

AUNTIE STELLA

ANSWER CARDS

(NDEBELE VERSION)



Training and Research
Support Centre (TARSC)
Zimbabwe
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Auntie Stella is a participatory toolkit for youth. An interactive web version is available in English at www.tarsc.org and www.auntiestella.org. Auntie Stella is also available in Shona, Ndebele and Kiswahili, with plans for translations into French and Portuguese in the coming year. These translations can be accessed at <http://www.tarsc.org/publications/> under the Children, women and youth section. To make it easier to access these materials, we have divided each translated version into 3 files:

- Auntie Stella question cards
- Auntie Stella answer cards
- Auntie Stella Facilitator's and Adaptation Guide

Please make sure you download all three documents for a complete set.

Auntie Stella is also available on CDROM and as a printed pack with the letters on cards. The toolkit contains 40 laminated question and answer cards, a 40-page Facilitator's and Adaptation Guide and two information cards — one listing the topics in the letters and the other explaining difficult words.

To find out more about the Auntie Stella programme, or to place an order for a CDROM or hard copy, please contact admin@tarsc.org or Box CY2720 Causeway, Harare, Zimbabwe

Zandile othandekayo

Kunzima sibili ebantwini ababili nxa kuyikuthi lowo lalowo ufuna angeke akuzuze komunye, kodwa ke khumbula ukuthi ubude abuphangwa. Abantu abanengi bakhetha ukungayi emacansini baze bakhule, bende kumbe bathathe. Ubuhle balokhu bukanengi. Nxa usukhulile uyabe usulungele ukuthandana lomunye umuntu. Okunye njalo yikuthi nxa ungakaze ulale lejaha kumbe lentombi, awukho engozini yokuthelelwa imikhuhlane etholakala emacansini (imikhuhlane yengulamakhwa), iHIV kanye lengozi yokuzithwala ungakafuni.

Okwakhatesi kuyinto enhle ukuthi wena lejaha lakho ligonane likhisane kuphelele khonapho. Le yindlela enhle eyokutshengiselana ukuthi liyathandana ngeqiniso. Ungesabi lutho – akulangozi eba khona nxa abafana lamankazana begonana, bekhisana bacine khonapho.

Kodwa ke ontanga abanengi bakholwa ukuthi lingavele liqalise ukubambabambana lokukhisana isiphetho yikulala lonke. Ngakho ke kungcono lichithe isikhathi lilabangane benu kulokuthi libe lodwa libambana njalo likhisana.

Ontanga kumele bazikhethela bona ngokwabo ababona kubalungele, bengabanjwanga ngamandla. Khuluma lejaha lakho. Nxa likuthanda ngeqiniso lizazwisisa.

Nxa ngokuya kwesikhathi ukhetha ukulala lalo, sebenzisa amakhondomu. Xoxisanani ngalokhu isikhathi sisekhona lingakaqalisi – kusuka kube nzima ukuqalisa indaba enje selisebangeni lokulala lonke. Khumbula ukuthi amankazana lawo angathola aphinde athwale amakhondomu amadoda lawesifazane. Ngikufisela inhlanhla.

Anti Stella

OKUFANELE KWENZIWE

- Ubona angani kungenzeka ukuthi ligonane liphinde likhisane licine khonapho, lingalali lonke? Nxa kungenjalo pho ungenzani? Alubana nguwe uZandile ubuzakwenzani ukuze ukholise lejaha lakho kodwa ume endleleni ungakalali lalo?

IMPICANO: Sesilungele ukulala sonke na?

Yenza lokhu okulandelayo uwedwa kumbe ulomngane wakho. Phendula ngokuthi YEBO, HATSHI, kumbe ANGILAQINISO.

- 1 Siyazana njalo siyathembana sibili?
- 2 Siyezwanana na?
- 3 Singaxoxa ngezokuya emacansini lula na kanye lokuthi singakholisa siphelele ngaphi?
- 4 Sesike saxoxa njalo savumelana yini ngendlela esingazivikela ngazo kuhlupho lokuzithwala, kumikhuhlane yengulamakhwa leHIV?
- 5 Sesike saxoxa yini mayelana lokuyahlolwa iHIV singakalali sonke?
- 6 Sesike saxoxa yini ngesizakwenza nxa inkazana isithe yazithwala?

IMPENDULO: Nxa uke waphendula eminye imibuzo le ngoHATSHI kumbe ANGILAQINISO, mhlawumbe wena lesithandwa sakho alikalungeli ukuthi lilale lonke. Yinto edinga ukuthi ucabange ngayo kabanzi.

- Kumaqembu enu bhalani phansi izizatho zonke ezenza ukuthi abanye abantu abatsha baye emacansini. Ngemva kwalokhu, bhalani phansi njalo izizatho ezenza ukuthi abanye bangayi emacansini baze bakhule. Wena ungakhetha kuphi, ngani?

Peter othandekayo

Ungakhathazeki – akulanto embi ngalokhu oyikho khona. Izinto zabafana ziqalisa ukukhula ngesikhathi bethomba, okwande ukwenzeka sebeleminyaka yokuzalwa esuka ku-11 kusiya ku-15, kodwa ke kungenzeka ukuthi baphangise kumbe baphuze. Akumangalisi ukuthi abafana nxa sebefike ebangeni leli balinganise izinto zabo befuna ukubona ukuthi olento enkulu kuleyomunye ngubani. Kodwa ke njengoba abantu bethomba ngezikhathi ezehlukeneyo, akumangalisi njalo ukuthi abafana abalinganayo ngobudala babe lezinto ezingalinganiyo.

Lanxa umzimba wakho usukhule wafika lapho ophela khona, asikho isilinganiso okuthiwa yiso okufanele into yakho ikhule ifike kuso. Abantu kabalingani – lezinto zabo lazo kazilingani!

Qaphela njalo ukuthi ubukhulu kumbe ubuncane bento yakho abulani lokuthi isithandwa sakho usisuthisa okungakanani engutsheni. Okuqakathekileyo yindlela osebenzisa ngayo into yakho kanye lezinye izitho zomzimba wakho ukuze wena lesithandwa sakho lisuthiseke. Abesifazane bathanda ukubanjwabanjwa lokukhiswa okwesikhathi eside bengakalali lowesilisa, ngenxa yokuthi kuthatha isikhathi eside ukuthi baze bafikelwe yimizwa eqinileyo yokuthi baye emacansini nxa belinganiswa labantu besilisa. Okunye njalo yikuthi abantu bakholisa ngcono nxa belele lomuntu obathandayo, njalo engumuntu othanda ukwazi ukuthi kuyini abakuthandayo labangakuthandiyo. Kuba lula ukuthi ube lomuntu othandana laye ngalindlela nxa usukhulile njalo usungatsho okufunayo.

Anti Stella

OKUFANELE KWENZIWE

- Nxa ubukhulu bento yakho bungaqakathekanga ekuthini uzwane lesithandwa sakho, manje okungabe kuqakathekile kuyini? (Cabanga ngesimilo sakho lokuthi uziphatha njani, hatshi ngesimo sakho kuphela.)
- Bhala ibizo lakho phezu kwephepha, ubususedlulisela iphepha leli kumuntu munye ngamunye weqembu lakho. Ungemukela iphepha lomunye oweqembu, bhala okubona kukuhle ngaye. (Njengesibonelo: Ukubobotheka kwakho kuhle okwamagama/ Ngithanda ukuqina kwamahlombe akho/ Ulenwele ezinhle.) Bhala ibizo lakho ngaphansi nxa ufuna. Iphepha lakho nxa selibhode laze laphenduka uzabona ukuthi kuyini abantu abakuthandayo ngawe.
- Lapho ohlala khona kulendawo kumbe umuntu ongakucebisa ngemfanelo mayelana lezinto ezinjengalezo eziphathelane lomzimba wakho, ezokuya emacansini, kanye lobudlelwano labanye abantu – kungaba ngabemuli, esikolo, ekilini kumbe entsontweni? Xoxani ngalezindawo kumbe ngalababantu liphinde lizame ukucela uncedo kubo ukuze lazi ukuthi yibaphi abalozwelo njalo abangaliphathisa ngcono. Lilelungelo lokubuza loba yiphi imibuzo kanye lokuthi liphawe impendulo eziliqiniso liphinde liphathiswe ngokwenzelwa izinto ezithile.
- Nxa kuyikuthi endaweni yakini abantu abatsha abazuzi ulwazi olwaneleyo njalo abaphathiswa ngemfanelo, lingenzani ngalokhu? Kulendawo yabatsha (youth centre) duzane lalapho elihlala khona yini kumbe njalo lingaqalisa eyenu? Xoxani ngalokhu beselikhetha elibona ukuthi kungenziwa lula.

Patricia othandekayo

Umkadadewenu ulamanga. Akulamkhuba onjalo esintwini. Emasikweni aMaShona lawaMaNdebele, ukulamuza yibungane bokudlala lokusomisana phakathi kwenkazana losibale wayo. Umkhuba lo awutsho ukuthi inkazana le kumele ilale ndlu yinye laye kumbe ilale laye, amasiko ethu kawakuvumeli lokhu. Ulelungelo sibili lokuthi uthi 'Hatshi' nxa kuyikuthi abantu abadala bazama ukukuphazamisa.

Cela uncedo kuyihlokazi, kumbe komunye umuntu ongumngane wemuli, kumbe komunye umuntu omdala olozwelo – kuzaba lula ukuqeda loluhlupho nxa kulabantu abakuphathisayo. Zama njalo ukukhuluma lodadewenu.

EZimbabwe umthetho kawuvumi ukuthi loba ngubani alale lomuntu oleminyaka yokuzalwa engaphansi kwe-16. Umuntu omdala owenza lokhu angapika ejele. Akuvunyelwa ukuthi ubambe loba ngubani ngamandla ukuthi alale lawe. Lokhu yikubamba umuntu iganyavu njalo kufanele kubikwe emapholiseni. Ukwenza lokhu kusuka kube kubi ngamandla ngenxa yokuthi kungenzeka ukuthi umuntu azithwale kumbe athelelwe imikhuhlane ethelelwana emacansini (kugoqela iHIV).

Amasiko ethu mahle kakhulu ngoba asenza sibambane njengemuli njalo njengabantu abahlala ndawonye. Akufanelanga abantu basebenzise 'amasiko ethu' ukuze baphathe abanye abantu – ikakhulu abantu abatsha – ngendlela embi.

Anti Stella

OKUFANELE KWENZIWE

- Imikhuba yesintu eminengi elandelwa ngabantu abasemazweni asezansi yeAfrica, iphathelelabantu abatsha lezemacansini, njengemikhosi yokufundisa ngezemacansini, ukuhlolwa ubuntombi, ukungenwa kwabesifazane lokunye okunengi. Yenzani olwenu uluhlu. Xoxani ke ngelikuthandayo lelingakuthandiyo ngemikhuba le. Njengesibonelo, phakathi kwayo yiphi eyenza umuntu avikeleke kuHIV? Yiphi ebangela ukumemetheka kweHIV?
- Emasikweni akini amankazana labafana baphathwa ngendlela efanayo na? Nxa kuyikuthi akunjalo, lina lithini ngalokhu? Lingenzani ngakho?
- Lingaphathisana njani lenkokheli zesintu kanye labantu abadala ukuze liguqule imikhuba ephazamisa abantu abasakhulayo kulezi insuku? Ngubani njalo omunye ongaliphathisa?
- Abantu abasendaweni ethile abalawulwa yimikhuba yabo kuphela, kodwa ke balawulwa njalo yimiqondo emitsha evela kwezinye indawo. Dweba umfanekiso (kumbe wenze uluhlu) otshengisa okuyikho okuthanda kakhulu emasikweni emvelo KANYE lemasikweni alamuhla avela kwezinye indawo. Ungacupha yini okuhle kuwo omabili amasiko la ukuze akukhokhelele empilweni yakho?

Petronella othandekayo

Okokuqala, akudingeki ukuthi usuke ngekhaya. Kawukho engozini. Njengoba umalumakho esegula kakubi, usedinga umngane kanye lomuntu ozamnceda.

Kulendlela ezintathu umuntu angathelelwa ngazo iHIV: lezi yikulala lomuntu oleHIV ungazivikelanga; ukuthi igazi elileHIV lingene emzimbeni wakho ngalapho ohlatshwe khona ngenalithi kumbe ngalapho osikwe khona ngereza, kumbe ukuthi umama athelele umntwana nxa ebeletha kumbe emunyisa.

KAWUSOZE uthelwe iHIV ngokusebenzisa umganu munye, ithawulo inye kumbe isambuzi sinye lomuntu oleHIV, kumbe ngokulala ndlunye lomuntu oleHIV. Kulengozi encane nxa usikwe ezandleni besekusithi igazi lomuntu oleHIV elisanda kopha lingene emzimbeni wakho ngesilonda lesi. Ukuze ube leqiniso lokuthi uvikelekile, vikela izandla zakho ngamagilavu enziwe ngerabha, kumbe ngomgodla loba ngephepha lepulastiki nxa ubamba ulutho olulegazi kumbe okusamanzi okuphuma emzimbeni walumuntu. Ngaso sonke isikhathi geza izandla zakho uwatshe ingubo kumbe amashitibheda lempahla ezigqokwayo ngamanzi alesepa. Nxa ufuna ungasebenzisa imithi ebulala igcikwane, enjengalokhu okuguqula umbala wezigqoko – ijiki.

Ukugcina umuntu ogulayo kunzima, ngakho ke lawe uzadinga uncedo. Endaweni ezinengi kulenhlanganiso labantu abapha uncedo lezicebiso eziphathelane lempilakahle. Bangakucebisa nxa kulezinto ezikuhluphayo. Kwesinye isikhathi baphathisa ngokudla lemali yefizi yesikolo.

Ngakho ke ungakhohlwa ukuthi umalumakho udinga uncedo kanye lozwelo. Ungesabi lutho.

Anti Stella

OKUFANELE KWENZIWE

- Kumuli ezinengi ukugcina umuntu ogulayo ngumsebenzi wabomama. Obaba labantu abatsha bona bangaphathisa ngaziphi indlela? Kungani kuqakathekile ukuthi baphathise? Bhalani zonke izinto elingazenza ukuze liphathise. Njengesibonelo, ukuthanyela izindlu zabantu abagulayo, ukukhuluma labo, ukudlala labantwana kumbe ukubancedisa nxa besenza umsebenzi wesikolo bengekhyaya, ukutheza inkuni kanye lokupheka.
- Dingani ukuthi yiziphi inhlanganiso, amansonto kumbe amakiliniki aphantsisa imuli ezigcina abantu abaleHIV kumbe iAIDS endaweni yakini. Phakathi kwalaba bakhona abafundisa abantu ukuthi bangacina njani labo abagula bengekhyaya? Ungathanda ukukufundela yini lokhu? Lani lingasungula iqembu lenu kumbe libe yingxenywe yeqembu eliphathisa abantu abatsha abacina abantu abaleHIV kumbe iAIDS. Xoxani ngezinto ezilikhathazayo kanye lalezo eselike lazenza laphumelela.
- Lisemaqenjini enu bhalani zonke izizatho ezenza abantu abatsha abanengi bathelwe iHIV. (Lezi kufanele zigoqele eziphathelane lenhlalo yabantu, lenkolo lamasiko, kanye lezinye inhluho ezinjengobuyanga, ukusweleka kwemisebenzi, inhluho zokuswela amakiliniki, njalonjalo.)
 - a Yiziphi zalezinhluho elingenelisa ukuziqeda? Njani?
 - b Yiziphi zalezinhluho ezinkulu okokuthi zingadinga ukuqedwa zinhlanganiso ezinkulu?
 - c Abantu abatsha kungenzeka yini ukuthi baphathise inhlanganiso lezi ezinkulu?
- Ungenzani ukuze wena ngokwakho uzivikele uphinde uncede labanye ukuze bangathelwa iHIV?

Love more othandekayo

Kuyadanisa ukuthi unyoko kazange atshiye iwili etshengisa izifiso zakhe mayelana lokuthi impahla yakhe yabiwe njani nxa esefile. Alubana watshiya iwili, impilo yakho ibingasoze ibe nzima njengalokho eyikho khona khathesi. Omalumakho kufanele bayangeke sibili gokuthatha impahla yemuli yenu.

Akumelanga ukhangelane lohlupho lolu uwedwa ngoba alukulingananga. Kuzo zonke indawo kulabantu kanye lenhlanganiso ezigcina ziphinde ziphathise abantu abatsha abazintandane. Zidinge lezindawo ucele uncedo. Cela ukucetshiswa ngumfundisi wensonto. Khuluma labantu kanye lenhlanganiso ezisendaweni yakini, ikakhulu amaqembu aphantsisa abantu lemuli eziphatheke kubi ngenxa yeAIDS. Cela abaphathizikolo, amanesi, inkokheli zomdabu kumbe izisebenzi zikahulumende ezigabeni zelizwe ukuze zikuphathise.

Ungadeli njalo ungabi lenhloni zokucela uncedo – bonke abantu abatsha balelungelo lokugcinwa lelokuzuzisa ukudla, impahla zokugqoka, indawo yokuhlala lemfundo, kanye lokuvikelwa engozini.

Yebo kambe banengi ontanga abakumumo ofana lalo owakho. Khuluma labo. Kunengi elingaxoxa ngakho – ukudana, ubunzima eselike lahlangana labo kanye lokuthi labunqoba njani. Lingaxoxa ngokuqeda inhlupho zenu. Yenzani amalungiselelo okwenza ulutho oluthile ndawonye – njengokuqalisa isivande semibhida. Celani ukuthi uhulumende lenhlanganiso ezithile ziliphe izinto elifuna ukuzisebenzisa; lingasebenza liliqembu, libambene, amandla enu lawo azakuba manengi.

