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INTSHA NEGCIWANE LE-HIV

Emhlabeni jikelele, intsha elinganiselwa ezigidini eziyi-10 ephakathi kweminyaka eyi-15 kuya kwengama-24 iphila negciwane le-HIV.

Intsha yaseNingizimu YaseNingizimu Afrika isengozini enkulu yokungenwa yigciwane le-HIV. Ngonyaka ka-2006 ingaphezu kwesigidi intsha ephakathi kweminyaka eyi-18 kuya kwengama-25 eyayiphila negciwane le-HIV. Yize ucwaningo lukhombisa ukuba phezulu kwezinga lolwazi lwentsha ngalokhu, kodwa basebani abantu abasha abenza izinto ezibabeka engozini enkulu yokungenwa yigciwane le-HIV. Izidakamizwa nokuya ocansini usemncane kubeka intsha engozini enkulu.

Iningi labantu abadala kanye nothisha bakuthola kunzima ukukhuluma nentsha maqondana nezocansi kanye negciwane le-HIV. Yize kunjalo, ucwaningo lwe-National Youth Risk Behaviour Survey lonyaka ka-2002 lwathola ukuthi abafundi abangama-41% bamaBanga 8, 9, 10 kanye ne-11 babeya ocansini. Kulabo bafundi, ingxenye engama-54% yabe isike yaya ocansini nabantu abangaphezu koyedwa futhi abafundi abangama-16% babekhulelwe.

Lapha eNingizimu Afrika, abesifazane abasebasha yibona abasengozini enkulu yokungenwa yigciwane le-HIV. Ucwaningo lonyaka wezi-2005 lwathola ukuthi ingxenye eyi-13% kubantu besifazane abangaphezu kweminyaka emibili babephila negciwane le-HIV, uma beqhathaniswa nabesilisa bona ababeyingxenye eyi-8%. Okubeka abesifazane engozini kakhulu yindlela okwakhiwe ngayo imizimba yabo, isimo sabo kwezomnotho kanye nobudlelwano bokuba namandla nokungabi nawo amandla.

Iningi lentsha lhlala ezindaweni ezingakwazi ukubhekela izidingo zentsha kwezempilo. Lapha kubalwe intsha yasemakhaya, intsha ephila emindenini ephethwe yintsha, intsha ehlala emigwaqweni kanye nentsha ehlala ezindaweni ezingenaso isizindangqangi esikahle sezempilo.

Kufuneka sakhe izinhlelo zokuvimbela igciwane le-HIV ezizoyisebenzela ngempela intsha futhi sandise nezikhungo lapho intsha izohlololwa khona igciwane ibuye ithole nokwelashwa.

Imithombo: Reproductive Health Research Unit, ASSA, HSRC 2005 HIV Household Survey, 2002 South African Youth Risk Behaviour Survey. UNAIDS, HIV National Strategic Plan, WHO.

INDLELA YOKUVIKELA INTSHA EKUNGENWENI YIGCIWANE KANYE NOKWELASHWA KWENTSHA

Kukhona imitholampilo yentsha emibili eKhayelitsha. Iphethwe yintsha futhi isiza intsha ephakathi kweminyaka eyi-12 nengama-30. Labo okufikela kubo abafuna usizo ngamavolontiya asemasha futhi nabahlengikazi lapha baneminyaka engaphansi kwengama-30. Bahlale bematasatasa njengoba bebonana nabantu abangaphezu kwama-200 ngosuku.

Intsha ihambela lo mtholampilo ngoba lokho kwenza ingakhathazeki ngokubonwa ngabantu abadala noma amalungu omphakathi ngenkathi ize emtholampilo. Futhi kuvamise ukuthi kube khona nezinye izinto ezifana nezinkulumompikiswano, amakhwaya omculo nemidlalo yaseshashalazini, okuyizinto ezenza kube lula ukuthi intsha ize, futhi ingesabi ukubuza imibuzo nokuhlololwa igciwane le-HIV, ithole nokwelashwa.

Kulo mtholampilo wentsha kuhlololwa izifo zocansi, isifo sofuba kanye negciwane le-HIV. Intsha ithola ithuba lokwelulekwa nokubonana nabanye abasesimweni esifana neyaso, ithola ulwazi ngezocansi namakhondomu; ulwazi nge-HIV nokukhulelwa kanye nezindlela zokuvimbela ukukhulelwa.

Ibhalwe nguChunyiswa Runeyi noLesley Odendal

UHLELANI UHULUMENI?

“Intsha ngeke igcine nje ngokubaluleka kakhulu kwingomuso leNingizimu Afrika kodwa ibaluleke kakhulu futhi maqondana nokuthi sizozifeza yini izinjongo zoHlelo Lukazwelonke Lwamasu Okwenza Izinto.” – kucashunwe oHlelweni Lukazwelonke Lwamasu Okwenza Izinto olumaqondana neGciwane le-HIV.

UHlelo Lukazwelonke Lwamasu Okwenza Izinto olumaqondana negciwane le-HIV luhlose ukwenza ngcono nokwandisa ukufundisa ngeGciwane le-HIV, ukulivimba nokwelashwa kwentsha.

Nazi ezinye zezinjongo zalolu hlelo:

- Ukwandisa imibiko kwabezindaba eqondiswe kwintsha mayelana negciwane le-HIV, ezobulili nezocansi.
- Ukukhuthaza ukuhlololwa igciwane le-HIV.
- Ukuqalisa amasu amaqondana nokunciphisa igciwane le-HIV kubantu abasha, ikakhulukazi abesifazane abasebasha.
- Ukwandisa izindlela zokufinyelela emitholampilo esebenzelana kahle nentsha.
- Ukwakha izinhlelo zokunciphisa kokusetshenziswa kwezidakamizwa ngabantu abasha.
- Ukukhuthaza ukubonisana ngegciwane le-HIV nezocansi phakathi kwabazali nezingane.

