

# TIYENI ATSIKANA!

BUKHU LOPHUNZITSIRA AKULUAKULU/  
MAKOLO MALUSO KUTI ATHE  
KUYANKHULANA NDI ACHINYAMATA

# TIYENI MABANJA!







# TIYENI ATSIKANA!

Bukuli linalembedwa ndi chithandizo chochokera kwa anthu a ku America kudzera m'mabungwe a President's Emergency Plan for AIDS Relief (PEPFAR) ndi a U.S. Agency for International Development (USAID) kupyolera mu Contract nambala GHH-I-00-07-00032-00, USAID | Project SEARCH, Task Order 01. Zolembedwa mkatimu ndi za Go Girls! Initiative ndipo sikuti zikuonetsera kwenikweni maganizo a PEPFAR kapena boma la United States.





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## Zothokoza

Bukuli linalembedwa ndi Maryce Ramsey, Judy Palmore, komanso Joanna Skinner, mothandizidwa ndi Shailaja Maru. Akatswiri ena omwe anathandiza nawo ndi a Poppe, Jane Brown, Carol Underwood, Hilary Schwandt, Tinaye Mmusi, Maipelo Madibela, Assana Magombo, Enni Panizzo komanso mamembala ena a PEPFAR Gender Technical Working Group ndi magulu a PEPFAR m'maiko a Botswana, Malawi ndi Mozambique.

Tikuthokozanso mabungwe osiyanasiyana omwe zinthu zawo zasinthidwa kapena kugwiritsidwa ntchito mu bukuli. Mabungwe amenewa ndi:

United States Agency for International Development, [www.usaid.gov](http://www.usaid.gov)

- *“Doorways I: Student Life Skills Manual on School-Related Gender-Based Violence (SRGBV)”*, unadapted version, February 2006.

Family Care International, Inc., [www.familycareintl.org](http://www.familycareintl.org)

- Pictures on male and female reproductive systems, menstrual process and pregnancy adapted from *“Healthy Women, Healthy Mothers, an Information Guide.”* 1995, 2nd Ed., Arkutu, A.

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- Male reproductive system text adapted from *Introduction to men's reproductive health services—revised edition: Participant handbook.* 2008. New York.

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- Female reproductive system, pregnancy and menstruation text adapted from *“Tuko Pamoja: Adolescent Reproductive Health and Life Skills Curriculum”.* 2006.

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- *“Outreach Guide 9: Enhancing Parent-Child Communication”*





## Mau Otsogolera

### Tiyeni mabanja! Buku la Kuyankhulana Mwalandiridwa ku Tiyeni Atsikana!

**Tiyeni Mabanja! Kukweza maluso a akuluakulu kuti athe kulankhulana ndi achinyamata:** Bukuli lalambedwa kuti lithandize makolo, anthu opereka chithandizo, anamkungwi komanso akuluakulu ena onse okhudzidwa kuti athe kuyankhulana bwino ndi achinyamata zokhudzana ndi zosowa zawo, nkhawa zawo, komanso zokhumba zawo m'nthawi ya unyamata wawo. Bukhuli lithandizanso akulu akulu kukhala ndi maubwenzi abwino powathandiza kuti azitha kuyankhula, kukhala chitsanzo komanso kupanga ubale wabwino ndi achinyamata. Kutha msinkhu, kugonana, kapewedwe ka kacholimbo ka HIV ndi matenda opatsirana pogonana ndi nkhaza ndizo nkhani zomwe zimadetsa nkhawa pafupifupi achinyamata onse kotero kuti bukhuli likukamba nkhani ngati zimenezi mu magawo ake ambiri. Ophunzira mu pulogalamu imeneyi ali ndi mwayi wotha kuchita zinthu komanso maluso omwe aphunzira mkati mwa maphunzirowa komanso ngakhale atamaliza maphunzirowa. Maphunziro amenewa apangidwa makamaka kuti athandize makolo komanso anthu omwe amasalira atsikana ndi anyamata a zaka za pakati pa 10 ndi 17.

Tiyeni Mabanja! Bukhu lophunzitsira maluso anthu akuluakulu kuti athe kulankhulana ndi achinyamata: linalembedwa ndi gulu la Tiyeni Atsikana lomwe limadziwikanso ngati Go Girls! Initiative (GGI). Gulu la GGI lomwe limathandizidwa ndi bungwe la U.S. Agency for International Development kudzera ku bungwe la U.S. President's Emergency Plan for AIDS Relief, inali pulojekiti ya zaka zitatu (2007-2010) yomwe cholinga chake kunali kufuna kuchepetsa kufalikira kwa kachilombo ka HIV pakati pa atsikana omwe ali pachiopsezo kwambiri a msinkhu wa pakati pa zaka 10 mpaka 17 m'maiko a Botswana, Malawi, ndi Mozambique. Ntchito yomwe inagwiridwa ndi a Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), Tiyeni Atsikana! Inayesetsa kulimbikitsa ma pulogalamu okhudza amuna komanso akazi dziko lonse pokhazikitsa njira zatsopano komanso kukweza njira zomwe zinalipo kale zochepetsa chiopsezo cha atsikana ku mliri wa HIV. Pofuna kugawana ndi dziko lonse zotsatira za ntchito ya Tiyeni Atsikana! Mabuku othandizira kuphatikizapo buku lothandiza kudziwa chiopsezo cha atsikana ndi zipangizo zothandizira pulogalamuyi kuphatikizapo bukuli-zilipo zaulere kuti zithandize anthu omwe amakhazikitsa mfundo komanso mapulogalamu osiyanasiyana, kuti athe kulimbikitsa atsikana ndi Madera kukhala amphamvu padziko lonse. Kutu muthe kupeza zipangizo zonse za Tiyeni Atsikana, funsani a U.S. Agency for International Development pa adiresi ya intaneti ya [GHCommunicationsTeam@usaid.gov](mailto:GHCommunicationsTeam@usaid.gov) kapena pezani a CCP pa [www.jhuccp.org](http://www.jhuccp.org).

**Tanthauzo la atsikana omwe ali pa chiopsezo?**

Atsikana omwe ali ndi “mavuto osiyanasiyana” ndi amene amakhala pa chiopsezo chachikulu chotenga kachilombo ka HIV kusiyana ndi anzawo. Atsikana omwe ali pachiopsezo chachikuluwa ndi monga ana amasiye, osiyira sukulu panjira, opanda maubwenzi abwino, nzika za maiko ena zomwe zangofika kumene kapena zopanda chilolezo ndi omwe amakhala m’moyo wa umphawi. Zinthu zimenezi kuphatikizapo zina monga kuzindikira, kudzikhulupirira, kumwa mowa, mphamvu ya maubwenzi, ndi ubwenzi ndi makolo nthawi zambiri zimalowana powaika atsikana kukhala pachiopsezo chachikulu chotenga kachilombo ka HIV.

**Nchifukwa chiyani chidwi chili pa atsikana osati anyamata?**

**Bukhu la Tiyeni Mabanja! Lomwe cholinga chake ndi kukweza maluso a anthu akuluakulu kuti athe kulankhulana ndi achinyamata;** limazindikira kuti anyamata ndi atsikana, abambo ndi amayi onse ali pa chiopsezo chotenga kachilombo ka HIV/EDZI. Komabe, kafukufuku amaonetsa kuti atsikana ndi amayi ndi omwe ali pa chiopsezo kwambiri. Mwachitsanzo:

- ✓ Atsikana ali ndi mwayi wochepa wopita ku sukulu komanso kumaliza maphunziro awo;
- ✓ Atsikana ali ndi mwayi wochepa wodziwa zambiri zokhudza HIV/EDZI;
- ✓ Atsikana ali ndi mwayi wochepa wopezera chuma kusiyana ndi anyamata zomwe zimawapangitsa kuti azisinthanitsa matupi awo ndi ndalama;
- ✓ Maudindo omwe atsikana ali nawo pachikhalidwe amawalepheretsa iwo kukhala ochangamuka;
- ✓ Atsikana amakwatiwa ndikuyamba mchitidwe wogonana akadali achichepere kusiyana ndi anyamata; ndi,
- ✓ Atsikana ndi omwe amachitilidwa nkhanza zokhunzana ndi kugonana kusiyana ndi anyamata.

Mapulogalamu ambiri okhudzana ndi kapewedwe ka HIV kawirikawiri saganizira za mfundozi komanso zina zomwe zimapangitsa atsikana kukhala osatetezeka ku HIV ndipo sakhala ndi chidwi chapadera choti atikanawonso atengepo mbali. Tiyeni Atsikana! Inali ndi chiyembekezo chosintha zimenezi poyika chidwi pazosowa za atsikana otha msinkhu.

**Kugwiritsa ntchito mabuku a Tiyeni Atsikana!**

Ndandanda wa mabuku a Tiyeni Atsikana analembedwa kuti athandizire pulogalamu yomwe cholinga chake ndi kuchepetsa chiopsezo cha atsikana ku mliri wa HIV/EDZI pofikira Madera, sukulu, makolo, anyamata ndi atsikana ang’onoang’ono pogwiritsa ntchito njira zothandiza anthu kutengapo mbali, Madera kuchitapo kanthu, komanso zida zokwezera maluso osiyanasiyana. Mabukuwa ayesedwapo kale m’maiko atatu omwe agwiritsiridwa ntchito - Malawi, Mozambique ndi Botswana – ndipo asinthidwa potengera mayankho ochokera kwa Otsogolera komanso ophunzira mu dziko lililonse la maiko atatuwa.

Mabuku asanu a “Tiyeni Atsikana” ndi awa:

- **Tiyeni Atsikana! Bukhu lophunzitsira Maluso okhudzana ndi umoyo wa Atsikana ndi anyamata m’sukulu:** – bukuli limathandiza aphunzitsi pophunzitsa maluso osiyanasiyana okhudzana ndi umoyo womwe angathandize ophunzirawo kuti athe kudziteza ku mliri wa HIV/EDZI.
- **Tiyeni Aphunzitsi! Kukonza malo oteteza ndi olimbikitsa atsikana m’sukulu: buku lophunzitsira aphunzitsi ndi anthu ena ogwira ntchito za maphunziro** - bukuli limathandiza ogwira ntchito za maphunziro kumvetseta ndi kulimbikitsa udindo wawo oteteza atsikana omwe ali pachiopezo, komanso ngati omwe angathandize kubweretsa kusintha m’sukulu mwawo polimbikitsa njira zophunzitsira zosasiyanitsa amuna ndi akazi ndi kuthetsa makhalidwe onse omwe amayika atsikana pa chiopsezo chotenga kachilombo ka HIV.
- **Tiyeni Mabanja! Bukhu lothandiza kukweza maluso anthu akuluakulu kuti athe kulankhulana ndi achinyamata.** – bukuli limathandiza makolo, oanamkungwi, ndi achikulire onse omwe ali okhudzidwa kuti athe kuyankhulana ndi achinyamata. Cholinga cha pulogalamuyi ndi kulimbikitsa maluso a akulu akulu, kuyankhulana, kukhala zitsanzo zabwino komanso ubale wawo ndi achinyamata.
- **Tiyeni Madera! Buku lolimbikitsa Madera kuchitapo kanthu pochepetsa chiopsezo cha atsikana ku mliri wa HIV/EDZI** - bukuli ndi mlozo wa tsatanetsatane wolimbikitsa olimbikitsa anthu kutengapo mbali m’madera kuthana ndi chiopsezo cha atsikana ku mliri wa HIV/EDZI.
- **Tiyeni Atsikana! Bukhu lophunzitsira maluso okhudzana ndi umoyo wa atsikana m’madera** - bukuli lalembedwa kuti lirimbikitse maluso a umoyo wa atsikana a zaka za pakati pa 13 mpaka 17 omwe sali pasukulu kapena ali m’malo osatetezedwa.

Pa m’ndandanda wa mabukuwa palinso mabuku awiri omwe ndi othandiza **1) Kulimbikitsa njira zopezera chuma kwa atsikana omwe ali pachiopezo ndi mabanja awo; komanso 2) Kukweza chithandizo cha m’Madera kwa atsikana omwe ali pachiopezo kudzera pa wailesi.**

Mndandanda wa mabuku a Tiyeni Atsikana! Unakhazikitsidwa pofuna kuthana ndi nkhani zosiyanasiyana zomwe zimapangitsa atsikana kukhala pa chiopsezo ku mliri wa HIV kotero kuti mapulogalamu onsewa ndi oyenera kuchitidwa pamodzi. Komabe, ngati ndalama zoyendetsera mapulogalamu onsewa nthawi imodzi palibe, mapulogalamuwanso angathe kuchitidwa paokha paokha.

## Kugwiritsa Ntchito bukuli

### Anthu oyenera bukuli

Bukuli lapangidwira atsogoleri ophunzitsidwa bwino kuti agwiritse ntchito pamene akuphunzitsa anthu akulu akulu monga makolo, achibale, anamkungwi ndi anthu enanso am’maderamo- tingoti aliynse amene amakhala okhudzidwa ndi moyo wa achinyamata.



## Zolinga

Cholinga chenicheni cha Tiyeni Mabanja! Ndi kuthandiza makolo kapena akuluakulu ena kuti akhale ndi maluso apadera oyankhulirana ndi ndi achinyamata. Zolinga za maphunziro a m'bukuli ndi:

- Kuthandiza makolo kufotokozera achinyamata momveka bwino mfundo zomwe zingathe kuteteza moyo wawo;
- Kukhazikitsa ubale wa wabwino pakati pa makolo ndi achinyamata;
- Kuzindikira kufunika kokhala chitsanzo chabwino;
- Kuwawonjezera makolo chidziwitso pa nkhani za HIV/EDZI, mimba, nkhaza ndi kusatetezeka kwa achinyamata makamaka atsikana; ndi
- Kukweza luso la makolo pa nkhani ya kuyang'anira achinyamata.

## Mmene bukuli lalembedwera

### Bukhu la Tiyeni Mabanja! liri ndi magawo 11.

Magawowa anayalidwa motere:

- Mutu wagawo.
- Kufotokozera za gawolo.
- Zolinga za phunziro.
- Nthawi yoyembekezereka.
- Zipangizo.
- Kukonzekera kwa wotsogolera.
- Zochitikachitika ndi malangizo akachitidwe kake pa ndime iliyonse.
- Kuomba mkota wa chigawo.
- Chotsatira n'chiyani.
- "zoyenera kudziwa mphunzitsi/mtsogolero" pena paliponse pamene pakuyenera kutero m'chigawomo.

## Zipangizo zofunikira

1. Mapentopeni ndi matchati kapena choko ndi bolodi ndi zofunika mmagawo ambiri. Ngati zinthuzi palibe pezani njira zina zoyenera.
2. Zolembe zowonjezera ndi zofunikanso mmagawo ena. Zolembedwazi zaphatikizidwa kumapeto kwa gawo. Ngati simungawalembere anthu onse zoti akawerenge, yesetsani kuwalembera zochepa zomwe anthu otenga mbali angagawane.
3. Maphunzirowa asanayambe, ophunzitsa akuyenera kudziwa komwe anthu angakapeze thandizo la:
  - kulera.
  - Mdulidwe wa amuna.
  - Kuyezetsa ndi kulangizidwa za kachilombo ka HIV.
  - Kupewa kupatsirana kachilombo ka HIV kuchokera kwa mayi kupita kwa mwana.
  - Mwayi wopezera ndalama.

## **Kodi nanga ngati anthu akufuna kulipidwa chifukwa cha nthawi yawo?**

Aphunzitsi a aTiyeni mabanja awafotokozere anthu omwe akufuna kuphunzira maphunzirowa kuti palibe malipilo aliwonse omwe adzalandire chifukwa chophunzira nawo maphunzirowa ngakhale kuti angathe kupatsidwa ndalama yoyendera ngati bungwe lawo liri ndi ndalama. Mu phunziro loyamba, aphunzitsi awawuze ophunzira onse kuti kutenga nawo mbali mumaphunzirowa ndikongozipereka, palibe malipilo ali wonse; Komabe, pali zambiri zomwe angapindure zosakhudzana ndi ndalama pamene akukweza maluso a mmene angayankhulirane ndi achinyamata mu moyo wawo.

## **Kugwira ntchito ndi abambo ndi amayi**

Buku la Tiyeni Mabanja! lalembedwa kuti amuna ndi akazi onse atenge nawo mbali pa zokambirana mofanana. Kutsogolera ndi kuthandiza achinyamata kuti achinyamata akule bwino ndi kukhala mzika zodalirika. Izi zimadalira kuti akulu akulu onse; amuna komanso akazi atengepo mbali. komabe inu monga wotsogolera mukuyenera kukambirana ndi anthu am’deramo mmene akufunira kuti maphunzirowa achitidwire. Bukuli lalembedwa kuti aliyense adzitenga mbali pazokambirana momasuka, Choncho ndikofunikira kwambiri kuti nkhani zonse zokhudza kusiyana pakati pa amuna ndi akazi ziganizilidwe mwakuya kuti aliyense adzatengepo mbali momasuka. Mudzifunse nokha ngati m’dera mwanu:

- Abambo ndi amayi adzatenge nawo mbali mofanana pazokambirana ngati atasakanizana kukhala gulu limodzi?
- Abambo ndi amayi angayankhule momasuka pa nkhani zokhudza kutha msinkhu, thupi la munthu ndi kugonana ngati atasakanizana kukhala gulu limodzi?
- Abambo ndi amayi adzakhala omasuka kuyankhula maganizo awo ndi mmene iwo amamvera ngati atasakanizana kukhala gulu limodzi?

Ngati yankho lanu ku limodzi mwa mafunsowa ndi “ayi” ndiye kuti mukuyenera kuyesera njira zotsatirazi ndi cholinga chofuna kuonetsetsa kuti aliyense akutenga mbali:

- Mu gawo loyamba la maphunzirowa mumakhazikitsa malamulo otsogolera maphunziro onsewa. Limodzi mwa malamulowa limalimbikitsa kuti aliyense adzitenga mbali pazokambirana. Mungathe kukhazikitsa malamulo kuti amuna ndi akazi onse ayenera kutenga mbali mofanana pa zokambirana za m’bukuli.
- Ngati mbali imodzi yokonzekera musayambe kuphunzitsa, mungathe kupezeratu magawo omwe ndiosayenera kuti amuna aphunzire pamodzi ndi akazi. Ngati muli okayika, mungathe kufunsa anthu am’deramo kuti akuthandizeni maganizo. Pa zochitika zomwe mwapeza kuti ndizosayenera kuti aphunzire pamodzizo mutha kumawaagawa kukhala mu magulu awiri osiyana; amuna pawokha akazinso pawokha.
- Cholakalaka cha maphunziro a mubukuli ndi kuti amuna ndi akazi adziphunzirira pamodzi ncholinga choti zilimbikitse anthu kutenga mbali pa kuteteza achinyamata onse mwaumodzi. Koma ngati ziri zosaloledwa malinga ndi chikhalidwe cha deralo, mungathe kuphunzitsa maphunzirowa amuna pawokha akazinso pawokha. Ndikoyenera kuvomereza kuti chifukwa chosiyantsa amuna ndi akazi pophunzitsapo titaya mwayi wokambirana mfundo zofunikira zokhudza HIV/Edzi, kusiyana pakati pa amuna ndi akazi ndi nkhani za achinyamata.



### **Dziwani Ophunzira Anu**

Kutengera ndi gulu la anthu lomwe mukuchita nalo, mungafunike kusintha njira yophunzitsira magawo amu bukuli. Mwachitsanzo akuluakulu a ku mudzi angathe kukhala osiyana mukamvetsetsedwe kawo ndi akulu akulu amtawuni. Kwa anthu odziwa pang'ono kulemba ndi kuwerenga mungafunike kujambula zithunzi zambiri komanso kugwiritsa ntchito zizindikiro kwambiri polemba pa tchati kapena pa bolodi, pamene kwa odziwa kwambiri kulemba ndi kuwerenga, mungathe kugwiritsa ntchito mawu kwambiri. Mapepela olembapo kankhani sangakhale othandiza kwambiri kwa anthu omwe satha kulemba ndi kuwerenga. Mukuyeneranso kudziwa mawu ndi chilankhulo chomwe mumagwiritsa ntchito ndi kuzisintha moyenerera kuti zigwirizane ndi zosowa za anthu otenga mbali.

### **Kukula kwa gulu**

Magulu ang'onoang'ono a anthu apakati pa 15 ndi 20 angakhale magulu abwino. Bukhu la Tiyeni Mabanja! Limagwiritsa ntchito njira zomwe zimalimbikitsa ophunzira kutenga nawo mbali muzochitika zonse komanso zokambirana. Kukhala ndi gulu la anthu ochepe, ophunzira onse atha kukhala ndi mwayi wotengapo mbali muzochitika zonse ndipo wotsogolera adzatha kusunga nthawi yoyenera mu gawo lina lililonse.

### **Khalani okonzeka ku zovuta/zolepheretsa**

Phunziro lina lililonse limatha kukhala ndi zovuta/zolepheretsa. Njira yabwino yopewera zovutazi ndi kukonzekera. Muyenera kudziwa ndi kuyesera kuphunzitsa kaye munthu wina kapena mphunzitsi mzanu zochitika za bukuli musanayambe kuphunzitsa ena. Njira ina ndi kukhazikitsa malamulo otsogolera zochitika zonse ndikuyesetsa kuwatsatira pamene mukungoyamba kumene maphunzirowa mu gawo loyamba. Mudzatha kuwakumbutsa ophunzira za malamulo amenewa nthawi ina iliyonse mkati mwa magawo ena onse.

### **Nthawi yomwe yaperekedwa**

Magawo a mu bukuli apangidwa kuti adzitenga nthawi yochuluka pakati pa ola limodzi ndi theka ndi maola awiri ndipo nthawiyi ikhoza kuchepetsedwa kapena kuwonjezedwa malinga ndi mmene phunziro laphunzitsidwira komanso ndi mmene zokambirana zinaliri pagawolo. Magawo anapatsidwa nthawi yochuluka chonchi ndipo adziphunzitsidwa ndi kumalizidwa bwinobwino.

### **Phunzitsani magawo a mu bukuli motsata ndondomeko**

Magawo a mu bukuli analembedwa kuti gawo lililonse lidziwonjezera ndi kupitiriza pomwe phunziro la m'mbuyo lalekezera, choncho ndi bwino kuti magawowa adziphunzitsidwa mwandondomeko kuyambira gawo 1 kukafika gawo 11.

### **kaphunzitsidwe ka buku la Tiyeni Mabanja!**

Magawo a mubukuli amagwiritsa ntchito njira zophunzitsira zomwe ophunzira amatenga nawo mbali pa zokambirana monga kukambirana m'magulu, kulingalira mokuya, timasewero, tchito za m'magulu, masewera ophunzitsa, zisudzo, nkhani zosiyanasiyana ndi kukamba nthano. Ophunzira adzakhala ndi mwayi wogwiritsa ntchito maluso atsopano monga kutha kulumikizana ndi anzawo komanso kupanga zisankho zoyenera.

Njira zophunzitsira ndi kuphunzirira zomwe ophunzira amatenga nawo mbali ziri ndi ubwino wosiyanasiyana, makamaka kwa achinyamata monga:

1. Kukweza luso lotha kuganiza mozama;
2. Ophunzira nthawi zambiri samaiwala zomwe aphunzira ndipo amatha kudziwitsa ena za zomwe iwo adziwa;
3. Kuchulukitsa chidwi cha ophunzira; ndi,
4. Kulimbikitsa luso lotha kulumikizana ndi anthu ena.

## **Njira zomwe ophunzira amatenga nawo mbali**

**Kulingalira mwakuya:** Kulingalira mwakuya ndi njira yomwe pamakhala kufukufuku wa mfundo ndipo ndi yabwino kuyambira zokambirana. Pamene njira ikugwiritsidwa ntchito, munthu aliyense sayenera kutsutsa zomwe wina wanena. Yankho lililonse limalembedwa papepala kapena pabolodi kuti gulu lonse lithe kuona. Njirayi imalimbikitsa ophunzira kupititsa patsogolo kaganizidwe kawo pa mutu womwe apatsidwa ndipo amalingalira za mutuwo mu njira zosiyanasiyana.

**Kukambirana m'magulu:** Kukambirana m'magulu kumabweretsa mayankho osiyanasiyana kuchokera kwa ophunzira pa mutu womwe waperekedwa ndipo zimamuthandiza wotsogolera kapena mphunzitsi kuzindikira zina zomwe samazidziwa kapena zomwe analakwitsa. Kupambana kwa njirayi kumadalira luso la wotsogolera kapena mphunzitsi pa kagwiritsidwe ntchito ka mafunso omwe amafuna mayankho ofotokoza, osati mayankho ake ongoti "eya" kapena "ayi". Mafunso amenewa amathandiza kutulutsa zakukhosi pa mutu womwe ukukambidwa kapena pa chochitika.

1. "Kodi mwaphunzirapo chiyani pa chochitikachi?" ndi funso lomwe limafuna yankho lofotokoza chifukwa limamufunsa munthu kuti afotokoze maganizo ake. "Kodi chochitikachi chakukhudza bwanji?" ndi chitsanzo chinanso cha funso lofunika yankho lofotokoza.
2. "Waphunzirapo china chilichonse?" si funso lofunika yankho lofotokoza, chifukwa ophunzira akhoza kungoyankha kuti "eya" kapena "ayi". "Zikumveka?" ndi chitsanzo chinanso cha funso lomwe sirifuna yankho lofotokoza.

Njira ina yomwe ingathandize kuti kukambirana m'magulu kuyende bwino ndi kuwapanga ophunzira kuti adzimva kuti maganizo awo ndi malingaliro awo akulandiridwa. Nthawi zambiri anthu amapereka maganizo awo pagulu ngati akudziwa kuti mfundo kapena maganizo awo sanyozedwa, kapena sayimbidwa mlandu chifukwa chonena zakukhosi, kapena akaona kuti anthu ena akumva mofanana ndi momwe iwo akumvera.

**Masewero:** Kuchita timasewero m'kalasi ndi njira yabwino yophunzirira maluso atsopano mu malo omwe muli chitetezo ndi chirimbikitso. Chifukwa choti timaseweroti timaonetsa mmene munthu akumvera mumtima mwake, mpoyenera kuti ophunzira afotokozeredwe momveka bwino kuti aliyense wotenga gawo ndi wotenga mbali chabe, sizenizeni. Ndi zothandiza kuti atsogoleri azilimbikitsa ophunzira kuti azipanga masewero okhudza zochitika mu moyo wathu wa tsiku ndi tsiku osati zongopeka chabe. Timaseweroti timapereka mwayi kuti anthu azitha kuyesezera za moyo weniweni wa tsiku ndi tsiku, popanda kukumana ndi chowopsa chilichonse chomwe chimatha kuchitika m'moyo wa tsiku ndi tsiku pa zomwe akuyesezerazo.