Wena kanye labanye abemuli ngilifisela injabulo.

Anti Stella

OKUFANELE KWENZIWE

- Abantwana bafuna uthando, ukudla, indawo yokuhlala, imfundo kanye lokuvikelwa engozini. Banengi abantu abatsha yini lapho elihlala khona – abalabazali labazintandane – abangelazo lezizinto? Pho baphila njani?
- Endaweni yakini abantwana labantu abatsha njengo Lovemore bangaya ngaphi ukuze baphiwe uncedo? Ucabanga ukuthi baphiwa usizo olwaneleyo? Nxa kungenjalo wena lezakhamizi lingenzani ukuze lenze impilo yabo ibe ngcono?
- **UMDLALO:** Dlalani umdlalo weqembu labantu abatsha abazintandane abanxuswe emhlanganweni wekomiti yesigodi ebona ngezempilakahle (District Health Committee) ukuze baxoxe ngokuthi izakhamizi zingabanceda ngani. Licabanga ukuthi ngubani njalo ongaba semhlanganweni lo (njengesibonelo, unesi, iziphathamandla zikahulumende, omunye omele inhlanganiso ephathisa abantu abaleAIDS)? Seliqedile ukudlala umdlalo lo xoxani liphendula imibuzo le:
 - a Kuyini okwenzakeleyo emhlanganweni lo? Abantu abadala bebelalela abantu abatsha na? Lokhu kubangelwe yini?
 - b Kuyini okungenziwa ngabantu abatsha ukuze babe leqiniso lokuthi labo abapha abantu usizo lwezempilakahle lokunye okwenzelwa umphakathi bayalalela nxa abatsha bebatshela ukuthi bafunani? Lifuna ukuphathiswa ngandlela bani ukuze lenze lokhu, njalo lingaphathiswa ngubani?

Titus othandekayo

Angithandabuzi nxa ngikutshela ukuthi awudingi kupha omunye umuntu uzwanamina ukuze akuthande.

Ukuthandana lomunye umuntu kuyinto enhle kodwa ke ungeke umbambe ngamandla ukuthi akuthande. Yinto eyenzeka ngoba iyimvelo. Abanye abantu abangosowenu bayakhonjwa kumbe bakhombe, kodwa kwabanye abanengi lokhu kuthatha isikhathi eside. Okunye njalo yikuthi lanxa bangaze babe lezithandwa, lokhu akutsho ukuthi sekumele baye emacansini.

Ungazikhathazi kangako ngokuthi abangane bakho bathini. Ungakhohlwa ukuthi okunengi abakutshoyo ngokuya emacansini akusiqiniso. Kuyaziwa ukuthi abafana bayazikhukhumeza besithi balala lamankazana khona kungasiqiniso.

Okunye njalo yikuthi akudingeki ukuthi wenze izinto ezenziwa ngabangane bakho. Landela okufunwa yinhliziyi yakho uphinde uzithembe.

Ngakho ke ungakhathazeki – zihlalele ungakhonjwanga uze uhlangane lenkazana ekufaneleyo. Ukuthi kawulalwazi ngezamacansini akusoze kube lomsebenzi nxa usufike kulelobanga.

Okwakhathesi gxilisa ingqondo yakho ezifundweni zakho, dinga ezinye izinto ongazilibazisa ngazo njalo funda ukuhlonipha lokukhuluma lamankazana ohlala uwabona ungazihluphanga ngezothando. Luzakufikela ungalindele.

Anti Stella

OKUFANELE KWENZIWE

- Bhala uluhlu lwezinto ozenzayo ngoba ufuna ukuba njengabangane bakho. Phakathi kwalezizinto yiziphi ezinhle njalo yiziphi ezingaba yingozi kuwe? Ungafuna yini ukuyekela ukwenza izinto ezingaba yingozi? Xoxani lisemaqenjini enu ngokuthi lokhu lingakwenza njani.
- Akucabange ukuthi ungazipha amamaki okuzithemba amangaki phakathi kwamamaki alitshumi (ukuthi uzithemba okungakanani njalo ukholwa kangakanani ezintweni ozicabangela zona). Buza umngane wakho ozwana laye kakhulu ukuthi uvumelana lamamaki oziphe wona yini. Nxa amamaki oziphe wona ephansi, lingaphathisana njani ukuze lizithembe ngamandla? Nxa amamaki akho ephezulu, ungenzani ukuze ube leqiniso lokuthi lawe uyalalela izicebiso zabanye abantu?
- Bhala zonke izinto ezinhle mayelana lalokho oyikho khona. Ungakhohlwa isimilo sakho (njengesibonelo, ngilomusa, ngiyinsomi, ngingaqeda inhlupho zabanye), kanye lezinto owazi ukuzenza (ngiligabazi kwezomgido, ezokulima ngiyazazi, ibhola lenguqu ngilazi okwamagama, ngingaxoxela abantwana abancane indatshana ezimnandi). Beka uluhlu lolu lapho ozalubona khona lula, ubusuphindezela ungacabanga olunye ulutho olwazi kakhulu.
- Kwejayekekile yini ukuthi abafana lamankazana obaziyo babe ngabangane nje kuphela, hatshi izithandani? Le yinto ongathanda ukuhlala uyibona isenzeka yini? Nxa impendulo yakho ingu-‘yebo’, sebenzani liliqembu elilabafana lamankazana licabange ukuthi yiziphi izinto ezimbili kumbe ezintathu elingazenza kuyonale iviki likholisa sabangane. Ekupheleni kweviki xoxani ngokuthi lifundeni ngokuba ngabangane.

Fortunate othandekayo

Ulenhlanhla. Alubana ijaha owalana lalo kalikutshelanga ukuthi lake laba lomkhuhlane othelelwana emacansini ubungasoze wazi ukuthi lawe ulawo umkhuhlane lo. Kodwa ke njengoba welatshwa ngokuphangisa angiboni ukuthi uzaba lohlupho.

Inengi labantu kalilanhlanhla njengawe. Omama kwande ukuthi bahlale isikhathi eside bengelazitshengiselo zomkhuhlane lo njalo bengazi ukuthi kukhona okungalunganga emzimbeni wabo. Nxa abantu bengelaphisanga imikhuhlane ethelelwana emacansini ngokuphangisa amatshubhu asezithweni ezinjengesibeletho angagcwala amajemusi abesevaleka, njalo lokhu kungenza bangabi lenzalo.

Kulula sibili ukuthi ucine ungaselenzalo njalo ube phakathi kwengozi enkulu yokuthelelwa iHIV nxa uhlala usiba lemikhuhlane le. Ngakho ke ngaso sonke isikhathi sebenzisa ikhondomu nxa ulala lejaha lakho.

Qaphela ukuthi ukuba lemikhuhlane ethelelwana emacansini kayisikho kodwa okubangela ukuthi umuntu angabi lenzalo. Okunye okuphazamisa impilakahle yakho kungabangela loluhlupho. Kuqakathekile ukuthi abantu ababili abakhangelane lobunzima bokuba labantwana baxoxe ngohlupho lolu bazame ukuluqeda bendawonye. Amakiliniki abona ngokwelamiswa kuhle kwemuli angaphathisa lapha.

Kwandile ukuthi kuthiwe omama yibo abangelanzalo lanxa nje iqiniso liyikuthi inani labomama lelabobaba abalohlupho lolu liyalingana. Abantu abangelanzalo badinga ukuphathiswa hatshi ukuhlelwa.

Ngithemba lokhu esengikutshilo kuzakuphathisa kakhulu.

Anti Stella

OKUFANELE KWENZIWE

- Abantu bathini ngamadoda angelanzalo? Omama ke abangelanzalo abantu bathini ngabo? Yenza uluhlu lwabomama lolwabobaba ukhangele ukufanana lokwehlukana kwezinto ozibhale ngaphansi koluhlu lunye ngalunye. Phakathi kwabomama labobaba yibaphi abazwelwa ngabantu okwedlula abanye? Ucabanga ukuthi lokhu kubangelwa yini?
- Xoxani ngokuthi lingenzani ukuze libe lozwelo ebantwini abangelanzalo. Kuyini ongakwenza ukuze wenze abantu endaweni yakini bakhangele uhlupho lolu ngendlela engcono?
- Nxa kuyikuthi wena lomkakho alilanzalo kodwa lifuna abantwana, lingathatha intandane liyenze umntanenu ngokusemthethweni? Phana izizatho zempendulo yakho. Kuyini okuhlupha abantu endaweni kumbe emasikweni akini ngokuthatha abantwana abangasibabo babenze ababo, ikakhulu umntwana ongazalwa kuleyomuli?
- Bona ikhadi 13 lekhadi 25 ukuze uzuze olunye ulwazi mayelana lemikhuhlane ethelelwana emacansini.

Sithabile othandekayo

Kuqondile sibili ukwala okufunwa ngumbalisi lo ngoba kubi njalo akulunganga. Abantu abanengi bangavumelana lami nxa ngisithi umbalisi lo akufanelanga avunyelwe ukufundisa loba kusiphi isikolo ngenxa yendlela aziphatha ngayo. Ngiyacela sibili Sithabile ukuthi ungayekeli ukuya ezifundweni ezifundiswa ngulo umbalisi, kodwa ke kumele uphangise udinge uncedo engakakulimazi. Ukuhlukuluza umuntu kwezemacansini akulunganga. Tshela umngane wakho kumbe abazali bakho kumbe omunye umbalisi ukuze uphiwe uncedo.

Nxa ucabanga ukuthi kakho ozakholwa lokho okutshoyo tshela umngane wakho ozwana laye kakhulu ukuthi angasuki lapho okhona nxa umbalisi esithi usale. Nxa umbalisi esithi usale wedwa kumele ubone ukuthi umngane wakho kayi khatshana ukuze azwe konke elikukhulumayo. Umbalisi lo angaziphatha njalo ngendlela engalunganga, hlaba umkhosi ukwenzela ukuthi umngane wakho akufakazele. Tshela umphathisikolo ngokuphangisa. Bikela amapholisa kumbe utshele inhlanganiso enceda abantwana abaphathwa kubi, abatshaywayo kumbe abahlukuluzwa kwezemacansini.

Anti Stella

OKUFANELE KWENZIWE

- Nxa umbalisi kumbe omunye umuntu omdala eseke wenza lokhu kuwe tshela umngane kumbe omunye umuntu omthembayo uphinde ubikele amapholisa ngokuphangisa.
- Abantwana labantu abadala abahlala emazweni amanengi asezansi yeAfrica bangazuza uncedo nxa bengatshaya ifoni kumbe babhalele kunhlanganiso ezipha uncedo ezibizwa ngokuthi 'helpline'. AKULAMBADALO efunekayo, njalo ungabafonela kumbe ubabhalele kungelani lokuthi uhlala ngaphi. Dinga ibizo, ikheli lenombolo zefoni zenhlanganiso lezi ezisendaweni yakini.
Tshaya ifoni kumbe ubhalele kulezindawo nxa udinga usizo uphinde utshele abangane bakho mayelana lalezindawo.
- Nxusa ipholisa kumbe omunye umuntu osebenzela inhlanganiso ebona ngenhlupho zabantu abatsha ukuze abuye esikolo senu ezoxoxa mayelana lokubanjwa iganyavu lezinye indlela zokuhlukuluzwa kwezemacansini.



Samuel othandekayo

Ngileqiniso lokuthi wamangala uMisheck ekutshela ukuthi uyakuthanda, njalo lanxa uzizwa ungakhululekanga nxa ekhona, iqiniso yikuthi izinto omthandela zona azintshintshanga.

Akulasizatho sokuthi ungabi ngumngane wakhe ngoba ethanda abafana. Inyathelo alithathayo lokukutshela imfihlo yakhe lifuna umuntu olesibindi.

Mtshela lonke iqiniso ngemizwa yakho. Mtshela ukuthi wena kawusinkotshane ngakho ungeke ube lijaha lakhe. Ungadlali ngemizwa yakhe. Nxa kusenzeka mtshela ukuthi lokhu akutsho ukuthi uyamhlala, njalo kawufuni ukuthi kuphazamise ubungane benu.

Zama ukucabanga ukuthi yena uzwa njani uphinde umcele ukuthi akutshela mayelana lokuba yinkotshane – mhlawumbe ulesizungu nxa abantu ahlala labo bengasinkotshane. Nxa kuyikuthi abakho abanye abantu abazinkotshane abaziyo kumbe inhlanganiso zabantu abazinkotshane azaziyo, mkhuthaze ukuthi adinge lababantu kumbe lezinhlanganiso.

Loba yini okhetha ukukwenza mayelana lobungane bakho loMisheck ungatsheli muntu – nguye kuphela okufanele azikhethele ukuthi ufuna ukutshela bani, nini. Abantu bendawo yakini kanye labantwana besikolo ofunda kuso bangabe bengafuni ukuluzwa loludaba, ngakho ke abantu abanengi abazinkotshane kabafuni ukuziveza egcekeni. Kodwa ke uMisheck ngumngane wakho njalo udinga ukuphathiswa.

Anti Stella

OKUFANELE KWENZIWE

- Ucabangani ngempendulo zikaAnti Stella?
USamuel angenelisa ukwenza lokho akutshelwa nguAnti Stella?
- Asithi bonke abantu zinkotshane, ngaphandle kwakho. Ucabanga ukuthi abantu bangathini kuwe? Ungenzani ukuze bakholwe ukuthi imizwa yakho kayimangalisi? Wazi njani? Ungezwa njani nxa abantu bekutshela ukuthi imizwa yakho kayisiyo yeqiniso?
- Nxa ungasinkotshane kuyadingeka na ukuthi udinge ulwazi mayelana lenkotshane? Kuyini njalo okudingekayo ukuze ube ngumuntu ozwisisa abanye abantu ngcono. Kuyini okunye ongakwenza wena ngokwakho kumbe okungenziwa liqembu lakho ukuze liguqule indlela abantu abacabanga ngazo mayelana lenkotshane kumbe ngendlela abaphatha ngazo inkotshane? Bhalani uluhlu lwalezizinto beselidinga eminye imibono kunhlanganiso ezisebenza lenkotshane. Bikela abeqembu lakho ngemva kwamaviki amabili.
- Akucabange ngamanye amaqembu abantu ababandlululwayo (njengesibonelo, abaswelayo, abayizilima kumbe abantu abehluka kwabanye ngendlela ezithile). Ucabanga ukuthi kungani uzulu ebasola?

Vusi othandekayo

Kwesinye isikhathi izifundo eziqakathekileyo empilweni sizifunda ngemva kokuba sesiphambanisile. Kakho umuntu ongaphambansiyo – abanye baphambanisa ukwedlula abanye – okufanele ukwenze nxa uthe waphambanisa yikuvuma ukuthi uphambanisile, ubusudinga indlela ezinhle zokuqondisa lapho ophambanise khona.

Njengoba nje kungeke kube kusenzeka ukuthi ulandele izicebiso zikayihlo kudaba lolu nansi iseluleko sami: okokuqala khuluma lentombi yakho ukuze lobabili livumelane ukuthi lenzeni.

Ngokuya kwesikhathi kufanele ukhulume loyihlokazi kumbe umalumakho ukuze atshele uyihlo. Kuzamele njalo likhulume labazali bentombi yakho. Angazi ukuthi bazathini kodwa ke khumbula ukuthi lobabili lilomlandu wokondla umntanenu. Ungazikhohlisi ngokuthi lolu luhlupho olukhangelane lentombi yakho kuphela.

Ngithemba uzakwanelisa ukuqeda imfundo yakho ube ngumzali kuzwa. Ngithemba njalo ukuthi nxa umntanakho esekhulakhulile uzadinga indlela zokumphathisa ukuze enze izinqumo ezifaneleyo.

Anti Stella

OKUFANELE KWENZIWE

- Kulabantu abatsha obaziyo abendayo, abathathayo kumbe ababa labantwana besasesikolo?
Lokhu kwaphazamisa impilo yabo kumbe hatshi? Utsho ngani?
- **UMDLALO:** Lisemaqenjini abantu abane dlalani umdlalo otshengisa uVusi lomalumakhe kumbe loyisekazi besazisa abazali bakhe ngalokhu esekwenzakele. Bazabatshele njani abazali bakhe? Uyise lonina bathini njalo benzani?
- Abazali bakho bakucebisa besithini? Uyabalalela na? Nxa ungabalaleli lokhu kwenziwa yini?
- Akucabange ngalapho owenza khona ulutho oluyingozi, njengalapho owaphuza khona ukuphenduka uze usuke ngakini uwedwa usiyazithokozisa, kumbe lapho owanatha khona kakhulu, kumbe lapho owalala khona lomuntu ungazivikelanga.
 - a Lokhu wakwenzelani?
 - b Kwaphetha ngobuhle kumbe ngobubi?
 - c Kuyini okunye owawungakwenza endaweni yalokhu?
 - d Ungathi ungumuntu ohlala esenza izinto ezingakufaka engozini na?

Simba othandekayo

Ungakhathazeki. Akumangalisi ukuthi abafana bazizwe belemizwa ebukhali yokulala lamankazana kanye lokuthi banqantshe kokuphela nxa becabanga ngezemacansini. Ukutshaya ibhonyaponya yindlela elula njalo engelangozi eyokuqeda imizwa le. Kodwa ke kufanele ukwenze ensitha.

