

UBUDLELWANO OBULOTHANDO

Ukubuthola lokubugcina



Kubhadale iExpanded
Support Programme

khuluma soba
virelaka i nembeka
abantu abale HIV sebenzisa amakhondomu kokuphela FUN
Ukuhlonipha phakathi kwbobaba lab

OKUMUNYETHWE YILOLUGWALO

Sonke siyanakekela izithandwa zethu. Kwesinye Sisikhathi kunzima ukuthi senze labo esibathandayo bakwazi ukuthi siyabanakekela njalo siyabathanda ngempela. Okuqakathekileyo okumele sikukhumbule yikuthi abanye abantu abenelisi ukwazi lokho okusengqondweni zethu. Nxa singabatshelanga ukuthi sizwanjani ngabo angeke babekwazi.

Ngalezinsuku sibhekane lohlupho lweHIV lengculaza. Imikhankaso yokudingulwazi isitshengise ukuthi indubo esihlangana lazo phakathi kokuzwanana lokuthandana kwethu kulakho ukwengezelela amathuba okuthi siwele engozini yokuthola igcikwane le HIV. Lolugwalo luzasiza izithandani ekukhulumeni lekwakheni ubudlelwano babo. Kaluqondananga le HIV kuphela, kodwa lumayelana lokwakha ubudlelwano benu. Kulolwazi lapha lokuba lingaqala ukukhulumisana phakathi kobudlelwano lokuthi lingaqhubeka njani likhulumisana. Kuzalinceda ukuxoxisana ngelikufuna phakathi kokuthandana kwenu.

Kuhle ukuthi libale lolugwalo lindawonye lesithandwa sakho.

UKUFAKA ISISEKELO ESIQINILEYO SOBUDLELWANO BENU

Ekuqaleni kobudlelwano, ukuhawukela lokukholisa ukuhlangana emacansini kuvame ukuphanjaniswa ngabacabanga ukuthi luthando. Chithani isikhathi lindawonye lisenza ezinye izinto, hatshi lihlangana emacansini kuphela. Ukuhlangana emacansini ayisilothando. Thathani isikhathi lifundana ukuze wazi omunye wakho akutshoyo lakukholwayo. Kuqakathekile ukuxoxa ngengozi elake lazifaka kuyo mayelana leHIV lokuba lingazivikela njani kubudlelwano benu obutsha. Kuqakathekile ukuthi lobabili liyehlolwa iHIV. Khumbula ukuthi loba litholakale lingelagcikwane, kungabe kubangelwa yikuthi alikabonakali.

Yazi izidingo zakho njalo ukhulume ngazo

Ubudlelwano ayisimdlalo wokucabangela. Kwesinye isikhathi amadoda labafazi bayesaba ukutsho abakufunayo. Basuka badaniswe njalo bathukuthelele izithandwa zabo ngenxa yokungabathokozisi. Khuluma lesithandwa sakho asikwazi okusengqondweni yakho.

USIMON UKHUMBULA NGOTHANDO LWAKHE LO SIPO

Engangikufisa kuye yikuthi angisekele nxa ngidlala inguqu, kodwa wayehlala ehamba ukuyaziithokozisa labangane bakhe. Ngabona sengathi kalandaba lami kanye lengikwenzayo.

Ngemva kwesikhathi eside sehlokana, ngananzelela ukuthi wayecabanga ukuthi ngifuna ukuba labangane bami kuphela ngemigqibelo emini. Yikho engazange abuye ukuzangibukela ngidlala ibhola.

- Kungani uSimon lo Sipo balana?
- Ubona sengathi kwakungaba khona umehluko ngabe uSimon wacela uSipo ukuthi abuye azembukela edlala ibhola?

