

AWA RIMWE CHETE PACHIRWERE CHESHURAMATONGO: NGUVA YOKUTORA HUTUNGAMIRI

Musi wa 1 Zvita pachikoro chako, kurukurai nezvehutachiwona hunokonzera shuramatongo neshuramatongo!

Gore roga roga musu wa 1 Zvita, zvuru zvezmazana evanhu munyika yese vanopembera zuva rekurangerira chirwere pasi rese reshuramatongo (World AIDS Day.) Zuva iri rinokurudzira ruzivo rwehutachiwona hunokonzera chirwere cheshuramatongo naicho chirwere pachacho. Uyezve, zuva iri rinopa mukana wekutora chinhanho chekuona zvekuita pakudzivirira hutachiwona muzvikoro. Vadzidzisi nemapato avo vakakosha mukurudziro rebasa iri, vane basa guru muzvidzidzo zvedziviriro yehutachiwona nekusimudzira kubatwa zvakanaka, chengeto netsigiro yenyika yose.

Nokuona budiriro yeZuva reShuramatongo Pasi rose (World AIDS Day) mugore ra 2008, Education International (EI) iri kukurudzira kuti vadzidzisi vashandise gadziro yechidzidzo ichi pamwechete nevamwe vashandi vavo uye vana vechikoro musu weChipiri 1 Zvita 2009 muzvikoro, imba dzedzidzo nekumisangano yomapato. Vachishandisa ‘Awa rimwe chete pachirwere cheshuramatongo’ sepfungwa huru yechidzidzo, vadzidzisi nyika dzose vachitungamira vana vechikoro nevamwe vashandi muchidzidzo chechirwere cheshuramatongo vachibetsirwa negadziro yechidzidzo chakagadzirwa ne EI ichifambidzana ne Education Development Center. Tinovimba kuti chiito ichi chichavhurira mukana wezvimwe zvidzidzo nezviito zvakanangana nehutachiwona nechirwere cheshuramatongo mugore rose.

Chiito chechidzidzo ichi chichakubatsira kuongorora kuti chirwere cheshuramatongo chinorevei kwauri, kunavamwe vako, nevana vechikoro uyezve chakagadzirirwa kunangana nezvido zveboka raunodzidzisa. Chidzidzo ichi chine zvese basa guru nediki reboka uyezve chakagadzirirwa kukurudzira hurukuro yechokwadi iri pachena pamusoro pehutachiwona nechirwere cheshuramatongo.

Chidzidzo ichi chine chati rinotaridza zvidzidzo zvikuru uye mifananidzo yacho inokwanisa kunamirwa mudzimba dzedzidzo, mevarairidzi nemahofisi emapato gore rese.

Mukuita chiito ichi nevana vechikoro nevamwe vako mukushanda, unotaridza hutungamiri nekubetsera budiriro yeZuva reShuramatongo Pasi rose. (World AIDS Day).

Awa rimwe chete pachirwere cheshuramatongo nhasi, hutungamiri pachirwere ichi mugore rese!

‘AWA RIMWECHETE PACHIRWERE CHESHURAMATONGO’

Kutungamirira chiito ichi

Chero munhu anokwanisa kutungamira chiito cheawa rimwe chete, cheZuva reShuramatongo Pasirose (World AIDS Day) nevana vechikoro, vadzidzisi nedzimwe nhengo dzepachikoro.

Hazvina mhosva kuti hausi nyanzvi maererano nehutachiwona nechirwere cheshuramatongo. Basa rako guru **nderekuvhura mukana wehurukuro** iri pachena inova iyo nhanho yakakosha mukunangana nehutachiwona hunokonzera chirwere cheshuramatongo.

Chakanyanyokosha ndechekuti ugadzirire nzvimbo inoita kuti vamwe vanoushanda navo, nevana vechikoro vanonzwa kusununguka kukurukura nekududza pfungwa dzavo nevamwe. Hutachiwona hunokonzera chirwere cheshuramatongo naicho chirwere, inyaya dzinoshungurudza nokuti pakawandisa manyepo nerusaruro zvinoenderana nechirwere ichi. Kuti ugadzirire hurukuro yakanaka uye ine pfungwa dziri pachena, unofanira kuziva zvinotevera.