UHlelo Lukazwelonke Lwamasu Okwenza Izinto luhlose ukusebenzisa izinhlelo zokufundisa amakhono okuziphilisa, ukufundisa ngegciwane le-HIV, ezocansi nezinhlelo zokuvimbela iGciwane ezikoleni ezingama-98% zamabanga aphantsi nezamabanga aphakeme, ungakapheli unyaka ka-2011.

Iningi lezinyathelo okufuneka zithathwe zokufeza lezi zinjongo zizoba sezikoleni. Okubaluleke kakhulu kulokhu ukuqala kokufundiswa ngegciwane le-HIV nokuqiniswa kwazo lezi zifundo. UHlelo Lukazwelonke Lwamasu Okwenza Izinto luhlose ukusebenzisa izinhlelo zokufundisa amakhono okuziphilisa, ukufundisa ngegciwane le-HIV, ezocansi nezinhlelo zokuvimbela iGciwane ezikoleni ezingama-98% zamabanga aphantsi nezamabanga aphakeme, ungakapheli unyaka ka-2011.

Njengoba kunezinga eliphakeme eNingizimu Afrika lokushiya isikole umuntu engakaqedi, kusemqoka ukuthi kufundiswe ngegciwane le-HIV nezocansi, nangaphandle kwemagceke esikole. Ucwangingo lukhombisa ukuthi intsha eshiya isikole ingakaqedi kuba lula ukuthi ingenwe yigciwane le-HIV kunaleyo eqhubeka nesikole. UHlelo Lukazwelonke Lwamasu Okwenza Izinto luhlose ukwandisa izinhlelo ezimaqondana negciwane le-HIV ezizobhekela izidingo zabantu abasha asebesishiyile isikole. Luzokwelekelela nasekusungulweni kwezinhlelo ezisiza ukuthi intsha iqhubeke

nesikole, ikakhulukazi leyo ntsha ehlala ezindaweni ezisemakhaya, ehlala emgwaqweni noma kuleyo mizi ephethwe yintsha.

Imitholampilo yentsha iyindlela enhle yokubandanya intsha kakhudlwana emizamweni yokuvimbela igciwane nokwelashwa. UHlelo Lukazwelonke Lwamasu Okwenza Izinto luphakamisa ukuba zikhuphuke ngama-50% izifunda ezizoba nezinsiza ezibhekela intsha ngonyaka ka-2008. Ngonyaka wezi-2011, kulindeleke ukuthi zonke izifunda zibe sezinemitholampilo yentsha.

UHlelo Lukazwelonke Lwamasu Okwenza Izinto luqhakambisa ukubaluleka kwezokuxhumana. Injongo yoHlelo Lukazwelonke Lokwenza Izinto ngukuqalisa izinhlelo zokukhulisa izingane ezizoba sezifundeni zezempilo ezingama-90% ngonyaka ka-2011. Lezo yizinhlelo ezizosiza abazali ukuze bakhulume ngokungananazi nezingane zabo maqondana negciwane le-HIV.

Ukuguqula ukuziphatha kwentsha kuyinto enzima. Ukuze zifezwe izinjongo zoHlelo Lukazwelonke Lwamasu Okwenza Izinto, kufuneka ukuzibophezela ohlangothini lukahulumeni, lomphakathi, lwezamabhizinisi, lwezinhlangano zenkolo, amaqembu ezemidlalo, izinyonyana zothisha kanye nemboni yezikaqedisizungu. Okubaluleke kakhulu futhi ngukuthi intsha kufuneka ibe yingxenye yokwenziwayo ngaso sonke isikhathi.

Imithombo: Wits School of Public Health, London School of Hygiene and Tropical Medicine, NSP.

NGAQALA UKUZIPHATHELA IMPILO YAMI

UNokubonga Yawa uxoxela abakwa-Equal Treatment ukuthi kwenzeka kanjani ukuthi aphile ngokungafihli ukuthi unegciwane le-HIV.

Ngakhulela eNyanga kodwa sabuye sathuthela eKhayelitsha ngonyaka we-1996. Kwathi ngonyaka we-2002, ngenkathi sengineminyaka eyi-14, ngakhulelwa. Ngenkathi ngiya emtholampilo maqondana nokukhulelwa kwami, ngangiqala ngqa ukuhambela umtholampilo. Bafike bangifundisa emtholampilo ngokukhulelwa kwami nangezindlela zokuthi ngihlale ngiphile kahle. Ngabona kungcono ngihlalelwe igciwane le-HIV futhi imiphumela yabuya ithi senginalo.

Ngangisaba kakhulu ukumazisa umama wami ngesimo sami sokuba negciwane le-HIV. Ngangingazi ukuthi uzothini uma ezwa lokho. Kodwa-ke kwathi uma sengimthshela wakwamukela. Ungisiza ngayo yonke indlela engiyidingayo. Kuwo lowo nyaka ngateta umntwana wentombazane, uSinaye. Ungumntwana ophile kahle. Sonke sihlala emzini kamama oseKhayelitsha. Manje sengiphila ngokungafihli nakancane ukuthi ngingegciwane le-HIV.

Ngonyaka wezi-2005 ngaqala ukugula kakhulu. Ngaya emtholampilo bafike bahlola ubungako bamasotsha omzimba, ama-CD4. Ngenxa yokuthi abe esengaphansi kwa-200 kwadingeka ngiqale ukusebenzisa amaphilisi alwa negciwane le-HIV. Ngisebenzisa i-lamivudine, nevirapine ne-stavudine (d4T).

Akungihluphi nakancane ukuphuza amaphilisi ami ngesikhathi esifanele. Ukuze ngikhumbule, ngivele ngicuphe i-alamu yeselula yami. Akukho zimpawu enginazo ezibangelwa ukusebenzisa amaphilisi. Kule nyanga kaJanuwari osanda kudlula, amasotsha e-CD4 emzimbeni wami abesengama-624.

