

# **Magulu Achipembedzo Opanda Malingaliro Oipa**

***Kabuku Kothandiza Atsogoleri a Magulu  
Achipembedzo Kuthetsa Mchitidwe wa Malingaliro  
pa Kadoyo/Kachirombo (HIV) ndi Matenda Edzi***

June 2013



### **Gulu lachipembedzo lopanda malingaliro oipa ...**

1. Limakambirana poyera za kadoyo/kachiroombo ndi Edzi, komanso nkhani zina zokhudza mchitidwe wogonana ndi kusiyana kwa pakati pa akazi ndi amuna (jenda)
  2. Limapereka mowirikiza ndi mosasintha mauthenga ophunzitsa za chifundo osati odzudzula kwa anthu amene ali ndi kadoyo/kachiroombo
  3. Limafotokoza kuti kadoyo/kachiroombo ndi Edzi ndi matenda osati chilango chodza chifukwa cha mchitidwe wa chiwerewere
  4. Limafotokozera mamembala ake za mfundo zenizeni zokhudza kadoyo/kachiroombo ndi Edzi kuphatikizapo kafalidwe kake, chithandizo cha mankhwala komanso kapewedwe kake
  5. Limalimbikitsa mamembala aake onse kuti azichita nawo ntchito za Gulu lachipembedzolo posatengera kuti ali ndi kadoyo/kachiroombo kapena ayi
  6. Limakhala ndi chidwi chopereka chisamaliro komanso chithandizo kwa anthu amene ali ndi kadoyo/kachiroombo m'malo molimbikira kukamba za momwe anthuwo anatengera kadoyo/kachiroomboko
  7. Limalimbikitsa kuti anthu amene ali ndi kadoyo/kachiroombo azikhala moyo wangwiro kudzera m'maphunziro komanso magulu owathandiza
  8. Limalimbikitsa mamembala ake onse kuti azikayezetsa matendawa ndipo limathandiza kuti anthuwo apeze njira zolandirira uphungu ndi kuyezetsa
  9. Limatsindika za udindo wa membala aliyense payekha kuti azidziwa ngati ali ndi kadoyo/kachiroombo kapena ayi ndikuti azipewa makhalidwe amene angafalitse kadoyo/kachiroomboka
  10. Limakhala patsogolo kugwira ntchito ndi mabungwe ena polimbana ndi kadoyo/kachiroombo ndi matenda a edzi m'madera mwawo
- Consistently and repeatedly gives messages of compassion, not judgment, toward people living with HIV

## **Kodi Kabukuka Kakukukhudzani?**

Dzifunsemi mafunso awiriwa:

- Kodi nkhanu ya kadoyo/kachiroumbo ndi matenda a edzi ndi vuto lalikulu kwambiri mu gulu lachipembedzo chanu?
- Kodi anthu amene ali ndi kadoyo/kachiroumbo amadalira gulu lanu la chipembedzo kuti kuti angapezeka chiyembekezo ndi chithandizo?

Ngati yankho lanu ku funso loyamba ndi “Eya” komanso “Ayi” ku funso lachiwiri ndiye kuti mchitidwe wa malingaliro oipa pa kadoyo/kachiroumbo ndi edzi ndi vuto lalikulu mugulu lanu la chipembedzo. Kabukuka kakulongosola njira zothandiza kuthana ndi mchitidwe wa malingaliro oipa komanso momwe mipingo yanu ingasinthire kuti izitha kupereka chiyembekezo ndi chithandizo kwa anthu amene a matenda a edzi.

Ngati mayankho anu onse anali “Eya” mutha kugwiritsa ntchito kabukuka pofuna kudziunika kuti mutsimikizire ngati mayankho anuwo ndi oonadi ndikuti muthe kupitiriza zomwe mukuchitazo.

Ngati yankho lanu ku funso loyamba linali “Ayi”, dzifunsemi ngati kadoyo/kachiroumbo ka HIV ndi matenda a edzi ndi vuto lalikulu kwambiri kudera limene kuli gulu lanu la chipembedzo. Ngati kadoyo/kachiroumbo ndi Edzi ndi nkhanu yaikulu kwambiri m’deralo ndiye kuti mwina vutoli ndi lalikulunso mugulu lanu la chipembedzo. Ngati kadoyo/kachiroumbo ka HIV ndi matenda a edzi sivuto lalikulu m’dera lanu ingoyamikani Mulungu chifukwa muli ndi mwayi. Koma m’ malo mongokhala osachitapo kanthu ganiziraninso bwinobwino kuti mwina zitha kukhala kuti vutolo likungobisika chabe ndikuti mwina anthu sakulikambirana poyera. Ngatidi zili chomwechi, mwinatu kabukuka kangathe kukuthandizani kuchepetsa mavuto okhudzana ndi kadoyo/kachiroumbo ka HIV ndi matenda a edzi

*Mulungu akutsogolereni ndikukulimbikitsani pamene mukulimbana ndi mchitidwe wa malingaliro oipa pa kadoyo/kachiroumbo ka HIV ndi matenda a edzi.*

*Dr. David Barstow  
Austin, Texas, USA  
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## **Malingaliro Oipa pa kadoyo/kachirombo ndi matenda a Edzi**

Pali malingaliro oipa okhudzana ndi kadoyo/kachirombo ka HIV ndi matenda a edzi. Popeza kuti kadoyo/kachirombo kamafala kwambiri m'njira yachiwerewere, anthu amene ali ndi kadoyo/kachiromboka amasalidwa ndikudzudzulidwa. Anthu akumwalira chifukwa choganiziridwa zoipa. Kuopa kukanidwa kapena kusalidwa kumachititsa kuti anthu azikana kukayezetsa matendawa komanso kuchedwa kuyamba kulandira mankhwala zinthu zomwe zikanawathandiza kukhala moyo wangwiro. Mchitidwe wolingalirana zoipa ndiwofala kwambiri ndipo umachititsa kuti matendawa afalenso kwambiri.

Tingathe kuthetsa mchitidwe wamalingaliro oipa m'magulu achipembedzo titachitapo kanthu polimbana nawo. Kwa nthawi yaitali magulu achipembedzo akhala akudzudzula anthu amene ali ndi kadoyo/kachirombo ka HIV. M'madera ena m'malo modzudzula magulu achipembedzo amangokhala chete osayankhulapo kanthu zomwe zimalimbikitsabe mchitidwe wa malingaliro oipa. Koma magulu achipembedzo akachitapo kanthu polimbana ndi mchitiwe wa malingaliro oipawa, angathe kuwungojetsa bwinobwino ndikukhala gwero la chiyembekezo komanso chithandizo kwa anthu amene ali ndi kadoyo/kachirombo.

Ndikofunika utsogoleri wamphamvu kuti mchitidwe wa malingaliro oipa uthe. Atsogoleri amagulu achipembedzo m'madera angathe kutsogolera ntchito yolimbana ndi mchitidwewu pakati pa mamembala awo komanso anthu ena am'dera mwawo. Cholinga cholembe kabukuka ndikufuna kuthandiza atsogoleri a mipingo kuti athe kukwanitsa kuthetsa malingaliro oipa.

