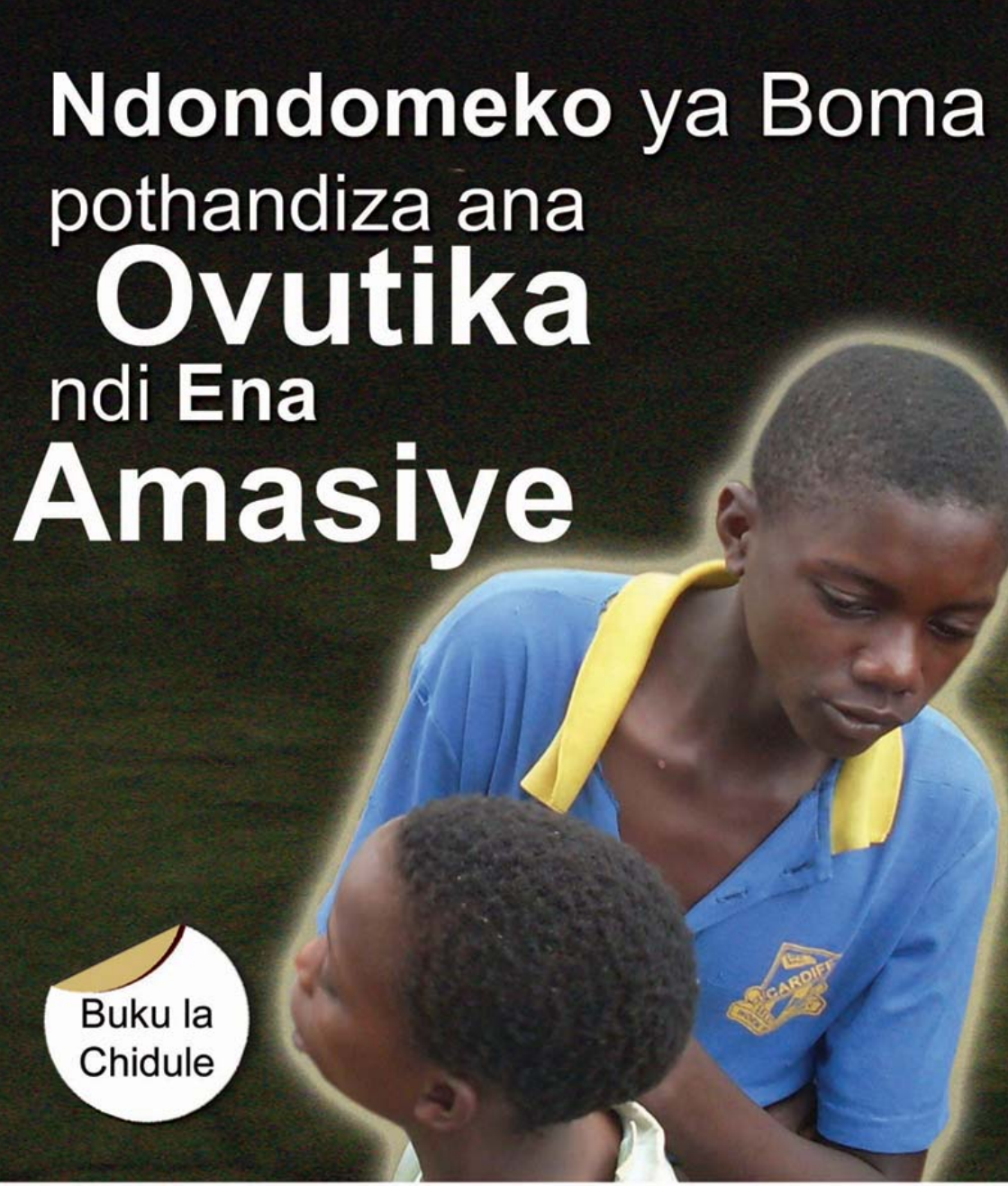
Ndondomeko ya Boma pothandiza ana **Ovutika** ndi **Ena** **Amasiye**



Buku la Chidule

STOP AIDS NOW!