Masewero agwiritsidwa ntchito kwambiri mu bukhuli chifukwa amapereka mwayi kwa anthu onse kuti awoneste maluso awo. Ngati anthuwo akukana kupanga sewero, ophunzitsa angathe kupanga. Mwachitsanzo ophunzitsa angathe kupanga sewero okha, mwina ndi anthu ena odzipereka, ndikuwafunsa anthu kuti anene zomwe zikuyenera kukambidwa museweromo. Anthu aja akaoneka kuti amasuka ndi sewero lija, angathe kuyamba kupanga masewero awo. Ndidwino kutsindika kuti masewero ndi njira imodzi yothandiza kuti anthu awonetse maluso awo pagulu asanakayerekezere kwina.

**Zochangamutsa:** Musanayambe zokambirana tsiku lilonse, atsogoleri akhonza kufuna kuwaphunzitsa ophunzira kasewero komwe kangawachangamutse ophunzira, kuti akhale omasuka, asangalare komanso athe kulumikizana wina ndi mzake.

Ophunzira nawo nthawi zambiri amakhala ndi zitsanzo zabwino za masewero ochangamutsa. Mungathe kufunsa ophunzira mmodzi kapena awiri mu gawo lirilonse atsogolere zochitika zachidule zochangamutsa ndi kulipanga gulu kukhala lochangamauka tsiku lonse.

Zitsanzo za zochitika zochangamutsa:

## 1. Mtsogoleri ndi ndani?

- Ophunzira ayimirire kapena kukhala atapanga bwalo. Munthu mmodzi wodzipereka atuluka panja.
- Akatuluka, gulu lotsalira lija lisankha mtsogoleri.
- Mtsogoleri yemwe ali mbali imodzi ya bwalo apanga zinthu zingapo (kuomba mmanja, kugwedeza mwendo, kuseka) zomwe gulu lonse liti liwonerere.
- Wodzipereka uja ayitanidwa kuchokera panja ndipo auzidwa kuti ayimirire kapena kukhala mkati mwa bwalo. Iye afunsidwa kuloteza yemwe gulu lija linamusankha kukhala mtsogoleri.
- Gululo limuteteza mtsogoleri uja kuti asagwidwe posamuyang'ana kapena posaonetsera kuti akutsatira iyeyo.
- Wodzipereka akakwanitsa kuloza mtsogoleri (patha kutenga kanthawi) iyeyo akhoza kukhalano mtsogoleri ndipo mtsogoleri woyamba uja asanduka wodzipereka.
- Bwerezani mpaka pomwe mutopere.

## 2. Kuyesezera kunama

- Funsani ophunzira kupanga bwalo.
- Mtsogoleri ayamba ndi kuyesezera kupanga chinthu.
- AKafunsidwa ndi yemwe ali naye kumanja kwake kuti “ukupanga chiyani?”, mtsogoleriyo atchula chinthu china chosiyana kwambiri ndi chomwe amayesezera chija. Mwachitsanzo, mtsogoleri ayesezera kusambira koma ayankha kuti “ndikutsuka tsitsi langa”.
- Munthu yemwe ali kumanja kwa mtsogoleriyo naye ayesezera zomwe mtsogoleri uja ANANENA kuti akuchita (kutsuka tsitsi). Munthu yemwe ali kumanja kwa iyeyu afunsa kuti “ukupanga chiyani?” ndipo ayankha chinthu china chosiyana kwambiri ndi chomwe amachitacho.
- Zungulurani bwalo lonse mpaka aliyense atapangako.



### 3. Kupanga mvula

- Funsani ophunzira kupanga bwalo.
- Funsani ophunzira kutsatira zomwe mtsogoleri awalamule kuchita. Muwauze kuti munthu aliyense adzitsatira malamulolo pamene mukuzungulira bwalo lonse kuyambira kumanja kumapita kumanzere. (Malamulowo ndi: ikani manja pamodzi ndi kuwatikita; kodolani zala; menyani ndi manja anu mumtunda mwa ntchafu; pondani pansu mwamphamvu ngati perete).
- Kumbutsani ophunzira kuyamba lamulo lina pokhapokha yemwe ali kumanja kwawo wayamba.
- Mtsogoleri ayamba ndi kuyika manja ake pamodzi ndikumawatikita. Mtsogoleri achite lamulo limeneli mpaka aliyense bwalomo atayamba kutsanzira zomwezo. Zikatero, mtsogoleri ayambitse lamulo lina. Kuchita lamulolo mosalekeza kungatulutse phokoso la ngati chiphaliwali.
- Bwerezani mozungulira bwalolo kangapo.
- Pamene mtsogoleri waona kuti seweroli lafika kumapeto angoika manja ake mbali osachita chilichonse. Zimenezi zitsanziridwa ndi aliyense mu bwalomo monga momwe amachitira poyamba paja mpaka pakhala bata.

### 4. Maluso ndi mfundo zofunikira zokhudza otsogolera magawo a mu Tiyeni Mabanja!

Mpoyenera kuti mtsogoleri kapena mphunzitsi akhale woti:

- Anaphunzirapo za kaphunzitsidwe kogwiritsa ntchito njira zomwe ophunzira amatenga nawo mbali pa zokambirana;
- Akudziwa za nkhani zokhudza kusasiyana pakati pa amuna ndi akazi; ndi,
- Kutha kudzindikira yekha za mfundo za moyo wake pa nkhani zokhudza achinyamata; ndi zofunikira kuti atsogoleri azigwira ntchito ndi achinyamatawa atawavomereza mmene anyamata aliri osati mmene akufunira kuti iwo akhalire.

Powathandiza aphunzitsi/otsogolera kuti athe kulimbikitsa ophunzira kutengapo mbali, gawo lina lililonse mu bukuli lapangidwa moti maphunziro ake azipangitsa mphunzitsi ndi ophunzira onse kutenga mbali pa zochitikazo. Komabe ndi ntchito ya mphunzitsi kuonetsetsa kuti zimenezi zikukwaniritsidwa-**aliyense akutengapo mbali!**

### Zoyenera kudziwa Otsogolera

M'munsimu muli mfundo zina zomwe zingakuthandizeni inu monga otsogolera kuti mupange ntchito yapamwamba.

#### Wotsogolera wabwino:

- Amaona ophunzira ake ngati akatswiri omwe ali ndi nzeru komanso maluso oti angapereke osati kudziwona ngati iye yekha ndiye wodziwa kwambiri kuposa aliyense m'chipindamo;
- Amaganizira aliyense ngati "wophunzira" komanso "wophunzitsa", aliyense angathe kuphunzira kuchokera kwa mnzake, ndipo amadzitenga iye kukhala wongotsogolera chabe osati kuwatenga ophunzira kukhala ngati zitini zopanda kanthu zongobwera kudzapeza nzeru kuchokera kwa mphunzitsi;



- Amakhulupirira kuti timaphunzira kudzera mu kuchita, kuyeserayesera ndi m'malingaliro osati kuloweza ndi kumangobwereza chimodzimodzi kapena kungosunga zomwe tamva;
- Amaona mayankho angapo pa funso limodzi osati kungokhala ndi yankho limodzi lokha lolondola; ndiponso,
- Amaganiza kuti ndi kofunikira kuti aliyense adzitenga mbali paphunziro, kusiyana ndi kuganiza kuti njira yabwino yotsogolera gawo ndi kuti iye yekha ndiye adziyankhula kutsogolo kwa ophunzirawo.

## **Kumbutso kwa wotsogolera:**

- **Werengani buku lonseli** musanayambe kuphunzitsa;
- **Dziwani magawo onse** musanayambe kuphunzitsa magawowa ndipo muonetsetse kuti muli ndi zida zophunzitsira zokwanira musanayambe kuphunzitsa;
- Sinthani, poyenera kutero, zochitika ndi zokambirana zam'magulu kuti **magawowa akhale ogwirizana** ndi msinkhu ndi nzeru za ophunzira anu;
- Ganizirani ndi kukonzekera za nkhani "zovuta" zilizonse zomwe zingadze mkatimkati mwa magawo "ovuta";
- Nthawi zonse yesetsani **kupereka zitsanzo zodziwika bwino** ndipo zochitachita zanu zikhale zoti zikugwirizana ndi moyo ndi zosowa za ophunzira anu;
- Ngati nkotheke, yambani kuphunzitsa zophweka kumapita bwino ku zovuta;
- Khalani ndi "pamalo posunga nkhani" pomwe mungamaike mitu yina yomwe yalowa mkati mwa phunziro/gawo, yomwe sikugwirizana ndi zolinga za phunzirolo. Mungathe kudzayikambirana nthawi yina kapena kufotokozera pamampeto pa gawoli kuti mituyo inali yofunikira koma simagwirizana ndi mutu womwe umaphunzitsidwa;
- Konzani zochita zina zapadera zomwe zingakhale zothandizira pamene mukuchoka pa gawo lina kupita pa gawo lina kapena pamene ophunzira chidwi chachepa kapena atopa;
- Onetsetsani kuti pamene zokambirana zili mkati wotsogolera akutola mfundo zofunikira ndi kuzilemba pa tchati kuti zigwiritsidwe ntchito powomba mkota wa gawolo kapena phunzirolo. Pangakhale povuta kuti mutsogolere komanso mulembe mfundozo nokha kotero khalani ndi wina wokuthandizani kulemba mfundozo;
- Nthawi zonse yesetsani kulumikiza zoyenera kuphunzitsa ndi zomwe ophunzira anaphunzira kale kapena muzipange kuti zikhale zogwirizana ndi moyo wawo wa ophunzira, aliyense payekha payekha komanso gulu lonse pamodzi;
- Onetsetsani kuti mukumaliza maphunziro anu **mwabwino/mosangalatsa**, ndi uthenga woti ophunzira atenge. Poyenera kutero, pezani njira zothetsera vuto lomwe liripo. Ndi bwino kuti gawo lidzitha ndi mfundo zothandizi pa nkhani yomwe mumakambirana;
- Onani ngati simukuyankhula kwambiri kuposa ophunzira. Ngati mwapeza kuti mukuyankhula kwambiri kusiyana ndi ophunzira, alimbikitseni kuti adziyankhana okha mafunso omwe afunsa, mwachitsanzo, ngati wina wafunsa funso, liperekeni kwa ophunzira, "pali yemwe ali ndi yankho ku funsoli?"; komanso,
- **Sangalalani!** Maphunzirowa akhale osangalatsa kwa nonse kwa inuyo pamodzi ndi ophunzira.



## Zizindikiro zofunikira

Mubuku lonseli, mwayikidwa zizindikiro zina zochepa ndi cholinga chofuna kukuthandizani kupeza zinthu zosiyanasiyana:



Nthawi yomwe yaperekedwa pa gawo kapena chochitika



Zida zofunikira



Aphunzitsi adziwe izi



Tsamba lokhala ndi zothandizira pa phunziro



## Gawo 1:

### Mwalandiridwa ku maphunziro a Tiyeni Mabanja! Kuyankhulana

#### Gawoli mwachidule

#### Kufotokozeraza gawo:

Mu gawo lotsekulirali, ophunzira aphunzira cholinga chenicheni cha maphunziro a mu bukuli ndipo akhazikitsa malamulo owatsogolera pa zokambiranazi.

#### Zolinga zaphunziro:

Pakutha pagawoli ophunzira athe:

1. Kutchula cholinga cha pulogalamu ya Tiyeni Mabanja!
2. Kukambirana kufunikira koti akuluakulu adziyankhulana bwino ndi achinyamata.
3. Kulingalira ndi kugwirizana malamulo owatsogolera muzokambirana.



#### Nthawi:

Ola ndi mphindi makumi asanu



#### Zipangizo:

- ✓ Bolodi/choko kapena tchati/pentopeni.

#### Kukonzekera kwa wotsogolera:

- ✓ Fufuzani kuti muone mmene mungawalumikizile ophunzira maphunziro a Tiyeni Mabanja! ndi zochitika zina za GGI m'dera mwawo. Zimenezi zikuthandizani mu ntchito 1.
- ✓ Unikani nkhani ya Mary ndi makolo ake yomwe ikupezeka mu ntchito 2. Ngati zili zofunikira, mukhoza kuyisintha kuti zigwirizane ndi dera lanulo.
- ✓ Khalani ndi mayeso oyambilira ndi otsiriza okwanila ophunzira aliyense. Mayesowa ali kumapeto kwabukuli mu gawo la mafomu oyang'anira mmene ntchito ikuyendera.



## Zoyenera kudziwa wotsogolera:

Popeza ili ndi gawo loyamba, simungathe kudziwa ngati ophunzira anu ndi ophunzira kapena ayi. Mukuyenera kufotokozerana gawoli mu njira zingapo kuphatikizapo kulemba mawu ena, kuyankhula komanso zithunzi ndikuyesetsa kugwiritsa ntchito chiyankhulo chomveka bwino.

Ngati ophunzira akungokhala chete osayankhula gwiritsani ntchito **“ndodo yoyankhula”** kuti zinthu ziyambe kuyenda. Fotokozani kuti inu monga mtsogolero, mupereka ndodo yoyankhulira (mzimbe, tsatsa, kapena pepala lokungidwa) kwa mmodzi wa ophunzirawo. Wophunzira yemwe ali ndi ndodoyo ayankhula pogwiritsa ntchito ndoyoyo pamene ena onse akumvetsera. Kenako, wophunzira uja apereka ndodoyo kwa wophunzira wina ndipo ameneyenso ayankhula pomwe enanso akumumvetsera ndipo naye akamaliza apatsira winanso...mpaka aliyense atayankhula.

## Ntchito 1:kulandiridwa ndi kuunika pulogalamua



Mphindi 20

### CHOCHITA CHOYAMBA

Alandireni ophunzira ku maphunziro a Tiyeni Mabanja! ndikuwafotokozerana mmene maphunzirowa azichitikira monga malo akumanirana, masiku ake komanso nthawi ndi zina. Awuzeni ophunzira kuti ndinu ndani, kenako funsani ophunzira kuti atchule maina awo ndi komwe akuchokera. Angathe kutchula dzina lawo komanso ndi kuchuluka kwa ana a m'banja lawo a pakati pa zaka 10 ndi 17.



## Zoyenera kudziwa wotsogolera:

Ophunzira atha kufuna kudziwa chifukwa chomwe pulogalamuyi ili ndi chidwi kwambiri ndi atsikana osati anyamata. Ngati zitakhala choncho, funsani ophunzirawo maganizo awo pankhaniyi ndipo kenako auzeni mfundo zotsatirazi:

- ✓ Atsikana ali ndi mwayi wochepea wopita ku sukulu komanso kumaliza maphunziro awo;
- ✓ Atsikana ali ndi mwayi wochepea wodziwa zambiri zokhudza HIV/EDZI;
- ✓ Atsikana ali ndi mwayi wochepea wochezera chuma kusiyana ndi anyamata zomwe zimawapangitsa kuti azisinthanitsa matupi awo ndi ndalama;
- ✓ Maudindoomweatsikana alinawomalingana ndi chikhalidwe chatu amawalepheretsa iwo kukhala ochangamuka;
- ✓ Atsikana amakwatiwa ndikuyamba mchitidwe wogonana akadali achichepere kusiyana ndi anyamata; ndi,
- ✓ Atsikana ndi omwe amakhala okhuzidwa kwambiri ndi nkhani za nkhanza zokhunzana ndi kugonana kusiyana ndi anyamata.



## Adziwitseni ophunzira zinthu izi zokhudzana ndi pulogalamu ya Tiyeni Mabanja!:

- Mu kafukufuku yemwe anachitika mu madera osiyanasiyana a GGI anapezeka kuti achinyamata amanena kuti amafuna kumayankhulana ndi akuluakulu ndipo amasowa chidwi, chilimbikitso komanso malangizo kuchokera kwa akuluakulu. Akuluakulu anati ndi okhumudwa chifukwa achinyamata samawamvera iwo ndipo sadziwa mmene angachitire kuti adziyankhulana andi achinyamatawo moyenerera.
- Poyankha zimenezi, cholinga cha Tiyeni Mabanja!:
- “kuthandiza makolo, anamkungwi ndi akuluakulu onse okhudzidwa kuti adzitha kuyankhulana bwino ndi achinyamata a zaka zapakati pa 10 ndi 17 pa zosowa zawo, nkhwawa zawo komanso zokhumba zawo. Bukuli likufunanso kuthandiza akuluakulu kukhala ndi maubwezi abwino ndi olimbikitsa kwa anyamata. Pulogalamuyi imachita izi polimbikitsa maluso a kulumikizana, kukhala chitsanzo chabwino ndi maubwenzi komanso kukweza chidziwitso chokhudzana ndi nkhani za HIV, kutha msinkhu ndi kugonana.”

Funsani ophunzira:

- a. Pali mafunso ena aliwonse okhudza cholinga cha pulogalamuyi?
- b. Pali nkhwawa ina iliyonse yomwe mungafune kunena ku gulu?
- c. Pali chiyembekezo chilichonse chokhudzana ndi pulogalamuyi mungafune kunena ku gulu?

## Ntchito 2: Malamulo Otsogolera



Mphindi 15

### CHOCHITA CHOYAMBA

Funsani ophunzira kuti apereke tanthauzo la malamulo otsogolera. Ngati palibe amene akudziwa afotokozereni kuti ndi malamulo omwe gulu limagwirizana kuti adzitsatiridwa mu zokambirana zawo. Chitsanzo cha malamulo otsogolera ndi kuti aliyense adzibwera mofulumira. Chitsanzo china ndi mmene ophunzira akuyenera kuthandizirana mkati mwa zokambiranazi- monga kuwuzana wina ndi mnzake pa zomwe aphunzira.

### CHOCHITA CHACHIWIRI

Funsani gulu kuti liringalire malamulo otsogolera gulu lonse ndi kulemba kapena kujambula lamulo lililonse lomwe agwirizana. Akamaliza kutchula malamulo awo onse, pitani pa malamulo omwe ali munsiwo omwendo angakhale othandiza zokambirana zawo ndi kuwona ngati pali omwe gululo silinatchule komanso ngati angafune kuti awaphatikize pa awo aja.

## **Malamulo angathe kukhala ngati awa**

**Nthawi:** wotsogolera komanso ophunzira onse ayenera kumatsatira nthawi yoyambira komanso yolekezera.

**Chinsinsi:** Malingana ndi kuti maphunziro ena ndi wowumitsa pa kamwa, anthu otenga mbali angathe kuyankhula zinthu zina zomwe sangafune kuti zibwerezedwe. Anthu otenga mbali sakuyenera kutchula dzina la wachinyamata kapena wina aliyense akamapnga sewero kapen akupereka chitsanzo. Zokambidwa muno siziyenera kukanenedwanso kwina kulikonse.

**Kutenga mbali:** Mupange chiganizo nokha kutenga mbali pa zokambirana ndi zochitika zonse. Lamulo lokhudzana ndi chinsinsi lidzalimbikitsa chidwi cha ophunzira kuti adzitenga mbali ndi kukhala omasuka kunena zakukhosi.

**Osaweruzana:** Nzoloredwa kutsutsa koma nzosaloredwa kunena mnzanu kapena kumuzenga mlandu chifukwa cha maganizo ake.

**Kulemekezana:** Izi zingatanthauze mosiyana kwa anthu osiyanasiyana, koma kwambiri zikutanthauza kumvetserana, kusaweruzana mwachidwi ndi kuchitira anzathu zomwe ife tikufuna kuti iwo atichitire.

**Ndi ufulu wa aliyense kukana kutenga nawo mbali:** Ngakhale kuti pulogalamuyi ikulimbikitsa aliyense kutenga mbali, nkoloredwa kungokhala osayankha kapena osatenga mbali pamene akufunsani.

## **CHOCHITA CHACHITATU**

Khomani malamulowo pa khoma kuti aliyense adzitha kuwaona mkati mwa zokambirana zonse ndikuwauza ophunzira kuti aliyense akhale mlonda wa mnzake.

### **Ntchito 3: Kuyambapo**



Mphindi 15

Lembetsani ophunzira mayeso oyamba a Tiyeni Mabanja!. Mayesowa angapezeke mu gawo la mafomu owona mmene ntchito ikuyendera omwe ali kumapeto kwa bukuli.

### **Ntchito 4: Nkhani ya Mary**



Mphindi 30

## **CHOCHITA CHOYAMBA**

Werengani nkhani ziwiri zotsatirazi, pang'onopang'ono, kwa ophunzira. Nkhani yoyamba ndi ya mmene makolo a Mary amaganizira za mwana wawo. Nkhani yachiwiri ndi ya momwe amaganizira za moyo wake ndi makolo ake.

**Nkhani ya makolo a Mary**

Mary ali pa sukulu ndipo zikuoneka kuti akuchita bwino. Akumapeza malikisi abwino, amatenga nawo mbali mu makalabu atsikana ndiponso amalimbikira kutchalitchi komanso akufuna kudzakhala namwino. Makolo a Mary ndiwonyadira ndi mmene mwana wawo akuchitira ku sukulu komanso ndi cholinga chake chodzakhala namwino komabe ndi ankhawa ndi mwana wawoyo. Mbuyomu akati amulangize Mary zokhudza moyo wake pamakahala kusagwirizana kotero akumangopewa kumuyankhula.

**Nkhani ya Mary**

Mary ndi wokhumudwa komanso wa nkhawa. Ngakhale akufunitsitsa kudzakhala namwino, akuganiza zosiya sukulu. Akuda nkhawa mmene angapezere ndalama zolipirira maphunziro ake ndi kugulira zofunikira ku sukulu. Akuganiza kuti makolo ake salabadira za tsogolo lake ndi mmene iye amamvera. Nthawi zonse akamayankhula ndi makolo ake, samamvana ndipo mapeto ake amakangana.

**CHOCHITA CHACHIWIRI**

Yambitsani kukambirana pofunsa mafunso ophunzira otsatirawa:

- Ndi chifukwa chiyani nkhanzi ziwiri zokhudza munthu mmodzi, Mary, ziri zosiyana chonchi?
- Zifukwa zina zingakhale zotani zomwe zimapangitsa kuti Mary asamayankhulane ndi makolo ake?
- Mumakumana ndi mavuto ngati omwewa mu ubale wanu ndi achinyamata?
- Chifukwa chiyani kuli koyenera kuti padzikhala kulumikizana kwabwino ndi achinyamata?

**CHOCHITA CHACHITATU**

Fotokozani kuti pulogalamu ya Tiyezi Mabanja! ithandiza ophunzira kuthana ndi mavuto ngati amenewa kudzera mu:

- Kupereka maphunziro otheke kutsatiridwa kuti abweretse maluso.
- Kupereka mpata wabwino omwe anthu angathe kubwera pamodzi ndikugawana zobetchera komanso kupambana kwawo ndi kubwezeretsa chiyembekezo mu miyoyo yawo.

**Ntchito 5: Njira yothandizana**

Mphindi 15

**CHOCHITA CHOYAMBA**

Funsani ophunzira kupeza mnezawo. Ngati abwenzi, ophunzirawo akhala akuthandizana mkati mwa maphunziro onsewa komanso mmene akakhale akuyesezera maluso amenewa kunyumba. Apatseni mphindi zisanu ophunzira awiriawiriwo kuti adziwane ndi kulingalira mmene adzithandizirana mkati mwa maphunziro onsewa komanso mpaka maphunzirowa akadzatha. Mwachitsanzo, pouzana wina ndi mnezake zomwe akhala akukumana nazo m'moyo mwawo.



## CHOCHITA CHACHIWIRI

Abweretseninso ophunzirawo pamodzi ndikuwafunsa magulu awo a anthu awiri awiri kuti afotokozere gulu lonse mmene akonzekera kuti adzithandizirana mu maphunzirowa komanso akadzamaliza maphunzirowa.

## Kuomba mkota pa gawoli



Mphindi 15

1. Athokozeni ophunzira chifukwa chotenga mbali mu zokambiranazi komanso auzeni kuti mwana wawo ndi wamwayi pokhala ndi kholo lomwe limasamalira za moyo wawo kwambiri.
2. Fotokozani kuti kumapeto kwa gawo lililonse kudzikhala ntchito yoyembekezereka kuti idzichitidwa ndi ophunzirawo pawokha ncholinga chokhazikitsa maluso omwe aphunzira pa tsikulo. Ntchito ya m'gawo lino ndi iyi:

### Ntchito yoyenera kuchitidwa ya Gawo 1:

Kuyambira panopa mpaka gululi lizakumananso, ganizirani za:

Zomwe inu ndi mwana wanu mukumakambirana panopa;

Zomwe inu mukulakalaka kuti mukadamambirana ndi mwana wanu koma simumakambirana.

3. Limbikitsani ophunzira omwe ali mumagulu a anthu awiri awiri aja kumathandizana mu maphunzirowa komanso mu ntchito zochitira kunyumba.
4. Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.



## **Gawo 2:** **Kuyankhulana kwabwino** **kumandipangitsa kuti ndidzikhala wosangalala**

### **Gawoli mwachidule**

**Kufotokozero gawo:** Ophunzira apeze njira zabwino ndi zoipa zoyankhulira ndikuphunzira kugwiritsa ntchito maluso a kuyankhulana moyenerera.

**Zolinga zaphunziro:** Pakutha paphunziroli ophunzira athe:

1. Kupeza zitsanzo za njira zabwino ndi zoipa zoyankhulirana ndi achinyamata.
2. Kufotokoza zotsatira zomwe zingadze m'moyo wa achinyamata chifukwa cha njira zabwino kapena zoipa zoyankhulirana.



**Nthawi:** Maola awiri



**Zipangizo:** Mapepala okhala ndi zowerenga 1: "Njira Zabwino komanso Zoipa Zoyankhulirana ndi Achinyamata"

**Kukonzekera kwa wotsogolera** Ngati zoyenerereza zilipo mukhoza kupangira ophunzira aliyense pepala lake lake lowerenga.



#### **Zoyenera kudziwa wotsogolera:**

Kumbukirani kusankha wophunzira mmodzi kapena awiri kuti adzogolere zochitika zochangamutsa ophunzira ena onse mkati mwa maphunzirowa.

### **Ntchito 1: Kambiranani za ntchito yomwe munapatsidwa kumapeto kwa Gawo 1**



Mphindi 15

Kambani za ntchito ya mu Gawo lapitalo powafunsa ophunzira kuti anene zotsatira za ntchito yomwe anapatsidwa mu Gawo 1:

#### **KUBWEREZA MWACHIDULE: Ntchito yoyenera kuchitidwa ya mu Gawo 1**

Kuyambira pano mpaka pomwe gulu lidzakumane, ganizirani za:

- Zinthu zomwe inu ndi mwana wanu mukumakambirana panopa;
- Zinthu zomwe mukulalaka kuti mukadatha kukambirana ndi mwanu wanu koma simunathe.