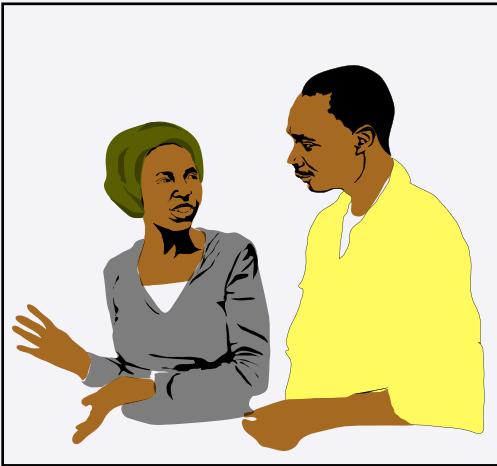
Yenzani izinto ndawonye

- Ubudlelwano bothando kulezinsuku abeyami emicabangweni yakudala. Isibonelo: safundiswa ukuthi imisebenzi ethile yenziwa ngabesifazana, kuthi eminye yenziwe ngabesilisa. Kuyinto ejabulisayo ukuba livumbuluke lendlela ezintsha zokwenza izinto. Nxa abantu ababili bechitha isikhathi ndawonye, bayaqala ukufunda okunengi ngomunye. Ukudingisisa izinto ezijulileyo ezifunwa yisithandwa sakho laloko akukhangelele ukuthi ukwenze ebudlelwaneni benu kungasiza ukukhulisa uthando lwenu.



Ukufunda ukuxoxisana.

Into yakuqala okufuze uyazi yikuthi ubudlelwano obulothando bakhiwa ngokukhulumisana okucacileyo langokuthembeka. Nanzi ezinye indlela ezilongedo zokukhuluma:



- Ukuba leqiniso – yonke into oyikhulumayo kumele ibe iqinisekile
- Yamukela abanye – kumele uphathe abanye kuhle njengabantu abalemizwa njengawe.
- Nanzelela utsho umbono wakho– nxa ungabeka umbono mayelana lendlela omunye wakho aziphatha ngayo loba enza ngayo okhuluma ngakho. Isibonelo:

nxa engathi kulungile sikhulume kodwa engakulaleli nxa ukhuluma, uyenelisa ukuthi: “uthi ngikhulume kodwa awungilalelanga”

- Umbuzo – uyenelisa ukubuza imibuzo engadingi mpendulo ukuthi wazi okunengi. Isibonelo: nxa ungacela omunye wakho ukuthi akuphekele ukudla kwantambama ungambuza uthi, “uzwa njani ngalokho?”
- Lalelisisa – ngesikhathi ulalele omunye ekhukluma, cwayisisa akutshoyo langendlela akutsho ngayo, ukhangele ubuso bakhe ukuthi ubukeka njani kanye lokuthi umzimba wakhe umi njani ngesikhathi ekhuluma.



- Qedisisa –qedisisa ngokubuza umbuzo ukuze wazi ukuthi lokho ocabanga ukuthi yikho, yikho ngempela. Isibonelo, uyanelisa ukumbuza omunye wakho usithi “ ngiqondile yini ukubona sengathi awufuni kungisiza ukupheka ukudla kwantambama?”



- Hambelana lokuthula lanxa liphakathi kwe ngxoxo – nikeza umuntu okhuluma laye isikhathi sokucabanga, ungaphong`kweqela ukhulume nxa esathule.

- Ungahluleli – yamukela imibono yomunye wakho lezenzo zakhe hatshi ukuqhubekisela phambili eyakho imibono kuphela.

- Zwelana labanye – zama ukuzwisisa indlela omunye wakho ezwa ngayo njalo umazise ukuthi uyamzwisisa. Isibonelo, “lami ngiyakuzwa lokhu okuzwayo khathesi njalo ngiyazikhathaza ngakho.



- Nciphisa inkulumo – inkulumo encitshiswe kühle igogqela konke okukhulunyweyo okungafana lemicabango, lemezwa okukhulunywe ngayo. Ukunciphisa kuyanceda ukuthi umuntu abone ukuthi uzwisisa okungakanani, lokuthi yena ungaphi kuleyongkulumo kanye lokuthi uyangaphi ngayo. Ibuya itshengise ukuthi ubulalele omunye wakho ekhuluma lawe.

- Gcizelela kusiphetho sengxoxo yenu – nxa kade likhuluma ngendaba eqakathekileyo kakhulu,

kuqakathekile ukuthi liphethe ingxoxo yenu ngokuchaza ukuthi lizakwenzani ngalokho eselikuvumelene.

Nxa lobabili lingasebenzisa indlela lezi ekukhulumeni kwenu ukuxoxisana kwenu kuba lula.

