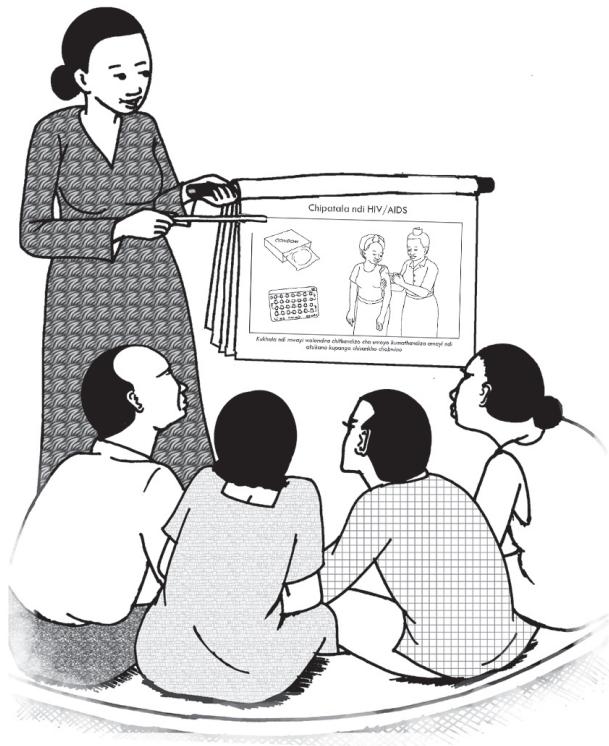


Tiyeni Atsikana!

Kagwiritsidwe ntchito ka buku la zithunzi zothandizira zokambirana



BUKHU LA OTSOGOLERA ZOKAMBIRANA

Gwiritsani ntchito zithunzi ngati chida cholimbikitsa kukambirana m'dera zokhudza kuchepetsa chiopyezo cha atsikana ku HIV/AIDS. Zithunzizi zikuwunikira mitu yambiri ndi yosiyansiyana yomwe ingathandize anthu am'madera kudziwa ndondomeko yomwe angatsate kuti madera awo ateteze ndi kulimbikitsa umoyo ndi ufulu wa atsikana.

Za Mkatimu

	PAGE
CHART 1: HIV/Edzi ndi chiyani?	4
CHART 2: HIV Imafara kudzera mu njira izi.....	5
CHART 3: HIV simafara mu njira izi.....	6
CHART 4: Anthu angadziteteze bwanji ku HIV?	7
CHART 5: Maudindo amayi ndi abambo.....	8
CHART 6: Kuchoka mu chikhalidwe	9
CHART 7: Ndi ndani omwe ali pa chiopsezo chachikul?	10
CHART 8: Ndi chani chomwe chimakuza chiopsezo cha atsikana?	11
CHART 9: Ndi zinthu ziti zomwe zimayika atsikana pa chiopsezo?	12
CHART 10: Kudziwa ndi zomwe anthu amaganiza zokhuza HIV	13
CHART 11: Kodi ndi makhalidwe ati ogonana omwe ali oopsa?.....	15
CHART 12: Kuyamba zogonana msanga kungapangitse	16
CHART 13: Kukhala ndi mabwenzi ogonana nawo ambiri nthawi imodzi.	17
CHART 14: Kugonana ndi ambambo akulu akulu	18
CHART 15: Ndi chifukwa chani atsikana amagonana ndi cholinga chofuna ndalama, katundu kapena zinthu zina	19
CHART 16: Ndi chifukwa chani atsikana amagonana mosadziteteza (mosagwirtsa ntchito kondomu)?.....	20
CHART 17: Mowa ndi HIV/Edzi	21
CHART 18: Mitundu yankhanza zomwe atsikana amachitiridwa.....	24
CHART 19: Ubale ndi makolo ndi akulu akulu ena.....	28
CHART 20: Ubale ndi abwenzi.....	29
CHART 21: Phindu la maphunziro kwa tsikana.....	30
CHART 22: Onetsetsani kuti atsikana ndi otetezeka ku suluku	31
CHART 23: Umoyo wabwino kwa ndi HIV/Edzi.....	32
CHART 24: Umphawi njira zopezera ndalama ndi HIV/Edzi	33
CHART 25: Miyambo ya chinamwari ndi HIV/Edzi.....	34
CHART 26: Pangani dera lanu kukhala malo abwino kwa atsikana.....	35
CHART 27: Pangani dera lanu kukhala malo abwino kwa atsikana.....	37
CHART 28: Pangani dera lanu kukhala malo abwino kwa atsikana.....	39

KODI BUKHULI LINGAGWIRITSIDWE BWANJI NTCHITO?

Gwiritsani ntchito bukhuli pogawana nzeru ndi anthu za mliri wa HIV/EDZI ndi chiopsezo cha mliriwu kwa atsikana.

Yesani kulimbikitsa anthu kuti adzipereka maganizo awo pa mutu uliwonse musanatsekule bukhuli. Pamene anthu amaliza mfundu ndi maganizo awo, uthenga omwe uli m'bukhuli ungagwiritsidwe ntchito pofuna kuonjezera kumvetsetsa kwa anthu pa mutu uliwonse ndi kuonetsetsa kuti ali ndi uthenga wolondola, monga mmene kachilombo ka HIV kangatengedwere kapena ayi. Mungagwiritsenso ntchito bukhuli poutsa chidwi chokambirana pofunsa mafunso okhudzana ndi uthenga wa m'bukhuli.

Uthenga wa m'bukhuli unalembedwa mosavuta kugwiritsa ntchito. Mwachitsanzo, mugawo lachitatu, mungathe kumata uthengawu pakhoma pamene mukukambirana. Mugawo lachinayi, mungathetso kumata uthenga wofunikira pakhoma, ndikumasinthasinha pamene mukuunika mfundu zomwe zachokera kwa anthu ndi kusanja ndondomeko za ntchito yomwe mwakonzekera kuchita.

1. HIV/EDZI ndi chani?

HIV ndi kachirombo komwe kamaononga chitetezo m'thupi la munthu.

Kachiromboka kamaononga chitetezo cha m'thupi pogonjetsa asirikali omwe amakhala m'magazi a munthu amene amamuteteza ku matenda osiyanasiyana. Tizirombo ta HIV tikachulukana m'thupi timayambitsa matenda osiyanasiyana omwe mwachidule amangowatchula kuti EDZI



Kuchulukana kwa tizirombo ta HIV mu thupi la munthu kuti ayambe kudwala matenda a EDZI kumatenga nthawi zosiyanasiyana-anthu ena pamatenga nyengo asanayambe kudwala mwina mpaka zaka 10 pamene ena sipamatenga nthawi kuti ayambe kudwala nthendayi.

2. HIV imafara mu njira izi...

Kachirombo ka HIV kamafala kudzera mu njira zotsatirazi

- Magazi
- Umuna
- Ukazi
- Mkaka wa m'mawere

Kachilombo ka HIV amapatsirana mu njira zotsatirazi:

- Pogonana mosadziteteza
- Mayi ali ndi pakati, pobereka, poyamwitsa ngati mayiyo ali ndi kachirombo ka HIV.
- Pobwerekana masingano monga ngati majekesoni a mankhwala
- pobwerekana malezala monga kuchinamwali ndi kusimba
- kulandila magazi omwe ali ndi kachirombo ka HIV

HIV ingafare kudzera mu njira izi...

Kugonana mosadziteteza ndi munthu yemwe ali ndi kachiromboka



Kuchokera kwa mayi kupita kwa mwana nthawi yomwe mayi ali oyembekezera kapena pobereka



Poyamwitsa mwanayo



Kubwerekana zipangizo monga maledzara, singano ndi zina

3. HIV simafala kudzera munjira ngati izi...

- Kudyera kapena kumwera pamodzi/limodzi.
- Kugwira ntchito ndi munthu yemwe ali ndi kachiromboka kapena kungomuyandikira chabe.
- Kulomidwa ndi udzudzu.
- Kukumbatirana kapena kupatsana moni wa m'manja.
- Kupsopsonana (pali chiyembekezo chochepa zedi kuti anthu atha kupatsirana ngati pali kugundana kwa magazi kuchokera mu zilonda za mumilomo)

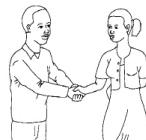
HIV simafala kudzera munjira ngati izi...



