

Imiphakathi Yezenkolo Engenalo Ucwaso

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Sokuqeda Ucwaso Lwe-HIV nengculaza*

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Umphakathi Wezenkolo Ongenalo Ucwaso ...

1. Ukhuluma ngokukhululekile nge-HIV nengculaza, kanye nezinkinga ezihlobene nazo ezinjengokuziphatha kocansi nokungalingani ngokobulili
2. Njalo futhi ngokuphindaphindiwe unikeza imiyalezo yesihe, hhayi ukwahlulela abantu abaphila nge-HIV
3. Uchaza i-HIV nengculaza njengezimo zezokwelapha, hhayi isijeziso ngenxa yokuziphatha okubi
4. Uhlinzeka amaqiniso ayisisekelo nge-HIV nengculaza, kubandakanye nezindlela edluliselwa ngazo, ukwelashwa kwayo kanye nokuyivimbela
5. Ukhuthaza wonke amalungu ukuba azibandakanye ngokuphelele empilweni yomphakathi wezenkolo, kungakhathaliseki isimo sawo se-HIV
6. Ugxila ekuhlinzekeni ukunakekela noxhaso kubantu abaphila ne-HIV, esikhundleni sokugxila ekutheni bayithole kanjani
7. Ukhuthaza ukuphila ngenjongo ngokuhlinzeka imfundo namaqembu okweseka abantu abaphila ne-HIV
8. Ukukhuthaza kakhulu ukuhlolwa kwawo wonke amalungu futhi ugqugquzela ukutholakala kwezindlela zokwelulekwa nokuhlolwa ngokuzithandela
9. Ugcizelela umthwalo wawo wonke amalungu wokwazi isimo sawo se-HIV nokugwema ukuziphatha okuwafaka engcupheni yokungenwa yi-HIV
10. Usebenza ngokuzikhandla nezinye izinhlangano ukusombulula izinkinga ze-HIV nengculaza emphakathini wonkana

Ingabe Le Ncwajana Ikulungele?

Zibuze imibuzo emibili:

- Ingabe i-HIV nengculaza ziyizinkinga ezisemqoka emphakathi wakho wezenkolo?
- Ingabe abantu abane-HIV babheka umphakathi wenu wezenkolo njengendawo yethemba nokwesekwa?

Uma uphendule ngokuthi “Yebo” embuzweni wokuqala kodwa wathi “Cha” kowesibili, khona-ke ucwaso lwe-HIV nengculaza luyinkinga emphakathi wakho wezenkolo. Le ncwajana inikeza isiqondiso esiwusizo mayelana nendlela yokunqoba ucwaso nokuthi ungawushintsha kanjani umphakathi wakho wezenkolo ube yindawo yethemba nokwesekwa kwabantu abaphila nalesi sifo.

Uma uphendule ngokuthi “Yebo” waphinde wathi “Yebo,” ungase ucabangele ukwenza isivivinyo sale ncwajana ukuqinisekisa impendulo yakho, bese uqhubeka wenza lokho okwenzayo.

Uma uphendule ngokuthi “Cha” embuzweni wokuqala, khona-ke zibuze ukuthi ingabe i-HIV nengculaza ziyizinkinga ezisemqoka zomphakathi uwonke umphakathi wakho wezenkolo oyingxenywe yawo. Uma i-HIV nengculaza ziyizinkinga ezisemqoka zomphakathi uwonke, khona-ke kungenzeka ziyizinkinga ezisemqoka nasemphakathini wakho wezenkolo. Uma i-HIV nengculaza zingeyona inkinga emphakathini uwonke, khona-ke jabula. Kodwa ngaphambi kokuba uzishaye indiva lezi zinkinga, cabangela ukuthi akunakwenzeka yini ukuthi zimane zifihlekile futhi akuxoxwa ngazo ngokukhululekile. Uma kunjalo, khona-ke le ncwajana ingase ikusize ukuba unqande i-HIV nengculaza zingabi yizinkinga ezinkulu ngaphezu kwalokho eziyikho.

Kwangathi ungathola isiqondiso sikaNkulunkulu namandla njengoba ulwa nokuqeda ucwaso lwe-HIV nengculaza.

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Ucwaso lwe-HIV Nengculaza

Kunocwaso oluhlobene ne-HIV nengculaza. Ngenxa yokuthi i-HIV idluliselwa kakhulu ngocansi, abantu abane-HIV bavame ukubhekana nokwenqatshwa nokwahlulelwa. Abantu bayashona ngenxa yomthelela wocwaso. Ukwesaba ukwenqatshwa kwenza abantu bagweme ukuhlololwa lesi sifo futhi bazindele ukuthola ukwelashwa obekungabenza baphile impilo enenjongo. Ucwaso lwande kangangokuthi lwenza lolu bhadane lube lubi nakakhulu – isifo sisakazeka ngokushesha kakhulu ngenxa yocwaso.

Ucwaso lungaphela uma imiphakathi yezenkolo emhlabeni ithatha isinyathelo sokulwa nalo. Emlandweni, imiphakathi eminingi yezenkolo ibonise ukuthi ibehlulela kabi abantu abaphila ne-HIV. Kweminye imiphakathi, ukwahlulela kuthathelwe indawo ukuzithela ngabandayo, kodwa lokhu kusagcizelela ucwaso. Ngenhlanhla, uma imiphakathi yezenkolo ithatha izinyathelo eziqondile zokulwa nocwaso, ingaphumelela ekulungobeni, ibe yizindawo zethemba nokwesekwa kwabantu abaphila ne-HIV.

Ukuqeda ucwaso ngempumelelo kudinga abaholi bendawo abanogqozi. Abaholi bemiphakathi yezenkolo basesimweni esiyinqayizivele sokuqeda ucwaso phakathi kwamalungu abo nasemphakathini uwonke. Le ncwajana ibhalelwe ukusiza abaholi benkolo bendawo baphumelele emizamweni yabo yokuqeda ucwaso lwe-HIV nengculaza.

Le ncwajana inezingxenye ezintathu:

- Izimpawu zomphakathi wezenkolo ongenalo ucwaso
- Imikhuba emihle yokuqeda ucwaso
- Uhlaka lokwandisa izinguquko

Ezokuqala ezimbili zibeka isisekelo, kanti eyesithathu ichaza izinyathelo okufanele zithathwe ukuze kube nenguquko ephumelelayo yokuba umphakathi wezenkolo ongenalo ucwaso.

