KUDZITETEZA
"Amuna ndi makondomu mu nyengo ya HIV ndi Edzi"

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© Bungwe lolimbikitsa mgwirizano pakati pa mabungwe olimbikitsa chilungamo pakati pa amuna ndi akazi la *Sonke Gender Justice Network*

“Ngati makondomu alipo, n’chifukwa chiyani kachirombo ka HIV kakufalikirabe mu Africa?” - “EDZI siyinafotokozedwe mokwanira kwa anthu, kapena kuti ngati anthu agwiritsa ntchito makondomu atha kuyipewa” …

“Ndinataya azichemwali, azichimwene, mwamuna wanga chifukwa chosadziwa. Amenewa akanadziwa za makondomu bwenzi alipobe pano.”

“Tiyeni tisanamizane…Zoona zake nzakuti anthu akugonana.”

“Ukaledzera umalephera kuvala kondomu bwinobwino, mutu umazungulira ndipo umadziwuza kuti ‘ Ndine mwamuna, Edzi kulibe’ – ndipo mapeto ake umafa wekhawekha.”

“Manyazi ndi amene aphetsa anthu pakati pathu.”

“Chiwerengero chachikulu cha anthu amene ali ndi kachirombo ka HIV ndi okwatira.”

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Cholinga cha Kudziteteza

DVD iyi pamodzi ndi buku lothandiza ophunzitsa, ndi chida cholimbikitsa kukambirana zinthu zosiyanasiyana pa nkhani ya makondomu pantchito yanu yothandiza kupewa kachirombo pakati pa anyamata ndi amuna achikulire. Kabukuka kangakuthandizeni momwe mungakonzekere zokambirana zokhudza filimuyi. Webusayiti yomwe mungapezepo filimuyi imaperekanso uthenga wina wowonjezera wokhudza makondomu ndipo imakambanso mwatsatanetsane zinthu zina zomwe zanenedwa muno.

KUDZITETEZA si filimu yonena za mfundo zikuluzikulu pa za HIV ndi Edzi kapena kupereka malangizo. Inuyo mutha kupereka mfundo zimenezi ndipo ziyenera kugwirizana ndi momwe zinthu ziliri kudera lanulo komanso zofuna za anthu m'deralo. Filimuyi ndiyongothandiza kupereka chidwi choti anthu a m'maiko a ku dera lino la chipululu cha Sahara ku Africa adzikambirana pa za maganizo a anyamata ndi amuna komanso za chitetezo mu nyengo ino pamene kachirombo ka HIV ndi matenda a Edzi akupitiriza kuwononga mamiliyoni a miyoyo ya anthu. Filimuyi imapereka mafunso komanso zovuta zomwe zilipo kumbali ya kugwiritsa ntchito makondomu. Mufilimuyi anthu akunena ndi kuchita zinthu zomwe zingasangalatse kapena kukhumudwitsa, kuchititsa anthu kuvomereza kapena kutsutsa. Mmalo mopewa kusemphana maganizo, zikhulupiriro ndiponso zinthu zomwe anthu akukumana nazo mmoyo wa tsiku ndi tsiku, ntchito yolimbana ndi kachirombo ka HIV iyenera kumvetsa bwino momwe zinthu ziliri, mmene abambo ndi anyamata amaganizira ndi kuchita zinthu. Tonse tiyenera kugwira ntchitoyi moona malingana ndi mmene zinthu ziliri pamoyo wa tsiku ndi tsiku kuti tilimbikitse mwayi woti wina aliyense wa ife athe kuganiza ndi kuchita zinthu modziteteza mnyengo ino ya mulili wa HIV.

Popereka zinthunzithunzi zosiyanasiyana malingana ndi mmene zinthu zilili, ziphinjo zomwe zilipo, kusowa kwa mauthenga, kachetechete ndi zotsatira zake zomwe amuna akukumana nazo zokhudzana ndi kachirombo ka HIV, filimu ya **KUDZITETEZA** ikhoza kukhala chikoka kapena chiyambi choti anthu adzikambirana za umoyo wogonana wabwino ndi mavuto omwe amuna timakumana nawo pamene tikuphunzira kudziteteza ife eni.

DVD imeneyi ikupereka mwayi wa magawo owonera osiyanasiyana. Poyamba wonerani yonse, sankhani njira yomwe ingakuthandizeni kuphunzitsa bwino malingana ndi mapulani anu. Buku lothandizira ophunzitsali ndi masamba a pawebusayiti ya filimuyi zidzakuthandizani kukonzekera momwe mungayambire kuwonetsa filimuyi ndikutsogolera zokambirana pambuyo pakuyiwonetsa.

Kenaka mutha:

- Kuwonetsa FILIMU YONSE, zomwe zimathandiza kusonyeza mavuto osiyananasiyana omwe alipo.
- Kuwonetsa magawo a filimuyi pawokhapawokha
- Ndi/kapena kuwonetsa magawo achidule apadera omwe ali pa DVDyi omwe amakhudza mbali zina mwatchutchu pokambirana mtimagulu ting'onoting'ono.

Chifukwa chiyani makondomu?

Lero lino makondomu ndi njira YOKHAYO yochepetsera chiwopsezo chotenga kachirombo ka HIV pamene anthu agonana kudzera kunyini kapena konyerera. Makondomu angakutetezeni kumatenda opatsirana pogonana zomwe zingakupangitseni kukhala mwamuna kapena mkazi wosabereka. Makondomu amakuthandizani kupewa matenda omwe angawopseze moyo wanu chifukwa chosamwa mankhwala ofowola kachirombo ka HIV - kapena kupewa kumene kukhala mu umoyo wongokhalira kumwa mankhwala olimbina ndi kachirombo ka HIV. Ngati muli ndi kachirombo ka HIV, makondomu amakupatsani mwayi wokhalabe mu umoyo wosangalala ndi wokhutitsidwa, wotetezedwa ku mitundu yosiyanasiyana ya kachirombo ka HIV,kapena matenda ena opatsirana pogonana, ndi wodzidalira kuti simungapatsire kachirombo ka HIV kwa wina. 'Makondomu ndi chida cha moyo'.

