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5



6

witchcraft

7

Kakaretso

Motshameko o o diretse go tsibosa bana go ithuta go bua ba phuthulogile ka bolwetsi jwa HIV le AIDS le tsa thobalano. Gape o diretse go ba itsise ka ga dikotsi ya thobalano, segolo tshwaetsego ka mogare wa HIV.

Go buiwa ka dikotsi tsa thobalano e e sa sireletsegang ka mokgwa o o namatshang. Motshameko o diretse go sedimosa ka tshwaetsego ya HIV le AIDS ga mmogo le twantsho ya kgethololo mo bathong ba banang le bolwetse jo.

Dira gore bana ba tshameke go ya ka ditaelo pele le bua ka setlhogo.

Ditaelo ka ga motshameko wa Love.Check (Palo ya batshameki ke go simolola ka 2 go fitlha ka 8).

- Tlhopa mongwe go pepafatsa morago ga motshameko; netefatsa gore motshameko o tsentswe mo lebokosong la one.
- Tlhakatlhakanya dikarata o be o lebisa legodimo kwa tlase.
- Tlhopa gore go simolola mang, o tlhopa dikarata tse pedi mme o dipitkolole.
- A di tshwantso tse pedi di a tshwana? O ka nna wa tshwara dikarata tse pedi mme wa tlhopa tse pedi gape; di pitkolole gape.
- A ditshwantso tse pedi tse di a farologana? Dipitkolole mme o di busetse kwa o di tsereng teng.
- Jaanong ke tshono ya motshameki yo mongwe go tlhopa dikarata tse pedi.
- Fa dikarata di sena go beiwa ka go tshwana ga tsone, motshameko o fedile.
- Motshameki o o nang le dikarata tse ditsaemelanang di le dintsi ke ena mofenyi.

Motshameko o fedile, ao nagana jalo?

Go bagolo, barutisi le barutwana:

Morago ga motshameko o ka thusa batshameki go batla melaetsa e le me nne e e tlhagisiwang mo motshamekong wa dikarata.

- 1 Molaetsa wa ntlha ke wa bolwetsi jwa AIDS mo lapeng: Karolo ya mmala wa lephutse.
- 2 Molaetsa wa bobedi ke wa basimane le basetsana ba ba ratang ba le mo kotsing ya thobalano: Karolo ya mmala o mohibidu.
- 3 Molaetsa wa boraro ke ka ga mosetsana yo o mo kotsing; sekai, kotsi ya go betelelwa le go ithwala. Karolo ya mmala o motala.
- 4 Malaetsa wa bone ke wa dinelwana, dikotsi le temoso: Karolo ya mmala o botala jwa legodimo.

Lebelela ditshwantso mme o bue le bana ka melaetsa e e mo motshamekong o.

O bana eng? O itse eng?

Ditshwantso tse di tlhagisa tshedimose tso mabapi le mekgwa ya go fapoga go tshwaediwa ka mogare wa HIV. Ditshwantso di thusa bana go bua ka ditori tsa bona le maitemogelo a bona ka batho ba ba baitseng ba tshela ka bolwetsi jwa AIDS, le ka letshogo le mekgwa ya go lebana le bophelo jwa batho ba ba tshwaeditsweng ka mogare wa HIV mo maphelong a bona letsatsi le tsatsi.

Go bua ka mogare wa HIV le bolwetsi jwa AIDS ka dinako tse dingwe go tlisa ditlhogo (topics) tse di thata. Motho yo mongwe le yo mongwe o tshwanetse a utlwisise ditumedi le mekgwa e maleba le tsa bong go tswa kwa malapeng a bone, le morago la setso le bodumedi jwa bone. Motho yo mongwe le yo mongwe o le baganwa ke dipotso tsa thobalano mo matselong a bona.

Dira gore bana ba bue ka ditoro le maikarabelo a bone. A ba ka dirafatsa jaaka batho ba ba mo ditshwantshong? gongwe ba ka dirafatsa go farologana le bone? Kgotatsa bana gore ba nne motlotlo o be o ba rotloetse go bua nnete ka dilo tse di ba palelang. O ka dirisa tlhaloso e e mo letlhakoreng la bukana e.

Gakologelwa: Ditaelo tsa gago di mosola mo baneng! Basimane le basetsana ba tshwanetse go ithokomolola thobalano e e sa sireletsegang go itshireletsa le go sireletsa balekane ba bone. Basimane le basetsana ba tshwanetse go ithuta go re **NYAA** fa basa batle go robalana.

O ka tshwaediwa jang ke mogare wa HIV le AIDS?