Ngaphambi kokuba ngiphumele obala ngesimo sami, abantu emphakathini babehlala bekhuluma ngami. Ngangingazi ukuthi ngizobabheka kanjani labo bantu kodwa kwathi uma sengijoyine i-TAC ngazizwa nginamandla.

UKUYA OCANSINI NGENDLELA EPHEPHILE NEMTOTI

Le ndaba ibhalwe ngabaFundisa Ontanga baseKhayelitsha, bakwa-TAC, abangoNandipha Mkhusane, Chunyiswa Runeyi, Lucky Dibela, Nokwanda Pani, Asanda Tontsi, Afrika Mthathi, Nomphele Mabokela, njengalokho babeyixoxela i-*Equal Treatment*.

AbaFundisa Ontanga baseKhayelitsha bageqa amagula ngeqiniso eliqondene namakhondomu futhi basinika nezeluleko zokuya ocansini ngendlela ephephile nemtoti.

Uma ungumuntu oya ocansini, ukufaka ikhondomu iyona ndlela engcono kunazo zonke ekuvimbeni ukungenwa yigciwane le-HIV nezinye izifo zocansi ezithathelanayo. Zimbili izinhlobo zamakhondomu: enye ngeyabesilisa kanti enye ngeyabesifazane. Amakhondomu amaningi akhiwe ngerabha futhi avimbela ukuthi uketshezi lwesidoda lungadluleli komunye umuntu, avimbe nokusaketshezi okuphuma esithweni sowesifazane futhi avimbe nokuthi igazi lingahlangani nelomunye ngenkathi besocansini. Amakhondomu esilisa afakwa ngenkathi induku yowelisa imile mpo kanti awesifazane afakwa esithweni sowesifazane. Ngabantu besifazane abangama-3% kuya kuma-4% kuphela abaye bakhulelwe, yize ngaso sonke isikhathi besebenzisa amakhondomu ngendlela efanele uma beya ocansini.

Iseluleko Sokusebenzisa Amakhondomu Ngendlela Efanele Kulabo Abathandanayo

Isimo #1: Isoka lami yilona elinginika imali yokuthenga izinto engzidingayo, ngakho-ke ngeke ngakwazi ukucela ukuthi malifake ikhondomu. Ngake ngamcela kanye kodwa wavele wavuka indlobane wangishaya ngoba ethi sekukhona elinye isoka esenginalo.

Maqondana nabesifazane: Buningi ubungozi obukhona uma uya ocansini ungazivikele. Uma umcela ukuthi afake ikhondomu lokho kuzonivikela nobabili ukuze ningangenwa yigciwane le-HIV futhi zinganingeni nezinye izifo zocansi ezithathelanayo. Uma ukwazi, zama ukuthi uzimele ngokwakho. Zijwayeze ukuba neyakho imali ukuze ungethembeli kangako emalini yesoka lakho. Elinye isu kungaba ukuthi wena uphathe awakho amakhondomu ukuze isoka lakho lingabi nezaba zokuthi liphelelwe ngamakhondomu. Uma likuhlukumeza, bikela amaphoyisa.

Maqondana nabesilisa: Ukuba nemali akukuvikeli ezifweni zocansi ezithathelanayo noma kwigciwane le-HIV. Kufuneka uhlale usebenzisa ikhondomu njalo uma uya ocansini. Uma uhlale ulwa nentombi yakho, udlame ngeke luxazulule lutho. Ukushaya intombi yakho kuyicala. Yinye kuphela indlela yokuxazulula izinkinga kwabathandanayo: ukubonisana ngalezo zinkinga.

Isimo #2: Njengoba sekukudala sithandana asisawasebenzisi amakhondomu.

Kubalulekile ukuqhubeka nokusebenzisa amakhondomu, ngisho sekukudala nithandana. Kubantu abathandanayo, uma omunye ethi mabaqale ukusebenzisa amakhondomu, lo omunye uye athi kusho ukuthi sekukhona elinye isoka noma enye intombi. Lokho kusuke kungelona iqiniso. Ezinye zezifo zocansi ezithathelanayo kanye negciwane le-HIV azinazo izimpawu ezisheshe zibonakale, ngakho-ke kungenzeka ukuthi wena nalowo ohlekisana naye ningakuboni ukuthi kunesifo esesiningenile nobabili. Enye into ngokuthi ngeke ukwazi ukuba nesiqiniseko sokuthi lowo obambisene naye akabonani yini nomunye umuntu, ikakhulukazi uma nisebasha.

Isimo #3: Ngingowesifazane ophila impilo yobunkonkoni . Sikhona yini isidingo sokuthi ngisebenzise amakhondomu?

Cisho ukuthi ngeke ungenwe yigciwane le-HIV ngokuya ocansini lwabesifazane abayizinkonkoni. Uma usebenzisa amathoyisi okuzithokozisa, ungenza kuphephe ngokuthi ithoyisi ulifake ikhondomu.

Inkolelo eyinkohliso #1: Kuba buhlungu njalo uma ngisebenzisa amakhondomu.

IQINISO: Bangingi abantu abaye babike emtholampilo ukuthi ucansi aluzwakali kahle uma besebenzisa ikhondomu, bathi futhi kubuye kube buhlungu. Kungakuhle uzame okugcotshwayo okwenza kushibilike. Lokhu kwenza ikhondomu lishibilike, khona kuzoba lula ukungena nokuphuma ukuze kungabi buhlungu futhi kube mtoti. Lokhu kokushibilikisa kusebenza kahle futhi ocansini lwendawo yangemuva, noma uma isitho sowesifazane somile. Ungazithengela ngokwakho *i-KY jelly* noma *i-aqueous cream* ekhemisi noma ubuze emtholampilo wangakini ukuthi ungayithola kuphi. Okunye ongakuzama ukushintshela kumakhondomu abesifazane, uma kade nisebenzisa awabesilisa; noma nisebenzise awabesilisa, uma kade nisebenzisa awabesifazane. **Ungalokothi nakancane usebenzise uvaselina noma i-baby oil ngoba lokhu kuyawavuzisa amakhondomu.**

Inkolelo eyinkohliso #2: Mina ngiphile ngingumqemane ngakho angiwadingi amakhondomu.

