



2013



**We Have Rights Too! Peer Educator  
SRHR Reference Manual**



Monga aphunzitsi akumudzi muyesesa kugwira ntchito yotukula maufulu a zogonana di ubereki wabwino wa azimayi omwe ali ndi kachilombo koyambitsa matenda a EDZI.

Kabukuh kakuthandinzani pogwira nchito yanu kuti mutukule maufuklu sa uzogonana ndi ubereki wabwinoin mubdera lanu.

Mchitidwe osalana ndi kunyonzana ukupitirira kukhala chiopsezo muno mmalawi pamene maufulu azogonana ndi ubereki wabwino akuphwanyidwa. Azimayiomwe ali ndi kachilombo koyambitsa matenda a Edzi akumakanizidwa kuziwa zamaufulu awo a zogonana ndi ubereki wabwino, kulandira makhwalaama ARVs ndi makhwala ena, komanso akumakumana ndi nkhanza. Kuwonjenzerapo anthu omwe amakumana ndi nkhanza amaletsedwa kuziwazamaufulu awo komanso kuziwa zakugonana moyenera ndi momwe angachite pomwe ali oyembekezera

Uthenga omwe uli mukabukuka ukutsogolerani kudziwitsa anthu zokhunzana ndi maufulu a zogonana komanso ubereki wabwino popereka uphungu kwa anthu omwe ali mdera lanu omwe amakumana ndi nkhanza.

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## Udindo wa ma Peer Educator (Aphunzitsi akumudzi) pa ntchito yothetsa nkhanza

- Kupereka uphungu ndi kuunikira amayi omwe ufulu wawo waphwanyidwa.
- Kuphunzitsa Malamulo othandizira mayi kuti apeze thandizo
- Kuthetsa ncthitidwe wosalana
- Kuonetsetsa kuti ndondomeko zotetezera ufulu wa amayi zikutsatidwa ndikupeze thandizo.
- Kuwunikira mafumu,azipembedzo ndi aboma kugwiritsa ndondomeko ya project concept/document



Kodi ufulu wanu ndichani okhunzana ndizogonana komaso ubereki

# Ufulu wolandira thandizo lilonse kuchipatala wokhudzana kugonana ndi uchembere wabwino.



Kupewa mayi kupatsira mwana matenda



Kupewa kufala kwa matenda opatsirana pogonana ndi HIV



Kulera



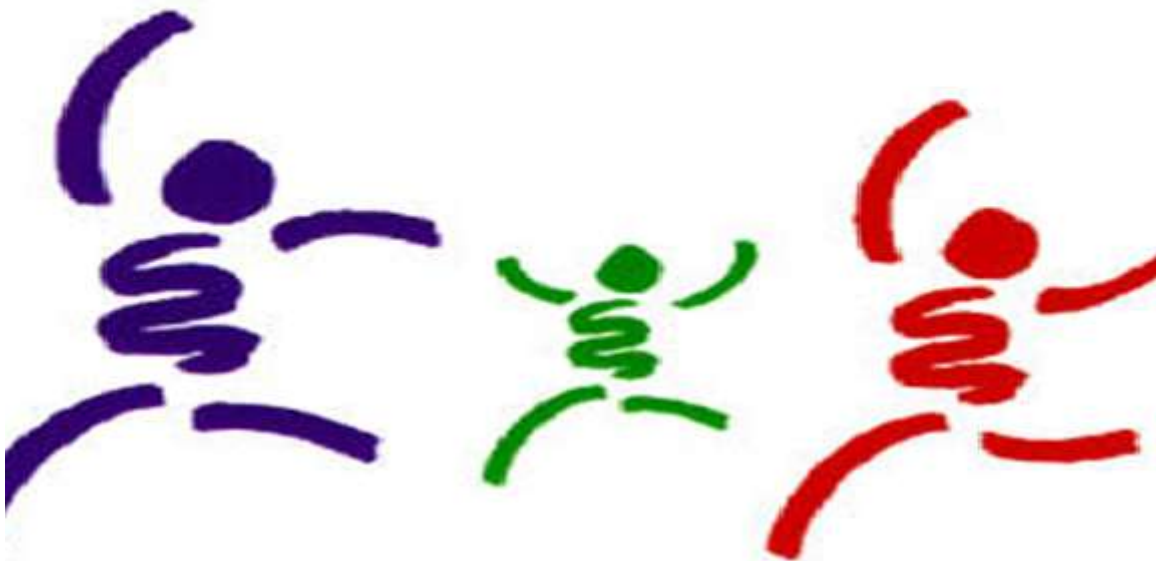
Kuchipatala kolandira mankhwala ndi Uphungu wabwino.