## Ntchito 2: kuyankhulana kwabwino/kolakwika komanso zotsatira zake



Mphindi 30

### CHOCHITA CHOYAMBA

Uzani ophunzira kuti pali njira zabwino zoyankhulirana ndi achinyamata zomwe zilkki zothandiza ndipo pali njira zoipa zomwe sizithandiza.



#### Zoyenera kudziwa wotsogolera:

Mu ndandanda uli m'munsiwu, njira zoyankhulirana zabwino zaonetseredwa ndi (+) pamene njira zomwe zili zoipa zasonyezedwa ndi (-). Ngati ophunzira sakugwirizana, mungathe kuwafotokozera mmene njira ikunkhalira yabwino kapena yoipa.

Werengani ndandanda wa njira zoyankhulirana uli m'munsiwu ndipo muwafunse iwo kulingalira za nthawi yomwe anali achichepere, a zaka za pakati pa 10 ndi 17, ndipo anene ngati njirayo ikanatha kuwapangitsa iwo kusangalala ( njira yabwino) kapena ikanawapangitsa iwo kukhala okhumudwa (njira yoipa).

- kuwaseka (-)
- kuwauza kuti ndi opusa (-)
- kuwauza kuti amakonedwa (+)
- kusalabadira za nkhwawa zawo (-)
- kulemekeza maganizo awo (+)
- kuwayankhula mokweza (-)
- kuwanena kuti ndiwo amayambitsa mavuto aliwonse (-)
- kumvetsera (+)
- kuyesera mwachidwi ndi kumva mavuto awo (+)
- osawalola kuti ayankhule (-)
- kugawana nawo nzeru ndi maganizo (+)
- kuwalamula choti achite mosakambirana nawo (-)

### CHOCHITA CHACHIWIRI

Yambitsani kukambirana pofunsa ophunzira mafunso otsatirawa:

And now when we think about today...

- Mukuganiza kuti ndandanda umenewu ndi wosiyana ndi wa wachinyamata wa masiku ano?
- Ndi njira zoyankhulira ziti zomwe chikhalidwe chimalola koma zimakhala zokhumudwitsa achinyamata?
- Njira zoipa zoyankhulirana zingathe kukhumudwitsa achinyamata. Ndi zotsatira zina ziti zomwe zingadze pa moyo wa achinyamata chifukwa cha njira zoipa zoyankhuliranazi? Mwachitsanzo: kodi zingawapangitse iwo kuchepetsa kuyankhulana kapena kuwakhulupirira akuluakulu?
- N'chifukwa chiyani kuli koyenera kuyankhulana bwino ndi achimata moyenerera masiku ano?



## CHOCHITA CHACHITATU

Perekani ndamanga pofotokoza zotsatirazi:

- Kuyankhulana bwino kumapangitsa achinyamata kudziwa kuti makolo awo amawakonda.
- Kuyankhulana moipa kungathe kuwapangitsa achinyamata kusiya kuyankhulana ndi akuluakulu.

## Ntchito 3: Ndi zosiyana bwanji? CHITANI



Mphindi 60

## CHOCHITA CHOYAMBA

Fotokozani kuti mu magawo a mubukuli ophunzira adzigwiritsa ntchito masewero pofuna kuyesezera zomwe akuphunzira. Sewero ndi njira yophunzirira yomwe munthu amayeserzera kukhalamunthu wina, monga mtsikana kuyesezera kukhala kholo, ndikuyankhula ngati mmene makolo amayankhulira. Izi zimathandiza kuyesera kuchita maluso omwe mwaphunzira ndi mnzanu musawagwiritse ntchito mu moyo wanu weniweni.



### Zoyenera kudziwa wotsogolera:

Sewero likugwiritsidwa ntchito kwambiri mu bukuli popeza limapereka mwayi woti ophunzira adziyesserera kugwiritsa ntchito maluso omwe aphunzira. Ngati ophunzira Sali okonzeka kuchita masewerowa, wotsogolera akhoza kusintha moyenerera. Mwachitsanzo, iwo akhoza wokha kuchita sewerolo mothandizana ndi ophunzira ena odzipereka komanso kufunsa maganizo a ophunzira a zinthu zoyenera kuchitidwa kapena kunenedwa mu sewerolo. Mukaona kuti ophunzira ayamba kumasuka kuchita masewero atha kenako kumakonzana ndi kumachita masewerowo pawokha. Mpofunika kutsindika kuti sewero limapereka mwayi woti ophunzira athe kuyesezera maluso pamalo omwe ndi otetezedwa komanso opereka chilimbikitso asanakachite malusowo kwawokha.

## CHOCHITA CHACHIWIRI

Funsani ophunzira kukhala m'magulu a anthu atatu atatu. Gulu lirilonse, wina adzichita ngati mtsikana wotchedwa Anna, wina adzichita ngati munthu wamkulu, mayi ake a Anna. Apange sewero lawo potengera nkhani yotsatirayi:

*Nkhani: Anna ali ndi zaka 11. Mlongo wake wamkulu amakonda kumuputa. Khalidwe la mlongo wakeyo limamukhumudwitsa kwambiri Anna. Amapita kwa mayi ake akulira kukanena...*

Munthu wachitatu akhala ngati wongoyang'ana ndipo adziwerenga njira zoyankhulirana zomwe makolo adzigwiritsa ntchito zomwe zimupange Anna kukhala munthu wosangalala komanso njira zoyankhulirana zomwe zimupange Anna kukhala munthu wokhumudwa.



## Zoyenera kudziwa wotsogolera:

Magulu onse adzichita masewerowa nthawi imodzi malo osiyana mu chipinda chophunziriracho. Mudzizungulira kupita mumvetsera gulu lirilonse.

## CHOCHITA CHACHITATU

Bweretsani ophunzira pamodzi ndi kuyambitsa kukambirana powafunsa mafunsowa:

1. Ndi njira ziti zabwino zoyankhulirana zomwe mayi ake a Anna anagwiritsa ntchito?
2. Ndi njira ziti zoipa zoyankhulirana zomwe mayi ake a Anna anagwiritsa ntchito?
3. Ndi njira ziti zoyankhulirana zomwe zinamulimbikitsa Anna kuti ayankhulane ndi mayi ake?
4. Ndi njira ziti zoyankhulirana zomwe zisinamuthandize Anna?

## CHOCHITA CHACHINAYI

Perekani ndemanga pa zokambiranazi ndi kuwonjezera mfundo zotsatirazi ngati zisanenedwe kale:

- Pamene achinyamata ali osangalala, pamakhala posavuta kuti athe kuyankhulana ndi makolo komanso kupanga zisankho zabwino.
- Pamene akuluakulu ayankhulana bwino ndi achinyamata amakhala osangalala kuti atha kukhala chitsano chabwino kwa achinyamatawo
- Kuwapanga ana kukhala amantha komanso osadzikhulupirira zimapangitsa kukhala kovuta kuti muthe kuyankhulana nawo bwinobwino.
- Achinyamata amafuna kuti adzimva kuti ali ndi makolo, achibale, kapena anthu ena am'deramo omwe amasamala za iwo ndipo atha kuwakhulupirira.

## Kuomba mkota pa gawoli



Mphindi 15

1. Ngati nkotheke, ophunzira aliyense apatsidwe pepala la mfundo zowonjezera loyamba "Njira Zabwino komanso Zoipa Zoyankhulirana ndi Achinyamata"
2. Perekani zochitika zomwe ziri m'munsizi.

### Ntchito yoyenera kuchitidwa ya Gawo lachiwiri:

Funsani ophunzira apeze njira imodzi yoipa (-) yoyankhulirana yomwe akudziwa kuti amagwiritsa ntchito akamayankhulana ndi achinyamata ndipo ayesere kuyisinthanitsa ndi yabwino (+). Ngati pepala lokhala ndi mfundo zowonjezera loyamba liripo mutha kugwiritsa ntchito kuti muthandizike.

Konzekani kudzakambirana mukamadzakumananso.



3. Limbikitsani ophunzira omwe ali mumagulu a anthu awiri awiri aja kumathandizana mu maphunzirowa komanso mu ntchito zochitira kunyumba.
4. Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.



## PEPALA LOKHALA NDI ZOWERENGA ZOWONJEZERA LOYAMBA Njira zabwino komanso zoipa zoyankhulirana ndi achinyamata

Pamene mukuyankhulana ndi achinyamata...

### **Yeserani kugwiritsa ntchito njira zabwino zoyankhulirana:**

- (+) Amvetsereni.
- (+) Awuzeni kuti mumawakonda.
- (+) Afunseni mafunso.
- (+) Yesani kuwamvetsetsa potengera ndi maganizo awo.
- (+) Alemkezeni.
- (+) Athandizeni kupeza mayankho.
- (+) Awuzeni zomwe mukuganiza.
- (+) Ayamikireni.
- (+) Afotokozereni pa zomwe iwo akuchita bwino.

### **Musayesere kugwiritsa ntchito njira zoipa zoyankhulirana, monga:**

- (-) kuwakalipira.
- (-) kuwamenya.
- (-) kusawalabadira.
- (-) kuwauza kuti ndiwolakwa.
- (-) kuwaseka.
- (-) kuwauza kuti ndiopusa.
- (-) kusalabadira nkhwawa zawo.
- (-) kuwonetsera nkwiyo wanu.
- (-) kuwadula kapenanso osawalola kuti ayankhule.
- (-) kuwaweruzi.



## Gawo 3:

### Kukhala ndi chidwi: Maluso Atatu Oyankhulirana ndi Achinyamata

#### Gawoli mwachidule

**Kufotokozero gawo:** Ophunzira aphonzira ndi kugwiritsa ntchito njira zabwino zoyankhulirana ndi achinyamata.

**Zolinga zaphunziro:** Pakutha paphunziroli ophunzira athe:

1. Kufotokoza za kuchangamuka! Maluso atatu oyankhulirana ndi achinyamata.
2. Kufotokoza kufunika kogwiritsa ntchito malusowa poyankhulirana ndi achinyamata.



**Nthawi:**

Ola limodzi ndi mphindi 45



**Zipangizo:**

Mapepala okhala ndi zowerenga zowonjezera lachiwiri: “Maluso Atatu a Kukhala ndi chidwi poyankhulirana ndi achinyamata”

**Kukonzekera kwa wotsogolera:**

Ngati zoyenerereza zilipo, mupatseni ophunzira aliyense pepala lokhala ndi mfundo zowonjezera lachiwiri liri kumapeto kwa Gawoli.

### Ntchito 1: kambiranani za ntchito yomwe munapatsidwa kumapeto kwa gawo 2



Mphindi 15

Kambiranani za ntchito ya kumapeto kwa Gawo 2 pofunsa ophunzira:

- a. Ndi chiyani chinali chovuta/chophweka chokhudzana ndi ntchitoyi?
- b. Ndi njira ziti zabwino zoyankhulirana zomwe munazipeza kukhala zothandiza?
- c. Ndi njira ziti zabwino zoyankhulirana zomwe mukuwona kuti muzidzigwiritsa ntchito kwambiri?

#### **KUBWEREZA MWACHIDULE: Ntchito yakumapeto kwa Gawo 2**

Funsani ophunzira apeze njira imodzi yoipa (-) yoyankhulirana yomwe akudziwa kuti amagwiritsa ntchito akamayankhulirana ndi achinyamata ndipo ayesere kuyisinthanitsa ndi yabwino (+). Ngati pepala lokhala ndi zowerenga 1 lilipo mutha kugwiritsa ntchito kuti muthandizike.



## Ntchito 2: kudziwitsa za maluso atatu a Kukhala ndi chidwi poyankhulana



Mphindi 30

### CHOCHITA CHOYAMBA

Funsani ophunzira afotokoze mwachidule njira **zabwino** (+) zoyankhulirana ndi achinyamata zomwe zaphunzitsidwa mu Gawo lomaliza lija. Onani pepala lokhala ndi zowerenga 1 mu Gawo lathali ngati mukufuna kukumbukira..

### CHOCHITA CHACHIWIRI

Fotokozani kuti kuphatikiza pa njira zabwino zimenezi, palinso maluso ena atatu apadera omwe akuluakulu angathe kugwiritsa ntchito pofuna kuyankhulana bwino ndi achinyamata. Malusowa ndi a Kukhala ndi chidwi! : kumvetsetsa mwachidwi; kumvetsera mwachidwi; ndi kufunsa mwachidwi.

### CHOCHITA CHACHITATU

Pogwiritsa ntchito pepala lokhala ndi mfundo zowonjezera lachiwiri lomwe liri kumapeto kwa Gawoli, werengani matanthauzo ndi zitsanzo za maluso atatu a kuyankhula “mwachidwi!” Ngati nkotheke, patsani ophunzira aliyense pepala lakelake.

### CHOCHITA CHACHINAYI

Werengani zitsanzo zomwe zili m’munzizi ndi kufunsa ophunzira kuti atchule kuti ndi ndani yemwe amagwiritsa ntchito luso la kukhala ndi chidwi!:

Chitsanzo choyamba: Anna auza mayi ake kuti aphunzitsi anamuyamikira m’kalasi lero. Mayi ake amufunsa iye “linali phunziro lanji limenelo?” ndipo kenako amufunsa “ukuchita bwanji mu maphunziro ena?” [kufunsa mwachidwi]

Chitsanzo chachiwiri 2: Anna auza mayi ake kuti aphunzitsi anamuyamikira m’kalasi lero. Mayi ake amuyankha “ndi zosangalatsa” ndipo kenaka apitiriza kuphika. [Palibe]

Chitsanzo chachitatu 3: Peter auza bambo ake kuti amafuna kudzakhala dokotala akadzakula koma akukayika malinga ndi mmene akuchitira kusukulu. Bambo ake amuyankha “ndikuganiza kuti ganizo lako lodzakhala dokotala ndi labwino ndipo ndine wonyadira. Komabe zikuoneka kuti zikukuvuta kusukulu, kweni kweni chikuvuta ndi chiyani? Kodi banja lako lingakuthandize?” [Kumvetsera mwachidwi]

Chitsanzo chachinayi 4: Seki auza mayi ake kuti mtsikana wina wa m’mudzimo akumamunena. Seki ayamba kulira. Mayi ake a Seki amuyankha “ndikudziwa mmene ukumvera, inenso mmene ndinali ngati msinkhu wako atsikana anakonda kundinena ndipo zinali zowawa. Ukumamva bwanji iweyo?” awonjezera pomuza Seki kuti adzibwera kudzawauza ngati pali chilichonse chomwe chamukhumudwitsa.



## Nota do Facilitador:

Zoyenera kudziwa otsogolera Atsimikizileni ophunzira anu kuti njira zones zitatu zoyankhulilana; Kumvetsera mwachidwi, kufunsa mwachidwi ndi kumvetsetsa mwachidwi, ndizofunikila ndipo zimagwira ntchito limodzi.

## CHOCHITA CHACHISANU

Yambitsani kukambirana powafunsa ophunzira mafunso awa:

- Kodi mumagwiritsa maluso ochangamuka! amenewa panopa mukamayankhulana ndi achinyamata?
- Ngati mumukadagwiritsa ntchito maluso amenewa kodi mukuganiza kuti zikadathandiza bwanji?

## CHOCHITA CHACHISANU NDI CHIMODZI

Perekani ndemanga pa mayankho awo ndi kuwonjezera mfundo zotsatirazi:

- Kumvetsetsa mwachidwi ndikothandiza chifukwa ngati mulandira maganizo ndi mmene iye akumvera zimapangitsa kuti adzikhala omasuka kukuyankhulani pafupipafupi.
- Kumvetsera mwachidwi ndikothandiza chifukwa pamene muika chidwi pa zomwe wachinyamata akunena, amadziona kukhala ofunikira ndipo amadziwa kuti mukhoza kuwathandiza. Zimathandizanso kuti inu ndi wachinyamata wanu mudziwane kwambiri, ndipo ngati pali vuto mumathandizana kugonjetsa.
- Kufunsa mwachidwi ndikothandiza chifukwa zimamupanga mwana wanu kudziwa kuti mukufuna kudziwa zambiri zokhudzana ndi moyo wawo. Zimenezi zidzawalimbikitsa kuti abwerenso kwa inu nthawi ina.

## Ntchito 3: Kugwiritsa ntchito maluso atatu a kuyankhulana mwachidwi!



Mphindi 45

## CHOCHITA CHOYAMBA

Gawani ophunzira mu magulu atatu ndipo perekani luso limodzi la kuyankhula mwachidwi! Ku gulu lililonse kuti alichite: kumvetsetsa mwachidwi, kumvetsera mwachidwi, kapena kufunsa mwachidwi. Funsani gulu lililonse lipange masewero awiri a kuyankhulana pakati pa kholo ndi mwana. Maguluwa awonetsere zomwe zimachitika ngati sakugwiritsa ntchito maluso akuyankhulana ndi zomwe zimachitika akamgwiritsa ntchito malusowa. Sewero lililonse litenga mphindi zitatu ndipo liwonetsedwa kutsogolo kwa gulu lonse.

**Sewero loyamba:** Otenga mbali mu sewero saonetsa maluso a kuchangamuka! Poyankhulana omwe apatsidwa kuti agwiritse ntchito. Mwalo mwake, awonetsa zosiyana (mwachitsanzo ngati gulu lapatsidwa luso la kumvetsera mwachidwi-apange sewero lowonetsa munthu asakumvetsera mwachidwi)

**Sewero lachiwiri:** Musewereli awonetsa anthu akugwiritsa ntchito maluso akuyankhula mwachidwi.

## CHOCHITA CHACHIWIRI

Pamene magulu akukonzekera, ayendereni ndi kuwayankha mafunso omwe angakhale nawo komanso muwaunikire mfundo zina zofunikira pa luso lomwe apatsidwa.

## CHOCHITA CHACHITATU

Funsani ophunzira kuti awonetse masewero awiri awo.

Wonse akaonetsa masewero awo, yambitsani kukambirana pofunsa mafunso awa:

- Ndi zinthu ziti zomwe zinali zosiyana kwambiri pakati pa masewero awiriwa?
- Maluso akuyankhulana mwachidwi! anathandizira kholo ndi mwana kuyankhulana?
- Ndi luso liti mwa maluso a kuchangamuka! Poyankhulana lomwe mukuganiza kuti mukadamagwiritsa ntchito poyankhulana ndi achinyamata?

## Kuomba mkota pa gawoli



Mphindi 15

- Thokozani ophunzira chifukwa chotenga mbali mu phunziroli ndipo muwafunse kuti afotokoze mu mawu awo maluso atatu a kuyankhula mwachidwi! omwe akambidwa mu gawoli: kumvetsetsa mwachidwi, kumvetsera mwachidwi, ndi kufunsa mwachidwi.
- Perekani ntchito yoyenera kuchitidwa ili m'munsiyi.

### Ntchito ya kumapeto kwa Gawo lachitatu:

Tengani luso la kuyankhulana mwachidwi! limodzi (kumvetsetsa mwachidwi; kumvetsera mwachidwi; kapena kufunsa mwachidwi) ndipo mulonjeze kuti kuyambira panopa mpaka masiku akudzawo mudzigwiritsa ntchito poyankhulana ndi mwana wanu. Ngati muli ndi pepala lokhala ndi zowerenga lachiwiri mukhoza kugwiritsa ntchito kuti likuthandizeni.

- Limbikitsani ophunzira omwe ali mumagulu a anthu awiri awiri aja kumathandizana mu maphunzirowa komanso mu ntchito zochitira kunyumba.
- Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.



## **PEPALA LOKHALA NDI Mfundo Zowonjera Lachiwiri Maluso atatu a kuyankhulana mwachidwi! ndi achinyamata**

### **KUMVETSETSA Mwachidwi**

Kumvetsetsa mwachidwi ndi:

- Kuyesetsa kudziyika mu mapazi a wachinyamata kuti mumvetsetse mmene iye akumvera mu mtima mwake.
- Kumulimbikitsa wachinyamata kuti ayankhule mosamudula kapena kumunena.
- Kuvomereza kuti mavuto ake ndi eni eni.

Zitsanzo za mawu osonyeza kumvetsetsa mwachidwi:

“Zikuonetsa kuti zimenezi zikusokonezadi.”

“Ndikumvetsetsa zomwe ukunenazi ndipo ndikufunitsitsa kuti ndikuthandize vuto lakoli.”

### **KUMVETSERERA Mwachidwi**

Kumvetsera mwachidwi ndi:

- Kuika chidwi pa zomwe wachinyamata akunena
- Kuwafunsa mafunso pofuna kuonetsetsa kuti mwamvetsetsa zomwe achinyamata akunena.
- Kupereka mayankho afupiafupi kuti wachinyamata adziwe kuti mukumvetsera (mwachitsanzo, “eya”, kuvomera ndi mutu ndi zina zambiri).

Zitsanzo za mawu osonyeza kumvetsera mwachidwi:

“Ndamva ukuti ndiwe wokhumudwa ndi mmene aphunzitsi ako amakuchitira kusukulu, si choncho?”

“Ndiuze zambiri za momwe aphunzitsi ako amakuchitira.”

### **KUFUNSA Mwachidwi**

Kufunsa mwachidwi ndi:

- Kufunsa mafunso ncholinga chofuna kumvetsetsa mwanayo kapena zomwe akunena.
- Kufunsa mafunso omwe angalimbikitse wachinyamata kunena zambiri osati yankho longoti “eya” kapena “ayi”.

Zitsanzo za kufunsa mwachidwi:

“Tandiuza zambiri za maganizo ako ofuna kukayambiranso sukuluwo.”

“Ndikufuna ndimve zambiri zokhudza maganizo ako pa nkhaniyi.”

“Ukuganiza kuti usankha njira yanji pamenepa?”



## Gawo 4: Unyamata ndi Kutha msinkhu

### Gawoli mwachidule

**Kufotokozero gawo:** Ophunzira atanthauzira kutha msinkhu ndi Unyamata komanso aunikanso mfundo ndi nkambakamwa chabe zokhudza kutha msinkhu ndi kugonana.

**Zolinga zaphunziro** Pakutha paphunziroli, ophunzira athe

1. Kuthauzira kutha msinkhu ndi unyamata.
2. Kuyankha mafunso kuchokera kwa achinyamata okhudzana ndi kutha msinkhu komanso kugonana.



**Nthawi:**

Ola limodzi ndi mphindi 45



**Zipangizo:**

- ✓ Pepala lokhalandizowerengazowonjezera la chitatu, “Nkambakamwa ndi mfundo zokhudza kutha msinkhu”.
- ✓ Pepala lokhala ndi zowerenga zowonjezera la chinayi, “kusintha kwa thupi la mkazi akamatha msinkhu”.
- ✓ Pepala lokhala ndi zowonjezera zowonjezera la chisanu, “kusintha kwa thupi mwamuna akamatha msinkhu”.
- ✓ “Nkhani zokhuza kutha msinkhu ndi kubereka”, lzi ndi za aphunzitsi okha osati ophunzira. kumapeto kwa gawoli.

**Kukonzekera kwa wotsogolera:**

- ✓ Unikani pepala lokhala ndi mfundo zowonjezera la chitatu, ndi kuwonjezera nkambakamwa zina zotchuka. Funsani wazaumoyo zokhudza mfundo zanu.
- ✓ Ngati zoyenera zilipo mupange mapepala okhala ndi zowerenga zowonjezera la chitatu, lachinayi ndi lachisanu okwanira ophunzira aliyense. Perekani mapepala amenewo mu nthawi yake malinga ndi mmene zochitika m’gawoli zikuonetsera (osati phunziro lisanayambe).
- ✓ Unikani ndikudziwa za “Zoyenera Kudziwa Wotsogolera Zokhudza Kutha Msinkhu ndi Kubereka”. Zimenezi zikuthandizani kuyankha mafunso kuchokera kwa ophunzira.



### **Zoyenera kudziwa wotsogolera:**

Gawoli liri ndi mfundo zambiri. Imodzi mwa njira zomwe zingathandize kuti makolo ndi achinyamata athe kuyankhulana bwino ndi kuti makolo akuyenera kumakhala odziwa zambiri kuti athe kuyankha mafunso molondola kuchokera kw achinyamata okhudzana ndi kutha msinkhu komanso kugonana.

Mungathe kupempha wazaumoyo kukhalapo pophuzitsa gawoli kuti akuthandizeni kuyankha mafunso. Komabe muonetsetse kuti munthuyo akudziwadi za nkhanayi ndipo ndiwomasuka kukambirana ndi akuluakulu mosaweruzwa komanso mwaulemu pankhani zokhudzana ndi kugonana.

## **Ntchito 1: kambiranani za ntchito yakumapeto kwa Gawo 3**



Mphindi 15

Kambiranani za ntchito ya Gawo lathalo pofunsa ophunzira:

- Ndi maluso ati akuyankhulana mwachidwi omwe munagwiritsa ntchito ndi wachinyamata anu?
- Ndi chiyani chinali chovuta/chophweka chokhudzana ndi ntchitoyo?
- Kodi mukayesera kugwiritsa ntchito luso lina la kuyankhulana mwachidwi ndi achinyamata anu?

### **KUBWEREZA MWACHIDULE: Ntchito ya kumapeto kwa Gawo 4:**

Tangani luso la kukhala ndi chidwi poyankhulana! limodzi (kumvetsetsa mwachidwi; kumvetsera mwachidwi; kapena kufunsa mwachidwi) ndipo mulonjeze kuti kuyambira panopa mpaka masiku akudzawo mudzigwiritsa ntchito poyankhulana ndi mwana wanu. Ngati muli ndi pepala lokhala ndi zowerenga lachiwiri mukhoza kugwiritsa ntchito kuti likuthandizeni.

## **Ntchito 2: Kutanthauzira Unyamata ndi Kutha Msinkhu**



Mphindi 30

### **CHOCHITA CHOYAMBA**

Yambitsani kukambirana pofunsa mafunso otsatirawa:

- Munayamba mwamvapo mawu oti “wachinyamata” kapena “nyamata” mbuyomu?
- Mumatanthauzira bwanji mawuwa?
- Munayamba mwamvapo mawu oti “kutha msinkhu” mbuyomu?

- d. Mumatanthauzira bwanji mawu oti kutha msinkhu?
- e. Mawu ena ndi ati omwe mumagwiritsa ntchito ponena za “unyamata” ndi “kutha msinkhu”? zimasiyana bwanji?
- f. Ndi kusintha kwanji kwa m’nthupi komanso m’maganizo komwe kumachitika kwa achinyamata a pakati pa zaka 10 mpaka 17?

