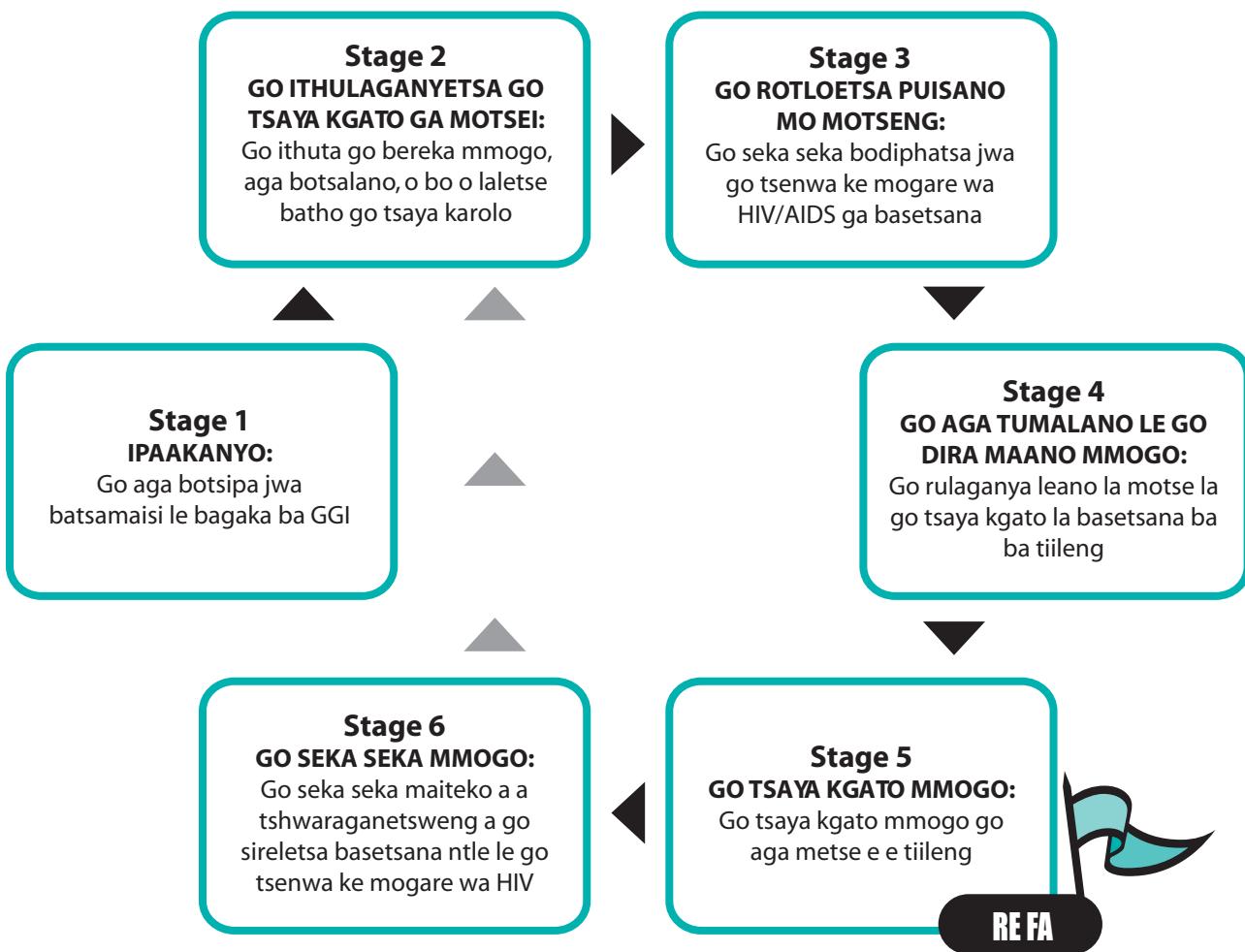


## Stage 5

### AGO TSAYA KGATO MMOGO: GO TSAYA KGATO MMOGO GO AGA METSE EE TIILENG

**Go nale dikgato dile nne mo Stageng se:**

1. Tswelela o aga bokgoni jwa setlhophha sa batsamaisi
2. Go itebaganya le dikgwetlho
3. Go lepa tsweelelopele
4. Boelelela ba motse gore tsweelelopele e tsamaya jang



