

INDLELA YOKUZIVIKELA

"Abantu besilisa namakhondomu ngesikhathi se-HIV ne-AIDS "

Isiqondiso Somphathi Wohlelo

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“Kungani i-HIV ibhebhetheka e-Afrika uma amakhondomu etholakala?” - “Abantu abazange bachazelwe ngokwanele nge-AIDS, noma ukuthi uma usebenzisa amakhondomu ungayivimbela” ...

“Ngiye ngashonelwa odadewethu, abafowethu, nomyeni ngenxa yokungazi. Ukube babenolwazi ngamakhondomu ngabe basaphila.”

“Akufanele sikhohlisane ... Iqiniso liwukuthi abantu bayaya ocansini.”

“Uma uphuzile awukwazi ukuyifaka kahle ikhondomu, uyadideka bese uzitshela ukuthi uyindoda, i-AIDS ayikho’ – bese ugcina usufile uwedwa.”

“Abantu esibathandayo baye bafa ngenxa yamahloni.”

“Inani elikhulu labantu abanalesi sifo lishadile.”

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Injongo Yokuzivikela

Le-DVD, kanye neSiqondiso Somphathi Wohlelo esihambisana nayo, ihloselwe ukukhuthaza ingxoxo ebanzi ngamakhondomu emzamweni wokuvimbela i-HIV ezinsizweni nasemadodeni. Lesi siqondiso singakusiza ukuba ulungiselele ukuxoxa ngalefilimu. I-*website* yalefilimu inikeza ukwaziswa okwengeziwe ngamakhondomu futhi ixoxa kabanzi ngamanye amaphuzu avezwe lapha.

INDLELA YOKUZIVIKELA akuyona ifilimu yamaqiniso neseluleko. Lokhu ungakwenza futhi kufanele ukwenze, ngokuvumelana nesimo nezidingo zomphakathi wakini. Esikhundleni salokho, lena yifilimu ehloselwe ukukhuthaza ingxoxo ebanzi emazweni ase-sub-Saharan Afrika ngezimo zengqondo zabafana namadoda nokuphepha ngesikhathi lapho i-HIV ne-AIDS iqhubeka ithinta ukuphila kwezigidi zabantu.

Lefilimu iphakamisa imibuzo nezinsalelele eziphathelene nokusetshenziswa kwamakhondomu. Abantu abakulefilimu basho futhi benze izinto ezingase zijabulise noma zethuse, izinto okungase kuvunyelwane noma kuphikiswane nazo. Kodwa esikhundleni sokugwema izimpikiswano, izinkolelo nezinto ezenzekayo ekuphileni, indlela yokuzivikela ku-HIV kufanele ibhekane ngqo nezinto ezenzekayo, lokho amadoda nabafana abakucabangayo NABAKWENZAYO. Kudingeka sibhekane namaqiniso ukuze akhule amathuba okuba sonke sicabange futhi senze ngendlela ephephile njengoba sibhekene ne-HIV.

Ngokuveza izinto ezihlukahlukene ezingamaqiniso, izingcindezi, ukuntula ulwazi, ukuhluleka ukukhuluma nemiphumela amadoda abhekana nayo endabeni ye-HIV, **INDLELA YOKUZIVIKELA** ingaba usizo ekutheni kube nengxoxo eqhubekayo ngezocansi nezinsalelele amadoda avame ukubhekana nazo njengoba sifunda ukuzivikela.

Le-DVD inezingxenye ezihlukene, Qala ngokuyibuka YONKE, bese unquma ukuthi yikuphi ongakusebenzisa ohlelweni lwakho. Isiqondiso somphathi wohlelo nama-*link* aku-*website* yefilimu kuyokusiza ukulungiselela ukwethula ifilimu nokuhola izingxoxo ngemva kwalokho.

Ungabe sewenza lokhu okulandelayo:

- udlale YONKE IFILIMU, edingida izinsalelele eziningi
- udlale izingxeney ezithile zefilimu ngokwahlukana kwazo
- futhi/noma uhlanganise IZINGXENYE EZENGEZIWE ezimfushane eziku-DVD ezigxile engxoxweni ethile ngokukhethekile emihlanganweni yokubonisana emifushane.

Kungani kufanele kusetshenziswe amakhondomu?

Namuhla amakhondomu AWUKUPHELA kwendlela yokunciphisa ingozi yokuthola i-HIV phakathi nocansi olwenziwa ngemomoza noma ngendunu. Amakhondomu angakuvikela kuma-STI angabangela ukuvaleka kwenzalo kwabesilisa nakwabesifazane.

Amakhondomu akusiza ukuba ugweme ukugula okusongela ukuphila ngenxa ye-HIV engalashiwe – noma ugweme ukuphuza amaphilisi e-HIV anamandla konke ukuphila kwakho.

Uma uphila ne-HIV, amakhondomu akusiza ukuba uye ocansini kamnandi, unganenwa izinhlobo ze-HIV ezihlukene *ezengeziwe*, noma amanye ama-STI, ukuze anciphe amathuba okudlulisela i-HIV komunye umuntu. Amakhondomu ‘ayithuluzi lokuphila’.