O ka tshwaediwa ke mogare wa HIV fa o ka tsenwa ke madi gongwe matute a bonna a a nang le mogare wa HIV. Se se ka diragala ka thobalano e e sa sireletsegang. Gape mogare o ka tshelwana go tswa go mme go ya go ngwaneng fa mme a imele gongwe mo leseeng le le anyang, fa mme a tshwaeditswe ke mogare wa HIV.

90% tsa batho ba ba tshwaeditsweng ka mogare wa HIV ke ka ntlha ya thobalano e e sa sireletsegang.

HIV ke eng?

Ke leina la mogare o o bakang bolwetsi jwa AIDS. O ka tshwaediwa ka mogare wa HIV. Mogare o o tsena mo mmeleng wa gago mme wa simolola go bolaya masole a mmele. Motho yo o nang le mogare o bidiwa motho yo o tshwaeditsweng ka HIV. Fa o tshwaeditswe ke mogare wa HIV ga o lwale e bile ga ona AIDS.

Fa ona le mogare wa HIV go na le melemo e e go kgontshang go tshela sentle, fela o tshwanetse go nwa melemo e letsatsi le letsatsi ka nako e le ngwe fela botshelo jwa gago botlhe. Go santse go sena kalafi ya bolwetsi jwa AIDS.

A o ka kgona go bona fa motho a tshwaeditswe ka mogare wa HIV?

Nyaa. Motho a ka lebege a itekanetse, mme a na le mogare wa HIV. O ka itse fela fa motho a na le dipholo tsa diteko tsa HIV tse di amogelesegileng.

O ka dira eng fa o belaela gore o ka ne o tshwaeditswe ka mogare wa HIV gongwe o na le dipotso?

E ya kwa bookelong, ngaka gongwe motho yo o motshepang. Ba tla itumelela go go go thusa o kope gore ba okobatse maikutlo a gago mme ba dira diteko tsa mogare wa HIV mo go wena.

O ka dira jang go itshireletsa gore o seka wa tshwaediwa ka mogare wa HIV le go tshwarwa ke bolwetsi jwa AIDS?

Leka go ikgatholosa thobalano e e sa sireletsegang. Ka nako tsotlhe e le tlhoko gore thobalano ya gago e sireletsegile.

Go na le mesomelano ya banna gongwe le ka dirisa ya basadi. Gape dirisa dithibela pelegi gore o seka wa ithwala.

Ga go botlhofo go gana thobalano e e sa sireletsegang gongwe go kopa molekane wa gago go dirisa mesomelano fela gakologelwa gore ke boitekanelo jwa gago le molekane wa gago.

Gape le ka dumelana go busetsa thobalano kwa morago le go tshhepagala mo molekaneng a le mongwe yo o sa tshwaediwang.

Tsayang maikabelo a bokamoso jo boitumedisang, itlhokomele o be o tlhokomele molekane wa gago.

Leka go fapoga maemo a a kotsi jaaka tiriso ya bojwala le diritibatsi gongwe go nna mosetsana a le mongwe mo gare ga basimane ba le bantsi.

Batla tshegetso:

Leletsa mogala wa thuso gongwe segongwa sa thotloetso ya bolwetsi jwa AIDS.

O ka se ka wa tshwaediwa ka mogare wa HIV fa o:

Dumedisa ka letsogo, atla motho, tlamparela, dirisa ntlwana boithusetso, kantoro, sekolo gongwe letangwana la go thuma, diaparo, dijo, digalase, maswana, dijana le motho o o nang le mogare wa HIV. Gape o ka seka wa tshwaetsega fa o longwa ke ditshenekegi gongwe lemao le le phepafaditsweng.

Ga gona motho yo o ka tshwaediwang ke mogare wa HIV ka ntlha ya monkgo, mofufutso, dikeledi gongwe moroto.

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Tlhaloso e e khutsafaditsweng ya ditshwantsho le ditori tse ditlhagisitsweng mo karateng