## **CHOCHITA CHACHIWIRI**

Perekani kwa ophunzira anu mapepala okhala ndi zowerenga zowonjezera la chinayi ndi la chisanu ndipo perekani ndamanga wa zokambiranazo ndipo fotokozani mfundo zofunikira zotsatirazi:

- Unyamata ndi msinkhu wa pakati pokhala mwana ndi munthu wamkulu.
- Wachinyamata ndi munthu yemwe salinso mwana koma sanafike pokhala munthu wamkulu.
- Kutha msinkhu ndi kusintha kwa munthu m’thupi komanso m’maganizo komwe kumachitika wachinyamata akamasintha kukhala munthu wamkulu. Mu mapepala okhala ndi zowerenga zowonjezera lachinayi ndi lachisanu ali ndi zithunzi zosonyeza ziwalo za pathupi zomwe zimasintha munthu akamatha msinkhu. Perekani pepala lachinayi ndi lachisanu kwa wophunzira aliyense. Afotokozereni kuti angathe kugwira ntchito mapepalawo poyamba kukambirana ndi achinyamata awo za kutha msinkhu.
- Achinyamatanso amasintha m’kaganizidwe kawo chifukwa cha kusintha kwa thupi kamba ka mahomoni. Atha kukhala okndwa mkamphindi kochepea ndipo posakhalitsa amapezeka kuti akhumudwa. Amakanika kupanga zisankho mwachangu ndipo nthawi zina amapezeka kuti akuchita makani. Amayamba kuchita zinthu mosadalira makolo awo ndipo amayamba kukhala ndi chidwi ndi anzawo osiyana nawo ziwalo. Zosintha zonsezi ndi chilengedwe.
- Achinyamata a zaka 10 mpaka 17 amakhala atatsala pang’ono kutha msinkhu kapena atatha kale msinkhu.



### **Zoyenera kudziwa wotsogolera:**

Nthawi ndi nthawi onetsetsani kuti ophunzira anu akadali otakasuka ndi zokambiranazo. Mungathe kuwapatsa mapepala okhala ndi zowerenga zowonjezera lachinayi ndi lachisanu kumapeto kwa zokambirana osati mkati mwa zokambirana. Komanso, mpofunika kugwiritsa ntchito mawu oyenerera omwe anthu amudzimo amagwiritsa ntchito potchuluka ziwalo zobisika osati kutchula muchingerezi kapena muchichewa cholaula. Mungathe kufunsa ena kuti akuthandizeni ngati simudziwa Chichewa choyenerera. Mapepala okhala ndi nkhani zowonjezera lachinayi ndi lachisanu ndi a ophunzira. Pepala la **Zoyenera kudziwa otsogolera zokhudzana ndi kutha msinkhu komanso kubereka**, ndi la mphunzitsi osati ophunzira.



### **Ntchito 3: mfundo zenizeni ndi nkhabakamwa chabe za unyamata ndi kutha msinkhu**



Mphindi 40

#### **CHOCHITA CHOYAMBA**

Gawani ophunzira mu magulu anayi. Ngati zili zabwino kwa ophunzirawo maguluwo akhoza kukhala a amuna pawokha, akazinso pawokha. Fotokozani kuti mu chochita ichi ndi mpikisano womwe gulu lililonse liyesetsa kupereka mayankho ambiri kuposa magulu enawo. Mu mpikisanowu, inu mudziwerenga ziganizo zokhudza kutha msinkhu kapena kugonana. Gulu lililonse lidzinena ngati ganizolo liri loona (**mfundo**) kapena labodza (**nkhabakamwa**). Gulu lomwe liyankhe mafunso ambiri molondola ndi lomwe lipambane.

#### **CHOCHITA CHACHIWIRI**

Werengani ganizo lililonse mu pepala lokhala ndi zowerenga zowonjezera la chitatu, “nkhabakamwa ndi mfundo zokhudza kutha msinkhu”. Funsani gulu lililonse kuyankha ngati liri “nkhabakamwa/bodza” kapena “mfundo/loona”. Gulu likayankha werengani yankho lomwe liri papepalapo ndi kufotokozerwa kwake ndipo kenako apatseni malikisi ngati akhoza.



#### **Zoyenera kudziwa wotsogolera:**

Pambali pa mfundo ndi nkhabakamwa zomwe ziri mu pepala la nkhani zowonjezera lachitatu, mungathe kuwonjezera nkhabakamwa zomwe zilipo m'dera mwanumo. Mwachitsanzo, mmadera mwina muli nkhabakamwa yoti njira yokhayo yomwe munthu angapezere vitamin K ndi pogonana basi.

#### **CHOCHITA CHACHITATU**

Pamene ziganizo zonse zawerengedwa ndi kuyankhidwa, onani zotsatira za maguluwo ndi kuwulutsa wopambana. Ngati nkotheke, perekani mphoto kwa gulu lopambanalo. Athokozeni ophunzira onse chifukwa chotenga gawo mu mpikisanowu ndipo apatseni mpata wofunsa mafunso ngati ali nawo. Ngati nkotheke, perekani pepala lokhala ndi nkhani zowonjezera lachitatu kwa wophunzira aliyense.

#### **CHOCHITA CHACHINAYI**

Gawanani ndi ophunzira mfundo zotsatirazi:

- Kusintha komwe kumachitika nthawi yomwe munthu akutha msinkhu ndi zabwinobwino ndi chizindikiro cha thupi la thazi.
- Achinyamata onse amakhala ndi chidwi ndi matupi awo komanso kugonana.
- Mfundo zomwe mwapeza kuchokera mu mpikisano wa nkhabakamwa ndi mfundo uja zidzakuthandizani kuyankha mafunso osiyanasiyana kuchokera kwa achinyamata anu.
- Ngakhale zingakhale zochititsa manyazi kwa makolo komanso achinyamata, kugawana nzeru zimenezi zimathandiza achinyamata kumvetsetsa zomwe zikuwachitikira m'matupi awo kotero kuti amatha kupanga zisankho zabwino.



## Kuomba mkota pa gawoli



Mphindi 15

1. Thokozani ophunzira chifukwa chotenga gawo pazokambiranazi ndi kudzipereka kwawo kuti ayankhule pa mutu wovuta ngati umenewu.
2. Perekani ntchito ili m'munsiyi.

### **Ntchito ya kumapeto kwa Gawo 4:**

Funsani ophunzira kuganizira za zinthu zonse zomwe aphonzira lero. Afunsani ophunzira kuti asankhepo mfundo imodzi yomwe akuganiza kuti ndiyofunika kwambiri ndipo muwauuze kuti akagawane ndi wachinyamata wawo musanafike mu gawo lotsatira.

Ngati alipo, akhoza kugwiritsa ntchito mapepala okhala ndi zowerenga omwe alandira lero.

3. Limbikitsani ophunzira omwe ali mumagulu a anthu awiri awiri aja kumathandizana mu maphunzirowa komanso mu ntchito zochitira kunyumba.
4. Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.



## PEPALA LOKHALA NDI MFUNDO ZOWONJEZERA LA CHITATU, Nkhambakamwa ndi Mfundo Zokhudza Kutha Msinkhu

**“kutha msinkhu kumayamba m’zaka zofanana mwa aliyense”**



**NKHAMBAKAMWA/BODZA**

Kutha msinkhu kumayamba komanso kutha m’zaka zosiyana kwa achinyamata. Matupi achinyamata amasintha mosiyanasiyana. Kusiyana kumeneku ndi kwabwinobwino ndipo sizingasinthidwe.

**“Atsikana amayamba kutha msinkhu msanga kusiyana ndi anyamata”**



**MFUNDO/ZOONA**

“Atsikana amayamba kutha msinkhu msanga kusiyana ndi anyamata” Kusiyana kumeneko ndi kwachilengedwe kotero n’zabwinobwino.

**“Atsikana ndi anyamata amakokomezeka kusinthatintha kwa m’maganzizo potha msinkhu”**



**NKHAMBAKAMWA/BODZA**

Potha msinkhu, thupi limatulutsa mahomoni omwe amachititsa kuti thupi lisinthike komanso khalidwe ndi zilakolako zisinthe. N’zotheka kudzimva kukhala wamphamvu ndi wosangalala m’kamphindi ndipo mosakhalitsa kupezeka kuti ukudzimva kukhala wotopa komanso wosangalala. Kusinthatinthaku n’kwabwinobwino.

**“M’nthawi ya kutha msinkhu, anyamata okha ndiye amakhala ndi chilakolako chogonana”**



**NKHAMBAKAMWA/BODZA**

M’nthawi ya kutha msinkhu, anyamata komanso atsikana onse amakhala ndi chilakolako chogonana. Chilakolakochi chingakhale kusinthika kwa thupi monga kugunda kwa mtima mofulumira kapena kumva kutentha ku nkhope kapena kumaliseche. Nthawi zina achinyamata amatha kumva kukoma kwa kugonana ali m’tulo ndipo amatha kutulutsa umuna, zimenezi zimachitikanso kwa atsikana, koma samatulutsa chikazi. Nkofunika kukumbukira kuti zilakolakozi ndi zabwinobwino komanso chizindikiro cha thupi lathazi.

**“Mwana amapangidwa pamene “mbewu” ya mwamuna yakumana ndi “dzira” la mkazi”**



**MFUNDO/ZOONA**

Pamene mwamuna agonana ndi mkazi, mwamuna malowetsa mbolo yake mu nyini ya mkazi ndipo amtulutsa mbewu yake (ukala/umuna), omwe umakakumana ndi dzira la mkazi ndipo mimba imachitika.

**“Ngati mnyamata watota koma osagonana ndi mkazi amadwala kapena kukhala osabereka”**



**NKHAMBAKAMWA/BODZA**

Ngati mnyamata watota sakuyenera kugonana ndi mkazi kuti asadwale komanso sizona kuti akapanda kugonana ndiye kuti sadzabereka. Kutota sichizindikiro chakuti munthu agonane ndi wina nthawi yomweyo.

**“M’nthawi yakutha msinkhu, kusintha kwa m’thupi kumachitika komwe kungapangitse**

**mtsikana kutenga mimba kapena mnyamata kupereka mimba”**



**MFUNDO/ZOONA**

M’nthawi yomwe munthu akutha msinkhu, kusintha kofunikira kumachitika m’thupi la mnyamata komanso mtsikana. Atsikana tsopano atha kutenga mimba komanso anyamata atha kupereka mimba. Ife monga akuluakulu tikudziwa kuti kukhala wokonzeka kutenga mimba m’thupi ndi zosiyana kwambiri ndi kukhala wokonzeka kutenga mimba m’maganizo.

**“Nthawi ya Msambo kwa atsikana ndi yofanana ndipo imachitika mofanana”**



**NKHAMBAKAMWA/BODZA**

Msambo wa atsikana womwe angoyamba kumene umasinthatintha. Mwachitsanzo, mtsikana atha kukhala ndi masiku ofanana kuchokera tsiku losamba la mwezi wina kufika tsiku la mwezi winanso kwa miyezi iwiri, kenako ndikudzakhala ndi masiku ochepa kuchokera tsiku la msambo la mwezi wina kukafika tsiku la mwezi wina. Kachitidwe kake ka msambo pang’ono ndi pang’ono kamadzakhazikika, ngakhale amatha kumakhala ndi msambo wosinthatintha pamene akukula. N’zabwinobwino kumaona madontho a magazi kwa tsiku kapenanso masiku awiri mkati mwamsambo wake.

**“Mtsikana amadutsa ka nthawi komwe amakhala ndi mwayi wonse wotenga mimba masiku ena a mkati mwa mwezi”**



**MFUNDO/ZOONA**

Atsikana ndi amayi amakhala ndi mwayi wonse wotenga mimba m’nthawi yomwe dzira likunkhwima, pafupifupi masiku 14 msambo wawo wina usanachitike.

**“Mtsikana akhoza kutenga mimba ngakhale mnyamata atapanda kukodzera”**

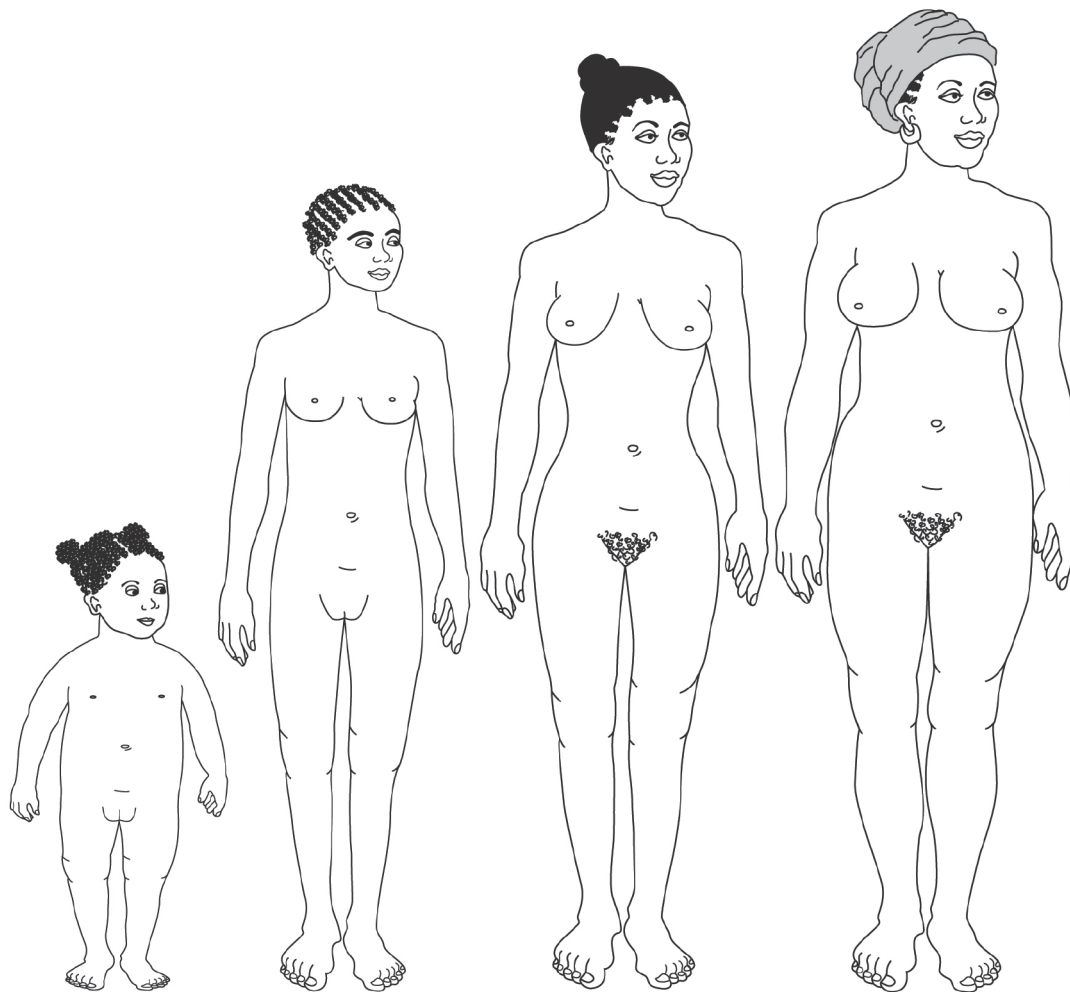


**MFUNDO/ZOONA**

Pamakhala timadzi tochepe tomwe mwamuna amatulutsa asanakodzere. Timadzi timeneti timakhala ndi umuna; umunawu umakakumana ndi dzira la mkazi ndipo mimba imatha kuchitika.



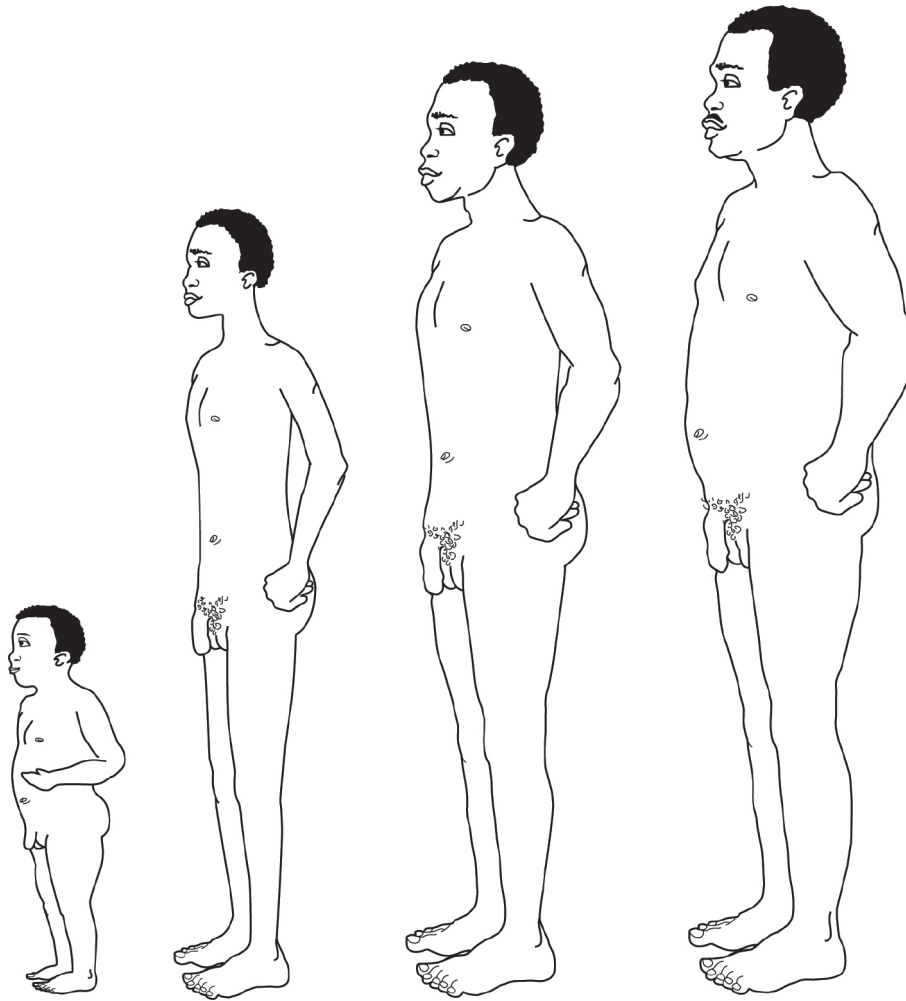
## PEPALA LOKHALA NDI ZOWERENGA ZOWONJEZERA LA CHINAYI Kusintha kwa thupi la mkazi akamatha msinkhu



- Kumera tsitsi mkhwapa ndi malo ena obisika.
- Kukula kwambiri mukanthawi koyamba.
- Kukula thupi.
- Thupi limasintha kaonedwe.
- Chiuno chimakula.
- Chiuno chimaning'a.
- Mabere amakula.
- Amayamba msambo.
- Nkhungu limakhala la mafuta ndipo amayamba ziphuphu.
- Kuwonjezera kwa thukuta/mfungo la m'thupi.



## PEPALA LOKHALA NDI MFUNDO ZOWONJEZERA LA CHISANU Kusintha kwa thupi la mwamuna akamatha msinkhu



- Kumera tsitsi ku mkhwapa, ku malo obisika, pa nkhope ndi pa mtima.
- Kukula kwambiri mukanthawi kochepa.
- Kukula thupi.
- Mapewa amakula.
- Amakakhala ndi minyewa yambiri.
- Mawu amayamba akulu.
- Mbolo imakula.
- Machende amakula.
- Nkhungu limakhala la mafuta ndipo amayamba ziphuphu.
- Kuchuluka thukuta ndi mfungo la m'thupi.
- Amayamba kulota ndi kutulutsa umuna.



## **Zoyenera Kudziwa Wotsogolera Zokhudzana ndi Kutha Msinkhu komanso Kubereka**

### **Ziwalo Za Abambo Zoberekera**

#### **Ziwalo Zapanja Pa Thupi:**

Mbolo imatha kulimba kapena kutota ndipo sichedwa kusintha ikagundidwa. Mwamuna Amayika mbolo yake mu nyini nthawi yogonana. Mutu wake ndiye womwe umasintha mwachangu ndipo umatchingidwa ndi khungu kwa amuna omwe sanadulidwe. Mbolo ndi yomwe imakhala ndi njira yomwe mikodzo ndi umuna umadzera. Mbolo ndi yomwe imapereka umuna kwa mkazi nthawi yogonana.

Mdulidwe ndi kuchotsa kwa kakhungu kakutsogolo kwa mbolo. Kafukufuku akusonyeza kuti mdulidwe umachepetsa kufala kwa kachiroombo ka HIV kuchokera kwa mwamuna yemwe ali ndi kachiroombo ka HIV kupita kwa mkazi yemwe alibe ndi maperesenti okwana 60. Mdulidwe uli mbali imodzi ya chthandizo chomwe chikuperekedwa pamodzi ndi kuwunika ndi kuthandiza anthu omwe ali ndi HIV, kulandila uphungu ndu kuyezetsa magari, kulimbikitsa kugwiritsa ntchito makondomu, kulimbikitsa anthu kuti asamakhale ndi abwenzi ambiri ogonana nawo nthawi imodzi ndi njira zina zothandiza kuchepetsa kufala kwa HIV.

Thumba la Machende ndi kathumba komwe kamakhala m'munsi mwa mbolo ndipo mkati mwake mumakhala timipira. Mu timipirati mumakhala umuna ndipo umatetezedwa ku kutentha kapena kuzizira ndimachendewa.

#### **Ziwalo za m'kati:**

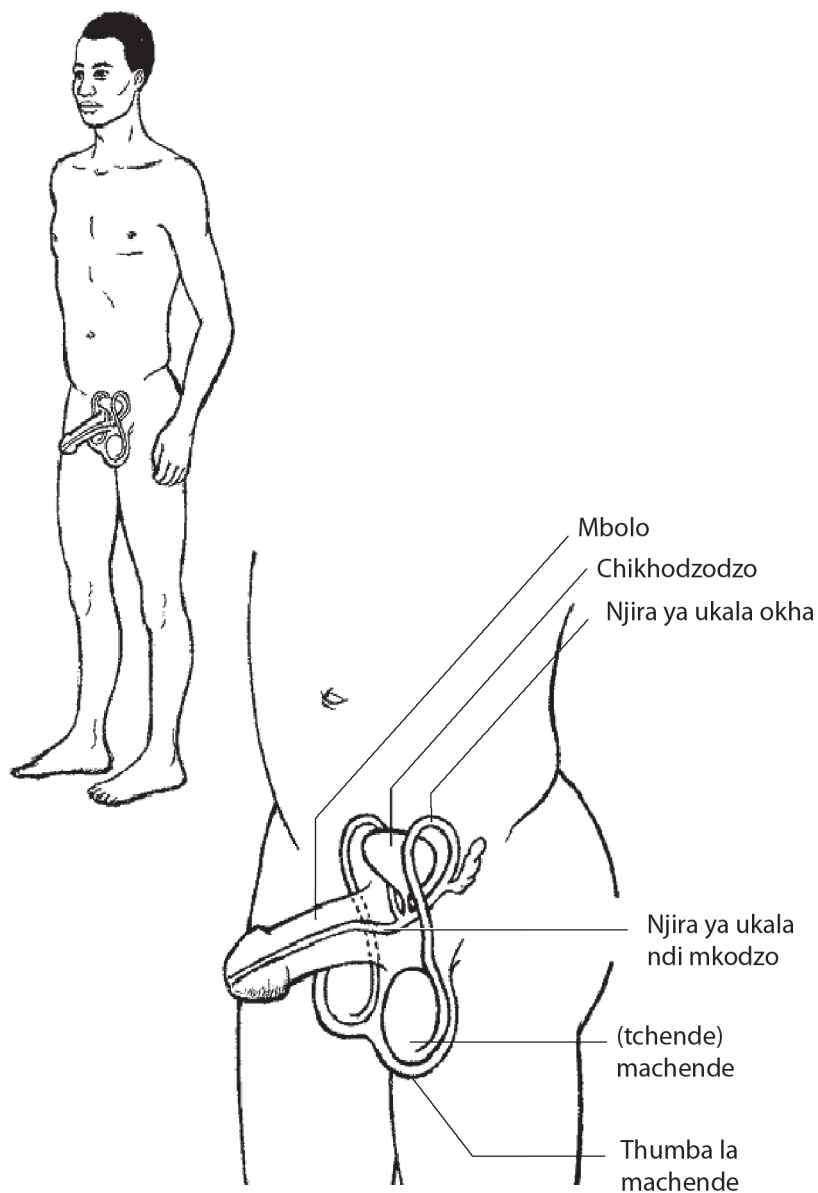
Machende ndiwo mibulu iwiri yokhala ngati mazira a nkhuku omwe amapezeka kutsogolo komanso pakati pa ntchafu ndipo amakhala mkati mwa thumba lawo. Kuyambira nthawi yomwe munthu watha msinkhu machende amapanga ndi kusunga ukala umene umalowa mudzira kuti mimba iyambe mkazi akatha msinkhu. Machende amapanga mahoromoni omwe amapangitsa mwamuna kukhala ndi chilakolako chogonana komanso kusintha kwa thupi mwa mamuna akakula monga (kukula mawu a besi, ndevu).

Mkati mwa machende muli njira zing'onozing'ono zopiringizana momwe mbewu ya abambo imakulira ndi kusungidwa asanatulitsidwe kunjira. Palinso timachubu tina tomwe timatenga ukala kuchoka kumene umapangidwa kupita munjira ya mkodzo ndi ukala.

Palinso timatumba tina tiwiri tomwe timatulutsa timadzi tomwe ndi mbali imodzi ya ukala- woyera ngati mkaka ndipo ndi m'mene timadzira tachimuna (umuna) umadutsira. Palinso timazila tina tomwe timatulutsa timadzi tomwe ndi mbali imodzi ya ukala. Pamusi pake pali mnofu umene umatchinjiriza umuna kugwera munjira yomwe igapangitse umunawo kutuluka pokhapokha ndi nthawi yothira umuna. Mnofu omwewu umateteza kuti mkodzo usamatuluke limodzi ndi umuna pokodzera. Chikhodzodzo ndi chiwalo chokhala ndi mphako m'mene mkodzo umasungidwira.



## Ziwalo zoberekera za abambo





## **Ziwalo zoberekera za amayi**

### **Ziwalo zowoneka za kunjja:**

Ziwalo zoberekera zakunja za amayi zimatchedwa bumbu. Ziwalo zimene zimapanga bumbu ndi izi makutu akulu ndi ang'ono, nkongo ndi nyini. Milomo ikulu ikulu imateteza ndi kuvindikira khomo la nyini. Mmilomo yankati ndi yakunja imakumana pamwamba pa malisechehe .

Mkati mwa milomo, muli kanyama kangati chala kotchedwa nkongo kamene kanapangidwa ndi khungu longu la mbolo ndiko kamapangitsa nyele. Nkongowu ntchito yake ndi yokhayo yobweretsa nyele ndi kuti mkazi amve kukoma pogonana.