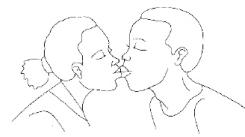
Kugawana chakudya ndi zakumwa



Kulomidwa ndi udzudzu



Kukumbatirana ndi kugwirana chanza



Kupsopsonana pakamwa pali potseka

4. Anthu angaziteteze bwanji ku HIV?

Njira zitatu zodzitetezera ku ka chirombo ka HIV:

- Kudziletsa-Posachita mchtidwe wogonana
- Kukhala wokhulupirika -Pogonana ndi wachikondi wathu mmodzi yekha yemwe alibe abwenzi ena.
- Kugwiritsa ntchito kondomu ya amayi kapena ya abambo nthawi zonse pagonana.



Njira zina zomwe anthu angadzitetezere ku HIV:

- Kuphunzira ndi kudziwa momwe kachirombo ka HIV kamafalikira ndi mmene munthu angazitetezere.
- Posagonana ndi munthu aliyense pofikira utafika msiku woyenera.
- Popempha bwezi lako kuti lisamachite chigololo/zadama ndi munthu winanso.
- Pokana kugonana ndi bwezi lako ngati bwenziro limagonanso ndi anthu ena apadera.
- Popewa mchtidwe wogonana pofuna kupeza cholowa, ndalamu, chakudya ndi zinthu zina.
- Poyezetsa magazi ndi kupempha bwezi lako kuti likayezetse magazi asanayambe ubwezi wogonana.
- Kupewa kumwa zoledzeretsa.

Ngakhale pali zinthu zambiri zomwe munthu angathe kuchita payekha pofuna kudziteteza ku kachirombo ka HIV komanso EDZI, mabanjanso ndi anthu a m'mudzi ayenera kutengapo mbali

5. Maudindo amayi ndi abambo

- Kuyambira kale, amuna ndi akazi amagawana ntchito ndi maudindo mosiyanasiyana.
- Mwa chitsanzo, akazi amayenera kugwira ntchito zapakhomo ndi kukhala pakhomu pamene amuna amayembekezereka kupeza zosoweka zapakhomo, kugwira ntchito zakutali ndi pakhomu ndi kukhala ndi ufulu woyenda mmene angafunire.
- Zikhalidwe zina zimathandizira ndi kulimbikitsa umoyo ndi uchembere wabwino monga: chikhalidwe choti anthu omwe ali pa banja asamapange za mseri zimathandiza kupewa kufara kwa kachirombo ka HIV.
- Zikhalidwe zina zimathandiza kufara kwa kachirombo ka HIV. Mwachitsanzo atsikana amaphunzitsidwa kuti nthawi zonse ayenera kumvera abambo – ngakhale mfundu za amuna ena zili zoononga ndi zopweteketsa.

Ntchito zomwe amayi ndi abambo amagwira

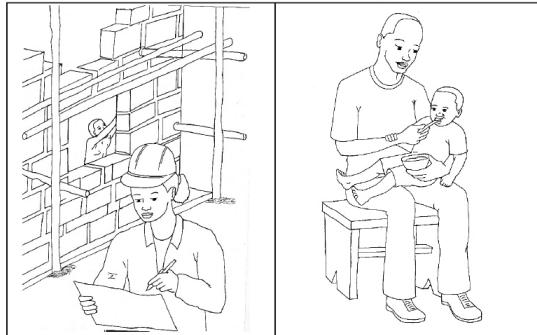
 <ul style="list-style-type: none">• Osamalira• Zapakhomo, ofatsa/odekha• Wakhalidwe labwino• Osagonana osamanowe mbanja• Kukhulupirika kwa mwamuna wake	 <ul style="list-style-type: none">• Ali ndi okuzi/zitwerenzi zamibirli• Akhale ndi ndalamu• Maganizo onse ama chokera kwa lyeyo• Akhale wa mphamvu
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Makhalidwe enawa amatefeza ku HIV koma ena amachulukitsa chiopsezo ku HIV.

6. Kuchoka mu chikhalidwe

- Mzotheka kusintha maudindo ndi ntchito zomwe amuna ndi akazi amagwira chifukwa sichibadwidwe chomwe chimayambitsa maganizowa koma ndi anthu omwe anakhazikitsa koteru zingathe kusintha.

Kusintha zikhaliidwe ndi zikhulupiliro zina



7. Ndi ndani omwe ali pachiopsezo chachikulu?

Nchifukwa chiyani chidwi chili pa atsikana osati anyamata?

- Kafukufuku amasonyeza kuti atsikana ndiwo ali pa chiwopsezo chachikulu chotenga kachirombo ka HIV. Mwachitsanzo:
 - Atsikana ali ndi mwayi wochepa wophunzira kapena kupidiriza maphunziro awo.
 - Atsikana samakhala ndi mwayi wawukulu womva ndi kudziwa mauthenga a HIV/EDZI
 - Atsikana amakhala ndi mwayi wochepa pa nkhanzi za chuma kusiyana ndi anyamata.
 - Miyambo imaletsa atsikana kukhala wozidarira .
 - Atsikana nthawi zambiri ndi amene amachitiridwa nkhanza zokhudza chiwerewere kuposa anyamata.
- Ngakhale ziri chonchi, ntchito zambiri zokhuzana ndi kapewedwe ka kachirombo ka HIV sizimathandiza kuchepetsa chiopsezo cha atsikana ku HIV kapena kuganiza za momwe atsikana angatengere nawo mbali.

Kuunika mwa chidule za chiopsezo cha atsikana ku HIV



8. Ndi chani chomwe chimakhuza chiopsezo cha atsikana ku HIV?

- Atsikana omwe amapanga zogonana amakhala pa chiopsezo chotenga kachirombo ka HIV ndi matenda a Edzi. Ngakhale zili chonchi, pali zinthu zina zomwe zimapangitsa atsikana ena kukhala pachiopsezo chachikulu chotenga kachirombo ka HIV ndi matenda a Edzi koposa anzawo ena.
- Chiwopsezo ku HIV chimadza kamba ka zifukwa zosiyansiyana osati zongokhudza khalidwe la munthu payekha ayi. Mabanja, Maderandi zochitika mmadera osiyansiyana zimaonjezera chiopsezo cha atsikana ku HIV
- Bukhuli likufotokoza mfundu zikulu zikulu zokhuza zomwe zimawayika atsikana pa chiopsezo chotenga kachirombo ka HIV. Mfundu zina ndi zokhuza zomwe zimawayika atsikana pa chiopsezo monga nkhanza, pomwe zina zikukuza zomwe zimawayika pa chiopsezo komanso kuwateteza monga ubale ndi makolo ndi akulu akulu ena
 - Kudziwa ndi momwe amaganizira za HIV
 - Mchitidwe wogonana
 - Zakumwa zoledzeretsa
 - Ubale ndi makolo ndi akulu akulu ena
 - Ubale ndi ndi abwenzi
 - Chikhaldwe ndi miyambo ya chinamwali
 - Maphunziro
 - Za Umoyo
 - Umphawi ndi njira zopezera ndalamu
 - Mchitidwe wa Nkhanza



9. Ndi zinthu ziti zomwe zimawayika atsikana pa chiopsezo chotenga kachilombo ka HIV?



- Nkhanza zogwirira Atsikana
- Kumwa mowa kwa Atsikana kapena anzawo, a pa banja pawo ndi anthu ena ammudzi mwawo
- Kukhala ndi abwenzi ambiri ogonana nawo
- Kugonana ndi Abambo achikulire
- Kugonana ndi cholina chofuna kupeza ndalamama kapena zinthu zina

Mfundu zokhuzana ndi kuopsa kwa makhalidwe amenewa zalembedwa mmumsimu.

10. Kudziwa zomwe anthu amaganiza za HIV?

**Kodi kudziwa za HIV
kumachepeetsa bwanji
chiopsezo cotenga
kachilomboka?**

- Atsikana omwe amadziwa za momwe kachilombo ka HIV kamatengedwera amakhala ndi mwayi wauku lu wotha kudziteteza ku kachiromboka.
- Kudziwa za makhalidwe omwe amathandiza kufalitsa kachiromboka kungathe kuthandiza atsikana kudziwa za mmene iwo eni angachitire pofuna kudziteteza.
- Kudziwa za m'mene kachiromboka kangapewedwere kumathandiza atsikana kupanga zisankho zothandiza pa moyo wawo.