Kupewa cancer ya mmawere ndi ya nchiberekero



# Ufulu wokhala ndi Maphunziro azakulera

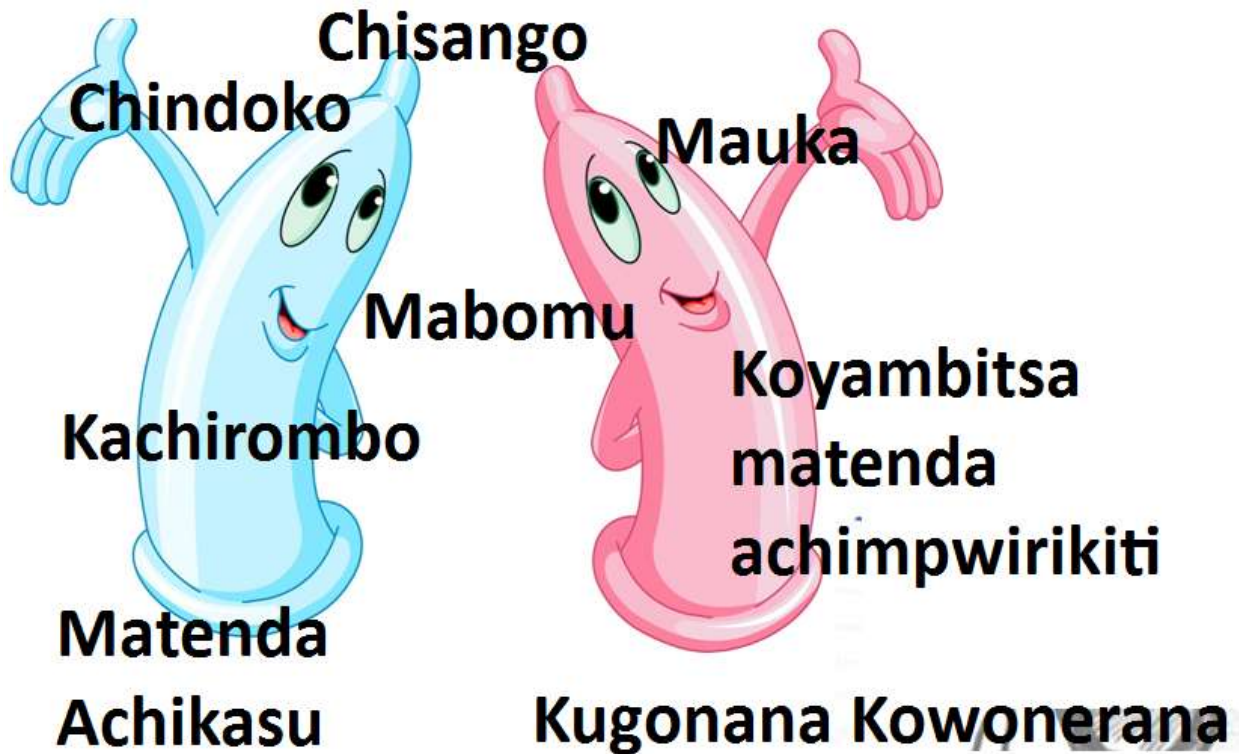
KULERA NDI KWA WINA ALIYENSE





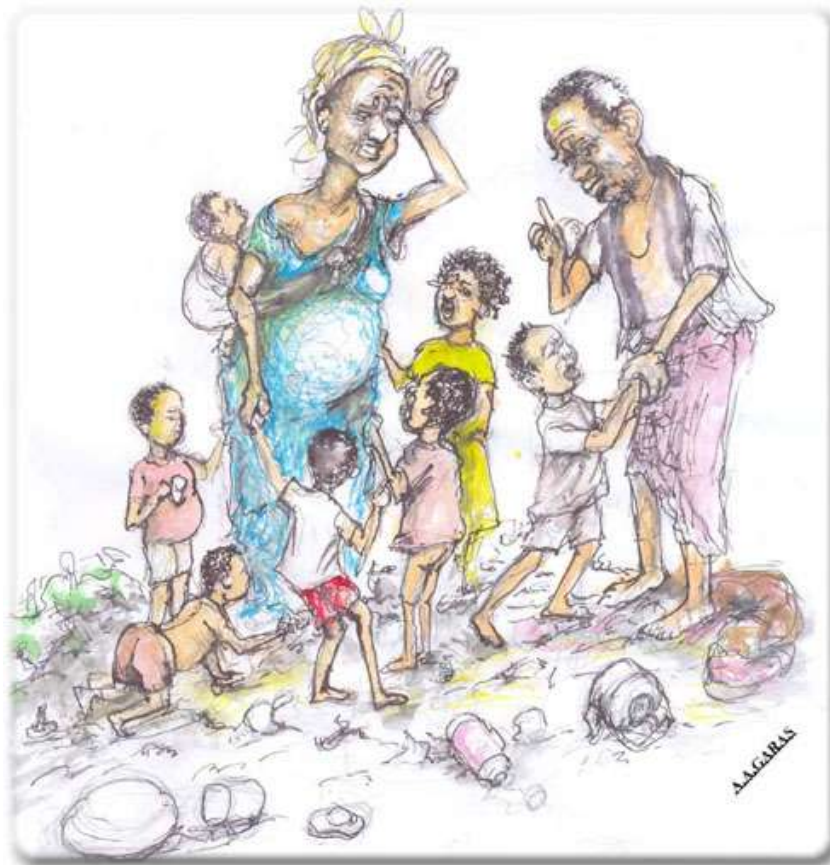
**Ufulu woziteteza wekha ndi  
poziteteza kupewa matenda  
opatsirana pogonana.**