Ukutshaya ibhonyaponya yikudlaladlalisa izitho zakho zensitha ukuze ukholise, uzwe usulangazelela ukuya emacansini ngamandla, njalo esikhathini esinengi ucine ubudoda sebuchithekile. Nxa umfana esefike kulelibanga, uchitha ubudoda ngento yakhe. Nxa inkazana isifike lapha, izitho zayo zensitha ziyakhukhumala ziphinde zibe manzi. Abafana lamankazana bangakholisa ngokuzithinta. Abathandanayo abafuna ukuya emacansini okungelangozi labo bangatshayana ibhonyaponya kumbe bathintane izitho zensitha (ngokudlaladlalisa kumbe ngokuphulula izitho zensitha zomunye) ukuze bakholise. Ukutshaya ibhonyaponya AKUPHAZAMISI umzimba wakho kumbe ingqondo yakho ngitsho lakancane. Kuyaphathisa ekuphunguleni ukulangazelela ukuya emacansini njalo kuyindlela yokwazisisa ngomzimba wakho engelangozi. Abantu abaleminyaka yokuzalwa eyehlukeneyo (abangathathanga labangendanga kumbe abathetheyo labendileyo) bayayitshaya ibhonyaponya kumbe bathinte izitho zabo zensitha.

Lanxa amanye amaqembu ensonto esithi ukutshaya ibhonyaponya kumbe ukuthinta izitho zensitha kuyinto engalunganga, amanye njalo ayekela abantu bazikhethetele lokho abakufunayo.

Anti Stella

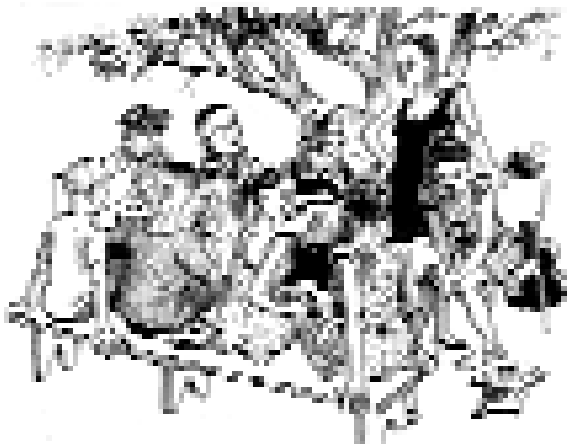
OKUFANELE KWENZIWE

- **IMPENDULO: Impicano ephathelane lokutshaya ibhonyaponya**

Inkulumo yesibili kuphela yiyo ELIQINISO. Zonke izinye ZINGAMANGA. Yiziphi ezinye izinto – ezinhle lezimbi – osuke wazizwa mayelana lokutshaya ibhonyaponya? Dinga ukuthi yiziphi sibili eziliqiniso.

- Abantu abahlezi endaweni yakini bathini ngokutshaya ibhonyaponya – njengesibonelo, bakubona kuyindlela ephathelane lezamacansini engelangozi evele isaziwa na, kumbe njengento embi? Kuyafana yini ebafaneni lasemankazaneni? Abantu kwande kuthi bakhulume ngakho bekhululekile kumbe kusamfihlo? Nxa kuyikuthi ucabanga ukuthi abantu abatsha abanengi kufanele baqalise ukubona ukutshaya ibhonyaponya santo enhle, xoxani ngokuthi lingenzani ukuze lokhu kwenzakale.

- Abantu abatsha esikhathini esinengi balangazelela ukuya emacansini. Ngaphandle kokutshaya ibhonyaponya, lingenzani okunye njalo ukuze libenze basuthiseke okwalesosikhathi bengalanga lomunye umuntu? Bhalani uluhlu lwezinto elingazenza (njengokugijima umango omude) beselikhetha elikubona kukuhle kulakho konke okunye.



Themba othandekayo

Kunzima kakhulu nxa abantu abathandanayo befuna izinto ezingafananiyo, njalo kukhanya angathi wena uqakathekisa ukuthi lilale lonke kanti ke intombi yakho kayikuqakathekisi njengawe. Kodwa ke malutshwana amankazana afuna ukugijimela ukulala labafana. Kawathandi ukuthi abafana awaphathe sampahla yabo njalo bawathengele izipho kumbe bawaphe imali sambadalo yokulala lawo.

Amankazana labafana abanengi bakhetha ukungangeni phakathi kwenhlupho ezilethwa yikuya emacansini usemncinyane. Kabafuni ukuthi babe bekhathazeka ngokucabanga ngokuzithwala, imikhuhlane ethelelwana emacansini kanye leHIV, ngakho ke bakhetha ukungayi emacansini baze babe badala.

Cabanga abantu abathandanayo ngeqiniso – uthando lwabo luyindlela yokuthi balale bonke kuphela na, kumbe ufuna ukuba lomngane weqiniso okuthandayo? Nxa ufuna ubungane kumbe uthando olunje kumele ucabange ngokuthi intombi yakho yona ifunani. Ungambambi ngamandla ukuthi alale lawe; kafuni.

Abanye abantu bengabe belokhu besaphatha amankazana ngendlela eyehluke kweyabafana, kodwa ke abantu abanengi sebeguqule indlela ababona ngayo izinto. Abafana lamankazana sebephathwa okufanayo. Ngithemba uzaba lesibindi sokuphatha intombi yakho njengomuntu ofana lawe njalo lokuthi lobabili lizaba lokujabula. lindawonye.

Anti Stella

OKUFANELE KWENZIWE

- Ucabangani ngempendulo kaAnti Stella? Uyavumelana lalokhu akutshela uThemba? Nxa ungavumelani lakho wena ungamcebisa uthini?
- **AMANKAZANA:** Bhala uluhlu lwezinto okufanele zenziwe ngabafana lalezo okungafanelanga bazenze nxa befuna kube lobungane obuhle phakathi kwabo lamankazana.
- **ABAFANA:** Bhala uluhlu lwezinto okufanele zenziwe ngamankazana lalezo okungafanelanga azenze nxa efuna kube lobungane obuhle phakathi kwawo labafana.

Dinga iqembu lamankazana nxa ungumfana kumbe elabafana nxa uyinkazana. Ntshintshanani amaphepha elibhalele kuwo beseliwahlolisisa. Khathesi ke hlanganani lingamaqembu abafana lamankazana ndawonye beselibuzana imibuzo ukuze lizwisise okucatshangwa ngabanye.

- Xoxani ngokunye kwalokhu okulandelayo:
 - Inkazana kumele ilale lejaha layo nxa liyithengele izinto.
 - ‘Ukuthandana lomuntu ongalali laye kulokhu kusafana lesivande esingelamaluba’. Uvumelana lakho lokhu yini?
 - Akukuhle ukulala lomuntu lingakatshadi.

Jabulani othandekayo

Wenze into enhle ngokucela ukucetshiswa. Insumpa kumbe lamaqhubu entweni yomfana kumbe kweyenkazana kungabe kungamaqhubu nje anjengamatshatha aphuma ebusweni, kumbe kungabe kuyisitshengiselo somkhuhlane wengulamakhwa.

Nxa ungakaze ulale lomunye umuntu kufanele ube ungelawo lumkhuhlane. Kodwa ke nxa usanda kuya emacansini ungasebenzisanga amakhondomu, amaqhubu la angaba yisitshengiselo somkhuhlane wengulamakhwa ngenjensumpa ezimila ezithweni zensitha, injovela, ichancroid kumbe ihephisi. Umbalisi ofundisa uFomu 2 mhlawumbe ubesitsho umkhuhlane wenjovela ngoba yiwo ongabangela ukuphazamiseka kwengqondo nxa ungelatshwanga. Kufanele uhlolwe ubususelatshwa ngokuphangisa.

Nxa ulomkhuhlane wengulamakhwa, kuqakathekile ukuthi wazise lowo kumbe labo olala labo ukwenzela ukuthi labo belatshwe. Abesifazane ikakhulu kungenzeka ukuthi bangabi lezitshengiselo zokuthi balomkhuhlane wemacansini lanxa belawo.

Ngakho ke gijimela ekilini. Inengi lemikhuhlane wengulamakhwa lelapheka lula nxa uzuze uncedo ngokuphangisa. Hamba lomngane wakho kumbe lomuntu omdala omthembayo ukuze akuphathise nxa kuyikuthi labo abasebenza ekilini kabakuphi usizo olufunayo kumbe bayakusola. Ulelungelo lokwelatshwa kuhle kanye lokuhlonitshwa. Ngikufisela inhlanhla.

Anti Stella

OKUFANELE KWENZIWE

● **IMPENDULO:** Impicano ephathelane lemikhuhlane yengulamakhwa

Inkulumo 1 lo-5 ziliQINISO. Inkulumo 2, 3 (ukungayi emacansini lakho akulangozi) lo-4 (imikhuhlane yengulamakhwa eyehlukeneyo ilezitshengiselo ezehlukeneyo, njalo abesifazane esikhathini esinengi kabalazo izitshengiselo) zingaMANGA.

● **IPHROJEKITHI:** Sebenzisani amaphepha afundisa ngemikhuhlane yengulamakhwa akhutshwa ngabogatsha lwezempilakahle kumbe olunye nje ulwazi olumayelana lemikhuhlane le. Iqembu linye ngalinye alikhethe umkhuhlane owodwa beselilungiselela ukufundisa abanye ngawo. Lingabafundisa lokhu okulandelayo:

- Umkhuhlane lo ubizwa kuthiwani? (ibizo elisetshenziswa ngabezempilakahle kumbe lelo elijayele ukusetshenziswa ngabantukazana)
- Yiziphi izibonakaliso zalumkhuhlane? (kwabesilisa lakwabesifazana)
- Umkhuhlane lo welatshwa njani?
- Ungazivikela njani ukuze ungathelelwa umkhuhlane lo?

Ngemva kwalokhu bhalani imibuzo elitshumi mayelana lakho konke eselikufunde ngemikhuhlane yengulamakhwa. Bhalani impendulo zalimibuzo kwelinye iphepha. Ntshintshanani amaphepha lelinye iqembu, phendulani imibuzo yalo beselimaka impendulo zemibuzo eliyiphiwe ngabeqembu leli. Yibaphi abalamamaki amanengi ukwedlula awabanye?

● Nxusani unesi kumbe isisebenzi sezempilakahle sizokhuluma mayelana lemikhuhlane yengulamakhwa kanye lelungelo lomuntu wonke ukuthi aphantsiswe ngozwelo. Buzani ukuthi kuyini sibili okwenzakalayo nxa umuntu omutsha efika ekilini elohlupho lomkhuhlane wengulamakhwa. Nxa amakiliniki akini engaphathi abantu abalohlupho lolu ngozwelo, lingenzani ukuze umumo lo ube ngcono? Ngubani ongaphathisa?

Florence othandekayo

Ngilusizi ukuthi uphakathi komumo onje kodwa kuyinto enhle ukuthi ucabanga ngokuyahlolwa ukuthi uleHIV kumbe hatshi. Lokhu yinto etshengisa ukuthi ulesibindi lenhlakanipho enkulu. Kungcono ukwazi iqiniso kulokuhlalela evalweni.

Nxa usufike endaweni yokuhlolwa (enjengeNew Start Centre), abacebisi abafundele umsebenzi lo bazakhuluma lawe ungakahlolwa lanxa usuhloliwe. Bazaphendula imibuzo olayo, njalo bazakuphathisa ukuze umelane langabe yini ezavela nxa usuhloliwe. Akudingeki ukuthi uveze ukuthi ungubani njalo konke ozakutsho kuzaba yimfihlo.

Unesi uzahlaba umunwe wakho ngejekiseni ukuze athathe igazi elilutshwana. Kwande ukuthi waziswe umumo wegazi lakho mhlalokho. Ukuhlolwa kuveza iqiniso ngomumo wegazi lakho, kodwa kulesikhathi lapho igcikwane eliyabe lingakakhanyi lanxa ulalo (window period) – nxa kuyikuthi akukedluli inyanga ezintathu uthelelwe igcikwane leli. Ngakho ke nxa igazi lakho litshengisa ukuthi kawulalo igcikwane leHIV, kodwa wena usazi ukuthi kunyanga ezintathu ezedluleyo wake walala lomuntu ungazivikelanga, buyela njalo uyehlolwa okwesibili ngemva kwenyanga ezilutshwana.

Khuthaza ijaha lakho ukuthi liyehlolwa ukuthi lileHIV kumbe hatshi. Nxa lingafuni ukuyahlolwa njalo lingafuni ukusebenzisa ikhondomu, ulobunzima bokukhetha ukuthi uzakwenzani.

Nxa isimo segazi lakho sitshengisa ukuthi kawulaHIV, bana leqiniso lokuthi uzahlala ungelayo ukwenzela ukuthi ungabe usazihlupha ngayo.

Lobabili lejaha lakho ngilifisela inhlanhla.

Anti Stella

OKUFANELE KWENZIWE

- Nxa uFlorence ehlole igazi watholakala engelaHIV, ungamcebisa uthini ukuze ahlale engalayo? Angadinga ukuphathiswa ngandlela bani?
- Bhala izinhlu ezimbili ezitshengisa lokhu okulandelayo:
 - a Ukuthi kungani abantu bengafuni ukwazi ukuthi baleHIV kumbe hatshi
 - b Ukuthi kungani kuqakathekile kuthi uhlolwe ukuze wazi ukuthi uleHIV kumbe hatshiYiluphi uluhlu olude kulolunye? Ungamcebisa uthini umuntu ofuna ukuhlolwa ukuthi uleHIV kumbe hatshi.
- Dinga ukuthi indawo eseduzane lani lapho abantu abangacetshiswa khona baphinde bahlolwe ukuthi baleHIV kumbe hatshi bengabanjwanga ngamandla (Voluntary Counselling and Testing [VCT] centre) ingaphi. Kungaba yiNew Start Centre kumbe ikilini. Buza ukuthi akubhadalwa yini kumbe ukuthi kubhadalwa malini. Kolomthetho othi abantu abahlolwayo kufanele babe sebeleminyaka yokuzalwa ethize yini kumbe hatshi?
- Usuke waya emacansini ungasebenzisanga amakhondomu? Nxa kunjalo cabanga ngokuyahlolwa endaweni yeVCT. Ufuna ukuphathiswa ngandlela bani ukuze ube lesibindi sokwenza lokhu? Phathisanani nxa kusenzeka.
- **UMDLALO:** Abantu ababili kabazifake esikhundleni sikaFlorence lejaha lakhe. Dlalani umdlalo otshengisa ingxoxo eyaba khona phakathi kukaFlorence lejaha lakhe ngesikhathi uFlorence elitshela ngokukhathazeka kwakhe njalo elicela kuthi bahambe bonke bayehlolwa. Kuyini okwenzakalayo emdlalweni wenu?
Nxa ijaha lakhe lisala xoxani ngokuthi uFlorence angenzani ukuze livume.
- Bona ikhadi 26 elilolwazi lokufanele ukwenze ukuze uphile ulethemba lokuthi lanxa uleHIV uzaphila impilo enhle.

Shamiso othandekayo

Wenze kuhle ngokubuza, Shamiso. Imvukuzane yomlomo wesibelesho iphazamisa umlomo wesibelesho. Yilo uhlobo lwemvukuzane olujayele ukuhlasela abesifazane abanengi eZimbabwe, lanxa abantu abalutshwana sibili belolwazi ngayo. Iyelaheka iphele sibili nxa yelatshwe ngokuphangisa.

Owesifazane usengozini yokuba lemvukuzane yomlomo wesibelesho nxa kuyikuthi:

- waqalisa ukulala lamadoda esemncane (esanda kungena esikhathini)
- uselale lamadoda amanengi
- ijaha lakhe selilale labesifazane abanengi
- useke waba lensumpa esithweni sakhe sensitha
- uleHIV kumbe iAIDS
- uleminyaka yokuzalwa engaphezu kwe-35.

EZimbabwe abanye abesifazane abaleminyaka yokuzalwa engaba ngamatshumi amabili sebelawo lumkhuhlane. Mana ucabange ungakalali lendoda usasemncane, zigcine. Nxa usuqalise ukuya emacansini njalo usengozini yokuba lomkhuhlane lo, kufanele kanye ngomnyaka uhlolwe ukuthi awulamkhuhlane lo yini (ngokwenza lokhu okuthiwa yiPap Smear), kumbe uhlolwe kanye ngemva kweminyaka emithathu nxa kuyikuthi awukho engozini. Izibhedlela ezinengi lamakilini amanengi ayahlola umkhuhlane lo. Akufanelanga ukuthi kube lomama ofa ebulawa ngumkhuhlane lo nxa kwazakale ukuthi ulawo isikhathi sisekhona.

Anti Stella

OKUFANELE KWENZIWE

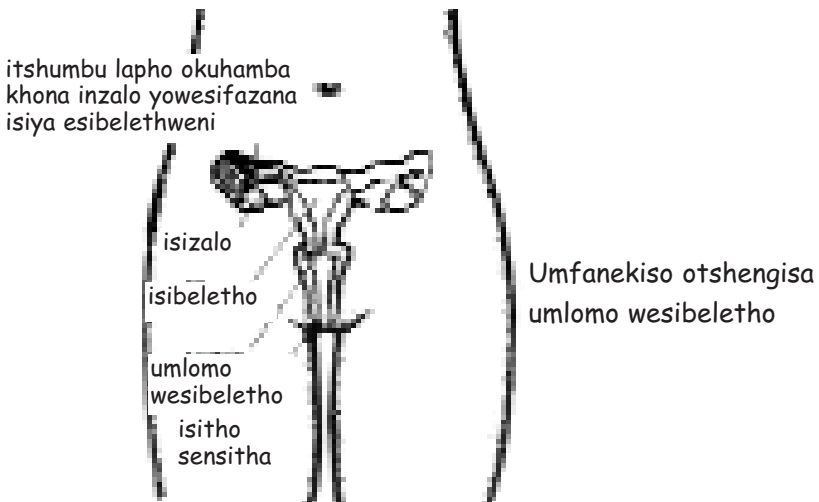
- Usufundeni ngemvukuzane yomlomo wesibeletho? Khuluma labangane bakho abangamankazana kumbe labesifazane abayizihlobo zakho. Batshele ngePap Smear.
- Bala njalo uluhlu lwezinto ezisencwadini kaAnti Stella. Wena lomngane wakho lisengozini yokuba lemukuzane yomlomo wesibeletho nxa selikhulile. Nxa impendulo yakho kungu-‘yebo’ dinga olunye ulwazi mayelana lomkhuhlane lo lokuthi unghlolwa njani ukuthi ulawo kumbe hatshi.