Go ipaakanya go fedile. O berekile le ba setlhophha sa batsamaisi le baagedi ba bangwe ba motse, le dirile leano la go tsaya kgato le le lolameng go rotloetsa le go thegetsa baagedi go mabapip le kgang tsa bodiphatsa jwa go tsenwa ke mogare wa HIV/AIDS ga basetsana. Sephat se se tsaya gore leano le a go diragadiwa ke beng ba motse, le tla supa gore seabe sag ago ke eng mo go tshegetseng metshameko.



## Step 1: Tswelela go aga bokgoni jwa setlhophpha sa batsamaisi

Fa motse o tsweledisa go diragatsa leano, batsamaisi ba ka thusa ko go godisa bokgoni jwa setlhophpha sa batsamaisi. Ba ka thusa ka go ba fa botsipa le go rulaganya ditiro. Sekai, fa setlhophpha sa batsamaisi se batla go tshwara phuthego Motsamaisi o ka thusa ka go laletsa baitsanape, go thusa go tlhalosa dilo dingwe le go araba dipotso.



Go thusa go lemoga fa ba tsaya karolo ba tlhokang thuso teng, dirisa Tool 9, "kgodiso ya bokgoni" fa o setse o lemogile gore ba motse ba tlhoka kitso le bokgoni bo fe, motsamaisi o ka nna a dirisa dilo tse di mo diragaletseng le kisto ya gagwe go thusa motse. Fa se se sa kgonege, akanya ka gore a go nale ditlamelo tse dingwe tsa motse tse di ka thusang.

## Step 2: Lebagana le dikgwetlho

Le fa le ipaakantse thata, dilo ga se nako tsotlhedi tsamaya ka thelelo fa go diragadiwa leano la kgato. Bothata bo ka tswa mo dilong tse dintsi.



Fa setlhophpha sa batsamaisi se ka iphitlhela se nale mathata, go ka nna mosola gore ba dirise Tool 7, "Senka ditharabolololo ka Margolis wheel". Gonale go senka ditharabololola ka dilo tsa konokono tsa bodiphatsa jwa basetsana, ba kope go akanya ka mathata a ba nang nao a go diratsa maitlamoa bone, sekai "baagedi ba motse gab a tle diphuthegong" le bo le aka ka ditsela tsa go e rarabolola.

### Mathata a a tlwaelesegileng le ditsela tsa go a rarabolola

**Mathata: Mongwe kgotsa bangwe ba leka go thibela kgato, gantsi ka gore ba tshaba kgato e.**

- Aa o ne o rerisitse motho/batho ba fa go thamiwa leano le? Aa o ne a dumalane le leano le?
- Aa o itse gore ke eng ba thibela tiro e?
- Aa ba tsaya karolo ba ka bereka mmogo go rarabolola kgang e?
- Aa batsaya karolo ba ka akanya kgato engwe gape e e ka amogelesegang mo setlhopheng le mo go bone?

**Mathata: Motse ga o na bokgoni jwa go diragatsa motshameko o.**

- Aa o dirile leano la go aga bokgoni le baagedi ba motse?
- Aa kgato e ga e kgonagale? Fa go ntse jalo, o ka fetola jang leano? Go botoka go simolosa baagedi ka kgato e ba ka e kgonang mo nakong e e sa fediseng pelo. Se se ka ba rotloetsa gore ba itshephe gore ba ka dira tse di thata.



