

# UKUTHANDA NGENHLONIPHO

Isiqondiso samadoda anakekelayo



Kubhadale iExpanded Support Programme

## Isibongo

Sithanda ukubonga inhlanganiso ezinengi labantu abancedisileyo ngendlela ezehlukeneyo ekuqoqweni kwemfundiso ekulolugwalo lalabo abasize ngokusipha:

- imali ukuze lumsebenzi uphumelele
- ubungcitshi ukuze siqiniseke ukuthi ulwazi olulapha luqondile njalo luhambelana lesikhathi
- imibono kusahlolisiswa enkabazwe njalo basipha ukuchotohoza okwakhayo ekuhlolweni kwalolugwalo eMurewa, eNkayi le Harare (Warren Park). Ukuhlolwa kogwalo kusiphe okuhambelana lesikhathi lokuqakathekileyo kwenjongo yalolugwalo lolimi olusetshenziswe lapha. Siyakholwa uzathola lolugwalo lulusizo kuwe.



# ISINGENISO

**S**onke siyanakekela abesifazana empilweni zethu, izintombi zethu, amakhosikazi ethu kumbe labo esithandana labo, kanye labomama bethu, lamadodakazi ethu. Kungaba nzima kwesinye isikhathi ukwazi ukuthi siziphathe njani ukuze siqiniseke ukuthi bayazi ukuthi sinakekela okungakanani. Lolugwadlwana luzakusiza ukukhangelisisa izenzo zakho ukuba zingasiza njani ukutshengisa uthando lwakho kowesifazana othandana laye empilweni yakho.

Ezigabeni zethu kuvame ukuba nzima endodeni ukuba ikhulume ngalokho ekufunayo njalo lokuthi izwa njani. Lokhu kubangelwa yizizatho ezinengi. Amadoda akhangelelwe ukuba:

- Abelamandla njalo abelesibindi izikhathi zonke.
- Ukwenza izinqumo.
- Ngomaqhuzu abaselela imuli.
- Azi izinto hatshi ukudinga usizo.

Loba lokhu kuyikho okukhangelelwe emadodeni, kungenzeka ukuthi ukuhlala ulamandla izikhathi zonke kungaba yinto enzima kakhulu njalo kungeza amadoda angabi lobudlelwano obuthokozisayo. Obaba labomama balomlandu munye ekwakheni ubudlelwano obuthokozisayo.

# IZOLO LAKHO

Ingqondo esilayo ngokuba ngumyeni, umngane kumbe ijaha elihle, kumbe ukuba ngubaba ingabe indoda, konke kubangelwa yilokhu okulandelayo:

- sakhuliswa njani
- ngesikubona kusenziwa ngamanye amadoda
- izinto ezenzeka kithi empilweni zethu

Nxa sifuna ukuguqula indlela esiphatha ngayo ubudlelwano bethu njengabantu asebekhulile, kuqakathekile ukuba sikhangele izolo lethu.

## **Nanzi ezinye izinto zokucabanga ngazo:**

- Usakhula, yiwaphi amadoda ayeqakathekile njalo uwalandela empilweni yakho? Kuyini owakuthandayo kumbe owakuzondayo ngawo?
- Wawulobudlelwano obunjani loyihlo? Ufisa ukuba lobudlelwano obufanayo labantwabakho na?
- Yibaphi abesifazana ababeqakathekile empilweni yakhona? Babunjani ubudlelwano bakho labo?

Lokho owakufundayo kukwenza uzwisise njani ukuba yindoda? Ubudlelwano bethu labanye abantu busifundisa okuhle kanye lokubi. Kodwa ekucineni yithi esenza izinqumo zokucina ukuba siziphatha njani. Kuyenzeka ukugcina izinto ezinhle esazifundayo kuphela njalo sifunde ezinye ezinhle.

# UBUDLELWANO OBUPHUMELELAYO

Okwenza ubudlelwano buphumelele yikuphumela obala lokuzwisisa. Ukuthi ube ngumuntu olothando; bala izeluleko ezilandelayo.