IQINISO: Ngisho kuthiwa uphile kahle kangakanani, wonke umuntu uhlale esengozini yokungenwa yigciwane le-HIV noma yisifo socansi esithathelanayo uma eya ocansini ngaphandle kokuzivikela. Ziningi izifo ezithathelanayo ezingakhombisi zimpawu, ngakho-ke kungenzeka ukuthi ubukeke uphila saka kodwa ube usungenwe yisifo esithile.

Inkolelo eyinkohliso #3: Amakhondomu enza kungezwakali kahle.

IQINISO: Ukuya ocansini ungayifakile ikhondomu, "inyama enyameni" kungenzeka kuzwakale kahle kodwa usuke uzifaka engozini. Amakhondomu nawo azwakala kahle.

Inkolelo eyinkohliso #4: Kuphazamisa kakhulu ukuma ngifake ikhondomu. Kungumsebenzi omkhulu.

IQINISO: Kulula kakhulu ukufaka ikhondomu kunokuphila negciwane le-HIV noma isifo sezocansi esithathelanayo.

Inkolelo eyinkohliso #5: Ayikwazi ukuma mpo induku uma ngisebenzisa ikhondomu.

IQINISO: Kungaba nzima kwezinye izinsizwa ukuma kwenduku mpo ngenkathi zisebenzisa ikhondomu, ikakhulukazi uma zisaqala. Zama ukubonisana nobambisene naye futhi wenze izinto zibe lula kunina nobabili. Zifundise ukuzithokozisa ngokwakho ube ufake ikhondomu. Kancane kancane uzogcina usuyijwayele. Uma uhlangabezana nobunzima, kungcono ubonane nomhlengikazi noma umeluleki. Zijwayeze ukuya ocansini ufake ikhondomu.

Inkolelo eyinkohliso #6: Amakhondomu awaphephile.

IQINISO: Uma amakhondomu uwasebenzisa ngendlela efanele, ayakuvimba ukuthelelwa yigciwane le-HIV. Ngonyaka odlule kunamakhondomu akwa-*CHOICE* ayekhishwe uhulumeni kodwa engahlolisiwe kahle. Nokho-ke abakwa-*South African Bureau of Standards* sebethathe izinyathelo zokukunqanda lokho ukuze kungaphinde kwenzeke futhi.

Inkolelo eyinkohliso #7: Amakhondomu awekho phashasha.

IQINISO: Uma abangani bakho becabanga ukuthi akukho phashasha ukusebenzisa amakhondomu, kungaba nzima nakuwe ukuwasebenzisa. Yiba ngumholi: Sithathe lesi sinyathelo. Ungasindisa izimpilo zabangani bakho ngokubakhombisa ukuthi ukuya ocansini ngendlela ephephile yinto engcono kunazo zonke abangazikhethela yona.

Inkolelo eyinkohliso #8: Amakhondomu angasabalalisa iGciwane le-HIV.

IQINISO: Yimbudane leyo. Uma esetshenziswa ngendlela efanele, amakhondomu ayindlela engcono kunazo zonke ekuvikeni ukuhlaselwa yigciwane le-HIV.

Uma isitho sentombazane simanzana ngenkathi yocansi, lokho akusho ukuthi leyo ntombazane ihambe ilala nabo bonke abantu. Ukuba manzana kwesitho sowesifazane ngenkathi eselungele ucansi kuyinto efanele nejwayelekile.

Indlela yokusebenzisa ikhondomu yabesilisa

Ikhondomu yabesilisa uyibeka ekuqaleni kwenduku yowesilisa esuke ime mpo. Cindezela ngesandla ekuqaleni kwekhondomu khona kuzophuma umoya futhi kube nendawo okuzohlala kuyo isidoda. Ngesinye isandla ube uqaqa ikhondomu ngokuyidonsa uyihlehlisa ize iyofika emsukeni wenduku. Njengoba ikhondomu ithe ukuqina lapho iphela khona, lokho kusiza ekuthini ingaziphumeli. Uma usuchithile, yibambe ngqi ikhondomu lapho ivuleke ngakhona ngenkathi uphuma. Lahla leyo khondomu bese usebenzisa entsha uma seniphinda.

IZIFO ZOCANSI EZITHATHELANAYO (STIS)

Izifo zocansi ezithathelanayo zenza kube lula ukungenwa yigciwane le-HIV. Kusemqoka ukuhlolwa ukuthi awunazo yini lezi zifo. Uma usuqale ukwelashelwa isifo socansi, qinisekisa ukuthi uwadla uze uwaqede amaphilisi nemithi osuke uyinikiwe. Ungalokothi uphuzise omunye umuntu lawo maphilisi naleyo mithi. Kufuneka umazise lowo othandana naye ngesifo sakho socansi ukuze naye ahlolwe bese ethola ukwelashwa.

Izifo zocansi ezijwayelekile Nezimpawu zazo.

UGcunsula

Izimpawu: Kwabesilisa kuphuma okusaketshezi endukwini, kushise uma uchama, kushise nangasemlonyeni wenduku, kube buhlungu noma amasende avuvukale. Kwabesifazane kungenzeka kuphume okusaketshezi kwisitho sabo, kushise uma bechama, kube buhlungu enzansi nomgogodla, kube buhlungu uma besocansini, bophe phakathi kwezithuba zesikhathi. Uma lesi sifo singelashiwe, singadala ukuthi ungabe usakwazi ukuthola abantwana.

Isipantsholo (The Clap)

Izimpawu: Kuyashisa uma uchama, indle ibe negazi, kube buhlungu umphimbo futhi kuphume okusaketshezi ngemuva. Kwabesilisa kuphuma uketshezi olumhloshana endukwini, abe buhlungu noma avuvukale amasende. Kwabesifazane kuphuma okusaketshezi okujiyile, okusithubi, kophe nesitho sangasese ngendlela engajwayelekile. Uma lesi sifo singelashiwe, singenza ungabe usakwazi ukuthola abantwana.