● LINGENZA LOKHU:

- Nxusani unesi azokhuluma lani mayelana lomkhuhlane lo, ukuthi ngumkhuhlane bani, ukuthi kungenziwani ukuze kwaziwe ukuthi umuntu ulawo kumbe hatshi kanye lokuthi ungelatshwa njani.

KUMBE:

- Dingani ulwazi ngomkhuhlane lo ekilini kumbe elayibhurari. Bhalani phansi ulwazi lwenu ngamafitshane labelane labangane lezihlobo zenu.



Sibongile othandekayo

Ngilusizi ukuzwa indaba yakho. Okwenziwa nguyihlo omncane kubi kakhulu – wadala icala njalo kumele angavunyelwa ukuthi aphinde njalo akwenze.

Ungesabi – tshela omunye umuntu ngokuphangisa. Lokhu akusimfihlo. Umntwana ongakhaliyo ufela embelekweni (ungathula impilo yakho ingaphazamiseka kakhulu). Tshela abazali bakho, esinye isihlobo kumbe omunye umuntu omthembayo. Kufanele abe ngumuntu ozakuphathisa, akucebise, aphinde njalo akuphathise uye emapholiseni ukuze uzuze olunye uncedo.

Bikela amapholisa ngokuphangisa, kungaba kuhle ukuthi ubabikele ungakagezi kumbe ungakantshintshi impahla ozigqokileyo ukwenzela ukuthi amapholisa abe lobufakazi nxa efuna. Cela isisebenzi sezempilakahle sikuncede ngamaphilisi azakwenza ungazithwali (okuthiwa yi-‘morning after’ pill). Amanye amakiliniki alemithi enathwa ngabantu abake baba sengozini yokuthelelwa iHIV. Imithi le yenza abantu bavikeleke kuHIV inganathwa kungakedluli amalanga amathathu umuntu ebanjwe iganyavu.

Ungabanjwa iganyavu akusindaba yakho, kodwa ke kulendlela omama abangazama ukuzivikela ngazo. Ungahambi wedwa (ngaphandle kokuthi ukhanye uzithembile njalo utshitshe). Noma sekutheni ungaqali ukunatha wedlulise amalawulo njalo ungabhemi imbanje. Nxa kulomfana omthandayo, mtshela ukuthi wena uzimisele ukuphelela ngaphi lingakangeni kwezothando. Ungahlaselwa ngomunye umuntu, hlaba umkhosi, mkhabe, mlume, mtshaye kumbe umhlabe ngedolo esithweni sakhe sensitha – ubusuzama ukubaleka.

Sibongile, ngithemba uzazuza uncedo olufunayo.

Anti Stella

OKUFANELE KWENZIWE

- Kungani kwandile ukuthi amankazana labomama babanjwe iganyavu endaweni esihlezi kuzo? Kumpendulo yinye ngayinye eliyiphayo, buzani umbuzo othi ‘Kodwa ke kungani?’ ukuze libe lezizatho eziqinileyo.

Ukubanjwa iganyavu lokuhlukuluzwa endaweni ohlezi kuyo

Khangela inkulumo ezilandelayo. Zichaza okungakanani ngabantu abasendaweni elihlezi kuyo? Bhala LIQINISO, NGAMANGA, ANGAZI kunkulumo yinye ngayinye.

- 1 Endaweni engihlezi kuyo, amankazana labomama bakhululekile ukuya lapho abafuna ukuya khona, loba ngasiphi isikhathi, bengesabi lutho.
- 2 Ukubanjwa iganyavu lokuhlukuluzwa akusimfihlo. Umuntu omutsha angabika ukuthi ubanjwe iganyavu kumbe ukuthi uhlukuluziwe, abantu abadala bathatha amanyathelo okuthi lokhu kungenzakali njalo. Omutsha lo kasolwa muntu.
- 3 Nxa umuntu omutsha ebanjwe iganyavu, amakiliniki amupha imithi efaneleyo aphinde amcebise ngemfanelo. Amapholisa ayazama sibili ukuthi adinge isigangi esimbambe iganyavu asijeze ngemfanelo.
- 4 Abafana bayakholwa nxa amankazana ebatshela ukuthi kawafuni ukulala labo. Abacabangi ukuthi balelungelo lokulala lamankazana, bayazi ukuthi bangazibamba lanxa besizwa kusithi baye emacansini.

Impumela: Balutshwana abantu phakathi kwenu, nxa bekhona, abangaphendula yonke imibuzo ephezulu ngokuthi LIQINISO. Kuyini okufanele kwenzeke ukuze indawo elihlezi kuyo ibe yindawo engelangozi, lapho abantu abangabanjwa khona iganyavu, lapho okungeladlakela khona, lapho abantu abangahlukuluzwa khona?

- Dingani olunye ulwazi mayelana lamaphilisi okwenqabela ukuzithwala lemithi eyenqabela iHIV. Buzani ikilini esendaweni yakini ukuthi ilayo yini imithi le. Nxa ingekho, lingayithatha ngaphi?

Similo othandekayo

Umumo ophakathi kwawo kawulula kodwa ke ukulala lendoda ukuze ikuphe imali kuzakungenisa phakathi kwenhlupho ezinengi. Amadoda amanengi apha omama imbadalo yokulala lawo kawafuni ukusebenzisa amakhondomu. Ngakho ke ungacina usuzithwele kumbe usuleHIV kumbe usulakho konke kokubili. Kungenzeka ukuthi utshaywe kumbe ubanjwe iganyavu.

Ukulala lamadoda ukuze akuphe imali akuvunyelwa eZimbabwe, ngakho nxa ungangena phakathi kohlupho amapholisa kungenzeka ukuthi angakuvikeli njalo ungacina ususejele. Bakithi, ngicela ungaqali sibili ukwenza into enje. Uzangena phakathi kohlupho olwedlula lolu ovele usuphakathi kwalo.

ONGAKWENZA yikuthi ucabange zonke indlela ongazuza ngazo imali, kumbe ucabange ngomuntu kumbe inhlanganiso engakunceda. Buza bonke abantu ongenelisa ukubabuza – esikolo, entsontweni kumbe endaweni ohlezi kuyo. Ugatsha olubona ngenhlahakahle yabantu lungakuphathisa.

Nxa imizamo yakho ingaphumelelanga ungalahli ithemba. Abantu abanengi baqedisa imfundo yabo vele sebekhulile. Okunye njalo yikuthi zikhona ezinye indlela zokufunda. Funda ukwenza loba yini, lanxa ungalahli. Dinga ukuthi kwenziwa maphrojekithi bani endaweni yakini, ubusubuzo ukuthi ungeke uncedise yini. Yeboleka ingwalo zokubala.

Ngokuya kwesikhathi ungakhetha ukulala lendoda, kwenze ngoba uyithanda, hatshi ngoba ufuna imali. Bana leqiniso lokuthi wazi konke mayelana lamakhondomu awesilisa lawabesifazane, amaphilisi okwelamisa imuli, lezinye indlela ongazivikela ngazo ukuze ungabi lesisu kumbe imikhuhlane yengulamakhwa leHIV. Ngikufisela inhlanhla.

Anti Stella

OKUFANELE KWENZIWE

- **UMDLALO:** Dlalani umdlalo lo libabili. Ntshintshanani ukuzifaka esikhundleni somuntu omutsha onjengoSimilo ocela ukuthi umuntu omdala ohloniphekayo amcebise ukuthi angabhadala njani ifizi yesikolo.

Ngemva komdlalo lo tshela abanye ukuthi uzwe njani uzifake esikhundleni sikaSimilo. Kuyini okwenze ukucela uncedo kube lula kumbe kube nzima? Ungamcebisa uthini umuntu onjengoSimilo?

- Yenzani impikisano ngesihloko esilandelayo:

'Inengi labomama kalibi ngomahotsha ngentando yabo, kodwa ke ngenxa yokuthi bayabe bedinga imali yokuthengela abantwababo ukudla lempahla zokugqoka.'

- Kwejoyelekile ukuthi abantu basole omahotsha ngalokhu abakwenzayo, kodwa ke abasoli amadoda abapha imali ukuze alale labo. Ucabanga ukuthi lokhu kubangelwa yini? Kuqondile na? Nxa kungaqondanga, kungaqondiswa njani?•Dinga ulwazi mayelana lemithetho ephathelane labomahotsha lamadoda abapha imali ukuze alale labo elizweni lakini lakwamanye amazwe. Omahotsha bayavikelwa yini njalo balamalungelo bani emazweni ehlukeneyo? Ucabanga ukuthi kuyini okufanele kwenziwe?

Edson othandekayo

Ngilusizi ukuthi uhlutshwa yikuthi ubudoda bakho buvuka buchithekile. Ungakhathazeki: akulanto embi ngomzimba wakho njalo akulasizatho sokuthi uyangeke.

Ukuvuka ubudoda buchithekile akumangalisi ngoba yisitshengiselo sokuthi umzimba wakho ususuka ebangeni lobuntwana usungena ebangeni lobudala. Lesi yiso okuthiwa yisikhathi sokuthomba. Ngesikhathi sokuthomba umzimba wakho uyaguquka uqalise ukuba lobudoda. Ubudoda lobu buhlala bufuna ukuphuma emzimbeni wakho ngakho ke kwande ukuthi buphume nxa ulele. Kungenzeka ukuthi uphaphame ulokhu unqantshile. Lokhu akutsho kuthi ubuphupha usemacansini, kuyisitshengiselo sokuthi usukhulile.

Ukuvuka ubudoda buchithekile yinto ejayelekileyo ebantwini abatsha lanxa nje kungaqhubeka kusenzeka lanxa umuntu esekhulile.

Ngakho ke ungesabi usithi lokhu kuzakuhlupha nxa usuthethe – ukuvuka ubudoda buchithekile akusinto emangalisayo. Yinto esike yenzakala kuwo wonke amadoda. Nxa ungakholwa buza umnewenu kumbe umalumakho.

Anti Stella

OKUFANELE KWENZIWE

- Qedisa inkulumo lezi:
 - a Ngiyayithanda inguquko eyenzeka emzimbeni wami nxa ngisiba mdala ngoba...
 - b Enye inguquko eba khona angiyithandi ngoba...

Xoxa labanye abaseqenjini lakho gokuthi utheni.

Yisifundo bani osizuze lapha? Kukhona yini okunye ofuna ukukwenza kumbe ofuna ukukwazi?

Dingani ukuthi lokhu kungenziwa ngcono ngayiphi indlela.

- Kusekhona okunye okukukhathazayo mayelana lezinto eziyimvelo? Khuluma labangane bakho kumbe lomuntu omdala omthembayo.



Thandiwe othandekayo

Kuliqiniso, imithi okuthiwa ngama-antiretroviral (ARVs ngamafitshane) yimithi enganceda abantu abalomkhuhlane weAIDS. Imithi le kayelaphi iAIDS kodwa ke imisa ukwanda kwegcikwane leAIDS, ngaleyondlela ipha umzimba amandla okuthi uphinde njalo wenelise ukulwisana lemikhuhlane. Kuliqiniso njalo ukuthi iyadula. Kodwa ke intengo yawo isisiya isehla ngenxa yokuthi aselungiswa eZimbabwe.

Imithi le ilamandla kakhulu njalo akulula ukuyisebenzisa. Abantu kwande ukuthi bayisebenzise nxa sebegula kakubi. NOMA SEKUTHENI ungasebenzisi imithi le nxa udokotela engatshongo njalo ungalolwanga ukuthi uleHIV. Kumele njalo ube leqiniso lokuthi uzahlala ulemali yokuthenga imithi le okwempilo yakho yonke ngoba kuyingozi kakhulu ukuqalisa ukuyisebenzisa ubusuyekela, uphinde njalo uqalise ukuyisebenzisa.

Khumbula njalo ukuthi ukusebenzisa imithi le kayisiyo yodwa indlela yokuthi uhlale ulempilakahle. Ungalwisana leHIV ngokudla ukudla okulungele umzimba, ngokuthatha amavithamini lokuphila ulethemba lokuthi lanxa uleHIV uzaphila impilo enhle. Lokhu kugqela ukuthi unagagula welatshwe ngokuphangisa (nxa ulemikhuhlane ehlasela umzimba ngenxa yokuthi awuselamandla okuzivikela).

Ama-antiretroviral enza uzwe ngcono lanxa iHIV ilokhu isegazini lakho, ngakho ke ungatelela omunye umuntu igcikwane leli kumbe uzithelele wena ngokwakho. Khumbula ukusebenzisa ikhondomu kumbe indlela zokuya emacansini ezingelangozi ngaso sonke isikhathi nxa ulala lomunye umuntu.

Kungakhathalekile ukuthi usebenzisa ama-antiretroviral kumbe hatshi, zama ukuba lempilakahle njalo uzabona ukuthi uzakondla indodakazi yakho okweminyaka eminengi. Ngikufisela inhlahla!

Anti Stella

OKUFANELE KWENZIWE

● LINGENZA LOKHU:

Vakatshelani ekilini kumbe kwezinye indawo eziphathisa abantu abaleHIV leAIDS ukuze lidinge olunye ulwazi mayelana lemithi kanye lokwelatshwa.

KUMBE:

Nxusani umuntu owazi okunengi ngaloludaba ukuze azolitshela mayelana lemithi le.

Dingani ulwazi elingaluzuzisa mayelana lamaARV. Ayazuzakala na? Aphiwa mahala yini kumbe abiza malini? Dingani njalo ukuthi yibuphi ubuhle kumbe ubunzima bokusebenzisa imithi le.

● Abantu abasebenzisa amaARV badinga ncedo bani? Kufanele bancedwe ngubani? (Cabanga ngokungenziwa ngabemuli labangane kanye losizo abangaluzuzisa emakiliniki lakwezinye indawo ezipha uncedo ezisendaweni yakini.)

● Nxa amaARV evikela abantu ekuthini bangafi, ucabanga ukuthi kungani kunzima kangaka ukuthi abantu bawathole? E-South Africa abantukazana basebenza ndawonye ukuze benze uhulumende abone ukuqakatheka kokupha bonke abantu imithi le nxa beyifuna. Yiwaphi amaqembu omphakathi abona ngezempilakahle elizweni lethu akhankasela ukuthi imithi le itshiphiswe njalo izuzakale lula? Kuyini sibili okwenziwa ngamaqembu la? Abantu abatsha bangaphathisa njani emaqenjini la?

● Bona ikhadi 26 eliveza sobala ukuthi ungenzani ukuze ube lempilakahle njalo uphile ulethemba lokuthi uzaphila impilo enhle lanxa uleHIV kumbe iAIDS.

Oliver othandekayo

Nxa umninindlu ezama ukulala lawe kutsho ukuthi uyakuhlukuluza kwezemacansini. Lokhu kuhlukuluzwa akuvunyelwa emthethweni. Dinga uncedo uthuthe izinto zingakonakali ngamandla. Ngivumelana lawe nxa usithi ukutshela umkakhe kungakungenisa enkathazweni. Ngakho ke isicebiso sami yikuthi tshela abazali bakho ngokuphangisa uphinde udinge enye indawo lapho ozahlala khona. Ngileqiniso lokuthi abazali bakho bazafuna ukuthi uhlale endaweni engelangozi njalo bazakwenza bonke ubungcono babo ukuze babhadale irenti isikhathi sisekhona. Angazama ukulala lawe njalo ungakathuthi mtshela ukuthi kawufuni. Nxa engalaleli zivikele.

Kunzima kakhulu ukutsho kungelantandabuzo ukuthi indoda ihlukuluzwe ngumfazi emacansini, ikakhulu nxa kungatshengiseli ukuthi kuke kwaba lodlakela. Kodwa ke umninindlu uzama ukukubamba ngamandla ukuthi ulale laye wena ungafuni, lokhu kuphazamisa amalungelo akho.

Zama ukuzikhupha kulo umumo ngokuphangisa.

Anti Stella

OKUFANELE KWENZIWE

Amalungelo abontanga kwezemacansini lezothando

Khangelani uluhlu olulandelayo lwamalungelo abontanga kwezemacansini lezothando beselixoxa ngemibuzo elandelayo.

- 1 Akulamuntu ofanele akufundise ngezemacansini kumbe akubambe ngamandla ukuthi uye emacansini nxa ungafuni.
- 2 Kufanele kube lula ukuthi uzuze amaphilisi okwenqabela ukuzithwala lolwazi oluphathelane lezemacansini okunjengemikhuhlane kanye lesikhathi sokuthomba.
- 3 Bonke abantu abasebenza endaweni ezinjengamakilini kumbe enkambeni zamapholisa kumele babe ngabantu abalolwazi, abanceda abanye njalo abalozwelo.
- 4 Kumele kube lendlela zokuhlolwa, ukucetshiswa lokwelatshwa iHIV leAIDS ezinhle, njalo kuhlale kulemithi engaduliyo.
- 5 Amankazana azithweleyo alungelo lokuya esikolo.
- 6 Nxa uleHIV kumbe iAIDS akumelanga abantu bakubandlulule njalo kufanele bakuhloniphe.
- 7 Wonke umuntu kufanele ahlonitshwe, owesilisa lowesifazane, omncane losekhulile, onothileyo lomyanga, omnyama lomlungu, ozimukileyo locakileyo, inkotshane longasinkotshane, isilima longasisilima, ogulayo lophilileyo.
- 8 Ontanga balelungelo lokubona ukuthi bazuza usizo lwezempilakahle oluhle.