## Woba lethemba elikhulu njalo utshengise ukwemukela

- Khuluma sobala lonkosikazi wakho ingabe intombi yakho.
- Yamukela ubunzima bomunye wakho. Tshengisa ukuzwisisa ngokwenza izinto hatshi ngamazwi kuphela.
- Woba ngoyamukela omunye wakho njalo obekezelayo

## Ziphe isikhathi sokwabelana lomunye wakho

- Lungisa izikhathi eziqakathekileyo zokubandawonye ukuze likhulumisane ngcono.
- Mbuke entweni ezinhle azenzayo
- Tshengisa ukuthinteka ukuze azi ukuthi uyamnakelana
- Nxa uthethe, yabelana lonkosikazi wakho izindaba zomuzi wenu. Lokhu kungaba mayelana lendlela yokufundisa abantwana benu ingabe ukuthi lisebenzisa njani imali yenu.
- Nxa usizwa uthokozile, yabelana lonkosikazi wakho leyontokozo. Lapho usebuhlungwini, kumbe ebunzimeni yabelana laye.

Ukuthembana lokwamukelana kuyindlela yokuba lobudlelwano obuthokozisayo.

### Ubudlelwano obuhle bakhelwe phezu:

- ✓ kokuthemba
- ✓ kokuthembeka
- ✓ kokukhulumisana
- ✓ kokuzimisela (ukwenza izithembiso)
- ✓ kokuba ndawonye
- ✓ kokunakelana
- ✓ kokukhululeka komunye

### Ubudlelwano obuhle ayisilokhu:

- × Ubukhwele
- × Ukufuna ngenkani
- × Ukufuna ukuqakathekiswa kakhulu
- × Ukungathembeki
- × Ubuqili (ukumenza enze angafuni ukukwenza.)
- × Ukuncitshana
- × Ukunquma zonke izinto.

# Imibono engaqondanga ngobudlelwano

Kwesinye isikhathi umabona kude, amaphephandaba kanye lezinye izingwalo kusipha imibono engaqondanga mayelana lobudlelwano. Kwesinye isikhathi ulwazi lwethu labanye abantu esibabukayo basitshengisa indlela ezingaqondanga zokuziphatha. Lezi ngezinye zezinto esingacabanga ukuthi ziliqiniso kodwa zingenjalo::

- **Sicabanga ukuthi uthando lokuhlangana emacansini yinto yinye.**  
Lokhu akusiqiniso. Sivame ukuxubanisa imizwa yokuya emacansini lothando. Uthando lwedlula ukufuna ukuhlangana emacansini lomunye, lumayelana lokufuna ukwabelana impilo yakho lomunye.
- **Nxa omunye wakho esiba lobukhwele, kutsho ukuthi uyakuthanda.**  
Lokhu akusiqiniso. Ubukhwele ayisiso sibonele sothando. Ubukhwele butshengisa ukungazithembi. Buvame ukutshengisa ukuthi umuntu olobukhwele ukholwa ukuthi umuntu athandana laye yinto yakhe. Ethandweni olujulileyo, sivikeleke okuzwayo okwenza sithembe esithandana labo.
- **Abantu bangatshengisa ukuthi basethandweni ngokuhlangana emacansini lalabo abathandana labo.**  
Lokhu akusiqiniso. Uthando ayisikuhlangana emacansini nje.



# Imibono engaqondanga ngobudlelwano

- **Ijaha lifanele ukubhadala indleko ukuze intombi ibelesikwelede emfaneni.**

Lokhu akusiqiniso. Kulungile ukuba abantu bobabili babelane indleko ingabe ukuthi intombi ibhadale indleko nxa ilemali enengi. Intombi kumbe owesifazana akabi lesikwelede sokuhlangana emacansini lawe ngoba ubhadele ekuvakatsheni lizikholisisa. Kuqakathekile ukukhumbula ukuthi ubhadale ngoba uyamthanda hatshi ngoba ufuna olunye ulutho esikhathini esizayo.

- **Owesifazana ophikisana lemicabango yakho akasumgane omuhle.**

Lokhu akusiqiniso. Umuntu munye ngamunye ubona izinto ngendlela ehlukeneyo njalo kuqakathekile ukuzwisisa ukuthi kungani omunye engavumelani lawe. Kwesinye isikhathi ukungavumelani kulusizo kithi ngoba kwenza sithathe izinqumo ezilokukhalipha ngokwenza sikhangelisise inhlangothi zonke zodaba.

