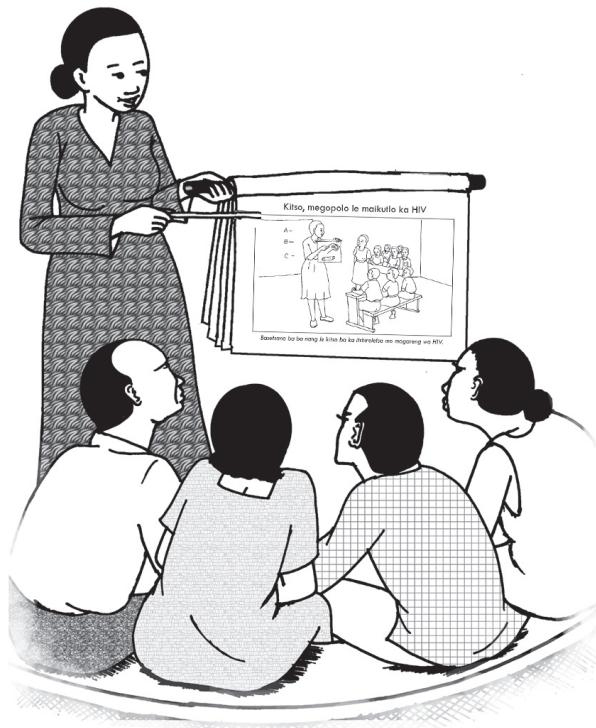


Go Girls!

Tiriso ya bukana e



BUKANA YA MOTSAMAI SA PUISANO

Dirisa bukana e gogo thusa go simolodisa puisano mo motseng ka ga go fokotsa kanamo ya mogare wa HIV mo bananeng ba basetsana. Ditshwantsho tse di tla thusa baagedi go simolola go akanya ka ga ditsela tse ba ka di tsayang go sireletsa basetsana.

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TIRISO YA BUKANA E

Dirisa bukana e go abelana le baagedi ka mogare wa HIV le bodiphatsa jwa one mo basetsaneng le go simolola dipuisano mo sechabeng.

Dira gore sechaba kgotsa baagedi ba go fe maikutlo a bone ka setlhogo pele ga o ba bontsha ditshwantsho. Fa batho ba sena go ntsha maikutlo le dikakanyo tsa bone ka botlalo, dikgang tse di mo bukaneng e ya barutuntshi, di ka dirisiwa go tlocafatsa ka fa ba tlhaloganyang setlhogo sengwe le sengwe ka teng le go rurufatsa gore ba itse dilo ka botlalo; dilo tse di tshwanang gore HIV e anama jang le gore ga e aname jang. O ka dirisa ditshwantsho tse go ka gwetlha batho gore ba ipotse ka dipotso le Dikgang tse di mo bukeng e.

Ditshwantsho tse di diretswe go dirisiwa ka fa morutuntshi a batlang ka teng. Sekai: mo tikologong ya boraro (3) o ka kgomaretsa ditshwantsho mo lebotleng fa go le mo puisanyong ka setlhogo le baagedi. Kgotsa o ka supa ditshwantsho tse di nyalang le setlhogo o bo o di baa ka ditlhopa, kana o di sutisa wa di baa ka tlatlelano ya botlhokwa go ya ka fa baagedi ba dumelaneng ka teng le go ya ka fa dipatisiso tsa gago disupileng ka fa baagedi ba bonang dilo ka teng. Dika dirisiwa jalo fa go dirwa lenaneo la tokafatso seemo.

1. HIV/AIDS ke eng?

HIV ke mogare. HIV o emetse “Human immunodeficiency virus”.

Mogare o wa HIV, o tlhasela masole a mmele aa sireletsang mmele kgatlhanong le malwetse le megare ya malwetse.

Fa HIV e gateletse mmele thata, masole a mmele a sa tlhole a bereka sentle, ra re motho o na le AIDS; AIDS ee leng “acquired immunodeficiency syndrome”.

Nako e HIV ee tsayang mo mmeleng e santse e le HIV e ise e nne AIDS ea farologana mo bathong. Motho yo mongwe o ka tshela dingwaga di le lesome kgotsa go feta a ise a nne le AIDS, fa yo mongwe ene e ka mo tsena ka pela.



2. HIV e ka anama fa...

HIV e anama ka mengwe metsinyana a mmele. HIV e ka anamisiwa ka:

- Madi
- Metsinyana a borre
- Metsinyana a bomme
- Maswi

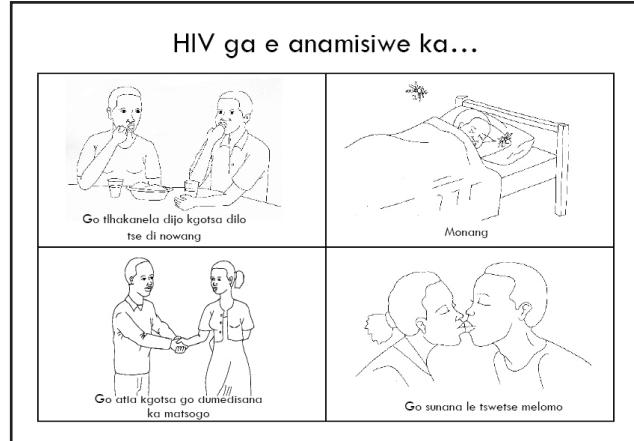


HIV e tswa mo mothong go yak o go omongwe ka:

- Go tlhakanelo dikobo le sa itshireletsa
- Boimana, pelegi kgotsa go amusa fa mme a nale mogare
- Go dirisana mekento, jaaka ditagi tse dikentiwang
- Go dirisana dikgare jaaka ka noko ya go rupa
- Go fiwa madi a a nang le mogare ko kokelong

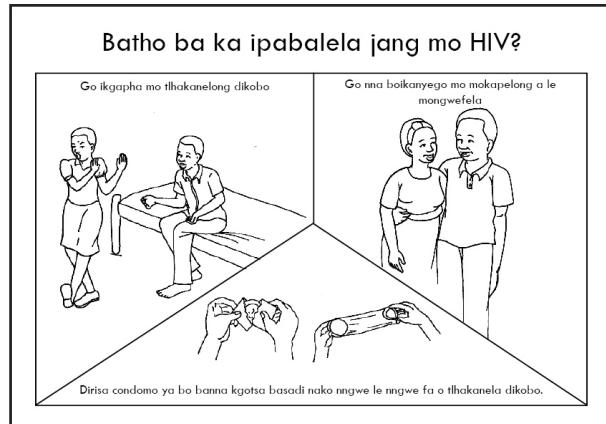
3. Mogare wa HIV ga o anamisiwe ke...

- Go ja mmogo kgotsa go nwa mmogo
- Go bereka le, kgotsa go bapa le motho yo o nang le mogare
- Monang
- Go atlana kgotsa go dumedisa ka matsogo
- Go sunana l etswetse melomo (go nale kgonagalo e nnye ya go tsenwa ke mogare fa go nale madi)



4. Batho ba ka itshireletsa jang gore ba seka ba tsenwa ke mogare wa HIV?

- Go ikgapha mo tlhakanelong dikobo
- Go nna boikanyego mo mokapelang a le mongwe, yo o senang bakapelo ba bangwe
- Dirisa dicondomo tsa borre kgotsa tsa bomme fa o tlhakanelo dikobo



Ditsela tse dingwe tse batho ba ka fokotsang diphatsa tsa go tsenwa ke mogare:

- Ithute gore HIV e anama jang e bile e ka thibelwa jang
- Simolola tlhakanelo dikobo o le motona
- Kopa mokapelo wag ago a seka a tlhakanelo dikobo le ope gape
- RGana go tlhakanelo dikobo le mokapelo fa o itse gore o tlhakanelo dikobo le mongwe o sele
- O seka wa tlhakanelo dikobo gore o fiwe dingwe, madi, dijo kana sepe fela
- Itlhatlhobele mogare o bo o kope mokapelo go itlhatlhoba pele le simolola go tlhakanelo dikobo
- Ikgaphe mo go nweng bojalwa

Le ntswa go nale dilo tse dintsitse motho a ka di dirang go itshireletsa mo mogareng wa HIV le AIDS, dikgato di tlhokega mo go balelwapa le baagisanyi ba motes.

