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6

witchcraft

7

Kabanzi

Lomdlalo wenzelwe ukusiza izingane ukuthi zifunde ukukhuluma ngokusobala ngegciwane lesandulela ngculazi, ngengculazi nangezocansi. Futhi wenzelwe ukunikeza izingane ulwazi ngobungozi obuphathelene nezocansi, ikakhulukazi ukungenwa yigciwane lesandulela ngculazi.

Kulomdlalo ubungozi obuphathelene nocansi olungavikelekile kuxoxwa ngabo ngomoya wobungane futhi izinto zibizwa ngamagama azo, azifihlwa. Izingane zinikezwa ulwazi ngokuthi lingena kanjani igciwane lesandulela ngculazi nengculazi

Indlela yokudlalisa lomdlalo ukuthi uziyeke izingane zizidlalele lomdlalo ngokwemiyalelo yawo ngaphambi kokuthi uxoxe indaba ngalomdlalo (abadlali bangaba phakathi kwababili nabayisishiyagalombili)

Khetha oyedwa ozoqoqa emva kokuthi umdlalo sewuphelile, aqiniseke ukuthi yonke into ibuye ebhokisini futhi ipakishwe ngendlela.

- Shova amakhadi bese uwabeka phansi ngendlela yokuthi icala langaphezulu lingaphansi, uwenze abe imigqa elinganayo.
- Khetha ozoqala kuqala, athathe amakhadi amabili awaphendule
- Ngabe izithombe ezivelayo ziyefana? Ungawagcina lamakhadi bese uphinda wembule amanye amabili.
- Ngabe lezithombe ezivelile azifani? Waphindisele phansi lapho ekade ekhona lamakhadi.
- Manje sekuyithuba lomunye lokuba akhethe amakhadi abe mabili naye.
- Uma wonke amakhadi esefanisiwe ngamabili, kuba ukuphela komdlalo.
- Umdlali onamapheya amaningi ukubedlula bonke nguye owinayo.

Umdlalo uphelile? Yilokho obukucabanga!

Qaphelani bantu abadala, bothisha nani enifundisa ontanga:

Emva kokuthi umdlalo udlaliwe, ungasiza abadlali ukuthola izindaba ezine ezisemdlalweni wamakhadi.

- 1 Indaba yokuqala imayelana negciwane lesandulela ngculazi nengculazi emndenini: umugqa ophuzi
- 2 Indaba yesibili imayelana nokuthandana phakathi kwabafana namantombazane kanye nobungozi bocansi: umugqa obomvu
- 3 Eyesithathu imayelana nentombazane esengozini ngenxa yokudlwengulwa, nokukhulelwa isencane: umugqa oluhlaza okotshani
- 4 Indaba yesine imayelana nezinganekwane, ubungozi nokuqwasha: umugqa oluhlaza okwesibhakabhaka.

Bheka izithombe bese ukhuluma nezingane ngalezindaba ezikulomdlalo.

Babuze ukuthi baboneni? Nanokuthi bazini?

Izithombe ziyakuveza ukuthi ukuthi ungazivikela kanjani ekungenweni yigciwane lesandulela ngculazi. Izithombe zisiza izingane ukuthi zikwazi ukuxoxa ezazo izindaba, ngolwazi ezinalo ngabantu abaphethwe yingculazi, ngalokho okubesabisayo, nanangokuthi bangabhekana futhi baphilise kanjani nabantu abanegciwane lesandulela ngculazi empilweni yazo yemihla ngemihla.

Ukukhuluma nge sandulela ngculazi nengculazi kwesinye isikhathi kuyaye kuvuse izihloko ezilukhuni. Wonke umuntu unezinkolelo nemikhuba ethize ayifundile emndenini, emphakathini nasenkolweni mayelana nezocansi. Wonke umuntu uyaye ahangabezane nemibuzo ethile mayelana nezocansi empilweni.

Bavumele abantwana bakhulume ngabakucabangayo nabakwaziyo. Bazibuze ukuthi bangenza njengabantu abababone ezithombeni noma bona bangenza ngokwehlukile? Bakhuthaze ukuba izinto bazibeke njengoba zinjalo, bangabi namahloni bakhulume nangalezozinto abathola kulukhuni ukukhuluma ngazo. Ungasebenzisa nencazelo emfushane ekuleliphepha.

Khumbula: imiyalelo yakho ibaluleke kakhulu kubantwana!

Abafana namantombazane ngokufanayo bafanele ukugwema ucansi olungavikelekile ukuze bazivikele futhi bavikele abalingani babo. Abafana namantombazane ngokulinganayo kumele bafunde ukuthi **CHA** uma bengafuni ukuya ocansini.

Litholakala kanjani igciwane lesandulela ngculazi nengculazi?