- Uthini ngoluhlu lolu? Ungaphindezela yini kumbe ukhuphe okunye?
- Izinto lezi zenzeka ngokufanayo yini ebafaneni lemankazaneni?
- Phakathi kwamamaki alitshumi phana abantu abasendaweni yakini amamaki atshengisa ukuthi bavikela okungakanani amalungelo abontanga.
- Ziphe amamaki phakathi kwamamaki alitshumi atshengisa ukuthi uhlonipha okungakanani amalungelo abanye ontanga abanjengawe.

Thembisa ukuthi uzahlonipha amalungelo la kwabanye abantu, lokuthi uzadinga uncedo nxa amalungelo akho engahlonitshwanga.

Pauline othandekayo

Ungakhathazeki – akulasizatho sokuthi ucabange ukuthi awusoze ube labantwana. Akumangalisi ukuthi nxa usanda kuqalisa ukungena esikhathini ungangeni ngesikhathi oyabe usikhangelele. Amanye amankazana angena esikhathini kabili kumbe kathathu, angabe esangena njalo okomnyaka wonke. Ngokuya kwesikhathi uzangena esikhathini ngesikhathi esifaneleyo.

Kulezinye njalo izinto ezingaphazamisa isikhathi ongena ngaso esikhathini – njengokuthi nxa ukhathazekile, kumbe ungacaka kumbe uzimuke kakhulu, kumbe nxa usugule okwesikhathi eside. Nxa inkazana iye emacansini, ukungangeni esikhathini ngesinye sezitshengiselo eziqakathekileyo zokuthi izithwele.

Kodwa ke khuluma lonesi kumbe lesisebenzi sezempilakahle, ikakhulu kungaphela umnyaka ulokhu ungangeni esikhathini. Dlana ukudla okulungele umzimba, kugaqela lokhu okungakhutshwanga izinto eziqakathekileyo ezakha umzimba, kanye lezithelo lemibhida eminengi, ukudla okule-iron okunjengemibhida elamahlamvu aluhlaza okuba mnyama, iphizi, indumba lama-lentil, amaqanda, inkukhu lenhlanzi, eminye imihlobo yenyama, intethe lamagenga.

Wena labangane bakho kufanele libe lolwazi oluqondileyo mayelana lemizimba yenu le eguqukayo. Khulumani lekilini kumbe isizebenzi sezempilakahle esithakazelela ukuphathisa abantu abatsha ukuze lenze umhlangano lapho abangaphendula khona imibuzo elilayo. Kumbe njalo udinge ukuthi indawo yabantu abatsha eseduze lalapho ohlala khona ingaphi, ubususiya khona ukuze bakuphe ulwazi olufunayo.

Anti Stella

OKUFANELE KWENZIWE

- U-Pauline uyesaba ukuthi mhlawumbe kasoze abe labantwana. Wena kuyini okwesabayo mayelana lomzimba wakho, mayelana ngezemacansini kanye lokuba labantwana? Xoxa labeqembu lakho ubone ukuthi ngeke bakuncede yini. Nxa ufuna lokhu kube yimfihlo, bhala konke okwesabayo ephepheni ungabhali ibizo lakho. Fakani amaphepha elibhalele kuwo emgodleni liwahlanganise, beseliwathatha ke lixoxe ngawo.
Nxa iqembu lakho lingeke likuncede, ngubani omunye ongakunceda?
- Abantu bazuza ulwazi mayelana lemizimba yabo, ngezemacansini kanye lokuthandana luvela endaweni lasebantwini abehlukeneyo. Wena olwakho ulwazi uluzuza ngaphi? Bhala phansi. Ungazi njani okuliqiniso lokungamanga?
- Dweba umfanekiso wekiliniki ethakazelela ukuphathisa ontanga, uveze sobala ukuthi ikilini le ithakazelela ukubaphathisa ngayiphi indlela. Qathanisa umfanekiso wakho lekiliniki esendaweni yakini. Ucabanga kuthi ikilini yenu iphatha ontanga ngenhlonipho na? Nxa kungenjalo, wena labanye abantu abasesigabeni sakini lingenzani lindawonye ukuze lenze ikilini le ithakazelele ukuphathisa ontanga?

Winnie othandekayo

Okuqatheke kakhulu yikuthi lanxa usulegcikwane leHIV lokhu AKWENZI ukuthi ube ngumuntu owehluke kulokhu obuyikho khona ungakabi lalo, njalo kakho ongenza imithetho eqondane lokumele 'kuvunyelwe'. Ulelungelo lokuba lazo zonke izinto okufanele wonke umuntu abe lazo – uthando, ukuthandana lomunye umuntu, ukusuthiseka kwezemacansini, ukwenda lokuba labantwana. Inengi labantu abaleHIV lilezithandwa; ezinye zalezizithandwa lazo zileHIV, kodwa ke ezinye azilayo.

Akusozwe kube lula ukuthi utshela uThando, kodwa ke kumele umtshela ngokuya kwesikhathi. Zama ukuzwisisa ukuthi ungumuntu onjani ungakamtsheli. Kufanele lixoxe ngeHIV lamakhondomu lingakayi emacansini. Nxa esala ukusebenzisa amakhondomu, kumbe engavumi ukuthi usebenzise amakhondomu abesifazane, kumbe engasebenzisi indlela zokuya emacansini ezingelangozi ngaso sonke isikhathi, AKUFANELANGA liye emacansini, kungakhathalekile ukuthi ngumuntu olunge njani.

Uqondile sibili nxa uhlutshwa yikuthi ungamthelela iHIV. Ngize ngifise ukuthi alubana umuntu wonke ulobuntu njengawe! Ungakhohlwa njalo ukuthi lanxa ijaha lakho lileHIV, kumele lisebenzise ikhondomu ukuze lingathelelani igcikwane leli ngaso sonke isikhathi nxa lisiya emacansini.

Ngikufisela ikusasa enhle, kungelani lokuthi ukhetheni.

Anti Stella

OKUFANELE KWENZIWE

- Uvumelana loAnti Stella na? Kungani uvumelana laye kumbe ungavumelani laye?
- **UMDLALO:** Kufuneka abantu ababili. UWinnie utshela uThando ukuthi uleHIV.

Ngemva komdlalo lo abadlali batshela abeqembu ukuthi bazwe njani bedlala umdlalo lo. Ngemva kwalokho lonke selingaxoxa ngemibuzo elandelayo:

- a Indaba le iphethe ngani? Ngubani owenze isinqumo lesi? Bekunzima kubadlali bobabili na? Isiphetho sakhona sibe sihle na? Nxa kungenjalo lingenzani ukuze sibe ngcono?
- b Lesi yiso yini isiphetho esejayelekileyo kubontanga obaziyo?
- c Bekuzaba lomahluko yini aluba uThando nguye olegcikwane leHIV njalo sekumele atshele uWinnie? Nxa kunjalo umahluko wakhona ungaba ngaphi? (Dlalani njalo umdlalo lo lintshintshane izikhundla ukuze libone ukuthi kulomahluko yini njalo lokuthi ngumahluko bani.)
- d Ngubani umuntu kumbe inhlanganiso ezingaphathisa abantu abakumumo onje?



Philani othandekayo

Abangane bakho bakupha izicebiso ezingalunganga. Lanxa abanye abantu besithi imbanje zibenza bazizwe bekhululekile, abanye njalo bathi zibenza baphazamiseke ingqondo njalo bafikelwe yikwesaba.

Ngiyezwisisa nxa usithi uzizwa ungasimunye weqembu labangane bakho ngenxa yokuthi awulantombi, kodwa into engakusiza yikuthi uxoxe lamankazana ngendlela oxoxa ngayo labangane bakho abangabafana. Kungacina sekusiba lothando phakathi kwenu.

Qalisa ngokubabingelela, ngokumomotheka lokutsho olunye ulutho mayelana lesikolo senu, lomumo womkhathi – loba yini efike engqondweni yakho. Okuqakathekileyo yikubuza omunye umuntu ngempilo yakhe lokutshengisa ukuthi ufuna ukwazi ngenhlupho akhangelane lazo. Amankazana athanda lokhu ukwedlula ukuzibonakalisa.

Ungacabangi ukuthi ukhona otshona ekukhangele emelele ukuthi wenze ulutho olutshengisa ukuthi uyisithutha. Labo bayesaba ukuthi bazaphambanisa!

Ungeke uqede inhlupho zakho ngokusebenzisa izidakamizwa ezinjengembanje kumbe utshwala. Abanye abantu baziphatha butshapha bangadakwa, okubangela inhlupho kumuli, labangane kanye labaqatshi. Okunye njalo yikuthi umthetho awuvumeli ukuthi abantu babheme imbanje, ngakho ungangena enkathazweni.

Akudingeki ukuthi usebenzise izidakamizwa ukuze uthandwe ngabanye abantu kumbe ube lesibindi sokwenza olunye ulutho. Zikhona indlela ezingcono kakhulu zokuqeda inhloni. Ngikufisela inhlanhla.

Anti Stella

OKUFANELE KWENZIWE

- Bhala yonke imihlobo yezidakamizwa oyaziyo kanye lokuthi ziphazamisa njani abantu abazisebenzisayo. Yiziphi ezithi ungajayela ukuzisebenzisa kube nzima ukuziyekela?
- Khangela zonke izizatho ezilandelayo ezenza abantu abatsha basebenzise izidakamizwa. Xoxani ngokuthi phakathi kwazo yiziphi ezichaza umumo eliphakathi kwawo wena labangane bakho. Zibhale zilandelane zibenhlanu, uqalisa ngesijayelege kakhulu usiyacina ngesingajayelegekanga kangako.

Abantu abatsha basebenzisa izidakamizwa ngenxa yokuthi:

- balingisela abangane babo
- bafuna ukubalekela ubunzima bempilo
- bafuna ukubalekela iqiniso ngalokho abayikho khona
- bacabanga ukuthi izidakamizwa zizabenza babe ngabantu abalezibindi.
- balesizungu

- Ngemva kokuxoxa ngalezizizatho, zihlolisise ukuthi usengozini yokusebenzisa izidakamizwa na. Wena labangane bakho lingaphathisana njani ukuze lingasebenzisi izidakamizwa? Ngubani njalo omunye ongalanceda?
- **UMDLALO:** Kufuneka umfana lenkazana. Umfana olenhloni uqonda inkazana aqalise ukukhuluma layo. Ngemva kwesikhatshana, ntshintshanani ukuze inkazana kube yiyo eqalisa ukukhuluma. Ngemva kwalokhu xoxani ngalokhu:
 - a Ukuthi uzwe njani ngokuqalisa ingxoxo, uzifake esikhundleni somunye umuntu.
 - b Ukuthi ufundeni mayelana lokulwisana lenhloni kanye lokubumba ubungane.

David othandekayo

Awuwedwa kulokhu. Ontanga abanengi kabenelisi ukukhulumisana labazali babo, ikakhulu ngezinto eziqondane lawe njengokuya emacansini lezothando. Abazali bafuna ukuphiwa isikhathi ukuze bajayele lokho osusiba yikho khona, bakuzwisise ngcono njalo bakuthembe ngalesisikhathi ubuza, ufunda njalo ukhula.

Zama ukuzwisisa ukuthi abazali bakho bayakunakekela njalo bayakhathazeka ngawe, bafisa ukuthi unganengi engozini, ukhule ujabulile njalo ubengumuntu ophumelelayo. Njengoba labo bake bedlula kulelibanga lokukhula bayazi ukuthi abatsha bangakhangelana lezilingo lengozi ezinengi, bayazi njalo ukuthi abalutho ukuphambanisa. Impilo isisethusa kakhulu nxa kulinganiswa lalokho ebiyikho khona besakhula, ikakhulu njengoba sekulohlupho lomkhuhlane weAIDS. Yikho nje behlala beqonqosela izinto okungafanelanga uzenze. Ungakhohlwa ukuthi esikhathini esinengi balezicebiso ezinhle.

Kukhona ongakwenza ukuze lizwanane ngcono. Okokuqala yikuthi ubatshengise ukuthi bangakuthemba. Yenza lokho abathi ukwenze. Nxa ucabanga ukuthi lokho abakwenzayo akuqondanga, khuluma labo. Njalo lalela nxa bekucebisa. Okwesibili, ungaba phakathi kohlupho babuze ukuthi bona bacabangani. Batshele ukuthi wena ufuna ukuthi impilo yakho ibe njani ukuze bakuzwisise ngcono. Okokucina, nxa ukhuluma labo zibambe utshengise imbeko, ungazondi njalo ungabadeleli. Ungabona usuqalisa ukuzonda, batshele kuhle ukuthi lizaphela liqhubeke ngenkulumo yenu.

Qhubeka uzama – awusoze uzisole. Nxa lokhu kungasebenzi, khuluma lombalisi kumbe lomngane wemuli yakwenu.

Anti Stella

OKUFANELE KWENZIWE

- Bhala zonke izinto ozithandayo ngalokhu oyikho khona – njengokumomotheka kwakho, ubungcitshi bakho ezintweni ezithile kumbe ukungabi nguthathekile Lezizinto wazifunda ngaphi? Wafunda kwabemuli yini?
Ngemva komsebenzi lo ususizwa njani mayelana lalokhu okwenziwa yimuli yakwenu okwenza ukuthi ucabange ngendlela ocabanga ngayo kumbe ube lemizwa ethile?
- **UMDLALO:** Sebenzani ngababili likhethe into eyodwa lapho abatsha labadala abangavumelani khona. Ntshintshanani umuntu munye ngamunye azifake esikhundleni sabazali bephikisana labatsha, beselitshela abeqembu ukuthi lizwe njani.
- Lisemaqenjini enu cabangani ngempilo lapho abazali kanye labantu abadala abangacebisi khona abantu abatsha. Le ingaba yimpilo bani? Tshengisani okucatshangwa liqembu lenu ngokudweba umfanekiso, ngokudlala umdlalo, ngokuhlabela ingoma kumbe ukubhala inkondlo.
- Khuluma lomunye wabazali bakho kumbe labo bobabili libeke isikhathi lapho elizakhuluma khona ngento ekuhluphayo. Zikhumbuze ukuthi uzathini isikhathi sokukhuluma singakafiki njalo ungakohlwa okwatshiwo nguAnti Stella mayelana lokuzibamba, ukuba ngumuntu ozwisisayo, kanye lokuhlonipha.



Leroy othandekayo

Nxa usukhethe ukulala lomunye umuntu kutsho ukuthi lobabili selilomlandu wokuvikelana, wokuphathisana, njalonjalo. Akumelanga noma sekutheni ufake intombi yakho engozini, ngakho kuqakathekile ukuthi uyitshela iqiniso ukuze uyivikele emkhuhlaneni ongelula ukwelapheka njalo oyingozi. Khumbula ukuthi nxa intombi yakho ingelaphisanga umkhuhlane wengulamakhwa ongabe uyithelele yona, ingaphinda njalo ikuthelele wena.

Imikhuhlane yengulamakhwa yehlukene, njalo uhlupho yikuthi izitshengiselo zemikhuhlane le eminengi kaziveli sobala. Esikhathini esinengi abesifazane bathatha isikhathi eside bengelazitshengiselo zalimikhuhlane lanxa belayo.

Ngakho ke wena bana leqiniso lokuthi lobabili liyelatshwa. Cela unesi akuphe incwajana yokwazisa intombi yakho loluhlupho (njalo nxa kusenzeka, lentombi leyana owahlangana layo ebhawa). Intombi yakho (kumbe le eyebhawa) izathatha incwadi le iye layo ekilini lapho ezaphiwa khona imithi efana lale owayiphiwayo wena ingabuzwanga lutho. Natha yonke imithi oyiphiweyo wedwa njalo qhubeka uyisebenzisa lanxa ususizwa ngcono.

Wena lentombi yakho khulumani ngokusebenzisa amakhondomu ngaso sonke isikhathi nxa lilala lonke. Le yiyo yodwa indlela yokuzivikela emikhuhlaneni yengulamakhwa. Kumele ube lentombi eyodwa kuphela, njalo njengoba nje sewake waya emacansini ungazivikelanga, cabanga ngokuyahlolwa ukuthi ulegcikwane leHIV kumbe hatshi.

Sesibuyela kwezothando lwenu – khulumani likhululekile ngokuthi omunye lomunye wenu ufunani komunye. Ubuqotho lokuthembeka kuqakathekile kakhulu ekutheni abantu abathandanayo bahlale bejabulile. Lobabili ngilifisela inhlanhla.

Anti Stella

OKUFANELE KWENZIWE

- **UMDLALO:** Kufuneka umfana lenkazana. U-Leroy usekhethe ukuthi atshele intombi yakhe ukuthi ulomkhuhlane wengulamakhwa. Kwenzakalani? Usebenzisa ulwazi olalo, alubana unguLeroy, ubuyizatshela intombi yakho kumbe loba ngubani owake walala laye ukuthi ulomkhuhlane wengulamakhwa?
- **IPHROJEKITHI:** Dweba imephu etshengisa zonke indawo ozaziyo ezisesigabeni sakini lapho abatsha abangazuza khona amakhondomu. Endaweni yinye ngayinye esemephini yakho, bhala impendulo zemibuzo le:
 - a Amakhondomu la aphiwa mahala kumbe ayathengwa?
 - b Kumele ube usuleminyaka yokuzalwa emingaki ukuze uwaphiwe kumbe uwathengiselwe?
 - c Amankazana ayaphiwa na?
 - d Bayapha yini ikhondomu yabantu besifazane?
 - e Bayabahlonipha yini abatsha?