Ngokuphathelele nocansi, ungagwema i-HIV ngokungayi ocansini ungakashadi, nokuba nomlingane oyedwa konke ukuphila kwakho, futhi niye nahlolwa ukuthi aninayo i-HIV nobabili. Kodwa uma unabalingane abahlukene, nganoma yisiphi isikhathi ekuphileni kwakho – njengoba iningi labesilisa nabesifazane emhlabeni benjalo - kudingeka usebenzise ikhondomu kubo bonke. I-HIV ingaba semzimbeni kodwa kungabi nazimpawu iminyaka. Ukuhlola kuphela okubonisa ukuthi ubani one-HIV. Abafana namadoda amaningi bazichaya engozini, benze sengathi ababoni, benethemba lokuthi abanayo i-HIV nakuba beya ocansini ngendlela engavikelekile – bengazi ukuthi amaSTI angabangela ukuvaleka kwenzalo. Ukuphepha kubekelwa eceleni izinkolelo zokuthi ucansi alukwazi ukuma uma ‘sekufike kulelo zinga’, nokuthi amakhondomu aqeda isithakazelo.

Abantu abayizigidi ezingu-22.4 e-sub-Saharan Africa baphila ne-HIV: unyaka ngamunye kuba nabangaphezu kwezigidi ezimbili abangenwa yi-HIV nabayizigidi ezingu-1.4 ababulawa yi-AIDS. Izigidi zezingane ziye zalahlekelwa abazali. Inkolo namasiko kukodwa ngeke kuwunqande lomqedazwe.

Amaphilisi e-ARV anqanda ukubhebhethaka kwe-HIV ngaphakathi emzimbeni aseatholakala ngobuningi. Ukuba ne-HIV manje sekungalawulwa, kwenze ukuphila kuqhubeka ngendlela evamile, ukukhulelwa kube okuphephile, futhi kube namathuba amaningi okuba i-HIV ingacini isiyi-AIDS. Ama-ARV amaphilisi anamandla, okufanele aphuzwe nsuku zonke **konke ukuphila komuntu**. Uma umuntu engadli ukudla okufanele awamphathi kahle emzimbeni. Kunabaningi abangakakwazi ukuwathola. I-HIV ingashintsha, ingabe isasabela kuma-ARV atholakalayo. Ukugwema ukungenwa kabusha yi-HIV kuyinto ephuthuma kakhulu.

Amadoda nabafana ngokuvamile bantula ukuqonda okucacile nge-HIV, ukuphepha ocansini, injabulo - nokusebenzisa amakhondomu. Ukungakwazi kwethu ukugwema ukungena nokuphuma kwe-HIV emizimbeni yethu kwenza ukuba i-HIV ingene kubantu abaningi.

Akukhona Nje Ukudlulisa Imiyalezo Namaqiniso, Kodwa Ukuxoxa Nokubonisana

Abafana namadoda ngokuvamile bezwa ngamakhondomu lapho kuhlekiswa ngayo, ngamahemuhemu, izindaba ezingelona iqiniso noma izeluleko ezikhuluma kabi ngawo – noma eziqubulweni zabezindaba (ngokuvamile ezenza ihlaya) noma emihlanganweni ye-HIV kuphela.

Ecindezelwa izinkolelo zamasiko eziphathelene nobudoda, amadoda awavamile ukukhuluma ngokuzmisela noma kabanzi ngokusebenzisa amakhondomu futhi awavamile ukuhileleka ezingxoxweni eziphathelene nempilo yasocansini nocansi. Amadoda nabafana abaningi bacabanga ukuthi ucansi yinto oyenzayo, hhayi okhuluma noma ocabanga ngayo.

Imiyalezo egxeka amakhondomu namahemuhemu kutholakala kalula ukudlula ukwaziswa okuyiqiniso nokunembile ngokusebenza kwawo. Ethenwe amandla ekusebenziseni amakhondomu, amadoda amaningi amane aye ocansini ngendlela engaphephile. Lapho esengenwa yi-HIV noma amanye ama-STI, noma ebangela ukukhulelwa okungafunwa, athola ukuthi ukuphila kwawo kuba yinkimbinkimbi kungalindelekile kanti amakhondomu abengakuvimbela lokho.

Ukuhilela abesilisa ezingxoxweni eziphathelene namakhondomu kungaqokomisa izizathu zokugwema imiphumela yokuya ocansini eyonakalisayo noma engafunwa. Njengoba izingozi zokungenwa yi-HIV ziya ngokuba sobala, abantu bangakhetha ukugwema noma ukusingatha i-HIV ngokuya ocansini ngendlela ephephile (ngaphandle kokusebenzisa amakhondomu) – noma bazimisele kakhudlwana ukuya ocansini ngendlela ephephile ngokusebenzisa amakhondomu ngokufanele. Kunoma yikuphi, ikhono labesilisa lokusingatha ukuya kwabo ocansini liyakhula njengoba kubhidlange i-HIV.

Lefilimu isiza ukuba kube nengxoxo ebanzi edingekile abantu bacabange ngendlela ehluzekile ngokuzivikela (njengoba i-HIV iqhubeka nokubhebhetheka). Ivusa izingxoxo ngokuqokomisa izinto nezimo zengqondo ngokuvamile amadoda nabafana ababhekana nazo. Ikusiza ukuba wena njengomphathi wohlelo ukwazi ukugxila ngendlela efanele ezindleleni zokuvimbela i-HIV, empilweni yezocansi nokuthola injabulo, nangezinto abafana namadoda osebenza nawo akhathazeka ngazo ngamakhondomu.