Ungalithola leligciwane uma ungenwa yigazi noma uketshezi oluphuma esithweni sangasese somuntu wesilisa onalo leligciwane. Lokhu kuvama ukwenzeka uma abantu bezibandakanye ocansini olungavikelekile. Leligciwane lingabuye lidluliseleke kumntwana ongakazalwa noma umntwana osanda kuzalwa ngobisi lwebele uma umama womntwana enalo igciwane.

Abantu abangamashumi ayisishiyagalolunye (90) kwabayikhulu (100) abanegciwane lesandulela ngculazi balithola ngokuuthi baye ocansini olungavikelekile.

Liyini igciwane lengculazi?

Igciwane lesandulela ngculazi yigama legciwane elibangela ukuthi umuntu aguliswe yingculazi. Noma ubani angangenwa yilelgiwane. Uma selikungenile leligciwane libulala amasosha omzimba wakho. Ukungenwa yilelgiwane akusho ukuthi usuyagula futhi usunengculazi.

Uma unegciwane lesandulelangculazi, kunemithi ekwazi ukukwenza uphile impilo efana neyabanye abantu. Ufanele ukuphuza imithi yakho ngesikhathi esifanayo nsuku zonke yonke impilo yakho. Alikakabi khona ikhambilokwelapha ingculazi.

Ungakwazi na ukumbona umuntu onengculazi?

Cha. Umuntu angabukeka ephilile kepha enali igciwane lesandulela ngculazi. Ungazi kuphela ukuthi umuntu unegciwane lesandulela ngculazi ngemiphumela yokuhlololwa leligciwane esemthethweni.

Kumele wenzeni uma unokuzisola ukuthi likungenile leligciwane, futhi unemibuzo?

Iya emtholampilo, noma kudokotela noma kumuntu omethembayo. Bangakuthokozela ukukusiza uthole izaluleko nokuhlololwa igciwane lesandulela ngculazi.

Ungazivikela kanjani ekutholeni leligciwane na?

Zama ukungazibandakanyi ocansini olungavikelekile. Iya ocansini ngendlela evikelekile sonke isikhathi! Kunamajazi (condoms) abantu besilisa, noma ungasebenzisa elabesifazane (female condom). Sebenzisa nephilisi lokuvimbela inzalo ukuqiniseka ukuthi awukhulelwa. Kungaba yinto elukhuni ukwenqaba ukuya ocansini olungavikelekile noma ukufuna ijazi (condom), kodwa khumbula ukuthi kumayelana nempilo yakho neyomlingani wakho. Ningakuhlehlixa ukuya ocansini, noma uthembeke kumlingani wakho ongenalo igciwane lesandulelangculazi.

Ikusasa elinenjabulo lingumsebenzi wenu, zinakekeleni nina nabalingani benu!

Zamani ukugwema izimo ezinobungozi ezinjengokusebenzisa utshwala nezidakamizwa, nokuba uzithole uyintombazane wedwa phakathi kwedlanzana labafana.

Funa ukusekelwa:

Fonela inombolo yamahhala yosizo noma ufune amaqembu asekelaba abanegciwane lesandulela ngculazi nengculazi.

Angeke ungenwe yigciwane lesandulela ngculazi ngokuthi:

Uxhawule, wange, uqabule noma uye endlini yangasese emva konegciwane, ube sehhovisi, noma esikoleni ngisho noma lakubhukudwa khona, ugqoke izingubo zomuntu onegciwane, udle naye, ugqoke izibuko zakhe, udle ngesipuni adla ngaso no ipleti, ulunywe umaskito noma isiphi esinye isinambuzane njll., noma emijovweni ehlanzwe kahle. Akekho ongangenwa yigciwane ngephunga noma umjuluko noma izinyembezi noma umchamo.

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Incazelo efinqiwe ngezithombe nezindatshana ezisemdlalweni wamakhadi