Phana indawo yinye ngayinye amamaki athize phakathi kwamamaki alitshumi afanele impendulo yakho.

Nxa kuyikuthi imephu itshengisa ukuthi abantu abatsha abazuzi amakhondomu lula njalo bekhululekile, lingenzani ukuze umumo lo ube ngcono? Yiziphi inhlanganiso kumbe abantu abangaphathisa?

- Khangela ikhadi 7 lekhadi 13 lapho okulolunye ulwazi mayelana lemikhuhlane yengulamakhwa.

Charity othandekayo

Ukuba legcikwane leHIV akufanelanga kutsho ukuthi uzakufa. Kunengi ongakwenza ukuze ungaguli. Okokuqala, kufanele uzigcine kuhle – dlana ukudla kwemvelo njalo okungathengwa kulungisiwe (akuduli!), ziphe isikhathi sokulala esaneleyo uphinde welule umzimba okwaneleyo, ungadli izinto eziletshukela njalo unganathi utshwala, phangisa welaphise loba yiwuphi umkhuhlane okuhlaselayo njalo sebenzisa amakhondomu ngaso sonke isikhathi nxa usiya emacansini. Indlela eqakathekileyo yokuba lempilakahle yikuphila ulethemba njalo uzimisele ukuthi loba uleHIV uzaphila impilo enhle.

Zama ukudinga umcebisi leqembu eliphathisa abantu abaleHIV ukuze bahlale bekukhuthaza – cela uncedo kulabo abasebenza lapho owahlolwa khona, kumbe kunhlanganiso ephathisa abantu abaleHIV, kumbe kunhlanganiso yempilakahle esesigabeni sakini. Bangakuphathisa ukuthi ukhulume loyihlokazi nxa usukhethe ukumtshela.

Abantu abanengi bayawesaba umkhuhlane weAIDS. Besaba ukufa, isizungu, ukubalekelwa ngabangane lokuphathwa kubi. Ukuhlangana labanye abantu abaleHIV kuyaphathisa ekuqedeni ukwesaba lokhu. Abantu abanengi sebeleminyaka eminengi bephila legcikwane leHIV, kodwa ke ngabantu abalempilakahle njalo abaphumeleleyo; abanengi baya emacansini njalo abanye bakhetha ukuba labantwana. Lawe ungakwenza lokhu ungazuza umuntu okucebisayo lokutshela iqiniso. Abanye abantu bangakupha ithemba, njalo ungezwa bekutshela ngempilo zabo uzakuzwa usiba lesibindi. Lawe ungaphathisa abanye.

Anti Stella

OKUFANELE KWENZIWE

- Khuluma labantu abakhuluma bekhululekile ngokuthi balegcikwane leHIV kumbe umkhuhlane weAIDS. Bacele bakutshela konke okubaphathisayo ukuze baphile belempilakahle njalo belethemba. Wonke umuntu uyaludinga lolulwazi – sebenzani lenhlanganiso lendawo eziphathisa abatsha ukuze liphe abanye ontanga lolulwazi.
- Yenza inhlolisiso ezaveza sobala indlela abantu ababona ngayo izinto ezithize. Chitha iviki eyodwa ulalela ukuthi abantu bathini mayelana labantu abaleHIV leAIDS. Baphe ulwazi olufaneleyo ubusubaqondisa ngenhlonipho nxa besitsho izinto ezenza abantu balahle ithemba. Tshela abeqembu lakho uphinde utsho ukuthi lokhu kukufundiseni.
- Akucabange ngesikhathi lapho owenelisa khona ukuthatha inyathelo lokuqeda uhlupho lokuzizwa ungathabanga njalo usizwa angathi akulamuntu olendaba lawe. Kuyini okwakuncedayo? Tshela abeqembu lakho. Ngemva kwalokho xoxani ngokuthi phakathi kwalokhu elikuvezileyo yikuphi okungaphathisa abantu abaleHIV kumbe iAIDS.
- Bala amakhadi 19, 22 lo-40 ukuze ubone eminye imibuzo evela ebantwini abaphila leHIV.

Nyaradzo othandekayo

Ngilusizi ukuthi uphakathi kohlupho olungaka. Ye, kungenzeka ukuthi uzithwale lanxa uqalisa ngqa ukulala lomfana. Kumele uhlolwe ukuze wazi iqiniso. Ungayahlolwa ekilini, kumbe uye esitolo esithengisa imithi – efamasi - uthenge ikhithi elezinto okumele uzisebenzise ukuze uzihlole.

Nxa uzithwele khuluma lejaha lakho lomunye umuntu ozwana laye. Ungazilimazi kumbe ulimaze umntanakho. Khuluma labantu abangakunceda ukuze wondle umntanakho kuhle. Lokhu akusoze kube lula, kodwa ngithemba abemuli labangane bakho bazakunceda.

Iphilisi eliginywa umuntu esanda kuya emacansini ukuze angazithwali (morning after pill) liphilisi elithengiswa ekilini kumbe efamasi elenziwe ngokuhlanganisa inhlobo ezinengi zamaphilisi okwenqabela ukuzithwala. Lisebenza kuphela nxa linathwe kungakedluli amahola angu-72 umuntu eye emacansini.

Nxa ungazithwalanga, ulenhlanhla. Abafana babamba amankazana ngamandla ukuthi aye emacansini, kodwa ke ukuya emacansini akusinto ongayikholisa nxa ungafuni ukuyenza.

Nxa ulokhu usathanda ijaha lakho kodwa ungafuni ukulala lalo, lazise lokhu. Chithani isikhathi lindawonye, kodwa ke lingalodwa, linganathi njalo lingasebenzisi izidakamizwa ngoba zenza kube nzima ukuthi umuntu abambelele kulokhu okufunwa ngumoya wakhe.

Mina ngibona kungcono ukuthi ungayi emacansini uze ukhule – abantu abanengi bakhetha ukungayi emacansini baze bende kumbe bathathe. Le yinto okumele uzikhethetele yona. Nxa usufuna ukuya emacansini zivikele ngokusebenzisa ikhondomu yabesilisa kumbe eyabesifazane.

Anti Stella

OKUFANELE KWENZIWE

- **UMDLALO:** Kufuneka abantu ababili (umfana lenkazana), umfana ukhombisa inkazana emtshela ukuthi ilamakhondomu njalo ingamphathisa ukuthi agqoke ikhondomu. Kwenzakalani?

Phindani njalo umdlalo lo kodwa khathesi lintshintshane izikhundla umfana alingise obekusenziwa yinkazana, inkazana izifake esikhundleni somfana. Okwenzakalayo kulokhu kusafana lalokho okwenzakale kuqala na?

Khathesi xoxani ngokuthi kungani abafana lamankazana asebeqalise ukuya emacansini kufanele bathwale amakhondomu.

IMPICANO: Amakhondomu abantu besifazane

Phakathi kwenkulumo lezi yiziphi EZILIQINISO njalo yiziphi EZINGAMANGA? Bona impendulo eziqondileyo ngaphansi kwekhasi leli.

- 1 Amakhondomu abantu besifazane enqabela ukuzithwala, imikhuhlane yengulamakhwa leHIV.
- 2 Amakhondomu abesifazane ayadula ukwedlula awabesilisa.
- 3 Ikhondomu yabesifazane ingabanga umsindo nxa isetshenziswa. Ngakho ke kufanele uyigqoke kusasele amahola amalutshwana lingakayi emacansini.
- 4 Nxa usebenzisa amakhondomu abesifazane kungcono usebenzise lamafutha abulala ubudoda.

- Bhala ingoma kumbe isilogani ukhuthaza ontanga ukuthi bangagijimeli ukuya emacansini besabancane kanye lokuthi bathandane lomuntu oyedwa kuphela. Hlabela ingoma yakho kumbe utshengise abanye lokho okubhalileyo beselikhetha ukuthi ngubani olenkuthazo engcono kuleyabanye.
- Bala ikhadi 32 ukuze wazi ongakwenza ungazithwala ungakafuni.

Farai othandekayo

Ngilusizi ukuthi intombi yakho iphakathi kohlupho olunje kodwa ngiyajabula ngoba uzimisele ukuyiphathisa.

Umkhuba wokulobola usebenza kuhle nxa ulandelwa ngemfanelo hatshi nxa imuli zifuqwa yimali kuphela. Ukubamba owesifazane ngamandla ukuthi ende yikwephula ilungelo lakhe.

Khuluma loSusie ukuze akutshela ukuthi ufuna umncede ngandlela bani. Lobabili selingaphathisana ukuze libone ukuthi uhlupho lolu lingaluqeda njani.

Mhlawumbe lobabili lingakhuluma labanye abemuli yakhe mayelana lokuthi enzeni. Nxa bemzwela bangamphathisa nxa esekhuluma labazali bakhe.

Nxa lokhu kungaphathisi uSusie angayadinga uncedo kunhlanganiso yabomama. Kodwa ke lokhu kungatsho ukwephula ubudlelwano bakhe lemuli yakwabo. Akulula ukuthi uSusie azi okungelantandabuzo ukuthi enzeni, ngakho ke zama ukumphathisa njalo ungaphindezeli ubunzima emthwalweni awuthweleyo.

Umumo akuwo kawulula, kodwa ngithemba ukuthi ukhona owemuli yentombi yakho kumbe owesigaba sakini ozaliphathisa.

Anti Stella

OKUFANELE KWENZIWE

- Kumaviki ayisithupha azalandela xoxa labantu abalitshumi, abadala labatsha, ubabuze ukuthi bacabanga ukuthi abazali balelungelo lokukhetha ukuthi abantwababo abangabafana labangamankazana bathathe bani kumbe bendele kubani. Emveni kwalokhu xoxani lindawonye ngalokhu elikuqoqileyo.
- Akukhumbule ezinye izibonelo ezitshengisa ukuthi abatsha labadala balemibono eyehlukeneyo mayelana lokuthi izinto kumele ziqhutshwe njani. Lingenzani ukuze lizuze indlela yokuxoxa ngemibono le eyehlukeneyo, lizwisise ukuthi kungani abadala labatsha belemibono engafaniyo, liphinde lixoxe ngokuthi uhlupho lolu lungaqedwa njani?
- Zipheni isikhathi sokusebenzisa amanye amakhadi kaAnti Stella ndawonye leqembu elilabantu abatsha behlangene labadala. Celani abadala baxoxe ngalokho okungaphansi kwesihloko esithi 'okufanele kuxoxwe ngakho' lalesi esithi 'okufanele kwenziwe'. Ngemva kwalokhu xoxani ngeyenu imibono. Kube lomahluko omkhulu yini phakathi kwemibono yabantu abadala leyenu? Elikwenzileyo kuphathisile yini ekuthini kungabi lomahluko omkhulu phakathi kwemibono yabadala labatsha?

Cynthia othandekayo

Wenze kuhle. Ngiyaziqhenya kakhulu ngawe lalabo ofunda labo. Ukuthi umuntu amele lokho akholwa ukuthi kulungile kudinga isibindi. Kuyadanisa ukuthi sekukanengi ngisizwa indaba ezifana lale.

Ungakhohlwa ukuthi lanxa injongo yakho kuyikunceda uLoveness, okunye ozama ukukwenza yikuguqula indlela isikolo esiphatha ngayo ababalisi abahlukuluza abafundi. Lokhu akulula.

Zama ukudinga abantu abanengi sibili abazasekela imizamo yakho baphinde basayine isikhalazo sakho – abafundi, ababalisi, abazali, abatsha kanye lenhlanganiso zabomama, abanye abantu besigaba sakini, ikakhulu abantu abahlonitshwayo njalo belesithunzi (abanjengenkokheli zesigaba, inkokheli zombangazwe, labantu bamabhizimusi). Bhalela amaphephandaba esigaba sakini kanye lalawo amela ilizwe lonke jikelele incwadi ukuze abanye abantu bazwisise ukuthi lenzani. Ukuthi ibhodi ekhokhela isikolo izalalela yini kumbe hatshi kuzaya ngokuthi kulabantu abangaki abalisekelayo.

Okunye njalo yikuthi lingakhathazeki nxa kuyikuthi imizamo yenu kayihle iphumelele khonokho nje. Esikhathini esinengi kuthatha isikhathi eside ukuthi kube lenguquko. Akufanelanga lizizwe sabantu abehluliweyo lanxa lingaphumelelanga okwakhatesi. Yonke imizamo eqonde ukuguqula ulutho olubi, kungelani lokuthi mncane okunganani, itsho ukuthi selinqobile.

Anti Stella

OKUFANELE KWENZIWE

- Ucabangani ngempendulo kaAnti Stella? Uvumelana lalokho akutshoyo na?
- Kulezinye izinto eziluhluphayo yini esikolo senu kumbe kunhlanganiso yenu kumbe esigabeni senu ofuna zilungiswe? Yenzani amalungiselelo okulungisa izinto lezi lindawonye. Khethani ukuthi kuyini elifuna kuguquke kanye lokuthi ngubani ongaliphathisa. Yenzani umhlangano beselilungiselela okumele kwenziwe njengalokhu okungaphansi:

| Uhlupho | Esikufunayo | Amasu | Okufunekayo | Ngumlandu kabani? | Isikhathi |
|----------------|----------------------|---|--|---|--|
| Luhlupho bani? | Sifuna nguquko bani? | Kumele senzeni ukuze kube lenguquko? Njengesibonelo, ukwenza imihlangano, ukukhuluma labantu abangaphathisa, ukubhalca isikhalazo | Kuyini okufunekayo? (okunjengemali, abantu abazakwenzalumsebenzi kumbe izinto ezizasetshenziswa) | Eqenjini lethu ngubani ozakwenza msebenzi bani? Njengesibonelo, <u>Fadzai</u> - wenza amalungiselelo omhlangano <u>Jeff</u> - ulungisa amagwaliba <u>Linda</u> - uncedisa ukuwaphanyeka | Ilanga lapho esivumelana khona ukuthi siqalise umsebenzi, lokuthi sifuna ukuqeda nini. |

Josephine othandekayo

Ukuphangisa ukwenda kumbe ukuthatha kwande ukuletha inhlu pho ngenxa yokuthi abantu abasakhulayo kabalutho ukuntshintsha ingqondo njalo abakakwazi abakufunayo empilweni. Kodwa ke kumele wazi ukuthi kulezinsuku banengi omama abanjengawe abala ukulala labomkabo nxa bengasebenzisanga amakhondomu. Omama abanengi sebesithi HATSHI kubomkabo abangathembekanga baphinde bathi HATSHI besala ukuthelelwa igcikwane leHIV ngenxa yokungathembeki kwabomkabo.

Ulesibindi ngokwala ukulala loThulani ngenxa yokuthi ufuna ukuzivikela, ikakhulu njengoba ulomntwana omncane ofuna ukondliwa. Okunye ongakwenza yikuthi usebenzise amakhondomu abantu besifazane. Kodwa ke lingeke liqhubeke lisenzenje okwempilo yenu yonke. Lobabili kumele liyehlolwa. Khuluma njalo loThulani. Kumele uzwisise ukuthi kungani esesaba. Ukhona yini omunye ongamkhuthaza ukuthi ayehlolwa? Nxa engekho yana cela uncedo endaweni lapho okuhlolwa khona ukuthi umuntu uleHIV loba hatshi.

UTHulani angabe elokhu esala kufanele ucabangisise sibusibili – ukuthi okuqakathekileyo kuwe kuyini njalo lokuthi sekufanele wenzeni. Tshela umkakho lokho okucabangayo njalo buza ukuthi ufuna liqhubeke lilonke na. Nxa lihlala lonke kuzalipha ithuba elihle elokuthi likhulume ngokuthi njengabantu abathatheneyo likhangelele ukuthi liphathane njani. Abemuli kumbe umcebisi angaliphathisa.

Ngilifisela inhlanhla lobabili.

Anti Stella

OKUFANELE KWENZIWE

- **UMDLALO:** Ngababili zifakeni esikhundleni sendoda lomkayo (akulandaba lanxa lobabili lingabafana kumbe lingamankazana). Yenzani ingxoxo etshengisa umfazi ofuna umkakhe asebenzise ikhondomu, kumbe ukuthi ayehlolwa ukuthi uleHIV kumbe hatshi. Ngemva kwalokhu tshela abeqembu lakho ukuthi kuhambe njani. Lizwe njani lizifake esikhundleni 'somfazi' kumbe 'esendoda'? Ingxoxo le ikufundiseni?
- Okulula yikuphi, ukuthi intombi icele ijaha layo ukuthi lisebenzise ikhondomu, kumbe ukuthi umfazi acele umkakhe ukuthi asebenzise ikhondomu? Kumbe njalo kuyafana? Nxa kwehlukene kungani kulomahluko?
- Lisemaqenjini enu dwebani umfanekiso wendoda lomkayo abahlezi kuhle bejabula. Emfanekisweni lo bhalani kumbe lidwebe litshengisa zonke izinto eziletha injabulo kulabo abathatheneyo. Thathani umfanekiso lo litshengise amanye amaqembu. Elikubhalileyo kumbe elikutshengisileyo kuyafana lokwenziwe ngamanye amaqembu na?

