



LEGAL
RESOURCES
CENTRE

THULUKITHI

THOBALANO LE DITOKELO TŠA MAPHELO
- LE THUTO YA TLAIŠO YA THOBALANO

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SECTION

A



LEGAL RESOURCES CENTRE

A. MATSENO

Thulikhithi ye e lebeletše tša thobalano le ditokelo tša maphelo le tokelo ya go bolokega go tlhorišo ya thobalano le thobalano ya kgapeletšo. Re lebelela gore maikarabelo a mmušo ke a mafe go wena ge o le sekolong go kgonthišiša thobalano le ditokelo tša maphelo di šireletšegile ebile, o bolokegile go tlhorišo ya thobalano.

Thobalano le ditokelo tša maphelo ke eng?

Thobalano le ditokelo tša maphelo le ditokelo tšeo di dumelelang batho go ikgethela go tšea dikgetho tša bona ka go bo bona, go swana le gore ba nyaka go dira thobalano le go ba le bana, goba le mang yo a nyakang go ratana le yena.

SRHR e ra gore o na le toka ya:

- go kgetha gore neng le mang le be le tsenele tša thobalano
- go kgetha molekani wa gago
- go bolokega go tlhorišo ya thobalano
- go se tsenele tša thobalano go o se na kganyogo
- tsenela thobalano ya go bolokega le boithabišo
- kgetha gore, neng gape o nyala mang
- kgetha gore o nyaka bana goba ngwana neng le gona ba ba kae
- thobalano le ditho tša mmele le thušo ya tša maphelo, mohlala, ge o le mmeleng goba o na le HIV goba malwetši a mangwe a go fetela ka thobalano.
- ithute ka moka ka godimo.

Thobalano le ditokelo tša gago tša maphelo le tokelo ya gago ya go bolokega go tlhorišo ya thobalano yeo e tšwago go molaotheo wa Aforika Borwa. Molaotheo ke wa batho ka moka bao ba dulago ka Aforika Borwa. Mohlala, ka moka re na le tokelo ya thuto, maphelo, go šireletšega go dintwa le go kgethollo. Ditokelo tše di fapane efela di šoma mmogo go dira gore motho a tie. Ge o le sekolong ditokelo tše dingwe di swanetše go šireletšega.

Efela tokelo ya maphelo e ra go reng, go se kgethollwe, le go šireletšega go dintwa di tsenelelana bjang le sekolo?

Tokelo ya gago	Tokelo ya gago e ra go reng ge o le sekolong.
Šireletšega go dintwa	Tokelo ya go šireletšega kgahlanong le dintwa go ra gore o swanetše ke gore o bolokege go dintwa go tšwa go barutiši goba bašomi ba ba bangwe le baithuti. Gopola: ge o le sekolong barutiši ba tšea karolo ya botswadi go kgonthišiša gore o bolokegile.

Phelega	Ge o le sekolong, tokelo ya tša maphelo e ra gore o swanetše go rutwa ka yona Mmele wa gago Go tšea dikgetho tša maikarabelo ka mmele wa gago. Malwetši a go fetela ka tobalano le HIV. Thobalano ya go bolokega. Maikutlo a go ikwa bjalo ka mošemane, mosetsana goba ka bobedi (tsebo ya bong). Kgetho ya go hlagiša bong bjalo ka mošemane, mosetsana goba bobedi (maikutlo a bong). O ka ba o kganyoga bašemane, basetsana goba bobedi (tsebo ya thobalano).
O se ke wa kgethollwa	Ka nako e ntšhi tokelo ya go se kgethollwe, e ra gore yo mongwe le yo mongwe o swanetšwe go swarwa go lekana. Ka nako tše dingwe o swanetše gore ba go papatletše go re o kgone go ya sekolong o se ke wa hlorišwa gape wa kgethollwa. Mohlala Ge o le mmeleng, barutiši ba swanetše gore ba go thuše gore o kgone go ba nakong ka mošomo wa sekolo wo o šaletšego morago ka wona ge o sale motswetši. Ge o le mmeleng o sa nyake baithuti ba tseba, barutiši ga ba swanela go ba botša. Ge o le mmeleng goba o na le HIV, sekolo sa gago se swanetše go go thuša go humana tša maphelo le seleago. Ga wa swanelwa go kgethollwa sekolong goba go mešongwana ya sekolo ge o na le HIV goba motho yo mongwe a nagana gore o na le HIV, goba o le mmeleng.

Ge motho a go tlaiša goba go go kweša bohloko sekolong
goba go go kgetholla ka ditsela tše di latelago, tše
di šitiša tokelo go thuto ya gago. Le ke lebaka
la go dira gore o šitišwe go mošomo wa
gago wa sekolo e o ikwa o sa
bolokega goba amogelega.