Nyini ndi malo omwe amuna amalowetsa mbolo yawo panthawi yogonana. Ndiwo malo omwe nsambo umatulukira ngakhalenso mwana pa nthawi yobadwa. Nyini imatha kutamuka kwambiri mpaka kulora kuti mwana adutse.

### **Ziwalo za mkati:**

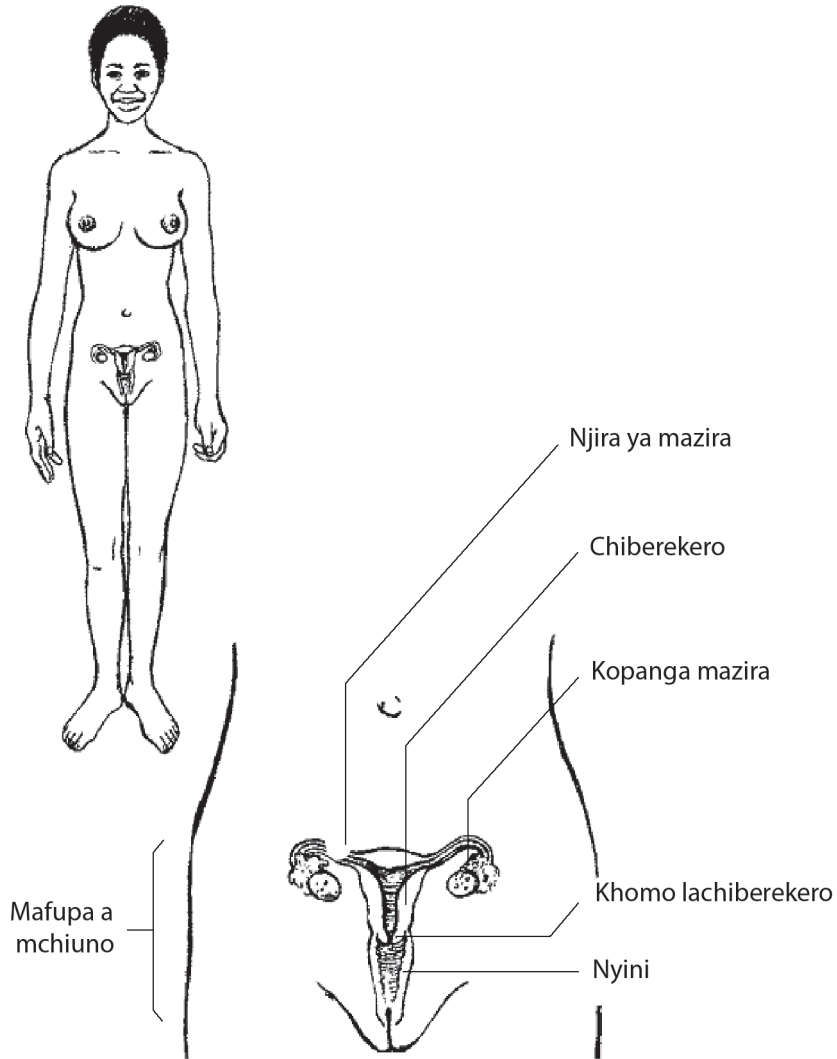
Mayi aliyense amabadwa ndi mazira mazana ambiri omwe amakhala mu chinthu changati basiketi m'mimba mwa mayi aliyense. Mazirawa ndi ang'onoang'ono kwambiri motero kuti ndi kosatheka kuwaona ndi maso. Mabasiketi amazirawa amathandiza kusintha komwe kumachitika mthupi la amayi akamatha msinkhu.

Palinso machubu omwe malumikizitsa mabasiketi amazira ndi chiberekero. Dzira likatulutsidwa kuchoka kumabasiketi, limayenda mnjirayi (mumachubu) mpaka pa malo pomwe lingakumane ndi umuna.

Chibelekerero ndi malo amene dzira lomwe lakumana ndi umuna limakakhala litadutsa mu njira yake (mumachubu). Chibelekerochi chimakhala chitakonzeka bwino popangitsa mkati mwake mwachiberekerocho kukhala mwa wofuwofu. Ngati mtsikana wagonedwa, dzira lisanatulutsidwe, kapena litatulutsidwa mwa dzulo lake, mumachubu mumatha kutsalira umuna omwe umatha kumana ndi dzira lija. Kukumanaku kukachitika dzira lokumana ndi umuna lija limasunthira mchibelekerero nkumatilira m'mbali mwachibelekerero. Ikatero ndiye kuti mimba yayamba. Ngati dzilaro silikumana ndi umuna, mimba siyimachitika, choncho kukonzekera kumene chibelekerero chinachita kuti chitetedze mimba kumanyamulidwa pamodzi ndi dziralo ndi magari komanso madzi ena a mthupi. Zimenezi zimayenda ndi kutulukira pa khomo la chibelekerero mpaka panja pa nyini. Kutuluka kwa zinthu zimenezi kumatchedwa kusambo. Msambo umatuluka pang'onopang'ono kwa masiku a pakati pa atatu ndi asanu ndi awiri. Khomo lachibelekerero ndi lomwe limakumaniza chibelekerero ndi nyini.



**Ziwalo zoberekera za Amayi**





## **Msambo**

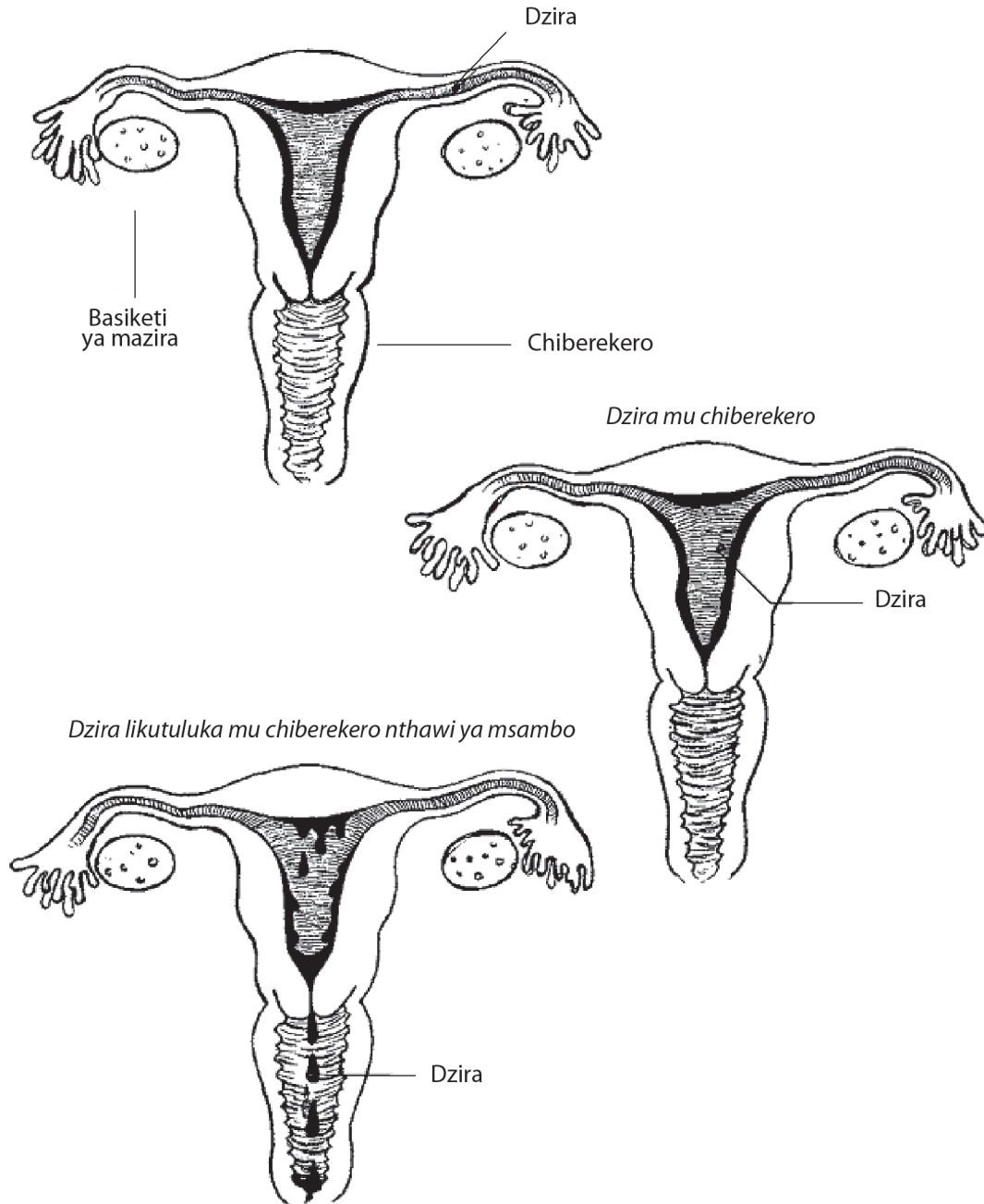
Msambo umachitika **kamodzi pa mwezi** kwa amayi ambiri, n'chifukwa chake umatchulidwa kuti "kumwezi." Nthawi zambiri, umatenga masiku osachepera atatu komanso osaposerera asanu nd awiri. Msambo ndi chizindikiro chakuti mtsikana kapena mayi angathe kutenga mimba ngati agonana ndi munthu wamamuna.

Chimayambitsa msambo n'chiyani? Msambo umachitika ngati mtsikana asali ndi mimba. Pamapeto pa msambo uliwonse, chiberekaro chimayambanso kukonzekera kulandira dzira lomwe lakumana ndi umuna. Ngati dzira lomwe lakumana ndi umuna silifika muchiberekero mpaka masabata awiri kapena atatu, chiberekero chimayamba kutulutsa magazi omwe anachikutira, uku ndiko kusamba.

Msambo umayamba mosiyanasiyana kwa anthu osiyana, monganso ena amatha msinkhu msanga kuposa anzawo. Atsikana ena amayamba kusamba ali ndi zaka zisanu ndi zinayi kapena khumi, ena sayamba kusamba mpaka zaka zingapo zitatha. Mzimayi amadziwa kuti wayamba kusamba ngati waona magazi akutuluka kumaliseche kwake. Magaziwa samatuluka ngati madzi apa mpopi, amatuluka pang'onopang'ono, ngati kudontha. Nthawi zambiri mzimayi amazindikira kunyowa kwachilendo pa zovala ake za mkati chifukwa cha magazi omwe agwera pa chovalacho. Ichi n'chifukkwa chake kuli kofunika kumadziwa nthawi imene umasamba pamwezi kuti udzivaliratu zinthu zodzitetezera kuti usaonongere zovala.

Msambo ndi nthawi yomwe imayambira tsiku lomwe mayi wayamba msambo wake kukafika pa tsiku loti msambo wina uyambikanso tsiku lotsatiralo. Izi zimachitika pafipifupi mwezi uliwonse ndipo n'chifukwa chake amati "kumwezi". Kusiyana kwa nthawi yomwe msambo wina wachitika kufiki nthawi yakuti wina uchitikenso zimakhala zosiyana mwa m'zimayi aliyense. Kwa ena pamatenga masiku 21 (kapena kucheperapo). Kwa ena, pamafika mpaka masiku 35 kuti msambo wina uchitike. Kusakhazikika kwa masiku a msambo kumachitika kwambiri kwa atsikana omwe angoyamba kumene kumapanga msambo. Zimatengabe ka nthawi kuti thupi lizolowere kusinthika kwa m'thupiku. Mwachitsanzo, mtsikana atha kupanga msambo masiku ofanana kwa miyezi iwiri kenaka mwezi wina osapanga msambo, kapena kupanga msambo wina patangopita masiku ochepa msambo wina utangotha kumene. Nthawi ya msambo yake imakhazikika ngakhale nthawi zina zimapitirira mpaka akakula. Nthawi zina amatha kudontha magazi kwa tsiku kapena masiku awiri mkati mwa msambo. Pamenepa palibe chodandaulitsa. Nkhawa ndi matenda zimatha kusokoneza nthawi ya kachitidwe ka msambo.

**Njira ya msambo**





### **Mmene mimba imayambira**

**Kukumana kwa dzira ndi mbewu ya abambo** kumachitika pokha pokha ukala wakumana ndi dzila la mkazi. Miyandamiyanda ya ukala imatulutsidwa mu nyini pa nthawi yogonana. Mwamuna akalowetsa mbolo yake mu nyini amaturutsa ukala. Ukalawu umayamba kusambira kupita m'chibelekeru kudzera pa khomo pachibelekeropo. Thupi la mayi limathandiza kuchengeta ukalawu mpaka ukafike m'njira yodutsa mazira. Ngati dzira lokhwima (kapena mazira oposa limodzi akakhala mapasa) lapezeka m'njiramu (Mumachubu) limatha kukumana ndi mbewu ya abambo ija. Ngakhale kuti mazana a ukala amathiridwa mu nyinimo, umodzi okha wa machawi ndi omwe umakumana ndi dzira. Ukala ungate kukumana ndi dzira angakhale patatha masiku asanu ndi awiri chithiridwire mu nyini. Ngati dzira lakumana ndi ukala, limapita m'chibelekeru kudzera mu njira ya mazira (mumachubu) komwe limakakhala mwana yemwe amayamba kukula.

**Kukhazikika kwa mimba** kumachitika dzira likamamatirira m'mbalimbali mwa chibelekeru cha m'zimayi. M'menemu mumapazeka zakudya zofunikira zimene mwana wopangidwayo amagwiritsa ntchito kufikira atakhala mwana weniweni. M'zimayi sapanga msambo panthawi yomwe ali ndi mimba chifukwa chibekero sichimachosa za mkati mwake zomwe chimataya pa msambo. Dzira lodzalidwalo limakakhala m'chibelekeru ndi kumakula kwa miyezi isanu ndi inayi ndipo limakhala khanda yemwe amakula. Kenako limatuluka m'thupi la mzimayi (m'chibelekeru) mu njira yotchedwa kubeleka.

**Pali njira zolera** zomwe zingathe kugwiritsidwa ntchito pofuna kupewa kapena kuchedwetsa nthawi yotenga mimba ndipo zina mwa izo ndi izi <sup>1</sup>:

**Pílula anticoncepcional** -também conhecido como “anticoncepcional oral,” é um dos métodos reversíveis mais eficazes para o planeamento familiar ou controlo das gravidezes. É uma pílula feita de hormónios semelhantes aos produzidos pelos ovários . Os hormónios evitam a ovulação (a libertação de um óvulo dos ovários), aumentam o muco cervical (secreção que sai da vagina, parecida com a clara de ovo), dificultando a passagem do esperma, e faz com que a parede do útero não fique tão espessa. A pílula não protege contra as ITS (Infecções transmitidas sexualmente) e o HIV, e necessita de ser ingerida no mesmo horário todos os dias. Algumas mulheres podem ter efeitos secundários , incluindo mudanças de ânimo e humor, acne, dores de cabeça, seios sensíveis e náuseas.

**Makondomu** - kathumba komwe kamatha kutamuka ndipo kamavekedwa ku mbolo; ena amakhala ndi makhwala opha umuna. Kondomu imavekedwa kumbolo yotota mutatsala pang'ono kuyamba kugonana. Kondomu ya amuna imateteza kumimba potseka njira ya umuna. Kondomunso ndi njira yabwino yotetezera matenda opatsirana pogonana ndi kachilombo ka HIV. Kondomu iyenera kuvulidwa mbolo isafote poikulunga kuyambira kuphata kufikila kutsogolo popewa kuti umuna usatayikire.

**Njira yotseka chiberekero(Intrauterine Device-IUD)** -kachida kapulasitiki kamaikidwa m'chiberekero ndi dokotala. Kakaikidwa, nthawi yomweyo kamayamba kugwira ntchito. Kamakhala ndi makhwala omwe amalepheretsa umuna kukumana ndi dzira ndipo dziralo silimatheka kukhala m'chiberekero. Kachida kameneka kamayenera kuimaikidwa pakatha zaka zisanu kapena khumi malingana ndi mtundu wake. Amayi ena amasiya kumva kuwawa kwa mmimba komanso kuchita msambo zomwense ena amaona kukhala zowathandiza. Kuwonjezera apo, njirayi ndi

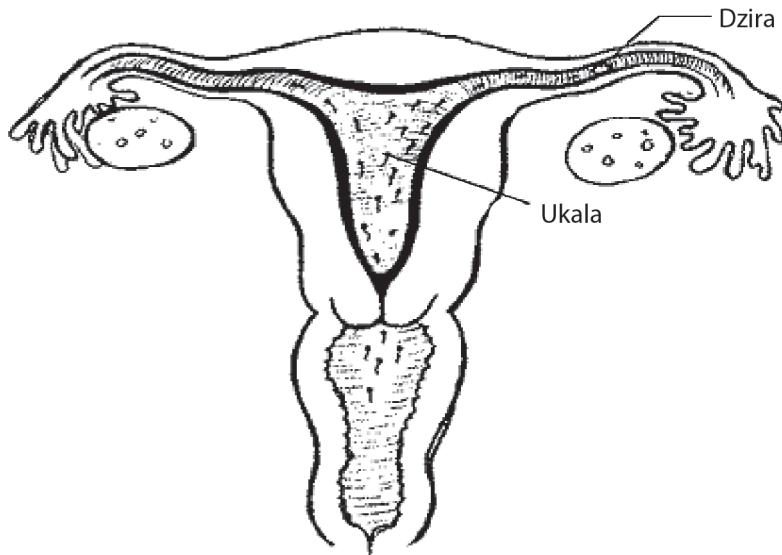
yophweka ikagwiritsidwa ntchito kwa zaka ziwiri, ndipo mayi angathe kutenganso mimba mwezi wotsatirawo mukangochotsa. Amayi atha kukha magazi miyezi yochepa yoyambirira. Njirayi siyimateteza matenda opatsirana pogonana kuphatikizapo HIV. Amayi ena amatha kukhala ndi mavuto ena apadera monga kukwiyakwiya, chizungulire, mutu kupweteka, ziphuphu, mawere kufewa komanso nseru.

**Jekiseni** – jekiseni ndi njira yomwe ili yabwino komanso yosavuta kusiya. Dokotala amamubaya m'zimayi m'minyewa yakumtunda kwa mkono, m'matako kapena pantchafu. Jekiseni amakhala kwa masabata 10 mpaka 13 (pafupifupi miyezi itatu) yomwe ikatha mzimayi atha kubaitsanso jekiseniyo ngati akufuna kupitiriza kulerako. Njira imayambba kugwira ntchito pakatha maola 24 chibaireni. Jekiseniyu sateteza ku matenda opatsirana pogonana komanso HIV. Jekiseniyu amatha kusokoneza nthawi ya msambo, kupweteketsa mutu komanso kunenepetsa. Amayi ena amakumana ndi mavuto ena apadera akasiya kubaitisa. Amayi enanso amatha kumakwiyakwiya, kupanga chizungulire, kumva mutu kupweteka mawere kufewa komanso nseru. Njirayi ndi yabwino kwa amayi omwe sangathe kumakumbukira kumwa mapilitsi tsiku ndi tsiku. Komabe mzimayi akuyenera kumakumana ndi dokotala pa nthawi yake kuti adzikabaitisa nthawi ikakwana. Ngati akufuna kukhalanso ndi pakati, pamatenga kaye miyezi ingapo kuti ayambirensa kuchita msambo molongosoka.

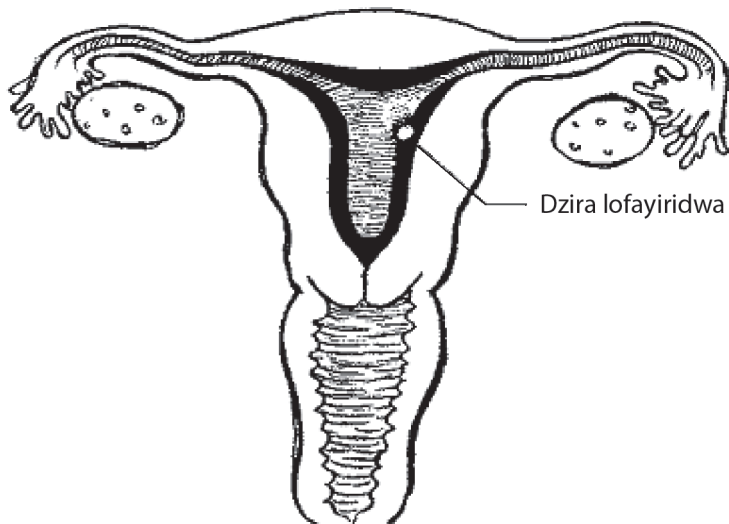


## Mmene mimba imayambira

*Ukala wakumana ndi dzira mu njira ya mazira*



*Dzira lofayiridwa ladalika mu chiberekero*





## Gawo 5: Kukambirana zokhudza kugonana

### Gawoli mwachidule

**Kufotokozero gawo:** Ophunzira adziwa ndi kuchita njira “zinayi zoyenera kudziwa” – kuti ziwathandize pamene akuyankhulana ndi achinyamata zokhudzana ndi kugonana.

**Zolinga zaphunziro:** Pakutha paphunziroli, ophunzira athe:

1. Kufotokoza njira “zinayi zoyenera kudziwa”- kugwiritsa ntchito poyankhulana ndi achinyamata za kugonana.
2. Kufotokoza ubwino wogwiritsa ntchito njirazi.



**Nthawi:** Maola awiri ndi theka



**Zipangizo:**

- ✓ Bolodi/choko kapena matchati/zolemba.
- ✓ Pepala lokhala ndi zowerenga zowonjezera lachisanu ndi chimodzi “ zinthu zinayi zoyenera kudziwa: Mukuyenera Kudziwa Chiyani Pamene Mukuyankhula ndi Wachinyamata Zokhudza Kugonana”.

**Kukonzekera kwa wotsogolera**

- ✓ Werengani pepala lokhala ndi mfundo zowonjezera lachisanu ndi chimodzi ndi kudziwa zomwe akunena.
- ✓ Unikaninso njira zabwino ndi zoipa zoyankhulirana zomwe zaphunzitsidwa mu Gawo 2 komanso maluso a kuchangamuka! A mu Gawo 3.
- ✓ Ngati nkotheke, pangani mapepala akhani ndi mfundo zowonjezera lachisanu ndi chimodzi okwanira wophunzira aliyense.

### Ntchito 1: kambiranani za ntchito ya kumapeto kwa Gawo 4



Mphindi 15

Kambiranani za ntchito ya kumapeto kwa gawo lapitalo pofunsa mafunso awa:

- a. Ndi chiyani chinali chovuta/chophweka chokhudza ntchitoyi?
- b. Ndi maluso ati a kuchangamuka! Omwe munaona kukhala othandiza kwambiri?



## **KUBWEREZA MWACHIDULE: Ntchito ya kumapeto kwa Gawo 4:**

Tengani luso la kukhala ndi chidwi poyankhulana mwachidwi! limodzi (kumvetsetsa mwachidwi; kumvetsera mwachidwi; kapena kufunsa mwachidwia) ndipo mulonjeze kuti kuyambira panopa mpaka masiku akudzawa mudzigwiritsa ntchito poyankhulana ndi mwana wanu. Ngati muli ndi pepala lokhala ndi mfundo zowonjezera lachiwiri kuti likuthandizeni.

## **Ntchito 2: Akuyankhula ndi wachinyamata wanu za kugonana ndi ndani? Akunena kuti chiyani?**



Mphindi 30

### **CHOCHITA CHOYAMBA**

Werengani nkhani ya Jasmine:

#### **Nkhani ya Jasmine**

Jasmine ali ndi zaka 24 ndipo ali ndi ana awiri. Pamene anali kusukulu, makolo ake ankaganiza kuti anaphunzira za kugonana ndi mimba m'kalasi kotero sanakambirane naye chilichonse pa nkhaniyi. Iye koma akuti anaphunzira zonse zokhudza kugonana kuchokera kwa anzake. Ankaganiza kuti ankadziwa zambiri, koma tsopano akuona kuti anamuuzza zambiri zabodza zokhudzana ndi kugonana komanso mimba.



#### **Zoyenera kudziwa wotsogolera:**

Ngati chili chizolowezi kuti munthu wina wapadera ndi amene amayankhulana ndi wachinyamata osati makolo ake enieni, mukhoza kuyisintha nkhaniyi ndi mafunso ake kuti zigwirizane. Mwachitsanzo, atha kukhala azakhali amene amapatsidwa ntchito imeneyo.

### **CHOCHITA CHACHIWIRI**

Yambitsani kukambirana pofunsa ophunzira mafunsowa:

- Ndi chifukwa chiyani makolo a Jasmine sanayankhulane ndi mwana wawo za kugonana?
- Zifukwa zina ndi ziti zomwe zimapangitsa makolo kuti asamayankhulane ndi achinyamata zokhudza kugonana?
- Ndi chifukwa chiyani ziri zofunikira kuti makolo adziyankhulana ndi achinyamata zokhudza kugonana?



## **CHOCHITA CHACHITATU**

Perekani ndamanga pa zokambiranazi ndi kunena mfundo zotsatirazi:

- Achinyamata sakupeza mfundo zolondola zokhudzana ndi kugonana komanso kusintha kwa thupi lawo pamene akutha msinkhu.
- Pamene achinyamata sakupeza mfundo zabwino zokhudzana ndi kugonana, zimakhala zovuta kuti apange zisankho zofunikira za moyo wawo, monga nthawi yoyenera kukhala ndi ana.
- Ngakhale kuli kovuta kukambirana ndi achinyamata zokhudza nkhani yolaulayi, tithe kugwiritsa ntchito njira zabwino zoyankhulirana zija kuti zitithandize.
- Ngati kuli kosayenera kuti kholo liyankhulane ndi mwana wake zokhudza kugonana, mpofunika kuonetsetsa kuti wachinyamata wanu akulandira mfundo zolondola kuchokera kwa munthu wamkulu wodalirika monga azakhali kapena amalume.

### **Ntchito 3: Fotokozani za “Zinayi Zoyenera kudziwa”: Kodi ndi Zinthu Ziti Zoyenera Kudziwa Pamene Tikuyankhulana ndi Achinyamata Zokhudza Kugonana**



Mphindi 30

## **CHOCHITA CHOYAMBA**

Funsani ophunzira kuti apereke ndemanga m'mawu awo za maluso atatu a kukhala ndi chidwi poyankhulana! omwe aphunzira mu phunziro lapitalo (Kumvetsetsa mwachidwi; Kumvetsera mwachidwi; Kufunsa mwachidwi).