**Mathata: Motshameko o o beilwng ga o lebege o nale seabe mo go fokotseng diphatsa tsa basetsana.**

- Fa le eme, mme go sa bonale phetogo epe, lebang gape gore baagedi bare mathata ba bakwa ke eng, a ka rarabololwa jang. Aa mme metshameko e e itebaganya the dilo tse di bakang mathata? Fa go sa nna jalo, go ka baakangwe jang?

**Mathata: batsaya karolo gab a sa tlhole ba kgatlhegela lenaneo le metshameko.**

- Aa ba amiwa ke gore gab a bone maduo?
  - ✓ Thusa motse go bona fa ba kgonneng teng me ba se ipelele.
  - ✓ Lebelelang metshameko le leke go bona gore ke eng e sa atlega. Baakanyang leano fa go tlhokega.
  - ✓ Lebelela kwa motse o tswang teng o lebelela dinako tse motse o kileng wa nna le dikgwetlho. Ke eng se seneng sa ba thusa go fenza? Ba ka itshegetsa ka eng gompieno gore ba seka ba kgobega marapo?
  - ✓ Ikhutse. Lettlelala batho go ikhutsa ba akanya ka se bas a tswang go se dira. Morago o bo o bitsa phuthego go bona gore batho ba batla go dira eng.
- Aa go nale dilo dingwe di sele tse dib a kgathhang tse dib a gogang mo lenaneong le?
  - ✓ Aa go nale sengwe gape se se amang bodiphatsa ga banana se batho ba batlang go itebaganya naso? Itse gore batho ba batla go remelela mo go eng le bo le buisana ka leano la go dira jalo.
  - ✓ Fa gongwe dilo tse di tshwang le temo di ama go tsaya karolo ga batho. Itse gore go diragala eng, leng mo motseng go tila dinako tse di sa siamang.
  - ✓ Bereka le setlhophap se sennye, se se nang le kgatlhego e entsi
  - ✓ Ikhutse o bo o simolola gape.
- Aa ba tsaya gore matsapa a bone ga a bonwe?
  - ✓ Rotloetsa setlhophap sa batsamaisi gore ba akgole batho ba ba lekang gangwe le gape. E ka nna fela go ba leboga mo diphuthego tsa setshaba.

**Mathata: ba motse ba batla go tsaya karolo mo metshamekong e e sa ameng bodiphatsa jwa basetsana jwa go tsenwa ke mogare wa HIV/AIDS.**

- Rotloetsa ba motse go sala morago leano la bone la go sireletsa basetsana mo mogareng wa HIV/AIDS, mme o ba rotloetse gape go dira dilo tse dingwe tsa motse.
- Fa GGI e sa go kgone go thusa, ba golaganye le mananeo a mangwe a a ka kgonang go thusa ka matshameko e ba e batlang.
- Tswelelala o bereka le ba ba batlang go bereka ka mo lenaneong la go fokotsa diphatsa tsa basetsana. Se se ka raya gore o bereka le setlhophap se sennye, kgotsa o btla batho ba basha.

**Mathata: Manaeo amangwe a atswa batho ka go ba fa dilo dingwe tsa gore ba tseye karolo.**

- Buisana ka megopoloy ya tswelelo, go ithaopa, le go tshwaragana ga motse le ba tsaya karolo
- Tswelelala o bereka le bao ba ba batlang go sireletsa banana mo mogareng wa HIV/AIDS.
- Gakolola batho ka dipolo tse eseng tsa madi, jaaka go tokafatsa go sireletsega ga motse wa bone.
- O seka wa ba solofetse tse di botoka! Fa meatso e tsamaya, le go tsaya karolo gab a eleng gore ga kgothatse kgang e go tla tsamaya.



### Step 3: Go lepa tswelelopele ya motse

Setlhophpha sa batsamaisi se setse se dirile dikao dingwe tsa phenyo amalebang le metshameko mo leanong la go tsaya kgato la motse. Jaanong ka gore metshameko e a dirwa, thusa setlhophpha sa batsamaisi go lepa maiteko le tswelelo ya bone.

