

INTSHOLONGWANE KAGAWULAYO/GAWULAYO

UNXUNGUPHALO

ISEBE LEMFUNDO

IMIGAQO YABAFUNDISI

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ISALATHISO

UMYALEZO OVELA KUMPHATHISWA WEZEMFUNDO

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UMYALEZO OVELA KUMPHATHISWA WEZEMFUNDO

Bahlobo kunye naBalingane abathandekayo

Olu lunxunguphalo

Kukho ubungqina obulungileyo bokuba ngaphezulu kwezigidi ezi-3 zabantu eMzantsi Afrika baNENTSHOLONGWANE kaGAWULAYO ngoku. Isifo sichaphazela amadoda kunye namabhinqa ayo yonke iminyaka, imisebenzi kunye neentlanga ezihlala kuwo onke amaphondo.

Ukuba izinga langoku lokwesulela alehli linciphe, ngomnyaka ka-2010 omnye kubantu abane elizweni uya kuba neNTSHOLONGWANE KAGAWULAYO. Kwiminyaka elishumi isifo siya kube sidale iinkedama ezizikota ezintathu kwisigidi sabantwana baseMzantsi Afrika.

Kutheni le nto isenzeka nje?

Le ncwadana iyacacisa ukuba kuthenina. INTSHOLONGWANE KAGAWULAYO isasazeka ukusuka emntwini isiya emntwini ngeendlela ezininzi, kodwa ke eyona ndlela iqhelekileyo ingokwabelana ngesondo, xa elinye iqabane losulelekile. Isifo sisasazeka ngokukhawuleza kuba abantu abaninzi baseMzantsi Afrika, ingakumbi amadoda, awakunakekeli ukuziphatha kwawo ngezokwabelana ngesondo.

Abantu abaninzi abosulelekileyo abazazi ukuba bathwele INTSHOLONGWANE KAGAWULAYO, kuba kaloku ihlala emzimbeni ixesha elide phambi kokuba imenze agule umntu. Loo nto ke yenza ukuba abantu abosulelekileyo bosulele abanye abantu bengaqondi ukuba benza ntoni na.

Okwangoku akukho yeza linokusithintela ukuba singosuleleki, kwaye alukho unyango lweNTSHOLONGWANE KAGAWULAYO/GAWULAYO, esi sifo esibulalayo. Amanye amachiza aba ngathi anako ukwenza umzimba ukuba uzikhusele kwisifo, kodwa ke amaxabiso awo axhome kakhulu. Awakafumaneki kubantu abaninzi elizweni lethu. Oku kuthetha ukuba izinga lokusweleka ngenxa yeNTSHOLONGWANE KAGAWULAYO/GAWULAYO lisanyuka ngokukhawuleza phakathi kwamadoda namabhinqa ayo yonke iminyaka, ingakumbi kwabo bantu basabelana ngesondo.

Iimpembelelo zeNTSHOLONGWANE KAGAWULAYO/GAWULAYO

Abaninzi kuthi bayayoyika le nto iqhubekayo. Amalungu osapho, izihlobo, abahlobo kunye nabalingane basemsebenzini bayagula baze basweleke, kumaxa amaninzi xa besebancinane. Abayeni, amakhosikazi kunye neemveku zilahlwa phantsi. Abantu abathandi ukuthetha ngonobangela wokusweleka. Kubonakala ngathi kungummangaliswo kwaye kulihlazo.

Ingcinga yokuba omnye kubemi baseMzantsi Afrika abane uye agule sisifo esibulalayo iyoyikeka kakhulu kuthi ukuba siyiqonde. Asikwazi ukucinga ukuba yintoni engenziwa leli liza linyukayo kwiintsapho zethu, izikolo zethu kunye nezinye iindawo zokusebenza, kunye nakuluntu lwethu. Njengoko ilizwe lethu lisokola ukudala imisebenzi kwaye liphelise ubuhlwempu, ubhubhane utshabalalisa awona malungu aveza imveliso kuluntu lwethu.

INTSHOLONGWANE KAGAWULAYO/GAWULAYO ezikolweni

Izikolo ezininzi sele zikuva ukuchatshazelwa ngulo bhuhane, njengokuba abafundisi-ntsapho, abafundi, kunye namalungu eentsapho zawo esehliwa kukugula. Phambi kokuba ubhuhane abekwe phantsi kolawulo, iziphumo ezinjalo ziya kuba nzima kakhulu kwaye zinabe kakhulu. Phantse wonke umfundisi ekugqibeleni uya kube efundisa abafundi abaneNTSHOLONGWANE KAGAWULAYO. Kumagumbi ahlala abefundisi-ntsapho amaninzi, umfundisi-ntsapho omnye okanye ngaphezulu uya kuba osulelekile. Abanye abasebenzi basesikolweni abayi kukhululwa.

Ukugula kuphazamisa ukufunda kunye nokufundisa. Ngoko ke abafundisi-ntsapho kufuneka bathathe umthwalo ongaphaya xa ootitshala abagulayo bengekho. Abafundi abagulayo bayasala emva kwizifundo zabo. Xa amalungu osapho egula okanye asweleke, abafundisi-ntsapho kunye nabafundi bathwala umthwalo. Xa abafundisi-ntsapho kunye nabafundi besweleka, izikolo zifumana uphazamiseko, ukulahlekelwa kunye nosizi. Izikolo ezininzi ziya kwenzakaliswa ziimpembelelo zesifo kwisitafu, kubafundi kunye neentsapho zabo.

Yintoni engenziwa ngabemi baseMzantsi Afrika?

- Ingxaki ibonakala isoyisa, kodwa ke singathatha inyathelo lokuqala. Ukusebenza kunye kunokwenza ukuba sixhathise kulo bhuhane kwaye sisebenze ngeziphumo zakhe. Amanye amazwe e-Afrika, apho ubhuhane waqala wahlasela khona, asebenzise amandla awo onke amacandelo oluntu ukulwa ubhuhane kunye nokuwuthintela ukuba ungatshabalalisi amazwe awo.
- Nazi ezinye zezifundo ekufuneka sizifunde kumava abo:
- Ngaphandle kokuba sithatha imiqathango yokhuseleko efunekayo nawuphi na omnye apha kuthi unokufumana INTSHOLONGWANE KAGAWULAYO.
- Ukuqonda INTSHOLONGWANE KAGAWULAYO kunye nokulumka nokuba nengqondo malunga nokuziphatha kwethu ekwabelaneni ngesondo kungasithintela ukuba sosuleleke, kunye nokosulela abanye.
- Kumele simphathe lo bhuhane njengonxunguphalo lukazwelonke kwaye sifake onke amalungu oluntu kumzabalazo ochasene nawo.
- Kufuneka sithethe ngokuvulelekileyo ngeNTSHOLONGWANE KAGAWULAYO/GAWULAYO, sihlasele ukungahoyi kunye nokuqala sigwebe kunye neengcinga ezingalunganga malunga nesifo.
- Kumele ukuba abantu abosulelekileyo kunye nabagulayo sibenze bahlale ngesidima kwaye bancede kuluntu lwabo kangangoko banokuba nako.
- Kumele sifumane iindlela zokunakekela abagulayo nabangakwazi ukuzenzela nto eluntwini, ingakumbi ukuba iyunithi yosapho iye yanomthwalo ongaphaya kwamandla ayo okanye iye yaphela.

Abafundisi banako kwaye kufuneka bancede ukulawula isifo kwaye basebenze ngeziphumo zaso

- Abafundisi mababonise umzekelo wokuziphatha ngokwabelana ngesondo okufanelekileyo. Ngokwenza njalo, bayakukhusela iintsapho zabo, abalingane, abafundi kunye neziqo zabo.

- Kuba kaloku abafundisi bafundiswe ngokugqibeleleyo, banokuzibamba iinyani malunga neNTSHOLONGWANE KAGAWULAUO/GAWULAYO kwaye bancede ekusasazeni ulwazi olulungileyo malunga nesifo kunye neziphumo zaso.
- Phantse wonke umntu omtsha uhamba isikolo, ngoko ke abafundisi banethuba elihle lokuxoxa ngesi sifo, kwaye bancede abasebancinane ukuba bazikhusele ekosulelweni, ekuguleni kunye nokusweleka.
- Abafundisi basoloko bedibana rhoqo nabazali, kwaye ngoko ke banokuwusasaza umyalezo malunga neNTSHOLONGWANE KAGAWULAYO/GAWULAYO nzulu eluntwini.
- Abafundisi banokunceda ukudala isimo esingqongileyo somsebenzi apho abantu banokuthetha ngokuvulelekileyo ngokuba NENTSHOLONGWANE KAGAWULAYO kwabo ngaphandle koloyiko lokujongelwa phantsi okanye ukucalucalulwa.
- Abafundisi banokufumana iindlela ezinesiphiwo sokuyila ukuxhasa abalingane babo abagulayo kunye nabafundi basenze isikolo ukuba sibe liziko lethemba nonakekelo kuluntu.

Abafundisi abangamadoda banemfanelo ekhethekileyo

- Makubekho isiphelo kwisenzo sabafundisi-ntsapho sokufuna ukwabelana ngesondo namantombazana esikolo okanye abafundisi-ntsapho abangamabhinqa. Kubonisa ukungahloniphi okungacingeliyo amalungelo kunye nesidima samabhinqa kunye namantombazana amancinane.
- Ukwabelana ngesondo nabafundi kungcatsha intembeko yoluntu. Kwaye kudasene nomthetho. Lityala elifuna uqeqesho.
- Kalusizi, kula maxesha, kusasaza iNTSHOLONGWANE KAGAWULAYO /GAWULAYO kwaye kuzise imbandezelo kunye nosizi kwaba bantu bancinane baxabisekileyo kunye neentsapho zabo.

Isiphetho

- Le ncwadana iya kunceda ukuxhobisa wena ukuba udlale indima yakho kumzabalazo ochasene neNTSHOLONGWANE KAGAWULAYO kwaye igcine ikamva eliqaqambileyo lesizukulwana sangoku kunye nesexesha elizayo. Nceda uyifunde kwaye uthethe ngayo ekhaya, nabalingane bakho esikolweni, kwimibutho yakho elawulayo, kunye nabafundi bakho, kwiindawo zakho zokukhonza, kwimibutho yakho yezemidlalo, kunye nokuba kuphi na apho udibana nabantu khona. Ukuba ngaba ufuna ukutshintsha ukuziphatha kwakho ngezokwabelana ngesondo, nceda yiba nesibindi kunye nomoya omhle wokwenza oko.
- Ubomi bakho busengozini. Ngokunjalo nobomi bamalungu osapho lwakho, abalingane bakho kunye nabafundi bakho. Ngenxa yabo kunye nangenxa yesizwe, nceda uyifunde le ncwadana kwaye kubekho into oyenzayo ngayo.

Ngeyona minqweno yam imihle.

Owakho wenene

Njingalwazi Kader Asmal, MP

1. INTSHOLONGWANE KAGAWULAYO KUNYE NOGAWULAYO: IINYANISO EZIKWIINTUPHA ZAKHO

Yintoni INTSHOLONGWANE KAGAWULAYO?

- INTSHOLONGWANE KAGAWULAYO yintsholongwane encinane okanye into ephilayo, ebizwa ngokuba yivirusi, abathi abantu bosulelwe yiyo. Ayinakubonwa ngeliso lenyama, kodwa inokubonwa kuphela phantsi kwe-mikroskopu.
- INTSHOLONGWANE KAGAWULAYO iphila kwaye iphindaphindeke kuphela kwiincindi zomzimba ezifana nobudoda (amadlozi), iincindi zelungu langaphantsi lobufazi, ubisi lwebele, igazi kunye namathe. Sinokosuleleka kuphela ngokudibana neencindi zomzimba ezosulelekileyo.
- Ukuba nako kwendalo komzimba bokulwa izifo kuthiwa sisingqandi zifo. Lukhuselo lomzimba kwizifo.
- INTSHOLONGWANE KAGAWULAYO ihlasela isinqandi zifo kwaye yehlise ukuxhathisa komzimba kuzo zonke iintlobo zezigulo, kuqukwa umkhuhlane, urhudo, inyumoniya, isifo sephepha kunye nemihlaza ethile.
- Yiyo le nto kusithiwa INTSHOLONGWANE KAGAWULAYO (HIV) yi-**H**uman **I**mmunodeficiency **V**irus.
- INTSHOLONGWANE KAGAWULAYO ekugqibeleni yenza umzimba ube buthathaka kwaye ungakwazi ukuzilwa izigulo ngoko ke ibange ukufa.
- Okuqhelekileyo kukuba abantu basweleke phakathi kweminyaka emihlanu kunye nelishumi emva kokosuleleka, kodwa abanye abantu abosulelweyo yiINTSHOLONGWANE KAGAWULAYO baphila nangaphezulu.

