

IHOLA ELILODWA MAYELANA NGE AIDS: YISIKHATHI SOKUBA NGUMQALI WE SIZIBA

Xoxa nge nge ngculaza i (HIV LE AIDS) Mhlaka 1 Mpalakazi esikolo sakho!

Minyanka yonke mhlaka 1 kuMpalakazi izigidi zabantu emhlabeni wonke jikelele, zianza usuku lwe AIDS. Lolu lusuku lokulimukisana nge HIV le AIDS, njalo lusuku lokuthatha amanyathelo okwenqatshelwa kwe HIV. Ezikolweni, ababalisi lenhlanganiso ezibameleyo baqakathekile kahkulu kulo umkhankankaso. Balomsebenzi omkhulu okumele bawenze kwezemfundo lekukhankaseleni ukuthi bonke abadinga ukwelatshwa, ukongiwa, lokusekelwa bakuthole.

Ngenxa yokuphumelela komkhankaso wosuku lokunanza in AIDS emhlabeni wonke jikelele kumyaka ka 2008, iEducation International (EI) iquma ukuthi ababalisi basebenzise lezindlela zokufundisa kwabanye babo lakubafundi ngoLwesibili mhlaka 1 Mapalakazi, 2009 ezikolweni, ezindlini zokufundela lasemihlanganweni yenhlanganiso zababalisi. Kulandelwa isihloko esithi 'Ihola elilodwa Mayelana le AIDS'

Njengoba isihloko sendaba sisitsho, ababalisi umhlaba wonke jikelele bazakhokhela abafundi kunye labanye babo kusifundo esimayelana le AIDS besebenzisa indlela elula yokufundisa eyabunjwa yi EI incedisana le Education Development Centre (EDC). Sithemba lesifundo sizasetshenziswa njengomhlahandlela wezinye inhlelo ezimayelana le HIV le AIDS emnyakeni.

Okumunyethwe kulesisikhali sokufundisa kuzakuncedisa ukudingisisa ukuthi i AIDS itshoni kuwe, kulabo osebenza labo kunye lakubafundi bakho, njalo ilungiselwe ukuthi ihambelane lalokho okufunwa yilabo abafundisayo. Isifundo lesi sigoqela ukusebenza ngamaqembu amakhulu lamancinyane njalo senzelve ukuba kube lula ukuxoxisana abantu bekhululekile nge HIV le AIDS. Lesi isikhali sokufundisa sile phepha lomfanekiso elitshengisa izihloko zendaba ezingachaywa ezindlini lapho ababalisi abasebenzela khona kunye lemawofisini enhlanganiso zababalisi umnyaka wonke.

Ngokuphatheka kuloluhlelo kunye labafundi bahko lalabo osebenza labo, uveza ubukhokheli njalo ubalesandla ekuphumeleleni kohlelo lomkhankaso wokunanza usuku lweAIDS emhlabeni wonke jikelele.

Ihola elilodwa ngodaba lwe AIDS lamuhla, ubukhokheli kudaba lwe AIDS okomnyaka wonke!

ISIFUNDO SEHOLA ELILODWA MAYELANA LE AIDS

Ukukhokhela uhlelo lwesifundo.

Isifundo sehola elilodwa lokunanza in HIV le AIDS singakhokhelwa ingqe langubai emhlabeni wonke jikelele, kungaba ngababalisi, abafundi kumbe ezinye izisebenzi zesikolo. **Akudingeki ukuthi umuntu abe yingcitshi kudaba lwe HIV le AIDS.** Okudingakalayo kuphela yikuthi umuntu **akhokele ukuthi isifundo siqhubeke ekuxoxisaneni** okuyinto eqakathekileyo ekuthatheni amanyathelo okuvikela iHIV le AIDS.

Okuqathekileyo yikuthi lowo okhokhela isifundo alethe umoya wokuthi labo asebenza labo kunye labafundi benelise ukuxoxisana labanye bekhululekile. Udaba lwe HIV le AIDS ludaba olufuna ukuphathwa ngonanzelelo olukhulu ngoba kunengi okungasilo qiniso okugcwele ebantiwini mayelana lomkhuhlane lo, lokubandlululwa kwalabo abalamagcikwane omkhuhlane. Ukuze kubelula ukuthi abantu baxoxisane umele wazi

- ukukhokhela ingxoxo.
- Ukuphatha imibuzo elempendulo ongazaziyo,
- Ukuphatha ngendlela eyakhayo inkulumo ezilesigcono lobandlululo.