**Kuganiza Mwanzeru**



**Zilonda zakumaliseche**

**Ufulu osankha kubereka  
kapena kapena ayi.  
Komanso kusankha  
kuchuluka kwa ana ndi  
nthawi yobereka.**





# Ufulu wochepetsa kubeleka



# Ufulu wosankha njira iliyonse yamaleledwe



# Kufunafuna, kulandira uthenga wofunikira wokhudzana kugonana



# Kulemekeza thupi lako lisachitidwe nkhanza

**Nkhanza za m'mbanja**



**Kugwirira amayi**



**Kukakamiza Kugonana**



**Kupeza thandizo lochepa  
lamankhwala olelera**





# Kusankha abwenzi





# Kuvomereza kugonana kapena ayi



# Ufulu wovomereza kugonana

**'Ayi' kuthandauza kuti ayi!!**

**'Osati pano' ndiye kuti ayi!**

**'Ndatopa' kuthandauza kuti ayi!!**

**Kukhala chete ndi kuthandauza kuti  
ayi!!**

**'Siya' kuthandauza ayi!!**



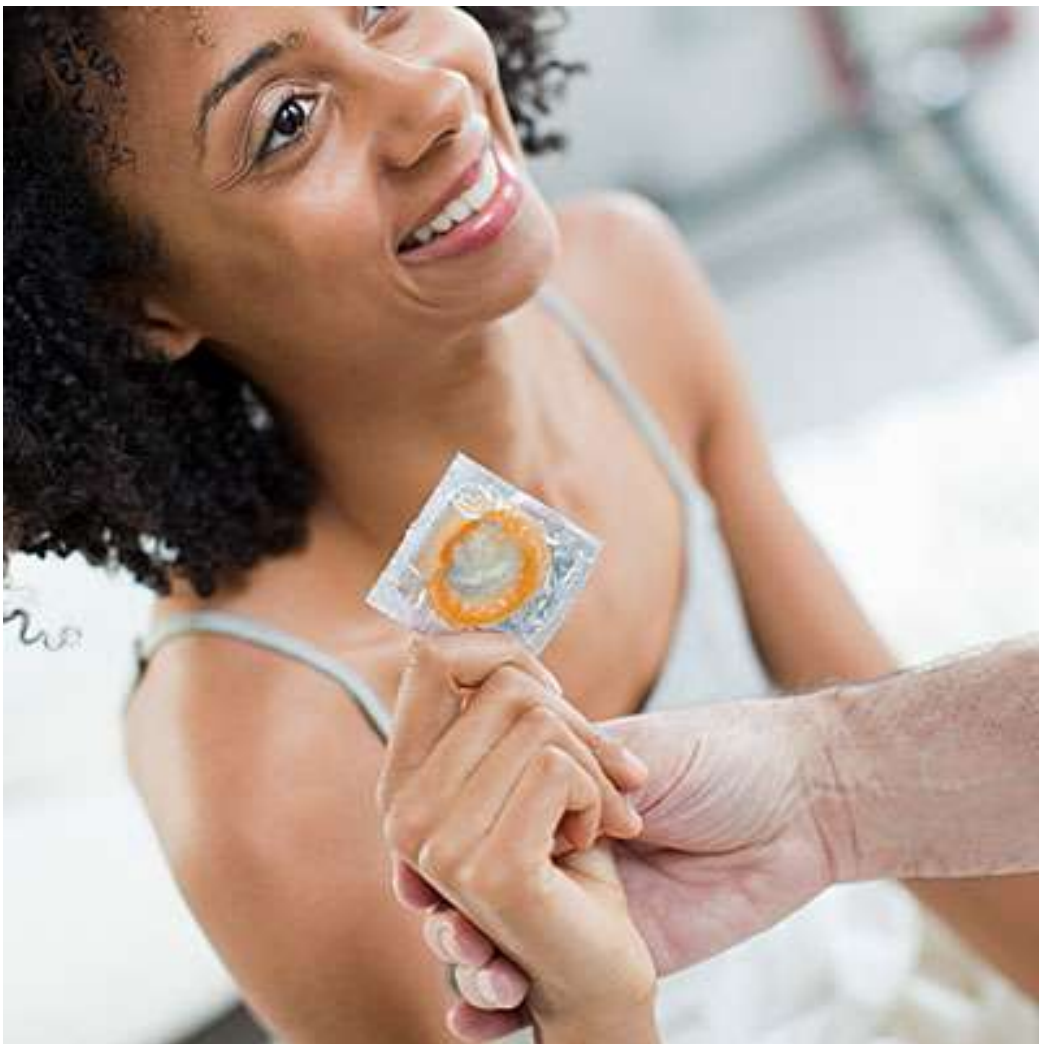
# Ufulu wovomereza Kukhala pa banja



**Ufulu wokhutitsidwa  
kudzera pogonana,  
kudziteteza ndi Kukhala  
osangalatsidwa**



# Kukakamizidwa kugonana ndi lamulo loteteza





## Lamulo lothetsa nkhanza (2006 Prevention of Domestic Violence Act)

Mchaka cha 2006, dziko la Malawi linakhazikitsa lamulo lothetsa nkhanza m’banja. Lamuloli analikhazikitsa ndi cholinga choletsa nkhanza m’banja ndi kuteteza anthu amene amakhudzidwa ndi nkhezazi,

Nkhanza za m’banja zikutanthauza umbanda uliwonse womwe munthu angamchitire mzake pa chibale kaya pa banja, wokhudza kumenya, kugonana, kusokoneza maganizo ndi kuzunza munthu pa nkhani ya kapezedwe kake ka ndalama

Amai ambiri amachitiridwa nkhanza koma sadziwa kapena kuzindikira kuti akhoza kupeza thandizo ndikuletsa nkhanza zosiyanasiyana atakasuma ku khoti. Nazi ndondomeko zomwe zili mu lamulo loletsa nkhanza m’banja zomwe ndi zothandiza poteteza amai ndi atsikana ku nkhanza zomwe akukumana nazo, maka kwa iwo omwe ali ndi kachilombo ka HIV.

- Lamuloli likupeleka mwai kwa munthu ochitiridwa nkhanza kukasuma ku bwalo la milandu ndipo angathe kupeza ndondomeko yomutetezera malingana ndi a khoti (Gawo 1 mutu 4).
- Munthu akhoza kutetezedwa atasuma poletsa asumilidwayo kulowa kapena kupitiliza kukhala m’nyumba ya ozunzidwayo. Mwachidule khoti likuletsa ochita nkhanza kumuyandikira munthu amene akuchitiridwa nkhanza ( Mutu 5a)
- (Mutu 5b) ikuumiliza osumilidwa kuti aonetse khalidwe labwino kwa ochitidwa nkhanza
- Munthu ochitira nkhanza wina akuyenera kupeleka chipukuta misonzi kwa wochitlidwa nkhanzayo ngati pali kuonongeka kwa zinthu zomwe zimamubweretsera ndalama munthu ochitilidwa nkhanzayo, ndalama zolipila ku chipatala komanso kukonzetsa mano, ndalama zoyendera kapena zokasumila komanso kulipila ndalama zomwe osuma wagwiritsa ntchito kuti akayendetse mlandu likutero (Mutu 7)
- Gawo (III). Lamuloli likuti munthu ali ndi ufulu okhala pakhomo pakwao. Kutengela mutu 11 munthu akachitilidwa nkhanza zothamangitsidwa pakhomo, ali ndi ufulu opempha ndondomeko ku khoti kuti asachoke pakhomo pawo kapena mnyumba
- Mu gawo (viii) la lamuloli akunena kuti aliyense amene angalephele kutsatira chigamulo chomwe chapelekedwa ku bwalo la milandu zokhudza nkhanza za m’banja adzayenela kulipila 500,000 kwacha
- Ndipo mu gawo (x) akufotokoza likuti wapolice ali ndi udindo wochitapo kanthu pa nkhani ili yonse ya nkhanza za m’banja ngakhale munthu amene wachitilidwa nkhanzayo siamene wadzasuma.