**Go lepa ke eng?** go lepa re raya go lebelela se re se dirang go bona gore a re tsaya nako e e beilweng, le gore a re dira se re neng re re tla se dira. Re nna re ipotsa potso ya gore, "Aa re dira se se mo leanong la go tsaya kgato?" Go thusa gape go lemoga mathata a atlhangang le diphetogo tse di tlhokang go dirwa go lebagana le mathata a o.



Sedirisiwa se o tla se dirisang go lepa, se tla laolwa fela ke gore ke motshameko o o ntseng jang. Se se motlhofo ke go kwala gore metshameko e e neng e beilwe kae le gore go dirilwe ele kae. Bona Tool 13, "metshameko ya motse"

- ▲ Setlhophpha sa batsamaisi se ka itirela didirisiwa go ba thusa go kgobokanya kitso le go leba metshameko.
- ▲ Setlhophpha sa batsamaisi se tshwanetse go kopana gangwe le gape, go netefatsa gore amitlamo a a diragadiwa. Fa bonya kgotsa mathata a nna teng, setlhophpha se tshwanetse go dumalana ka diphetogo tse di tlhogegang pele e chaya.
- ▲ Go botlhokwa gore setlhophpha se kwale metshameko ya yone mmogo le ya motse. Yo o itseng go bala le go kwala mo setlhopheng a kwale se se buiwang ko phuthegong. Ko ntlheng, Batsamaisi ba ka thusa go kwala go supa botlhokwa jwa go dira jalo.
- ▲ Diphuthego di tshwanetse go akaretsa go lebelela gape leano la go tsaya kgato le mokwalo o o supang tswelela, makete a abonweng le ditshwetso tse di tserweng o tila mathata a.
- ▲ Dilo tse di tswang mo go lepeng di tshwanetse di dirisediwa go tokafatsa leano la go tsaya kgato.



## Step 4: Bolelea ba motse gore tswelelopele e tsamaya jang

Dipusano tse di tsweletseng ts amotse otlhe, di botlhokwa go netefatsa kgatlhego le kemo nokeng ya leano la go tsaya kgato la motse le metshameko ya teng.

- ▲ Gakolola setlhophpha sa batsamaisi gore gangwe le gape be arogane dikitsiso ka se se diragalang le ba motse
- ▲ Setlhophpha sa batsamaisi ba ka ithaopela gore ba batla go arogana dikitsiso tse jang, ba ka batla go kwala, ba bitse phuthego, go dira motshwameko, kana sepe fela se se kgatlhang.
- ▲ Dinako tse di siame thata go rotloetsa batho ba bangwe go tsaya karolo. Gongwe bangwe ba ne bale ditlhong go tsaya karolo Iwantlha, mme fa ba bona go tsweleletse ba tsenelele. Rotloetsa kgolo e- palo e ntsi e oketsa kgonagalo ya gore leano la go tsaya kgato le atlege mo go fokotseng diphatsa tsa basetsana go tsenwa ke mogare wa HIV/AIDS!

### **Tlhomamiso Stage 5:**

<b>Kgang</b>	<b>Tshwaa</b>
Aa o berekile le setlhophpha sa batsamaisi go bona gore thuso e tlhokega fa kae go godisa bokgoni jwa go diragatsa leano la go tsaya kgato?	
Aa o thusitse setlhophpha sa batsamaisi go godisa bokgoni jwa go rarabolola mathata?	
Aa setlhophpha sa batsamaisi se dirile didirisiwa tsa go kgobokanya kitso go lepa tswelelopele?	
Aa setlhophpha sa batsamaisi se dirisitse didirisiwa go kgobokanya kitso?	
Aa go lepa mo go seka sekilwe, a a maduo a teng a tsentswe ko motshamekong?	
Aa setlhophpha sa batsamaisi se boleletse ba motse ka tswelelopele kgapetsa kgapetsa?	