Zomwe anthu amaganiza za HIV zimakuza bwanji chiopsezo chawo ku HIV?

- Ngati atsikana angatenge kachirombo ka HIV kukhala nkhambakamwa chabe, komanso ngati angakhale ndi maganizo oti iwo sangatenge kachiromboka sangasinthe makhalidwe awo olakwika ndi kuyamba kudziteteza.
- Ngati atsikana atadziwa kuti palibe kusiyana pakati pa mwamuna ndi mkazi, angathe kuchitapo kanthu pa mavuto awo; monga kukhala ndi mwayi wa maphunziro ndi maluntha opezera ndalamu.
- Angathenso kukana kukwatiwa msanga, kugonana ndi amuna mokakamizika komanso angathe kudziteteza ku nkhanza zosiyansiyana.
- Atsikana omwe amaika malingaliro awo onse pazinthu monga maphunziro, mapemphero ndi kudziletsa sakhala pachiwopsezo chotenga kachirombo ka HIV.
- Atsikana omwe amaika malingaliro awo pandalama ndi katundu amakhala pachiwopsezo chachikulu chotenga kachirombo ka HIV chifukwa amatha kuchita chiwerewere pofuna kupeza zinthuzi



Chimalepheretsa anthu kudziwa za HIV ndi chani?

- Atsikana amakhala ndi mpata wochepa owonera wailesi yakanema ndi kuwerenga manyuzipepala.
- Atsikana ambiri amakhala wosaphunzira kusiyana ndi amuna.
- Atsikana amatha kuwuzidwa mauthenga omwe amakhala abodza komanso osocheretsa.

11. Kodi ndi makhalidwe ati ogonana omwe ali oopsa?

- Ku maiko akumwera kwa Africa (Mchipululu cha Sahara), anthu ambiri amatenga kachirombo ka HIV kudzera mu mu kugonana.
- Tiyenera kukumbukira kuti nthawi zina anthu amagonana wina asakufuna.
- Mchitidwe wogonanawu nthawi zina umachitika chifukwa cha chikhalidwe cha dera lomwe timakhalako, komanso kukakamizidwa ndi mabwenzi osiyanasiyana mowa, umphawi komanso nkhanza.



N'chifukwa chiyani amayi komanso atsikana amalola mchitidwe wogonana?

- N'chibadwa kuchita mchitidwewu
- Zimawatsangalatsa/ Zimawakomera
- Kufuna kuonetsa chikondi chawo kwa bwenzi lawo
- Pofuna kuteteza ubwenzi
- Pofuna kupeza ndalamu ndi mphatso zina
- Amakhulupirira kuti anthu ena akuchita zomwezi ndiye nawonso ayenera kutero.
- Kukakamizidwa

N'chifukwa chiyani abambo komanso anyamata amalola mchitidwe wogonana?

- N'chibadwidwe kuchita mchitidwewu
- Zimawasangatsa/Zimawakomera
- Kufuna kuonetsa kuti ndi amuna enieni
- Kufuna kuonetsa kuti ali ndi mphanvu
- Amakhulupira kuti anthu ena akuchita zomwezi ndiye nawo ayenera kutero.
- Kukakamidzidwa ndi anzawo

Ndi mchitidwe uti wogonana omwe uli woopsa kwambiri?

- kuyamba khalidwe logonana uli ang'ono(mwachangu) nthawi isanakwane
- kukhala ndi zibwezi zogonana nazo zambirimbiri
- kugonana ndi anthu akuluakulu (abambo)
- kugonana ndi amuna pofuna kupeza ndalamu kapena zinthu zina
- Kugonana mosadziteze (osagwirtsa ntchito kondomu)

Mfundozzi zikufotokozedwa mwatsatanetsatane m'munsimu.

12. Kuyamba zogonana msanga kungapan-gitse...

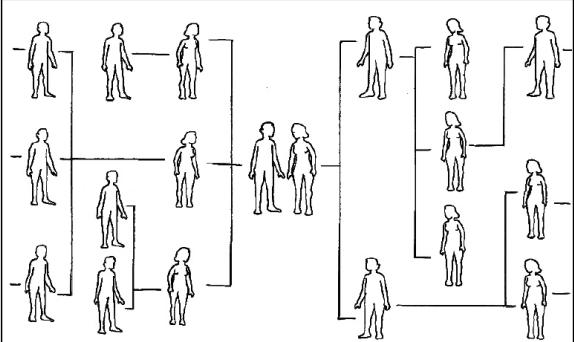
- Atsikana omwe amayamba mchitidwe wogonana ali ang'ono samatha kukwaniritsa zolinga za moyo wawo
- Atsikana achichepere alibe mphamvu ngati amayi zotha kukambirana ndi bwenzi lawo kuti adziteteza pogonana
- Atsikana achichepere amakhala akudziwa zochepa zokhudza kachirombo ka HIV ndi Edzi komanso ndi momwe angapewere



13. Kukhala ndi mabwenzi ogonana nawo ambiri nthawi imodzi

- Pamene munthu ali ndi zibwenzi zogonana nazo zambiri, mposavuta kuti apatsire mabwenzi akewo kachirombo ka HIV
- Ngati munthu ali ndi zibwenzi zosiyanasiyana panthawi imodzi ndipo sadziteteza pogonana, amatha kupatsira kachiromboka mabwenziwo mosavuta
- Ngakhale munthu atakhala wokhulupirika kwa bwenzi lake, amakhala pachiwopsezo chotenga kachirombo koyambitsa matenda a edzi ngati bwenzi lakelo lili ndi mabwenzi ena.

Kukhala ndi mabwenzi ambiri ogonana nawo



14. Kugonana ndi abambo akulu akulu

- Kusiyana kwa zaka za anthu omwe ali pa ubwenzi wogonana kumachulukitsa mwayi wogonana mosadziteteza
- Izi zili chonchi chifukwa ubwenzi woterewu nthawi zambiri umakhala ubwenzi wogonana ndi cholinga chofuna kupeza ndalamu kapena katundu wosiyanasiyana komanso pofuna kuchitiridwa ubwino (kukonderedwa).
- Abambo achikulire amakhala ndi mpata onse olamula atsikana ang'ono ang'ono kuchita nawo zomwe iwo akufuna
- Munjira ina, kuchepekedwa chuma kwa atsikana kumawapangitsa iwo kukhala ndi mwayi wochepa wokambapo maganizo awo pa zakugonana modziteteza
- Atsikana amaona abambo ngati osawopsa kwambiri poweraona kukhala anthu okhazikika kusiyana ndi anyamata
- Chiwerengero cha abambo omwe ali ndi kachirombo ka HIV ndi chochuluka kuposa anyamata.

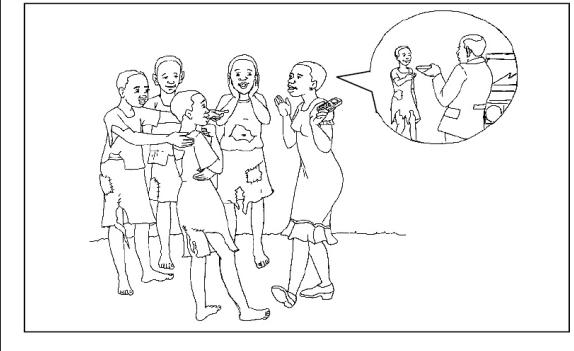


15. Ndi chifukwa chani Atsikana amagonana ndi cholinga chofuna ndalama kapena zinthu zina?

Atsikana

amakakamizidwa kapena
kunyengerereredwa kuchita
chiwerewere pofuna
kupeza ndalama, katundu
kapena kuchitiridwa zosiyansiyana mu njira zosiyansiyana.

Ndi chifukwa chani atsikana amagonana ndi cholina
chofuna kupeza ndalama kapena zinthu zina?