Izimpawu Zomphakathi Wezenkolo Ongenalo Ucwaso

Imiphakathi yezenkolo ebe nempumelelo ekuqedeni ucwaso lwe-HIV nengculaza ibonakala ngezimpawu eziyishumi, ezibalwe esembozweni esingaphakathi sale ncwajana, futhi ezichazwa kabanzi kamuva. Inqubo yokuba umphakathi wezenkolo ongenalo ucwaso ibandakanya ukushintsha ngalunye lwalezi zimpawu *kusuka ekubeni ubuthaka kuya ekubeni ubuhle*.

Nakuba kunokuhlobana okubucayi phakathi kwalezi zimpawu, ngokuvamile zingaphokophelwa ngokulandelana kwazo, ngayinye yakhele phezu kwenye:

- Uphawu lokuqala luphathelene nokuqeda ukuzithela ngabandayo: uma izinkinga ezinkulu eziphathelene ne-HIV nengculaza zingeke zixoxwe ngokukhululekile, kuyoba yinto engenakwenzeka ukuqeda ucwaso.
- Uphawu lwesibili mhlawumbe yilona olubaluleke kakhulu: amasiko ethu enkolo asibopha ukuba siphathe bonke abantu ngothando nesihe, singabahluleli.
- Uphawu lwesithathu, lwesine nolwesihlanu ziphathelene nolwazi lwamaqiniso: i-HIV iyigciwane; ososayensi bayaqonda ukuthi lidluliselwa kanjani kwabanye nokuthi lokho kungavinjelwa kanjani; odokotela bayazi ukuthi isakazeka kanjani nokuthi ingelashwa kanjani; asikho isizathu sokwesaba ukuthintana okuvamile nabantu abane-HIV.
- Uphawu lwesithupha nolwesikhombisa ziphathelene nokwesekwa: lokho imiphakathi yezenkolo engakwenza ukuze ibanikeze usizo olungokoqobo kubantu abaphila ne-HIV.
- Uphawu lwesishiyagalombili, lwesishiyagalolunye nolweshumi ziphathelene nokulwa nobhadane kabanzi: ukubaluleka kokuhlolwa kwawo wonke amalungu; isidingo sokugwema ukuziphatha okungaphephile; isidingo sokuzama ukufinyelela umphakathi wonkana.

1. Umphakathi ongenalo ucwaso ukhuluma ngokukhululekile nge-HIV nengculaza, kanye nezinkinga ezihlobene nazo ezinjengokuziphatha kocansi nokungalingani ngokobulili.

Kubalulekile ukuxoxa ngokukhululekile ngezinkinga eziphathele ne-HIV nengculaza. Lezi zihloko kungase kube nzima ukuxoxa ngazo, ngoba kungase kube nezithiyo ezingokwesiko noma ezingokwengqondo zokuxoxa ngokukhululekile. Kodwa ngaphandle kokukhuluma ngokukhululekile, ngeke kube nendlela yokuba umphakathi wezenkolo uphumelele ekulweni nocwaso lwe-HIV nengculaza. Ngokuvamile, lesi sinyathelo sokuqala yisona esinzima kakhulu, esifuna isibindi nozwela kubaholi bemiphakathi yezenkolo.

Imiphakathi ehlukeneyezenkolo ingase ibe namathuba angafani okuxoxa ngokukhululekile ngezinkinga ezihlobene ne-HIV nengculaza. Emiphakathini ethile yezenkolo, izinkonzo zokudumisa zingase zibe yisikhathi esihle kakhulu. Kweminye, kungase kube nezikhathi zokufundisa. Iphuzu elisemqoka ukuthi lezi zihloko kufanele zixoxwe ngokukhululekile futhi kabanzi phakathi kwamalungu omphakathi wezenkolo.

Umbuzo Osemqoka

- Kukangaki izihloko ze-HIV, ingculaza, ukuziphatha kocansi, ubulili nezihloko ezinjalo zixoxwa ngokukhululekile ngesikhathi senkonzo nakweminye imibuthano yamalungu emiphakathi yezenkolo?

2. Umphakathi wezenkolo ongenalo ucwaso uhlala njalo futhi ngokuphindaphindiwe unikeza imiyalezo yesihe, hhayi ukwahlulela abantu abaphila ne-HIV.

Uthando nozwela ngabo bonke abantu luwumgogodla wokunqoba ucwaso lwe-HIV nengculaza. Uthando nozwela kuyisisekelo samasiko ezinkolo eziningi; kodwa lezi zisekelo kungaba nzima ukuzibonakalisa, ikakhulukazi uma kubhekwe nazo zonke izinkinga zezenhlalo, zamasiko nezenkolo eziphathelele nobhadane lwengculaza.

Ukuze siqede ucwaso, imiyalezo yozwela kubantu abangenwe yi-HIV ibaluleke kakhulu kunemiyalezo yomthwalo umuntu anawo ekugwemeni igciwane. Imiyalezo yomthwalo umuntu anawo ibalulekile (bheka Uphawu #9), kodwa ingaholela ekutheni labo abane-HIV bazizwe benecala noma behlazekile, ngenxa yalokho ayamukeleki emphakathini wezenkolo. Imiyalezo yozwela nothando kufanele igcizelelwe ukuze kugwenywe imizwa yecala noma yokuhlazeka.

Emiphakathini eminingi yezenkolo, lobu ubuthaka obukhulu phakathi kwezimpawu eziyishumi zemiphakathi yezenkolo engenalo ucwaso. Ukushintsha lobu buthaka bube ubuhle kudinga ukunaka njalo kanye nokuphindaphinda, ngamazwi nangezenzo, ukuze umphakathi wezenkolo ube yindawo yethemba nokwesekwa kwabantu abaphila ne-HIV.

Umbuzo Osemqoka

- Ingabe kuvame kakhulu ukuba imiyalezo yokholo igcizelele uzwela nothando kulabo abangenwe yi-HIV, kunokugcizelela umthwalo umuntu anawo wokugwema igciwane?

3. Umphakathi wezenkolo ongenalo ucwaso uchaza i-HIV nengculaza njengezimo zezokwelapha, hhayi isijeziso ngenxa yokuziphatha okubi.