Kumbali yogonana, mutha kupewa HIV popewa kugonana musanalowe m'banja, ndikukhala wokhulupirika kwa bwenzi limodzi pa moyo wanu wonse pamene mwayezetsa ndikupezeka kuti mulibe kachirombo ka HIV. Koma ngati muli ndi zibwenzi zambiri pa nthawi ina ili yonse moyo wanu – monga akuchitira amuna ndi akazi ambiri pa dziko lapansi – muyenera kudziteteza ndi kondomu ndi zibwenzi z**onsezo**. Kachirombo ka HIV kakhoza kukhala m'thupi koma osasonyeza zizindikiro zina zili zonse kwa zaka zambiri. Kuyezetsa kokha ndiko kungasonyeze kuti ali ndi HIV ndani. Anyamata ndi abambo ambiri amadziyika pa chiwopsezo, safuna kuvomereza momwe zinthu zilili, ndichiyembekezo chakuti ngakhale akhala akugonana ndi ena mosadziteteza, sanatenge kachirombo ka HIV –komanso sazindindikira kuti matenda opatsirana pogonana akhoza kuwapangitsa kukhala wosabereka. Kufunika kwa chitetezo sikulabadilidwa chifukwa za zikhulupiriro zakuti kugonana sikungayimitsidwe ngati munthu ali ndi chilakolako, ndipo kuti makondomu amasokoneza chilakolako ndi chisangalalo chomwe chimakhalapo pogonana.

Anthu 22.4 miliyoni a m'dera la chipululu cha Sahara ku Africa ali ndi kachirombo ka HIV: chaka chilli chonse anthu 2 miliyoni akutenga kachiromboka ndipo anthu 1.4 miliyoni akufa ndi matenda a Edzi. Mamiliyoni a ana ataya makolo. Chipembedzo ndi miyambo ya chikhalidwe pa zokha sizingathetse mululiwu

Mankhwala a ma ARV omwe amafowoketsa kachirombo ka HIV mt'hupi akupezeka mosavuta tsopano. Tsopano kukhala ndi kachirombo ka HIV ndikosavuta kudzisamalira, moti moyo wabwino utha kupitilira, ndikutha kutenga pakati potetezedwa, ndiponso mwayi wawukulu woti kachirombo ka HIV sikangayambitse matenda a Edzi. Ma ARV ndi mankhwala a mphamvu, omwe amamwedwa tsiku ndi tsiku pafupipafupi, **kwa moyo wake wonse wa munthu**. Ngati munthu sadya zakudya zamagulu, mankhwala amakhala ankhanza ku thupi. Anthu ambiri akulepherabe kupeza mankhwala amenewa. Kachirombo ka HIV kamatha kusintha mtundu ndikusagonjera ku mankhwala a maARV. Kupewa kutengeratengerabe kachirombo ka HIV ndikofunika kwambiri nthawi zonse.

Abambo ndi anyamata nthawi zambiri samvetsa bwino za HIV, chitetezo cha umoyo wogonana, kudzisangalatsa – ndi kugwiritsa ntchito makondomu. Kulephera kwathu kupewa kutenga kapena kupatsira ena kachiromboka kuchokera mmatupi athu omwe kukuthandiza kachiromboka kuti kaziloweralowerabe m'miyoyo ya anthu ambiri.

Osati mauthenga ndi Zoona Zake zokha, komanso Kukambirana ndi Kutsutsana

Anyamata ndi abambo nthawi zambiri amamva za makondomu kuchokera kumacheza, mphekesera , zikhulupiriro zopanda chitsimikizo ndi kumalangizo a chikhalidwe chabwino. Njira zimenezi nthawi zambiri zimakamba za makondomu mowayipitsa. Nthawi zinanso amamva kudzera mzolembalemba za atolankhani (zomwe zimakhala zoseketsa nthawi zambiri), kapena kumisonkhano yokamba za kachirombo ka HIV.

Mokakamizidwa kuchita zinthu malingana ndi chikhalidwe, amuna sakamba moyikapo mtima kapena mwatsanetsatane za makondomu ndipo sakonda kukhala nawo pa zokhambirana zenizeni zokhudza umoyo wogonana ndi kugonana kwabwino. Abambo ndi anyamata amaganiza kuti kugonana ndi chinthu chomwe umachita, osati kuchikamba kapena kuchiganizira mwapadera.

Mauthenga oyipitsa makondomu ndi mphekesera chabe zimafala kwambiri kusiyana ndi mauthenga owona enieni pazakagwiritsidwe ntchito kabwino ka makondomu. Chifukwa chogwetsedwa mphwayi kuti asagwiritse ntchito makondomu, amuna ambiri amangogonana mosadziteteza. Chifukwa chakuti atenga kachirombo ka HIV kapena matenda ena opatsana pogonana, apereka mimba zosakonzekera, amuna ambiri amapezeka kuti akodwa mu msampha womwe akanatha kuwupewa akanagwiritsa ntchito makondomu.

Kulimbikitsa amuna kukambirana za makondomu zingathandize kutululutsa poyera kufunika kopewa mavuto omwe amadza chifukwa cha mchitidwe wogonana. Pamene chiwopsezo chotenga kachirombo ka HIV chikumvetsedwa bwino, anthu atha kusankha kupewa kapena kukhala mu umoyo wa HIV modzisamalira pogwiritsa ntchito njira zotetezedwa pogonana (popanda kugwiritsa ntchito makondomu) – kapena kukhala olimbikitsidwa kuti pakugonana kuli konse adzigwiritsa ntchito makondomu mozindikira ubwino wake. Njira zonsezi zikulimbikitsa amuna kuti atha kusamalira umoyo wawo wogonana mu nyengo ino ya mulili wa HIV.

Filimuyi ikuthandiza kutsegula zokambirana zomwe zikufunika pakati pa anthu ambiri mmadera osiyanasiyana pofuna kusintha kuganiza kwawo kuti mmalo mozemba zokambiranazi, aziganiza moona za kupewa (pamene kachirombo ka HIV kakupitirira kufala). Filimuyi ikuyambitsanso mtsutso powonetsa zoona zake zenizeni pa mmene zinthu ziliri ndi maganizo omwe a bambo ndi anyamata angakhale nawo nthawi zambiri. Imakupatsaninso poyambira pomwe inu, ngati wotsogolera, mutha kuyamba kukambirana pa zakupewa kachirombo ka HIV, umoyo wabwino wogonana, zina ndi zina zokhudza kusangalala pogonana ndi nkhawa zomwe zilipo kumbali yogwiritsa ntchito makondomu pakati pa anyamata ndi abambo omwe mukugwirra nawo ntchito.