## **CHOCHITA CHACHIWIRI**

Fotokozerani ophunzira kuti pamene akukamba nkhani yolaula, monga kugonana, ndi achinyamata, pali njira zomwe angagwiritse ntchito kuti ziwathandize- “Zinayi Zoyenera Kudziwa”. Fotokozani za “Zoyenera kudziwa Zinayi” zomwe zili m'munsizi ndipo tsatirani zomwe zalembedwazo pofunsa ophunzira chifukwa chiyani akuona kuti ndizofunika. Kenaka fotokozani uthenga wofunikira kwambiri.

## **CHODZIWA CHOYAMBA: Dziwani mfundo zenizeni**

- Dziwani zambiri zokhudza kugonana: kuphatikizapo, kutha msinkhu, kugonana, matenda opatsirana pogonana ndi HIV.
- Sankhani mfundo zofunikira zomwe mukufuna kuti mumuwuuze wachinyamata wanu zokhudza kugonana.
- Ngati simukudziwa, khalani wololera kunena kuti “Sindikudziwa yankho la funso limenelo.”
- Dziwani kumalo mdera mwanu komwe mungathe kutumiza wachinyamata wanu kumene angakapezeco mfundo zina zofunikira (zinthu monga mfundo zokhudza kulera, upungu wa kapewedwe ka kachilombo ka HIV)

FUNSO: Nchifukwa chiyani zili zofunikira?

UTHENGA WOFUNIKA: Ndizofunika kuti achinyamata adzikhala ndi mfundo zolondola zokhudzana ndi matupi awo kuti athe kupanga zisankho zabwino.

**CHODZIWA CHACHIWIRI: Dziwani mfundo kapena maganizo anu pa nkhani zokhudzana ndi kugonana ndipo gawanani ndi mwana wanu**

- Ngati pali chinthu chomwe mumadana nacho kwambiri mudziwitseni mwana wanu.
- Ngati khalidwe lanu silikugwirizana ndi zomwe mukumuza mwana wanu kuti adzichita, kambiranani kusemphana kumeneku.
- Fotokozani mfundo zomwe inu mumakhulupirira, dziwani kuti wachinyamata wanu angakhale ndi mfundo ngati zanu zomwezo kapena ayi. Musamukakamize kapena kumunena ngati ali ndi mfundo zosiyana ndi zanzu.

FUNSO: Nchifukwa chiyani zili zofunikira?

UTHENGA WOFUNIKA: Ndizofunika kuti achinyamata adzikhala ndi malire komanso azidziwa zomwe makolo ako akuyembekezera kuchokera kwa iwo.

**CHODZIWA CHACHITATU: Dziwani maluso a kukhala ndi chidwi poyankhulana!!**

- Gwiritsani ntchito maluso a kumvetsera mwachidwi.
- Gwiritsani ntchito maluso a kufunsa mwachidwi.
- Khalani ndi nthawi yomvetsera, ngakhale zitakhala zochititsa manyazi, onetsani chidwi chanu chonse.
- Thokozani wachinyamata chifukwa chobwera kwa inu ndipo mlimbikitseni kuti ndi wachinyamata wathazi, yemwe akukula molongosoka ndipo ali ndi mafunso othandiza komanso nkhwana zoyenera.

FUNSO: Nchifukwa chiyani zili zofunira?

UTHENGA WOFUNIKA: Zochitika zimenezi zimawapangitsa achinyamata kudzimva kukhala ofunika komanso omvetseredwa

**CHODZIWA CHACHINAYI: Dziwani kuwapanga achinyamata kudzimva kukhala otetezedwa**

- Apangeni achinyamata kudziwa kuti simukawuza munthu wina mafunso kapena nkhwana zawo.
- Thandizani wachinyamata kupeza zofunikira ndi chithandizo, ngati ali pachiopezo kapena osatetezedwa.

FUNSO: Nchifukwa chiyani zili zofunikira?

UTHENGA WOFUNIKA: Ndizofunika kuti achinyamata adzimva kukhala otetezedwa, kuthupi komanso mumaganizo.

## Ntchito 4: Gwiritsani ntchito “Zinayi Zoyenera Kudziwa”



Ola limodzi

### CHOCHITA CHOYAMBA

Gawani ophunzira m'magulu a pakati pa anthu asanu ndi khumi pagulu lirilonse. Gulu lirilonse lisankhe anthu omwe apange sewero- wina akhala mwana wina akhala munthu wamkulu. Ena onse akhala ngati akadaulo a “Zinayi Zoyenera Kudziwa” zomwe zakambidwa mu ntchito yangothayi. Pochita sewerolo, wachinyamata adzifunsa mafunso osiyanasiyana okhudzana ndi kugonana mogwirizana ndi nkhani ili m'munsiyi. Wochita sewero mbali ya munthu wamkulu atha kufunsa gulu kuti limuthandize maganizo a mmene angayankhulire ndi wachinyamatayo.

Akamaliza kuchita sewerolo, gulu linanso likhoza kupanga ndi otenga mbali ena.

### CHOCHITA CHACHIWIRI:

Werengani nkhani ya Lucy ndipo kenako magulu ayambe kuchita sewero.

#### Nkhani ya Lucy

Lucy wangomva zoti msuwani wake ali ndi mimba ndipo ali wodandaula chifukwa sanaganizepo za momwe mtsikana amatengera mimba. Lucy ali ndi zaka 13. Afunsa munthu wamkulu... “kodi atsikana amatenga bwanji mimba? Nanga angachite chiyani kuti asatenge mimba?”



#### Zoyenera kudziwa wotsogolera:

Yenderani magulu onse ndikuonetsetsa kuti akumvetsetsa mfundo zonse zofunikira pa kuyankhulana kwina kulikonse komwe asankha. Ngati mapepala okhala ndi zowerenga zowonjezera lachisanu ndi chimodzi alipo angathe kugwiritsa ntchito kuti athandizidwe.

### CHOCHITA CHACHITATU

Patatha mphindi 20, bweretsani ophunzira onse pamodzi ndipo yambitsani kukambirana powafunsa mafunso otsatirawa:

- Ndi njira iti mwa “Zinayi Zoyenera Kudziwa” yomwe munaona ikugwiritsidwa ntchito?
- Ndi njira iti mwa “Zinayi Zoyenera Kudziwa” yomwe yinapangitsa kuti kuyankhulana ndi wachinyamatayo kukhale kosavuta? Chifukwa?
- Ndi njira iti mwa “Zinayi Zoyenera Kudziwa” yomwe inaoneka yothandiza kwambiri kwa wachinyamata? Chifukwa?



## Kuomba mkota pa Gawoli



Mphindi 15

1. Thokozani ophunzira chifukwa cha kutenga gawo pa zokambirana ndipo afunse kuti apereka ndamanga m'mawu awo, "Zinayi Zoyenera Kudziwa".
2. Perekani ntchito yotsatirayi

### **Ntchito ya kumapeto kwa Gawo 5:**

Funsani ophunzira kuganiza za njira "Zinayi Zoyenera Kudziwa" kuti adzigwiritsa ntchito pamene akuyankhulana ndi wachinyamata wawo zokhudza kugonana. Alonjeze kuti kwa masiku akubwerawa akhala akugwiritsa ntchito ziwiri mwa njirazi poyankhulana ndi mwana wawo. Atha kugwiritsa ntchito mapepala okhala ndi zowerenga zowonjezera lachisanu ndi chimodzi ngati alipo kuti athandizidwe.

3. Limbikitsani ophunzira omwe ali mumagulu a anthu awiri awiri aja kumathandizana mu maphunzirowa komanso mu ntchito zochitira kunyumba.
4. Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.

## **PEPALA LOKHALA NDI MFUNDO ZOWONJEZERA LACHISANU NDI CHIMODZI**



### **Zinayi Zoyenera Kudziwa: Kodi ndi Zinthu Ziti Tikuyenera Kudziwa Pamene Tikuyankhulana ndi Achinyamata Zokhudza Kugonana**

#### **CHODZIWA CHOYAMBA: Dziwani mfundo zenizeni**

- Dziwani zambiri zokhudza kugonana: kuphatikizapo, kutha msinkhu, kugonana, matenda opatsirana pogonana ndi HIV.
- Sankhani mfundo zofunikira zomwe mukufuna kuti mumuwuuze wachinyamata wanu zokhudza kugonana.
- Ngati simukudziwa, khalani wololera kunena kuti “Sindikudziwa yankho la funso limenelo.”
- Dziwani kumalo mdera mwanu komwe mungathe kutumiza wachinyamata wanu kumene angakapezeco zofunikira (zinthu monga mfundo zokhudza kulera, uphungu wa kapewedwe ka kachilombo ka HIV).

#### **CHODZIWA CHACHIWIRI: Dziwani mfundo kapena maganizo anu pa nkhani zokhudzana ndi kugonana ndipo gawanani ndi mwana wanu**

- Ngati pali chinthu chomwe mumadana nacho kwambiri mudziwitseni mwana wanu.
- Ngati khalidwe lanu silikugwirizana ndi zomwe mukumuza mwana wanu kuti adzichita, kambiranani kusemphana kumeneku.
- Fotokozani mfundo zomwe inu mumakhulupirira, dziwani kuti wachinyamata wanu angakhale ndi mfundo ngati zanu zomwezo kapena ayi. Musamukakamize kapena kumunena ngati ali ndi mfundo zosiyana ndi zanu.

#### **CHODZIWA CHACHITATU: Dziwani maluso a kukhala ndi chidwi poyankhulana!**

- Gwiritsani ntchito maluso a kumvetsera mwachidwi.
- Gwiritsani ntchito maluso a kufunsa mwachidwi.
- Khalani ndi nthawi yomvetsera, ngakhale zitakhala zochititsa manyazi, onetsani chidwi chanu chonse.
- Thokozani wachinyamata chifukwa chobwera kwa inu ndipo mlimbikitseni kuti ndi wachinyamata wathazi, yemwe akukula molongosoka ndipo ali ndi mafunso othandiza komanso nkhwana zoyenera.

#### **CHODZIWA CHACHINAYI: Dziwani kuwapanga achinyamata kudzimva kukhala otetezedwa**

- pangeni achinyamata kudziwa kuti simukawuza munthu wina mafunso kapena nkhwana zawo.
- Thandizani wachinyamata kupeza zofunikira ndi chithandizo, ngati ali pachiopsezo kapena osatetezedwa.



## Gawo 6:

### Kuyankhulana ndi achinyamata zokhudzana ndi HIV

#### Gawoli mwachidule

**Kufotokozero gawo:** Ophunzira apeze mgwirizano omwe ulipo pakati pa katundu wosiyanasiyana wa “m’thumba” ndi HIV/EDZI. Magulu aang’onoang’ono apange sewero la mphindi zitatu la mmene angayankhulirane ndi achinyamata zokhudzana ndi nkhani yakachilomboyi.

**Zolinga zaphunziro:** Pakutha paphunziroli, ophunzira athe:

1. Kupeza mmene HIV imafalikira komanso mmene imapewedwera.
2. Kupeza nzeru za mmene angayankhulirane ndi achinyamata zokhudzana ndi HIV/EDZI.



#### Nthawi:

Maola awiri



#### Zipangizo:

- ✓ Zinthu za ‘m’thumba’: Kapu yomwera madzi; chithunzi cha mwamuna ndi mkazi atagwirana manja; chipanda chopanda mowa; pepala la mawu olembedwa kuti “kudziletsa”; kondomu ya abambo kapena chikutiro cha kondomu; chidole; ndalama; mankhwala olerela; mankhwala a nsikidzi; mpira; foni; diploma; mphete ya ukwati; chithunzi chosonyeza mwambo wa chinamwali; chithunzi cha mkazi yemwe ali ndi diso lakuda.  
\* Ngati chimodzi mwa zinthuzi palibe, tikhoza kungojambula.
- ✓ Thumba loikamo zinthuzi

#### Zoyenera kudziwa otsogolera

- ✓ Tolelani ndi kuika zinthu zatchulidwa mwambazi mu thumba. Onjezeraninso zina zomwe zingabweretse mfundo zabodza zokhudzana ndi HIV. Mwachitsanzo, mu Madera ena mumakhala bodza lapakati pa sing’anga ndi kachiroombo ka HIV. Mu Madera ena, pamakhala bodza lopanda umboni lokhudzana ndi momwe kachilombo ka HIV kamafarikira.
- ✓ Unikaninso zolembera za “zinthu za m’thumba la katengedwe ka HIV ndi mgwirizano wake ndi Matenda opatsirana pogonana ndiponso kachiroombo ka HIV” zomwe zili kumapeto kwa gawoli.
- ✓ Fufuzani ku chipatala kapena kwa owona za kulera ngati ali ndi makondomu amayi. Ngati makondomu a amayi palibe, musawatchule m’gawoli.
- ✓ Funsani wazaumoyo wa m’dera mwanu ngati makondomu angathe kupakidwa mafuta kapena ayi. Ngati inde anene ngati pali zitsanzo za mafuta omwe angapakidwe ku kondomu ndi zitsanzo za mafuta am’midzi omwe sangapakidwe.

- ✓ Onetsetsani kuti mwawauza ophunzira anu komwe angapeze nzeru, ngati kulipo, zokhudzana ndi: kulera, mdulidwe wa anyamata, kuyezetsa magari, ndikulandira uphungu, kokanena za nkhaza zam'banja, kupewa kupatsira mwana yemwe sanabadwe kachilombo ka HIV. Azaumoyo am'dera mwanu akhoza kukuthandizani za zimenezi.



### Zoyenera kudziwa wotsogolera:

Gawoli liri ndi mfundo zambiri. Mbali imodzi yofunikira ya kuyankhulana pakati pa akuluakulu ndi achinyamata ndi kuti akuluakulu adzikhala ndi mfundo zoti adzigwiritsa ntchito poyankha mafunso okhudzana ndi HIV kuchokera kwa achinyamata molondola. Gawoli lapangidwa kuti lipereke mfundo zimenezi kudzera mu zochitikachitika komanso mfundo zomwe zili m'gawoli.

Mungathe kuitana azaumoyo kuti adzakuthandizeni kuphunzita Gawoli ngati alipo.

## Ntchito 1: Kambiranani za ntchito ya kumapeto kwa Gawo 5



Mphindi 15

Unikani ntchito ya Gawo lapitalo pofunsa ophunzira mafunso otsatirawa:

- Ndi chiyani chinali chovuta/chophweka chokhudzana ndi ntchitoyo?
- Ndi maluso ati omwe munawaona kukhala ofunikira?
- Ndi maluso ati omwe mukufuna kuti mudzigwiritsa ntchito kwambiri?

### KUBWEREZA MWACHIDULE: Ntchito ya kumapeto kwa Gawo 5

Funsani ophunzira kuganizira za zinthu znayi zoyenera kudziwa poyankhulana ndi anyamata nkhani zokhuza kugonana. Pangani chisankho chogwiritsa ntchito ziwiri za "zinthu zinayi zoyenera kudziwa" mumasiku akubwerawa. Gwiritsani ntchito zolemba zowonjezera chachisanu ndi chimodzi.

## Ntchito 2: Chofunikira ndi chiyani pamene tikukamba za HIV?



Mphindi 20

### CHOCHITA CHOYAMBA

Ndi maluso ati omwe taphunzira omwe mukuganiza kuti angakuthandizeni pamene mukuyankhulana ndi achinyamata za HIV? (Njira Zabwino Zoyankhulirana; Maluso a Kuyankhulana mwachidwi!; Zinayi Zoyenera Kudziwa).



## CHOCHITA CHACHIWIRI

Wombani mkota pa zokambiranazi popereka mfundo zotsatilazi:

- Zinthu zofunika kukumbukira ndi: khalani aulemu, mvetserani, osakhala oweruza, ndipo funsani mafunso.
- Pamene mukukamba zokhudza kugonana, mpofunika kugwiritsa ntchito zomwe taphunzira:
  - Gwiritsani njira zabwino zoyankhulirana
  - Gwiritsani ntchito maluso a kukhala ndi chidwi poyankhulana (kumvetsetsa mwachidwi, kumvetsera mwachidwi, kufunsa mwachidwi)
  - Gwiritsani ntchito Zinayi Zoyenera Kudziwa (Dziwani) mfundo zoono; Dziwani mfundo kapena maganizo anu; Dziwani maluso a kuyankhulana mwachidwi; Dziwani kuwapanga achinyamata kudzimva kukhala otetezedwa)

## Ntchito 3: Thumba la katengedwe ka HIV



Mphindi 70

## CHOCHITA CHOYAMBA

Gawani ophunzira mu magulu a anthu atatu kapena anayi. Zunguliritsani thumba la katengedwe lija ndipo gulu lililonse lidzitengamo chinthu chimodzi mosayang'anamo. Zunguliritsani mpaka zinthu zonse zitatha m'thumbalo.

## CHOCHITA CHACHIWIRI

Funsani gulu lililonse kukhala ndi mphindi za pakati pa 3 ndi 5 kuti akambirane za chinthu chomwe iwo atola ndi ubale wake ndi kachilombo ka HIV. Katundu wina akhoza kukhala wokhudzana ndi chiopsezo ku HIV, wina sangakhudzane ndi HIV koma akhoza kukhala ndi mfundo ina yabodza yokhudza HIV yomwe anthu amakhulupirira, ndipo wina akhoza kukhala owathandiza achinyamata kupewa kachilombo ka HIV. Mwachitsanzo gulu lina lisankha chidole ndipo ligwirizana kuti katundu ameneyo akukhudzana ndi HIV chifukwa mayi amene ali ndi HIV angathe kupatsira mwana wake.



### Zoyenera kudziwa wotsogolera:

Popanga ntchito imeneyi, zungulirana pagulu lililonse kuti muonetsetse zoti akuzindikira zoonadi za mgwirizano womwe ulipo pakati pa katundu wawoyo ndi HIV. Konzani mfundo zonse zabodza pogwiritsa ntchito mlozo womwe uli kumapeto kwa Gawoli. Ophunzira angathe kubweretsa mfundo zawo zomwe zili zolondola. Limbikitsani ophunzira kugawana zomwe amadziwa.

## CHOCHITA CHACHITATU

Funsani ophunzira kukonza sewerolo la mphindi zitatatu lomwe munthu wamkulu adziyankhulana ndi wachinyamata za nkhani ya HIV ndi zinthu zomwe anatola mu thumba zija. Sewerolo ligwiritseko ntchito imodzi mwa njira zoyankhulirana zomwe zaphunzitsidwa zija. Gululo litenge mphindi khumi kukonzekera za sewerolo. Anthu awiri okha ndi omwe achite sewerolo koma aliyense atha kutenga nawo mbali pokonzekera zoti ziyankhulidwe m'sewerolo.



## **CHOCHITA CHACHINAYI**

Funsani gululo kuti liwonetse sewero lawo kutsogolo kwa gulu lonse. Gulu lirilonse likawonetsa, perekani ndamanga:

- Konzani mfundo zonse zolakwika ndipo fotokozerani mfundo zofunikira zokhudzana ndi katundu aliyense pogwiritsa ntchito mlozo womwe uli kumapeto kwa gawoli.
- Dziwani njira zikuluzikulu zopewera kachilombo ka HIV: kudziletsa, kukhala ndi bwenzi limodzi lokha ndipo bwenzi lanulo likhale ndi inu nokha, ndipo nonse mukayezetse magazi anu kuti mudziwe momwe miliri, ndipo gwiritsani ntchito kondomu moyenerera nthawi zonse pamene mukugonana.
- Atsimikizireni ophunzira kuti sizachilendo kuti adzichita manyazi kapena kukhala omangika pamene akukamba za nkhaniyi, komabe ndipofunika kuti achinyamata adzipatsidwa mfundo zolondola zokhudzana ndi HIV. Athokozeni chifukwa chokonda achinyamata mpakana kulolera kukambana nawo nkhani yolawulayi.
- Dziwani kuti ngati iwowo sakatha wofotokozerana mwana wawo za mfundo zimenezi, akhoza kuwuuza munthu wina wodalirika yemwe akawauze achinyamata awo monga azakhali kapena amalume.

## **CHOCHITA CHACHISANU**

Yambitsani kukambirana pofunsa mafunsowa:

- a. Ndi sewero liti lomwe linali lovuta kwa wamkulu? Chifukwa?
- b. Ndi sewero liti lomwe linaoneka lovuta kwa mwana? Chifukwa?
- c. Ndi maluso ati omwe aphunzitsidwa kale mu magawo apitawo amene munaona akugwiritsa ntchito mumasewerowa?
- d. Ndi chinthu chiti chothandiza chomwe munachiona malingana ndi mmene akulu anachitira museweroli ndipo ndi chiyani chomwe mukuona kuti adakatha kuchita bwino kuposa mmene anachitiramo?

## **Kuomba mkota pa Gawoli**



Mphindi 15

1. Dziwitsani ophunzira za malo omwe angape zithandizo zosiyanasiyana m'dera mwawo monga komwe achinyamata angapezeko mfundo zokhudzana ndi HIV, komwe angapezeko makondomu, komanso komwe achinyamata angakayezetse ngati ali ndi kachilombo ka HIV.
2. Awuzeni ophunzirawo kuti azithandizana mumaphunzirowa komanso azilimbikitsana kukayesera zomwe aphunzira kunyumba.
3. Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.

**Ntchito ya kumapeto kwa Gawo 6:**

Kuyambira panopa mpaka gawo lotsatira, mudzikambirana ndi wachinyamata wanu zokhudza HIV, mmene imafalikira ndi mmene angadzitetezere. Akumbutseni ophunzira kuti agwiritse ntchito maluso omwe aphunzira kale aja monga njira zabwino zoyankhulirana; maluso a kukhala ndi chidwi poyankhulana! Komanso Zinayi Zoyenera Kudziwa. Kumbukirani ngakhale zitakhala zochititsa manyazi inu pitirizanibe! Athokozeni chifukwa chokhala makolo achidwi choncho.

**Zinthu za m'thumba la katengedwe ka HIV ndi mgwirizano wake ndi Matenda opatsirana pogonana komanso kachilombo ka HIV****Kapu yomwera madzi; mpira; telefoni**

- Palibe kufalikira kwa kachilombo ka HIV komanso matenda opatsirana pogonana kudzera m'kapu yomwera madzi, chotsekulira chitseko, foni, masewera ndi zina zotere. Zimenezi zimatchedwa kukhudzana wamba.
- Zinthu zamadzi zomwe zimafalitsa matendawa ndi monga: magari, umuna, ukazi ndi mkaka wamawere. Malovu samafalitsa kachilombo ka HIV.

**Chithunzi cha mwamuna ndi mkazi atagwirana manja**

- Anthu awiriwa pachithunzipo akuchepetsa kufalikira kwa kachilombo ka HIV ndi matenda opatsirana pogonana chifukwa akugonana awiriwa basi.
- Kukhala ndi abwenzi angapo ogonana nawo pa nthawi imodzi zimawonjezera chiopsezo chotenga kachilombo ka HIV.

**Chipanda chopanda mowa**

- Ngakhale mtsikana atafuna kukana kugonana, mowa ungamupangitse kulephera kupitiliza kukanako.
- Mowa umasokoneza kuganiza kwa munthu koyenera, kotero umatha kupangitsa munthu kuchita zinthu zomwe zingamuike pachiopsezo chotenga kachilombo ka HIV ndi matenda ena opatsirana pogonana.
- Mowa umachititsa mtsikana kukhala pachiopsezo chogwiridwa. Mwamuna amene waledzera samavomera mtsikana akamukanira kugonana naye.
- Akulu akulu ndi achinyamata omwe aledzera amapanga zisankho mosaganiza zimene sangapange ali osaledzera. Mowa ungapangitse munthu kuyamba waiwala kaye za chidziwitso chomwe ali nacho pa za kachilombo ka HIV ndipo angathe kugonana osagwiritsa ntchito kondomu.
- Ndi zotsutsana ndi malamulo a dziko lathu kugulitsa mowa kwa achinyamata osakwana zaka 18. Cholinga cha lamuloli ndi kufuna kuteteza achinyamata ku mavuto omwe amadza ndi kumwa mowa.

**Kudziletsa**

- Kudziletsa ku m'chitidwe uliwonse wogonana ndi chisankho chabwino zedi kwa achinyamata.
- Kudziletsa ndiye njira yokhayo yapamwamba zedi yopewera mimba, ndi kachiroombo ka HIV.
- Achinyamata ayenera kupeza anzawo omwe angathe kuwalimbikitsa pa chisankho chakudziletsa. Achinyamata angathe kufuna thandizo ngati munthu wina akuwakakamiza kuti azigonana.
- Ngatia chinyamata ali osadziletsa, akulu akulu akuyenera kukambirana nawo zokhuza makhalidwe abwino akugonana monga kukhala okhulupilika kwa bwenzi limodzi, kuyezetsa magazi ndi bwenzi lawolo, komanso kugwiritsa ntchito kondomu moyenerera nthawi zones. Akulu akulu angathenso kuwalimbikitsa kuti apewe zogonana kufikira atakula.
- Ayeneranso kudziwa zambiri zokhudzana ndi mimba ndi matenda opatsirana pogonana ndi, kupewedwe ka mimba ndi kapewedwe ka matenda opatsirana pogonana.
- Achinyamata ayenera kupeza chithandizo ngati wina akuwaumiriza kuchita nawo chiwerewere.

**Kondomu ya amuna**

- Kondomu ya amuna imathandiza kupewa kufara kwa matenda opatsirana pogonana komanso kachiroombo ka HIV pamene yagwiritsidwa ntchito moyenerera.
- Kafukufuku amasonyeza kuti kondomu ya amuna ikagwiritsidwa ntchito moyenera komanso nthawi zones imateteza kwambiri ku kachiroombo ka HIV
- Makondomu ndi otetezeka.

**Chidole**

- Amayi oyembekezera akuyenera kupita ku chipatala kuti akalandire chithandizo chofunika monga kulandila uphungu ndikuyezetsa magazi kuti aone ngati ali ndi kachirimbo ka HIV ngati kuli koyenera kutero.
- Kupatsirana kwa kachiroombo ka HIV kuchokera kwa amayi kupita kwa mwana kumachitika pamene mayi yemwe ali ndi kachiroombo ka HIV apatsira mwanayo kudzera mu mkaka wamawere, pobereka, ndi nthawi yomwe akutenga kumene mimba. Ngati mayiyo akumwa ma ARV, pamakhala mwayi wonse woti mwanayo asapatsiridwe kachilomboko.
- Njira yabwino yodyetsera mwana kwa mayi yemwe ali ndi kachiroombo imadalira ndi meene mayiyo aliri monga thanzi lake kapena zithandizo zomuzungulira. Kuyamwitsa mwana mwa kathithi ndi kovomerezeka kwa mayi yemwe ali ndi kachiroombo ka HIV kwa miyezi 6 yoyambirira pkhapokha ngati kumwa mkaka wina kuli kovomerezeka, kotheka, angakwanitse, angakwanitse komanso uli wotetezeka kwa mwanayo. Ngati zili zovomerezeka, zotheka, zotchipa komanso zoti angakwanitse, kuyamwitsa mwana mkaka womwe siwamumawere kwa amayi omwe ali ndi kachilombo ka HIV, ndi bwino kusamuyamwitsa mkaka wa mmawere.