Yintoni uGAWULAYO?

- UGAWULAYO linqanam lokugqibela lokosulelwa yiINTSHOLONGWANE KAGAWULAYO, yi le nto ebangela ukuba umntu asweleke.
- Abantu abanoGAWULAYO kumaxa amaninzi banezigulo ezininzi ezahlukeneyo ngexesha elinye. Oku kusetyenziswa ekugxininiseni kokuba abantu abanoGAWULAYO baneempawu kunye nemiqondiso emininzi, kuba baphathwa zizigulo ezininzi ngexesha elinye. UGAWULAYO ayisosifo sinye.
- UGAWULAYO (AIDS) umele **A**cquired **I**mmune **D**eficiency **S**yndrome.

Isasazeka njani INTSHOLONGWANE KAGAWULAYO?

- INTSHOLONGWANE KAGAWULAYO sisifo esosulelayo, kodwa ke kukho iimeko ezithile kuphela apho abantu abanentsholongwane banokuyidlulisela kwabanye abantu.
- Ukwabelana ngesondo yeyona ndlela iqhelekileyo abantu abosuleleka ngayo, kuba kaloku intsholongwane ihlala kwisidoda kunye nakwiincindi zangaphantsi zebhinqa.
- Abantwana abazelwe ngoomama abaneNTSHOLONGWANE KAGAWULAYO nabo banokosuleleka nje phambi okanye ngexesha ebeleka , okanye ngexesha lokuncancisa.
- Igazi elosulelekileyo lingayisasaza intsholongwane, umzekelo ukuba lichaphazela kwisikhumba esiqhekekileyo, okanye abahlobo okanye amalungu osapho asebenzisa kunye iincakuba, iireyiza kunye nebrashi zokuhlamba amazinyo.
- Abaxhomekeki kwiziyobisi abasebenzisa kunye iinaliti omnye unokosulela omnye.
- Nangona igazi elisetyenziswa kuthiwo gazi luyinyangelwa le ntsholongwane, ngamanye amaxesha iimpazamo ziye zenzeke kwaye ngokungaxhaphakanga nje uthiwo gazi lunokulubanga usulelo.

Yintoni ENGAYI sasaziyo intsholongwane?

- Awunokosulelwa YINTSHOLONGWANE KAGAWULAYO ngokusebenzisa kunye indlu, idesika, isitulo, i-ofisi, imoto, itekisi, ilokhari, imfonomfono, ikomotyi, ifolokhwe, imagi, indlu yangasese, itawuli, iishithi okanye iimpahla nomntu owosulelekileyo.
- Awunokosulelwa YINTSHOLONGWANE KAGAWULAYO ngokusebenzisa kunye ukutya, ibhafu, ichibi lokudada, okanye ngokuxhawulana nomntu owosulelekileyo.
- Ukuba ngaba uyamgona okanye uyamphuza umntu ONENTSHOLONGWANE KAGAWULAYO emilebeni awungeke wosuleleke.
- Awunokosulelwa YINTSHOLONGWANE KAGAWULAYO ngokulunywa yingcongconi, incukuthu, ikhalane okanye intakumba ebilume umntu oneNTSHOLONGWANE KAGAWULAYO.
- Awunokosulelwa yiNTSHOLONGWANE KAGAWULAYO ngexesha lazo naziphina izenzo eziqhelekileyo ezenzeka kokungqonge imfundo.

Yintoni iimpawu zeNTSHOLONGWANE KAGAWULAYO

- Abantu abaninzi abaneNTSHOLONGWANE KAGAWULAYO ababinazo iimpawu ixesha elide. Bajongeka kwaye baziva befana nje nam nawe.
- Abantu abaninzi abaneNTSHOLONGWANE KAGAWULAYO baziva bephilile kwaye bahlala bezenzela imveliso iintsapho zabo kunye neendawo abasebenza kuzo phakathi kweminyaka emihlanu kunye nesibhozo emva kokuba bosulelwe yiNTSHOLONGWANE KAGAWULAYO.
- Kodwa abanye abantu baqala ukuzibonisa msinyane iimpawu nje emva kokosuleleka.
- Xa abantu abaneNTSHOLONGWANE KAGAWULAYO beqalisa ukubonakalisa iimpawu, oko kuthetha ukuba isifo sele siqhubela phambili saba nguGAWULAYO.

Ngoko ke basweleka kwintoni abantu abaneNTSHOLONGWANE KAGAWULAYO/GAWULAYO?

- Abantu abaneNTSHOLONGWANE KAGAWULAYO/GAWULAYO kumaxa amaninzi basweleka ngenxa yezifo ezinjengeSIFO SEPHEPHA (TB) okanye inyumoniya, abathi bangakhuseleki kuyo ngenxa yentsholongwane emizimbeni yabo.
- Abantu abangenayo iNTSHOLONGWANE KAGAWULAYO nabo bayazifumana ezi zifo, kodwa ke ngenxa yeNTSHOLONGWANE KAGAWULAYO inani lezehlo zesifo sephepha kunye nenyumoniya linyuke kakhulu.
- Kwezi ntsuku, ngenxa yosulelo lweNTSHOLONGWANE KAGAWULAYO, isifo sephepha kunye nenyumoniya kubanga ukufa okuninzi phakathi kwabantu abancinane.
- Iikota ezintathu zabantu abanesifo sephepha ngoku bakwanayo neNTSHOLONGWANE KAGAWULAYO.
- Abantu banokusweleka kwakhona ngenxa yorhudo olungamandla okanye ngenxa yeentlobo ezithile zemihlaza, ingakumbi imihlaza yegazi ebizwa ngokuba zii-lymphomas kunye nomhlaza wesikhumba obizwa ngokuba yi-Kaposi's Sarcoma.
- Ezinye izigulo, ingakumbi inyumoniya ebukhali, inokukhawuleza kwaye ngamaxesha abantu banokusweleka ngaphambi kokuba usulelo lweNTSHOLONGWANE KAGAWULAYO lungqinisiswe.

Singazi njani ukuba umntu uneNTSHOLONGWANE KAGAWULAYO?

- Eyona ndlela iqinisekileyo yokwazi ukuba umntu uneNTSHOLONGWANE KAGAWULAYO kungovavanyo lwegazi. Ukuba ngaba uvavanyo luyabonisa ukuba sinentsholongwane, sibizwa ngokuba sineNTSHOLONGWANE KAGAWULAYO "HIV positive".
- Kodwa ke, kangangeeveki ezininzi okanye iinyanga emva kokuba umntu osulelwe, umzimba awubonakalisi zimpawu zokosuleleka. Oku ke kubizwa ngokuba yi "window period". Ukuba ngaba sithatha uvavanyo lweNTSHOLONGWANE KAGAWULAYO nge-window period, iziphumo ziya kuthi awunayo, nokuba sosulelekile. Iziphathamandla zempilo azilukhuthazi uvavanyo lwesiqhelo lweNTSHOLONGWANE KAGAWULAYO, kuba isiphumo esithi ayikho asisoloko sithetha ukungabikho kosulelo.
- Sinokuqiniseka kuphela ngobunjani bethu kwiNTSHOLONGWANE KAGAWULAYO ukuba siye senza uvavanyo kwiinyanga ezintandathu emva kwesihlo sokugqibela emva kokuba semngciphekweni wentsholongwane, umzekelo ngenxa yokwabelana ngesondo okungakhuselekanga.
- Abantu abaninzi abasabelanayo ngesondo abazazi nokuba bosulelwe yiNTSHOLONGWANE KAGAWULAYO okanye abosulelwanga. Masiziphathe ngokungathi singosulelwa, okanye sosulele abanye, kwaye sizikhusele kwaye sikhusele nabanye ekonzakaleni.

Yintoni uvavanyo lweNTSHOLONGWANE KAGAWULAYO?

- Intwana encinci yegazi iyathathwa engalweni yakho ngenaliti okanye isirinji, okanye ngokuhlaba umnwe wakho kwaye ufake igazi kwiphepha lokufunxa. Isampuli yegazi iye ivavanywe ngenzululwazi.
- Uvavanyo alubonisi ubuqu bentsholongwane, kodwa ke ibonisa ubukho besilwa buhlungu esisegazini "antibodies". Isilwa buhlungu sibonisa ukuba umzimba unento oyenzayo kubukho

beNTSHOLONGWANE KAGAWULAYO, kwaye uzama ukukhusela umzimba kuyo. Ezi zilwa buhlungu zivela kuphela egazini phakathi kweenyanga ezintathu kunye nezintandathu emva kokosuleleka.

- Phambi kokuba wenze uvavanyo lweNTSHOLONGWANE KAGAWULAYO kumele ukuba uthethe nomcebisi malunga novavanyo kwaye nokuba uya kwenzani na xa usiva iziphumo.
- Iziphumo zovavanyo ngokuqhelekileyo zithatha iiveki ezimbini, kodwa ke ngamanye amaxesha ziye zibekhona msinyane, nangolo suku lunye. Iziphumo zibucala (ziyimfihlo). Awunasinyanzeliso somthetho sokuba uxelele nabani na ukuba unayo INTSHOLONGWANE KAGAWULAYO okanye awunayo INTSHOLONGWANE KAGAWULAYO.
- Kodwa ke, ilungile kwaye iyafuneka into yokwabelana ngalo olu lwazi kunye nabanina okhe wabelana ngesondo naye. Kwaye kokulunge kakhulu okokuxelela ilungu losapho elikufutshane okanye umhlobo oya kukuxhasa.

Ingaba umntu angaludlulisa usulelo xa engaguli?

- Ewe, umntu angaludlulisa usulelo lweNTSHOLONGWANE KAGAWULAYO kwabanye abantu nangeliphi na ixesha emva kokuba ethe wosuleleka. Oku kuyenzeka phambi kokuba abantu baqonde ukuba banosulelo lweNTSHOLONGWANE KAGAWULAYO kwaye phambi kokuba uvavanyo lweNTSHOLONGWANE KAGAWULAYO lubonise ukuba "banayo".

Ingaba ayikuko okulungileyo, ngaxesha nye, ukuba kude nomntu oneNTSHOLONGWANE KAGAWULAYO?

- Hayi. INTSHOLONGWANE KAGAWULAYO ayinakusasazeka ngokudibana nje okungenalunonophelo. Ngoko ke akukho sizathu sokuba umntu oyike ukosulelwa zizenzo zokusebenzisana eziqhelekileyo zantsuku zonke kunye nomntu oneNTSHOLONGWANE KAGAWULAYO.
- Amadoda amaninzi ezemidlalo adumileyo kunye namabhinqa, abadlali bemifanekiso bhanyabhanya, abaphathi, izifundiswa, kunye nabapolitiki basebenze ngokunembuyekezo ixesha elide xa babeneNTSHOLONGWANE KAGAWULAYO de babe bayagula. Abemi abaninzi abangadumanga nabo benze ngokunjalo.
- Kukukhohlakala kwaye akufuneki ukongeza ekungcungcuthekeni kwabantu. Kunzima ngokwaneleyo ukujongana nokufa okungaphambi kwexesha ungakhange ubalekwe lusapho lwakho, abalingane kunye nabahlobo.
- Ukuba ngaba siya balahla abantu abaneNTSHOLONGWANE KAGAWULAYO , banokunyanzeleka ukuba bayifihle okanye benze ngathi abanayo. Ngokwenza oko babeka abanye abantu engozini. Abantu abosulelekileyo mabakhuthazwe ukuba bathathe izilumkiso ezifanelekileyo ekudluliseni usulelo, izinto ezifana nokufaka ikhondom xa besabelana ngesondo okanye ukungabancancisi abantwana babo.
- Nabani na wethu unokuyifumana intsholongwane, ingakumbi ukuba sisabelana ngesondo kwaye senza ngokungazinakekeli. Masingabaphathi abanye abantu ngendlela esingenakufuna ukuba siphathwe ngayo thina.