5. Ditiro tse ka setso go dumelwang gore ke tsa bomme kgotsa borre

- Ka setso borre le bomme ba fiwa ditiro tse go tsweng gotwe di malebang
- Sekai, bomme basolofelwa go tsaya ditiro tsa molapeng, fa borre bone ba solofelwa gore ba tlise madi mo lapeng, ba bereke ko ntle ga lelwapa, ba gololesegile go tsamaya mo bathong
- Ditumelo tse dingwe tse tsa setso di a thusa e bile di di tiisa tsa tlhakanelo dikobo le tsholo, sekai, gore monna le mosadi ba ba nyalanengn gab a a tshanelo go tlhakanelo dikobo le ope gape, se se thuse go fokotsa kanamo ya mogare wa HIV.
- Tse dingwe ditumelo tsa setso di oketsa diphatsa tsa go tsenwa ke mogare wa HIV. Sekai, mosetsana o ka tswa a rutiwa go obamela monna le fa megopololo kgotsa ditiro tsa monna di mmaya mo diphatseng

Ditiro tsa banna le basadi mo setsong



- Motlhokomedi
- Mo lapeng
- Bokgwabo
- O tsaya ditshwetsotlhe
- O tshwanetse go nna thata
- O boikanyego mo monneng wa gagwe



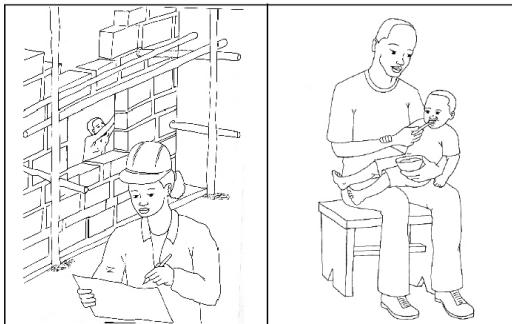
- O na le basadi kgotsa bakapelo ba ba ntsi
- O tshwanetse go nna le madi
- Wa nnete
- Ga a tlhakanele dikobopele ga lenyalo

Dingwe tsa ngwao di a sireletsa. Tse dingwe di bayo mo diphatseng tsa go tsenwa ke mogare.

6. Go dira dilo tse di kgathanong le tse go tweng ke tsa borre kgotsa tsa bomme

- Ditiro tsa bomme le
borre ke ka fetoga
fa batho ba di
fetola. Go tswa mo bathong gore difetoge e seng tlholego.

Go tswa mo ditirong tse ka setso go dumelwang gore
ke tsa banna kgotsa tsa basadi



7. Ke mang yo o mo diphatseng thata?

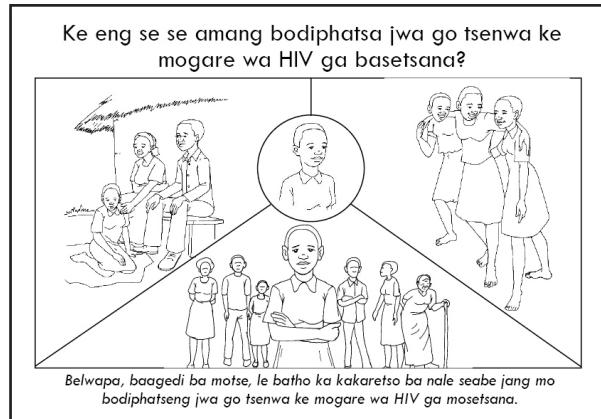
**Ke eng go remeletswe
mo basetsaneng
e seng mo
basimaneng?**

- Go nale bosupi jwa gore basetsana le bomme ke bone ba ba mo diphatseng thata tsa HIV. Sekai:
 - Basetsana ga se gantsi ba kgona go bona dithuto le di kitso ka mogare wa HIV le AIDS
 - Basetsana ga bana ditshono tse dintsi tsa go itirela madi
 - Setso se kganelo basetsana go ipuelela
 - Basetsana ba a nyalwa ba bob a simolola go tlhakanelo dikobo ba le ba nnye
 - Basetsana ke bone gantsi ba tswang ditlhabelo tsa kgokgontsho ya mmele
- Le go ntse jalo, mananeo a go thibela mogare wa HIV ga se gantsi di itebaganya le dilo tse di dirang gore basetsanan ban ne mo diphatseng, ebole gaba dire maiteko a a faphegileng gore basetsana ba tseye karolo



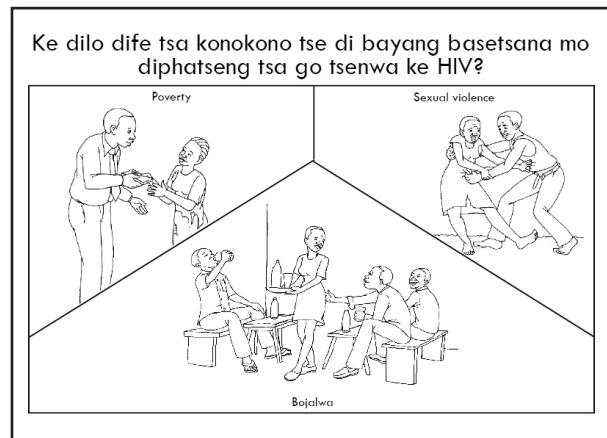
8. Ke eng se se amang bodiphatsa jwa go tsenwa ke mogare wa HIV ga basetсana?

- Basetsana botlhe ba ba tlhakanelang dikobo ba mo diphatseng tsa go tsenwa ke mogare wa HIV. Mme, go nale dilo tse di dirang gore basetsana bangwe ban ne mo diphatseng tse di fetang ba bangwe.
- Bodiphatsa jwa ngwana wa mosetsana mo mogareng wa HIV ga bo rotloediwe ke maitshwaro a mosetsanyana fela. Ba losika, baagedi le itshorelo ya mo lapeng le tsone di ka baa ngwana wa mosetsaneng mo diphatseng.
- Bukan e, go simolola fa, e ya go itebaganya le tse di bayang basetsana mo bodiphatseng jwa go tsenwa ke mogare wa HIV le AIDS. Dingwe tsa dilo tse di itebangtse fela le basetsana, jaaka kgokgontsho, tse dingwe di ka nna diphatsa fa gongwe di sireletsa, jaaka botsalano le ba lewlapa le bagaolo ba bangwe.
 - Kitso le megopolو ka HIV
 - Maitsholo a tlhakanelo dikobo
 - Bojalwa
 - Botsalano le ba lewlapa le bagolo ba bangwe
 - Botsalana le ditsala
 - Ditiro tsa seto le go rupa
 - Thuto
 - Dithuso tsa botsogo
 - Lehuma le kgonagalo ya go itirela itshorelo
 - Kgokgontsho



9. Ke dilo dife tsa konokono tse di bayang basetsana mo diphatseng tsa go tsenwa ke mogare wa

- Kgokgontsho ya tlhakanelo dikobo ya basetsana
- Go nwa bojalwa ga basetsana leditsala tsa bone, ba lelwapa le bagolo ba bangwe ba mo motseng
- Tlhakanelo dikobo le bakapelo bale mmalwa
- Tlhakanelo dikobo le banna ba ba golwane
- Go tlhakanelo dikobo gore o fiwe madi kgotsa dingwe



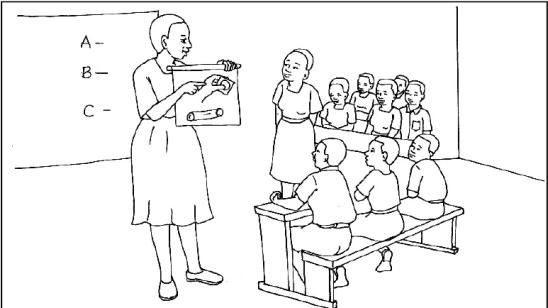
Kitsiso ka gore ke eng boitshwaro jo bo le diphatsa e latela mo ditsebeng tse di latelang.