- **Owesifazana akumelanga ale ukuhlangana emacansini**

Lokhu akusiqiniso. Abesifazana abasizinto zokuhlangana emacansini kuphela njalo balelungelo lokwala ukuhlangana emacansini loba ngasiphi isikhathi. Imizwa yokufuna ukuya emacansini ibangelwa yizinto ezimbalwa ezigoqela imizwa lesimo somuntu. Ukukhuthaza umgane wakho ukuba abelane lawe imizwa yakhe ekhululekile kuzalisiza lobabili ukuba lanelisane empilweni yokuhlangana emacansini.

# Imibono engaqondanga ngobudlelwano

- **Owesifazana oxoxa ngezamacansini libele lendlela**

Lokhu akusiqiniso. Owesifazana owenelisa ukuxoxa mayelana lokwemacansini uyazithemba njalo ufuna okuhle phakathi kwenu lobabili. Indaba yemacansini ifanele ukukholiswa ngababili abayenzayo.

- **Kwamukelekile ukuba owesilisa atshaye umkakhe kumbe amncitshe imali lokudla nxa elesizatho esihle sokwenza lokho.**

Lokhu akusiqiniso impela! Akulasizatho esihle sokutshaya omunye wakho. Indoda eyazi umlandu wayo ayitshayi kumbe ukuhlukuluza umnkayo nxa kulenhlophe, kodwa iyadinga indlela yokuqeda inhlophe ngendlela elokuthula.

- **Kuyingxenye yokudalwa kwamadoda ukuba abelabantu abedlula oyedwa bokuya labo emacansini**

Atshi, akusikudalwa okubangela amadoda ukuba lenani elithile labantu bokuya emacansini. Njengoba singabantu sifunda konke kanye lothando lokuya emacansini ngokwenzakala lapho esiphila khona. Amadoda labesifazana bayenelisa ukusa imizwa yabo emuntwini oyedwa. Nxa indoda isithi 'kuyimvelo' ukuthi ibelabangane abanengi sikhathi sinye, lokhu kutshengisa ukuthi wakufunda kwabanye. Ensukwini esiphila kuzo ezilegcikwane eliyingozi leHIV, ukusila kwethu kumi ekuzivikeleni lokungabi labantu abanengi esiya labo emacansini. Okuqondileyo yikuthi umuntu abelomngane oyedwa.

# AMALUNGELO OKUYA EMACANSINI KANYE LEMILANDU

Umuntu wonke, indoda ingabe owesifazana, ulelungelo lokuphathwa kuhle ngokulingene lokwabanye. Kodwa kumele sikhumbule ukuthi amalungelo ahamba lemilandu. I HIV luhlupho olukhulu elizweni lakithi. Abantu abanengi bathatha igcikwane le HIV ngokuya emacansini. Njengoba singabantu, silelungelo lokukholisa emacansini. Lelilungelo libuya lomlandu wokuzivikela ukuba ungathathi imikhuhlane yemacansini kumbe ukuyidlulisela kwabanye. Okulandelayo ngamalungelo lemilandu yemacansini esilayo:

## AMALUNGELO KWEZEMACANSINI

- Ukukhetha nini, lobani njalo njani ukuba uye emacansini.
- Ukukholisa emacansini
- Ukuzivikela engozini yemikhuhlane
- Ukuzivikela ekuthatheni isisu ongasifuniyo. Ukuba lempilakahle kwezemacansini njengokwelatshwa ingulamakhwa ukuhlolwa iHIV kanye lokucebisana mayelana lezokuhlela imuli.
- Ukuzivikela ekuthatheni isisu ongasifuniyo.
- Ukuzuza ulwazi ngezemacansini lezempilakahle yakhona kanye lokwelatshwa kwemikhuhlane yakhona, ingulamakhwa lokuhlolwa iHIV kanye lokucebisana.