Ukukhokhela Ingxoxo

Nanka amanye amaqhinga okuqhuba ingxoxo ephumelelayo.

- Bumbani imithetho lendlela yokukhokhela ingxoxo engelamacatshelana njalo eyakhayo.
- Khuthaza abaphatheka engxoxweni ukuthi bakhulume bahlolisise imibono etshiyeneyo, njalo baphikisane ngendlela elokuhlonipha .

UKUPHATHA IMIBUZO ELEMPENDULO ONGAZAZIYO

Awungeke ubelempendulo yemibuzo yonke. Nxa ungayazi impendulo yombuzo obuziweyo ungaphendula usithi "Angilayo impendulo kodwa ngizakudingela" usungabuza ofundisa ngezempilakahle, umongikazi kumbe udokotela oseduze lesikolo sakho, eklinika kumbe esibhedlela ubusuphindela kuqembu lakho lempendulo. Okunye ongakwenza yikukhuthaza amalunga eqembu ukuthi ayecwayisisa lawo mayelana lesihloko eliyabe lixoxisana ngaso. Njalo lenze esinye isifundo ukuze kuvele obala ukuthi ukubalesisa lokhu kuphume lempendulo eziqondileyo. **Kuqathekile ukuthi abantu batshelwe iqiniso.**

Indlela yokuphatha ubandlululo lesigcono

Ukuze kube obala ukuthi ubandlululo alufuneki, kumele wethule isifundo ngokuxoxa okulandelayo:

- Kakho omele athole igcikwane le HIV loba i AIDS.

- Ukuba legcikwane le HIV akusimlandu kabani
- Wonke umuntu ulungelo elifanayo lokuvikelwa, ukwelatshwa, ukunakekelwa lokuthola uncedo kungenani lesimo sakhe mayelana le HIV.
- Wonke umuntu ulungelo elifanayo lokusebenza kungenani lesimo sakhe nge HIV.
- Wonke umuntu kukhona angakwenza kumkhankaso we HIV le AIDS.

Amasu Okufundisa

Injongo:

Ukukhuthaza abafundi ukucabanga lokuxoxa ngendaba eziphatelene le HIV le AIDS

Abahlosiweyo: Ababalisi labafundi abaleminyaka elitshumi lantathu (13) kusiya phezulu.

Isikhathi: Ihola elilodwa.

Okusetshenziswayo:

- Amamphepha emisenenzi alesihloko sesifundo 'Woba ngumqali wesiziba kudaba lwe AIDS'
- Amaphepha lensiba zokuloba
- Amagwaliba esifundo' woba ngumqali wesiziba (angasetshenziswa nxa umuntu ethanda.

Ukuqhutshwa Kwesifundo:

Insingeniso (Imizuzu emithathu)

- Ethula isifundo ngokuchasisa kubafundi ukuthi ilanga lakuqala kuMpalakazi ngelokunanza umkhuhlane we AIDS emhlabeni wonke jikelele. Unaqala ngokuthi 'Lolu lusuku lapho abantu bonke emhlabeni wonke jikelele abahlanganyela khona bekhuthazana ukunanza i HIV le AIDS lokukhankasela ukuthathwa kwamanyathelo aphaathelene lokulwisana legcikwane leHIV lomkhuhlane we AIDS. Esikwenza lamhlanje kuyingxeny yomkhankaso owenziwa ngabafundi lababalisi kumagumbi amane womhlaba '
- Yehlukanisa abafundi, ubumbe amaqembu angaba mane(4) kusiya kusitshiyagalombili (8) .
- Phana iqembu linye ngalinye iphepha lokubhalela elesifundo.
- Khetha ongakuxoxa kule imitsho elandelayo:
 - I HIV le AIDS zihlasela abantu kumagumbi amane omhlaba.
 - IHIV ithelelwana ngokuxhawulana, ukusebenzisa isambuzi sinye kumbe ukwebolekana izitsha zokudlela lomuntu olegcikwane
 - Awungeke uthole iHIV ngokuya emacansini lomuntu okhangeleka ephillile
 - Awungeke uyithole in HIV uhlala loyedwa othandana laye.
 - Omama basengozinini enkulu yokuthola i HIV ngokuya emacansini bengazivikelanga
 - Abasakhulayo abaya emacansini labantu abadala bengeza ingozi yokuthola i HIV.
 - Abantu abalegcikwane le HIV bangomehlomehlo
 - Abafundi abalegcikwane le HIV bamele bavunyelwe ukuya esikolo labanye abafundi
 - Ababalisi abalegcikwane le HIV kabamelanga bafundise.