Isifo Sesitho Sovesifazane (Vaginitis)

Izimpawu: Lesi sifo socansi esithathelanayo sibuye singabi nazo izimpawu ezisobala. Uma zikhona, kuye kuphume uketshezi olunephunga esithweni sangasese, kushise, kube bovu noma kulume ezindaweni ezizungeze isitho sovesifazane. Indlela engcono yokuhlola ukuthi umuntu unaso yini lesi sifo ngukwenza i-pap smear.

Inkolelo eyinkohliso: Ukufaka ugalikhi noma isinefu esithweni sovesifazane kuyazelapha izifo zocansi ezithathelanayo.

IQINISO: Yinye kuphela indlela yokwelapha isifo socansi esithathelanayo: Ukuhlolwa ukuthi unaso yini bese uthola ukwelashwa emtholampilo.

Izilonda Esithweni Sangasese (Genital Herpes)

Izimpawu: Kuye kulume esikhunjeni noma kuvele izilonda endaweni ezungeze isitho sangasese, kushise uma uchama, kube buhlungu ngenkathi usocansini futhi kuvuvukale izindlala. Kubaluleke kakhulu ukuthi uthole ukwelashwa, ikakhulukazi abesifazane ngoba isifo singagcina sesingene emtwaneni ngenkathi bekhulelwe noma ngenkathi bencelisa.

Izinsumpa Esithweni Sangasese (Genital HPV)

Lesi sifo sezinsumpa esithweni sangasese siyigciwane elidala amaqhutshana esikhumbeni nangaphakathi kwisibeletho, okuyindawo yesizalo exhumana nesitho sangasese. Lezi zinsumpa zingadala ukuthi kube khona okungahambi kahle kwisibeletho, okungahle kugcine sekubangele umdlavuzwa wesibeletho. Kuvamise kakhulu ukuthi abesifazane abanegciwane le-HIV babe naso lesi sifo. Kufuneka abesifazane bahlale benza ukuhlola kwe-*pap smear* ukuze kubhekwe ukuthi akukho yini okungahambi kahle.

Izintwala ziyisifo socansi esingenabungozi kodwa zihlupha ngokuthi ziyaluma. Zelashwa ngokusebenzisa i-*gamma benzene hexachloride* (ebizwa nge-*Quellada* ngenkathi idayiswa).

I-Syphilis yisifo esijwayelekile futhi eselapheka kalula. Uma kodwa singanakiwe sigcina singasalapheki futhi singambulala umuntu.

Imithombo yalolu lwazi: Gallop Crisis Pregnancy Centre, Calgary Health Region, Youth Zone, Revolution Health, United States National Library of Medicine.

UKUHLELA NGOKUZIKHETHELA

Isuselwa kweyayiphume kwi-Equal Treatment edlule.

Ngaphandle kwamakhondomu, kukhona nezinye izindlela eziningi zokuvimbela ukukhulelwa. Uma usebenzisa lezo zindlela kodwa ube ungawasebenzisi amakhondomu, usengozini yokungenwa yigciwane le-HIV.

Umjovo

Ukukhulela ngokusebenzisa “umjovo” kwenziwa ezindaweni eziningi futhi akukhokhelwa emitholampilo eminingi. Umjovo ojwayelekile uhlala amaviki ayi-12. Ngumhlengikazi noma udokotela kuphela ongakujova.

Okuphuzwa ngomlomo (amaphilisi)

Ziningi izinhlobo zamaphilisi lapha eNingizimu Afrika. Atholakala mahhala emitholampilo eminingi, noma-ke emakhemisi amaningi umuntu angawathenga ngaphandle kwencwadi kadokotela. Lawa maphilisi aphuzwa ngesikhathi esifanayo nsuku zonke. Asebenza ngokuvimbela amaqanda. Abesifazane abaphuza amaphilisi nemithi elwa negciwane le-HIV kufuneka babonane nomhlengikazi noma udokotela ngaphambi kokuba baqale ukusebenzisa amaphilisi avimbela ukukhulelwa. Lokhu kudingeka ngoba amaphilisi okuvimbela ukukhulelwa abuye angasebenzi uma esehlangene namaphilisi okulwa negciwane emzimbeni wakho, okungakubeka engozini yokukhulelwa ungasile.

Ukuvimbela Ukukhulelwa Esimweni Esiphuthumayo (iPhilisi Ngakusasa)

Amaphilisi okuvimbela ukukhulelwa esimweni esiphuthumayo kufuneka aphuzwe engakapheli amahora angama-72 emuva kokuya ocansini kade ungazivikele. Abesifazane baye baphuze lawa maphilisi uma bedlwenguliwe nangezikhathi lapho besuke becabanga ukuthi ikhondomu iqhumile. Lawa maphilisi atholakala mahhala emitholampilo nasezibhedlela, noma-ke umuntu angazithengela ekhemisi ngaphandle kwencwadi kadokotela.

Inombolo ongayishayela Yesimo Esiphuthumayo Sokuvimbela Ukukhulelwa: 0800 246 432

Amaphilisi Esimo Esibucayi (PEP)

Lawa ngamaphilisi alwa negciwane le-HIV angasiza ekuvimbeni ukuthelwa ngegciwane le-HIV uma uye ocansini ungazivikele. Umthetho omusha uthi bonke labo abadlwenguliwe bavumelekile ukunikwa lawa maphilisi nemithi. Amaphilisi nemithi esetshenziswa kulolu hlelo yi-AZT ne-lamivudine kuze kuphele izinsuku ezingama-28. Kulezo zimo lapho umuntu esuke edlwengulwe wabuye walinywazwa, kuye kusetshenziswe ne-lopinavir noma i-ritonavir. Lawa maphilisi nemithi yesimo esibucayi kufuneka kusetshenziswe engakapheli amahora angama-72 emuva kokudlwengulwa, kanti kufuneka uzame ukusebenzisa ngokushesha emuva kwaleso sigameko.