### **3.2 Ndongomeko yokhudza nkhani ya kugonana ndi kubereka (2009 National Sexual and Reproductive Health and Rights Policy)**

Ndongomeko za umoyo zili ndi ngodya zokhazikika zomwe zimakhudza nkhani za ufulu wa amai okhudza za kugonana ndi kubereka.

- Ndongomekoyi ikufotokoza kuti munthu aliyense akuyenera kulandira chithandizo cha za umoyo mosayang'anira komwe akuchokera, kuti ndi wamkazi kapena mwamuna.. mosatengera chipembedzo chomwe amatsata, chikhulupiliro chake pa ndale, kapezedwe ka chuma ndi malo omwe akukhala.
- Ntchito zokhudza uchembele, matenda a Edzi ndi kachilombo ka HIV komanso matenda opatsirana pogonana zikuyenera kuyendera limodzi ndi kuperekedwa kwa amai ndi atsikana a msinkhu obereka.
- Mai ngakhalenso bambo ayenera kudziwitsidwa mokwanira za njira za kulera kuti athe kusankha momasuka njira yomwe angafune kutsata komanso nthawi yomwe angafune kuti akhale ndi mwana wina mopanda kuopsyedwa.
- Ndongomeko yoteteza mwana kuti asatenge HIV pobadwa kuchokera kwa mayi wake (PMTCT) ikuyenera kuperekedwa limodzi ndi chisamaliro cha amai omwe abereka ndipo mai akuyenera kulandira chithandizochi kuyambira pomwe wafika ku chipatala. Amai onse omwe ali ndi HIV ndipo ndioyembekezera akuyenera kulandira mankhwala aulere otalikitsa moyo a ARV kuti asapatsire HIV kwa mwana yemwe akumuyembekezera.
- Amai omwe ali ndi HIV akuyenera kulandira uphungu woyenera pa za momwe angatetezere mwana obadwayo komanso alandire chisamaliro choyenera pa kasamalidwe ka mwanayo.
- Atsikana aphunzitsidwe za nkhani zokhudza kugonana kuti momwe angatetezere miyoyo yao.
- Amai ndi atsikana omwe ali ndi HIV aphunzitsidwe za momwe mankhwala otalikitsa moyo a ARV amagwilira ntchito kuti ngati angakumane ndi zovuta zina akumwa mankhwalawo, athe kupempha achipatala kuti awasinthire mankhwalawo.

### **3.3 Ndongomeko zowonetsetsa kuti pasakhale kusiyana pakati pa amuna ndi akazi (2009 National Gender Policy)**

Ndongomekoyi cholinga chake ndikutukula amayi kuti pasakhale kusiyana pakati pa amayi ndi abambo pakutenga mbali ndi kupindula pa chitukuko. Mwapadera ndongomekoyi inakhazikitsidwa pofuna kutukula amayi pachuma ndi kuthetsa nkhanza.

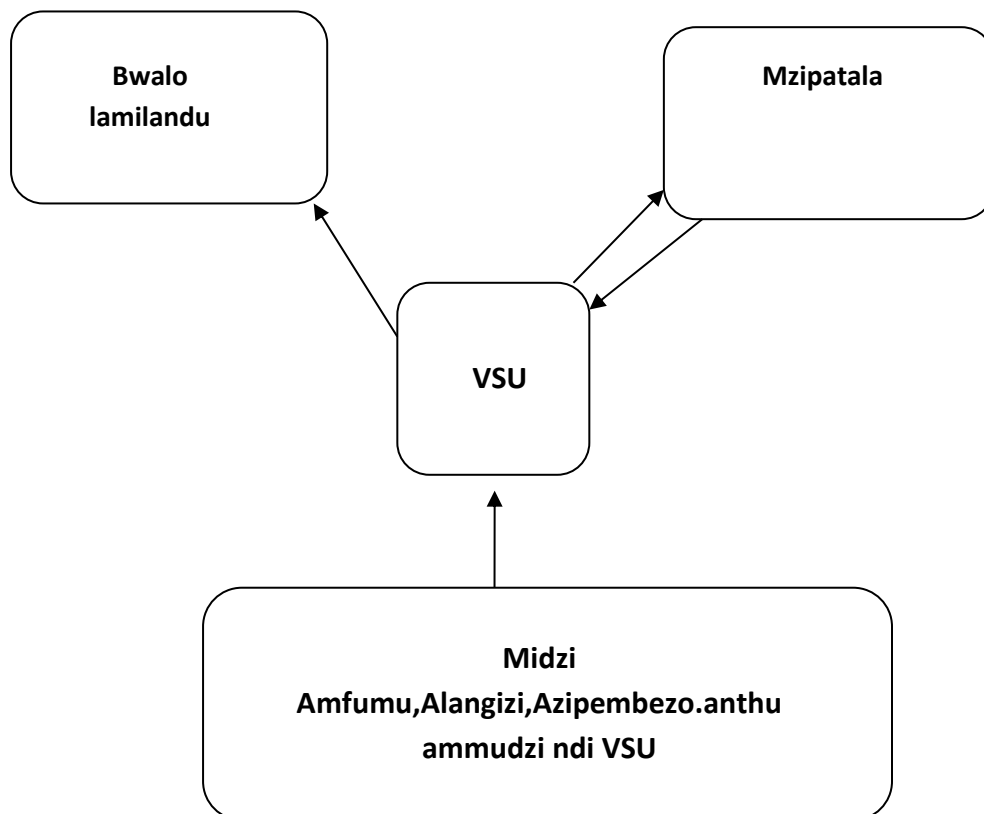
Ndongomekoyi ikulimbikitsa kuti amayi, atsikana, anyamata ndi abambo akhale ndi mwayi wofanana olandira malangizo ndi chithandizo pa nkhani yogonana ndi kubereka.