10. Kitsos le maikutlo ka mogare wa HIV

Kitsos ka mogare wa HIV e amana jang le bodiphatsa jwa mogare wa HIV?

- Basetsana baa b itseng gore mogare o anama jang ba ka itshireletsa.
- Kitsos ka gore boitshwaro bofe bo di phatsa e ka thusa mosetsana go itse gore ene mo mo diphatseng gole kae.
- Kitsos ka gore HIV e ka thibelwa jang e thusa mosetsana go dira ditshwetso tse di maleba.

Kitsos, megopolo le maikutlo ka HIV



Basetsana ba ba nang le kitsos ba ka itshireletsa mo mogareng wa HIV.

Megopolo e ama jang diphatsa tsa HIV?

- Fa basetsana bas a tseye mogare tsia, kgotsa bas a bone o ka ba tsene, ba ka nna ba seke ba fetolo maitshwaro a bone.
- Fa basetsana ba dumela gore monna le mosadi ba a lekana, ba ka ikemela botoka, jaaka gore ba tsene sekolo le go ithuta botsipa jwa go itirela madi.
- Ga se gantsi ba ka gana lenyalo bale banny, tlhakanelo dikobo bas a battle le kgokgontsho
- Basetsana ba ba tlolang thuto, kereke le go ikgapha mo tlhakanelong dikobo ga se gantsi ba nna mo diphatseng tsa go tsenwa ke mogare wa HIV.
- Mme, basetsana ba ba tlolting madi le dilo tsendingwe tse di rekiwang ba mo diphatseng tsa go tlhakanelo dikobo gore ba fiwe madi.

Ke eng se se kganelang dikitsos ka mogare wa HIV?

- Gantsi basetsana gab a bone dikitsiso tsa TV le dipampiri tsa dikgang
- Fa gongwe basetsana gab a a tsena sekolo jaaka basimane
- Fa gongwe Dikgang tsa HIVdi dintsi gape di a farologana basetsana ba bob a sa itse gore nneta ke efe

11. Maitshwaro a tlhakanelo dikobo a a diphatsa ke afe?

- Mo Africa o o bokoni, bontsi jwa batho ba ba nang le mogare wa HIV o ba tsene ka go tlhakanelo dikobo
- Go bothokwa go gakologelwa gore boitshwaro mo tlhakanelong dikobo ga se tshwetso ya motho a le mongwe fela.
- E amiwa ke dilo tse dingwe tsa mo motseng jaaka ditumelo, gore ditsala tsar eng, bojalwa, lehuma le kgokgnthso.



Ke eng basadi le basetsana ba tlhakanelo dikobo?

- Ke setho
- Ka gore go monate
- Go supa lerato
- Gore botsalano le mokapelo ba sekajwa ema
- Go fiwa madi kgotsa dilo tse dingwe
- Tumelo ya gore babangwe ba tlhakanelo dikobop jalo le bone batshwanetse go tlhakanelo dikobo
- kgatelelo

Keng basimane le banna ba tlhakanelo dikobo

- Ke setho
- Ka gore go monate
- Go supa gore ke banna
- Go supa ka fa ba nang le thata kateneng
- Tumelo ya gore babangwe ba tlhakanelo dikobop jalo le bone batshwanetse go tlhakanelo dikobo
- Kgatelelo go tswa ko ditsaleng

Boitshwaro jo bo diphatsa thata ke bofe?

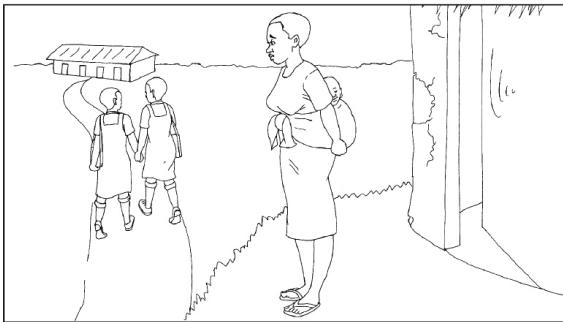
- Go simolola tlhakanelo dikobo motho a le monnye
- Go tlhakanelo dikobo le bakapelo b ale bantsi
- Tlhakanelo dikobo le banna ba ba bagolwane
- Go tlhakanelo dikobo go fiwa madi kgotsa dingwe
- Go tlhakanelo dikobo le sa dirise condomo

Kitsiso ka gore ke eng maitshwaro a ale diphatsa thata e latela mo ditsebeng tse di latelang

12. Go tlhakanelo dikobo motho a le monnye go ka feleletsaka....

- Basetsana ba ba tlhakanelang dikobo ba le bannyne ga se ga ntsi ba kgona go diragatsa dikeletsotsa bone tsa botshelo.
- Basetsana ga bana thata e e lekanang le ya bomme go ipuelela mabapi le tlhakanelo dikobo e e sireletsegileng.
- Gape gantsi ga bana kitso e e ntsi ka HIV/AIDS le gore di thibelwa jang.

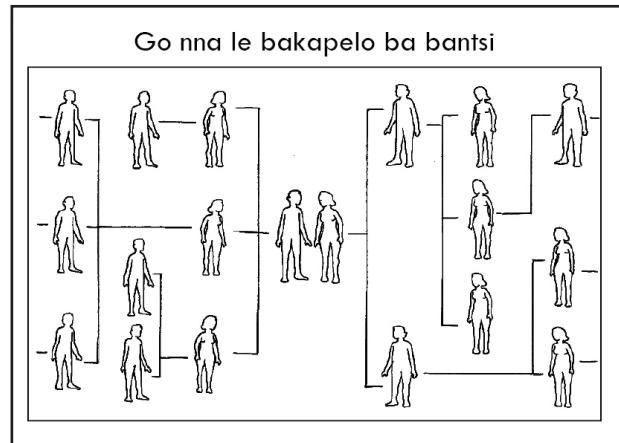
Go tlhakanelo dikobo motho ale monnye go ka feleletsaka...



...boimana, go tswa mo sekolong le diphatsa tsa go tsenwa ke mogare wa HIV.

13. Bakapelo ba le bantsi

- Fa motho a na le bakapelo ba le bantsi ba a tlhakanelang dikobo le bone, fa mongwe wa bone a ka nna le mogare wa HIV o ka fetela ko go ba bangwe ka pela
- Fa motho a nale ba kapelo ba le bantsi ba a tswang kgakala nabo, kgonagalo ya gore ba seka ba dirisa dicondomo e nna ntsi, se se oketsa kgonagalo ya gore mogare o aname
- Le fa motho a le boikanyago mo mokapelang, kgonagalo ya go tsenwa ke mogare e ntsi fa mokapelo yoo a nale bakapelo ba bangwe



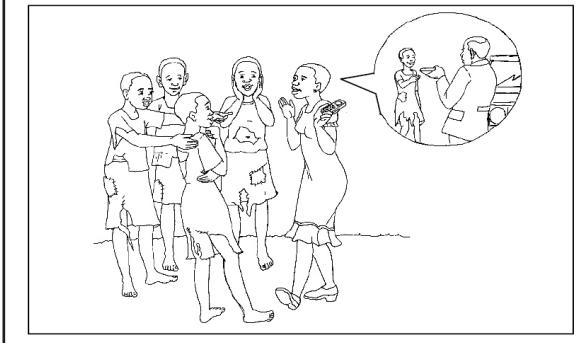
14. Go tlhakanelo dikobo le banna ba ba golwane

- Pharologanyo e tona ya dingwaga fag are ga bakapelo e oketsa kgonagalo ya tlhakanelo dikobo go sa diriswe dicondomo.
- Ke ka gore botsalano jo gantsi ea bo ele go tlhakanelo dikobo gore mosetana a fiwe madi le dimpho.
- Banna ba ba golwane gantsi ba laola basetsana
- Pharologanyo e tona ya itsholelo e raya gore basetsana ga ba kgone go ipuelela mo go tsa tlhakanelo dikobo
- Basetsana ba tsaya gore banna ba ba golwane bana le maikarabelo, ba ka tshepega ka jalo ba bob a sa itlhokomele
- Borre ka bontsi ba na le mogare go feta basimanyana le banna ba ba dingwaga tse di ko tlase.