Kutsutsana, maganizo osemphana ndi mafunso omwe akubwera malingana ndi miyoyo ndi maganizo a anthu omwe ali mufilimuyi zikupereka mwayi wokambirana pamodzi pofuna kulongosola bwino zomwe anthu akudziwa za makondomu ndikupereka mpata woti azindikire bwinobwino kagwiritsidwe ntchito ka makondomu. Izi zikupereka poyambira pabwino kwambiri pothandizira abambo ndi anyamata kuti akhale ndi luso pakagwiritsidwe ntchito ka makondomu- ndikuti kugwiritsa ntchito makondomu kukhale mbali ya moyo wawo mmagulu mwawo. (Onani timagawo tapadera towonjezera pa DVD kuti mutsindike pa mfundo zomwe mukukambirana).

Momwe mungagwiritsire ntchito DVD imeneyi

Filimu ya KUDZITETEZA ili ndi magawo atatu, omwe anajambulidwa mmalo osiyana mmayiko atatu:

Gawo 1 likukhudza amuna ku makalabu a nkhonya mmatawuni a Soweto ndi Johannesburg m'dziko la South Africa – komwe ambiri atenga kale kachirombo ka HIV ndiponso akudwala matenda a Edzi. George, mphunzitsi wodziwa bwino ndiponso wokhulupirika pa ntchito yake ya masewero olimbitsa thupi ndi kudzitchinjiriza, komanso ku umoyo wabwino wa thupi pakati pa achinyamata, amakana kwa m'tu wagalu kukambapo zokhudza HIV ndi kapewedwe kake. Koma Moruti amene wayika mtima pa kusamalira thupi lamphamvu ndi cholinga choti adzakhale katswiri wa dziko lonse, wawonetsetsa kuti kupewa kachirombo ka HIV kukhale mbali imodzi ya moyo wake.

Gawo 2 likuwonetsa Elkana, wachikulire wa m'mudzi wina mdera lina m'dziko la Kenya lomwe lakhudzidwa kwambiri ndi kachirombo ka HIV, yemwe banja lakenso naye lakhudzidwa ndi matenda a Edzi. Iye wayitanitsa msonkhano wa anthu a mdera lakero, omwe ambiri a iwo miyoyo yawo yakhudzidwa ndi mulili wa HIV. Anthuwo akulankhula kuchokera pansi pa mitima yawo pamene akutsutsana pa zakugwiritsa ntchito makondomu, miyambo ya chikhalidwe ndi momwe zinthu ziliri pakati pawo.

Gawo 3 likuwunikira za mavuto omwe alipo pofuna kukopa achinyamata kutenga nawo mbali popewa kachirombo ka HIV. Miyoyo ya a chinyamata m'dziko la Sierra Leone ikuwonetsedwa kudzera mchikhalidwe cha matama choyerekera mphamvu ya umuna wawo, mukusamvestetsana komwe kulipo pakati pa malangizo ochokera kwa akuluakulu ndi umoyo wa achinyamata womwe uli ndi zilakolako zake, umoyo wa tsiku ndi tsiku ndi zowopseza moyo zomwe zilipo ndi zoona zake za kugonana mosadziteteza pamene anthu ali pa umphawi ndi ziphinjo zina chifukwa cha mavuto ena.

M'timagawo tatifupi tinayi tapadera 'towonjezera'

- Amuna ofalitsa mauthenga a umoyo wabwino wogonana kuchokera mmayiko osasiyansiyana mu AFRICA akufotokoza za makondomu
- Wophunzitsa anzake akukambirana ndi achinyamata za makondomu.
- Zithunzi zotha kulankhula zikusonyeza momwe kusagwiritsa ntchito makondomu kungakhudzire moyo wa mwamuna
- Mtsogoleri wandale wa ku African akufotokoza mogwira mtima za amuna ndi kachirombo ka HIV.

DVD imeneyi imakupatsani mwayi wowonera magawo awa:

- Kuwonetsa filimu yonse – nthawi -mphindi 110 .

- Kuwonetsa limodzi mwa magawo atatu (pafupifupi mphindi 35 gawo lili lonse). Mukawonetsa magawowa, gawo 1 ndi 3 liimawonetsanso timagawo tina tapadera towonjezera tifupitifupi (onani pamwambapa).

- Onetsani kagawo kena kalikonse ka timagawo tinayi tapadera tongowonjezera (mphindi ziwiri kapena 7) kuti mutenthetse zokambirana mtimagawo ta nthawi zochepa, kapena pofuna kutsatiranso bwino pa mfundo zomwe zinakambidwa kale

Ngati nkotheka, onetsani filimu <u>yonse</u> nthawi imodzi – imakutengani pa ulendo, kuchokera pa zomwe amuna amachita kuti adzikhalabe amatupi amphamvu ndi a thanzi kufika pa kuganiza kwawo, momwe zinthu ziliri, mavuto omwe amadza amuna akamadziwonetsera kuti ndi amuna zomwe zingathe kuyika matupi a amunawo pachiwopsezo chotenga kachirombo ka HIV.

Zina ndi zina zoti zimuthandize wotsogolera

ISANAFIKE NTHAWI YOWONETSA FILIMU

- Muyiwonere filimu yonse ndi magawo owonjezera a padera kuti mudziwe zomwe ikufotokoza ndi njira zopewera HIV zomwe zilipo padakali pano.

- **Muganizire bwinobwino *panokha* mafunso omwe mukakambirane**. Pali mauthenga okhudza HIV ndi kagwititsidwe ntchito ka makondomu pa webusayiti ya filimuyi (zomwe mungasindikize ndikupereka kwa anthu).

- **Mukakonzekera mokwanira zokambirana zovutirapo** ndiye kuti phunziro lanu lidzayenda bwino.

- **Sankhani zomwe mutawonetse ndi kukambirana –** kaya kuwonetsa filimu yonse, magawo ena pawokhapawokha kapena timagawo towonjezera tapadera. Konzani mafunso oti mudzakambirane mogwirizana ndi cholinga chomwe mukufuna kukwaniritsa ndi gulu lanu. Zimathandiza kugawa maganizo a anthu mmagawo malingana ndi zaka zawo?