Ingaba lukhona unyango lweNTSHOLONGWANE KAGAWULAYO okanye UGAWULAYO?

- Alukho unyango lweNTSHOLONGWANE KAGAWULAYO okanye UGAWULAYO.
- Abaphandi bezonyango kumazwe amaninzi, kuqkwa noMzantsi Afrika, basebenza ngokukhawuleza ukuphuhlisa amayeza okuthintela usulelo lweNTSHOLONGWANE KAGAWULAYO. Kodwa nokuba iyeza sele liphuhlisiwe, kuya kuthatha iminyaka emininzi phambi kokuba livavanywe ngokucokisekileyo, livunywe ziziphathamandla ezifanelekileyo, kwaye lenziwe ukuba lifumaneke kuluntu oluninzi.
- Amayeza alulibazisayo uhlaselo lwezifo ezinxulumene noGAWULAYO anokunikwa abantu abaneNTSHOLONGWANE KAGAWULAYO kodwa ke awanyangi. Ngelishwa ixabiso lawo lixhome kakhulu. Iinkampani zamachiza ziphuhlisa enye indlela engabizi kakhulu, kodwa ke awakafumaneki jikelele.
- Xa iNTSHOLONGWANE KAGAWULAYO isenza buthathaka izinqandi zifo zethu, imizimba yethu ayikwazi ukumelana nesifo sephepha kunye nenyumoniya. Isifo sephepha sinokunyangeka ngaphandle kokuba isigulane sisebenzisa amachiza afanelekileyo exesha elifanelekileyo. Abantu abaneNTSHOLONGWANE KAGAWULAYO banokusebenzisa unyango ukuthintela inyumoniya. Ngendlela ezinjalo, abantu abane NTSHOLONGWANE KAGAWULAYO banokuncedwa ukuba baphile ubomi obude kunye nobupheleleyo.

INTSHOLONGWANE KAGAWULAYO kunye NOGAWULAYO zinokuthintelwa

- Uthintelo kuphela kwendlela eqinisekileyo yokoyisa INTSHOLONGWANE KAGAWULAYO kunye NOGAWULAYO.
- Sinokukuphepha ukosuleleka kunye nokosulela abanye abantu ngokuqinisekisa ukuba senza ngocoselelo, uvelwano kunye nemfanelo ngamaxesha onke, ingakumbi ukuziphatha kwethu kwezokwabelana ngesondo.
- Intlekele elizweni lethu kukuba abantu abaninzi bayasweleka ngenxa yesi sifo esinokukhuseleka ngokupheleleyo.

Kutheni singeva nje ngabantu abasweleka ngenxa yeNTSHOLONGWANE KAGAWULAYO/GAWULAYO kummandla wethu?

- Ngenxa yempazamo phakathi kokosuleleka kunye nokufa, eminye imimandla yelizwe kukhona iqalalayo ngoku ukuvela namanani amakhulu okusweleka kwabantu abadala ngenxa yeNTSHOLONGWANE KAGAWULAYO.
- Sinokungazi ukuba yintoni eqhubekayo kokungqonge thina.
- Kuba kaloku abantu abosulelwe yiNTSHOLONGWANE KAGAWULAYO basweleka ngenxa yezifo eziqhelekileyo, ezifana nesifo sephepha okanye inyumoniya, abantu abanakuqiniseka nokuba isifo esibulalayo besinxulumene na noGAWULAYO. Kumaxesha amaninzi amalungu osapho awanako ukwazi okanye awanako ukukulungela ukuthetha inyaniso.
- Kukho ubumfihlo obuninzi obujikeleze iNTSHOLONGWANE KAGAWULAYO/ GAWULAYO. Abanye abantu baneentloni okanye bayoyika ukuba neNTSHOLONGWANE KAGAWULAYO. Bona neentsapho zabo abanakuthetha ngayo.

- Ngenxa yokunganaki kunye nologyiko, abantu abaneNTSHOLONGWANE KAGAWULAYO/GAWULAYO bajongene nocalucalulo kwimimandla yabo, kwaye abanye bayabulawa. Izenzo ezinjalo ziye zaboyikisa abantu kwaye zabathintela ekuvezeni ulwosulelo lwabo lwe iNTSHOLONGWANE KAGAWULAYO.
- Abanye abantu basaphika ukuba kukho isifo esinjalo. Abanye babanga ukuba liyelenqe elichasene nabantu abamnyama. Okuyinyani, iNTSHOLONGWANE KAGAWULAYO/GAWULAYO ngubhubhane kazwelonke ochaphazela abantu beentlanga zonke.

Sazi njani ukuba ubhubhane weNTSHOLONGWANE KAGAWULAYO akabaxwa?

- Uphando lubonise ukuba imeko ezithile zokuhlala zenza ukuba kubonakale ukuba amazinga aphakamileyo osulelo lweNTSHOLONGWANE KAGAWULAYO/UGAWULAYO aya kwenzeka. Ezi ziquka ubuhlwempu, ukungondleki, ucoceko olungagqibelelanga kunye nolwazi ngempilo, kuqukwa nempatho enobundlobongela nephatha gadalala kumabhinqa kunye namantombazana, ukuba ngaphantsi kwamabhinqa, intswelanguqesho ephakamileyo kulutsha, abasebenzi abasebenza kude namakhaya, kunye noqhekeko kubomi bosapho, Ukuba nabanye abantu bokwabelana ngesondo ngaphandle kwalowo utshate naye ingakumbi amadoda, ukwabelana ngesondo phakathi kwabantu abatsha, kunye nezinga eliphakamileyo lolosulelo ngokwabelana ngesondo (STIs). Zonke ezi meko zikhona eMzantsi Afrika
- Iminyaka emininzi iSebe lezeMpilo belisoloko lisamkela uvavanyo lwegazi lwabantu abangaziwayo olwenziwe kumakhosikazi akhulelweyo kwilizwe lonke. Ngo 1998 ezi mvavanyo zabonisa ukuba iipesenti ezingama-21 zolutsha olukhulelweyo, iipesenti ezingama-26 zamabhinqa akhulelweyo aphakathi kweminyaka engama-20 ukuya kutsho kuma-24, kunye neepesenti ezingama-27 zamabhinqa aphakathi kweminyaka engama-25 ukuya kuma-29 aneNTSHOLONGWANE KAGAWULAYO. Ngenxa yokuba iNTSHOLONGWANE KAGAWULAYO isasazeka kakhulu ngokwabelana ngesondo, kufaneleke ngamandla ukuba amaqabane angamadoda abelana ngesondo nala mabhinqa nawo aneNTSHOLONGWANE KAGAWULAYO.
- Uphando olwamkelweyo kwiinkampani ezinkulu zaseMzantsi Afrika lubonisa amazinga aphakamileyo osulelo phakathi kwabasebenzi bazo, kuwo onke amanqanaba.
- Ngokuhlola idata ekhoyo, Inkqubo kaGAWULAYO yeZizwe eziManyeneyo (United Nations) (UN AIDS) iqukelela ukuba omnye kubantu abadala abasibhozo eMzantsi Afrika ngoku uneNTSHOLONGWANE KAGAWULAYO.
- Uphando lubonise ukuba ngoku kukho ingxaki ngeNTSHOLONGWANE KAGAWULAYO/GAWULAYO kuwo wonke ummandla elizweni.
- Nokuba kungaphandle kophando, abaninzi kuthi bayazi ukuba esi sifo sithatha ubomi obuninzi, abancinci nabadala. Abaninzi kuthi balahlekelwe ngamalungu osapho kunye nabamelwane. Abaninzi kuthi banakekela izihlobo ezigulayo. Abaninzi kuthi bayazi ukuba sineNTSHOLONGWANE KAGAWULAYO thina ziqu.

Ukuhlala ngethemba

- Abantu abaninzi abaneNTSHOLONGWANE KAGAWULAYO baphilile kwaye bayakuqhuba beziva bephilile iminyaka emva kokuba bosulelekile.

- Ngeli xesha, abantu abadala kunye nabantwana abaneNTSHOLONGWANE KAGAWULAYO banokuphila ubomi obububo kunye nobunemveliso ezikolweni, emsebenzini kunye nasekhaya.
- Abantu abaneNTSHOLONGWANE KAGAWULAYO bafuna inkxaso kunye namacebo. Abantu iziphumo zabo zovavanyo ezithi baneNTSHOLONGWANE KAGAWULAYO mabanikwe amacebo ukuze bajonge phambili iminyaka emininzi yobomi obuqhelekileyo.
- Uluntu olusingqongileyo ingakumbi kummandla wesikolo ingaba ngumthombo wothando, unakekelo kunye nenkxaso.
- Umceli mngeni wethu njengabafundisi, ikhona okanye ingekho iNTSHOLONGWANE KAGAWULAYO, kukwenza ukuba isikolo sibenako ukufezekisa oku kunokwenzeka.

2. IMIYALEZO ESIBHOZO ENGUNDOQO MALUNGA NOKUTHINTELA INTSHOLONGWANE KAGAWULAYO

Abafundisi banethuba elilelabo bodwa lokutshintsha indlela yalo bhubhane

- Ngenxa yokuba wonke umntwana elizweni esiya esikolweni, abafundisi banethuba elilelabo bodwa lokufaka ifuthe kwiingcinga zabantwana malunga nokwabelana ngesondo kunye nobudlelwane nokuba kuphambi kokuba ezi zinto ziqale.
- Ngokwenza oko abafundisi banokudlala indima ephakathi ekutshintsheni indlela yalo bhubhane weNTSHOLONGWANE KAGAWULAYO.
- Kukhutshwa ngaphandle okumbalwa, abantwana abaqala izifundo zabo zesikolo abanalo usulelo lweNTSHOLONGWANE KAGAWULAYO.
- Ngexesha besishiya isikolo, abantwana abaninzi babe sebeyifumene le ntsholongwane. Abaninzi bayakwesulelwa emva kokushiya isikolo, ngaphandle kokuba baye bancediswa ukuba bathathe ukuziphatha okukhuselekileyo kwezokwabelana ngesondo.

Ubunkokheli buqala ekhaya

- Abafundisi balindeleke ukuba ibe ngabantu ekujongwe kubo kunye neenkokheli eluntwini. Ngokuthatha izenzo ezikhuselekileyo kunye nezinemfanelo thina ngokwethu, sinokuzikhusela iziqu zethu kwiNTSHOLONGWANE KAGAWULAYO sincede nabanye abangabalekileyo ukuba nabo benze njalo.
- Nantsi imiyalezo engundoqo esibhozo emalunga nokukhusela iNTSHOLONGWANE KAGAWULAYO

1. Yiba nokwabelana ngesondo okukhuselekileyo

- Usulelo oluninzi lweNTSHOLONGWANE KAGAWULAYO lwenzeka ngexesha lokwabelana ngesondo. Ukuthintela iNTSHOLONGWANE KAGAWULAYO masithathe izenzo zokwabelana ngesondo ezikhuselekileyo. Ayikho enye indlela!
- Eyona ndlela ikhuselekileyo yesenzo sokwabela na ngesondo kukukuzila ukulalana de utshate, kwaye emva koko ke uhlale unyanisekile kwiqabane lakho.

- Ukuba uyalalana cingela ukuba wena kunye neqabane lakho ninokuba nithwele usulelo lweNTSHOLONGWANE KAGAWULAYO. Sebenzisa ikhondom yamadoda okanye yamabhinqa.
- Yiba neqabane lokwabelana ngesondo elinye, kwaye wenze ulwabelwano ngesondo olukhuselekileyo ngexesha ngalinye.
- Xa ilixesha lofumana abantwana, omabini amaqabane mawenze uvavanyo lweNTSHOLONGWANE KAGAWULAYO kwaye bafumane iziphumo phambi kokuba bayeke ukusebenzisa iikhondom kwaye bazame ukukhawula.