Kabukuka kali ndi magawo atatu:

- Makhalidwe a magulu achipembedzo opanda malingaliro oipa.
- Makhalidwe abwino othandiza kuthetsa malingaliro oipa
- Ndongomeko yothandiza kusintha mchitidwewu pang'onopang'ono

Magawo awiri oyambirirawo ali ngati maziko pamene gawo lachitatulo likufotokoza njira zimene zingatsatidwe kuti magulu achipembedzo akhale opanda malingaliro oipa.

## **Makhalidwe a magulu achipembedzo opanda malingaliro oipa**

Magulu achipembedzo amene anakwanitsa kuthetsa malingaliro oipa pa nkhani ya kadoyo/kachiroombo ndi edzi ali ndi makhalidwe khumi omwe tawalemba m'kati mwa chikutiro cha bukuli ndipo tawafotokozanso mwatsatanetsatane m'kati mwa kabukuka. Kuti gulu lachipembedzo likwanitse kukhala wopanda malingaliro oipa *kumafunika kusintha kulephera kwawo kusanduka kupambana*.

Ngakhale kuti makhalidwewa ndi olowanalowana muthabe kuwalondoloza mwandondomeko, kuti khalidwe loyamba lithandize kukwanitsa khalidwe lotsatira:

- Khalidwe loyamba ndilokhudza kuthetsa mchitidwe wotseka pakamwa: Ndikovuta kuthetsa mchitidwe wa malingaliro oipa ngati sitingathe kukambirana nkhani zosiyanasiyana zokhudza kadoyo/kachiroombo ka HIV ndi matenda a edzi.
- Khalidwe lachiwiri ndilofunikira kwambiri: ziphunzitso zathu zimatiuza kuti tizikondana ndikuchitirana chifundo, osati kuweluzana.
- Makhalidwe achitatu, chinayi ndi achisanu ndi okhudza mfundo zoyenera kuzidziwa pa nkhani ya kadoyo/kachiroombo ndi Edzi. Kadoyo/kachiroombo ndi matenda; akatswiri a sayansi amadziwa momwe matendawa amafalira ndi kapewedwe kake; madokotala (asing'anga) amadziwa momwe matendawa amakulira m'thupi la munthu ndi chithandizo cha mankhwala chomwe angapereke; palibe chifukwa choopera kukhudzana ndi munthu amene ali ndi kadoyo/kachiroombo.
- Makhalidwe achisanu ndi chimodzi komanso chisanu ndi chiwiri akufotokoza zomwe anthu angachite kuti athe kupereka chithandizo chenicheni kwa anthu amene ali ndi kadoyo/kachiroombo.
- Makhalidwe achisanu ndi chitatu, chisanu ndi chinayi komanso achikhumi akusonyeza za njira zosiyanasiyana zolimbanirana ndi matendawa; ubwino woti aliyense ayezetse matendawa, kufunika kopewa mchitidwe umene ungafalitse matendawa, kufunika kofikira anthu ena onse m'madera osiyanasiyana.

**1. Gulu lachipembedzo lopanda malingaliro oipa limakambirana poyera za kadoyo/kachiroombo ndi Edzi, komanso nkhanizina zokhudza mchitidwe wogonana ndi kusiyana kwa pakati pa akazi ndi amuna (jenda).**

Ndi chinthu chofunikira kwambiri kukambirana momasuka za kadoyo/kachiroombo ndi Edzi. Nthawi zina kumakhala kovuta kukambirana nkhanizi momasuka mwina chifukwa cha chikhalidwe kapena maganizo athu. Komatu ngati sitikambirana nkhanizi momasuka n'kovuta kuti magulu achipembedzo akwanitse kulimbana ndi mchitidwe wa malingaliro oipa chifukwa cha kadoyo/kachiroombo ndi Edzi. Kukambirana momasuka za ka kadoyo/kachiroombo ndi Edzi ndi chinthu chovuta ndipo ndichofunika kuti atsogoleri a magulu achipembedzo asonyeze kulimba mtima komanso mtima wa chifundo.

Magulu achipembedzo osiyanasiyana angathe kukonza njira zosiyanasiyana zothandizira anthu kuti azitha kukambirana momasuka za kadoyo/kachiroombo ndi Edzi. Magulu achipembedzo ena angathe kugwiritsa ntchito mapemphero. Ena angathe kukonza maphunziro apadera. Koma chofunikira kwambiri ndichakuti anthu a mu chipembedzocho athe kukambirana nkhanizi momasuka.

***Funso lofunika kuliganizira***

- Kodi mumakambirana mowilikiza bwanji nkhanizina za kadoyo/kachiroombo, Edzi, kugonana, jenda ndi nkhanizina zamtunduwu panthawi ya mapemphero ndi misonkhano ina ya mamembala a magulu a chipembedzo chanu?

**2. Gulu lachipembedzo lopanda malingaliro oipa limapereka mowirikiza ndi mosasintha mauthenga ophunzitsa za chifundo osati odzudzula kwa anthu amene ali ndi kadoyo/kachirombo.**

Ndikofunika kusonyeza mtima wachikondi komanso chifundo kwa anthu onse kuti titha kuthana ndi mchitidwe wa malingaliro oipa pankhani za kadoyo/kachirombo ndi Edzi. Chikondi ndi chifundo ndi zinthu zofunikira kwambiri paziphunzitsa za mipingo yambiri, ngakhale kuti nthawi zina kumakhalanso kovuta kusonyeza makhalidwewa makamaka tikalingaliranso za chikhalidwe, miyambo ndi ziphunzitsa za magulu achipembedzo pankhani ya matenda a edzi.

Kuti tithane ndi mchitidwe malingaliro oipa, kufalitsa uthenga wachifundo kwa anthu amene ali ndi kadoyo/kachirombo ndikofunikira kwambiri kuposa kumangolimbikitsa munthu payekha kuti akhale ndi udindo wopewa kutenga kadoyo/kachiromboka. Mauthenga ofotokoza zomwe munthu payekha angachite kuti apewe kadoyo/kachiromboka (khalidwe #9) ndiwofunikira koma nthawi zina amachititsa kuti anthu amene ali ndi kadoyo/kachiromboka (kadoyo/kachirombo) azidziona ngati wolakwa kapena kuti azichita manyazi ndikudziona ngati iwowo ndiosalandiridwa mu gulu lachipembedzo. Tiyenera kutsindika mauthenga achifundo ndi chikondi kuti anthu asamadziona ngati olakwa komanso kuti asamachite manyazi.

Mwa makhalidwe khumi aja magulu achipembedzo ambiri amalephera kusonyeza mtima wachikondi ndi chifundo. Koma kuti magulu achipembedzo asinthe kulepheraku ndikukusandutsa kupambana n'kofunika kuti magulu achipembedzo azisonyeza chidwi komanso kumayikambakamba nkhanayi komanso kuchitapo kanthu kuti anthu amene ali ndi HIV azitha kukhalandi chiyembekezo komanso kupeza chithandizo m'magulu achipembedzo.

***Funso lofunika kuliganizira***

- Kodi mukamalalikira kawirikawiri ndi kutsindika za uthenga wa chifundo ndi chikondi kwa anthu amene ali ndi kadoyo/kachirombo, kapena mumangokamba za zomwe munthu ayenera kuchita kuti asatenge kadoyo/kachiromboka?