- **Dziwani cholinga chanu.** Kuzindikira zolepheretsa kupewa? Kukambirana za makondomu momasuka ndi mozindikira bwino? Kusintha chikhalidwe? Konzani mfundo zokambirana ndi ndondomeko yotsatiranso zokambiranazo kuti mukwaniritse cholinga chanu.

- **Konzekerani mokwanira patsogolo. Sankhani malo ndi nthawo yabwino kwa anyamata andi abambo**. Dziwitsani anthu mokwanira za malo ndi nthawi yomwe zokambiranazo zingatenge.

- **Dziwani kagwiritsidwe ntchito ka zida zomwe mugwiritse ntchito.** Nthawi zonse yesani zida zowonerera kapena kumvetsera nthawi yowonera isanakwane. Ngati mukugwiritsa ntchito kompyuta ya laputopu kapena LCD pulojekita, muwonetsetse kuti malo opalira mphamvu ya magetsi, ma adaputa, makhebo, sikilini kapena chipupa choyera chowonetsera zinthunzi kuchokera ku pulojekita zilipo. Ngati mukugwiritsa ntchito TV ndi DVD puleya, onetsetsani kuti mwalumikiza bwino ku magetsi.

Zina ndi zina zoti zimuthandize wotsogolera

MUKAMAWONETSA FILIMU

- **Fotokozani za filimuyi**, zomwe ikukamba – cholinga chake ndi kutsegula zokambirana.

- **Khazikitsani mpata woti anthu amasuke kukambirana pamapeto pa kuwonera filimu** – ikani mipando muzungulira, chotsani matebulo, yambani ndi masewero ena ali wonse kapena china chili chonse chomwe chingathandize kuti anthu amasuke. Nthawi zonse perekani zakumwa ndi /kapena zotafunatafuna.

- **Khazikitsani malamulo oyendetsera zokambirana zanu mogwirizana ndi gulu lonse -** kulemekezana, kumvetsera, kusunga chinsisi, osamwa mowa, kuzimitsa mafoni a mmanja ndi malamulo ena omwe mungawaganizire – kuti pamalopo pakhale chitetezo, komanso anthu amve kulandiridwa.

- **Muyenera kumvetsa bwino** kusiyana komwe kulipo pa zomwe anthu akudziwa kapena akumana nazo ndikuzilumikiza bwino muzokambiranazo

- **Limbikitsani kumvetserana mwalelemu.** Ngati wina akuweruza anthu a mufilimumo kuti **'**ndikulakwa kwawo', nkofunika kukambirana momwe zinthu ziliri (pa chuma, pa ndale, kusiyana kwa chikhalidwe pakati pa amuna ndi akazi) zomwe zimakhudza miyoyo ya anthu.

- **Mupereke mwayi woti aliyense alankhulepo.** Kukambirana awiriawiri kapena mtimagulu tating'ono kungathandize.

- **Vomerezani kusagwirizana kwabwino kosayambitsa chisokonezo kapena kukwiyitsana**. Mukhale wokonzeka kuwongolera ngati pabuka kusagwirizana kapena ngati pali anthu ovuta, mukhoza kupempha wina yemwe amadziwa bwino kuwongolera pa mavuto oterewa.

- **Unikani zomwe zinayenda bwino.** Mukhale ndi nthawi yowunika maganizo a anthu pa zokambiranazo. Kambiranani pa mfundo zomwe zinatuluka, mavuto omwe anadza, mafunso omwe akufunika kukambirananso kawiri. Kafukufuku omva maganizo a anthu pa momwe zinayendera zokambiranazo atha kuwunikira momwe mungakonzere ntchito yakutsogolo.

Kukonzekera zokambirana pambuyo powonera filimu

M'masamba otsirawa muli mafunso omwe angakuthandize kukhala ndi mfundo zenizeni zoti mukambirane pambuyo powonera filimu yonse, magawo ena a filimuyi kapenanso timagawo tija towonjezera tapadera. Konzani ndondomeko ya zokambirana zanu pambuyo pa kuwonera filimu. **Werengani mafunso onse patsogolo ndikusankha omwe ali ofunika kwambiri malingana ndi gulu lanu.**

Nkofunika kuti anthu anene maganizo awo pa mfundo zomwe zikutuluka mu filimuyi. Limbikitsani kumvetsera ndi kulemekeza maganizo a ena ngakhale ali osiyana ndi awo. Mupereke mpata woti anthu adziwe mauthenga enieni owona. Konzani pamene mauthenga olakwika akuperekedwa mu filimuyi (monga kuti HIV ndi chilango chophedwa; HIV ndi nkhani yokhudza achinyamata okha; ngati munthu 'akuwonekai wawukhondo' alibe HIV).

Nkhani ya makondomu ndi yozunguza kwa amuna a zaka zili zonse. Limbikitsani kupereka maganizo osiyanasiyana pa mavuto omwe HIV ikubweretsa kwa amuna ndi kufunika kwa makondomu popewa HIV (ndi matenda ena opatsirana pogonana, kusabereka, mimba zosakonzekera) ndi kukhala mu umoyo wotetezedwa, moyo wogonana wabwino kwambiri wosangalala ndi wokhutitsidwa pamene muli ndi kachirombo ka HIV. Adzapezeka amuna mu gulu lano omwe izi zili kapena zikhala zofunika kuzidziwa.

Zomwe anthu amanena sizilozera zomwe amachita mmoyo wawo nthawi zonse. Kunyazitsa makondomu, zikhulupiriro zabodza ndi mauthenga akuti kugonana usanakwatire kapena ndi munthu yemwe usali naye pa banja ndi tchimo, zimalimbikitsa zinsinsi ndi chetechete pa zoona zenizeni za zomwe anthu akuchita pa nkhani yogonana. Nthabwala, ndi kulankhula modziteteza kapena zikhulupiriro zopanda chitsimikizo pa kugonana kapena makondomu zitha kubisa kusazindikira ndi mauthenga abodza omwe ali pakati pa anthu. Zomwe anthu amakhulupirira pachikhalidwe cha umuna nthawi zambiri zimalimbikitsa amuna kugonana ndi zibwenzi zambiri ndi kusakana mwayi wina uliwonse woti atha kugonana ndi wina. Kunyazitsa kugonana pakati pa amuna okhaokha (makamaka amuna omwe amagonananso ndi akazi) kungalepheretse kumvetsa bwino za makondomu komwe kuli kofunika pofuna kuwonetsetsa kuti ubwenzi wogonana ukhale wotetezedwa.