2. *Thanda kwaye uthembele*

- Indoda okanye ibhinqa elikuthanda ngenene lilo elithatha imiqathango yokuthintela ukuqinisekisa ukuba awuyifumani iNTSHOLONGWANE KAGAWULAYO kulo ngokufaka ikhondom.
- Ngokuba neqabane olithembayo ngoku akwanelanga ukukukhusela kwiNTSHOLONGWANE KAGAWULAYO. Wena, okanye iqabane lakho ninokuba nosulelekile kubudlelwane bangaphambili, nokuba baphela kwexesha eladlulayo.

2. *Ukuthi "Ewe, ukuthi "Hayi"*

- Indoda mayicele imvume yebhinqa phambi kokuba yabelane ngesondo nalo.
- Nayiphi na indoda enyanzelisa ibhinqa ukuba yabelane ngesondo nayo naxa sele lithe "Hayi" ngumdlwenguli.
- Udlwengulo lulwaphulo-mthetho olungamandla. Ixhoba malithathwe ngoko nangoko lisiwe kugqirha wesithili, okanye kwindawo yonyango liyokwenziwa uvavanyo, licetyeswe kunye nocwangciso lonxunguphalo. Udlwengulo maluxelwe emapoliseni, kwaye ixhoba liya kucelwa ukuba lenze ingxelo ebhalwe phantsi. Amapolisa mawanike inkxaso kwixhoba elo, kwaye aphande naliphi na ityala elixeliweyo.

2. *Ukuphepha ukuphathwa gadalala kwabantwana: baleka kwaye uxele*

- Abafundisi-ntsapho banemfanelo ekhethekileyo yokuhlonipha kwaye bakhusele abantwana abakunakekelo lwabo. Ukuphathwa gadalala kwabantwana ngumfundisi-ntsapho kubi kakhulu, kuba kungcatsha intembeko enikwe umfundisi-ntsapho ngabazali bomntwana.
- Ayisiyiyo inyani into yokuba ukuba indoda ikhe yalala nomntu ongekaze abelane ngesondo, ingakumbi intombazana encinane, uyakunyangeka KWINTSHOLONGWANE KAGAWULAYO. Alukho unyango lweNTSHOLONGWANE KAGAWULAYO. Endaweni yoko, ukwabelana ngesondo nentombazana okanye inkwenkwe kuyakubangela umntwana ubuhlungu obungenakukhankanywa kunye nenkxwaleko, kwaye unokubosulela ngeNTSHOLONGWANE KAGAWULAYO kwaye ashunqule ubomi babo.
- Abantwana bafundiswa ukuba babahloniphe abantu abadala, kodwa loo nto ayithethi ukuba mabenze nantoni na abantu abadala ababaxelela ukuba bayenze, ingakumbi ukuba ayilunganga kwaye imenza umntwana azive engonwabanga.

- Wonke umntwana uyaqonda ukuba kukhona iintlobo zokuphathaphatha umzimba ezintle, njengokuphulula kukamama okanye ukugona, okanye ukubambana ngezandla kunye nomhlobo. Zikhona ezinye iintlobo zokuphathaphatha umzimba ezibenza ukuba bazive bengonwabanga.
- Umntwana angaze ahlale kwisimo apho aya kuziva engonwabanga. Mabafundiswe ukukhwazela uncedo, babaleke bemke kwaye bacele umntu omdala abamthembayo ukuba abancede.
- Abantwana mabafundiswe ukuba bangaze baye endlini yomntu wasemzini, okanye bahambe ezitalatweni okanye emathafeni kunye nomntu wasemzini, okanye bakhwele emotweni yomntu wasemzini.
- Mabangenzi nayiphi na into kwezi zinto nomntu obenza bazive bengakhululekanga okanye oziphatha ngendlela engaqondakaliyo, nokuba umntu sisihlobo okanye bamazi kakuhle.

2. *Awunakuba namaqabane angamadoda okanye amaqabane angamantombazana amaninzi ukuze ufumane INTSHOLONGWANE KAGAWULAYO*

- Abantu ababelana ngesondo nabantu abaninzi ngabona banokufumana INTSHOLONGWANE KAGAWULAYO, kodwa INTSHOLONGWANE KAGAWULAYO ayichaphazeli kuphela abantu abanamaqabane amaninzi.
- Ukuba kuphela iqabane elinye lalosulelekile laza langayisebenzisi ikhondom, sinokosuleleka.
- Abantu abaninzi bayifumana intsholongwane emva kokwabelana ngesondo kanye nje nomntu owosulelekileyo yiINTSHOLONGWANE KAGAWULAYO, kwaye ongayisebenzisa ikhondom.
- Abantu abanyanisekile kumakhosikazi okanye kubayeni babo banokuyifumana intsholongwane ukuba amaqabane abo awanyanisekanga kubo.
- Nyaka ngamnye, abantwana abaninzi kunye namabhiqa bosulelwa yiINTSHOLONGWANE KAGAWULAYO xa bedlwenguliwe.
- Abanye abantwana bayifumana kubazali babo iINTSHOLONGWANE KAGAWULAYO. Abanye bababantwana baphile ngokwaneleyo ukuba bade baye nasesikolweni.
- Abantu bayosuleleka kwakhona ngokudibana negazi elosulelekileyo

2. *Ukusebenzisa ikhondom kuya kukhusela kwakhona kwizifo ezosulelana ngokulalana (Sexually Transmitted Diseases) (STDs), ukungachumi kunye nokukhulelwa okungafunekiyo*

- Izifo ezosulelana ngokulalana (STDs) zibanga isilonda encanceni okanye kumphambili womntu obhinqileyo, okanye ububomvu okanye ubuhlungu xa uchama. Isifo esosulelana ngokulalana esinganyangwanga sandisa amathuba akho okufumana iINTSHOLONGWANE KAGAWULAYO. Musa ukwabelana ngesondo ukuba une-STD. Fumana unyango!
- Iikhondom zikhusela wena kwizifo ezosulelana ngokulalana ngokunjalo nakwiINTSHOLONGWANE KAGAWULAYO.
- Izifo ezosulelana ngokulalana zezona zingunobangela oqhelekileyo owenza ukungachumi.

- Ngokusebenzisa ikhondom unokuyiphepha iNTSHOLONGWANE KAGAWULAYO kunye nezinye I-STDs, kwaye unokwenza isigqibo sokuba ufuna ukukhawula umntwana.

2. *Ikhondom zinokuba lulonwabo*

- Abantu abaninzi bathi ukusebenzisa ikhondom kufana nokutya ilekese isongelwe ngephepha. Ingaba ezi "ngcali" ziyazi nyani ukuba zisetyenziswa njani?
- Ukufaka ikhondom ingaba sesona sigaba sinika umdla sokudlala kulwabelwano ngesondo.
- Ukusebenzisa ikhondom bubuchule obufana nabo nabuphi na obunye. Okukhona uyenza rhoqo, kokukhona ufumana bhetele.
- Okona kwabelana ngesondo kugqwesileyo kuxa ikukungazihluphi ngokufumana isifo esiyingozi.

2. *Iziyobisi kunye notywala*

- Ukusetyenziswa kweziyobisi kunye notywala nako kuyoyanyaniswa nezehlo ezininzi zeNTSHOLONGWANE KAGAWULAYO.
- Abantu abanxilileyo basoloko belibala ngokusebenzisa ikhondom. Amadoda asoloko elinda amathuba kumabhinqa anxilileyo ukuze abelane ngesondo nawo, ngaphandle kokusebenzisa ikhondom. Into enjalo ingenzeka nakwiziyobisi.
- Ezinye zeziyobisi ezirhuhayo ezifana ne-heroin zifakwa ngenaliti. Abantu abaninzi bayifumene iNTSHOLONGWANE KAGAWULAYO ngokusebenzisa kunye iinaliti kunye neesirinji.
- Ungaze usebenzise nomnye umntu isirinji okanye inaliti.

3. IMIBUZO ABAFUNDISI ABAYIBUZAYO MALUNGA NEMFUNDO

YEZOKWABELANA NGESONDO

Ukuthetha ngokwabelana ngesondo? Kuchasene nesiko lethu!

- Sonke siyabelana ngesondo, kodwa abaninzi bethu bafundiswa ukuba bacinge ukuba kuchasene namasiko nezithethe, kungcolile, kwenza iintloni, ngaphandle kokuba kwenziwa kumanyano lomtshato.
- Asiqhelanga ukuthetha nje ngokuphandle malunga nokwabelana ngesondo okanye sithethe ngamagama afana nencanca okanye ikuku okanye ukulalana.
- Asiqhelanga ukuthetha nabantwana malunga nemicimbi yokwabelana ngesondo.
- Le miba yesiko lethu, esenze ukuba sibe neentloni ngokuthetha ngokwabelana ngesondo, yaphuhliswa ngamaxesha awohlukileyo. Ngoku sinomceli mngeni omtsha ngokupheleleyo weNTSHOLONGWANE KAGAWULAYO. Sisifo esitsha esasingeko xa izithethe zethu ezidala zazidalwa.
- Ukufika kweNTSHOLONGWANE KAGAWULAYO kuthetha ukuba kufuneka senze utshintsho kwisiko lethu kuba ukuba asilwenzi olu tshintsho inani elikhulu labantu bethu abancinane liza kusweleka kwaye nathi sinokukwenza oko ngokunjalo.

- Ukutshintsha imithetho malunga nokuxoxa ngezokwabelana ngesondo akuthethi ukuba isiko lethu liyasongelwa. Kukhona okungaphaya esikweni lethu kune khowudi kunye nezenzo ezinxulumene nokwabelana ngesondo.
- Okuyinyani, isiko litshintsha maxa onke. Yindlela eliphila ngayo elo. Cinga nje ukuba zingaphi izithethe esele zitshintshile kumaxesha obomi bethu kunye nelabazali bethu kunye nakumaxesha okuphila oomawokhulu.
- Ukuba ngaba asiyi lawuli INTSHOLONGWANE KAGAWULA/ GAWULAYO, iya kulutshabalalisa uluntu lwethu kwaye amasiko ethu aya kuba yimbali.
- Kumele siyitshintshe imbono yethu yesiko ngokwabelana ngesondo kunye nokuthetha ngokwabelana ngesondo, kuba ubomi babalingane kunye namaqabane ethu, abantwana bethu, nabo bakunakekelo lwethu baxhomekeke kuyo.
- Ibonisa ukukhula into yokuthetha ngokwabelana ngesondo ngendlela ethe ngqo kwaye efanelekileyo. Abantu abancinane bayakukuthakazelela ukuzikhathaza kwethu ngengxaki zabo.

Andiyi kukukhuthaza ukungabikho sikweni!

- Abazali banemfanelo yokuqala yokufundisa abantwana ukuba yintoni elungileyo kwaye iyintoni engalunganga, yintoni evumelekileyo kwaye iyintoni engavumelekanga.
- Njengabafundisi, sinemfanelo elungileyo enamandla yokunceda ukukhusela impilo kunye nobomi babantwana esibafundisayo, kwaye sinike elona cebo linokubakhona lifanelekileyo kubazali kunye nabantwana ngokufanayo.
- Ezinye iinkolo zethu zokholo malunga nokuziphatha kakuhle ngokwabelana ngesondo zenza ukuba kube nzima ukuba sixoxe ngezokwabelana ngesondo nabantwana, kodwa ngeke sibaveze abantu abancinane abakunakekelo lwethu kwiimeko ezisongela ubomi xa sinalo ulwazi olunokuba sindisa.
- Ayiyonyani into yokuba ukufundisa abantu abancinane ngokwabelana ngesondo kunye nezokwabelana ngesondo kubenza ukuba babhideke okanye bachasane namasiko kunye nezithethe. Kuluntu lwethu, kunye nakwamanye amazwe amaninzi, abantu abancinane baqala ukwabelana ngesondo kwangoko nokuba siyathanda okanye asithandi. Imfundo ngezokwabelana ngesondo, enika ulwazi kwaye efundisa intlonipho kubo kunye nakwabanye abantu, iyakubenza ukuba benze izigqibo ezilumkileyo zokuba mhlawumbi okanye ungabelana njani ngesondo, kwaye uhlale ukhuselekile.
- Intsongelo yeINTSHOLONGWANE KAGAWULAYO ayithethi ukuba masiyilahle ikhowudi yethu eungileyo. Ikhowudi ecacileyo kunye neqinileyo zange ibe yimfuneko kakhulu. Kodwa mayiquke isinyanzelo sokwenza ukuzinqanda ngokwakho kulwabelwano ngesondo kunye nentlonipho yamalungelo abanye, ingakumbi amaqabane ethu esabelana ngesondo nawo. Kumele iquke isinyanzelo sokufundisa abantu abancinane ukubaluleka kokwenza okufanayo.
- Indawo yokuqala elungileyo kukwazi ukuba ezokwabelana ngesondo zandisa ubomi ukuba bulawulwa ngendlela eyiyo. Ubudlelwane bokwabelana ngesondo obulungileyo abukho malunga namandla. Abukho malunga nokubanga amalungelo. Bungoku zonwabisa okufana macala kunye nentlonipho.