Fa o kgonne dilo tse tsotlhe, ke nako ya go yak o Stage 6, "Tsheka tsheko mmogo: Go seka seka maitlamo a a tshwaraganetsweng go sireletsa basetsana ntle le HIV"

Fa o santse o nale dipotso kgotsa matshwenyego ka sengwe, o seka wa lebala go di lebaganya le moeteledipele. Batsamaisi mo metseng e mengwe le bone ba kanna ba thusa, jalo gakologelwa go buisana le bone.



## Didirisiwa tse di mosola Stage 5

Tool 9: Go godisa bokgoni

Tool 10: Tlhomamiso ya metshameko



## Tool 9: pampitshana ya go godisa bokgoni

**Mosola:** Mokwalo o o tla thusa setlhophpha sa batsamaisi go itse gore kitso le botsipa e ba tlhokang go e tiisa ke efe go tsweledisa metshameko ya leano la go tsaya kgato

- Tshwantsha lebokoso le le tshanang le le le mo mo tsebeng e e latelang fa fatshe kgotsa mo pampering.
- Momotshamekong wa ntlha wa motse, buisana le setlhophpha sa batsamaisi go bona gore ke kitso le bokgoni bofe jo bo tlhogegang go diragatsa motshameko o. kwala se mo kholomong ya bobedi.
- Morago, kopa setlhophpha sa batsamisi gore ba itebelele bokgoni jwa go dira tiro e. Aa banale bokgoni jotlhe jo bo tlhogegang? Sekai, a ba phuthologile go bua fa pele ga batho ba ba ntsi? Aa ba itse go rarabolola dikgotlheng? Kwala se mo kholomong ya boraro.
- Setlhophpha sa batsamisi se tlhoka go tiisiwa fa kae? Kwala se mo kholomong e e latelang.
- Modilong tse tsotlhe, di tla tiisiwa jang? A go ka dirwa ka go dirisa ditlamelo tse di teng, kgots ago tlhoka thuso e e tswang ko ntle? Kwala mo kholomong e e latelang.
- Ka bofelo, ke mangy o o ka aging botsipa le bokgoni? Aa motsamaisi o ka thusa go aga botsipa le kitso? Babangwe mo motseng bone—a ba ka thusa? Kwala se mo kholomong ya bofelo.
- Jaanong boela ko motshamekong o botse dipotso tse gape.



## Pampitshana ya go godisa bokgoni

Motshameko o dirwang (otswe mo leanong la go tsaya kgato la motse)	Kitso le botsipa jo bo tlhogegang	<b>Go itebelela bokgoni jwa go dira motshameko</b>	<b>Go tisiwe fa kae?</b>	Ke mang o ka thusang go aga kitso le bokgoni (motSAMaisi, le mananeo a mangwe, jalo jalo)
Bereka le sekolo go dira melwana	Kitso ka melawana ya lefatshe la Botswana Botsipa ba go ipuelela Kitso ka tsamaiso ya sekolo	Peter (Murutabana mo setlhopheng sa dipuisano) o itsatsamaiso ya sekolo	Kitso ka melawana ya lefatshe la Botswana Botsipa ba go ipuelela	Dira motshameko ka go ipuelela, ka nako ya phuthego Bua le ba mokgatho wa barutabana go its e ka melawana ya lefatshe la Botswana



## Sedirisiwa sa bo lesome: Tlhomamiso ya metshameko

**Mosola:** Mokwalo o o tla thusa setkhopha sa batsamaisi go lepa gore a metshameko ya bone ya tsamaya ka nako ebole ba dira se ba tshwanetseng go se dira mo leanong la go tsaya kgato.

1. Direla kgang tsa konokono mo leanong la go tsaya kgato, setshwantsho se se tshwanang le se se ko tlase.
2. Mo kholomong ya ntlha, kwala metshameko e e itebagantseng le dikgang tsa konokono
3. Mo kholomong e e latelang, kwalo gore ke metshameko ele kae e e tshwanetseng go tsena
4. Gangwe le gape baakanye mokwalo go supa metshameko e e setseng e dirilwe.
5. Diltlhophha tsa batsamaisi di ka dirisa pampitshana e go lepa gore o ba tsamaya le nako, le gore a dira tse ba tshwanetseng go di dira. Fa ele gore metshameko ga e dirwe ka nako e e tshwanetseng batsamaisi ba ka bona gore ba oketse maiteko kgotsa ba lebe gape leano la go tsaya kgato.