Konzekerani mokwanira momwe mudzagwiritsire ntchito filimuyi. Webusayiti ya filimuyi ili ndi mauthenga a HIV ndi Edzi ndi makondomu omwe angakuthandizeni kukonzekera zokambirana zofunikira kwambiri pa kagwiritsidwe ntchito koyenera ka makondomu. Webisayitiyi imakutengeraninso ku masamba ena omwe ali ndi zinthu zomwe zingakuthandizeni kupangitsa misonkhano yolimbikitsa abambo ndi anyamata kukambirana pa nkhani za umuna, jenda, kudziwa za HIV ndi umoyo wabwino wogonana. Wonani pa webusayiti ya bungwe lolimbikitsa mgwirizano pakati pa mabungwe owonetsetsa kuti pasamakhale kusiyana pakati pa amuna ndi akazi la *Sonke Gender Justice website.*

Konzani mafunso oti anthu akambirane ndi anzawo kapena mabanja awo pambuyo pake kapena kuwaganizira pa msonkhano wotsatira.

Nkutheka kuti mgulumo alipo ena mwe ali ndi kachirombo ka HIV. Apatseni anthu nambala yomwe angayimbe akafuna chithandizo, ndi uphungu..

Mafunso okambirana powonela filimu yonse

Kodi kachirombo ka HIV kapena Edzi zakhudza bwanji miyoyo ya anthu mu filimuyi?

Kodi mwamuna angasangalale bwanji pogonana pamenenso akupewa kutenga kapena kupatsira wina kachilombo ka HIV?

Mwamuna, pagulu linasonkhana lija wafunsa kuti: *n'chifukwa chiyani kachirombo ka HIV kakufalikirabe kuno ku Africa ngati makondomu alipo?* Mukuganiza kuti n'chifukwa chiyani?

Kodi n'chifukwa chiyani kuli kofunika kumvetsa kusiyana kwa HIV ndi Edzi?

Kodi lero lino kukhala ndi HIV **kwakhala kosavuta kudzisamalira**, ndikukhalanso ndi moyo wathanzi bwanji? Kodi mukudziwapo anthu ena omwe akukhala umoyo wathanzi ngakhale ali ndi kachirombo ka HIV? Kodi Edzi yawopsezako miyoyo ya ena? Kodi HIV ingawopseze bwanji moyo?

Kodi ndi maganizo anji kumbali ya makondomu omwe akusonyezedwa mu filimuyi inu mukugwirizana nawo? Simugwirizana nawo?

"Chiwerengero chokwera cha anthu omwe ali ndi kachirombo chili pakati pa anthu apabanja". Kodi m'chitidwe wogonana wa a **anyamata** ndi **amuna** ukukweza bwanji chiwerengerochi? Kodi mungapange bwanji kuti chisangalalo chomwe chimakhalapo pakati panu pogonana chipitirire pogwiritsa ntchito makondomu pamene muli pa ubwenzi wa nthawi yayitali?

Amara akuti sangagwiritse ntchito makondomu ndi zibwenzi zake chifukwa "*amadzetsa mavuto*" ndiponso amasokoneza chisangalalo ndi kukoma komwe kumakhalapo akamagonana. Inu maganizo anu ndiwotani pa zimenezi? Ndimavuto anji omwe amuna angakumane nawo ngati atamagwiritsa ntchito kondomu?

Kodi **kugwititsa ntchito kondomu moyenera** ndiye kutani?

Kodi makondomu ndi ofunika: ngati muli ndi kachirombo ka HIV? wodulidwa? Muli ndi mabwenzi ogonana nawo ambiri nthawi imodzi?

Kodi inu ndi womasuka kapena mungakhale womasuka kugwiritsa ntchito makondomu? Ndi chiyani chomwe chingathandize pa nkhani imeneyi?

Kodi mungakhale omasuka ngati Moruti – kukambirana ndi bwenzi lano za kugonana kotetezedwa, za makondomu, za kukayezetsa kachirombo ka HIV nonse awiri, kukhala odziteteza nthawi zonse, osagonana kwa nthawi zotalikirapo?

Kodi akazi amafuna amuna adzigwiritsa ntchito makondomu?

David, msodzi, akuti: *Ifeyo tokha tikufalitsa matendawa. Tiyeni tisawope kukambapo za kachirombo ka HIV ndi makondomu.* Kukambirana za kachirombo ka HIV, kugonana ndi makondomu kutha kukhala kovuta. Ndi chiyani chomwe chingathandize kukambirana bwino pankhani ya umoyo wabwino wogonana pakati pa abambo ndi achinyamata? Pakati pa amuna ndi abwenzi awo ogonana nawo kapena akazi awo?

Moruti wapambana chifukwa chogawana luso, njira zodzilimbitsira, kusunga mwambo mgwirizano komanso kukambira moganizirana pakati pa amuna. Inu ngati amuna mungathandizane bwanji mokwanira ndikuthandizanso anyamata kuti akhale pa ubwenzi wogonana wotetezedwa ndi wokhutitsidwa nawo, kumvetsa ndi kupewa kachirombo ka HIV ndikukhala omasuka ndi njira zotetezera matupi *anu*?

Kodi mungakonze zokambirana pakati pa amuna mdera lanulo zokhuza kagwiritsidwe ntchito ka mkondomu ndi momwe angawapezere?

Mafunso Okambirana: Gawo la South Africa

George akuyikirapo ndemanga “ambiri omwe ali ndi HIV ndi achinyamata”. Kodi anthu amene mukuwadziwa inu omwe ali ndi HIV ndi achinyamata wokhawokha? Kodi ndi zaka kapena chikhalidwe chomwe chimakuyikani pachiwopsezo.