15. Ke eng basetsana ba tlhakanelo dikobo gore ba fiwe madi kgotsa dilo dingwe?

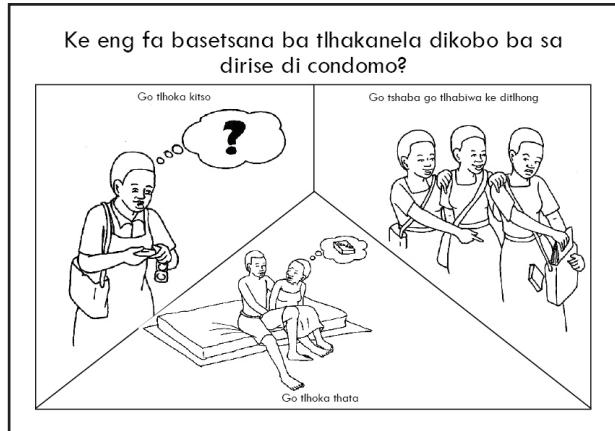
Ke eng fa basetsana ba tlhakanelo dikobo gore ba fiwe madi kgotsa dilo dingwe?



- Basetsana ba patelediwa go tlhakanelo dikobo go fiwa madi le dimpho ka ditsela tse di ntsi tse di farologanyeng
- Barutabana ba ka okisa basetsana go tlhakanelo dikobo le bone gore ba fiwe matshwao a mantsi ko dikolong
- Batsadi ba ka pateletsa basetsana go tlhakanelo dikobo gore ba fiwe dijo kgotsa dipe fela tse di tlhokegang mo Iwapeng
- Banna le basimane ba ka pateletsa basetsana go tlhakanelo dikobo le bone fa ba sena go ba buledisa go ya lapeng
- Basetsana ba ka batla ka fa ba ka dirisang ka teng tlhakanelo dikobo go bona madi le dithuso tse ba ditlhokang
- Se ba se dira go itshetsa ka na go reka dilo tse di kgathlisang jaaka diaparo, dicellphone, kgotsa bojalwa
- Fa basetsana ba dirisa tlhakanelo dikobo go fiwa sengwe, ga se ga ntsi ba na le thata ya go laola gore go dirisiwe condomo

16. Ke eng basetsana ba tlhakanelo dikobo ba sa dirise dicondomo?

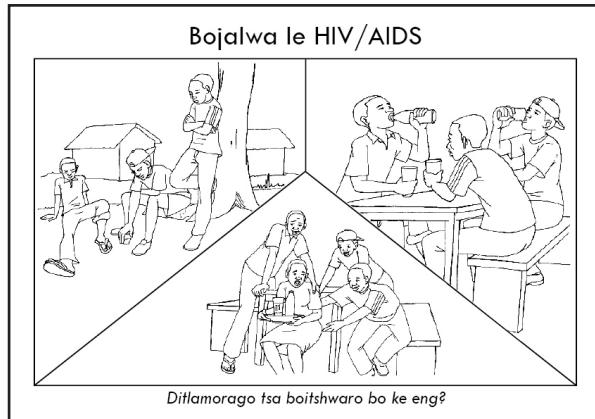
- Go tlhakanelo dikobo go sa dirisiwe dicondomo go bay a basetsana mo diphatseng tsa go tsenwa ke mogare wa HIV
- Tlhakanelo dikobo go sa dirisiwe dicondomo go baya motho mo diphatseng tsa go tsenwa ke malwetsi a mangwe a dikobo; motho a bo a felela a le mo diphatseng tse dikgolo tsa go tsenwa ke mogare wa HIV ka gore mmele oa bo ole bokoa.
- Basetsana ga se ga ntsi ba itse ko dicondomo di tsewang teng le gore di dirisiwa jang gona le basimane
- Basetsana ba palelwa ke go bua ka tiriso ya dicondomo le bakapelo ba bone
- Go bokete thata mo basetsaneng le mo basading ba ba nyetsweng gore ba bolelele bakapelo ba bone gore go dirisiwe dicondomo
- Batho ba le bantsi ba tsaya gore basetsana ba ba nnang ba na le dicondomo ke diaka



17. Bojalwa le HIV/AIDS

Ke eng basha baa nwa bojalwa?

- Bojalwa bo lapolosa maikutlo le tlhaloganyo
- Basha ba ikutlwa e kete ke bagolo fa baa nwa bojalwa
- Basha ba ka gatelelwa ke ditsala go ya dibareng le go nwa bojalwa
- Basha ba ka tswa ba batla go utlwa/lekeletsa bojalwa



Mathata a bojalwa

- Batho ba dibara ba letlelela basha go tsena mo dibareng le go reka bojalo
- Basha ba simolola go nwa ba le bannye gona le bogologolo gape ba nwa ba le bantsi
- Basha ba tsaa malebela mo bagolong jaanong, fa ba ba bona baa nwa ba tsaya gore gonwa ke selo se se siameng
- Basha ba tlhoka tse ba ka itlosang bodutu ka tsone
- Gonwa go itsa batho go akanya sentle le go tsaya ditshwetso tse di siameng tse di tshwanang le tsa go dirisa dicondomo le go tlhopha sentle motho yob a ka tlhakanelang dikobo le bone.
- Fa banna ba le ko dibareng ba felela ba batla bangwe go tlhakanel a dikobo nabo. Basetsana fa ba le foo ba mo diphatseng tsa go ka dirisiwa go tlhakanel a dikobo mo go sa sireletsegang.
- Go nwa go amanngwa le kgokgontsho ya tlhakanelo dikobo le go thubetswa.

BOJALWA LE MOLAO MO BOTSWANA

Batho ba letlelwa go nwa bojalwa ba le dingwaga tse kae?

- 18 le go feta

Batho ba letlelwa go reka bojalwa go simolola ba na le digwaga tse kae?

- Liquor Act ga e letlelele gore bana ba ba ko tlase ga 18 gore ba rekisetswe bojalwa

Kotlhao ya go rekisetsa bana ba ba ko tlase ga dingwaga tse 18 ke eng, fa e le teng?

- Motlo o kia duedisiwa madi aa sa feteng P5000 kana a tlhatlhelwa mo kgolegelong lebaka la ngwaga kana tsotlhe ka bobedi.

Bana ba ba nyennyane bone, aa ba ka atlholelw a go reka bojalwa?

- Basimane le basetsana gab a nke ba twe sepe fa ba le ko tlase ga dingwaga tse 18

Aa go na le melao ya gore dibara le marekisetso a mangwe a bojalwa a bulwa leng?

- Dinako ga di tshwane, go tswa mo goreng ke madirelo aa ntseng jang:

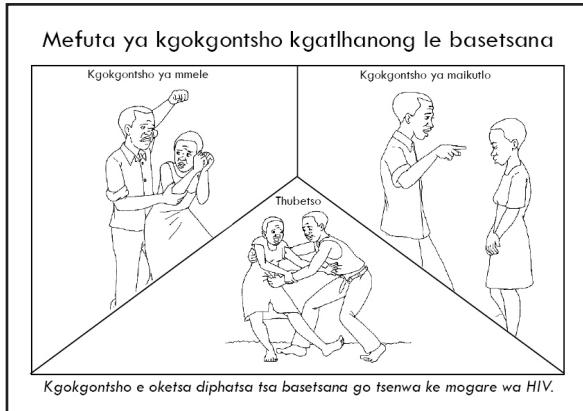
Kgwebo	Malatsi	Dinako
Bar liquor	Mon – Thurs Fri – Sat Sun & Public holidays	1400hrs – 2200hrs 1200hrs – 2300hrs 1500hrs – 2200hrs
Bottle store liquor	Mon – Sat	1000hrs – 1900hrs
Liquor deport	Mon – Thurs Fri – Sat Sun & Public holidays	1400hrs – 2200hrs 1200hrs – 2300hrs 1500hrs – 2200hrs
Discotheque/night club	Mon – Thurs Fri – Sat Sun & Public holidays	1900hrs – 0000hrs 1900hrs – 0200hrs 1500hrs – 2200hrs
Club liquor	Mon – Thurs Fri – Sat Sun & Public holidays	1400hrs – 2200hrs 1200hrs – 2300hrs 1500hrs – 2200hrs

Marekisetso a bojalwa a nakwana		
Trade fair	Mon – Sat	1200hrs – 1800hrs
Festivals	Mon – Sat	1400hrs – 0000hrs
Picnics	Mon – Sat	1200hrs – 1900hrs
Other public activites	Mon – Sat	1400hrs – 0000hrs
Whole liquor	Mon – Sat	0800hrs – 1700hrs
Distributor liquor	Mon – Sat	0800hrs – 1700hrs

18. Mefuta ya kgokgontsho ya basetsana

Kgokgontsho ya mmele go tewa eng?