- Aphunzitsi amatha kunyengerera atsikana kuti agonana nawo kuti awakhonzetse mayeso
- Makolo amatha kukakamiza ana awo akazi kuchita chiwerewere kuti pakhomo papezeke chakudya.
- Abambo kapena anyamata amatha kukakamiza mtsikana kugona naye pamene amuperekeza popita kwavo
- Atsikananso pawokha amatha kufufuza mwayi wochita chiwerewere ndi cholina chofuna kupeza ndalama, katundu kapena kukonderedwa mu njira zosiyansiyana
- Atsikanawa amatha kupanga zimenezi pofuna kupeza zosoweke pamoyo wawo monga chakudya ndi pogona kapena pofuna kupeza zokhumba za moyo wawo
- Pamene atsikana achita mkhalidewu amagonana ndi abambo kapena anyamatawo mosadziteteza.

16. Ndi chifukwa chani Atsikana amagonana mosadziteteza (osagwiritsa ntch- ito kondomu)?

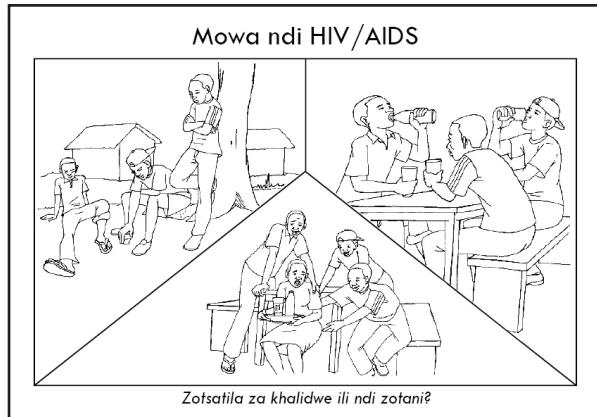
- Kugonana opanda kondomu kumaika atsikana pachiopsez chotenga kachirombo ka HIV mosavuta
- Kugonana opanda kondomu kumachulukitsa mwayi wotenga matenda ena opatsirana pogonana monga chindoko ndi chizonono zomwe zimapangitsa kachirombo ka HIV kalowe m'thupi la munthu mosavuta.
- Atsikana nthawi zambiri samakhala ndi mwayi, wodziwa za komwe angapeze makondomu ndi momwe angagwiritsire nchito poyerekeza ndi anyamata
- Mpovuta kwambiri kwa atsikana kuti awuze mwamuna yemwe akugonana naye kuti agwiritse nchito kondomu pogonana
- Mpovutanso kwambiri kwa amayi ndi atsikana omwe ali pa banja kuti athe kuuza amuna awo kuti agwiritse nchito kondomu pogonana
- M'madera ambiri, atsikana omwe amakhala ndi makondomu amatengedwa ngati mahule kapena atsikana achisawawa.



17. Mowa ndi HIV/Edzi

N'chifukwa chiyani
achinyamata amamwa
mowa?

- Mowa umapangitsa anthu kukhala ochangamuka ndi ochezeka
- Achinyamata ambiri amadzimva kukula akamwa mowa
- Achinyamata ena amakakamizidwa ndi anzawo kupita ku mowa
- Achinyamata ena amakhala ndi chidwi chofuna kudziwa za mowa ndiye amayesera kumwa mowavo



Mavuto a mowa:

- Kumalo omwera mowa amawalola achinyamata kufikako ndipo amawagulitsa mowa
- Achinyamata ambiri masiku ano amayamba kumwa mowa akadali ang'onoa ng'o kusiyana ndi kale
- Anthu akuluakulu amatengedwa ngati zitsanzo zabwino-pamene ana awona iwowa akumwa mowa amaona ngati ndizovomerezeka
- Achinyamata nthawi zambiri amasowa zinthu zina zochita kuti asangalare m'madera mwavo
- Kumwa mowa kumachepetsa kaganizidwe koyenera ka munthu monga kupanga chisankho choyenera cha yemwe akuyenera kugonana naye ndi kuti agwiritse ntchito kondomu kapena ayi
- Abambo akakhala kumowa amafuna munthu woti agonane naye-atsikana omwe angapezeke kumowa mposavuta kuchitidwa chipongwe
- Kumwa mowa kumachititsa nkhanza zokhudzana ndi kugonana kuphatikizapo kugwiririra.

KUMWA MOWA NDI MALAMULO MALAWI

Ndi anthu azaka ziti omwe amaloledewa kumwa mowa?

- Anthu azaka zoposa 18 ndi kupililirapo

Ndi anthu azaka ziti omwe amaloledewa kugula mowa?

- Anthu azaka zoposa 18 ndi kupililirapo

Ndi chilango chotani chomwe chimaperekedwa kwa yemwe akugulitsa mowa kwa achinyamata?

- Kumangidwa miyezi isanu ndi umodzi ndi kupereka ndalamu zokwana K10,000
- Chaputala 50 ndime ya 7 ya malamulo adziko lino limanena kuti munthu yemwe wapatsidwa chiphatsa chogulitsa mowa, akagulitsa mowa kwa wachimata kuti wachinyamatayo amwe, kapena kamwe munthu wina, adzalipilitsidwa ndalamu zokwana K10,000 komanso adzamangidwa miyezi 6”

Kodi pali malamulo kwa achinyamata omwe ali achichepere? Malamulo ake ndi oto chan?

- Palibe chilango china chilli chonse kwa mnyamata kapena mtsikana amene ali wamng’ono akapezeka ndi mowa kapena atamwa mowa. Komabe achinyamata omwe amaledzera ndi kupalamula milandu pafupipafupi amatumizidwa ku malo komwe kungathandize kuti asinthe khalidwe.

Ndi malamulo ati ang’onoang’ono omwe amaletsa achinyamata kupeze ka malo omwera kapena kugulitsa mowa ?

- Achinyamata saloledewa kupeze ka malo omwera kapena kugulitsa mowa. Munthu yemwe ali ndi malo ogulitsa mowa, akalemba ntchito wa chinyamata amalandira chilango pokhapokha ngati angapemphe chilolezo pachiyambi.
- Lamulo limanena kuti: “Wina aliyense yemwe ali ndi chilorezo chokhala ndi malo ogulitsira kapena kumwera mowa akalemba ntchito a) wachinyamata kuti azigulitsa kapena kapena kuyang’anira malo omwera mowa kapena b) kusunga kapena kuyang’anira mowa pa malo amowa omwe ali ndi chilorezo mmalo mwa mweni wake wa malovo mwini wakeyo adzakhala wopalamula mulandu womwe adzalipire K10,000 ndi kumnagidwa miyezi 6”.

Kodi pali malamulo okhuza ndi nthawi yoyenera kutsegula ndi kutseka

malo omwera mowa?

- Malamulowa alipo osiyanasiyana mu maboma osiyanasiyana komanso zimatengera malo ake omwe amagulitsa ndi kumwerako mowa. Malamulo aboma la tHyolo ndi akuti adzitsegula 6.00 mmamawa ndi kutseka 10 madzulo.

Ngati malamulowo alipo ndi chilango chanji chimene munthu amalandira akaphwanya malamulo amenewa?

- Sizinalembewe mu malamulo a boma la Thyolo koma munthu yemwe wa phwanya malamulo amenewa angathe kulandidwa chilorezo chokhala ndi malo ogulitsira mowa chomwr a asembule amupatsa .

Kodi munthu angakanene kuti akaona kuti malamulo akaphwanyidwa?

- Ku polisi kapena ku ofesi ya boma ya disitirikitii asembule.

Chidziwitso:

- Mwana ndi yemwe ali ndi zaka zosaposera 13
- Wa chinyamata wachichepere ndi yemwe ali ndi zaka zapakati pa 14 ndi 18
- A chinyamata ndi onse pamodzi (azaka zapakati pa 1 kukafika 18)
- Malamulo adziko lino anakhazikitsadwa kalekale ndipo sanawunikilidwenso.

18. Mitundu ya nkhanza zomwe atsikana amachitridwa

Kodi nkhanza za mthupi ndi chani?

Nkhanza za m'thupi zikutanthauza kumenya mtsikana mthupi kugwiritsa ntchito chida china chili chonse monga mpeni, kumumenya nacho kapena kumugenda.



Kodi nkhanza za mmaganizo ndi chani?