Siphiwe othandekayo

Ukuzizwa udanile yinto ezwiwa ngumuntu wonke, lanxa nje kubuhlungu. Ontanga abanengi baphila impilo enzima kakhulu ngenxa yobuyanga lodlakela. Lalabo abahlezi kuhle labo bangafikelwa yimizwa yokudana.

Njengomuntu osakhulayo, kulenguquko enkulu sibili eyenzeka emzimbeni wakho engenza uzizwe uthabile, kuthi ngemva kwesikhatshana uzizwe udanile, uphinde uzizwe uthabile njalo. Mhlawumbe abanye abangane bakho balemizwa efana leyakho – batshele ngohlupho lwakho ukuze labo bazizwe bekhululekile ukuthi batsho okubahluphayo.

Amanye amankazana labanye omama bangazizwa behlulukelwe nxa sebezangena esikhathini – lokhu kubangelwa yikho kanye ukuthi sebefuna ukungena esikhathini. Buza isisebenzi sezempilakahle kumbe umama osekhulile ukuthi ungenzani ukuze uqede uhlupho lolu.

Kulezinto ongazenza ezingaphathisa ukuqeda loluhlupho. Ungafihli imizwa yakho. Khuluma ngayo labangane labemuli. Ukuhlala uselula izitho zomzimba kungaphathisa. Ziphe isikhathi sokulala esaneleyo uphinde udle ukudla okwakha umzimba. Ziphe isikhathi sokuzilibazisa ukuze wenze izinto ozithandayo, ezinjengokuhlabela lokubala. Khala nxa usizwa kusithi khala – lokhu kungenza uzwe ngcono.

Nxa zonke lezizinto zingancedi, sekumele udinge uncedo esibhedlela kumbe ekilini njalo ucetshiswe.

Ngikufisela inhlanhla. Ukucela kwakho uncedo kutshengisa ukuthi ungumuntu olesibindi, njalo ngileqiniso lokuthi lokhu kuzakuphathisa ukuze uqede loluhlupho.

Anti Stella

OKUFANELE KWENZIWE

- Phakathi laphakathi kwekhasi elikhulu, dweba umuntu odanileyo. Dweba zonke izinto ezingamenza azwe ngcono zigombolozele umuntu lo. Dweba izinto eziyizo ezingamnceda ngcono duzane lomfanekiso wakhe, zilandelwa ngezinye zonke.
- Tshela abeqembu lakho ngokuhlulukelwa okuzwe kunsuku ezisanda kwedlula kumbe lapho ozwe khona ingqondo zakho zingathathisisi kuhle kumbe ungalutho ukucaphuka. Batshele ukuthi bekulesizatho yini kanye lokuthi imizwa le yaphela njani.
- Kuviki yinye ngayinye khethani isikhathi lapho elizaxoxa khona ngokuthi iviki leyo ihambe njani liphinde liveze imizwa yenu – beselibona ukuthi lingancedana njani lokuthi lingaya ngaphi ukuze lizuze olunye uncedo. (Nxa kulezikhathi ezithile lapho elihlangana khona, qalisani umhlangano wenu ngalingxoxo.)
- Nxa uselula izitho zomzimba okungedluli kathathu ngeviki, khuluma lomngane wakho ukuze lenze okunye elilukholisayo – okunjengokuhambahamba kumbe ukugijima.
- Ukuphathisa abanye ngenye yezinto ezingaletha intokozo. Khetha izinto ezimbili ofuna ukuzenza (njengokuphathisa abantu bensonto yakini kumbe ukuncedisa abantwana abancane ukuthi benze umsebenzi abawuphiwe esikolo bengekhyaya). Yenza amalungiselelo okwenza imisetshenzanyana le. Emveni kwalokhu xoxani ngokuthi lizwe njani lisenza lokhu.



Priscilla othandekayo

Ngilusizi ngalokhu esekwenzakele. Kodwa awusuwe wedwa okulo umumo, ngakho ke ngicela ungenzi ulutho olungakulimaza kumbe olungalimaza umntwana. Khuluma lomuntu omthembayo kumuli yakwenu kumbe esigabeni sakini. Angakuncedisa ukuthi utshele abazali bakho ngodaba lolu. Abazali bakho mhlawumbe bazathi bekuzwa lokhu baphele amandla kumbe bazonde kakhulu, kodwa ngokuya kwesikhathi abazali kwande ukuthi bancede abantwababo.

Nanku ongakwenza:

- Ukondla umntanakho uncediswa ngabangakini, ngithemba, lejaha lakho. Umntwana angakhula, ungaqhubeka ngemfundo yakho. Kumbe njalo angaba khona omunye owemuli ongagcina umntanakho wena uqhubeka ngemfundo yakho.
- Ukuyatshiya umntwana endaweni lapho okutshiywa khona abantwana ukuze badingelwe abazali abazabondla sabantwababo ngokusemthethweni. Ngaleyondlela omunye umuntu ofuna umntwana uzathaba kakhulu nxa esephiwe umntanakho ukuthi amondle. Kulenhlanganiso ezingakuphathisa ukwenza lokhu.

Ngiyakucela sibili Priscilla ukuthi ungakhuphi isisu lesi okungekho emthethweni. Lokhu kuyingozi kakhulu njalo kungabangela ukuthi ungabi lenzalo kumbe ukuthi ufe. Ungagqibi loba yini ngaphansi esithweni sensitha, njalo ungavumeli ukuthi loba ngubani enze lokhu. Ungacabangi ngokulahla umntanakho, umthetho awukuvumi lokhu njalo kuzakuthonisela kukwenze uhlale udanile.

Cabangisisa ungakenzi lutho. Ngithemba uzaphathiswa ngemfanelo. Ngikufisela inhlanhla.

Anti Stella

OKUFANELE KWENZIWE

- EZimbabwe umthetho uvumela ukuthi owesifazane akhuphe isisu kuphela nxa ebanjwe iganyavu, kumbe nxa yena ngokwakhe kumbe umntanakhe esengozini. Ukuze umthetho ukuvumele ukuthi ukhuphe isisu kuthatha isikhathi eside njalo akulula. Kwamanye amazwe anjengeSouth Africa, umthetho uvumela owesifazane ukuthi akhuphe isisu nxa singakabi lamaviki alitshumi lambili. Wena uthini ngalokhu?
Yenzani impikiswano ngalokhu.
- **UMDLALO:** Abantu abathathu abeqembu lenu badlala umdlalo betshengisa umuntu ophathisa uPriscilla etshela abazali bakhe ukuthi uPriscilla uzithwele. Loba ngubani phakathi kwalabo ababukeleyo angamisa umdlalo lo loba yisiphi isikhathi, athathe isikhundla saloba yiwuphi umdlali enze okwehluke kulokhu obekusenziwa. Ngemva kwalokhu xoxani ngokuthi yikuphi okungenzeka empilweni kaPriscilla njalo okungamnceda nxa kulinganiswa lakho konke okunye.
- Wazi ziphi inhlanganiso kumbe amaqembu aphantsayo – esigabeni sakini kumbe kwezinye indawo - anganceda kumbe acebise amankazana anjengoPriscilla azithwala engafuni? Dinga ulwazi ngenhlanganiso lezi kumbe ngamaqembu la.
- Phakathi kwalezinhlanganiso zikhona yini ezinye ezikhankasela ukuthi elizweni lenu umthetho uvumele ukuthi abesifazane bakhuphe izisu? Ziceleni zizoxoxa lani ngomsebenzi wazo.

Munyaradzi othandekayo

Ngikwenzela amhlophe ngokufuna ukuzivikela kanye lokuvikela intombi yakho ukuze ingazithwali lingakafuni, kanye lokuzivikela kugcikwane leHIV lakumikhuhlane yengulamakhwa. Inhlanganiso zenkolo ezinengi zikhuthaza abantu ukuthi bangayi emacansini bengakatshadi, njalo azikhuthazi ukusetshenziswa kwamakhondomu. Kodwa abantu benkolo zonke sebeguquka, sebekholwa ukuthi kungcono abantu basebenzise amakhondomu ukuze bavikeleke kuHIV. Abanye bathi ukuya emacansini abantu bengakatshadi kuyisono, kodwa ke ukungasebenzisi ikhondomu – ukufaka impilo yesithandwa sakho engozini – lakho kuyisono ngoba kuphikisana lomlayo othi ‘ungabulali’.

Nxa wena lentombi yakho selikhethe ukuya emacansini, cabangani ngokuthi kuyini okungcono: ukusebenzisa amakhondomu kumbe ukungawasebenzisi. Kwezempilakahle, ubuhle bamakhondomu busegcekeni, kodwa ke kumele licabange ngenkolo yenu.

Kesikhangele umbuzo wakho olula: amakhondomu kawalazo izikhadlana, ngakho igcikwane leHIV lingeke livuze ngezikhadlana nxa usebenzise ikhondomu. Kodwa kungenzeka ukuthi nxa lisemacansini ikhondomu inyomuke kumbe idabuke, yikho nje kuthiwa amakhondomu kawavikeli ngokugcweleyo. Nxa esetshenziswa ngokuqondileyo njalo ngaso sonke isikhathi, amakhondomu yiyo indlela eyaziwayo yokwenqabela ukuthelelwana kwegcikwane leHIV – ngaphandle kokuthi umuntu angayi emacansini ngitsho kumbe aye amacansini lomuntu oyedwa othembekileyo okwempilo yakhe yonke. Lokhu yikho okuvikela umuntu ngokugcweleyo. Nxa usuke waya emacansini ungasebenzisanga ikhondomu, cabanga ngokuyahlolwa ukuthi uleHIV kumbe hatshi ungakalali lentombi yakho.

Anti Stella

OKUFANELE KWENZIWE

- Ngenyanga kaMbimbitho ngomnyaka ka-2004, uBishop Kevin Dowling owebandla lamaRoma laseRusternburg eSouth Africa wathi:

'Ukungayi emacansini umuntu engakatshadi, kanye lokuthembeka kwabantu abathatheneyo njalo behlalisane kuhle – kusegcekeni ukuthi yizo izinto ezidala inhlalakahle ziphinde zenze abantu bavikeleke emikhuhlaneni. Kodwa ke insonto ihambisa ivangeli kuye wonke umuntu, ngakho ke kufanele yazise abantu zonke indlela abangazisebenzisa ukuze bangathelelwa iHIV, njalo eyinye yazo yikusebenzisa amakhondomu, hatshi sandlela yokwelamisa imuli, kodwa ke sandlela yokwenqabela ukuthelelwana kwegcikwane elibangela ukufa.'

Uvumelana lenkulumo le na?

- Yenzani ingxoxo ngesihloko esilandelayo:
'Lanxa ungumuntu olandela inkolo ethize kungenzeka ukuthi ube leyakho imiqondo mayelana lezinto eziphathelane lempilo yakho kanye lobudlelwano bakho labanye abantu eyehluka kweyenkolo leyo.'
- Khuluma labantu benhlanganiso zenkolo abaphathisa imuli kanye labantu abaphatheke kubi ngenxa yeHIV leAIDS – bathini ngokusetshenziswa kwamakhondomu?
- Kuleqembu yini esigabeni sakini lapho ontanga benkolo ezehlukeneyo (kumbe abokholo lunye) abangahlangana khona baxoxe baphinde bacebisane ngenhlupho abakhangelane lazo? Nxa lingekho, lingenzani ukuze libe lalo? Njalo lingenzani lindawonye ukuze lincede abantu esigabeni senu?

Alice othandekayo

Akulanto embi ngokuba yinkotshane. Abantu abathi akuhambelani lamasiko abo kumbe lenkolo yabo abazwisisi. Ukuba yinkotshane akuyangisi.

Okufanele ukwenze kuqala yikuthi wamukele lokho oyikho khona. Khuluma lomuntu ozakuphathisa ukuthi uzithembe ngamandla. Awuwedwa kulokhu. Inkotshane zikhona kuwo wonke amazwe omhlaba. Nxa ufihla imizwa yakho ngenxa yokuthi wesaba ukuthi abanye abantu bazakuhleka, mhlawumbe bakhona abanye abanjengawe.

Ngakho ke okwesibili yikuthi udinge ezinye inkotshane. Lokhu akunzima: buza, lalela, bala amaphephandaba lamamagazini. Inengi lamadolobho amakhulu lilenhlanganiso zenkotshane. Khuluma lazo. Uzezwa ngcono unganglangana labantu abanjengawe!

Okunye njalo yikuthi inkotshane ezinengi ziyemukelwa ngabemuli kanye labangane. Nxa abantu sebebodwa kumbe besensitha, kwande ukuthi bazwisise njalo bamukele abangake bakwamukele nxa bephakathi kwabanye. Ungakhohlwa ukuthi nxa ufuna ukutshela abantu into enje, mana baze bakhululeke, njalo phindaphinda lokho ozabatshela khona uwedwa isikhathi sokubatshela singakafiki ukuze ungesabi. Abanye abafundisi bayazwisisa ukwedlula owenu. Bakholwa ukuthi nxa uNkulunkulu wadala inkotshane kumele insonto izamukele. Ngakho-ke ungangathazeki kangako.

Ngikufisela inhlahlala yokuzuza umuntu ozakuthanda!

Anti Stella

OKUFANELE KWENZIWE

- **IMPENDULO: Impicano mayelana lenkotshane**
Inkulumo 1 lo-4 yimibono nje kuphela engasiqiniso, inkulumo 2 lo-3 liqiniso.
- Uyavumelana lempendulo kaAnti Stella na? Phakathi kwezinto ozikholwayo ngenkotshane yikuphi okuvela ekwazini kwakho inkotshane, njalo yikuphi ozwa kukhulunywa ngabantu ohlangana labo nsuku zonke?
- Dingani ukuthi yiziphi inhlanganiso ezicebisa ziphinde ziphathise inkotshane. Celani omunye walezinhlanganiso azekhuluma leqembu lenu aphenjule imibuzo elilayo. Lingabhala imibuzo yenu phansi nxa lilenhloni zokumqonda nta.
- Dingani ulwazi mayelana lesisekelo sombuso kanye lemithetho yelizwe lenu. Njengesibonelo, isisekelo sombuso sithi 'akufanelanga abantu babandlululwe kusiya ngemizwa yabo kwezemacansini' na? Lokhu kutsho ukuthi umthetho uthi inkotshane kumele ziphathwe samuntu wonke. Njengesibonelo, umuntu oyinkotshane ulungelo lukuba lipholisa kumbe umbalisi kumbe umeya, njengaye wonke umuntu. Yenzani impikisano ngalokhu.



Agness othandekayo

Isilumo yinto ejayelekileyo, kodwa ngilusizi ukuthi esakho sikuthwalise nzima. Zinengi izinto ongazenza ukuze uzwe ngcono:

- Hlikihla ingaphansi yesisu sakho, ufithizele ingxenye yesandla sakho ebuthakathaka ephakathi kwesithupha lomunwe wokuqala.
- Gxamuzi ilembu elinzima emanzini atshisayo kumbe ugqwalise imbodlela yokuzikhudumeza okuthiwa yihotwater bottle ngamanzi atshisayo ubusufaka lapho okubuhlungu khona.
- Natha itiyi eyenziwe ngejinja kumbe unathe eminye imithi yesintu.
- Zama ukuqhubeka ngomsebenzi wakho wansuku zonke, zama njalo ukwelula izitho zomzimba lokuhambahamba.
- Natha amaphilisi aqeda ubuhlungu angelamandla kangako (anjenge-aspirin kumbe i-paracetamol)

Nxa kungelabungcono buza unesi kumbe isisebenzi sezempilakahle ngephilisi lokwelamisa imuli elingalamandla kangako elizaphungula ubuhlungu legazi nxa liphuma lilinengi. Amaphilisi la kawalangozi ngitsho.

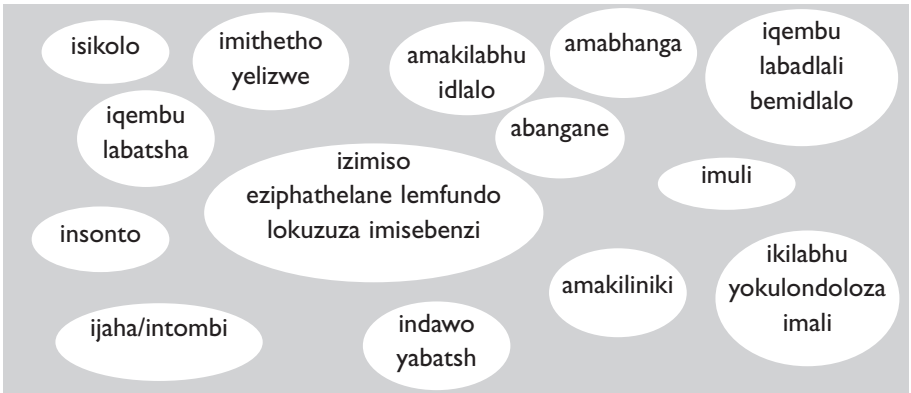
Ungayangeki lanxa abantu besazi ukuthi usesikhathini. Lokhu kuyimvelo nxa uyinkazana kumbe ungumama. Khuluma labangane bakho abangamankazana licele umbalisi wesifazane alincede ukuze kuqedwe uhlupho olukhangelane lamankazana esikolo senu nxa esesikhathini.

Lilelungelo lokufunda, ngakho nxa ukungena esikhathini kubangela ukuthi liphuthe ukuya esikolo nyanga zonke, kufanele lisebenze lesikolo ukuze libone ukuthi uhlupho lolu lungaqedwa njani.