- Kgokgontsho ya mmele mo mosetsaneng go tewa go mo betska, go mo raga, go mo betska difeisi, go mo tika ka sengwe le go mo tlhaba kana go mo tshoseta ka thipa kana ka sebetsa sengwe le sengwe.



Kgogontsho ya maikutlo ke eng?

Kgokgonthso ya maikutlo e ka dira gore mosetsana a nne boi ntswa a sa itewe. E akaretsa:

- Go bua sengwe se se dirang gore mosetsana a ikutlwae e kare o rogilwe kana gore a tlhabiwe ke ditlhong
- Go bus sengwe ka gotlhakanelo dikobo mosetsana a sa battle go buiwa ka go tlhakanelo dikobo
- Go tshosetsa go betska kana go beteleta mosetsana
- Go tshosetsa go utlwisa bangwe ba mosetsana a ba ratang botlhoko
- Go mo tima kana go tshosetsa go mo tima dijo kana sepe fela se a se tlhokang go itshesta

Kgokgontsho ya tlhakanelo dikobo

- Kgokgontsho ya tlhakanelo dikobo kgatlhonong le ngwana wa mosetsana go tewa:
- Go thubediwa
- Go dirisa kgatelelo go tlhakanelo dikobo
- Go tshosetsa ngwana wa mosetsana go fitlhelela a dumela go tlhakanelo dikobo
- Go kgoma mmosetsana ka maikaelelo a go tlhakanelo dikobo le ene ntswa a sa batle

KGOKGONTSHO E DIRAGALA KAE?

- Kgokgontsho ya basetsana e ka diragala mo mafelong a mantsi:
- Mafelo a gantsi basetsana ba leng mo diphatseng tsa go kgokgontshiwa ke ko dibareng, ko diguest housing, ko dikolong, ko dipompong/ko go giwang metsi teng, ko dishopong le ko mafelong a go senang batho ba bantsi teng.
- Basetsana ba bangwe ba mo diphatseng tsa go kgokgontshiwa ba le ko malpeng a bone

Kgokgontsho ya basetsana e amana jang le HIV/AIDS?

- Fa motho a thubediwa, mmele oa phanyega mme motho a sa la a le mo diphatseng tse ditona tsa go tsenwa ke mogare wa HIV
- Basetsana ba ba kileng ba thubetswa ba sale bannye ba ka felela ba itsena mo diphatseng ka go nna le bakapelo ba le bantsi le ka go tlhakanelo dikobo gore ba fiwe madi le sepe fela se ba katswang ba se tlhoka.
- Go tshaba go itewa, kana go kgethololwa, kana go tlogelwa a le nosi ke dingwe tse di ka dirang gore mosetsana a seka a batla go itse seemo sa gagwe sa mogare wa HIV. Fa ba se itse, ba ka tshaba go bolelela bakapelo ba bone.
- Kgokgontsho le go tshaba go kgonkgontshiwa di ka thibela mosetsana go re a bue gore go dirisiwe condomo le go tshaba go gana go tlhakanelo dikobo ntswa a sa battle.

KGOKGONTSHO LE MOLAO MO BOTSWANA (30 April 2009)

GO THUBETSWA

Molao wa reng ka go thubetswa le kgokgontso tse dingwe tsa go tlhakanelo dikobo?

- Go thubetswa go tewa go tlhakanelo dikobo le mosadi kana mosetsana ka dikgoka kana a dumetse mme a ne a patleleditswe go dumela ka go mo tshosetsa go mo itaya kana ka go tshosetsa go tsaya botshelo jwa gagwe.
- Go tlhakanelo dikobo le basetsana kana basimane ba dingwaga tse di ko tlase ga tse 16 ke go tlola molao.
- Go tlhakanelo dikobo le basetsana kana basimane ba ba dingwaga tse di ko tlase ga 16, ele ba masika, ke go tlola molao.

Kotlhao ya go thubetsa le go kgokgontsha mo go tsa go tlhakanelo dikobo ke eng?

- Kgolegelo ya ngwaga tse 10 le go feta

- Kgolegelo ya dingwaga tse 15 le go feta fa mmeteledi a ne a itse seemo sa gagwe sa mogare wa HIV ka nako ya fa a beteleta

GO THUBETSA BANA

Tlhakanelo dikobo e molao oe letlelang ke ya fa ngwana a le dingwaga di le kae?

- Fa ngwana a le dingwaga tse 16 le go feta

Kotlhao ya motho yoo tlhakanelang dikobo le ngwana yo dingwaga tsa gagwe di sa letleng ke eng?

- Kgolegelo ya ngwaga tse 10 le go feta

Ngwana e ne oa tweng?

- Ngwana osidilwa maikutlo kana katholo ya gagwe ea bewa go fitlhela a gola, a ka atlholwa jaaka mogolo.

Tlhakanelo dikobo le bana ba sekolo

Aa gona le melao ee kganelang barutabana kana babereki mo dikolong ga tlhakanelo dikobo le bana ba sekolo (go akaretswa le ba dingwaga tsa bone di ba letlelang go tlhakanelo dikobo), Ke ofe molao oo?

- Buka ya melao ya barutabana, Teaching Services Management Code of Conduct, ga eyo mo barutabaneng ba le bantsi mme e bua fa tlhakanelo dikobo le bana ba sekolo e le molato. E bo e tswelela ka gore motho yoo o tlolang molao o oka senyagelwa ke tiro.

Ngwana wa sekolo ene wa tweng, o otlhaiwa jang?

- Teaching Services Management Code of Conduct e bua fa go sena kotlhao epe e ngwana a e fiwang.

GO IKUELA

Go ikuelwa kae?

- Ko mapodiseng, ko kgotleng le ko go bo mmaboipelego

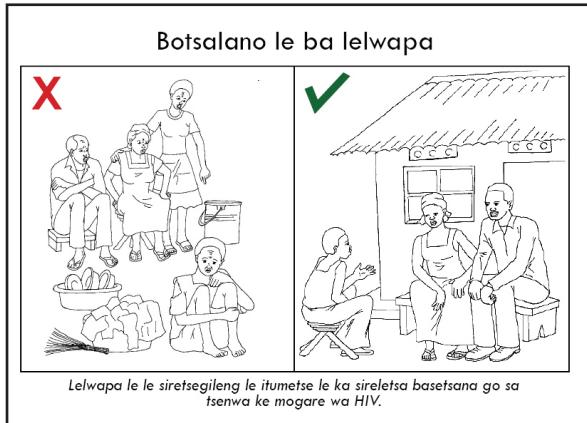
A ko go ikuelwang teng go sireletsegile kana basetsana le basadi ba ntse ba mo diphatseng tsa go thubediwa kana go kgokgontshiwa teng

- Go tsewa gore di sireletsegile

19. Botsalano le ba lelwapa le bagolo ba bangwe

Mosola wa botsalano le ba lelwapa le bagolo ba bangwe mo sechabeng

- Batsadi ba ka nna bokao jo bo siameng mo basetsaneng ka go sa dira boitshwaro jo bo diphatsa jaaka go sa tlhakanelo dikobo le bakapelo ba le bantsi le go nwa bojalwa.
- Basetsana ba ba utlwanang le motsadi mongwe kana batsadi botlhe ga se ga ntsi ba dira dilo tse diba tsenyang mo diphatseng
- Basetsana ba bautlwang le bagolo ba le bararo kana go feta ga se gantsi ba dira dilo tse dib a tsenyang mo diphatseng



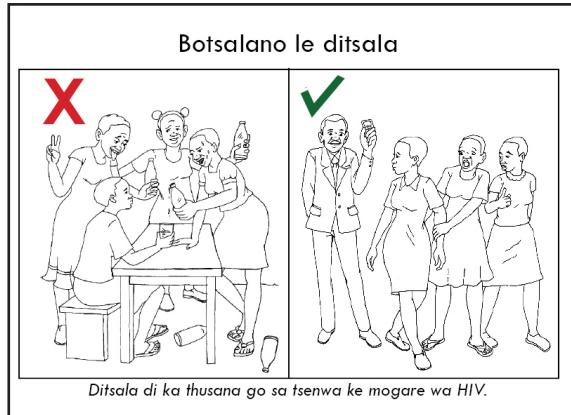
Botsalano jo bo siameng bo kganelwa ke eng?