Ukukhulelwa Nezinto Ongakhetha Kuzo

Kunzima ukukhetha ukuthi yini ozoyenza uma usuthole ukuthi ukhulelwe. Thola usizo kumngani omethembayo noma umeluleki. Lapha eNingizimu Afrika, uMthethosisekelo unoMthethosivivinywa Wamalungelo othi ungazikhethela ngokwakho ukuthi uzoqhubeka yini nesisu noma uzosikhipha.

Ukuqhubeka nomntwana

Iningi labesifazane abasebasha liye likhethe ukuqhubeka nomntwana ngenkathi likhulelwe. Ukuba nomntwana akulula neze. Umntwana ufuna ukuthi ube nemali eyanele, isikhathi nomdlandla. Abantu baye belulekwe ukuthi mabangabi nazo izingane baze bafunde, babe nemali namandla okuzondla nokondla ingane ukuze ihlale iphile kahle. Uma ukhetha ukuba nomntwana, zama ukuqhubeka nesikole ukuze ufunde futhi qinisekisa ukuthi abangani nomndeni wakho bangakusiza. Uma ufuna ukuqhubeka nomntwana, cela ukuhlololwa igciwane le-HIV ukuze wazi ukuthi ukusiphi isimo.

Ukuyinika abanye abantu ingane

Uma ukhetha ukuqhubeka nomntwana kodwa ube ungafuni ukusikhipha isisu, ungakhetha nokuyinika abanye abantu leyo ngane yakho. Kusho ukuthi ingane yakho ungayinika leyo nhlango eyamukela izingane futhi amalungelo okukhulisa leyo ngane ngeke usawathola. Uma ukhetha lokhu, uzodinga usizo lwezomthetho nokwelulekwa.

Ukukhipha isisu

Abantu besifazane abaningi baye bakhetha ukusikhipha isisu. Awudingi mvume yamuntu ukuze ukhiphe isisu uma engakapheli amasonto ayi-12 okukhulelwa, yize noma ungaphansi kweminyaka eyi-18. Uma sekuze kwadlula leso sikhathi, kudingeka ubonane nodokotela okunguye ozothatha isinqumo sokuthi kuphephile yini noma cha ukusikhipha. Uma sekudlule amasonto angama-20, kunzima futhi akuphephile ukusikhipha isisu. Emitholampilo eminingi akukhokhelwa ukukhipha isisu. Akufuneki uye emtholampilo ongabhalsiwe, ongekho emthethweni futhi ongaphephile.

Uma isisu sikhishwe emasontweni ayi-12 okuqala kuba lula. Uphuziswa iphilisi elenza uye esikhathini izinsuku ezithi zibe yi-10. Ngaleyo nkathi kufuneka uhlale uya emtholampilo khona kuzohlolwa ukuthi yonke into ihamba ngokufanele yini maqondana nokuba sesikhathini. Thola izeluleko nosizo kubangani nomndeni wakho uma ukhetha ukusikhipha isisu.

Imitholampilo Yakwa-Marie Stopes inika izeluleko ngaphandle kokulidalula igama lakho maqondana nokukhipha isisu, ukuhlololwa igciwane le-HIV, ukuvimbela ukukhulelwa nokuxukuza. Nansi inombolo ongashayela kuyo: 0800 11 77 85.

UKUKHULELWA UBE UPHILA NEGCIWANE LE-HIV

Asikho isidingo sokuthi uzibeke icala noma ube namahloni uma uphila negciwane le-HIV futhi ukhulelwe. Ukuba negciwane le-HIV ube ukhulelwe akusho ukuthi wena nomntwana wakho nizogula. Uma uthole ukwelashwa ngendlela efanele, uyakwazi ukuphila kahle futhi ngengane yakho lingayingeni igciwane.

Uma unegciwane le-HIV futhi ube ukhulelwe:

Thola izeluleko nalo lonke ulwazi oludingayo maqondana negciwane le-HIV, ukukhulelwa kwakho nezinto okudingeka uzenze ukuze wena nomntwana wakho nihlale niphilile.

Uma amasotsha omzimba abizwa nge-CD4 engaphansi kwangama-350 noma uma ugula ngenxa yalo igciwane le-HIV, kufuneka unikwe amaphilisi nemithi elwa nalo igciwane le-HIV. Zintathu izinhlobo zamaphilisi noma imithi ozoyisebenzisa nsuku zonke ezokwenza uphile isikhathi eside futhi ungaguli.

Ngenkathi usuhlanganise amasonto angama-28 ukhulelwe, kufuneka uqale ukusebenzisa amaphilisi abizwa nge-AZT kuze kufike isikhathi sokuzalwa kwengane yakho. Kufuneka unikwe namaphilisi abizwa nge-nevirapine ngenkathi usozobeletha.

Lonke ulwazi oludingayo ngokwelashwa okufanele, nezindlela zokuzinakekela ngenkathi ukhulelwe, kufanele ukwazi ukukuthola emtholampilo oseduze nawe.

Nakhu ongakwenzela umntwana wakho:

Kufuneka athole amaphilisi noma umuthi obizwa nge-nevirapine esanda kuzalwa.

Ngenkathi esehlanganise amasonto ayisithupha, kufuneka ahlolwe igciwane le-HIV, okubizwa nge-PCR.

Kufuneka unikwe ulwazi oluphelele lokuthi uzomupha kanjani ukudla umntwana wakho. Uwena ozozikhethela ukuthi uzomncelisa ibele yini noma uzomnika ubisi lwebhodlela. Akufuneki umntwana wakho uthi umncelisa ube umnika nebhodlela ngoba ukusebenzisa lokhu kokubili kanyekanye kukhuphula amathuba okuthi umntwana wakho abe negciwane le-HIV. Umtholampilo wangakini kufuneka ukunike ulwazi ukuze ukwazi ukuzikhethela okuhambelana nawe kangcono. Funda

iphaphabhuku elingunombolo 23 elibizwa nge-Equal Treatment ukuze uthole olunye ulwazi lokupha ingane ukudla.