CENTRE FOR YOUTH AND CHILDREN AFFAIRS
CEYCA

Network of organizations for Vulnerable and Orphaned Children
NOVOC of Malawi

Plan
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Malawi Human Rights Resource Centre

NDONDOMEKO YA BOMA POTHANDIZA ANA AMASIYE NDI ENA OVUTIKA BUKU LA CHIDULE

Kutanthauzira ndi kusindikizanso kabuku kameneka kwachitika ndi pulojekiti ya Lobbying and Advocacy (L and A) yomwe ikuthandizidwa ndi bungwe la ku Netherlands lotchedwa STOP AIDS NOW! kudzera m'mabungwe a Centre for Youth and Children Affairs (CEYCA), Malawi Human Rights Resource Centre (MHRRC), PLAN International Malawi, komanso Network of Organisations for Vulnerable and Orphaned Children (NOVOC).

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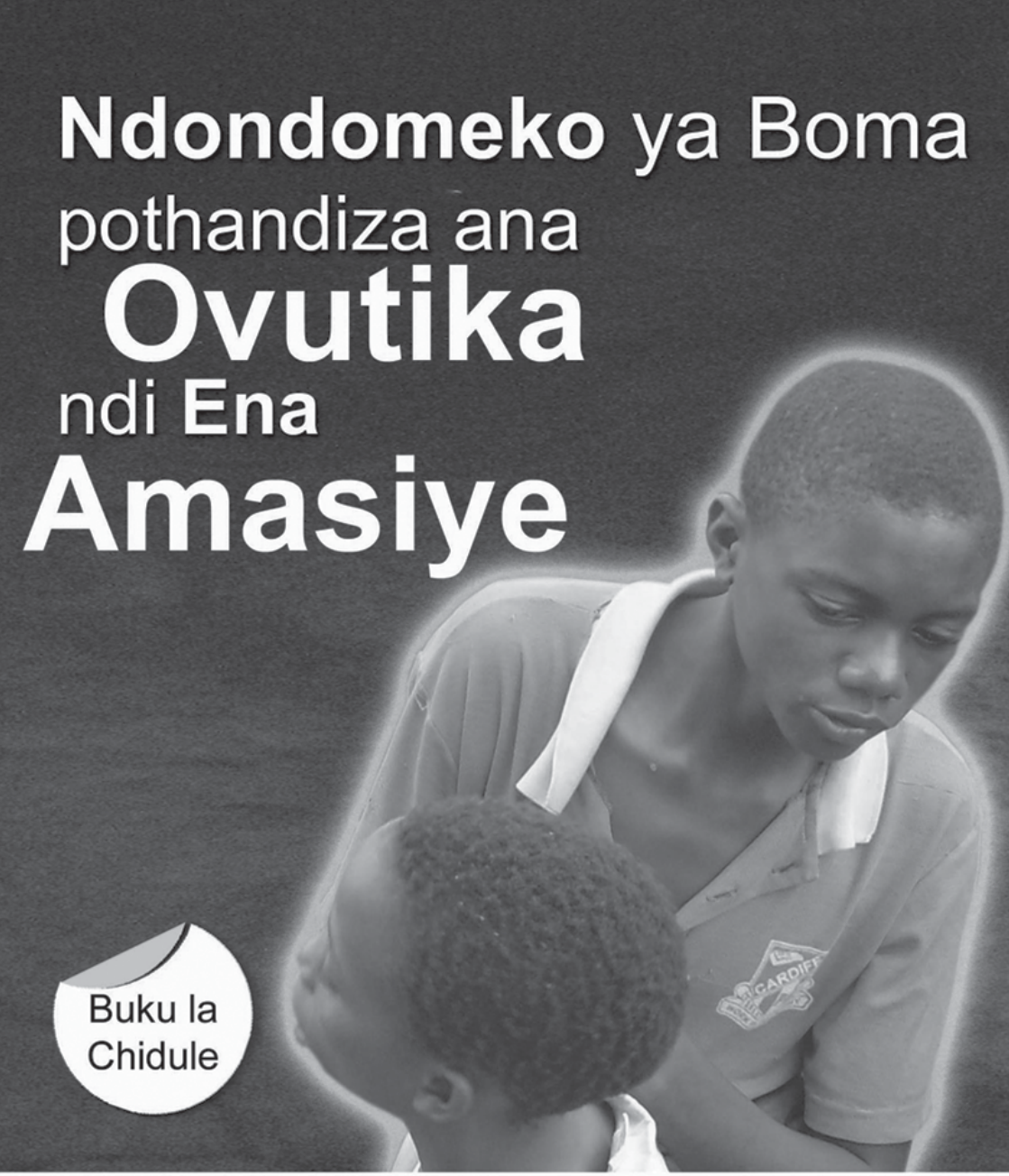