**3. Gulu lachipembedzo lopanda malingaliro oipa limafotokoza kuti kadoyo/kachiroombo ndi Edzi ndi matenda osati chilango chodza chifukwa cha mchitidwe wa chiwerewere.**

Iyi ndi nkhani yaikulu yofunika kuthana nayo. Magulu achipembedzo ayenera kuzindikira kuti edzi ndi matenda. Ngakhale kuti anthu ena amatenga matendawa m'njira zimene zimanenedwa kuti ndi zadama, dama sigwero la kutenga matendawa. Matendawa amatengedwa pamene kadoyo/kachiroombo HIV kalowa m'thupi la munthu. Izi zingathe kuchitika m'njira zosiyanasiyana, monga njira zimene zimatengedwa kuti ndi zadama komanso m'njira zimene sizadama nkomwe.

Ndikofunika kusiyantsa mbali ziwiri za makhalidwe a munthu:

- Khalidwe “lolungama”, lomwe ndi khalidwe lovomerezeka pachipembedzo komanso chikhalidwe cha anthu.
- Khalidwe “lodzitetzeza”, lomwe ndi khalidwe limene lingathandize kupewa kutenga kadoyo/kachiroombo.

Ndikovuta kugwirizana za makhalidwe amene ndi “olungama” kapena “oipa”. Koma akatswiri asayansi ndi achipatala amatsimikiza kuti kudzitetzeza ndikothandiza. Kuti tithane ndi mchitidwe wotonzana n'kofunika kuzindikira za kusiyana kwa mbali ziwirizi ndikulimbikitsa kudzitetzeza m'malo mwa makhalidwe ‘olungama’.

***Funso lofunika kuliganizira***

- Ndi mamembala angati amene amamvetsa kuti pa kafalidwe ka kadoyo/kachiroombo khalidwe “lolungama” silingakhale lotetezeka kwenikweni ndipo kuti khalidwe “losadzitetzeza” sindiye kuti ndi khalidwe “ndiloipa”?



**4. Gulu lachipembedzo lopanda malingaliro oipa limafotokozero mamembala ake za mfundo zenizeni zokhudza kadoyo/kachiroombo ndi Edzi kuphatikizapo kafalidwe kake, chithandizo cha mankhwala komanso kapewedwe kake.**

N'kofunika kuti mamembala a gulu lachipembedzo azidziwa zoona zenizeni za kadoyo/kachiroombo ndi Edzi kuphatikizapo kafalidwe kake, njira zopewera, ndi ndondomeko ya chithandizo cha mankhwala. Anthu akadziwa mokwanira za kadoyo/kachiroombo ndi Edzi angathe kusiyantsa pakati pa choona chenicheni ndi mphekesera chabe kapena zikhulupiriro zabadza ndipo amadziwa zomwe zingawathandize komanso zomwe sizingawathandize popewa kufala kwa kadoyo/kachiroomboka.

Mitu ina imakhala yovuta kuikambirana monga kagwiritsidwe ntchito ka kondomu. Nthawi zina pamakhala maganizo akuti kukambirana za makondomu kumalimbikitsa khalidwe la dama. Komabe ndikofunikira kuti aliyense amvetsetse kuti makondomu amathandiza kupewa kufala kwa kachiroombo ka kadoyo/kachiroombo pogonana. Kudziwa za kagwiritsidwe ntchito ka kondomu kuli ngati kusankha pakati pa moyo ndi imfa.

***Funso lofunika kuliganizira***

- Ndi mamembala angati amene amamvetsetsa ndikukambirana zoona za kadoyo/kachiroombo ndi Edzi, kafalidwe kake, chithandizo cha mankhwala komanso kapewedwe kake?

**5. Gulu lachipembedzo lopanda malingaliro oipa limalimbikitsa mamembala aake onse kuti azichita nawo ntchito za gulu lachipembedzolo posatengera kuti ali ndi kadoyo/kachirombo kapena ayi.**

Uthenga wofotokoza za kafalidwe ka kadoyo/kachirombo umasonyeza kuti munthu sangatenge kadoyo/kachiromboka pongocheza ndi munthu amene ali nako. Choncho, palibe choopsa china chilichonse anthu ngati amene ali ndi kadoyo/kachirombo akumagwira nawo ntchito za gulu lachipembedzo. Anthu akadziwa zimenezi ndikuwapatsa uthenga wa chilimbikitso komanso kuwalandira, kumakhala kwapafupi kwa anthu amene ali ndi kadoyo/kachirombo kuti azitha kugwira nawo ntchito zonse za gulu lachipembedzo. Zimenezi zimathandizanso gulu lachipembedzo kuti lizitha kuona umunthu pa nkhani ya kadoyo/kachirombo ndikuti anthu onse amene ali ndi kadoyo/kachirombo ndi anthunso ngati wina aliyense ndipo kuti kukhala ndi kadoyo/kachiromboka ndi nkhani ina.

***Funso lofunika kuliganizira***

- Ndi anthu angati amene ali ndi kadoyo/kachirombo amene amagwira nawo ntchito za gulu lachipembedzo momasuka?

**6. Gulu lachipembedzo lopanda malingaliro oipa limakhala ndi chidwi chopereka chisamaliro komanso chithandizo kwa anthu amene ali ndi kadoyo/kachirombo m'malo molimbikira kukamba za momwe anthuwo anatengera kadoyo/kachiromboko.**

Munthu akawulula kuti ali ndi kadoyo/kachirombo, chofunika ndikumuvomereza kwathunthu munthuyo. Koma chimene chimachitika nthawi zambiri ndi chakuti munthu akangowulula kuti ali ndi kadoyo/kachirombo anthu ambiri amadabwa ndikuyamba kuganiza kuti anawatenga bwanji matendawa. Magulu achipembedzo ayenera kusonyeza chifundo ndipo sayenera kukhala ndi chidwi ndi momwe munthu anatengera matendawo koma m'malo mwake amuvomereze munthuyo ngati mnzawo ndikumufunsa chithandizo chimene angachisowe.

Anthu ena sanganene chilichonse popeza mwina sadziwa momwe angathandizire anthu amene ali ndi kadoyo/kachiromboko. Koma chofunika kwambiri ndi kuwavomereza anthu amene ali ndi kadoyo/kachirombo ndikuwapatsa chithandizo chimene angachifune.

***Funso lofunika kuliganizira***

- Ndi mamembala angati amene anawulula poyera kapena mwachinsinsi kuti ali ndi kadoyo/kachirombo?

**7. Gulu lachipembedzo lopanda malingaliro oipa limalimbikitsa kuti anthu amene ali ndi kadoyo/kachiroombo azikhala moyo wangwiro kudzera m'maphunziro komanso magulu owathandiza.**

Kukhala moyo wangwiro kukutanthauza kukhala ndi makhalidwe ena amene amathandiza munthu amene ali ndi kadoyo/kachiroombo kuti azitha kukhala moyo nthawi yaitali komanso kuchita zinthu zaphindu pamoyo wake.