- Nxa ubona omunye ethuka kumbe ehluke umuntu ole HIV kungcono ungangeni.
- Nika iqembu linye ngalinye isihloko sengxoxo esehlukeneyo

2. Ingxoxo yamaqembu amancane (imizuzu engu 25)

- Tshela amaqembu ukuthi umsebenzi wawo wakuqala yikuthi akhethe umabhalane onguye njalo ozabikela iqembu elikhulu ngalokho okuyabe kuxoxwe ngakho. Cela iqembu ngalinye ukuthi libhale isihloko salo phezulu kwephepha lokubhalela.
- Cela ilunga linye ngalinye eqenjini ukuthi lithathe umzuzu owodwa lixoxela abanye ukuthi isihloko sitshoni kulo.
- Iqembu selingaxoxa impendulo yemibuzo emithathu esegwalibeni lemibuzo:
 - Yiphi imitsho esegwalibeni evunywa ngumuntu wonke?
 - Kuyini okumayelana lemitsho esegwalibeni angakuvumelaniyo?
 - Kumele kuthathwe manyathelo bani ukuze kuphathwe okutshiwo yimitsho esegwalibeni.
- Umabhalane usezabeka imicijo ngamafitshane elungisela ukuyethula kwabanye eqenjini elikhulu.

3. Ingxoxo yeqembu elikhulu (imizuzu engu 20)

- Qoqa iqembu elikhulu ubusucela omabhalane bamaqembu ukuthi bethule izimpendulo zamaqembu abo.
- Nxa ithuba likhona, phehla ingxoxo evela kumpendulo ezethuliweyo. Nxa njalo isikhathi singekho phetha ngokutsho ngamafitshane okuvezwe zimpendulo zabafundi.
- Tshono ngamafitshane okuphathelene losuku lokunanzwa kwe AIDS emhlabeni wonke jikelele.
 - IHIV le AIDS zindaba esisegudwinini emhlabeni wonke. Izigidi zabantu emhlabeni zilegikwane leHIV. Njalo inengi labantu liphathekile ngegikwane ngoba lilezihlobo, kumbe abangane, kumbe, abantwana kumbe abafundi, kumbe abasebenza labo abalalo igcikwane. Ngokunjalo, sonke siphathekile ngaloludubo
 - Wonke umuntu ulungelo lokuthola imfundo, lakhonke konke okuphathelene lezempilakahle. Umuntu wonke ulalo ilungelo lokuphila, lokufunda lokusebenza okupheleleyo kungelani lokuthi ulalo igcikwane kumbe hatshi. Sonke siyenelisa ukwenza amalungelo oluntu la ahlonitshwe ngokukhokhela langokuphatheka kudaba lwe HIV le AIDS.
 - Indikimba yomkhankaso walonyaka ka 2009, ithi 'Wonke umuntu akatholiswe uncedo, amalungelo oluntu ahlonitshwe. Lokhu kuqondiswe kuye wonke umuntu okugoqela ohulumende, abahlezi ezigabeni, ezikolweni, ezimulini, ngitsho lakubani lobani. Ukuze udaba lwe HIV le AIDS luphathwe ngendlela ephumelelayo, imfundiso loncedo itholakale, abantu bonke kumele bathathe amanyathelo bazibone belomlandu.

- Omdala lomncane bangawathatha amanyathelo.