Lena yindaba esemqoka okufanele idingidwe. Kubalulekile ukuba amalungu omphakathi wezenkolo aqaphele ukuthi i-HIV iyigciwane. Nakuba ukungenwa yigciwane kungase kubangelwe ukuziphatha okubhekwa njengokuziphatha okubi, ukuziphatha okubi akuyona imbangela esemqoka yokungenwa yigciwane. Ukutheleleka kwenzeka lapho igciwane lingena emzimbeni womuntu. Lokhu kungenzeka ngezindlela eziningi, ezinye ezihlobene nendlela yokuziphatha okungase kubhekwe njengokuziphatha okubi, kodwa ezinye ezingahlobene nhlobo nokuziphatha kahle noma ukuziphatha kabi.

Kubalulekile ukuqaphela umehluko phakathi kwezinhlobo ezimbili zokuziphatha kwabantu:

- Ukuziphatha “okuhle,” okuwukuziphatha okuhambisana nemithetho yezenkolo namasiko
- Ukuziphatha “okuphephile,” okuwukuziphatha okungazifaki engozini yokungenwa yi-HIV

Kuyohlale njalo kunokungavumelani mayelana nokuthi kuyini ukuziphatha “okuhle” noma “okubi.” Kodwa umbono wokuziphatha “okuphephile” uyinto ekhona ngokoqobo, enqunywa yisayensi kanye nezokwelapha. Ukuze sinqobe ucwaso, kubalulekile ukuba siqaphele lo mehluko futhi sigxile ekuphepheni, hhayi ekuziphatheni okuhle.

Umbuzo Osemqoka

- Mangaki amalungu aqondayo ukuthi, ngokuphathelene nokusakazeka kwe-HIV, ukuziphatha “okuhle” kungase kungabi ukuziphatha “okuphephile” nokuthi ukuziphatha “okungaphephile” kungase kungabi ngempela ukuziphatha “okubi?”

4. Umphakathi wezenkolo ongenalo ucwaso uhlinzeka amaqiniso ayisisekelo nge-HIV nengculaza, kubandakanye nezindlela edluliselwa ngazo, ukwelashwa kwayo nokuyivimbela.

Kubalulekile ukuthi amalungu omphakathi wezenkolo azi amaqiniso ayisisekelo mayelana ne-HIV nengculaza, kubandakanye nezindlela edluliselwa ngazo, izindlela zokuyivimbela, kanye nezindlela zokuyelapha. Lolu lwazi lugcizelela ukuqaphela ukuthi i-HIV nengculaza kuyizinkinga zezokwelapha. Ukwazi amaqiniso kungasiza ekuqedeni amahlebezi ayingozi nezinganekwane, futhi kusize amalungu ukuba aqonde ukuthi yini esebenzayo nengasebenzi ekuvimbeleni ukusakazeka kwe-HIV.

Ezinye izihloko kungase kube yinselele ukuxoxa ngazo, njengokusetshenziswa kwamakhondomu. Kungase kube nombono wokuthi ukuxoxa ngamakhondomu kukhuthaza ukuziphatha okubhekwa njengokuziphatha okubi. Kodwa noma kunjalo, kubalulekile ukuba bonke baqonde ukuthi amakhondomu ayindlela ebalulekile yokuvimbela ukusakazeka kwe-HIV ngesikhathi sokuya ocansini. Ukwazi ukuthi amakhondomu asetshenziswa kanjani kuyindaba yokufa nokuphila.

Umbuzo Osemqoka

- Mangaki amalungu aqondayo futhi akhuluma izinto eziyiqiniso nge-HIV nengculaza, kanye nezindlela edluliselwa ngazo, eyelashwa ngazo futhi evinjelwa ngazo?

5. Umphakathi wezenkolo ongenalo ucwaso ukhuthaza wonke amalungu ukuba azibandakanye ngokuphelele empilweni yomphakathi wezenkolo, kungakhathaliseki isimo sawo se-HIV.

Ulwazi oluyisisekelo ngokudluliselwa kwe-HIV lubonisa ukuthi ayikho ingozi yokudluliselwa kwayo ngokusebenzelana okuvamile nabantu abanegciwane. Ngenxa yalokho, akukho okufanele kwesatshwe uma abantu abane-HIV beba neqhaza ezintweni ezenziwa umphakathi wezenkolo. Uma amalungu ewazi la maqiniso, imiyalezo ekhuthazayo nokwamukelwa kwabagulayo kuholela ekubandakanyekeni ngokugcwele kwabantu abaphila ne-HIV kuzo zonke izinto ezenziwa umphakathi wezenkolo. Lokhu-ke kuholela amalungu omphakathi wezenkolo ekuboneni ukuthi lesi sifo sigulisa abantu nokuqaphela ukuthi abantu abaphila ne-HIV bangabantu okokuqala bese kuba ukuthi okwesibili bane-HIV.

Umbuzo Osemqoka

- Mangaki amalungu ane-HIV abamba iqhaza ngokukhululekile ezintweni ezivamile ezenziwa umphakathi wezenkolo?

6. Umphakathi wezenkolo ongenalo ucwaso ugxila ekuhlinzekeni ukunakekela noxhaso kubantu abaphila ne-HIV, esikhundleni sokugxila ekutheni bayithole kanjani.

Uma umuntu eveza ukuthi une-HIV, into ebaluleke kakhulu ayidingayo ukwamukelwa ngaphandle kwemibandela. Kodwa-ke, kubantu abaningi, ukusabela kokuqala lapho bezwa ukuthi umuntu une-HIV ukuzibuza ukuthi lowo muntu uyithole kanjani. Ekhuthazwa uzwela, amalungu emiphakathi yezenkolo akufanele abuze ngembangela yokutheleleka. Kunalokho, kufanele aveze ukuthi ayamamukela umuntu futhi abuze ukuthi angamsiza kanjani.

Amanye amalungu angase angasho lutho ngoba akhathazekile ngokuthi awazi ukuthi azosiza kanjani. Kodwa ngokuvamile, usizo olubaluleke kakhulu ukwamukela umuntu nokumsiza ngezici eziwusizo zokuphila ne-HIV.

Umbuzo Osemqoka

- Mangaki amalungu asedalule ukuthi ane-HIV, ngasese noma obala?

7. Umphakathi wezenkolo ongenalo ucwaso ukhuthaza ukuphila ngenjongo ngokuhlinzeka imfundo namaqembu okweseka abantu abaphila ne-HIV.

“Ukuphila ngenjongo” kusho izici ezithile zokuziphatha komuntu ezisiza abantu abane-HIV baphile impilo ende nenenjongo. Ukuphila okunenjongo kubandakanya izinselele eziningi, kuhlangukise nemithetho yezemithi nokudla, kanye nezindlela zokufinyelela emitholampilo ukuyohlolwa nokuthola imithi.