Mphunzitsi wa Moruti akuti “kutenga ka chirombo ka HIV kuchokera mkugonana kosadziteteza, kosagwiritsa ntchito kondomu kwa tsiku limodzi kungathe kuwononga tsogolo la ntchito ya masewero a nkhonya ndiponso zitanthawuza kuti akufa”. Kodi ungandifotokozere tsopano mmene kukhala ndi HIV **kungakhalire kosavuta kudzisamalira**, ndikukhalanso ndi moyo wathanzi? Kodi mukudziwapo anthu ena omwe akukhala umoyo wabwino ngakhale ali ndi kachirombo ka HIV? Kodi Edzi yawopsezako miyoyo ya ena ? Kodi ingawopseze bwanji moyo?

Kodi mutapezeka ndi kachirombo ka HIV, mungakapeze kuti mankhala a maARV? Kuti mungapeze chithandizo chotani, kuchokera kwa ndani?

Kodi makondomu ndi ofunika: ngati muli ndi kachirombo ka HIV? wodulidwa? Muli ndi mabwenzi ogonana nawo ambiri nthawi imodzi?

Kodi mutha kuluza ntchito yanu chifukwa chakuti muli ndikachirombo ka HIV? Kodi maufulu anu ndi ati?

Kodi maganizo a Georgewa ndi odziwika kwa inu? Kodi nkofunika kuti adzikambirana za umoyo wogonana wotetezedwa ndi achinyamata ku jimu?

Mwana wake akuti “ngati wachibale wa George atamwalira ndi Edzi iye adzakhala okonzeka kukambirana za HIV ndi makondomu”. Koma kodi miyambo ya chikhalidwe chake ikulepheretsa zimenezi? Kodi alipo wina wa inu amene anaphwanyako miyambo yachikhalidwe?

Ndi chiyani chomwe chingathandize kukambirana bwino pankhani ya umoyo wabwino wogonana pakati pa abambo ndi achinyamata? Pakati pa amuna ndi abwenzi awo ogonana nawo kapena akazi awo?

Kodi mungakhale omasuka ngati Moruti – kukambirana ndi bwenzi lano za kugonana kotetezedwa, za makondomu, za kukayezetsa kachirombo ka HIV nonse awiri, kukhala odziteteza nthawi zonse, osagonana kwa nthawi zotalikirapo?

Kodi mungapange bwanji kuti chisangalalo chomwe chimakhalapo pakati panu pogonana chipitirire pogwiritsa ntchito makondomu pamene muli pa ubwenzi wa nthawi yayitali?

Katswiri wa dziko lonseyu alibe vuto kumbali yodziletsa ku umoyo wogonana, nthawi zina kukhala osagonana kumene. Kodi chitsanzo chimenechi chikusonyeza chiyani?

Moruti akuti: “zonse zolimbitsa thupi ndi maganizo anga zayenda bwino: ndine okonzeka”. Kodi amuna angakonze matupi ndi maganizo awo bwanji kuti apewe kapena kulimbana ndi HIV ngakhale pali zowakopa zambiri kumoyo wogonana kuchokera mkutsatsa malonda, zolemba za atolankhani, zinthunzi zolawula zowonetsa mchitidwe wogonana, umoyo wotayilira, kuledzera ndi moyo wochezera kumabala?

Moruti wapambana chifukwa chogawana luso, njira zodzilimbitsira, kusunga mwambo mgwirizano komanso kukambira moganizirana pakati pa amuna. Kodi inu, ngati amuna, mungathandizane bwanji komanso kuthandiza anyamata kuti amvetse ndi kupewa HIV, kukhala omasuka kuteteza matupi awo ndikugawana nzeru ndi abwenzi anu ogonana nawo kuti aliyense apindule?

Mafunso okambirana: gawo la dziko la KENYA
Kodi kachirombo ka HIV ndi matenda Edzi akhudza motani miyoyo ya anthu mu filimuyi?

"Ngati makondomu alipo, 'chifukwa chiyani kachirombo ka HIV kakufalikirabe kuno ku Africa?" - "Edzi sinafotokozeredwe mokwanira kwa anthu, kapena kuti ngati mugwiritsa ntchito makondomu mutha kuyipewa." Kodi izi ndi zowona pakati pa anyamata ndi amuna omwe mukuwadziwa?

Kodi nkofunikira bwanji kumvetsa kusiyana kwa HIV ndi Edzi?

"Tiyeni tisanamizane… Zoona zake nzakuti anthu akugonana." Kachirombo ka HIV kakufalikirabe. Kodi tingatani kuti kugonana kukhale kotetezedwa?

"Ndataya azichemwali, azichimwene, mwanuna chifukwa chosadziwa. Amenwa akanadziwa za makondomu, bwenzi alipo pano." Kodi zotsatira zakuletsa kuphunzitsa za makondomu, kuyipitsa ntchito ya makondomu, ndikugwetsa ena mphwayi kuti asamawagwiritse ntchito ndi zotani?

"Chiwerengero chokwera cha anthu omwe ali ndi kachirombo chili pakati pa anthu apabanja". Kodi m'chitidwe wogonana wa a **anyamata** ndi **amuna** ukukweza bwanji chiwerengerochi?

"Kugwiritsa ntchito kondomu kumalimbikitsa chiwerewere," bamboo wachikulire akutero. Inu mukugwirizana nazo kapena ayi? Munyengo ino ya mulili wa HIV, tingaphatikize bwanji mauthenga okhudza makondomu ndi luso losiyanasiyana ndi kulimbikitsa chikhwalidwe chabwino? Ngati mumalalika za zikhulupiriro za chikhristu kapena chisilamu, - kuti anthu asamagonane asanakwatirana kapena ndi anthu omwe sali nawo pabanja – zingatheke bwanji kuti anyamata ndi amuna adzifunabe kugwiritsa ntchito makondomu ngati **amatero?**

Maganizo anu anali otani pa kulankhula moona ndi kulimba mtima kwa bishopu uja kunena chilungamo za mmene alili m'thupi mwake kumbali ya kachirombo ka HIV?

"Manyazi ndi omwe aphetsa anthu ambiri pakati pathu." **Inu** munakambiranako momveka bwino ndi bamboo **anu** (kapena mwana wanu) za kachirombo ka HIV kapena kufunikira kwa makondomu popewa kachirombo ka HIV ndi umoyo wabwino wogonana? Chingakuthandizeni ndi chiyani kuti muthe kutero?