Metshameko ya kono kono	Palo	Leng?	Tse di dirilweng	Di feditswe leng?
Sekai:				
Palo ya metshameko e e dirilweng ya botlhokwa jw ago baya basetsana mo sekolong	6	October	2	

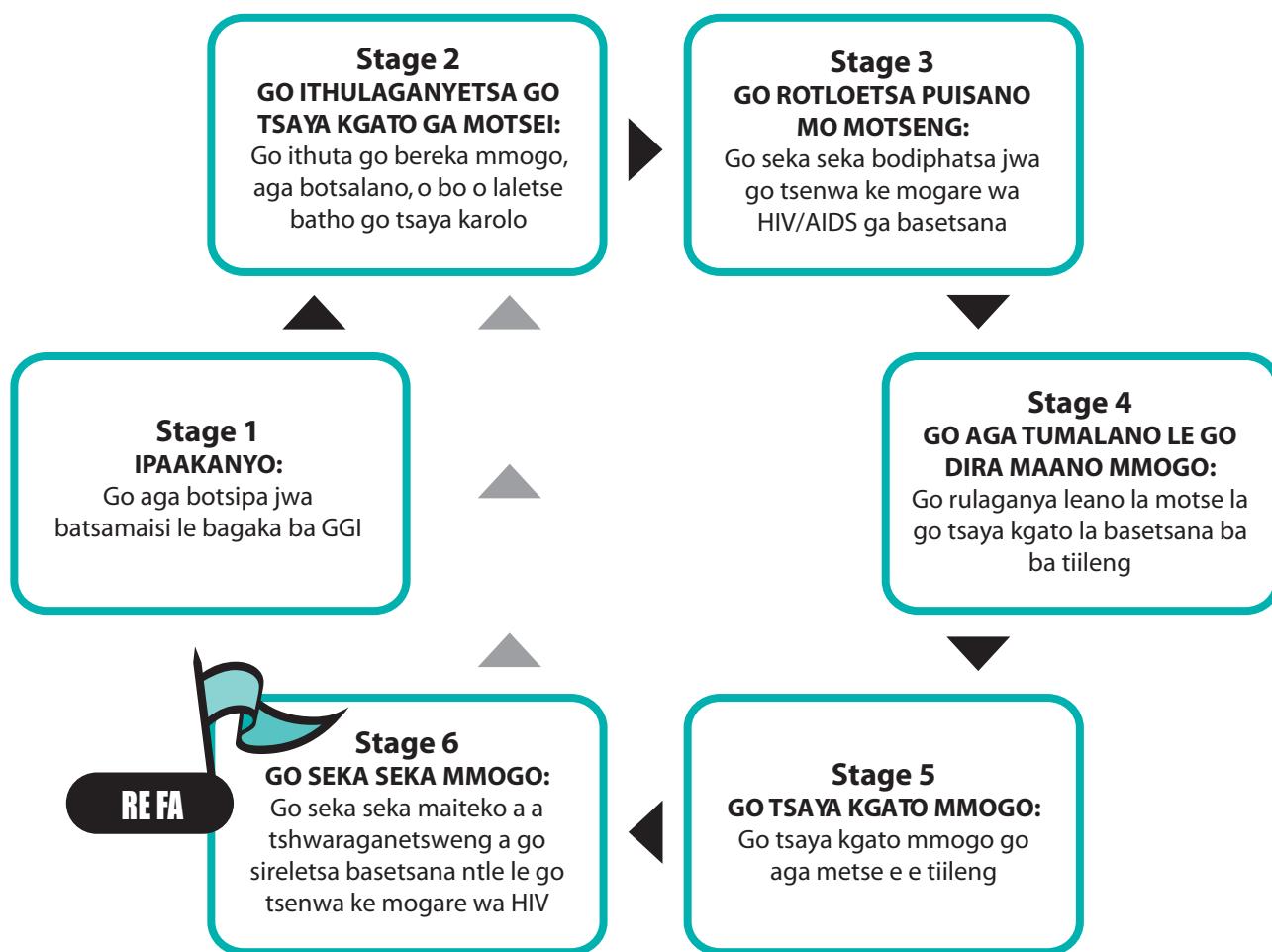


## Stage 6

### **THEKA TSHEKO MMOGO: Go seka seka maitlamo a a tshwaraganetsweng a go sireletsa basetsana ntle le HIV**

#### **Go nale dikgato dile 6 mo stageng se:**

1. Bona se bagedi ba motse ba batlang go seithuta le go se fitlhelela
2. Dira tsheketsheko e ekopanetsweng
3. Sekaseka maduo
4. Abelana thuto le dipolelo tsa phenyo le baaged ba motes
5. Ipaakanyetsa go go rulaganya sesha le go ntshafatsa lenaneo la go tsaya kgato



**Tsheka tsheko ke eng?** Tsheka tsheko ke tsamaiso ya go phutha kitsiso go batlisisa gore motshameko



## Step 1: Lemoga gore ba motse ba batla go ithuta eng le go kgora eng

Setlhophpha se se sekasekang (se se agilweng mo stage 2) se tshwanetse go lebelela leano la go tsaya kgato la motse. Se se akaretsa dilo tse di tla supang phenyo ya metshameko le gore kitso e tla tsewa kae le gore leng. Godimo ga dilo tse, setlhophpha sa tsheka tsheko se tshwanetse go nna fa fatshe go buisana ka dikitsiso tse dingwe.

▲ Ba batla eng kgotsa ba tlhoka go ithuta eng mo tshekatshekong? Dikai tsa dipotso:

- Go diragetse eng?
- Ke metshameko efe e e berekileng? Ke efe e e sa berekang?