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MOŠOMO:

Ngwala mehlala e mebedi ya thobalano le tokelo ya maphelo

Ngwala mehlala e mebedi ya dilo tšeo o swanetšego gore o ithute ka tša maphelo sekolong

Gatiša seswantšho sa tokelo ya go šireletšega go tlhorišo le dintwa sekolong



Ge dipoelo di ka bowa di bontšha twatši ya thobalano, mooki goba ngaka o swanetše a bolele ka leano la kalafo le wena gape a hlaloše kgato ka kgato tšeo o ka di tšeago gore o se ke wa fetetša ba bangwe. Mohlala, ge e ba o na le bolwetši bja HIV bjalo o swanetše gore o nwe dipilisi mehla le mehla gore bolwetši bjo bo ye fase.

Bolela ka maikutlo a gago

Go tseba ka seo o nago le sona go ka go dira gore o be le maikutlo a pefelo le manyami. Ge o ba go na le motho yo o motshepago, boledišana le yena ka seo o fetago ka gare ga sona.

SECTION

B

B. Mmele wa gago

Mmele wa gago wa fetoga ge o gola. Ge o gola, maikutlo a dumelela mmelo wa gago go tšweletša tswalo ya thobalano. Phubathi e thoma gare ga 8 le 12 go basetsana le 10 le 14 go bašemane, go kana ka pela go ba morago.

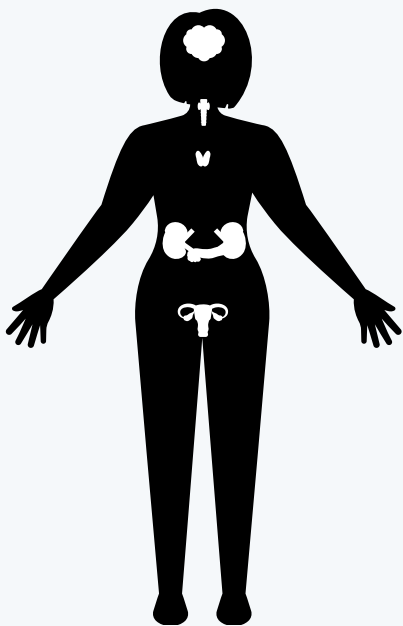
Kakanyo: seswantšho sa mošemane le mosetsana se šupilwe ditho tšeo diphetogo di tlo hlolwago gona.



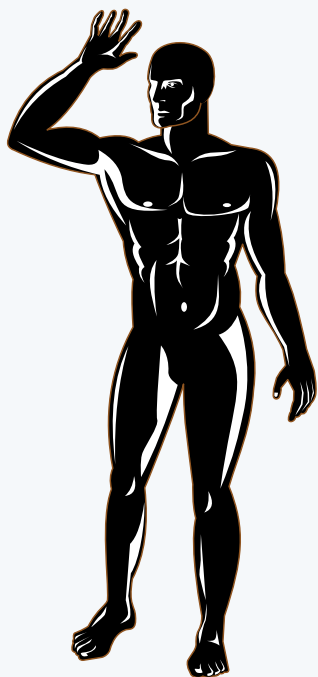
Basetsana	Bašemane
Moriri wa mo mmeleng wa swiswala wa ba bothata	Moriri wa mo mmeleng wa swiswala wa ba bothata
Moriri o thoma go gola ka mahwafeng, lefelo la sephiring.	Moriri o thoma go gola ka mahwafeng, lefelo la sephiring, kgareng le sefahlegong.
Makhura a tšwelela a tliša dišo sefahlegong le go gongwe ga ditho tša mmele	Makhura a tšwelela a tliša dišo sefahlegong le go gongwe ga ditho tša mmele
Monkgo o a tšwelela, go e ra gore o tloba le monkgo wa go fapana le ge o sale ngwana. Ke nako e baswa ba thoma go go šomisa didirišwa tša mahwafa	Monkgo o a tšwelela, go e ra gore o tloba le monkgo wa go fapana le ge o sale ngwana. Ke nako e baswa ba thoma go go šomisa didiriswa tsa mahwafa
Popo ya mmele wa gago ya fetoga, go basetsana ba thoma go golela ke dikhefe le matswele. Botele le mmele di a o ke tšega.	Popo ya mele wa gago ya fetoga. Basemane, bat homa go golela ke magetla le diphaka. Botele le mmele di a o ke tšega.
Kgweding (e tsebega gape ka matšatšing. Setho sa mosadi se tšwa madi ga tee mo kgweding go bontšha gore ga o mmeleleng.	Megolo ya fetoga, mantšu a thoma go kotofala.

Mošomo:

O sa gopola gore go direga eng go mmele wa gago ge o le go phupathi?



Ngwala Fase Mehlala



Ngwala Fase Mehlala

SECTION

C



LEGAL RESOURCES CENTRE

C. Are bolele ka Thobalano

Ge o le go phupathi, wa l potšiša gore go diregang ka mmele wa gago, thobalano le tswalano.

THOBALANO KE ENG?

Thobalano ke ge motho a tšhela selo goba setho sa mmele ka gare ga mmele wa motho o mongwe. Se sera gore thobalano ga se ge monna a tšhela setho sa gage go setho sa mosadi fela.

DIKOTSI

Thobalano e go beya kotsing ka malwetši a thobalano a go fetela (STI) go swana le kokwananahloko ya HIV, le go ba mmeleng.