Kodi anyamata ndi amuna akusoweka chiyani kuti aphunzire za makondomu kuti akhale omasuka kuwagwiritsa ntchito moyenera?

Mukaledzera *"simutha kuvala kondomu moyenera, mutu umazungulira ndipo mumati 'ndine mwamuna, Edzi kulimbet' – mapeto ake umafa wekhawekha."* Zoti mukambirane!

Kodi nkofunika kuchitapo kanthu kuti makondomu adzipezeka ambiri mdera lanu?

Kodi munachitapo nawo zokambirana za pagulu zochitikira poyera koma molemekezana komwe maganizo osiyanasiyana okhudza kapewedwe ka HIV zimakambidwa moona mtima? Kodi mungachititse msonkhano wonga umenewo?

Mofunso okambirana: gawo la dziko la SIERRA LEONE

Maposita mmisewu alembedwa: **Kachirombo ka HIV nkopeweka. Ndi inu nokha amene mungathetse Edzi ndiye KHALANI PATSOGOLO KUTHETSA EDZI. KAYEZETSENI LERO.** Kodi amuna angapewe bwanji kachirombo ka HIV? N'chifukwa chiyani kuyezetsa kuli kofunika?

Kwa mwana wake wamwamuna, Nancy akuti: "*Uyenera kumvetsa kuti akati mwamuna wabwino wokhwima maganizo zimatanthawuzanji*". Kodi mmaganizo anu zimapangitsa munthu kukhala mwamuna wabwino wokhwima mmaganizo ndi chiyani?

Kodi nkofunika kuti achinyamata adziwona amuna achikulire akudziteteza ku kachirombo ka HIV, kapena akulimbikitsa umoyo wabwino wogonana ndi kupewa kachirombo ka HIV?

Teeleema amanyasidwa ndikudzudzulidwa ndi makolo. Amara akukhala mu umoyo wachinyamata wosazindikira zoona zenizeni, odzitukumula ndi kumva zake zokha omwe ukusemphana ndi miyambo ndi zikhulupiriro za makolo ake. Ngati zochitika mmoyo wa tsiku ndi tsiku ndi zilakolako zikulepheretsa achinyamata kutsatira malangizo a makolo, ndi *njira* yanji yomwe ingathandize mokwanira kulimbikitsea umoyo wabwino wogonana ndi chitetezo?

Ngakhale kuti zolinga zawo ndi zabwino, kodi pali maganizo ena okhudza kugonana pakati pa anthu achikulire omwe ali osathandiza kwa achinyamata pamene akuyesayesa kukhala umoyo wabwino, pachuma ndinso pa moyo wawo wogonana mnyengo ino?

Amara kuti: *'Sindifuna kuti pakhale vuto lina lili lonse, choncho sindigwiritsa ntchito makondomu ndi wina aliyense wa zibwenzi zanga'*. Kodi mukuganiza kuti akutanthawuza mavuto anji?

Pa zochitika zogawa makondomu, achinyamata akukuwakuwa modzichemerera za kugonana. Amara ndi anzake akuseka, kulimbikitsa kugonana 'thupi ku thupi', kunyoza makondomu. Kodi ntchedzera zoterezi ziwakhudza bwanji amuna?

Kodi ndi mauthenga anji olakwika amene anzake a Amara akuwonetsa omwe angawayike pa chiwopsezo chotenga kachirombo ka HIV?

Zibwenzi za Amara zikukambirana moserewula za kusiyana komwe kumakhalapo pa makomedwe ndi chisangalalo pogonana chifukwa chakusiyana mtundu ndi za kugwirira. Kodi maganizo anu ndi otani pa zimenezi? Kodi mukuganiza kuti zilakolako zosiyanasiyana zomwe anthu amakhala nazo (makamaka zomwe zimawoneka mzithunzi zowonetsa kugonana) zimakhudza mawubwenzi ogonana mmoyo wa anthu?

Kodi chikumbumtima cha kunkhondo ndi kusweka mtima chifukwa cha nkhondo zingakhudze bwanji maganizo a amuna kumbali yogwiritsa ntchito makondomu ndi kugonana?

Kodi umphawi umakhudza bwanji ubwenzi wogonana?

Kodi maganizo omwe munali nawo pa Amara asintha mutamuwona ndi bamboo ake, mutadziwa zoona zenizeni za moyo wake, zokhumba zake, zofowoka zake, ndi chikhulupiriro chake? Kodi kupewa kachirombo ka HIV kungakhale kwa tanthawuzo bwanji kwa amuna mmiyoyo yawo yosiyanasiyanayi (ziyembekozo, malingaliro amtsogolo) pamenenso akuyenera kowonetsa kuti ndi ‘amunadi’ monga mwa chikhalidwe?

Pambuyo pa nkhondo ndi imfa, pamakhala chiyembekezo ndi chilakolako chokhala ndi ana. Kodi makondomu angathandize kukhala umoyo wabwino wogonana, kutenga mimba yathanzi ndi ulezi wamphamvu kumbali ya makolo? Kodi makondomu amathandiza bwanji pa umoyo wa iwo amene akufuna kukhala ndi ana?

Mfundo zoti mukambirane pamene pa timagawo ‘towonjezera ‘

1. NDIME NDI MITU YAKE

Zoti mukambirane:

Kodi n’chifukwa chiyani John wakhala nthawi yayitali osadziwa kuti ali ndi kachirombo ka HIV?

Ngakhale onse ali ndi HIV, kodi zikanatheka kuti mwana wawo woyamba akhale opanda kachiromboka? Akanadziwa momwe matupi awo alili kumbali ya kachirombo ka HIV, ndi chiyani chomwe chikanalimbikitsa chitetezo cha mwanayo ku HIV?

Chifukwa chiyani uyenera kugwiritsa ntchito makondomu pamene ukumwa ma ARV?

Kodi mukuganiza ndi chifukwa chiyani John anasiya kumwa maARV?

Kodi kukhala ndi zibwenzi zambiri zogonana nazo kumakulitsa bwanji chiwopsezo ku kachirombo ka HIV?

Kodi mwamuna ndi mkazi wake angapange bwanji kuti ‘kugonana kwawo kukhale kotetezedwa nthawi zonse’ ndi kuwonetsetsa kuti kachirombo ka HIV kasalowe m’banja mwawo?