Izingxoxo, izimpikiswano nemibuzo ephakanyiswa ukuphila nalokho okushiwo abantu abakulefilimu kusiza ukuba sixoxe ukuze kube nokuqonda ngekhondomu futhi abantu bazi ngokusetshenziswa kwayo. Lokhu kusiza ukuba amadoda nabafana bafunde indlela yokusebenzisa kahle amakhondomu – futhi bakwenze kube yinto evamile lapho bexoxa nabanye. (Bheka 'Izingxenywe Ezengeziwe' ezimfushane ku-DVD ukuze uqokomise amaphuzu abalulekile).

Izindlela zokusebenzisa i-DVD

INDLELA YOKUZIVIKELA inezingxenye ezintathu, ezithwetshulwe emazweni amathathu ahlukene nasezimweni ezihlukene:

Ingxenye 1 ikhuluma ngamadoda asemakilabhini okushaya isibhakela eSoweto naseGoli, eNingizimu Afrika - lapho abantu abaningi bene-HIV khona futhi abaningi bethintekile ngenxa ye-AIDS. U-George, umqeqeshi onolwazi, ozinikele ekuvocavoceni umzimba, emakhonweni okuzivikela nasempilweni ekahle ngokomzimba yentsha, wenqaba ngokuphelele ukuxoxa ngokuzivikela ku-HIV. UMoruti, oye wazikhandla ekunakekeleni umzimba, enomgomo wokuthatha iSicoco Somhlaba, uye wenza ukuvikeleka ku-HIV kwaba ingxenye eyinhloko yokuphila kwakhe.

Ingxenye 2 iveza u-Elkana, isakhamuzi esesikhulile emzini esihlala engxenyeni yaseKenya eqothulwe yi-HIV. Futhi umkhaya wakhe nawo othintekile ngenxa ye-AIDS. Ubiza i-*baraza/imbizo* lapho abantu, abaningi babo abathintekayo ekuphileni kwabo ngenxa ye-HIV, bekhuluma ngokusuka enhliziyweni njengoba bebonisana ngokusetshenziswa kwekhondomu, amasiko, nezinto ezingamaqiniso.

Ingxenye 3 iqokomisa izinselele zokubonisana nezinsizwa ngezindlela zokugwema i-HIV. Kuboniswa ukuphila kwezinsizwa ezimbili zase-Sierra Leone ngaphansi kwezimo ezikhuthaza ubudoda, amasiko, ukungqubuzana phakathi kweseluleko sabantu abadala nezifiso zentsha, ukuphila nezingozi nemiphumela yocansi olungavikelekile phakathi nesikhathi sobuphofu nobunzima bangemva kwezinxushunxushu.

‘Ezingxenyeni Ezengeziwe’ ezine

- abameli bezindaba zocansi lwabesilisa abavela emazweni ahlukene ase-Afrika bakhuluma ngamakhondomu
- umqeqeshi uxoxa ngamakhondomu nensizwa eseyintsha
- izithombe ezinyakazayo zibonisa indlela ukusebenzisa nokungasebenzisi amakhondomu okungathinta ngayo ukuphila komuntu
- umholi wezombusazwe wase-Afrika ukhuluma ngendlela eshukumisayo ngabantu besilisa ne-HIV.

Uhlu lokuphakathi lwe-DVD lunalokhu:

- Dlala lonke ifilimu – isikhathi esiyimizuzu engu- 110.
- Dlala ingxenye eyodwa kwezintathu (imizuzu engu-35 ingxenye ngayinye). Ebonakala ngalendlela, ingxenye 1 no-3 hlanganisa iNgxenye Eyengeziwe emfushane (bheka ngenhla).
- Sebenzisa noma iyiphi iNgxenye Eyengeziwe emfushane kwezine (ezingu-2 noma imizuzu engu-7) ukuze uhlele izingxoxo ngezikhawu, noma izingxoxo eziningilizwe kamuva.

Lapho kungenzeka, dlala yonke ifilimu ngesikhathi esisodwa – uzothatha uhambo, olusuka emzamweni yabantu besilisa yokulondoloza imizimba eqinile nenempilo kuya ezimweni zengqondo, amaqiniso nezinselele zokuba yindoda ezingabeka imizimba yabesilisa engozini yokungenwa yi-HIV.

Amacebiso Abaphathi Bohlelo

NGAPHAMBI KOKUQALA

- Zijwayelanise nefilimu 'neZingxenywe Ezengeziwe', izinkinga eziphakanyisiwe nezindlela zokuvimbela i-HIV ezisetshenziswayo njengamanje.
- *Zakhele ngokwakho* imibuzo yengxoxo. Kunokwaziswa okuphathelene ne-HIV nokusetshenziswa kwamakhondomu ku-*website* yefilimu (ongakuprinta bese ukunikeza abantu).
- Uma ukulungele ngokwengeziwe ukusingatha imibuzo eyinselele, umhlangano wakho uyophumelela ngokwengeziwe.
- **Nquma ukuthi yini ozoyidlala bese uxoxa ngayo** – nquma ukuthi uzodlala yonke ifilimu, izingxenywe ezithile noma 'iZingxenywe Ezengeziwe'. Lungiselela imibuzo yengxoxo ukuze ufinyelele umgomo wakho ezilalelini. Kuwusizo ukuhlukanisa izibukeli ngeminyaka?
- **Yazi injongo yakho.** Ingabe ufuna ukuqwashisa ngezinsalele zokuzivikela? Ingabe ufuna kube nengxoxo ekhululekile necwaningiwe ephathelene namakhondomu? Ingabe ufuna ukuguqula ukuziphatha? Yiba nesimiso nohlelo lokulandelela ukuze ufinyelele imigomo yakho.
- **Hlela kusengaphambili.** Khetha **indawo nesikhathi abafana/amadoda azotholakala ngaso.** Bonisa ngokucacile indawo yomhlangano nokuthi uzothatha isikhathi esingakanani.
- **Yazi imishini onayo.** NGASO SONKE ISIKHATHI hlola imishini yokukhuluma/yokubuka ngaphambi kwesikhathi sokuqala. Uma usebenzisa i-*laptop computer* ne-LCD *projector*, hlola ukuthi ugesi, ama-*adapter*, izintambo, nezikhulisa-zwi (*speakers*), ubonda olumhlophe noma i-*screen se-projector* kuyatholakala yini. Uma usebenzisa i-TV nomshini wokudlala i-DVD, qiniseke ukuthi kuxhunywe kahle.

