



United Nations  
Educational, Scientific and  
Cultural Organization



## MAFUMU NDI ATSOGOLERI ENA KU MIDZI:

DZIWANI ZAMBIRI ZOKHUDZA UBEREKI NDI ZOGONANA  
PAKATI PA ACHINYAMATA!

### Tsogolo labwino, Umoyo wa bwino wa Achinyamata!

Maphunziro oyenera komanso okwanira okhudzana ndi za umunthu, kugonana komanso ubereki pakati pa achinyamata ayenera kuperedwa potengera chikhalidwe komanso msinkhu wa achinyamata omwe tikufuna kuwampunsitsa kapena kulangiza.

Kafukufuku akuonetsa poyera kuti kuphunzitsa kapena kupereka uphungu wokhudzana ndi zomwe zimachitika ndi kuoneka pathupi la achinyamata akamakula, komanso nkhani zokhudza kugonana zimathandiza kuti achinyamatawa apewe mchitidwe okhala ndi zibwezi zambiri zogonana nazo, amadziwa njira zolelera komamnos zam'mene angapewere mimba zosakonzekera komanso HIV ndi matenda ena opatsirana pogonana.

***Thandizani pa nkhani zokhudzana ndi ubereki ndi zogonana  
pakati pa Achinyamata: Thandizani Atsogoleri a mawa!***

## Umunthu, Kugonana Ndi Ubereki: Thandizani Atsogoleri a mawa

Ndi chifukwa chiani pamaphunziro okhudzana ndi za umunthu, kugonana ndi ubereki zimakhudzananso ndi malo apadera oti achinyamata azipita kukalandilako mauthenga ndi zofunika zina moyo wao?

Nkhani za umunthu, kugonana ndi ubereki pakati pa achinyamata zimafuna kuti pazikhala mauthenga okwanira monga chilangizo akatenga mimba; komanso zida ndi zipangizo zina zoti achinyamatawa atha kugwiritsa ntchito monga makondomu, njira zolelera, maARVs, ndi mankhwala ena ochizira matenda opatsirana pogonana.

Ndi chifukwa chake kupatikiza pamaphunziro okhudzana ndi za umunthu, kugonana ndi ubereki komanso malo apadera oti achinyamata azipita kukalandilako mauthenga, zida ndi zipangizo zoti atha kugwiritsa ntchito ndi kofunika kwambiri kuti asamavutike.

## Kodi malo apadera oti achinyamata azipita kukalandilako mauthenga, zida ndi zipangizo zina zofunika ndi chiani?

Awa ndi malo apaderadera, chipatala kapena chipinda choti achinyamata atha kupezako mauthenga, zida ndi zipangizo zoti atha kugwiritsa ntchito monga kulandilako makondomu, njira zolelera, maARVs, ndi mankhwala ena ochizira matenda opatsirana pogonana.

Zina zomwe amapezako ndi uphungu wa:

- Za umoyo.
- Zibwezi ndi zogonana.
- Nkhanza.
- Njira zolelera.
- Njira zopewera matenda opatsirana pogonana kuphatikizirapo HIV.
- Zochotsa mimba yosayembekezera potengera malamula adziko lino.
- Zauchembere makamaka atsikana akatenga mimba komanso akabereka.

Maphunziro oyenera komanso okwanira okhudzana ndi za umunthu, kugonana ndi ubereki ndi amene amaperekedwa kwa achinyamata panthawi yoyenera ndipo amapangitsa achinyamata kukhala odzidalira, otha kupanga zisankho pamoyo wao watsikunditsiku okhudza zogonana, komanso kudziletsa pankhani zogonana.

## Chifukwa chiani atsogoleri ayenera kumatenanga nawo mbali?

Anthu ambiri amaganiza kuti kukambirana nkhani zogonana, ubereki kapena umunthu kusukulu, pabanja kapena pagulu kumudzi ndi kulaula. Ndipo amaona kuti ndizosavomereka potengera chikhalidwe chathu. Koma dziwani mikuluwiko iyi.

“Safunsa adadya phula.”