DIKOTSI: MALWETŠI A GO FETELA KA THOBALANO.

Bolwetši bja thobalano bo fetela ka thobalano. Tše dingwe tša STI di fetelwa go tšwa go mme go ya go ngwana ka nako ya ge mme a sa le mmeleng, pelego ya ngwana, le go antšha ngwana. Go bo hlokwa go tseba ka di STI tše dingwe gobane di a fola tše dingwe ga di fole. HIV ke mohlala wa STI wa go sa fole.

O ka fokotša bjang gore o sa be kotsing Ya go swarwa ke STI le HIV?

O ka ba o kwele ka se “e ba bohlale, šomisa kgotlopo”. Dikgotlopo ke tšona di dirišwa tša go efoga go swarwa ke di STI (le goba mmeleng). Re re go fokotša kotsi go bane ga se 100%.

MEHLOLO

Nka humana STI ge ke robala le motho o tee?

Ee, batho ba bantšhi ba nalego STI ga ba na maswayo. Le ge wena goba molekane wa gago le bile le molekane o tee pele le ka hlakana, le sale kotsing ya go humana STI. Ke ka lebaka gore le šomiše kgotlopo ka nako tšohle.

O ka dira eng ge o nagana ka STI le HIV?

Tšeya diteko tša STI

Etela bookelo goba ngaka go bolela ka di ngongorego tša gago le bona. Go nale mehuta ya di STI bjale batlo go bontšha tsela ya gore o tšeya bjang diteko.

Tsebo ke maatla.

Ge diteko di bowa di bontšha STI mooki goba ngaka o swanetše go gofa tshepidišo ya kalafo, a go hlalošetše kgato ka kgato gore o seke wa fetetša ba bangwe. Mohlala ge o nale HIV o swanete go tšeya sehlare sa antiretroviral letšatši ka tšatši gore HIV ya gago e be ko tlase.

Bolela ka maikutlo a gago

Go ithuta seo o nalego le sona go ka hlola, maikutlo a go befela le go nyama. Ge o nale motho yo o mo tshepago, bolela ye yena o mmotša se sediragalago go wena.

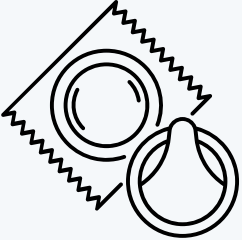
NTLHA YA KOTSI: BOIMANA

Boimana ke eng?

Basadi ba belegwa ba na le mae a dikete le banna ba belegwa le dikete tša peu. Ge monna le mosadi ba ka dira thobalano, peu e ka nontšha lee. Lee le golela ka gare ga popelo, pele e thoma ka go ba pholasentha, morago ya ba empiriyo gomme ka morago go bopegile ngwana ka mpeng. Ka tlwaelo boimana bo tšea kgwedi tše senyane.

O ka thibela bjang go ima?

Dithibelapelegi di thuša go thibela go ima. Go na le dikgetho tše mmalwa tše difapanego.

 Kgotlopo	Kgotlopo ke raba ye sesame yeo e hlolago lepheko leo le thibelago peu goba madi go tsena ka ganong, bosading goba go mašoba a marago. Kgotlopo ya monna e aparwa godimo ga setho sa bonna le khontomo ya mosadi e tsenywa ka gare ga setho sa bosadi. Khontomo e thuša go thibela boimana le go tšwelelela ga ditwatši tša thobalano.
Molomo: "pilisi"	Ke dipilisi tšeo di nago le dihomoune tšeo basadi ba di nwago letšatši le lengwe le lengwe go thibela boimana.
Tšhwana goba nalete	Ke tšhwana ya go ba le homoune yeo mosadi a e hwetšago ga tee dikgweding tše dingwe le tše dingwe tše tharo.
Intrauterine device (sedirišwa sa go tsenywa ka gare ga popelo)	Ke sedirišwa se sennyane sa sebopego sa T seo se tsenywago ka popelong ke moabi wa tlhokomelo ya tša maphelo. Sedirišwa se se kgona go tšea mengwaga ye meraro go iša go ye lesome.
Sterilizing surgery (go tlema diphaepe tša pelego)	Basadi le banna ba ka hwetša karo yeo e ba thibelago go ima goba go dira motho yo mongwe gore a ime. Ke dipelo tša sa ruri.

Ke dika dife tša boimana?

- Go fetwa ke go bona kgwedi
- Go bona madi a masese a go rotharotha fela
- Matswele a go tlala, a go ruruga
- Go sellega le go hlatša, goba ka ntle le go hlatša
- Go ikwa o lapile ebile o na le maikutlo a go se thabe
- Go ikwa o tlalelane ka mpong ebile o na le dihlabi



O dira eng ge o imile goba o nagana gore o imile?

Tšea teko ya boimana

Etela kliniki goba ngaka.

Teko ya boimana e a hwetšagala gape ka dikhemesing.



Bolela ka maikutlo a gago

Go basadi ba bantši go a thuša go bolela le motho ge ba tseba gore ba imile. Se e ka ba motswadi goba motho yo mongwe wa lapa, moeletši goba motho yo mongwe yo a botegago goba moabi wa tlhokomelo ya tša maphelelo.