Amacebiso Abaphathi Bohlelo

LAPHO USUYIDLALA

- **Yethula ifilimu**, uhlelo lwayo – umgomo wayo ukuqala ingxoxo ekhululekile.
- **Hlela indawo enethezekile yokuxoxa ngemva kwefilimu** - beka izitulo zizungeze, susa amatafula, qala ngemidlalo noma okunye okwenza isimo sincibilike. Ngaso sonke isikhathi makube neziphuzo.
- **Beka imithetho yengxoxo** - inhlonipho, ukulalela, ukugcina imfihlo, ukungaphuzi u utshwala, ukucisha omakhal' ekhukhwini njll- ukudala isimo esiphephile nesikhululekile.
- **Yiba nozwela** ngabantu abaye babhekana nezimo ezihlukahlukene, ulandise ngazo phakathi nengxoxo.
- **Khuthaza ukulalela ngenhlonipho**. Uma othile ahlulela abantu phakathi nefilimu, ethi 'yiphutha' labo, kubalulekile ukuxoxa ngezimo zenhlalo (ezomnotho, izingcindezi zezombusazwe, impatho yabesifazane nabesilisa,) ezinethonya kubantu.
- **Hilela wonke umuntu**. Ukuxoxa kwabantu ngababili noma ngamaqembu amancane kungasiza kulendaba.
- **Kwamukele ukungaboni ngaso linye**. Kulungele ukusingatha ukungqubuzana noma abantu abalukhuni, mhlawumbe uhilele umuntu onolwazi lokubhekana nesimo esinjalo..
- **Hlaziya impumelelo**. Yiba nesikhathi sokuhlaziya indlela abantu abasabela ngayo. Xoxani ngezindaba eziphakanyisiwe, izinselele, nemibuzo edinga impendulo. Inhlolo-vo yakamuva ingaveza ukuthi yikuphi okunye okudingeka kwenziwe.

Ukulungiselela ingxoxo yangemva kokubukwa kwefilimu

Amakhasi alandelayo anemibuzo esikiselwayo engasiza ekulawuleni ingxoxo ngemva kokubuka yonke ifilimu, izingxenye ezihlukene noma 'izingxenye ezengeziwe'. Yiba nohlelo ingxoxo ezoqhubeka ngayo ngemva kokubuka ifilimu. **Funda yonke imibuzo kusengaphambili bese uqala ngaleyo efanelana neqembu.**

Kubalulekile ukuba abantu basho okusengqondweni yabo ngezinto ezivezwa kuyifilimu. Khuthaza ukulalelana nokuhlonipha imibono ehluahlukene. Yenza ukwaziswa okufanelekile kutholakale. Cacisa izinto ezingelona iqiniso abantu abazishoyo kuyifilimu (ngokwesibonelo, i-HIV iyisigwebo sokufa; i-HIV ithinta intsha kuphela; uma umuntu 'ebukeka ehlanzekile' akanayo i-HIV).

Amakhondomu angaba yinkinga kwabesilisa kungakhathaliseki iminyaka yabo yobudala. Khuthaza ukuba kuvezwe imibono ehlukeni ngezinqubo ze-HIV kwabesilisa nendima engafezwa amakhondomu kokubili ekuvimbeleni i-HIV (nama-STI, ukuvaleka kwenzalo, ukukhulelwa okungafunwa) nokuya ocansini ngendlela ephephile nejabulisayo uma umuntu ene-HIV. Kuzoba nabesilisa eqenjini lokhu *okubalulekile* noma *okuzobaluleke* kubo.

Lokho abantu abakushoyo akukhona ngaso sonke isikhathi **abakwenzayo** ekuphileni kwabo. Ukukhulunywa kabi kwamakhondomu, izindaba ezingamanga nezinkulumo zokuthi ukuya ocansini ungakashadi noma nomuntu ongashadile naye kuyisono, ukufihla izindaba eziphathelene nocansi. Amahlanya, ukuzithethelela noma amanga ngocansi noma amakhondomu kungafihla ukungaqiniseki nokwaziswa okungamanga. Izinkolelo zokuthi kusho ukuthini ukuba yindoda ngokuvamile zikhuthaza abesilisa ukuba baye ocansini nabantu abahlukene futhi bangeqiwa yithuba lokuya ocansini. Ukulahlwa kocansi phakathi kwabantu besilisa (okuhlanganisa ukuthi labo bantu besilisa baye ocansini nabesifazane) kungenza ukuba ukuqondwa kwamakhondomu okubalulekile ukuze ukuya ocansini ngalendlela kuphephe kungabikho.