Khumbula ukuthi kumele uzejwayeze ukukhuluma. Qala ngokuthi ubuze omunye wakho ukuthi utshone njani. Nxa ungaqhubekela phambili ukhuluma usebenzisa lezindlela uyejwayela ukuxoxa okuzakwenza wenelise ukukhuluma langezinto eziqakathekileyo.

Ukukhuluma ngezinto okunzima ukukhuluma ngazo

Kukhona izinto ezinzima ukukhuluma ngazo phakathi kwezithandani, ezinjengokuthi nxa omunye esuke wangathembakali komunye wakhe, ukukhuluma mayelana lokuba lomntwana, ukukhuluma ngokuya hlolwa iHIV, kumbe indlela elingasebenzisa ngayo imali yenu. Kuqakathekile ukuthi uzinike isibindi ukhulume ngezinto okunzima ukukhuluma ngazo nxa ufuna ukuthi ukuzwanana kwenu kuqhubekele phambili kakuhle

Ezinye izinto ongafuna ukuzifaka engqondweni:

- Kuqakathekile ukuthi wenze lokhu nxa lobabili lilesikhathi. Dinga isikhathi lapho kungekho lutho olungaliphazamisa.
- Zilungiselele ukuthi omunye wakho angehluleka ukwemukela kuhle inkulumo leyo. Angakhala loba atshinge. Zilungiselele wena ukuthi uzabekezela njalo uphote ngendlela owenelisa ngayo. Uzilungiselele ukuthi omunye wakho angala lokukulalela.
- Ungacela omunye umuntu onjengenduna kumbe umfundisi ukuba alisize phakathi kwesikhathi esinzima sothando lwenu.
- Cabangisa ngokuthi leyonkulumo uzayiqala njani. Isibonelo " kukhona into ebengifuna ukuyikhuluma lawe. Angiyikhuluma ngayo lawe ngoba ngifuna ukukuzwisa ubuhlungu, kodwa ngoba ngikuhlonipha njalo ngoba ulungelo lokuthi ubekwazi.



Ukuqhubekela pambili ukholisa ukhlangana emacansini ebudlelwaneni benu.

Kwesinye isikhathi sasibone angathi indlela esiyangayo emacansini isijwayeleke kakhulu njalo kayisemnandi. Kungabanzima ukuthi sixoxe lezithandwa zethu ngalokhu kanti futhi singacina sesifisa ukukhangela ngaphandle sidinga ukuya emacansini. Ukhlangana emacansini ngaphandle komtshado kusibeka engozini yokuthola iHIV njalo ukwesaba lokhu kusenza singakholisi ukuya emacansini. Nxa singazejwayeza ukuxoxa ngezinto ezitshiyeneyo kuyasanceda ukuthi sibone kulula ukuthi sikhulume ngezokuya emacansini

Ukuze ugcine impilo emnandi yokuya emacansini emtshadweni, khumbula ngalezizinto:

- Obaba labomama balelungelo lokukholisa emacansini.
- Ukhlangana emacansini kuyanceda ukuthi uthando luhlale luvutha inxa zonke njalo kuyasiza ukuthi abathetheneyo bahlale bethokoza kungela ongathembakalanga komunye.
- Impilo yokuya emacansini emnandi okwempilo yonke ayenzakali nje mahlayana.

Kuyini ongakwenza ukuthi ugcine impilo emnandi yokuya emacansini.?

- Obaba labomama kumele baxoxe ngabakuthandayo nxa besemacansini. Omunye lomunye ulakho ukuthanda izinto ezitshiyeneyo njalo awungeke ucabange ukuthi umkakho uthandani embhedeni ngaphandle kokuthi umbuze beselivumelana ukuthi lizakwenza njani lokho ukuze lithokozisane emacansini.

- Ukubuza ukuthi umkakho uthandani nxa esemacansini akutsho ukuthi awulancedo emacansini, kutsho ukuthi ulothando lomunye wakho.
- Nxa umdlalo wemacansini umnandi kubadlali bobabili, ukuhlangana emacansini kuyenelisa ukuthatha isikhathi eside. Ukusuthisana emacansini kwenza lamukelane njalo lithandane ngcono.
- Kuthatha isikhathi eside ukuthi owesifazane azizwe eseyifuna indoda kulesikhathi esithathwa yindoda, ngakho indoda kumele ithathe isikhathi eside idlaladlala isangana lowesifazane ukuze asuthiseke nxa sebehlangu.