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Za Mkatimu

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- **Mfundo zikulu zikulu mundondomekoyi**.....3
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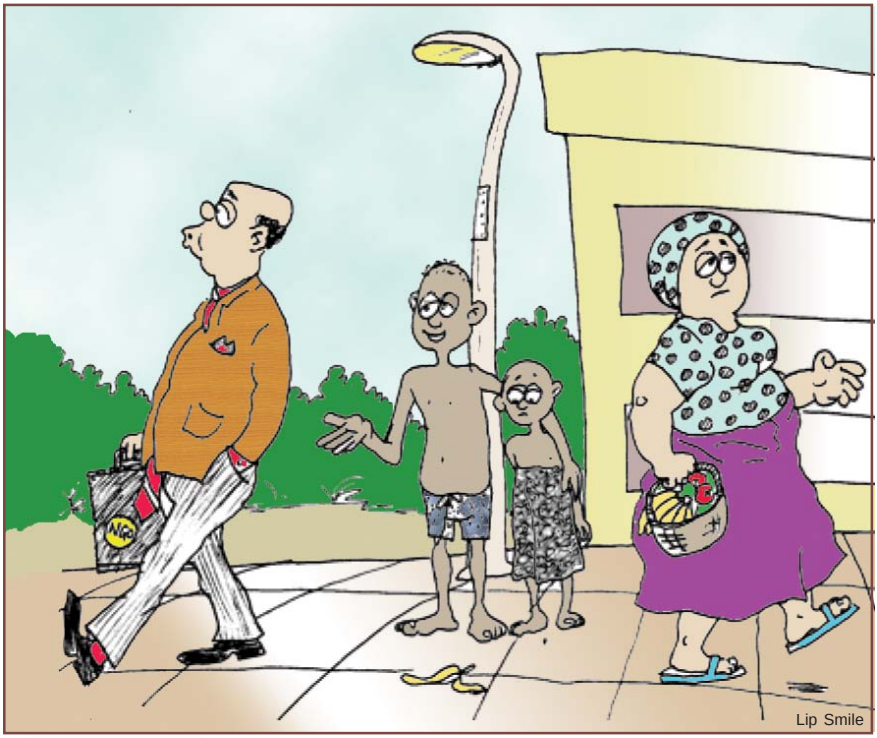
1.0 Mawu Oyambilira

Boma la Malawi ndi lokhudzidwa ndi mmene ana amasiye m'dziko muno amakhalira. Anthu ambiri akumwalira chifukwa cha matenda a Edzi. Anthu ambiri a zaka za pakati pa 15 ndi 49 ndi amene amathandiza kwambiri pa chitukuko cha dziko koma akumwalira chifukwa cha matendawa. Pofuna kuthetsa vutoli, boma, kudzera mu unduna woona za Amayi ndi Ana, lakonza ndondomeko zounikira anthu onse ogwira ntchito zothandiza ana amasiye ndi ena ovutika.

Choncho cholinga cha kabukuka ndi kuthandiza anthu ogwira ntchito zimenezi kumvetsa zimene ziri mu ndondomekoyi. Kabuku aka kasindikizidwa ndi a Boma La Malawi kudzera mu Unduna Wa Amayi ndi Chitukuko Cha Ana ndipo katanthauziridwa m'Chichewa ndi kuchepetsedwa ndi mabungwe a Centre for Youth and Children Affairs (CEYCA), Malawi human Rights resource Centre (MHRRC), komanso Network for Organisations of Vulnerable and Orphaned Children (NOVOC) ndi chithandizo chochokera ku bungwe la STOP AIDS NOW! (SAN!) la ku Netherlands m'chaka cha 2008.

2.0 Cholinga cha Ndondomeko

Cholinga cha ndondomekoyi ndi kuthandiza kuti anthu azithandiza ana amasiye ndi ena ovutika.