Yilungiselele kahle ifilimu. I-*website* yefilimu inokwaziswa okuningiliziwe nge-HIV, i-AIDS namakhondomu angakusiza ukuba ulungiselele ingxoxo ebalulekile ngokusetshenziswa kwamakhondomu ngendlela efanele. Futhi le-*website* inama-*link* anokwaziswa ngemihlangano yokuxoxa nabafana namadoda ngalokho okushiwo ubudoda, umehluko phakathi kwabesilisa nabesifazane, ulwazi nge-HIV nezocansi. Hlola i-*website* ye-Sonke Gender Justice.

Sikisela imibuzo abantu abangayixoxa nabangane noma amalungu emindeni yabo ngemva kwefilimu, noma abangacabanga ngayo ukuze ixoxwe emhlanganweni olandelayo.

Kungenzeka abathile ezilalelini abasho ukuthi bane-HIV. Nikeza wonke umuntu okhona inombolo abangathola kuyo usizo neseluleko.

Imibuzo yengxoxo ngemva kokubukwa kwayo yonke ifilimu

I-HIV noma i-AIDS ikuthinte kanjani ukuphila kwabantu kulefilimu?

Umuntu wesilisa angakujabulela kanjani ukuya ocansini ngaphandle kokungenwa noma ukudlulisa i-HIV?

Enye indoda ebisembizweni iye yabuza: *Uma amakhondomu etholakala kungani i-HIV ibhebhetheka?* Ucabangani?

Kubaluleke ngani ukwazi umehluko phakathi kwe-HIV ne-AIDS?

Kungani ukuba ne-HIV namuhla kuyinto okungaphilwa nayo, ube nempilo enhle? Bakhona yini abantu obaziyo abanempilo enhle nakuba bene-HIV? Ingabe i-AIDS iye yaba usongo ekuphileni kwabanye? I-HIV ingaba kanjani usongo empilweni yomuntu?

Yiziphi izimo zengqondo ngamakhondomu okukhulunywe ngazo kulefilimu ovumelana nazo? Ongavumelani nazo?

“Inani eliphakeme lalabo abanegciwane lishadile”. Indlela abafana **namadoda** aya ngayo ocansini kunethonya elingakanani kulokhu? Ungakukhuthaza kanjani ukujabulela ucansi nokusebenzisa amakhondomu phakathi kwakho nomuntu oya naye njalo ocansini?

U-Amara uthi ngeke awasebenzise amakhondomu nabantu aya nabo ocansini ngoba *“abangela izinkinga”* futhi aqeda ubumnandi bocansi. Ucabangani ngalokhu? Ukusebenzisa ikhondomu kungaba naziphi izinkinga noma izinselele kubantu besilisa?

Iyiphi **indlela efanele yokusebenzisa ikhondomu?**

Ingabe amakhondomu abalulekile: Uma une-HIV? Usokiwe? Uya ocansini nabantu abahlukahlukene?

Ingabe ukhululekile / ungakhululeka ukusebenzisa amakhondomu? Yini engakusiza kulokhu?

Ingabe njengoMoruti ungakuthola kulula ukukhuluma nomlingane wakho noma umkakho nokuya ocansini ngendlela ephephile, ukuhlololwa i-HIV ndawonye, ukuhlala uphephile, nokungayi ocansini isikhathi esithile?

Ingabe abesifazane bayafuna ukuba abesilisa basebenzise amakhondomu?

UDavid, umdobi, uthi: *Yithi ngokwethu esibhebhethekisa lesi sifo. Akufanele sesabe ukukhuluma nge-HIV namakhondomu*. Ukuxoxa nge-HIV, ucansi namakhondomu kungaba nzima. Yini engenza kube lula ukuxoxa ngezocansi phakathi kwezinsizwa nabesilisa asebekhulile? Phakathi kwabesilisa nalabo abaya nabo ocansini, omkabo?

UMoruti uyaphumelela ngenxa yokukwazi ukuhlanganyela amakhono, ukwakha amasu, ukuzibamba, ukubambisana nokukhulumisana ngozwela phakathi kwabesilisa. Nina njengabesilisa, ningasekelana kanjani futhi nisekele nabafana kangcono ukuze niye

ocansini ngendlela ephephile, eyanelisayo, niqonde futhi nigweme i-HIV futhi nizethembe ngezindlela zokuvikela imizimba **yenu?**

Ingabe ningaxoxa ngokusebenzisa ikhondomu nokutholakala kwayo kwabesilisa emphakathini wenu?

Imibuzo yengxoxo: ingxenye yaseNingizimu Afrika

UGeorge uthi “yintsha ikakhulukazi ene-HIV”. Ingabe abantu obaziyo abane-HIV yintsha? Ingabe iminyaka yobudala noma ukuziphatha okukubeka engozini?

Umqeqeshi ka-Moruti uthi “ukungenwa yi-HIV ngenxa yomzuzu owodwa wokuya ocansini ngendlela engaphephile kungonakalisa umsebenzi womshayi-sibhakela futhi kungasho ukuthi uzofa”. Ingabe ungachaza indlela ukuba ne-HIV **okungalawuleka** ngayo namuhla, ukwazi ukuba nempilo enhle? Bakhona yini abantu obaziyo abane-HIV abaphila kahle? Ingabe i-IHV iye yaba usongo ekuphileni kwabanye? I-HIV ingaba kanjani usongo ekuphileni?

Uma uye wahlolwa kwase kutholakala ukuthi une-HIV, ungawatholaphi amaphilisi e-ARV? Nhloboni yosizo ongalufuna, futhi ungalufuna kubani?

Ingabe amakhondomu abalulekile: Uma une-HIV? Usokiwe? Uya ocansini nabantu abahlukahlukene?