- Kutungamira hurukuro
- Kuti ungaita sei nemibvunzo yausingazivi mhinduro
- Kuti uchaita sei nezingangotaurika zvinoshungurudza, zvine rusarura uye kusvora.

Kuvhura mukana wehurukuro.

Zvinotevera zvinobatsira pakuita hurukuro ine mutsindo

- Zvigadzirirei mitemo inokurudzira hurukuro iri pachena asi ine pfungwa dzinovaka.
- Kurudzirai boka ravanhu kuti vataure, vogamuchirewo pfungwa dzakasiyana-siyana uye vave nerukudzo.

Zvekuita nemibvunzo iyo yausingazivi mhinduro.

Ungava usina mhinduro kumibvunzo yese yabvunzwa.

Kana zvadai, unokwanisa kuti ‘Handizivi mhinduro asi ndichakutsvakirai.’ Unokwanisa kubvunza murairidzi wezveutano, mukoti kana chiremba pachikoro, kiriniki kana chipatara chomunharaunda wozodzoka kuboka nemhinduro. Unokwanisa zvekare kukurudzira boka kuitawo tsvakurudzo yavo pachavo pamusoro penyaya wozowana umwe mukana wokukurukura nekuongorora kuti vawana mhinduro dzakakodzera. **Zvakakosha kusapa mhinduro dzisina tsvakurudzo nechokwadi madziri.**

Kubata uye zvekuita nemutauro unoshungurudza nekudzikisira pasi.

Kuzviburitsa pachena kuti kutaura zvinoshungurudza kana kudzikisira vamwe pasi hazvibvumidzwe, tanga hurukuro nekutaura zvinotevera:

- Hapana anokonzera kuva nehutachiwona hunokonzera chirwere cheshuramatongo kana icho chirwere pachacho.
- Kuva nehutachiona kana chirwere cheshuramatongo haisi mhosva yani kana ani zvake.

- Munhu wese ane kodzero yekuwana dziviri, mushonga, chengetedzo uye tsigiro pasina ongororo kuti ane hutachiona kana kuti kwete.
- Munhu wese ane kodzero yekudzidza nekushanda pasina ongororo yekuti ane hutachiona here kana kuti kwete.
- Munhu wose ane basa rokuita panyaya dzehutachiona nechirwere.

Zvinobatsira pakufambisa chiito ichi.

Chinangwa

- Kutu boka rifunge nekukurukura panyaya dzakanangana nehutachiona nechirwere cheshuramatongo
- Kukurudzira boka ritore chinhanho panyaya dzohutachiona nechirwere.

Boka rakakodzera: Vadzidzisi nevana vechikoro (vane makore gumi nematatu zvichikwira ndivo vanokurudzirwa).

Nguva: Awa rimwe chete.

Zvekushandisa:

- Mapepa etora hutungamiri, ane zvakanyorwa zvehurukuro pane rimwe nerimwe.
- Mapepa nezvinyoreso
- ‘Tora hutungamiri pachirwere chushuramatongo’ chati (kana richidiwa)

Maitiro.

1. Nanganyaya (maminetsi matatu)

- Vhura hurukuro nekutsanangura kuboka kuti musu wa 1 Zvita izuva reShuramatongo Pasirose. Unokwanisa kuti, “Iyi ndiyo nguva yekuti vanhu pasi rose vanobatana pakusimudzira ruzivo rwehutachiona hunokonzera chirwere cheshuramatongo, nechirwere icho pachacho uye kudanidzira kutora chinhanho chakakura pakugadzirisa nyaya dzehutachiona nechirwere. Nhasi tichaita chidzidzo mukubatana nevamwe vana vechikoro, vadzidzisi nenhengo dzepachikoro muzvikoro nyika dzose.”
- Patsanura boka muzvikwata zvevanhu vana kusvika vasere kuitira hurukuro yezvikwata zvidiki.
- Ipa chikwata chimwe nechimwe bepa re’Tora hutungamiriri’
- Sarudza zvekukurukura kubva pane zvinotevera:
 - Hutachiona nechirwere cheshura matongo chinobata vanhu munyika dzose pasi rose.
 - Hutachiona hahutapurirani nekukwazisana nemaoko, nemunhu ane hutachiona hweshuramatongo uye kushandisa zvimbuzi zvimwe chete, zvekudyisa kana zvinoyoreso.
 - Ukasangana pabonde nevanhu vane hutano hwakanaka, hautapurirwi hutachiona.
 - Ukagara nemudikani mumwe chete, haubatwe nehutachiona hunokonzera chirwere.