Nkhanza za mmaganizo zikhonza kumuchititsa mtsikana kukhala wa mantha angakhale palibe nkhanza za mthupi. Nkhanza za mmaganizo ndi monga:

- Kuyankhula zinthu zomwe zingamupange mtsikana kumva kunyozedwa kapena kuchititsidwa manyazi
- Kuyankhula zokhuza ndi kugonana zomwe zili zosayenera
- Kumuopseza kuti kuti amugwiririra
- Kumuopseza kuti awapweteka anthu omwe mtsikanayo amawadalira
- Kumumana kapena kumuopseza kuti amumana chakudya kapena zinthu zina zofunika pamoyo wake

Nkhanza zokhuza kugonana ndi chani?

Nkhanza zokhuza ndi kugonana kwa mstikana zikhonza kukhala ngati izi:

- Kugwirilira
- Kumukakamiza kugonana naye
- Kumuopseza mpaka atavomera kugonana naye
- Kumugwira gwira malo osayenera iye asakufuna

Kodi nkhanzazi zikuchitika kuti?

- Nkhanza kwa atsikana zimachitika m'malo osiyanasiyana
- Mala odziwika bwino ndi monga kumowa, kumalo ogona alendo, malo omwe sikukhala anthu ambiri, kumalo otunga madzi ndi kumsika
- Atsikana enanso amachitidwa nkhanzazi ngakhale pakhomu

Pali ubale wanji pakati pa nkhanza kwa atsikana ndi HIV/Edzi

- Kugonana mowumiriza nthawi zambiri kumapangitsa mtsikana kukhala wa mantha komanso kumapangitsa ziwalo zomwe amagwiritsa ntchito pogonana kuchekeka kapena kukhala ndi mabala, izi zimamupangitsa mtsikana kukhala pa chiopsezo chotenga ka chirombo ka HIV
- Atsikana omwe anachitiridwapo nkhanza zogonana ali ang'ono saopa kuchita makhalidwe oipa akakula monga kukhala ndi zibwenzi zambiri kapena kuchita chiwerewere pofuna kupeza ndalama.
- Kuopa kuchitiridwa nkhanza,, kusalidwa ndi kusiyidwa zimabwezeretsa atsikana m'mbuyo ndi kuwapangitsa kuti asadziwe mmene thupi lawo muliri, ndipo ngati adziwa amachita mantha kudziwitsa abwenzi awo
- Nkhanza komanso mantha ochitiridwa nkhanza zingathe kulepheretsa mtsikana kukakamira kugwiritsa ntchito kondomu kapena kukana kogonana pamene asakufuna.
- Makolo angathe kusonyeza chitsanzo chabwino kwa atsikana posachita makhalidwe oipa monga kukhala ndi zibwenzi zambiri komanso kumwa mowa
- Atsikana omwe amakondedwa ndi makolo awo nthawi zambiri samachita makhalidwe oipa
- Atsikana omwe amagwirizana ndi akuluakulu osachepera atatu sangachite makhalidwe oipa

NKHANZA NDI MALAMULO M'MALAWI

KUKAMIZIDWA KUGONANA KAPENA KUGWIRIRIDWA

Kodi kugwiririra ndi mulandu? Nanga nkhanza zina zokhuza kugonana ?

- Kugwiririra ndi mulandu monga mwa malamulo adziko lino la Malawi.
- Buku lomwe amalembamo milandu ndi chilango chake mu chapatala 7 gawo 132 mpaka 138 akukamba za chilango chokhuza kugwirira kapena nkhanza zina zokhuza kugonana.

Kodi chilango chake kwa ogwiririra kapena nkhanza zina zogonana chimakhala chotani?

- Zilango zake zilipo zingapo; kumangidwa kwa zaka 14 kapena kwa moyo wonse kapena kuphedwa kumene.
- Gawo 133 limanena kuti "Ali yense amene wapalamula mulandu wogwiririra akuyenera kuphedwa kapena kumangidwa moyo wake wonse popanda kumenyedwa"

- Gwo 34 akuti “Aliyense yemwe angayesere kugwiririra azakhala opalamula mulandu omwe chilango chake ndi kumangidwa kwa moyo wonse.”

KUGONANA NDI ANA ANG'ONOANG'ONO

Kodi malamulo amanena kuti pali msinkhu womwe munthu angathe kupanga chisankho payekha? Ngati zili choncho zaka zake ndi ziti?

- Inde. Zaka zake ndi kuyambira 13 kupita mtsogolo.

Kodi chilango chake ndi chotani kwa iwo amene amagonana ndi ana zaka zosakwana 13?

- Kugonana ndi ana ndi mulandu womwe chilango chake ndi kumangidwa kwa moyo wako wonse.
- Kuyesera kugogwiririra mwa na wosakwana zaka 13 ndi mulandu womwe chilango chake ndi kumangidwa kwa zaka 14.
- Kwa omwe amagonana ndi ana kapena achibale awo chilango chake ndi kumangidwa moyo wako wonse. Ngati wogwiriridwayo ali wa zaka zosakwana 21, mtsikanayo amachotsedwa pakhomu pa munthu yemwe anamugwiririrayo kapena khoti likhonza kuganiza china chomwe lingachite.

Kodi pali chilango china chili chonse kwa ana ang'onoang'ono?

- Palibe chilango china chili chonse kwa na omwe zaka zawo szinakwane 14 ngati kali koyamba. Komabe akapezedwa kwa nthawi zingapo angatumizidwe ku ndende za ana komwe angakamuthandize kusintha khalidwe

KUGONANA NDI ANA ASUKULU

Kodi pali malamulo olets aphonzitsi kapena akulu akulu asukulu kugonana ndi ana asukulu kuphatikizapo omwe ali akulu akulu?

- Malamulo ofotokoza momwe aphonzitsi ayenera kuchitila sanagawidwe mu ma sukulu onse. Koma malamulo alipo okhuza nkhaniyi omwe anakonzedwa ndi unduna wa zamaphunziro.

Ngati alipo malamulo ndi oti chani? Kodi nanga amatsatidwa?

- Ngakhale malamulowa sapezeka mumasukulu onse, pali chitsimikizo choti pali malamulo omwe amaletsa aphonzitsi kugonana ndi kuchita nkhanza zokhuza kugonana ndi atsikana ndipo mphunzitsi yemwe wapezekwa akuchita izi amachotsedwa ntchito akapezekwa olakwa pa mulanduwu

Kodi pali chilango kwa atsikana omwe amagonana ndi aphunzitsi kapena akulu akulu ena asukulu? Chilango chake ndi chotana? Kodi nanga malamulowa amalimbikitsidwa bwanji?

- Palibe mulandu wina uli wonse kwa atsikana omwe sanakwane zaka 18 zakubadwa chifukwa amatengedwa kuti ndi ana.

KUSUMA KAPENA KUPEZA CHITHANDIZO

Kodi anthu angakanene kuti akagwiriridwa kapena kuchitilidwa nkhanza zogwiriridwa kapena kagonana ndi ana

- Ku Polisi-kwa omwe amathandiza anthu omwe achitilidwa nkhanza kapena ku ofesi ya wona za umoyo wa anthu ya District Social Welfare Office yomwe imapezeka pa boma. Kwa ana ndi ag'onoang'ono ena, m'midzi yambiri muli anthu omwe amaona za ufulu wa ana omwe ntchito yawo ndi kukasumira anthu omwe akuchita zoterezi ku polisi kuti achitepo kanthu.

Kodi komwe amakanenako atsikanawa amakhala otetezeka kapena ndi malo enanso komwe atsikana makhala pa chiopsezoo?

- Kukhazikitsidwa kwa nthambi ya polisi yothandiza anthu omwe achitiridwa nkhanza zapangitsa anthu ambiri kuthandizidwa. Vuto lomwe liripo ndi kupeza njira zowalimbikitsila atsikana ndi amayi kuti adziwe kuti ndi ufulu wawo kukasuma akachitilidwa nkhanza kuti chilungamo chitsatidwe.
- Nthawi zambiri anthu amalimbikitsa kukhululukirana ndi kuyanjananso mmalo moti olakwayo alangidwe.