Ingabe ungaphelelwa umsebenzi ngenxa yokuba ne-HIV? Athini amalungelo akho?

Ingabe isimo sengqondo sikaGeorge usijwayele? Ingabe kufanele akhulume nentsha ngokuya ocansini ngendlela ephephile ejimini?

Indodakazi yakhe ithi “Uma umuntu osondelene noGeorge engase abulawe yi-AIDS angase athambekele ukuxoxa nge-HIV namakhondomu.” Kodwa ingabe isiko lakhe liyisithiyo esikhulu? Ingabe ukhona phakathi kwenu okuye kwadingeka enze okuthile okungahambisani nesiko?

Yini engenza kube lula ukuxoxa ngezocansi phakathi kwezinsizwa nabesilisa asebekhulile? Phakathi kwabesilisa nalabo abaya nabo ocansini, omkabo?

Ingabe njengoMoruti ungakuthola kulula ukukhuluma nomlingane wakho noma umkakho nokuya ocansini ngendlela ephephile, ukuhlolwa i-HIV ndawonye, ukuhlala uphephile, nokungayi ocansini isikhathi esithile?

Ungakukhuthaza kanjani ukujabulela ucansi nokusebenzisa amakhondomu phakathi kwakho nomuntu oya naye njalo ocansini?

Umpetha womhlaba akanankinga yokulawula indlela aya ngayo ocansini, ngesinye isikhathi akayi nhlobo ocansini. Isibonelo sakhe sisifundisani?

UMoruti uthi: “ukuzilungiselela kwami emzimbeni nasengqondweni kuhambe kahle: Sengimi ngomumo”. Abesilisa bangazilungiselela kanjani emizimbeni nasezingqondweni ukuze bagweme noma balawule i-HIV naphezu kwezincindezi zokuya ocansini ezivela kubadayisi, abezindaba, izithombe zabantu abanqunu, ezokungcebeleka, utshwala namakilabhu asebusuku?

UMoruti uyaphumelela ngenxa yokukwazi ukuhlanganyela amakhono, ukwakha amasu, ukuzibamba, ukubambisana nokukhulumisana ngozwela phakathi kwabesilisa. Nina njengabesilisa, ningasekelana kanjani futhi nisekele nabafana kangcono ukuze niye ocansini ngendlela ephephile, eyanelisayo, niqonde futhi nigweme i-HIV futhi

nizethembe ngezindlela zokuvikela imizimba yenu futhi nicobelane ulwazi nalabo aniya nabo ocansini, ukuze nonke nizuze?

Imibuzo yengxoxo: ingxenye yase-KENYA

I-HIV noma i-AIDS ikuthinte kanjani ukuphila kwabantu kulefilimu?

“Uma amakhondomu etholakala, kungani i-HIV ibhebhetheka e-Afrika?” - “Abantu abazange bachazelwe ngokwanele nge-AIDS, nokuthi uma usebenzisa amakhondomu ungayivimbela.” Ingabe lokhu kunjalo ngabafana namadoda owaziyo?

Kubaluleke ngani ukwazi umehluko phakathi kwe-HIV ne-AIDS?

“Akufanele sikhohlisane ... Iqiniso liwukuthi abantu bayaya ocansini.” I-HIV iyaqhubeka ibhebhetheka. Singakugcina kanjani ukuya ocansini kuphephile?

“Ngiye ngashonelwa odadewethu, abafowethu, nomyeni ngenxa yokungazi. Ukube bebazi ngamakhondomu ngabe basaphila.” Iyini imiphumela wokungafundisi ngekondomu, ukukhuluma kabi ngamakhondomu, nokukhuthaza ukungasetshenziswa kwamakhondomu?

“Inani eliphakeme lalabo abanegciwane lishadile”. Indlela abafana **namadoda** aya ngayo ocansini kunethonya elingakanani kulokhu?

“Ukufundisa ngamakhondomu kukhuthaza ukuziphatha okubi” kusho indoda esikhulile. Ingabe uyavuma noma cha? Kulenkathi ye-HIV, singakuhlenganisa kanjani ukwaziswa okuphathelene namakhondomu kanye namakhono **ukuze** sikhuthaze ukuziphatha okuhle? Uma ushumayela ngokuziphatha kobuKristu noma kwamaSulumane – kokungayi ocansini ngaphambi komshado noma nomuntu ongashadile naye – abafana namadoda bangashukunyiswa kanjani ukuba uma kwenzeka **beya** basebenzise amakhondomu?

Uye wazizwa kanjani ngobuqotho nesibindi sikambhishobhi sokukhuluma iqiniso ngokuba kwakhe ne-HIV?

“Amahloni yiwona aqede abantu bakithi.” Ingabe **wena** uye waba nengxoxo ecacile nobaba **wakho** (noma indodana) nge-HIV noma ukusiza kwamakhondomu ekuvimbeleni i-HIV nokuthuthukisa impilo yocansi? Yini engakusiza ukube wenze lokhu?

Yini abafana namadoda okudingeka bayazi ngamakhondomu ukuze bakwazi ukuwasebenzisa kahle?

Lapho uphuzile *“awukwazi ukufaka ikhondomu ngendlela efanele, uyadideka bese uthi’ ngiyindoda mina i-AIDS ayikho’ – bese ugcina ngokufa uwedwa.”* Kufanele kuxoxwe ngalokhu!

Ingabe kudingeka uxoxe nabathile ukuze uqikelele ukuthi amakhondomu ayatholakala emphakathini wakini?