- Vanhukadzi vane mukana wekubatwa nehutachiona kudarika vanhurume mukusangana pabonde pasina kushandiswa dziviro.
 - Vechidiki vanosangana pabonde nevehikuru vanopamhidzira mukana wekubatwa nehutachiwona.
 - Vanhu vari kurarama nehutachiwona vanosangana pabonde nevanhu vakawanda.
 - Vadzidzi vane hutachiwona vanofanirwa kutenderwa kuenda kuchikoro nevamwe vana vechikoro.
 - Vadzidzi vari kurarama nehutachiwona havafaniri kudzidzisa.
 - Ukaona munhu achishungurudza mumwe nekuti ane hutachiwona, zvakanakisa kusapindura munyaya yacho.
- Ipa chikwata nechikwata nhaurirwa yehurukuro.

2. Hurukuro yemuzvikwata (mamitsi makumi maviri nemashanu).

- Taurira zvikwata kuti basa ravo rekutanga nderekusarudza munhu anonyora pasi zvinenge zvichikurukurwa ozoudza boka guru zvawanikwa muchikwata. Taurira chikwata chega chega kuti chinyore nhaurwa yavo panzimbo yakapiwa pamusoro pebepa.
- Ita kuti imwe neimwe nhengo yechikwata itore miniti imwe chete yekutsanangura zvinoreva nhaurwa kwaari.
- Chikwata zvino chinotora nguva yokukurukura mhinduro dzavo kumibvunzo mitatu yabvunzwa.
 - Ndopapi pawirirana vanhu vese panhaurirwa?
 - Pangavapo here pasina kuwirirana kweboka maererano nenhaurirwa?
 - Ndedzipi nhanho dzauchatora kugadzirisa zvabuda muhurukuro?
- Munyori ngaanyore nepapfupi pfungwa huru dzabuda muhurukuro segadziriro yokuzopa kuboka guru.

3. Basa reboka guru (manimitsi makumi maviri).

- Boka guru ngariungane zvekare, wozobvunza vanyori vezvikwata kuti vapakurire vamwe mhinduro dzavo pamibvunzo mitatu yapiwa.
- Kana nguva iripo, ipa mukana wehurukuro pfupi pane zvataurwa. Kana pasina nguva, taura napapfupi pfugwa huru iwe pachako.

- Ipa pfungwa huru nepapfupi pamusoro peZuva reShuramatongo Pasirose.
 - Hutachiona nechirwere cheshuramatongo idambudziko rinowanikwa nyika dzose pasi rose. Zvuru zvezmazana evanhu munyika yese vari kurarama nehutachiona. Zvekare, vazhinji vakabatikana nechirwere ichi nokuti vane hama dzepedyo, shamwari, vana vechikoro, vamwe vashandi pamabasa vari kurarama nehutachiona. Naizvozvo, tose tirimo munyaya, uye tose tinobatikana.
 - Munhu wese ane kodzero yedzidzo, kuzvese zveutano neraramo, kuverenga nekushanda nepavanokwanisira kunyange vachirarama nehutachiwona kana kuti kwete. Tose tinokwanisa kuona kuti kodzero idzi dzakudzwa nekutora hutungamiri panyaya dzehutachiwona nechirwere cheshuramatongo.
 - Gore rino musoro mukuru weZuva reShuramatongo Pasirose 2009 unoti Kodzero dzemunhu wose pasi rose ('Universal Access and Human Rights,') Izvi zvinobata munhu wese pamwechete nehurumende, nharaunda, zvikoro, mhuri nemunhu mumwe neumwe. Kuti pave nemhinduro dzakakodzera panyaya yehutachiwona nechirwere cheshuramatongo panofanira kuva nedzidzo nezvinopiwa vanhu. Vanhu vose vanofanira kutorawo zvinhanho zvesandudzo.
 - Vose vechidiki nevakuru vanokwanisa kuona zvekuita.