## IMILANDU KWEZEMACANSINI

- Ukuhlonipha ilungelo lomunye elokwala ukuya emacansini
- Ukuzivikela ekuthatheni. ingulamakhwa kanye le HIV.
- Ukuvikela omunye wakho kungulamakhwa.
- Ukuzipha umlandu wokuthembeka ongangalowo owukhangelele kumnakho ingabe intombi yakho.
- Ukudinga lokusebenzisa ulwazi ngokuhlela imuli.
- Ukusebenzisa ulwazi olutholakeleyo ukuvikela impilo yakho.

# AMALUNGELO OKUYA EMACANSINI KANYE LEMILANDU

- **Ubukwazi ukuthi ukuvikela omunye wakho ozithweleyo ku HIV yikuvikela ingane yakho?**
- Khumbula ingane omunye wakho ayithweleyo ukuthi ngeyakho lawe. Ngakhoke kuqakathekile ukuqiniseka ukuthi amalungiselelo aleyo ngane enziwa nguwe lomunye wakho. Lokhu kugoqela ukuya esibhedlela sabazithweleyo lomunye wakho njalo lihlolwe lonke. Nxa omunye wakho etholakale elegcikwane le HIV, uzadinga usekelo lwakho ehlelweni lokuvikela ukudluliselwa kwegcikwane lisuka kumama lisiya emntwaneni. Nxa ungathembekanga komunye wakho ozithweleyo kumbe omunyasayo ubusuzuzwa igcikwane le HIV, kungenzeka ulithelele omunye wakho kumbe ingane yakho.
- Ukunakekela abantwana akutsho ukubapha okubambekayo kuphela, kodwa ukuba yisibonelo kubo. Nxa usebenza katshana langekhaya, cabanga ngokuthatha imuli yakho. Ingozi eziningi zemacansini zitholakala ezindaweni lapho amadoda asebenza khona engelamuli zawo kumbe omkawo. Ukuba lomkakho ndawonye lawe, kuyakusiza ukugcina umoya wokuba yimuli.

# INDABA KAJABU

UJabu wayesendleleni elungiselela ukuya ekhaya. Wayeselesikhathi eside engaboni imuli yakhe. Kwakunzima endodeni ukusebenza emgodini. Wayehlala lamanye amadoda izikhathi zonke. Kwakhuthi nxa efuna owesifazana, wayebhadala ukuba aye emacansini laye, kwaze kwafika isikhathi lapho uThembi weza ukuhlala laye. Enyangeni ezimbili ezedluleyo uThembi wabalekela uJabu, kungakho uJabu wayethabile ukuyabona umkakhe ekhaya.

UJabu wayesesaba. Wayesezwile ukuthi uThembi uyagula. Wezwa ukuthi uZama, omunye wamadoda enkomponi, wayeseleviki ebhubhile. UZama wayeke wathandana lo Thembi. UZama walahlekelwa ngumzimba njalo waswela amandla. UZama wacina esiya ekhaya lapho unina amgcina khona waze wafa. Wayengasasebenzi.

UJabu wayeselensuku engaboni uThembi. Abangane bakhe babethe uThembi sowanyamalala ngesikhathi lapho uJabu amcina khona, uThembi wayequbukile. Khathesi laye wayesequbuke eceleni kobuso langemuva.

## Imbuzo yokuzibuza:

- Kuyini, nxa kukhona, uJabu okumele akutshale umkakhe bengakayi emacansini? Kungani kumele amtshale kumbe angamtsheli?
- Nxa angaya emacansini laye, kumele azivikele ngekhondomu na?
- Uzamtshela njani umkakhe ukuthi ufuna bazivikele?
- Ulelungelo na uJabu ukuya emacansini lomkakhe nxa umkakhe engafuni?
- Ulelungelo na lokuthi athelele umkakhe igcikwane le HIV?