Kuyini okungenqabela ukuthi ukholise emacansini?

- Nxa omunye esesabela ukuthi omunye wakhe ubengathembekanga uyabe esesaba ukuthelelwa iHIV lengulamakhwa lokho ukwenqabela ukuthi bakholise ukuhlangana emacansini. Ukuthembeka kusithandwa sakho esisodwa yinto eqakatheke kakhulu.
- Sivame ukubona abantu abahle okumangalisayo kumabona kude lasemifanekisweni kodwa kumele sikhumbule ukuthi labobantu abafanani labantu abasempilweni zethu. Indlela umzimba wakho okhangeleka ngayo awenzi ukuhlangana emacansini kube ngcono loba kube kubi ngamandla. Ukuhlangana emacansini okumnandi kuphathelane lalokho elikwenza libabili okulithokozisayo emacansini.
- Kungcono ukuhlangana emacansini umuntu egezile emuhle njalo enukelela. Abafazi kumele bakwazi ukuthi kulungile ukuthi bageze ingaphandle yesitho sabo sangasese kodwa hatshi ngaphakathi ukuze bangaphazamisi inyama zangaphakathi ezibuthakathaka okucina kuvumela amagcikwane ukuthi angene lula kubo.
- Kwesinye isikhathi kunzima ukuthola isikhathi lendawo yokuhlanganela emacansini. Abantwana bayabe bekhona, njalo kunzima ukuthola indlu engelampazamo. Zama ukwenza amacebo okuthola lesi sikhathi. Cela izihlobo loba omakhelwane ukuthi bakukhangelele abantwana ekuseni loba ntambama kumbe ngempelaviki njengoba ufuna ukubonana lalowo omthandayo oqakathekileyo.



Imicabango engaqondanga mayelana lokuya emacansini.

- Abanye abantu bacabanga ukuthi abafazi abaselandaba loba abasakholisi ukuya emacansini nxa sebekhulile. Akusiloqiniso leli. Abafazi bayakholisa ukuya emacansini lanxa sebengasayi esikhathini. Akula sizatho ukuthi bengasahlangani emacansini ngemva kwalesisikhathi.
- Abanye abantu bacabanga ukuthi abafazi abaselandaba loba abasakholisi ukuya emacansini nxa bezithwele. Akusiloqiniso leli. Abafazi bangakholisa ukuya emacansini ngesikhathi bezithwele kodwa kuqakathekile ukwazi ukuthi imizimba

yabo

- ingaguquka ngenxa yokuzithwala lokho kungaguqula indlela abakhanuka ngayo ukuya emacansini.
- Abanye abantu bacabanga ukuthi ukuhlangana emacansini phakathi kwabathetheneyo kumele kwenzakale ebumnyameni embhedeni. Akusiloqiniso leli. Zamani ezinye indlela zokuhlangana emacansini ezitshiyeneyo kodwa lingabambani ngamandla . Lingazama ukuya emacansini kukhanya kumbe lisendaweni etshiyeneyo. Lilakho ukuzama ukuhlangana lithethe izimo ezitshiyeneyo.
- Abanye abantu bakholwa ukuthi abesifazana abangamawule yibo bodwa abakholisa ukuhlangana emacansini njalo owesifazana owendileyo kumele athobeke embhedeni (ekamelweni). Lokhu akusiloqiniso. Amadoda labafazi abathetheneyo balakho ukuba bakholise ukuhlangana emacansini lokuba badinge indlela ezingenza kube yinto emnandi kubo

I HIV lawe

Kuqakathekile ukuthi wonke umuntu ohlangana lomunye emacansini azi mayelana le HIV le AIDS. Lokhu kunjalo ngoba iHIV ithelwana ngokuya emacansini. Inengi labantu alikwazi ukuthi lilegcikwane le HIV. Awungeke wenelise ukubona ukuthi umuntu uselegcikwane le HIV ngokumkhangela nje kuphela. Kungathatha iminyaka ethile ukuze umuntu atshengisele ukuthi usele HIV emzimbeni wakhe.