Ukufundisa kwilizwe apho amalungelo oluntu akhuselweyo

- eMzantsi Afrika amalungelo oluntu akhuselwe kwaye aqinisekise nguMgaqosiseko

- Amalungelo oluntu ngawabantu bonke, abafundi ngokunjalo nabafundisi.
- Amalungelo eza neemfanelo. Ukuze sonke siwonwabele amalungelo oluntu masenze iimfanelo zethu.
- Umgaqosiseko uqinisekisa ilungelo lenkululeko yokufikelela kulwazi kunye nenkululeko yokuqonda, ukucinga, ukukholwa kunye noluvo. Umgaqosiseko unika ukhuseleko olukhethekileyo kumalungelo abantwana. Ubeka umsebenzi kuwo wonke umntu wokusoloko usebenza ngokukona kulungele umntwana.
- Abantwana banelungelo lolwazi olumalunga nempilo yokwabelana ngesondo kunye nokhuselo lweNTSHOLONGWANE KAGAWULAYO.
- Sinokubatyhafisa abafundi ukuba babelane ngesondo, kodwa abafundi mabanikwe ulwazi oluchanekileyo ngokwabelana ngesondo okukhuselekileyo nanjengoko beza kwenza ezabo izigqibo.
- Eli lilungelo labo lomgaqosiseko kunye nemfanelo yethu yomgaqosiseko njengabafundisi.

Ingaba akumelanga ukuba sivele sibaxelele nje abantu abatsha ukuba bangabelani ngesondo?

- Yinto elungileyo ukuthetha nabafana kunye namabhinqa amatsha malunga nokungabelani ngesondo. Kufuneka kwakhona sikhumbule ukuba abaninzi kubo bayakungakuhoyi oku kwaye bangakwazi ukulandela eli cebiso.
- Kulula ukulibala ukuba amaqabane angamadoda kunye nabhinqileyo ayebaluleke kanjani kuthi xa sasisebatsha. Obu budlelwane busabalulekile kubantu abatsha nangoku. Bangumthombo wophuhliso kunye nokukhula, nokuba babandakanya ukhethe olunzima.
- Uphando lubonisa ukuba, ukuba sinika abantu abatsha ulwazi olululo malunga nokwabelana ngesondo, malunga neengozi ezinxulunyaniswa nezenzo zokwabelana ngesondo, nokuba bangazikhusela njani na iziqu zabo, ngoko ke oko kuthanda ukubonisa ukuba banokuzenzela izigqibo ukulibazisa ukuqala kwezenzo zokwabelana ngesondo. Ukuba banolwazi, kwaye bayixoxile le mibuzo ngokuphandle kwaye ngaphandle kokoyika, bafanelekile ukuba bazawukwenza ukwabelana ngesondo okukhuselekileyo xa beqala ubudlelwano bokwabelana ngesondo.
- Nanini na xa sicinga ngombuzo wobuchule bobomi kunye nemfundo yezokwabelana ngesondo masicinge ukuba amashumi amakhulu abantu bethu abatsha sele eziqalile izenzo zezokwabelana ngesondo kwaye sele bosulelwe YINTSHOLONGWANE KAGAWULAYO ngenxa yokungahoyi. Abantu abatsha abaninzi bakholelwa ekubeni bakhuselekile kuba besebancinane. Banokucinga ukuba bubudoda obokudela ukuthatha ingozi. Ukudela ingozi ngeNTSHOLONGWANE KAGAWULAYO ayibobudoda okanye ukuba semcimbini , bubudenge, kwaye kuquka ingozi eyodluleleyo kwabanye.
- Abanye abafana abatsha abaziyo okanye abakrokrayo ukuba bosulelekile, benze isigqibo esikhohlakeleyo sokosulela abanye, ngokuthimba okanye ukudlwengula beliqela.
- Masijongane nento eyenzekayo kuluntu lwethu. Ukuxelela nje abantu abatsha ukuba mabangabelani ngesondo akuyiyo impendulo, okubhetele ke yinxenye yempendulo. Ubhubhane WENTSHOLONGWANE KAGAWULAYO/GAWULAYO uyasibonisa ukuba sisebenza ngentlekele elungileyo kubudlelwano babantu elizweni lethu. Kufuneka sifundise abantwana bethu kunye nabantu abatsha ukuba bazihloniphe, bahloniphe abalingane babo, sibonise ukuqonda okukhethekileyo kumalungelo amantombazana kunye namabhinqa, simanyane sonke kwimbumba yamanyama ukusindisa thina kunye nabanye. Oko kumele ukuba kube sisiseko sokuziphatha kakuhle.

- Ingxoxo phakathi kwabantu abatsho ngokwabo, eziqhutywa ngumntu omtsha onolwazi, mhlawumbi umntu ophila neNTSHOLONGWANE KAGAWULAYO, yindlela esebenzayo yemfundo ngesi sifo. Imibutho engekho phantsi kolawulo lukarhulumente (NGO) eyenza olu hlobo lomsebenzi mayamkelwe ezikolweni zethu kwaye ikhuthazwe ukuba incede.

Ingaba abantwana abakho bancinane kakhulu kolu hlobo lolwazi?

- Ukusukela ekuqaleni kwabo isikolo, abafundi kufuneke bafumane ulwazi malunga NENTSHOLONGWANE KAGAWULAYO/GAWULAYO ebekwe kubo ngendlela efanele iminyaka yabo, kwimeko yemfundo ngobuchule bobomi.
- Iinkqubo zokufunda ziye kwaye ziphuhlisiwe kwimfundo yobuchule bobomi yayo yonke iminyaka, kwaye noqeqesho lunikiwe ukwenza ukuba abafundisi bakwazi ukwenza oku.
- Siye silibale ukuba abantwana abaninzi baye baqonde ngokwabelana ngesondo kwaye bafune ukwazi ngalo kwiminyaka esephantsi kakhulu. Yinyaniso enzima eyokuba abantwana abaninzi sele besabelana ngesondo xa beneminyaka eli-12.
- Abantwana abaninzi baye baqonde ngeNTSHOLONGWANE KAGAWULAYO/GAWULAYO xa besebancinane kakhulu, ngenxa yokuba besazi abantu, kuqukwa abazali kunye nezalamane, abagulayo okanye abaswelekileyo. Amaphephandaba noomabonakude bagcwele amabali angalo bhuhane. Abantwana basasaza ulwazi phakathi kwabo malunga nobhubhane. Nokuba aluchanekanga okanye lunyanisile. Into ebhetele kukuba abafundisi bakulungele ukuqala ukunika ulwazi olululo malunga nokwabelana ngesondo kunye nezokwabelana ngesondo kunye NENTSHOLONGWANE KAGAWULAYO/GAWULAYO phambi kokuba abantwana bafunde ulwazi olungasilulo ngezi zinto kubahlobo babo.

4. UKUTHINTELA UKUSASAZEKA KWESIFO EZIKOLWENI

Ukuba ngaba izikolo zethu zinesitafu kunye nabafundi abaneNTSHOLONGWANE KAGAWULAYO ingaba isininzi sethu asiyi kuyifumana?

- Ngenxa yokuba INTSHOLONGWANE KAGAWULAYO isosuleleka ikakhulu ngenxa yokwabelana ngesondo kunye nokudibana negazi, isininzi sethu asikho ngozini yokuyifumana INTSHOLONGWANE KAGAWULAYO ngendlela yethu yokufundiswa eqhelekileyo okanye imisebenzi yokufunda.
- Akukho zehlo zosasazo lweNTSHOLONGWANE KAGAWULAYO zaziwayo ezikolweni okanye kumaziko ngexesha lemisebenzi yemfundo.

Kodwa kuyakuthini ukuba kukho iingozi kunye nokwenzakala kwimilo?

- Ikhona ingozi yokwesuleleka YINTSHOLONGWANE KAGAWULAYO ngokudibana negazi elosulelekileyo.
- Ingozi ayinamsebenzi ukuba uncedo lokuqala olusisiseko lwenziwe.
- Umthetho ongundoqo apha kukusebenzisa izilumkiso zokuthintela zajikelele.

Yeyiphi imiqathango yothintelo jikelele?

- Imiqathango yothintelo jikelele ibizwa ngale ndlela kuba isebenza kumntu wonke kunye nakuyo yonke incindi yomzimba.
- Imiqathango yothintelo jikelele iyimfuneko kuba kummandla ongqonge imfundo akululanga ukwazi ukuba ngubani na oneNTSHOLONGWANE KAGAWULAYO.
- Ngenxa yexesha elide phakathi kosulelo lweNTSHOLONGWANE KAGAWULAYO kunye nokuqala kokugula, uninzi lwabantu abaneNTSHOLONGWANE KAGAWULAYO esikolweni abayi kukwazi ukuba bosulelekile.
- Ngenxa ye-"window period" ngexesha apho iimpawu zosulelo zingabonakaliyo kuvavanyo, nakuba uvavanyo oluthi awunayo INTSHOLONGWANE KAGAWULAYO lungathethi ukuba umntu akanayo INTSHOLONGWANE KAGAWULAYO.
- INTSHOLONGWANE KAGAWULAYO ayiyiyo kuphela ingozi. Ezinye izifo ezinokuba khona eziqhelekileyo eMzantsi Afrika, ingakumbi i-hepatitis B, inokufumaneka kwiincindi zomzimba owosulelekileyo.
- Ukuba sisebenzisa izilumkiso zokuthintela ezifanayo kuso nasiphi na isimo apho kukho khona igazi, siya kukhuselaka KWINTSHOLONGWANE KAGAWULAYO kunye nezinye izifo ezithwalwa ligazi.

Yintoni efunwa sisikolo ngasinye ngoncedo lokuqala?

- Iikiti ezimbini zoncedo lokuqala ezihlala zigcwele (jonga ibhokisi)
- Ibhotile yejiki esetyenziswa endlini.
- Isixa seengxowa zokuthenga zeplastiki ezikhangelwe imingxunya.
- Umgqomo wokukha amanzi.
- Ukuba ngaba isikolo sakho asinawo amanzi abalekayo, umgqomo weelitha ezingama-25 zamanzi acocokileyo mazigcinwe maxa onke ukuba asetyenziselwe unxunguphalo.

OKUQULATHWE ZIIKITHI ZONCEDO LOKUQALA

- Iiperi ezine zeeglavu ezifana nerabha (ezimbini eziphakathi, ezimbini ezinkulu)
- Iiperi ezine zeeglavu zerabha ezisetyenziswa ekhaya (ezimbini eziphakathi, ezimbini ezinkulu).
- Amalaphu okogquma izilonda, imisiko okanye imigruzuko (umzekelo, ilinti okanye igozi), iiplasta ezineplastiki ngaphezulu, isibulali zintsholongwane (umzekelo ijiki esetyenziswa ekhaya), isikere, i-cotton wool, iteyipu yokucina ukubotshwa, ii-tissue.
- Isikhuseli esifakwa emlonyeni, ukwenzela ukuphefumlela umntu avuke ekufeni isiqaa.