- Diphenyo ene ele eng? Go ne ga pala fa kae?
- Re diragaditse maitlamo a rona gole kae?
- Go jele bokae?
- Re ka bo re dirile eng pharologanyo?
- Go santse go setse go dira eng?
- Motse o ikaeletse go dira eng?
- Bokgoni jwa motse go tsaya kgato bo godile jang?

▲ Ba tshwanetse go ithuta mo go mang?

## Step 2: Dira tsheka tsheko ya botlhe

▲ Fa setlhophpha sa tsheka tsheko se itse gore se batla go ithuta eng le go dira eng, ba tshwanetse go dumalana gore ba dirisa mothale ofe. Dingwe tse di mosola ke tse:

- Dipuisano tse ditseneletseng ka bongwe ka bongwe
- Dipuisano le setlhophpha
- Tsheka tsheko ya mekwalo ya diphuthego le mekwalo e mengwe
- Tsheka tsheko ya go tsaya karolo mo metshamekong
- Ditshwantsho tsa motse go supa botsalano jwa gompieno le jwa pele
- Dipolelo
- Ditshwantsho (jaaka tse di supang gore lenaneo le tswa kae le diphetogo le diphenyo tsa lone)
- Metshameko go supa fa batho ba kgonneng teng
- Go rulanaganya metshameko o lebile tse di berekileng thata le tse di sa berekang

▲ Jaanong, dumalanang gore kitsiso e tsewa leng, ke mang.

▲ Dira didiriswi tse di ka dirisiwang ka setlhophpha sa tsheka tsheko go tsaya dikitsiso. Se se tla thusa go netefatsa gore mongwe le mongwe o tsaya dikitsiso tse di tshwanang.

▲ Fa setlhophpha sa tshekatshekong se simolola go tsaya dikitsiso, ba gakolole gore ba kwale sentle dikitsiso tse ba di ithutang.