Kukhala moyo wangwiro kulinso ndi zovuta zake monga ndondomeko ya mankhwala ndi chakudya chopatsa thanzi, komanso njira zopezera zipatala zoti aziwayang'anira ndikulandirako mankhwala.

Kukhala moyo wangwiro kumatanthauzanso kuchita zinthu mosamala pofuna kupewa kufalitsa matendawo kwa anthu ena. Kuchita zinthu mosamala kumakhudzanso kumvetsetsa za kafalidwe ndi kapewedwe ka matendawa komanso kukhala ndi mtima wakhama pochita zinthu ndi kulimbikitsidwa ndi anthu ena.

Magulu odzithandiza kapena othandiza anthu amene ali ndi kadoyo/kachiroombo angakhale aphindu kwambiri polimbana ndi zovutazi. Mwachitsanzo maguluwa angathe kumalimbikitsana kuti azimwa mankhwala panthawi yake komanso angathe kumaphunzitsana momwe anthu ena anathanirana ndi zovuta zomwe iwo akukumana nazo.

***Funso lofunika kuliganizira***

- Kodi pali magulu othandiza anthu amene ali ndi kadoyo/kachiroombo amene akugwira ntchito zawo m'magulu achipembedzo kapena m'madera mwanu?

**8. Gulu lachipembedzo lopanda malingaliro oipa limalimbikitsa mamembala ake onse kuti azikayezetsa matendawa ndipo limathandiza kuti anthuwo apezze njira zolandirira uphungu ndi kuyezetsa.**

Ndikofunika kuti aliyense kuti adziwe ngati ali ndi kadoyo/kachiroombo kapena ayi, ayeneranso kudziwa momwe moyo wake ulili. Ena amaganiza kuti okhawa amene amachita zadama ndi amene ayenera kuyezetsa, koma chofunika ndichakuti aliyense ayenera kuyezetsa kuphatikizapo amene akuganiza kuti sangatenge matendawa. Pali zifukwa ziwiri.

Chifukwa choyamba ndi chachipatala. Pali njira zambiri zimene munthu angatengere kadoyo/kachiroombo. Choncho, n'kulakwa kumagiza kuti munthu sangatenge kadoyo/kachiroombo.

Chifukwa chachiwiri ndi chokhudzana ndi malingaliro oipa. Aliyense atayezetsa, ndiye kuti kuyezetsa sichingakhale chinthu chachilendo. Sipangakhale kulozana zala chifukwa chakuti wina wayezetsa chifukwa chakuti palibe kutonzana chifukwa choyezetsa.

Mamembala akafunsiwa ngati anayezetsa ndipo aliyense akakweza dzanja ndiye kuti gulu lachipembedzo silingakhalenso ndi mchitidwe wa malingaliro oipa.

***Funso lofunika kuliganizira***

- Ndi anthu angati amene anayezetsa kadoyo/kachiroombo ndipo akudziwa ngati ali nako kapena ayi?

**9. Gulu lachipembedzo lopanda malingaliro oipa limatsindika za udindo wa membala aliyense payekha kuti azidziwa ngati ali ndi kadoyo/kachirombo kapena ayi ndikuti azipewa makhalidwe amene angafalitse kadoyo/kachiromboka.**

Nkhani yaikulu ndiyakuti aliyense ali ndi udindo wake payekha. Pali zinthu zina zimene atsogoleri kapena mipingo iyenera kuchitira pamodzi komanso munthu aliyense payekha alinso ndi udindo. Udindo wina ndi wopewa makhalidwe amene angathandizire kutenga kapena kupatsira nawo ena kadoyo/kachirombo.

Pamene mukukambirana za kupewa makhalidwe oopsa amene mungatenge kapena kupatsira nawo kadoyo/kachirombo, ndikofunika kukumbukira za kusiyana kwa makhalidwe abwino ndi otetezeka monga tinaonera mu khalidwe #3.

Pokambirana za udindo umene munthu aliyense ali nawo poteteza kadoyo/kachirombo, ndikofunika kuzindikira kuti anthu ena sangakhale ndi mwayi wosankha khalidwe lodzitezeza. Mwachitsanzo mzimayi amene wagwiridwa sangaumirize womugwirira kuti agwiritse ntchito kondomu.

***Funso lofunika kuliganizira***

- Ndi mamembala angati amene amazindikira zoti ali ndi udindo wopewa kufala kwa kadoyo/kachirombo?

**10. Gulu lachipembedzo lopanda malingaliro oipa limakhala patsogolo kugwira ntchito ndi mabungwe ena polimbana ndi kadoyo/kachiroombo ndi matenda a edzi m'madera mwawo.**

Ngati magulu achipembedzo ali patsogolo kuphunzitsa anthu awo, kusonyeza chifundo komanso kuthandiza kuthetsa mchitidwe wa malingaliro oipa pakati pa mamembala awo atha kukhala chitsanzo kwa magulu ena ndipo angathe kumamenyera ufulu wa anthu amene ali ndi kadoyo/kachiroombo. Magulu achipembedzo amene alibe mchitidwe wa malingaliro oipa angathandize kuthetsa mchitidwewu md'era lonse.

***Funso lofunika kuliganizira***

- Kodi anthu amatenga gulu lachipembedzo ngati malo a chiyembekezo, chithandizo komanso omenyera ufulu wa anthu amene ali ndi kadoyo/kachiroombo?

## **Njira zabwino zothetsera malingaliro oipa**

### **A. Kulalikira ndi kuphunzitsa nkhani zokhudza kuthetsa malingaliro oipa pa kadoyo/kachirombo ndi matenda a edzi.**

Nthawi ya mapemphero, maphunziro ndi misonkhano ina ya mipingo ndi yofunika kwambiri pofalitsa ndi kulimbikitsa mauthenga okhudza malingaliro oipa. Kuti ntchitoyi iyende bwino ndikofunika kuwirikiza ulaliki komanso maphunziro- ngakhale kamodzi kokha pa mwezi.

Uthenga weniweniwo utha kusiyana koma uthengawo utha kugawidwa m'magulu angapo akuluakulu ofunikira:

**Mfundo** – kutsindika mfundo zofunikira zokhudza kadoyo/kachirombo ndi matenda a edzi, pofuna kuti anthu onse mu gulu lachipembedzolo akhale ozindikira.

**Kuvomereza** – kutsindika kufunikira kwa munthu wina aliyense, kulandira munthu wina aliyense kuti achite nawo zochitika za mu gulu lachipembedzo mosaganizira zoti munthuyo ali ndi ka kadoyo/kachirombo kapena ayi.

**Chifundo** – kutsindika ubwino wokonda ndi kulemekeza anthu onse mosaganizira zoti ali ndi kadoyo/kachirombo kapena ayi.

**Chilimbikitso** – Makamaka kwa anthu omwe ali ndi nkawa zokhudza kadoyo/kachirombo ndi matenda a edzi, powatsimikizira kuti gulu lachipembedzo ndi malo a chiyembekezo ndi chilimbikitso.

**Kumenyera ufulu wa anthu okhudzidwa** – Kutsindika kufunika kwa gulu lachipembedzo pa ntchito yolimbikitsa ufulu wa anthu omwe ali ndi kadoyo/kachirombo kuphatikizapo ufulu wa anthu oponderezedwa pa chikhalidwe cha anthu monga amayi ndi ana.