4 Igwaliba elilesihloko esithi 'Woba Ngumqali Wesiziba kweze AIDS' (imizuzu engu 15)

- Chasisa ukuba kunengi okungenziwa ngumuntu ezimele yedwa, loba ngabantu esigabeni, kumbe ngumhlaba wonke ukuzwe kulwiswe in HIV le AIDS. Igwaliba leli linika amacebo okunye okungenziwa. Kodwa nxa ungelalo igwaliba ungalandela amasu la alandelayo.
- Chasisisela abafundi amanyathelo la :
 - Qala ngendikimba ethi '**Zivikele**' ekhuthaza ukuthi umuntu ngamunye abelomlandu ngempilo yakhe, lobudlelwano bakhe labanye abantu. Okokuqala yikuthi umuntu azivikele yena kugcikwane le HIV, lakweminye imikhuhlane etholakala emacansini, lokuzithwala ngokuzila amacansi kumbe ukusebenzisa indlela zokuzivikela emacansini.. Khumbula ukuzivikela okuqondileyo (ngokusebenzisa amagloves) nxa uzathinta okujulukayo okuvela emzimbeni okufana legazi.
 - '**Khulisa Ulwazi**' Lokhu kungenziwa endaweni ezehlukeneyo, ezigoqela esikolweni, lasesigabeni lapho ohlala khona. Injongo kuyikunceda abantu ukuze bafunde okunengi nge HIV le AIDS, okugoqela ukwenqabela, ukwelatshwa, ukunakekelwa lokutholakala koncedo kunye lesigcono lobandlululo . Ungengeza ulwazi ngokunxusa isihkulumu, ngokwenza imidladlwanyana, ngokwenza imincintiswano yokudweba amagwaliba langoku bhalela umhleli wephephandaba.
 - '**Guqula Isikolo kumbe lapho osebenza khona**' Lokhu kutsho ukuthi yenza isikolo sakho kumbe emsebenzini wakho kube lokuphatheka ngodaba lwe HIV le AIDS. Lokhu kugoqela ukukhankasela uncedo lwezempilakahle lemfundiso epheleleyo ngeHIV le AIDS. Khuthaza isikolo sakho siphatheke ekufundiseni ngesigcono lobandlululo njalo sisekele ukuhlanganyela ngokugcweleyo kwabafundi lababalisi abalegcikwane le HIV le AIDS kumbe labo abasebunzimeni obulethwa yilo umkhuhlane, loba bona ngokwabo bengelalo. Kuqakathekile ukuphila impilo ekhuthaza ukungabandlulwa lokweyisa abasebunzimeni ngenxa ye HIV le AIDS.
 - '**Phatheka esigabeni sakini**' Lokhu kugoqela inhlelo ezinengi eziqonde ukuphathisa abantu abasebunzimeni ngenxa ye HIV, okugoqela ukuncedisa esibhedlela, kulabo abongelwa ekhaya, kumbe inhlelo ezikhusela ukuthathwa kwamanyathelo nge AIDS. Ngokuncedisa kunye lokuphathisa emisebenzini yesikolo, kuzintandane kumbe abantwana abathwele ubunzima ngenxa ye HIV le AIDS.
 - '**Khusela ukuphatheka kwawonke umuntu**' Lokhu kuqondene lokuguqulwa kwemibono yabezombangazwe labakhokheli ukuthi bathathe amanyathelo okwenqabela iHIV le AIDS, ukwelatshwa, lokunakekela lokuphatheka mayelana lokubandlululwa loku gconwa okwenziwa abantu abale HIVlomkhuhlane weAIDS. Ungathatha amanyathelo ngokuqoqa umhlangano wabantu abanengi (i rali) kumbe ubhalele abakkokheli kwezombuso welizwe.

Nxa ithuba lisekhona khuthaza abafundi ukuthi bathembise ukuthatha inyathelo eliqondene lento ethile engalwisa iHIV le AIDS. Baphe iphepha balobe amagama abo kunye lenyathelo

abazalithatha. Batshele ukuthi uzacela ukuthi babikele abanye babo ezifundweni kunyanga ezilandelayo ukuthi baqhuba njani kunyathelo abalikhethayo. Ungacela ezinye izifundi ukuthi zilobe izithembiso zazo kugwaliba bengakalilengisi endlini yokufundela.