—*African proverb*

Choti tidziwe ndichoti masiku ano achinyamata akupeza mauthenga okhudza zogonana ndi ubereki kudzera mnjira zosiyansiyana monga: pawaillesi, waillesi zakanema, mafoni ndi nyuzi pepala. Masiku anonso makolo ambiri satha kukhala pansa ndi ana awao kuwalangiza.

“Mutu umodzi suzenza denga.”

—*African proverb*

Choncho achinyamata ambiri akumva mauthenga olakwika zomwe zikumapangitsa kuti ena aziyamba zibwezi akadali ang’ono, akutenga mimba ngakhalenso HIV ndi matenda ena opatsirana pogonana.

## Udindo wanga ndi wotani ngati mtsogoleri?

“Nzeru zayenkha anavika nsima m’madzi”

—*African proverb*

**Auzeni anthu** - Dziwani kuti anthu anu amayang’ana kwainu kuti amve molondola za m’mene maphunziro oyenera komanso okwanira okhudzana ndi za umunthu, kugonana ndi ubereki ayenera kuperekedwera kwa achinyamata. Ngati mtsogoleri khalani oyamba kutsogolera anthu kukambapo zakufunika kolangiza achinyamata kuipa koyamba kugonana akadali ang’ono.

**Dziwani zinthu zokhudza achinyamata** - Munthu m’modzi mwa anthu atatu aliwonse kuno ku maiko aku m’mawa ndi kumwera kwa Africa ndi achinyamata azaka zapakati pa 10-24, ndipo achinyamata osapitilira 40 pa achinyamata 100 alionse sadziwa za zambiri zokhudza HIV. Ndipo achinyamata 52 amatenga kachilombo koyambitsa matenda a Edzi ka HIV pa ola lilonse.

**Thandizani achinyamata kupeza mauthenga, mankhwala komanso thandizo lina lililonse lokhudza za umoyo** - Nkhani zokhudza kugonana ndi ubereki pakati pa achinyamata sizikhalilira okhao amene amachita mchitidwe ogonana ayi. Zimaimira wina aliyense popeza zimapereka uphungu za m’mene munthu angadziletsera kuti asamachite zogonana, zam’mene angapezere ndi kukhalira ndi chibwezi chodalilika choti nkumanganacho

banja. Ndipo mauthenga omwe amaperekedwa kuchokera kwa alangizi ndi ofunika kwambiri kwa achinyamata.

Atsogoleri ali ndi udindo oteteza munthu aliyense-Ndi udindo wanu ngati mtsogoleri kuonetsetsa kuti ufulu wa mwana ndi wachinyamata aliyense sukuphwanyidwa. Onetsetsani kuti akuphunzitsidwa bwino pazonse zokhudza moyo wao ndi cholinga choti akahla athanzi komanso othandiza pachitukuko.

“Ana ndi mphatso ya mtengo wapatali.”

—*African proverb*

## Ngati mtsogoleri ndichite chiani kuti ndithandizepo pankhani zimenezi?

- **Limbikitsani achinyamata** kuti azidziletsa pankhani zogonana. Izi zikhoza kutheka pokhapokhapo ngati achinyamatawa ali ndi mauthenga oyenera komanso okwanira bwino.
- **Limbikitsani ma kalabu kwanuko;** ndi malo ena monga chipatala kapena chipinda chapadera choti achinyamata atha kukambirana ndi kulandilirako uphungu, makondu, njira zolerera ndi zina zowathandiza pa moyo waopopanda wina kuwaseka kapena kuwasala.
- **Aphunzitseni achinyamata zachikhalidwe** makamaka kulimbikitsa miyambo yomwe imathandiza kuti achinyamata azidziretsa pankhani zogonana.
- **Osakhala chete** pankhani zophunzitsa achinyamata. Ngati atsogoleri uzani anthu anu ndi achinyamata za kuipa kwa miyambo ina monga kuchotsa fumbu, chokolo, kuchita mdulidwe pogwiritsa ntchito lezala limodzi, kulola kuti ana azikwatiwa akadali ang’ono, kukakamiza ana kukwatiwa, kusala anthu omwe adapezeka ndi HIV kapena olumala.

***Ana ndi achinyamata ozindikira: Amapanga zisankho zabwino pamoyo wao: Mukhonza kukhala inu oyamba!***



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