- Masiela ba tlhoka go tlhokomelwa le go kaelwa ke bagolo. Letlhoko la bone le ka dira dilo thata mo go ka dirang gore ba felele ba tlhakanelo dikobo go fiwa madi le dimpho.
- Basetsana ba ka dira dilo tse di ka ba tsenyang mo diphatseng fa ba nna ba le nosi, go sena bagolo.
- Ba masika, ba ba mo lapeng, ba ka rotloetsa basetsana go dira dilo tse di ba tsenyang mo diphatseng gore ba fiwe madi aa tla thusang mo lapeng jaaka go tlhakanelo dikobo.
- Batsadi ba palelwa ke go bua le bana ba bone ka dikgang tse di bokete jaaka tsa tlhakanelo dikobo le bojalwa.
- Mo mafelong a le mantsi, botsalano jwa bagolo le bana bo senyagile: bana ga ba sa tlhole ba reetsa bagolo, bagolo le bone ga ba sa tlhole ba sireletsa bana.

20. Botsalano le ditsala

Mosola wa ditsala tse di siameng

- Ditsala tse di nang le mosola di ka thusa mosetsana thata. Jaaka mo go iphapheng mo go ya dibareng le go tlhakanelo dikobo mo go bayang mosetsana mo diphatseng.
- Basetsana ba ba tsenang mekgatlo mo metseng ya bone ban a le tshono ya go ka bona dithuso tsa madi kana tiro kana tshidilo maikutlo fa ba e tlhoka.
- Thotloetso e ya ditsala le ba mekgatlo e ka thusa basetsana go diragatsa dikeletso tsa bone.



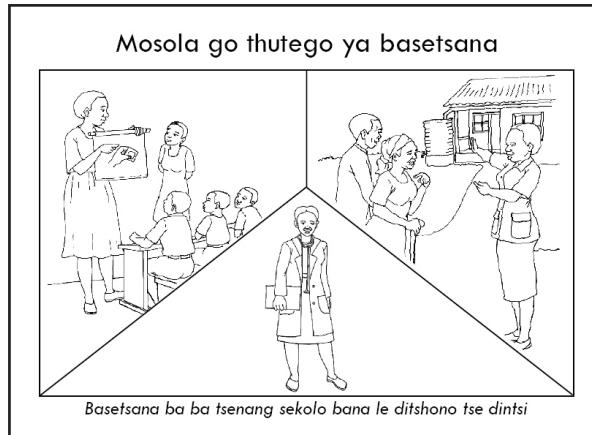
Ke eng se se kgoreletsang botsalano jo bo siameng le ditsala?

- Maikutlo a ditsala tsa basha le ditumelo tsa bone
- Ditsala tse di ikgantshang ka kitso ya bone ya go tlhakanelo dikobo e ba ka tswang ba e tsere mo go tlhakaneleng dikobo le borre(banna ba ba tona) dika rotloetsa basetsana gore le bone ba lekeletse tlhakanelo dikobo eo.
- Fa basetsana ba bona balekane ba bone kgotsa ditsala tsa bone baya dibareng kana baa nwa bojalwa ba ka akanya gore go a letlelwlwa le gore ba tshwanetse go re ba dire jalo le bone.

21. Thutego le HIV/AIDS

Mosola wa thutego ya basetsana

- Basetsana ba ba tsenang dikolo ban a le ditshono tsa go rutiwa ka HIV/AIDS mo dithutong tsa Life skills le mo metshamekong ya maitseboa, fa sekolo se sena go fela.
- Go tsena sekolo go fa mosetsana ditshono tse dintsi tsa go kopana le go tsalana le batho ba le bantsi jaaka baithuti bangwe ba le barutabana
- Thutego e ka thusa mosetsana go diragatsa dikeletso tsa botshelo jwa gagwe.
- Thuto e bulela basetsana diphatlha e bo e fokotsa gore ba tlhoke go tlhakanelo dikobo go fiwa madi kana dimpho

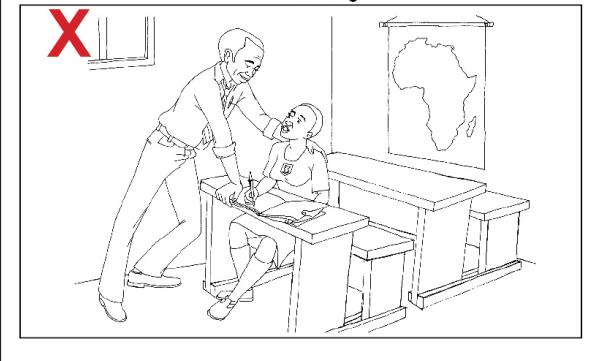


22. Netefatsa gore basetsana ba sireletsegile ko sekolong

Ke tshwanelo ya basetsana gore ba bo ba sireletsegile ko dikolong mme, seo ga se gantsi sele jalo

- Dikolo tse di nang le dintlo tsa boitiketso tsa basetsana le basimane tse di bapileng ga di a siamela basetsana, bogolo jang fa la mo setswalong. Fa gongwe mantlwana a ga a bereke kana a le kgakala le fa batho ba leng teng mo go ka bayang basetsana mo diphatseng tsa go ketekwa kana go thubetswa.
- Barutabana ba ka kopa basetsana gore ba tlhakanele dikobo le bone gore ba fiwe matshwao aa ko godimo kana gore ba lettelelwé go tsena sekolo.
- Dikolo fa gongwe melao ya bone ya dikgang tsa barutabana ba tlhakanelang dikobo le baithuti ga e agagamala kana ga eo. Go didimala ga barutabana fa ba bona badiri ka bone ba dirisa bana botlhaswa.
- Basetsana ba ka iphitlhela ba le mo diphatseng tsa go kgokgontsiwa kana go thubediwa. Kgokgontsho e e dirwa ke bakgweetsi ba dibase le ditaxi kana e dirwa ke batho ba motse.

Netefatsa gore basetsana ba babalesegile ko sekolong



Tse dingwe tse di kgoreletsang thuto ya basetsana:

- Mo metseng e mengwe, baagedi ga ba dumele gore basetsana ba tshwanetse go rutega.
- Lethloko la madi a go duelala dubuka, madi a sekolo, le a go reka diuniformo ke dingwe tse di dirang gore go nne that go tsenya basetsana sekolo.
- Batsadi ba ba senang madi a go isa bana ba bone botlhe ko dikolong gantsi ba isa bana ba basimane fela.
- Basetsana ga twe ba nne mo malapeng ba tlhokomele lelapa le bana ba bangwe ba lelapa.
- Melao ee tlhomamisitsweng le ee sa tlhomamisiwang e ka kganelo basetsana go ya selolong. Melao ee tshwanang le go itsa basetsana ba ba mo mmeleng le ba ba nang le bana.