Ukuphila ngenjongo kubuye kusho ukuthatha izinyathelo ezifanele zokuphepha ukuze kuvinjelwe ukudlulela kwegciwane kwabanye abantu. Ukuthatha izinyathelo ezifanele zokuphepha kubandakanya ukuqonda amaqiniso ngokudluliselwa kwaleli gciwane nokuvinjelwa kwaso, kanye nokuzikhuza nesikhuthazo esivela kwabanye.

Amaqembu okuzisiza noma okusekelana angaphumelela kakhulu ekusizeni abantu ngazo zonke lezi zinkinga. Ngokwesibonelo, abantu abasemaqenjini okusekelana bangakhuthazana ukuphuza imithi njalo futhi bangafunda ukuthi abanye abantu babhekane kanjani nezinselele ezifana nezabo.

Umbuzo Osemqoka

- Ingabe akhona amaqembu asebenzayo nawusizo okusekelana, azinze emphakathini wezenkolo noma emphakathini uwonke, enzelwe abantu abaphila ne-HIV?

8. Umphakathi wezenkolo ongenalo ucwaso ukukhuthaza ngomdlandla ukuhlolwa kwawo wonke amalungu futhi ugqugquzela ukutholakala kwezindlela zokwelulekwa nokuhlolwa ngokuzithandela.

Wonke umuntu kufanele asazi isimo sakhe se-HIV, njengoba kufanele azi ezinye izici ngesimo sakhe sokwelapha. Kukhona umqondo wokucabanga ukuthi yilabo abanokuziphatha okungaphephile kuphela okufanele bahlolwe, kanti empeleni, wonke umuntu kufanele ahlolwe, kubandakanye nalabo abacabanga ukuthi abekho engozini. Kunezizathu ezimbili zalokhu.

Isizathu sokuqala ezokwelapha. Kunezindlela eziningana ezingafani zokungenwa yi-HIV futhi abantu kungenzeka benza iphutha uma becabanga ukuthi abekho engozini.

Isizathu sesibili sihlobene nocwaso. Uma wonke umuntu ehlolwa, ukuhlolwa kuba yinto evamile. Akukho muntu okhishwa inyumbazane ngoba efune ukuhlolwa, futhi akube kusaba nocwaso oluhlobene nokuhlolwa.

Uma amalungu ebuzwa ukuthi obani abaye bahlolwe i-HIV, futhi wonke umuntu ephakamisa isandla, khona-ke umphakathi wezenkolo ususendleleni ephokophele ekuqedeni ucwaso.

Umbuzo Osemqoka

- Mangaki amalungu asehlolwe igciwane le-HIV futhi asaziyo isimo sawo?

9. Umphakathi ongenalo ucwaso ugcizelela umthwalo wawo wonke amalungu wokwazi isimo sawo se-HIV nokugwema ukuziphatha okuwafaka engcupheni yokungenwa yi-HIV.

Esikugcizelelayo lapha umthwalo womuntu ngamunye. Kunezinto ezithile ezingenziwa abaholi noma umphakathi wezenkolo uwonke, kodwa umuntu ngamunye naye unomthwalo wakhe. Omunye wale mithwalo ukwazi isimo sakhe se-HIV. Omunye ukugwema ukuziphatha okungaphephile okudala ingozi yokungenwa yi-HIV, evela kubo uqobo ethelela abanye noma evela kwabanye.

Uma kuxoxwa ngomthwalo wokugwema ukuziphatha okungaphephile, kuwusizo kakhulu ukukhumbula umehluko phakathi kokuziphatha kwabantu “okuhle” nokuziphatha “okuphephile,” njengoba kushiwo Ophawini #3. Njengoba sikhuluma ngokudluliswa kwe-HIV, umthwalo womuntu siqu ugxila ekugwemeni ukuziphatha okungaphephile.

Uma kuxoxwa ngomthwalo umuntu ngamunye anawo, kubalulekile nokuqaphela ukuthi abantu abathile bangase bangakwazi ukuzikhethela mayelana nokuziphatha okuphephile. Ngokwesibonelo, owesifazane odlwengulwayo akakwazi ukuphoqa umhlaseli ukuba asebenzise ikhondomu.

Umbuzo Osemqoka

- Mangaki amalungu asiqaphelayo isidingo sokuba nomthwalo siqu wokugwema ukungenwa yi-HIV?

10. Umphakathi wezenkolo ongenalo ucwaso usebenza ngokuzikhandla nezinye izinhlangano ukusombulula izinkinga ze-HIV nengculaza emphakathini wonkana.

Uma umphakathi wezenkolo ukhulisa ulwazi, uzwela nokwesekwa ukuze kuqedwe ukucwasa phakathi kwamalungu awo, ungaba yisibonelo kweminye imiphakathi futhi ube umlweli oqotho wabantu abaphila ne-HIV. Umphakathi wezenkolo oqotho ongenalo ucwaso ungasiza ekuqedeni ucwaso lwe-HIV nengculaza emphakathini.

Umbuzo Osemqoka

- Ingabe umphakathi wezenkolo waziwa njengendawo yethemba, ukwesekwa nokulwelwa kwabantu abaphila ne-HIV?

Imikhuba Emihle Yokuqeda Ucwaso

A. Shumayela futhi ufundise ngokunqoba ucwaso lwe-HIV nengculaza.

Izinkonzo zokukhulekela, izikhathi zokufundisa, neminye imibuthano yomphakathi wezenkolo iyizindawo ezibalulekile zokwethula nokugcizelela imiyalezo ephathelene nocwaso. Impumelelo iyoncika ekusetshenzisweni kaningi futhi sikhathi sonke kwezintshumayelo namanye amathuba okufundisa – okungenani kanye ngenyanga.

Okuqukethwe umyalezo ngamunye kungahluka, kodwa izigaba ezimbalwa ezibanzi zibalulekile:

Ulwazi – Lugxila emaqinisweni aphantselane ne-HIV nengculaza, ukuze amalungu abe nolwazi oluphelele.

Ukwamukela – Kugcizelelwa ukuba yigugu komuntu ngamunye, wamukele bonke ukuba babe neqhaza empilweni yomphakathi wezenkolo, kungakhathaliseki isimo sabo se-HIV.

Uzwela – Lugxila esibophweni sokuziphatha sokuphatha bonke abantu ngothando nenhlonipho, kungakhathaliseki isimo sabo se-HIV.