Uma kutholakala ukuthi umntwana wakho uneGciwane le-HIV, zama ukumtholela imithi namaphilisi alwa negciwane le-HIV.

Uma ungenayo imali eyanele, kuyilungelo lakho ukuthola imali yeqolo.

Ilungu le-TAC, uPortia Serote, ukhulume nabakwa-Equal Treatment maqondana nokuphoqelelwa kwakhe ukuthi ashiphe isisu ngaloJanuwari osanda kudlula.

UPortia Serote, oyilungu le-TAC, futhi ohlala Ekurhuleni akazange aziswe ngezinto angakhetha kuzo. NgoJanuwari 2008 waphoqelelwa ukuthi ashiphe isisu. Akukho okunye ayengakhetha kukho ngoba wayesegula kakhulu futhi engakutholanga ukwelashwa okufanele ngenkathi ekhulelwe. Amasotsha omzimba wakhe ayesehlike aze afika ngaphansi kwangama-200. Wayebuthaka kakhulu kanti wayengahle ashone ukuba waqhubeka nesisu. UPortia wazizwa ehlukumezekile ngoba wayehlose ukuqhubeka nokukhulelwa kuze kuzalwe umntwana.

INTSHA NOKUHLUKUNYEZWA NGOKOCANSI

INingizimu Afrika ngelinye lamazwe anezinga eliphezulu kakhulu lokudlwengula. Lokhu kuhlukunyezwa kuqala umuntu esemncane. Ingxenye engaphezu kwenguhhafu yamantombazane angamatshitshi futhi aseqalile ukuya ocansini abika ukuthi ngamasoka awo awaphoqelela ukuya ocansini kodwa wona engakafuni ukwenza lokho. Uma isoka lakho noma intombi yakho nanoma ubani omunye ekuphoqa ukuthi ulale naye noma ekuphoqelela ukuthi wenze izinto ezihambelana nezocansi, lokho ngokudlwengula futhi kuyicala.

Umthombo okucashunwe kuwo: *Dr Eve's Sex Book*

Ukuphila Ube Uke Wahlukunyezwa Ngokocansi

Iroxwa nguThamiera Olebe

Ilungu le-TAC, uThamiera Olebe, ukhuluma ngokuphila eke wadlwengulwa futhi unika izeluleko intsha yesifazane neyesilisa eke yahlukunyezwa ngokocansi

Ngenkathi ngiseneminyaka eyi-17 futhi ngihlala eTranskei, ngadlwengulwa. Lowo owangidlwengulwa wangithelela ngesifo socansi esithathelanayo. Kwakubuhlungu futhi kudikibalisa. Ngaleso sikhathi akukho muntu owayengisiza. Umndeni wami wawungenandaba. Akukho ndawo engangingaya kuyo yokuthola ukwelashwa futhi engekho namaphoyisa engingabika kuwo icala.

Ngangizama ngingedwa ukubhekana nobuhlungu bokudlwengulwa kwami. Kube yinto enzima kakhulu futhi nakhona nakulezi zinsuku ngisabuzwa ubuhlungu. Ngizizwa ngingaphephile ngoba lapho ngihlala khona akuyona indawo ephaphile. Nakwabanye abantu besifazane abasha engihlala nabo kule ndawo akuphephile. Uma ngizwa kukhulunywa ngamacala okuhlukunyezwa ngokocansi enziwa kubantu abasha, buqala phansi futhi ubuhlungu bokudlwengulwa kwami.

Umyalezo wami engiwuqondise kuwo wonke amantombazane aseke ahlukunyezwa ngokocansi ngukuthi: Ukuzisiza uwedwana kunzima kakhulu. **Thola abantu Abangakusiza!** Zama ukuthola usizo kumalungu omndeni wakho nakumalungu omphakathi ngakini. Futhi kufuneka wazise amaphoyisa ubuye uhambele umtholampilo ngokushesha.

Inombolo yocingo yokulwa nodlame lwezobulili: 0800 150 150

Okufanele ukwenze uma udlwenguliwe

- Ukhumbule ukuthi akuwena onecala. Kuyilungelo lakho ukuthi uhlonishwe futhi uphathwe ngesithunzi
- Ngaphambi kokuba ugeze, thola usizo kuqala. Hamba uye kobikela amaphoyisa uye nasemtholampilo.
- Amaphilisi aphuzwa emuva kwesimo esibucayi anciphisa amathuba okungenwa yigciwane le-HIV. Umthetho uthi awuyidingi inombolo yecala ukuze uthole lawo maphilisi. Bheka ekhasini 13 ukuze uthole olunye ulwazi ngamaphilisi nemithi yesimo esibucayi.
- Ukudlwengulwa kubuhlungu ngendlela eyisimanga. Uma udlwenguliwe, kusemqoka ukuthi ukhulume nomunye umuntu ozokulalela futhi akusize.

EZOCANSI ISIKOLE NEGCIWANE LE- HIV

Ngabe silwa ngendlela eyiyi negciwane le-HIV elibhubhisa izikole eNingizimu Afrika?

Ibhalwe ngu-Gilad Issacs

sebenzisa amakhondomu

"Let's talk about sex, baby; Let's talk about you and me; Let's talk about all the good things; And the bad things that may be." Lawa ngamagama aseculweni elalidume ngeminyaka yezi-1990 futhi laliculwa yiqembu lomculo laseMelika. Emuva kweminyaka eyi-18, kuleli zwekazi, lo myalezo usabaluleke kakhulu.