Ndondomekoyi ikulimbikitsa kuti amayi ndi atsikana omwe ali ndi HIV alemekzedwe ndi kutetezedwa pogwiritsa ntchito malamulo a dziko la Malawi.

Ndondomekoyi ikulimbikitsa kuti amayi ndi atsikana omwe ali ndi HIV alandire chithandizo choyenera kuchipatala popanda kuwasala ndipo asungiridwe chinsinsi.

Ndondomekoyi ukulimbikitsa kuti amene achitire nkhanza amayi ndi atsikana omwe ali ndi HIV alandire chilango chokhwima motsata lamulo. Potsiriza ndondomekoyi ikulimbikitsa abambo ndi anyamata kutengapo mbali pa nkhani ya HIV ndi matenda opatsirana pogonana.

### **KOKAPEZAKO THANDINZO LA NKHANZA**



**Kuphunzitsa aphungu : Kupereka upungu kwa mzimayi wa amene waphwanyiridwa Ufulu wokhudza kugonana ndi kubereka**

## Uphungu ndi chani?

- Uphungu ndi njira imodzi yomwe imathandizira kupereka thandiza mwachinsinsi pakati pa opereka uphungu ndi wodandaula, nthawi imeneyi opereka uphungu amathandizira odandaula kudziwa mavuto ake, maganizo ndikupeza njira yothandizira mavuto.
- Kukambirana mwachinsinsi pakati pa anthu kuthandizira kupereka chisamaliro chothandizira munthu kuchepetsa mavuto ake ndi kupanga chiganizo chokhudzana kugonana ndi kubereka, Komanso nkhanza zomwe akukumana nazo.

### Kaperekedwe ka uphungu ndi luso

- Kukhazikitsa ubale
- Kumvetsera mwatsatane tsatane
- Kumanga ubale wa mphamvu ndi wodandaulayo
- Kuunikira maganizo ake
- Kubweretsa mmodzi pansi
- Mafunso- omasula mafunso
- Kutsendera
- Kulimbikitsana

### Njira zoperekera uphungu

1. Kukhadzikitsa ubale wabwino kudzera mu kuyankhulana
2. Kukambirana ndi kugwirizana zolinga ndi mtundu wa uphungu, ndi kutsimikizira chinsinsi cha phunguyo kwa wothandizidwayo.
3. Kufufuza ndi kukambirana za mavuto awodandaulayo maganizo ake
4. Kufufuza ndi kukambirana ndi wodandaulayo popereka mwayi woti athe kuyankhulapo mmene akufunira kuti zinthu zisinthe pomupatsa mpata kuyankula maganizo ake.
5. Kuwaunikira ku malo ena omwe amathandizira kupereka uphungu.
  - Kuonetetsa kuti odandaulayo walandira thandizo moyenerera Osati kumupangira chochita Komanso kumulangiza.
  - Kupereka ndondomeko bwino kumene wodanadulayo angapeze thandizo.
  - Kuonetsetsa kuti mwapereka uthenga oyenera.

- Perekani Dzina la wothandiza munthu wodandaulayo ndi Kuonetsetsa kuti wodandaulayo walandiza thandizo lomwe amayembekezera kumalo oyenera.
  - Kufufuza zofunikira monga matalikidwe,zinsinsi,Komanso kapezedwe ka chithandizo ndi zina.
  - Kuonetsetsa kuti mukulandira mayankho kuchokera kwa wodandaulayo pamene akulandira thandizo.
6. Kutsendera zomwe zakambidwa pa zokambirana kapena pamaphunziro.
  7. Further appointments (if appropriate). Kugwirizana za kukumanananso ngati kuli kofunikira
    - Pomaliza pa zokambirana,Maphunziro a uphungu,tiunikire zotsatira za zokambirana ndi kupanga mfundo pa zomwe zanededwa limodzi.
  8. Kupereka zotsatira za Maphunziro a phungu,kulemba mu mafomu amane aperekedwa kwa inu.Onani munsimo

### **Cholinga cha uphungu**

**Cholinga** : Kulora wodandaulayo kuti adzitha kumapanga chinganizo payekha pa zomwe angachite)

Phungu ndi wodandaula adzifufuza mfundo zothandizira popanga chiganizo payekha( ntchito yawo sikulangiza koma kupereka chisankho kwa munthu Wodandaulayo azipanga chiganizo.

### **Kumuthandiza odandaulayo kupanga chiganizo payekha.**

- a) Kuwunikira anthu za mavuto awo
- a) Kupereka nzeru zokhuda Ufulu wa kugonana ndi kubereka
- b) Kupereka nzeru za mmene angapezere thandizo lawo
  - Osamulangiza,udindo wanu ndikuonetsetsa kuti mukupereka uthenga ofunikira wothandizira munthu wodandaulayo kuti mavuto ake achepe ndikuti akhale alimbikitsidwe pa kupanga chiganizo payekha.
  - Muwonetsetse kuti zofunikira zilunjike mfundo za wodandaulayo
  - Kumvetsetsa malire ako, osapereka uthenga ndi chithandizo chomwe sunaphunzitsidwepo,awunikiridwe powatumiza anthu kumalo ena omwe angapezeko thandizo loyenerera la wodandaulayo.