Ukukhuthaza – Okuhloselwe kakhulu abantu abakhathazekile nge-HIV nengculaza, baqinisekiswe ukuthi umphakathi wabo wenkolo uyindawo yethemba nokusekelwa.

Ukubalwela – Kugxile endimeni ebalulekile yemiphakathi yezenkolo ekulweleni amalungelo abantu abane-HIV emphakathini wonkana, kubandakanye namalungelo abantu okungenzeka bayacwaswa ngokwesiko, njengabesifazane nezingane.

Isibopho – Sigcizelela isidingo sokuthi amalungu abhekane ngqo ne-HIV mathupha: azi isimo sawo se-HIV futhi agweme ukuziphatha okunengcuphe yokusakaza i-HIV. Imiyalezo yesibopho somuntu siqu kufanele yethulwe ngokucophelela, ukuze kugwenywe ukuxoshwa abantu abangase babe nomuzwa wokuthi bayahlulelwa.

B. Yethula ubufakazi obuvezwa abantu abane-HIV noma abathintwe ngokuqondile yi-HIV.

Ukufakaza kwabantu kwenza sibone ukuthi isifo sihlasela abantu ngokoqobo, futhi kungashintsha lokho abantu abagxile kukho kusuka emqondweni nje ongenaqiniso kuya ekubeni yizinkinga zokuphila zabantu bangempela.

C. Qhuba imihlangano yokucobelelana ngolwazi.

Ekuqaleni phakathi nesikhathi sokwamukela ushintsho, kunesidingo esikhulu solwazi oluyiqiniso mayelana ne-HIV nengculaza. Lokhu kungahlinzekwa phakathi nezinkonzo zokukhulekela noma ngokuba nemibuthano eseceleni yokuqeqesha eveza amaqiniso.

D. Hlinzeka imithombo yokucobelelana ngolwazi.

Kuwusizo ukuhlinzeka ngezinto zokufunda ezinjengezincwadi noma amapheshana. Kunezihloko ezimbili ezibaluleke kakhulu: (1) amaqiniso ayisisekelo nge-HIV nengculaza; (2) iziqondiso zokuphila ngendlela enenjongo.

E. Yiba nemibuthano yezingxoxo ngezihloko ezithile.

Imibuthano yezingxoxo ikhuthaza ukuxoxa phakathi kwamalungu omphakathi wezenkolo. Lokhu kuwusizo ezihlokweni ezibandakanya amaqiniso nemibono yabantu, njengemikhuba yocansi, noma izinkinga zobulili. Ezihlokweni ezithile, kungcono ukuba nemibuthano ehluke yamadoda, abesifazane, nentsha. Kwezinye izihloko, kungase kube ngcono ukuba namaqembu axubile.

F. Hlinzeka ngezindawo zokuhlolwa nokwelulekwa ngesikhathi esifanayo sezinkonzo zokukhulekela nezinye izinto ezenziwa umphakathi wezenkolo.

Kubalulekile ukuba wonke amalungu omphakathi wezenkolo ahlolwe. Ukuba khona kwezindawo zokuhlola eziqondene nezinkonzo zokukhulekela nezinye izinto ezenziwa umphakathi wezenkolo kusiza kakhulu. Kubalulekile ukuba imiphumela igcinwe iyimfihlo futhi kube nabeluleki abaqeqeshiwe.

G. Hlela amaqembu okwesekana noma okuzisiza.

Amaqembu okwesekana angasiza abantu abaphila ne-HIV ukuba babhekane nesimo sabo. Ngezinye izikhathi kungcono ukuba namaqembu okwesekana ahlukile amadoda, abesifazane, nentsha, noma kungase kube ngcono ukuba neqembu elixubile. Amaqembu okwesekana ahlanguka njalo ukuxoxa ngezihloko ezifanele, njengokuphila ngenjongo nokunamathela ezinhlelweni zokwelashwa. Futhi ayindlela engokwemvelo yokunikeza usizo lwezinto zokuhamba (isib., ukuya emitholampilo). Ekugcineni, angaba yithimba lomsebenzi ekwenzeni izinto ezingenisa imali. Ukusebenza ndawonye emaqenjini okwesekana kwakha nezibopho eziqinile nomphakathi wezenkolo uwonke.

H. Hlolani abaholi bemiphakathi yezenkolo obala.

Kungaba nempumelelo enkulu uma abaholi bomphakathi wezenkolo bengahlolwa i-HIV obala. Izenzo ezinjalo zibonisa ukuthi sisonke kulo msebenzi, ukuthi akukho ukuthi “Bona Bamelene Nathi.” Imiphumela kufanele igcinwe iyimfihlo. Uma umholi wenkolo ene-HIV, angakhetha ukuba kamuva adalule isimo sakhe, mhlawumbe ebufakazini abunikeza phakathi nesikhathi sokukhulekela, kodwa akudingeki ukuba kudalulwe ngokushesha ngemva kokuhlolwa.

I. Bekani obala isaziso sokuzibophezela ukuqeda ucwaso.

Izithombe ezibekiwe ezigqamile, izimpawu namabhodi ayizimpawu ezibonakalayo zokuzimisela ukuqeda ucwaso lwe-HIV nengculaza.

J. Yibani nemikhankaso yokuqwashisa umphakathi nezinye izinhlangano zomphakathi.

Izinto ezibalulekile zomphakathi uwonke kubandakanye nemikhankaso yezemfundo, izinsuku zokuhlolwa, nokubungaza uSuku Lomhlaba Lwengculaza ngomhla kaDisemba 1.

Imikhuba Emihle Enconywayo

Uma nishintsha izici ezithile kusuka ekubeni ubuthakathaka kuya ekubeni ubuhle, eminye yale mikhuba emihle iwusizo kakhulu kuneminye. Ithebula elilandelayo libonisa ukuthi yimiphi imikhuba emihle (ebhalwe u-A kuya ku-J emakhasini 14-16) ewusizo ezicini ezithile. Thola umugqa onenombolo yesici bese ubheka imikhuba emihle ephawuliwe.

Ngokwesibonelo, Uphawu #5 (*“Umphakathi wezenkolo ongenalo ucwaso ukhuthaza wonke amalungu ukuba azibandakanye ngokuphelele empilweni yomphakathi wezenkolo, kungakhathaliseki isimo sawo se-HIV.”*), Umkhuba Omuhle A (*ukushumayela nokufundisa*), B (*ubufakazi bomuntu siqu*), H (*ukuhlolwa kwabaholi obala*), no-I (*izimpawu noma izithombe zasobala*) iwusizo kakhulu.