Singaziphatha kanjani iingozi kunye nomenzakalo esikolweni?

1. *Akukho mntu kufuneka adibane ngqo negazi okanye iincindi zomzimba zomnye umntu*

- Yonke ikiti yoncedo lokuqala mayiquathe iiglavu zerhabha kwaye ezi kumele ukuba zinxitywe maxa onke xa unceda umntu owophayo ngenxa yokwenzakala okanye owopha impumlo.
- Nabanina ococa igazi phantsi okanye kumgangatho okanye emalaphini naye makanxibe iiglavu.
- Izilumkiso zothintelo mazithathwe kwezinye iincindi zomzimba, kuqukwa nomgabho, ilindle, ububomvu kunye nomchamo, nangona kungacaci ukuba umntu angafumana INTSHOLONGWANE KAGAWULAYO kwezi zinto.
- Ukuba ngaba akukho ziglavu zikhoyo, iingowa zeplastiki zokuthenga zingafakwa ezandleni, nje ukuba azinayo imingxunya kwaye unakekelo luthathiwe lokuba ungafumani gazi okanye amanzi okucoca angaphakathi.
- Bonke abafundi mabafundiswe ukuba bangaphathi igazi kunye nezilonda kodwa mabacele uncedo kwilungu lesitafu ukuba kukho ukwenzakala okanye ukopha kwempumlo.

1. *Kunqande ukopha ngokukhawuleza kangangoko unako*

- Ukuba ngaba umlingane okanye umfundi uyopha, isenzo sokuqala mayibe kukuzama ukunqanda ukopha ngokufaka unxinzelelo ngqo kwindawo leyo ngelaphu okanye itawuli ekufutshane.
- Ngaphandle kokuba umntu owenzakeleyo akakho zingqondweni okanye wonzakela kakhulu, mabancediswe ukuzenza ezi zinto ngokwabo.
- Ukuba ngaba umntu wopha impumlo kufuneka aboniswe ukuba lwenziwa njani na uxinzelelo kungqameko lwempumlo yakhe ngokwakhe.

1. *Ukucoca izilonda*

- Kwakuba ukopha kunqamkile, abantu abonzakeleyo mabancediswe ukuhlamba imigruzuko okanye izilonda zabo emanzini acocokileyo anesinqanda kubola, ukuba sikhona . Ukuba ngaba asikho, sebenzisa ijiki yokucoca endlini exutywe namanzi (inxenye yeyiki e-1 iinxenye zamanzi ezili-9).
- Izilonda mazogqunywe ngelaphu lokubopha elineplastiki okanye iplasta.
- Abafundi kunye nabafundisi mabafunde ukugcina zonke izilonda, izilonda ezincinane, imigruzuko okanye amaxeba (apho isikhumba sisicocokileyo) zogqunyiwe maxa onke.

1. *Ukulawula ukungakhuseleki ngengozi egazini lomnye umntu, okanye ukungakhuseleki ngexesha lokwenzakala*

- Isikhumba esithe sangakhuseleki egazini masicocwe ngocoselelo.
- Ukucoca makwenziwe ngamanzi abalekayo. Ukuba awafumaneki, amanzi acocokileyo asemgqomeni makagalelwe phezu kwendawo leyo icocwayo.
- Ukuba isinqandikubola sikhona, indawo leyo mayicocwe ngesinqandi kubola. Ukuba ngaba asikho, sebenzisa ijiki yokucoca endlini exutywe namanzi (inxenye e-1 yeyiki, iinxenye ezili-9 zamanzi).

- Ukuba ngaba igazi lichaphazele ebusweni, ingakumbi emehlweni okanye kwiinwebu zempumlo kunye nomlono, ezi mazigalelwe amanzi abalekayo imizuzu emithathu.

1. Ukucoca imiphezulu kunye nezinto ezingcolisekileyo

- Imiphezulu okanye imigangatho engcolisekileyo mayicocwe ngejiki kunye namanzi (inxenye e-1 yejiki, iinxenye ezili-9 zamanzi).
- Iibhandeji namalaphu aye anegazi mawavalelwe eplastikini kwaye atshiswe (atshiswe abe luthuthu).
- Naziphina izixhobo ezingcolisekileyo kumele ukuba zihlanjwe, zifakwe emanzini anejiki iyure kwaye zonekwe.
- Qiniseka ukuba izindlu zokuhlambela kunye nezindlu zangasese zicocekile, azinantsholongwane kwaye azinamachaphaza egazi.

1. Ukulahlwa kwee-sanitary towels kunye nee-tampons

- Isikolo ngasinye masiqinisekise ukuba kukho ulungiselelo lokulahlwa kwe-sanitary towels kunye nee-tampons. Sonke isitafu esibhinqileyo kunye nabafundi mabazi ngolu lungiselelo ukwenzela ukuba angabikho omnye umntu onokufikelela kwezi zinto.

Kwenzeka ntoni ngezinye izehlo ezimandla, ezifana nodlwengulo okanye ukuhlatywa xa kukho ingozi eyaziwayo yeNTSHOLONGWANE KAGAWULAYO

- Ingozi yokusasazeka kweNTSHOLONGWANE KAGAWULAYO iphezulu kakhulu kwizehlo zodlwengulo, okanye ukuhlatywa ngenaliti okanye incakuba, ingakumbi ukuba kubandakanyeka ngaphezulu komntu omnye.
- Ibhinqa elidlwenguliweyo malinikwe inkxaso ngoko nangoko kunye nentuthuzelo kwinkxwaleko yalo. Malicelwe ukuba lingahlambi okanye litshintshe impahla yalo (kuba ubungqina bodlwengulo kufuneka ukuba bugcinelwe unyango kunye nophando lwamapolisa). Malithathwe ngoko nangoko lisiwe kugqirha wesithili okanye kwindawo yonyango ukuba liye kuxilongwa kwaye linikwe nocwangciso lonxunguphalo, kunye nakwisikhululo samapolisa ukwenzela ukuba lenze ingxelo kwaye lifake isimangalo. Malenzelwe ulungiselelo lokuba lifumane ucetyiso olufanelekileyo kunye noncedo.
- Ngokuhlutywa okanye ukungakhuseleki kwesikhumba esisikekileyo kwigazi elosulelwe yiNTSHOLONGWANE KAGAWULAYO, nika uncendo lokuqala ngoko nangoko. Ukuhlutywa oko makuxelwe emapoliseni.
- Kuzo zonke ezi meko abantu mabasiwe kumaziko onyango afanelekileyo ukuba bacetyiswe ngengozi yokosulelwa yiNTSHOLONGWANE KAGAWULAYO, kwaye abazali okanye abagcini babo makuqhagamshelwane nabo ngokukhawuleza.
- Unyango lwechiza luyafumaneka kwicandelo labucala elinokunciphisa ingozi yokuba umntu ongenayo INTSHOLONGWANE KAGAWULAYO alufumane usulelo ukuba udlwengulwe okanye uhlatyiwe. Ukusebenza ngamandla kwechiza kwezi meko akukavunywa. Alifumaneki kwizibhedlela zikawonke-wonke. Nabanina osengozini ebalulekileyo yokosulelwa yiNTSHOLONGWANE KAGAWULAYO kwaye enemali yawo lamachiza angakhetha ukuwasebenzisa. Izigqibo malunga nokusetyenziswa kwala machiza mazithathwe ngokukhawuleza kuba kuthathwa ngokuba asebenza ngamandla akuthathwa nje emva kokungakhuseleki.

Singakuthintela njani ukusasazeka kweNTSHOLONGWANE KAGAWULAYO ngexesha lomdlalo?

- Ingozi enokubakhona kuphela yosasazeko lweNTSHOLONGWANE KAGAWULAYO ingexesha le midlalo edibanisayo apho iingozi zinokwenzeka. Nangona nalapha ingozi incinane kakhulu ukuba le mithetho ilandelayo iyasetyenziswa.
- Iikiti zoncedo lokuqala ezineeglavu zerabha mazibekhona ngexesha layo nayiphi na indibano yomdlalo okanye umdlalo.
- Akukho mntu makadlale umdlalo enezilonda ezingogqunywanga okanye ukwenzakala okusenyameni.
- Ukuba ngaba umgruzuko okanye ukwenzakala kuyenzeka ngexesha kudlalwa umdlali owenzakeleyo makakhutshwe ebaleni, anikwe uncdo lokuqala kwaye avunyelwe ukuba abuye nomenzakalo ococekileyo kwaye ogquniweyo.
- Iimpahla ezinamachokoza egazi kumele zitshintshwe.
- Abafundisi kunye nabafundi abaneNTSHOLONGWANE KAGAWULAYO bayacetyiswa ukuba bayixoxe nogqirha nayiphi na ingozi enokuba khona empilweni yabo kunye nokusasazeka ngexesha lomdlalo.

Ubudlelwane bokwabelana ngesondo ezikolweni

- Ezikolweni ezinehostele iyenzenka into yokuba abanye abafundi babenobudlelwane bokwabelana ngesondo eziyadini, nokuba kusemthethweni okanye akukho mthethweni.
- Icebo kunye nokucetyiswa, kuqulwa neengxoxo zamaqela antanganye, abaluleke ngokungathethekiyo kwesi simo.
- Iikhondom mazifumaneka ngokukhululekileyo kubafundi ababelana ngesondo. Abafundi mabacetyiswe ukuba kutheni kwaye bangazisebenzisa njani kwaye bazilahle.

Ubudlelwane bokwabelana ngesondo phakathi kwabafundisi kunye nabafundi abukho mthethweni

- Abafundisi mabangabi nobudlelwane bokwabelana ngesondo nabafundi. Kuchasene nomthetho, nokuba umfundi unika imvume. Izenzo ezinjalo zophula ikhowudi yokuziphatha yabafundisi, abakwisimo sokuthembeka.
- Isenzo soqeqesho esingqongqo siyakuthathwa kuye nawuphi na umfundisi owabelana ngesondo nomfundi.
- Ukwabelana ngesondo okufunwa ngumfundisi ngaphandle kwesivumelwano ludlwengulo, olululwaphulo-mthetho olunzima, kwaye umfundisi uya kugwetywa. Ukuba ngaba umfundisi wabelane ngesondo nentombazana okanye inkwenkwe engaphantsi kweminyaka eli-16, uyakugwetyelwa udlwengulo lomntu ongaphantsi kweminyaka kwaye unokujongana nesohlwayo sokugwetywa ubomi.
- Ukuba ngaba kukho umlingane omaziyo onobudlelwane bokwabelana ngesondo nomfundi kumele ubaxele kwinqununu okanye iziphathamandla eziphezulu zemfundo, kwaye ukuba inkwenkwe

okanye intombazana ingaphantsi kweminyaka eli-16, emapoliseni, Ukuba awukwenzi oku ungagwetywa njengomncedisi ekwaphuleni umthetho kudlwengulo.

Kwenzeka ntoni ngezinye izifo? Angeke sizifumane kubantu abaneNTSHOLONGWANE KAGAWULAYO?

- Kuba izingqanda zifo zabo zonakele, abantu abaneNTSHOLONGWANE KAGAWULAYO ngabona basengozini enkulu yokufumana izigulo zakho ngaphezu kokuba wena ufumane ezabo.
- Okukhutshelwa ngaphandle SISIFO SEPHEPHA. Nabanina onokuba neSIFO SEPHEPHA makacetyiswe afumane uncedo lonyango ngoko nangoko kwaye abuyele esikolweni okanye kwiziko kuphela emva kokucetyiswa ngugqirha wakhe.

Ingaba zikhona ezinye iimeko xa abantu abaneNTSHOLONGWANE KAGAWULAYO bakhutshwayo esikolweni?

- Ukuba ngaba umntu oneNTSHOLONGWANE KAGAWULAYO uvela ukopha okungalawulekilyo okanye unesilonda esingaphathekiyo kunokuba yimfuneko ukuba akhutshwe de zibe ezingxaki zibekwa phantsi kolawulo.
- Ukuba ngaba umntu ubonisa ukuziphatha okundlongondlongo kwasemzimbeni kunye nokokwabelana ngesondo, kuya kuba yimfuneko ukuthatha isenzo esifanelekileyo ngokungqinelana necebo lezempilo, ikhowudi yokuziphatha esebenzayo yabafundi, ukuhlonipha amalungelo abo bonke abo babandakanyekayo, kunye nomthetho.