4. 'Tora hutungamiri pachirwere cheshuramatongo' chati (maminiti makumi nemashanu)

- Tsanangura kuti kune nzira zhinji dzatinokwanisa kushandisa pakuona zvekuita nezvehutachiona nechirwere isu pachedu, kana senharaunda uye senyika yese. Chati reTora hutungamiri pachirwere cheshuramatongo rinokurudzira mhando dzezvekuita. Kana usina chati iri unokwanisa kukurukura zvingaitwa zvakapiwa pazasi:
- Tsanangura mhando yese yezvingaitwa kuboka:
 - Tanga nepfungwa yekuti - '**Zvidzimirire**', iyo inokurudzira munhu umwe neumwe kuti azvimirire pahutano hwake, nehukama hwake nevamwe vanhu. Nhanho yekutanga ndeyekuzvidzimirira pakubatwa nehutachiona hunokonzera chirwere cheshuramatongo, zvirwere zvinotapurirwa pabonde, kubata pamuviri nekusasangana pabonde, kana kuti kusangana zvine dziviro. Rangarira kushandisa dziviro dzinoshandiswa pasi rose (sokupfeka magirovho) kana uchibata mvura dzomumuviri seropa.
 - '**Wedzera Ruzivo**' inoshanda pakawanda pamwechete nechikoro chako nenharaunda yako. Chinangwa ndechekubatsira vanhu kuti vadzidze zvapakamhidzirwa pamusoro pehutachiona nechirwere zvakasangana nedziviro, kurapwa, chengetedzo, tsiro uye kusashungurudza, kusarura kana kusvora. Unokwanisa kupamhidzira ruzivo nekupa mukana wekuita hurukuro yakadzama yezvinobuda munhau. Unokwanisa kukoka mutauri,

kugadzira nekuita mitambo, kuita makwikwi ekugadzira machati kana kunyora tsamba kumapepanhau.

- **‘Vandudza chikoro chako kana paunoshanda’** zvinoreva kupa chikoro chako paunoshanda mukana wekurangana nenyya dzehutachiona nechirwere cheshuramatongo. Izvi zvinosanganisa kuwana rubetsero muzvipatara kana makiriniki nekuwana dzidzo yakadzama yezvehutachiwona nechirwere. Kurudzira chikoro chako kuti chigadzirise nyaya yemutauro unoshungurudza, kusarura, kana kusvora vane hutachiona.
- Vana vechikoro kana vadzidzisi vari kurarama nehutachiona vanofanira kupiwa tsiro izere. Zvakakosha kurarama zvine tariro pasina kushungurudzwa, kusarurwa kana kusvora vane hutachiwona kana chirwere.
- **‘Bata basa remunharaunda yako’** ine zvakanwanda zvinoitwa pakubetsera vari kurarama nehutachiona nechirwere sokubetsera muchipatara, nochirongwa chevanochengetwa kumba, kana kupa tsiro nekubatsira nherera nebasa rekuchikoro uye vana vakabatikana nehutachiwona nechirwere cheshuramatongo.
- **‘Kurudzira kuti pawane zvinoitwa nyenika dzepasi rose.’** Apa panoda kuti, vatungamiri vezvematongerwo enyika vabatsire pakudzivirira hutachiwona hunokonzera chirwere cheshuramatongo, kurapwa, chengetedzo nekupa tsiro uye kudzvanyirirwa kushungurudzwa. Unokwanisa kuronga musangano kana kunyorera vakuru vamaipato ezvematongerwo enyika.

Kana paine nguva, kurudzira boka kuti ritaure zvarichaita mukupodza dambudziko iri. Vape bepa rekuti vanyore zita ravo, nezvavachaita. Uvaudze kuti uchavakumbira kuti vapakurirane kuboka budiriro yavo mumwedzi inotevera. Unokwanisazve kuti vamwe vadzidzi vanyore zvavachaita pachati reTora hutungamiriri vasati variturika muimba dzavo dzedzidzo.

Teverero yezvaitwa.