Ingabe wake waba khona emhlanganweni womphakathi okhululekile nonenhlonipho lapho imibono ehlukeno nge-HIV ivezwa khona ngokwethembeka? Ingabe ungawuhlela lowo mhlango?

Imibuzo yengxoxo: ingxenye yase-SIERRA LEONE

Izingqembe emgwaqeni zifundeka kanje: **I-HIV ingavinjelwa. Nguwe kuphela ongavimba i-AIDS** noluthi **HOLA EKUVIMBENI I-AIDS. HAMB A UYOHLOLWA NAMUHLA**. Abesilisa bangayivimba kanjani i-HIV? Kungani kubalulekile ukuhlolwa?

U-Nancy uthi endodaneni yakhe: *“Kudingeka wazi kahle ukuthi kusho ukuthini ukuba yindoda enhle esikhulile”*. Ngokombono wakho yini eyenza umuntu abe “yindoda enhle esikhulile”?

Ingabe kubalulekile ukuba izinsizwa zibone amadoda asekhulile ethi ayazivikela ku-HIV, noma ematasa ekhuthaza ukuya ocansini ngendlela enempilo nokuvimbela i-HIV?

U-Teeleema uyasicasukela iseluleko sabazali. U-Amara uziphilela ezweni lakhe eligcwele ukwaziswa okungamanga, isibindi nezindlela zokusondelana ezingahambisana nezimiso zikayise. Uma izimo nezifiso zezenhlo zenza intsha iqhelelane neseluleko sabazali, iyiphi *indlela* engcono yokusiza izinsizwa ukuba ziye ocansini ngendlela enempilo nephephile?

Naphezu kwezinhloso ezinhle, ingabe izimo zengqondo ezithile phakathi kwabantu abadala ngocansi aziyisizi intsha engaphansi kwezimo ezihlukile ngokwenhlobo, ngokwezomnotho nangokocansi? U-Amara uthi: *‘Angifuni zinkinga, ngakho angisebenzisi amakhondomu kunoma iyiphi ezintombini zami’*. Yiziphi lezo zinkinga okungenzeka ukhuluma ngazo?

Endaweni okunikezwa kuyo amakhondomu, intsha engabafana ibukisa ngamandla ayo kwezocansi. U-Amara nabangane bakhe bayahleka, bekhuluma ngocansi ‘lwenyama enyameni’, bechiliza amakhondomu. Lendlela yokukhuluma ibathinta kanjani abesilisa? Yimiphi imibono eyiphutha evezwa u-Amara nabangane bakhe ebabeka engozini yokungenwa yi-HIV?

Izintombi zika-Amara ziyancokola zikhuluma ngezinhlanga nokudlwengulwa. Ucabangani ngalokhu? Ingabe ucabanga ukuthi ukuphupha ngokuthi ubani onamandla kwezocansi (ngokuvamile okubonakala ezithombeni zabantu abanqunu) kunomthelela endleleni abantu abaziphatha ngayo kwezocansi?

Izinkumbulo ngezinto ezihlasimulisayo zasempini zingasithinta kanjani isimo sengqondo sowesilisa ngokusetshenziswa kwamakhondomu nocansi? Ubuphofu bunaliphi ithonya ekusondelaneni ngokwezocansi?

Ingabe umbono wakho ngo-Amara uyashintsha uma usumbona enoyise, uthola ngesimo sakhe, izifiso, izinto azesabayo, ukholo? Ukuvinjelwa kwe-HIV kungangena kanjani ezimweni ezihlukene zokuphila komuntu wesilisa (amathemba, amaphupho) nasezingcindezini zemibono yalokho okushiwo ukuba ‘yindoda’?

Ngemva kwempi nokufa kwabantu, kunezingcindezi nezifiso zokuba nabantwana. Ingabe ukusetshenziswa kwamakhondomu kungasiza ekuyeni ocansini ngendlela enempilo, ukukhulelwa ngendlela enempilo nokuba umzali oqotho? Amakhondomu angena kanjani ekuphileni kwalabo abafuna ukuba nabantwana?

Amaphuzu engxoxo ‘engxenye eyengeziwe’

1. IZINDLELA ZOKUSIZA

Okufanele kuxoxwe ngakho:

Kungani sekudlule isikhathi eside uJohn engazi ukuthi une-HIV?

Nakuba bobabile bene-HIV, bekungenzeka yini ukuthi ingane yabo ingabi nayo? Ukube bebazi ukuthi bane-HIV, yini ebingasiza ekuvikeleni ingane kuyo?

Kungani kumelwe usebenzise amakhondomu uma uphuza ama-ARV?

Yini okungenzeka yabangela uJohn ukuba ayeke ukuphuza ama-ARV?

Ukuya ocansini nabantu abahlukahlukene kungalandisa kanjani ithuba lokungenwa yi-HIV?

Indoda nomfazi 'bangakulondoloza kanjani ukuya ocansini ngendlela ephephile' futhi 'baqiniseke ukuthi i-HIV ayingeni emshadweni wabo?

2. ISIFUNDO NGAMAKHONDOMU EKAPA

Okufanele kuxoxwe ngakho:

Yini eye yakuthakazelisa kakhulu kulengxoxo?

Kungani abantu besilisa bengazivikeli lapho beya ocansini?

Ingabe abesilisa bavame ukugxeka amakhondomu ngaphandle kokuqonda kahle indlela asebenza ngayo?