		Imikhuba Emihle									
		A	B	C	D	E	F	G	H	I	J
Izimpawu	1	•		•		•				•	
	2	•	•						•	•	
	3	•	•	•	•	•					
	4	•		•	•	•					
	5	•	•						•	•	
	6	•	•		•	•		•			•
	7				•		•	•			•
	8	•					•		•		•
	9	•	•			•	•	•	•		
	10				•		•	•	•	•	•

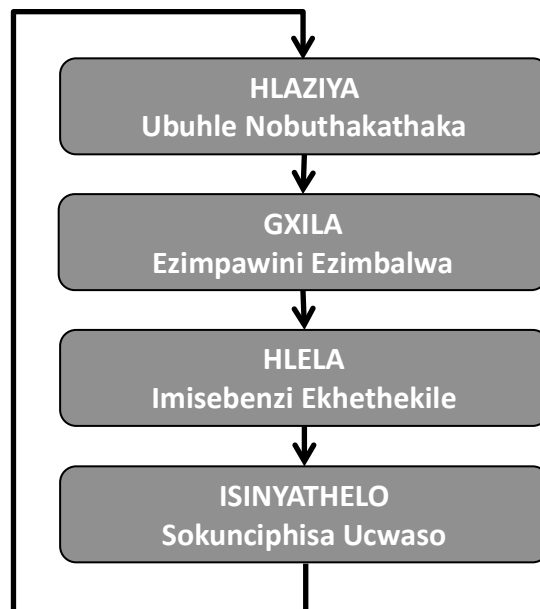
Kuyiqiniso ukuthi eminye imikhuba nayo ingase isetshenziswe, ngakho leli shadi kufanele lisetshenziswe njengesiqondiso, hhayi umthetho onqabelayo.

Ushintsho Oluya Ngokudlondlobala

Ukuqeda ucwaso lwe-HIV nengculaza kudinga umzamo oqhubekayo othatha isikhathi eside. Lokhu kungenziwa kangcono ngemijikelezo yoshintsho ewuchungechunge, ngamunye othatha cishe izinyanga eziyisithupha kuya kweziyishumi nambili. Umjikelezo ubandakanya imisebenzi emine eyisisekelo:

- **Ukuhlaziya** – Thola izinto ezinhle nobuthakathaka phakathi kwezimpawu eziyishumi
- **Ukugxila** – Khetha izimpawu ezimbalwa eziwubuthakathaka ozogxila kuzo phakathi nomjikelezo
- **Uhlelo** – Yakha uhlelo lwezinyathelo ezifanele izimpawu ozogxila kuzo
- **Isinyathelo** – Thatha izinyathelo ushintshe ubuthakathaka bube ubuhle

Ekupheleni komjikelezo ngamunye, phinda ukuhlaziya ukuze uhlole intuthuko futhi ukhetho izimpawu ozogxila kuzo emjikelezweni olandelayo.



Hlaziya

Umjikelezo ngamunye woshintsho uqala ngokuhlaziya. Injongo yokuhlaziya ukuqonda izimo ezikhethekile zomphakathi wezenkolo, ukuze kukhuthazwe intuthuko esiyenziwe kakade bese kutholwa ukuthi yini ezolandela.

Enye indlela yokwenza ukuhlaziya ukumane ucabangele uphawu ngalunye kulezi eziyishumi bese unquma ukuthi uphawu oluthile luyinto enhle noma liwubuthakathaka yini emphakathini wezenkolo, noma ukuthi alubona ubuhle noma ubuthakathaka. Buza Umbuzo Osemqoka onikezwe nencazelo yophawu ngalunye ukuze ukusize unqume.

Iphepha Lesinyathelo Esihlelwayo elihambisana nalo mbhalo lingase lisetshenziselwe ukubhala imiphumela yokuhlaziya.

Ukugxila

Kubalulekile ukugxila ezimpawini ezimbalwa kuphela phakathi nomjikelezo ngamunye woshintsho, ngoba kunzima kakhulu ukwenza umsebenzi omuhle ezimpawini eziningi ngesikhathi esisodwa. Ngokuvamile, kungcono kakhulu ukugxila ezimpawini ezimbili noma ezintathu. Ukukhetha izimpawu ozogxila kuzo kuncike ezimweni ezikhethekile zomphakathi wezenkolo. Imiphumela yokuhlaziya ihlinzeka isiqondiso esihle.

Ekuqaleni, gxila ezimpawini ezinezibalo eziphansi ezingezona izinto enizenza kahle. Ngokwesibonelo, uma u-#1 ewubuthakathaka noma ningenzi kabi noma kahle kuye, kufanele kube yinto ogxila kuyo emjikelezweni wokuqala, ngoba akunakwenzeka ukuqinisa ezinye izimpawu ngaphandle kokukhuluma ngalolu daba.

Ukuba nozwela kubaluleke kakhulu kangangokuthi uPhawu #2 kufanele lube yindawo umjikelezo ngamunye woshintsho ogxila kuyo kuze kube yilapho udlondlobala.

Uhlelo

Uma usukhethe izimpawu enizogxila kuzo, isinyathelo esilandelayo sibandakanya ukuhlela imisebenzi eqeda ucwaso ezokwenziwa phakathi nomjikelezo woshintsho. Umjikelezo woshintsho kufanele ngokuvamile uthathe izinyanga eziyisithupha kuya kweziyishumi nambili. Imisebenzi ekhethekile enizoyenza incike ezimpawuni enigxila kuzo kanye nasolwazini nesipiliyoni sabaholi bomphakathi wezenkolo. Imikhuba ethile emihle, esekelwe eminyakeni embalwa yesipiliyoni, inikeziwe ekuqaleni kwale ncwajana. Ithebula elisekhasini 17 libonisa ukuthi yimiphi le mikhuba emihle ewusizo kakhulu ezimpawuni ezihlukene enigxila kuzo. Kodwa-ke, kuye ngezimo, eminye imisebenzi nayo ingase ifaneleke.

Isinyathelo

Ingxenye yokugcina yomjikelezo woshintsho ibandakanya ukwenza izinto ezihleliwe. Kwezinye izimo, kungase kube ukuhlakanipha ukushintsha uhlelo phakathi nomjikelezo ukuvumelana nesimo esishintshayo.

Ngokuvamile, lena yiyo kuphela ingxenye ebaluleke ngempela, ngoba lena yingxenye ezoba nomthelela ocwasweni lwe-HIV nengculaza. Lena futhi yingxenye edinga ukubekezela, ngoba kuyoba nemingcele engalindelekile nezinselele okufanele zinqotshwe.