Anthu onse ayenera kuthandiza ana amasiye ndi ena ovutika

3.0 Mfundo zimene zingaongolere Ndondomekoyi

3.1 Maanja m'mene muli abale osiyanasiyana kupatula makolo ndi ana a mmanjawo adzitengedwabe kuti ndi amene adzithandiza ndi kuteteza ana amasiye ndi ena ovutika.

3.2 Mabungwe omwe si a boma omwe akufuna kumathandiza ana amasiye sadzayamba kugwira ntchito zawo unduna wa amayi ndi ana usanawavomereze.

3.3 Anthu ndi mabungwe onse othandiza ana amasiye adzigwira ntchito zawo mosabisa kalikonse.

3.4 Ntchito zonse zothandiza ana amasiye ndi ena ovutika zidzatsatira bwino malamulo a dziko la Malawi, malamulo ena okhudza ntchito yosamalira ana amasiye komanso mfundo za maiko onse zokhudza ufulu wa ana.

3.5 Ntchito zosamalira ana amasiye ndi ena ovutika zidzikhala zogwirizana ndi ntchito zina zokhudzana ndi ntchito yotukula umoyo wa ana.

3.6 Posamalira ana amasiye pasazakhale tsankho kamba koti anawo ali ndi kachirombo ka HIV.

3.7 Boma likuyenera kuyesetsa kuteteza ana amene ufulu wawo ukuphwanyidwa. Pothandiza ana amasiye anthu ndi mabungwe aonetsetse kuti izi sizikuchititsa anawo kumangodalira thandizo la ena osafuna kugwira ntchito paokha.

4.0 Kuchita zinthu mosabisa

Kuchita zinthu mosabisa kumathadiza kuti amene akugwira ntchito adzifotokozera anthu ena amene ntchitoyo ikuwakhudza mmene katundu ndi ndalama zikugwilira ntchito.

4.1 Kuthandiza ana amasiye powapatsa zosowa za pa umoyo ` wawo

Pakali pano boma likulimbikitsa anthu ndi mabungwe kuthandiza ana amasiye ndi ena ovutika. Nkofunika kuthandiza mabungwe oterewa kupeza ndalama zoyendetsera mabungwewo komanso kusula anthu ogwira ntchito mmabungwewo.

4.2 Zimene zikuyenera kuchitika

- Kulimbikitsa anthu mmadera osiyana siyana kugwilira ntchito limodzi pothandiza ana amasiye ndi ena ovutika.
- Kuthandiza anthu kukhazikitsa malo osamalirako ana amasiye ndi ena ovutika kuti anawo adzikhala ngati ali kwawo.

4.3 Zolinga za ndondomekoyi

- Kuonetsetsa m'mene anthu ndi mabungwe angagwilire ntchito yawo posamalira ana amasiye.
- Kuthandiza maanja kukhala opilira pa ntchito yosamalira ana amasiye ndi ena ovutika.

4.4 Njira zimene zitsatidwe

- Kuphunzitsa anthu ndi mabungwe
- Kuphunzitsa anthu mmene angathandizire ana amasiye ndi ena ovutika kukula bwino.
- Kupeza anthu ambiri ogwira ntchito m'midzi komanso kulemba ntchito anthu ambiri othandiza anthu kumvetsa mfundo za boma pa ntchito yosamalira ana amasiye.
- Kufunsa maganizo a ana amasiye pokonza mapulani a ntchitoyi komanso pogwira ntchito za chitukuko zofuna kutukula anawo.

4.5 Malamulo okhudza ntchito yosamalira ana amasiye

Unduna wa amayi ndi ana udzaonesetsa kuti anthu ndi mabungwe akutsatira bwino malamulo omwe cholinga chake ndi kuteteza ana ndi kuonesetsa kuti akulandira chisamaliro chokwanira ndi choyenera.