- 1 Ubaba usemtholampilo kanti usetshelwe ukuthi unegciwane lesandulela ngculazi
- 2 Ubaba utshela unkosikazi wakhe ngesifo sakhe
- 3 Umama naye uya emtholampilo ukuyohlololwa igciwane lesandulela ngculazi
- 4 Umama utshela umndeni ukuthi naye unalo igciwane lesandulela ngculazi. Bonke bakhathazekile.
- 5 Ubaba usayinda incwadi yefa ukuze umkakhe nezingane basale nacho konke anakho uma eseshonile.
- 6 Umndeni usebenza engadini. Kubalulekile ukuthi izihlobo nabangani zimnakekele onegciwane lesandulela ngculazi. Bazame ukuhlala bendawonye.
- 7 Umndeni udla kanye kanye. Nakuba umama enengculazi, akunabungozi ukuthinta indishi nespuni esithintwe nguye.
- 8 Umngani kamama uyamnakekela umnika izithelo neziphuzo ezinempilo. Ukudla okunempilo kuqinisa umzimba
- 9 Abangani bavakashela umama bathandaze naye. Kumele sibanakekele abantu abanengculazi ngaso sonke isikhathi. Kubalulekile ukuphumela obala ngegciwane lesandulela ngculazi nengculazi. Akufanele kube yimfihlo.
- 10 Abantu abanegciwane lesandulela ngculazi bangasebenzisa amaphilisi okuthiba igciwane lesandulela ngculazi abizwa ngokuthi ama ARVs nsuku zonke, ngesikhathi esifanayo impilo yabo yonke. Uma uthola ukwelashwa okuyikho, unalo ikusasa. Igciwane lesandulela ngculazi liyathibeka kodwa alelapheki.
- 11 Ukuthola ukwesekwa nemithi yendabuko kungamenza umuntu azizwe engcono. Kodwa kungcono ukuthatha iseluleko sikadokotela ngokuthi amahambi endabuko angasetshenziswa kanyekanye namaphilisi okuthiba igciwane lesandulela ngculazi (ARVs)
- 12 Umama nabantwana bahlalelana eduze yize umama enengculazi. Angeke uthole igciwane lesandulela ngculazi mgokwanga umuntu onalo.
- 13 Umama ududuzwa umndeni nabangani esibhedlela. Uzoshona.
- 14 Umama useshonile. Alikabibikho ikhambi lokwelapha ingculazi. Kungaba usizo ukuhlangana nemibutho esekela abathintwe yile-sisifo ukuze ukhulume ngokulahlekelwa kwakho abangani, amalunga omndeni nagobuhlungu bokulahlekelwa.
- 15 Zama ukuya esikoleni, funda ngokusemandleni akho. Kungakusiza esikhathini esizayo. Uzokhethani? Usenalokusasa.

- 1 Uma abafana namantombazane besebenzisa utshwala nezidakamizwa kungenzeka bangacabangi ngocansi oluphephile. Hlala uqwashile.
- 2 Abafana bakhuluma ngamakhondomu. Ukusebenzisa ikhondomu kungumsebenzi wabo bobabili abazibandakanya ocansini. Kuyinto enhle ukusebenzisa ikhondomu.
- 3 Intombazane nomfana bayathandana.
- 4 Umfana ucela ukuya ocansini nentombazane, intombazane iyenqaba, bobabili banquma ukulinda. Bathandana kakhulu kodwa banquma ukuhlehlisa ukuya ocansini okwesikhashana.
- 5 Omunye umfana uzama ukuyenga intombazane ukuthi iye ocansini naye kodwa intombazane ifuna ukuthembeka kumngani wayo. Ukuya ocansini ngendlela evikelekile nokuthembeka kumlingani wakho ongenalo igciwane lesandulela ngculazi izindlela zokuzivikela ekutholeni igciwane.
- 6 Bafuna ukuya ocansini, kodwa ngenxa yokungafuni ukungcoliseka basebenzisa ikhondomu. Zinakekele wena, ninakekelane nobabili. Hlalani niphephile.

- 1 Umfana omdadlana uzama ukuphoqa intombazane ukuthi iye ocansini naye. Intombazane iyenqaba. Gwema izimo lapho ukuxhashazwa ngokocansi kungase kwenzekile khona. Ungaziboni unephutha ngalokho.
- 2 Umama wakhe uyamsiza, futhi uyamcasukela umfana. Ududuza indodakazi yakhe.
- 3 Umama nendodakazi yakhe baya emaphoyiseni ukyovula icala.
- 4 Umama nendodakazi bakhuluma ngokwenzekile.
- 5 Uthisha ufuna ukunikeza amamaki aphezulu uma intombazane ivuma ukuya naye ocansini, kodwa intombazane ikhombise ukuze-themba yenqabe. Indoda ingaphatha umuntu wesifazane kahle, imthemgele ukudla neziphuzo, kodwa lokho akuyinikezi igunya emzimbeni wakho!
- 6 Ngenxa yocansi olungaphephile, amantombazane asemancane ayakhulelwa bese eyeka isikole.
- 7 Kubalulekile ukuxoxa nabangani noma abanye abantu ngokukwehlele. Ungafonela ne – ‘Childline’. Bangakuthokozela ukukulalela futhi bakusize ngale kokuthi udalule igama lakho

- 1 Igciwane lesandulela ngculazi likhona umhlaba wonke, ngakho-ke ufane ukuzivikela kuyoyonke indawo (kuthathwe kwi UNAIDS 2005).
- 2 Aumuntu akalitholi igciwane lesandulelangculazi ngokuqabula onalo.
- 3 Umuntu akalitholi igciwane ngokuthi aphuzelel enkomishini ekade iphuzela onalo, noma athinte indishi isipuni somuntu onalo.
- 4 Umuntu akalitholi igciwane lesandulela ngculazi ngokuxhawula nangokwanga onalo.
- 5 Umuntu angeke alithole igciwane lesandulela ngculazi ezinambuzaneni.
- 6 Umuntu angeke alithole igciwane ngokusebenzisa indlu yangasese esetshenziswa umuntu onalo.
- 7 Umuntu angeke athakathwe ngengculazi noma alashwe ngemithi yendabuko.

LOVE.check / southern Africa

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