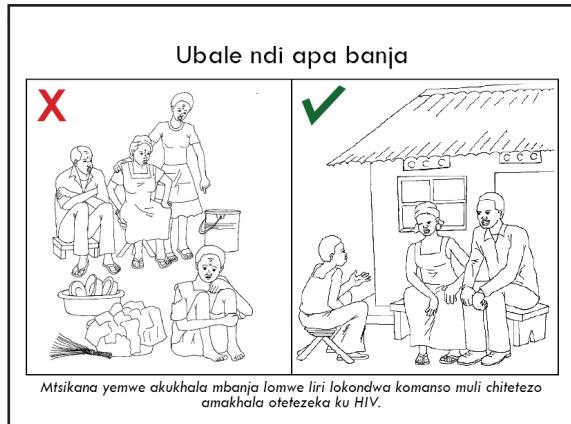
Dziwani izi:

- Mwana ndi yemwe ali ndi zaka zosaposer 13
- Wa chinyamata wachichepere ndi yemwe ali ndi zaka zapakati pa 14 ndi 18
- A chinyamata ndi omnse mapodzi (azaka zapakati pa 1 kukafika 18)
- Malamulo adziko lino anakhazikitsadwa kalekale ndipo sanawunikilidwenso.

19. Ubale ndi makolo ndi akulu akulu ena

Ubwino wokhala ndi ubale wabwino ndi makolo ndi akulu akulu ena

- Makolo angathe kusonyeza chitsanzo chabwino kwa atsikana posachita makhaldidwe oipa monga kukhala ndi zibwenzi zambiri komanso kumwa mowa
- Atsikana omwe amagwirizana ndi akuluakulu osachepera atatu sangachite makhaldidwe oipa
- Atsikana omwe amakondedwa ndi makolo awo nthawi zambiri samachita makhaldidwe oipa



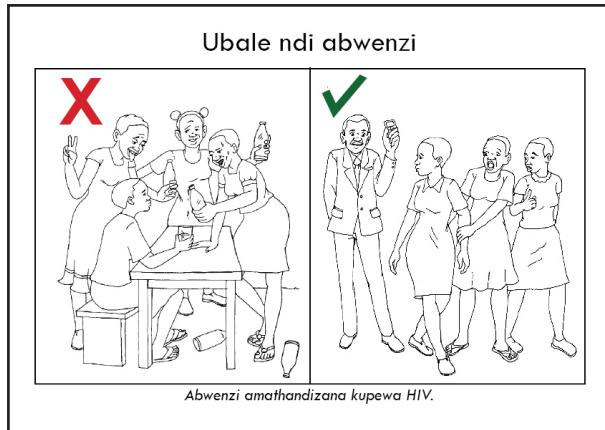
Zomwe zimalepheretsa ndi kusokoneza ubale wabwino

- Ana amasiye nthawi zambiri amosowa chitsogozo cha akulu. Ana amasiyewa amakhala pa mavuto a zachuma zomwe zimapangitsa atsikanawa kuyamba mchitidwe wogonana pofuna kupeza ndalamu.
- Atsikana nthawi zambiri amatha kuyamba makhaldidwe olakwika ngati pakhomu palibe chiyang'aniro cha makolo
- Achibale angathe kukakamiza kapena kulimbikitsa atsikana kuchita makhaldidwe olakwika monga kugonana pofuna kupeza ndalamu kuti azithandizira pakhomu
- Makolo kapena opereka chisamaliro nthawi zambiri kumakhala kowavuta kuti athe kuwafotokozeru ana awo nkhanu monga za mowa kapena kugonana
- M'madera ambiri, ubale womwe umakhalapo pakati pa achinyamata ndi makolo awo unazilara, achinyamata sakumvera malangizo ndipo nawo makolo sakuteteza ana awo

20. Ubale ndi abwenzi

Ubwino okhala ndi abwenzi abwino

- Abwenzi abwino angathe kuthandiza atsikana kukhala ndi khalidwe labwino-monga kusapita malo omwera mowa komanso kupewa makhalidwe ena oyipa
- Atsikana omwe amapezeka mu magulu osiyanasiyana ammudzi amakhla ndi mwayi ndi zinthu sosiyanasiyana komanso amalimbikitsidwa ndi anzawo amugulu lawo.
- Chithandizo chochokera kwa anzawochi chingawathandize kukwaniritsa masomphenya awo.



Zomwe zimalepheretsa ndi kusokoneza ubale wabwino ndi abwenzi

- Maganizo komanso zochita anzawo zimakhudza achinyamata kwambiri
- Abwenzi omwe amakonda kukamba monyadira nkhani kugonana komwe iwo achita ndi ndalamu zomwe apeza atachita zogonana ndi abambo zingakope kapena kulimbikitsa atsikana anzawo kuti azichita mkhaldidwe oyipawu
- Ngati atsikana awona anzawo kuti akumwa mowa kapena akupita kumowa angathe kuganiza kuti ndi zolondola ndi zovomerezeka komanso kuti iwo akuyenera kuchita zomwezo

21. Maphunziro ndi HIV/Edzi

Ubwino wamaphunziro kwa atsikana:

- Atsikana omwe amapita kusukulu ali ndi mwayi waukulu wodziwa zambiri zokhudza kachirombo ka HIV/Edzi kudzera m'maphunziro monga Life Skills m'kalasi komanso m'zochita zina akatuluka m'kalasi
- Kupita kusukulu kumathandidza atsikana kupeza anzawo ochuluka komanso aphunzitsi
- Maphunziro amamuthandiza atsikana kukwaniritsa masomphenya awo
- Maphunziro amapereka mwayi wa ntchito ndi chuma kwa atsikana kotero amachepepsa kufunika kochita zachiwerewere kuti apeze ndalamu

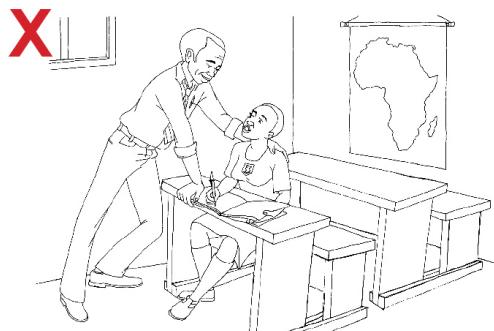


22. Kuwonetsesa kuti atsikana ndi otetezeza ku sukulu

Atsikana ali ndi ofulu wokhala motetezedwa pamene ali ku sukulu. Koma izi sizili choncho:

- Atsikana samakhala omasuka ku sukulu komwe kulibe zimbudzi zosiyana za atsikana ndi anyamata makamaka akakhala kuti “akusamba.” Zimbuzizo zokhonza kuhala zowonongeka, komanso kutali kwa zokha zomwe zingapangitse kuti atsikana agwiriridwe akapitako
- Aphunzitsi amatha kupempha atsikana kugonana nawo pofuna kuti akhonze bwino kapena kuti apeze malo kusukuluko
- Sukulu zingathe kuhala zopanda malamulo okhwima kapena osakhalanso ndi malamulo olanga aphunzitsi ogonana ndi ndi atsikana. Kusowa kwa mamulowa kumapangitsa anthu ena kukhala chete ngakhale atawona kuti aphunzitsi akugonana ndi ana a sukulu.
- Atsikana amatha kuchitidwa nkhanza zakuthupi kapena zogonana popita kapena pochokera ku sukulu mwachitsanzo madalaivala a magalimoto ang’ono ang’ono onyamula anthu kapena basi komanso anthu ena pamsewu

Onetsetsani kuti Atsikana ndi otetezedwa ku sukulu



Zobetchera ku maphunziro a atsikana

- M’madera ena, anthu amaganiza kuti n’kosafunka kuti atsikana aziphunzire
- Fizi, unifolomu, mabuku ndi zobetchera ku maphunziro a atsikana
- Makolo omwe alibe ndalamu zofunka kutumiza ana onse kusukulu nthawi zambiri amangotumiza mynamata osati mtsikana
- Atsikani nthawi zambiri amasiyidwa pakhomu kuti azithandiza ntchito zapakhomo ndi kulera ana ang’onoang’ono
- Mfundu zina zasukulu zingalepheretse atsikana kupita kusukulu monga malamulo oletsza atsikana omwe ali ndi pakati kapena abereka kupita ku suluku