Ukulandelelwa Kwesifundo esifundiweyo

- Kunyanga ezimbalwa sekwedlule umkhankaso we AIDS, cela abafunga emagwallibeni ezifungo batsho ukuthi sebeziquhube kanganani izifungo zabo.
- Khumbuza abafundi ngokulotshwe kugwaliba ngazo zonke izikhathi, ukuze bananzelele ukuqakatheka kokuphatheka ngodaba lokwenqatshelwa kwe HIV le AIDS.

IPHEPHA LOKWETHULELA IMISEBENZI

Okuzaxoxwa.....

Iziqondiso

- Khetha umabhalane weqembu ozabhalela iqembu abesethulela abanye sebeseqenjini elikhulu okuxoxiweyo.
- Wonke umuntu eqenjini kumele athate umzuzwana owodwa esitsho ukuthi kuyini okumele kuxoxwe.
- Wonke umuntu kumele aphe impendulo zakhe kumibuzo yonke yomithathu ekuleliphepa zixoxwe ngumuntu wonke eqenjini.
- Zama ukubhala ngamafitshane imicijo eqakathekileyo ukuze umabhalane awabhale abesewethulela abanye eqenjini elikhulu.

Imibuzo

1. Yiphi imibono elivumelane kuyo ngomutsho ngomutsho okuxoxwa ngawo ngaphezulu.

2. Kukhona eliphikisana ngakho na?

3. Yiwaphi amanyathelo elingawathatha ukuze kwenqatshelwe elixoxe ngakho.



IMITSHO OKUXOWA NGAYO ICUTSHUNGULWA

Nanzelela Ukuthi: Impendulo ezilotshwe phansi ziphiwe njengezibonelo ukuze libone indlela yokuqhuba ingxoxo. Umkhokheli kunye labafundi bavunyelwe ukwengeza eminye imibono lemizekeliso elingen ibanga labafundi, ulwazi lwabo kunye labaphatheke ngakho.

1. *I HIV le AIDS luhlupho lomuntu wonke emhlabeni wonke jikelele.*

Yebo. Abantu abafika izigidi ezingamatshumi amane (40 million)kumagumbi amane omhlaba abaphila legcikwane leHIV. Ngomnyaka ka 2007, kufe abantu abangaba ngamamiliyoni amabili (2million) bebulawaa ngumkhuhlane we AIDS njalo abanye abanga mamiliyoni amabili lengxenywe batholakala belegcikwane le HIV egazini. IHIV iyamemetheka emazweni wonke, loba-nje kwamanye amazwe amanani asesephansi.

2. *I HIV ingathelelwana ngokuxhawulana lomuntu olegcikwane kumbe ukusebenzisa isambuzi sinye kumbe inkomitsho loba itshoko*

Hahsti: IHIV ithelelwana kuphela nxa kube lokuhlangana kwemihluzi yomzimba ,enjenge gazi, ubudoda, uchago lukamama kumbe amanzi achinca kowesifazane emacansini.

Igcikwane lithelwana ngalezi indlela ezine ezilandelayo:

- Ukuya emacansini ungazivikelanga
- Ukusebenzisa ijekiseni yinye okwenziwa yilabo abasebenzisa okudakayo
- Ukuphiwa igazi elilegcikwane kumbe ukusetshenziswa kwezitsha zokwelaphela ezingahunqwanga ngemithi efaneleyo.
- Umama angathelela usane lwakhe nxa ebeletha kumbe emunyisa.

U ‘H’ otholakala ku HIV umela igama elitsho uluntu(Human). Lokhu kutsho ukuthi igcikwane leli litholakala njalo limemetheka ebantwini hatshi enyamazaneni lezibungwini.

3. *Ungaya emacansini lomuntu okhangeleka ephilile kawubi legcikwane le HIV*

Hatshi : Banengi abantu abalegcikwane le HIV abakhangeleka bephilile. Abantu abalegcikwane leHIV bangahlala okweminyaka eminengi bengelazo izibonakaliso zokuba lesifo, njalo bengakwazi ukuthi balalo igcikwane. Loba bengaba lezibonakaliso, lezi kungaba yilezo ezivezwa ngeminye imikhuhlane engaphathelananga le HIV. Ngokunjalo, awungeke wakwazi ukuthi umuntu ulegcikwane leHIV ngokumkhangela kuphela.