5. UKWAKHA OKUSINGQONGILEYO KUNYE NESIKO ELINCEDAYO

LOKUNGACALU-CALULI

INTSHOLONGWANE KAGAWULAYO/GAWULAYO

iyakusichaphazela sonke

- Nokuba siyakuphepha ukufumana INTSHOLONGWANE KAGAWULAYO, ngabambalwa kakhulu kuthi engayi kubachaphazela.
- Abaninzi bethu bayakulahlekelwa ngamalungu osapho kunye nezihlobo ngenxa yeNTSHOLONGWANE KAGAWULAYO.
- Siya kuba nemingcwabo ethe kratya ekuya kufuneka siye kuyo kwaye sifune ukuba abalingane bethu baqonde ukuba sibekwe phantsi komsebenzi owongezelelekileyo onzima okanye singabikho ngenxa yokubhujelwa.
- Abo kuthi abayifumeneyo INTSHOLONGWANE KAGAWULAYO bayakufumanisa ukuba ekugqibeleni siya gula kwaye sifune ixesha elininzi lekhefu lokugula. Abalingane bethu abaphilileyo kuya kufuneka ukuba bayiqonde le nto kwaye baqhube imisebenzi yethu yokufundisa.

- Ngokongezekayo siya kufumanisa ukuba sinabafundi abaneNTSHOLONGWANE KAGAWULAYO/GAWULAYO emagumbini ethu okufundisela kwaye baya kufuna uncedo olukhethekileyo xa bethe bagula. Ukuhamba kwabo isikolo kuya kuchaphazeleka, kwaye baya kulahlekelwa kukuzikisa ingqondo kwaye basale emva emsebenzini wabo. Ucingelo olukhethekileyo mabalunikwe, kuqukwa nethuba lokwenza umsebenzi wesikolo ekhaya. Nanini na xa kukho imfuneko, utyelelo lwasekhaya kufuneka lulungiselelwe.

Ukuphila NENTSHOLONGWANE KAGAWULAYO/GAWULAYO

- Abafundisi kunye nabafundi abaneNTSHOLONGWANE KAGAWULAYO kumele ukuba baphile ubomi obugcweleyo kangangoko banako
- Mabangalalelwa ithuba lokufumana imfundo okanye ukusebenza njengabafundisi xa besakwazi ukukwenza oko.
- Nanjengoko usulelo lwabo lweNTSHOLONGWANE KAGAWULAYO lungavezi ingozi engamandla kwabanye ezikolweni kunye nakumaziko ukuba nje izilumkiso zothintelo ezifunekayo ziyalandelwa, asikho isizathu sokubalela abafundisi kunye nabafundi abosulelekileyo ilungelo elifanayo nelabanye.

Ukusebenza ngokuqal'ugwebe

- Nayiphi na imiqathango ethathiwe ngokuphathelene nomfundisi okanye umfundi oneNTSHOLONGWANE KAGAWULAYO mayifaneleke kwaye ibe nobulungisa ngokwembonakalo yenyano yokunyangwa, iimeko zesikolo okanye iziko, kwaye ngokusemdleni womntu oneNTSHOLONGWANE KAGAWULAYO kunye nezo zabanye.
- Abafundisi kumele ukuba bayiphaphele into yokubakho kocalucalulo ezikolweni, bathathe isenzo esikhawulezayo sokuthomalalisa, nasiphi na isenzo esinokwenzeka kwaye basebenze ngokufanelekileyo ngabaphembeleli bodushe
- Ukuqal'ugwebe kuphumelela kuloyiko kunye nokungahoyi. Eyona ndlela isebenzayo yokudambisa izoyikiso ezinjalo kukwabelana ngolwazi oluqulathwe kule ncwadana kunye nabafundi ukwenzela ukuba baziqonde iinyani zonyango malunga NENTSHOLONGWANE KAGAWULAYO nokuba isasazeka njani na kwaye bazi ukuba bangazikhusela njani na.

Ukwala ukufunda nomntu oneNTSHOLONGWANE KAGAWULAYO/ GAWULAYO, okanye ukwala ukufundisa okanye ukufundiswa ngumntu onjalo

- Abafundi okanye abafundisi abalayo ukufunda, ukufundisa okanye ukufundiswa ngumntu oneNTSHOLONGWANE KAGAWULAYO/GAWULAYO kumele ukuba banikwe amacebiso.

- Isimo kumele ukuba sisonjululwe yinqununu, abafundisi, kwaye ukuba kukho imfuneko, umbutho olawula isikolo, okanye ibhunga leziko ngokungqinelana neNkqubo kaZwelonke kwiINTSHOLONGWANE KAGAWULAYO/ GAWULAYO yesiPhathiswa sezeMfundo.

Iinkedama

- Abafundi abaninzi baya kuba ziinkedama okanye balahlekelwe ngamalungu akufutshane osapho kwaye bayakufuna uncedo oluchukumisayo kunye nenkokhelo kubafundisi.
- Abafundi abaziinkedama banokujongana nobunzima kwezezimali, kwaye babenengxaki ngemali yesikolo, iyunifom kunye neencwadi.
- Ezinye iinkedama okuyinyani zinokushiya ukuba zijonge abantakwazo abancinane. Kufuneka basebenze njengeentloko zamakhaya, nangona bebancinane kwaye benokufuna uncedo.
- Nabo ngokunokwabo baba nokuba bosulelekile, okanye banakekela abanye abosulelekileyo kunye nabagulayo.
- Abafundisi kumele ukuba bayiqonde into yokuba abafundi abazinkedama ngenxa kaGAWULAYO banokujongana nokuqal'ugwebe kunye nokungahoywa ngabantu abamele ukubagcina.
- Izikolo kuya kufuneka ukuba ziphuhlise iinkqubo zokukhokela izenzo zabafundisi abakrokrela ukungahoywa okunjalo, nanjengoko besenza xa ezinye iindlela zophatho gadalala zikrokrela.

Ukuvavanyelwa INTSHOLONGWANE kaGAWULAYO ezikolweni kunye nokuveza ubume beINTSHOLONGWANE KAGAWULAYO

- Umthetho awubavumeli abafundi kunye nabafundisi (okanye nawuphi na umqeshwa) ukuba banyanzelwe benze iimvavanyo zeINTSHOLONGWANE KAGAWULAYO.
- Ngokwenene ukuziveza ngokuzithandela komfundi okanye umfundisi ngobume beINTSHOLONGWANE KAGAWULAYO kumela ukuba kwamkelwe.
- Abafundisi abanikwe ulwazi olunjalo mabalungele ukuluphatha njengemfihlo kwaye baqiniseke ukuba akukho lualucalulo lungafanelekanga lulandelayo.
- Ulwazi ngobume beINTSHOLONGWANE KAGAWULAYO yomfundi bunokuxelwa kuphela ngumfundisi komnye umntu ngemvume ebhalwe phantsi yomfundi (ukuba ungaphezulu kweminyaka eli-14) okanye abazali bakhe.

Inkqubo yesikolo kwiINTSHOLONGWANE KAGAWULAYO/GAWULAYO

- Izikolo okanye amaziko kumele aphuhlise inkqubo yawo kwiINTSHOLONGWANE KAGAWULAYO/GAWULAYO, ukwenzela ukunika ukusebenza kule migaqo kazwelonke. Inkqubo enjalo kumele ukuba ivumelane noMgaqosiseko kunye nomthetho. Inkqubo yesikolo mayingaphikisani nenkqubo kazwelonke, okanye imigaqo ekule ncwadana.
- Isikolo sinemfanelo yokuba liziko lolwazi kunye nenkxaso kwiINTSHOLONGWANE KAGAWULAYO/GAWULAYO eluntwini olulusebenzelayo. Abadlali bendima engundoqo kummandla obanzi, umzekelo iinkokheli zemveli kunye nezenkolo, abasebenzi bempilo basekuhlaleni okanye

amaxhwele/magqirha, bamele ukuba babizwe bathabathe inxaxheba ekuphuhlisweni kwenkqubo yesikolo.

- Ukuba ngaba izibonelelo zikhona, isikolo sinokufuna ukuseka iKomiti yokuCebisa ngeMpilo (Health Advisory Committee). Le iya kuba yikomiti yombutho olawulayo. Ubulungu bayo kumele buquke isitafu, abazali, abafundi, neengcaphephe zempilo. Umntu onolwazi ngempilo nguye ekumele akhokele ikomiti. Ikomiti kumele icebise umbutho ophetheyo ngokumiswa kwale migaqo. Kumele ukuba incede ukuphuhlisa inkqubo yeNTSHOLONGWANE KAGAWULAYO yesikolo kwaye ihlole ukusetyenziswa kwayo, ingakumbi uthintelo lweNTSHOLONGWANE KAGAWULAYO.
- Inkqubo yesikolo mayiphinde ijongwe lwakuba ulwazi lwenzululwazi olutsha lufumaneka, kuqukwa ingcebiso ezivela kuzwelonke, impilo yephondo okanye iziphathamandla zemfundo.

Ukunciphisa ingozi yokusasazela izigulo kubantu abaneNTSHOLONGWANE KAGAWULAYO/GAWULAYO

- Izigulo ezingabalulekanga kumntu ophilileyo zingabanobunzima kwabanye abantu kwaye zisongele ubomi ukuba zifunyenwe ngumntu onogAWULAYO.
- Abafundi kunye nabafundisi abanezifo ezosulelayo eziquka imasisi, uqilikwane, injinana, irhashalala enkulu kunye nonkonkonko mabadibane nogqirha kwaye bahlale bangezi esikolweni de babe babhetele.
- Izikolo kumele zixelele abazali ngale nkqubo kwaye bafake isincomo esingamandla sokuba bonke abantwana bagonywe ngokupheleleyo.

Ukuxhasa abafundi abagulayo

- Abafundi kunye nabafundi abadadlana kulindeleke ukuba beze emagumbini okufundela ngokungqinelana neemfuneko ezisemthethweni ukuba basenako ukusebenza ngamandla kwaye bangabonakalisi kudlulisa ingozi kwabanye esikolweni okanye kwiziko.
- Isikolo ngasinye esinezibonelelo ezoneleyo kumele ukuba sibe nendawo apho abafundi kunye nabafundisi abangaziva mnandi banokulala khona ngexesha lasemini amathutyana amancinane. Oku kuya kwenza ukuba abafundi abagulayo bakwazi ukuhlala esikolweni ixesha elide.
- Ukuba okanye xa bathe bagula okanye babanga ingozi ebonakalayo yokugula kwabanye kumele bavunyelwe bafunde behlala emakhaya kwaye umsebenzi wezezifundo mawenziwe ukuba ukufumanekela oku. Apho kukho khona imfuneko, abazali mabavunyelwe ukuba babafundise ekhaya.
- Abanye abafundi abaneNTSHOLONGWANE KAGAWULAYO banokuba nengxaki yokuziphatha okanye babe nomonakalo wemithambo yoluvo. Abafundi abanjalo kumele ukuba bahlolwe kwaye, apho kunokwenzeka kwaye kukho imfuneko, babekwe kwiindawo zokuhlala ezikhethekileyo zabafundi abaneemfuno ezikhethekileyo zemfundo.
- Ezinye izinto ezenziwayo ngaphandle kokufunda zinokuba nzima kubafundi abaneNTSHOLONGWANE KAGAWULAYO. Abafundisi kufuneka ukuba babe nobuthathaka kule nto kwaye babayekise abafundi abanjalo ekuthatheni inxaxheba xa kukho imfuneko.

- Amayeza asoloko efuna ukuthathwa ngexesha elibekiweyo ukuze asebenze kakuhle. Abafundisi kumele bayiqonde lento kwaye babavumele abafundi ukuba baphume kumagumbi okufundela baye kusela amayeza xa kukho imfuneko.
- Izikolo kufuneka zibancede abafundi abaneNTSHOLONGWANE KAGAWULAYO ekwenzeni iqela lenkxaso okanye badibane nelinye kuluntu.