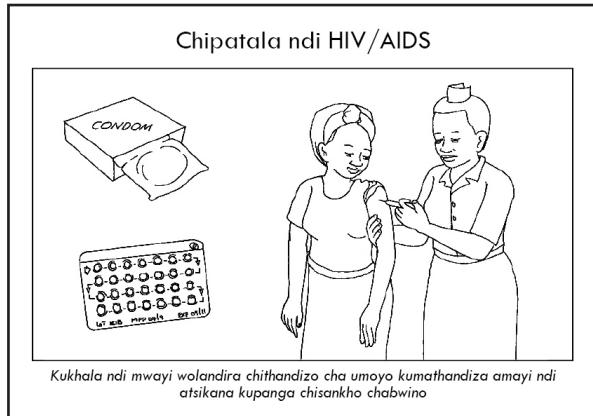
23. Umoyo wabwino, ndi HIV/Edzi

Ubwino wokhala ndi mwayi wa chithandizo cha umoyo wabwino

- Atsikana omwe amadziwa zambiri zokhudzana ndi kachirombo ka HIV/ Edzi amadziwanso njira zosianasiyana za mmene angapewere kupatsirana/kufalikira kwa kachiromboka ndi kuzindikiranso za kuopsa kwake
- Atsikana omwenso amapeza chithandizo chokhudzana ndi kugonana ndi kulera angathe kupeza chithandizo pa matemda a Edzi ndi matenda opatsirana pogonana.
- Kupita kuchipatala kumaperekwa mwayi wodziwa zambiri za kachirombo ka HIV komanso ndi kolandira malangizo mwaulere. Anthunso angadziwe njira zolelera zosianasiyana zomwe zingawathandize kupewa kutenga pakati mosakonzekera

Zobetchera ku umoyo wabwino

- Pangathe kukhala antchito ochepta ogwira ntchito kuchipatala kuti athe kuthandiza anthu ambiri
- Zipatala zambiri sizimathandiza zosowekera za atsikana. Ogwira ntchito amatha kukhala osadziwa bwino ntchito yaho ndiponso zipatala sizimalimbikitsa atsikana kupeza zithandizo zoyenera.
- Atsikana amatha kuchita manyazi kuti athe kufotokoza zosowa zawo za moyo wathazi kwa makolo awo, ogwira ntchito kuchipatala ndi anthu ena mdera mwawo
- Atsikana angathe kukhala osadziwa zithandizo zomwe angapeze ndi komwe angakapeze zithandizozo
- Makolo ndi akuluakulu ena m'madera amatha kuganiza kuti sikoyenera kuti atsikana azidziwa nkhanzi za kulera ndi kugonana.



24. Umphawi, mwayi wope- za ndalama ndi HIV/Edzi

Ubwino wopeza njira zopezera ndalama zabwino

- Atsikana omwe ali ndi ndalama zokwanira zopezera zosowa zawo samapanga zogonana ndi cholinga chofuna kupeza ndalama.
- Kukhala ndi mwayi wophunzira maluso osiyana siyana antchito zamanja ndi zina umangitsa munthu kukhala wozidalira payekha komanso zimawapatsa mwayi atsikana wokumana ndi anzawo ambiri.
- Amayi omwe ali ndi amwayi opeza ndalama kapena omwe ali ndi ma bizinesi awo angathe kuwapatsa ana awo zosowa zawo ndipo sangadalire kuti atsikana ndi omwe azibwertsa ndalama pakhomopo.

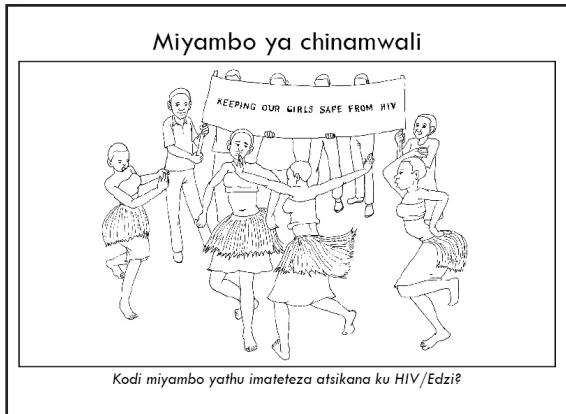


Umphawi ndi zobetchera ku mwayi wopeza chuma.

- Umphawi ndi njala zingapangitse atsikana kuyamba kugonana pofuna kupeza ndalama, chakudya kapena zinthu zina.
- Amayi ndi atsikana nthawi zambiri amalandira malipiro ochepta kusiyana ndi amuna ngakhale agwire ntchito mofananana.
- Njira zina zopezera ndalama monga kugwira ntchito pakhomo pamunthu kapena kugulitsa zinthu kumsika zingathe kuwonjezera chiopsezo cha atsikana monga kukamizidwa ndi mabwana awo kuti agonane nawo
- Amayi ndi atsikana, nthawi zambiri sadziwa zoyenera za momwe. angapezere ndalama monga kutenga ngongole ku mabungwe obwereketsa ndalama kapena kuphunzira ntchito za manja.
- Amayi ndi atsikana sakhalia ndi mwayi wopatsidwa malo kapena chuma chosiyidwa.
- Ngakhale mwayi wangongole ungakhale wothandiza kwa amayi, atsikana osachepera zaka 18 sangathe kukwaniritsa udindo wonse wofunika munthu wotenga ngongole.
- M'malo mwake, atsikana angapindule kwambiri atalowa nawo m'timagulu tosunga ndalama komanso ataphunzira zambiri zokhudza kasamalidwe kachuma ndi mfundo zothandiza pa zachuma.

25. Mwambo wa chinamwali ndi HIV/Edzi

- Miyambo yachinamwali imapereka mwayi wabwino wophunzitsa achinyamata za kachirombo ka HIV ndi matenda a Edzi asanayambe m'khaliidwe wogonana
- Zinamwali sizimafuna ndalama kapena zinthu zina zapadera-pamangofunika anthu akuluakulu amudelaro omwe ali okonzeka kuyipanga miyamboyi kukhala yabwino ndi yoteteza atsikana.
- Miyambo ya kutchalitchi nthawi zambiri imalimbikitsa makhalidwe abwino monga kudziletsa ndi kukhala okhulupirika kwa bwenzi lako



Zobetchera za chinamwali:

- Mmalo ena, zinamwali zimakhala ndi zochitika zina zomwe zimaonjezera chiopsezo cha atsikana chotenga kachilombo ka HIV/Edzi
- Mwachitsanzo ku Malawi, atsikana amalimbikitsidwa “kuchotsa fumbi” - kugonana ndi amuna akangomaliza mwambo wachinamwali.
- M'madera ena anthu omwe amachita mdulidwe wa atsikana amatha kugwiritsa ntchito chida chimodzi pa atsikana angapo, kuwaika pangozi yokhuzana ndi magazi omwe ali ndi matenda.
- Atsikana ndi anyamata omwe achoka kusimba amadziona ngati akula koteri amasiya kumvera malangizo a makolo awo
- Makolo nawonso samaona kufunika kulikonse koteteza ndi kulangidza anamwaliwa. Izi zimapangitsa anyamata kusiya kulangizidwa ndi akulu adakali ang'ono
- M'madera ena miyambo yakale ya chinamwali inasiyidwa-zomvetsa chisoni kuti madera ambiri oterewa, amakhala omwe zinamwalazi zimalimbitsa makhalidwe abwino monga kudziletsa ndi kukhulupirika ka bwenzi lawo.

26. Pangani dera lanu kukhala malo abwino kwa atsikana...

Kodi anthu ammudzi angatani kuti agwire ntchito limodzi yochepepsa chiopsezo cha Atsikana?



- Kusintha khalidwe sikubwera ndi munthu mmodzi yekha
- Zochita za munthu kuti asinthe zimalira chitetezo ndi chilimbikitso cha omuzungulura, kuphathikiza achibale ndi abwenzi
- Izi zikutanthauza kuti mmadera ali ndi ntchito yaikulu yoteteza atsikana ku chiopsezo cha mliri ndikuthandiza atsikana kuyamba makhalidwe abwino

Kumbukirani:

- Munthu aliyense ali ndi mwai wokhala ndi umoyo wabwino
- Anthu am'dera limodzi amadziwa bwino mmene angathanirane ndi mavuto a za umoyo am'dera mwawo. Njira zogonjetsera mavutowa zimakhala zabwino ndi zokhazikika zikachokera kwa anthu eni ake
- Kupangira zinthu limodzi zimathandiza kugonjetsa mavuto akulu kusiyana ndi mmene munthu mmodzi angachitire payekha
- Kutenga mbali kwa aliyense nkofunika-abambo, amayi, atsikana, anyamata-aliyense ayenera kutengapo gawo. Maganizo a aliyense ndi wofunikira

"Mutu Umodzi susenza denga"

Munsimu muli njira zina zomwe anthu angathe kuchita. Njira zina ndi zoti zitha kuthandiza m'magawo angapo nthawi imodzi. Zina ndi zoti zingathe kuthandiza vuto limodzi lokha basi.