Anti Stella

OKUFANELE KWENZIWE

- **AMANKAZANA:** Zama ukwenza loba yikuphi okucetshiswe nguAnti Stella nxa ulesilumo. Tshela abanye ukuthi kukuncede kanganani.
- **ABAFANA** Khuluma labodadewenu kumbe abanawakho abangamankazana, kumbe amankazana asekilasini yenu. Dinga ulwazi ngokungena esikhathini utsho okukuhluphayo ngaloludaba.
- Empilweni kulezinye indawo kumbe umumo lapho okwakube lula khona ukuthi siguqule izinto esingazifuniyo, besekusiba lalapho okunzima khona ukuthi silawule izinto ezenzakalayo. Khangela amabhaluni angaphansi ubusuwehlukana ngezibaya ezintathu ezithi:
 - kulula ukuthi kube lenguquko
 - kungenzeka ukuthi inguquko ibe khona
 - kunzima ukuthi kube lenguquko



Khetha indawo ezintathu kumbe izimo ezintathu esibayeni sezinto 'kulula ukuthi kube lenguquko' kumbe 'kungenzeka ukuthi inguquko ibe khona'. Ufuna kube lenguquko bani kulokhu okukhethileyo? Ungenzani undawonye labanye ukuze inguquko le ibe khona?

Khangela amalungiselelo ezinto okumele zenziwe ekucineni kwekhadi 29 uqalise ukwenza awakho amalungiselelo!

Nyarai othandekayo

Ngilusizi ukuthi ijaha lakho alisakuphathi kuhle, kodwa ke lanxa nje lokhu kungasinto enhle, yikho kanye okwande ukwenzakala ungakhomba umuntu omdala kulawe njalo engumuntu olemali. Oshuga dedi bathanda intombi ezisakhulayo ngenxa yokuthi zibenza bakholise njalo azibahluphi. Okunye njalo yikuthi bacabanga ukuthi amankazana asakhulayo kawalagcikwane leHIV.

Kodwa ke uthando lwakhona asuthando lwabantu abalinganayo, njalo ushuga dedi angezwa engaselandaba lentombi yakhe, uqalisa ukwephula izithembiso zakhe zonke aphinde ayiphathe kubi. Lokhu yikho esekusenzakala kuwe khathesi.

Ukuya emacansini ungelakhondomu kuyingozi kakhulu njalo imithi yesintu kayelaphi igcikwane leHIV – aluba iyelapha ngabe inyanga zesintu sezinothe kakhulu. Ukukhupha isisu ngokunatha imithi yesintu kungaba yingozi embi njalo kwesinye isikhathi akuphumeleli.

Ngithemba uzamala ubaba lo, uthando lwenu alusoze lukuphe injabulo. Zama ukuthandana lomuntu olingana lawe ukuze utsho okufunayo ukhululekile.

Khumbula ngekusasa yakho lokuthi ungenzani ukuze izifiso zakho zigcwaliseke. Ungafunda ukwenza ezinye izinto ezingakupha imali yokuthi wenze ikhosi yakho yokuba yimodeli. Amamodeli lawo ayayifuna imfundo, njalo ngaphandle komsebenzi wabo wobumodeli, esikhathini esinengi basebenza kwezinye indawo, ngakho ke zama ukudinga okunye okuzakupha imali.

Anti Stella

OKUFANELE KWENZIWE

- Khangela njalo okubhale ngaphansi kwesihloko esithi 'Okufanele lixoxe ngakho' ukuze ubone ukuthi uphe zizatho bani zokuthi kungani amankazana ethanda oshuga dedi. Kusizatho sinye ngasinye dinga indlela inkazana engazuza ngayo lololutho ingazifakanga engozini.

Njengesibonelo: imali lezigqoko ezinhle – amankazana anga...(Bhala ukuthi angenzani).

- **UMDLALO:** Ngababili dlalani umdlalo otshengisa uNyarai esala uGodfrey.

U-Godfrey wenzani? Ngemva kwalokhu tshela abeqembu lakho ukuthi kwenzakaleni lokuthi umuntu munye ngamunye uzwe njani edlala umdlalo lo. Umdlalo lo ukufundiseni?

- Abanye abantu bathi oshuga dedi bahlukuluza amankazana njalo kumele bajeziswe. Abanye njalo bathi amankazana la yiwo alohlupho ngenxa yokuthi ayizihwaba njalo akhomba oshuga dedi ngoba ekhangwa yinotho. Wena uthini?
- Ngababili kumbe liliqembu elincane, khandani ingoma etshengisa elikucabangayo mayelana laboshuga dedi. Bekani isikhathi lapho elizayihlebelela khona iqembu lonke.

Farai othandekayo

Uthando lomuntu oleminyaka yokuzalwa engu-17 lungaqina njengothando lomuntu oleminyaka engu-27. Kodwa ke kufanele wenze konke okumele ukwenze empilweni lanxa ngaphakathi kwakho lusitsha uthando. Okuhle yikuthi izigidi lezigidi zezithandani sezisazi ukuthi lanxa uthando luvutha ngamandla luphambanisa abantu amakhanda nxa lusaqalisa, ngokuya kwesikhathi imizwa le iyaguquka bazwe uthando lwabo seluzikile. Ngakho ke kungenzeka ukuthi lawe ngesikhatshana nje ube lakho ukugxilisa ingqondo engwaleni zakho.

Kodwa ke ukwanelisa ukubona uhlupho kulinyathelo lakuqala eliqakathekileyo ekuluqedeni lolohlupho. Khuluma lentombi yakho mayelana le mizwa yakho beselixoxa ngokuthi lingenzani ukuze LIQHUBEKE ngemfundo yenu lithandana.

Mhlawumbe lingabeka isikhathi lapho elingabonana khona. Kumbe livumelane ukuthi lizabonana kuphela ngemva kokwenza isifundo esithile. Kumbe nxa laye ebhala umhloliso njengawe, lingazama ukubala ingwalo zenu lindawonye – lokhu kufanele likwenze kuphela nxa lizabala ngeqiniso, hatshi ukubambabambana! Nxa lithandana ngeqiniso ngitsho lemisebenzi edinayo enjengokuhlakula lingayikholisa nxa liyenza lindawonye.

Kungakhathalekile ukuthi ukhethani, wena lentombi yakho lingakhuthazana ukuthi lenze umsebenzi wesikolo. Izifiso zakho zonke – eziphathelane lothando kanye lezinye – zizaba lethuba elingcono lokugcwaliseka nxa ungaphumelela emhlohisweni wakho.

Anti Stella

OKUFANELE KWENZIWE

- Bhala ingoma kumbe inkondlo mayelana lobuhle lobubi obungabangelwa luthando. Ibalele kumbe uyihlabelele abeqembu lakho. Inengi lenu liboneni; ubuhle, ububi, kumbe bekulingana?
- 'Uthando luyingozi'! Yenzani ezenu inkulumo mayelana lothando. Yiziphi elizithanda kakhulu?
- Ngababili, tshengisani indlela elizachitha ngazo isikhathi senu kuviki yinye ngayinye. Tshengisani isikhathi sokubala ingwalo kumbe esokwenza umsebenzi, esokudlala imidlalo kumbe esamakilabhu, esokuphathisa imuli, esokubala kanye lesokuphumula – kulapho ongabonana khona lesithandwa sakho. Nxa lilungisa izikhathi lezi yenzani lokho elibona ukuthi ngeqiniso kungenzakala.
- Kwesinye isikhathi imizwa yethu – ethabisayo kumbe edanisayo – ifana lamanzi omfula agijima ngamandla ngemva kwezulu lesiqhotho, akulula ukuthi sazi ukuthi simi ngaphi. Nxa usuke waba kumumo lo, kuyini oyawukwenze ukuze uzwe ngcono – njengesibonelo, ukuthandaza, ukuxoxa lomngane wakho ozwana laye kakhulu, ukunceda omunye umuntu, kumbe ukudlala imidlalo? Tshela abeqembu lakho, njalo kumele lenze isithembiso sokuthi lizaphathisana ngaso sonke isikhathi nxa lidinga uncedo.



Taurai othandekayo

Ngingeke ngikutshela ukuthi ngubani ongamtshela nxa ulegcikwane leHIV kumbe umkhuhlane weAIDS – le yinto enkulu njalo engelula. Lowo lalawo kumele azikhethela lokho akubona kuqondile. Abanye bakhetha ukungatsheli muntu, abanye batshela isihlobo esiseduze kumbe umngane abazwana laye kakhulu, abanye batshela abantu abanengi – njalo lokhu bakwenza ngezikhathi ezehlukeneyo. Konke kuqondile.

Abantu abanengi bezwa ngcono nxa bekhuluma ngemizwa yabo, njalo abantu abanjengonyoko balezibindi zokukhuluma bekhululekile phambi komuntu wonke. Kuqakathekile kakhulu ukuthi wonke umuntu oleHIV kumbe iAIDS azuze umuntu omcebiso kumbe iqembu elimphathisayo.

Kodwa ke nxa uzulu eqhubeka ephatha iHIV samfihlo, ukutshela abantu ukuthi uleHIV kungakulethela inhlobo ezingapheliyo, njengokulahlekelwa ngumsebenzi, ukubalekelwa ngabangane kumbe ukwaliwa yisithandwa kumbe ukubanjwa ngamandla ukuthi uthuthe. Abantu kumele bacabange ukuthi ukutshela abantu kungabanceda ngandlela bani, bakuqathanise lokungabalahlekelwa, bengakatsheli abanye ukuthi balegcikwane leHIV. Nxa usebenza, kufanele wazi amalungelo akho asemthethweni njengesisebenzi esiphila leHIV.

Ngivumelana lawe sibili ukuthi abantwana esikhathini esinengi bafuna ukwazi iqiniso, lanxa liyinto edanisayo.

Ngakho ke ngiyabonga ukuthi usuncede ontanga abanengi ngokuba lesibindi sokuveza sobala uhlupho lwakho Indatshana yakho kanye lekanyoko zizakupha abantu abanengi ithemba.

Anti Stella

OKUFANELE KWENZIWE

- Wena uthini ngempendulo kaAnti Stella?
- Bhala konke wena labangane bakho elingakwenza ukuze liqede ukubandlululwa kwabantu abaleHIV kumbe iAIDS. (Njengesibonelo: imidlalo, impicano, impikisano, ukuba lengxoxo labantu abaleHIV, izikipa ezibhalwe ukuthi, 'NgileAIDS' kumbe 'Umngane wami oleAIDS ulokhu engumngane wami'). Khetha okuthathu iqembu lenu elibona kungcono kulokunye beselibona ukuthi lizaqhuba njani lisenza lokho elikukhethileyo.
- **UMDLALO:** Liseqenjini lenu dlalani umdlalo lapho abantu abakhuluma khona ngomuntu oleAIDS. Inengi lalababantu likhuluma kubi ngomuntu lo, kodwa ke oyedwa wabo uzama ngawo wonke amandla ukuthi aguqule indlela abacabanga ngayo. Isiphetho siba yini?
- Nxusani umuntu onjengoTaurai lonina ukuthi bazekhuluma mayelana lenhlupho asebake bakhangelana lazo ngenxa yendlela abantu ababona ngayo iHIV leAIDS. Babuzeni ukuthi babancedwe yini ukuze bamelane laloluhlupho.



Joan othandekayo

Kukhanya angathi ulamaqhubu ajayelekileyo kwabasakhulayo. Yisitshengiselo sokuthi usukhulile, njalo kubontanga abanengi amaqhubu la ayaziphelela. Lokhu esengikutshilo akukuphathisi ekuqedeni uhlupho okhangelane lalo khathesi. Kunzima kakhulu ukuqeda amaqhubu, kodwa ungalandela izicebiso ezilandelayo kuzakunceda kakhulu.

- Okukuqala yikuthi okudlayo kuqakathekile kakhulu. Dlana izithelo lemibhida eminengi kakhulu njalo dlana ukudla okwakha umzimba njengesinkwa esiyibhurawuni, lempuphu engakhutshwanga isikuba (roller meal). Ungadli ukudla okungalungelanga umzimba – iziwiji, amabhisikiti, ukudla okuphekwe ngamafutha amanengi kanye lokunathwayo okuthengwa kusembodloleni okunjengekhokhokhola. Izithelo kumbe umumbu owosiweyo kumbe ophekiweyo kungcono kakhulu nxa kulinganiswa lamabhanzi lekhokhokhola.
- Okwesibili yilokhu: natha amanzi amanengi. Lokhu kugezisa umzimba wakho.
- Okwesithathu – njalo kuqakathekile – phatha ubuso bakho kuhle. Ungabunindi ngamafutha. Ungakhami amaqhubu akho. Geza ubuso bakho ngesepa lamanzi akhudumalayo njalo buhlikihle ngeminwe ungasebenzisi amandla amakhulu. Ukuhlikihla ubuso ngale indlela usebenzisa izandla ezimanzi ezifakwe emputshini kukhupha ingcekeza njalo kwenza ubuso bube butshelezi.

Abanye ontanga kungadingeka ukuthi baphiwe uncedo lwezempilakahle njengokuthi baphiwe amaphilisi ohlobo lwe-antibiotic ekilini kumbe ngudokotela.

Zama ukungacabangi ngamaqhubu akho. Khumbula okunye okuhle ngomzimba wakho. Njalo qhubeka uvakatsha njalo uzikholisela labangane bakho. Abantu abananzeleli amaqhubu ngendlela esicabanga ukuthi bawananzelela ngayo. Ngikufisela inhlanhla!

Anti Stella

OKUFANELE KWENZIWE

- Bhala zonke izinto ojayele ukuzidla. Zibeke ezibayeni ezimbili – esokudla okuhle lesokudla okungalunganga. Ukudla okungalunganga ukudla nini, njalo ukudlelani? Ungenzani ukuze wengeze ubunengi bokudla okuhle okudlayo?
- Zidwebe wena ngokwakho ephepheni. Bhala utshengise zonke izinto ezinhle emzimbeni wakho kanye lezinto ongenelisa ukuzenza. Njengesibonelo: imbala eqinileyo ekhaba ibhola; amehlo amakhulu angedlulwa lutho, indlebe ezinhle ezilalela inhlupho zabanye abantu; amazinyo amahle amhlophe nke; izandla eziphathisa abemuli. Bhala ngaphansi kwezihloko ezingedluli okuhlanu.

Cina ngokutshengisa ubuso bakho bubobotheka kabanzi!



Chipo othandekayo

Ngikwenzela amhlophe ngokuba lesibindi sokuyahlolwa ukuthi ulegcikwane leHIV kumbe hatshi. Khathezi kunengi ongakwenza ukuze uzinakekele uphinde unakekele lomntwana lo ongakazalwa. Inengi labantwana elizalwa ngomama abaleHIV kalilayo iHIV. Abantwana abathathu kuphela phakathi kwabalitshumi yibo abathelwa iHIV ngonina. Lokhu kwenzakala nxa umntwana engakazalwa, ngesikhathi ebelethwa kumbe emunya. Kuyinto enhle ukuthi kulendlela ezimbalwa ezehlisa ingozi yokuthelwa komntwana ngonina.

Okokuqala yikuthi amakiliniki kanye lezibhedlela zaseZimbabwe zipha omama abazithweleyo umuthi okuthiwa yiNevirapine kungelambadalo. Umuthi lo wenza kube nzima ukuthi umama obelethayo athelele umntanakhe iHIV, njalo wenza umntwana avikeleke kuHIV okwensuku ezintathu esanda kuzalwa. Buza abekilini mayelana lohlelo lokwenqabela ukuthelwa komntwana ngonina (Prevention of Parent to Child Transmission [PPTCT] Programme). Kufanele njalo ukhethe phakathi kokupha umntanakho uchago lwamagabha oluthengwayo, kumbe ukudinga lonke ulwazi mayelana lokuthi ungamunyisa njani umntanakho uchago lwakho kuphela okungelangozi (ungamuphi olunye ulutho, ngitsho lamanzi) okwenyanga eziyisithupha esanda kuzalwa. Ngemva kwenyanga eziyisithupha, kumele umlumule, ubusuqalisa ke ukumupha okunye ukudla.

Kufanele njalo uzigcine kuhle wena ngokwakho – yana ekilini ucele bakucebise. Khona njalo ekilini bazakutshela ukuthi umntanakho angayahlolwa nini ukuthi uleHIV kumbe hatshi, kanye lokuthi ungenzani ukuze ahlale elempilakahle.

Ngikufisela impilo enhle yokuba ngumama!

Anti Stella

OKUFANELE KWENZIWE

- **UMDLALO:** Umama olegcikwane leHIV usekhethe ukuthi amunyise umntanakhe okwenyanga eziyisithupha njalo sekumele atshele uninazala ukuthi angeke aphe umntwana loba yini okunye okudliwayo kumbe okunathwayo.

Ucabanga ukuthi lolu luhlupho esikhangelane lalo yini empilweni esiyiphilayo? Kungenziwani ngaloluhlupho?

- Bhala bonke ubuhle lobubi bokuthi umama oleHIV amunyise umntanakhe. Bhala njalo bonke ubuhle lobubi bokupha umntwana uchago lwamagabha oluthengwayo. Wena ungenzani ungakhangelana lohlupho lolu?
- Ucabanga ukuthi ungezwa njani aluba ungumama ophila leHIV njalo ulomntwana ogulayo? Dinga ukuthi zikhona yini inhlelo esigabeni sakini eziphathisa omama abakumumo onje. Omama laba bafuna olunye uncedo na? Wena ungenzani?
- Bala ikhadi 26 elilolunye ulwazi mayelana lokuhlala ulethemba lokuthi uzaphila impilo enhle lanxa ulegcikwane leHIV kumbe umkhuhlane weAIDS.