### **Pamene ukupereka uphungu usachite izi:**

- Usamuweluze okhuzidwayo ndi mawu kapena kupereka chizindikiro chosayankhula,kuwonetsa kuti phunguyo sanavomereze khalidwe la wodandaulayo,pachikhalidwe kapena kupangira maganizo.
- Kumuuza wodandaulayo mmene angakhalire.
- Osafunsa mafunso omuzuzula
- Kupewa maganizo a wodandaulayo kuti akwaniritsidwe.
- Osalolera kupanga chiganizo cha wodandaulayo.
- Kumuuza kapena kumulangiza wodandaulayo kuti adzitha kuunikira mavuto ake.
- Osapereka zinthu zopanda umboni kwa wodandaulayo.
- Kufunsa mafunso oyenera kuti akwaniritse odandaulayo zofuna zakezo.
- Osapereka uthenga wambiri kapena unthenga wosayenera kuthandiza wokhumudwayo kuthetsa mavuto ake.

## Luso La Kulumikizana, Kumverana

Mitundu	Cholingo	Zoyenera Kuyakha
<b>Kumasulira momveka bwino</b>	Kupeza mfundo zina Kufotokolo momveka bwino	Angalongosole izi? Ukutathauza ichi? Mungandipatse chitsanzo? Ili ndi vuto lomwe mukukumana nalo tsopano? Ndione ngati ndikumve tsetsa.
<b>Kukoza Chiganizo</b>	Kukonza matanthauzo Kumvetsera ndi kumvera zomwe wina akunena	Mmene ndikumvera, maganizo ako alipati Izi ndizomwe ndikuva kwaiwe
<b>Kuthandizira</b>	Kuona ngati mukusangala tsidwa ndi kumvetsera Kulimbikitsa munthu kupitiriza kuyakhula	Ndi kuona Ndizasangalatsa Ndikuvetsetsa
<b>Kuunikira</b>	Kuvetsetsa mmene wina akumvera pa zomwe akuyakhula Kuthandiza wina kunena mmene akuganizira kapena kumvera	Ukuganiza choncho Zinatiovuta monga momwe munaonera Munaganiza ngati simumawerengedwa
<b>Kufunakapeza vuto</b>	Kuthandiza munthu kuunikira mavuto onse	Izi ndizomwe mwaganiza kudita ...zolinga zoke ndi ziti? Njira zina ndi ziti? Mukuganiza bwanji kati anthu ena amaona motani? Uthenga wina ndi uti omwe ogathandize?
<b>Pamapeto</b>	Kubweretsa zokambirana zonse pamodzi.	Maganizo ena ndamva mukunena Ngati ndingamve tsetse momwe mukuvera kuganira...

## Role Playing Cards for Cases of SRHR Violations

Picture 1: Amayi akuchitidwa nkhanza kuwumirizidwa kugonana



Picture 2: Amayi apita kwa dokotala ndipo anawauza nkhanzi akulira. Adokotala anawauza kuti apite kupolisi, asanapite kukalandira thandizo lamankhwala



Picture 3: Amayi apita kupolisi. Apolisi awauza kuti apite ndi umboni wakuchipatala kuti atsimikize ngati ndi zoon:



Picture 4: Amayi akupita kunyumba chifukwa akuopa kupitanso kwa dokotala



Picture 1 Amayi ali kunyumba ndi ana awo ang'o'ono atatu,akuoneka otopa



Picture 2: Maloto amunawo ofuna kukhala ndi ana ambiri amuna. Mayi ali otopa ndipo sakufunanso kukhala ndi ana.



Picture 3: Amayi akupita kwa adokotala kukafunsa malangizo, koma adokotala anawauza amayi kuti sawathandiza kuwapatsa malangizo popanda amuna awo



Picture 4 Amayi ali ndi mimba ya chinayi(4)



Picture 1: Amayi wotopa wakumudzi akumva ku pweteka



Picture 2: Amayi amapita chipatala chapafupi ndi post office



Picture 3: Amayi wodwala anapita kukaonana ndi adotolo kuti akachire koma atapeza namwinc sanamulabadire chitukwa cha HIV status, pamene anali pafupi kuti kubereka



Picture 4: Amayi abwerera kunyumba osalandira thandizo lililonse la achipatala



## **Malo omwe mungathe kupeza chithandizo ufulu wanu ukuphwanyidwa**

- Amfumu a ku dela lanu
- Atsogoleri achipembedzo
- Kuchipatala
- Police Victim Unit
- A tolankhani a wailesi, Television ndi nyuzipepala
- Ofesi ya samalira anthu( DSWO) M'boma lanu
- Mabungwe owona Za ufulu wa chibadwidwe wa anthu ngati:
  - Women for Fair Development (WOFAD) - Chirimba, Blantyre
  - Coalition of Women Living with HIV and Aids (COWLHA)- Lilongwe & Nkhotakota
  - Women's Legal Resource Centre (WORLEC)- Limbe ,Blantyre
  - Legal Aid Department –Blantyre and Lilongwe
  - Malawi Human Rights Resource Centre (MHRRC)-Lilongwe
  - Centre For Legal Affairs (CELA) - Blantyre
  - Women and Law in Southern Africa (WILSA)- Blantyre
  - Human Rights Consultative Committee (HRRC)-Lilongwe
  - Women's Lawyers Association - Blantyre
  - Malawi Network of People living With HIV (MANET+)
  - Catholic Commission for Justice and Peace (CCJP)
  - Centre for Human Rights and Rehabilitation (CHRR)

### **Victim Support Unit (VSU)**

Adzakupatsani malangizo ndi uphungu (counseling), chithandizo choyambirira (First Aid), Adzakuthandizani pankhani za nkhanza iliyonse Komanso adzakulumikizani ndi mabungwe ena omwe angakupatseni chithandizo choyenera monga kuchipatala, ku khoti , ma ofesi aboma ndi mabungwe omwe si aboma.