Lekanya dikgetho tša gago

Go ba le ngwana go tla le maikarabelo a mantši kudu ge o sa le o monnyane ebile o tsena sekolo. Gopola gore ke sepheto sa gago gore o ime gomme o hlokomele ngwana, o mo fetiše gore a adopotiwe, goba o ntšhe mpa.



Go ntšha mpa ke eng?

Go ntšha mpa ke tshepedišo ye e bolokegilego yeo e fedišago boimana gore ngwana a se belegwe. Mo Aforika Borwa basadi ba mengwaga ya go feta 12 ba ka ntšha mpa mo dibekeng tše 12 tša mathomo tša boimana ntle le go botša motho goba go fa lebaka. Ge e ba o leka fase ga mengwaga ye 12 batswadi ba gago ba sepela le wena ba fa tumelelo.

Ge e ba o imile dibeke tše 13 le 20, o ka ntšha mpa ge e le gore bophelo bja gago bja mmele goba monagano bo le kotsing, ge e ba lesea le tla ba le go se tlwaelege mo go monaganong goba mmeleng, ge o ile wa ima ka thobalano ya ba leloko goba go katwa, goba o nagana gore o ka se kgone go hlokomela ngwana ka lebaka la maemo a ditšhelete goba ka gae. Ka morago ga dibeke tše 20 o ka ntšha mpa fela ge bophelo bja gago goba bophelo bja ngwana bo le kotsing goba go bonagala go tla ba le diphošo tše dikgolo pelegong.

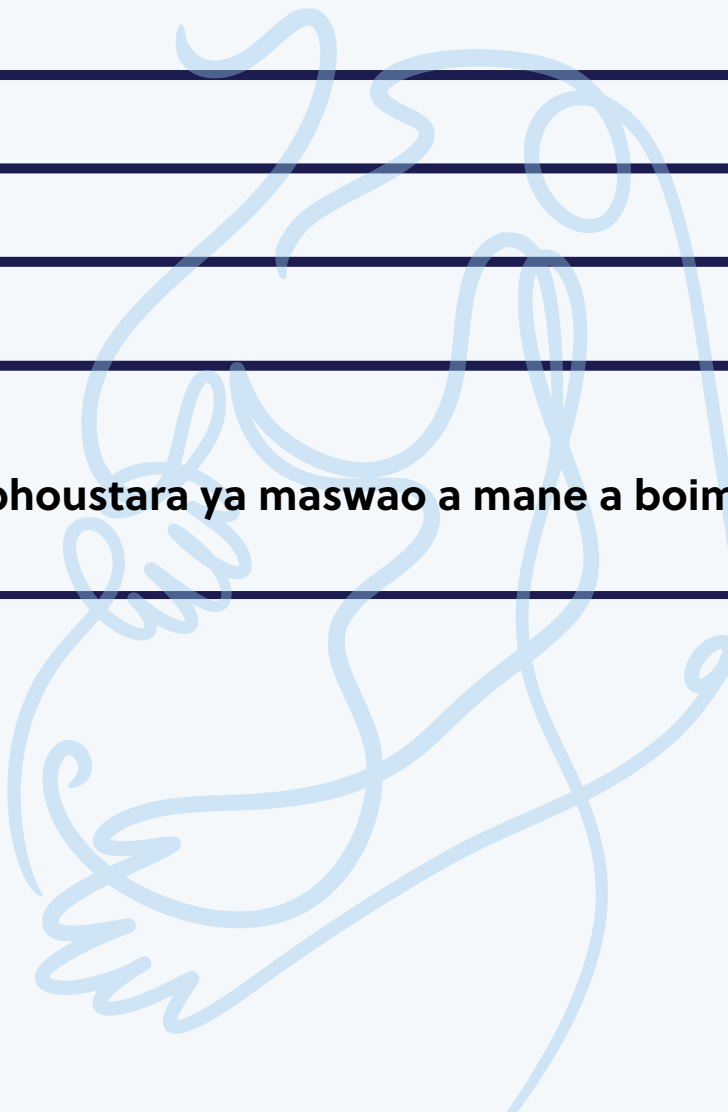
Basadi ba ka etela kliniki ya bona ya lefelo leo go hwetša tshedimošo ka ga tshepedišo ya go ntšha mpa. Dipetlele tša mmušo tšeo dikgethilego dingaka tša basadi le baabi ba mahala ba go swana le senthara ya Marie Stopes yeo e fago go ntšha mpa mo go bolekegilego le ka molao.

Go ntšha mpa mahala, kgopelo e swantše go dirwa kliniki ya mathomo ya tlhokomelo ya maphelo, moo boimana bo tlogo tiišetšwa, keletšo ya fiwa gona, peakanyo ya letšatši la go ntšha mpa e dirwe, gomme lengwalo la go fetišetša le fiwa lefelong leo tshepedišo e ilo dirwago gona.



MOŠOMO:

O swanetše go dira eng ge o nagana gore o imile?