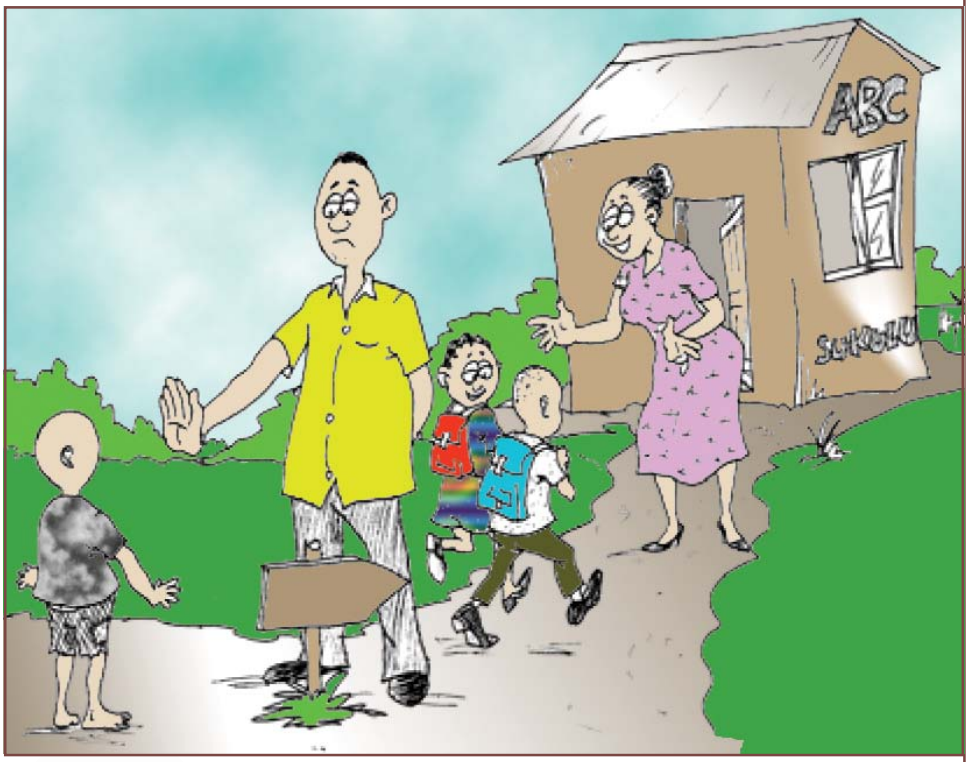
4.6 Cholinga cha ndondomekoyi

Kuthandiza kuti pakhale malamulo oyenera ounikira kayendetsedwe ka ntchito zosamalira ana amasiye.

4.7 Njira zimene zitsatidwe

Kuphunzitsa anthu ndi mabungwe

- Kukhazikitsa bungwe limene lidziyang'anira ntchito



Pasakhale mwana wosalidwa chifukwa cha umasiye kapena EDZI

zonse zokhudza ana amasiye mMalawi.

- Kukhazikitsa njira zothandiza kudziwa ndi kuunika zimene ana amasiye ndi ena ovutika amasowa pa moyo wawo.
- Kuluzanitsa ntchito zosamalira ana amasiye ndi ena ovutika mu ntchito

5.0 Mfundo zikulu zikulu za mu Ndondomekoyi

Kuzenga milandu mabungwe ndi anthu amene amapeza thandizo la ndalama ndi zinthu zina ponamizira kuti akufuna kuthandiza ana amasiye ndi ena ovutika.

Njira zimene zitsatidwe

- Anthu a mmadera adzitenga ntchitozi ngati zawo ndipo azithandizapo.
- Kuonesetsa kuti ndondomeko zonse ndi zosavuta kuzitsatira komanso kuonesetsa kuti anthu mmidzi akunena mmene athandizire ntchito yosamalira ana amasiye.
- Moganizira nzeru zawo, kufunsa ana amasiye maganizo awo pa zinthu zosiyana siyana zokhudza ntchito zimene zikhudze miyoyo yawo.

6.0 Kuunika mmene ntchito zikuyendera

Vuto la kachirombo ka HIV komanso matenda a edzi ndi lalikulu kwambiri ndi lovuta kuthana nalo. Choncho pali mabungwe, magulu ndi anthu osiyana siyana amene ali pa kaliki liki kuthandiza ana amasiye ndi ena ovutika. Kaamba koti amene akugwira ntchitoyi ndi mabungwe osiyana siyana omwenso zolinga zawo ndi zosiyana siyana, njira zimene amatsata pogwira ntchito yawo ndi zosiyananso.

6.1 Chimene chichitike

Unduna wa amayi ndi ana udzakhazikitsa njira zothandiza kuunika mmene ntchito yosamalira ana amasiye ikuyendera.