**Udindo** – Kutsindika kufunika kwa anthu a mu gulu lachipembedzo kuchitapo kanthu pa nkhani zokhudza kadoyo/kachirombo paokha: kudziwa momwe m'thupi mwawo mulili pa nkhani ya kadoyo/kachirombo ndi kupewa khalidwe lomwe lingathandizire kufalitsa kadoyo/kachirombo. Mauthenga okhudza udindo wa munthu wina aliyense payekhapayekha uyenera kuperekedwa mosamala, pofuna kupewa kupirikitsa anthu omwe angaganize kuti akunenedwa.



**B. Maumboni a anthu omwe ali ndi kadoyo/kachiroombo kapena anthu omwe akhudzidwa ndi kadoyo/kachiroombo.**

Maumboni amathandiza kuzindikiritsa anthu kuti matendawa alipodi ndi kuthandiza kusintha zikhulupiro zabodza ndi kuyamba kuganizira zovuta zimene anthu enieni akukumana nazo pa moyo wawo.

**C. Kuchititsa maphunziro.**

Poyamba pa ntchitoyi mfundo zokhudza kadoyo/kachiroombo ndi matenda a edzi zimakhala zofunika kwambiri. Mfundo zimenezi zitha kuperekedwa pa nthawi ya mapemphero kapena pokonza maphunziro apadera otsindika mfundozi.

**D. Kupereka zipangizo zothandiza pa maphunziro.**

N'kofunika kwambiri kupereka zipangizo zothandiza pa maphunziro monga mabuku. Mitu iwiri ndi yofunika kwambiri: (1) mfundo zofunika zokhudza kadoyo/kachiroombo ndi matenda a edzi; (2) mfundo zothandiza kukhala ndi chiyembekezo ngakhale uthakhala ndi kadoyo/kachiroombo.

**E. Kukhala ndi zokambirana pa mitu yosankhidwa.**

Zokambirana zimalimbikitsa kuti anthu azichitira zinthu limodzi mu gulu lachipembedzo. Izi ndi zothandiza pa mitu yokhudza mfundo ndi maganizo a anthu monga miyambo yokhudza kukhalira malo amodzi amayi ndi abambo (kugonana) kapena nkhani zokhudza jenda (ubale wa pakati pa mwamuna ndi mkazi). Pa mitu ina zimakhala bwino kwambiri kulekanitsa abambo, amayi ndi achinyamata. Pamene pa mitu kusakaniza anthuwa zitha kukhala bwino zedi.

**F. Kuchita ntchito yoyezetsa ndi kupereka uphungu wokhudza kadoyo/kachiroombo pa nthawi ya mapemphero komanso zochitika zina za ku gulu lachipembedzo.**

Ndi kofunika kuti anthu onse a mu gulu lachipembedzo ayezetsa magazi awo ndi kudziwa ngati ali ndi kadoyo/kachiroombo kapena ayi. Kupezeka kwa ntchito zoyezetsa magazi pa nthawi ya mapemphero komanso zochitika zina za gulu lachipembedzo kumathandiza kwambiri. N'kofunika kusunga mwachinsinsi zotsatira za kuyezetsako kuphatikizapo kukhala ndi aphungu ophunzitsidwa bwino ntchito yawo.

**G. Kukhazikitsa magulu a chilimbikitso kapena odzilimbikitsa okha.**

Magulu a chilimbikitso atha kuthandiza anthu omwe ali ndi kadoyo/kachirombo kukhala moyo wangwiro. Nthawi zina zimakhala bwino kukhala ndi magulu a chilimbikitso osiyanasiyana, a amayi, abambo ndi achinyamata. Koma nthawi zina zimakhala bwinonso kukhala ndi magulu a chilimbikitso a anthu onse. Magulu a chilimbikitsowa amakumana kawirikawiri ndi kukambirana mitu yofunikira monga kukhala ndi chiyembekezo ndi kutsatira ndondomeko za kamwedwe ka mankhwala. Ndi njiranso yabwino yoperekera chithandizo pa nkhani za mayendedwe (monga, ulendo wopita ku chipatala). Potsiriza, maguluwa atha kugwiranso ntchito zodzipezera ndalama. Kugwira ntchito limodzi m'magulu a chilimbikitso kumadzetsanso mgwirizano waukulu mu gulu lonse la chipembedzo.

**H. Kuyeza/kupimitsa atsogoleri a magulu achipembedzo poyera.**

Zitha kukhala zothandiza kwambiri ngati atsogoleri a gulu lachipembedzo atayezetsa magazi awo kuti adziwe ngati ali ndi kadoyo/kachirombo kapena ayi anthu onse akuona. Mchitidwe woterewu umaonetsa zoti tonsefe tili limodzi m'nkhaniyi, palibe zoti "Ife ndife, iwowo ndi iwo." Zotsatira za kuyezedwako zisungidwe mwachinsinsi. Ngati mtsogoleri wa gulu lachipembedzo apezeka ndi kadoyo/kachirombo, iye atha, mwakufuna kwake kunena poyera kuti wapezeka ndi kachiromboko, mwina ngati njira yopereka umboni pa nthawi ya mapemphero, koma safunika kunena zimenezi atangoyezedwa kumene.

**I. Kuonetsa poyera kudzipereka pofuna kuthetsa malingaliro oipa.**

Zithunzi ndi mawu olembedwa pa zinthu zosiyanasiyana zomwe zaikidwa pa malo oonekera kwambiri ndi zizindikiro zooneka ndi maso za kudzipereka kwathu pofuna kuthetsa malingaliro oipa pa kadoyo/kachirombo ndi matenda a edzi.

**J. Kuchita zochitika zosiyanasiyana zozindikiritsa anthu ndi mabungwe.**

Zochitika zofunika kwambiri zomwe tingachite ndi anthu ena onse monga maphunziro a za kadoyo/kachirombo ndi matenda a edzi, masiku opimitsa magazi, ndi kutenga nawo mbali pa tsiku loganizira za matenda a edzi pa dziko lonse lomwe ndi pa 1 December.

## Njira zabwino zovomerezeka

Pofuna kusintha zolephera kuti zikhale zopambana zina mwa njirazi zitha kukhala zothandiza kwambiri kuposa zinzake. Chithunzi chotsatirachi chikuonetsa kuti ndi njira ziti zabwino (A mpaka J pa masamba 14-16) zomwe zingakhale zothandiza pa kakhaliidwe kati. Pezani malo omwe alembedwa makhalidwe ndi kuganizira njira zabwino zomwe zasankhidwa.

Mwachitsanzo Makhalidwe ka #5 (*“Gulu lachipembedzo limene illibe malingaliro oipa limalimbikitsa mamembala ake onse kuchita nawo zochitika zonse za mu gululo mosaganizira zoti ena ali ndi kadoyo/kachiroambo kapena ayi.”*), Njira zabwino A (*kulalikira ndi kuphunzitsa*), B (*maumboni*), H (*atsogoleri a chipembedzo kupimitsa magazi poyera*), ndi I (*zionetsero kapena zithunzi ndi mawu olembedwa pa zinthu zosiyanasiyana*) ndi zothandiza kwambiri.