# Indaba kaJabu

## Kungani kuyingozi ukuba labantu abanengi oyalabo emacansini?

- Ukuba lobantu abedlula oyedwa oyalabo emacansini sikhathi sinye kungatsho ukuthi uyingxenywe yobulembu bemacansini. Kubulembu bemacansini, loba ulabangane ababili, ususengozini yokuthelwa igcikwane elivela kulabo abathandana lalabo othandana labo. UJabu, uThembi, lomkaJabu kanye labobonke abaya emacansini loThembi basebulenjini bunye bemacansini.
- Lokhu kutsho ukuthi loba ungayi emacansini lalabo omunye wakho ayalabo emacansini; ususengozi yokuthelwa imikhuhlane evela kubo. Ngakho nxa umuntu oyedwa ebulenjini bemacansini ethole igcikwane leHIV, kuyenzeka ukuthi bonke abasebulenjini balithole lelogcikwane nxa bengazivikeli izikhathi zonke.
- Abantu bacabanga ukuthi akumelanga basebenzise amakhondomu nxa besiya emacansini lomuntu oyedwa zonke izikhathi, lanxa kungabantu abedlula oyedwa. Lokhu akusiqiniso. Abantu oyalabo emacansini bangaya emacansini labanye abantu. Nxa oyedwa wenu angathola igcikwane le HIV lonke selingalithola.



## Indaba kaJabu

### **Ungazithola ususesimeni sikaJabu njalo ufuna ukukhuluma lomunye wakho ngokuzivikela, nanzi izinto ongazenza:**

1. Kuqakathekile ukwenza lokhu lingakayi emacansini lingazivikelanga. Loba lonke lobabili lingathokoza ngokuhlangana ngemva kwesikhathi, dinga ithuba lokuthi lixoxisane.
2. Cabanga ngokukhuluma kanje: "Besengikukhanuka kakhulu njalo ngiyathokoza ukuba sekhaya. Singakayi emacansini sobabili, kulento engifisa kesixoxisane ngayo. Angikwenzi lokhu ukukulimaza, ngoba ngiyakuhlonipha njalo ulungelo lokwazi"
3. Kumele uzimisele ukuthi omunye wakho angatshinga okumangalisayo. Angakhala kumbe athethise. Zilungiselele ukuphendula ngokubekezela langokuthula ongakwenelisa.
4. Kusiya ngokuthi omunye wakho uyakupha isikhathi sokuqhubeka, umcebise ukuthi ufisa lizivikele lobabili lize lihlolwe igcikwane leHIV.
5. Khumbula ukudinga okokuzivikela ukuze kuhlale kukhona eduze.

# Khumbula:

Omunye wakho angabe ekhathazekile ngegcikwane le HIV njalo angezwa ekhululeka ukuthi uleqiniso. Ukukhuluma ngegcikwane le HIV akuhlali kusitsho ukuthi omunye wenu kathembekanga kodwa kuyindlela yokuthwala umlandu njalo kutshengisa ukuthi uyanakekela.

## **Ukuba lobudlelwano obubalulekileyo lobulothando**

Imibono ekuleli phetshana mitsha njalo yehlukene. Nxa ulandela eminye imibono, uzafunda ukuba lobudlelwano obubalulekileyo njalo obulothando. Ngalokho uzakwenza impilo yenu ibengcono ngokwabelana inhlupho zenu lemilandu yenu.

Khumbula ukuthi ukuthathana lobudlelwano yibungane. Njengezithandani kumele lisebenze ndawonye ukuze lithuthukise ubudlelwano benu.



## Zimisele ukugcina uthando lwenu

**Ngikhetha ukuba...**

**Ngikhetha ukuba...**

**Ngikhetha ukuba...**

**Ngikhetha ukuba...**

**Ngikhetha ukuba...**

**Ngikhetha ukuba...**

**Ngikhetha ukuba...**

**Ngikhetha ukuba...**

**Ngikhetha ukuba...**

**Ngikhetha ukuba...**

### **Uyadinga usizo?**

Nxa ufisa ukwazi okunengi, vakatshela kwabezempilakahle abaseduze lawe kumbe abe "National Aids Council" abaseduze lawe.

Head Office:	04-971171	Mashonaland East:	079-22008
Harare:	04-708070	Mashonaland Central:	011878935
Bulawayo:	09-884077	Matebeleland North:	09-882943
Manicaland:	020-64324	Matebeleland South:	084-22631
Midlands:	054-220084	Masvingo:	039-262097
Mashonaland West:	067-22741		