Thala phoustara ya maswao a mane a boimana

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SECTION D



LEGAL RESOURCES CENTRE

D. THOBALANO LE DIKAMANO

Nakong ya go tsena mahlalagading o ka ikhwetša o na le maikutlo ka motho yo mongwe. Tshekamelo ya gago ya tša botona le botshadi e laola gore o tla ba le maikutlo go bomang. Ge o nagana o kgahlegela mang ka leihlo la kgopolo? Bašemane, banenyana ga go le o tee goba bobedi?

Ge o na maikutlo ka motho yo mongwe o ka tsena kamanong le yena bjalo ka lesogana goba lekgarebe. Ka dikamano go tla dipotšitšo mabapi le thobalano. Go sa šetšwe gore o na le tshekamelo efe ya tša botona le botshadi, tumelelo ke karolo e bohlokwa ya dikamano ka moka.

Ke wena fela o ka dirago sepheto sa e ba o swanetše go robala le motho yo mongwe goba aowa.

Tumelelano ke eng?

Tumelelano ke tumelelano ye e šomago ya go ba kamanong goba go tšea karolo thobalanong goba tirong ya thobalano le motho yo mongwe. E bitšwa tumelelano ye e šomago ka gobane ga se wa swanela go ikwa o gateletšwe go re ee, go ba o le ka fase ga khuetšo ya diokabatši goba bjala goba go ba ka fase ga taolo ya bjona. E bitšwa gape tumelelano ka gobane o ka gogela morago tumelelo ya gago nako efe goba efe pele goba nakong ya thobalano.

Mohlala, o ka dumela go ba kamanong le motho yo mongwe ka klaseng ya gago ge o tseba ebile o morata. Ka lehlakoreng le lengwe o ka se dumele go ba ka gare ga kamano goba go robala le morutiši sekolong ka gobane barutiši ba maamong a maatla godimo ga baithuti. Mohlala, morutiši a ka go tshepiša goba a go tšhošetša ka go palelwa ge o nyaka go tlogela kamano ya lena goba ka fao o sa nyakego go robala le yena. Se se be se tla be o dira selo se itšego ka gobane o tšhogile ditlamorago tša go se se dire. Sekolo se swanetše go ba lefelo le le bolokegilego go baithuti.



Tumelo yeo e sego ya nnete

Go fo ba o ile wa bapala ka lerato le motho yo mongwe goba wa dumela go robala le yena ga go bolele gore o swanetše go dira seo. Nako efe goba efe pele goba nakong ya thobalano, o ka tšea sephetho sa gore o nyaka go tlogela thobalano gomme molekani wa gago o swanetše go hlompha seo.

Ke swanetše ke be le mengwaga ye me kae go fa tumelelo?

Ka Aforika Borwa mengwaga ya tumelelo ke ye 16. Se se ra gore ge o le ka fase ga mengwaga ye 16 o ka se kgone go dumela go robalana. Gape go ra gore ke molato gore motho a robalane le wena ge o le ka fase ga mengwaga ye 16. Go na le mabaka a go kwala a malao ge e ba le kgauswi ka mengwaga.

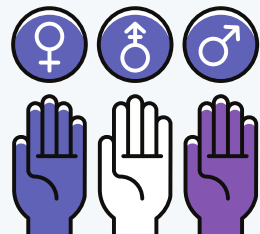
Molao wa mengwaga ya kgauswi o re ga se moato go robala le motho yo a lego magareng ga mengwaga ye 12 le ye 16 ge o sa ba fete ka mengwaga e mebedi. Ga se molato gore motho wa mengwaga ye 14 a robale le motho wa mengwaga ye 14 eupša ke molato gore motho wa mengwaga ye 14 a robale le motho wa mengwaga ye 17.

Go thweng ka lenyalo?

Mo Aforika Borwa banyalani ba swanetše go ba le mengwaga ye 18 gore ba nyalane. Banna ba dumeletšwe go nyala banna goba basadi gomme basadi ba dumeletšwe go nyala basadi goba banna.

Go na le dinyakwa tšeo di fapanego tša banenyana le bašemane bao ba nyakago go nyalana pele ga mengwaga ye 18.

Banenyana ba bagolo ba mengwaga ye 15 efela ba le ka fase ga 18 ba swanetše go ba le tumelelo ye e kgethegilego go tšwa go batswadi ba bona goba mohlakomedi wa bona. Banenyana bao ba lego ka fase ga mengwaga ye 15 ba swanetše go hwetša tumelelo ya tona ya merero ya selegae gore ba nyalwe. Bašemane ba ka fase ga mengwaga ye 18 bao ba nyakago go nyala ba swanetše go ba le tumelelo go tšwa go batswadi ba bona goba mohlakomedi le tona ya merero ya selegae. Go bile le dtšhišinyo tša go fetoša molao gore bašemane le basetsana ba swarwe ka go swana.