2. PHUNZIRO LA KONDOMU KU CAPE TOWN

Zoti mukambirane:

Kodi chinakusangalatsani kwambiri ndi chiyani pa zokambiranazi?

Ndichifukwa chiyani amuna amagonana mosadziteteza?

Kodi amuna nthawi zambiri amanyazitsa makondomu popanda kumvetsa bwino za ntchito yawo?

Kodi makondomu ndi wothandiza, ngati agwiritsidwa ntchito nthawi zonse ndi moyenera?

Ndi chifukwa chiyani kuterera kuli kofunika mmakondomu pamene mukugonana kudzera ku nyini kapena konyerera?

Kodi mumamva kunyerenyetsa pamene mukugwiritsa ntchito kondomu?

Opanda kondomu, palibe kugonana?

3. MAKONDOMU NGATI MUMALABADIRA

Zoti mukambirane:

Anthu sagwiritsa ntchito makondomu chifukwa amawaganizira kuti amayambitsa chikhalidwe choyipa. Chonsecho maganizo oterewo sawalepheretsa kugonana.

Ngati ukunjenjemera ndi kuchita manyazi, utha kugwiritsa ntchito makondomu molakwika.

Ngati uli ndi kachirombo ka HIV, utha kukhalabe moyo wogonana wokwaniritsidwa ndi wokhutira pogwiritsa ntchito makondomu nthawi zonse.

Makondomu ndi chida cha moyo kwa iwo amene amagonana kawirikawiri.

Makondomu amakupatsani chisangalalo chokwanira ngati momwe mumamvera pamene mugonana ‘thupi ku thupi’.

Amene sagwiritsa ntchito makondomu amanena zoyipa pa nkhani ya makondomu.

Amene amawagwiritsa ntchito amadziwa ubwino wawo.

Pamene ugwiritsa ntchito kondomu, mwana wanga, ukusungitsa moyo wako kuti ukhale wawutali, mnyengo yomwe yadzadza ndi kachirombo ka HIV... Ndikunena izi kuchokera paphata pa chikondi changa pa iwe.

4. NGATI AMUNA… KULIMBA MTIMA KUSINTHA

Zoti mukambirane:

Kodi amuna angatani kuti achepetse kufalikira kwa kachirombo ka HIV?

Pakuti ma ARV amathandiza kukhala ndi moyo wabwino pamene uli ndi HIV ndikuthandiza kupewa Edzi, ndichifukwa chiyani makondomu ali ofunika?
Kodi amuna ali ndi mitundu yanji yosiyanasiyana ya mawubwenzi ogonana nawo? Kondi makondomu amafunika nthawi zonse?
Kodi anyamata ndi abambo nthawi zonse amasowa mauthenga ndi chilimbikitso kuchokera ku miyambo ndi chikhalidwe kuti apewe kachirombo ka HIV? Ngati bamboo, mwana wamwamuna, mchimwene, mnzake, ungasinthe bwanji zimenezi?

Wbusayiti ya KUDZITETEZA: http://protectionthefilm.com

Pa webusayitiyi mungapezepo filimuyi, kuwerenga mwachidule za filimuyi, kuwonera magawo afupi a filimuyi- ndi momwe mungapezere filimuyi kuti mugule. Muthanso kupeza mtundu wa kabukuka koti mutha kuwerenga m'chilankhulo china chili chonse mwa zilankhulo 7 zomwe lalembedwera. Muthanso kuwonera timagawo tinayi towonjezera ta mu DVDyi- zoti mukagwiritse ntchito pa misonkhano yosatalikirapo – kapena pokambirana ndi anzanu kapena banja lanu.

Mupeza mauthenga pa za HIV ndi Edzi; kufotokoza momveka bwino za makondomu amuna ndi tsatanetsatane wa kagwiritsidwe ntchito koyenera; ndi chithunzithunzi cha momwe zinthu zilili kumbali ya HIV ku Africa, komwe kuli kofunikira kwambiri kuti anyamata ndi abambo awuzidwe msanga momveka bwino za makondomu ndikulimbikitsidwa kuwagwiritsa ntchito kuti adziteteze pogonana.

Webusayiti ikumakutengeranisno ku masamba ena komwe mungapezeko zinthu zina zowonjezera zolimbikitsa ntchito yanu yopewa HIV – zomwe mungagwiritse ntchito pamodzi ndi DVDyi kapena pa zokha. Izi zimakupatsani mwayi wofikira mabungwe, njira zomwe mungagwiritse ntchito, zipangizo zophunzitsira ndi mabuku ndi zolembalemba zina zosiyansiyana zomwe zingakuthandize kupatsani maganizo ndi nzeru zina zolimbikitsira abambo ndi anyamata kutengapo mbali pa nkhani za jenda, umoyo wabwino wogonana ndi uchembere wabwino.

Bungwe la *Sonke Gender Justice Network*
Limagwira ntchito mu Africa kulimbikitsa maboma, mabungwe omwe sali aboma ndi anthu eni kuti athe kuthandiza abambo ndi anyamata kuchitapo kanthu:
* polimbikitsa kusasiyanitsa pakati pa amuna ndi akazi,
* kupewa nkhanza za pakhomo ndi zokhudza kugonana,
* ndikuchepetsa kufala kwa HIV ndi Edzi
Ntchito za bungweli zimathandiza kutukula madera kuti amuna, akazi, achinyamata ndi ana angakhale moyo wofanana wathanzi, wa ubale wosangalala womwe ungathandize kulimbikitsa chilungamo ndi demokalase pakati pa anthu.
Kampeni yakuti Mwamuna mmodzi angathe ndiye ntchito yayikulu ya bungweli.

Amuna tengaponi mbali
Ndi mgwirizano wa mabungwe omwe si aboma padziko la pansi ndi mabungwe a United Nations omwe umalimbikitsa anyamata ndi abambo kutengapo mbali polimbikitsa njira zabwino zothandiza kukwaniritsa kuti pasamakhale kusiyanitsa pakati pa amuna ndi akazi ndi kulimbikitsa thanzi ndi umoyo wabwino wa akazi, amuna ndi ana.

Ndalama zogwirira nthitoyi zachokera ku bungwe la *Norwegian Agency for Development Cooperation (Norad),* ndipo thandizo lalikulu lachokera ku bungwe la *Norwegian Refugee Council.*