6.2 Cholinga cha ndondomekoyi

Kuunika mmene ntchito zonse zokhudza chisamaliro cha ana amasiye ndi ena ovutika zikuyendera komanso kuunika mmene ntchitozo zikupindulira anawo poganizira mfundo za maiko onse zokhudza chisamaliro ndi ufulu wa ana.

6.3 Njira zimene zitsatidwe

Kuunika ntchito yonse

- Padzakhalanso kuunika maanja ndi mabungwe pofuna kuona ngati akugwira ntchito zawo motsatira ndondomeko ndi malamulo a ntchito yosamalira ana amasiye.

- Kuchita kalondo londo pofuna kudziwa mmene ana amasiye akukhalira mmadera osiyana siyana ndi

Pasakhale mwana wosalidwa chifukwa cha umasiye kapena EDZI

kudziwa ngati miyoyo yawo ikusintha kaamba ka thandizo limene akulandira.

6.0 Kuunika mmene ntchito zikuyendera

- Kuyendera magulu, mabungwe ndi maanja pofuna kuona ngati pali anthu ena amene akugwiritsa ntchito katundu ndi ndalama zothandizira ana amasiye molakwika kapena amene akuba zinthuzi.

    - Kuthandiza kuti akatswiri aunike mmene mabungwe agwiritsira ntchito ndalama zothandizira ana amasiye pofuna kuonesetsa kuti ndalama za ana amasiye zikugwiradi ntchito yake. Kusula anthu Kuphunzitsa anthu zoyenera kuchitika posamalira ana amasiye kuti anthuwo azitha kudziwa ngati mabungwe amene akugwira ntchito mmadera awo akukwanitsa ntchito zawo kapena ayi. Anthu atha kutengapo mbali munjira zisoyanasiyana pothandiza ana amasiye ndi ena ovutika.

    - Kuthandiza mafumu kumalemba maina a ana onse obadwa, omwalira komanso a ana onse amasiye a m'midzi yawo ndi ena obwera.

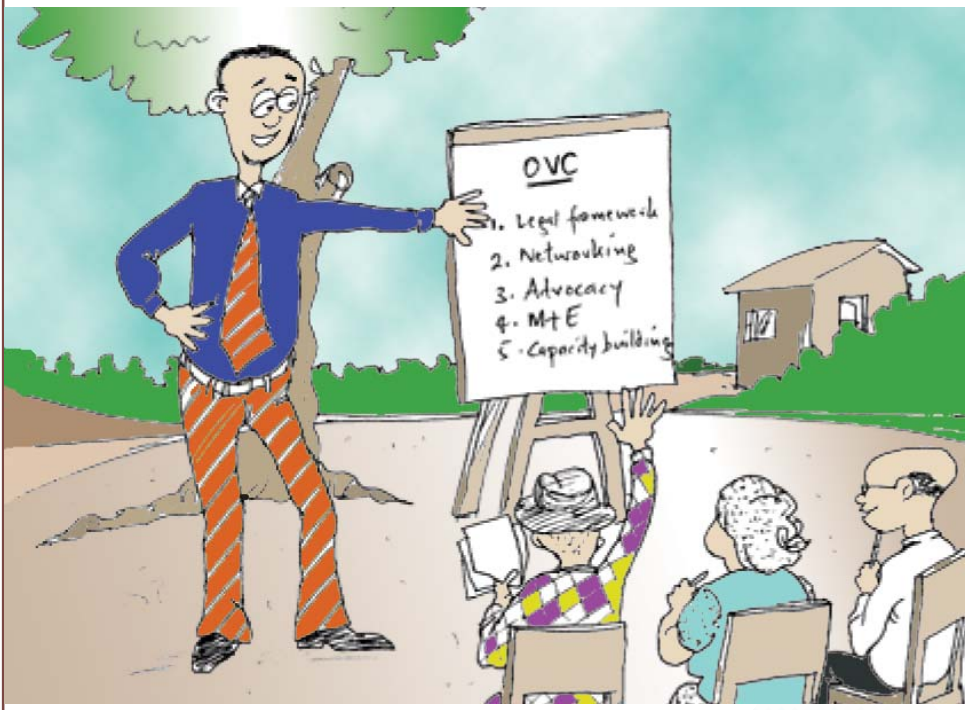
    - Kukonza maphunziro a anthu onse amene akugwira ntchito yoona za chisamaliro cha ana amasiye ndi ena ovutika kuti ntchito idzioneka phindu lake.