- Mumwedzi inotevera mumashure meZuva reShuramatongo Pasirose bvunza vese vakanyora kuti vane zvavachaita kupakura kune vemwe budiriro yavo.
- Dzokera kuchati nguva dzakasiyana-siyana mukufamba kwegore kurangarira vana vechikoro kukosha kwekutora chinhanho pakubetsera mukudzivirira hutachiwona hunokonzera chirwere cheshuramatongo.

NHAURIRWA YEHURUKURO

Pepa

rekushandisa:.....

Rairo

- Sarudza munhu anonyorera chikwata zvakurukurwa ozopakurirawo kuboka guru.
- Munhu mumwe nomumwe anofanira kutora miniti imwe chete kuti atsanangure zvinoreva nhaurirwa kwaari.
- Munhu wose anofanira kukurukura mhinduro dzapiwa pamibvunzo mitatu iri pabepa iri.
- Zama kubatanidza pfungwa huru nepapfupi kuitira kuti munyori agozoudzawo boka guru.

Mibvunzo

1. Ndezvipi zvawirirana vanhu vose panhaurwa?
2. Pane here pasina kuwirirana kweboka maererano nehaurirwa?
3. Ndedzipi nhanho dzauchatora kugadzirisa zvabuda muhurukuro?

NHAURIRWA DZEHURUKURO

Rangarira: Mhinduro dzakapiwa panhaurirwa iri pazasi ndookubetsera kukupa pfungwa dzinofanira kukurukurwa. Iwe neboka munokwanisa kuwedzera dzimwe pfungwa nezvamunoziva zvichienderana nezera, ruzivo nezvido zveboka.

1. *Hutachiwona nechirwere cheshuramatongo zvinobata vanhu munyika yese.*

Hongu. Zviru zvemazana mana evanhu munyika dzepasi rose vane hutachiona hunokonzera chirwere cheshuramatongo. Mugore ra 2007, pedyo nezvuru zviviri nechimwe avanhu vakashaika nechirwere cheshuramatongo uye zviru zviviri nechidimbu vakabatwa patsva nechirwere. Hutachiwona nechirwere cheshuramatongo zviri kuparadzirwa munyika dzose kunyange dzimwe nyika dziri pamberi pedzimwe.

2. **Hutachiwona hunoparadzirwa nekukwazisana memaoko nemunhu ari kurarama nehutachiwona kana kushandisa zvimbuzi zvimwe chete, zvekudya kana zvinyoreso.**

Kwete. Hutachiona hunoparadzirwa chete nemvura ina dzomuviri dzinotevera, ropa, mvura dzinobva munhengo yemunhu rume pabonde, mvura dzinobuda munhengo yemunhu kadzi pabonde kana mumukaka womuzamu.

Nzira ina dzinoparadzira hutachiona ndoidzi:

- Kusangana pabonde pasina kushandisa dziviro.
- Kushandisirana majekeseni ane hutachiwona pakubaya mishonga.
- Kupiwa ropa rine hutachiwona kana kushandisirwa midziyo yemuchipatara usina kucheneswa.
- Mai vanopa mwana hutachiwona vasati vazvara, pakuzvara kana kuyamwisa.

H wepa HIV anomirira 'human' zvinoreva kuti hunoparadzirwa nevanhu chete kwete nemhuka kana tupuka.

3. *Ukasangana pabonde nevanhu vanotaridzika kuva nehutano hwakanaka, haubati hutachiwona.*

Kwete. Vanhu vazhinji varikurarama nehutachiona vanoratidzika kuva nehutano hwakanaka. Vanhu vane hutachiona vanogona kugara makore akawanda vasina zvinotaridza kuti varwere kana kutomboziva kuti vane hutachiwona. Nyange vakave nezvinotaridza kuti vangave nehutachiona, zviratidzo izvozvo zvinogona chose kukonzerwa nemamwe matambudziko ehutano asineyi nehutachiona. Naizvozvo, haukwani kuona kana munhu anehutachiona nekungomutarisa chete.

4. *Ukagara nemudikani mumwechete, hautapurirwe hutachiona.*

Kwete. Zvinoenderana neumwe wako nezvese zvaakaita musati masangana, uye kana asingasangane pabonde zvisina dziviro nevamwe vanhu kunze kwako. Uyezve kana asingashandisi majekeseni ekuzvibaya mishonga. Kuve nemudikani mumwe chete hazirevi kuti wabuda panyatwa.