23. Dithuso tsa botsogo le HIV/AIDS

Mosola wa bona ditlamelo tsa botsogo

- Basetsana ba banang le fa ba ka bonang dikisitso ka HIV/AIDS ba ka itse mefuta ee farologaneng ya go thibela go tsenwa ke mogare wa HIV le go tlhaloganya bodiphatsa ja one.
- Basetsana ba ba nang le ditlamelo tsa botsogo ba ka bona thuso mabapi le melemo ya HIV le malwetsi a mangwe a dikobo.
- Nako le nako fa basetsana ba ya sepatleleng ke tshono ya gore ba rutiwe ba bo ba sidilwa maikutlo. Ba ka fiwa le tshono ya go ithuta ka metlhale ya go rulaganya bana le go itsa go ima.

Ke eng se se kgoreletsang basetsana go ya di kokelong/go bona thuso ya tsa botsogo?

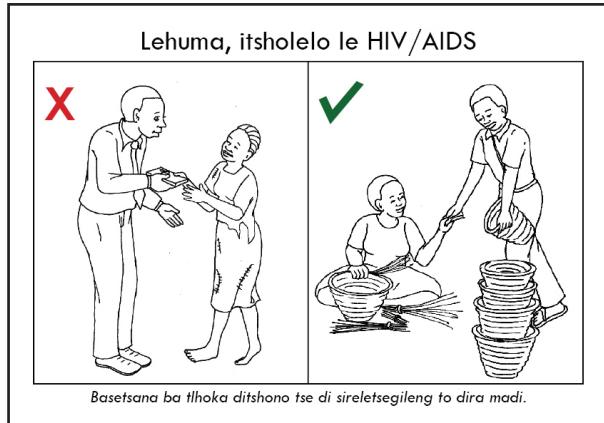
- Batho ba ba thusang ka dithuso tsa tsa botsogo baa tlhaela
- Dikokelwana ka bontsi ga di thuse basetsanyana. Babereki ba ka tswa ba sa rutiwa go thusa basetsanyana kana bana ba, bas a riotloediwe go ya dikokelong.
- Basetsana ba katswa ba tlhabiya ke ditlhong tsa go bua ka malwetse a bone le batsadi ba bone kana le baoki kana le bagolwane ba baagedi.
- Basetsana ba ka tswa ba sa itse gore ba ka bona dithuso tsa mofuta ofe le gore ba ka dibona kae.
- Batsadi le baagedi ba ka tswa bas a dumele gore go siame gore basetsana kana basetsanyana ba ka ya go kopa thuso ka tsa tlhakanelo dikobo le tsa pelegi.



24. Lehuma, itsholelo le HIV/AIDS

**Mosola wa go nna
le sebaka sa go bona
itsholelo ee botoka**

- Basetsana ba ba kgonang go itshega se ga ntsi ba tlhoka go tlhakanelo dikobo go fiwa madi le dimpho.
- Dithuto tsa ko dikolong tse di golwane le tse dingwe tse di rutelang kitso ya dilo dingwe di oketsa goitshepa ga basetsana le go ba fa tshono ya go bona ditsala le batho ba bangwe.
- Bomme ba ba kgaonag go bona sekoloto kana ban a le dikgwebo tse eleng tsa bone ba kcona go direla basetsanyana ba bone mme seo se dire gore bomme ba o ba seka ba tlhoka go leba bana ba bone ba basetsana gore ba ba thus mo lapeng.



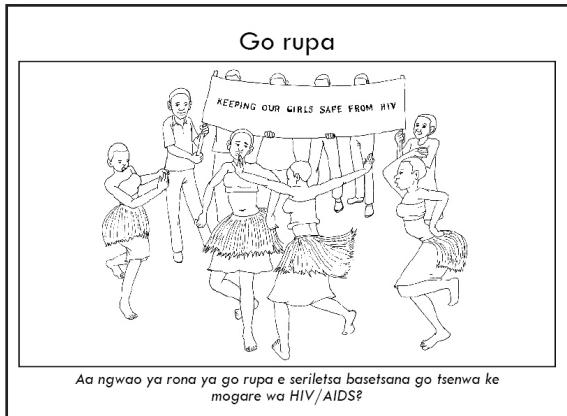
Letlhoko le tse di ka kganelang sebaka sa go bona itsholelo ee botoka:

- Letlhoko le tlala di ka gwetlha basetsana go re ba tlhakanele dikkobo gore ba bone madi, dijo le tse dingwe tse ba ka ditlhokang.
- Basadi le basetsana ga ba duelwe jaaka banna le basimane; madi a bone a kotlase ntswa ba ka tswa ba bereka go feta banna kana basimane.
- Ditiro tse dingwe jaaka tsa go bereka mo lelwapeng kana go rekisa go ka baa basetsana mo diphatseg jaaka kgatlelelo ya go tlhakanelo dikobo le bahiri ba bone.
- Basadi le basetsana ga se gantsi ba kcona go bona ditiro kana ba ka adimiwa madi kana tshono ya go tsena dikolo tse digolwane.
- Ga se gantsi basadi le basetsana ban a le tle tla ya go nna le ditsha le go fiwa boswa ja setsha.
- Go adimiwa madi go na le mosola mo basading mme, basetsana ba ba dingwaga tse di kwa tlase ga 18 ba palelwa ke go dirisa madi a teng sentle.
- Se se ba solang mosola ke gonna maloka a metshelo, go rutiwa go dirisa madi le go rutwa go tsaya ditshwetso tse di dirisang madi sentle.

25. Go rupa le HIV/AIDS

Mosola wa go rupa

- Go rupa go ruta basha ka HIV/AIDS pele gab a simolola go tlhakanelo dikobo
- Go rupisa ga go tlhoke madi kana boitsaanape go tswa ko ntle ga motes ka gore go dirisiwa bagolwane ba motse ba ba ikemiseditseng go bona gore bana ba tlhokomelesegile le gore ba tlaa ithuta tse di molemo mo go bone.
- Go rupa ga tumelo go ruta basha go iphapha mo go tsa tlhakanelo dikobo go fitlhela ba nyala kana ba nyalwa le boikanyego mo mokapelang a le mongwe fela.



Mathata a go rupa

- Mo merafeng e mengwe, go rupa go dirwa ka mokgwa oo baying basetsana mo diphatseng tsa go tsenwa ke HIV/AIDS
- Ko Malawi, basetsana ba rotloediwa go re fa ba sena go rupa ba bo baa go tlhakanelo dikobo. Ba go bitsa "go ithothora lerole"
- Mo merafeng e mengwe batho ba ba rupisang ba dirisa legare le le lengwe mo basetsaneng ba le ba ntsi. Se se baya basetsana mo diphatseng tsa go tsenwa ke malwetse.
- Basetsana le basimane ba ba rupileng ba tsewa gore ke bagolo ba bob a sa tlhole ba reetsa dikgakololo tsa bagolo
- Batsadi le bone ba ka a kanya gore gab a sa tlhole ba tlhoka go ba sireletsa le go ba fa dikgakololo. Se se raya gore basetsana le basimane ba emisiwa go gakololwa ba santse ba le bannye.
- Mo mafelong a mangwe go rupa ga go satlhole go dirwa. Ka maswabi ea bo e le mo mafelong a e leng gore go ne go rotloediwa go iphapha mo go tsa tlhakanelo dikobo le go tlhakanelo dikobo le mokapelo a le mongwe fela.

26. Direla basetsana motse o o ba siametseng ka go...

Baagedi ba motse ba ka bereka jang mmogo gore ba lebagane le bodiphatsa jwa go tsenwa ke mogare ga basetsana?



- Diphetogo tsa maitswaro a motho ga di bakiwe fela ke motho a le esi
- Go tsaya kgato gantsi go rotloediwa ke ditsala letikologo e e emang nokeng, le bone ba ko lapeng le baagedi ba motse
- Se se raya gore baagedi ba motse ban ale thata e ntsi go fokotsa bodiphatsa jwa go tsenwa ke mogare wa HIV ga basetsana, le go dira gore go nne mothofo gore basetsana ba diragatse maitswaro a a itekanetseng

Gakologelwa:

- Motho mongwe le mongwe o ka kgonas go tokafatsa botsogo jwa gagwe
- Baagedi ke bone ba itseng botoka go rarabolola mathata a bone a botsogo. Ditharabololola tsa motse ke tse di tileng tsa di sa ikaegang ka thuso e e tswang ko ntle
- Go tswaragana ga motse go thusa go rarabolola mathata a a matona go fetjaaka motho a le esi a ka dira
- Go tsaya karolo ga mongwe le mongwe mo motseng go botlhokwa: banna le basadi, banana le bonkuku le bontatemogolo. Megopoloo ya botlhe e botlhokwa.