		Njira zabwino									
		A	B	C	D	E	F	G	H	I	J
Makhalidwe	1	•		•		•				•	
	2	•	•						•	•	
	3	•	•	•	•	•					
	4	•		•	•	•					
	5	•	•						•	•	
	6	•	•		•	•		•			•
	7				•		•	•			•
	8	•					•		•		•
	9	•	•			•	•	•	•		
	10				•		•	•	•	•	•

N’kutheka kuti njira zinanso zitha kugwiritsidwa ntchito, choncho zomwe zalembedwazi zigwiritsidwe ntchito mongounikira osati ngati lamulo.

## **Kusintha Pang'onopang'ono**

Kuthetsa mchitidwe wa maalingaliro oipa pa kadoyo/kachiroombo ndi matenda a edzi kumafunika kuchita ntchito nthawi yayitali mosalekeza. Izi zitha kuchitika bwino pokhala ndi ndondomeko ya msintho wazinthu yogawidwa m'magawo ndipo gawo lililonse litha kuchitika miyezi 6 kapena 12. Gawo lililonse limakhala ndi zochitika za magulu anayi:

- **Unikani** – Kupeza ubwino ndi kuipa kwa kakhalidwe khumi komwe kaperekedwa
- **Sankhani** – Kusankha makhalidwe angapo oyenera kutsindika m'gawoli
- **Konzani Ndondomeko** – Kukonza ndondomeko ya zochitika yoyenera pa kakhalidwe komwe katsindikidweko
- **Chitanipo** – Kuchita zochitika zothandiza kusintha kakhalidwe koipako kukhala kabwino

Pakutha pa gawo lililonse chitaninso kawuniwuni kuti muone momwe ntchito yayendera ndi kusankha kakhalidwe komwe kadzatsindikidwe m'gawo lotsatira.



## **Unikani**

Gawo lililonse la msintha wazinthu limayamba ndi kawuniwuni. Cholinga cha kawuniwuni ndi kufuna kumvetsa momwe zinthu zilili mu gulu lachipembedzo, kufuna kulimbikitsa ntchito yabwino yomwe yachitika komanso kufuna kudziwa zofunika kuchita.

Njira imodzi yochitira kawuniwuni ndi kungoganizira kakhalidwe kalikonse mwa kakhalidwe khumi komwe kaperekedwaka ndikuona ngati kakhalidweko kakuimira zabwino kapena zoipa mu gulu lachipembedzomo, kapena kakhalidwko sikakuimira zabwino kapena zoipa. Pofuna kukuthandizani kupereka maganizo anu gwiritsani ntchito mafunso ndi mfundo zomwe zaperekedwa pa kakhalidwe kalikonse.

*Chikalata chokonzera ndondomeko ya zochitika chomwe chaperekedwachi chitha kugwiritsidwa ntchito pochita kalemba wa zomwe zapezeka pa kawuniwnuniyu.*

## **Sankhani**

N'kofunika kwambiri kutsindika pa makhalidwe angapo m'gawo lililonse la msintha wazinthu, chifukwa kumakhala kovuta zedi kuchita ntchito yolozeka pa makhalidwe ambiri nthawi imodzi. Nthawi zambiri zimakhala bwino kutsindika pamakhalidwe osaposera atatu. Kasankhidwe ka makhalidwe oti atsindikidwe kamadalira momwe zinthu zilili pakati pa anthu mu gulu lachipembedzomo. Zotsatira za kawuniwuni uja zimakhala kalozera wabwino.

Poyamba, tsindikani pa kakhalidwe komwe kali koyambirira pa mndandandawo komwenso sikakuimira zabwino. Mwachitsanzo ngati makhalidwe apa, #1 ndi oipa kapena sakuimira zoipa kapena zabwino, ayenera kutsindikidwa m'gawo loyamba, chifukwa n'kovuta kulimbikitsa makhalidwe ena popanda kuthetsa mchitidwe wotseka pakamwa.

Makhalidwe achifundo ndi ofunika kwambiri kotero kuti makhalidwe a #2 ayenera kutsindikidwa m'gawo lililonse la msintha wazinthu mpaka atasintha kukhala opambana kwambiri.

### **Konzani Ndongomeko**

Mukasankha makhalidwe ofunika kutsindika, tsopano pamafunika kukonza ndondomeko ya zochitika zolimbana ndi malingaliro oipa zomwe zidzachitike m'gawo la msintho wazinthu. Gawo la msintho wazinthu liyenera kutha miyezi 6 kapena 12. Zochitika zenizeni zomwe zingachitikezo zimadalira kakhalidwe komwe katsindikidwe ndi luso komanso zomwe atsogoleri a mu gulu lachipembedzolo akuzidziwa. Njira zabwino zingapo zomwe zagwiritsidwa ntchito zaka zingapo zinaperekedwa kumayambiriro kwa kabukuka. Chithunzo cha pa tsamba 17 chikuonetsa njira zabwino zomwe zingathandize pa makhalidwe osiyanasiyana omwe angasankhidwe kutimuwatsindike. Komabe potengera momwe zinthu zilili zochitika zina zithanso kukhala zoyenera.

### **Chitanipo**

I Gawo lotsiriza posintha zinthu ndi kuchita zinthu zomwe zinakonzedwa kuti zichitike. Nthawi zina chimakhala chinthu chanzeru kusintha ndondomeko ya zochitika pa nthawi yokwaniritsa ndondomekoyo pofuna kuti igwirizane ndi momwe zikusinthira zinthu.

M'njira zambiri iyi ndi mbali yokhayo ya gawo la msintho wazinthu yomwe ili yofunika kwambiri, chifukwa iyi ndi mbali yomwe ingathandize kusintha mkhalidwe wa malaingaliro oipa pa kadoyo/kachirombo ndi matenda a edzi. Iyinso ndi mbali yomwe imafunika kupirira chifukwa padzakhala zopinga ndi mavuto osayembekezera ofunika kuwathetsa.

*Gwiritsani ntchito chikalata chochitira ndondomeko ya zochitika chomwe chaperekedwa pofuna kuchita kalemba wa zotsatira za mbali iliyonse ya gawo la msintho wa zinthu.*

## **Kulimbana ndi Zovuta**

Kuthetsa malingaliro oipa pa kadoyo/kachiroombo ndi matenda a edzi ndi ntchito yovuta. Pali zifukwa zingapo:

- Muyenera kusintha maganizo omwe akhala akugwira ntchito kwa nthawi yayitali.
- Muyenera kukambirana makhalidwe a anthu, zomwe anthu ambiri samamasuka kuti anene maganizo awo.
- Muyenera kuchitapo kanthu pa ziphunzitso zosiyansiyana za magulu achipembedzo.
- Muyenera kuphatikiza malingaliro a ziphunzitso za magulu achipembedzo ndi maligaliro a momwe miyoyo ya anthu ilili.
- Anthu a chipembedzo chanu atha kukana kuchita ntchitoyi.