Sebenzisa Iphepha Lesinyathelo Esihlelwayo ukubhala imiphumela yengxenye ngayinye yomjikelezo woshintsho.

Ukubhekana Nezinseselele

Ukuqeda ucwaso lwe-HIV nengculaza kuyinseselele. Kunezizathu ezimbadlwana zalokhu:

- Kufanele ushintshe indlela yokucabanga esinezizukulwane ikhona.
- Kufanele uxoxe ngezici zokuziphatha kwabantu abantu abaningi abakuthola kunzima ukuxoxa ngazo.
- Kufanele ubhekane nemiqondo yezenkolo engqubuzanayo.
- Kufanele uhlanganise izimfundiso zenkolo namaqiniso okuphila kwabantu ezimweni ezixakile.
- Ungase ubhekane nezinseselele ezivela emphakathini wakho wenkolo.

Ukuze ubhekane nalezi zinseselele, wena njengomholi wenkolo, kufanele:

- Uqaphele umthelela wocwaso
- Uzimisele ukuthatha izinyathelo eziqondile
- Ubekezele kuze kube yilapho ucwaso selunqotshiwe

Kuwusizo ukukhumbula ukuthi ucwaso lwe-HIV nengculaza luyindaba yokufa nokuphila. Abantu basemphakathini wenu, kanye nemiphakathi emhlabeni kabanzi, babulawa ucwaso. Ngokuvamile, ucwaso luyimpi yokugcina emshikashikeni wokunqoba ubhadane lwengculaza. Isayensi yezokwelapha ingaselapha isifo futhi isinqande singasakazeki, kodwa abantu kuphela abazizwa bekhululekile ukuba bahlolwe futhi bafune usizo. Izinyathelo zabaholi bemiphakathi yendawo yezenkolo njengawe bangaqinisekisa ukuthi siyisebenzisa ngokuphelele intuthuko yezokwelapha futhi siqede ubhadane lwengculaza.

Umjikelezo Woshintsho Oyisibonelo

1 Ukuhlaziya

Umphakathi wezenkolo unquma ukuthi Uphawu #1, #4, no-#9 yizinto ezinhle kakhulu abasenzayo, kanti Uphawu #2 no-#5 babuthaka kuzo. Kulezi ezinye izimpawu abenzi kahle futhi abenzi kabi kuzo.

2 Ukugxila

Umphakathi wezenkolo unquma ukugxila Ophawini #2 no-#5, eziwubuthakathaka, kanye nasoPhawini #3, olungakabi ngempela yinto abayenza kahle.

3 Uhlelo

Umphakathi wezenkolo ukhetha Imikhuba Emihle A, B, no-I:
A – Imiyalezo enolwazi mayelana nomehluko phakathi kokuziphatha kwabantu “okuhle” nokuziphatha “okuphephile” (bheka Uphawu #3), kanye nemiyalezo yokwamukela, ukuba nozwela nokukhuthaza
B – Ubufakazi bomuntu siqu bothile one-HIV kanye nomholi wenkolo one-HIV
I – Izithombe ezibekiwe esikhungweni sokukhulekela

4 Isinyathelo

Umphakathi wezenkolo wenza izinto ngokohlelo. Ngesikhathi kwenziwa lezi zinto, kwaba sobala ukuthi umehluko phakathi kokuziphatha okuhle nokuphephile wawunzima kakhulu ukuba ucaciswe ngomyalezo owodwa wokukhulekela, ngakho kwanezelwa Umkhuba Omuhle E:
E – Imibuthano yezingxoxo mayelana nomehluko phakathi kokuziphatha okuhle nokuphephile kucatshangelwa indaba ye-HIV

Ushintsho Oluya Ngokudlondlobala

Umphakathi Wezenkolo Ongenalo Ucwaso – Iphepha Lesinyathelo Esihlelwayo

Ukuhlaziya					3A																																																																																																																							
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Izimpawu	Buthaka	Kuhle	Okugxil										
1. Ukhuluma ngokukhulekile nge-HIV nengculaza, kanye nezinkinga ezihlobene nazo ezinjengokuziphatha kocansi nokungalingani ngokobulili	✓	✓	✓										
2. Njalo futhi ngokuphindaphindiwe unikeza imiyalezo yesihe, hhayi ukwahlulela abantu abaphila ne-HIV	✓		✓										
3. Uchaza i-HIV nengculaza njengezimo zezokwelapha, hhayi isijeziso ngenxa yokuziphatha okubi		✓	✓										
4. Uhlinzeka amaqiniso nge-HIV nengculaza, kubandakanye nezindlela edluliselwa ngazo, ukwelashwa kwayo kanye nokuyivimbela		✓											
5. Ukhuthaza wonke amalungu ukuba azibandakanye ngokuphelele empilweni yomphakathi wezenkolo, kungakhathaliseki isimo sawo se-HIV	✓		✓										
6. Ugxila ekuhlizeni ukunakekela noxhaso kubantu abaphila ne-HIV, esikhundleni sokugxila ekutheni bayithole kanjani													
7. Ukhuthaza ukuphila ngenjongo ngokuhlinzeka imfundo namaqembu okweseka abantu abaphila ne-HIV													
8. Ukhuthaza kakhulu ukuhlolwa kwawo wonke amalungu futhi ugqugquzela ukutholakala kwezindlela zokwelulekwa nokuhlolwa ngokuzithandela													
9. Ugcizelela umthwalo wawo wonke amalungu wokwazi isimo sawo se-HIV nokugwema ukuziphatha okuwafaka engcupheni yokungena yi-HIV		✓											
10. Usebenza ngokuzikhandla nezinye izinhlangano ukusombulula izinkinga ze-HIV nengculaza emphakathini wonkana													