MOŠOMO:



Kgetha karabo ya maleba go dipotšišo tšeo dilatelago

POTŠIŠO	EE	AOWA
Tumelo ga e bohlokwa dikamanong		
Tumelelo ke tumelelano ye e šomago go ba kamanong goba go tšea karolo thobalanong le motho yo mongwe		
O ka se dumele kamano le morutiši		
Ge o ratana le motho go ra gore o swanetše go robala le yena		
Mo Aforika Borwa monna o dumeletšwe go nyala monna goba mosadi gomme mosadi o dumeletšwe go nyala mosadi goba monna		

E. THOBALANO LE TLAIŠO YEO E LEBANTŠHITŠEGO BONG

Bontšhi bja nako ditiro tša dikgaruru tša thobalano le tša bong di dirwa ke batho bao re na go le dikamano le bona. Mo Aforika Borwa basadi ba mo kotsing ya dikgaruru tša thobalano go feta banna. Se ga se bolele gore banna le bona ga se batšwasehlabele, eupša ga se gantšhi ba e ba batšwasehlabele.

Tlaišo ye e lebatšhitšego bong e šupa tiro efe goba efe kgahlanong le basadi yeo e lebišago go kotsi ya thobalano ya mmele goba ga monagano e ka ba phatlalatša goba ka gae. E akaretša gape le ditšhošetšo tša dikgaruru. Tlaišo ya thobalano, tlhaselo ya thobalano, le dikgaruru tša thobalano ke mehlala ya tlaišo yeo e lebatšhitšego bong.

Go tlaišwa ka tša thobalano ke eng?

Tlaišo ke ge maitshwaro a motho yo mongwe e le go hloka mekgwa, a befetšwe goba maitshwaro a go se kgahliše ao a dirago gore o ikwe o tšhogile. O ka ikwa o tšhogile ka tšhireletšego ya gago, ka dithoto tša gago goba tšhelete goba ka tsheyo ya maikutlo a gago goba maikutlo a gago. Ka tsela efe goba efe ke tlaišo.

Tlaišo e fetoga tlaišo ya thobalano ge go na le go bonala selo se sengwe sa thobalano go maitshwaro a motho mongwe. Tše dingwe tša mehlala ya tlaišo ya thobalano e ka ba:

- Motho yo mongwe a go botšiša leboelela ge e ba o kile wa robalana peleng.
- Motho a go bontšha dinepe tša mmele wa gagwe a sa apara diaparo.
- Morutiši a go gokarela leboelela.
- Mogwera a go kgopela leboelela gore o kgome dikarolo tša mmele wa gagwe go swana le maoto goba sehuba.
- Motho a dira metlae ka wena gomme metlae yeo ke ya thobalano goba mabapi le ditho tša gago tša mmele wa gago.

Morutiši o go kgoma kae goba kae mmeleng wa gago seo se dirago gore o ikwe o sa phutologa kudu melomong ya gago, maotong a gago, sehubeng sa gago goba marago a gago eupša se se ka ba kae goba kae.



Ke eng tlaišo ya thobalano le tllhaselo ya thobalano?

Se ke ge motho e ka ba yo mogolo goba moithuti yo mongwe a dira goba a leka go dira selo se sengwe le sengwe se e le go sa thobalano le motho yo a šomišago maatla, ditšhošetšo goba tšhošetšo go dira yona ntle le tumelelo ya gago. Tlaišo ya thobalano e tsebja gape bjalo ka tllhaselo ya thobalano.

Mehlala e mengwe ya dilo tšeo e ka bago tlaišo ya thobalano:

- Ge moithuti yo mogolo a go dira gore o kgome mmele wa gagwe mo la wena o sa nyake
- Mogwera a go dira gore o hlobole diaparo goba ge ba apola diaparo tša bona mo pele gago gomme a go dira gore o mo lebelele
- Morutiši a go kgopela go robala le wena gape a go botša gore o tla go kweša bohloko ge o sa dire bjalo
- Motho ka kgang a swara se sengwe sa setho sa mmele se se tsebjago bjalo ka setho sa sephiri kudu mo melomong ya gago, maotong a gago, sehubeng sa gago goba marago a gago eupša se e ka ba kae kapa kae
- Motho a go gapeletša go bogela tša maponapona
- Motho a go gapeletšša gore o robale le yena goba a šomiša ditho tša mmele goba selo go robala le wena ntle le tumelelo ya gago. Se se bitšwa go kata.



Ke eng seo o swanetšego go se dira ge o itemogetše tlaišo ya thobalano le dikgaruru tša thobalano?

Kgato ya 1: botša motho yo a tshepagalago

Motho yo mogolo yo a tshepagalago e ka ba motswadi, morutiši, ngwaneno e mogolo, e mongwe wa lapa, moruti goba mogala wa go thuša bana wo o tlogo go thuša go ikgokaganya le modirelaleago .

Kgato ya 2: E ba le motho yo a botegago gore a go thuše go ya go bega kua maphodiseng

Ge o bega tiragalo yeo, mohlankedi go tšwa go yuniti ya lapa la dikgaruru le tšhireletšo ya bana o tla botšiša dipotšišo go hwetša seo se diregilego lefelong la sephiring moo batho ba bangwe ba sa kgonego go go bona goba go go kwa. Motho yo mogolo yo a tshepagalago yo a thušitšego go bega tiragalo yeo o tla dumelelwa go ba le wena.