Pofuna kuthana ndi zovutazi inu ngati mtsogoleri wa gulu lachipembedzo muyenera:

- Kuzindikira zotsatira za malingaliro oipa
- Kudzipereka kuchitapo kanthu mosayembekezera kuti kanthu kena koipa kachitike kaye
- Kupirira mpaka mchitidwe wa malingaliro oipa utathetsedwa

N'kofunika kukumbukira kuti malingaliro oipa pa kadoyo/kachiroombo ndi Edzi ndi nkhanu yokhudza moyo kapena imfa. M'dera lanulo ndi madera ena a pa dziko la pansu anthu akufa kamba ka malingaliro oipa pa kadoyo/kachiroombo ndi Edzi. M'njira zambiri, nkondo yolimbana ndi malingaliro oipa ndi yotsiriza pofuna kugonjetsa Edzi. Mankhwala atha kuthandiza kuchiza ndi kupewa kufala kwa matendawa, pokhapokha ngati anthu atakhala omasuka kukapimitsa magazi awo ndi kufunafuna chithandizo. Zochita za atsogoleri a magulu achipembedzo monga inu zitha kutengerapo mwayi pa ntchito zomwe achipatala akuchita ndi kuthandiza kuthetsa matenda ya matenda a edzi.

## Example Transformation Cycle

### 1 Unikani

Anthu a mu gulu lachipembedzo alingalira kuti Makhalidwe a #1, #4, ndi #9 ndi abwino ndipo Makhalidwe a #2 ndi #5 ndi oipa. Makhalidwe enawo sioipa kapena abwino.

### 2 Sankhani

Anthu a mu gulu lachipembedzo aganiza zotsindika pa makhalidwe a #2 ndi #5, omwe ndi oipa, ndi Makhalidwe a #3, omwe sanafike pokhala abwino kwenikweni.

### 3 Konzani Ndongomeko

Anthu a mu gulu lachipembedzo asankha Njira Zabwino A, B ndi I:  
A – Mauthenga okhala ndi mfundo zoonetsa kusiyana kwa pakati khalidwe “labwino” ndi “lodziteza” (onani makhalidwe ka #3), kuphatikizapo mauthenga okhudza kuvomereza, chifundo ndi chilimbikitso  
B – Umboni wa munthu yemwe ali ndi kachiroboko ka komanso wa mtsogoleri wa gulu lachipembedzo yemwe ali ndi Gulu la chipembedzo kadoyo/kachiroboko  
I – Zithunzi ndi mawu olembedwa pa zinthu zosiyanasiyana omwe aikidwa pa malo opempherera

### 4 Chitanipo

Anthu a mu Gulu lachipembedzo achita zochitika motsatira ndondomeko yomwe yakonzedwa. Zochitikazo zili mkati, zaoneka kuti kusiyantsa khalidwe labwino ndi lodziteza kunali kovuta kuti kuchitike mu uthenga umodzi wa mapemphero choncho Njira Yabwino E yaikidwa ngati yoonjezera:  
E – Zokambirana zokhudza kusiyana kwa pakati pa khalidwe lolungama ndi lodziteza pa nkhani ya HIV.



## Kusintha pang'onopang'ono

**Magulu achipembedzo opanda malingaliro oipa - ndondomeko ya zoyenera kuchita**

<b>Unikani</b>					<b>Njira zabwino ndi zovomerezeka</b>												
<b>1</b>	Pezani zolimba ndi zofowoka				<b>3A</b>	A. Lalkirani ndi kuphunzitsa za malingaliro oipa B. Konzani maumboni anu C. Chitsani maphunziro D. Perekani zipangizo za maphunziro E. Chitsani zolambirana F. Perekani uphungu ndi kuyezetsa magazi G. Khazikitsani magulu othandiza anthu amene ali ndi kadoyo/kachiroombo H. Yezani atsogoleri a mugulu lanu lachipembedzo poyera I. Onetsani poyera za kudzipereka kwanu J. Gwirani ntchito m'madera											
<b>Sankhani</b>																	
<b>2</b>	Sankhani makhalidwe ofunika kuchitapo kanthu																
<b>Konzani ndondomeko</b>																	
<b>3A</b>	Sankhani njira zabwino ndi zovomerezeka																
<b>3B</b>	Konzani ndondomeko ya zoyenera kuchita m'miyezi 6 mpaka																
<b>Chitanipo</b>																	
<b>4</b>	Gwirani ntchito zimene munakonzazo																
Makhalidwe					1	2	3	4	5	6	7	8	9	10	11	12	
1. Limakambirana poyera za kadoyo/kachiroombo ndi Edzi, komanso nkhani zina zokhudza mchitidwe wogonana ndi kusiyana kwa pakati pa akazi ndi amuna (jenda).					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
2. Limapereka mowirikiza ndi mosasintha mauthenga ophunzitsa za chifundo osati odzudzula kwa anthu amene ali ndi kadoyo/kachiroombo					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
3. Limafotokozaza kuti kadoyo/kachiroombo ndi Edzi ndi matenda osati chilango chodzcha chifukwa cha mchitidwe wa chiwerebere					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
4. Limafotokozera mamembala ake za mfundo zenizeni zokhudza kadoyo/kachiroombo ndi Edzi kuphatikizapo kafalidwe kake, chithandizo cha mankhwalu komanso kapewedwe kake					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5. Limalimbikitsa mamembala aake onse kuti azichita nawo ntchito za Gulu lachipembedzolo posatengera kuti ali ndi kadoyo/kachiroombo kapena ayi					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
6. Limakhala ndi chidwi chopereka chisamaliro komanso chithandizo kwa anthu amene ali ndi kadoyo/kachiroombo m'malo molimbikira kukamba za momwe anthuwo anatengera kadoyo/kachiroomboko					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7. Limalimbikitsa kuti anthu amene ali ndi kadoyo/kachiroombo azikhala moyo wangwiro kudzera m'maphunziro komanso magulu owathandiza					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
8. Limalimbikitsa mamembala ake onse kuti azikayezetsa matendawa ndipo limathandiza kuti anthuwo apezere njira zolandirira uphungu ndi kuyezetsa					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
9. Limatsindikiza za udindo wa membala alyense payekha kuti azidziwa ngati ali ndi kadoyo/kachiroombo kapena ayi ndikuti azipewa makhalidwe amene angafalitse kadoyo/kachiroomboka					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10. Limakhala patsogolo kugwira ntchito ndi mabungwe ena polimbana ndi kadoyo/kachiroombo ndi matenda a edzi m'madera mwawo					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

**Ndondomeko ya zoyenera kuchita**

	<b>3B</b>	<b>4</b>
Mwezi	Zoyenera kuchita	Zochitika
<b>Jul</b>	Kupembedza ndi uthenga wokamba zosiyanyitsa pakati pa khalidwe lolungama lovomerezeka ndi khalidwe lodziteteza	Kupembedza ndi uthenga wokamba zosiyanyitsa pakati pa khalidwe lolungama lovomerezeka ndi khalidwe lodziteteza
<b>Aug</b>	Kupembedza ndi uthenga wovomereza	Kupembedza ndi uthenga wovomereza <i>Zokambirana za kusiyana pakati pa khalidwe lolungama lovomerezeka ndi khalidwe lodziteteza</i>
<b>Sep</b>	Kupembedza ndi uthenga wa chifundo	Kupembedza ndi uthenga wa chifundo
<b>Oct</b>	Kupembedza ndi kupereka maumboni a anthu amene ali ndi kadoyo/kachiroombo	Kupembedza ndi kupereka maumboni a anthu amene ali ndi kadoyo/kachiroombo
<b>Nov</b>	Kupembedza ndi uthenga wachilimbikitso Kukhoma maposita	Kupembedza ndi uthenga wachilimbikitso Kukhoma maposita
<b>Dec</b>	Kupembedza ndi umboni wa mtsogoleri amene ali ndi kadoyo/kachiroombo	Kupembedza ndi umboni wa mtsogoleri amene ali ndi kadoyo/kachiroombo