### **Queen Elizabeth Hospital One-Stop Centre (Iolembe mpaka lachisanu 8:00 am to 4:00pm, Closed on Saturday and Sunday)**

Dziwani ktui ngati mwagiridwa mukhonza kulandira chithandizo chonse chofunikira ku One Stop Centre, Nyumba yomwe ili yoyandikana ndi ward 1A ku chipatala cha Queen Elizabeth. Kumeneku ndi komwe a Kasupe wamoyo amapereka chithandizo cha uphungu komanso kumapezeka wa police yemwe amatenga sitetimenti yanu, social worker yemwe amalondoloza nkhanzi yanu yonse ndinso a dotolo omwe amakuyezani ndiponso kupereka chithandizo chamwankhwala.



Mavutowa sangathe ngati gwero lake lisakuziwa komanso ngati munthu sanalandire thandizo liri lonse. Kugwirirana pa chibale: pamene munthu akakamizidwa ku gona ndi munthu wachibale. Mavuto amene munthu wogwiriridwa ndiwachibale amakumana nawo satengera kuti zinachitika kamozi kapena kangapo. Wogwiririra alibe malemba, akhoza kukhala wachilendo kapena womudziwa, kholo, m'busa, amalume, aphunzitsi, ngakhale oyandikana nyumba. Wogwiririra ambiri amakhala kuti ali ndi mphamvu kapena udindo woposera munthu wogwiriridwa ndipo amatengerapo mwayi. Nthawi zambiri amatembenuza nkhani, ndikumunamizira wogwiridwayo kuti ndi amene amayambitsa. Anthu amene amagwiririra mwana nthawi zambiri amawonetsa chikondi kwa mwana, amamunyengerera kuti awakhulupirire komanso kumulimbikitsa kuti asunge chinsinsi. Amamukopa mwanayo ndi mphatso zosiyanasiyana kuti azisutsika akafuna kuwulula.



#### AMBANI ULENDU

Ngati munagwiriridwa, chofunika ndikupanga chisankho kuti muyambe ulendo wofuna kusintha zomwe zinakuchitikirani. Izi zikhoza kukhala zovuta komanso kutenga nthawi koma ndizofunika. Tayani mtima wozitsutsa, ndiwa manyazi zindikirani kuti si inu wolakwa. Musalore kuti mavuto ndimaganzizo akusowetseni mtendere mum'uma. A Fountain of akukumvetserani, kukuthandizani, ndikukupasani uphungu woyenera mwachinsisi. Tiyimbirenti lero.

#### CHITHANDIZO CHCHOKERA KWA ABALE NDI ANANSI

Nthawi zambiri anthu omwe agwiriridwa amakhala oziveruza okha ndi a manyazi pa zomwe zawachitikira. Choncho abale ayenera kusamala powonessa kuti sakuwalankhula mawu owaweruzo kapena akakhala mwana kuwakwapula. Nkhalidwe wotere umawonjereza kupetkedwa kwa mumtima ndiponso umapangisa kuti munthu asapeze bwino msangakumutengera ogwiriridwa kuchipatala ndi nchito yo lamandika koma kuthandiza kusathere pomwepo. Abale ayenera kuwonessa kuti munthu wogwiriridwa akukhala bwanjii, ndipo ngati pali zodetsa nkhwana apite naye ku One Stop Centre kuti akathandizidwe ndi a phungu. Athandizeni ogwiriridwa powonetsa kuti chilungamo chachitika. A polisi and social welfare ku One Stop Centre azakuthandizani kumbali imeneyi.

#### CHITHANDIZO KU ONE STOP CENTRE

Dziwani ktui ngati mwagwiriridwa mukhonza kulandira chithandizo chonse chofunikira ku One Stop Centre, Nyumba yomwe ili yoyandikana ndi ward 1A ku chipatala cha Queen Elizabeth. Kumeneku ndi komwe a Kasupe wamoyo amapereka chithandizo cah uphungu komanso kumapezeka wa police yemwe amatenga sitimenti yanu, social worker yemwe amalondoloza nkani yanu yonse ndinso a dotolo omwe amakuyezani ndiponso chithandizo chamwankhwala.

#### KODI MWAGWIRIRIDWA? KAPENA MUNAGWIRIRIDWAPO?

Ku Fountain of life timapereka uphungu wokuthandizani kuti moyo wanu upite chitsogolo. Timapereka chithandizo chaulere ku One Stop Centre ku chipatala cha Queen Elizabeth Hospital kwa a mayi ndi ana amane akhuzidwa ndi nchititwe wogwirirana. Timaperekanso malangizo kwa achibale kuwathandiza zomwe angathe kuthandiza mwana amene wa gwiriridwa.



#### Fountain of Life

*Our Mission is To help you become a Survivor and not a Victim. We are there to walk with you and take you to the other side through our caring and free counselling. We know that what you need is a caring friend.*



## ADVOCACY: Review of Key Aspects of Advocacy

- Kuphunzitsa ndiko kubweretsa kusintha ndondomeko za malamulo ndi kugwiritsa nchito pakati pa magulu ndi mabungwe.
  - Kuphunzira umakhala ndi upangiri kapena kuti luso.
  - Mwachitsanzo akazi amfumu akuwuzana anthu mmidzi kuti mukakolola mbewu zanu mutenge matumba atatu mupeleke kunyumba kwa a gama
1. Pali njira zina zimene tiyenera kugwiritsa nchito kuti tisinthe chikhalidwechi ( izi ndizo timati advocacy-Kuphunzitsa)

### Social Mobilisation

1. Ndi njira imodzi yobweretsera anthu pamodzi kuti athe kuzindikira zinthu zimene zinachitika pakati pawo ndi kulimbikitsana mmaluso ndi kusintha nyengo zina pawokha ndikukhala otukuka mchikhalidwe.

#### Kapena:

1 a .Ndi njira imodzi yobweretsera anthu pamodzi ndi kulimbikitsana ndi cholinga chofuna kusintha zinthu.