Imiphakathi Yezenkolo Engenalo Ucwaso – Uhlelo Lwesinyathelo

	3B	4
Inyanga	Imisebenzi Ehleliwe	Imisebenzi Yangempela
Jul	Ukukhulekela okunomyalezo ophathelene nomehluko phakathi kokuziphatha okuhle nokuziphatha okuphephile	Ukukhulekela okunomyalezo ophathelene nomehluko phakathi kokuziphatha okuhle nokuziphatha okuphephile
Aga	Ukukhulekela okunomyalezo wokwamukela	Ukukhulekela okunomyalezo wokwamukela <i>Umbuthano wengxoxo ngomehluko phakathi kokuziphatha okuhle nokuziphatha okuphephile</i>
Sep	Ukukhulekela okunomyalezo ophathelene nozwela	Ukukhulekela okunomyalezo ophathelene nozwela
Okt	Ukukhulekela okunomyalezo onobufakazi bomuntu siqu bomuntu one-HIV	Ukukhulekela okunomyalezo onobufakazi bomuntu siqu bomuntu one-HIV
Nov	Ukukhulekela okunomyalezo ophathelene nokukhuthaza Nibeke izimpawu zokuzibophezela	Ukukhulekela okunomyalezo ophathelene nokukhuthaza Nibeke izimpawu zokuzibophezela
Dis	Ukukhulekela okunomyalezo onobufakazi bomuntu siqu bomholi wenkolo one-HIV	Ukukhulekela okunomyalezo onobufakazi bomuntu siqu bomholi wenkolo one-HIV

Eminye Imithombo Yosizo

I-EMPACT Africa ihlinzeka ngokweseka ku-inthanethi kwabaholi bendawo benkolo njengoba belwa ukuze baqede ucwaso lwe-HIV nengculaza:

- Ukuhlaziywa kocwaso emphakathini wezenkolo
- Ukuhlela izinyathelo nokulandelela
- Ukubeka iso nokuhlaziya
- Izifundo ezifundiwe

I-EMPACT Africa ihlinzeka nezinye izinsizakalo zemiphakathi yezenkolo:

- Ukuhlaziywa kocwaso
- Ukuqeqeshwa kwabaholi
- Imikhankaso yokulwa nocwaso ezinkolweni

Ukuthola ulwazi oluthe xaxa, vakashela:

www.empactstigmafree.org

Kuneminye imithombo eminingi yosizo ku-inthanethi, kubandakanye elandelayo:

- UNAIDS (Joint United Nations Program on HIV/AIDS)
www.unaids.org
- CABSAs (Christian AIDS Bureau for Southern Africa)
www.cabsa.org.za
- INERELA+ (International Network of Religious Leaders Living With or Personally Affected by HIV)
www.inerela.org
- Stigma Action Network
www.stigmaactionnetwork.org
- GNP+ (Global Network of People Living with HIV/AIDS)
www.gnpplus.net
- Ecumenical Advocacy Alliance
www.e-alliance.ch
- UMkhandlu Womhlaba Wamasonto
www.wcc-coe.org

Ukushicilela Nokusakaza

Lezi zincwadi zingashicilelwa futhi ngaphandle kwenkokhiso ngezinjongo zokungadayisi, uma ninemvume ebhaliwe ye-EMPACT Africa futhi niqaphela igunya elifanele le-EMPACT Africa.

Lezi zincwadi zabhalwa ngokombono wobuKrestu kwelaseningizimu ye-Afrika. I-EMPACT Africa ingathanda ukusebenza nezinye izinhlangano ukuhlaziya lezi zincwadi ukuze zivumelane nezinye izinkolo kwezinye izindawo, futhi yenze ukuba zitholakale ngezinye izilimi.

Uma ungathanda ukushicilela lezi zincwadi noma ukuzivumelanisa nezinye izimo, sicela uthinte:

resources@empactafrica.org

Ukubonga

Lezi zincwadi ziveza izifundo esizifunde eminyakeni emihlanu sisebenza nabaholi bendawo abangamaKrestu eningizimu ye-Afrika. Phakathi naleso sikhathi, sibe nesibusiso sokusebenza nabaXhumanisi Beze-HIV Nengculaza ezinkolweni eziningana: UMfundisi Pearson Banda, uMfundisi Komforce Blackie, uMfundisi Buyelwa Maringa, uNksz. Andisiwe Matiwane, uMfundisi Buhle Mporu, uMfundisi Teboho Motumi, uMnu. Costin Mwale, uMfundisi Gerald Phiri, uNksz. Pamela Vakala. Kunabanye abantu nabo abaphonse esivivaneni, kubandakanye: URev. Canon Dr. Gideon Byamugisha, uMnu. Joseph Collins, uMfundisi Paul Friesen, uMfundisi Janet Guyer, uMfundisi J. P. Mokgethi-Heath, uDkt. Sue Parry, uNksz. Lyn van Rooyen, uDkt. Joyce Statz, uMfundisi Lawrence Temfwe, uDkt. Douglas Tilton, uNkk. Linda Barstow, kanye nalo lonke ithimba le-EMPACT Africa e-Austin, eTexas, kwelase-USA.

Inguqulelo yesiZulu yale ncwadi yesiqondiso yakhiqizwa yi-CABSA ne-Folio Online, ngosizo lukaMfundisi Phumzili Mabizela, nokwesekwa yi-Fetzer Institute, kanye nosizo lukaJan Hall kukhunjulwa uRuthann Hall.

*UDkt. David Barstow
UMongameli, EMPACT*

Africa

“Ucwaso luseyisithiyo esisodwa esibalulekile ekuthatheni komphakathi isinyathelo. Luyisizathu esikhulu esenza abantu abaningi besabe ukuya kudokotela beyothola ukuthi banaso yini lesi sifo, noma bathole ukwelashwa uma kunjalo. Lokhu kusiza ekwenzeni ingculaza ibe umbulali oqothula buthule, ngoba abantu basaba ukuhlazeka emphakathini ngokukhuluma ngayo, noma ngokuthatha izinyathelo zokuphepha ezitholakala kalula. Ucwaso luyisizathu esikhulu esenza ubhadane lwengculaza luqhubeke lubhuqa imiphakathi emhlabeni jikelele.”

Ban Ki-moon, uNobhala-Jikelele weZizwe Ezihlangene

“Asibulawa yilesi sifo.

Sibulawa ucwaso.”

ilungu eline-HIV, Reformed Church in Zambia

“Ngicabanga ngabo bonke abantu engibangcwabile kule minyaka embalwa edlule. Ukube sasiqale uhlelo lwe-EMPACT kudala, abaningi babo ngabe basaphila nanamuhla.”

Umfundisi Gerald Phiri, Church of Central Africa Presbyterian

I-EMPACT Africa iyinhlangano yezenkolo ezimele engasebenzeli nzuzo, ezinze e-Austin, eTexas, kwelase-USA, ezimisele ukusiza abaholi bamasonto aseningizimu ye-Afrika baqede ucwaso lwe-HIV nengculaza emabandleni abo nasemiphakathini. Ukuthola ulwazi oluthe xaxa, thintana ne-

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