4. *Ungathandana lomuntu oyedwa kuphela kawusoze uthole igcikwane le HIV.*

Hatshi: Kuya ngokuthi omunye wakho uziphatha njani lokuthi wayevele eziphethe njani lingakayi lonke emacansini. Okunye yikuthi omunye wakho uyazivikela na nxa esiya emacansini lomunye umuntu wangaphadle kumbe uyazihlaba ngokudakayo .

Ukuba lisothandweni olungelahlupho akutsho ukuthi awungeke uthole igcikwane le HIV.

5. Abesifazane basengozini enkuku yokuthelelwa igcikwane le HIV kulabesilisa nxa bengazivikelanga emacansini.

Yebo. Kulezizatho ezimbalwa:

- Ngokwemvelo: Izitho zabomama zibunjwe zaba lendlela ezinengi okungangena ngazo igcikwane, njalo ubudoda bulamagcikwane amanengi ukwedlula emanzini achinca kowesifazane.
- Amasiko: Kuvamile emasikweni esiNtu ukuthi owesifazana akumelanga azikhulumele okuphathelene lokuya kwakhe emacansini, okugoqela ukucela owesilisa ukuthi asebenzise indlela zokuzivikela nxa besiya emacansini.

Nanzelela ukuthi: Nxa omama belindela ukuphiwa konke ngobaba kubanzima ukuthi bazikhethele ukuthi baya emacansini lobani, nini, ngoba phela bayafunzwa kabala lutho, kabalamandla, basengozini yokuthelelwa igcikwane. Bonke, obaba labomama kumele baphatheke ngokulinganayo endabeni zokuvikelana emacansini lokwenqatshelwa kokuzithwala okungahlelwana.

6. Ontanga abaya emacansini labantu abadala kulabo basengozini yokuthola igcikwane le HIV.

Yebo : Kuvamile ukuthi abantu asebebadala sebaya emacansini kanengi labantu abehlukeneyo. Ontanga bayakhulelwa kabatsho lutho nxa sekusiza kwe zamacansi. Nxa ontanga besamukela izipho ezifana lemali, umakhalenkukhwini, kumbe ukugadiswa izimota ukuze baye emacansini, kubanzima ukuthi batshaye kuzwele nxa sebekhuluma ngokuzivikela emacansini. Ngokunjalo-ke basengozini.

7. Abantu abale HIV ngabangaziphathanga.

Hatshi: Akutsho ukuthi umuntu wonke ole HIV wayithola emacansini. Kungenzeka ukuba wayithola ngezinye indlela ezifana lokusebenzisa inalithi elegcikwane. Loba nxa bathola igcikwane emacansini akutsho ukuthi kabaziphathanga. Ukungaziphathi kuyengeza amathuba okuthelelwa igcikwane le HIV. Igcikwane lingatholakala ngokuya kanye emacansini ungazivikelanga.

8. Abafundi abalegcikwane le HIV kumele bavunyelwe bafunde labanye abngelalo.

Yebo: Abafundi bonke balelungelo lokufunda njalo abafundi abalegcikwane leHIV akumelanga babandlululwe, njalo i HIV kayithelelwana ngokufunda kumbe ukusebenza ndawonye.

9. Ababalisi abalegcikwane akumelanga bafundise

Hatshi: Ukuba legcikwane komuntu akumenzi abe mubi kumbe abeyisibonelo sobubi. Njengayo yonke imikhuhlane, nxa imithi efaneleyo itholakala ababalisi abalegcikwane bangaqhubeka besebenza umsebenzi wabo kuhle. Kulilungelo lomuntu wonke ukuthi asebenze kungakhathalekile ukuthi ulegcikwane kumbe hatshi.

10. ***Nxa ubona umuntu olegcikwane leHIV ethukwa kumbe ehluke ngesimo sakhe kungcono uzithulele kuphela.*** Hatshi. Nxa ungathula ungenzi lutho kutsho ukuthi lawe uvumelana lomhluke ngakumele utshele lomuntu ukuthi athule ame ukuhlukuluza omunye njalo umchasisele ukuthi akuvunyelwa ukubandlulula umuntu ngoba ule HIV. Ukwenza kwakho njalo kuzanceda ukuthi ubandlululo lolu luphele.