## Mabuku ena

Bungwe la EMPACT Africa limapereka chithandizo kudzera pa intaneti kwa atsogoleri a magulu achipembedzo pamene akulimbana ndi mchitidwe wa malingaliro oipa pa kadoyo/kachiroombo ndi matenda a edzi:

- Kuwunika mchitidwe wa malingaliro oipa m'magulu achipembedzo.
- Kukonza ndikulondoloza dongosolo la ntchito zoyenera kugwira.
- Kalondolondo ndi kawuniuni.
- Maphunziro amene aphunziridwa.

Bungwe la EMPACT Africa limagwiranso ntchito zina ndi magulu achipembedzo:

- Kafukufuku wokhudzana ndi mchitidwe wa malingaliro oipa
- Maphunziro a utsogoleri
- Ntchito zothandiza kuthana ndi malingaliro oipa m'magulu achipembedzo

Kuti mudziwe zambiri werengani apa:

[www.empactstigmafree.org](http://www.empactstigmafree.org)

Palinso zambiri zomwe mungapeze pa intaneti, kuphatikizapo:

- UNAIDS (Joint United Nations Program on HIV/AIDS)  
[www.unaids.org](http://www.unaids.org)
- CABSA (Christian AIDS Bureau for Southern Africa)  
[www.cabsa.org.za](http://www.cabsa.org.za)
- INERELA+ (International Network of Religious Leaders Living With or Personally Affected by HIV)  
[www.inerela.org](http://www.inerela.org)
- Stigma Action Network  
[www.stigmaactionnetwork.org](http://www.stigmaactionnetwork.org)
- GNP+ (Global Network of People Living with HIV/AIDS)  
[www.gnpplus.net](http://www.gnpplus.net)
- Ecumenical Advocacy Alliance  
[www.e-alliance.ch](http://www.e-alliance.ch)
- World Council of Churches  
[www.wcc-coe.org](http://www.wcc-coe.org)

## **Kufalitsa ndi kugawa kabukuka**

Mungathe kusindikizanso kabukuka mutapeza chilolezo chochita kulemba kuchokera kwa EMPACT Africa komanso muyenera kufotokoza kuti eni kabukuka ndi a EMPACT Africa. Kusindikiza kabukuka ndi cholinga chokaligulitsa sikololedwa.

Kabukuka kanalembedwa mogwirizana ndi chipembedzo cha Chikhiristu m'chigawo chakumwera kwa Africa. Bungwe la EMPACT Africa likufuna litagwira ntchito ndi magulu ena kuti tilisithe kuti lithenso kugwiritsidwa ntchito muzipembedzo zina komanso madera ena ndikuti limasulilidwe m'zilankhulo zina.

Ngati muli ndi chidwi chosindikizanso bukuli kapena kulisinthanso, chonde lemberani ku:

[resources@empactafrica.org](mailto:resources@empactafrica.org)

## **Kuthokoza**

Nkhani zimene tazilemba m'kabukuka zikuimira maphunziro amene tinawapeza pogwira ntchito ndi atsogoleri a magulu achipembedzo am'maiko a kummwera kwa Africa m'zaka zisanu. Panthawiyi tinali ndi mwayi wogwira ntchito ndi atsogoleri oyendetsa ntchito za kadoyo/kachirombo ndi matenda a edzi m'magulu osiyanasiyana achipembedzo. Atsogoleriwa ndi: Rev. Pearson Banda, Rev. Komforce Blackie, Rev. Buyelwa Maringa, Ms. Andisiwe Matiwane, Rev. Buhle Mpofo, Rev. Teboho Motumi, Mr. Costin Mwale, Rev. Gerald Phiri, Ms. Pamela Vakala. Panalinsu anthu ena amene anathandizapo pantchitoyi kuphatikizapo Rev. Canon Dr. Gideon Byamugisha, Mr. Joseph Collins, Rev. Paul Friesen, Rev. Janet Guyer, Rev. J. P. Mokgethi-Heath, Dr. Sue Parry, Ms. Lyn van Rooyen, Dr. Joyce Statz, Rev. Lawrence Temfwe, Dr. Douglas Tilton, Mrs. Linda Barstow, ndi gulu lonse logwira ntchito ku EMPACT Africa ku Austin, Texas, USA.

Kabuku ka m'Chichewa/Chinyanja kanakonzedwa ndi bungwe la CABSA ndi Folio Online mothandizidwa ndi Mbusa Gerald Phiri, komanso ndi chithandizo chochokera ku Westlake Hills Presbyterian Church, ndi WHPC Foundation.

*Dr. David Barstow  
President, EMPACT Africa*

***“Malingaliro oipa ndi chimodzi mwa zinthu zimene zikulephersta anthu kuchitapo kanthu pa HIV ndi edzi. Ndi chifukwa chimodzi chachikulu chimene chikuchititsa kuti anthu ambiri akuopera kukaonana ndi adokotala kuti akadziwe ngati ali ndi matendawa kapena ayi kapena kuti akalandire chithandizo cha mankhwala. Malingaliro oipawa akuchititsa kuti anthu azimwalira mwakachetechete kaamba ka Edzi chifukwa chakuti anthu amaopa kuchita manyazi akawulula za matendawa kapena kutsata njira zochidule zopewera matendawa. Malingaliro oipa ndi chifukwa chachikulu chimene chikuchititsa kuti anthu ambiri padziko lapansi azamwalirabe ndi matendawa.”***

Ban Ki-moon, Mlembi Wamkulu wa bungwe la United Nations

***“Sitikumwalira ndi matendawa.***

***Tikumwalira ndi malingaliro oipa.”***

Membala amene ali ndi HIV, Reformed Church in Zambia

***“Ndikuganizira anthu onse amene ndaika maliro awo zaka zapitazi. Ntchito ya EMPACT ikanayamba kale ambiri mwa iwo pano ali ndi moyo.***

Mbusa Gerald Phiri, Church of Central Africa Presbyterian

EMPACT Africa ndi bungwe la chipembedzo lomwe silaboma komanso silipeza phindu pantchito zake. Bungweli lili ku Austin, Texas, USA ndipo cholinga chake ndikuthandiza atsogoleri a magulu a chipembedzo m'chigawo chakummwera kwa africa pantchito yothana ndi mchitidwe wa malingaliro oipa pa za kadoyo/kachiroombo ka HIV ndi matenda a Edzi m'magulu awo achipembedzo ndi m'madera momwe akukhala. Kuti mudziwe zambiri funsani

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