- 1 Rre o ko bookelong o fetsa go utlwa gore o tshwaeditswe ka mogare wa HIV
- 2 Rre o bolella mme ka bolwetse jwa gagwe.
- 3 Mme o ya bookelong o batla go dira diteko tsa HIV
- 4 Mme o bolelela ba lapa la gagwe gore le ene o tshwaeditswe ka mogare wa HIV. Ba utlwa botlho.
- 5 Rre o dira dikgatiso ka ga dithotho tsa gagwe gore bana le mosadi ba tseye dilo tsotlhe tsa gagwe fa a sena go tlhokafala.
- 6 Ba lapa ba dira mo tshingwaneng. Go bothokwa gore ba losika le ditsala ba tlhokomele motho o o tshwaeditsweng ka mogare wa HIV. Lekang ka bojotle go nna mmogo.
- 7 Ba lapa ba ja mmogo. Le fa mme a na le bolwetsi jwa AIDS, go sireletsegile go tshwara sejana le leswana le a le dirisang kgotsa le a le dirisitseng.
- 8 Tsala ya ga mme ya mo tlhokomela, e mo tsisetsa maungo le dino. Dijo tse di itekanetseng di natlafatsa mmele.
- 9 Ditsala di etela mme ebile di a morapelela. Tlhokomelang balwetsi ba AIDS ka dinako tsotlhe. Go bothokwa go leka go bua o phuthulogile ka bolwetse jwa HIV le AIDS.
- 10 Batho ba banang le mogare wa HIV ba ka dirisa diokobatsi tse di bediwang Anti Retro Viral pills: ba dinwa letsatsi le letsatsi nako e le ngwe botshelo jwa bone jotlhe.
- 11 Tshegetso le ditwammung tsa dingaka tsa setso di ka dira gore molwetsi a ikutlwe a le botoka.
- 12 Mme le bana ba ntse mmogo etswe mme a na le bolwetse jwa AIDS. O ka seka wa tshwaetswa ke mogare wa HIV ga o tlamparela motho o o tshwaeditsweng.
- 13 Mme o ne a gomodiwa kwa sepetlele ke ba lapa la gagwe le ditsala. O tsile go tlhokofala.
- 14 Mme o tlhokafetse. Go sa ntse go sena kalafi ya bolwetse jwa AIDS. Go a thusa go buisana le digongwana tsa tshegetso ka ga tatlhegelo ya tsala le leloko lelapa la gaeno.
- 15 Leka go ya sekolong, dira bojotle jwa gago go ithuta. Se se ka go direla bokamoso. O itlhopela eng, O itse gore o santse o na le bokamoso.

- 1 Fa basimane le basetsana ba nwa dinotagi le diritibatsi ba ka se nagane ka thobalano e sireletsegileng. Nna o ntse o ipaakantse.
- 2 Basimane ba bua ka mesomelano. Tsayang maikarabelo lotlhe. Go siame go dirisa mesomelano
- 3 Basetsana le basimane ba a ratana.
- 4 Mosimane o batla go robalana le mosetsana, o a gana, ba a dumelana go ema pele. Lerato la bona le tuka malakabe mme ba dumelana go emisa gosennyane ka tsa thobalano.
- 5 Mosimane mongwe o le ka go robala le mosetsana, mosetsana o a gana gonne a batla go tshepega. Thobalano e e sireletsegileng gongwe go nna le molekane a le mongwe ebile o tshepega ke mekgwa ya go netefatsa gore ga o tshwaediwe ka mogare wa HIV.
- 6 Ba batla go robalana, ka ntlha ya kotsi ya tshwaetsano ba dirisa mesomelano. Nnang le maikarabelo ka nako tsotlhe. Nna o sireletsegile

- 1 Mosimane o mogolwane o leka go pateletsa mosetsana go robalana le ene. Mosetsana o a gana. Katoga ditilo tse di ka dirang gore o pateletse thobalano.
- 2 Mmaagwe o a mothusa o kwatetse mosimane. O a mo gomotsa.
- 3 Mme le morwadie ba ya mapodiseng go tshwarisa lekau le.
- 4 Mme le morwadie ba buisana ka maitemogelo a.
- 5 Morutabana o batla go robala le mosetsana, o mo solofetsa dimaraka tse di a kwa godimo, mosetsana o a gana. Monna a ka ntsha mosetsana ka go morekela dijo gongwe dino mme seo ga se reye gore a ka iterela jaaka a rata ka mmele wa gagwe.
- 6 Kantlha ya thobalano e e sa sireletsegang mosetsana o a ithalwa mme ba palelwe ke go tswela ka sekolo.
- 7 Go a thusa go bua ka maitemogelo a gago le ditsala tsa gago gongwe batho ba bangwe. O ka leletsa 'Childline'. Ba tla itumelela go go reetsa ntle le go tlhagisa leina la gago.

- 1 Mogare wa HIV o matlhagatlhaga lefatshe ka bophara, ka jalo o tshwanetse go itshireletsa gongwe le gongwe.
- 2 O kase tshwaetsege ka go atla motho
- 3 O kase tshwaetsege ka go dirisa leswana, galase gongwe go kgoma motho o o tshwaeditsweng.
- 4 O kase tshwaetsege ka go dumedisana motho ka letsogo gongwe ka go mo tlamparela a na le mogare wa HIV.
- 5 O kase ke wa tshwaediwa ke ditshenekegi.
- 6 O kase tshwaetsege ka go dirisa ntlwana boithusetso le motho o o nang le mogare wa HIV.
- 7 O kase ka wa tshwaediwa ke ngaka ya setso, ebile a kase go fodise.

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