UKUXHASA ABALINGANE ABAGULAYO

- Abafundisi kunye nesinye isitafu esiye savela izigulo ezinxulumene NOGAWULAYO zifuna uqondo kubalingane baso.
- Ngokuya kusiya phambili baya kufuna iintsuku zokuba bangabikho emsebenzini okanye badinwe ngexa lasemini bafune ukulala phantsi kangangexesha elithile.
- Ngala maxesha, amanye amalungu esitafu kuya kufuneka ukuba enze imisebenzi yabo, kwaye oku kuya kungqubana nowabo umsebenzi kunye nokonwaba kwabo.
- Izinga likabhubhane weNTSHOLONGWANE KAGAWULAYO likhulu kakhulu elizweni kangokuba, side sibe senza ukwabelana ngesondo okukhuselekileyo, ezi zinto ziyakwenza inxenye yenyano entsha eya kwenza ukuba siphile nayo.
- Abafundisi bahlala besiva ukuba sele benomthwalo ongaphezulu kwamagxa abo kwaye bafumanise kunzima ukuba bangawenza njani omnye umsebenzi ongapheya. Izimvo ezinjalo ziyaqondeka. Olu nxunguphalo lwenza amabango angaqhelekanga kubo bonke abemi baseMzantsi Afrika. Mhlawumbi kufuneka sikhumbule ukuba abalingane bethu abaphilileyo banokusisebenzela usuku olunye, ngaphandle kokuba siyazikhusela iziqu zethu kusulelo.

" Esona sahlulo sibaluleke kakhulu emsebenzini wethu kukufundisa abantu ukwamkela, ukuthanda kunye nokuxhasa abo baneNTSHOLONGWANE KAGAWULAYO, ukwenzela ukuba singazifihli okanye sithule. Okukhona sizifihla, kokukhona sisiva uxinzelelo, kokukhona sigula kakhulu kwaye sisweleke ngokukhawuleza." Valencia Mofokeng, umama ongumhlolokazi oneNTSHOLONGWANE KAGAWULAYO kwaye oyinkokheli yeqela lenkxaso yoMbutho olwa noGawulayo e-Orange Farm kubantu abaphila neNTSHOLONGWANE KAGAWULAYO/GAWULAYO, kwi-Reconstruct, 7 Novemba 1999.

6. ISIBENGEZO SENTSEBENZISWANO NGOKUCHASENE

NOGAWULAYO NGU

MONGAMELI THABO MBEKI

ISIBHENGEZO

"INTSHOLONGWANE KAGAWULAYO/GAWULAYO iphakathi kwethu. Iyinyani. Iyasasazeka. Sinokuphumelela kuphela kuyo iNTSHOLONGWANE KAGAWULAYO/GAWULAYO ukuba sibambana ngezandla sisindise isizwe sethu.

"Ixesha elide besiwavalile amehlo njengesizwe. Iminyaka emininzi, siyivumele intsholongwane ukuba isasazeke, kwaye ngezinga elizweni lethu elilelinye elinesantya elizweni. Ngosuku ngalunye abanye abantu abali-1 500 eMzantsi Afrika bayosuleleka. Ukuza kuthi ga ngoku, bangaphezulu kwezigidi ezi-3 abantu abosulelekileyo.

Ingozi iyinyaniso

"Abanye abaninzi ngaphezulu bajongene nengozi yokosulelwa YINTSHOLONGWANE KAGAWULAYO/GAWULAYO. Kuba ithwalwa kwaye ithungeliswa ngabanye abantu abaphilayo, inathi kwiindawo zethu zokusebenza, kumagumbi ethu okufundela kunye neeholo zethu zokufundela. Ilapho kwiindibano zethu zecawe kunye nezinye iindibano zezenkolo. INTSHOLONGWANE KAGAWULAYO/GAWULAYO ihamba nathi. Ihamba nathi nokuba sihamba phi na. Ilapho xa sidlala imidlalo. Ilapho xa sricula sidanisa.

"Abaninzi bethu bebhathazekile ziinkedama ezishiywe zingenabani wokuzinakekela. Simvile UGAWULAYO kwiincwina zobomi obuncunguthekayo. Siye sayithwala ngeebhokisi ezincinci kunye nezinkulu siyisa emangcwabeni amaninzi. Ngamanye amaxesha, besingazi ukuba singcwaba abantu abasweleke ngenxa kaGAWULAYO. Ngamanye amaxesha besisazi, kodwa sakhetha ukuhlala sithule.

"Kwaye xa ixesha lifika lokuba ngamnye kuthi enze isigqibo sobuqu semiqathango yokhuselo, siye sibe ngamakhoba entandabuzo kunye nokuthemba okungekhoyo. Sithemba ukuba INTSHOLONGWANE KAGAWULAYO/GAWULAYO yingxaki yomnye umntu.

Ukutshintsha indlela yobomi bethu

"INTSHOLONGWANE KAGAWULAYO/GAWULAYO ayiyongxaki yomnye umntu. Yingxaki yam. Ngokuyivumela ukuba isasazeke, sijonene nengozi yokuba uninzi lolutsha ngeke lufikelele kubuntu obudala. Imfundo yabo iya kuba yinkcitho. Uqoqosho luya kuncipha. Kuya kubakho inani elikhulu labantu abagulayo elo abo baphilileyo bangayi kubanako ukuligcina. Amaphupha ethu njengabantu aya kutshabalala.

"INTSHOLONGWANE KAGAWULAYO ikakhulu isasazeka ngokwabelana ngesondo. Unelungelo lokubuphila ubomi bakho ngendlela ofuna ngayo. Kodwa ndiya babongoza abantu abatsha, abamele ingomso lelizwe lethu ukuba bakuzile ukwabelana ngesondo kangangoko banako. Ukuba ugqiba ekubeni uzibandakanye nokwabelana ngesondo,sebenzisa ikhondom. Kwangandlela nye ndiyawabongoza amadoda kunye namabhinqa ukuba athembeke omnye komnye, okanye ukuba akunjalo sebenzisa ikhondom.

Ukusebenzisana

"Amandla okoyisa ukusasazeka kweINTSHOLONGWANE KAGAWULAYO kunye noGAWULAYO alele kukusebenzisana kwethu: njengolutsha, njengamabhinqa kunye namadoda, njengabantu bamashishini, njengabasebenzi, njengabantu abakholwayo, njengabazali kunye nabafundisi-ntsapho, njengabalimi kunye nabasebenzi basefama, njengabantu abangasebenziyo kunye nabasebenzayo, njengabatyebileyo kunye nabahluphekayo - okuyinyani, sonke.

"Namhlanje, sidibanisa izandla kwintsebenziswano elwa NENTSHOLONGWANE KAGAWULAYO/GAWULAYO, sisonke sithembisa ukuwusasaza umyalezo!

"Mini nganye, busuku ngabunye - nokuba siphi na - siya kwenza ukuba iintsapho zethu, abahlobo kunye noontanga bethu bazi ukuba bona ngokunokwabo banokusisindisa isizwe, ngokutshintsha indlela esiphila ngayo - nokuba sithanda kanjanina. Siya kusebenzisa lonke ithuba ngokuvulekileyo lokuxoxa ngomba weNTSHOLONGWANE KAGAWULAYO/GAWULAYO. NjengamaQabane alwa UGAWULAYO, kunye sithembisa ukukhathala!

"Siya kusebenza kunye ukunakekela abo baphila neNTSHOLONGWANE KAGAWULAYO/GAWULAYO kunye nabo bantwana benziwe iinkedama ngenxa kaGAWULAYO. Mabangafumani lualucalulo lwalo naluphi na uhlobo. Banokuphila ubomi obunemveliso iminyaka emininzi. Ngabantu abaphilayo njengam kunye nawe.

"Xa siselula isandla, sakha ubuntu bethu, kwaye xa sikhumbuza iziqu zethu ngoko, njengabo, omnye kuthi unokosuleleka.

"NjengamaQabane alwa uGAWULAYO , sonke sithembisa ukugalela izibonelelo zethu kunye nokubophelela amandla ethu engqondo.

" Alukabikho unyango lweNTSHOLONGWANE KAGAWULAYO kunye noGAWULAYO. Ayikho into engathintela usulelo ngaphandle kokuziphatha kwethu. Siya kusebenza sonke ukuxhasa amaziko onyango ukukhangela uthintelo kunye nonyango. Siya kuhlenganisa zonke izibonelelo ezinokubakhona ekusasazeni umyalezo wokuthintela, ukunika inkxaso kwabo bosulelekileyo kunye nabo bachaphazelekayo, ukwenza ukuba iNTSHOLONGWANE KAGAWULAYO kunye noGAWULAYO zingabekwa amabala kwaye siqhube nokukhangela kwethu isisombululo sonyango.

"Ngoko ke namhlanje sidibanisa izandla kwintsebenziswano, sisazi ngokumhlophe ukuba umanyano lwethu ngamandla ethu. Isenzo esilula kodwa esifuna ukwenziwa esisithathayo namhlanje sisiqinisekiso sangomso sesizwe sethu.

"Ngoko ke, siyathembisa ukuba nokuba sidibana phi kwaye sifunda, sisebenza kwaye sicala, sidlala kwaye sikuvuyele ukuba nomnye, siyakuzikhusela iziqu zethu kunye namaqabane ethu kwiNTSHOLONGWANE KAGAWULAYO kunye noGAWULAYO. Kunye , njengamaqabane alwa iNTSHOLONGWANE KAGAWULAYO kunye noGAWULAYO, sinako kwaye siza kuphumelela.

"Awukho omnye umzuzu kodwa ngulo, yenza isenzo. Ndiyanibulela ngokumamela kwenu kwaye ndiyanibongoza ukuba NENZE NGOKU!"

Intetho eyenzelwe isizwe ngowayesakuba nguSekela Mongameli Thabo Mbeki ngoko, 9 Okthobha 1998, egameni lowayesakuba nguMongameli Nelson Mandela.

7. INTSHOLONGWANE KAGAWULAYO/GAWULAYO IINOMBOLO

EZIBALULEKILEYO

ATTICS, PROVINCIAL HEALTH DEPARTMENTS & NAPWA

AIDS Training, Information and Counselling Centres (ATICCs)

Ummandla kunye noMntu

onokuQhagamshelana naye iNombolo iFekisi

Bloemfontein, Daleen Raubenheimer (051) 405-8544 (051) 405-8818

Durban, Themba Mdluli (031) 300-3104 (031) 306-9294

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Johannesburg, Macie Kunene (011) 725-6711/2 (011) 725-5966

Nelspruit, Elpha Nkosi (013) 752-2167 (013) 752-3770

Pietermaritzburg, Heidi Van Rooyen (033) 951-612/3 (033) 423-245

Port Elizabeth, Jeeva Munsamy (041) 506-1415 (041) 506-1486

Pretoria, Marlene Fourie (012) 308-8743 (012) 308-8754

Queenstown, Victoria Ndyamarha (045) 838-2233 (045) 838-3244

Qwa Qwa, Ansie Claasens (058) 713-2573 (058) 713-2502

Roodepoort, Antonia Barnad (011) 763-1224 (011) 763-6588

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Vanderbijlpark, Stanley Rangaza (016) 950-5337/8 (016) 981-9722

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Provincial Health Departments (HIV/AIDS Directorates/co-ordinators)

Eastern Cape, Marlene Poolman (040) 609-3907 (040) 635-0072

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Gauteng, Liz Floyd (011) 355-3866 (011) 355-338

KwaZulu-Natal, Themba Ndabandaba (033) 952-729/286 (033) 426-744

Mpumalanga, Lucas Nkosi (013) 752-8085x2128 (013) 55-3829

North West, Joseph Tlatsana (018) 387-5236 (018) 387-5332

Northern Cape, Salumi Rathethe (015) 291-2637 (015) 291-5961

Western Cape, Sylvia Abrahams (021) 483-4071 (021) 483-4335

National Association of People Living with HIV/AIDS (NAPWA)

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Eastern Cape, Thanduxolo Doro (041) 487-3397 (041) 484-4083

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