Magato a tlaleletšo ge morutiši goba moithuti yo mongwe a go tlaiša ka thobalano goba a go hlasela ka thobalano:

Kgopela thušo go e bega go hlogo ya sekolo le kantoro ya phorobentshe ya kgoro ya tša thuto ya motheo.

Barutiši ba swanetše go begwa go maphodisa, hlogo ya sekolo le kua go kgoro ya thuto ka lebaka la gore ba na le maikarabelo a gore ba hlokomela baithuti gore ba bolokege mo go tlaišo ya thobalano le go hlaselwa ka thobalano sekolong ka go nyakišiša dingongorego kgahlanong le barutiši.



Kgato ya 3: E ya kliniki, ngakeng goba bookelong

Bjalo ka motšwasehlabele wa go hlaselwa ka thobalano, o swanetše o ye kliniking, go ngaka, goba sepetelele go re o lekolwe. Ge e ba o šetše o begile tiragalo ye, lephodisa le tla sepele le wena. Motho yo mogolo yo a tshepagalago o tla sepela le wena go go fa thekgo.

Ngaka goba mooki yo a tlo go lekolago o swanetše go hlatholla gore lekolo e tla šoma bjang. Ba swanetše go alafa dikgobalo tša gago gomme ba go fe pilisi ya tšhoganetšo ya go thibela boimana le go gofa sehlare sa go thibela HIV seo se bitšwago (Post-Exposure Prophylaxis). Ngaka goba mooki o tla tšea se sengwe le sengwe mo mmeleng wa gago seo se tlo šomišwago bjalo ka bohlatse bja go hlaselwa ka thobalano. Bohlatse bjo ba ka bo fa lephodisa. Dilo tša diaparo di ka šomišwa bjalo ka bohlatse. Ge go kgonega bea dilo tša diaparo o diboloke ka gare ka mokotlana ebile o se di hlwatswe.

Ga o gapeletšege go dumela tlhahlobo goba bohlatse bjo bo fiwago lephodisa la nyakišišo, eupša di ka thuša ka go hlatsela molato kgahlanong le mosenyi gore a bonwe molato le gore a fiwe kotlo. Se se ra gore ge tiragalo e begwa ka pela go kaone gomme bohlatse bjo bontšhi bjo bo ka kgoboketšwa bokaone.

Kgato ya 4: keletšo

Ka morago ga gore go dirwe pego ya tlaselo ya tša thobalano, modirilelaleago o swanetše go netefatša gore o bolokegile. Se se dirwa ka go fa keletšo ya ka pela. Ge go nyakega modireleago o tla go fa keletšo ya nako ye telele goba a go fetišetša mokgatlong wo o thušago.



Kgato ya 5: Taelo ya tšhireletšo goba molato wa bosenyi

Molato wa bosenyi:

Ka morago ga tlhahlobo ya tša kalafo, lephodisa la go nyakišiša o tla tšea bohlatse gammogo le pego gomme a tšea sephetho sa go bula molato wa bosenyi kua kgorongtshoko kgahlanong le motho yo a go hlasetšego. Kgoro e tla lebela bohlatse gape ya botšiša mosenyi gore o ikemešeditše go ipona molato. O ka botšišwa gore o hlatholle gore go diragetšeng go wena gomme gore o ikwa bjang. Ge e le gore o ka fase ka mengwaga ye 18, modireleago o tla ba le wena, gape o swanetše go dumelelwa go araba dipotšišo ka ntle le gore mosenyi yo a be gona ka phapošing e tee le wena.

Taelo ya tšhireletšo:

Ge e ba go na le motho yo a go tlaišago, eupša a sa go hlasele, o ka ya go kgorotsheko ya ga magasetrata go humana lengwala la tšhireletšo. Motho yo mogolo wa go botega o swanetše a go thuše go tlatša form gape le go dira setatamente ka seo se diragetšego. Ge e ba magasetrata a ka ikwa o ka re go na le monyetla wa gore o ka tla wa gobatšwa, ba ka gofa taelo ya nakwana. Motho yo o tlišitšego ngongorego kgahlanong le yena ka morago o tla ba le sebaka sa go tla go anega lehlakore la gagwe la kanegelo. Ka morago, magasetrata o tla dira sephetho sa mafelelo ka taelo ya tšhireletšo. Taelo ya mafelelo e išwa go lephodisa leo le tlo fago motho yo mongwe khophi. Ge e ba motho yo o tlo tshela taelo ya tšhireletšo maphodisa a swanetše go mo swara.

Magato a tlalelešo ge morutiši goba morutwana yo mongwe a go tlaiša ka thobalano goba go go hlasela a thobalano:

Morutiši goba morutwana o swanetšo gore a nyakišišwe ke sekolo le ba kgoro ya thuto ya motheo. Sekolo se tla bitša theeletšo ya go kgalemela. Ge e ba morutiši o bonwa molato, sekolo se tla mo otlala. Go melato ya tlaišo ya thobalano goba go sahlalwa ka thobalano, kotlo e ba ya gore morutiši a fegwe mošomong.