Tikumbukire kuti awa ndi maganizo chabe

Zingakhale zothandiza kwambiri njira zogonjetsera mavutowa zitachokera kwa anthu eni ake kuti zithe kubweretsa umwini ndipo potero athe kutsatira mfundozo ndi mtima wonse.

Kuchepetsa mkhaliidwe woipa wachiwerewere:

- Limbikitsani anthu kukhala ndi bwenzi limodzi logonana nalo
- Kugwira tchito limodzi ndi abambo m'madera ndi cholinga choti adziwe za mbali yawo yolimbikitsa kapena kuchepetsa chiopsezo chaatsikana ku HIV ndi Edzi
- Kudzudzula miyambo yokondera anyamata, yolimbikitsa makhaliidwe oipa a kugonana ndi mwayiwa atsikana wopeza makondomu
- Kukambirana ndi atsikana za kagwiritsidwe ntchito ka makondomu ndi makhaliidwe oipa aogonana mwa chisawawa
- Kukambirana ndi atsikana za mavuto awo ndi zifukwa zomwe iwo akuchitira mchitidwe wolakwika wachiwerewere
- Ganizani za njira zopezera chuma ndi kupeza njira zowonjera mwayi wa atsikana kuti adzhikala odziyimira pawonkha pachuma
- Limbikitsani mapologalamu omwe amathandiza kuti atsikana azikhala kusukulu
- Onetsetsani kuti malamulo okhudzana ndi kugonana ndi ana osakhwima adziwitsidwe kwa onse ndi kagwiritsidwe ntchito

Kuchepetsa kumwa mowa:

- Dzudzulani malo omwera mowa ndi ena otero amene amalola achinyamata kumwako mowa
- Limbikitsani anthu akulukulu kukhala zitsanzo zabwino kwa ana awo
- Khazikitsani magulu a chinyamata, magulu a zamasewero ndi zochita zina zoti achinyamata azichita potayitsa nthawi
- Langizani anthu onse kuphatikizapo amuna, akazi ndi achinyamata kuti ahepetse kumwa mowa

Kulikimbikitsa ubale pakati pa atsikana ndi mabanja awo komanso achikulire ena:

- Kulimbikitsa achinyamata kukhala zitsanzo zabwino kwa anzawo ndi ana ang'onoang'ono.
- Kulimbikitsa makhaliidwe abwino pakati pa anyamata ochepetsa mchitidwe wolakwika monga kugonana mwachisawawa ndi kumwa mowa.

27. Pangani dera lanu kukhala malo abwino kwa atsikana...

**Kukonza ubale pakati pa
atsikana ndi anzawo:**

- Alimbikitseni achinyamata kukhala zitsanzo zabwino kwa azawo komanso kwa ana ang'ono ang'ono
- Llmbikitsani makhaldidwe anwino pakati pa chinyamat aomwe amaletsa makhwalidwe oyipa monga kugoana mosinhanitsa ndi ndalama ndi kumwa mowa. Izi zikhonza kuchepetsa kukamizika komwe atsikana amkhala nako komvera ndi kutsatila miyambo yomwe imawayika pa chiopsezo chotenga kachirombo ka HIV.



Kupanga sukulu kukhala malo abwino kwa atsikana:

- Limbikitsani atsikana kupita kusukulu powafotokozenza za ubwino wamaphunziro ndi zolina zamoyo wawo wam'tsogolo.
- Kutsitsa fizi kapena kufunafuna ndalama zoti zithandizire pa maphunziro a atsikana.
- Kufuna zipangizo kapena kungodziperekwa kumanga zimbudzi zabwino m'masukulu.
- Kulimbikitsa makolo kuti apange kapena adzutse mabungwe a makolo ndi aphunzitsi m'sukulu.
- Kum'dziwitsa mphunzitsi wamkulu kuti mphunzitsi wochita zadama ndi wophunzira sadzalekereredwa. Chilango chiperekedwe kwa aphunzitsi wopezeka akuchita chiwerewere ndi ana asukulu.
- Thandizani kukonza njira kuti zikhale zabwino kuti atsikana azyenda bwino popita ku sukulu.

Kulimbikitsa umoyo wabwino kwa atsikana:

- Limbikitsani makolo kuti athandize zosowa za atsikana pa umoyo wawo wathanzi.
- Limbikitsani atsikana kuti aziyankhula zokhudza mavuto a umoyo wawo ndi kupeza chithandizo pamene akufuna chithandizocho.
- Kukambirana ndi achiipatala kuti ayenera kukonza nthawi yoti adzitha kuthandiza atsikana pa mavuto awo osiyanasiyana a umoyo.
- Kupempha ogwira kuchipatala kuti adzipita m'sukulu ndi m'midzi kukaphunzitsa za kachirombo ka HIV ndi Edzi komanso zina zokhudza kugonana ndi uchembere wabwino.

28. Pangani dera lanu kukhala labwino kwa atsikana...

Kupanga mwambo wachinamwali kukhala woteteza atsikana:

- Kupeza zochitika za kuchinamwali zomwe zimaonjezera chiwopsezo cha atsikana ku HIV/Edzi ndi kupanga chotheka kuti zithe kapena kusintha.
- Kuyambitsa zinthu zinazabwino kumwambo wachinamwali zothandiza achinyamata monga kumawaphunzitsa zokhudza achinyamata zokhudzana kachirombo ka HIV ndi njira zopewera kachiromboka



Kulimbana ndi mavuto azachuma omwe atsikana amakumana nawo:

- Kulimbikitsa makolo (amayi) atsikana kuti alove m'magulu obwereketsa ndalamu m'madera mwavo.
- Kusintha miyambo ndi malamulo okhudza malo ndi chuma chosiyidwa.
- Kulimbikitsa atsikana kutenga nawo mbali pophunzira ntchito za manja zosiyanasiyana kuphatikizapo zomwe zimatengedwa ngati ndi za amuna okha.
- Kulimbikitsa anthu amabizinezi osiyanasiyana kuti aziphunzitse atsikana maluso osiyanasiyana omwe angamapezere ndalamu.
- Kulimbikitsa atsikana kuti azipita kusukulu – omwe amapitiliza sukulu amakhala ndi mwayi wodzapeza chuma m'tsogolo muno.
- Kukonza malo abwino otetedzedwa misika kuti atsikana azigulitsarako zinthu zawo.

Kuchepetsa nkhanza kwa atsikana:

- Pezani malo abwino ndi odalirika komwe anthu omwe achitiridwa nkhanza angapite kukanena.
- Khazikitsani magulu oti adzitereza atsikana pamene alibe chitetezo, monga magulu omawaperekeza atsikana akamapita kapena akamabwera ku sukulu.
- Kuwalimbikitsa makolo ndi achinyamata kuganizira za mgwirizano womwe ulipo pakati pa nkhanza ndi zinthu zina monga mowa
- Kudziwitsa anthu za malamulo ndi chilango chokhudza nkhanza.
- Limbikitsani ubale pakati pa maderawo ndi achitetezo monga apolisi.
- Kalimbikitsa kuti onse omwe achitira nkhanza atsikana ayenera kulandira chilango molingana ndi malamulo

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**Johns Hopkins Bloomberg School of Public Health
Center for Communication Programs**
**111 Market Place, Suite 310
Baltimore, MD 21202, USA**
**Tel: 410-659-6300
Fax: 410-659-6266**
Web: <http://www.jhuccp.org>

Designed and illustrated by:

Mango Tree

1479 Naalya Road, Kiwatule, P.O. Box 25312, Kampala, Uganda
Tel: 256-312-263-263, Email: mangotree@mangotreeuganda.org
www.mangotreeuganda.org