Ingabe amakhondomu ayaphumelela, uma esetshenziswa njalo nangendlela efanele?

Kungani ukugcobisa amafutha kumakhondomu kubalulekile phakathi kocansi

Iwemomoza nolwendunu?

Ingabe uyabuzwa ubumnandi ngekhondomu?

Uma ingasetshenziswa ikhondomu, akuyiwa ocansini?

3. SEBENZISA AMAKHONDOMU UMA UNOTHANDO

Okufanele kuxoxwe ngakho:

Abantu abasebenzisi amakhondomu ngoba bathi akhuthaza ukuziphatha okubi. Kodwa lokho akubavimbi ukuba baye ocansini.

Uma wethukile futhi unamahloni, kungenzeka ungawasebenzisi kahle amakhondomu

Uma une-HIV, ungaphila ukuphila okwanelisayo ngokocansi ngokusebenzisa amakhondomu njalo.

Amakhondomu ayithuluzi lokuphila kunoma ubani oya ocansini.

Amakhondomu anikeza ukwaneliseka okufanayo 'nokwenyama enyameni'.

Labo abangawasebenzisi amakhondomu bawakhuluma kabi. Labo abawasebenzisayo bayazazi izinzuzo. Lapho usebenzisa ikhondomu, ndodana yami, uzisiza wena, ngoba ufuna ukuphila isikhathi eside kulesikhathi esigcwele i-HIV... Lokhu ngikusho ngoba ngikuthanda ngokujulile.

4. NJENGABANTU BESILISA ... MASIBE NESIBINDI SOKUSHINTSHA

Okufanele kuxoxwe ngakho:

Yini abesilisa abangayenza ukuze banqande ukubhebhetheka kwe-HIV?

Njengoba ama-ARV esiza ukuba umuntu aphile kahle nakuba ene-HIV futhi angabi ne-AIDS, kungani amakhondomu ebalulekile?

Yiziphi 'izinhlobo ezihlukahlukene zokuya ocansini' abesilisa abahileleka kuzo? Ingabe amakhondomu ayadingeka ngaso sonke isikhathi?

Ingabe abafana namadoda ngokuvamile abanalo ulwazi olwanele nosizo ngokwesiko

abaludingayo ukuze bagweme i-HIV? Njengobaba, indodana, iselamani, umngane, ungakushintsha kanjani lokho?

I-website YENDLELA YOKUZIVIKELA: <http://protectionthefilm.com>

Ku-*website* ungathola ukwaziswa okuphathelene nefilimu, ufunde izingxenye ezifushanisiwe zekuqukethe, ubukele iziqephu ezimfushane - futhi uthole indlela yokuda i-DVD. Futhi ungakwazi ukuthola lesi Siqondiso Somphathi Wohlelo nganoma yiluphi ulimi kwezingu-7. Futhi ungakwazi ukubuka 'izingxenye ezengeziwe' ezimfushane ezine eziku-DVD - ukuze uzisebenzisa lapho unemihlangano emifushane – noma uxoxa namaqembu, abangane nomndeni.

Uzothola ukwaziswa okuphathelene ne-HIV ne-AIDS; incazelo ecacile ngamakhondomu abantu besilisa, neminingwane yokuwasebenzisa ngendlela efanele; kanye neminingwane ye-HIV e-Afrika ebonisa ukuthi manje sekuyaphuthuma ngamadoda nabafana ukuba babe nolwazi olucacile ngamakhondomu futhi bakwazi ukuwasebenzisa lapho beya ocansini.

Kunama-*link* anikeza ukwaziswa okwengeziwe okunezela kulomsebenzi wokuvimbela i-HIV - angase asetshenziwe kanye ne-DVD noma ngaphandle kwayo. Lama-*link* akunikeza amagama ezinhlangano, amathuluzi okuhlela, imitapo yokufundisa nezincwadi ezihlukahlukene ezinhle, izincwajana nezihloko ezingasiza kulendaba yokuhlela abafana namadoda ezindabeni zabilisa nabesifazane, ukulondoloza impilo kwezocansi, nendaba ephathelene nokuzala.

I-Sonke Gender Justice Network

Izungeza kulo lonke elase-Afrika isiza ohulumeni, imiphakathi nezakhamuzi ukuba zisekele amadoda nabafana ukuba bathathe isinyathelo sokwenza okulandelayo:

- * ukukhuthaza ukulingana kwabesilisa nabesifazane,
- * ukuvimbela ukuhlukunyezwa kwasekhaya nangokocansi, kanye
- * nokunciphisa ukubhebhethaka nomphumela we-HIV ne-AIDS.

Umsebenzi wayo usekela ukwakiwa kwemiphakathi lapho abesilisa, abesifazane, intsha nabantwana bengajabulela khona ubudlelwane obukhuthaza ukulingana, obunempilo nobujabulisayo okwenza ukuba kube nemiphakathi enobulungisa nokubusa ngentando yeningi.

Umkhankaso othi One Man Can yiwona mgogodla we-Sonke.

I-MenEngage

Inhlangano yaphesheya ezimbandakanya nama-NGO nezinhlangano ze-UN ezihlose ukuhlela abafana namadoda ezindleleni eziphumelelayo zokufinyelela ukulingana phakathi kwabesilisa nabesifazane nokukhuthaza impilo enhle yabesifazane, amadoda nabantwana.

Lomsebenzi uxhaswa ngokwezimali yi-Norwegian Agency for Development Cooperation (Norad), futhi usekelwa ngokuyinhloko yi-Norwegian Refugee Council.