- Ngakhale mtsikana atakhala wa mkulu woti angathe kutenga mimba sikutanthauza kuti ndi wokwima mokwanira kuti angathe kubereka mwana wa thanzi popanda mavuto ali wonse.
- Pali udindo waukulu womwe umafunika pamene wakhala bambo wa munthu ukadali wa mng'ono. Mwachitsanzo, bamboyo amakhala ndi nthawi yochepa yosewera ku bwalo la zamasewera ndipo amafunika nthawi yambiri yogwira ntchito kuti apeze chakudya, pogona, makhwala, zovala ndi zina zambiri zoti apereke kwa mwana ndi mayi wamwanayo.

## **Ndalama**

- Atsikana omwe ndi wosauka amatha kuchita zibwenzi ndi abambo akulu akulu komanso mopanda kugwiritsa ntchito makondomu pofuna kupeza chakudya ndi ndalama
- Amene alibe ndalama amatha kupanga zinthu zomwe zimawaika pachiopezo chotenga kachilombo ka HIV chifukwa chofuna kupeza ndalama. Mwachitsanzo, mtsikana atha kuchita chiwerewere ndi munthu wamkulu, kapena kuchita chiwerewere mosadziteteza kapena kusinthanitsa thupi lake ndi ndalama kapena chakudya.
- Kusinthanitsa matupi ndi zinthu monga ndalama, zovala, sopo kuchitiridwa ubwino ndi zina, kumaika atsikana pachiopezo chifukwa choperewera mphamvu zokambapo maganizo awo pa zakugonana modziteteza. Izi zili chimodzimodzi ngati atsikana akugonana mosinthanitsa ndi zinthu ngati foni ya mmanja, kupeza ndalama zokonzera tsitsi kapena mowa.
- Anyamata ndi asungwana akuyenera kulimbikitsidwa kuti azimuza munthu wa mkulu ngati akukamizidwa kuti agonane ndi cholinga chofuna kupeza ndalama kapena chakudya

## **Njira zakulera (mapilitsi olerela, jakisoni)**

- Njirazi zimathandiza kwambiri ku kapewedwe ka mimba koma sizimathandiza kupewa kufalikira kwa HIV

## **Nkhanza**

- Nthawi zina achinyamata sakhala ndi mwayi wosankha kugonana kapena ayi kugwiritsa ntchito kondomu kapena ayi akakhala kuti wachimatayo akumumirizidwa kuti agonane kapena waledzera.
- Makolo ayenera kuwalimbikitsa achinyamata kumapewa kupita ku malo owopsa kapena ayenera kumapita ngati gulu.
- Makolo ayenera kuwawuza achinyamata omwe sanakwane zaka 18 kuti apewe kupezeka malo omwe kumagulitsidwa ndi kumwedwa mowaNgati wachinyamata akuchita mantha kapena akuona kuti akukakamizidwa ndi munthu wina ndi bwino kuwuzwa wamkulu wothandiza za mantha awo.
- Ngakhale mnyamata ataona abambo ena, akuchitira nkhanza a mtsikana kapena mzimayi, wachinyamata angathe kulimba mtima nasintha m'khalidwe wa nkhanzawo.

- Ngati wachinyamata akuopa munthu wina wake, akuchitiridwa nkhanza, akusoweka kukhala ndi wamkulu wina yemwe angathe kuyankhula naye. Mtsikana akagwiriridwa, ayenera kufunsa munthu wamkulu kuti apite naye kuchipatala.

### **Diploma**

- Aliyense atha kutenga kachilombo, ngakhale ophunzira kwambiri.
- Kuphunzira kumapereka mwayi wodzakhala pabwino mtsogolo ndi ntchito zabwino.
- Kutenga kachirombo ka HIV kapena mimba zitha kupha masomphenya omwe munthu ali nawo.

### **Mphete ya ukwati**

- Banja limamuteteza munthu ku kachirombo ka HIV ngati anthu onsewo ayezetsa, alibe kachoromboko, ndipo akukhala okhulupirika kwa wina ndi mnzake.
- Kwa ena, kudikilira osagonana mpaka m'banja ndi mbali ya chipembedzo chawo. Ena amaona kuti kugonana ndi kwaphindu kwambiri ngati kwasungidwira m'banja.
- Kwa atsikana achichepere, kulowa m'banja kukutanthauza mapeto a maphunziro awo ndi chiyembekezo cha tsogolo labwino komanso kuwaika pachiopezo cha HIV.

### **Chinamwali**

- Kwa zinamwali zomwe pamakhala mdulidwe, kachilombo ka HIV kangafare kuchokera kwa yemwe ali ndi kachiromboko kupita kwa amene alibe ngati agwiritsa ntchito chida chimodzi komanso chosawilitsidwa mokwanira.
- Mduludwe wa amuna ngati utachitidwa molongosoka ndi motsata mwambo, ungathandize kuchepetsa kufara kwa kachirombo ka HIV. Amuna odulidwa ngathenso kuteng akachilombo ka HIV chotero ayenera kukayezetsa, akhale okhulupirika kwa bwenzi lawo, komanso azigwiritsa ntchito kondomu nthawi zonse.
- Miyambo yachinamwali yomwe imalimbikitsa achinyamata kugonana ndi akuluakulu kapena anyamata anzawo, kapena kumwa mankhwala opatsa mphamvu zokhuza kugonana kungalimbikitse kufara kwa kachirombo ka HIV/EDZI chifukwa kumalimbikitsa achinyamata kuyamba m'chitidwe wogonana asanankhime.



## Gawo 7: Nanga ngati sakuyankhula?

### Gawoli mwachidule

**Kufotokozero Gawo:** Ophunzira afufuza zinthu zomwe zimatha kuwakopa achinyamata kuti adzikhala omasuka kuyankhulana nawo.

**Zolinga zaphunziro:** Pakutha paphunziroli, ophunzira athe:

1. Kupeza mmene angakhalire mkulu ochezeka.
2. Kupeza mgwirizano pakati pa kuyankhulana kwabwino ndi kukhala wamkulu wochezeka.



**Nthawi:** Ola limodzi ndi mphindi 40



**Zipangizo:** ✓ bolodi/choko, tchati/cholemba.

### Ntchito 1: kambiranani ntchito ya kumapeto kwa Gawo 6



Mphindi 15

Unikani ntchito yomwe munapatsidwa muphunziro lapitali pofunsa ophunzira mafunso awa:

- a. Ndi chiyani chinali chovuta/chophweka chokhudzana ndi ntchitoyo?
- b. Ndi maluso ati omwe munagwiritsa ntchito amene anakuthandizani?
- c. Chovuta chinali chiyani chokhudzana ndi kuyankhulana kwanu?
- d. Ndi maluso ati mwa maluso omwe mwaphunzira kale omwe mukanatha kugwiritsa ntchito kuti methane ndi mavuto amenewa?

#### **KUBWEREZA MWACHIDULE: Ntchito ya kumapeto kwa Gawo 6**

Kuyambira panopa mpaka gawo lotsatira, mudzikambirana ndi wachinyamata wanu zokhudza HIV, mmene imafalikira ndi mmene angadzitetezere. Akumbutseni ophunzira kuti agwiritse ntchito maluso omwe aphunzi kale aja monga njira zabwino zoyankhulirana; maluso a kukhala ndi chidwi poyankhulana! Komanso Zinayi Zoyenera Kudziwa. Kumbukirani ngakhale zitakhala zochititsa manyazi inu pitirizanibe! Athokozeni chifukwa chokhala makolo achidwi choncho.

## Ntchito 2: Ndi Chiyani Chimapangitsa Wamkulu Kukhala Wochezeka?



Mphindi 15

### CHOCHITA CHOYAMBA

Yambitsani kukambirana pofunsa mafunso otsatirawa:

- Ndi chiyani chimamukopa wachinyamata kuti athe kumuyankhula munthu wamkulu?
- Ndi chiyani chomwe chimamulepheretsa wachinyamata kumuyankhula munthu wamkulu?
- Ndi ziti zomwe akulu angathe kuchitapo kanthu ndipo ndi zinthu ziti zomwe sangathe kuchitapo kanthu? (zinthu zomwe angathe kuchitapo kanthu ndi monga mmene akuchitila ndi wachinyamata, ngati akusekrela, kufunsa mafunso kapena kumvetsera. Komanso zomwe sangachitepo kanthu ndi zinthu monga momwe wachinyamata akumvera, ndi zomwe wachinyamata afunse komanso ngati akulu akuluwo angathe kuyankha).

### CHOCHITA CHACHIWIRI

Perekani ndemanga ndi kupereka zitsanzo zotsatirazi ngati sizinaperekedwe kale:

- Zinthu zomwe zimamukopa wachinyamata kumasaka:
  - Wamkulu amene amadziwa dzina lake la wamnyamatayo.
  - Wamkulu amene amafunsa wachinyamatayo mafunso.
  - Wamkula amene maganizo ake siwoweruza komanso womasuka.
  - Wamkulu amene mbiri yake ya momwe amachitira ndi achinyamata ndi yodalirika.
  - Wachinyamatayo amakonda kuyankhula ndi munthu wamkulu.
- Zinthu zomwe zimamulepheretsa:
  - Wamkulu amene sadziwa dzina lake la wachinyamata.
  - Wamkulu amene mbiri yake ndi achinyamata ndi yosadalirika.
  - Wachinyamata amene ngati n'kutaya nthawi kuyankhula ndi munthu wamkulu.
  - Chikhalidwe sichilola kuti mwana adziyankhulana ndi munthu wamkulu.
- Akuluakulu angathe kupewa zimenezi pogwiritsa ntchito njira zabwino zomwe zaphunzitsidwa kale mu magawo am'mbuyo zija.

## Ntchito 3: Ndine Munthu Wamkulu Wochezeka?



Mphindi 30

### CHOCHITA CHOYAMBA

Funsani ophunzira kukhala awiriawiri ndipo asankhe njira ziwiri zoyankhulirana zomwe akuganiza kuti ndizothandiza poyankhulana ndi achinyamata. Atha kugwiritsa ntchito Njira Zabwino Zoyankhulirana; Maluso a kuyankhulana mwachidwi!; kapena Zinayi Zoyenera Kudziwa. Funsani maguluwo kupanga sewero kuchokera pa nkhani yotsatirayi kudzera mu njira ziwiri zomwe asankhazo. Munthu aliyense atenga mbali ya munthu wamkulu kenaka atenganso mbali ya wachinyamata musewerolo.

**Nkhani ya Joseph**

Joseph ndi mphunzitsi wampira ndipo katswiri wake wosewera mpira, Robert, wayamba kumachitira nkha za anzake ndipo wachitapo ndewu kangapo konse m'bwalo la zamasewero. Joseph sakudziwa kuti vuto la Robert ndi chiyani, kotero aganiza zoyankhulana naye. Robert anyalanyaza ndipo sakufuna kuti ayankhulane ndi mphunzitsi wakeyo komabe Joseph ayaserabe...

**CHOCHITA CHACHIWIRI**

Bweretsani gulu lonse pamodzi ndipo yambitsani kukambirana powafunsa mafunso otsatirawa:

- Kodi wamkuluyo anachita chiyani kuti Robert ayankhule?
- Kodi wamkuluyo anachita chiyani chomwe chinalepheretsa Robert kuti asayankhulenso?
- Kodi wamkuluyo adzasinthe pati mtsogolo muno?
- Ndi chiyani munachipeza kukhala chovuta/chophweka chokhudzana ndi ntchito imeneyi?

**Ntchito 4: Koma, nanga ngati sakuyankhula...zokhudza nkhani yolaula monga kugonana?**

Mphindi 30

**CHOCHITA CHOYAMBA**

Akumbutseni ophunzira zokhudza Zinayi Zoyenera Kudziwa zomwe anaphunzira kale m'mbuyomo. Unikaninso mfundo zakezo:

- Dziwani mfundo zoon.
- Dziwani mfundo kapena maganizo anu okhudzana pa nkhani ya kugonana ndipo uzani wachinyamata wanu.
- Dziwani maluso a Kukhala ndi chidwi Poyankhulana.
- Dziwani kupanga wachinyamata kudzimva kukhala otetedwa.

**CHOCHITA CHACHIWIRI**

Gawani ophunzira mu magulu awiri ndipo werengani nkhani yotsatirayi:

**Nkhani ya Beatrice:**

Msuwani wake wa Beatrice, wa zaka 15, posachedwapa anatenga mimba ndikusiya sukulu. Iye ndi Beatrice amagwirizana kwambiri chifukwa ndi a msinkhu wofanana. Beatrice akusirira ndi chidwi chomwe msuwani wake akulandira kuchokera kwa anthu ndipo zimenezi zikumupangitsa kuganiza kuti sizopa kwambiri kutenga mimba ndi kusiya sukulu. Aliyense wa m'banja la Beatrice akati amuyankhule momwe iwo akufunira kuti iye adzilimbikira sukulu ndi kuti asatenge mimba ngati msuwani wake, Beatrice sakumawalabadira kapena sakumayankhapo kanthu.



## **CHOCHITA CHACHITATU**

Bweretsani magulu awiriwo pamodzi ndi kufunsa gulu lililonse kuti lifotokoze nkhani yake. Akamaliza, yambitsani kukambirana pofunsa mafunso otsatirawa:

- e. Nkhanizi zinali zosiyana bwanji?
- f. Kodi maluso oyankhulirana, ngati anagwiritsidwa ntchito, anamukhudza bwanji Beatrice?
- g. Chinachitika ndi chiyani pamene malusowa sanagwiritsidwe ntchito?
- h. Ndi chiyani chinali chopweka kapena chovuta chokhudza maluso oyankhuliranawa?

## **CHOCHITA CHACHNAYI**

Perekani ndamanga ndi kuwakumbutsa ophunzira:

- Kuti iwo ndi achikulire ndipo ngakhale achinyamata atakhala kuti sakufuna kuyankhula ndi udindo wawo kuyesetsabe, ngakhale atakhala kuti akumva kumangika. Zingatenge nthawi kuti akukhulupirireni choncho ndipofunika kuleza mtima ndi kuyesetsabe.
- Kuyankhula m'njira yoti iwapange achinyamata kukhala ndi chidwi chokumverani. Komanso kumvetsera mwachidwi kuti achinyamatawo athe kuyankhula.

## **Kuomba mkota pa gawoli**



Mphindi 15

1. Thokozani ophunzira chifukwa cha ntchito yawo yaluso ndipo perekani ntchito ili m'munsiyi:

### **Ntchito ya kumapeto kwa Gawo 7:**

Kumbukirani maluso oyankhulirana ndi achinyamata omwe munasankha kuti ndiye abwino kugwiritsa ntchito poyankhulana ndi achinyamata aja. Kuyambira pano kufikira podzaphunzira Gawo lotsatira, yesani kugwiritsa ntchito maluso amenewo kuti muthe kumupanga wachinyamata wanu kuyankhula za nkhani zovuta zomwe mwankhala mukulephera kuyankhulana naye m'mbuyomu.

2. Limbikitsani ophunzira omwe ali mu magulu a anthu awiriawiri aja kuthandizana mkati mwa maphunzirowa komanso ndi ntchito yochitira kunyumba.
3. Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.



## Gawo 8: Ndine Chitsanzo kwa Wachinyamata

### Gawoli mwachidule

**Kufotokozero gawo:** Ophunzira akambirana kuti munthu amene amakhala chitsanzo amakhala wotani ndi momwe iwo angakhalire chitsanzo chabwino kwa achinyamata awo. Aphunzira mmene angagawanirane zoyembekezera kuchokera ku khalidwe la achinyamata awo.

**Zolinga zaphunziro:** Pakutha paphunziroli, ophunzira athe:

1. Kupeza momwe munthu amene ali chitsanzo chabwino amachitira.
2. Kunena zoyembekezera kuchokera ku khalidwe la wachinyamata wawo.



**Nthawi:** Ola limodzi ndi theka



**Zipangizo:** ✓ Bolodi/Choko kapena tchati/pentopeni.

### Ntchito 1: kambiranani za ntchito ya kumapeto kwa Gawo 7



Mphindi 15

Unikani ntchito ya Gawo lapitalo pofunsa ophunzira mafunso otsatirawa:

- a. Ndi chiyani chinali chovuta/chophweka chokhudzana ndi ntchitoyo?
- b. Ndi maluso ati omwe munawaona kukhala ofunikira?
- c. Ndi maluso ati omwe mukufuna kuti mudzigwiritsa ntchito kwambiri?

#### **KUBWEREZA MWACHIDULE: Ntchito ya kumapeto kwa Gawo**

Kumbukirani maluso oyankhulirana ndi achinyamata omwe munasankha kuti ndiye abwino kugwiritsa ntchito poyankhulana ndi achinyamata aja. Kuyambira pano kufikira podzaphunzira Gawo lotsatira, yesani kugwiritsa ntchito maluso amenewo kuti muthe kumupanga wachinyamata wanu kuyankhula za nkhani zovuta zomwe mwankhala mukulephera kuyankhulana naye m'mbuyomu.

## Ntchito 2: Kodi Munthu wa Chitsanzo ndi Ndani?



Mphindi 15

### CHOCHITA CHOYAMBA

Yambitsani kukambirana pofunsa mafunso otsatirawa:

- Kodi munthu wa chitsanzo ndi ndani?
- Ndi zitsanzo zabwino kapena zoipa ziti zomwe munali nazo pamene munali achinyamata?
- Ndi chiyani chomwe chinawapangitsa iwo kukhala chitsanzo chabwino kapena choipa?
- Ndi zitsanzo zabwino zANJI zomwe mukuganiza kuti achinyamata amasiku ano ali nazo?

### CHOCHITA CHACHIWIRI

Perekani ndamanga wa zokambiranazi ndikuona zotsatirazi:

- Achinyamata ali ndi zitsanzo. Akuluakulu ndi zitsanzo m'moyo mwawo. Anzawonso a msinkhu wawo ngakhale anthu omwe ndi akatswiri m'zinthu zosiyanasiyana ndi zitsanzo zawonso.
- Chitsanzo chabwino ndi munthu yemwe amaonetsa khalidwe labwino kwa achinyamata mmene akuyenera kukhalira. Zitsanzo zikhoza kukhala, kupita kutchalitchi; kukhala okhulupirika kwa bwenzi lawo; kuchitira anthu chifundo.
- Chitsanzo choipa ndi munthu yemwe amachita zinthu zomwe zingabweretse mavuto kwa munthuyo komanso anthu ena. Mwachitsanzo kuchita zankhanza komanso kumwa mowa mwauchidakwa.
- Akuluakulu akhoza kuchita zambiri pofuna kukhala chitsanzo chabwino kwa achinyamata. Kudzakhala kosavuta kuti achinyamata amumvere munthu wamkulu ngati ali chitsanzo chabwino cha khalidwe limenelo. Mwachitsanzo, mpovuta wachinyamata kupewa khalidwe la nkhaza ngati ataona kuti munthu yemwe amamutenga kukhala chitsanzo chake akuchita mkhalidwe womwewo.
- Akulu akhozanso kuthandiza achinyamata kusiya kukhala ndi zitsanzo zolakwika zomwe ali nazo m'moyo wawo.

## Ntchito 3: Zomwe ndinena. Zomwe ndichita



Mphindi 30

### CHOCHITA CHOYAMBA

Werengani nkhani zotsatirazi. Pamapeto pa nkhani iliyonse funsani ophunzira ngati akuona kuti zochita za akuluakuluwo ZIKUGWIRIZANA ndi mawu awo kapena ngati zochita zawo SIZIKUGWIRIZANA ndi mawu awo ndipo afotokoze chifukwa chake.

**Nkhani yoyamba 1:**

John ndi Joseph ndi munthu ndi mchimwene wake. John ali ndi zaka 10 ndipo Joseph ali ndi zaka 4. John amadana ndi zoti mchimwene wake adzimulondola kulikonse. Tsiku lina akwiya nazo kwambiri mpaka amumenya mng'ono wakeyo. Pamene bambo ake amuona amuletsa kuti asamamumenye mng'ono wakeyo. Zimenezi zimusokoneza kwambiri John chifukwa anaonapo bambo ake akumenya munthu yemwe sanawasangalatse kumowa.

**Nkhani yachiwiri 2:**

Alice akulera mwana wake, Janice, yekha popeza mwamuna wake anamwalira. Nthawi zambiri akumakhala wokhumudwa ndipo akumapita kumowa kukamwa komanso kukakumana ndi azibambo. Pamene abwera kunyumba tsiku lina usiku aona mwana wake ali ndi mnyamata wamkulu yemwe akumwa mowa ndipo amukalipira kuti asamachite zogonana komanso kukhala ndi amuna olakwika.

**Nkhani yachitatu 3:**

Bambo a Demo amukalipira iye chifukwa choba ndalama kukagula mowa ndi anzake. Bambowo ndiwokwiya kwambiri poti mwana wawoyo anaba ndalamazo kukagulira mowa. Bambowo amalimbikira ntchito kuti adzipezera banja lawo chakudya ndi pogona ndipo akuona kuti ndibwino mwana wawoyo atalimbikira sukulu.

**CHOCHITA CHACHIWIRI**

Yambitsani kukambirana pofunsa mafunsowa

- Kodi pali vuto ngati zitapezeka kuti mawu AKUGWIRIZANA kapena SAKUGWIRIZANA ndi zomwe munthu amachita?
- Chimawalepheretsa akuluakulu ndi chiyani kuti zochita zawo ZIDZIGWIRIZANA ndi zoyankhula zawo kwa achinyamata?

**CHOCHITA CHACHITATU**

Perekani ndemanga ndikufotokoza kuti:

- Nthawi zina munthu wamkulu amamuuza mwana kuti “udzichita zomwe ndikuuza osati zomwe ine ndimachita” komano zimakhala zovuta kwa mwanayo kuti awakhulupirire ndikutsatira malangizowo.
- Ndipovuta kuti wamkulu nthawi zonse adzikhala chitsanzo chabwino ndikuchita momwe iwo akufunira kuti mwana wawo adzichitira. Koma, ngati akufuna kukhala chitsanzo kwa mwana wawo akuyenera kuwonetsetsa kuti:
  - Khalidwe lawo likugwirizana ndi malangizo awo nthawi zambiri; komanso
  - Akhale wololera kukambirana ndi wachinyamata zokhudzana ndi pamene zochita zawo zasiyana ndi zomwe akuyembekezera kuti mwana wawo adzichita ndi chifukwa chomwe chapangitsa. Tipanga zimenezi mu phunziro lathu lotsatira.

## Kuomba mkota pa gawoli



Mphindi 15

1. Thokozani aliyense chifukwa chotenga gawo ndipo perekani ntchito ili m'munsiyi:

### **Ntchito ya kumapeto kwa gawo 8:**

Ganizirani ngati pali kusiyana pakati pa zomwe mumachita, ndi zomwe mumanena kwa mwana wanu. Yambanikuyesera kuti zochita zanu zidzigwirizana ndi zonena zanu.

2. Limbikitsani magulu a anthu awiriawiri kuthandizana mkati mwa maphunzirowa komanso pa ntchito yochitira kunyumba.
3. Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.



## Gawo 9:

### Kukambirana ndi Achinyamata Zokhudzana ndi Ndalama komanso Mowa

#### Gawoli mwachidule

**Kufotokozero gawo:** Kudzera mu ntchito ya mafunso ndi mayankho ophunzira ayesera kuyankha mafunso okhudzana ndi ndalama, mowa ndi mmgwirizano wake ku kugonana komanso nkhasa za m'banja.

**Zolinga zaphunziro:** Pakutha paphunziroli, ophunzira athe:

1. Kumvetsa za ubale pakati pa ndalama ndi khalidwe loopsa logonana.
2. Kumvetsa za ubale pakati pa mowa, nkhasa za m'banja komanso khalidwe loopsa logonana.
3. Kuunikanso maluso oyankhulirana omwe tingawiritse ntchito pamene tikukambirana ndi achinyamata zokhudza mitu imeneyi.



**Nthawi:**

Maola awiri



**Zipangizo:**

- ✓ Pepala lokhala ndi nkhani 7, "Mafunso ndi Mayankho Okhudzana ndi Ndalama komanso Mowa", kumapeto kwa gawoli.

**Kukonzekera kwa wotsogolera:**

- ✓ Ngati kuli kothyeke komanso ngati ophunzira anu ali otha kuwerenga bwinobwino, pangani mapepala okhala ndi mfundo zowonjezera ambiri ndipo mupereke kumapeto kwa phunziroli.
- ✓ Unikaninso maluso oyankhulirana kuchokera ku magawo oyambirira, makamaka mu mapepala okhala ndi mfundo zowonjezera loyamba, lachiwiri ndi lachitatu.

### Ntchito 1: Kambiranani za ntchito ya kumapeto kwa Gawo 8



Mphindi 15

Unikani ntchito ya Gawo lapitalo pofunsa ophunzira mafunso otsatirawa: 8

- a. Ndi chiyani chinali chovuta.
- b. Ndi chani chinali chophweka chokhudzana ndi ntchitoyo?
- c. Munapanga chani kuti ntchitoyi ikhale yophweka.

**KUBWEREZA MWACHIDULE: Ntchito ya kumapeto kwa gawo 8**

Ganizirani ngati pali kusiyana pakati pa zomwe mumachita, ndi zomwe mumanena kwa mwana wanu. Yambanikuyesera kuti zochita zanu zidzigwirizana ndi zonena zanu.

**Ntchito 2: Pali kulumikizana kotani?**

Mphindi 60

**CHOCHITA CHOYAMBA**

Funsani ophunzira kukhala m'magulu atatu. Ngati ali omasuka, akhoza kukhala m'magulu a amuna pawokha, akazinso pawokha. Auzeni ophunzira kuti gulu lililonse lipatsidwa mafunso awiri omwe achinyamata angathe kuwafunsa okhudza ndalama komanso kumwa mowa. Gulu lililonse likambirana ndikugwirizana mmene ati ayankhire funsolo.

**CHOCHITA CHACHIWIRI**

Pogwiritsa ntchito pepala lokhala ndi mfundo zowonjezera la chisanu ndi chiwiri, yenderani gulu lililonse ndikuliwerengera mafunso awiri. Apatseni mphindi zisanu kuti akambirane ndikugwirizana yankho.

**CHOCHITA CHACHITATU**

Bweretsani ophunzira onse pamodzi ndipo funsani gulu lililonse kuti lifotokoze funso lawo ndi yankho lomwe iwo apereka.