Ngokusho kukaDkt Eve, ongungqa phambili ekufundiseni ngezocansi, ngeke umuntu akwazi ukufundisa ngegciwane le-HIV ngendlela eyiyi uma engeke akhulume ngezocansi, futhi-ke bahlale befundisa kanjalo othisha ezikoleni zaseNingizimu Afrika. Ukufundisa ngale ndlela, kuchaza uDkt Eve, kwenza kube sengathi igciwane le-HIV liyinto ehambelana nezokwelapha kuphela esikhundleni sokuba kube yinto exhumene kakhulu nezinto zezocansi abangazikhethela zona ngokwabo abantu abasha.

Sekuneminyaka eminingi kukhona inkulumompikiswano maqondana nokuthi yini ngempela okudingeka ifundiswe ezikoleni maqondana negciwane le-HIV kanye nezocansi. Ngonyaka wezi-2000, uMnyango Wezempilo washicilela imihlahlandlela enohlonze yokubhekana negciwane le-HIV ezikoleni. Kwathi-ke ekugcineni, ngonyaka wezi-2006, wabe usushicilela ikharikhulamu Yamakhono Okuziphilisa.

Okuyiyona nkinga enkulu njengamanje, ngokusho kwabakwa-TAC abafundisa intsha, ngokusebenzisa le kharikhulamu entsha. Kafushane nje, akundiswa ngendlela okudingeka kufundiswe ngayo ezikoleni. Abantu abasha abalutholi ulwazi noma amakhono okuthatha izinqumo ezingcono ngempilo yabo.

UPhumeza Runeyi, ophethe i-Cool Youth kwi-TAC yaseKhayelitsha uchaza athi kunezizathu eziningi ezidala ukuthi le kharikhulamu ingafundiswa ngendlela efanele. Okokuqala, kunenqubo yezenkolo ehambelana nokubandlulula izinto ezithile ezikoleni eziningi, okwenza kube nzima ukukhuluma ngezocansi. Okwesibili, iziNhlangothi Zokuphatha Ezikoleni kanye nabazali, yizona eziphethe ingxenye enkulu yale ndima yezemfundo futhi kuvamise ukuthi zinqabe ukuthi kuboniswa

ngokungafihli lutho maqondana nezocansi. Okokugcina, uhulumeni akayesekeli ngaso sonke isikhathi ikharikhuluma nalezo zinhlelo ezihlose ukukhuthaza ukuya ocansini ngendlela ephephile. Isibonelo: Ngonyaka wezi-2006 uNgqongqoshe Wezemfundo, uNaledi Pandor, wakuvala ukunikezwa kwamakhondomu ezikoleni eziningana. Okhulumela uNgqongqoshe kuthiwa wathi "Amakhondomu ngeke atholakale ezikoleni futhi izingane akufuneki zenze izinto eziphathelele nocansi."

Ngonyaka wezi-2006 amalungu e-TAC aseMpumalanga Kapa avakashela izikole eziyi-150 ezifundeni ezinhlanu zezempilo kuleso sifundazwe. Kweziningi zalezi zikole, othisha bathi abekho esimweni sokufundisa ngegciwane le-HIV, ezocansi namakhono okuziphilisa. Bakusho lokho yize abazali, intsha nabo othisha uqobo babesho ngokwabo ukuthi akukho bufakazi obukhomba ukuthi ukufundiswa ukungalulokothi ucansi kuyasebenza (okuyiyona ndlela ethandwa uMnyango Wezemfundo).

Ulwazi olusanda kutholakala ocwaningweni olwenziwe amazweni ayingxenywe ye-Afrika esenzansi kweSahara lukhombisa ukuthi abantu abasha abafundiswayo ngezocansi ezikoleni zabo bawasebenzisa kakhudlwana amakhondomu kunalabo abangazange bafundiswe ngezocansi. Okubalulekile futhi ukuthi intsha eningi, kulolu cwango, yayingakwazi ukuwathola amakhondomu.

Incwadi eyabhalwa ngamalungu e-TAC ngonyaika wezi-2006 iqondiswe kuNgqongqoshe Wesifundazwe wezemfundo yaphetha ngombiko oseyiqiniso namanje, owawuthi: "Izikole yizona zindawo okufanele kuqalwe kuzo ekuvimbeni igciwane le-HIV, ukunakekela nokwelekelela abaphila nalo ngoba izinkulungwane zabantu abasha nothisha basuke besesikoleni okungenani amahora ayisishiyagalombili ngosuku, ngenkathi kufundwa. Sikhuthaza uMnyango [wezemfundo] ukuthi usukume ngokushesha nangokulandela izimiselo ukuze ulisebenzise kangcono leli thuba lokubamba iqhaza ezinyathelweni zezwe lethu zokulwa nalezi sifo esibhubhisayo futhi kusindiswe nezimpilo."

Amasu okukhuluma nokufundisa ngezocansi

- Khuluma iqiniso
- Khuthaza ukuthi kubuzwe imibuzo
- Nikeza ulwazi olufanele
- Ungakuvumeli ukuphendula imibuzo ungayicabangisile. Kungakuhle uzinike isikhathi sokucabanga nokuthola olunye ulwazi ngezimpindulo ezifunekayo
- Akufuneki uvele ukhulume kube kanye ngezocansi bese uthi usuqedile, kufuneka lokhu kube yinto okuhlale kuboniswa ngayo empilweni.

"Njengoba ngingumfundi ophila negciwane le-HIV ngithwala kanzima. Akukho esikufundiswayo futhi asitholi nalwazi maqondana negciwane le-HIV. Siyesaba ukubuza imibuzo ngegciwane le-HIV futhi amazinga okukhulelwa ezikoleni zethu aphezulu kakhulu. Uma siya emtholampilo ngenkathi sekuphume isikole, abahlengikazi bafike bayasibandlulue. Bayasithethisa uma sifuna amakhondomu namaphilisi okuvimbela ukukhulelwa. Akukho lutho olwenziwayo lokwelekelela abafundi abaphila noma abathintwa yigciwane le-HIV ezikoleni zethu."

- Asanda Mofu, Rubusana High School, Queenstown, 2006