



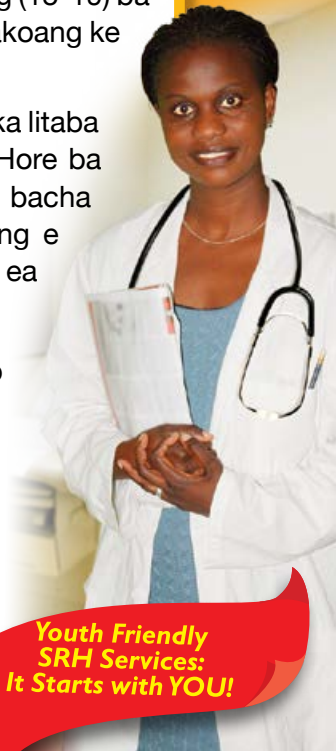
United Nations
Educational, Scientific and
Cultural Organization

Litšebeletso tse Amohelohang tsa Bophelo bo botle ba Thari ho Bacha: Tataiso ea Basebeletsi ba tsa Bophelo

Did you know?

- ✘ Banana ba bangata ba kena bokhachaneng bo sa roeroang pele ba ba le lilemo tse leshome le metso e supileng (17).
- ✘ Banana ba bangata ba lilemong tse pakeng tsa leshome le metso e mehlano le leshome le metso e robong (15-19) ba lahleheloa ke bophelo ka baka la mathata a bakoang ke bokhachane le pelehi ho feta eng kapa eng.
- ✘ Bacha ba bangata ha ba na tsebo e hlakileng ka litaba tse amanang le bophelo bo botle ba thari. Hore ba tle ba tsebe ho etsa liqeto tse nepahetseng bacha ba lokela ba be le tsebo e feletseng e bileng e nepahetseng ea litaba tsa ho hola ha 'mele ea bona le litaba tsa thari.

Ho na le lintho tse etsang hore ho be le tšitiso hore bacha ba fumane litšebeletso tsa bophelo bo botle ba thari ho tsoa ho basebeletsi ba tsa bophelo. Tokomane ena e hlahisa hore na litšitiso tsena li ka fengoa joang e le hore bacha ba fumane litšebeletso le tšehetso e hloahloa ho tsoa liising tsa bophelo.



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SRH Services:
It Starts with YOU!**

TŠITISO

Tsebo



“Ha ke na tsebo e lekaneng hore nka tseba ho hlalosea mocha enoa taba ena”

Mokhoa oa katamelo



“Mocha enoa h’a lokela hore e be o se antse a bua ka litaba tsa thobalano”

Ho fapana ka maemo a moruo le boemo sechabeng



“Nka bua joang le mocha ka litaba tsa bophelo bo botle ba thari empa re se batho ba moetlo/tumelo e tšoanang kapa a tsoa lelapeng le ruileng/futsanehileng ho feta laka?”

Puo



“Mocha o tla sitoa ho utloisisa puo ea bongaka eo ke e sebelisang”

Nako



“Ke phathahane haholo hoo ke hlokang nako ea ho bua le bacha ka litaba tsa bophelo bo botle ba thari”

Sebaka



“Sebaka seo ke sebeletsang ho sona se lerata hoo ke sitoang ho se sebelisa ho bua le mocha ka litaba tsa bophelo bo botle ba thari”

TLISA PHETOHO

Lula u imatlafatsa tsebong. Ha ho na le potso eo mocha a nang le eona e u thatafallang, mo joetse hore u tla etsa lipatlisiso. Nka linomoro tsa hae tsa mohala kapa lintlha tsa moo a lulang e le hore ha u fumane karabo u tle u mo tsebise.

E ba le kamohelo e mofuthu ho bacha ba tlileng litšebeletsong. Mosebetsi oa hau ke ho fana ka litšebeliso tsa bophelo ho ba li hlohang e seng ho ba ahlola kapa ho ba qobella ho ananela maikutlo a hau.

Ho ka etsahala hore le se ke la hlaha boemong bo tšoanang ba bophelo le mocha ea tlileng litšebeletsong empa mosebetsi oa hau o ka sehlohong ke hore batho bohle ba be le bophelo bo botle. Ba thuse hore ba ikutloe ba phutholohile, 'me u e le hloko hore na ke eng e ba tšoenyang. Ba hlomphele mokhoa oo ba bonang litaba ka ona leha eba u sa lumellane le bona.

Etsa bo-'nete ba hore u sebelisa puo e bobebe e utloahalang ka nako tsohle 'me u lule u ntse u fumana ho mocha eo u mo sebeletsang hore na u utloisisa seo u se bolelang.

Iphe nako ea ho sebeletsa batho ba bacha-'me u leke ho fumaneha ka linako tseo ba fumanehang ka tsona. Ha mocha a se a tlile setsing ho fumana tšebeliso, etsa bo-'nete ba hore u mo fa tsebe ka hore ho se ke ha bonahala ho e na le ho hong ho nkileng maikutlo a hau. Ho etsa joalo ho thusa hore puisano ea hao le mocha e be bonolo.

Etsa hore sebaka seo u sebeletsang ho sona se khahle ho bacha. E be sebaka seo ba ka finyellang ho sona ha bonolo.

Ho hola ha bacha ho bonahala ka ho fetoha ho bang teng 'meleng, boitšoarong le maikutlong a bona. Bacha ba hloka ho fua tsebo mabapi le lipheto ho tsena e le hore ba tle ba tsebe ho etsa liqeto tse nepahetseng mabapi le bophelo ba bona ba thari.

Thuto holim'a litaba tsa kholo ea bacha ke moo bacha ba fua tsebo litaba tse amanang le kholo ea bona le litaba tsa bophelo bo botle ba thari ka mokhoa o amohelang sechabeng ho ipapisitsoe le lilemo tseo ba leng ho tsona. E kenyeletsa lintlha tse kang likamano tsa banana le bashanyana, meetlo, litokelo tsa mantlha tsa botho, ho hola ha 'mele, botšoarobonang le thobalano le thari, le bophelo bo botle ba thari.

Basebeletsi ba tsa bophelo ba lokela ho etsa bo-'nete ba hore bacha ba fuma tsebo le litšebeliso tsa bophelo bo botle ho ba thusa hore ba etse liqeto tse nepahetseng le ho itšireletsa khahlanong le mafu a likobo, HIV le bokhachane bo sa reroang.

Minimum package of services

Basebeletsi ba tsa bophelo ba lokela ho fa bacha boeletsi holim'a lintlha tse latelang:

- ✘ Lipheto ho tse bang teng 'meleng ha motho a kena bocheng le liqholotso tse hlalisoang ke kholo e joalo. Likarolo tsa botho tse amang le thari, thobalano, boitšoarobonang mabapi le litaba tsa thobalano. Buisana le bona ka hore na ba ka sebetsana joang le liqholotso tse tlišoang ke lipheto ho tsena tsa 'mele le hore na ke lintho li fe tse leng molemong oa bona kholong eo. Sesotho se re "mara ha a sena lihloela a oela". Bana ba hlaliletsoeng ka tsebo ka lipheto ho tse bang teng 'meleng le hore na li ka ama botšoarobonang ba bona joang, ba na le bokhoni ba hore ba laole liqholotso tse tlang le lipheto ho tseo tsa 'mele.
- ✘ Bua le bona ka litaba tsa ho thibela bokhachane bo sa reroang ho kenyeletsa le tšebeliso ea lithebela-pelehi.
- ✘ Ba thusa ho utloisisa, ho lemoha le ho fokotsa maemo a ka ba behang kotsing ea ho ba le mafu a likobo le HIV.

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