



United Nations
Educational, Scientific and
Cultural Organization

*Kupereka mauthenga ndi zina zofunika
kugwiritsa nthito pa zogonana
ndi ubereki kwa Achinyamata:*

Ndondomeka kwa ogwira ntchito za chipatala

Kodi mudadziwapo?

- ✦ Kuti mwa achinyamata 158 million kum'mawa ndi kumwera kwa Africa, 52 amatenga kachilombo koyambitsa matenda a Edzi ka HIV pa ola lilonse.
- ✦ M'maiko ena Edzi ndi matenda omwe akupha anthu ambiri poyerekeza ndi matenda ena.
- ✦ M'modzi mwa atsikan asanu amakhala atatengapo mimba zosayembekezera pamene afika zaka 17 zakubadwa.
- ✦ Mimba zosayembekezera ndi kubereka mwana mtsikana asanakhwimezili panambala yachiwiri ngatizina mwazomwe zikudzetsa imfa pakati ma atsikana a zaka za pakati pa 15 ndi 19 padziko lonse lapansi.

Kuti wachinyamata akhale ndi moyo wabwino wokhudza moyo wao wa ubereki, ayenera kulandira mauthenga okwanira, komanso kupatsidwa zipangizo zoyenera za kuchipatala zomwe angathe kugwiritsa ntchito kuti asatenga matenda opatsirana pogonana, ndi kutinso atsikana asatenge mimba zosayembekerera.

Uwu ndi ufuku wao wachibwadwidwe.

Pali zinthu zambiri zomwe zimapangitsa kuti achinyamata asamalandire mauthenga olondola komanso oyenera. Kabukhu kano kalembedwa ndi cholinga chopereka ndondomeko yamomwe achinyamatawa angathandizikire komanso kuchita pofuna kuthana ndi bvutoli.



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ZOLEPHERETSA

Kudziwa



“Sindidziwa m’mene ndingafotokozere wachinyamata zimenezi”. Kkusadziwa.”

Zoganiza chabe



“Wachinyamata uyu sayenera kumakamba za zogonana ndi zaubereki”

Kusiyana kwa kapezedwe pa chikhalidwe ndi chuma



“Ndingathe bwanji kukamba za zogonana ndu ubereki ndi wachinyamata yemwe ndikusinanaye msinkhu, chikhalidwe, chipembedzo komanso pachuma kuti iyeyo ndi osauka/olemera kuposa ine”

Chilankhulo



“Wachinyamata sangadziwe ndi kumvetsa mau mau ena omwe timagwiritsa ntchito achipatalafe”

Nthawi



“Ndili otanganidwa sindingathe kukamba ndi achinyamata pa nkhani za kugonana ndi ubereki”

Malo



“Chipinda ichi muli phokoso simwabwino chitiramo zokambirana ndi achinyamata”

ZOYENERA KUCHITA

Khalani odziwa. Ngati simukudziwa bwino
auzeni kuti mufufuza kaye.

Lembani dzina lao, kumene amakhala kapena nambala ya foni
kuti muthe kulumikizana nawo zonse mukazipeza ndi kuwauza.

Muyenera kukhala womvetsa. Udindo wanu ndi
kupereka zipangizo ndi mauthenga okhudza za umoyo
osati kuyamba kugamula kuti ndi choipa kapena
chabwino ayi. Osapereka maganizo anu ayi.

Mutha kusiyana pa zina ndi munthu yemwe akufuna chithandaizo
koma udindo wanu ndikumuthandiza pa zaumoyo basi.

Onetsetsani kuti ali omasuka, musawatenge
ngati anthu oipa ayi, muwasungire chinsisi, ndipo
muwalemekeze ngakhale musiyane pazina.

Gwiritsani ntchito mau osavuta, oti wachinyamata atha
kuwamvetsa. Mubwereze ngati sakumvetsa.

Pezani nthawi yoti achinyamata muwathandize.
Onetsetsani kuti mukukumana nawo nthawi zonse.
Onetsani chidwi kwa amene mukucheza naye musaonetse
kuti mulibe nthawi kapena kuti ndi otanganidwa.

Pezani chipinda choti mutha kukambirana bwinobwino
popanda nkhawa zoti wina awonedwa.

Unyamata ndi nthawi yomwe mtsikana kapena nyamata amayamba kusintha maonekedwe a thupi lake makamaka ziwalo zoberekera ndi zina; amasintha zochitazake, komanso amakhala ndi zikhumbobhumbo zina monga kumafuna kugonana ndi nyamata kapena mtsikana.

Achinyamata ayenera kuuzidwa ndi kuphunzitsidwa bwino za zomwe zimachitika ndi kuoneka pamatupi awo akamakula, ndi cholinga choti azitha kupanga zinganizo zoyenera pankhani za umunthu ndi kugonana pa moyo wao.

Dziwani kuti zogonana ndi ubereki zimafunika kuti achinyamata azidziwa bwino; azikhala ndi luntha komanso azipeza thandizo losiyanasiyana kuchipatala NDI kutinso azitha kupanga zinganizo zolondola paiwo wokha pa zogonana ndi ubereki.

Maphunziro oyenera komanso okwanira okhudzana ndi za umunthu ndi kugonana ndi amene amaperekedwa kwa achinyamata panthawi yoyenera potengera ndi msinkhu wao.

Maphunzirowa kapena zokambiranazi zimakhudza mitu ngati iyi: Nkhani za zibwenzi, zikhulipiriro, zoganiza zao, luso lachibwadwidwe kapena lochita kuphunzira, chikhalidwe, komanso za ufulu wa chibadwidwe, makulidwe, zochita zao, komanso za kugonana ndi ubereki.

Azachipatala ayenera kuonetsetsa kuti wachinyamata akulandira mauthenga oyenera komanso okwanira pankhani zokhudza moyo wao wa ubereki, ndi zogonana; ndipo akupereka kwa chinyamatawa zipangizo zoyenera za kuchipatala zomwe angathe kugwiritsa ntchito kuti asatenga matenda opatsirana pogonana, ndi kutinso atsikina asatenge mimba zosayembekera.

Zomwe achinyamata ayenera kupeza kapena kuaptsidwa akapita chipatala

Azachipatala ayenera kuonetsetsa kuti achinyamata akulangizidwa pa izi:

- ✘ Zakutha msinkhu-Ziwalo zoberekera, zogonana, zamsambo, zazilakolako zogonana komanso umunthu.
- ✘ Kupewa mimba yosayembekera komanso njira zolelera.
- ✘ Kudziwa ndi kuzindikira njira zomwe achinyamata angatsate kuti apewe mimba zosayembekezera, HIV ndi matenda ena opatsirana pogonana.

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