5. ***Vanhukadzi vane mukana wakakura wekubata hutachiwona pakusangana pabonde zvisina dziviro.***

Hongu. Kune zvikonzero izvi sei zvichidaro:

- Zviri mumuviri: Vanhukadzi vane nzimbo huru mutsinga munokwanisika kuti hutachiona upinde uyezve hutachiwona hwakawanda mumvura dzemunhu rume dzinobuda pabonde kudarika mvura dzinobuda munhukadzi pabonde.
- Zviri mutsika nemagariro: Mukukura kwevanhukadzi vazhinji, madzimai haana bvumo yekukurukura zvepabonde kana kuronga nezvazvo uye kubvunza mudikani kuti ashandise dziviro pabonde.

Uyezve: Kana munhukadzi achimirira kupiwa mari nemurume zvinogona kuzomunetsa kuronga waanosangana naye pabonde. Vanhukadzi nevarume vanofanira kushanda pamwechete pakuronga zvepabonde uye pakudzivirira nhumbu.

6. ***Vechidiki vanosangana pabonde nevehikuru, vanopamhidzira kuwana hutachiona kwavo.***

Hongu. Vechikuru nguva zhinji vanenge vave nevakawanda vavanenge vasangana navo pabonde uye ndivo vanowanzoda kutanga nekuronga zvese zvinoitika pakudanana nevehidiki. Ivowo vechidiki vakakarira kupiwa zvinhu zvakaita semari, mbozhanhare, kana kutakurwa nemotokari kuitira kuzosangana pabonde zvinozonetsa kuti vachitaura kana kukurudzira kuti umwe ashandise dziviro yakaita samakondomu pabonde izvi zinoita kuti vazvipinze panyatwa yakubatwa nehutachiwona.

7. ***Vanhu vari kurarama nehutachiwona vanosangana pabonde nevanhu vakawanda.***

Kwete. Vanhu vane hutachiwona vanogona vakahuwana nemhando dzisineyi nekusangana pabonde (sokushandisa majekiseni ane hutachiwona nevakawanda) Nyange dai vakawana hutachiwona pakusangana pabonde zisina dziviro, izvi hazvirevi kuti vane rubarira rwekungosangana pabonde nevakawanda zvisina tsarukano. Kunyangwe zvazvo busangana pabonde nevanhu vakawanda kuchipamhidzira kubata hutachiona, hunogona kubatwa nekusangana pabonde pasina kuzvidzivirira kamwe chete.

8. ***Vana vechikoro varikurarama nehutachiona vanofanira kubvumidzwa kuenda kuchikoro nevanwe vana.***

Hongu. Vanodzidza vose vanekodzoro yekudzidza. Pamusoro paizvozvo, vana vechikoro vane hutachiona havafanire kusiiwa pane zviitiko kana kuitirwa rusaruro. Hutachiona haungatapurika nekungodzidza nevamwe kuchikoro mazuva ose.

9. ***Vadzidzisi vari kurarama nehutachiwona havafanire kudzidzisa.***

Kwete. Kuva nehutachiona hazvirevi kuti munhu ane hunhu hwakashata kana kuti haana chinoyemurika kana chekudzidza paari. Sezvakaita zvirwere zvakanwanda, nekupiwa mushonga wakakodzera, vadzidzi vazhinji vane hutachiona vanokwanisa kunyatsoenderera

mberi nebasa zvakanaka. Munhu wese ane kodzero yekushanda zvisinei nemamiriro eropa rake kana kuti ane hutachiona kana kuti kwete.

10. Ukaona munhu achitaura zvakaipa kana kushungurudza mumwe nokuti ari kurarama nehutachiona, zvakanakisa kusapindira munyaya yacho.

Kwete. Kana ukasataura kana kuita chimwe chinhu, runyararo rwako runogona kureva kuti unowirirana nezvirikuitika. Ukaona munhu ari kushungurudza mumwe kuti arege zvaari kuita ipapo uye kuti hazvigamuchirwe zvekushungurudza munhu nokuda kwekurarama nehutachiona. Kuita kwako kunobetsera kuti kushungurudzwa kuite kushoma.