Ge e ba hlogo ya sekolo e tšea sephetho sa go se bege dipelo tša ditatofatšo go ofisi ya distriki ya kgoro ya thuto ya phorobentshe, o ka kgopela motho yo mogolo wa go botega gore a go thuše ka go e bega. Molato wo o išwa go ba lefapha la barutiši e le go (South African Council of Educators) ge e ba molato wo o dirile ke morutiši. Lefapa la barutiši le tla dira dinyakišišo tša bona gomme ba founela wena le dihlatse bakeng sa disetatemente. Lefapha la barutiši ba tla tšea sephetho gore morutiši o na le molato goba ga a na molato gape le gore kotlo e swanetše e be efe.

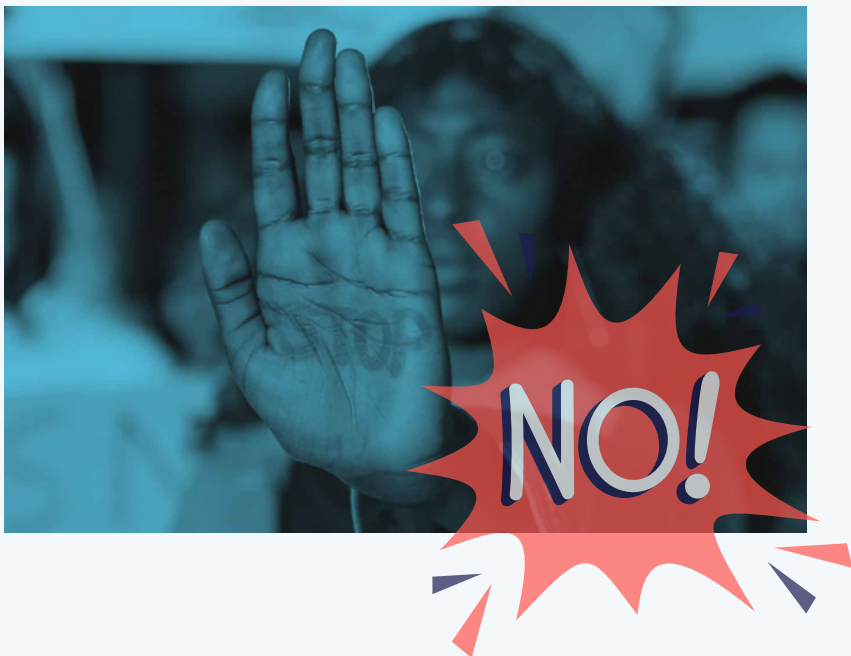


MEHLOLO

Le moo morutiši a go tlaišago ka thobalano goba ka go hlasela ka thobalano ka ntle ga mabala a sekolo, o swanetše go mmea maphodiseng, go hlogo ya sekolo, gape le ofising ya phorobentshe ya kgoro ya thuto.

GO BEGA TLAIŠO YA THOBALANO LE GO HLASELWA KA THOBALANO GO BOIMA

Ge o bala dikgato tšeo o ka di tšeago ge o tlaišitšwe ka thobalano le go sahllelwa, o tla lemoga gore o tla kgopelwa go bušetša taba ya gago makga a mantši. Go batho ba bangwe go araba potšišo e tee go boima ebile go kweša bohloko. Ke ka lebaka leo o swanetšego gore o be le motho yo mogolo wa go tshepagala gore a go thuše mo tshepedišong gape o šomiše ditirelo tša keletšo.



MOŠOMO

NGWALA MEHLALA YE MEBEDI YA TLAIŠO YA THOBALANO



NGWALA MEHLALA E MEBEDI YA DIKGARURU TŠA THOBALANO

An illustration of a person sitting on the ground, huddled in a fetal position, suggesting distress or fear. They are wearing a light-colored shirt. The background is dark and textured, with a teal circle on the left and an orange circle on the right. Below the illustration is a large, empty rectangular box with a dark blue border, divided into two horizontal sections.

DINOMORO TŠE BOHLOKWA

MOKGATLO	DINOMORO TŠA MOGALA / WEPOSAETE
CHILDLINE	0800 055 555 https://www.childlinesa.org.za/
LIFELINE	0861 322 322 https://lifelinesa.co.za/
CHILD PROTECTION UNIT	012 393 2359/ 2362/ 2363 https://www.saps.gov.za/contacts/keydetail.php?id=121
TEDDY BEAR CLINIC	011 484 4554 http://ttbc.org.za/
SAPS CRIME STOP	0860 010 111 https://www.saps.gov.za/crimestop/crimestop.php
SAPS EMERGENCY NUMBER	10111
CHILD WELFARE SOUTH AFRICA	0861 424 459 https://childwelfaresa.org.za/
GBV COMMAND CENTRE SMS LIFE	31 531 (SMS Help) https://gbv.org.za/about-us/
LEGAL RESOURCES CENTRE	011 838 6601 https://lrc.org.za/
MARIE STOPES SOUTH AFRICA	080 011 7785 https://www.mariestopes.org.za/

MOHLODI

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THE END.....