### Step 3: Seka seka maduo

- ▲ Go simolola tseka tsheko, setlhophpha sa tsheka tsheko se lebelela dikitsiso tse di bonweng. Mekwalo ya tsheka tsheko jaaka e e ko tlase, e ka thusa setlhophpha go rulaganya dikitsiso malebang le dipotso tsa teng le gore di tswa kae.

Re ne re solo fetseng?	Go diragetseng?	Ke eng se se okedutseng maduo a?	Re ithutile eng?	Kgakololo ya gore go dirwe jang

- ▲ Fa go nale dikitsiso tse di ntsi, gongwe setlhophpha se ka thubega ba dira ditlhophpha dile mmallwa go iteganya le dingwe dipotso ba bob a bolelana dikarabo fa ba fetsa.
- ▲ Dirisa kitso e e bonweng go araba dipotso tse di supilweng mo kgatong ya bobedi.

### Step 4: Arogana kitso le dikgang tsa phenyo le ba motse

- ▲ Fa setlhophpha se sena go fetsa tsheka tsheko, go botlhokwa gore maduo o bolelwe ba motse ka tsela e mongwe le mongwe a tla e tlhaloganyang.
- ▲ Fa setlhaphha sa tsheka tsheko se arogana maduo, ba tshanetse go akanya gore tota ba batla go diragantsa eng mo setepeng se se latelang. Sekai, A ba batla go arogana kisto? Go batla dikarabo mo motseng? Go simolodisa dipuisano? Go rotloetsa kgato nngwe?
- ▲ Setlhophpha sa tsheka tsheko se tswanetse go dumalana gore bat la arogana jang dikitsiso le go kgonagatsa maitlambo amangwe. A a bat l abitsa phuthego? Ba dira motshameko? Kgotsa ba tla a tshwantsha?
- ▲ Netefatsa gore le ipelela phenyo! Go lemoga maiteko a baagedi ba motse go a ba le motsha gore ba a lebogelwa go bo go oketsa kgonagalo ya gore ba tseye kgato kamoso.



- ▲ O seka wa lebala go arogana boipelo jwa go fenza le batho kgotsa mananeo a mangwe- e ka nna tshono e e siameng go reka kemo nokeng ya mananeo a kgotsa a a tla nang teng mo bokamosong a ga goromenteng kgotsa manaeo a a seng a aga goromente le tse dingwe.

### **Step 5: Ipaakanyetse go fetola kgotsa go ntshafatsa leano la go tsaya kgato**

- ▲ Fa motse o akanya gore go santse go nale tiro e e tshwanetseng go dirwa ka kgang e, setlhophasa botsamaisi se ka dirisa maduo a tshekatsheko to bona gore a ba tshwanetse go fetola leano la go tsaya kgato.
- ▲ Fa ele gore motse o tsweletse thata mo o batlang go tebaganya le dikgang tse dingwe, ke nako ya go boela ko tshimologong ya lenaneo la go tsaya kgato la motse.

#### **Tlhomamiso Stage 6:**

Kgang	Tshwaa
Aa setlhoha se se sekasekang se bone se se batlang go se ithuta le go se fitlhelela?	
Aa setlhophsa sa tsheka tsheko se dumalane gore ba batla go ithuta eng le gore ba batla go diragatsa eng?	
Aa setlhophsa sa tshekatsheko se dirile tshekatsheko e e tlhakanetsweng ya metshameko ya motse o?	
Aa maduo a sekasekilwe?	
Aa setlhophsa sa tshekatsheko se arogane maduo le ba bangwe?	
Aa phenyo e e ipeletswe?	

**Fa ele gore o dirile dilo tse tsotlhe, re a go akgola! O kgonne go thusa ba motse go rotloetsa le go tshegetsa ka tsa go thibela diphatsa tsa basetsana tsa go tsenwa ke mogare wa HIV/AIDS.**





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