“Kgetsi ya tsie e kgonwa ka go tshwaraganelwa”

(“Collectively we achieve more”)

Botswana

Fa tlase go na le ditsela tse baagedi ba ka thusang ka teng. Ditsela tse dingwe ke ka thusa mathata a le mantis mme tse dingwe di remeletse mo mathateng a le mangwe fela.

Gokologelwa, ke megopolon fela

Go botlhokwa gore megopolon ya thuso e tswe mo baageding gore ba kgone go e dirisa ba itsi gore ba dumelana le yone.

Go fokotsa tlhakanelo dikobo ee diphatsa ka go:

- Ro floetsa batho gore ba nne le boikanyego le mokapelo a le mongwe fela.
- Rutwa banna mo sechabeng ka mosola wa bomne mo go oketseng kana go fokotseng gotsenwa ke mogare ga basetsana.
- Go lebelela ditumelo tsa ngwao tse di supang bona, tse di letlelelang tlhakanelo dikobo ee diphatsa le tetlelelo ya basetsana ya go tsaya dicondonomo
- Abelana dithuto le basetsana ka ga tsa dicondonomo le ka tlhakanelo dikobo ee diphatsa.
- Bua le basetsana go utlwa gore ke eng ba tlhakanelo dikobo mo go diphatsa le go bua ka kana go reetsa mathata a bone
- Akanya gore basetsana ba ka bona jang ditiro le gore ba ka itshetsa jang.
- Golaganya mananeo otlhe a go rotloetsa basetsana go fetsa sekolo.
- Rurufatsa gore melao ya go tlhakanelo dikobo le bana e itsiwe ke mongwe le mongwe le gore e a dirisiwa.

Go fokosa ka fa go nwiwang bojalwa kateng go ka kgonafala fa go ka:

- Ikuelwa fa dibara le marekisetso a bojalwa a rekisetsa basha bojalwa.
- Rotloediwa bagolo gore ba nne sekao mo baneng ba bone
- Dirwa mephatlo ya basha, ditlhophya ya metshameko kana dilo dingwe fela tse basha ba ka itlosang bodutu ka tsone fa ban a le nako ya boitlapoloso.
- Ruta baagedi botlhe-basha, banna, le basadi ka mosola wa go fokotsa gonwa bojalwa.

Go tloka fatsa botsalano fa garre ga basetsana, masika le bagolo ka kakaretso:

- Rotloetsang batsadi go nna sekao mo baneng ba bone le go nna le botsalano le bana ba bone ba basetsana.

- Rotloetsang bagolo ba bangwe ba baagedi gore ba nne le seabe mo go godiseng basetsana jaaka go ba thusa tiro ya bone ya sekolo le go reetsa mathata a bone.

27. Direla basetiana motse o o ba siametseng ka go...

**Go tlokaftsa botsalano
fa gare ga basetsana le
ditsala tsa bone:**

- Rotloetsa basha go nna sekao mo ditsaleng tsa bone le mo baneng ba banyennyane.
- Ruta bana gore ba kgale maithswaro aa rotloetsang ditiro tse di tsenyang mo diphatseng jaaka tlhakanelo dikobo go bona madi kana dimpho le go nwa bojalwa. Se se ka thusa basetsana gore ba seka ba dira dilo tse di ka ba baying mo diphatseng tsa go tsenwa ke mogare wa HIV.



Dira seemo se se sireletsegileng ko sekolong

- Rotloetsa basetsana go ya sekolong ka go bua ka mosola wa thuto le go bua le bone ka dikeletso tsa bone tsa isago
- Fa go sena madi, a mosetsana a letlelelwe go tsena sekolo mahala ka na go dirwe madi a go kolekela basetsan ba malapa aa tlhokang gore bana ba kgone go tsena sekolo.
- Kopang thuso ya madi le ya baitlahupi go aga dintlwana tsa boitiketso tse di sireletsegileng ga pe di bereka sentle mo dikolong.
- Rotloetsa batsadi go dira mekgatlhoo ya batsadi le barutabana ka na go e tsosolosa fa e kile ya nna teng.
- Bolelela megokgo ya dikolo gore batsadi ga bana go lettelela tlhakanelo dikobo fag are ga baithuti le barutabana. Rurufatsa gore fa morutabana a tlola molao oo oa otlhaiwa.
- Thusa go dira gore tsela ya basetsana ya go ya sekolong le go boa ke ee sireletsegileng

Go tokafatsa kgonagalo ya go bona dithuto tsa botsogo ga basetsana.

- Rotloetsa batsadi go ema basetsana nokeng fa ba batla go itse ka tsa botsogo le ka ditlamelo tsa botsogo.
- Rotloetsa basetsana go bua ka mathata a bone a botsogo le go batla thuso fa ba e tlhoka.

Bereka le di kokelwana tse di mo metseng go dira nako e ka yaone go tla bong go bonwa basetsana ba bob a thusiwa ka fa ba tlhokang go thusiwa ka teng.

- Kopa ba dikolwana kana ba botsogo go etlala dikolo le mephatlo ka go garologana mo metseng go amogana dithuto ka HIV/AIDS le ka tsa tlhakanelo dikobo kane le ka tsa pel.

28. Direla basetsana motse oo siameng ka go...

Go dira gore go rupa go sireletsege

- Tlhopa dilo dingwe tsa ngwao tse di dirwang fa go rupiwa, tse di bayang basetsasna mo diphatseng tsa go tsenwa ke HIV/AIDS o bo o leka bojotlhe jwa gago go fetsa kana go tlocafatsa ditiro tsa teng.
- Dira gore ko go rupeng go simololwe go rutiwa go ipabalela bogolo jang dithuto ka ga HIV/AIDS le ditsela tsa go ipabalela gore e seka ya tsena motho.



Dira ditshono tse di sireletsegileng tsa gore basetsana ba dire madi:

- Rotloetsa basadi ba basetsanayana go tsena metshelo ya fa ba nnang teng.
- Fetola melao ya ditsha le ya go fiwa boswa jwa lefatshe kana ditsha.
- Rotloetsa basetsana go ya dikolong tse digolwane bogolo jang go ya go ithutela ditiro tse gantsi go twang ke tsa basimane.
- Rotloetsa baagedi ba motes go ruta basetsana go dira ka mabogo go itshetsa.
- Rotloetsa basetsana go tsena sekolo-bogolo jang ba ba ka felelang ba bereka mo isagong.
- Netefatsa gore go na le mafelo a marekisetso aa sirensegileng a basetsana ba ka rekisetsang mo go one.

Go fokotsa kgokgontsho ya basetsana

- Dira gore batho ba ba kgokgontshitsweng ba ka tshepa gore fa baya go ikuelwa ba ba diretseng bosula batlaa otlhaiwa le gore le bone ba amogelesegile go ka ikuela.
- Simololang mananeo aa netefatsang gore basetsana ba nna ba babalesegile mo sechabeng ka nako tsotlhe jaaka ka go ba rotloetsa go tsamaya ka ditlhophya kana ba le bantsi fa baya sekolong.

- Rotloetsa bagolo le basha go akanya ka fa kgokgontsho e nyalanang ka teng le dilo tse ditshwanang le bo go nwa bojalwa.
- Dira gore batho ka bontsi kana bottlhe ba itsi melao ya kgokgontso le ditlamorago kana dikotlhao tsa yone
- Thatahatsa botsalano le mapodisi le badisa dikago.
- Rurufatsa gore bottlhe ba ba kgokgontshang basetsana baa otlhaiwa.

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FROM THE AMERICAN PEOPLE SUPPORTING EVALUATION & RESEARCH TO COMBAT HIV/AIDS



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