**Chitsanzo:** Mphamvu za iwe mwini

- Zinthu
- Maluso

### KULUMIKIZANA (COMMUNICATION) Zimatanthauza kubweretsa kusintha mu

- Chikhalidwe
- Nzeru
- Kagiritsidwe kanthito kuti zifikire anthu ofunikira.

#### INFORMATION (UTHENGA) EDUCATION (KUPHUNZITSA) COMMUNICATION (KULUMIKIZANA)

Ndiko kuthandizira kusintha kwa mavuto amene amapangidwa mobweretsa chiopsezo pa miyoyo yawanthu.

**Kudzera** (KNOWLEDGE –NZERU, TRANSFER –KUTUMIZA NDI EXCHANGE –KUSINTHANA.  
Iyi ndi njira imodzi imabweretsa Kupereka uthenga ndi kusintha pakati pa mbali ziwiri ndiko Kuti KTE

### Key Advocacy Steps -( KUPHUNZITSA)

➤ Identify the issue ( kudziwa /kupeza vuto) –

1. What problems do we face in our work?
2. which barriers could be overcome through advocacy

- **Analyse the issue ( Chifukwa cha vuto ndi chani)**
  - 1 Kusankha mavuto ndi kulemba pakati pa pepala, lembani zolinga ( objectives)- establish facts and come up with solutions.
- **Smart objectives ( KUKONZA ZOLINGA)** Subject, Participatory, Interpreted, Cross checked (Triangulated), Empowering, Diverse and disaggregated
- **Identify your target audience (kupeza anthu owafikira) list potential target** i.e health worker, community leaders, Establish the most efficient way of reaching them.
- **Identify your allies (Abwenzi) –** People in the institution /groups share similar views about the issue and will support advocate with you if they are called upon- Ndani ali kumbali yako? Amakuthandiza ndani? Pali abwenzi othandizana nawo.
- **Identify selected and mobilized your resources** (Kudziwa, Kusankha, Kusonkhanitsa ( Including people, money, material, Communication)
- **Create ACTION PLAN( This should be the certain elements**
  - Issue
  - Advocacy
  - Objective
  - Coalition
  - Targets
  - Activities
  - Required resources
- **Implement, Monitor and Evaluate –** Process of conducting or understating the activities as laid out in the action plan with the aim of achieving set objectives.
  - 1 Monitoring – a continuous assessment of the function of the project activities.
  - 2 Evaluation –
- **REPORTING**  
A way of giving feedback on all processes undertaken to achieve

## **PROBLEM TREE ANALYSIS (KUMVETSA VUTO)**

Amayi ambiri omwe ali ndi HIV akugonana ndi amuna kapena chibwenzi modzitezeza

### **ZOTSATIRA (CONSEQUENCES)**

- ZIKHULUPIRIRO, ZIPEMBEDZO, ZIKHALIDWE
- KUGANIZIRA KOMA ZISALI ZOONA (MYTHS)
- UDINDO WAUKULU
- KUOPA BANJA KUTHA
- UMPHAWI
- KUBEREKA ANA AMBIRI
- AMAYI AMAKHALA ALIBE PODALIRA
- AMAYI AMAKHALA NDI UDINDO WAUKULU
- AMALEPHERA KUPANGA CHISANKHO PAWOKHA

### **TINGACHITE CHANI KUTI TIWATHANDIZE MAVUTOWA**

- Tiphunzitse mayi ndi bamboo
- Kulimbilitsa amayi akhale ndi moyo wodzidalira
- Kuphunzitsa amayi za ufulu wawo
- Kusintha chikhalidwe
- Kuyankhulapo (Advocacy)
- Kuthandiza kuchepa kwa ana obwera mwangozi
- Kuchepetsa kufala kwa kachiroambo
- Amayi adziwe Malamulo ndi malo okadandaulako pamene ufulu waphwanyika

### **ANTHU AWAYANKHULE:**

- Apolice GHV, T/As, Health workers. Peer to peers, Kwa ma authorities.



## Fomu yolembapo zotsatira za uphungu

Tsiku lomwe mwapanga uphungu: \_\_\_\_\_

Dzina la wopereka uphungu: \_\_\_\_\_

Sex of client:

- Amayi
- Abambo

Zaka zake: \_\_\_\_\_

Mudzi \_\_\_\_\_ GVH \_\_\_\_\_ T/A \_\_\_\_\_

Cholinga chimene wabwerera (Reason for coming):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lembani zomwe mwapeza pa zotsatira zanenedwazo pa nthawi ya uphungu (Summary of Key Issues Raised During the Counselling Session): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Perekani uphungu umene mwakandira (Details of Assistance Provided by Counsellor) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lembani dzina kumene mwawauza kuti apite (Detail of Referrals Made)

\_\_\_\_\_

\_\_\_\_\_

Signature of Peer Educator: \_\_\_\_\_

Signature of CBO Director: \_\_\_\_\_





### Fomu yolembapo zotsatira za Zochitika

Dzina la wopereka uphungu: \_\_\_\_\_

Malo ake: \_\_\_\_\_

Tsiku: \_\_\_\_\_

Chiwerengero cha amayi obwera: \_\_\_\_\_

Chiwerengero cha abambo abwera: \_\_\_\_\_

Mudzi \_\_\_\_\_ GVH \_\_\_\_\_ T/A \_\_\_\_\_

Fotokozani bwino za zochitakzo zomwe munachita (Brief Description of Nature of Activity/Advocacy)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fotokozani zomwe munapindula nazo pa zochitikazo (Description of Achievements Resulting from the Activity/Advocacy)

\_\_\_\_\_  
\_\_\_\_\_

Zovuta ndi zomwe munaphunzira (Challenges and Lessons Learned)

\_\_\_\_\_  
\_\_\_\_\_

Zatsatira za ntchito (Action Items)

\_\_\_\_\_  
\_\_\_\_\_

Signature of Peer Educator: \_\_\_\_\_

Signature of CBO Director: \_\_\_\_\_