Gulu lililonse likamaliza kufotokoza, werengani mayankho omwe alembedwa mu pepala lokhala ndi mfundo zowonjezera la chisanu ndi chiwiri ndipo kambiranani pofunso awa:

- Ndi uthenga uti kuchokera ku mayankhowa omwe mukuganiza kuti ungathandize achinyamata?
- Ndi uthenga uti kuchokera ku mayankhowa omwe mukuona kuti siwungathandize achinyamata?

**CHOCHITA CHACHINAYI**

Magulu onse akamaliza kufotokoza komanso mukatha kukambirana, tsekani zochitikazi pofunsa mafunso awa:

- Ndi chifukwa chiyani kuli kofunika kukambirana ndi achinyamata zokhudza mavuto a mowa komanso ubale pakati pa kumwa mowa, nkha za m'banja ndi mchitidwe woipa wogonana?
- Ndi chifukwa chiyani kuli kofunika kukambirana za ndalama komanso ubale pakati pa ndalamazo ndi mchitidwe woipa wogonana?
- Njira yabwino ndi iti yokambirana ndi achinyamata zokhudza nkhani zimenezi?



### **Ntchito 3: Kugwiritsa Ntchito Maluso Oyankhulirana Poyankhula za Mowa ndi Ndalama**



Mphindi 30

#### **CHOCHITA CHOYAMBA**

Unikaninso za maluso oyankhulirana omwe aphunzitsidwa kale pofunsa ophunzira mafunso awa:

- Tchulani maluso oyankhulirana onse omwe mukuwakumbukira amene aphunzitsidwa kale m'mbuyomu.
- Ndi maluso ati omwe angakhale othandiza pokamba za ubale pakati pa kugonana ndi mowa kapena kugonana ndi ndalama kwa achinyamata?



#### **Zoyenera kudziwa wotsogolera:**

Unikani maluso oyankhulira kuchokera mu magawo 2, 3 ndi 5 kuphatikizapo mapepala okhala ndi nkhani zowonjezera nambala 2, komanso 6.

#### **CHOCHITA CHACHIWIRI**

Gawani ophunzira m'magulu awiri. Auzeni ophunzira kuti ayerekeze kuti ayitanidwa ndi wailesi yotchuka kwambiri kuti akalengeze uthenga wokhudza dziko lonse kwa theka ya mphindi.

**Gulu loyamba:** wolengeza alangize akuluakulu ena za kufunika kotu adziyankhulana ndi achinyamata zokhudzana ndi mowa komanso mmene mowawo ungawapangitse iwo kuchita makhalidwe oipa ndi nkhaza za m'banja.

**Gulu lachiwiri:** wolengeza alangize akuluakulu ena kufunika kotu adziyankhulana ndi achinyamata zokhudzana ndi ubale pakati pa ndalama ndi kugonana komanso momwe ndalamazo zingawapangitse iwo kuchita makhalidwe oipa.

Uthenga uliwonse upereke maluso awiri omwe akuluakulu angagwiritse ntchito poyankhulana za nkhanayi ndi achinyamatawo.

#### **CHOCHITA CHACHITATU**

Bweretsani ophunzira onse pamodzi ndipo muwauze kuti alengeze uthenga wawo. Gulu lirilonse likalengeze uthenga wawo, funsani mafunso otsatirawa:

- Kodi munaganiza bwanji za mfundo zoti muyike mu uthenga wanu?
- Kodi munasankha bwanji maluso awiri oyankhulirana oti akuthandizeni pa ntchitoyi?
- Mutamva uthengawu, ndi chani chingakupangitseni, ndi chiyani chinakulimbikitsani kuyankhulana ndi achinyamatayi?



## CHOCHITA CHACHINAYI

Perekani ndemanga wa zokambiranazi ndipo nenani mfundo zotsatirazi:

- Kulamula achinyamata kuti asamwe mowa sikungakhale kothandiza kwambiri kusiyanana ndikukambirana nawo zakuopsa koledzera.
- Chimodzimodzinso, kulamula achinyamata kuti asamagonane ncholinga chofuna ndalama sikungakhale kothandiza kusiyanana ndi kukambirana nawo za mfundo zomwe inu mumakhulupirira pa nkhanayi komanso kuwadziwitsa kuopsa kwa mchitidwewu.
- Achinyamata amakonda kuchita zinthu momwe makolo awo amachitira. Ngati simukufuna kuti adzimwa mowa mwauchidakwa kapena kugonana ndi anthu pofuna ndalama, ndibwino kuti inuyo musamapange zimenezi.

## Kuomba mkota pa gawo



Mphindi 15

1. Thokozani ophunzira chifukwa chotenga nawo mbali ndipo perekani ntchito ili m'munsiyi:

### **Ntchito ya kumapeto kwa Gawo 9:**

Yankhulani ndi wachinyamata wanu zokhudzana ndi zomwe inu mumakhulupirira pa nkhanayi za kumwa mowa ndi kugonana pofuna kupeza ndalama kapena katundu ndi kuopsa kwa mchitidwewu. Ganizani mmene inu muliri chitsanzo kwa achinyamata pa makhalidwe awo.

2. Limbikitsani magulu a anthu awiriawiri kuthandizana mkati mwa maphunzirowa komanso pa ntchito yochitira kunyumba.
2. Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.



## PEPALA LOKHALA NDI MFUNDO ZOWONJEZERA LA CHISANU NDI CHIWIRI Mafunso ndi Mayankho Okhudzana ndi Ndalama komanso Mowa

**Funso:** *akulu amamwa kwambiri ndiye nchifukwa chiyani achinyamata sakuledwa?*

**Yankho loyembekezedwa:** kumwa mowa ndi koipa ku thazi la thupi lako pa msinkhu uliwonse. Achinyamata sangachedwe kulephera kudziteza akaledzera chifukwa sanazolowera. Anyamata omwe amamwa mowa amakhala ndi mpata wonse wogwirira kapena kuchita ndewu. Atsikana omwe amaledzera satha kudziteza ku mchitidwe wogonana.

**Funso:** *kodi kugonana kuti upeze ndalama nkulakwa pamene uli wosauka ndipo ulibe ndalama?*

**Yankho loyembekezedwa:** mpovuta kuweruza mavuto a munthu chifukwa pali ena omwe amavutika kwambiri koma asagonana ndi wina aliyense kuti apeze ndalama. Ndi bwino munthu wotero kuti adziyamba wayankhulana kaye ndi makolo ake kapena akuluakulu ena am’deramo za vuto lake popeza ndi udindo wathu monga akuluakulu kuti tidziwateteza achinyamatawa. Ndi udindo wathu kuwonetsetsa kuti atsikana a m’dera mwathu sakukakamizika kuchina zxogonana chifukwa chofuna kupeza ndalama ndi chakudya. Nthawi zina atsikana amatha kugonana ncholinga chofuna kukapeza zinthu zomwe n’zosafunikira . komabe ndi zovuta kudziwa zeni zeni zomwe munthu akufuna ndi zomwe zli zosafunika. Ngakhale izi zili choncho, mpofunika kuti munthu adziyerekeza kaye chinthu chomwe akufuna kuchipezacho ndi kuopsa kwa zomwe akuchitazo. Chonde mwana wanga ngati cholinga chogonana ndi munthu nkuti upeze katundu udzibwera kaye kwa ine kudzandiuza zomwe ukufunazo.

**Funso:** *kodi ndipange chiyani ngati anzanga wonse akumwa mowa ndipo akundiumiriza kuti nanenso ndimwe?*

**Yankho loyembekezedwa:** Usachita mantha, kuima pa chomwe ukufuna osati kumwa mowawo. Angathe kumakunena poyambirira koma ngati susinthika azazolowera. Wina aliyense wamkulu komanso wang’ono amatha kuwumilizidwa kuchita zomwe sakufuna. Chinanso chofunikila kwambiri ndikukonzekera osapita kumalo komwe kumamwedwa mowa.Suli wekha ndipo ukhoza kumabwera ngati ukufuna maganizo ena.

**Funso:** *Nanga munthu atafuna kundigulira chinthu chokongola kwambiri, kodi ndingangolandira mphatso, koma ndikukana kugona naye?*

**Yankho loyembekezedwa:** vuto lakulandira chinthu chokongola ndilakuti woperekayo amakhala akufuna china chake ndipo amatha kutenga chinthucho mokakamiza. Sibwino kudzigwetsera mu msampha wotere chifukwa zingakhale

zinthu zoopsa ngakhale utamukanira zomwe akufunazo. Chonde yamba waganizira kaye kuti chinthucho ukuchifuna kwambiri bwanji koti mpaka udziyike mu mavuto.

**Funso:**  
**Yankho**  
**loyembekezedwa :**

***Kodi pali vuto lanji kuvomera mowa woti ena akufuna kukugulira?***

Kuvomeramowa woti ena akukugulira kungakupangitse iwe kumwa mowa wambiri kuposa momwe mwini wake ukufunira. Abambo ndi anyamata angathe kuwumiriza mtsikana kuti amwe mowa ndicholinga choti pamapeto pake amuwumirize kugonana naye, kapena kumuledzeleta kwambirikuti akaninike kukana kugonana nawo. Abambo ndi anyamata womwe ali oledzera amatha kuchitira zinthu zankhaza amayi ndi atsikana-kuwamenya kapena kuwagwiririra.

**Funso:**

***sindimvetsa chifukwa chomwe achinyamata sangathe kulandira mphatso kuchokera kwa azibambo monga momwe azimayi amalandirira.***

**Yankho**  
**loyembekezedwa:**

ndi zooona kuti akuluakulu amachita mosinthika kwa achinyamata. Ndikudziwa kuti zimenezi zikhoza kukhala zovuta kuti kwa iwe koma usaiwale kuti pa mphatso iliyonse pali mphoto yake yoyenera kupereka. Kodi ndalamayo kapena mphatsoyo ikukwanirana ndi zomwe zingathe kudza kutsogolo kwake? Chonde usaiwale mfundo zomwe banja lathu limakhulupirira ndipo ife sitikufuna kuti ukasinthitse thupi lako ndi tindalama tochepa kapena timakhwala ta tsitsi.



## Gawo 10: Kodi achinyamatawo ali kuti?

### Gawoli mwachidule

**Kufotokozero gawo:** Ophunzira akambirana za kuwayang; anitsitsa achinyamata kuti akhale otetezeka ndi kujambula mudzi wawo kuti adziwe malo omwe ndi wosatetezeka.

**Zolinga zaphunziro:** Pamapeto pa gawoli, ophunzira:

1. Apeza malo omwe ndi osatetezeka kwa achinyamata mdera lawo.
2. Apeza zomwe angachite pofuna kuwasunga achinyamata kuti asapezeke malo osatetezekawa.
3. Kufotokoza kuti ndi chifukwa chani makolo ayenera kutchinjiriza achinyamata ndi kuwayang'anira.
4. Kudziwa mmene angawayang'anire achinyamata mu njira yoyenera.



**Nthawi:**



**Zipangizo:**

**Zoyenera kudziwa  
otsogolera:**

Ola limodzi ndi mphindi makumi asanu

- ✓ Bolodi/choko kapena filipitchati/pentopeni.
- ✓ Werengani chichita chachiwiri ndipo ganizirani zinthu zomwe zifunike pojambula mapu amudzi.

### Ntchito 1: Kambiranani zochita za mugawo 9



Mphindi 15

Unikani zomwe zinapangwidwa sabata yatha pofunsa mafunso otsatilawa:

- a. Chinali chophweka ndi chani chokhuza phunziloru?
- b. Chinali chovuta ndi chain ndi phunziroli?
- c. Wachinyamata wanu anachita chani pamene mumamuyankhula?

#### **KUBWEREZA MWACHIDULE: Ntchito ya kumapeto kwa 9:**

Yankhulani ndi wachinyamata wanu zokhudzana ndi zomwe inu mumakhulupirira pa nkhani za kumwa mowa ndi kugonana pofuna kupeza ndalama kapena katundu ndi kuopsa kwa mchitidwewu. Ganizani mmene inu mulili chitsanzo kwa achinyamata pa makhalidwe awo.

## Ntchito 2: Ndi malo ati komwe achinyamata ali osatetezeka?



Mphindi 50

### CHOCHITA CHOYAMBA

Funsani ophunzira kuti ajambule mmene mudzi wawo unayalidwira pa tchati, pabolodi kapena pamalo akulu panja pabwalo. Aikemo misewu, ndi malo a bizinesi ndi ogwirira ntchito zosiyanasiyana m'deramo. Mwachitsanzo, sukulu, matchalitchi, mizikiti, nyumba ya amfumu, komwera mowa, kogona alendo, kumsika, kumadzi, pokwerera mabasi ndi zina zambiri. Apatseni mpata ophunzira oti ayikemo zina zilizonse zomwe angaganizire ndipo kenako muwafunse mafunso omwe ali mu chochita chachiwiri munsimu.

### CHOCHITA CHACHIWIRI

Pogwiritsa ntchito chithunzicho, funsani ophunzira:

- Ndi kuti komwe achinyamata angapwetekedwe?
- Ndi kuti komwe achinyamata angapite kukachita zinthu zomwe sangachite powonekera?
- Ndi kuti komwe achinyamata angakamwe mowa?
- Ndi kuti komwe achinyamata angathe kuchita zachiwerebere kapena kukakamizidwa kuchita chiwerebere?
- Mungachite chiyani kuti wachinyamata wanu komanso achinyamata ena asapezeke ku malo owopsawa?
- Kodi inu ngati mudzi mungachite chiyani kuti malo owopsawa akhale otetezedwa kwa achinyamata anu?



#### Zoyenera kudziwa wotsogolera:

Sungani zojambula zanu ndi kuzionetsanso mu Gawo lotsatira. Ngati munajambula padothi, awuzeni ophunzira kuti ayang'ane chithunzicho komaliza kuti akumbukire malo omwe ndi wosatetezeka am'dera mwawo.

### CHOCHITA CHACHITATU

Perekani ndemanga ndi kufotokoza mfundo zotsatirazi:

- Pali malo m'dera mwathu womwe amika achinyamata pachiopsezo.
- Akuluakulu angathe kuthandiza achinyamata kupewa malo owopsawa podziwa komwe achinyamata awo amapita komanso pogwirira ntchito limodzi kupanga malo amenewa kukhala otetezedwa.



## Ntchito 3: Kukhazikitsa malire ndi Kuyang'anira Achinyamata



Mphindi 30

### CHOCHITA CHOYAMBA

Yambitsani kukambirana pofunsa ophunzira mafunso otsatirawa:

- Ndi chifukwa chiyani kuli koyenera kuti akuluakulu adziyang'anira ndikudziwa komwe achinyamata ali komanso chomwe akuchita?
- Kodi kuyang'anira achinyamata kumawateteza bwanji?
- Ndi njira zANJI zomwe mungagwiritse ntchiot pofuna kudziwa komwe achinyamata ali ndi zomwe akuchita?

### CHOCHITA CHACHIWIRI

Perekani ndemanga ndi kufotokoza mfundo zotsatirazi:

- Kuyang'anira achinyamata kumathandiza akuluakulu kudziwa komwe achinyamata ali, zomwe akuchita, komanso amene akumakhala naye.
- Kuyang'anira achinyamata kumawapangitsa iwo kudziwa kuti mumawakonda komanso zimawateteza. Zimawaonetsa kuti muli ndi chidwi ndi moyo wawo komanso mukudziwa zoopsa zomwe zingawagwere.
- Kuyang'anira achinyamata athu sikuwatchinga ayi koma ndikuwateteza.
- Mungayang'anire achinyamata m'njira zotsatirazi:
  - Kufunsa mafunso: Mwachitsanzo, unapanga chiyani lero? Ukupita kuti usiku uno? Kukakhalako ndani?
  - Kuyang'anitsitsa khalidwe: Mwachitsanzo, amachita motani asanapite kocheza ndi anzawo? Amachita motani akabwererako?
  - Kufotokoza zifukwa: Mwachitsanzo, nchifukwa chiyani mumavomereza/simuvomereza anthu/malo ena? Nchifukwa chiyani malowo ali otetezedwa/osatetezedwa?
  - Funsani ena: Mwachitsanzo, wachinyamata wanga mwamuona kuti? Amachita chiyani?
- Kumbukirani, mutha kuthandizana wina ndi mnzake pokhala ndi chidwi ku, osangoti wanu yekha.

## Kuomba mkota pa gawoli



Mphindi 15

1. Thokozani aliyense chifukwa chotenga mbali ndipo perekani ntchito ili m'munsiyi:

### **Ntchito ya kumapeto kwa Gawo 10:**

Konzani malire kwa wachinyamata wanu, muonetsetse kuti mwamufotokozera za malire amenewa. Gwiritsani ntchito mfundo zoyang'anirira achinyamata: kufunsa, kuyang'anitsitsa khalidwe, kufotokoza zifukwa, kufunsa ena. Kambiranani ndi wachinyamata wanu chifukwa chomwe mukuchitira zimenezi- chifukwa mumamukonda, mukufuna kutenga mbali pa moyo wawo komanso mukufuna kuti akhale otetezedwa.

2. Limbikitsani magulu a anthu awiriawiri kuthandizana mkati mwa maphunzirowa komanso pa ntchito yochitira kunyumba.
3. Kambiranani mmene kukumana kotsatira kudzakhalire:
  - NTHAWI YAKE ;
  - MALO AKE; komanso
  - MITU/MUTU yodzakambirana.



## Gawo 11: Unikani ndi Kulonjeza

### Gawo mwachidule

**Kufotokozero gawo:** Ophunzira awunika nzeru ndi maluso a kuyankhulana omwe aphunzira mu maphunzirowa. Ophunzira alonjeza kuyesetsa kuwagwiritsa ntchito ncholinga chofuna kuti adztha kuyankhulana bwino ndi achinyamata.

**Zolinga zaphunziro:** Pakutha pahunziroli, ophunzira athe:  
1. Kuwunika nzeru ndi maluso omwe aphunzira.



**Nthawi:** Maola awiri



**Zipangizo:**

- ✓ Mafomu owunika mmene ntchito yayendera, kumapeto kwa gawoli.
- ✓ Unikani maluso akuluakulu agwiritsa ntchito poyankhulana omwe aphunzitsidwa mu maphunzirowa. Onani mapepela okhala ndi nkhani 1, 2 ndi 6.

**Kukonzekera kwa wotsogolera:** ✓ Konzerani ophunzira onse mafomu mayeso omaliza aTiyeni Mabanja! Kuyankhulana. Mayesowa atha kupezeka kumapeto kwa gawoli.

### Ntchito 1: kambiranani ntchito ya kumapeto kwa gawo 100



Mphindi 15

Unikani ntchito ya Gawo lapitalo pofunsa ophunzira mafunso otsatirawa:

- Ndi chiyani chinali chovuta/
- Ndi chain chomwe chinali chophweka chokhudzana ndi ntchitoyo?

#### **KUBWEREZA MWACHIDULE:Ntchito ya kumapeto kwa Gawo 10**

Konzani malire kwa wachinyamata wanu, muonetsetse kuti mwamufotokozero za malire amenewa. Gwiritsani ntchito mfundo zoyang'anirira achinyamata: kufunsa, kuyang'anitsitsa khalidwe, kufotokoza zifukwa, kufunsa ena. Kambiranani ndi wachinyamata wanu chifukwa chomwe mukuchitira zimenezi- chifukwa mumamukonda, mukufuna kutenga mbali pa moyo wawo komanso mukufuna kuti akhale otetezedwa.



## Ntchito 2: Taphunzira chiyani?



Mphindi 45

### **CHOCHITA CHOYAMBA**

Funsani ophunzira aliyense kuti ayimirire ndikufotokoza nzeru kapena luso lomwe waphunzira kapena wapititsa patsogolo chifukwa cha maphunzirowa, ngati nkotheke aperekere umboni wa mmene luso limenelo kapena nzeru zimenezo zinamuthandizira pena pake mmene amayankhulana ndi wachinyamata wake. Limbikitsani aliyense kuomba mmanja kwambiri ndi kuonetsa kusangalala chifukwa cha umboni wabwinowo.

### **CHOCHITIKA CHACHIWIRI**

Unikani maluso onse a kuyankhulana omwe aphunzitsidwa mu maphunzirowa. Onani mapepala okhala ndi mfundo zowonjezera loyamba, lachiwiri ndi lachitatu kuti akuthandizeni kuona mfundo zonse.

### **CHOCHITA CHACHITATU**

Gawaniophunziram'maguluawiri. Funsaniophunzirakuti akonzesewerolamphindikhumilokhudza munthu wamkulu ndi wachinyamata. M'seweroli, munthu wamkuluyo ndi wachinyamatayo akukanika kuyankhulana. Munthu wina wapadera amulangiza munthu wamkuluyo maluso omwe amathandiza kuti athe kuyankhulana ndi achinyamata. Munthu wamkuluyo kenaka agwiritsa ntchito maluso amenewa poyankhulana ndi wachinyamatayo. Apatseni mphindi makumi awiri kuti akonzekere. Alimbikitseni kuikamo luso lapadera m'sewero lawolo.

### **CHOCHITA CHACHINAYI**

Funsani ophunzira kuti achite awonetse sewero lawo. Gulu lina lililonse likaonetsa, yambitsani kukambirana pofunsa mafunso awa:

- Ndi maluso ati omwe mwaona akugwiritsidwa ntchito m'seweroli amene poyamba simumawadziwa?
- Ndi maluso ati omwe mwaona akugwiritsidwa ntchito m'seweroli amene mukuona kuti mudziwagwiritsa ntchito m'moyo mwanu?

## Ntchito 3: Lonjezo Langa kwa Wachinyamata Wanga



Mphindi 30

### **CHOCHITA CHOYAMBA**

Funsani ophunzira kuti akhale awiriawiri. Aliyense atchule maluso atatu omwe akuyembekezera kukagwiritsa ntchito ndi momwe adzikagwiritsira ntchito. Mwachitsanzo:

- Ndidzafunsa mafunso wachinyamata wanga mmalo mongomuuza zoti achite.



2. Ndidzagawana nawo maganizo anga pa nkhani ya mowa.
3. Ndidzaonetsetsa kuti ndikuwamvetsera pamene akuyankhula komanso ndikuwafunsa mafunso mwachidwi.

## CHOCHITA CHACHIWIRI

Fotokozerani ophunzira kumeneku ndi kumaliza kwa maphunzirowa. Funsani ophunzira kuti alonjeze ndi pakamwa pawo kuti akuvomera kuyesetsa kugwiritsa ntchito maluso omwe aphunzira mu maphunzirowa. Ngati ophunzira onse avomereza, afunсени kutsatira mawu awa onse pamodzi:

### Lonjezo lathu kwa achinyamata:

Ine, \_\_\_\_\_, ndikulonjeza kugwiritsa ntchito maluso ndi nzeru zomwe ndaphunzira mu maphunzirowa kuti ndimange ubale wamphamvu ndi achinyamata komanso kuwateteza ku choopsa chilichonse.

## CHOCHITA CHACHITATU

Bweretsani ophunzira onse pamodzi ndipo perekani mwayi kwa ophunzira kuti anene chitsanzo chimodzi kuchokera pa mndandanda wawo ngati akufuna kutero.

## Kuunikila



Mphindi 15

Musatseke Gawoli, perekani kwa ophunzira mayeso omaliza kuti alembe.

## Kuomba mkota pa Gawoli



Mphindi 15

1. Thokozani ophunzira chifukwa chakulimbikira kwawo mu maphunzirowa ndipo ayamikireni chifukwa cha zonse zomwe aphunzira.
2. Limbikitsani anthu omwe anali awiriawiri aja kupitiriza kumathandizana kugwiritsa ntchito maluso omwe aphunzira.
3. Akumbutseni ophunzira kuti angathe kutengera malonjezano awo m'midzi kukakweza ubale wabwino komanso wothandiza ndi achinyamata onse.



## **Mafomu owunika mmene ntchito yayendera a GGI**



## Fomu Yachiwiri: mayeso a Tiyeni Mabanja!

*Malangizo kwa Wotsogolera: lembetsani ophunzira mayeso musanayambe Gawo loyamba komanso mutangomaliza Gawo lomaliza. Werengani ziganizozo mokweza ndipo wophunzira povomera adzilemba mu bokosi lomwe iwo akufuna monga “ndivomereza” mu bokosi loyamba, “sindikuvomereza” bokosi lachiwiri kapena “sindikudziwa” mu bokosi lachitatu malinga ndi yankho lawo. Ngati ophunzira ali osadziwa kulemba ndi kuwerenga, gwiritsani ntchito fomu imodzi yokha. Funsani ophunzira kuti atsinzine ndipo asankhe yankho limodzi; ndikuvomereza, sindikuvomereza kapena sindikudziwa pokweza dzanja lawo. Onani mayankhowo ndikuyika mu bokosi loyenera.*

Dera: \_\_\_\_\_ Zaka: \_\_\_\_\_ Tsiku: \_\_\_\_\_

Check one:  Mayeso oyamba  Mayeso omaliza

	ndikuvomereza	sindikuvomereza	Sindikudziwa
1. Ndizophweka akuluakulu kuyankhulana ndi achinyamata.			
2. Lero, ndinamuuza wachinyamata kuti ndimamukonda.			
3. Achinyamata safuna chinsinsi. Achinyamata pamene afotokoza mavuto awo kwa munthu wamkulu, iye akhoza kukauuza munthu aliyense.			
4. Mpofunika akuluakulu kudziwa maganizo awo kaye pa nkhani zokhudzana ndi kugonana asanakambirane ndi achinyamata zokhudza nkhanayi.			
5. Mtsikana yemwe akuchita msambo akhoza kutenga mimba nthawi yoyamba yomwe wagonana ndi mwamuna.			
6. Mpofunika kuti makolo azidziwa komwe mwana wawo ali nthawi zonse.			
7. Ndizoledwa kuti makolo ayankhe mwana wawo kuti “sindikudziwa yankho lake.”			
8. Munthu akhoza kutenga kachilomo ka HIV pobwerekana kapu ndi munthu yemwe ali ndi kachilomboka.			
9. Sindikhala womasuka kukambirana ndi achinyamata njira zomwe HIV imafalikira.			
10. Akulu akulu sakuyenera kukambirana ndi achinyamata awo zokhudza kugonana chifukwa achinyamata anamva kale zoyenera kumva kuchokera kwa anthu ena			
11. Ndagawana ndi mwana wanga za maloto komanso zoyembekezera zomwe ndimakhala nazo zokhudza mwana wabwino.			
12. Ndine chitsanzo chabwino kwa achinyamata.			





JOHNS HOPKINS  
BLOOMBERG  
SCHOOL of PUBLIC HEALTH

*Center for Communication Programs*