Kuqakathekile ukuthi uxoxe lalowo oya laye emacansini mayelana lengozi zokuthola iHIV. Abantu bakholwa izinto ezinengi ezingaqondanga ngokuya emacansini. Nxa sithandana lomunye umuntu kumele sazi ukuthi lowomuntu angabe wake waba lomunye athandana laye ngaphambilini.

Abantu abanengi abakwazi ukuthi kuyenzaka ukuthi phakathi kwababili abathandanayo omunye abe legcikwane leHIV omunye engalalo lanxa behlangana emacansini bengazivikelanga. Basuka bacabange ukuthi akuqakathekanga ukuzivikela nxa uhlangana emacansini lomuntu osewake wahlangana laye. Kodwa kweleZimbabwe, phakathi kobudlelwano bezithandani obuyisikhombisa obubodwa bule zithandani lapho omunye ele HIV omunye engalayo.

Kumele ukuthi sibonisane lezithandwa zethu ngokuvikeleka nxa sisiya emacansini ngendlela esivikelayo ku HIV. Ukuxoxa ngalezindlela akutsho ukuthi asibathembi esithandana labo, kodwa kutsho ukuthi siyabathanda njalo sithanda ukuthi sonke sihlale sivikelekile ku HIV silempilakahle.

I HIV lawe

Khumbula: Kuqakathekile ukuthi njengezithandani lazi izimo zenu mayelana le HIV lingakahlangani emacansini lingazivikelanga. Liyenelisa ukuyahlolwa loba selike lahlangana emacansini lingazivikelanga.

Nxa ngikhatshana lesithandwa sani: Ngenzeni?

Kukholelwa ukuthi okubangela ukwanda kwe HIV ezansi Africa yikuthi abanengi basebenzela kumbe bahlala katshana lezithandwa zabo besebeqala ukuba labanye abathandana labo. Nguwe ongazikhethela ukuhamba lemuli yakho lapho osebenzela khona. Kungabanzima, kodwa kuqakathekile empilweni yemuli yakho. Nxa ungenelisi ukuhamba lesithandwa sakho lemuli yakho, kuqakathekile ukuba ukhulume lesithandwa sakho ngendlela zokusivikela.

Ngiyazihlupha ngokuthi uzamelana njani laso isizungu njengoba uzabe ukhatshana lami okwezinyanga singayi emacansini.



Ngubani owakutshela ukuthi umuntu uyafa nxa engahlala engahlangani lomunye emacansini? Utsho ukuthi uzabe usudinga enye indoda ngesikhathi ngifulathela?



Akuwona umqondo wami lowo John kodwa phela ngalezinsuku ze HIV kumele sizinazelele kakhulu. Ukuthembeka yiso isithembiso sethu kodwa nxa ungalingeka woba leqiniso ukuthi usebenzisa ikhondomu.



Kungcono ngoba uthi loba ngubani phakathi kwethu angalingeka ngoba lina abafazi licabanga ukuthi amadoda yiwo wodwa ahamba elala laphalalapha.



Yebo, ngiyavuma ukuthi lokhu yikho abantu abakucabangayo, kodwa sonke kumele sizinikele ekulwiseni ingculaza sisenzela ikusasa lethu labantwabethu.



Ngiyabonga isithembiso sakho. Singinika ukuthula enqondweni, lami ngizaba ngothembekileyo ohlanzekileyo.

Ngiyavuma njalo ngiyathembisa ukuthi ngizaba ngothembekileyo ohlanzekileyo.

Sithemba uthole lolugwalo lulusizo. Imibono exoxwe lapha ingabamitsha kuwe, kodwa singakhuthaza ukuba lithathe izinqumo lilobabili ngelizakwenza ukugcina uthando lwenu.

Zimisele ukugcina uthando lwenu

Ngikhetha ukuba...

Ngikhetha ukuba...

Ngikhetha ukuba...

Ngikhetha ukuba...

Ngikhetha ukuba...

Ngikhetha ukuba...

Ngikhetha ukuba...

Ngikhetha ukuba...

Ngikhetha ukuba...

Isibongo

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

- imali ukuze lumsebenzi uphumelele
- ubungcitshi ukuze siqiniseke ukuthi ulwazi olulapha luqondile njalo luhambelana lesikhathi
- imibono kusahlolisiswa enkabazwe njalo basipha ukuchothoza 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.

Uyadinga usizo?

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

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