    - Kukonza ndondomeko zoyenera kutsata pokhazikitsa bungwe lofuna kusamalira ana amasiye kapena pofuna kulithetsa.

    - Kukonza ndondomeko zothandiza pofuna kupeza ana

amasiye ndi ena ovutika,

kuwapezera malo ndi maanja okhalako



komanso pofuna kuwachotsa ku maanja amene amawazunza.

- Kuthandiza kukhazikitsa ndi kukonzanso malamulo oteteza ana.

Anthu onse akuyenera kudziwitsidwa za udindo wawo pa ntchitoyi

- Kukonza malamulo oyenera kuwatsata pofuna kukhazikitsa malo osamalirako ana amasiye monga mabungwe ndi maanja amene amatenga ana amasiye ndi kumakawalera.
- Kukhazikitsa njira zothandiza kuonesetsa kuti mabungwe akutsata malamulo posamalira ana amasiye ndi ena
- Kuthandiza kuti ana amasiye okulirapo amene anasiya sukulu aphunzire luso losiyana siyana malinga ndi zimene angathe.
- Kukhazikitsa matumba a ngongole zoti ana amasiye okulirapo ndi makolo amene akuthandiza ana a mtunduwu azitha kupeza.
- Kulimbikitsa mabungwe a ku midzi, mabungwe amene si a boma, mabungwe a mipingo komanso makampani kuti adzithandiza pa maphunziro a ana amasiye ndi ena ovutika kuti adzathe kukhala odzidalira mtsogolo.
- Chakudya, zovala ndi malo okhala
- Thandizo la mankhwala komanso maphunziro
- Chikondi cha makolo

Zimene ana Amasiye ndi Ena Ovutika amasowa pa moyo wawo

- Malangizo pa moyo wawo wa uzimu ndi uphungu wina

Zimene anthu angachite m’midzi

- Kukhazikitsa magulu othandiza ana amasiye
- Kukonza zochitika zosiyana siyana pofuna kusamalira ana amasiye
- Kulimbikitsa maanja kuti asafooke posamalira ana amasiye.

Zimene boma lingachite

- Kuthandiza mabungwe kugwira ntchito molumikizana
- Kumanga nyumba zokhazikika zomwe mabungwe oterewa azigwiriramo ntchito
- Kupereka kangachepe kwa omwe amagwira ntchito yosamalira ana masiyewa
- Kuongolera mabungwe, magulu ndi anthu potsatira ndondomeko younikira ntchito ya chisamaliro cha ana amasiye.
- Kuunika mmene ana amasiye akukhalira mmadera osiyanasiyana.

Zimene mabungwe omwe si aboma angachite

- Kuthandiza maanja ndi anthu mmidzi kusagonja akakumana ndi zovuta posamalira ana amasiye.
- Kutolera ndalama ndi kupeza zinthu zothandiza pa ntchitoyi.

Zimene mabungwe a mipingo angachite

- Kupereka uphungu ndi malangizo pa za uzimu.
- Kuphunzitsa anthu za ntchito yosamalira ana amasiye.

Mukafuna kudziwa zambiri za ndondomekoyi funsani ogwira ntchito ya chisamaliro cha anthu omwe muli nawo pafupi m'boma lanu kapenanso lumikizanani ndi aku:

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Private Bag 330,

Mfundo zowonjezera

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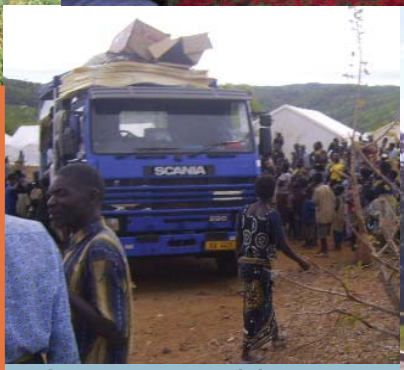
Ndi undindo wa aliyense!

Anthu a m’midzi

Boma



Mabungwe omwe siaboma

Mipingo

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